

Tostadas

Ingredients:

Tostadas
Refried beans*
Salsa
Vegan sour cream
Finely chopped lettuce
Sliced olives
Sliced radishes
Chopped tomatoes
Chopped onions

Method:

You can make your own tostadas by:

Spraying corn tortillas lightly with oil on both sides.

Sprinkle with a little salt.

Place in oven and bake at 180°C (350°F) for 15 minutes until lightly crispy.

Spread desired amount of beans on your tostadas and top with desired toppings, such as those given above. So simple and so good!

** If using canned beans, read the label to make sure that there is no lard in them. Lard is often added to beans in Mexican cooking, and this is something to take into consideration when eating out, especially at an authentic Mexican Restaurant, so be sure to ask.*

Garbanzos

Ingredients:

2 cups dried garbanzos; cleaned, rinsed, soaked, and cooked until tender*
(makes 6-7 cups when cooked)
Liquid from the cooked garbanzos
2 tablespoons olive oil
4 garlic cloves, pressed
1 tablespoon cumin
1 tablespoon paprika
Salt to taste
¼ cup lemon/lime juice (May add more. The lemon really gives this a nice flavor)
Bread
Hummus
1–2 cups tomatoes, chopped

Method:

Sauté the pressed garlic in the olive oil.
Stir and watch the garlic closely as it can burn easily.
Add the cumin and paprika.
Once they give their aroma, add the cooked garbanzos along with liquid, allowing the flavors to simmer together for 20–30 minutes. This is even better the next day.
Watch liquid and add more as needed, as it is nice to have this dish a little saucy.
Just before serving, stir in the lemon juice.
Toast bread, and spread with hummus.
Add the garbanzos on top of the bread and finish off with chopped tomatoes.

** Make sure the garbanzos are well cooked and not crunchy. The flavours blend together so much better when the garbanzos are tender.*

Frozen Treat

Ingredients:

Frozen mangoes
Frozen pineapple
Frozen banana
Coconut cream
Orange juice

Method:

This is a fun recipe wherein you can adjust the quantities according to your personal taste or availability.

Using your Vitamix or food processor:

Add the mangos, pineapple, bananas, coconut cream, and orange juice and blend together.

Use only as much liquid as you need to make a consistency similar to that of ice cream.

We like to top this with carob chips, coconut flakes, and/or nuts.