

Raw Recipe – Raw Quinoa Tabouli

Ingredients:

- 1 ½ cups quinoa, sprouted starting 2 days ahead
- 2 boxes cherry tomatoes, halved
- 2 bunches curly parsley, taken off stem and chopped
- ¼ cup chopped mint leaves
- ½ cup plus 2 TBS olive oil
- Juice of 2 lemons
- 2 cloves garlic, minced
- salt and pepper to taste

Directions:

Two days ahead:

Soak the quinoa over night. The next day, drain and rinse it several times. It needs to be done in a sieve or something that allows air flow so it doesn't sour.

Combine the lemon juice, garlic, olive oil and salt and pepper

Combine sprouts, tomatoes, mint and parsley and dress.