

Mushroom Tomato Wrap with Humus

This week's recipes include dehydrated Flax Wraps, Mushrooms and Tomatoes as well as an Arugula Basil Humus and Flax Pizzas. You will need to start the dehydrating the day before you want to serve these delicious wraps but the good news is you can make enough to have them 2-3 times that same week, and since they are awesome you will enjoy eating them more than once.

Flax Wraps (these can also be used as pizza crusts) recipes makes 12 six inch wraps. Soak the flaxseed in water for ½ hour while getting the rest of the ingredients ready

- 2 cups freshly ground flax seed
- ½ cup sunflower seeds (slightly ground)
- 2 cups water

Meanwhile in your food processor add the following and blend well:

- 2 tomatoes diced
- ½ cup of each: chopped onion & celery
- 1 tsp. of each: paprika, cayenne
- 2 garlic cloves
- 1 cup chopped lettuce or arugula leaves
- 1 tsp. sun-dried sea salt

Half an hour later add the seed mixture, water and all, to the tomato mixture in your food processor and blend until creamy & smooth.

Using a large spoon spread this batter onto a Paraflex lined tray (about ½" thick) and put into your dehydrator for 6-8 hours, when firm turn onto the fine-mesh screen and dehydrate for another 2-3 hours until soft but firm.

Dehydrating Mushrooms & Tomatoes

While the flax wraps are being dehydrated take your mushrooms and marinate them for ½ hour

Marinate for Mushrooms: in a large bowl blend:

- ½ cup of each: olive oil & apple cider vinegar
- 2 tbsp organic Dijon mustard
- 1 tsp garlic powder

Now add your thick slices of Portobello mushrooms After 30-60 minutes place the mushrooms slices on a Paraflex sheet and dehydrate for 4-6 hours then keep in fridge until ready to use.

Dehydrating Tomatoes: I used plum tomatoes

1. Slice 3-6 tomatoes about ¼" thick and place close together on the fine mesh screen for your dehydrator.
2. Sprinkle with sea salt and garlic powder
3. Dehydrate for 4-6 hours then keep in fridge until ready to use



Flax pizza rounds before dehydrating



Arugula & Basil from my Tower Garden
Check out my Tower Garden at
judyfleming.towergarden.ca

Arugula Basil Humus

Step 1: soak your chick peas overnight then rinse and drain

Step 2: blend the following in your food processor

- 1½ cups drained chick peas
- ¼ cup chopped onion
- 4-8 arugula stems
- 1-2 cloves of garlic minced
- 1 lemon juiced (or ⅓ cup apple cider vinegar)
- Sea salt to taste
- 3-6 leaves of fresh basil

Process until creamy then serve with fresh veggies, flax crackers or as a filling in a wrap.

Flax Pizzas

Take the whole round flax pizza crust and spread 1 of the raw sauces as your base:

- ¾ cup chunky tomato sauce (recipe below)
- ¾ cup humus or seed cheese (see the recipe above)

Arrange thinly sliced or finely chopped veggies on the top such as:

- ½ cup sliced mushrooms
- 1 thinly sliced red pepper
- ½ zucchini thinly sliced
- ¼ cup chopped chives

Eat as is or warm it up by putting it in the dehydrator for 1-2 hours.



Chunky Tomato Sauce

Put the following in your blender and pulse until chunky:

- ½ cup sun-dried tomatoes (soaked in ½ cup water for ½ hour)
- 3-4 dates
- ¼ cup onion
- ¼ cup fresh tomato
- 1 clove garlic peeled
- Sea salt & cayenne pepper to taste

Use as the base for a pizza (this can also be used as a marinara sauce on raw zucchini noodles as in the picture below).

