

NATURE'S



FOOD PATCH

## Market & Café

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[www.naturesfoodpatch.com](http://www.naturesfoodpatch.com)

### Vegan Paleo 2/19 - Brad Myers

#### Pesto Pasta

Noodles:

2 Zucchini - julienned

¼ onion- strips

1 T Olive Oil

Sauce:

¼ c chopped Basil

¼ c chopped Cilantro

¼ c Pine Nuts

2 T Lemon Juice

2 cloves Garlic

1 T Coconut Oil

Salt & pepper to taste

Saute noodles for about 10 minutes. Combine sauce ingredients with a mortar and pestle. Toss in 1 large cubed roasted potatoes. Then mix everything together and enjoy!

#### Chocolate Hazelnut Squares

1 c Hazelnuts

1 c Coconut Oil

½ Coconut Butter

½ c Cacao Powder

½ c Coconut Nector Sugar

1 T Vanilla

Pinch salt

Combine all ingredients in a food processor and blend until smooth. Shape into squares and refrigerate until firm. Store in the fridge.