

Teriyaki Raw Vegetables

1/4 c cold pressed extra virgin olive oil

2 TBSP honey

2 TBSP Braggs Liquid Aminos

3 TBSP raw apple cider vinegar

4 slices ginger root

1 clove garlic minced

raw hulled sesame seeds

Mix together and pour over any type of raw cut up vegetables you desire:

eggplant, zucchini and summer squash, peppers, broccoli, cauliflower, onions.etc.

Vegetable Kabobs

zucchini

sweet onion

summer squash

red bell pepper

mushrooms

cherry tomatoes

Cut all vegetables except tomatoes into chunks. Marinate in Mellowing Marinade for at least 6 hours. Poke onto bamboo skewers and put into dehydrator at 100 degrees for at least 6 hours

Mellowing Marinade

juice of 1 lemon

1 t sea salt

2 T olive oil

clove garlic

Marinated Broccoli & Cauliflower

2 c broccoli florets

2 c cauliflower florets

2 medium carrots cut in circles

1 medium tomato diced

1 c onion, thinly sliced

Place all vegetables in bowl.

Marinate:

3 TBSP olive oil

1 tsp garlic powder

1 TBSP lemon juice

1 tsp sea salt

Blend and pour over vegetables.

Add 1TBSP Italian seasoning.

Refrigerate overnight. Top with sesame seeds

Zippy Zucchini and Carrots

2 zucchini, julienned

3 large carrots, julienned

1 1/2 c fresh parsley, minced

Combine above vegetables in a bowl.

Add the following to a blender:

1 1/2 c water and blend

1/2 tsp nutmeg

1/8 tsp cayenne

2TBSP tahini

Braggs Liquid Aminos to taste or celtic salt

Pour over vegetables