

Joy of Living Cooking School

May 2024 – Wraps

Cashew Sour Cream (8 servings)

- 1-1/2 cup Cashews (raw & unsalted)
- 2 tablespoons Lemon Juice
- 1 tablespoon Lime Juice
- Water, as needed



Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	81
	% Daily Value*
Total Fat 8g	8%
Saturated Fat 1.3g	7%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 5.7g	2%
Dietary Fiber 0.5g	2%
Total Sugars 1.4g	
Protein 2.2g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 1mg	4%
Potassium 110mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Soak cashew pieces in enough water to cover by at least 1 inch. Soak at room temperature for 2 hours until very soft. Drain cashews and add to the pitcher of a blender with the lemon and lime juice. Blend until very smooth, adding more water a teaspoon at a time until it reaches the desired consistency.

Mediterranean Wrap (4 servings)

- 1/2 cup Cashew Sour Cream
- 1 clove Garlic, grated
- 2 teaspoons Lemon Juice
- 1/2 Cucumber, grated
- 1 tablespoon Fresh Mint, chopped
- 1 cup cooked Garbanzo Beans
- 1 teaspoon Liquid Aminos
- 2 teaspoons Cumin, ground
- 1 teaspoon Paprika, ground
- 4 Whole Wheat Tortillas
- 1 Tomato, diced
- 1/2 Cucumber, sliced
- 2 cups Lettuce, shredded
- 1/2 Onion, sliced
- 1/4 cup Olives, sliced



Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	411
	% Daily Value*
Total Fat 12.2g	16%
Saturated Fat 2.7g	13%
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 63.8g	23%
Dietary Fiber 10.9g	39%
Total Sugars 9.2g	
Protein 13.3g	
Vitamin D 0mcg	0%
Calcium 157mg	12%
Iron 12mg	64%
Potassium 904mg	19%

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Recipe analyzed by **verywell**

In a small bowl, combine the sour cream, garlic, lemon juice, grated cucumber, and mint. Stir well and set aside.

In a separate bowl add the garbanzo beans, liquid aminos, cumin, and paprika. Mix thoroughly with a fork, slightly mashing the beans into large chunks.

Warm the tortillas until they are pliable and easy to fold. On each tortilla spread 1 tablespoon of the sour cream mixture, top with 2 tablespoons of garbanzo beans, tomato, sliced cucumber, lettuce, onions, and olives. Fold and roll the tortilla to form the wraps.

Serve at room temperature.

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Garden Ranch Wrap (4 servings)

- 1/2 cup Cashew Sour Cream
- 1 teaspoon Dill, dried
- 1/2 teaspoon Garlic Powder
- 1/2 teaspoon Onion Powder
- 1 tablespoon Lemon Juice
- 1-2 teaspoons water
- 1 cup Quinoa, cooked
- 2 teaspoons Fresh Parsley, chopped
- 1 Tomato, diced
- 1 Cucumber, sliced
- 1/2 Onion, diced
- 1/2 cup Sprouts
- 4 Spinach Tortillas
- 2 cups Lettuce, shredded



Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	411
% Daily Value*	
Total Fat 12.2g	16%
Saturated Fat 2.7g	13%
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 63.8g	23%
Dietary Fiber 10.9g	39%
Total Sugars 0.2g	
Protein 13.3g	
Vitamin D 0mcg	0%
Calcium 167mg	12%
Iron 12mg	64%
Potassium 904mg	19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

In a small bowl, combine the sour cream, dill, garlic powder, onion powder, and lemon juice. Add 1-2 teaspoons of water to thin the ranch sauce to the desired consistency. Set aside.

In a separate bowl add the quinoa, parsley, tomato, cucumber, onion, and sprouts. Mix thoroughly with a fork.

Warm the tortillas until they are pliable and easy to fold. On each tortilla spread 1 tablespoon of the sour cream mixture, top with the lettuce, and 1/2 cup of the quinoa salad. Fold and roll the tortilla to form the wraps.

Serve at room temperature.