

Black Bean and Avocado Wraps with Ranch Dressing (V) (DF)

Adapted from Layla @ GimmDelicious.com & The Minimalist Baker

VEGAN RANCH DRESSING

1 cup raw cashews (*soaked in hot water 30 minutes, or overnight in cool water*)
2/3 cup unsweetened almond milk
2 tsp lemon juice
1 clove garlic, peeled
1/2 tsp sea salt (plus more to taste)
1 pinch black pepper
1/4 tsp onion powder
1 1/4 tsp apple cider vinegar
1/2-1 tsp maple syrup (or other sweetener of choice to taste)

Add the herbs once the above ingredients have been pureed in a blender

1 Tbsp fresh minced dill (or 2 tsp dried)
1 Tbsp fresh minced parsley (optional)
1 tsp fresh chives (or 1/2 the amount dried chives // optional)

Instructions:

1. Soak the cashews in hot water for 1 hour & in a separate bowl measure out the almond milk and add the lemon juice and let sit while your cashews are soaking. This will give you your buttermilk.
2. Drain and rinse your cashews in a colander
3. Add ALL ingredients (not the herbs just yet) and puree in a blender for at least 2 min. Then add in your herbs and your ranch dressing is done!

FOR THE BEANS

1 tablespoon oil
1/2 cup onion chopped
1/2 cup bell pepper chopped (optional)
1 clove garlic minced
1 can black beans drained
1 tablespoon taco seasoning or 1/2 tsp cumin, 1/2 tsp paprika, 1/2 tsp chili powder, 1/4 tsp garlic powder, 1/4 tsp black pepper, 1/4 tsp salt

Instructions: Before you start heating up the pan, prep all your veggies and rinse the black beans. Then heat the frying/sauté pan, add the oil. Wait about 1 min for the oil to heat up and then add the onion, pepper, garlic. Sauté for 2-3 minutes then add the taco seasoning and beans and sauté for another 2-3 minutes. Set aside and let cool.

AVACADO SALSA

1 avocado pitted and chopped
8 small grape tomatos chopped into quarters
2 tablespoons cilantro minced (or any herb that you prefer)
Juice of 1 lime
salt and pepper to taste

Instructions: Mix all ingredients together in a bowl, serve immediately!

IT'S NOW TIME TO MAKE YOUR WRAPS

Add all of the above to your wrap of choice + the citrus slaw. I would recommend the lettuce for the crunchy flavor. Red & Green leaf would work best! Or whole wheat 😊