

# **APRIL 2016 RAW FOOD POTLUCK RECIPES**

## **Raw Food Potluck at VHI 04/02/16**

### **Chocolate mousse**

4 avocados  
1 cup raw agave  
1/8 cup alfalfa sprouts  
1/2 cup cacao powder  
1/2 tsp non-alcoholic, pure vanilla extract  
1/2 cup water

#### **DIRECTIONS:**

Put all ingredients into blender  
Process until smooth  
Pour into fancy dessert dish  
Chill (optional)  
Garnish with fruit (optional)

### **Chocolate Brownies**

Pecans  
Cacao powder  
Dates  
Honey  
Lemon  
Salt  
Pulse chop in food processor till crumbly. Press into pie/cake pan

### **Pizza**

#### **ZUCCHINI BREAD CRUST:**

This is a soft bread that combines zucchini and almond meal with the flax meal. The olive oil and squash's cellulose fiber make this a lighter bread that stays moist and pliable.

2 cups chopped zucchini  
1/4 cup extra virgin olive oil  
1 tsp sea salt  
1 cup almond meal  
1 cup flax meal

Place zucchini, oil and salt in a food processor and process into a puree. Add the almond meal and flax meal and process into batter.

Spread batter evenly on one 14 inch square lined Excaliber dehydrator tray and dehydrate at 104F for 6-8 hours. Flip directly onto the mesh tray and continue to dehydrate for another 4-6 hours. You can cut/score bread into desired sized pieces.

#### **RICOTTA & MOZZARELLA CHEESES:**

1 cup raw macadamia nuts or raw sunflower seeds, soaked overnight  
1 cup almonds, soaked overnight  
1 cup raw cashews, soaked overnight  
1/4 cup alfalfa sprouts  
2 Tbsp lemon juice, add more if desired  
1/4 cup orange juice  
1/4 cup filtered water of rejuvelac  
2 Tbsp Coconut Aminos



Process till smooth consistency in a food processor. Ferment in seed nut bag 24-48 hours.

TOPPINGS:

chopped red bell pepper, broccoli, cauliflower, cucumber, other veggies as desired

ASSEMBLY:

Spread cheese on crust and top with veggies. Serve.

**Apple Salad:**

6-8 Apples, cut into pieces

6-8 large stalks of Celery, chopped

½ cup or more of Walnuts, chopped

8-10 medium size Medjool Dates, chopped (more or less to your liking)

1/8 cup Goji berries

DRESSING:

¼ –1/3 cup Lemon juice

4 Tbsp Honey or to taste

Whisk dressing together and toss with other ingredients.

Change amounts of ingredients to your liking.

**Hummus with Tahini:**

garbanzo beans

tahini

lemon juice

garlic

onion

Himalayan salt

olive oil

water

Blend all together till smooth

**Hummus with raw Cashews:**

garbanzo beans

raw cashews

lemon juice

lime juice

garlic

onion

Himalayan salt

water

Blend all together till smooth

**Kraut:**

3 heads green cabbage

3 medium carrots

3 large kale leaves

1 ½ tsp Caraway seeds

2 Tbsp Himalayan Salt

Shred vegetables and place in a large bowl. Add Caraway seed. Sprinkle with Himalayan salt and massage into the “slaw” for several minutes or more. Let set 5 hours or so. Place ingredients into a crock (or you can use large mouth glass jar), a little bit at a time, pressing down into crock and “pounding” with a wooden tamper so that it is really packed tight. Continue until all “slaw” is in

container. Be sure all vegetables are covered with its juice. If not covered with liquid, add water to cover. Let set in crock or jar on counter for about 2 weeks until desired flavor. Timing will depend on room temperature...warmer it is, the faster the fermentation process. Add water as needed to keep ingredients covered. When you feel it's ready, store in fridge. It will continue to ferment, but at a much slower rate when it is in fridge.

This makes about 4-5 quarts of kraut. If you want to make less, just decrease the proportions. Add other veggies...make it however you like. (garlic, green beans, asparagus, red cabbage, etc...)

### **Kale Chips:**

Kale leaves, washed, dried and torn into desired pieces

Braggs Aminos

Turmeric

Coriander

Ginger Powder

Didn't have amounts of ingredients on recipe, so mix up and taste as you go. Coat leaves and dehydrate.

Check on line for kale chip recipes to give you an idea of ingredients/ amounts and time to dehydrate....should find lots of recipes on line.

### **Tomato Tahini Kale Chips:**

kale leaves

tomato powder

paprika

tahini

Directions...see above recipe

### **Hail to the Kale salad:**

Kale, remove stems and chop leaves rather fine

Red bell pepper, chopped

yellow bell pepper, chopped

orange bell pepper, chopped

olive oil

avocado

salt and pepper to taste



### **Pad Thai:**

Zucchini – yellow and green, spiralize

Kale, small pieces

Red Pepper, julienne strips

Tomato, chopped

Carrots, chopped

Sprouted mung beans

Parsley, chopped

Cilantro, chopped

Dehydrated Almonds

Daikon Radish, chopped

#### **SAUCE:**

Coconut milk

Almond Butter

Ginger



Jalapeno  
Coconut Aminos  
Miso  
Lime Juice Dates

Blend sauce ingredients together and toss with other ingredients. Didn't have amounts for each ingredient. Check on line and find a recipe for "raw pad thai" to help you out. ;o))

**Brussel Sprout Arugula Salad:**

4 cups brussel sprouts, shredded  
4 cups arugula  
1/3 cup dried cranberries (craisins)  
1/3 cup chopped pecans

**DRESSING:**

2 Tbsp Dijon mustard  
2 Tbsp maple syrup  
2 Tbsp raw apple cider vinegar  
2 cloves garlic  
1/3 cup olive oil

Blend dressing and toss with other ingredients.

**Zucchini spiralized pasta with sauces:**

**Creamy White Sauce:**

cashew  
garlic  
lemon

**Red Sauce:**

Tomatoes  
Carrots  
red pepper  
onion  
garlic  
bay leaf  
basil  
oregano

# **RAW FOOD POTLUCK AT FOODS ALIVE, 04/05/2016**

## **Lemon Cheesecake:**

### Almond Crust:

- 2 cups almonds
- 3 oz. (weight) date paste or a heaping ¼cup of chopped dates
- ¼ tsp liquid vanilla
- 1/8 tsp salt
- ½ cup sprouted and dehydrated buckwheat groats

Process all ingredients except buckwheat groats, until crust starts to rise on the sides of the processor bowl. Scrape down and repeat till nuts are well broken down. Mix in buckwheat groats. Press firmly into bottom of cheesecake pan or other type of pan...quiche pan, pie pan....)

### Lemon Filling:

- 3 cups soaked raw cashews
- 1 ½ cup almond or other nut milk
- 1 cup lemon juice
- ¾ cup agave or maple syrup
- 1 Tbsp liquid vanilla
- ¾ cup coconut oil or coconut butter or mixture of the two.

Optional: 3 Tbsp lecithin (acts as an emulsifier to help combine oils and liquids. I did not use this!) Blend ingredients until smooth and creamy. Pour batter over crust. Keep flat till batter firms up. Store in fridge x 4 days or in freezer for longer periods. Cover well with plastic wrap. When ready to serve, move to refrigerator or counter till thawed. Serve with berries if desired.

## **Bev's Beet Salad:**

- 2 organic red beets
  - 2 organic apples
  - 1 organic carrot
- Peel and chop all of above.

### DRESSING:

- Juice of ½ organic lemon
  - Raw honey to taste
- Toss veggies with dressing  
Serve with chopped walnuts if desired.

## **Lisa's Couscous Salad:**

- ½ cup raw cauliflower
  - ¼ cup red onion, chopped fine
  - ½ cup chives, chopped fine
  - ½ bunch parsley
- Process in food processor until cauliflower is fine pieces
- 2 Roma tomatoes, chopped

### DRESSING:

- ¼ cup lemon juice
- ½ tsp salt
- ¼ tsp cumin
- 1/8 tsp paprika
- 3 Tbsp olive oil



Mix dressing ingredients and toss with veggies.

### **Coconut Fudge:**

$\frac{3}{4}$  cup

Tropical Traditions Coconut Cream

$\frac{1}{3}$  cup Coconut oil

$\frac{1}{4}$  cup Foods Alive Cacao powder

$\frac{1}{2}$  cup Foods Alive hulled hemp seed

2 Tbsp Foods Alive maca powder

1 tsp Foods Alive Himalayan pink salt

Melt Coconut oil and cream in glass jar set in a pan of hot water. Mix all ingredients, spread in a dish, score with knife into desired pieces. Refrigerate. Enjoy!

### **Debby's Brussel Sprout Arugula Salad:**

4 cups brussel sprouts, shredded

4 cups arugula

$\frac{1}{3}$  cup dried cranberries (craisins)

$\frac{1}{3}$  cup chopped pecans

#### DRESSING:

2 Tbsp Dijon mustard

2 Tbsp maple syrup

2 Tbsp raw apple cider vinegar

2 cloves garlic

$\frac{1}{3}$  cup olive oil

Blend dressing and toss with other ingredients.

### **Green smoothie:**

Handful of:

Snow pea pod sprouts

Sunflower seed sprouts

Kale

Mixed power greens

2-3 bananas

2 cups pomegranate juice

Blend till smooth and serve

### **Apples and dip:**

#### DIP:

Almond butter

Medjool dates

Unsweetened apple butter

Coconut oil

Maple syrup

Vanilla extract

Himalayan pink salt

Blend together in food processor till smooth and mixed well.

Options: may add cinnamon, cacao powder and mini chocolate chips

### **Date balls:**

Oats

Chia flour

Medjool dates

Unsweetened apple butter

Almond butter

Coconut oil

Maple syrup

Vanilla extract

Himalayan pink salt

Process in food processor until ingredients mixed well...will be a thick consistency. Form into balls.

Add nuts, dried fruit, chocolate chips and coconut as desired.