

Refreshing Spring Veggie Wraps with Sunflower Seed Dip

These vegan wraps are perfect for welcoming spring! They're light, refreshing, and made with chemical-free, fragrance-free, and allergen-conscious ingredients suitable for people with Multiple Chemical Sensitivity (MCS).



Ingredients:

For the Wraps:

- 4 large collard green leaves (washed and dried thoroughly)
- 1 cucumber, julienned
- 1 carrot, julienned
- 1 avocado, sliced
- 1 cup shredded red cabbage (optional)
- 1/4 cup fresh cilantro (optional)



For the Sunflower Seed Dip:

- 1/2 cup unsalted sunflower seeds (soaked in water for 2 hours, then drained)
- 1/4 cup filtered water (or more for desired consistency)
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp apple cider vinegar (optional, ensure it's free from any additives)
- 1/4 tsp sea salt
- 1/4 tsp ground turmeric (for color and anti-inflammatory benefits)

Instructions:

1. Prepare the Sunflower Seed Dip:

- Blend soaked sunflower seeds, filtered water, lemon juice, sea salt, and turmeric in a high-speed blender until smooth.
- Adjust the water to reach your desired consistency.
- Taste and adjust salt or lemon juice as needed.

2. Assemble the Wraps:

- Lay each collard green leaf flat and trim the thick stem for easier rolling.
- Spread a thin layer of the sunflower seed dip on the leaf.
- Layer cucumber, carrot, avocado, red cabbage, and cilantro.
- Roll tightly like a burrito, folding in the sides as you go.

3. Serve:

- Cut each wrap in half and serve with extra sunflower seed dip on the side.

Health Benefits:

- **Sunflower Seeds:** High in vitamin E and healthy fats, promoting skin and heart health.
- **Turmeric:** Anti-inflammatory properties to help manage sensitivities and inflammation.



- **Collard Greens:** Packed with fiber, vitamins A, C, and K, supporting detoxification.

Tips for People with MCS:

- Use organic produce to avoid pesticides and chemical residues.
- Ensure all utensils and storage containers are fragrance-free.
- Check the source of apple cider vinegar to ensure no additives or artificial ingredients.

Enjoy these vibrant wraps as a light lunch or snack while welcoming the spring season!