

Herbal Legacy Recipes

Raw Zucchini Alfredo with Basil and Cherry Tomatoes

INGREDIENTS:

For the pasta:

- Spiralized zucchini noodles (or use a peeler or grater)
- Small chopped carrot
- Sugar snap peas, cut in half (about 3/4 cup)
- Baby tomatoes, halved (I used lots)
- Fresh shredded basil
- A small handful of chopped, sun-dried tomatoes

For the sauce:

- 1 ¼ cup cashews, soaked for a few hours, drain
- ¾ cup water
- 1 tsp agave
- 1/3 cup lemon juice
- ½ tsp sea salt
- 1 tsp miso



DIRECTIONS:

Begin by turning the zucchini into pasta and tossing it with the veggies.

To make the sauce, put the soaked cashews in your Vita-Mix or food processor along with the agave, lemon juice, sea salt, miso, and 1/3 cup water. Blend until it looks thick and creamy. With the motor running (in either the processor or the Vita), drizzle more water in until the sauce is totally smooth (if you're using a food processor, you'll have to stop and scrape sides occasionally) and the consistency you want.

Toss the sauce with the veggies, and voila: you've got a creamy, delicious bowl.

Recipe from www.choosingraw.com

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<http://www.herballegacy.com/Recipes.html>

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