

## March 2009 Raw Food Meet-up Recipes

### **TOMATO SOUP (from Brenda Bruner's "My RAW RECIPE COLLECTION")**

1 cup raw cashews (soaked for 2 hours and drained)  
1 tsp sea salt  
1 cup water  
2 large tomatoes  
Aprox. 2 tsp diced onions

Place all in vita mix and blend till smooth and warm. Serve immediately. Very yummy!!!

### **APPLE CRISP (Ellen's from Brenda Bruner's "MY RAW RECIPE COLLECTION")**

3 apples, cored and chopped  
3 apples thinly sliced  
3 TBSP. orange juice, divided  
½ cup pitted dates  
½ cup raisins  
¼ cup cinnamon  
2 cups crumble topping (to follow)

Lace 3 sliced apples in bowl and drizzle with 2 TBSP orange juice.

Place 3 chopped apples, dates, raisins and cinnamon in a food processor and process until smooth. Pour this mixture over sliced apples in bowl and stir to mix well. Prepare crumble topping:

#### **CRUMBLE TOPPING:**

2 cups walnuts  
1/2 cup coconut  
¼ tsp cinnamon  
¼ tsp nutmeg  
¼ tsp sea salt  
1 TBSP orange juice

Process until coarsely chopped. Add:

½ cup raisins 8 pitted dates

Process until coarsely ground and mixture just begins to stick together. Add 1 TBSP. Maple sugar or dehydrated cane juice and process just enough to mix in.

#### **TO ASSEMBLE:**

Place ½ cup crumble mixture on bottom of 8" square glass baking dish, spread apple filling over top. Knead crumble topping until mixture holds together and sprinkle this over the filling. Refrigerate. Can serve cold or warm (warm in dehydrator for bout 30 minutes at 105). If desired, drizzle with CASHEW CREAM (¾ cup raw cashews, ¼ cup water, 2-3 TBSP maple syrup and a tsp vanilla in the blender and blend till smooth)

### **APPLE CRISP (Tammy's)**

6 apples  
1 cup raisins  
¼ cup water  
1 tsp cinnamon  
2 TBSP ground flax

Blend to a sauce.

#### **TOPPING:**

1 cup almonds  
½ cup pitted dates  
Pulse chop till crumbly and sprinkle on top of sauce.

### **CACAO PUDDING (Ani Phyo's)**

2 cups raw cashews (soaked in water 2 hours and drained)  
1 cup water  
¼ cup pitted dates -soak in water a couple hours and drain...use this as part of your water  
2 TBSP raw cacao powder

Blend all until smooth (a vita mix seems to work best to make it creamier, but a blender will work.

**RAWSAGNA from Ani's Raw Food Kitchen @ [www.AniPhyo.com](http://www.AniPhyo.com).**

It was really good! (a little lengthy for me to type out)

### **KALE CHIPS (from Brenda Bruner's "MY RAW RECIPE COLLECTION")**

2 large bunches of kale, remove stems and tear into large, bite-sized pieces  
1 TBSP fresh lemon juice  
1 tsp sea salt  
3 TBSP olive oil

Mix ingredients very well so that the kale is well coated. Place on parchment paper on trays and dehydrate until very crisp, about 7-8 hours at 105 degrees.