

Couscous & Raw Veggies

Prep Time: 14 minutes

Couscous & Raw Veggies Recipe:

The veggies:

1 cup carrot

1 cup broccoli florets

1/2 cup zucchini

1/2 cup red pepper

1 cup green onion

1 cup cauliflower florets

1/2 cup yellow squash

The couscous:

4 cups distilled water

1/2 tsp nutmeg

1-1/2 tsp cumin

Celtic Sea Salt to taste (optional)

2 cups couscous

1/4 cup cinnamon

1/4 tsp turmeric

Instructions:

Cut carrots and red pepper into match-stick size pieces, cut broccoli and cauliflower into florets, chop green onion and grate zucchini and yellow squash. Set aside raw veggies.

Bring water to a boil, add couscous and boil for one minute, stirring constantly. Remove from heat, add fresh vegetables, nutmeg, cinnamon, cumin, turmeric and Celtic Sea Salt.

Cover and allow to sit 10 to 15 minutes.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org