



VEGAN CACIO E PEPE

This is a vegan, soy, dairy and oil free spin on this simple, yet tasty Italian dish. By using kelp noodles, this is not only low carb, but kelp noodles are more nutrient dense than traditional pasta and make this dish 100% raw.

- 1 package of kelp noodles, drained and then soaked in water for one hour
- 1 cup of walnuts, soaked*
- 1-2 cloves of garlic
- ½ tablespoon of black pepper
- juice from half of a lemon
- salt to taste
- 5 minutes, makes about 1/2 cup of sauce

Open the package of kelp noodles and drain. Rinse them with water and then let them sit in a bowl of water for 1 hour. This helps make them soft enough to eat (I skipped this step when I made a kelp noodle pad thai and the noodles were super crunchy! Not very pleasant to eat!).

Add the walnuts, garlic, lemon juice, black pepper and salt to a blender. You might need to add a splash of water to get the blender going. The sauce will have a kick to it, if not, then add more pepper.

Drain the kelp noodles and toss the noodles with the sauce. For some extra flair, serve with some fresh pepper and micro greens on top. Buon appetito!

* *While most vegan recipes use cashews, I like to use walnuts because cashews can be prone to mold.*

I also soak all of my nuts, seeds, beans and grains in order to remove or limit the phytic acid or enzymes inhibitors, which prevent our bodies from absorbing nutrients. Soaking helps unlock the nutrient door so our bodies don't have to work so hard to try to break these items down (which doesn't even happen because phytic acid and enzymes inhibitors are how nuts, seeds, beans and grains protect themselves since they don't have stingers or legs to run away!). You can watch my YouTube video on soaking and sprouted ingredients [HERE](#).