



Raw or Cooked Lasagna

INGREDIENTS

- 1 Box Gluten free lasagna or 3 med. zucchini
- 1 Large can fire roasted tomatoes (3.5 C)
- ½ C. Low sodium, oil-free, veg stock
- 2 t. Onion granules
- 2 t. Garlic granules
- 1 C. Spinach
- 1 C. Fresh carrot tops or parsley or basil
- 1 C. Sunflower seeds
- 1 C. Cashews
- ¾ C. Water
- 2 Cloves garlic
- 2 t. Himalayan salt

DIRECTIONS

1. If baking, Preheat the oven to 350.
2. Place sunflower seeds, cashews, and 2 C. water into a pot. Bring to a boil, then reduce to low. Simmer until all liquid has been absorbed.
3. While the nuts are boiling, blend tomatoes, onion granules, vegetable stock, and ½ t. salt in a high-speed blender.
4. Pour sauce into a container and set aside.
5. Rinse blender.
6. Combine sunflower seeds, cashews, garlic cloves, ¾ C. water and ½ t. salt into your blender. Blend until smooth, pausing to scrape down the sides with a rubber spatula.

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Raw or Cooked Lasagna cont.

DIRECTIONS

7. Finely chop basil, parsley or carrot tops.
8. Follow instructions for cooking lasagna or peel lasagna from zucchini noodles.
9. In a baking pan, pour a layer of your tomato sauce in the bottom of the pan (about $\frac{3}{4}$ C.).
10. Lay down the first layer of noodles or zucchini.
11. Lay down a layer of spinach.
12. Drizzle sunflower cheeze and tomato sauce over spinach.
13. Lay down another layer of noodles.
14. Sprinkle a layer of basil or carrot top over the noodles.
15. Drizzle cheeze over carrot top.
16. Pour the rest of your sauce over top (can keep stacking if you want more layers)
17. Add more cheeze to the top.
18. Bake for 25 minutes.
19. Cut into squares, drizzle cheeze and serve. (Note: You will have leftover cheeze)

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