

RAW PASTA

Cucumber
Carrot
Red & Yellow Pepper
Kale
Lemon Juice
Black Sesame

COCONUT CURRY SOUP

Thai Coconut
Avocado
Cucumber
Cilantro
Ginger
Red Onion
Green Onion
Jalapeno
Lime Juice
Curry Powder
Onion Powder
Salt and Pepper

SAVORY RED SAUCE

Sun-dried Tomatoes
Cashews
Avocado
Dates
Garlic
Basil
Lemon Juice
Olive Oil
Oregano (Dried)
Onion Powder
Salt and Pepper
Chopped Raw Olives (Garnish)

CHOCAVONANA PUDDING

Avocado
Banana
Cacao Powder
Hemp Milk (Seeds & Water)
Agave
Chopped Almond (Garnish)
Shredded Coconut (Garnish)

RAW PASTA

First peel the cucumber, then using a Julienne Peeler (or Spaghetti Peeler) shave noodles from all 4 sides of the Cucumber down to the seeds ...julienne Carrots too.

Next chop Peppers to give them flat sides and use a regular peeler to slice individual noodles from the edges. Bunch Kale up and cut very thin shreds. Toss everything together with lemon juice, then sprinkle black sesame.

SAVORY RED SAUCE

Dice Sundried Tomatoes, Cashews, and Dates and soak for at least 30 minutes. Add all other ingredients (minus olives) and purée. Chop Olives and garnish.

THAI COCONUT CURRY SOUP

Open Thai Coconut, pour water into blender. Peel and very finely dice the ginger... blend.

Next scrape out the coconut meat and add to blender. Peel and deseed cucumber and toss about a ½ or less (depending on how large of a cucumber) in with the Coconut along with a quarter or less of avocado. Chop the Green and Red Onion and Cilantro and just a little bit of Jalapeno, add in. Also add Lime Juice, Curry, Onion Powder, Salt and Pepper.

CHOCAVONANA PUDDING

Put the Hemp seeds in the blender with about a ¼ cup of water and blend into Hemp Milk.

Add Avocado and Banana... a little more Avo than Nanner, a couple tablespoons of Cacao Powder and Agave to taste. Scrape the Vanilla from the bean and add to mix. Pinch of salt and blend, chopped almonds and coconut shreds to garnish