

## APRIL 2011 RAW FOOD RECIPES

### Indian Vegetable Samosas with Cucumber & Mint Raita



#### Description

A simple and elegant vegetable samosa dish with cucumber and mint relish.

Recipe by [Russel James](#)

#### Ingredients

##### For the samosa wrappers

5c peeled courgette (zucchini)  
3T olive oil  
3t Lime juice  
1/2t chili powder  
2t garam masala (curry)  
1t salt  
1/4c flax meal\*

Blend all ingredients in a high-speed blender until smooth. Add flax meal and blend again until smooth. Pour mixture onto a non-stick dehydrator sheet and spread evenly into a square. This is enough mixture to fill one dehydrator sheet. Dehydrate for 8 -11 hours at 105 degrees, or until able to peel of the sheet. Once the dehydrator sheets are removed, return to the dehydrator for 30 mins, until both sides are dry to the touch but still pliable. Flax meal is flax seed that has been ground in a coffee grinder or similar, to produce a fine flour.

##### For the samosa filling

1c courgette (zucchini), peeled  
3T water  
1c sunflower seeds  
1t dark miso  
1T lemon juice  
1 clove fresh garlic, minced  
2t fresh ginger, minced  
2T garam masala  
1/4t turmeric  
1t agave  
8 sun-dried tomato halves  
1/2t salt

Grind all ingredients in a food processor, leaving some texture to the mixture. Add the following ingredients and pulse\* in:

1/2c tightly-packed spinach, chopped small  
2 sliced spring onions (green onions)

1/4c diced tomatoes  
1/4c coriander (cilantro), finely chopped  
1/2c peas

Pulsing is done by switching the on/off switch several times in short bursts, so to chop the ingredients, leaving plenty of texture. Some food processors actually have a pulse button.

#### **For the cucumber mint raita**

1/4c cashew nuts  
1c cucumber  
2t agave nectar  
1t apple cider vinegar  
1/2t salt  
1/4c mint  
1/2 clove garlic  
1/2t cumin  
1t lime Juice  
Pinch cayenne

Blend all ingredients in a high-power blender.

## Methods/steps

### **Assembly**

1. Cut the wrappers into strips approximately 7cm by 25cm, and fold over the corner of one end.
2. Fold the pointed end created by the first fold over as in step 4.
3. You will now be able to open the wrapper up into a cone.
4. Fill with the mixture.
5. Tuck the corner in so it doesn't stick out.
6. Start folding the remaining part of the wrapper around so it forms that familiar triangle shape.
7. Wet the remaining corner of the wrapper and fold into place to seal the samosa.

The samosas can be eaten as they are or can be returned to the dehydrator for as long as you like. I like to do this as they will be warm and ready to eat in a few hours.

**Tip:** for a really nice dip for crudité's, add extra cashews or avocado and blend to get desired thickness.

## **LEMON CHEESECAKE (adapted from Café Gratitude recipe)**

### **Almond Crust**

2 cups raw Almonds  
3 oz (weight) date paste (I used whole dates/pitted)  
1/4 tsp liquid vanilla  
1/8 tsp salt

Process all in food processor and pat into bottom of spring form pan

### **Lemon filling**

3 cups soaked raw cashews  
1 1/2 cup almond or other nut milk  
1 cup lemon juice  
3/4 cup agave syrup

1 Tbsp vanilla

Blend all till smooth and add the following and blend till mixed:

3 Tbsp lecithin (I did not have this so did without)

¾ cup coconut oil

Pour filling over crust.

Freeze 1-2 hours till middle of cheesecake is firm to touch.

Remove from spring form pan.

Decorate with various fresh fruit (blueberries, raspberries, strawberries, lemon slices, etc. as desired)

Store in frig or freezer...will keep for at least 4 days.

## Broccoli Bites NEW

- **Course/Dish:** Main Course, Appetizers, Dehydrated
- **Meals:** Lunch, Dinner, Snack
- **Difficulty:** Easy
- **Cuisine:** Greek
- **Equipment Needed:** Dehydrator, Food Processor
- **Rainbow Green Cuisine:** Phase 1
- **Makes:** 36 bites

## Description

This little crowd-pleaser is perfect served as an appetizer accompanied with hummus or for an Asian style flare serve with sweet and sour sauce. Make a meal of them wrapped in lettuce leaves with tomatoes, onions and tahini sauce, or enjoy them as a quick and healthy snack.

## Recipe by

Ingrid Weithers-Barati

## Ingredients

2 cups broccoli florets

1 cup sunflower seeds

1/4 cup pine nuts

1/4 cup onions, chopped

1 large clove garlic

3 tablespoons extra virgin olive oil

1 tablespoon fresh parsley

1/2 teaspoon sea salt

1/4 teaspoon pepper

¼ teaspoon fresh nutmeg

## Methods/steps

1) In a coffee grinder, grind sunflower seeds to a breadcrumb like consistency.

2) Add ground sunflower seeds and the rest of the ingredients to a food processor. Process until the mixture turns into a paste.

3) Transfer mixture to a bowl and refrigerate at least a half hour.

4) Scoop out a teaspoon of mixture, roll into a ball with the palms of your hands. Place on a dehydrator tray then place in the dehydrator. Makes 20 one inch balls.

5) Remember to turn midway through dehydrating. Dehydrate about 4-5 hours.

The dehydration time suggested is based on my personal preference on texture. Feel free to adjust dehydration time to suit you. While these broccoli bites are dehydrating, the aroma that drifts through the air is a delicious fragrant backdrop to any get together.

## Additional Tips

This is a great make-ahead recipe. Prep time is about 15 minutes. Shape into rounds, into patties, or any shape you'd like. Keep in the refrigerator until ready to dehydrate. Another option: store in the freezer in an airtight container for up to a month.

## Recipe Total

Number of Servings: 10

### Amount Per Serving

**Calories** 96 Calories from Fat 77.5

### % Daily Value\*

**Total Fat** 9g **13.5%**

Saturated Fat 1.1g **5.5%**

**Cholesterol** 0mg **0%**

**Sodium** 126.5mg **5.2%**

**Total Carbohydrates** 3.2g **1%**

Dietary Fiber 1.6g **4.5%**

**Protein** 2g **3.5%**

Vitamin A 5.4% Vitamin C 27.4%

Calcium 1.4% Iron 3.7%

Zinc 3.1% Thiamin 11.3%

Riboflavin 2.4% Niacin 2.6%

Vitamin B-6 3.9% Folate 6.3%

Vitamin B-12 0% Phosphorus 4%

Magnesium 7.5% Vitamin D 0%

## KALE SALAD AND DRESSING

1 bunch of kale washed, de-stemmed and cut into small strips

1 pear or apple chopped fine

½ red pepper chopped

½ med onion or 2 green onions chopped

Optional ingredients: hemp kernels, sunflower seeds, chopped almonds or other nuts

### DRESSING:

½ cup fresh lemon juice

1/2 cup raw sesame oil (or flax oil, olive oil, etc)

1 ripe mango, peeled and seeded

1 sm bunch of cilantro (or to taste)

4 small basil leaves

½ tsp salt

4 medjool dates

¼ cup water if needed to blend

Blend all in vita mix or other blender till creamy. Pour over salad as needed and toss till well coated.

Store remainder of dressing in frig if you do not use it all. Serve immediately or chill in frig.

## **JUMBLE BERRY UPSIDE DOWN CAKE** (from Hallelujah Acres)

### **SHORTBREAD CRUST**

1 cup coconut

1 cup raw walnuts (unsoaked)

¼ tsp salt

6 pitted medjool dates

Place ingredients in a food processor and puls chop till crumbly texture.

### **FRUIT FILLING**

1 cup fresh blueberries

¾ cup fresh raspberries

¾ cup fresh strawberries

1 Tbsp agave syrup

---- Mix berries lightly with agave

\*\*I used frozen, thawed berries and did not add agave...there was a little more juice this way, but it worked.

Layer ½ berry mixture and ½ shortbread crusts and repeat.

Chill 30 minutes or up to 12 hours.

## **Cream of Spinach Soup (Raw) – Serves 4**

2 cups fresh squeezed tomato, carrot and/or vegetable juice

2 cups chopped spinach

2 Tbl chopped escarole (optional)

½ medium avocado

2 Tbl minced garlic

1 Tbl minced jalapeno

2 tsp minced ginger

2 Tbl chopped green onions

¼ cup Namu Shoyu or 1-½ tsp Celtic sea salt

1 Tbl freshly squeezed lime juice

1 Tbl fresh mint leaves chopped

½ cup olive oil

1/8 cup white wine

¼ cup chopped shallots

½ cup Portobello mushrooms, thinly sliced

In a blender or food processor, blend the juice, spinach and escarole. Add remaining ingredients and blend or pulse-chop very briefly. Chill and serve garnished with thinly sliced mushrooms.