

APRIL 2013 RAW FOOD MEET UP RECIPES

Great website with raw food recipes (you will love it!): www.nouveauraw.com

ONION BREAD: (Realistically Raw by Diane Henry)

3 large yellow onions

1 cup ground flax

1 cup ground sunflower seeds

½ cup olive oil

1 tsp salt or to taste

Peel onions, quarter and put in food processor and process till thin slices (or finely chopped)

In bowl, mix onions and other ingredients. Spread apx. ¼ " onto a dehydrator tray lined with teflex or parchment paper. (I spread this out by hand and dipped my fingers in water to help from sticking) Place trays in dehydrator at 100F for 6 hours, then flip the onion bread, remove the paper or teflex and return to the dehydrator for another 6 hours. Check periodically to make sure you remove the bread while it's still pliable and hasn't dried so much that it's more like a cracker. I used a pizza cutter to cut the bread into desired size pieces.

GREEN PEA SALAD: (My Raw Recipe Collection by Brenda Bruner)

2 cups green peas – fresh or frozen

1/3 cup sunflower seeds

¼ cup green or sweet onion, finely chopped

1 apple, finely chopped

1 Tbsp Mint leaves, finely chopped (I left this out because I didn't have any)

Combine everything in a large bowl and toss with Garlic Tahini Dressing...see below

GARLIC TAHINI DRESSING

¼ cup olive oil

2 Tbsp water

1 tsp sea salt

½ tsp dried oregano

2 Tbsp lemon juice

1 ½ Tbsp tahini (I ground up un hulled sesame seeds in coffee grinder and used this...enough to yield about 1 ½ - 2 Tbsp)

½ tsp dried chervil (I did not have this)

1 large clove garlic

Blend everything until smooth and creamy and mix in with other ingredients.

CORN SALAD

3 ears fresh corn

1 bell pepper – chopped

1 avocado

1 bunch garden onions (or red onion)

2 Tbsp lemon juice

2 Tbsp olive oil

2 cloves minced garlic

Mix all together and chill before serving.

CORN CHOWDER (Realistically Raw by Dianne Henry)

4 cups organic corn

1 organic carrot

1 organic cucumber

1 organic avocado

¼ cup raw organic almond butter **** (I used ½ cup raw organic cashews soaked in water and then drained)

½ cup chopped cilantro

1 tsp sea salt

2 cups filtered water

Place all ingredients except water into a high speed mixer. Add apx ½ cup of water to the mixer and blend. Continue to add water until the desired consistency is reached. You may end up not adding all of the 2 cups of water.

PEAR APPLE SAUCE

4 apples

2 pears

Juice of 1 lemon

Peel fruit, cut up and put in blender and blend till desired consistency.

BRAZIL NUT MILK

1 cup raw Brazil Nuts

4 cups water

Blend together apx. 1 minute until smooth. You may use this milk as is or you can strain the pulp out by pouring through a cloth or a nut milk bag

CHIA CHOCOLATE MINT PUDDING

2 ½ cup Brazil nut milk

4 Tbsp Chia Seed

3 Tbsp Cacao Nibs

3 Tbsp Agave syrup (or Coconut sugar, maple syrup, etc.) Use more or less to your taste.

1 tsp Vanilla

½ tsp peppermint extract (more or less to taste)

Dash Himalayan Pink Salt

Whisk nut milk and chia seeds together in a bowl. Continue stirring every 5-10 minutes until thick. Add cacao nibs, sweetener, vanilla, peppermint extract and salt.

Serve immediately or refrigerate till ready.

VANILLA CHIA PUDDING

2 ½ cups Brazil nut milk

8 Tbsp chia seed

2 tsp vanilla

Dash salt

3-4 Tbsp Maple Syrup (or Agave, coconut sugar, etc.)

Whisk nut milk and chia seeds together in a bowl. Continue stirring every 5-10 minutes until thick. Add vanilla, sweetener and salt. Serve immediately or refrigerate till ready.

ORANGE-CHOCOLATE CHEESECAKE (from Realistically Raw by Diane Henry)

Pie Crust:

¾ cup chopped, well packed soft organic dates

1 Tbsp organic lemon juice

1 Tbsp vanilla

Pinch of sea salt

1 ½ cup ground raw organic almonds

½ cup dried organic coconut

½ cup raw organic cashews

Place dates in food processor and process until a smooth paste forms. You may need to add a little filtered water to the dates to make sure they form a good paste. When you have your paste, add in the rest of the ingredients and mix until smooth. If need be, feel free to add in a little more filtered water if you have to. Once all the ingredients are thoroughly mixed together, press evenly into the bottom and sides of a pie pan.

Orange & White Chocolate Filling

1 ¼ cup organic orange juice

1 ¼ cup soaked raw organic cashews

¼ cup raw organic palm sugar or raw agave

2 Tbsp vanilla

1 Tbsp orange zest

1 Tbsp + 1 tsp lecithin powder (I did not have this to use)

¼ cup organic cacao butter

1/3 cup Foods Alive raw cacao powder

Place all the ingredients except the lecithin and the cacao butter in a high speed mixer and mix until smooth. Add the lecithin and cacao butter in at this point and thoroughly mix them in. Pour mixture into the pie crust and place in a freezer for about one hour until it sets.

Chocolate Filling – Ingredients

1/2 cup almond milk

¼ cup raw organic palm sugar or raw agave

3 Tbsp Foods Alive raw cacao powder

2 Tbsp vanilla

¼ tsp sea salt

2 tsp lecithin powder (I did not have this to use)

¼ cup organic cacao butter

Place all ingredients except the lecithin and the cacao butter in a high speed mixer and mix until smooth. Add the lecithin and cacao butter in at this point and thoroughly mix them in. Pour this mixture on top of the set orange and white chocolate mixture and place the pie back in a freezer until it sets, about one hour. Make sure it doesn't freeze. Uneaten slices of the pie can be stored in a refrigerator, though there are seldom any uneaten slices left over to be put in the frig.

BALSAMIC CAMELIZED ONIONS (from www.Nouveauraw.com)

Ingredients: yields 5 cups

- 3 lbs white onions
- 3/4 cup olive oil
- 3/4 cup balsamic vinegar

Preparation:

1. Slice all the onions into 1/4" slices. A mandolin comes in handy for this. Place in a large bowl.
2. Whisk together the olive oil and balsamic vinegar.
3. Pour over the onions and with your hands mix and mix and mix. Be sure to coat each onion.
4. Cover and place in refrigerator for 24 hours to marinate.
5. Place a mesh colander inside of a large bowl and drain the marinade sauce off the onions.
6. Place the onions on the teflex dehydrator sheets and dry at 110 for 4-6 hours. Or until they soften and take on a cooked appearance.

Want to make a smaller amount...

Ingredients for a small batch: (same directions as above) yields approx. 1 2/3 cups

- 1 lb (5 large) white onions
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar

French Garden Italian Dill Dressing (from www.nouveauraw.com)

Ingredients:

Yields 4 cups

- 2 cups sunflower seeds, ground to a fine powder**
- 3 cups water
- 1/2 cup Bragg's raw apple cider vinegar
- 1 Tbsp dried dill (2 Tbsp if fresh)
- 1 Tbsp [French Garden seasoning](#) (heaping)
- 1 Tbsp honey or agave nectar
- 1 tsp salt

Preparation:

1. **To turn your sunflower seeds into a finer powder, you can use either your high powdered blender, a personal sized blender such as the Bullet or even a coffee grinder.
2. Combine all ingredients into your blend and process until creamy.
3. Store in the fridge for 5-7 days.

Tip:

- You can add less water if you want to make a dip out of this.
- This is a large batch so be aware, if you want a smaller amount go ahead and cut the recipe in half.
- I love the French Garden Seasoning. I purchase it through [Amazon](#). It is 100% Natural; Sugar Free; Gluten Free!

NOT TUNA (Recipe from the Living Light Student Handbook)

Yield: 3/4 cup (3 servings)

Ingredients:

- 1/2 cup raw almonds, soaked for 24 hours, rinsed, and drained
- 1/2 cup raw sunflower seeds, soaked 4-6 hours, rinsed and drained
- 1/4 cup water, if needed
- 1/4 cup celery, minced
- 1/4 cup red onion, minced
- 1/4 cup fresh parsley, minced
- 3 Tbsp fresh lemon juice
- 1/2 Tbsp kelp powder
- 1/2 tsp salt
- 1/2 tsp dried dill weed, or 1/2 Tbsp fresh dill weed

Preparation:

1. Run the almonds and sunflower seeds through a Champion or Green juicer outfitted with the homogenizing plate. Use very small amounts of water, in an alternating fashion with the nuts and seeds, to facilitate the homogenizing. See option below if you don't own such a juicer.
2. Put the mixture into a large bowl and add the remaining ingredients. Mix well by hand.
3. Serve with crudites (veggie platter), crackers, or as a filling in tortillas and wraps.
4. Store pate' in a sealed container for up to 5 days.

Variations:

1. Not Salmon; add 1/2 cup carrot pulp for color and dill weed to taste.
2. Not Tuna Crackers; Put 3/4 cup of Not Tuna Salad on top of a nori sheet, and spread an even 1/8-inch layer right to the edges. Place another nori sheet on top, press into place, and slice evenly into 12 squares. Dehydrate at 105 degrees until crisp.

Amie Sue's Notes:

1. We don't own a champion or green star juicer, so I used our Vita-mix blender. This worked very well. If you just own a standard blender, you can still make this but you may need to mix the nuts in smaller amounts. Don't double this recipe in a blender!
2. Kelp powder – you can find this at a health food store. I looked at our local grocery stores and couldn't find it. You could use dulse flakes instead if you can't find the kelp powder or if you want a stronger flavor. We ended up using both.
3. Crudités basically means veggie tray. Crudités are traditional French appetizers comprised of sliced or whole raw vegetables which are dipped in vinaigrette or another dipping sauce. Crudités often include celery sticks, carrot sticks, bell pepper strips, and broccoli, cauliflower and asparagus spears. I had never heard that word before school. I figure I can't be the only person out there who is unfamiliar with that word...am I? hehe
4. The importance of soaking the nuts – please click [here](#) for more info.

Super Tonic

Equal amounts (e.g. ½ cup) of fresh: GARLIC, ONION, HORSERADISH, GINGER ROOT and CAYENNE PEPPER

Cut into pieces and place in a VITA MIX BLENDER

RAW APPLE CIDER VINEGAR – pour over ingredients in blender and fill to apx 2/3 full

Blend all together till ingredients are finely broken down.

Pour all contents of blender into a large glass jar that has a tight fitting lid. Store for 30 days, shaking every day.

After the 30 days, strain off the liquid and store it in glass containers. This is the “tonic” and can be taken to help ward off colds, sore throats, flu, etc. You may add a little honey to the mixture especially for children and it makes it taste a little better. Honey is a natural antibiotic. Take it as often and as much as you like...usually a Tbsp or ounce at a time.