

Creative Cooking

THE HOLMES SISTERS DDCC000005

EPISODE 5

FOCUS:
LUNCH IN
A HURRY



Eat It

VEGAN TUNO WRAP

INGREDIENTS

- 1 can 15 oz chickpeas, rinsed and drained
- ½ stalk celery
- 2 Tbsp matchstick carrot
- 1 Tbsp onion powder
- ½ tsp sea salt
- 2 Tbsp freshly squeezed lemon juice
- 2 Tbsp soy mayo
- ¼ cup chopped red peppers
- 1 spelt flour tortilla or whole wheat flour tortilla

INSTRUCTIONS

In food processor combine chickpeas, celery, carrots and cilantro until coarsely chopped; place in bowl add the rest of ingredients and mix warm tortilla in cast iron skillet on low. Place mixture in center close as wrap and let crisp in skillet.

TUNO STUFFED AVOCADO

INGREDIENTS

- 2-3 avocados
- 1 recipe for vegan tuno
- cilantro garnish

INSTRUCTIONS

Scoop out pulp of avocados; mix with 1-2 cups of vegan tuno mixture; scoop into the empty avocado shells and garnish with fresh cilantro and enjoy.

Juice It

ANTI FLU, ANTI COLD SMOOTHIE

INGREDIENTS

- 1 cup apple juice
- 1 whole lemon
- 1 whole grapefruit, peeled
- ginger
- 1 clove garlic
- 4-5 dates to sweeten

INSTRUCTIONS

Peel the grapefruit, chunk it, put it in a blender. Chunk up a whole lemon, peel included, add to the blender. Add all ingredients to the blender, blend for 1-2 minutes, serve.

Wear It

AVOCADO HONEY FACE MASK

INGREDIENTS

- 1 avocado
- 1 Tbsp honey

INSTRUCTIONS

Take ripe fresh avocado, remove the skin as well as the seed, and mash it up into creamy pulp in a bowl. Add honey and stir the mixture until it turns into a uniform paste. Apply to skin and leave it on for 10-15 minutes. Rinse off the mixture with lukewarm water and pat dry your face with a soft towel.