

The

RAW Food

# Revolution

*30 Days to a Raw Food Life Style*

Menu Guide

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# Cheezy Herb Tomato Boats

## Ingredients

2 medium size tomatoes halved

Scooped out Tomato 'flesh'

½ cucumber

1/3 red bell pepper

Handful of chives

1/3 cup Creamy Nut sauce (recipe video #8)

2-3 tsps of nutritional (savory) yeast

Lime juice



## Instructions

Dice the cucumber and bell pepper together in a bowl. Add some chives and reserve some for decoration. I

In a small separate bowl add 1/3 of a cup of your pre-made Nut sauce (recipe video #8) and add 2-3 teaspoons of nutritional or savory yeast. Whisk together and add some Lime juice for a unique sweetness.

Season to taste.

Add the sauce to the diced mix and thoroughly blend as shown in the picture.

Spoon the mixture into your tomato halves.

Garnish with some sprigs of chives and a few grinds of cracked pepper.

Serve as a main or a starter. Simple and tasty.