



## RAW LASAGNE

### ❖ Ingredients

- 500g courgette (1 large courgette, zucchini)
- 300g cherry tomatoes
- 25g sun dried tomatoes
- 1 clove of garlic
- 45g basil
- 1 teaspoon of maple syrup
- 2 tablespoons of apple cider vinegar
- Salt, pepper
- 220g tofu (tau kwa)
- Juice from ½ lemon
- 1 teaspoon onion powder
- 2 teaspoons garlic powder
- 25g cashew
- 90g spinach
- 3 tablespoons of nutritional yeast

### ❖ Method

1. Wash zucchini. Using a vegetable peeler or a mandolin, cut zucchinis into long strips lengthwise.
2. Prepare your tomato sauce. Blend together cherry tomatoes, sun dried tomatoes, garlic clove, 10g basil, 1 teaspoon maple syrup, 1 tablespoon of apple cider vinegar. Put aside.
3. For your cheesy layer blend tofu, juice from ½ lemon, onion and garlic powder, 1 tablespoon of apple cider vinegar and 3 tablespoons of nutritional yeast. Put aside.
4. For green pesto layer blend cashews, spinach, 35g of basil and 3 tablespoons of nutritional yeast.
5. To assemble, alternate a layer of zucchini slices, a layer of tomato sauce, a layer of zucchini, a layer of cheese, a layer of zucchini, and a layer of pesto. Repeat, then finish with a layer of tomato sauce
6. Sprinkle the top with nutritional yeast and serve immediately.

7.

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