

DECEMBER 2015 RAW FOOD MEET UP RECIPES

Broccoli & Cauliflower Salad

Cauliflower chopped

Broccoli chopped

Red Onion chopped

Raisins

Raw Sunflower Seeds

Raw Pumpkin Seeds

Chopped nuts...I used raw pecans and walnuts

Foods Alive's Sweet & Sassy Super Dressing

Mix all veggies and seeds and toss with dressing



Red & Beet Carrot Salad

Raw Red Beet peeled and shredded

Raw Carrot peeled and shredded

DRESSING:

Lemon Juice

Honey

1 drop ginger essential oil

Toss veggies with dressing and serve.



Apple Beet Slaw

3 medium organic beets, peeled and chopped

4 organic apples, peeled and chopped

Juice of ½ organic Lemon zest if desired

1 Tbsp raw honey

Mix all together and garnish with raw chopped Walnuts.

Raw Burritos

2 cups Avocado, chopped

1 small Tomato, chopped

1 Red Bell Pepper, chopped

1 Tbsp Cilantro

½ tsp Cumin

½ tsp salt ¼ cup Lemon Juice

4 Large Cabbage or Romaine lettuce leaves (Red Cabbage leaves were used for this and they made a delicious and lovely presentation!!!

Combine all except the cabbage or lettuce leaves. Spoon mixture into leaves and roll up or serve "open face".

Delicious!!!



Mixed Green & Tomato Salad with Mango Dill Dressing

Mango

Dill

Lime Juice

Couple of Dates to sweeten (optional)

Blend all together

Serve over Salad of mixed greens, Romaine Lettuce, Cherry Tomatoes and chopped Dill.



Cranberry Pineapple Salad

1 large package of frozen pineapple chunks

1 bag frozen cranberries

Chopped walnuts

Pulse chop to make smaller chunks and serve.

Simple and delicious!!!



Sunny salad

- 6 cups chopped sunflower greens
- 1 cup peeled and chopped cucumber
- 1 cup peeled and chopped zucchini
- 1 cup chopped red onion
- 1 cup sprouted lentils
- 1 ½ cup chopped red peppers

Toss in Marinade

MARINADE RECIPE:

- 6 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 1 Tbsp coconut vinegar
- 1 Tbsp coconut aminos



Garlic Sunflower Pate'

- 3 cups spouted sunflower seeds
 - 3 cloves garlic
 - 1 tsp coconut vinegar
 - 1 tsp white onion powder
 - ¼ cup red onion
 - 1 Tbsp olive oil
 - Pinch of salt
 - ½ cup water
 - 1 Tbsp All Purpose Seasoning
- Blend together till smooth and serve.



Banana Chocolate/Cinnamon Chunks

- Cut bananas in chunks
- Roll in cacao powder and/or cinnamon



Kraut

3 heads cabbage, chopped or shredded

3 yellow onions, chopped

Kale (desired amount), cut into small strips

2-3 carrots, chopped or shredded (or use carrot pulp left over from juicing)

2-3 Tbsp caraway seed or desired amount

2 Tbsp Himalayan pink salt.

Place all veggies in large bowl sprinkle salt and caraway and mix together.

Let set for several hours. Pound with a wooden tamper or work firmly with your hands, which brings liquid out of veggies...more you pound, the more liquid comes out. Pack veggies in a crock or in glass jars. Be sure veggies are covered with liquid. If there isn't enough from the pounding, add more water.

Let set in container for about 10-14 days. You will have to check it to make sure there is liquid covering and add as needed. Also taste after about a week to see if it's ready or not. Time till ready will depend on your ingredients and also the temperature in the room where you keep it. Refer to this website for help, if you'd like: www.culturedpickleshop.com. You can use all kinds of veggies to make kraut. Have fun experimenting. You can even add a good probiotic to your batch to get things going on a good note. ;o))



Chocolate Cashew Ice Cream

1 $\frac{3}{4}$ cup Raw Cashews

4-5 Tbsp Cacao Powder

4 Tbsp Honey, Agave Nectar or 8 Dates

Scant cup Water

Mix Cashews with scant $\frac{1}{2}$ cup Water

Add Cacao Powder and Sweetener and rest of water and

Mix again.

Pour into ice cream dishes or freezer container with lid.

Put into freezer until ice cream is frozen.

Let ice cream defrost 10-20 minutes before serving.

