

Raw Detoxifying Beet Pasta

By Amy Lyons

Serves 1-2

Ingredients

Sauce:

- 2 cups chopped beets
- 1 small ripe avocado
- 1/4 cup filtered water (or as needed)
- juice of 1 lemon
- sea salt
- 2 Tbsp fresh basil
- 2 Tbsp fresh marjoram

Pasta:

- 4 medium zucchini, spiralized
- 1/2 cup sliced radishes
- 1/4 cup sliced onion
- 2 cups asparagus cut into 1 inch pieces
- 3 Tbsp raw shelled hemp seeds plus more for garnish
- broccoli sprouts for garnish



Instructions

1. In a high speed blender, combine all the sauce ingredients and blend until smooth (you may need to add a little more filtered water if too thick).
2. Pour over the zucchini, radishes, onion, asparagus, and hempseeds in a large bowl and toss to combine.
3. Serve sprinkled with a little more hempseeds and top with sprouts.



About the author...

Amy Lyons

I am a vegan girl who is passionate about good food! I especially like to create healthier desserts and veggie filled dishes. I also believe that food is art and is meant to be shared!

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Simple Hemp Noodles

By Amy Lyons

Serves 1

Ingredients

- 1 large zucchini, spiralized
- 1/2 cup cherry tomatoes, halved
- 1 Tbsp hemp oil
- 1 juice of one lemon
- 1/2 tsp red pepper flakes
- sea salt to taste
- 2 Tbsp shelled hemp seeds

Instructions

1. Combine all ingredients in a bowl, and toss to coat noodles.



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