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## India - The Taj Mahal!

People love spicy, pungent foods like Indian foods. Here is a raw version of some of its traditional dishes. You will learn:

- \* How to create a dairy free version of creamed spinach - Palak.
- \* How to use the dehydrator to make crispy Chapatis - crackers.
- \* How to use the dehydrator to make Tandoori Nut Balls.
- \* How shredding and marinating kale and mustard greens makes them tender as cooked, without the loss of nutrients.

**MENU:** *Kitcheree (cabbage salad), Palak (creamed spinach), Tandoori Nut Balls, Chapatis (crispy almond and cilantro crackers), Indian Greens and a cool, creamy dessert.*

