

No Stove Necessary



There are lots of recipes you can make without using heat: uncooked foods often have the highest density of nutrients, and are quick and easy to prepare. Other forms of processing can be used to make uncooked foods delicious and easy to eat: salt and acids (like lemon or vinegar) can tenderize ingredients, while blending, chopping, or smashing can break down fibrous foods.



In the Blender

- Smoothies
- Raw apple sauce
- Cold soups
- Nut butters

With Salt and Acid

- Marinated salads
- Salsas
- Pestos
- Guacamole



PHOTOGRAPHY

Other Ideas

- No-bake cookies
- Chia pudding
- Overnight oatmeal
- Lettuce wraps

Summer Rolls with Peanut Sauce

INGREDIENTS

- 1/4 c creamy peanut butter
- 2 tsp soy sauce
- 1/2 tsp garlic powder
- 1 tsp hot sauce (optional)
- 1-2 tbsp warm water, or more as needed

For the Rolls:

- 10 spring roll rice paper wrappers
- 1 ea carrot, cucumber & bell pepper, cut into thin strips
- 1/3 c chopped purple cabbage
- 1 avocado, sliced
- 1 handful fresh cilantro, mint, and/or basil (optional)
- 5 large green lettuce leaves, torn in half
- sesame seeds for garnish (optional)



INSTRUCTIONS

- In a small bowl, combine sauce ingredients and whisk until smooth. Add extra warm water to reach desired consistency. Set aside.
- Cut all vegetables and have them ready on a plate. Prepare the rice paper wrappers: Pour warm water into a large bowl or round baking pan. Working with one sheet at a time, dip the rice paper wrapper into the warm water for 15-20 seconds. The wrapper should be soft, but still slightly firm and pliable. Immediately remove from the water and place flat onto a clean work surface. Gently pat the wrapper dry.
- Fill the rolls: Place a few sticks of carrot, cucumber, pepper, and a sprinkle of cabbage on top of the bottom 1/3 of the rice paper. Add a slice of avocado and a sprinkle of fresh herbs. Lay 1/2 of a lettuce leaf on top. Gently pull up the bottom of the wrapper and roll over the filling, like a burrito. Place finished roll on a serving plate. Repeat with all remaining ingredients. Serve with peanut sauce.