

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Purple Cabbage Rounds with Apple & Walnut Centre

Ingredients

Red or Purple cabbage

1 small apple

3 Desserts Spoons of chopped walnuts

Limejuice

ACV

Macadamia Oil

Garlic Chives for garnishing



Instructions

One of the tastiest speedy wee salad dishes 'around' !!

Chop the cabbage nice and long so it can be wound around your med or large food form (stainless steel or PVC)

Set aside in a bowl with a splash of lime or lemon juice, ACV and Macadamia Oil.

Dice the apple with skin on along with the walnuts.

On a nice flat white plate start to make up the 'rounds'.

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Remove the cabbage from the bowl and begin to fill the form leaving a hollow centre which you then fill with the walnut and apple mix. Take the form off and you are left with an image similar to the pic. Pour some of the remaining liquid over the top. Season with cracked pepper and sea salt and garnish with some green garlic chives or similar.

The effect is great for something so simple yet beautiful. Have fun!!