



Raw Vegan Zoodles with Garlic Hemp Sauce

Base:

2.5 zucchinis – [Spiralized](#)

Dressing:

- 1-5 garlic cloves (to taste)
- 1/3 c. hemp seeds (2.67 ounces)
- c. [Distilled Water](#) (8 ounces)
- 1/4 c. onion (2 ounces)
- 3-6 T. nutritional yeast (1 T. = 15 grams or .5 ounces)
- t. sea salt or miso paste (4.2 grams/0.167 ounces)
- .5 peeled zucchini (4 ounces)
- t. psyllium husk powder (4.2 grams/0.167 ounces)
- t. black pepper (4.2 grams/0.167 ounces)

Add everything above to a blender until smooth. Blend longer depending on your desired salad dressing consistency.

Optional Toppings:

You can top it with ANYTHING... I added:

- Chopped cilantro
- Chopped tomatoes
- Chopped watercress (small amount - it has a strong flavor)
- Sprouted mung beans
- Sliced jalapenos
- Smoked paprika

