



Premium  Slicer

Recipe book

Creative, quick and delicious recipes
for a healthier you





Premium Slicer

INTRODUCTION

Congratulations on your purchase of our premium vegetable spiral slicer and welcome to the exciting world of healthy eating! The goal of this recipe book is to share with you quick, easy, nutritious and wholesome ways of preparing fresh vegan and vegetarian dishes that will support you and your family in healthier eating.

This is a chance to see a whole new world of fresh new recipes and dishes, and explore the many health benefits that they can bring to you.

ENJOY THESE RECIPES!

20 MOUTH-WATERING SPIRAL SLICER RECIPES





1. Persimmon and Pepper Salad for Winter

This is a beautiful winter salad recipe with sweet persimmons and packed with sweetpersimmons and flavourful yams, both of which are rich in phytonutrients and betacarotene. The salad is laced with fresh lime juice and peppered with a small amount of chilli. Finish off this delightful salad with a sprinkling of dehydrated coconut oil saturated yams.

INGREDIENTS

DRESSING

1 yellow or red bell pepper, diced
1 ripe fuyu persimmon, diced
1 Tbsp chilli powder
Pinch of chipotle powder
3 Tbsp lime juice

SALAD

4 cups mixed greens e.g. arugula and spinach (or whatever you like)
1 red bell pepper, thinly sliced
2 fuyu persimmon, sliced
1/2 cup raw purple or orange sweet potato, cut julienne

CRIPSY YAMS

1 sweet potato, spiralized
Liquid coconut oil, warmed
Sea salt

DIRECTIONS

For the Dressing

Place all the ingredients in a powerful blender and process until smooth.

Make the Salad

Arrange the greens on 2 plates and sprinkle the bell pepper, persimmons and sweet potatoes over the greens.

Pour the dressing over the salad and arrange the crispy yams over the salad as a topping. Serve and enjoy!

Crispy Yams

Put the spiralized sweet potato into the dehydrator and dehydrate for about 24 hours, or until crisp. Coat the crispy yams with coconut oil and finish with just enough sea salt to taste.



2. Quick Raw Pasta

Raw pasta is quick, easy and very tasty. This meal is perfect if you are looking for something tasty and substantial, yet fresh and light.

The sauce is easily adaptable and you can throw in whatever you desire. For example, you can add extra ingredients like spring onions, shallots, basil or bell pepper.

INGREDIENTS

- 1 cucumber, zucchini or yellow pepper
- 1/2 cup of cashews, pine nuts, macadamia nuts or Brazil nuts
- 1 cup of cherry tomatoes (put 1/4 cup aside)
- 2-3 sun-dried tomatoes (optional addition)
- 1 small date, pitted
- Fresh or dried Italian herbs
- 1/4 teaspoon sea salt
- 1/2 tsp Italian seasoning
- 1/2 tsp red wine (optional addition)
- Handful pine nuts (garnish)

DIRECTIONS

Use a spiralizer to spiralize the vegetable of your choice.
Put all the sauce ingredients into a blender and blend together until smooth.
You can leave it a little chunky if that is what you prefer. If you want a more substantial sauce then you can add more red wine or more sun dried tomatoes.

TIPS: To soften the noodles drizzle a little olive oil on the noodles and set aside before pouring on the sauce.



3. Celeriac Pasta with Apple Sauce and Walnut

Zucchini pasta is a firm favourite amongst raw foodists, however it can get mundane if you have it all the time. If you are looking for something just that little bit different then try out celeriac pasta, you will love it! Celeriac is a delicious root vegetable that has a very light yet starchy flavour, similar to celery and parsley. It is an excellent source of Vitamin C, Vitamin K, as well as essential minerals such as copper, calcium and magnesium.

This delicious recipe is a combination of scrumptious spiralized celeriac and sweet and fruity apple dressing. What makes this dish perfect is the fact that it is light, yet hearty and perfect for the fall and winter seasons. Sprinkle with raw pumpkin seeds and relish the taste of this dreamy dish.

INGREDIENTS

THE SAUCE

1 large apple, cored and cut into chunks
3 tbsp walnut oil (This is not so easy to get hold of, if you cant find it then you can use a good pressed olive oil)
2 tbsp lemon juice
1 tsp sweetener of choice (raw honey is good but you cantry maple syrup or agave nectar too)
½ tsp raw mustard
Black pepper to taste

PASTA

½ celeriac, peeled
3-4 TBSP lemon juice
1 small green onion, finely chopped or diced
Garnishes such as pepitas, sunflower seeds, sesame seeds and fresh thyme or basil.

DIRECTIONS

Peel and wash the celeriac thoroughly. Spiralize it to make your pasta. Squeeze 3 to 4 tbsp of lemon juice and pour over the pasta and put aside. For the sauce put the sauce ingredients into a blender and process and until well combined. You are looking for a smooth consistency here.

Now you can go ahead and pour the delicious sauce over the noodles and enjoy! This can keep for a day or 2 in the refrigerator. However, it is always best eaten freshly made.



4. Creamy Zesty Garlic Sauce Carrot Pasta

Raw pasta is quick, easy and very tasty. This meal is perfect if you are looking for something tasty and substantial, yet fresh and light.

This meal will satisfy your taste buds and you will not have much to clean up. The sauce is easily adaptable and you can throw in whatever you desire. For example, you can add extra ingredients like spring onions, shallots, basil or bell pepper.

INGREDIENTS

NOODLES

1 large carrot, spiralized

SAUCE

1 heaped tbsp of hulled tahini (you can also use the normal tahini if you prefer)

1 tbsp organic walnut oil (you can also use organic cold pressed olive oil)

3 tbsp fresh lemon juice

1 tsp tamari

1 tsp grated or minced ginger

1 small garlic clove, grated

Toppings: minced parsley, sesame seeds, pine nuts or hemp seeds.

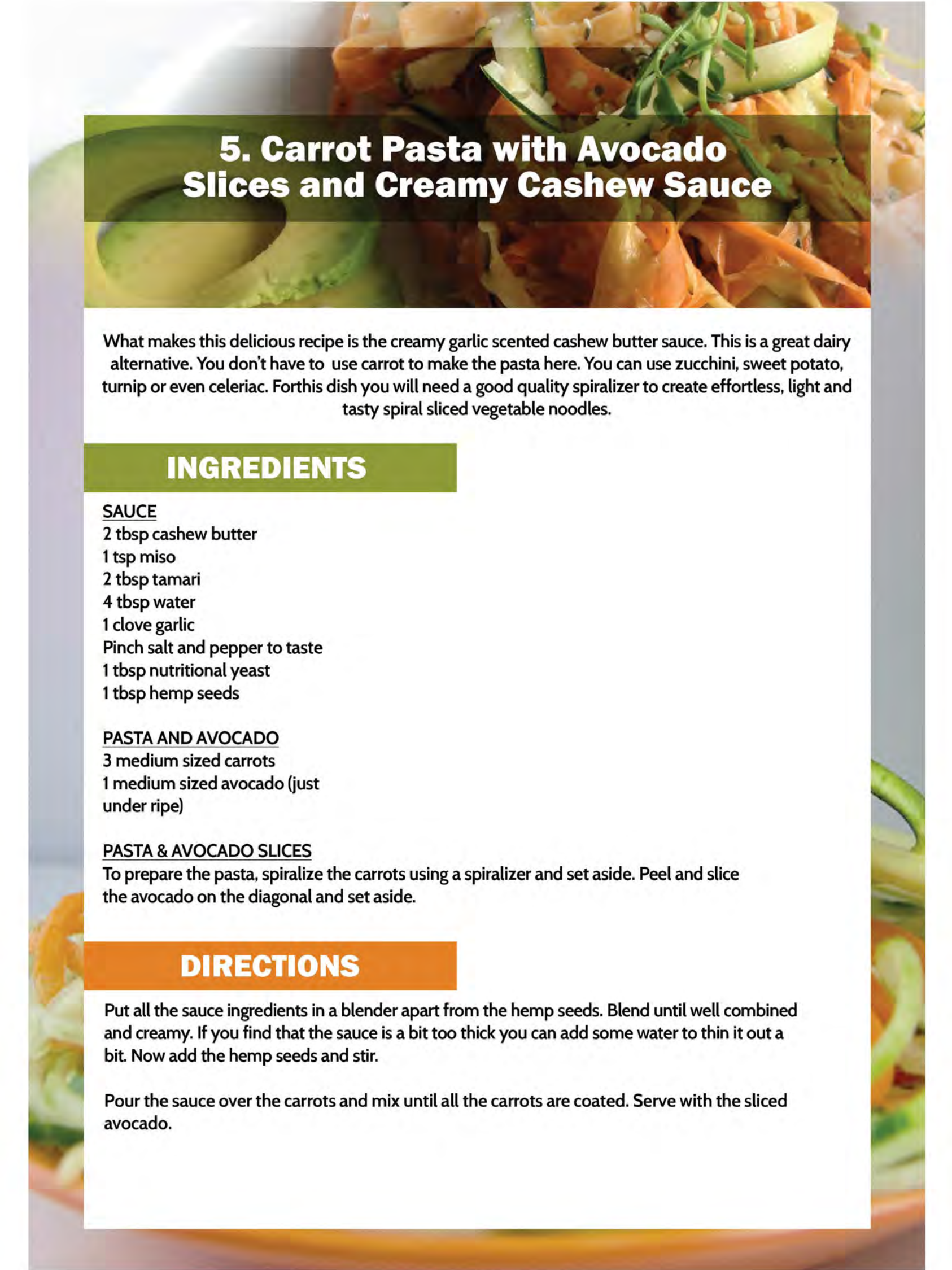
DIRECTIONS

Put all the ingredients for the sauce into the blender and blend until well combined and smooth.

Spiralize the carrots and set aside

Drizzle the sauce over the carrots and mix until everything is fully coated.

Add the toppings of your choice and enjoy!



5. Carrot Pasta with Avocado Slices and Creamy Cashew Sauce

What makes this delicious recipe is the creamy garlic scented cashew butter sauce. This is a great dairy alternative. You don't have to use carrot to make the pasta here. You can use zucchini, sweet potato, turnip or even celeriac. For this dish you will need a good quality spiralizer to create effortless, light and tasty spiral sliced vegetable noodles.

INGREDIENTS

SAUCE

2 tbsp cashew butter
1 tsp miso
2 tbsp tamari
4 tbsp water
1 clove garlic
Pinch salt and pepper to taste
1 tbsp nutritional yeast
1 tbsp hemp seeds

PASTA AND AVOCADO

3 medium sized carrots
1 medium sized avocado (just under ripe)

PASTA & AVOCADO SLICES

To prepare the pasta, spiralize the carrots using a spiralizer and set aside. Peel and slice the avocado on the diagonal and set aside.

DIRECTIONS

Put all the sauce ingredients in a blender apart from the hemp seeds. Blend until well combined and creamy. If you find that the sauce is a bit too thick you can add some water to thin it out a bit. Now add the hemp seeds and stir.

Pour the sauce over the carrots and mix until all the carrots are coated. Serve with the sliced avocado.



6. Zucchini Pasta Portobello Meatless Meatballs, Dried Cherry Tomatoes and Basil Tomato Sauce

This awesome recipe can be enjoyed with basil tomato sauce. These are super tasty with dried baby tomatoes and meatless balls of garlic Portobello.

INGREDIENTS

PORTOBELLO MEATLESS BALLS

1/4 cup walnuts
1 Portobello mushroom
1 small onion or 1/2 large onion
1-2 dates
Pinch dried or fresh coriander
Salt & pepper, to taste

DRIED CHERRY TOMATOES

3 cups cherry tomatoes (cut in half)
1 teaspoon cold pressed olive oil
Pinch of salt

ZUCCHINI NOODLES

1 large or 2 small zucchini
1 tsp olive oil
Pinch sea salt

TOMATO BASIL SAUCE

1/2 cup of dried tomatoes
1/2 cup chopped zucchini
(Use the rest of the zucchini after spiral slicing)
1 tbsp tahini
Small handful fresh basil leaves
1 date, pitted
1 garlic clove
Salt & pepper to taste

DIRECTIONS

Put the walnuts in the food processor and process until it breaks down into a powder. Add the other ingredients to the food processor and pulse until everything breaks down. You want the consistency of minced meat. If you find that mixture is too wet you can add some flax seeds to the mix and gently pulse.

Create the meatballs by forming into balls. Place the meatballs on to a teflex sheet and place in the dehydrator for 5 hours, or until they look slightly dark just like meatballs.

Making the dried cherry tomatoes

Massage some olive oil into the tomatoes. Make sure they are fully coated and sprinklesome sea salt on them to taste. Put them in the dehydrator for about 5 hours until they are crispy but still slightly soft in the middle.

Making the Noodles

Using a spiral slicer slice the zucchini into noodles.

Coat the noodles with olive oil: we don't want them to be saturated with olive oil though just slightly coated. Sprinkle with a little sea salt to allow the noodles to become slightly softer.

Making the Sauce

Place all the sauce ingredients in a food processor or blend and pulse until well combined and smooth.

Putting it all together

Now you have everything prepared, it is time to put it all together. Put the zucchini noodles in a large bowl, pour over the sauce and then arrange the meatballs and dried tomatoes over the top. You can also add some fresh tomatoes to give that extra freshness. Serve and enjoy!



7. Delicious Hemp Pesto Pasta

Hemp is a delicious addition to any diet, it is healthy and it will give your body the much needed essential omega 3 to 6 fatty acids. Omega fatty acids are essential for the health of the cells. So this is the perfect dish to get those fatty acids into the body.

This recipe is very tasty and the pesto is so fragrant, and so delicious it is like a party in the mouth. The simplicity of the dish means that anyone can throw it together! Have fun and enjoy!

INGREDIENTS

PESTO

½ cup hemp oil
1-2 cloves garlic
2-4 hemp seeds
2 tbsp nutritional yeast
Pinch Himalayan pink sea salt
1 large bunch fresh basil.

NOODLES

Kelp noodles (washed and chopped)
Thinly sliced zucchini

DIRECTIONS

Put all the pesto ingredients into a food processor or high powered blender. Gently pulse until everything is well combined but not too runny. You do want a few chunks still in the pesto.

Put the kelp noodles and the zucchini in a bowl. Mix well.

Put the pesto in the bowl with the noodles and zucchini and mix well until well combined. Serve and enjoy!



8. Raw Zucchini Pasta with Blended Tomato Sauce

This dish is so perfect for people who love traditional Italian food. You get the al dente texture of the noodles with the tangy, yet rich flavour of the tomato sauce. This is the perfect combination for any foodie who wishes to go raw, or eat healthier.

INGREDIENTS

PASTA

2 medium sized zucchini, spiral sliced

SAUCE

1 ½ cups fresh tomatoes, chopped

¼ cup extra virgin olive oil

3 sun dried tomatoes

½ cup red bell pepper, chopped

¼ cup cashews

1 clove garlic

1 date, pitted

1 tbsp apple cider vinegar

¼ cup fresh basil

1 tbsp fresh thyme

1 tsp sea salt

Freshly ground black pepper - To taste

DIRECTIONS

Peel and spiral slice the zucchini and put to one side.

Put all the sauce ingredients in a blender and process until well combined and smooth.

To serve, arrange the zucchini in a large bowl and pour over the sauce.



9. Raw Spring Pasta with Pistachio Crumble and Mint Pesto

This is an easy, yet delicious dish to whip up when you are feeling hungry but want something healthy.
Let's get started!

INGREDIENTS

4 medium zucchini, peeled and washed
1 small bunch of asparagus, chopped
6 crimini mushrooms, thinly sliced
1 cup raw pine nuts
1 cup fresh mint
1/4 cup nutritional yeast
1/4 cup olive oil
Two organic lemons, juiced
Sea salt to taste
1 garlic clove
Filtered water (as much as you need)

CRUMBLE

1/2 cup raw pistachios
2 tbsp nutritional yeast
1/8 tsp sea salt

DIRECTIONS

Spiral slice the zucchini to make them look like pasta. Put the zucchini in a bowl and add the chopped asparagus.

Put the pine nuts, nutritional yeast, olive oil and lemon juice with the sea salt into a food processor and process until smooth. You can add water here if you think you need it.

Make the crumble by processing the pistachio, 2 tbsp nutritional yeast and sea salt in a food processor until broken down into a crumble.

Putting it all together

Pour the sauce over the noodles and sprinkle the pistachio crumble over the top. Serve and enjoy!



10. Zucchini & Cucumber Noodles with Almond Sauce

This yummy raw dish is easy to make and full of flavour. With the spicy almond sauce and the freshness of the zucchini noodles it makes the perfect combination.

INGREDIENTS

1 cucumber, washed, peeled and spiral sliced
1 zucchini, washed, peeled and spiral sliced

ALMOND SAUCE

1/4 cup almond butter
1 tbsp organic maple syrup
1 tbsp tamari
1 tbsp fresh lime juice
1/4 tsp red pepper flakes
Pinch of sea salt
2 tbsp water

TOPPINGS

1/4 cup puffed quanta
1 tbsp sliced almonds
1 tbsp pumpkin seeds
1 tbsp goji berries
Pinch of sea salt

DIRECTIONS

Wash and peel the cucumber and zucchini. Slice them using a spiral slicer to create fresh, raw noodles.

Put the noodles in a colander and sprinkle some sea salt on them. Allow to sit for about 30 minutes to drain off all the excess water.

To make the almond sauce, put the sauce ingredients in a bowl and whisk until well combined. You can add more seasonings to taste here.

To make the topping, put all the toppings ingredients in a bowl and toss together. Serve by putting the noodles in a bowl and add the sauce, mix until well combined. Sprinkle the toppings on top of the noodles and sauce and serve.



11. Coconut Zucchini Noodles with Thai Chili

If you love Thai food then you will love this dish. It has that tangy, spicy yet sweet freshness that is so reminiscent of Thai food. However, if you are trying to eat more raw foods then you might want to cut out the white rice or cooked noodles. This dish will provide you with the perfect alternative.

INGREDIENTS

SAUCE

1/2 cup young coconut meat
2 tbsp raw coconut butter
1 scotch bonnet pepper or Thai chili, takes out the seeds
2 tbsp raw peanut butter or almond butter
Coconut water or filtered (as much as you need)
1 small knuckle of ginger, peeled and washed
1 clove garlic
Sea salt to taste
1 small organic lime, zest and juice

PASTA

4 small zucchini, washed, peeled and spiral sliced
1 bell pepper, thinly sliced
1 medium carrot, thinly sliced
1/4 cup dried and shredded coconut

DIRECTIONS

Put all the sauce ingredients in a blender and blend until well combined and smooth.

Spiral slice the zucchini and cut the vegetables. Put the zucchini in a bowl with the carrots and bell pepper. Add the sauce and mix.

Plate up and sprinkle the coconut over the top of the noodles and serve.



12. Kiwi & Mango Pasta Salad

This dish is delicious and low fat, so you are getting a healthy meal that is also full of flavour.

INGREDIENTS

2 zucchini, spiral sliced
2 mangoes, peeled and cubed
4 medium kiwis, peeled and sliced
2 medjool dates, pitted
2 small dried figs
Bunch raw kale leaves, de-stemmed and washed
1 tsp dried herbs (optional)

DIRECTIONS

Put the fruits in a high speed blender and blend until well combined and smooth.

Remove the leaves from the stems of the kale and wash thoroughly. Cut the kale into small pieces and combine with the zucchini and dried herbs in a bowl.

Put everything in a bowl and pour the freshly blended sauce over the top. Enjoy!



13. Spaghetti with Butternut Squash

Many don't know that you can actually eat butternut squash raw. It is the perfect replacement for cooked spaghetti but it tastes just as delicious. This dish is fresh, yet very hearty and is perfect for those winter, or fall months.

INGREDIENTS

1/4 medium butternut squash
1 apple, washed, peeled and thinly sliced
2 small handfuls of Swiss chard or other greens such as kale, sliced thinly.
1/2 cup fresh cranberries

ALMOND BUTTER SAUCE

1/2 cup almond butter
3/4 cup spring or filtered water
1 organic lemon, juice and zest
1/2 tbsp chopped fresh ginger
1 tbsp organic honey
1/2 tsp ground cinnamon
1/2 tsp ground coriander
1/4 tsp ground cumin
1/4 tsp ground nutmeg
1 cardamom pod, seeds
1/4 tsp hot pepper flakes

DIRECTIONS

Peel and remove the seeds from the butternut squash. Slice it up into spaghetti strands using a spiral slicer. Put in a bowl and add the apple, greens and cranberries.

Put the sauce ingredients in a blender and blend until smooth.

Pour the sauce over the noodles and greens and serve!



14. Ramen Noodle Soup

Remember those days when it was so cold and all you craved was a bowl of chicken noodle soup? Soup that would just leave you feeling like snuggling with a soft blanket and a good book.

This recipe will have you reminiscing on days gone by when we were eating more processed foods, and less whole foods. If you think that eating more raw and plant based foods meant that you could not enjoy tasty dishes then think again.

This is a tasty dish that will warm your heart just like that bowl of ramen noodle soup back in the day. You might be thinking how is it possible to have a soup without “cooking” so to speak. Well this recipe does require that you use boiled or slightly warm water. Dig in and enjoy!

INGREDIENTS

2 ¼ cups water
½ cup organic baby spinach leaves
½ cup carrot, thinly sliced
½ cup cremini mushrooms, thinly sliced
1 zucchini, peeled & spiral sliced
2 tbsp miso
½ tsp namashoyu or tamari
2 tsp green onion, thinly sliced
Pinch of sea salt to taste

DIRECTIONS

Use a spiral slicer to cut the zucchini into noodle like strips.

Pour 2 cups water into a saucepan and add the spinach, mushrooms, and carrots. Put a lid on the saucepan and turn on the heat to medium; let the water heat up for about 5 minutes. If you like you can warm the water first and then put the vegetables in.

Add the miso to the rest of the water and mix until well combined. Put the miso mixture into the saucepan with water and vegetables along with the zucchini noodles, green onions, shoyu and salt. Mix well to form a soup and serve!



15. Zucchini Pasta with Creamy Pesto Broccoli

This is a really yummy and filling dish. You could either have this as a main meal, or have it as a side dish. Either way, you will enjoy the creaminess of the pesto with the crunchiness of the broccoli. You can add other vegetables if you wish and play around with the ingredients to create your own personal flavours.

INGREDIENTS

4-5 medium Zucchini, peeled & spiral sliced
3 ½ cups broccoli florets
1 tbsp lemon juice
2 tbsp grape seed oil/safflower oil
¼ tsp sea salt
¼ tsp black pepper to taste

CREAMY PESTO

¼ cup almonds

¼ cup macadamia nuts
1 cup chopped carrots
½ cup chive or green onion, finely chopped
1 tbsp lemon juice
2 tbsp garlic, minced
2 tbsp water
¼ cup grape seed oil or organic olive oil
¼ tsp salt

DIRECTIONS

ZUCCHINI PASTA

Create the zucchini pasta using a spiral slicer and set aside. You can also peel the zucchini if you wish but it is not a must.

BROCCOLI

Place the broccoli in a zip lock bag with the oil, lemon juice and sea salt. Leave in the fridge for about 2 hours or overnight if you can.

Arrange the broccoli onto a teflex sheet and place in the dehydrator on 118 degrees for 1 hour. Once you have finished warming the broccoli in the dehydrator, put it in a bowl and set aside.

CREAMY CARROT-TOP AND CHIVE PESTO

1/4 cup Almonds
1/4 cup Macadamia Nuts
1 cup packed Carrot-tops
1/2 c Chive //or// Green Onion
1 tbsp minced Garlic
2 tbsp Lemon Juice
2 tbsp Water

Place the nuts into a food processor and pulse until broken down. You just want them to form a fine powder.

Add the rest of the pesto ingredients apart from the oil. Then slowly add the oil according to how runny you want it to be. Gently pulse each time you add the oil.

Assemble everything by placing the zucchini in a bowl, and topping with the broccoli and the pesto. Enjoy!



16. Vegetarian Zucchini Pasta Alfredo

Pasta Alfredo is one of those traditional Italian dishes that get your mouth watering. However, the pasta can leave you feeling a little bloated so this raw version is a great alternative for those of you who are really trying to cut down on the bulky food. It is rich, yet light and fresh and is surely reminiscent of the traditional pasta Alfredo.

INGREDIENTS

3 zucchini, spiral sliced
Fresh basil
Cherry tomatoes cut in half

SAUCE

2.5 cup cashews
1 tbsp lemon juice
3 cloves garlic
1 tsp fresh thyme
1 tsp sea salt

EXTRAS

Powdered garlic
Red pepper flakes
Nutritional yeast
Fresh ground black pepper

DIRECTIONS

Spiralize the zucchini using a spiral slicer and set aside.

To make the sauce put all the sauce ingredients into a blender and blend until smooth.

Putting it all together

Pour the sauce over the zucchini and sprinkle on the cherry tomatoes, and garnish with a little sprig of fresh basil for colour and for taste.



17. Fresh Raw Spaghetti Marinara

The traditional spaghetti and tomato sauce is so delicious and so satisfying. However, if you are trying to lose weight, or cut out some of the heavier, starchier foods you might want to refrain from eating the traditional version of the dish.

This raw version is easy to make, no slaving over a hot stove for this one. It is fresh, simple and very light on the digestive system. Even those who love the traditional dish will like this, because the sauce is rich yet light, the noodles are fresh and have that aldente texture to them.

This is a must try dish for anyone who is trying to incorporate more raw foods into their diet.

INGREDIENTS

- 2 medium zucchini or yellow squash, peeled and spiral sliced.
- 2 cups cherry tomatoes
- 1 cup sundried tomatoes, soaked for 2 hours in water
- 1 cup fresh basil
- 1 small garlic clove
- 1 tbsp olive oil
- 1 date, pitted
- Freshly ground black pepper

DIRECTIONS

Make the noodles by using a spiral slicer to create spaghetti like slices. Set aside while you make the sauce.

Put the sauce ingredients into a blender and pulse until everything is well combined and smooth.

Pour the sauce on to the noodles and season to your taste. You can add some fresh cherry tomatoes on top if you wish.



18. Zucchini Vegetarian Pasta with Rich Curry Sauce

If you like the taste of delicious curry you will enjoy this dish. This dish is inspired by the spicy yet sweet flavours of Thai food. Fresh, fragrant and very tasty.

INGREDIENTS

RAW PASTA

1 medium zucchini per portion
Extra virgin olive oil
Sea salt

SAUCE

For the sauce:

You will need cashew cream here is the recipe for that:

2 tbsp coconut milk
1 ½ cups cashews

SAUCE

1 cup cashew crème
2 tbsp coconut milk
2 tbsp mild curry
Freshly chopped parsley or basil

EXTRA

Baby salad leaves
Cherry tomatoes
Watermelon slices
Fresh cilantro

DIRECTIONS

Create the noodles by washing and peeling them. Use a spiral slicer to create noodlelike slices and set aside. You can also coat the zucchini in a little olive oil to make them slightly tender.

Put the sauce ingredients in a blender and blend until smooth.

Serve by pouring the sauce on to the noodles until evenly coated. Now garnish with cherry tomatoes, salad leaves, cilantro and watermelon slices.



19. Zucchini Noodles

Zucchini noodles are simple, yet fresh and delightful on the taste buds.

INGREDIENTS

1 large zucchini or yellow squash per portion
Sea salt

DIRECTIONS

Wash and peel the zucchini. Create the noodles by using a spiral slicer to and cutting into thin noodle like strips.

Arrange the noodles on to some parchment paper and sprinkle with a little sea salt. Allow the noodles to sit in the oven for about 30 minutes on a medium heat. You will seethat there will be some excess water draining from the noodles. Take a paper towel and dab the noodles to remove the excess water. You can now serve them with whatever sauce you wish. Enjoy!



20. Spring Vegetable Creamy Pesto Pasta

INGREDIENTS

4 medium zucchini, peeled and spiral sliced
1 cup asparagus, chopped
2 tbsp extra virgin olive oil
1 cup crimini mushrooms, chopped
½ cup frozen peas (if you are eating paleo then don't add these)
½ cup cherry tomatoes, halved
1 cup raw cashews
4 cups boiling water
1 tablespoon lemon juice
1 clove garlic, chopped
2 tbsp fresh basil, chopped
¼ tsp sea salt
Pinch white or black pepper
Pinch ground nutmeg
Toasted pine nuts (garnish)
Fresh basil (garnish)

DIRECTIONS

Boil the water and soak the cashews in the boiling water for about half an hour.

Pour some water into a large saucepan and place the zucchini noodles in the water for about 2 minutes. Drain the noodles and place on a baking tray lined with parchment paper.

Sauté the mushrooms in a little olive oil for about 4 minutes. Make sure the heat is not too high, aim for medium heat.

Remove the cashews from the water and drain them off. Keep the soak water to one side. Place the cashews in a blender with about 1 cup of the soak water. Pour in some lemon juice, nutmeg, basil, salt, pepper and garlic. Gently pulse until everything is well combined and smooth.

Serve the pasta with the sauce on top or mixed in. Enjoy!



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CONCLUSION

Raw gourmet cuisine is one of life's great pleasures. Eating raw is not only delicious, it is also a lot of fun. The above recipes are designed to be easy to make, and take less preparation and clean-up time. If you are like us you will be amazed by how great you will feel after trying these yummy and healthy spiral slicer recipes..

