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## Shari's Vegan Bloomed Rice Recipe

### Base:

- ½ cup – Chopped Tomatoes (4 ounces/120 grams)
- ½ cup – Chopped Cilantro (4 ounces/120 grams)
- 1 – Chopped, Seeded, Peeled Cucumber (8 ounces/240 grams)
- ½ – ¾ cup – *Dry* Wild Rice (I use [Sprout People](#)) BLOOMED overnight in pure water (½ cup = 4 ounces)
- ½ – 1 cup – *Sprouted* Lentils (I like French Blue Lentils or Mung Beans)

### Optional:

- Chopped Romaine
- Chopped Red Onions
- Raw Sauerkraut
- Diced Red Pepper
- Minced Red Cabbage

### Sauce:

- 2 T. (1 ounce/30 grams) – Raw Tahini (or 4 t. Raw Sesame Seeds)
- ½ t. (2 grams) – Harissa spice
- 1 t. (4 grams) – Onion Powder
- 1 t. (4 grams) – Garlic Powder or Clove
- 1 t. (4 grams) – Dulse Flakes or *tiny pinch* of Celtic Sea Salt or splash of Coconut Aminos
- 1 t. (4 grams) – Smoked Paprika
- 2 – soaked, pitted Medjool Dates
- ½ – Lemon (OK to use pith)
- ½ cup (4 ounces) – [Distilled Water](#)

