

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

Scott Mathias

www.scottmathiasraw.com

'Two Minute' - Salsa Salad

Ingredients

Use any vegetables you have available in your fridge but I use

Fresh Corn Kernels

Slice Red Onion

Sliced Cherry Tomatoes

Diced Red Bell Pepper

Red Chilli Scrapings

Mini Cauliflower Flourettes

Sliced Mushrooms

Diced Pickled Gherkins



Instructions

Mix all the diced and prepared vegetables in a bowl and mix through with your fingers. Add some of the nut mayonnaise and blend through and garnish with fresh basil and Ground Pepper and Sea Salt.

Vary amounts depending on the number of mouths you need to feed.

I add some of my seed bread and a Mushroom Nut Medallion.

Nut Mayonnaise

Ingredients

½ Cup Cashew Milk or Coconut Milk

1/2 Cup of Macadamia or Cashew Nuts pre-soaked over night – chopped or obtain 'fines' – small grains of the nuts

1 Dessert Spoon Tahini

½ Red Bell Pepper – chopped

1 Glove of Garlic

Sprinkling of Paprika

Season to taste

Instructions

Blend all ingredients in the order listed

Makes enough for two servings – vary amount for extra !!