Raw Taco Salad

Shopping List

Produce

2 cups arugula/rocket

1/2 med avocado

1 tbsp spring onion

1/4 cup lemon juice

1/2 cup (50g) sun-dried tomatoes

1 med tomato

Nuts & seeds

1 cup (140g) cashews

1 cup (150g) walnuts

Extras

1/3 cup water

Herbs & spices

pinch cayenne pepper

pinch chili powder

1/2 cup ice

1/2 tsp ground cumin

1/4 tsp garlic powder

1/4 tsp + 1/4 tsp salt

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