

## Raw Recipe – Carrot and Coconut Tabouli

### Ingredients:

- 5 large carrots, grated
- 1 cup dried, not sweetened coconut
- 1 cup dried figs, chopped
- 1 cup raw walnuts, chopped
- 1 bunch parsley, leaves chopped
- ½ bunch cilantro OR mint, leaves chopped
- juice of one lemon
- 2 – 3 TBS white balsamic vinegar or other light vinegar
- about ½ cup olive oil
- fresh ground pepper and salt to taste
- lettuce leaves to serve it on

### Directions:

Place the first six ingredients in a large bowl and combine.

Make a dressing with the lemon juice, vinegar, and olive, using about ½ cup olive oil to make one cup. Season with salt and pepper.

Serve on lettuce leaves.

Serves 6 - 8.