

Uncooking With RawRose – Your Guide to Raw Foods

May 1 & 2 Winnipeg Weekend Workshop
at Dandelion Healing Centre

SATURDAY, MAY 1:

9:00-10:45 - Orange Banana Green Smoothie (62)

- Welcome & Introductions
- Info re raw foods + 5 Tastes

11:00-1:30 - Beet Soup (70)

- Hummus (92) on red peppers
- Truffles (152)

1:45-3:00 - Healthy Lifestyle Discussion

3:00-3:30 - Break

3:30-6:30 - Nori Rolls (97/98)

- avocados
- celery stalks
- carrots – peeled & grated
- green onion – chopped fine
- red pepper – long thin slices
- sprouts
- Pickled Ginger (102 – alternative method)
- Sweet & Sour Sauce (80)
- Greens with Dressing – see Assembling a Great Salad Dressing (68)
- Banana Lemon Pie (131) + raspberries (fresh or frozen)

SUNDAY, MAY 2:

9:00-10:45 - Green Smoothies (60)

- Lemon Poppy Seed Energy Balls (145)

11:00-1:30 - Amazing Avocados (83/84)

- sprouts
- Savoury Crackers (110/111)
- Cucumber Dill Salad (90)

1:45-3:00 - Discuss Challenges of Applying Raw to Your Lifestyle

3:00-3:30 - Break

3:30-6:30 - Spaghetti (114)

- Marinara Sauce (75)
- Neatballs (95/96)
- Tahini Turmeric on Greens (recipe supplied)
- Apple Pie (128/129)