

The

RAW Food

# Revolution

*30 Days to a Raw Food Life Style*

Menu Guide

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# Avocado 'RAWpaccio' with Chilli Lime Nut Sauce

## Ingredients

Nut Mayonnaise

½ Cup Cashew Milk or Coconut Milk

1/2 Cup of Macadamia or Cashew Nuts pre soaked over night –chopped or obtain 'fines' – small grains of the nuts

1 Dessert Spoon Tahini

½ Red Bell Pepper – chopped

1 Glove of Garlic

Sprinkling of Paprika

Season to taste ¼ Cup Cashew / Almond Milk which featured in an earlier video

½ Cup Macadamia nuts or 'Fines' –small pieces soaked overnight

1 Dessert Spoon Tahini

½ Red Bell Pepper – chopped

1 Glove of Garlic

Sprinkling of Paprika

Dash of Tabasco or half a red chilly

Dash of lime

Season to taste



## Instructions

### For the Nut Sauce

The Nut Sauce will last a few days in your refrigerator if you have no immediate use but again I tend to recommend you 'make to use' and then things taste so much fresher.

I use my Bullet but as I said about the tomato sauce a little goes a long way. It's a very versatile sauce too and can be used in a thick or thinned state. This is essentially a thicker version of the Nut Mayo.

Blitz the entire ingredients in a Bullet shaking the Bullet to get everything blended and add more nuts or 'fines' to achieve a thick to runny consistency. If mine is too thick I add more lime juice to 'lighten' it up. The Nut Sauce will last a week to 10 days in the fridge but again I tend just 'make to eat'.

### For 'RAWpaccio'

Take one firm and ripe ready-to-eat avocado, remove the stone and then leaving the skin on cut vertically down the avocado. Then gently scoop the already cut flesh away from the skin and layer it neatly on a plate as shown in the picture.

Then gently pour the nut sauce over the top of the avocado and garnish with some greenery or sprinkle with red bell pepper. This is a great easy snack to put together if you are peckish.