

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Mushroom and Walnut Burgers with Tomato Sauce

Ingredients

2 Large Portobello or Swiss Brown Mushrooms

¼ cup of walnuts

¼ diced red onion

S&P for seasoning



Instructions

Blend all the ingredients together in a food processor until mix becomes a dry mush but not wet. Must be damp enough so they can be formed.

Form the mix into burger like rounds or something smaller in the form of medallions, which can be used to accompany salads.

Place the burgers or medallions into the dehydrator at 110F or in an open warm oven at no more than 50C. Turn every hour so that the outer becomes firmer. These will only need a 3-4hours to firm up.

Serve burger with a topping of Tomato Sauce (See Video 8) and serve between seed bread or salad vegetables. These may be stored in an airtight container for up to 10 days.