



RAW WRAPS
Recipes

Whole food plant based recipes for optimum health and nutrition.

Dedicated to YOU!

This recipe book is dedicated to everyone suffering from a food allergy looking for a little slice of normalcy. Raw Wraps opens up a whole new world of choices.

Dedicated to vegans, to mom's who have kids that won't touch anything green, to the gourmet food fanatic seeking the next fun thing, to the healthy eater looking to increase their greens intake, to the special dieter be it low sodium, heart healthy or antioxidant rich. Enjoy!



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Raw Wraps Recipes

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Intro

I am so pleased to share with you these delicious Raw Wrap recipes. Millions of people suffer with food sensitivities, Candida, SIBO, weight problems, ADHD, hormone imbalance and auto-immune disease who all have a common link; eating a poor diet. The standard American diet, called the "SAD diet," causes inflammation. Inflammation is the foundation of many diseases including obesity, diabetes and cancer. These Raw Wrap recipes will help reduce inflammation and alkalize your body pH. All the recipes are vegan and allergy friendly.

How it all began...

I am a family nurse practitioner. I became an ARNP to be a healer. However, I lost faith in traditional medicine when I became sick and no one could figure out why. For over 10 years I ran from doctor to doctor, test to test, all to tell me I was fine. Just fine; except my hair was falling out, I could gain 3 lbs overnight while dieting, my weight skyrocketed, my eyes were always red, my hands, feet and face would be swollen every morning, my stomach was so bloated I had to buy pregnancy clothing. All my lab tests were normal. Doctors told me to wait 6 months and retest when symptoms worsen. Wait to get more sick until something on a lab test will tell them what's wrong with me!? What kind of medicine is that? I knew there had to be another way...

So, I began my study of functional medicine. Functional medicine teaches how to uncover the root cause of disease and treat it. It uses traditional medicine when necessary but will not mask symptoms with a pill- keeping you sick and drug dependent. Functional medicine taught me that food is medicine, and can heal. Like me, many of my patients had food sensitivities to gluten, corn, soy, eggs and nuts. Avoidance of food allergies was a struggle due to lack of a healthy bread alternative. The gluten free breads made with processed flour alternatives were nutritionally void, lacked taste, cracked when folded and high in calories.

I used my raw food cooking skills to come up with an alternative, Raw Wraps. My patients went crazy for Raw Wraps, stayed on their diets and healed. Before long I was getting calls from across the US from people with allergies wanting the wraps. I realized I could help heal more people with good food. So, I quit my practice and went into the wrap making business. Being allergy free no longer has to be taste free!



Although the wraps were created for those with food allergies, I am elated that they are dearly loved by vegans. Our facility is vegan, gluten free and free of the top food allergies. We donate to Farm Sanctuary, Cat House on the Knolls, and various local no kill animal shelters. The more we grow the more we donate so keep eating Raw Wraps!

Brandy Chappell, ARNP

Raw Wraps Tips

✓ *What works best...*

- First layer should be dry ingredients like lettuce, sprouts, rice, quinoa, fresh veggies. Thick spreads like hummus, mayo or guacamole can go directly onto the wrap eaten right away.
- Second layer should be moist ingredients like beans, proteins, pickles, relish anything with some moisture.
- Last layer should be the wet ingredients like salad dressings, sauces, ketchup, mustard, etc.
- Store at room temperature sealed in their bag.
- You can fold them into a backpack, purse or suitcase to take with you. They travel well.
- Add a healthy fat like avocado, hemp seeds, coconut butter to your sandwich to help absorb more of the vitamin K in both kale & spinach wraps.
- You can use a Panini press or sandwich press so long as it's coated with oil to lightly crisp the wraps. Press it for a short time 15-30 seconds.
- You can make a quesadilla but be sure to add oil to the fry pan first. Use medium heat and watch closely.
- You may microwave to heat.

⊘ *What to avoid...*

- Don't freeze it will cause them to crack into pieces.
- Don't bake, broil, toast or use in toaster oven. Raw Wraps have almost no moisture so will burn quickly if subjected to harsh heat.
- Don't refrigerate or place into cold cellars. Cold temperature will cause the wraps to get stiff and increase the chance breaking. If they are in a cold environment allow them to warm up to room temperature before using.
- Don't use watery ingredients like oil & vinegar, drippy salsa they will increase the chance of them perforating.
- Don't steam or place near steam (boiling pot of water).

Breakfast Scramble



Ingredients

- Oil of choice to sauté
- 1/2 cup The Veg Vegan eggs *
- 1 garlic clove (minced)
- 1/4 cup onion chopped
- 1/2 cup Sautéed Spinach
- 1/2 Chopped mushrooms
- 1/3 cup Diced Tomatoes
- Pinch of cayenne
- 1 tbsp. curry
- 1/4 tsp. cumin
- 1/2 tsp. Garlic powder
- Salt & pepper to taste
- Diaya Vegan Cheddar Cheese

*The Veg vegan eggs can be purchased at thevegg.com



Directions

Sauté garlic & onion on medium low for a few minutes until the onions become translucent. Add spinach, mushrooms, and tomatoes, cook for a few minutes and then add eggs and spices. Once eggs are cooked add to Raw Wrap and enjoy!



Vegan BLT

Carrot Bacon Ingredients

- 2 large carrots
- 2 Tbsp nutritional yeast
- 2 Tbsp Braggs
- 1 Tbsp Maple Syrup

Directions

Preheat the oven to 400 degrees Fahrenheit. Slice the carrots lengthwise in long, thin ribbon-like strips, set aside. For the glaze, whisk remaining ingredients in a bowl. Put the carrot ribbons in the syrup mixture and toss to evenly coat. Line a large baking sheet with parchment paper and lay the carrot ribbons out on the sheet, ensuring they not touching. Place the baking sheet in the preheated oven and bake for 7-10 minutes. If you like crispier "bacon" leave them in the oven for 2-3 more minutes or until the ribbons begin to brown and caramelize

BLT Wrap

- Carrot Bacon
- Lettuce
- Sliced Tomato
- Veganaise or Guacamole spread

Directions

Add lettuce to Raw Wrap, then add tomato, carrot bacon and veganaise. Wrap up and enjoy!

Nutritional yeast is a deactivated yeast that is grown on molasses. We use the brand Red Star because it contains no whey (animal protein) and is an excellent source of B12. Nutritional yeast has a cheesy taste. It can be made into many sauces and coatings. Give it a try!



An Apple a Day....

Apples; sweet, crisp, delicious and oh so good for you! What do apples and green tea have in common? Polyphenols. Diets high in polyphenols are associated with lower cancer rates, better heart health and improved immune function. Polyphenols have powerful effects on preventing oxidation, inflammation, and glycation - all of which cause aging. A unique polyphenol called phloridzin decreases the damage caused by high blood sugar. We incorporate fresh crisp apples into every Raw Wrap.

Apple Sausage



Creamy Chili Sauce

- 2 tbsp coconut or soy yogurt
- 1/2 tsp sweet chili sauce
- 1/2 tsp smoked paprika

Directions

Mix all ingredients in a blender or food processor until smooth.

Ingredients

- 1-2 links veggie sausage or patties
- Handful of mixed lettuce
- Sliced Tomato
- 1/2 sliced red apple
- 1/4 sliced red onion
- Coconut oil or oil for saute
- 2 Tbsp Creamy Chili Sauce

Directions

Add oil to saute pan and caramelize the sliced apples and onions. Remove from heat and set aside. Cook the sausage according to package directions. Slice or crumble the sausage, set aside. Add lettuce to Raw Wrap spinach, then add sliced tomato, apple & onion mix and sausage. Drizzle creamy chili sauce on top, wrap up and enjoy!

Spicy Mango Wrap



Ingredients

- ½ tsp. – 1 tsp. minced jalapeno
- ¼ cup cubed mango
- ½ cup cauliflower
- ¼ avocado sliced
- ¼ red onion chopped
- ¼ cup cilantro
- ½ cup shredded red cabbage
- ½ limejuice
- Salt & pepper to taste
- ¼ tsp. chili powder
- ¼ tsp. paprika

Directions

Pulse or chop cauliflower so it becomes similar to a “ground beef” consistency and then mix in the jalapeno, lime, salt, pepper, chili powder and paprika. Spread mixture on Raw Wrap and then top with remaining ingredients. You can add additional spices and maybe some olive oil to flavor other ingredients if wanted.

Bean Salad



Ingredients

- ½ cup lima beans
- 1/3 cup black beans
- 1/3 cup pitted sliced olives
- 1/3 cup tomatoes chopped
- ¼ cup corn
- ¼ cup chopped cilantro
- 1 tbsp. red wine vinegar
- 1 tbsp. olive oil
- Salt & pepper to taste

Directions

Mix all ingredients together, add to the wrap and enjoy a delicious bean salad!



All About Quinoa



We love quinoa! The little white dots in Raw Wraps are raw quinoa seeds. What's so great about quinoa? For starters its a super seed, containing all 9 essential amino acids. Manganese found in quinoa is an antioxidant which helps to prevent damage to mitochondria. Lysine, another amino acid, is essential for tissue growth & repair.

Quick & Easy Wrap



Ingredients

- 1/3 cup cherry tomatoes (chopped)
- 2 garlic cloves minced
- 1/4 cup red onion chopped
- 1/2 cup quinoa
- 2 tbsp. red wine vinegar
- 1 tbsp. olive oil

Directions

Mix all ingredients together in a bowl and then scoop onto wrap. Super quick and easy!

Spinach Kraut Wrap



Ingredients

- Handful of spinach
- 2 tbsp. Veganaise
- ¼ cup Fermented sauerkraut
- 1/3 to ½ cup Quinoa
- Half avocado - sliced
- 1 tbsp. vegan cheese spread
- 1 tbsp. Balsamic vinegar
- Salt & Pepper to taste

Directions

Spread veganaise on wrap and then top with remaining ingredients; sliced avocado, spinach, quinoa, fermented sauerkraut and goat cheese. Drizzle with balsamic vinegar, salt & pepper to taste.

Curried Quinoa



Ingredients

- 1 cup cooked quinoa
- 1 tbsp. curry powder
- ¼ cup Walnuts
- ½ cup apple chopped
- 1 tbsp. apple cider vinegar
- 1 handful chopped kale
- 1 tbsp. coconut nectar or agave
- 1-2 tbsp. dried cranberries

Directions

Mix in curry powder, apple cider vinegar, agave, and quinoa together until the quinoa is coated consistently with the spices. I recommend massaging the kale with a little olive oil before chopping it up; this breaks down the cellular wall, resulting in the kale not tasting so tough. Mix in remaining ingredients, add to Raw Wrap and enjoy!

A close-up photograph of a large pile of dried chickpeas (garbanzo beans) scattered on a rustic wooden surface. The chickpeas are light tan and have a characteristic kidney shape. The wooden surface has a prominent grain and some darker spots. In the upper right corner, there is a white, rounded rectangular box containing the text 'Chickpeas Please...'.

Chickpeas Please...

Whether you call it a chickpea or a garbanzo bean, there's no doubt you'll want to include this delicious little legume in your diet. What's so wonderful about chickpeas is their insoluble fiber. This type of fiber is not digested but is metabolized by good gut bacteria. The gut bacteria use it to make short chain fatty acids. In turn, the short chain fatty acids are a fuel source for the cells that line the intestinal wall. Short chain fatty acids may reduce the risk of developing gastrointestinal disorders including cancer. Chickpeas are also a protein rich vegan source, with a whopping 15 grams per cooked cup.

Falafel & Tahini



Falafel Ingredients

- 4 Tbsp olive oil
- 1 cup raw chickpeas (don't use canned) soaked for at least 2 hours and drained
- 1/3 cup chopped red onion
- 1/2 cup fresh parsley leaves
- 1/2 cup fresh cilantro leaves
- 3 cloves minced garlic
- 1/4 tsp ground cumin
- 1/8 tsp ground cinnamon
- 1 tsp sea salt
- 1/2 tsp ground black pepper

Directions

Add 2 Tbsp oil to fry pan. In a food processor combine remaining 2 Tbsp oil and all the remaining ingredients. Process until smooth about 1 minute. The mixture will feel gritty. Scoop out roughly 2 Tbsp of the mixture and shape into patties 2" x 1/2" thick. Brown in skillet on medium heat for about 10 minutes per side. Makes about 4 patties.



Tahini Sauce

- 1 cup tahini
- 1/4 cup lemon juice
- 2 cloves garlic minced
- 1/2 to 3/4 cup water as needed to thin
- 1/2 to 3/4 tsp sea salt to taste

Directions

Add all ingredients to a food processor or high speed blender, reserve 1/4 cup of water. Blend and add remaining water as needed to get the consistency of a thick cream. Makes about 2 cups.



Veggie Dream



Ingredients

- 1 thinly sliced carrots
- 1/3 cup Sprouts
- 2 tbsp. hummus
- ½ cup quinoa
- 1 cup of thinly sliced beets
- 1 tbsp. balsamic vinegar
- ½ lime squeezed
- 1 tbsp. coconut nectar or agave
- Salt & pepper to taste

Directions

Thinly slice carrots and beets and set aside. Mix together balsamic vinegar, lime, coconut nectar, salt and pepper. Spread hummus over Raw Wrap, add carrots, beets, quinoa, and sprouts. Drizzle dressing mixture on top, wrap and enjoy!



Delicious, Nutritious, Kale!



We are crazy for kale, so much so that we invented a wrap out of it! Kale is king when it comes to nutrition. Kale has sulphoraphane which helps the liver to detoxify and cleanse. The isothiocyanates in kale cause cancer cell death and are most abundant in raw kale. Kale's potent supply of beta-carotene, lutein, zeaxanthin protect against macular degeneration and contribute to eye health. The Vitamin C in kale disarms free radicals before they can cause damage to DNA. Kale is also very high in Vitamin K which is essential to building strong bones and preventing heart disease. Absorb more Vit. K by adding a healthy fat to your kale wrap.

King Kale



Ingredients

- Massaged Kale
- 1/4 tsp. Salt, juice of 1/2 lemon and 1 tbsp. Olive oil
- Crunchy Chickpeas
- Vegan Caesar Dressing
- Vegan Sausage chopped up (optional)

Directions

Massage kale with lemon, olive oil and salt and then mix in the vegan Caesar dressing and chick peas. Wrap in a kale or spinach Raw Wrap and enjoy!

Vegan Caesar Dressing

- 1 garlic clove
- 2 tsp. Capers
- 1 tbsp. Dijon mustard
- 4 tbsp. lemon juice
- 2 tbsp. nutritional yeast
- 1/2 cup cashews
- 1/2 cup water
- salt & pepper to taste

Combine all ingredients into a food processor. Blend until smooth. Refrigerate after use.



Ranch Burger

Ranch Dressing Ingredients

- ½ cup coconut milk
- ½ cup vegan mayo
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tbsp red wine vinegar
- 1 tbsp dried parsley

Directions

Add all ingredients to a food processor and blend until smooth.

Veggie Burger Ingredients

- 1 Veggie Burger (your choice)
- Handful of lettuce
- Sliced Tomato
- Sprouts
- Sliced Red Onion
- Ranch Dressing

Directions

Add lettuce to Raw Wrap, then add sprouts, tomato, red onion, crumble or slice a veggie burger, drizzle ranch dressing on top. Wrap up and enjoy!

Stuffed Greek Wrap



Ingredients

- 2 spoons full pitted kalamata olives
- ¼ cup Chick peas
- 1 tbsp. Olive oil
- 1/3 cucumber chopped
- 1 tsp. Oregano
- ¼ cup Red onion
- 2 tbsp. vegan Tzatziki
- 1 tbsp. red wine vinegar

Tzatziki Sauce

Tzatziki sauce is a thick creamy Greek dressing great for sandwiches and dipping veggies or chips into. Chill for at least an hour before serving.

2 cups plain soy yogurt
3 cloves garlic, minced
1 tbsp olive oil
1 tbsp fresh dill

2 cucumbers, diced small
3 tbsp lemon juice
dash salt and pepper

Mix all ingredients together in a food processor. Pulse until smooth and well blended.

Directions

Mix together the kalamata olives, chick peas, cucumber, and red onion with olive oil, red wine vinegar, salt & pepper. Then spread Tzatziki on wrap, top with mixture and finish by sprinkling oregano on top.

The Humble Onion



Onions are rich in flavinoids and sulfer containing compounds which are responsible for their pungent odor. The sulfer compounds help to detoxify the liver from heavy metals. like mercury, cadmium and lead. Tears aside, onions have many health promoting benefits. They are a fantastic “pre-biotic” for your gut bacteria. They serve as food for the bacteria to grow and multiply. Onions are a rich source of Quercitin. Quercitin functions as an antibiotic, anti-inflammatory, antiviral, and has anticancer properties. Onions also function to reduce blood sugar by allowing insulin to circulate longer exerting it’s effect on sugar. Raw Wraps spinach were created with onions specifically for these health benefits as well as they deep savory flavor it imparts to the spinach.

Burrito Fiesta



Ingredients

- ½ cup Brown rice or quinoa
- 1/3 cup guacamole spread
- ½ lime squeezed
- ¼ cup black beans
- 1/3 cup cherry tomatoes chopped
- 2 tbsp. cilantro
- ¼ cup chopped onion

Directions

Spread guacamole on wrap and then add remaining ingredients; rice or quinoa, black beans, cherry tomatoes and cilantro. Roll up the wrap and enjoy!

Za'atar Vegan Chicken



Ingredients

- Beyond Meat grilled chicken strips
- 1 tbsp. Za'atar spice
- 1 lemon squeezed
- ½ cup Couscous
- 1tbsp. hummus
- ¼ cup Shredded Beets
- Handful of spinach
- Salt & pepper to taste
- 1 tbsp. olive oil

Directions

Flavor chicken free strips with lemon, za'atar spice, salt & pepper. Pre-heat a large sauté pan and add oil. Place chicken-free Strips into pan with liquid. Cook for about 10 minutes over a medium heat until well browned, stirring occasionally. After chicken is cooked, let cool and then spread hummus on the Raw Wrap. Add remaining ingredients, drizzle more olive oil on top, roll up and enjoy!

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