

Carrot Spaghettini

Really, really good just on it's own as a side dish, or you can top it off with our 'Basil Pesto' or 'Raw Spaghetti Sauce'! Different and simply delicious!

Carrots...a little goes a long way! (thick carrots work better than thin ones)

**Flax seed oil or whatever is your favourite oil.
Salt**

TIP

To keep carrots fresher, longer, store them in the fridge without the carrot tops attached. Cut or snap them off and they will not get wilted and soft. Use the tops in your green smoothie!

If you have a vegetable spiralizer, go ahead and spiralizer the carrots. If you don't, you can use a vegetable peeler and make long strands of 'spaghettini'. If you don't have any of those...you can use a grater and grate your carrots.

Place the carrots in a bowl and sprinkle with a very small amount of salt and drizzle with flax oil. Toss gently until it is well mixed. Cover and let sit at least a couple of hours or over night.

You can serve it as is or warm it up for an hour in a dehydrator on 106 degrees.

This is a simple one...but oh so good!

*"Be the change you want to see in the world."
~Mahatma Gandhi~*

