

## Thai-Nudeln

- one package kelpnoodles (900g)120g
- raw cashew nuts\*
- 100g coconut oil\*
- 1 ES agave nectar
- 1 little toe garlic
- 1/2 Ts pepper
- 1/2 Ts salt
- 1/2 Ts Chili
- 1/2 thumb big piece of ginger\*
- juice 1 lemon
- 250ml water

Soak the kelp noodles and the cashew nuts for a few hours. Melt the coconut oil. Blend the ingredients to a sauce (add the oil at the end!). Mix the sauce with the noodles.

**Enjoy!!**

## Bio-Nori-Wraps Garam Masala

- 200 g almonds\* (12 Hrs soaked)
- 200 g pecan nuts\* (12 Hrs soaked)
- ½ onions\*
- ½ thumbs of ginger\*
- juice of ½ lemon\*
- 4 ES oliveoil\*
- 2 ES miso\*
- 2 ES Garam Masala\* (see under)
- ½ ES bell pepper\*
- 1 little Chili
- water (ca. 200 ml)
- ca. 2 ES sweet chestnut flour\*
- Garam Masala after Gabriel Cousins (from „the art of preparing life food“):
  - ¼ cup cumin, • 1 T coriander seeds, • 1 ½ Es cardamom seeds, • 2 whole cinnamon sticks, • 1 ½ Ts cloves, • 3 Ts black pepper seeds • 4 laurel leaves. Grind to powder in dry blender.

Mix all the ingredients without the nuts, the water and the sweet chestnut flour. Add the nuts and just enough water.

Thicken the mixture with 2 teaspoons of chestnut flour.

Halve ca. 15 leaves of Nori.

Put the paste thin on ca. 2/3 of the nori leaves (0,5 cm). Glue water on the uncovered part.

Roll the nori leaves from the paste covered site and close them.

Dry ca. 15 -25 Hrs in the dehydrator.