



FORK IN THE ROAD
good health. good life.

Sheree Clark | Holistic Health and Nutritional Counselor
(515) 249-2992 | sheree@fork-road.com | fork-road.com

SPICY WALNUT TACO MEAT

Yield: 4 servings

Equipment

Food processor

INGREDIENTS

1 1/2 cups	soaked walnuts, ground
1 1/2 teaspoons	cumin
3/4 teaspoon	coriander
2 teaspoons	Nama Shoyu or tamari
To taste	cayenne pepper

Mix it all up and put it in whatever wrap you like! Try it with salsa on romaine leaves.

– *Chef Matt Amsden*