

Herbal Legacy Recipes

Cilantro Fresh Wraps

Recipe submitted by Traci Sellers



INGREDIENTS:

- 8 leaves of Romaine lettuce (I buy the 'hearts' of romaine for this recipe)
- 1 c raw cashews
- 1/2 tsp sea salt
- 1 1/2 t fresh garlic cloves, chopped
- 2-3 T fresh lemon juice
- 1/4 c water
- 1/4 c fresh cilantro

DIRECTIONS:

1. Wash and separate lettuce leaves, set aside. These serve as the wrap.
2. Place remaining ingredients except cilantro in a blender and blend until no large pieces remain but mixture still has a bit of texture to it.
3. Add cilantro and blend until finely chopped.
4. Spread cilantro mixture down the center of each leaf, curl in sides and enjoy! We eat them as is or add a bit of finely minced habenero pepper for those who like it spicy.

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