

## RAW FOOD RECIPES JANUARY 2011

### Flax Seed Crackers

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1/3 cup chopped red bell pepper  
1/3 cup fresh cilantro, chopped  
2/3 cup sun dried tomatoes  
1 ¼ cup diced tomatoes  
1 teaspoon minced jalapeno  
1 Tablespoon minced garlic  
1 tablespoon olive oil  
1 teaspoon sea salt  
2 cups flax seeds<sup>1</sup>

Place bell pepper, cilantro, sun dried tomatoes, tomatoes, jalapeno, garlic, olive oil, and salt into food processor and puree

Transfer contents to a mixing bowl and mix in the flax seeds.

Spread flax seed mixture onto and oiled solid dehydrator sheet (9x9)

Dehydrate at 90°F for 4 hours (or when top is dry)

Remove from sheet and cut them into desired shapes.

Transfer cut pieces onto mesh dehydrator rack and continue dehydrating until crisp (about 5 hours)

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<sup>1</sup> OPTION: To obtain the benefit of ground flax, you can grind up to ¼ cup of the flax seeds using a mill or grinder. Increase the olive oil by 1 Tbl and add the ground flax in with the seeds

# Banana Pecan Pancakes

By [Susan Powers](#) at [www.rawfoodrecipes.com](http://www.rawfoodrecipes.com)

## Ingredients

- 1 1/2 C Ground Flax
- 1/2 C Flax Seeds
- 1/2 C Dried Coconut
- 3/4 C Water
- 1/4 C Agave or Maple Syrup
- 1/4 C Coconut Butter
- 1 C Sliced Bananas
- 3/4 C Chopped Pecans

## Methods/steps

- 1) Mix all ingredients together. You might want to get in there with your hands.
- 2) Shape into pancake sized patties. Place on dehydrator shelf with screen.
- 3) Dehydrate at 140 for 30 minutes, then 116 for another 30 minutes. These should still be moist.

## Recipe Total

Number of Servings: 10

### Amount Per Serving

**Calories** 249      **Calories from Fat** 161

**% Daily Value\***

**Total Fat** 19.5g      **29.2%**

Saturated Fat 7.4g      **37.7%**

**Cholesterol** 0mg      **0%**

**Sodium** 7mg      **0.2%**

**Total Carbohydrates** 17.8g      **6.3%**

Dietary Fiber 6.2g      **23.5%**

**Protein** 4.2g      **8%**

Vitamin A 0.4%      •      Vitamin C 4.1%

Calcium 4.6%      •      Iron 9%

Zinc 7.8%      •      Thiamin 7.4%

Riboflavin 4.8%      •      Niacin 2.2%

Vitamin B-6 18.4%      •      Folate 12.6%

Vitamin B-12 0%      •      Phosphorus 12.1%

Magnesium 20.6%      •      Vitamin D 0%

\* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

# Raw Alfredo Sauce

By [Callie England](#) from [www.rawfoodrecipes.com](http://www.rawfoodrecipes.com)

## Ingredients

2 cup cashew/sunflower cheese (equal parts sunnies + cashews blended with water)

3 Tbsp. nutritional yeast

2 Tbsp. lemon juice

1 Tbsp. white miso

.5 tsp. salt

1 tsp. peppercorns

2 Tbsp. truffle infused olive oil

2 Tbsp. olive oil

1 clove garlic

## Methods/steps

Blend all ingredients in a high-speed blender until smooth. Serve with raw zucchini noodles.

Will keep for about 5 days.

## **Igor's Live Flat Bread**

From Raw Family Signature Dishes

7 c water

2 lbs carrots (4-5 carrots)

1 bunch celery

1 bulb garlic (8 large cloves)

1 large onion

½ c lemon juice

2 jalapeno peppers

2 Tbsp sea salt (optional)

1.5 c raisins

7 c flax seeds

1 Tbsp caraway seeds

1 Tbsp coriander seeds

1 c sesame seeds, hulled or unhulled

Yield: 9 trays of Excalibur dehydrator

Slice the carrots into ¼" slices. Place in blender. Cover with water, approx 3 cups. Blend until thick, smooth liquid. Pour into large bowl.

Cut 1 bunch celery into ½” pieces. Place in blender, cover with water, approx 2.5 cups. Blend until smooth. Pour the mixture into the carrot bowl.

Peel garlic, chop and place in blender. Peel 1 large onion and slice into rough-chop pieces. Cut 2 jalapeno peppers with seeds and place in blender. Add salt if desired.

Juice 2 large lemons and add to blender. Add enough water to fully submerge the garlic and onion pieces. Blend, then add to the carrot and celery mixture.

Soak 1.5 cups raisins in water for 20 min. Pour raisins and soak water into blender. Add 1.5 cups more water. Blend thoroughly until smooth, then add to other veggies.

Grind flax seeds in coffee grinder or high-speed blender. Be sure grinder is dry. Add ground caraway and coriander; mix thoroughly. Pour the flaxseed mixture into the veggie mixture. Mix quickly to avoid clumping. Mix until dough becomes even in color and texture. The dough will thicken as the flax absorbs the water and veggie juice.

Before dough gets too thick, pour onto dehydrator tray with mesh and Teflex (or parchment paper) using 2.5 cup measuring cup. Use a spatula to spread the dough to ¼ “ thick. Sprinkle the crackers with sesame seeds.

Dehydrate for 10-12 hours at 105 degrees. Pull off when the cracker is still soft enough to roll. Cut into 4.5 “ square pieces.