

# Recipes

## Beverage

Pineapple Agua Fresca with a touch of ginger

## Appetizer

Mango Ceviche

## Main entrée

Roasted Cauliflower Tacos with guacamole and salsa

## Dessert

Choco-avocado mousse

## Pineapple Agua Fresca with a touch of ginger

½ pineapple

2 liters of water

1 tbs of ground ginger

- Peel the pineapple and remove core.
- Add pineapple to blender along with the water and the ground ginger and blend together.
- Taste to see if it needs more sweetener of your choice.

## Mango Ceviche

1 cup of Mango

½ cup of red bell pepper

½ cup of cucumber

½ cup of red onion

1 Jalapeño

¼ cup of cilantro

½ avocado

4 tostadas

4 limes, juiced

2 tbs of coconut aminos

- Dice the mango, red bell pepper, cucumber, red onion, jalapeño and avocado.
- Combine mango and lime juice in a bowl.
- Add the rest of the ingredients and a pinch of pepper. Mix until well combined.

## Roasted Cauliflower Tacos with guacamole and salsa

½ a head of cauliflower

1 cup of cooked black beans

6 corn tortillas

¼ cup of cilantro

2 tbs of chipotle mayo

- Cut the cauliflower into small pieces and place on baking sheet. Combine well with olive oil, salt and pepper.
- Bake in oven set to 500 degrees for 10 minutes.

### Guacamole

4 avocados

1 lime, juiced

Salt

2 tbs of olive oil

- Add all ingredients to a bowl and smash all ingredients together with either a potato smasher or fork.

### Salsa

6 tomatoes

3 jalapeños

1 red onion

¼ cup of cilantro

Salt and pepper

- Cut tomatoes, jalapeños and onion into small pieces. Place them on a baking sheet and add olive oil, salt and pepper. Combine all ingredients so the vegetables are well coated with olive oil and spices.
- Place in oven at 500 degrees for 10 minutes.

- Once vegetables are done cooking in the oven, add them to the blender along with the cilantro. Blend until the salsa is at a chunky consistency.
- Add salt and pepper to taste.

## Choco-avocado mousse

4 avocados

500 grams of dark chocolate (about 2 cups)

2 tbs of agave

2 tbs of coconut oil

2 tbs of vanilla extract

Chopped pistachios

- In a double boiler method, melt the chocolate until it's a smooth consistency.
- In the blender, add the avocado, agave, coconut oil and vanilla extract. Blend until all ingredients are well incorporated. Add in the melted chocolate. Blend until well combined.
- To serve, put mixture in a Ziplock bag, cut the tip and serve in a swirl on your preferred dish.

## Grocery list

1 pineapple

2 mangoes

8 avocados

1 cucumber

4 limes

1 bunch of cilantro

4 jalapeños

2 red onions

1 red bell pepper

1 cauliflower head

1 can of black beans

6 tomatoes

500 grams of dark chocolate

Coconut aminos

Corn tortillas

Olive Oil

Agave

Pistachios

Coconut oil



is a multi-cultural expression meaning “If god would want it” or “God willing”. Nowadays it basically means “I hope”. With the accent moved from the last “a” to the “O”, we give it a new meaning of “live the present “or “enjoy what you have”.

Our wish, with our gift of food, is to feed your mind, body and soul. Our hope is that you will take the time to savor each bite.

Being “mindful “of the fresh ingredients, feeding not only your hunger but also your mind and soul.

Our gift is a meal that becomes a step in your journey to mindful eating.

Plant Based Cuisine

Monday - Friday

11 am – 3 pm

Location

The KAWS

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