

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Dinosaur Kale Quinoa Wrap



- 1 avocado
- 2 Roma tomatoes
- 1 cucumber
- 1 large carrot
- 2 strips dulse (about 1/4 cup, tightly packed)
- 1 cup soaked or cooked quinoa
- 1 leaf dinosaur kale
- 3 Tbls salad dressing (balsamic vinaigrette goes well)

Peel and cube avocado, slice tomatoes and cucumber, and grate carrot. Place, along with the dulse and quinoa, on a leaf of kale. Drizzle salad dressing over top. Roll up, tucking ends in so the wrap is secure. Cut into pieces if desired.

Variation: To serve as a complete meal, add 1/2 cup black-eyed peas and 1/2 tsp cayenne pepper to the mixture to spice it up.

This recipe is taken from Thrive The Vegan Nutrition Guide to Optimal Performance in Sports and Life by Brendan Brazier.