

RAW VEGAN ZUCCHINI LASAGNE

Serves:4

If possible always use organic ingredients.

Zucchini Layers

Ingredients:

2 - 3	Medium zucchinis
1	Juice of lemon
	Virgin Olive Oil

Method:

Slice zucchinis with a potato peeler lengthwise to form straps of zucchini.

Drizzle a little lemon juice and olive oil on the bottom of a flat baking dish 150mm x 200mm approximately.

Place layer of sliced zucchini on bottom of dish.



Tomato Capsicum Layers

Ingredients:

1	large	Red Capsicum (Bell Pepper)
3	large	Tomatoes
5-6	leaves	Basil (fresh)
5-6	leaves	Rosemary (fresh)
5-6	leaves	Mint (fresh)
2	tspn	Paprika
1/4	tspn	Cayenne Pepper
		Salt to taste

Method:

Blend all ingredients. Place in strainer over bowl and let sit until excess liquid has been removed. The juice makes a great vegetable drink.

Use about 2/3 of sauce as layer over the zucchini in the dish.

Place another layer of zucchini over the tomato capsicum sauce and drizzle with olive oil and lemon juice.



Avocado Layer

Ingredients:

2	large	Avocados
1		Lebanese cucumber (or equal size in other variety)
1	sml bunch	Chives (fresh)
1	tspn	Miso
1		Juice of lemon

Method:

Blend all ingredients.

Place as layer over the zucchini in the dish.

Place another layer of zucchini over the avocado sauce and drizzle with olive oil and lemon juice.

Place last of the tomato capsicum sauce to top of zucchini.

Nut Cream Layer

Ingredients:

1/2	cup	Raw Cashews
1/4	cup	Pine Nuts
1/4	cup	Raw Macadamia Nuts
1		Juice of lemon
		Salt to taste
		Water

Method:

Blend all ingredients, slowly add water so that mix blends well but do not allow to become runny.

Pour blobs of nut cream over the tomato capsicum layer.

Garnish with a sprinkle of Paprika and finely chopped basil and mint.

Cut into portions with sharp or serrated knife and serve.

ENJOY !