

Raw Spaghetti Sauce

3-5 sun dried tomatoes or equivalent if chopped or diced (packed in olive oil)

4 fresh organic tomatoes

½ -1 cup fresh basil, chopped

1 tsp onion – dried or fresh

1 tsp. fresh garlic – I prefer 1 heaping tablespoonful

½ - 1 tsp sea salt – optional

1 tsp whole fennel or anise seeds

2 preparation variations:

Mix all together and leave chunky. OR Put all ingredients in food processor and blend to desired consistency. Store in airtight container in refrigerator for up to 3 days.

No need to warm sauce. If you heat it do not heat above 105 degrees as it will turn acid. The idea behind eating tomatoes uncooked is to maintain a ph level that is healthy for your body and non-acidic. Once tomatoes are cooked or heated above 105- they are acidic to the body.

This sauce is great served over a salad, or with *shredded vegetable noodles. Or if you want to cook gluten free; serve over rice spaghetti noodles.

* I use already pre- shredded fresh green papaya and add about 1/3 cup of sliced fresh seaweed noodles and warm these in a fry pan by dry stir-frying for a minute or two to warm them just to finger warm...not hot. Then spoon sauce over the warmed noodles. This makes the entire entree more luke-warm. A very refreshing and light spaghetti packed with flavor.