



Loaded Coconut Taco



Paleo, Vegan or Vegetarian

This is my taco twist. I always make sure I have certain items in the freezer and the fridge so when I am tired and I don't feel like cooking, I can easily prep this meal. It is nutrient-dense and as satisfying as a loaded taco.

- ♥ 2-3 Coconut flour tortillas (gluten-free and paleo - I have stock in the freezer from Whole Foods)
- ♥ Baby lettuce mix or spring greens mix
- ♥ 1 avocado (sliced)
- ♥ Roasted peppers in vinaigrette (sliced)
- ♥ Bubbies Sauerkraut (or any other fermented sauerkraut or pickles)
- ♥ 2 thin slices of Raw Cheddar cheese or any other quality cheese; Haloumi cheese is heavenly
- ♥ Jalapeno hot sauce (with no sugar or preservatives added)
- ♥ Salt

1. Warm the tortillas in a cast iron pan to soften them (don't overheat or they will get crunchy.)
2. Place a handful of the mixed greens.
3. Place the cheese.
4. Place 2-3 avocado slices on each tortilla with salt (not too much.)
5. Top with thin slices of roasted peppers.
6. Top with a spoonful of Bubbies Sauerkraut.
7. Drizzle Jalapeno hot sauce

- The sauerkraut maintains healthy bacteria in your gut
- You can skip the cheese if you are vegan or add a slice of chicken, or roasted cauliflower if you would like to keep it purely paleo.

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