

Spaghetti Squash & Veg-Balls SERVED WITH **RAW** MARINARA

Serves 20 Samplers or 3 - 4 Full Meals

Ingredients

SPAGHETTI SQUASH BASE

- 1 *Spaghetti Squash*
- 1 *tsp Garlic Powder*
- 1 *tsp Italian Seasoning*

VEG-BALLS (Makes ≈ 20 Veg-Balls)

- $\frac{3}{4}$ *cup Oats* (whichever kind you have)
- $\frac{3}{4}$ *cup Cashews* (or any nut available)
- 1 *can Black Beans* (can substitute with other bean)
- $\frac{1}{3}$ *cup Onion*
- 3 *Garlic Cloves*
- 2 *tbsp Liquid Aminos* (or soy sauce)
- 2 *tbsp Tomato Paste*
- 1 *tsp Dried Oregano*
- $\frac{1}{2}$ *tsp Dried Thyme*
- 1 *tsp Fennel Seed*
- $\frac{1}{4}$ *tsp Red Pepper Flakes* (or more depending on spice tolerance)
- *Sea Salt & Pepper* (to taste)

RAW MARINARA

- 4 *Ripe Tomatoes*
- 12 *pieces Sun Dried Tomatoes*
- 1 small to medium *Onion* (or liquid aminos)
- 1 *Red Bell Pepper* (de-stemmed & de-seeded)
- 2 *tbsp Honey*
- 4 *tsp Olive Oil*
- 2 *tsp Dried Basil*
- 2 *tsp Dried Oregano*
- *Sea Salt & Pepper* (to taste)

Instructions

SPAGHETTI SQUASH BASE

1. Heat Oven to 450 - 475 F
2. Safely cut **Spaghetti Squash** into 2 inch slivers using a fillet or steak or knife.
3. Scoop out seeds and set aside to save or compost.
4. Place **Spaghetti Squash** slivers onto baking sheet
5. Use a fork to poke holes into the **Spaghetti Squash** sliver
6. Sprinkle **Garlic Powder & Italian Seasoning** around the top of each **Spaghetti Squash** sliver.
7. Put in the oven to bake for 30 minutes (check every 15 minutes)

VEG-BALLS

1. Put **Oats** and **Cashews** into a blender or food processor and pulse until it turns into a broken down powder.
2. Add into the blender the **Black Beans, Onion, Garlic Cloves, Liquid Aminos, Tomato Paste, Dried Oregano, Dried Thyme, Fennel Seed, Red Pepper Flakes** and **Sea Salt & Pepper** and pulse until thick and mixed.
 - a. Remember to scrap the sides
 - b. Before removing from blender make sure to taste test and adjust if needed
3. Scoop out **Veg-Ball** mixture and form into 1 ½ inch balls
4. Place formed **Veg-Balls** onto the baking sheet and put in the oven for 30 minutes (turning every 15 minutes)

RAW MARINARA

1. Put **Ripe Tomatoes, Sun Dried Tomatoes, Onion, Red Bell Pepper, Honey, Olive Oil, Dried Basil, Dried Oregano,** and **Sea Salt & Pepper** into a blender and pulse until well-mixed.
2. Set **Raw Marinara** aside until ready to serve.
3. When ready to serve **Raw Marinara**, pour onto **Spaghetti Squash** and add **Veg-Balls** to the top.

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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Learn more about our Raw Food Challenge and other natural healing services by visiting:

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