

How to Make Raw Kelp Noodle Salad

With Mama T

[Music Playing]

Mama T: Welcome to Down to Earth's kitchen...

My name is Mama T...

And today I'm sharing with you one of my favorite raw foods recipes...

Kelp noodle pesto salad...

Kelp noodles are sold in our chill section...

They're made from Kelp...

But they're gluten-free, raw, and low in calorie...

Only eighteen calories for this entire package...

You want to take them out of the package...

And you want to cover them with some warm water...

So that they warm up, and they soften slightly...

Now that you've soaked and thoroughly rinsed your kelp noodles...

You want to put them in a large bowl...

And pull apart any knots that have formed...

You want to take some kitchen scissors...

And give 'em a good cut...

And break up those long pieces...

So that we have nice bite-sized Kelp noodles...

Today we're using our Down to Earth pesto...

That is all raw, vegan, and absolutely delicious!

And you can find it readily available at all of our stores...

We're just going to coat the noodles quickly...

And we're going to add the rest of our rainbow...

We're always told to eat a rainbow...

So we're going to add some carrots...

We're also going to put in some red cabbage...

We're going to put in some diced red peppers...

What a beautiful rainbow we have!

Some black olives...

And we're going to completely mix and coat...

All of the noodles with this yummy, delicious ingredients...

Next we're going to add in some fresh Kale...

It's easily removed off its rib...

By running your fingers along the spine...

And we're going to tear it into small pieces...

So that it's easy to digest...

And it makes your salad look so beautiful...

Only about 3 or 4 of these...

Will be perfect...

If you want more, you can add more...

But it's going to make our salad... Just a beautiful rainbow...

Salt and pepper your salad to taste...

And then it's ready to eat...

Look how beautiful this rainbow is...

I hope you enjoy this recipe...

You can find more at DowntoEarth.org

Click on "Raw Recipes..."

And you'll find a ton...

Thank you for joining us today here at the Down to Earth kitchen...

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