

# Herbal Legacy Recipes

## Waldorf Wraps

By Tammie from <http://simplehealthytasty.com/>

### INGREDIENTS:

- 2 cups coarsely chopped apple
- 1-2 Tablespoons lemon juice
- 1 teaspoon lemon zest
- 1-2 cups sliced celery
- 1/2 cup Veganaise
- 1/2 cup raisins
- 1/2 cup walnuts, coarsely chopped
- a drizzle of honey
- salt and pepper to taste
- a pinch of basil and parsley (optional)



### DIRECTIONS:

1. Combine all ingredients in a bowl.
2. Take a whole grain tortilla and spread a little Cheezy Sauce on it if desired.
3. Spoon some filling into the wrap add a good handful of your favorite sprouts and/or leafy greens.
4. Top with a little Ranch Dressing if you want. Wrap up and ENJOY!

This recipe was perfect for on the go travel. We made up the filling before we left and then just put everything we needed in our little ice chest. They were super fast and simple to throw together when we got hungry. We wanted something different then our typical "travel burritos" these were perfect!

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy