



Yogic Diet

Fruit, Nut & Vegetable diet

Beetroot and carrot stew with nut sauce

- 5 carrots diced
- 4 beetroots
- 1 purple onion diced
- 4 garlic cloves crushed
- Parsley leaves
- 1 cup Cashew nuts - soaked
- 1 cup Macadamia nuts- soaked
- Olive Oil
- Seeds from cardamom pod
- Fennel seeds
- Dried red chilli flakes
- Olive oil
- Water

Steam the beetroot and carrots.

Fry onions and garlic in olive oil.

Add seeds and chilli.

Add beetroot and carrots to the onion mix.

Blend soaked nuts in food processor with olive oil and some water until a creamy consistency is reached.

Pour the nut sauce over the vegetables.

Serve with a jacket potato and green salad.