

# HAPPY HOLIDAYS PINWHEELS

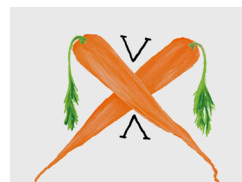


MAKES: ~35 PINWHEELS

PREP TIME: 20-30 MINS

TOTAL TIME: 1 HR 30 MINS

## THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

For Herbed Cashew Sour Cream:

1 cup raw cashews\*

1/4 cup almond milk, or other non-dairy milk

2 TBSP non-dairy yogurt, plain

1 tsp lemon juice

1 tsp apple cider vinegar

1 medjool date, pitted and soaked for 10 mins

1/2 tsp onion powder, more to taste

1/2 tsp garlic powder, more to taste

1 TBSP fresh flat leaf parsley, finely chopped

1/2 tsp fresh dill, finely chopped

1/2 tsp sea salt

Fresh ground pepper, to taste

Veggie Ingredients:

1/2 cup green bell pepper, finely diced

1/2 cup red bell pepper, finely diced

2-3 green onions, thinly sliced

5 whole wheat flour tortillas

## METHOD

Placed cashews in a bowl with cool water. Cover and soak for at least 2 hours or overnight.

To prepare Herbed Cashew Cream Cheese: Place cashews in a food processor with 1/4 almond milk to start. Blend until smooth, scraping the sides as needed. Add remaining ingredients: non-dairy yogurt, date, spices, salt and pepper. Blend again until very smooth and creamy. The texture should resemble cream cheese or sour cream. Set aside.

Prep veggies and lay out tortillas on a flat surface. Coat tortilla with a layer of herbed cream cheese. Sprinkle peppers and green onions generously, ensuring even spacing.

Carefully wrap the tortilla in a tight roll. Use additional cream cheese to 'seal' if needed. Repeat until all tortillas are filled and rolled. Place on a platter and cover with plastic wrap. Refrigerate for 1-2 hours.

Remove and slice into small wheels with a serrated knife. Serve with any leftover herbed cashew cream cheese (it also makes a great veggie dip!) Enjoy!

I do not recommend making these a day in advance as the tortillas become soggy and no one wants soggy tortillas!

## NOTES:

\*If pressed for time, you can quick soak cashews by placing in a small saucepan covered in water. Bring to a low boil, cover, and simmer for 20 minutes. Be sure to check frequently and add water if your cashews dry out during simmering.

## NUTRITION:

Serving Size: ~4 pinwheels Total Calories per serving: 180 Total Fat: 8 g

Sodium: 150 mg Potassium: 200 mg Total Carbohydrate: 24 g

Fiber: 3 g Sugar: 4 g Protein: 6 g

Vitamin A: 24% Vitamin C: 78% Calcium: 3% Iron: 8% (Percent Daily Value)