

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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RAWsotto – Vegetable Take on Rice Risotto

Ingredients

½ Diced Turnip or parsnip

4 large Cauli florettes

1 Med Size Red Bell pepper

½ Spring Onion

Pinch of chives for garnish

S&P

1 Cup of Nut Sauce



Instructions

Dice all the vegetables retaining half of the Bell Pepper. Set aside and place the nut sauce (see video # 9) into your Bullet with the other half of the Red Bell Pepper. Blitz thoroughly to create a red/orange coloured sauce.

On a serving plate place the vegetables in a neat mound and pour over the sauce as shown in the pic. Finish off with some chive garnishing and some freshly ground pepper. A quick, easy and very tasty complete meal.

Enjoy!!