



RAW ZUCCHINI PASTA WITH MARINARA LIKE SAUCE OR PESTO

Raw Zucchini Pasta Base (1-2 small serves):

2 cups raw zucchini – make into pasta like strips with spirulizer

1 tablespoon extra virgin olive oil

½ teaspoon sea salt

Mix well and and let sit.

Raw Tomato Marinara Like Sauce (3-4 small serves)

1 Red Capsicum

½ cup sundried tomatoes (soaked for min. 2 hours)

1 tablespoon apple cider vinegar

1 tablespoon miso paste

1 tablespoon honey (or 1 or 2 pitted medjool dates)

1 cup tomato, chopped

½ teaspoon ginger, chopped

¼ cup red onion, chopped

2 tablespoons extra virgin olive oil

1 teaspoon Italian seasonings

1 clove garlic

¼ cup pecans

¼ teaspoon turmeric

Pepper to taste

Place all ingredients in a food processor or blender until mixture is smooth (or to your desired consistency).

Pour over your Raw Zucchini Pasta base, cut up some small cherry tomatoes for decoration other maybe some basil and you are ready to serve and eat!

Raw Pesto:

1 cup raw cashews, (soaked for min. 2 hours)

½ cup pine nuts

½ cup fresh parsley (or 1 tablespoon dried parsley)

1 cup fresh basil

¼ cup extra virgin olive oil

1 teaspoon Italian seasonings

2 cloves garlic

½ teaspoon sea salt

Place all ingredients in a food processor or blender until mixture is smooth (or to your desired consistency).

Mix with your Raw Zucchini Pasta base, and decorate with some sliced cherry tomatoes or sliced capsicum.