

## 3 'RAW' RECIPES

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## RAW ROOTS

### Ingredients for The Salad

- \* 1 fennel bulb
- \* 4 large beets, peeled
- \* 1 apple, washed and unpeeled
- \* 2 bunches scallions (spring onions), cleaned, then thinly sliced

### Ingredients for The Dressing

- \* 1 garlic clove, finely grated
- \* 1 small ginger root, finely grated
- \* 1/2 tsp. unrefined sea salt
- \* 1/4 tsp. freshly ground black pepper
- \* 2 Tbsp. lemon juice from 1 lemon
- \* 2 Tbsp. raw apple cider vinegar (Braggs is a good brand)
- \* 4 Tbsp. cold pressed extra virgin olive oil
- \* 1 Tbsp. raw, unprocessed honey
- \* 1 Tbsp. fresh parsley, finely chopped
- \* 2 Tbsp. fresh mint leaves, finely chopped

### Ingredients for The Garnish

- \* 1/3 cup chia or sunflower seeds
- \* 1/3 cup crumbled feta cheese

## METHOD

1. Slice very thinly the carrots, apple and beets with a paring knife or a mandolin. Stack in layers, then slice into long strips. Put all ingredients in a large salad bowl. Put aside.
2. Clean the fennel bulb. Trim off the stalk and the first outer layer. Slice the remaining bulb into very thin rings. Add to the salad bowl.
3. For the Dressing: Chop the fresh herbs (parsley and mint). Add the finely grated garlic and ginger. Mix together with the dressing ingredients (sea salt, ground pepper, lemon juice, apple cider vinegar, olive oil, honey) in a blender or a small jar.
4. Add the dressing to the prepared vegetables in the salad bowl. Toss well.
5. Sprinkle the salad with the feta cheese and chia seeds/sunflower seeds.



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## APPLE & POPPY SEED COLESLAW

### Ingredients for The Salad

- \* 1 small cabbage (red or green), finely shredded
- \* 2 medium carrots, peeled, julienned (thin strips)
- \* 2 apples, peeled, cored, julienned (thin strips)
- \* 1/4 cup red onion, diced
- \* 2 Tbsp. fresh parsley, finely chopped
- \* 1/2 cup pumpkin seeds, toasted
- \* 1/2 cup raisins

### Ingredients for The Dressing

- \* 1/4 cup mayonnaise (preferably make your own)
- \* 1/4 cup plain whole milk yogurt
- \* 1 1/2 Tbsp. raw apple cider vinegar
- \* 2 Tbsp. raw unprocessed honey
- \* 1/2 Tbsp. poppy seeds
- \* 1/4 tsp. freshly ground black pepper
- \* 1/2 tsp. unprocessed, raw sea salt

### Method

1. Wash the cabbage, dry thoroughly, then shred finely. Place in a large salad bowl. Put aside.
2. Cut the carrots and apples into fine strips (julienne). Dice the red onion. Chop the parsley very finely. Add to the salad bowl.
3. Lightly toast the pumpkin seeds. Add to the salad bowl.
4. Add the raisins to the salad bowl.
5. Whisk together the ingredients for the dressing until you get a homogenous blend.
6. Put the blended dressing in the salad bowl.
7. Toss all the ingredients together and serve.



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## **SUPER DOUPER POWER GREEN SALAD**

### **Ingredients for The Salad**

- \* 1 cup fresh baby spinach, shredded
- \* 3 1/2 cups red chard, shredded
- \* 1/4 cup carrot, shredded
- \* 1/4 cup walnuts, crushed
- \* 1/4 cup pumpkin seeds, toasted

### **Ingredients for The Dressing**

- \* 1/2 teasp. fresh minced garlic
- \* 1/2 teasp. fresh minced ginger
- \* 1/2 jalapeno pepper, minced
- \* 4 sprigs fresh mint, minced
- \* 2 sprigs fresh oregano, minced
- \* 2 teasp. raw, unprocessed sea salt
- \* 3 Tbsp. cold pressed walnut oil
- \* 2 Tbsp. fresh lemon juice from 1 lemon

### **Method**

1. Wash all salad ingredients.
2. Shred the carrot. Put in a large salad bowl.
3. Tear the baby spinach and chard with your hand. Add to the salad bowl.
4. Toast the pumpkin seeds. Add to the salad bowl.
5. Crush the walnuts. Add to the salad bowl.
6. Put all the ingredients for the dressing in a blender or a food processor. Mix well.



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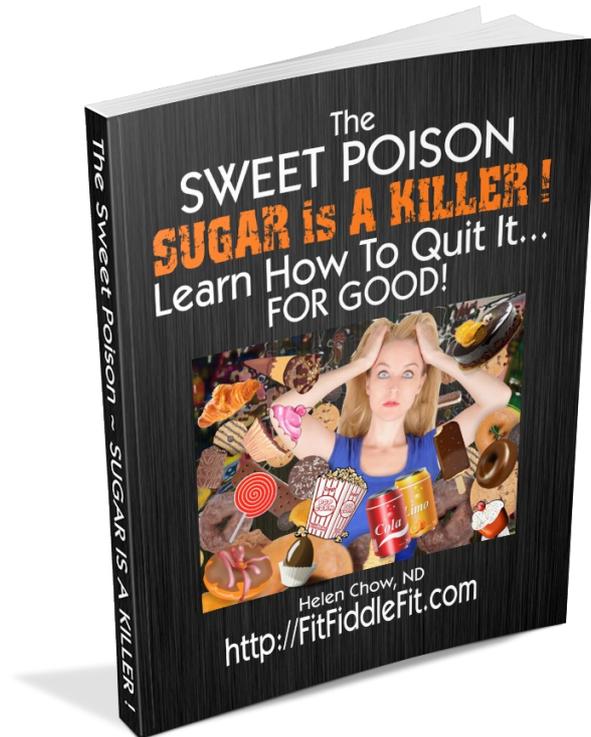
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