



VEGAN EASY WRAPS TO MAKE IN AS LITTLE AS 15 MINUTES



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SPICED TOFU SENSATION



Serves : 1



Cook Time : 12 Mins

Ingredients

- 1 Higher Horizons wrap
- 170g firm tofu, sliced
- 1/4 bell pepper, sliced
- 1/3 small red onion, sliced
- 1 tsp chili powder
- Salt and pepper to taste

Nutrition Information

288	10g	30g	10g	3g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Heat a non-stick pan over medium heat.
- Add tofu, bell peppers, and red onion to the pan.
- Season with chili powder, salt, and pepper.
- Cook for 8-10 minutes, until tofu is crispy and vegetables are tender.
- Place the tofu mixture on a Higher Horizons wrap and roll it up tightly.
- Serve immediately.



TOFU, AVOCADO WRAP



Serves : 1



Cook Time : 10 Mins

Ingredients

- 1 Higher Horizons wrap
- 1 small carrot, julienned
- 1/3 avocado, sliced
- 100g tofu, pressed and sliced into strips
- 2.4 dl spinach
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tbsp hemp seeds
- Salt and pepper to taste

Nutrition Information

411	12g	30g	24g	3g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Heat olive oil in a pan over medium heat.
- Cook the tofu strips in the pan for 5-7 minutes. Flip halfway through for even cooking.
- Warm the Higher Horizons wrap.
- Lay the wrap on a clean surface and add spinach leaves, julienned carrot, avocado slices, and cooked tofu strips.
- Drizzle with lemon juice and sprinkle hemp seeds.
- Season with salt and pepper to taste.
- Roll up the wrap tightly and cut it into bite sizes if desired, and enjoy!



FLAVORFUL LENTIL WRAP



Serves : 1



Cook Time : 13 Mins

Ingredients

- 1 Higher Horizons wrap
- 2 3/4 tablespoon ripe avocado, sliced
- 1 tablespoon tomato, sliced
- 2 tablespoons cooked lentils
- 70 grams tempeh, cooked
- Salt and pepper to taste
- 1/2 teaspoon cumin powder
- 1/2 teaspoon paprika

Nutrition Information

312	15g	29g	12g	1g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Warm the Higher Horizons wrap in a microwave or a dry skillet over medium heat for a few seconds on each side until it becomes soft and pliable.
- Lay the warm wrap on a clean surface. In the center of the wrap, arrange the sliced avocado, tomato, cooked lentils, and cooked tempeh. Sprinkle the salt, pepper, cumin powder and paprika over the fillings for added flavor.
- Add a pinch of salt and pepper to taste over the fillings.
- Roll the wrap tightly to form a secure wrap.
- Slice the wrap in half, serve immediately, and enjoy!



SPICY CHICKPEA WRAP



Serves : 1



Cook Time : 12 Mins

Ingredients

- 1 Higher Horizons wrap
- 2 tablespoons Spicy roasted chickpeas
- 2 3/4 tablespoons sliced avocado
- 4 Shredded lettuce leaves
- 2 tablespoons sliced tomatoes
- Salt and pepper to taste
- 1/2 tbsp olive oil
- 120g smoked tofu

Nutrition Information

402	14g	33g	21g	0.6g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Lay the Higher Horizons wrap on a clean surface.
- Cook smoked tofu in olive oil until lightly browned.
- Layer lettuce, avocado, tomatoes, and chickpeas on wrap.
- Add tofu to wrap.
- Season with salt and pepper.
- Fold and roll wrap tightly.
- Serve immediately and enjoy!



BBQ TOFU JACKFRUIT WRAP



Serves : 1



Cook Time : 12 Mins

Ingredients

- 1 Higher Horizons wrap
- 1 tablespoon sugar free BBQ sauce
- 25g canned jackfruit
- 150g firm tofu, crumbled
- 2 3/4 tablespoons avocado, sliced
- 2 Pickled jalapeños, sliced
- 1.4 dl red cabbage slaw

Nutrition Information

376	15g	34g	16g	2g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Heat the canned jackfruit over medium heat, using a fork or spatula to shred the jackfruit into smaller pieces.
- Add the crumbled firm tofu to the same pan and cook until heated.
- Add the vegan BBQ sauce. Stir well to coat the jackfruit and tofu in the sauce for 2-3 minutes.
- Lay out the Higher Horizons wrap on a clean surface.
- Spread the BBQ jackfruit and tofu mixture evenly onto the wrap.
- Top with sliced avocado, pickled jalapeños, and red cabbage slaw.
- Roll up the wrap tightly.
- Cut the wrap in half, if desired, and serve.



MEDITERRANEAN HUMMUS WRAP



Serves : 1



Cook Time : 10 Mins

Ingredients

- 1 Higher Horizons wrap
- 2 tablespoons Hummus
- 1/2 Sliced cucumbers
- 2 tablespoons Kalamata olives
- 1 tablespoon diced red onions
- 2.4 dl Fresh spinach
- 100 g tofu, crumbled

Nutrition Information

320	14g	30g	12g	3g
Calories	Carbs	Protein	Fat	Sugars

Directions

- **Crumble** the tofu into small pieces using a fork.
- In a mixing bowl, combine the tofu crumbles and hummus. Mix them together until the tofu is well coated with the hummus.
- Spread the hummus onto the wrap, leaving some space around the edges.
- Layer the sliced cucumbers, chopped Kalamata olives, diced red onions, and fresh spinach leaves on the hummus.
- Roll the wrap tightly, tucking in the sides as you go.
- Enjoy!



BUFFALO TEMPEH LETTUCE WRAP



Serves : 1



Cook Time : 10 Mins

Ingredients

- 1 Higher Horizons wrap
- 50g tempeh, sliced into strips
- 2 tablespoons buffalo sauce
- 4 lettuce leaves
- 1 stalk celery, chopped
- 60g firm tofu
- salt & pepper to taste

Nutrition Information

300	11g	31g	11g	1g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Add the tempeh to a skillet and cook on each side for 3-4 minutes until lightly browned heated.
- In a bowl, Combine the tempeh with half of buffalo sauce and mix well to coat.
- In a blender or food processor, combine the tofu and the rest of buffalo sauce. Blend until smooth.
- Spread the tofu cream over the wrap ,sprinkle the buffalo tempeh on the Higher Horizons wrap.
- Add lettuce and chopped celery.
- Drizzle with vegan Greek yogurt lemon sauce.
- Fold and roll up the wrap tightly.
- Optionally, cut the wrap in half. Serve and enjoy!



SPICY TEMPEH WRAP



Serves : 1



Cook Time : 12 Mins

Ingredients

- 1 Higher Horizons wrap
- 90g tempeh
- 2.4 dl mixed veggies (bell peppers, onions, greens)
- 1 tablespoon sugar-free Sriracha sauce
- 1/4 Medium avocado, sliced

Nutrition Information

372	15g	31g	18g	< 1g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Heat a non-stick skillet over medium heat and add a small amount of cooking spray.
- Add the tempeh to the skillet and cook until crispy and golden brown.
- Cook mixed vegetables until tender and slightly caramelized.
- Spread Sriracha sauce on the wrap, add cooked tempeh, sautéed vegetables, and sliced avocado.
- Fold in the sides and roll tightly from one end to the other.
- Cut in half if desired, and enjoy!



CREAMY CABBAGE TEMPEH WRAP



Serves : 1



Cook Time : 13 Mins

Ingredients

- 1 Higher Horizons wrap
- 80g tempeh, sliced into strips
- 1.4 dl shredded red cabbage
- 1.4 dl shredded carrots
- 1 tablespoon vegan cream cheese
- Salt & pepper to taste

Nutrition Information

384	17g	31g	19g	3g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Cut the tempeh into small cubes or slices. Heat a non-stick skillet over medium heat. Place the tempeh in the skillet and cook for 3 minutes on each side. Remove from heat and set aside.
- Add the cooked tempeh to a bowl with the shredded cabbage and carrots.
- Add vegan cream cheese to the bowl. Sprinkle salt and pepper to taste. Mix everything together until the cream cheese is well distributed among the ingredients.
- Lay the Higher Horizons wrap on a clean surface. Place the tempeh carrot, cabbage mixture on top of the wrap.
- Start rolling the wrap from one side, tucking in the ingredients tightly. Serve and Enjoy!



PESTO TEMPEH WRAP



Serves : 1



Cook Time : 13 Mins

Ingredients

- 1 Higher Horizons wrap
- 70g sliced tempeh
- 1 tablespoon vegan pesto sauce
- 2 tablespoons roasted red peppers
- 2 dl baby spinach
- 1 tablespoon sliced tomatoes
- 3.5 tablespoons vegan mozzarella cheese

Nutrition Information

384	15g	30g	21g	2g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Preheat the oven as directed on the tempeh package.
- Cook tempeh until browned on both sides.
- Set aside cooked tempeh.
- Place Higher Horizons wrap on a clean surface. Spread vegan pesto sauce on the wrap.
- Add cooked tempeh slices to the wrap.
- Top with sliced roasted red peppers, baby spinach, sliced tomatoes, and vegan mozzarella cheese.
- Roll up the wrap tightly, tucking in the sides.
- Place wrap on a baking sheet and bake until cheese melts.
- Remove from oven, let it cool slightly, and enjoy!



EDAMAME AND QUINOA WRAP



Serves : 1



Cook Time : 13 Mins

Ingredients

- 1 Higher Horizons wrap
- 1 tablespoon cooked quinoa
- 1.4 dl shelled edamame
- 2 tablespoons diced bell peppers
- 1/2 tablespoon sesame oil
- 1/2 tablespoon soy sauce
- 90g firm tofu
- 1/4 teaspoon garlic powder
- Salt & pepper to taste

Nutrition Information

361	14g	30g	16g	3g
Calories	Carbs	Protein	Fat	Sugars

Directions

- In a food processor or blender, combine tofu with , garlic powder, salt, pepper,sesame oil and soy sauce . Blend until smooth and creamy, creating a tofu spread.
- Combine the cooked quinoa, shelled edamame, diced bell peppers, and the tofu spread to a mixing bowl.
- Place a Higher Horizons wrap on a flat surface.
- Spoon the quinoa and edamame mixture onto the center of the wrap, forming a line.
- Roll the tortilla tightly, enclosing the filling. You can tuck in the sides as you roll to secure the wrap.
- Slice the wrap in half, if desired, and enjoy!



MEATLESS "TUNA" SALAD WRAP



Serves : 1



Cook Time : 10 Mins

Ingredients

- 1 Higher Horizons wrap
- 1 stalk Diced celery
- 1 tablespoon Diced red onion
- 2 teaspoons Dijon mustard
- Juice of 1/2 lemon
- 6 Chopped lettuce leaves
- 2.5 tablespoons canned Chickpeas
- 1 tablespoon Vegan mayo
- 150g firm tofu
- Salt & pepper to taste

Nutrition Information

331	15g	30g	13g	5g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Mash the chickpeas using a fork.
- Mix mashed chickpeas, diced celery, and red onion in a bowl.
- In a blender , combine vegan mayo, Dijon mustard, tofu, and lemon juice. Season with salt and pepper.
- Spread the mixture on the Higher Horizons wrap, leaving space at the edges.
- Layer chopped lettuce on top.
- Roll the wrap tightly, folding in the borders.
- Cut the wrap in half or leave it whole.
- Enjoy immediately or refrigerate for later.



PORTOBELLO SPINACH WRAP



Serves : 1



Cook Time : 15 Mins

Ingredients

- 1 Higher Horizons wrap
- 1.25 dl sliced portobello mushroom
- 100g diced tofu
- 8 dl spinach
- 3 tablespoons roasted red peppers
- 4 dl fresh basil leaves
- 1 teaspoon balsamic vinegar
- 1 teaspoon olive oil
- salt & pepper to taste

Nutrition Information

330	15g	31g	12g	2g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Heat the oil in a skillet.
- Sauté mushrooms and tofu until browned and tender.
- Add spinach, sliced roasted red peppers, and basil; cook until wilted.
- Drizzle with balsamic vinegar and season with salt and pepper.
- Warm up the Higher Horizons wrap.
- Spoon the mushroom and spinach mixture onto the wrap.
- Roll tightly and cut in half if desired.
- Serve and enjoy!



TERIYAKI SEITAN WRAP



Serves : 1



Cook Time : 15 Mins

Ingredients

- 1 Higher Horizons wrap
- 100g sliced seitan
- 1/2 tablespoon low-sodium teriyaki sauce
- 2 dl spinach leaves
- 1/4 sliced cucumber
- 1.4 dl shredded carrots

Nutrition Information

261

Calories

8g

Carbs

36g

Protein

4g

Fat

3g

Sugars

Directions

- Preheat a non-stick pan over medium heat.
- Cook the seitan in a preheated non-stick pan over medium heat until slightly browned and heated.
- Pour teriyaki sauce over the seitan in the pan and stir to coat evenly. Cook for an additional minute to allow the sauce to caramelize slightly.
- Warm higher horizons wrap, and place spinach leaves on top.
- Add the teriyaki seitan to the wrap on top of the spinach. Add sliced cucumber, shredded carrots.
- Roll up the wraps tightly, folding in the sides as you go.
- Slice the wraps in half diagonally, if desired, and serve immediately.



CREAM CHEESE SEITAN WRAP



Serves : 1



Cook Time : 5 Mins

Ingredients

- 1 Higher Horizons wrap
- 100g sliced store-bought seitan
- 2 tablespoons Vegan cream cheese
- 1/4 sliced cucumber
- 1.5 dl sprouts
- 1.4 dl shredded carrots
- 1 teaspoon sunflower seeds

Nutrition Information

460	10g	40g	24g	2g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Warm the Higher Horizons wrap .
- Spread a layer of vegan cream cheese onto the wrap.
- Place sliced seitan on top of the cream cheese.
- Add sliced cucumber, sprouts, shredded carrots, and a sprinkle of sunflower seeds.
- Roll up the wrap tightly.
- Slice the wrap in half diagonally, if desired, and serve immediately.



SPINACH & ARTICHOKE QUESADILLA



Serves : 1



Cook Time : 10 Mins

Ingredients

- 1 Higher Horizons wrap
- 1.2 dl canned artichoke hearts, drained and chopped
- 1 clove garlic, minced
- 3 dl spinach, chopped
- 80g Firm Tofu, crumbled
- 1 tablespoon nutritional yeast
- Salt and pepper to taste

Nutrition Information

346	13g	31g	14g	1g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Mix the chopped spinach, artichoke hearts, tofu, nutritional yeast, minced garlic, salt, and pepper until well combined.
- Spread the mixture evenly onto one-half of the Higher Horizons wrap.
- Fold the wrap in half to cover the filling, creating a quesadilla shape.
- Heat a non-stick pan over medium heat and lightly spray with cooking oil.
- Place the quesadilla in the pan and cook for 2-3 minutes on each side, until golden and crispy.
- Remove from the pan and let it cool for a minute before cutting into wedges.
- Serve and enjoy!



SMOKY TEMPEH QUESADILLA



Serves : 1



Cook Time : 15 Mins

Ingredients

- 1 Higher Horizons wrap
- 100g sliced tempeh
- 1/3 small sliced bell pepper
- 1/3 small sliced red onion
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon cumin
- Salt and pepper to taste

Nutrition Information

336	17g	33g	14g	2g
Calories	Carbs	Protein	Fat	Sugars

Directions

- In a pan, sauté sliced tempeh, bell pepper, and red onion until softened.
- Season with smoked paprika, cumin, salt, and pepper.
- Place the cooked mixture on one-half of the Higher Horizons wrap.
- Fold the wrap in half to create a quesadilla shape.
- Cook in a pan until crispy and golden on both sides.
- Let it cool for a minute before cutting it into wedges.
- Serve and enjoy!



JACKFRUIT AVOCADO QUESADILLA



Serves : 1



Cook Time : 15 Mins

Ingredients

- 1 Higher Horizons Wrap
- 50g Young Jackfruit in Water
- 1 tablespoon diced red onion
- 150g Firm Tofu
- 1/5 of a medium avocado
- 2 tablespoons cooked black Beans
- 1 tablespoon lime juice
- 1 teaspoon cumin
- Salt and pepper to taste

Nutrition Information

316	8g	31g	11g	1g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Drain and shred young jackfruit. Sauté diced red onion until caramelized.
- Add jackfruit to the pan, cook until softened. Crumble firm tofu into the mixture. Season with cumin, lime juice, salt, and pepper.
- Warm black beans in a separate pan. Mash avocado in a bowl.
- Heat a non-stick pan, place the wrap. Layer jackfruit mixture, avocado, and black beans.
- Fold tortilla in half, press to seal. Cook until golden and crispy.
- Slice into wedges. Serve with salsa, guacamole, or vegan sour cream.



SWEET POTATO QUESADILLA



Serves : 1



Cook Time : 15 Mins

Ingredients

- 1 Higher Horizons wrap
- 0.6 dl cooked mashed sweet potato
- 2 tablespoons black beans
- 100g Firm crumbled Tofu
- 50g sliced seitan
- 1 teaspoon chopped fresh coriander
- Salt and pepper to taste

Nutrition Information

277	14g	30g	6g	2g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Preheat your oven to 375°F (190°C).
- Lay the Higher Horizons wrap flat on a baking sheet or oven-safe tray.
- Spread the mashed sweet potato evenly on one half of the wrap.
- Add the crumbled Tofu, black beans, seitan, and chopped coriander on top of the sweet potato.
- Sprinkle some salt and pepper over the filling to taste.
- Fold the wrap in half, covering the filling completely. Press down gently to secure the filling.
- Place the quesadilla in the preheated oven and bake for about 12-15 minutes.
- Slice into wedges and serve hot.



CHEESY BLACK BEAN QUESADILLA



Serves : 1



Cook Time : 15 Mins

Ingredients

- 1 Higher Horizons wrap
- 1 tablespoon canned black beans
- 1 tablespoon sliced bell pepper
- 1 tablespoon sliced onion
- 150g firm tofu, crumbled
- 0.6 dl cheddar vegan cheese, grated
- 1 teaspoon olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/4 teaspoon paprika

Nutrition Information

399	15g	30g	19g	1g
Calories	Carbs	Protein	Fat	Sugars

Directions

- Sauté bell pepper and onion until tender.
- Add ,crumbled tofu, black beans, spices, salt, and pepper. Cook for 1-2 minutes.
- Set aside the mixture.
- Spoon the mixture onto one half of a tortilla.
- Sprinkle vegan cheese on top.
- Fold the tortilla in half to create a half-moon shape.
- Cook in a skillet until crispy and the cheese melts.
- Cut into wedges, and enjoy!

