

Guacamole Dip

3 Ripe Avocados, 1 Large Diced Yellow Onion
2 Whole Limes, 2 Diced Roma Tomatoes, Salt and Pepper

Scoop the meat of the avocados into a large bowl. Squeeze in lime juice. Add diced onions and tomatoes, stir to desired consistency and salt and pepper to taste.

Salsa

5 Roma Tomatoes, 1/2 Large Yellow Onion (chopped), 2 Whole Limes
1/2 Cup Minced Cilantro
Salt and Pepper
1/2 Jalapeño Pepper (minced and seeded)

Vegan Tacos

1LB Sliced Portobello Mushroom Caps, 1 Bell Pepper (sliced)
1/2 Yellow Onion (sliced), 3 Cloves of Garlic (minced)
Brown Rice, 1 Can of Black Beans, 1 TBS Vegetable Oil
2 Baked Sweet Potatoes, Vegan Cheese (optional)
Whole Corn Tortillas, Sliced Tomatillos

Saute Onion, Peppers, Mushrooms, Garlic in the vegetable oil.
Cook for 5 minutes then add the cut-up cooked sweet potatoes.

Heat tortillas in a flat skillet for a couple of minutes.

Load up with your favorite ingredients and top with your guacamole and salsa. Add the cheese, if you dare! Serve with rice and beans.

Horchata

4 cups Rice Milk
1/2 cup Coconut Sugar

Stir well and serve over Ice.
Sprinkle a little cinnamon over the top.