

JANUARY 2013 RAW FOOD MEET-UP RECIPES

One of the many websites with great recipes: www.addictedtoveggies.com

APPLESAUCE

5-6 large apples

½ cup pitted dates

Juice from half a lemon

1 tsp cinnamon or to taste

Blend in Vitamix.

PORRIDGE

1 cup sprouting oats, soaked overnight and drained (or replace oats with buckwheat for gluten-free version)

2-4 dates soaked, or 1 Tbsp alternate sweetener

1 apple peeled and chopped

1 Tbsp water or more if needed

½ tsp cinnamon

½ tsp vanilla

¼ tsp salt if desired...may not want to use any at all

Combine all in food processor and process till smooth

Serve with nut or seed milk and top with fresh or dried fruit of choice

SLICING CHEESE

½ large red bell pepper

2 Tbsp fresh lemon juice

1 Tbsp chopped onion

1 small clove garlic

1 ½ tsp [Himalayan salt](#)

1 cup [nutritional yeast flakes](#)

¼ cup water

Blend all till smooth

In a sauce pan, combine:

½ oz. of agar agar and ¾ cup water

Heat saucepan ingredients on high, whisking constantly until mixture comes to a boil.

Add agar agar to blended mixture and blend again till smooth. Pour immediately into small loaf dish and put in fridge. Slice when firm. This cheese sets up really nice!

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](#)

3 chili peppers – ground

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

RAW PEA SOUP

2 cups fresh or frozen (thawed) green sweet peas

2 cup water

1 ripe avocado

6 fresh basil leaves (optional)

1 tsp [Himalayan salt](#)

½ tsp onion or garlic powder

Blend in Vitamix till smooth, creamy and warm.

AVOCADO LIME SOUP

2 ripe avocados

¾ medium cucumber

1 stalk celery

Juice of 1 lime

Small handful of fresh cilantro

2 tsp ground cumin

1 tsp ground coriander

½ tsp [Himalayan salt](#)

1 tsp tamari

1 cup water (if wanting warm soup use hot water)

Sour cream and chopped chives to garnish if desired.

Blend all ingredients except sour cream and chives in a high-speed blender until smooth

Transfer to a serving bowl and garnish with sour cream and chives

SOUR CREAM

1 ½ cup raw cashews

2 Tbsp lemon juice

1 Tbsp plus 1 tsp apple cider vinegar

1 cup water

½ tsp [Himalayan salt](#)

Blend all ingredients in a high-speed blender. Add a little extra water one Tablespoon at a time if you're having trouble getting the cashews smooth.

Transfer to a bowl or squeeze bottle. Refrigerate. Will firm up a little in the fridge which makes an excellent dip.

DARK CHOCOLATE MOUSSE/PUDDING

2 medium ripe avocados

1/2 cup raw cashews – soaked for a couple hours, rinsed and drained

1/3 cup softened coconut oil

½ cup honey or maple syrup or raw turbinado sugar

1 tsp vanilla

Blend all together in a high speed blender till smooth and creamy.

Serve as is or top with fresh berries

APPLE COBBLER WITH MAPLE CREAM

TOPPING:

1 Cup Pecans or Walnuts, soaked and dehydrated

¼ cup palm sugar or evaporated cane sugar

¼ cup raisins

¼ cup Medjool dates

1/8 tsp [Himalayan salt](#)

½ cup rolled oats

In a food processor, combine the nuts with the sugar and process until you get a coarse meal. Add the raisins, dates and salt and process until mixture sticks together. Be careful not to over-process or it will become too oily. In a medium-size bowl combine the topping mixture the rolled oats.

FILLING:

2 Tbsp agave nectar

1 ½ Tbsp lemon juice

¼ tsp pumpkin pie spice

3 cups (2-3 large) apples peeled, cored and thinly sliced

In a small bowl, combine the agave nectar, lemon juice and pumpkin pie spice. In a large mixing bowl, toss the apples with the agave mixture.

MAPLE CREAM

1 cup raw cashews, soaked 2 hours and drained

½ cup maple syrup

¼ cup water

½ vanilla bean, scraped

Process the cashews, maple syrup, water and vanilla bean until very smooth, about 2 minutes in a high-power blender. Store in a large squeeze bottle for easy use or in an airtight container.

ASSEMBLY:

Sprinkle half of the nut mixture in the bottom of a 9 inch round pie dish or 1 quart baking dish

Layer with the apple filling and then sprinkle with the remaining topping

Warm in the dehydrator (if desired) at 145F for 1 hour and top each serving with the maple cream.

Store the apple cobbler and maple cream in the fridge. The cobbler will keep for 3-4 days, and the maple cream will keep for 2 weeks.

RAW RANCH DRESSING

STEP 1: RANCH SEASONING MIX:

3 Tbsp dried minced onion

1 Tbsp dried parsley

1-1 ½ tsp [Himalayan salt](#)

1 ½ tsp garlic powder

1 tsp basil (dried)

1 tsp pepper

1 tsp [Nutritional Yeast](#)

Mix all ingredients and store in air-tight container.

STEP 2: CASHEW MAYO

1 ½ cup soaked and drained cashews

Juice from ½ lemon

1 ½ tsp Apple Cider Vinegar

¼ tsp [Himalayan salt](#)

¼ - ½ cup water

Blend till super creamy

STEP 3: RANCH DRESSING

1 cup Cashew Mayo

1 Tbsp Ranch Seasoning Mix

Add juice of ½ lemon....taste and add more if needed.

SPINACH DIP

STEP 1: CASHEW SOUR CREAM

1 cup already soaked and drained raw Cashews

Juice of 1 lemon

2 tsp apple cider vinegar

½ tsp salt

Apx ½ cup water or more as needed to reach desired consistency.

Blend all till nice and creamy...it will thicken as it sets

STEP 2: SPINACH/VEGGIE MIX FOR DIP

1 cup fresh spinach – massage with hands until somewhat wilted and then chop fine

2 Tbsp finely grated carrot

1 large Tbsp minced red bell pepper

1 Tbsp dehydrated tomatoes, chopped fine

Pinch celery seed powder

Pinch dry dill weed

Pinch [Himalayan salt](#)

Mix together and dehydrate for 1-2 hours till slightly dried. You can also leave veggies out to “air dry” if you have some extra time.

STEP 3: SPINACH DIP

1 cup cashew sour cream

1 tsp onion flakes

½ tsp granulated garlic

½ - 1 tsp [nutritional yeast](#)

Pinch celery seed powder

Salt and pepper pinch of each or to taste

Mix well. Let set in fridge apx. 1 hour.

Great for dip or spread.

* Try thickly slicing cucumbers and then scooping out some of the center of each piece to make like a little cup and then fill the cup with a dollop of the spinach dip. These are very tasty and look nice too.

KOREAN SALAD DRESSING

½ cup [flax oil](#) (or olive oil, [chia oil](#), [hemp oil](#), etc)

¼ cup raw apple cider vinegar

½ cup raw sugar or agave syrup or honey

1/3 cup catsup

1 tsp Worcestershire sauce

Dash of [Himalayan salt](#) and pepper or to taste

Blend or whisk together. Great on a spinach salad or on other greens.

HOME MADE (personal) DEODORANT

6-8 tbsp solid coconut oil

¼ cup Baking Soda

¼ cup cornstarch or Arrowroot powder

Essential oil of choice (Tea Tree or other)

Combine baking soda and cornstarch/arrowroot. Slowly add coconut oil and work in with a spoon or hand blender until it maintains a firm, but pliable texture....about the same texture as commercial deodorant, solid but able to be applied easily. If too wet, add more corn starch/arrow root. You can either scoop this recipe into an old deodorant dispenser or place in a small container with lid and apply with fingers. This recipe makes about 1 cup and will last about 3 months for 2 people who use it regularly.