

Family Recipes II: The Kearley's Mix & Match Lunch

Eating plant based came about five years ago for the Kearley family when mom, Janice, and dad, Stephen, were looking to give young daughter, Ruth, a healthy start. You can find their story here.

At the Kearley house, lunch goes together with ease because of its simplicity and the advance prep done by Janice. It always consists of plates of raw cut colorful fruit and vegetables slices, a spread of some kind, such as hummus, black bean, or a nut butter, and a wrap or bread slice (gluten free of course). While the wrap can be a corn or gluten free tortilla, Janice prefers to make her own in batches and store them in the fridge or freezer.

Here are two tried and true family favorites that she turns to again and again.

Paleo Roti by My Heart Beets

Ingredients

$\frac{1}{2}$ cup golden flaxseed meal

$\frac{1}{2}$ cup tapioca flour

1 cup coconut milk (canned and full fat)

Salt to taste

Optional: Grassfed ghee to slather on top (or Earth Balance coconut spread)

[Full Instructions Here](#)

This simple and versatile wrap can be rolled or filled for a Kearley family lunch.

Superfood Bread by Deliciously Ella

Ingredients

2 cups of cold water
1 and a 1/2 cups of pumpkin seeds
1 cup of buckwheat or brown rice flour (or quinoa)
1 cup of almonds
1/2 a cup of sunflower seeds
3 heaped tablespoons of psyllium husk powder
2 tablespoons of chia seeds
2 tablespoons of dried mixed herbs (I used herbs de provence but basil, rosemary, thyme, oregano, etc. are all great)
Salt and pepper to taste

Full Instructions Here

Light years ahead of the commercial gluten free breads when it comes to nutrient content, this bread is super simple to prepare and the flour selection is adaptable. After the loaf cools Janice will slice it, separate each slice with a strip of parchment paper, and store in the freezer. Here's how it looks topped with deliciousness at the Kearley home.



Thanks Janice for your delightful suggestions! Be sure to visit my blog next week for some smart shopping and stocking tips that keep the Kearley family going plant-strong.