

Cucumber, Yogurt and Dill Salad

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Serves 8

Yogurt

2 cups raw macadamia nuts, soaked overnight and drained
1 cup filtered water
1/4 cup lemon juice
1 teaspoon sea salt
1 cup raw pine nuts, soaked overnight and drained

Cucumber Salad

6-8 cucumbers peeled and chopped
1 - 2 teaspoons sea salt
1 cup fresh dill weed chopped fine
1 - 3 cloves garlic

1. Mix salt with chopped cucumber, place in a strainer and sit aside for 30 minutes.
2. For the yogurt, blend macadamia nuts, lemon juice, water and salt in a blender until smooth. Add pine nuts and garlic, blending well.
3. Gently press more of the juice out of the cucumbers and place cucumber pulp in a bowl.
4. Save this juice to drink, it is delicious.
5. Add the yogurt to the cucumber salad.