

KALE WRAPS

1 or 2 long kale, collard, or chard leaves
1/2 or 1 whole avocado, sliced
1/2 red or yellow bell pepper, sliced
1/4 cup purple cabbage
a few slices red onion
a few baby carrots, sliced
1/4 of a zucchini, sliced (I used my julienne slicer)
organic Dijon mustard
sea salt
1 tbsp nutritional yeast
drizzle olive oil

There is no right or wrong with this recipe. Simply place your leafy green out like a sub-roll and add all the ingredients. I smeared the mustard, nutritional yeast, and sea salt on first, then added the rest. Then I topped it with the olive oil (& garlic salt) and carefully rolled it into a wrap. It is messy, but so worth it! Feel free to add any veggies you have on hand and you can't go wrong!