

## Recipe – Raw Creamy Tomato Sauce

Serves 8 to 10 people

### Ingredients:

- 10 sun-dried tomato halves (soaked for a few hours)
- 1/2 cup cherry tomatoes
- 1/4 cup sunflower seeds
- 2 dates, pitted
- 1/2 cup tomato soak water
- 2 TBS tahini
- 1 clove garlic
- 2 TBS olive oil
- 1 tsp apple cider vinegar
- juice of 1 lemon
- 1/2 tsp sea salt
- 3/4 tsp basil

### Directions:

Process all ingredients in blender until smooth

Can substitute 1/2 regular tomato or 1 Roma/plum tomato for cherry tomatoes

Serve the above with julienne vegetables or those cut on a spruli gadget or you can shred vegetables such as zucchini or over baby spinach or other greens

Eat and enjoy. It's easier than you think and oh so yummy, not to mention healthy!