



Sprouted Endive Boats

INGREDIENTS

2 mushrooms

1 red bell pepper

½ zucchini

1 carrot, julienned

1 cup **Eatmore Sprouts
Mixed Beans**

¼ cup water

2 Tbsp. gluten-free tamari

2 endive spears

Makes approximately 16

These cute little two-biters are super nutritious, have tons of flavour, and are both wholesome and vegan.

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com

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INSTRUCTIONS

Clean the veggies, and throw the mushrooms, pepper, and zucchini in a food processor. Process until pieces are small, but not quite minced. Set aside.

Peel the carrot and set aside. Peel layers off endive spears, and arrange on platter so the cavity is face-up, resembling boats. Set aside.

Place $\frac{1}{4}$ cup of water in skillet and heat to medium. Once simmering, add processed veggies (not the carrots) and **Eatmore Sprouts Mixed Beans**, and sauté for 2 minutes to soften, slightly.

Remove from heat and drain any remaining water. Add tamari to the heated mixture, toss to coat, and scoop into endive cavities. Garnish with 2-3 strips of carrot, and serve.