

RAW STAKE AND POTATOES

Potatoes Ingredients:

- 1 large head of Cauliflower
- olive oil
- salt and pepper to taste
- 1/2 cup pine nuts or soaked cashews
- 1 Tbsp fresh rosemary leaves
- 1/4 cup fresh thyme leaves
- 1/4 cup fresh lemon juice
- 2 garlic cloves
- Dash of olive oil
- salt and pepper to taste
- Nutritional yeast for sprinkling



Potatoes Instructions:

1. Cut head of cauliflower into thin strips, coat in oil, salt and pepper and dehydrate at 95 degrees for four hours.

2. Place dehydrated cauliflower in food processor or high speed blender and pulse till fine.
3. Add in the rest of the ingredients, except nutritional yeast, and pulse till smooth.
4. Place back in dehydrator and warm.

“teak Ingredients:

- 2 large Portobello mushrooms
- 1/4 cup coconut aminos
- 1/4 cup olive oil
- 2 tbsp. maple syrup or other sweetener

“teak Instructions:

1. Slice mushrooms into thin strips.
2. Mix coconut aminos, olive oil and maple syrup to make marinade.
3. Cover mushrooms with marinade and let stand in marinade for at least two hours, stir occasionally.