

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Fennel Bean & Sundried Tomatoes with Hemp Seeds

Ingredients

Fresh Green Beans sliced diagonally (bite-sized pieces)

Fresh Bulb Fennel – julienned

Sundried Tomatoes

¼ Red onion

Clutch of Broad Leaf parsley

Dash of Macadamia Oil

Dash of ACV (Apple Cider Vinegar)

Squeeze of Lime Juice

S&P as required



Instructions

Simple and Fast as a main or salad with something else.

Slice and prepare beans, fennel and onion into a prep bowl. Add the sundried tomatoes and finely chopped parsley followed by the oil, ACV and lime juice. Season and blend through with your hands.

Serve in on a white plate or bowl for maximum colour effect. Natural food at its best !!