Chew's Challenge

DARE to DREAM NETWORK 3ABN
d2dnetwork.tv

Breakfast Egg and Cheese Wrap

Ingredients

1/2 cup "Not So Scrambled Eggs"
1/4 cup onions
2 cloves garlic
2 Tbsp olive oil
1 cup veggie meat
1/2 cup mushrooms
3 Tbsp chicken-style seasoning
spinach (to taste)
vegan cheese (to taste)
1 tortilla

Creamy Italian Spinach Wrap

Ingredients

1 tortilla
1/4 cup Daiya cheese

FILLING

1/2 cup spinach
1/4 cup squash
1/4 cup onion
1 Tbsp minced garlic
2 Tbsp olive oil
2 Tbsp chicken-style seasoning

ITALIAN DRESSING

1 cup lemon juice
1 cup olive oil
1/2 cup cashews
1/4 cup sugar
1/4 cup chicken-style seasoning
1 Tbsp oregano

© 2015 D2D/3ABN