



Westlands



MONICA BUMBURY

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CHIA SEED WRAPS: FILLING

INGREDIENTS

1/2 sweet potato peeled & sliced

1 plantain, sliced

1 tbsp coconut oil

Westlands Petite Leaf Salad Mix

1 cup cashews, soaked overnight

1/2 avocado or beetroot

1 tbsp tahini

2 tbsps lemon juice

2 tbsps olive oil

1 tsp apple cider vinegar
salt & peper to season

METHOD

- 1.** Scatter sweet potato, plantain & coconut oil onto a baking tray
- 2.** Season with salt & pepper and place into a preheated oven at 180 degrees for 30 minutes
- 3.** Add quinoa to wrap with Westlands salad & squeeze of lemon juice
- 4.** For the dip, blitz the cashews, avocado (or beetroot), tahini, lemon juice, olive oil, apple cider vinegar and salt & pepper together and serve.
Enjoy!

PREP TIME | 15 minutes

COOK TIME | 35 minutes

READY IN | 50 minutes