

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Mushrooms on 'Toast' with RAWlandaise Sauce

Ingredients

2-3 Small/Medium Sized marinated mushrooms

(see recipe # 3)

1 Avocado

3 dessertspoons Nutritional (Savoury) Yeast

A good squeeze of Lime Juice

A dash of paprika

S&P to taste

Several pieces of good size seed bread (see recipe # 2)



Instructions

Blend the avocado, yeast, lime juice and seasoning together until nice and creamy.

Place the seed bread onto a plate with the mushrooms distributed on top. Spoon the creamy sauce on top of the mushrooms. Season with S&P if required or top off with your favourite fresh herb and a splash of paprika

Eat with wonderful memories!!