

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Zucchini Spaghetti with Italian Tomato Sauce

Ingredients

1-2 Zucchini or Courgette

(1 normally feeds 2 people)

Lime juice

Splash of Macadamia oil

Seasoning



And Tomato sauce topping from previous recipe and video.

Instructions

Using either a table-top or hand-held spiraliser choose the spaghetti mode and spiraliser the zucchini into separate portions. Squeeze over some lime juice and toss with your fingers. About $\frac{1}{2}$ a lime will do but you can add more if desired or you're preparing a larger amount.

Add generous amounts of fresh tomato sauce as prepared in a previous recipe. Toss again and season with macadamia oil and season with sea salt and cracked pepper.

Truly amazing and so tasty. Your guests will be amazed!!