

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

Scott Mathias

www.scottmathiasraw.com

Avocado Cucumber Compress with Mushroom Medallions & Wasabi Nut Sauce

Ingredients

1 Whole Ripe Avocado

½ Lebanese Cucumber

¼ Red onion

Squeeze of Lime Juice

Dash of ACV (Apple Cider Vinegar)

S&P



Instructions

For the sauce

Thickened Nut Sauce (see Recipe #9)

Fresh Wasabi Powder or from a tube is acceptable

Finely dice the cucumber and red onion and add a squeeze of lime juice and just a dash of ACV. Set aside. Coarsely chop the avocado and break down with a fork ensuring to keep the blend chunky.

Using a stainless steel food form or a piece of PVC piping with chamfered ends, begin filling on your serving plate first with the avocado and then a good layer of cucumber and finishing off with avocado (as shown in the pic) top off with a green herb or salad leaf.

Blend some thickened nut sauce (add extra nut fines or nut paste back into the mix) and add ¼ teaspoon equivalent of wasabi. Stir into each other to create a lovely creamy yet hot sauce.

Serve as shown with mushroom medallions (from Video # 17) and finish with a good grind of black pepper.

Enjoy!