

Menu

Raw Class



Raw Soups or Smoothie

Spicy mango ginger soup
Hearty Tomato Soup
Creamed Spinach Soup
Creamed Cauliflower Soup
(Green Smoothie)



Raw Main Entree

Summer rolls peanut dipping sauce
Zucchini Pasta with Tomato Sauce
Kale Apple & Quinoa Butter Bean Salad
Sushi with Cauliflower rice



Raw Desserts

Chocolate Avocado pudding
Chocolate Peanut butter Layered Chia pudding

