

RAW TZATZIKI FALAFEL SAUCE

Contributed by Nancy Riedesel & Sheri Yohe (The Chefettes)

Makes about 3½ cups

Ingredients:

1 cup sunflower seeds, soaked at least 1 hour

2 cups zucchini, peeled and chopped

1 cup cucumbers, peeled and chopped

2 cloves garlic, minced

½ cup thick coconut cream from the top of a can of coconut milk – *be sure not to shake the can before you open it and you will find the top inch or so is a thick cream that you will use in this recipe.

¼ cup fresh lime or lemon juice

2 tablespoons fresh dill minced or 1 TB dried dill (*To have the best dill flavor dehydrate fresh dill at 105.F and store it in a sealed glass jar.)

1 teaspoon sea salt (I like Pink Himalayan salt)

Directions:

1. Mix in a food processor or blender to create a delicious dip.
2. Be sure to run the food processor long enough to thoroughly blend the mixture until smooth, 3-5 minutes.

Storage:

This sauce will keep in the refrigerator in a sealed container about 4 days.

Nutrition:

- Zucchini I have heard it said by health educators; “Zucchini is our best friend!” And no wonder with all these benefits. It is high in omega 3. It helps to cure asthma with its high vitamin C content, which is a

powerful antioxidant. It has anti-inflammatory properties. Inflammation is said to be the source of all pain. It helps to prevent diseases like scurvy and bruising, which can be caused by the deficiency of vitamin C. Regular intake of zucchini effectively lowers high homocysteine levels. It lowers the risk of having multiple sclerosis (MS). It is high in water content (over 95%), so they make perfect food for people on a diet. Zucchini also contains useful amounts of folate, potassium, and vitamin A as well as lutein, which is good for eyes.

- Lemons According to a ScienceDaily article, Texas A&M, Research has shown that citrus compounds called Limonoids targeted and stopped neuroblastoma cells in the lab. Neuroblastomas account for about 10 percent of all cancer in children, and is usually a solid tumor in the neck, chest, spinal cord or adrenal gland. Limonoids are naturally occurring in citrus, and unlike any other anticancer drugs, which are toxic, limonoids apparently do not hurt a person. The article states that citrus is a “vast reservoir of anti-carcinogens.” No other fruit or vegetable contains Limonoids.

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