

Cucumber Sesame Noodles Recipe

You might be surprised to know some of the foods that actually decrease inflammation in your body and prevent inflammatory responses. Like hot peppers, for instance. Who would think something so spicy could decrease inflammation? But they do.



Many of the ingredients in this noodle salad are anti-inflammatory – garlic, chili peppers, cucumbers, sesame seeds, ginger, coconut, and cashews.

On Thursday, I'll share the 20 best foods to fight inflammation.

Until then, give this tasty Asian-inspired noodle dish a try and let me know what you think over on [Facebook](#).

CUCUMBER SESAME NOODLES

Ingredients [Serves 2]

- 4 seedless cucumbers (medium to large)
- 2 tbsp. black sesame seeds
- 4 scallions, thinly sliced
- 1/4 tsp. Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)

Dressing Ingredients

- 1/2 cup raw cashews, soaked until soft (about 20 minutes), rinsed and drained
- 1 young Thai coconut, (separate into approximately 1 cup of coconut meat + 1/4 cup coconut water)
- 4 limes, freshly juiced
- 1 tsp. freshly grated ginger
- 2 tsp. cumin
- 6 hot chilis, chopped
- 3 cloves garlic, chopped
- 1/2 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- 1 date
- 1.5 tbsp. raw apple cider vinegar



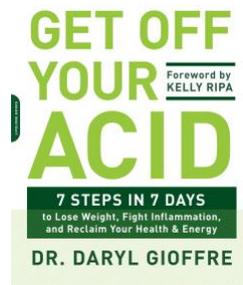
Directions

Peel the cucumber. Spiralize with a veggie spiralizer or slice long with a mandolin. Set aside 1/2 cup of cucumber pulp from spiralizer to be used for the dressing. Place cucumber noodles in a strainer to drain while you prep the dressing.

In a blender place cucumber pulp and all dressing ingredients in a blender and blend until smooth. Pour over cucumber noodles and mix well. Sprinkle with sesame seeds, scallions, and sea salt. Enjoy!

GET OFF YOUR ACID!

Dr. Daryl



There are lots more delicious smoothie and juice recipes in my best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy.*](#)

In fact, you'll find more than 50 recipes in addition to all of the information about your alkaline health.

Here's what global health expert Ocean Robbins had to say about it...



"Food can either be a destructive force that leads to epidemic illness and degradation, or..."

"Food can either be a destructive force that leads to epidemic illness and degradation, or it can be a powerful tool that will vastly lower rates of chronic illness, and improve the lives of people everywhere. Get Off Your Acid will help you to make wise choices, so that the food you eat can help to propel you towards the health you deserve. Read it, and put it into action. You'll be reaping the benefits for the rest of your life."

-Ocean Robbins, CEO, The Food Revolution Network

#getoffyouracid #alkalineresipes #alkamind #plantbased #easydinnerideas