

# A Very Veggie Summer

*Ideas for Healthy Family Entertaining*



## Menu

Raspberry Ginger Lemonade

Mango Guacamole with baked tortilla chips

Fresh Summer Salsa

Chickpea Burgers with avocado, sprouts and Dijon mayonnaise

Sprouted Lentil Patties with Hot Mustard Sauce

Portobello Burgers, basted with Herbed Vinaigrette and topped with grilled red pepper, onion and Mango Ketchup

Sunburgers with Ketchup á la Raw

Jae's Colourful Pressed Salad

Quinoa Tabbouleh

Fingerling Potato and Pea Salad with Umeboshi Vinaigrette

Raspberry Watermelon Popsicles

Blueberry Cream Torte

Minty Cocoa Nibbles