

Quinoa Tabouli Wraps with Cucumber Mint Raita and Macadamia/Cashew Hummus

For the Quinoa Tabouli

- 1 cup quinoa, soaked for 2 hours and sprouted for 1-2 days
- ¼ cup lemon juice
- 3 Tablespoons Olive Oil
- 1 ½ teaspoons Himalayan Salt
- 3 medium tomatoes, seeded and finely diced
- 2 spring onions – white and 1 inch of green, sliced very thinly
- Very generous bunch of parsley (ordinary parsley is good for tabouli)
- 1 handful of mint leaves, finely chopped



Green leaves for wrapping, Chives for tying, if needed.

In a bowl mix the quinoa with the lemon juice, olive oil and salt. If you have time, let sit for a little while to allow the quinoa to absorb the flavours. Add the remaining ingredients and mix to combine.

Place a green leaf flat and add a spoonful of the tabouli mixture beside one edge. Roll up and secure with a chive tied around the middle.

For the Cucumber Mint Raita

- ¼ cup cashew nuts
 - 1 cup cucumber
 - 2 teaspoons agave nectar
 - 1 teaspoon apple cider vinegar
 - ½ teaspoon salt
 - ¼ cup mint
 - ½ clove garlic
 - ½ teaspoon cumin
 - 1 teaspoon lime Juice
 - Pinch cayenne
- Blend all ingredients in a high-power blender.

For the Macadamia/Cashew Hummus

- 3 cups of a mixture of cashew nuts and macadamia nuts
 - ¼ cup lemon juice
 - 3 Tablespoons Olive Oil
 - ½ cup raw Tahini
 - 1 teaspoon Himalayan Salt
 - 1 ¼ cups water
 - 1 small clove of Garlic
- Blend all ingredients in a blender until smooth and creamy. Add water if necessary to obtain a better consistency.