

# Plant Based Paleo Agenda for Tuesday May 1

I'll do a quick recap of ideas presented last week for those who weren't there. This week I will emphasize recipes a bit more. I'll demonstrate a very different, but delicious fat-free salad dressing and how to make a simple grain-free wrap using only flax seeds and water. We'll make some sauces that can be the building blocks to re-craft your favorite recipes as plant-based. Then combine all of these into burritos (and perhaps another surprise) This class will be oil free and nut free, but will use flax seeds in one recipe and sunflower seeds in one sauce. One recipe will use tofu and tamari will also be used.

I use mostly organic ingredients – especially when it comes to soy, sunflower seeds or anything else with a high probability of being genetically modified or sprayed heavily with chemicals.

Beginning next week, I will go to an on-line sign up, as interest has grown and I have space limitations. This will allow you to sign yourself up based upon availability and UN sign up should you not be able to make it, without anyone having to wait for me to email them back. You will know right away if there is space or not and you can come.

## May 1 Recipes

### Raspberry-Orange Salad Dressing:

Peel two oranges and blend with 10 oz of fresh or frozen raspberries in a blender on high until smooth. Drizzle over a bed of lettuce and top with perfectly ripe avocado slices.

Flax Wrap recipe can be found at: <http://nutritionrefined.com/recipe/flaxseed-wraps/>

Cheesy Sauce can be found at: <http://joannfarb.weebly.com/blog/sunny-cheeze-sauce-recipe>

Creamy Sour Topping can be found at: <http://joannfarb.weebly.com/blog/sour-tofu-topping>

### Cheesy Broccoli Stuffed Potatoes:

### Burritos

I don't actually have written recipes yet for these last two...will probably turn them into blog posts shortly...

Tentative plans for the May 8<sup>th</sup> gathering will be, "Planning for and Preventing the Major Things that Derail People."