

# FEBRUARY 2013 RAW FOOD RECIPES

## ONION BREAD

2-3 sweet onions - slice thin and then chop up (can use other onions also if sweet not available)

1 cup ground [flax seed](#)

1 cup sunflower seeds – grind

2 Tbsp olive oil

1 tsp [Himalayan salt](#)

Mix ingredients and spread 1/8-1/4" thick onto parchment lined dehydrator tray. Dehydrate at 105F for 20-24 hours

## PEA SALAD

3 cups peas

½ cup diced carrots

½ cup red pepper

½ cup chopped cilantro

2 ½ Tbsp lemon juice

2 Tbsp [flax oil](#)

½ tsp salt

Toss all together and serve

## TACO MEAT

1 cup walnuts

½ cup almonds

½ cup sunflower seeds

1 Tbsp cumin powder

1 Tbsp coriander powder

½ - 1 tsp [salt](#)

Pulse chop all together in food processor till desired texture.

## TOSTADA SHELLS

2 1/4 cups [golden flax seeds](#) (ground very fine)

2 cups fresh corn or frozen and thawed

1 cup [hulled hemp seeds](#)

2 Tbsp minced onion

3 tsp minced garlic

1 tsp chili powder

¼ tsp cayenne powder

1 tsp cumin powder

¾ tsp [Sea salt](#)

3 cups Water as needed to make a spreadable batter

Be sure to have liquid in bottom of blender when you start so it's not too thick for the motor...

Blend all ingredients to smooth consistency...add liquid as needed so not too thick.

Pour batter onto teflex sheets or parchment lined dehydrator trays...and spread into rounds the size of tostada shell

Dehydrate 3 hours or until able to flip over

Flip over and remove teflex or parchment paper and continue to dehydrate till desired doneness.

(for tostadas, dehydrate till crisp and for soft shell tacos till fairly dry, but flexible).

At 105 degrees this took about 16 hours or so.

To serve, top with "almost refried beans", "not so cheese", salsa, chopped veggies, walnut taco meat etc.

## NOT SO CHEESE SAUCE

2 clove garlic (or 2 tsp dried minced)  
1 red bell pepper  
2 Tbsp sesame Tahini (or 2 Tbsp ground sesame seeds)  
1 cup raw cashews, soaked 2-3 hours and rinsed  
1 cup raw sunflower seeds, soaked 2-3 hours and rinsed  
1/4 cup [nutritional yeast](#)  
2 tsp [sea salt](#) or to taste  
2-3 Tbsp chopped fresh onion (or 2 tsp onion powder)  
1/2 tsp mustard powder  
1/2 tsp paprika  
1/2 tsp turmeric  
2-3 Tbsp Lemon juice  
3/4 cup [flax oil](#) (or extra virgin olive oil)  
1/4 cup water as needed to blend  
Blend all until smooth and creamy. Adjust to taste.

### **BROCCOLI SALAD**

1 head Broccoli (use peeled stems and florets)  
1 clove garlic  
1 small onion  
Place all of above in a food processor and pulse chop  
**SAUCE:**  
2 oranges  
1 lemon  
1/4 cup olive oil  
Raisins (I used 1/2 cup... or more to your taste)  
Sunflower seeds (I used 1/2 cup...or more to your taste)  
Peel orange and lemon and blend with the olive oil in a food processor. Add the raisins and sunflower seeds to this and process them a little. Mix with the chopped veggies and serve.

### **APPLESAUCE / GREEN SMOOTHIE (from recipe by Valya Boutenko)**

4 apples  
1 banana  
1 head romaine lettuce  
1/2 tsp cinnamon  
1-2 cups water.  
Blend all together. For thicker applesauce use less water and for more of a "smoothie" effect, use more water.

### **GUACAMOLE #1**

4 ripe avocados chopped or mashed  
1/2 cup chopped tomatoes  
1/3 cup chopped onions  
Fresh chopped cilantro to taste  
Juice of 1 lime  
1 tsp chopped jalapeno pepper or to taste (optional)  
Salt and pepper to taste

### **GUACAMOLE #2**

1 avocado  
a few shakes of garlic salt (of course you could use the real thing...I'm always in a hurry)  
cilantro (fresh is better if you have it...last night I used dried)  
Lemon juice (I use the concentrate when I'm rushed or don't have any lemons)  
Mild Tabasco sauce (The Green bottle)  
The tabasco is what gives it the kick