

THE RAW CHOICE

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Tomato Sauce

- 1 cup fresh tomatoes, chopped
- 1 sprig of Oregano
- ½ cup sun-dried tomatoes soaked and chopped
- 1 teaspoon garlic powder
- 1 fresh basil leaf
- 1-3 dates, pitted
- 1 tsp. "Original Himalayan Crystal Salt"
- 1 tablespoon Olive or Flax seed oil

Combine the above ingredients in a food processor or a blending machine and blend. Add a little olive or flax seed oil if the sauce is too thick to blend. Stir in "Original Himalayan Crystal Salt" and olive or flax seed oil.

Pesto

- 2 cups of Pine Nuts
- 2 cups fresh Basil Leaves
- 2 cups of Arugula
- 1 Garlic Clove
- ¼ cup of Oil
- 1 tsp. "Original Himalayan Crystal Salt"

Combine the above ingredients in a food processor or a blending machine and blend. Add extra Olive or Flax Seed oil if the sauce is too thick to blend.

Carrot Raisin Salad

- 1 cups raisins
- 4 large carrots, grated
- ½ cup of chopped Pecans
- ½ Avocado
- 1 tbs. Stone Ground Mustard
- Agave Nectar (Optional)
- Vinegar (Optional)
- "Original Himalayan Crystal Salt" To Taste

Blend the Avocado, Mustard, Vinegar, and Agave Nectar until smooth. Combine all the ingredients in bowl, mix, and serve. Pinch in "Original Himalayan Crystal Salt" to taste.