

Raw Recipe - Tamarind Chutney

Ingredients:

- 1 cup of tamarind pulp
- 1 tsp. ground cloves
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- 2 large onions, sliced
- 1 cup dark raisins (add after blending, if a chunky sauce is desired)
- ¼ cup coconut water
- 3 Tbs. lime juice
- ½ tsp. salt
- Cayenne pepper or jalapeno peppers to taste
- Maple syrup or agave nectar to taste

Directions:

Place all ingredients in a blender. Blend until smooth. Garnish with cilantro leaves.