



# 71 Raw Food Recipes

**THE RAW FOOD DIET**

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## Introduction

Lately raw food cleanses and detox diets are becoming very popular. Many people are using them to kick start their diet and some people end up converting to a raw food lifestyle.

Many people attempt to a raw food detox diet for 7 to 21 days or more. People that are able to complete a raw food cleanse generally never go back to their old habits and eat an increased amount of raw fruits and vegetables in their diet.

A raw food diet is based on eating foods that are uncooked or only cooked to a certain degree. An acceptable range for cooking some foods hangs around 104 to 118 degrees Fahrenheit.

The reason that cooking food is bad is because many foods lose their healthy properties once they have been cooked at higher temperatures. The key with a raw food diet is to eating foods in their natural state will be healthier for your body.

### What Is Eaten on a Raw Food Diet?

There are many debates and discussions on what a raw food diet entails. Most people that follow the raw food lifestyle are vegans. That means they do not eat ANY animal products whatsoever.

Other raw food enthusiasts will eat some raw animal products such as raw milk, ceviche (raw fish) and other products.

Then there are other raw food lovers that will cook their food to a certain degree while other will not. The choice is ultimately up to the individual on how strict they want to follow a raw food diet.

### How To Prepare Raw Foods?

- *Soaking (Germination)*

Soaking or germination is the process of soaking foods like raw beans, nuts

and seeds in water for a specific amount of time.

- *Sprouting*

After soaking foods like beans, nuts and seeds, they can be sprouted. Generally after you have drained off the water and rinsed the food thoroughly, they can be placed in a container and begin the sprouting process.

Different foods have a different amount of time required for sprouting to occur. Be sure to follow any instructions in the recipes provided in this ebook.

- *Dehydrating*

Some raw food lovers do not eat any cooked food while other will heat certain foods to a low temperature. A common method for “cooking” foods is dehydrating. Dehydrators are enclosed containers that heat foods to a low temperature to simulate “sun drying”.

Many people use their dehydrators to make raisins, sun-dried tomatoes, kale chips and croutons.

- *Blending*

Raw food lovers generally use their blender and food processors everyday. They are very useful for making smoothies, soups and so much more.

### **What Equipment is Used to Prepare Raw Food?**

- Blender – for making smoothies, soups, nut butters and milks
- Thermometer - to make sure your foods do not go over 118 F
- Dehydrator – simulates sun-drying
- Juicer – to create powerful and healthy juices
- Food processor – great for creating nut milks and butters

### **What are the Benefits of a Raw Food Lifestyle?**

There are numerous health benefits of a raw food lifestyle, including but not limited to:

- Increased energy
- Clearer skin
- Weight loss
- Reduced risk of disease
- Anti-aging

In general, a raw food diet will be much lower in fat and cholesterol and higher in essential vitamins and minerals.

### **Are There Any Side Effects?**

Some people have experienced a detoxification effect when starting a raw food diet. The most common symptoms are mild headaches, nausea, and strong cravings. These symptoms can start immediately and last for a few days. If they last longer than 7 days, then you should stop the diet and consult your physician.

# 10 Raw Food Breakfasts



## **Banana Coconut Cakes/Crepes**

- 3-4 bananas
- 1 young coconut
- cinnamon, to taste
- vanilla extract or vanilla bean powder, to taste Blend bananas and coconut meat using coconut water to blend until creamy smooth and thin enough to pour on dehydrator Teflex Sheets.

Dehydrate until dry on the top, flip over and dehydrate until all dry.

Serve with fresh jam.

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## **SuperFood Shake**

1 organic banana  
2 tbsp hemp protein powder  
2 tbsp hemp nut  
1 tbsp hemp oil  
1 tbsp coconut oil  
1 1/3 cup filtered water

Blend and enjoy. Simple and easy!

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## **Banana Pecan Pancakes**

- 1 1/2 cups Ground Flax
- 1/2 cups Flax Seeds
- 1/2 cups Dried Coconut
- 3/4 cups Water
- 1/4 cups Agave or Maple Syrup
- 1/4 cups Coconut Butter
- 1 cup Sliced Bananas
- 3/4 cups Chopped Pecans

Mix all the ingredients together. You may need to use your hands. Shape the

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dough into pancake sized patties. Place on the dehydrator shelf with screen. Dehydrate at 140 for 30 minutes, then 116 for another 30 minutes. These should still be moist.

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## **Raw Cinnamon Buns**

### *Buns:*

- 5 Dates
- 1/4 cups Water
- 1 cup Ground Flax
- 1 1/4 cups Almond Flour
- 1 cups Spelt Flakes \*\*\*
- 1 cups Chopped Pecans (chopped fine)
- 2 t. Cinnamon
- 3 T. Olive Oil
- 1/4 cups Agave
- 1 cup Water

Soak dates. Blend with 1/4 cups water to make a smooth date paste. Set aside for later.

Combine flax, almond flour, finely chopped pecans, and Spelt flakes.

In a separate bowl, combine date paste, olive oil, 1/4 cups agave and 1 cup water. Mix wet ingredients into dry. Spread in a rectangle on a non-stick dehydrator sheet. You want this to be a little less than 1/2 inch thick. Dehydrate at 145 for 30 minutes. Flip onto screen, peel off dehydrator sheet and dehydrate at 115 for another 20 minutes. While the bun is dehydrating, you will want to prepare the filling.

### *Filling:*

- 1 Young Thai Coconut (the white part only)
- 1 cup Cashews
- 1/2 cups Almonds
- 1/4 cups Raw Agave

- 1 T Vanilla (not raw)
- 1/2 cups raisins

Soak Almonds and Cashews for at least 3 hours to soften. Place in food processor with remaining ingredients except raisins, process until smooth. Stir in raisins.

### *Assembly:*

Place “bun” on parchment paper. Spread filling on bun. You can spread to the edges on the long sides but leave an inch or two on the short sides. Gently roll up the roll. Slice and top with icing. Makes 12.

### *Icing:*

- 1 cups Raw Cashew Butter
- 3 T Maple Syrup (not raw)
- 1 t. Cinnamon
- 3-4 T Water

Mix all ingredients except water. Add water 1 T at a time to desired consistency.

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### **Cinnamon Raisin “Toast” and Hazelnut Butter**

- 2 cups Almonds
- 1 cup Sunflower Seeds
- 1 cup Ground Flax
- 1 cup Purred Zucchini
- 2 Carrots
- 1 Apple
- 1 cup Raisins
- 4 Dates plus 1/2 cups Water
- 1 t Cinnamon

Place sunflower seeds in food processor and process until finely chopped.

Place in Bowl. Place almonds in food processor and finely chop. Place in

bowl with sunflower seeds. Add flax and stir to combine. Process carrots and apple in food processor until you get a puree. Add zucchini puree, mix. In blender, blend dates with 1/2 cups water until liquefied. You can soak the dates first to soften. Add to carrot and apple mixture, stir. Stir wet ingredients into dry. Mix well. Stir in cinnamon and raisins. Spread 1/4" thick on non-stick dehydrator tray. Dehydrate for 1 hour at 145, reduce heat and continue to dehydrate at 116 for two more hours. Flip mixture onto screen, peel off non-stick sheet and continue to dehydrate for about 4-6 more hours or until dry but not hard. This bread will should be a little soft.

### *Hazelnut Butter*

2 cups Hazelnuts

2 T Olive Oil

Process in food processor. \*\* See Almond Butter recipe for instructions

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### **Doughnut Holes**

- 2 cups Brazil Nuts
- 1/2 cups Oat Flour (made from raw oats)
- 1 cup Flaked Oats (raw)
- 1/3 cups Coconut Oil
- 1/3 cups Maple Syrup (not raw but used in raw food recipes)

Chop Brazil nuts in food processor until fine. Combine dry ingredients in a bowl. Combine wet ingredients, mix together and then add to the wet ingredients. Stir. Squeeze into balls. Roll in Sucanat cinnamon mixture and refrigerate.

### *Topping:*

- 1/3 cups Sucanat (not raw but not processed, used in raw recipes)
- 1 1/2 t. Cinnamon

Combine and put through blender. I use a coffee grinder for this to break up the grainy Sucanat. You can skip this step and just combine the ingredients.

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## **Raw Strawberry Banana Crepes**

### *Crepes:*

- 4 Bananas
- juice from 1 lemon

Place bananas in food processor. Add lemon juice and process until liquid. Pour into 5" rounds. These should only be about 1/8" thick so spread mixture if necessary. Dehydrate overnight at 115. Do not over dry these. I start them just before I go to bed. You want them to be flexible. Makes 8 – 5" rounds

### *Cashew Vanilla Cream*

- Pulp from two young coconuts
- 1 cup Cashews, soaked overnight
- splash of Madagascar vanilla
- 1 T Agave (if desired)

Place the cashews in high-speed blender. Blend on high speed. Add the coconut meat and vanilla. Process until well blended. Refrigerate to thicken if needed.

### *Assembly*

Spoon the Cashew Vanilla Cream into half the crepe. Top with berries and add more cream. Fold over and experience joy! Makes 4-6 crepes.

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## **Raw Oatmeal with Goji Berries**

- 1 cup Flaked Oats
- 1/2 to 1 cup Almond Milk
- 1/4 cups Goji Berries
- 1/4 cups Chopped Almonds
- Agave or Maple Syrup to taste.

Place oats in glass bowl. Cover with almond milk. Stir in Goji berries. Place in dehydrator at 145 (the food won't heat above 116) for 30 minutes, reduce temp and continue for another 1/2 hour. You can also start soaking the oats the night before and then gently warm in the dehydrator. Top with walnuts and sweeten to taste.

### **Blueberry Flax Pancakes**

- 1/2 cups flax seeds (ground)
- 1 cup flax seeds (not ground)
- 3 T coconut oil melted
- 1/4 cups agave
- 1/2 cups water
- 1 cup blueberries
- 1/4 cups coconut (unsweetened, dried)

Mix all ingredients. Dehydrate at 145 for one hour, flip and then dehydrate for 30 minutes at 114. Makes 5, 5" pancakes. These are very filling!!

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### **Frozen Vanilla Bliss**

- 3/4 cups water
- 2 Tablespoons or more raw tahini
- 1-2 fresh or frozen bananas
- dash of vanilla (optional but really adds to the flavor)

Blend all til thick and smooth. Wait one minute or so for the banana flavor to overtake the tahini flavor then drink immediately. Serves 1.

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# **36 Raw Food Lunches & Dinners**

## **Tomato Basil Soup**

- 3 cups tomato puree (6-8 medium tomatoes, see note)
- ¼ lemon, peeled and seeded
- 1 avocado
- Large handful of sunflower or buckwheat sprouts
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped onion (optional)
- 1 small clove garlic, chopped (optional)
- Additional sprouts
- Basil flowers

Wait until summer when you can make this beautiful re soup from fresh, juicy, ripe organic tomatoes.

In a blender combine the tomato puree, lemon, avocado, sprouts, basil, onion and garlic. Blend and pour into serving bowls. Top the soup with sprouts and basil flowers.

Serves 2.

Note: To make the tomato puree: Put the tomatoes into a blender until you have a 3-cup yield. The tomato puree should be chunky, not silky smooth.

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## **Broccoli-Waldorf Salad**

2 cups organic broccoli, cut in small pieces  
1 apple cubed  
4 stalks celery, diced  
1 cup grapes, sliced in half  
1 cup raw walnuts, soaked  
½ cup apple cider vinegar  
¼ cup cold pressed organic olive oil  
½ tsp salt  
½ tsp freshly cracked pepper

Add in all ingredients up until the walnuts to a bowl. Mix the vinegar, olive

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oil, salt, and pepper with a fork and stir.

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### **Creamy Corn Chowder**

- 4 cups fresh corn kernels (approximately 4 large ears)
- 2 cups almond milk (see note)
- 1 avocado, cut in chunks
- 1 teaspoon ground cumin
- 2 teaspoons finely minced onion
- ½ teaspoon sea salt
- Corn kernels
- Sunflower sprouts

When corn is in season, make up a large bowl of this delicious soup and watch it disappear! This recipe only takes a few minutes to prepare if you have the almond milk on hand. If you are not accustomed to eating raw food or if you have a delicate digestive system, take just a small serving—the soup contains a great deal of roughage.

In a blender, combine the corn, almond milk, avocado, cumin, minced onion and salt. Blend well. Pour the soup into serving bowls and garnish with a handful of corn kernels and some sunflower sprouts.

Serves 4.

Note: Blend 2 cups soaked almonds with 4 cups of water. Strain.

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### **Fake Salmon/Tuna**

- 2 cups almonds, soaked 8-10 hours
- 2 whole carrots
- 1/2 cup coarsely chopped red onion
- 1 1/2 cups finely minced celery
- 1/2 cup minced parsley
- 1/4 cup minced shallot or scallion
- 1/4 cup lemon juice
- 2 teaspoons kelp powder
- 1 teaspoon Dulse powder or granules

- 1 tablespoon liquid amino's , 2 teaspoons Nama Shoyu or 1 teaspoon sea salt

Soak almonds 8-12 hours, drain, rinse and drain again. Put the almonds, carrots and onions through the heavy-duty juicer, using the blank screen. Place mixture in a large bowl, add celery, parsley, shallots, lemon juice, kelp, dulse, liquid amino's or sea salt and stir thoroughly. Shape into a mold or place in a pie crust. Or shape free hand like a fish. Keeps several days, covered, in the refrigerator.

Serves 4-6.

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### Lasagna

Best made one day in advance. This works best with a pan that measures 9.5" X 13" X 2"-(3 quarts). Any pan is okay.

- 5-6 zucchini
- 3-4 Cups coarsely chopped Mushrooms (or, thinly slice portobellas or baby bellas)
- 6 Cups Spinach, packed, roughly chopped
- "Cheese layer" 4 Cups Sunflower pâté (recipe below)
- Marinara Sauce
- cheesecloth (all cotton for culinary use)

#### *Sunflower pâté*

- 3 cups sunflower seeds, soaked 8-12 hours. Sprouted for 2-4 hours
- 1 cup fresh squeezed lemon juice
- 1/2 cup chopped scallions
- 1/4-1/2 cup raw tahini
- 1/4 cup liquid amino's, or 2 tablespoons Nama Shoyu, or pinch of sea salt with additional water, or none at all
- 2-4 slices red onion, cut in chunks
- 4-6 tablespoons coarsely chopped parsley
- 2-3 medium cloves garlic, coarsely chopped

- 1/2 teaspoon cayenne pepper (or more to taste)

Soak sunflower seeds 8-12 hours, drain, allow to sprout for 3-4 hours (leave out on counter) then thoroughly rinse and drain removing as many of the thin inner husks that float to the top as possible. In a food processor, process the sunflower seeds, lemon juice, scallions, tahini, liquid amino's, onion, parsley, garlic and cayenne until the mixture is a smooth paste.

When thoroughly blended taste and adjust the seasoning. The pâté will develop a stronger garlic taste in a few hours.

Yields a large mixing bowl of pâté. (approximately 8 cups)

### *Lasagna Prep*

Thinly slice the zucchini the long way. This can be done by hand or with a mandolin. Marinate for 1-2 hours in a mixture of olive oil, water and lemon juice. You will need enough slices to completely cover the bottom of the pan two times. (you can marinate longer if you want)

Place a double layer of cheesecloth in the pan, with at least 6 inches of cheesecloth hanging out on all sides.

Assemble the lasagne

Pat dry the marinated zucchini slices. Fit closely together enough slices to completely cover the bottom of the pan-Don't forget to lay the cheesecloth down first, it is important.

Pour over a small amount of the marinara sauce and spread over the zucchinis (see recipe for Marinara below)

Spread out a layer of mushrooms, (use 1/2 the mushrooms)

Spread a thin layer of pâté over the mushrooms (use 1/2 the pâté) (it's OK to leave it in evenly spaced blobs it is difficult to spread)

Evenly place half of the chopped spinach over the pâté and press firmly into

place.

#### REPEAT THE FOLLOWING STEPS IN YOUR PAN

- Zucchini slices
- 1/2 of the remaining marinara sauce
- the remaining mushrooms
- the remaining pâté
- the remaining spinach-press in to the pâté
- The remaining marinara- you can also add some chopped tomato and slivered basil to the top

Cover tightly with plastic wrap and refrigerate.

#### SERVING THE LASAGNA

The vegetables and pâté will have given off a great deal of liquid overnight in the refrigerator. Using the ends of the cheesecloth, carefully lift out the lasagne (it may take 2 people). Drain the lasagne for a few moments (hold it up and allow to drip or run your hand over the bottom)-then either place it in a new pan or have someone quickly pour off the liquid and dry the pan and put the lasagne back in.

Slice and Serve.

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#### Cabbage Roll-ups

- 1 large cabbage leaf
- ½ avocado, cut in chunks
- 2 olives, chopped
- Lentil, pea and/or fenugreek sprouts
- Lemon juice
- Nama Shoyu
- Dulse flakes
- Slivered red pepper
- Your favorite sprouts or greens

A cabbage leaf makes a great “sandwich” for any filling. Softening the

cabbage makes it easier to roll the filling up in it. Any guacamole, pate', or salad recipe would be delicious stuffed in a cabbage or lettuce roll.

Soften the cabbage leaf by putting it in a dehydrator for 10 minutes or dipping the whole leaf in hot water until soft; set aside. In a small bowl, mash the avocado with a fork and add the olives, sprouts, lemon juice, Nama Shoyu and dulse to taste. Place the mixture on the cabbage leaf. Top with red peppers, sprouts and any other vegetables you have on hand; roll up and enjoy.

Serves 1.

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### **Sun Garden Burger**

- 3 tablespoons flax seeds, ground (see note)
- 6 tablespoons water
- 1 cup carrot pulp (see note)
- 1 cup sunflower seeds, ground
- ½ cup finely minced celery
- 6 tablespoons finely minced onion
- 2 tablespoons finely minced parsley
- 2 tablespoons finely minced red pepper

These burgers are delicious served in a cabbage leaf bun. Fold a cabbage leaf over the burger with any condiments you like or cut a few squares of cabbage from the large leaves and place the burger in between them. Serve your burger on a plate with some yummy Marvelous Mushroom Gravy. (See note) In a blender, combine the ground flax seeds and water; blend thoroughly. Immediately pour the mixture into a bowl and set aside. (Rinse the blender container immediately before the mixture left in it hardens and becomes difficult to wash out.)

In a medium-sized bowl, thoroughly mix the carrot pulp, sunflower seeds, celery, onion, parsley, red pepper and Nama Shoyu. Add the flax seed mixture and mix thoroughly. Add more water if necessary so that the mixture can be formed into patties. Form into six ½-inch thick patties. Place immediately into the dehydrator and dehydrate for 4-8 hours, leave them in the sun until warm or place them in a warm oven for 10-15 minutes.

Makes 6 patties.

Note: To grind flax seeds, place them in a clean electric coffee grinder and grind until powdered.

To make carrot pulp, put carrots through a heavy-duty juicer, using a juicing screen. Use the pulp in the recipe; drink the juice or reserve it for another use.

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### Sunny Roll Ups

- 1 Nori sheet
- 3-4 tablespoons sunflower pate (recipe above)
- 3-4 green olives, sliced
- Wasabi
- 2-3 pieces slivered red pepper
- 3-4 pieces slivered carrot
- Large handful clover or alfalfa sprouts
- Sunflower sprouts

Sunny Roll-Ups are made with square sheets of seaweed called nori, the numerous green seaweed that Japanese restaurants use to make sushi and California rolls.

Assemble the roll-ups as close to serving time as possible because the nori absorbs the moisture from the filling very quickly and can become a bit soggy. Once you are adept at making the nori rolls, your guests will love watching you assemble them.

Lay 1 sheet of nori on a clean cutting board or bamboo sushi mat. Place 3 or 4 tablespoons of the pate' along the edge of the nori nearest to you. Using a knife or spatula, spread the pate' in a band that is almost as wide as the nori (stop within ½ inch of the left and right sides and approximately 1 ½ inches deep.

Place a horizontal row of thinly sliced green olives down the middle of the pate'. Squeeze a thin, even line of Wasabi down the middle of the pate' (it's

hot, so use it carefully). Place several pieces of slivered carrot or red pepper in rows next to the olives. Place a generous handful of clover or alfalfa sprouts on top (you can use more than you would believe possible; they will compress when you roll up the nori.) Finally, place a small amount of sunflower sprouts on top.

Now you are ready to roll. Starting with the end closest to you, lift the edge of the nori and roll it tightly over the pate' and vegetables. Pull the roll back toward you once or twice to compress the ingredients in the roll. Continue rolling until a tight cylinder is formed. (This gets easier with practice). If necessary, place a bit of water on the very end of the roll to seal it. Serves 1.

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### **Chili Rellenos with Mole Sauce and Mock Sour Cream**

#### *Chili Rellenos*

- 4 red peppers or Anaheim or Poblano peppers
- 2 cups basic pate', see recipe above
- ½ cup finely minced carrots
- ½ cup minced celery
- ½ cup minced zucchini
- ½ cup minced onion
- ½ cup thinly sliced mushrooms
- 1 cup finely chopped fresh cilantro
- 2 cloves garlic, pressed
- 2 teaspoons dried oregano
- 1 teaspoon cayenne, or more to taste
- Lemon juice, to taste
- Nama Shoyu, to taste
- Mole Sauce, see recipe below
- Mock sour cream, see recipe below

Cut the peppers in half lengthwise and remove the seeds; set aside. In a large mixing bowl, combine the pate', carrots, celery, zucchini, onion, mushrooms, cilantro, garlic, oregano and cayenne. Mix thoroughly. Add lemon juice and

Nama Shoyu to achieve the desired taste and consistency. Stuff the peppers with the pate'. Dehydrate the stuffed peppers for 6-8 hours, removing them from the dehydrator right at serving time. Place the warm stuffed peppers on a serving platter or on individual plates. Drizzle a spoonful of mole sauce over each pepper and finish with a dollop of mock sour cream in the center. Serve the remaining mole sauce and sour cream on the side.

### *Mole Sauce*

- 4 small red peppers, juiced
- 2-4 tablespoons carob or cacao powder
- 1 teaspoon chili powder, or more to taste
- 1 teaspoon Nama Shoyu
- 1 teaspoon honey or equivalent Stevia (optional)
- 2 tablespoons ground flax seeds (see note)

Carob works well as an alternative to chocolate, especially when combined with other flavors, as in this mole. If you wish, replace the ground flax seeds with 1 ½ teaspoons of psyllium.

In a blender, combine the red pepper juice, carob powder, chili powder, Nama Shoyu and honey; blend until smooth. Add the ground flax seeds. Blend thoroughly. Refrigerate prior to serving. Re-blend just before serving. Yields 1 ½-2 cups.

Note: To grind flax seeds, place them in a clean electric coffee grinder and grind until powdered.

### *Mock Sour Cream*

- 1 cup sunflower seeds, soaked 8-12 hours
- ½ cup chopped (peeled and seeded) cucumber
- 2 stalks celery, peeled
- ¼ cup chopped onion
- ½ lemon, peeled, seeded and chopped
- 1 teaspoon minced garlic



- ¼ teaspoon sea salt
- 1 tablespoon water, or more

Blend cucumber and celery until liquefied and smooth. Add the sunflower seeds and blend until smooth. Add the onion, lemon, garlic and sea salt; blend until smooth, adding enough water to achieve desired consistency.

Refrigerate until needed or, for a more authentic “sour cream” taste, cover the container with cheese cloth and leave on the counter until slightly fermented.

Depending on the temperature, this will take from 4-8 hours. Yields 1 ½ cups.

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### **Kale Salad**

- 5 cups Kale, torn, blanched (see note)
- ½ cup thinly sliced onions
- ½ cup chopped red pepper
- 1 cup grated sweet potato
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger root
- ½ cup lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons Namu Shoyuo
- 1 cup dehydrated mushrooms
- 1 handful dehydrated almonds or pumpkin seeds (optional)

The magic of this recipe is that the mushrooms rehydrate with the marvelous taste of the marinade. If you do not have time to prepare the dehydrated mushrooms and nuts, plain mushrooms and nuts will work too.

In a large salad serving bowl, combine kale, onions, red pepper, sweet potato, garlic, ginger, lemon juice, oil, Namu Shoyu, and dehydrated mushrooms. Toss. Let the salad sit at room temperature for 1-2 hours. Toss again just before serving and top with nuts or seeds.

Note: To blanch kale, tear into bite size pieces, removing stems. Place the leaves in a sieve, and pour 2-3 cups of water that has been brought to a boil

and cooled for 1 minute over the kale. Drain. To speed up the draining process, roll up the kale in a clean dishtowel for a few minutes.

Serves 5-6.

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### **Carrot and Zucchini Salad**

- 2 carrots, julienned
- 1 zucchini, julienned
- 2-3 teaspoons extra-virgin olive oil
- 1 clove garlic, minced
- 2 teaspoons dulse flakes
- Dash Nama Shoyu

This simple dish is at its best when the vegetables are sliced into very long, thin strips. You can make the strips with a gadget that can be found at country fairs. It looks like a poor man's mandolin. It has scary-looking razor-sharp blades which you drag the vegetable across. A similar machine with V-shaped blades is occasionally advertised on TV and can be found in some kitchen gadget stores.

Pulling the carrot and zucchini across the cutter the long way rather than on their ends creates 4-6 inch strips. Even if you are slicing by hand, try to achieve this effect.

If you are using a mandolin, don't watch television or have a conversation at the same time. These pieces of equipment are sharp and dangerous and require one hundred percent of your attention!

Combine carrots, zucchini, oil, garlic, dulse and Nama Shoyu in a bowl. Toss.

Serves 2-3.

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### **Parsnip-Avocado Soup**

- 1 large parsnip, grated
- 1/2 water or celery juice
- 1 large stalk peeled celery, cut up

- 1/4 avocado
- 2 teaspoons flaxseed oil
- squeeze of lemon juice (optional)
- 1/2 teaspoon sea salt (optional)

In a blender blend parsnip and liquid until smooth. Add remaining ingredients, blend until smooth.

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### **Raw Creamed Spinach Soup**

1/2 head spinach leaves  
 1/2 cucumber, peeled  
 1/4 cup water  
 1 avocado  
 1 clove garlic  
 2 tbsp organic soy sauce  
 1/2 tsp salt  
 1/2 tsp freshly cracked pepper  
 dash chili powder  
 1 tbsp lemon juice  
 1 tbsp cold pressed olive oil

Method: Blend all ingredients until smooth.

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### **Zucchini Basil Wraps**

- 3 cups chopped zucchini
  - 1 young coconut, flesh from
  - 3/4 cup ground flax
  - 12 leaves fresh basil
  - pinch Himalayan Salt
  - pinch ground pepper
  - black sesame seeds
1. Place all ingredients except black sesame seeds in blender.
  2. Blend until smooth.
  3. Spread in a thin layer on non-stick sheets. Don't spread too thin or you will have holes.

4. Sprinkle sesame seeds on top.
5. Dehydrate at 115 for 3 hours. When tops are dry, peel off of sheet and dry until bottoms are dry to the touch but still pliable.
6. Cut into 5" squares. Makes 12.

### *Spinach Cream Dressing*

- 1 cup macadamia nuts
- 1/2 cup water
- 1 cup young Thai coconut flesh
- 1 clove garlic
- 2 cups spinach, raw
- 1/2 lemon, juice
- pinch Himalayan Salt
- pinch pepper

Place all ingredients in high-speed blender and blend until smooth.

### *Assembly:*

- 2 carrots, cubed
  - 2 cucumbers, cubed
  - 2 avocados, cubed
  - 2 tomatoes, cubed
  - 1 cup jicama, cubed
1. Mix all vegetables together.
  2. Add spinach cream to the mixture by spoonful. (to taste). Combine.
  3. Place a layer of lettuce on the wrap. Spoon filling on lettuce and wrap up.

Makes enough filling for 4 to 6 wraps.

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### **Basil Veggie Primavera**

### *Basil Walnut-Cashew Spread*

- 2 cups cashews (soaked for 3 hours)

- 1/2 cup walnuts (soaked for 3 hours)
- 1/2 cup filtered water
- 2 tablespoons Basil Oil (see above)
- 2 cloves garlic
- 1 teaspoon lemon juice
- pinch Himalayan sea salt
- pinch ground pepper

Place all ingredients in food processor. Process until well blended.

*Sauce:*

- 1/2 cup Basil Walnut-Cashew Spread
- 1/4 cup filtered water
- 2 tablespoons Basil Oil

Whisk water and basil oil into Basil Walnut-Cashew Spread

*Primavera:*

- 1 cup carrots
- 1 cup zucchini
- 1 cup yellow squash
- 1 cup cherry tomatoes, halved
- Basil Walnut-Cashew Spread

1. Chop carrots, zucchini and yellow squash into bite-sized pieces.
2. Stir in tomatoes.
3. Top with sauce and mix to coat.
4. Optional, top with thinly sliced basil, Himalayan sea salt and pepper to taste.

Serves 2-3

The sauce will have a brown tinge to it from the walnuts. If you would like a white sauce, simply replace the walnuts with more cashews.

---

## Raw “BLT’s”

*Honey Wheat Bread:*

- 2 cups wheat berries, sprouted and ground into flour
- 1 cup zucchini puree
- 1 apple
- 1 tablespoon honey
- 1 cup ground flax

1. To make flour: Soak wheat berries for 24 hours, then rinse 2 x a day until small tails sprout. Dehydrate at 116 degrees until dry. Grind into flour.
2. In food processor, place apple, zucchini puree and honey. Process until a puree is achieved.
3. Mix together flour and ground flax.
4. Stir puree mixture into flour mixture.
5. Spread 1/4 inch thick on non-stick dehydrator sheets. Score mixture into bread sized squares. Dehydrate at 140 degrees for 1 hour, turn down heat and dehydrate at 116 degrees until tops are dry.
6. Flip over, remove non-stick sheet and continue to dry. You want to make sure the bread dries but stays soft so, check and don't over dehydrate.

### *Avocado Butter*

- 2 avocados
- 1/2 cup cashews, soaked until soft
- pinch Himalayan salt
- pinch black pepper
- pinch ground chipotle

1. Place all ingredients in food processor and pulse until well blended.
- The day before, make the bacon.

### *Eggplant Bacon*

- 1 Eggplant
- 2 T Olive Oil
- 1/4 C Water
- 1 t. Smoked Paprika
- 1/2 t. Ground Chipotle Peppers
- 2 T Agave

Using a vegetable peeler or mandolin, slice the eggplant into strips about 1/8" thick. Set aside. Mix together marinade ingredients. Place eggplant in marinade, making sure all is covered. Cover and let soak for 2-3 hours. Dehydrate at 116 for at least 12 hours, or until crisp.

### *Assembly*

- Raw Honey Wheat Bread
- Avocado Butter
- Tomato
- Lettuce
- Eggplant Bacon

Layer ingredients on bread to create sandwich!

---

### **Carrot Hazelnut Soup**

- 1/2 cup hazelnuts
- 1 1/2 cup water
- 3 cups carrots, cut into chunks
- 1 apple, peeled, cored and sliced
- 1 tablespoon honey, raw
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- salt and pepper to taste\*

1. Place hazelnuts and water in food processor. Process until smooth
  2. Add carrots, apple, honey, ginger, and cinnamon. Blend until smooth.
  3. Salt and pepper to taste.
- 

### **Chipotle Corn Soup**

- 4-5 cups fresh corn (approximately 6 ears)
- 1 1/2 cups water (filtered)
- 1/4 teaspoon chipotle
- pinch Himalayan salt
- pinch smoked paprika (optional)

1. Place all ingredients in high-speed blender. Blend until well combined.
2. Strain through strainer (you may have to assist the liquid through the

strainer by stirring it.)

3. Serve topped with a pinch of the smoked paprika (optional) and kale chips.

### *Assembly:*

At least 6 hours before you want to eat, marinating the cauliflower. While that is marinating, prepare the zucchini. Put zucchini and cauliflower steak in dehydrator. 20 minutes before you eat, make the corn soup! It's that easy!

---

### **Fresh Veggies with Black Beans**

- 3 c cooked black beans (hot from cooking or heating if using pre-cooked)
- 2 c bok choy
- 2 c chopped tomatoes
- 1/2 c chopped onion
- 1 c fresh (not cooked) corn
- 1/2 lemon, juice from
- 2 T cilantro
- 1/2 t. Himalayan salt
- pepper to taste

Cook black beans. I use a pressure cooker. You can also use canned beans but cooking your own is so much better!

While beans are cooking, chop bok choy and set aside.

Chop onions, and tomatoes. Place in bowl.

Add corn to tomatoes and onions. Add lemon juice, cilantro, salt and pepper. Stir.

When beans are done cooking and still hot, stir in bok choy. Let sit for a couple of minutes and then stir in the tomato mixture.

Serves 6

---

### **Mushroom Walnut Veggie Burgers**

- 2 C Carrots, grated
- 2 C Portobello Mushrooms, chopped fine
- 1 C Onion, chopped fine



- 3/4 C Celery, diced
- 1 C Walnuts, soaked and ground fine while wet
- 1/2 C Pumpkin Seeds, soaked and ground fine while wet
- 1/4 C Water, filtered
- 1/4 C Nama Shoyu
- 1 t. Sage
- 1 t. Marjoram
- 1 t. Thyme
- 1 C Oat Flour, raw OR 3/4 C Flax, ground

Combine carrots, mushrooms, celery, and onion.

Stir in walnuts and pumpkin seeds, combine well.

Combine water and nama shoyu, mix into veggie/nut mixture

Add herbs, stir well.

Stir raw oat flour **OR** ground flax seeds in in batches (half at a time)

Shape into patties no 4-5 inches across, no more than 1 inch thick. Place on screens and dehydrate at 140 for 1 hour. Reduce heat and dehydrate until mostly dry. 3-4 hours. You want these to be moist, not rock hard.

Makes 8 – 9 Burgers.

---

## Spaghetti and Meat Balls

*Mushroom Sausage:*

- 2 C Carrots, grated
- 2 C Portobello Mushrooms, chopped fine
- 1 C Onion, chopped fine
- 3/4 C Celery, diced
- 1 C Walnuts, soaked and ground fine while wet
- 1/2 C Pumpkin Seeds, soaked and ground fine while wet
- 1/4 C Water, filtered
- 1/4 C Nama Shoyu
- 1 tablespoon Italian spices.
- 1 C Oat Flour, raw OR 3/4 C Flax, ground

Combine carrots, mushrooms, celery, and onion.

Stir in walnuts and pumpkin seeds, combine well.

Combine water and nama shoyu, mix into veggie/nut mixture

Add herbs, stir well.

Stir raw oat flour OR ground flax seeds in in batches (half at a time)

Shape into patties no 4-5 inches across, no more than 1 inch thick. Place on screens and dehydrate at 140 for 1 hour. Reduce heat and dehydrate until dry. 6-8 hours. You want these to be dry.

Break into bite size pieces.

#### *Marinara Sauce:*

- 2 cups sun dried tomatoes
- 2 cups water
- 1 large clove garlic
- 1 teaspoon oregano (dried)
- 1 teaspoon basil (dried)
- Salt and Pepper to taste

Soak tomatoes in water until soft. Put tomatoes, water and the rest of the ingredients in a high speed blender. Process until smooth

#### *Assembly:*

- 2 yellow zucchini
- Sausage
- Marinara Sauce

Put zucchini through spiralizer\*\*\*. Set in colander for 20 minutes to let water drain off. Top with sauce and mushroom sausage

---

### **Savory Zucchini Wraps with Squash, Craisins and Sage Cream**

#### *Squash prep*

- 2 medium carnival or acorn squash
- 2 T Olive Oil
- Salt and Pepper

Advanced Preparation: The night before: peel and cube squash and place in cold, salted water. Place in refrigerator over night. In the morning, drain, toss with 2 T olive oil, salt and pepper. Place on screens in dehydrator. Dehydrate for 8 hours.

### *Wraps*

- 4 C Pureed Zucchini
- 1 C Ground Flax
- 2 T Olive Oil
- 2 T Fine Herbs

Combine all ingredients. Spread on teflex sheet. You may need two sheets. You want this to be at least 1/4" thick as zucchini will greatly reduce when dehydrated. Place in dehydrator with squash. You will want to peel the sheet off half way through the dehydration. Always place face up after you remove the sheet. You want these dried but not crisp. Dehydration time will be around 8 hours at 116. Cut into quarters. Will make 4 to 5 wraps.

### *Sage Cream Sauce*

- 1 C Soaked Cashews
- 1/2 C Pine Nuts
- 2 T Olive Oil
- Juice from 1/2 lemon
- 2 T sage (I used dried)
- salt and pepper to taste

In the morning, Put 1 C cashews in water, place in refrigerator. You will make the cream sauce just before assembling. Place all ingredients in food processor and process until well blended and smooth. You can also put this in the blender for an even smoother consistency.

### *Assembly*

- 1/2 C Craisins
- Sage Cream Sauce
- Zucchini Wraps
- Squash

Spread sage cream sauce on wrap. Top with squash and craisins. Roll, cut and enjoy!

---

### **Stuffed Avocados with Chipotle Mayo**

### *Chipotle Mayo*

1 C Pine nuts (soaked)

- 2 T Olive Oil
- Juice from 1 Lemon
- 1/2 to 1 clove garlic
- 1/4 C Filtered Water
- 1/2 C young coconut flesh
- 3 t. Chipotle Seasoning

Place all ingredients in blender and blend until very smooth.

Make chiptole mayo and set aside.

### *Assembly*

- 3 Avocados
- 1 cup Jicama, diced
- 1/2 cup Celery, diced
- 1 1/2 cups Cherry Tomatoes, chopped
- 1 cup Sunflower Seeds
- 1/2 cup Sweet Onion, diced

Slice avocados in half, remove pit and set aside. Combine diced jicama, celery, cherry tomatoes, sunflower seeds and chopped onion.

Stir in 1/2 to 1 cup of the chipotle mayo. Spoon into avocado halves.

---

### **Stuffed Mushrooms**

Ingredients required:

- 4 C Mushrooms, divided
- 1/4 C Olive Oil
- 1/4 C + 2 T Nama Shoyu (divided)
- 1 T Agave (optional)
- 1 C Pumpkin seeds (soaked for 3+ hours)
- 1 C Sunflower seeds (soaked for 3+ hours)
- 1 T Water

- 1 Clove Garlic
- 1 Shallot
- 1/4 C Parsley
- 1 T Tarragon
- 1 T Thyme
- Pinch Salt
- Pinch Pepper

*For the Marinated Mushrooms:*

Remove the stems and gills from 2 cups of the mushrooms

Combine Nama Shoyu, Olive Oil and Agave

Place mushrooms and marinade in bowl, coat to combine. Let sit, stirring occasionally for at least 3 hours.

*Filling:*

Finely chop garlic and shallot in food processor. Remove to bowl.

Place 2 C Mushrooms in food processor. Pulse until they are finely chopped.

Put in bowl with garlic and shallots.

Drain sunflower seeds and pumpkin seeds. Process in food processor until a paste consistency is achieved. Add to bowl.

Stir in remaining ingredients, spoon into drained, marinated mushroom tops.

Sprinkle tops with more tarragon.

---

### **Raw Vegan Sushi**

- 2 C Sprouted Kamut\*\*\*
- 1 T Nama Shoyu
- 1 T Toasted Sesame Oil
- Sunflower Sprouts
- 2 Carrots
- 1/2 Cucumber
- 1 Portobello Mushroom, marinated in Nama Shoyu and olive oil
- Avocado, Sliced
- 2 Seaweed Sheets

### *Assembly*

Cut the portabello mushroom into slices about 1/4 to 1/2 inch thick. Toss with 2 T of Nama Shoyu and 2 T oil and let sit for at least 1/2 hour.

Process the kamut, Nama Shoyu and toasted sesame oil in a food processor until the kamut starts to break apart. Set aside. Slice carrots and cucumber into match stick pieces, slice the avocado into 1/4 inch pieces. Set aside. Lay your sheet of seaweed on the sushi matt. Spread half the sheet with the kamut mixture. Place the avocado, carrots, cucumber, sunflower sprouts (not pictured) and mushrooms on top of the kamut.

Using the mat, carefully and tightly, roll the seaweed into a sushi roll. Cut with a serrated knife.

---

### **Zucchini Corn Cakes with Cilantro Cream**

- 2 cups shredded zucchini (approx 2 medium zucchini)
- 4 ears fresh corn
- 1 clove garlic
- 1/2 teaspoon dried mustard
- 1/8 teaspoon white pepper
- pinch salt (I use Himalayan salt)
- 1/2 cup flax seeds, ground fine

Place grated zucchini in bowl, set aside.

With a sharp knife, cut kernels off of the ears of corn. Set 2 cups aside. Place remaining 2 cups in food processor.

Add to the food processor: garlic, dried mustard, white pepper and pinch of salt. Process until corn turns to a liquid mash.

Add ground flax seeds and pulse until combined. Do not over mix.

Add to zucchini along with the remaining 2 cups of corn.

Shape into patties about 1/2 inch thick and 4 inches across. Place on non-stick sheets. Dehydrate for 1 hour at 140, transfer to screens and reduce heat to 115 and dehydrate for 5-6 hours. The outside should be crispy but the insides still a little moist.

Top with cilantro cream.

### *Cilantro Cream*

- 1 cup cashews, soaked until soft
- 1/2 cup young coconut flesh
- 2-3 tablespoons coconut water (from young coconut)
- 1 small garlic clove
- pinch Himalayan salt
- pinch pepper
- 2 teaspoons fresh cilantro, chopped fine

Combine cashews, coconut, coconut water, garlic salt and pepper in blender. Blend until very smooth.

Stir in chopped cilantro by hand. (don't use a blender!)

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### **Chia Fruit Salad**

- 1 Apple, chopped
- 1 Orange, chopped
- 1/4 C Blueberries
- 1/2 cup unsweetened Crasins
- 1/2 C walnuts
- 1/2 C flaked coconut (unsweetened)

### *Dressing*

- 3 T Agave
- Juice from 1 lemon
- 1 T Chia seeds

Combine all salad ingredients. Whisk the lemon juice into the the agave, stir in the chia seeds and pour over salad. Mix to combine.

---

### **Tarragon Pine Nut Sauce**

2 C Pine Nuts, soaked 1 hour

Juice from 1/2 Lemon

1 small clove garlic

1 small shallot

2 T Olive Oil

3 T Chopped Fresh Tarragon

pinch Celtic Sea Salt

Fresh Ground Pepper to taste

Place all ingredients in food processor and blend very well. Add chopped tarragon and pulse a few times to mix.

### Salad

5 C Raw Spinach

1 C Cherry tomatoes, halved

To make a “wilted” spinach, rub handfuls of spinach with your fingers until desired texture is achieved. Mix in Pine Nut Tarragon Sauce ( you won’t need all of the sauce, add by spoonful until you achieve your desired amount) and tomatoes, stir!

---

### **Tomato Fennel Soup**

10 medium small ripe tomatoes diced

1 head fennel (including stalks) diced

1 lemon juiced

Add all soup ingredients in the blender and blend until smooth. Garnish with thinly sliced fennel, fennel stalks, cherry tomatoes, and thinly sliced cucumber rounds.

---

### **Zucchini Fettuccine with Sesame Mango Sauce**

4 small or 2 large zucchini spiralized into thick noodles

4 manila mangos diced

1 ripe lemon juiced

2 tablespoons tahini

1 fourth cup water

chopped mint leaves

black sesame seeds for garnish

Using a spiralizer, cut the zucchini with the thick noodle setting with the spiral slicer\* or use a vegetable peeler to make fettuccine type noodles. To make the sauce add mangos, tahini, water, and lemon juice to blender and blend until smooth. Top the zucchini noodles with sauce and garnish with



chopped mint leaves and sesame seeds.

---

## **Traditional Spanish Gazpacho**

### *Soup*

10 medium ripe tomatoes  
½ cucumber (about 3 inch piece)  
½ red bell pepper  
2 cloves garlic  
2-3 tablespoons extra virgin olive oil  
1/8 teaspoon cayenne (optional)

### *Various Garnishes*

flaked Dulse or pieces of torn Dulse  
2 tablespoons chopped green onion or chives  
¼ cup chopped parsley  
½ cup sliced cherry tomatoes  
½ cup diced cucumbers  
1 diced avocado  
1-2 tablespoons ground flax or sesame seeds to be used as bread crumbs (optional)  
A drizzle of olive oil. (optional)

Add all soup ingredients in the blender and blend until smooth. Let soup sit in the refrigerator for a few hours before garnishing and serving. Gazpacho is also better the next day.

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## **Raw Pasta with Basil Cream Sauce**

### *Pasta*

3 medium zucchini (spiralized)

### *Sauce*

1 cup young coconut water  
1 cup raw macadamia nuts or pine nuts  
1 large handful basil

### *Garnishes*

¼ cup chopped parsley  
½ cup sliced cherry tomatoes  
¼ cup chopped bell pepper  
diced avocado  
sun dried olives

Spiralize the zucchini into angel hair type pasta with a spiralizer. Blend in a high speed blender the macadamia nuts, coconut water, and basil. Pour the sauce over the pasta and garnish with the suggested garnishes of your choice.

---

### **Green Soup**

1/2 English cucumber roughly chopped  
5 ribs celery roughly chopped  
1/4 cup dulse seaweed  
1/2 bell pepper  
2 small tomatoes  
2 tablespoons raw cabbage sauerkraut  
1 teaspoon Simply Organic All Purpose Seasoning or other desired seasoning  
1/2 cup greens chopped (spinach, chard, kale, mixed or baby greens)  
1/2 avocado

Garnish: 1 cup sprouts

Add ingredients in blender, except garnishes, and blend until smooth. Add more or less dulse and seasonings if you prefer. Garnish with your choice of dulse, sprouts, chopped bell pepper, parsley, tomatoes, avocado, and greens.

If kale is bitter only add two leaves.

---

### **Lemon & Avocado Butter Lettuce Salad**

2 heads butter lettuce  
1 avocado  
2 nori sheets  
1/4 cup pine nuts  
1/2 cup baby tomatoes  
Dressing  
1 cup cashews, soaked 20 minutes  
1/2 cup water

1 clove garlic  
1 teaspoon onion powder  
2 teaspoons lemon juice  
1/2 teaspoon lemon zest  
1/2 teaspoon salt  
2 teaspoons nutritional yeast (optional)

### *Parmesan Cheese*

1/4 cup macadamias  
2 tablespoons nutritional yeast  
1/4 teaspoon salt

Use a Micro plane to grate the macadamias into a bowl.

Add the nutritional yeast and salt, and then mix thoroughly.

### *Assembly*

Cut the leaves from the stalk of the butter lettuce. Toss in the desired amount of dressing and then rearrange the leaves on the plate so they go from biggest to smallest, as they did when they were part of the original lettuce. Cut half of an avocado into a fan and place on the plate just to the side of the butter lettuce. Crush a dry nori sheet with your hands and sprinkle the lettuce with it. Quarter the baby tomatoes and sprinkle the salad with them, finishing up with a sprinkle of the quick Parmesan cheese and the pine nuts.

### *Dressing*

- Blend all ingredients together in a high-speed blender.
- Chill until ready to use.

---

## **Raw Veggie Fajitas**

2 large portobello mushrooms  
3 bell peppers, sliced into strips  
1 zucchini, sliced into sticks  
1 sweet or red onion, thinly sliced  
2 cloves garlic, minced  
1/4 cup Nama Shoyu  
1/4 cup extra virgin olive oil

2 tablespoons chili powder  
1 teaspoon cumin  
1/8 - 1/4 teaspoon cayenne  
1 tablespoon apple cider vinegar

#### *Sour Cream*

3/4 cup raw cashews  
3/4 cup young coconut pulp  
1/2 cup water  
1- 3 tablespoons lemon juice  
1/4 - 1/2 teaspoon Himalayan or sea salt

Blend all ingredients until smooth and creamy in a high speed blender.  
Chill for a few hours.

#### *Cheddar Sauce*

1 large red bell pepper  
2-3 tablespoons water  
1 cup cashews  
2 1/2 tablespoons nutritional yeast  
1 tablespoon tahini  
2 teaspoon onion powder  
1 1/2 teaspoons sea salt  
1 large clove garlic  
2 tablespoons lemon juice

Blend all ingredients until smooth and creamy. Chill.

#### *Assembly*

Toss all ingredients together in a big bowl.  
Marinate for a minimum of 2 hours or up to 12 hours.  
Optional: dehydrate for a few hours after marinating.  
Serve in romaine lettuce leaves with sauces.

---

## Portabello Kebabs with Asian Slaw

### *Kebabs*

3 large Portabellos  
1 small red onion  
1 zucchini (courgette)  
1 yellow bell pepper  
1 cup pineapple  
3 tablespoons tamari  
1 teaspoon freshly grated ginger  
1/4 teaspoon ground fennel seed  
1/4 teaspoon ground celery seed  
2 tablespoons olive oil  
2 tablespoons flax oil  
1/4 teaspoon sesame oil (optional)  
1/4 teaspoon salt

### *Asian slaw*

1 teaspoon finely grated ginger  
3 tablespoons apple cider vinegar  
2 tablespoons tamari  
1 teaspoon lime juice  
1/4 cup almond butter  
1/2 a head of Napa cabbage, sliced thin  
1 medium carrot, ribboned with a peeler  
1/2 a red bell pepper, julienne fine  
1/2 a yellow bell pepper, julienne fine  
1 Thai chili, minced fine  
2 green onions, finely sliced  
Small handful cilantro, minced  
2 tablespoons chiffonade mint

### *Assembly*

Kebab

Chop the vegetables into 1” squares.

Blend the pineapple, tamari, ginger, fennel seed, celery seed, olive oil, flax oil and sesame oil, then transfer to a bowl. Add the vegetables the bowl and marinate for a few minutes.

Make small skewers, alternating the vegetables on each wooden skewer to you have a nice color and texture variation.

Optional: Place in the dehydrator for 2 – 3 hours at 115 degrees F.

#### Asian Slaw

- 1) Blend first 5 ingredients in a high-speed blender.
  - 2) Combine with remaining ingredients in a bowl.
  - 3) Serve with warm kebabs straight from the dehydrator.
-

# **25 Raw Food Snacks , Drinks & Desserts**

## **Almond Butter**

- 2 cups Almonds
- 1 T Raw Honey (optional)
- 1/2 t Sea Salt (optional)
- 

Place almonds in food processor. Process for 8-12 minutes. You will need to scrape down the sides in the beginning. If you choose to use the honey and salt, stir in by hand after the butter is made as it will seize the mixture if you try to add it before.

---

## **Blueberry Grape Drink**

- 3 C romaine lettuce
- 1 C Spinach
- Handful of Grapes
- Handful of Blueberries

1/2 to 1 C filtered water Place in high-speed blender, blend and drink!

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## **Pineapple Grape Green Drink**

- 3 C Spinach
- 1 C grapes
- 1 C Pineapple
- 1/2 C filtered water

1/2 to 1 C filtered water Place in high-speed blender, blend and drink!

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## Warm Cacao with Cinnamon

- 1 C Almond Milk (see below)
- 1-2 T Cacao (to taste)
- 1 T Agave (or more to taste)
- Sprinkle of Cinnamon.

Combine all ingredients in a blender or with an immersion blender. The blender will thicken it nicely. Warm to 116. You can do this in the blender or VERY carefully on the stove. If you use the stove, you need to stop heating before it gets to temp as it will continue to heat even after the heat source is removed. You can use a candy thermometer to check temp.

### *Almond Milk*

- 1 C Almonds, soaked at least 6 hours
- 4 C filtered water
- 2 dates
- 1 vanilla bean.

Drain almonds from soaking water. Add to blender with 4 C of the filtered water, dates and vanilla bean. Process for 2 minutes. Strain through nut milk bag. You can save the remaining pulp, dehydrate it and use it as flour for other recipes.

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### Brazil Nut Milk

- 1 C Brazil Nuts
- 4 C Water

Place in high speed blender. Blend well, Pour through a nut milk bag or cheese cloth. Refrigerate. This will only last a few days in the fridge.

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### **Cacao Banana Pick-Me-Up**

- 1 C Brazil Nut Milk
- 1 C Ice
- 1 Banana
- 1 T Raw Honey or Agave
- 2 T Cacao Powder

Place all ingredients in blender, blend until smooth.

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### **Watermelon Lemonade**

- 4 C watermelon
- Juice from 2 Lemons
- Agave to taste

Place watermelon and lemon juice in blender, blend. Add agave to taste.

---

### **Good Morning Green Drink**

- 2 C Spinach
- 1 1/2 C Grapes
- 2 Carrots
- 1/2 Cucumber
- 1/2" piece of ginger
- 1 Stalk Celery
- 2 Dates
- Handful Ice
- 1/2 to 1 C Water

Combine all ingredients in blender. Start with 1/2 cup water and add more to desired thickness. Blend until smooth.

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## Cashew Cheese

- 2 C Cashews
- 1/2 C rejuvelac \*\*

Cover cashews with water and soak overnight. Drain off water. Place cashews in blender or food processor and process with rejuvelac until a smooth paste forms. You can add a dash of Celtic sea salt. Line a strainer with 2 layers of cheese cloth. Spoon mixture into the cloth. Set in a warm place and let set for 24 hours. Form into the shape you want. I coated the outside with cracked pepper. Put in refrigerator to finish setting.

---

## BBQ Crackers

- 1 C Almonds (soaked, dried, ground fine in the food processor)
- 1 C Raw Oat Flour\*
- 1 C flax
- 2 C Water
- 2 T Olive Oil
- 2 T BBQ Spice Mix

Place flax seed in the 2 c water and soak until soft. This will take at least an hour. Combine soaked flax seeds with other ingredients, spread about 1/4 " thick on a non-stick dehydrator sheet. Score into squares. Dehydrated for 145 for 45 minutes (don't worry, the food never goes above 116 and it helps reduce dehydration time) and then reduce to 115 and dehydrate until dry. Makes 1.5 trays.

---

## Raw Apple Pie with Maple Cinnamon Glaze

*Crust:*

- 2 cups walnuts, soaked until soft
- 2 tablespoons coconut butter
- 1 tablespoon agave nectar

1. Drain walnuts. Place in food processor and process until a coarse meal is achieved.

2. Add coconut butter and agave nectar. Mix until well combined.

2. Press 1/4 in thick into tart shells or 9" pie plate.
3. Dehydrate for 3 hours at 116. You can start at 140 for 45 minutes and then lower the temp.

#### *Filling:*

- 4 apples, peeled, cored and thinly sliced
- juice from 1/2 lemon
- 1/4 cup maple syrup
- 1/4 cup agave nectar
- 1 teaspoon cinnamon
- 1/3 cup raw oat flour

1. Place apple slices in bowl.
2. Sprinkle with lemon juice and toss.
3. Mix together maple syrup, agave and cinnamon.
4. Stir into apple mixture
5. Add oat flour and toss to coat.
6. Place filling in two separate glass pie plates.
7. Place in dehydrator and dehydrate for 6 hours, stirring occasionally. Add water if mixture starts to dry out.

#### *Maple Cinnamon Glaze*

- 1 tablespoon coconut butter, softened
  - 3 tablespoons maple syrup\*
  - 1/2 teaspoon cinnamon
1. Whisk all ingredients together to combine.

#### *Assembly:*

1. Place filling in four, 4" tart shells or one 9" pie plate that you have already prepared with the crust.
  2. Place back into dehydrator for 2 hours.
  3. Remove and top with Maple Cinnamon Glaze
- \*maple syrup is not raw but used in raw food recipes.
-

## **Onion Sunflower Flat Bread**

- 3 C sprouted wheat berries
- 1 Sweet Onion coarsely chopped
- 1/4 C Nama Shoyu
- 1 C raw sunflower seeds

Place sprouted wheat berries in food processor. Process until a mash like consistency is achieved. Add Nama Shoyu, and onion. Process until combined but chunks of onion are still visible. Stir in by hand, the sunflower seeds. Spread 1/4 inch thick on Teflex sheet. Score the mixture into desired shapes. Dehydrate 8 hours, flip and dehydrate until dry. Makes one sheet.

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## **Spicy Flax Crackers**

- 3 C flax seeds, soaked for at least 6 hours
- 1 T. dried mustard
- 1/4 C Agave
- 1 shallot, chopped
- 1 clove garlic, chopped
- 3 T Nama Shoyu

Combine all ingredients in a food processor. Process until well blended. Spread on Teflex sheet and score. Dehydrate for 8 hours, flip and dehydrate until dry. Makes one sheet.

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## **Onion Flax Crackers**

- 2 C Flax seeds soaked at least 6 hours
- 1 C ground flax seeds
- 1 Sweet onion, coarsely chopped
- 1 clove garlic, chopped
- 1/4 C Nama Shoyu
- 1/2 C Hemp seeds

Place all ingredients in food processor. Process until well combined. Spread on Teflex sheet 1/4 " thick and score. Dehydrate 8 hours, flip and dehydrate until dry.

---

## **Spicy Corn Chips**

- 6 C. Frozen Corn
- 1 Red Pepper
- Juice from 2 limes
- 2 t. Cayenne
- 1 t. Paprika
- pinch of Celtic sea salt

Blend all ingredients in food processor. Spread on non-stick sheet on top of mesh sheet at least 1/4" thick as these will really dehydrate down. Score into the shape you desire. Dehydrate 10 hours, pull off of the non-stick sheet and dry until very dry. Place right side up as chips will curl if you flip them.

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## **Cranberry Walnut Crackers**

- 4 C Walnuts (soaked overnight)
- 1 C Ground Flax
- 2 C Fresh Cranberries Coarsely Chopped
- 1 C Orange Juice (from fresh oranges)
- 1/4 C Agave

Place roughly chopped cranberries in bag with orange juice and 1/4 C raw agave. Marinate for 2 hours.

Place walnuts in food processor. Process until finely chopped. Add cranberries, agave and orange juice and pulse until cranberries are well combined. Add flax and pulse until combined. Spread on non-stick sheets about 1/4 inch. Score. Dehydrate at 145 for 45 minutes then 116 for 3 hours. Peel off sheets and continue to dry until done. (6-8 more hours).

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## **Cranberry Orange Spread**

- 1 Orange, juice and zest
- 1/2 C flesh from young coconut
- 1 C Cashews, soaked for 6 hours, drained
- 3 T Agave
- 1 C Fresh Cranberries

Place cranberries in processor and coarsely chop. Remove from processor and set aside. Place cashews, coconut flesh, orange juice, orange zest and agave in food processor. Process until very blended. Remove and stir in chopped cranberries. Makes about 2 cups.

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### **Banana Cream Tart with Walnut Crust**

#### *Crust:*

- 1 1/2 C Walnuts
- 1 C Brazil Nuts
- 5 Dates (soaked until soft)
- 2 T Coconut Butter

Pulse walnuts and Brazil nuts in food processor until coarsely chopped. Chop dates and add to food processor with coconut butter. Process until well blended. Press into tart shells two 4 inch tart shells. Crust should be 1/4" thick all around.

#### *Filling:*

- 2 C Cashews (Soaked at least 3 hours)
- 1 C Young Coconut Flesh
- 1/4 C Coconut Water (from fresh coconut)
- 1/4 C Coconut Butter
- 1 t. lemon juice
- 1/4 C Agave
- 1 Vanilla Bean
- 2 Bananas, sliced, separated

Process cashews, young coconut flesh and coconut water in food processor until well blended. Add 1 t. lemon juice, 1/4 C agave, 1/4 coconut butter and one banana and continue to process until light, fluffy and very well processed. Transfer to bowl and add second sliced banana, stir to combine. Refrigerate for 30 minutes. Remove from refrigerator, spoon into crusts and sprinkle with left over crust mixture and dried coconut. Top with melted raw chocolate.

### *Raw Chocolate:*

- 1 C Raw Cacao Butter
- 1 t. Vanilla
- 3 T Coconut Oil
- 1/3 C Powdered Sucanat (finely ground in coffee grinder)
- 2 T Agave
- 7 oz. Cacao Powder

Melt cacao butter and coconut oil in dehydrator or over hot water. In food processor, combine melted cacao butter, coconut oil and vanilla. Remove 1/2 mixture and set aside. Add 1/2 cacao powder and combine. Add Sucanat and combine. Add coconut butter that was set aside and combine. Add remaining cacao powder, mix well. It should be quite liquid at this point. It will harden as it cools.

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### **Cacao Walnut Cookies**

- 2 C Almond Flour
- 1/2 C Ground Flax
- 1/2 C Cacao Powder
- 1/3 C Olive Oil
- 1/3 C Water
- 1/3 C Agave
- 1 T Vanilla
- 1 C Chopped Walnuts

Mix almond flour and flax and cacao powder. Stir in oil, water, agave and vanilla. When it is well mixed, stir in chopped walnuts. Form in to balls, press flat with palms and place on dehydrator screens. Dehydrate 1 hour at 145, then reduce to 116 and dehydrate for at least 5 hours or until desired dryness is achieved.

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### **Cacao Walnut Fudge**

- 1 C. Almond Butter
- 1/2 C. Cacao Powder
- 1/4 C. Agave



- 1/2 C Walnuts, chopped.

Mix together almond butter, cacao powder and agave. It is easiest to do this with your hand. Once it is well combined, mix in the walnuts. You can put this in an 8 x 8 sq pan or, use a mold. I used a little heart silicone one that I picked up one day. Refrigerate for at least 2 hours.

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### **Cacao Cinnamon Pecan Pies**

#### *Cookies:*

- 2 C Oat Flour
- 1/2 C Cacao Powder
- 1/4 C Coconut Butter
- 1/4 C Agave
- 1/4 C Maple Syrup (not raw but used frequently in raw desserts)

Place all dry ingredients in food processor. Pulse to combine. Whisk together wet ingredients. Add to dry and process until very well combined. If needed, you can add 1 T of water. Flatten out to a disk shape on non-stick dehydrator sheet. Cover top with wax paper or parchment and roll out to 1/4" thick. You can pat these into shape also but the dough is really sticky. Cut with a ring cutter. Peel away extra dough leaving circles on tray. Repeat until you have used up the dough.

Place in dehydrator at 116 for 4 hours. Peel off of non-stick sheet and dehydrate 2-4 more hours. These should be dry but not brittle. A little softness should remain.

#### *Filling:*

- 2 C Soaked Pecans, Drained (these should be wet for this recipe)
- 1/4 C Agave
- 1/3 C Coconut Butter, softened
- 1 t cinnamon

Mix in food processor until very well combined. Use for filling between two cookies.

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## **Almond Cherry Macaroons**

- 2 C Dried Coconut (Unsweetened)
- 1/2 C Almonds, processed into a coarse meal
- 1/2 C Dried Cherries, chopped
- 1/2 C Agave
- 1/4 C Coconut Oil (cold pressed virgin)
- 1 t. Almond Extract\*

Place almonds in food processor and process until a coarse meal texture is achieved. Add coconut, dried cherries, coconut oil agave and extract\*. Process until mixture starts to hold together. I use a tablespoon to scoop the mixture out and press into a ball. Place on dehydrator sheets and dehydrate until desired consistency is achieved. 8 – 10 hours. I like them dry on the outside but still a little soft on the inside!

Makes approximately 2 dozen.

\*The almond extract is not considered a raw food but adds a beautiful punch if you like.

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## **Raw Hazelnut and Mint Chocolate Truffles**

### *Filling:*

- 1 C Cashews, soaked at least 3 hours
- 1/3 C Agave
- 1 C dried coconut (non sweetened)

Place drained cashews and agave in food processor. Process until smooth. Add dried coconut and mix until well combined. A ball should form. Remove half the mixture and set aside. You will be making two different fillings.

### *Hazelnut Filling*

- 1/2 C Hazelnuts, soaked for at least 3 hours

Add hazelnuts to the mixture that is still in the food processor. Process until

nuts are chopped fine and mixture is well combined. Refrigerate for 1/2 hour.

#### *Mint Filling:*

- 1/2 t Peppermint extract

Add peppermint extract to remaining mixture and mix well. Refrigerate for 1/2 hour.

#### *Assemble the Truffles:*

Roll filling into 1" balls. Place in freezer for 1 hour. While filling is setting up, make the raw chocolate.

#### *Raw Chocolate:*

- 1 C Raw Cacao Butter
- 1 t. Vanilla
- 3 T Coconut Oil
- 1/3 C Powdered Sucanat (finely ground in coffee grinder)
- 2 T Agave
- 7 oz. Cacao Powder

Melt cacao butter and coconut oil in dehydrator or over hot water. In food processor, combine melted cacao butter, coconut oil, agave and vanilla. Remove 1/2 mixture and set aside. Add 1/2 cacao powder and combine. Add Sucanat and combine. Add coconut butter that was set aside and combine. Add remaining cacao powder, mix well. It should be quite liquid at this point. It will harden as it cools.

#### *Assembly:*

1. Take a filling ball and place a toothpick in it.
2. Dip it in the melted raw chocolate.
3. Holding the chocolate dipped ball over the chocolate, let the extra chocolate run off. Be patient and wait until it has all dripped off. You can slowly turn the ball while it is dripping to get better coverage.
4. Holding the chocolate covered ball upright, slide just the tip of a fork off

under the ball, very carefully slide the ball onto a non-stick sheet. Repeat until all filling balls are covered. Place back in refrigerator to set chocolate.

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### **Apple Sauce**

6 Apples (cored but not peeled)  
1 t. Cinnamon  
1/4 – 1/2 C. Agave  
pinch Salt (optional)

Core and quarter apples. Place in food processor with 1/4 cups agave. Process to applesauce consistency. Add more agave to taste.

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### **Eggless Nog**

- 1/2 C Almonds
- 1 Young Coconut (flesh)
- 3 Dates
- 3 T Agave
- 1 1/2 t Cinnamon
- 1/2 t Nutmeg
- 1/2 t Cloves
- 1 t Rum Extract (not raw but completes the eggnog flavor)
- 3 C Water

Place all ingredients in blender and blend until very smooth. Strain through nut milk bag. Top with a sprinkle of extra nutmeg. You can serve this warm or cold.

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## \*\*\* APPENDIX

### *Rejuvelac Recipe*

- 1/2 C sprouted wheat berries (sprouted just until tails start)
- 4 C filtered water

Put the wheat berries and the water in a jar. Leave in a warm place for 24-48 hours. You will see a little fizz. The liquid should be a little tart but not stink.

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Sucanat – The brand name for a variety of whole cane sugar. It is pure dried sugar cane juice that is extracted, heated then cooled. It looks like small brown grainy crystals.

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Teflex Sheets – non stick reusable dehydrator sheets

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Nama Shoyu – Brand name for an organic, unpasteurized Soy Sauce

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Agave – A sweetener that is produced in Mexico and South Africa from various species of agave family. It is much sweeter than honey.

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Cacao Powder – Is simply the cacao bean that has gone through a cold-pressing process and had the fat removed.

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Spelt flakes – Are created by steaming the Spelt berries (aka Spelt kernels) then passing them through a roller/oat flaker. Then for longer shelf life, heating them slightly to slow down and stabilize enzyme activity.

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Marjoram – Is a cold-sensitive perennial herb or under shrub with sweet pine and citrus flavors

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Spiralizer – A kitchen tool used to create spiral shapes. Generally used to create raw spaghetti and cute garnishes.

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Kamut – Brand name for an organic and ancient grain type.

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