

CRAZY Delicious Recipes!

Easy! Main Dish, Gluten-Free, Low Carb, Vegan...

Seed-Nola™

Super, Savory Tostadas with Southwest Avocado-Mesquite Sauce

MAKE THE TORTILLA

You will need a food processor, rolling pin, parchment paper, baking sheet(s), plastic wrap.

INGREDIENTS

- 1-1/4 cups **Seed-Nola**
- 1 head *cauliflower
- 1/3 cup *coconut oil, melted
- 6 tablespoons *full-fat canned coconut milk
- 2 teaspoons *coriander
- 1-1/2 teaspoons *cardamom
- 1-3/4 teaspoons sea salt
- Freshly *ground pepper
- 3/4 - 1 cup psyllium husk (find at Trader Joe's or most organic grocers)

MAKE THE TORTILLA DOUGH

1. Cut the cauliflower into popcorn-sized pieces.
2. In your food processor **and** in 3 batches use the blade attachment to process the cut up cauliflower into a rice-like consistency.
3. Transfer riced cauliflower to a large bowl and mix with all other ingredients **except** psyllium husk.
4. Mix ingredients very well by hand. (Until the cauliflower mix becomes wet.)
5. Add in 3/4 cup psyllium husk to the bowl and mix until thoroughly combined.

IN THE FOOD PROCESSOR:

6. Put half the tortilla mixture from the bowl into the food processor with the blade and on dough setting (if there is a dough setting) and blend for a minute or two until a dough ball forms. (process until the mix becomes a ball and has an elastic/dough-like consistency)
7. Repeat with remaining mixture.

MAKE AND BAKE THE TORTILLAS:

8. Preheat oven to 425°F.
9. Prepare a baking sheet or two—line the baking sheet(s) with parchment paper.
10. Cut two 12”-sized sheets of plastic wrap. (Keep plastic wrap handy it can be helpful to refresh the plastic during this process.)
11. Make golf ball-sized balls of the dough. (TIP: freeze or refrigerate dough balls for later! Thaw before use again.)
12. Place a dough ball between the sheets of plastic wrap, press down flat, then roll out to a thin tortilla using the rolling pin.
13. Place the tortillas onto the prepared, lined baking sheet(s).
14. Bake for 10-12 minutes then turn tortillas over and bake another 10-12 minutes. Until just brown not crispy.

(TIP: freeze or refrigerate for later! Thaw before use.)



Makes more than a dozen tortillas.
*organic

MAKE THE AVOCADO-MESQUITE SAUCE

You will need a food processor.

INGREDIENTS

- 1/2 medium *red or *sweet onion, minced in food processor with blade attachment
- 1 tablespoon *coconut oil
- 2 ripe *avocados
- 2 tablespoons *mesquite powder
- 3 tablespoons *smoked paprika
- 4 pieces *sun-dried tomatoes, soaked in 3/4 cup hot water or broth (save the water or broth)
- 1/4 teaspoons sea salt
- Optional: *cayenne pepper
- Freshly *ground pepper to taste
- Olive oil to mix into the caramelized onions.

OPTIONAL RECIPE SUGGESTION:
OMIT MESQUITE POWDER. USE ALL ONION. ADD 1/2 TEASPOON GARLIC POWDER.

IN THE FOOD PROCESSOR:

3. Cut up the avocado and put into your food processor.
4. Put in the minced, soaked, sun dried tomatoes
5. Pour in the 3/4 cup of water or broth (from the sun dried tomatoes)
6. Add the mesquite powder, smoked paprika, sea salt and pepper to the avocado, onion, water mix (now in your food processor).
7. Turn food processor on and blend well. Stop scrape sides then blend again well.
8. Taste and adjust salt, pepper and onion-olive oil mix to your taste. You may also adjust the thickness by increasing or decreasing water/broth amount.

Makes plenty of sauce for use on other dishes or as a dip!
*organic

MAKE THE TOSTADA SAUCE

1. Sauté the minced onions with the coconut oil until caramel brown then remove from heat and mix with a generous amount of olive oil.
2. Set aside a 1/4 cup of the onion-olive oil mix for this recipe. Reserve the remaining for another batch or mix into another dish of your choice. Alternatively you may increase the amount of the onion-olive oil mix in your tostada sauce!



**“CRAZY DELICIOUS”
SERVING SUGGESTION**