**RAW SWEET AND SPICY CAULIFLOWER**

1 head cauliflower, cut into florets

Sweet & Spicy Sauce:

2 dates, pitted

1 tomato

1 red bell pepper, seeded and chopped

¼ cup sundried tomatoes, soaked

1 lemon, juiced

2 cloves garlic, chopped

1 tablespoon maple syrup

½ serrano or jalapeño pepper, chopped & deseeded

½ teaspoon red chilli flakes

3 sprigs, cilantro (garnish)

Blend all the sauce ingredients together and serve with chopped cilantro on top. Use the chopped florets to dip and enjoy. Can also add in any other veggies of your choice.

or Avo-Wasabi sauce:

1 ripe avocado

1 inch knob horseradish root (available in most grocery stores)

1 inch knob ginger root

2 inch knob turmeric root

3 cloves garlic peeled

1 lime juiced

sea salt to taste

Blend all ingredients until smooth. Serve with raw cauliflower florets or other raw veggies of your choice.