

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Marinated Mushrooms and 3 Way RAW Tapas

Ingredients

24 Small Button Mushrooms –Portobello
or Swiss Browns or what ever is available
from your local farmers market

½ Cup Macadamia Oil

¼ -1/2 Cup Agave Syrup

Dash of Apple Cider Vinegar (ACV)

Sea Salt and Pepper



Instructions

Thoroughly wash and drain the mushrooms.

In an airtight container add the small mushrooms along with the listed ingredients holding back on each ingredient to finish off according to preferred taste. The idea is to achieve just a slight sweetness at the same time creating a savoury outcome. Too much or too little or either then adjust accordingly.

Set aside in the refrigerator for 24hrs before using.

3 Way RAW Tapas

You will be making three separate dishes of RAW food ideal to serve to unexpected guests.

Dish 1. Marinated Mushrooms – use the mushrooms prepared in part one.

Dish 2. Tomato Salsa

1 Large Juicy Tomato

1/3 Red Bell Pepper

1/3 Lebanese Cucumber

1/3 Habaneros or similar hot green pickled chilli

Juice of a whole lime or lemon

Few sprigs of coriander/cilantro

Dice all the above in a separate bowl adding the lime juice and sprigs of coriander/cilantro add a generous splash of macadamia or olive oil along with the same in ACV –Apple Cider Vinegar. Remember a little for a start and add until you are personally happy with the taste. Finish with S & P.

Dish 3.

Mediterranean Olives

Cured Olives are considered RAW and make a great snack anytime.

Obtain your favourites and keep them available at all times in the refrigerator.

They become the 3rd member of this quick Tapas trilogy.

Spoon some out into a separate or combination dish.