

99 Raw Fruit and Vegetable Recipes

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Salads

01 --

FRUIT SALAD - Jackie Haltom (pretty colors together!)

Grapes - Red, Green , and Purple

Strawberries, sliced

Kiwi, sliced (peeled)

Blueberries

02 --

CAULIFLOWER SALAD - Teresa Campbell

1/2 head Cauliflower

2 T. Olive Oil

1 T. Lemon Juice

1/2 bunch Green Onions

1/4 cup Cilantro chopped

1/2 t. Sea salt

1 t. onion powder

Chop veggies and toss in bowl to mix with rest of ingredients. Serves 1-2.

From FRESH by Sergei and Valya Boutenko

03 --

WALDORF SALAD - Leslie Sklamberg

- 2 red delicious apples-chopped
- 2 stalks of celery-chopped
- 2 bananas-chopped
- 2 avocados-chopped
- 1/4 cup raisins
- 1/4 cup chopped walnuts (optional)

Dressing:

- 1/2 cup vegetable oil
(ideas: olive, sesame, walnut, almond, grapeseed, but NEVER canola oil)
- 1/4 cup lemon juice
- 2 T. honey
- 1/2 t. salt
- 1/4 t. dry mustard
- Dash chili powder

This salad is best made and served the same day.

04 --

THE WORLD'S MOST BEAUTIFUL COLESLAW - Julia Valentine

Salad:

- 1/4 medium Chinese cabbage, shredded
- 1/8 red cabbage, shredded
- 1/2 carrot, grated
- 1/2 large red bell pepper, diced
- 3 shallots, sliced
- 1 stalk celery, sliced
- 1/4 cup of fresh cilantro or parsley

Dressing:

- 1/4 cup good quality organic olive oil
- 1/2 cup of apple cider vinegar
- 1/2 large or 1 small clove of garlic
- 1 teaspoon of cumin
- 1 1/2 teaspoons of dark raw agave
- 1/2 teaspoon of fresh ginger
- 1/2 teaspoon of salt
- 1/4 teaspoon of cayenne pepper
- 1/4 teaspoon of sesame oil

Toss all of the salad ingredients in a bowl.

Blend all of your dressing ingredients together.

Pour dressing over salad and serve.

It's nice to let it sit for an hour for all of the flavors to marry, but really who can wait?

05 --

GINGERED CARROT COLESLAW - by Anya (Serves 4)

- 5 carrots, grated
- 2 cups shredded red cabbage
- 1 cup raisins

1/3 cup sunflower seeds
1/3 cup pumpkin seeds
Toss together salad ingredients before adding dressing.
2 t. honey or maple syrup
2 T. lemon juice
1 T. grated ginger
4 T. cold-pressed oil of your choice (olive oil, flax, or walnut)
dash of salt

Dissolve the honey in the lemon juice.

Add remaining ingredients. Pour over salad and toss.

This salad is especially delightful if it is allowed to sit for about 15 or 30 minutes.

06 --

AT HOME SALAD - Chrystal York

1/4 head cabbage
1 c. spinach, chopped
1 carrot, grated
1/2 yellow pepper
1 stalk celery

Dressing: mix together and pour over above ingredients.

1/4 c. olive oil
1/2 c. apple juice vinegar
1 t. cumin
1 1/2 t. agave nectar
1 small clove garlic pressed
1/2 t. ginger
1/2 t. salt
1/4 t. cayenne pepper
1/4 t. sesame oil

Toss all ingredients in a bowl and serve cold.

07 --

MEXICAN SALAD - Julia Valentine (Serves 4)

2 organic Romaine hearts or 1 head of Romaine, sliced into 1/4" strips or less
1 or 2 ears of yellow corn cut off the cob
2 handfuls sweet cherry or grape tomatoes cut into halves (or 2 tomatoes)
1/4 cup cilantro
1 cup sprouts (alfalfa or clover dominant)
1 T. red or green onions, chopped
Sweet red bell pepper cut into long thin strips

Dressing:

1/4 c. olive oil
2 T. lime juice
1 t. sea salt
2 t. onion powder

Toss all together and place on individual plates.

Top with sliced avocado, and sprinkle Herbamare over avocado slices.

08 --

JICAMA & ORANGE SALAD - Marilyn Earhart

- 1 small jicama, peeled and halved
- 2 navel oranges
- 6 scallions, thinly sliced
- 2 T. chopped fresh cilantro
- 1 T. fresh lime juice
- 3/4 t. salt

Quarter each jicama half and thinly slice.

Peel oranges, halving lengthwise, slicing thinly crosswise.

In a large bowl, toss jicama, oranges, scallions, cilantro, lime juice, and salt.

Cover and chill for at least 15 minutes.

Toss again and serve. Serves 6.

09 --

MANGO TOMATO SALAD - Julia Valentine

- 4 mangos, diced
- 1 lb. grape tomatoes, sliced in half
- 1/2 small sweet red onion, diced fine
- Handful Cilantro, chopped
- 1/2 to 1 lime juiced

Mix and enjoy!

10 --

SEA VEGGIE SALAD - Rachel Unruh

- 1 package Kelp noodles, rinsed and cut 4 times or into desired size
- 1/2 package Sea Vegetables, rinsed 2 times.
(Ordered from Sea Tangle (760) 749-7575 or www.kelpnoodles.com)

Cut up veggies of choice:

I used:

- 1 1/2 c. broccoli
- 1/2 jicama julienned
- 3/4 long English cucumber
- 1/2 small red onion

Dressing::

- 1 lemon juiced
- 1 T. olive oil
- 1 T. Nama Shoyu or Braggs Liquid Aminos
- 1 clove garlic pressed
- 1 T. agave nectar or molasses

Top with Macadamia Feta Cheese. See recipe above!

11 --

SPINACH/STRAWBERRY SALAD - Marilyn Earhart

- 8-12 oz. fresh Spinach
- 1/2 pint fresh Strawberries
- 1/4 cup slivered Almonds

Dressing:

- 1/2 c. Olive Oil
- 1/2 c. Honey
- 1/2 c. fresh Lemon juice
- 1/2 t. garlic salt
- 1/2 t. dry mustard

Toss salad with dressing just prior to serving. (Extra dressing should be refrigerated.)

12 --

"TUNA" SALAD - Julia Valentine, From The Fruits and Greens Diet by Raw Chef Andi

- 1 cup raw sunflower seeds, soaked for 2 or more hours
- 1/2 cup raw almonds, soaked for 6-8 hours or overnight
- 1/4 cup water or mor as necessary
- 1/8 cup lemon juice
- 1/2 teaspoon salt
- 3 T minced celery
- 2 T minced onion
- 2 T minced fresh parsley

Process sunflower seeds, almonds, water, lemon juice and salt, into a paste.

Transfer to a mixing bowl and stir in the celery, onion, and parsley. Mix well.

Yield: 3 cups

For a Tuna Salad Sandwich:

Place one heaping scoop of tuna on a large lettuce leaf.

Top with sliced tomatoes, sprouts and 1/2 slice of avocado.

Roll up leaf and enjoy.

13 --

YOGIC MARINATED SALAD - Jayne Mattix

Dressing:

- 1/4 cup raw apple cider vinegar
- 2 T extra virgin olive oil
- 1 t basil (or use fresh basil!)
- 1 t oregano
- 1/8 t sea salt (or to taste)
- Pinch of rosemary, thyme, marjoram
- 2 cloves garlic, pressed
- 1 t pure maple syrup

Salad:

- 1 scored, quartered and sliced cucumber
- 1/2 c sliced red onion slivers (or to taste)
- 2 or 3 quartered and sliced roma tomatoes

Whisk together dressing ingredients in a small bowl.

Add remaining ingredients and stir gently to coat.

Allow to marinate to 1 hour.

Flavor improves upon standing; this salad will keep for a day or so also.

14 --**BROCCOLI APPLE SALAD - Jan Asleson**

- 1 cup chopped Broccoli
- 1 cup chopped Cauliflower
- 2 chopped red apples
- 1 cup dried cranberries
- Juice of one lemon
- 1/4 cup olive oil
- Salt and honey to taste

Mix in bowl. Chill and enjoy!

15 --**YUKON GOLD POTATO SALAD - Elaine Tucker**

- 5-10 medium Yukon Gold potatoes, scrubbed with eyes removed. Leave skins on.
- 6-10 tender celery stalks
- 1 or 2 colorful green or red peppers
- 1 cup baby spinach chopped
- 1/2 cup chopped almonds (raw, no salt)
- 3 T. Braggs Liquid Aminos
- 3 T. raw cold pressed coconut oil
- Fresh ground black pepper

Use food processor to shred or finely chop potatoes.

Cut celery into bite sized pieces.

Chop spinach or use processor.

Chop peppers into small pieces.

Mix with oil and Braggs Liq. Aminos or mineral sea salt.

Grind pepper on top.

16 --**CAITLIN'S BABY SPINACH SALAD - Jayne Mattix**

- 1 bag baby spinach
- 2 roma tomatoes, thinly sliced crosswise
- 1 cucumber, striped with a vegetable peeler and sliced crosswise

Toss all ingredients until evenly distributed.

Serve with Zesty Citrus Vinaigrette.

17 --**ZUCCHINI SURPRISE - Rachel Unruh**

- 3 shredded zucchini
- 2 red apples cut in small pieces
- 1 avocado cut in small slices
- Cumin to taste (about 1 t.)
- Braggs Liquid Aminos to taste (1T.+ 1 t.)

Mix all ingredients together and place a spoonful on Romaine leaf or kale leaf.

Makes about 20.

18 --**MEXICAN CORN SALAD - Marilyn Earhart**

- 1 15 oz. can corn, drained (or 2 ears corn for 1 cup corn)
- 1 large cucumber, peeled and diced
- 1/2 cup finely chopped red onion
- 1 medium red bell pepper, seeded and finely diced
- 1 medium tomato, seeded and diced
- 1/2 cup chopped fresh cilantro
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons cider vinegar or distilled vinegar
- 1 tablespoon lemon or lime juice
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper

In a large salad bowl, combine corn, cucumber, onion, bell pepper, tomato, and cilantro.

In a small bowl combine spices and other ingredients.

Pour over veggies and toss gently. Serves 6.

19 --**SPINACH OLIVE OIL SALAD - Elaine Tucker**

- 2-3 cups fresh baby spinach
- 1-2 cups Italian salad mix with radicchio

Dressing:

- 1/2 tsp. fresh ground red, black, and white peppercorn
- 1/2 tsp. sea salt
- 1/4 cup extra virgin olive oil
- 2 Tbsp. Brags Liquid Aminos

20 --**VEGGIE SALAD - brought by Ruth Britain**

- 1 medium carrot shredded
- 1 red pepper julienned
- 1 green pepper cut in bits
- 1 tomato, chopped
- 1 cup cauliflower, cut in tiny pieces
- Olive oil/apple cider vinegar dressing.

Mix vegetables together.

Toss with dressing.

Option: sprinkle with sea salt and freshly ground pepper.

21 --**CINDY'S SALAD WITH MARINATED EGGPLANT**

- 1 yellow pepper
- Sliced olives
- 3-4 radishes sliced
- 1 medium tomato cubed

Lettuces (variety) torn into bite-sized pieces
Mix all ingredients together
Top with Italian Dressing and Marinated Eggplant pieces. Enjoy!

22 --

CAESAR SALAD - From Raw Food Made Easy for 1 or 2 People by Jennifer Cornbleet.

1 head romaine lettuce or 1 romaine heart
2 T. Ranch Dressing (see below)
1 Roma tomato, diced
6 thin slices red onion (or 1 green onion diced)
2 T. sliced black olives
Freshly ground black pepper

Tear romaine into bite-sized pieces into a mixing bowl.
Add other ingredients and mix well.

23 --

RAW WINTER WALNUT SALAD - Elaine Tucker

2 cups walnuts
1 T. raw honey
1 cup shredded carrots
1 shredded zucchini
2 fresh whole oranges (peeled and processed in food processor)

Mix together in a medium bowl and serve immediately. Enjoy!

24 --

FRESH FRUIT SALAD - brought by Chris Unruh (Serves a crowd!)

4 small organic Fuji apples
1 cup soaked walnuts
1/2 cup raisins soaked in orange juice
4 clementines, sectioned (or small oranges)
2/3 cup celery (or 4 stalks)

Dressing: (Store in refrigerator. Keeps one week.) Use 2 or 3 T. on salad.

1/4 c. extra-virgin olive oil
1/4 c. apple cider vinegar or fresh lemon juice
1 T. Dijon mustard
2 t. agave nectar or raw honey
1/2 t. salt

Mix together in a bowl and serve immediately.

25 --

SUPER SALAD

Ingredients: Choose what you like!

Tomato, carrot, zucchini, broccoli, cauliflower, green onions, red cabbage, Romaine lettuce, cilantro, parsley, bok choy, almonds, sunflower seeds, fresh corn off-cob, beets, kale, jicama, sweet potato, etc.

Dressing:

1 T. olive oil (Cold pressed, X-V)
1 T. fresh lemon juice
1 T. Braggs Liquid Aminos (s. salt)
1 clove garlic minced
Optional: Nutritional yeast, Herbamare, dulse flakes (sea veg.), dill, basil, rosemary.

Dressings and Toppings

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- 27 -- RANCH DRESSING
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- 29 -- ITALIAN DRESSING
- 30 -- FESTIVE RAW CRANBERRY SAUCE
- 31 -- SOUR CREAM
- 32 -- BEST EVER ALMOND HUMMUS
- 33 -- HUMMUS
- 34 -- MACADAMIA FETA CHEESE
- 35 -- MACADAMIA FETA CHEESE
- 36 -- SOUR CREAM
- 37 -- RAW KETCHUP
- 38 -- WALNUT PATE
- 39 -- HONEY MUSTARD SAUCE
- 40 -- BASIL SWEET/SOUR SAUCE
- 41 -- SUNFLOWER CARROT FILLING
- 42 -- ZUCCHINI PESTO
- 43 -- EASY GUACAMOLE
- 44 -- KALE GUACAMOLE
- 45 -- SALSA
- 46 -- CRANBERRY RELISH
- 47 -- EASY SPICE SPRINKLE

Dressings and Toppings

26 --

RACHEL'S FAVORITE SALAD DRESSING

- 1 T. lemon juice - freshly squeezed
- 1 T. olive oil - extra virgin 1st cold pressed
- 1 T. Bragg's Liquid Aminos or sea salt to taste
- 1 clove garlic - pressed

Optional:

- 1 t. maple syrup or agave nectar
- 1 t. tahini - raw

27 --

RANCH DRESSING - From Raw Food Made Easy for 1 or 2 People by Jennifer

- 1 cup soaked raw cashews (I used soaked pumpkin seeds)
- 1/4 cup water
- 2 T. lemon juice (1/2 lemon)
- 1/2 t. garlic powder
- 1/2 t. onion powder
- 1/4 t. plus 1/8 t. salt
- 1 T. minced fresh basil, or 1 t. dried
- 1 T. minced fresh dill weed, or 1 t. dried

Blend together first 6 ingredients until smooth and creamy.

Add the basil and dill last and pulse just to mix.
Store in a sealed container in the refrigerator. Dressing will keep for 5 days.

28 --

FRUIT SALAD CREAM - Debbie Wilkens

From Kim Wilson's book, Everyday Wholesome Eating in the Raw

1/3 cup almonds or pecans (soaked overnight and drained)

(Pecans need to soak only 2 hours.)

1/2 cup water

1 orange juiced (about 1/2 cup)

1 frozen banana

1 T. olive oil

1 T. honey

Process nuts, juice, and water in blender until smooth.

Add rest of ingredients and whip until smooth.

Serve with berries or sliced fruit.

29 --

ITALIAN DRESSING - Kim Wilson's book

1/4 c. lemon juice

1/4 c. apple cider vinegar

1/4 c olive oil

1-2 t. honey

1 t. garlic powder

1 t. onion powder

1 t. sea salt

1 t. ground mustard

1 t. dried oregano

1 t. dried basil

1t. paprika

1 t. kelp (opt.)

Combine and shake in bottle to mix.

Great on salads and to marinate.

30 --

FESTIVE RAW CRANBERRY SAUCE - Brian Hight / Ryan McDiarmid

2 cups fresh cranberries

1 apple, peeled, in chunks

1 orange, peeled

Pinch cinnamon

5 dates, pitted

Raw agave to taste

Combine everything in a food processor. Pulse for chunky. Blend for smooth (in a blender). Recipe is simple and so tasty. Definitely a "keeper" for the holidays!

31 --

SOUR CREAM - From Matthew Kenney's book: Everydayraw

- 2 cups cashews, soaked 4-6 hours
- 1 cup water
- 1/2 cup olive oil
- 3 T. lemon juice
- 1 1/2 t. salt

Blend or process all ingredients until smooth. Makes 1 quart. Great on chili or anything!

32 --

BEST EVER ALMOND HUMMUS - Julia Valentine

- 1/2 cup almonds (soaked overnight)
- 1 tablespoon raw tahini
- 1 clove garlic
- 1/2 teaspoon sea salt
- 2 tablespoons lemon juice
- 1/3 cup water
- 1/4 teaspoon ground cumin (optional)

Soak almonds overnight, and empty out water

Add almonds with rest of ingredients to blender

Blend well

33 --

HUMMUS - Gael Geneisse, From Moosewood Cookbook

- 1 cups garbanzo beans (I used canned and organic from Whole Foods)
- 3-4 minced cloves of garlic
- Salt
- Dash of tamari (or soy sauce)
- Juice of 2 lemons
- 1/2 C approx of tahini
- 1 T. water
- Black pepper

Can also add the following:

- 1/4 C. packed parsley
- Dash of cayenne
- 1/3 C. scallions

34 --

MACADAMIA FETA CHEESE - From Matthew Kenney's book: Everydayraw

- 2 cups macadamia nuts, soaked 1-2 hours
- 2 T. lemon juice (1/2 lemon)
- 1 T. nutritional yeast
- 1/2 medium shallot (small onion or green onion)
- 3/4 t. sea salt

Process until well-combined. Dehydrate 4-6 hours.

Store in refrigerator. Makes 2 cups.

Sprinkle on salads or zucchini pasta with olives and tomatoes.

35 --

MACADAMIA FETA CHEESE (for Cucumber hors d'oeuvres above)

- 2 cups macadamia nuts, soaked 1-2 hours in water
- 2 T. lemon juice (1/2 lemon)
- 1 T. nutritional yeast
- 1 medium shallot (small green onion)
- 1/2 t. sea salt

Process until well-combined.

Dehydrate 4-6 hours on screen. Store in refrigerator. Makes 2 cups.

Sprinkle on salads or zucchini pasta with olives and tomatoes.

(I used 1 cup with avocado for the "cheesy cucumber rounds above.)

36 --

SOUR CREAM - Julia Valentine, From Russell James, The Raw Chef

- 1 1/2 c. cashews
- 2 T. lemon juice
- 1 T. +1 t. apple cider vinegar
- 1 cup water
- 1/2 t. sea salt

Blend all ingredients in a high-speed blender.

Add a little extra water, 1 T. at a time if you're having trouble getting cashews smooth.

Transfer to bowl or squeeze bottle, and keep refrigerated.

Will firm up in fridge which makes an excellent dip for crudites.

37 --

RAW KETCHUP

From Fresh, the Ultimate Live-Food Cookbook, by Sergei and Valya Boutenko.

- 1 cup dried tomatoes, soaked in water 15 minutes
- 1 T. apple cider vinegar
- 1 T. raw agave nectar
- 1 T. onion powder
- 1/2 t. sea salt

Blend all ingredients in a blender until smooth.

Use ketchup to season a burger or serve with veggies and herbs.

Serves 3-4. Mandie brought this to serve with her "Crunch Fries (see above.)

38 --

WALNUT PATE - From Raw Food Made Easy for 1 or 2 People, by Jennifer Cornbleet.

- 1 cup soaked raw walnuts
- 1 T. fresh lemon juice
- 1 t. extra-virgin olive oil
- 1 t. tamari (wonderful soy sauce)
- 1/4 t. garlic powder
- Dash salt (Celtic or sea)
- 1 T. minced fresh parsley
- 1 T. minced onion

Process all ingredients until paste consistency.

Store in a sealed container in the refrigerator. Will keep for 5 days.

This rich, meaty pate is a good choice when you are really hungry. May be scooped onto salads, served with crudités (cut-up veggies), made into a Walnut Pate sandwich, or made into "Not Meat Balls" with a marinara sauce.

39 --

HONEY MUSTARD SAUCE - Rachel Unruh (used on Portobello Sausages...above)

1/4 cup tahini (sesame seed paste)

2 T. raw honey

1 T. dijon mustard (prepared)

1/2 t. ground dry mustard

3/4 t. sea salt

2 T. vinegar

1 T. water (add more for thinner sauce)

1-2 T. olive oil

Mix ingredients in blender, adding olive oil last, slowly.

Refrigerate.

Could be used with NORI ROLLS, as a dip.

40 --

BASIL SWEET/SOUR SAUCE - Rachel Unruh

1/3 cup apple cider vinegar

1/3 cup honey

1/4 small onion

1/2 t. sea salt

1 t. Dijon mustard

1/4 to 1/2 cup diced fresh Basil

1/2 lemon juiced

1 clove garlic

1 T. Extra Virgin Olive Oil

1 t. curry.

Blend all ingredients until very smooth.

Use on dehydrated gardenburgers (see recipe above)

41 --

SUNFLOWER CARROT FILLING - Sharon Knuth

From Everyday Wholesome Eating In the Raw by Kim Wilson

1 cup sunflower seeds (soaked 6 hours or more)

1 cup carrot pulp (reserved from juicing)

1/2 red onion

2 garlic cloves

1 lemon, juiced

1/2 cup raw tahini

1/4 to 1/2 cup water

1 T. olive oil

1 t. sea salt

Pinch cayenne

Process all ingredients in food processor until uniformly mixed.
Use as a dip or stuff celery bites.

42 --

ZUCCHINI PESTO - Ron Ward From Jennifer Cornbleet's book, Raw Food Made Easy

2 cups basil leaves (tightly packed)

1/4 cup extra-virgin olive oil

1 t. crushed garlic (2 cloves)

1/4 teaspoon + 1/8 t. sea salt

1/4 cup raw pine nuts

1 zucchini, made into spaghetti pasta with spiral slicer, set aside in a bowl.

Process basil, oil, garlic, and salt until basil is chopped.

Add pine nuts and process together, but can see white flakes of pine nuts in mix.

Pesto will keep in a sealed container in fridge for five days.

Toss with zucchini pasta. YUM!!!

43 --

EASY GUACAMOLE

2 avocados (mash first in small bowl)

2 T. lemon juice +

1/2 t. sea salt or Nama Shoyu

1 tomato, chopped

1 t. chili powder

44 --

KALE GUACAMOLE - Tonya Zavasta BEAUTIFUL ON RAW

3-4 leaves of lacinato kale

2 avocados

3 dates, pitted

1 T. dulse (seaweed diced)

2 cloves garlic, chopped

2 T. lemon juice +

1 t. sea salt or Nama Shoyu

2 T. fresh parsley, chopped

1 small tomato, chopped fine

Process all ingredients together (but tomato,) until creamy.

Stir tomato in last.

Serve on crackers or use as dip.

45 --

SALSA

2 large tomatoes

6 sun-dried tomato halves

1/4 sweet onion

1 clove garlic

1 t. + jalapeno pepper

Juice of 1 lemon or lime
2 t. apple cider vinegar
3/4 t. sea salt
1-2 t. honey
1/2 cup chopped cilantro

46 --

CRANBERRY RELISH

12 oz. bag cranberries (blueberry/cherry)
1/2 cup RAW honey
1 T. lemon juice (1/2 lemon)
1/3 cup soaked almonds
1 stalk celery, 1-inch sections for processor
1 Granny Smith apple

Process first 2 ingredients then add all other ingredients.

Chill covered. Good for 3 days.

47 --

EASY SPICE SPRINKLE

1 bunch celery
5 thinly sliced Roma tomatoes (Use Teflex sheet.)
1-2 organic lemons, peeled and sliced.

Grind together in food processor and use as topping for burritos, soups, dips, or salads.

Dehydrate at 100 degrees for 8-12 hours

Main Courses

- 52 -- TOM TURKEY
- 53 -- CHILI
- 54 -- SAUERKRAUT
- 55 -- NOT TUNA PATE
- 56 -- PORTOBELLO SAUSAGE
- 57 -- SPICY WALNUT MEAT
- 58 -- KALE BURRITOS
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Main Courses

52 --

TOM TURKEY - Rachel Unruh, From Nungessers book: How We All Went Raw

2 cups pecans

1 cup pine nuts

2 cups almonds

1 cup cashews

1 medium white onion

6 garlic cloves

Soak nuts 4 hours. Drain. Rinse.

Homogenize nuts, onion and garlic in processor or Champion juicer with blank.

Mix the following and add to "nuts":

2 celery stalks, chopped fine

4 t. lemon juice

1 large onion, chopped

1 T. cumin

1/2 t. black pepper (fresh)

6 garlic cloves

2 T. rosemary

6 T. psyllium husks

6 t. sea salt

Mix well. Mold into turkey shape.

Marinate or baste with:

1 1/2 T. Nama Shoyu Sauce (unpasteurized soy sauce)

1/2 c. cold-pressed XV olive oil

1-2 T. paprika

Dehydrate 10 hours.

Garnish with cranberries and parsley before serving.

53 --

CHILI - From Matthew Kenney's book: Everydayraw

1 portobello mushroom, finely chopped (or use 5-6 small ones)

1/2 cup minced celery

1/2 cup chopped red onion

1 red bell pepper, finely chopped

Place these 4 ingredients in a large bowl.

1 cup almonds, soaked 4-6 hours, rinsed

1 cup coined carrots

Pulse these two items in food processor until chunky.

Blend the following ingredients until smooth.

Add to the rest (above).

1 1/2 cups sun-dried tomatoes, soaked

2 cups water (may use liquid from tomatoes)

1 T XV Olive Oil

1/4 cup Nama Shoyu or Braggs Liquid Aminos to taste

1 clove garlic

2 T. fresh oregano

2 t. chili powder

1 T. cumin

1 T apple cider vinegar

1 T agave nectar

1/8 to 1/4 teaspoon cayenne pepper

Mix all ingredients until well-combined.

Store in refrigerator and warm in dehydrator before serving. Yields 2 quarts.

Keeps for 2 days.

54 --

SAUERKRAUT - Don Muller

5 pounds cabbage (chopped or grated, finely or coarsely, with or without hearts.)

3 T. sea salt

Mixing green and red cabbage will make a pink kraut!

Place cabbage in a large bowl as you chop it, sprinkling salt as you go.

Salt creates brine in which cabbage ferments without rotting.

(Use more salt in summer, less in winter.)

Optional other veggies:

Carrot, onion, garlic, seaweed, greens, brussels sprouts, turnip, beet, and burdock root.

Optional fruits:

Apples sliced

Herbs and spices:

Caraway seeds, dill seeds, celery seeds, and juniper berries. Experiment!

Tamp and pack crock as you add cabbage.

Pack tight to force water out of cabbage.

Cover with a lid or plate that fits inside crock.

Place a clean weight on cover, and cover all with a cloth.

One t. salt to 1 c. water needed to keep brine above plate.

Press every few hours to add pressure drawing brine out of cabbage. May take 24 hours.

Leave to ferment in corner of kitchen.

Kraut can keep improving over months (if it lasts that long!)

Make sure kraut is packed tightly and level, cover and weight clean.
New batches can be started b/4 old ones are eaten.
Remove old from crock, pack with new, pour old over new to give new batch a boost with an active culture starter.

55 --

NOT TUNA PATE - Rachel Unruh, From Jennifer Cornbleet's book: Raw Food Made Easy

- 1/2 cup soaked raw sunflower seeds
- 1/4 cup soaked raw almonds
- 2 T. water
- 1 1/2 T. minced celery
- 1 T. minced onion
- 1 T. minced fresh parsley
- 1 T. fresh lemon juice
- 1/4 t. sea salt

Process nuts and seeds with water into a paste.

Pulse in rest of ingredients until mixture is combined.

Store in sealed container in refrigerator. Will keep for 5 days.

This is a versatile dish, is delicious, can turn a salad into a main dish, may be served as a dip, or use it as a filling such as "Nori Rolls" above!

I used cashews and Brazil nuts in place of sunflower seeds and almonds and the result was excellent.

56 --

PORTOBELLO SAUSAGE - Rachel Unruh, From Matthew Kenney's book: everydayraw

- 3 T. olive oil
- 2 T. nama shoyu
- 1 T. umeboshi plum paste
- 1 T. apple cider vinegar

Whisk together in a large bowl and add mushrooms and eggplant.

- 4 cups chopped portobello mushrooms
- 2 cups chopped eggplant

Allow to marinate 15-20 minutes

- 1 cup almonds (soaked 8-12 hours)
- 1 cup pumpkin seeds (soaked 8-12 hours)
- 1 T. ground coriander
- 4 scallions, chopped
- 1 garlic clove, minced or pressed
- 1 cup parsley, coarsely chopped
- Sea salt to taste
- Black pepper to taste

Process almonds and pumpkin seeds with coriander until chunky, not smooth.

Don't overprocess.

Place in bowl.

Process marinated mushrooms and eggplant with scallions, garlic, and parsley until chunky. Add to bowl with almonds and pumpkin seeds and stir until well-combined.

Season with salt and pepper.
Shape mixture in patties and place on dehydrator screens.
Dehydrate 8-12 hours or until crust forms on outside. Yield: 15-20.

57 --

SPICY WALNUT MEAT - Rachel's recipe via Paula Beeman

- 3 cups walnuts (soaked and rinsed)
- 1 t. garlic powder
- 2 T. chili powder
- 1/8 t. cayenne pepper
- 1 t. cumin powder
- 3 T. Braggs Liquid Aminos (may be mixed later.)

Process all ingredients. Leave texture chunky.

58 --

KALE BURRITOS - Rachel Unruh

6-8 lucinato kale leaves (using large end only)
(Guacamole and Walnut Meat recipes above)

Dried Roma Tomatoes

Spread dollop of guacamole on kale leaf.

Layer dried tomato then walnut meat; top with "spice sprinkle.

Fold over sides or just fold in half.

Mixture sticks together!

Very tasty and nourishing! Easy to make!

59 --

MARINATED EGGPLANT - Cindy Couch

From Kim Wilson's book Everyday Wholesome Eating In the Raw

- 1 lemon
- 1 Tbsp. oil (Extra Virgin Olive Oil)
- 1 clove garlic crushed
- 1 t. sea salt
- 2 t. basil
- 1 eggplant

Thinly slice eggplant, then cut crosswise into strips and place in shallow bowl with a lid.

Mix up ingredients above into a marinade, then pour over eggplant.

Marinate @ room temp. for a few hours, or in ref. longer.

Occasionally stir. Drain.

Option: Dehydrate for 8 hours @ 100 degrees.

Use as topping for salad.

60 --

CHEEZY CUCUMBER ROUNDS - Rachel Unruh

- 1 long English cucumber cut into 1/3" slices, arranged on a plate
- 1 ripe avocado mashed in a bowl
- 1 cup feta macadamia cheese (recipe below) mixed with avocado

Spoon small amount of mixture on each round.
Chill until ready to serve. (Within 1 hour.)

61 --

RAW FRENCH FRIES - Valya Boutenko.

- 1 pound jicama (sliced in French-fry shapes)
- 1 T. onion powder
- 2 T. extra-virgin olive oil
- Sea salt to taste
- 1 T. paprika

In a bowl, combine jicama with remaining ingredients. Mix thoroughly.
Serve with "Raw Ketchup" recipe below.

62 --

BUTTERY PEAS - by Mandie Schaper

From Fresh, the Ultimate Live-Food Cookbook, by Sergei and Valya Boutenko.

- 10 oz. frozen peas, defrosted in warm water
- 2 T. olive oil or coconut oil
- 1 T nutritional yeast
- 1 T. balsamic vinegar
- 1/2 t. sea salt

Mix all ingredients in a bowl and enjoy! Serves 2-3.

63 --

RAW FOOD SPANISH RICE RECIPE - Teresa Campbell

In a salad bowl, combine:

- 1 head cauliflower, gated in a food processor
- 2 green onions, diced
- 2 tomatoes, diced
- 1 orange bell pepper, diced
- 1 Jalapeno pepper, diced (opt. if you like spicy food)
- 2 T. fresh lemon juice
- 1/2 cup cilantro, diced
- 1 avocado mashed in
- 1 t. chili powder
- 1 T. paprika
- 1 t. sea salt or to taste
- 1/4 cup cold pressed extra virgin olive oil

Mix together will and serve. As a side dish, serves four.

64 --

TACO MEAT

- 3 cups walnuts (soaked and rinsed)
- 1/2 t. garlic powder (rounded)
- 2 T. Chili powder (rounded)
- 1/8 t. cayenne pepper (rounded)

1/2 t. cumin powder
3 T. Braggs Liquid Aminos (add last.)
Process all ingredients. Leave texture chunky.

65 --

TACO SNACKS

Meat:

3 cups walnuts soaked overnight, rinsed.
2 T Taco Seasoning
1 T Braggs Liq. Aminos or sea salt to taste

Dehydrate @ 100F. overnight.

(I formed the mixture into small, long rectangles and sprinkled top with nutritional yeast.)

Layer the following ingredients together:

Romaine lettuce leaf (bottom part)
Tomato sliced thin, Meat, Onion, Cilantro
Avocado (into guacamole) Fold lettuce over all.

66 --

CUCUMBER-GUACAMOLE APPETIZERS - Julia Valentine

1 thin-skinned cucumber, sliced
Dollop Guacamole on each cucumber round
Top with 1/2 grape tomato
Sprinkle with spicey Herbamare
Add 1 or 2 leaves cilantro for garnish

Bread - Crackers - Chips

- 67 -- ONION BREAD
- 68 -- CALIFORNIA NORI ROLLS
- 69 -- ROCK'N SEA CRACKERS
- 70 -- MEXICAN FLAX CRACKERS
- 71 -- FLAX CRACKERS
- 72 -- FLAX CRACKERS
- 73 -- SWEET POTATO CRACKERS
- 74 -- CHEESY KALE CHIPS
- 75 -- KALE CHIPS
- 76 -- POTATO CHIPS
- 77 -- CORN CHIPS or MINI TOSTADAS
- 78 -- HEARTY/ WHOLESOME TRAIL MIX

Bread - Crackers - Chips

67 --

ONION BREAD - From Hallelujah Acres, brought to Meetup by Marilyn Earhart

3 large thinly sliced onions (or 3 cups)

1/3 cup olive oil

1/3 cup Nama Shoyu

3/4 cup ground flax seed

3/4 cup ground sunflower seeds

Mix all ingredients until seeds begin to gel, forming dough-like consistency.

Blend half of mixture, return to bowl and mix both halves of mixture.

Spread on teflex sheets and dry. (Bread needs to be flexible so it can be used as a wrap.)

Flip onto mesh sheets half-way through the drying. Watch carefully.

They dry quickly when off teflex sheet. Temperature: 100 F. Time: 4-5 hours...estimate.

Marilyn made big rolls...filling was sprouts, red pepper, carrots julienned, etc.

Use a filling that you have, and cut them into bite-sized smaller sections.

Guacamole above would be good as a sticky base for these veggies.

Let me know what filling YOU find to be attractive and nourishing for this awesome bread!

68 --

CALIFORNIA NORI ROLLS - Rachel's contribution to Raw Food Group Meetup!

From Jennifer Cornbleet's book: Raw Food Made Easy

2 nori sheets

2 t. miso (used a brown rice miso...salty, keeps indefinitely in ref.)

Handful sprouts...alfalfa, clover, broccoli

1/2 ripe avocado, thinly sliced

1/4 cucumber, cut lengthwise into thin strips

1/4 cup carrot ribbons made with peeler

1/4 red bell pepper, cut thinly into long strips

Lay one sheet of nori on bamboo sushi mat, spreading miso with back of spoon on width of nori, close to you.

Layer carrot ribbons, sprouts, avocado, cucumber, and bell pepper.

Top with recipe (below) of "NOT TUNA PATE", using 2 T. per roll.
Roll mat and nori sheet together, pressing the filling back toward you with fingers.
Squeeze it with the mat, lifting the mat, continuing the rolling.
At the end, dip finger in water and run along far edge of nori sheet to seal.
Cut roll into 6 pieces with serrated knife.
Fill and roll other nori sheet the same way.
Arrange on plate and serve immediately.

69 --

ROCK'N SEA CRACKERS - Sharon Knuth. From Rejuvenate your Life by Serene Allison.

4 large carrots
1/2 Vidalia or mild red onion
2 T. extra virgin olive oil
1/2 t. sea salt
1/8 t. cayenne pepper
3 level t. cumin
1 big lemon, juiced
Fresh oregano, few springs or tarragon. If dried, use 1 t.
2 cups nuts or seeds (almonds, sunflower seeds, or mixture.)
(May add sesame seeds to 2-cup mixture.)

If seeds/nuts are soaked, use full cup of each.

If not soaked, use 3/4 cup of each and grind in coffee grinder first, before adding to mixture.

Place carrots and onions in food processor and whiz until smooth.

Add rest of ingredients and whiz until smooth.

Spread thinly on sheets of Nori and dehydrate overnight or for 12-16 hours until Ultra crackly and crispy.

70 --

MEXICAN FLAX CRACKERS - Julia Valentine, From The Raw Chef

1 1/2 cups flax seed
1 cup flax meal (grind flax seed in coffee grinder)
1/2 cup pumpkin seeds (soaked overnight and rinsed)
1 T. oregano
1 cup fresh cilantro (coriander)
2 T. cumin
1 T. dried coriander
1 T. garlic powder
1/4 cup lime juice
1 cup fresh tomatoes
1 cup sun-dried tomatoes (soak until soft then roughly chop)
1 red pepper
1 t. chili powder
1 yellow pepper
2 medium onions

Process all ingredients (except for flax meal) until completely broken down.

Add flax meal. May need to transfer to large bowl.

Spread dough on 2 or 3 teflex sheets on dehydrator trays, to the edges, evenly thin.
Score into individual crackers.
Dehydrate @ 105 degrees for 10 hours.
Peel off non-stick sheet and continue dehydrating until crackers are dry & crispy.
Store in sealed container.

71 --

FLAX CRACKERS - Brought by Debbie Wilkens

1 c. Flax seeds to 2 cups water for soaking.

1 T. Braggs for this amount.

Soak flax seeds overnight.

Add Bragg's Liquid Aminos to taste.

Spread thin on Teflex sheets and dehydrate until crisp.

72 --

FLAX CRACKERS - Don Muller

1 c. flax seeds (soaked 30 minutes)

1 c. tomato

1/2 red bell pepper

1 carrot

1 garlic clove

1/2 lemon, juiced

Small handful sprouts

Bragg's Liquid Aminos or Nama Shoyu to taste

Couple twists of sea salt (grinder)

Process tomato, red pepper, carrot, bean sprouts, and garlic clove with seasonings.

Pour into soaked Flax Seeds and stir together. Adjust tastes to your liking.

Spread thick mixture on teflex sheets and dehydrate.

Spreading thinly will make crispier crackers.

Dehydrate @ 90-105 degrees until dry and crisp.

73 --

SWEET POTATO CRACKERS - Jan Asleson

3 cups peeled and shredded sweet potatoes

Soak in water overnight:

2 cups ground flax seed, soaked in water overnight

1 cup Brazil nuts, soaked in water overnight

1 t. sea salt

3 t. cinnamon

Stevia or honey to taste

Drain water from sweet potatoes and Brazil nuts, rinse.

Grind all ingredients in food processor.

Dehydrate until crispy.

74 --

CHEESY KALE CHIPS - Julia Valentine

1 bunch kale or about 20 Kale leaves

Strip the leaves from the stems and tear into small pieces.

Wash and dry thoroughly.

Blend until smooth:

1/3 cup raw cashews

2 Tbl fresh lemon juice

1/4 cup water

1/4 cup extra virgin olive oil

Add to blender and blend:

1 clove garlic

1 Tbl of fresh chopped sweet onion

4 fresh chives

1/4 cup organic nutritional yeast

1/2 tsp sea salt, "real" salt or Himalayan salt

1/2 tsp chili powder

1/4 tsp cayenne

1/4 tsp turmeric

Pour sauce over the kale and mix thoroughly.

Massage with hands for a minute.

Place on dehydrator trays. Dry @ 105 degrees overnight or until crispy.

75 --

KALE CHIPS - Rachel Unruh

2 bunches dark kale

2 Tbl olive oil

1/2 t. each: onion powder, garlic powder, chili powder

Dash cayenne

Mix with hands then spread out in dehydrator trays.

Dehydrate @ 100 degrees for 8 hours.

Turn over, sprinkle with ground Himalayan salt.

Dehydrate for 4 more hours or until crispy.

76 --

POTATO CHIPS - Rachel Unruh

3 # red potatoes, sliced thin 1/8", soaked 3 hrs. in lemon water. (1 lemon juiced.)

Marinate (dip quickly in mixture)

1/3 cup olive oil

Juice of 1 lemon

2 t. salt

1 t. paprika

1 t. cumin powder

1 t. onion powder

1 t. garlic powder

Dehydrate 24-36 hours or more. Check for crispness.

77 --

CORN CHIPS or MINI TOSTADAS

From Live Raw by Mimi Kirk

6-8 ears corn, cut off cob (3-4 cups)

1/2 cup ground golden flax...use coffee grinder

1/4 cup diced onion

1/8 t. sea salt

1/4 t. each: Mexican seasonings...cumin, oregano, and garlic powder.

(Opt. dash cayenne pepper)

Process: corn, onion, and salt first.

Add: ground flax and seasonings. Pulse.

Drop: by Tablespoon onto dehydrator sheet and smooth into 3" rounds.

Dehydrate: for 8 hours, flip, & dehydrate for 8 more hours until crispy, @ 100 F.

78 --

HEARTY/ WHOLESOME TRAIL MIX

6 small dried Black Mission figs

1/2 cup raw almonds

1/4 cup raw hazelnuts

1/4 cup raw, hulled sunflower seeds

1/4 cup raw pumpkin seeds (pepitas)

1/4 cup coconut flakes, unsweetened

1/4 cup dried cranberries

Sweeten with apple juice

Pinch sea salt

Remove stems from figs.

Combine all ingredients in a medium bowl. toss well to blend.

Store in ziplock freezer bag up to 6 mo.

Store in refrigerator, or dark, cool cabinet for up to 2 months.

Makes great breakfast cereal with almond milk or fresh apple juice! Mini-meal!

Deserts - Snacks - Trail Mixes

- 79 -- BANANA-COCONUT-CASHEW-CREAM TART
- 80 -- PAPAYA BANANA MANGO PUDDING
- 81 -- FIG NEWTONS
- 82 -- ENERGY BARS
- 83 -- TRAIL MIX
- 84 -- FRUIT LEATHER
- 85 -- CAROB COOKIES
- 86 -- CASHEW-CAROB CUPS
- 87 -- SWEET POTATO PIE
- 88 -- HONEY NUTS
- 89 -- STRAWBERRY TARTS
- 90 -- KEY LIME TART - Rachel's
- 91 -- ALMOND COOKIES
- 92 -- NUT/SEED MILK
- 93 -- APPLESAUCE
- 94 -- QUICK SNACKS
- 95 -- RAW FUDGE
- 96 -- E-Z SMOOTHIE
- 97 -- GREAT GREEN SMOOTHIE
- 98 -- GREEN POWER SMOOTHIE
- 99 -- MELLON-BERRY SMOOTHIE

Deserts - Snacks - Trail Mixes

79 --

BANANA, COCONUT, AND CASHEW-CREAM TART - Julia Valentine

Tart Shell:

- 1 1/2 cups whole pecans
- Pinch of coarse salt
- 1 1/2 cups pitted dates
- 2 t. pure maple syrup

Coarsely chop pecans and salt in food processor.

Add dates, pulsing until combined. (15 to 20 seconds.)

Add syrup and pulse just until mixture sticks together.

Press into a 9-inch pie plate, wetting fingers as needed. Set aside.

Filling:

- 1 cup raw cashews, soaked overnight and thoroughly drained
- 1/2 cup water
- 2 T. + 2 t. pure maple syrup and more to taste
- 1 vanilla bean, split and scraped (or 1 t. vanilla)
- 3/4 cup desiccated coconut
- 3 or 4 ripe but firm bananas

Grind nuts to coarse paste in a blender.

Add water, syrup, and vanilla...blending until smooth. (May take 5 minutes.)

Scrape sides as needed.

Set aside 2 T. coconut.

Add remainder to blender, and process to combine.

Pour into prepared shell, spreading evenly.

Thinly slice bananas on the bias, arranging in slightly overlapping rows from edge of tart. Sprinkle with reserved coconut. Serve immediately.

80 --

PAPAYA BANANA MANGO PUDDING - Julia Valentine

1/4 cup cashew pieces

2 cups papaya

1 small mango peeled/seeded

2 dates (seeded)

1/4 t. vanilla

1-3 t. lime juice

Pinch salt

Blend above ingredients until creamy.

1 large frozen banana

Blend again.

Serve immediately! YUM!

81 --

FIG NEWTONS - Julia Valentine, From The Healthy Lunch Box by Shannon Leone

2 cups dried figs (black mission) soaked 2 hours

1 cup buckwheat, almonds, or flax, ground

1/2 cup shredded coconut

Mix the coconut and the buckwheat powder together.

Process your soaked figs into a thick paste.

With a spoon, take a small amount and plop it into the buckwheat and coconut mix and roll it around so it becomes covered, and roll it into a nice ball and flatten into the shape of the square Fig Newton.

82 --

ENERGY BARS - Rachel Unruh

3 cups nuts presoaked (I used 1 1/2 c. hazelnuts, 1/2 c. cashews, 1 c. almonds)

1 cup pitted dates

3/4 cup Turkish apricots cut into fourths

Process half the nuts with the dates and the other half with the apricots.

Mix together.

Grind the following into flour and mix together in a bowl:

2 Tbl flax seeds

2 Tbl sunflower seeds

2 Tbl sesame seeds

Add to the "flour" mixture:

3 Tbl carob

1/4 t. sea salt

1 t. cinnamon

Mix together the "nut/fruit" mixture and the "flour" mixture.

Add:

1 t. vanilla

4 Tbl maple syrup
Mix thoroughly and form into domino-sized rectangles.
Dehydrate @ 100 degrees for 6-7 hours.

83 --

TRAIL MIX - Jennifer Williams

Walnuts, raw
Sunflower Seeds, raw
Raisins
Carob Chips
Unsweetened Coconut

Simple, tasty, inviting, and so good for you!

84 --

FRUIT LEATHER

Mango puree
Pear puree
Pear-Banana-Plum puree

Select fruit of your choice, or a combination.

Pour in square or rectangle shapes , on Teflex sheets.

Dehydrate overnight @ 100F.

Roll up and store using wax paper.

(May be a bit sticky, so use a separate paper for each roll.)

85 --

CAROB COOKIES - From Kim Wilson's book, Everyday Wholesome Eating In the Raw)

1 cup raw almonds (presoaked 8 hrs.)
1 cup sunflower seeds (presoaked 6 hrs.)
1/2 cup sesame seeds, ground to a flour
1/3 cup raisins, soaked 1 hour
15 dates, pitted
3 T honey
1/2 t sea salt
3 T tahini (sesame paste)
1/2 cup carob powder
1 t cinnamon
1 t vanilla

Process nuts and seeds.

Add rest of ingredients.

Make into balls.

Roll in coconut.

Freeze or dehydrate @ 100F. for 12-15 hours. (Flatten)

86 --

CASHEW-CAROB CUPS - Rachel Unruh

1 cup filberts, soaked overnight

8 medjool dates, pitted

1/2 cup raw carob

Process these first:

Press spoonful in muffin cup in a form (muffin tin to hold its shape.)

1 c. raw cashews, soaked overnight

1 c. coconut flakes

3 T. raw honey

Juice of 1 small organic lemon

Blend above 4 ingredients till smooth.

Spoon over first layer. (I added a small dried cherry on top.)

Put in freezer 1 hour.

Form can be removed but keep refrigerated until ready to serve. Pretty dessert!

87 --

SWEET POTATO PIE - Rachel Unruh

Crust:

Process:

1 cup dates

2 cups pecans

1/4 to 1/2 t. salt

Press into pie plate. (Save some of mixture to sprinkle on top.)

Filling:

1/2 c. macadamia nuts (soaked 4-5 hours) or cashew pieces

1/3 to 1/2 cup honey

1/4 t. salt

1 1/2 t. cinnamon

1/2 t. pumpkin pie spice

1 orange juiced

1/8 t. orange rind (zest)

5 peeled medium sweet potatoes

2 t. psyllium powder (for thickening)

Extra:

1/3 cup dried fruit and/or raisins

Puree 1st 5 ingredients in heavy-duty blender.

Add chunks of sweet potato a few at a time, until smooth.

Add psyllium and Blend.

Stir in dried fruit...or sprinkle on crust.

Add filling, sprinkle with saved crust crumbles.

Chill until ready to eat, at least 1 hour.

88 --

HONEY NUTS - Debbie Wilkens from How We All Went Raw

1 cup walnuts, chopped

1 cup almonds, chopped

1 cup pecans, chopped

1/2 cup raw unheated honey

1 T. raw carob powder

Mix combination of nuts, honey, and carob well. Dehydrate for 15 hours at 104 degrees.

89 --**STRAWBERRY TARTS - Rachel's Recipe. Makes 6**

Crust: (process together, press in tart pans.)

1 1/2 to 2 cups raw pecans

6 medjool dates, pitted

Pinch sea salt

Filling: (process until smooth)

1 1/2 cups soaked raw macadamia nuts

1 large lemon, juiced

3 dates, soaked 1 hour

2 t. Bragg's Liquid Aminos

1 t vanilla

2 T.+ soak water from dates

Topping: (Chop together in small processor)

1-2 T raw honey

1 cup frozen strawberries

Put filling on crust, spreading with knife.

Divide evenly among 6 pans.

Top with honey/strawberry slush.

Garnish with more thinly-sliced strawberries and mint sprig (when in season.)

90 --**KEY LIME TART - Rachel's**

Crust: (Combine in a bowl together, press into little pans or pie plate)

2 c. cashews (pulse first in processor)

2 T. maple syrup

1 T. coconut oil

3 dates soaked, drained

1 pinch sea salt

Filling: (Blend in Vita-Mix until Smooth)

3 c. cashews (soaked 1+hours)

8 limes juiced (should make 1 cup)

1/2 cup agave nectar

1/4 cup melted coconut oil

1 t. vanilla

1/2 t. sea salt

2 T lime zest

Combine and cover. Freeze 2+ hours. Enjoy!!!

91 --**ALMOND COOKIES**

Process (just until chunky):

1 cup raw almonds, unsoaked

1/2 cup raw walnuts, unsoaked

1/8 t. sea salt

Add:

1 cup pitted raw dates unsoaked

1/2 t. almond extract

1/2 c. raisins or papaya (soak if sugared)
1 t. cinnamon
Press into little balls (in your hand) and roll in raw chia seeds.
Press flatter if desired.
Keep in sealed container in refrigerator.
Will keep for a month. Freezer=3 months.

92 --

NUT/SEED MILK

Blend:

1 cup nuts (almonds) or seeds (sesame)
3 cups distilled (or filtered) water

Optional:

4 dates, pitted (or a ripe banana)
1/8 t. sea salt

May combine nuts (ex. Almonds, sunflower, sesame seeds) or use alone:

1 part nuts/seeds to 3 parts water

Soak all nuts or seeds overnight, or see chart for help.

Strain if desired.

Keep in refrigerator. May keep for 5 days.

93 --

APPLESAUCE

Use organic apples for quick prep!

Seed if desired, and de-stem.

Cut into 4ths.

Push through Champion Juicer with plate in.

Add cinnamon or a date to taste.

Serve immediately. (Lemon juice will retard browning if serving later.)

Yummy and SOOOOO quick!!!

94 --

QUICK SNACKS

Date/Almond Celery/Almond butter/raisin

Kale/Avocado/Date Almond butter/apple

95 --

RAW FUDGE

1 cup oats (ground)
1/2 c. carob powder
1/4 c. sesame seeds (ground)
1/4 c. sunflower seeds (ground)
1/2 c. RAW honey (add last)
2 c. chopped "raw" nuts
1/4 t. salt
1 t. vanilla

2 T Coconut oil
Mix by hand and press into oiled pan.
Cut, chill, enjoy! Keeps well in refrigerator.

96 --

E-Z SMOOTHIE

1/2 cantaloupe - peeled, seeded and cubed
4 romaine lettuce leaves
Small bunch fresh basil or mint

Blend all until smooth.

Note: for a colder drink, add 1/2 cup frozen blueberries

97 --

GREAT GREEN SMOOTHIE

Blend the following:

1 Apple, chunked
1 Orange
1 Banana
4 leaves Romaine lettuce torn in pieces
Handful Spinach

(May need water to cover blades.)

98 --

GREEN POWER SMOOTHIE

Blend 1 cup water with fresh fruits of your choice.

Be creative! (banana, grapes, orange, apple, cranberries, blueberries, etc.)

Add greens. (Romaine lettuce, cilantro, kale, celery, parsley, spinach, etc.)

Blend until very smooth.

Add ice or frozen fruit...(opt.)

99 --

MELLON-BERRY SMOOTHIE

Blend first:

1 small cantaloupe
1/4 cup rejuvelac (optional)

Add:

4-5 springs spearmint
1 to 2 cups baby spinach
1-2 T coconut oil
1 t chia seeds

Last:

1 cup frozen blueberries

Serve very cold. Nutritious and delicious!