

RAW VEGAN PASTA CARBONARA



Raw Vegan Carbonara Pasta with Zucchini Bacon

Ingredients

300 g of sliced zucchini or eggplants
2 Tsp Tamari or amino acid
1 Tsp of any of the following sweet syrups (Agave, maple, coconut etc.)
½ Tsp Smoke paprika
½ Tsp Onion powder
1 Tbsp Olive oil

Method:

1. Whisk all mixture until thoroughly combined, then marinate the zucchini for 20 mins
2. Leave in the dehydrator for 8-12 hours (48 C) until it's dry and crispy.
3. Keep in a sealed jar until use.

For Carbonara sauce

Ingredients:

200 g Cashew (soaked)
1 Cup Water
1 Tbsp Nutritional Yeast
1 Tb Mustard
1 Clove Garlic
Dash Turmeric Powder
½ Tsp Black Salt
Dash Black Pepper

Method:

1. Blend them all in a high-speed blender with your love until it's a bit warm.
2. Place pasta on a plate, add sauce on the top garnishing with Bacon, salt, pepper and parsley

Recipe Created by Chef Toh at the Life Co in Phuket.

Energy Ball

Ingredients

¼ Cup	Almond
¼ Cup	Walnuts
2 Tbsp	Black Raisins
¼ Cup	Dried Cranberry
¼ Cup	Dates
Dash	Himalayan Salt

Optional for covering,
Caco powder or Sesame or Coconut Flake

Preparation

- Add all ingredients in a food processor and keep blending until fine and thick
- Let's make a ball for 1 inch side
- Cover each ball with anything you prefer
- Store in a freezer for over 2 month

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	121 kcal	6 %
Total Fat	8.3 g	13 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1.1 mg	0 %
Total Carbohydrate	10.9 g	4 %
Dietary Fiber	2.2 g	9 %
Sugars	7.3 g	
Protein	3 g	6 %
Vitamin A	0 %	Vitamin C 0 %
Calcium	3 %	Iron 3 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

