

WALNUT TACOS w/ Red Pepper Corn Salsa

Amanda Kimmel, Certified Colon Hydrotherapist
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I was on a quest for some raw-vegan recipes that my husband would actually eat. That's the tricky part. I adapted this recipe for raw-vegan walnut tacos and it's now one of my husband's favorites. I wanted to share it with you. All you need is a food processor and it takes less than ten minutes to make!

WALNUT TACOS • Yields 2 cups ➤

3 cups walnuts (soaked and dehydrated)
1-2 cloves garlic (raw or sautéed for mild)
2 tablespoons chili powder
1/4 teaspoon *Bragg Liquid Aminos*

- 1) In a food processor, combine all ingredients.
- 2) Pulse in processor for desired texture.
- 3) Season to taste. Add *Veganaise*, if desired.
- 4) Use a romaine lettuce leaf for a hard-shell taco or a collard green for a soft taco shell.
- 5) Add some taco "meat" and toppings, such as: shredded lettuce, carrots & scallions, chopped onion, hot sauce, Garnish with *Red Pepper Corn Salsa*.
- 6) Fold in or roll with "taco meat" to serve.

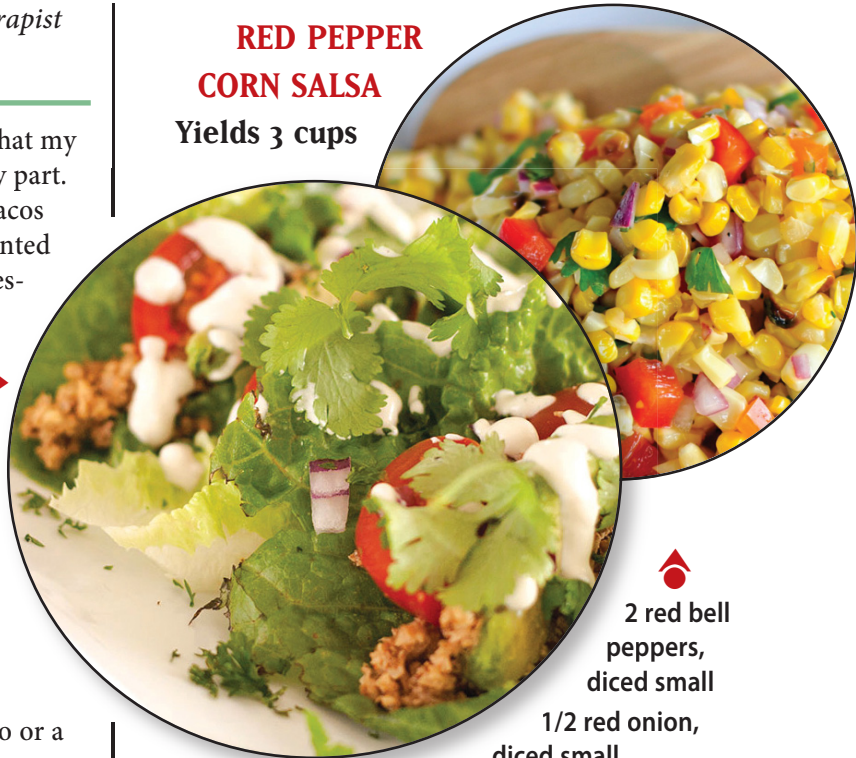


Amanda Kimmel is certified through the International Association of Colon Hydrotherapy, I-Act, and the National Board of Colon Hydrotherapy, NBCHT. For questions or an appointment call Amanda at (406) 404-0951, or

schedule an appointment online at BigSkyCleanse.com. Send email to: KimmelAmanda@gmail.com. The Big Sky Cleansing Center is located at 2419 W. Main Street, Ste. 1, in Bozeman. (Take the side road off Main at Perkins Restaurant; go to the rear of the office complex there.) The center offers colon hydrotherapy, ionic foot spas, and health coaching in Bozeman. Discounted packages are available.

RED PEPPER CORN SALSA

Yields 3 cups



2 red bell peppers, diced small

1/2 red onion, diced small

1/2-1 cup fresh cilantro, chopped

1 cup fresh corn

1 tablespoon lemon juice

Dulse or kelp seaweed & *Bragg Liquid Aminos*, to taste

- 1) Combine all ingredients in a bowl.
- 2) Season to taste.
- 3) Let stand for 30 minutes before serving with tacos. ■

Bon Appetit! And special thanks to:
Yummly.com/recipes/bragg-liquid-aminos



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