

January 2009 Raw Food Meet-up Recipes

RAW APPLE PIE

1/4 cup pecans

1/4 cup almonds or walnuts

5 dates

Chop in food processor till fine and then pat firmly into a pie pan

3 apples (cored) – chop 1/2 @ time so as not to get too mushy

1/4 tsp nutmeg

1/4 tsp cinnamon

1/2 tsp lemon juice

Mix all of these ingredients and spread over the “crust” in the pie pan

Slice another apple and arrange on top of the “pie”

Chill and serve

TACO MEAT

2 cups walnuts (soak for 4 hours in water, drain water off and then chop in Food processor)

1 Tbsp cumin powder

1 Tbsp coriander

1/2 tsp salt or 1-2 Tbsp Bragg's Aminos

1/4 cup fresh cilantro (1 tsp dry)

Mix all together in the food processor. Refrigerate until ready for use.

WONDERFUL SLAW/SALAD!!

1/4 cup green cabbage

1 cup cilantro

1/2 cup red bell pepper

1 large carrot

1/4 cup almonds

1/3 cup dried cranberries

Juice of 1 lime

2 Tbsp flax oil

2 Tbsp agave nectar

2 Tbsp red onion

1 large avocado, cut into bite-sized pieces (sliced)

Place all ingredients except avocado, in a large food processor and pulse-chop until everything is cut up to desired size. Pour out into serving bowl and garnish with sliced avocado. (From the recipe files of TheRawTable.com)

RAW CHEESE CAKES

Crust:

2 cups almonds

½ cup pitted dates

¼ cup coconut

½ tsp salt

Chop fine in a food processor and then put approx. 1 Tbsp mixture into bottom of cupcake pans (use papers if desired). Press down firmly

Filling:

4 cups raw cashews – soak 2 hours in water and then drain

¾ cup lemon juice (or orange juice)

2 ripe bananas (or 1 mango)

1 tsp ground flaxseed

¾ cup honey

1 tsp vanilla

Blend all in Vita Mix or blender till creamy. Spoon filling onto top of cupcake crusts.

Sauce:

2 cups fruit (strawberries, blueberries, raspberries, peaches.....etc.)

½ cup pitted dates

Blend together and spoon onto cheesecakes.

Cheesecakes can be served with or without sauce.

Alternate filling....add 3 Tbsp carob or raw cacao powder to filling and use a mixture of carob (or cacao) and maple syrup as the topping.

RAW FUDGE (OR DIP/SPREAD)

½ cup raw cacao powder

½ cup raw almond butter

¼ - ½ cup Agave nectar or to taste

May add flax or hemp oil to make it creamier

Can form into balls and roll in coconut, crushed nuts, etc.

Or spread on a plain flax cracker or other raw cracker etc.

Or press into a pan and cut into squares.

Or just eat by the spoonful.

STRAWGANOFF (recipe from harmonylia)

Noodles

1 zucchini/yellow squash...cut into thin noodle strips or use saladacto to make "spaghetti"

1 tsp. extra virgin olive oil

1 pinch sea salt

Prep noodles and add olive oil and salt and marinate as long as you can. Do not refrigerate....so noodles aren't so cold when you serve them.

Noodles

¼ cup finely ground nut or seed (I used a combo of sunflower seeds and cashews)

1 tsp lemon juice

1 small garlic clove...crushed

1 small green onion, chopped

½ tsp nutritional yeast

¼ tsp salt

Pinch ground mustard

Pinch pepper

Pinch paprika

1/8 cup very warm water (give or take to make sauce thick but pourable)

Grind up nuts/seeds in coffee grinder. Then place these and other ingredients in a blender and blend till smooth and warm.

Place noodles on serving dish and pour sauce over them and enjoy. May add cracked pepper and salt to taste and sprinkle with paprika if desired. Also can be served with marinated/dehydrated mushrooms and or Marinara Sauce.

Marinated Dehydrated Mushrooms:

A few slices of dehydrated mushrooms added to a pinch each of: thyme, sage, paprika, salt and pepper and enough water to marinate and rehydrate.

Marinara Sauce:

1 ½ cup tomatoes

1 cup sun dried tomatoes

3-4 dates

½ cup lemon juice (2 lemons)

2 Tbsp olive oil

2 Tbsp soy sauce (Bragg's Aminos or Namsoya)

3 cloves garlic

Blend all ingredients together till desired consistency.

SQUASH CRACKERS / TORTILLAS (recipe from Alissa Cohen)

3 medium sized yellow zucchini squash, chopped to make about 3 cups

2 tsp. sea salt

½ cup olive or coconut oil (coconut oil will make a crisper cracker and olive oil softer. I used ½ of each and they were soft.)

1 cup flax meal (ground to make ¾ cup)

1 cup soaked almonds (about ½ cup before soaking for 8 hours). Drain off water.

Blend zucchini, sea salt and oil until zucchini is smooth (I used a food processor)

Add the almonds and continue to blend until the entire mixture is smooth.

Pour blended mixture into a bowl and add the flax meal.

Spread onto teflex (parchment paper) dehydrator sheets...aprox. 1/8-1/4 inch thick. You can make them into "rounds" for small pizzas/tostados or spread them into a rectangle and score them to make "crackers".

Dehydrate at 105 degrees for about 4 hours. Flip over and remove teflex sheets and continue to dehydrate until hard. It may take 8 or more hour's altogether.

This recipe is part of a recipe for Spinach Mushroom Quiche from Alissa Cohen's book **LIVING ON LIVE FOOD**.