

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Raw Zucchini Spaghetti

2 zucchini or yellow squash, made into pasta (spiralized, grated, or cut into very thin strips)

Sauce:

1 pint cherry tomatoes

1 cup sundried tomatoes (soak in warm water if too hard and dry)

1 cup basil leaves

1 garlic clove

1-2 tbsp olive oil

1 date

Fresh cracked black pepper and salt to taste

Place sauce ingredients into a food processor and blend until well combined. Add salt and pepper to taste. Toss zucchini noodles with marinara and top with more black pepper and crushed chili flakes.

