

ONE BITE

onebitevegan.com

Vegan Magazine

Nov/Dec 2019

20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Radicchio Wraps with Spicy Peanut Tofu

Nicole - When Sweet Becomes Healthy

If you are after a throw-together-in-minutes lunch idea which is also raw and delicious, these Radicchio Wraps with Spicy Peanut Tofu might be just right the right choice for you!



Nicole

Nicole is the content creator and photographer behind whensweetbecomeshealthy.com. She puts a huge emphasis on nutrition when coming up with recipes and aims to show her followers that healthy desserts can nourish your body and taste even better than highly processed sweets.

Website: whensweetbecomeshealthy.com

Facebook Pinterest Instagram

INGREDIENTS

- 6 Radicchio Leaves
- 2 carrots sliced in long strips with a veggie peeler
- 2 cups sliced red cabbage
- 6 avocado balls made from 1 aco using a melon baller and then dipped in sesame seeds
- handful snow peas
- 1 red capsicum chopped
- 12 cherry tomatoes cut in halves
- 250g tofu marinated in 1 tbsp PB + juice from 1 lime + 1 tbsp teriyaki sauce + 1 tbsp sriracha
- basil and thyme leaves
- strawberries and lemon for decoration

INSTRUCTIONS

1. Prepare the marinade by whisking together 1 tbsp PB + juice from 1 lime + 1 tbsp teriyaki sauce + 1 tbsp sriracha
2. Cut the tofu into cubes, cover it with sauce and marinate the tofu in the sauce overnight.
3. Wash 6 big the Radicchio lettuce leaves and line them up. Chop up your veggies of choice and start filling the wraps.
4. With your melon baller cut out avocado balls and roll in black sesame, add to the wraps.
5. Top with the tofu cubes, strabs, herbs and lemon slices!