



## Yogic Diet

### Raw Diet (Great for Fruit, Nut and Veg diet too)

#### **Gorgeous Sauce**

Serve over butternut squash –peel into long strips, courgettes, carrots, raw beetroot, whatever you fancy really peeled into long ‘slices’

- 4 tomatoes
- ½ avocado
- 2 carrots
- 1 stick celery
- 5 sun dried tomatoes
- 4 dried prunes
- 1 shallot
- 2 tbsp olive oil
- 2 tbsp Braggs or Tamari
- 1 tsp vinegar
- 2 tbsp fresh herbs of your choice, I like basil or tarragon
- 2 cloves garlic
- 1 red chilli

Roughly chop the vegetables and then blend everything in the blender.

Pour over spiralled or long peeled veg and enjoy!