

Raw Recipe – Living Cauliflower Couscous

The main ingredient is cauliflower, processed so that it is nearly the texture of couscous and soaks up the flavors of the other ingredients.

Ingredients:

- 1 head of cauliflower, chopped and then processed with an S blade to resemble grain
- juice of two lemons
- up to ½ cup olive oil
- fresh ground pepper
- 1 bunch cilantro leaves, chopped
- 1 bunch curly parsley leaves, chopped
- 1 bunch spearmint leaves, chopped
- 2 pints sungold or cherry tomatoes, halved
- 8 ounces of Mediterranean olives, chopped

Directions:

Place all ingredients in a large bowl and combine, using olive oil to taste. You may not want the whole half cup.

Serves 8.