HEALTHY FOOD

Soft Tacos with Walnut Meat, Vegan & Gluten-Free Recipe

By bestfolkmedicine · 03/10/2020 · 1 min read

Good news is that people who're plant-based can now finally enjoy vegan tacos with this delicious vegan 'meat'.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

The meat is made with some yummy raw ingredients and you can have it ready in 10 minutes or so. These soft tacos with meat from walnuts are a great healthy recipe and they will amaze everyone on the table, not just the vegans in the room!

The recipe is also free of gluten so it's ideal for those with gluten sensitivity. The recipe is easy to follow and the ingredients aren't overly expensive.

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A pure enjoyment, wouldn't you agree? Come on; let's check out the recipe together below.

Soft Tacos with Walnut Meat, Recipe

For 6 tacos, you need:

A package of gluten-free tortillas

2 cups of cabbage, chopped

2 cups of lettuce, chopped

A tomato, sliced

A cup of green onions, chopped

A cup of cilantro, chopped

An avocado, mashed

A cup of coconut yogurt, unsweetened

½ lemon

A dash of garlic, granulated

A dash of salt

1 container of salsa

To make the walnut meat:

1 ½ cups of walnuts

2 tbsp of olive oil

1 ½ tbsp of cumin

3 tsp of coriander

A dash of sea salt

2 tsp of tamari

Prep:

Lay out the washed and chopped veggies on a platter. Then, mash the avocados and mix them with the salt and garlic. Put them in a small bowl.

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Then, in another bowl, set the coconut yogurt mixed with the lemon juice.

Now, make the taco meat-blend everything in a blender until meat-like. Don’t over-blend to prevent the meat turning into butter.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Transfer the meat in a bowl and now make the tortillas.

Heat them on the stove and serve. Assemble them by placing a bit of everything into each and enjoy right away.

Sources:

ONE GREEN PLANET

MINIMALIST BAKER

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