



Lion's Mane "Shawarma"

Makes 4 wraps

Ingredients

For Lion's Mane:

4 oz. Lions Mane
2 Tbs olive or avocado oil
3-4 Tbs Shawarma Mix*

Toppings:

Cucumber
Tomatoes
Red Onion
Sprouts
Plant Based Tzatziki

For Chickpea Wraps:

1c chickpea flour
1/2 tsp salt
1.5c warm water

Shawarma Mix:

2 Tbs each: black pepper, allspice, garlic powder
1 Tbs each: ground cloves, cinnamon, nutmeg, cardamom
1/2 Tbs each: chili powder, dried oregano, salt

Directions

For wraps:

1. Whisk chickpea flour, salt and warm water together until smooth batter forms. Set aside for 10-15 minutes
2. Oil a skillet & heat over medium heat
3. Pour 1/4c of batter into skillet, whirling to spread out the pancake into a 4-5" or so circle.
4. Cook for 2-3 minutes and use a spatula to flip the pancake, cooking another 1 minute on the other side or until it is cooked through.

For Lion's Mane:

1. Heat oven to 425F
2. Shred lions mane into ~1" pieces and put into a bowl
3. Add oil and spices and mix together
4. Put onto lined baking sheet and roast in the oven for 20-30 minutes.
Stirring 2-3 times during baking.

Assemble wraps: place roasted lions mane on wrap & top with veggies & tzatziki. I like to add vegan feta & pumpkin seeds!