

MARCH 2011 RAW FOOD RECIPES

This website will teach you how to calculate nutritional information for your recipes:

<http://www.nutrientfacts.com>

This website will give you a great amount of information concerning fermented foods / kefir recipes and how to use them:

<http://users.sa.chariot.net.au/~dna/kefirpage.html>

Super Cacao Balls (Café' Gratitude)

2 C. Cacao nibs
1 T. maca powder
2 oz. cacao powder (by weight)
1 1/4 t. salt
3/4 C. almond butter
1/3 C. agave syrup
3 T. coconut oil
1 T. liquid vanilla

Finely grind the cacao nibs in a coffee grinder or dry blender. Mix all ingredients by hand in a bowl until mixture is consistent. Scoop out balls using a small ice cream scoop. Balls can be served immediately or placed in fridge to firm up first.

Variation: You can replace the maca powder with any other powdered superfood. For a delicious, spicy version simply add a half teaspoon cayenne or more to taste.

Storage and life span: These balls will keep for at least two weeks! Store in an airtight container in the fridge.

Sun Burgers from Ani's Raw Food Kitchen book:

2 stalks celery, chopped, about 3/4 cup
1/4 C. yellow onion, chopped (I used red)
1/2 C. red bell pepper, chopped
1 t. sea salt (I use Herbamare)
2 t. oregano, fresh or dried (I used Italian seasoning)
1 C. sunflower seeds, ground
1/2 C. flax seeds, ground
1/2 C. Water (I used alkaline)

Place all ingredients in a bowl, adding water last. Mix well. Form into four balls (I made them smaller) and flatten into burger patties.

Serve on Black Sesame Sunflower bread (recipe in book), Ezekiel wraps, lettuce or collard leaves. I dehydrated them, though it's optional.

Optional: Dehydrate burgers for three hours at 104 degrees F. Serve warm.

ASIAN COLESLAW (Shandra Wren)

6 Tbsp rice wine vinegar (of Cider vinegar)
6 Tbsp vegetable oil
5 Tbsp tahini (or peanut butter)
3 Tbsp soy sauce (or Bragg's aminos)
3 Tbsp Brown sugar or honey
2 Tbsp minced ginger – fresh
1 ½ Tbsp minced Garlic
9 cups any variety of cabbages
2 bell peppers
2 carrots
6 green onions
½ cup fresh cilantro

In a medium bowl, whisk together vinegar, oil, nut butter, soy sauce, sugar, ginger and garlic.
In a large bowl, mix the cabbage, bell peppers, carrots, onions, and cilantro. Toss both bowls together just before serving. Makes quite a bit...can half the recipe and still get a nice size bowl or salad.

APPLE CARROT SALAD (serves 4-6) (Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert)

¼ cup fresh lemon or lime juice
2 Tbsp orange juice
1 Tbsp honey
Mix together in a large bowl until honey is dissolved

2 cups apple (peeled if desired)
Grate directly into juice mixture to prevent apples from browning.

2 cups carrots (shredded)
1 Tbsp fresh mint (chopped)
1/8 tsp salt or to taste
¼ cup raisins (optional)
Toss with apples and serve immediately

LEMON CHEESECAKE (adapted from Café Gratitude recipe)

Almond Crust

2 cups raw Almonds
3 oz (weight) date paste (I used whole dates/pitted)
¼ tsp liquid vanilla
1/8 tsp salt
Process all in food processor and pat into bottom of spring form pan

Lemon filling

3 cups soaked raw cashews
1 ½ cup almond or other nut milk

1 cup lemon juice

¾ cup agave syrup

1 Tbsp vanilla

Blend all till smooth and add the following and blend till mixed:

3 Tbsp lecithin (I did not have this so did without)

¾ cup coconut oil

Pour filling over crust.

Freeze 1-2 hours till middle of cheesecake is firm to touch.

Remove from spring form pan.

Decorate with various fresh fruit (blueberries, raspberries, strawberries, lemon slices, etc. as desired)

Store in frig or freezer...will keep for at least 4 days.

NUT PATE'

1 cup raw almonds soaked, rinsed and drained

1 cup raw sunflower seeds soaked, rinsed and drained

Onion

Garlic

Salt to taste

Water to make desired consistency

Work up in a food processor till desired texture and consistency.

(Use other veggies or nuts as desired...experiment!)

Serve on pieces of celery or red pepper or wrapped in a lettuce or collard leaf.

Add Mike's Special flax oil for a great flavor addition.

VEGETARIAN BURGERS / PATE'

2 cups grated carrots or carrot pulp left over from juicing

1 med onion, finely chopped

¾ cup sunflower seeds, ground

1 Tbsp parsley

¾ cup sprouted chickpeas

¼ tsp cumin

¼ tsp coriander

Salt and pepper to taste

¼ cup ground sesame seeds

Process all of this in a food processor to desired texture.

Can use as a pate' in a lettuce or collard green wrap or on a stalk of celery or in a red pepper, on a flax cracker or dehydrated bread.

Or

Form into patties and dehydrate till desired doneness.

BASIC KRAUT (fermented cabbage)

2-3 heads green cabbage

Reserve the 4 outer leaves from heads of cabbage

Run the rest through a food processor or shred by hand

OPTIONAL: Season with optional ingredients –
1 Tbsp seaweed (nori, dulse, kelp)
1 Tbsp caraway or dill
2 Or 3 cloves garlic
Shredded carrots, beets, onion, celery or bok choy
Ginger

Place cabbage and desired optional ingredients into a crock or large glass container
Cover with outer cabbage leaves
Press dinner plate or other weighted flat object on top of mixture
This will help put pressure onto the shredded cabbage and cause it to make its own juices
Cover with a towel
Ferment at 68-80 degrees for 2 days
Uncover and scrape off top layer of gray, oxidized cabbage
Pour liquid off
Let the sauerkraut ferment in frig for 2 more days
Store in tightly covered glass jars in frig for up to 3 weeks or longer
This is a fermented food that is rich in good bacteria and provides health to our digestive system.
Recommended to eat several tablespoons/day.

REJUVELAC

¾ cup soft spring wheat or rye (or quinoa)
Rinse and soak grain overnight (8-12 hours) in purified water in large container
Drain water from grain.
Sprout grain 12 – 24- 36 hours until tail is same size as grain. Rinse 2-3 times throughout that time
Make “starter” in blender by blending sprouted grain in 2 cups purified water for 5 seconds
Pour into gallon glass jar. Fill with more purified water. Stir and cover with a screen or cotton cloth. Secure with rubber band
Ferment for 24-36-48 hours at 68-8- degrees. (the amount of time it takes to ferment is dependant on temperature)
Strain and reserve liquid (rejuvelac) off grain and sediment. Discard or compost grain and sediment
Store rejuvelac in a covered container in the frig for up to a week. Out of frig – rejuvelac should be kept open to the air.
Drink at room temperature.
This is a fermented drink that is full of good bacteria and is good for maintaining a healthy gut and healthy digestion. Drink as often and as much as you like.

Falafel Patties

1 ½ cup sprouted chickpeas (garbanzos)
1 cup sprouted sunflower seeds
1 Tablespoon minced garlic
2 cups fresh cilantro, chopped
½ cup tahini
1 Tablespoon Celtic sea salt
2 Tablespoons fresh parsley

- ½ cup chopped onion
- ½ cup fresh-squeezed lemon juice
- ½ cup olive oil
- 1 ½ teaspoons curry powder
- 1 ½ teaspoons fresh ground cumin
- 2 teaspoons sun-dried lime (optional)*

Combine all ingredients in a food processor and blend well.
 Form the mixture into 1" x 3" elongated patties and place on dehydrator Teflex sheets or parchment paper. Dehydrate for 8 hours at 90°C. Makes 20 patties.
 When falafels are done they have a nice crust on the outside and are moist on the inside.

* I have not been able to find sun-dried limes (Loomi) locally in the Fort Wayne area. They appear to be available online, but I've never tried them – Paul

Recipe Total	
Number of Servings: 10	
Amount Per Serving	
Calories 325	Calories from Fat 191
% Daily Value*	
Total Fat 22.5g	34.5%
Saturated Fat 2.9g	14%
Cholesterol 0mg	0%
Sodium 368.5mg	15.6%
Total Carbohydrates 25.3g	8.4%
Dietary Fiber 8g	27.8%
Protein 9.9g	19.1%
Vitamin A 12.4%	• Vitamin C 18%
Calcium 19.2%	• Iron 26.8%
Zinc 15.5%	• Thiamin 25.8%
Riboflavin 7.5%	• Niacin 7.6%
Vitamin B-6 18.2%	• Folate 50.3%
Vitamin B-12 0%	• Phosphorus 24%
Magnesium 27.4%	• 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

Broccoli Bites NEW

- **Course/Dish:** Main Course, Appetizers, Dehydrated
- **Meals:** Lunch, Dinner, Snack
- **Difficulty:** Easy
- **Cuisine:** Greek
- **Equipment Needed:** Dehydrator, Food Processor
- **Rainbow Green Cuisine:** Phase 1
- **Makes:** 36 bites



Description

This little crowd-pleaser is perfect served as an appetizer accompanied with hummus or for an Asian style flare serve with sweet and sour sauce. Make a meal of them wrapped in lettuce leaves with tomatoes, onions and tahini sauce, or enjoy them as a quick and healthy snack.

Recipe by

Ingrid Weithers-Barati

Ingredients

2 cups broccoli florets
1 cup sunflower seeds
1/4 cup pine nuts
1/4 cup onions, chopped
1 large clove garlic
3 tablespoons extra virgin olive oil
1 tablespoon fresh parsley
1/2 teaspoon sea salt
1/4 teaspoon pepper
1/4 teaspoon fresh nutmeg

Methods/steps

- 1) In a coffee grinder, grind sunflower seeds to a breadcrumb like consistency.
- 2) Add ground sunflower seeds and the rest of the ingredients to a food processor. Process until the mixture turns into a paste.
- 3) Transfer mixture to a bowl and refrigerate at least a half hour.

4) Scoop out a teaspoon of mixture, roll into a ball with the palms of your hands. Place on a dehydrator tray then place in the dehydrator. Makes 20 one inch balls.

5) Remember to turn midway through dehydrating. Dehydrate about 4-5 hours.

The dehydration time suggested is based on my personal preference on texture. Feel free to adjust dehydration time to suit you. While these broccoli bites are dehydrating, the aroma that drifts through the air is a delicious fragrant backdrop to any get together.

Additional Tips

This is a great make-ahead recipe. Prep time is about 15 minutes. Shape into rounds, into patties, or any shape you'd like. Keep in the refrigerator until ready to dehydrate. Another option: store in the freezer in an airtight container for up to a month.

Recipe Total

Number of Servings: 10

Amount Per Serving

Calories 96 **Calories from Fat** 77.5

% Daily Value*

Total Fat 9g **13.5%**

Saturated Fat 1.1g **5.5%**

Cholesterol 0mg **0%**

Sodium 126.5mg **5.2%**

Total Carbohydrates 3.2g **1%**

Dietary Fiber 1.6g **4.5%**

Protein 2g **3.5%**

Vitamin A 5.4% • Vitamin C 27.4%

Calcium 1.4% • Iron 3.7%

Zinc 3.1% • Thiamin 11.3%

Riboflavin 2.4% • Niacin 2.6%

Vitamin B-6 3.9% • Folate 6.3%

Vitamin B-12 0% • Phosphorus 4%

Magnesium 7.5% • Vitamin D 0%

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Raw Cauliflower Popcorn

Ingredients:

- Cauliflower (1 whole chopped in popcorn size pieces)
- Nutritional Yeast (a whole lot, just pour it in, maybe 4-8 heaping teaspoons)
- Sea Salt (1/2 teaspoon or more, to taste)
- Black Pepper (just shake it on)
- Olive Oil (1 teaspoon)
- Water (just a splash)
- Optional: Spirulina (make it green, 1-3 tablespoons)
- Optional: Coconut Oil (just a teaspoon if you want some coconut flavor)
- Optional: Cayenne (only if you are hardcore)

Directions:

1. Measure and prepare all the ingredients for the Raw Popcorn and put in a gallon size zip lock bag.
2. Now shake that bag until your arms hurt.
3. You can make it cheesier by adding more yeast, greener by adding more spirulina, and sticky by adding raw honey (only do that if you are going to dehydrate).

Note: You can eat the Raw Cauliflower Popcorn as-is, which I usually do, or you can dehydrate it overnight and it will shrink up into yummy little crunchy pieces. Be sure to go easy on the salt if you dehydrate as the flavors will intensify

Recipe Total

Number of Servings: 4

Amount Per Serving

Calories 35 **Calories from Fat** 11.2

% Daily Value*

Total Fat 1.2g **2%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 326.2mg **14%**

Total Carbohydrates 5g **1.8%**

Dietary Fiber 2.5g **0%**

Protein 2g **3.8%**

Vitamin A 0.5% • Vitamin C 77.5%

Calcium 2.5% • Iron 2.5%

Zinc 2%	•	Thiamin 3.8%
Riboflavin 3.8%	•	Niacin 2.5%
Vitamin B-6 11.2%	•	Folate 15%
Vitamin B-12 0%	•	Phosphorus 5%
Magnesium 3.8%	•	Vitamin D 0%

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St. Patrick's Day Paté

DRY:

- 1/3 cup raw macadamia nuts¹
- 1/3 cup raw pecans¹
- 1/3 cup raw Brazil nuts¹
- 6 Brussels sprouts quartered
- 4-5 white mushrooms
- 3 - 4 cloves crushed garlic
- ½ teaspoon dried basil (use fresh if available)
- ½ cup fresh cilantro chopped
- ½ tsp Celtic sea salt
- ½ teaspoon fresh ground black pepper

WET:

- ¼ cup extra virgin olive oil
- Juice of ½ lemon
- ½ Tablespoon agave

¹Nuts are soaked overnight and then dehydrated at 105°F overnight.

Combine dry ingredients in a food processor and blend well.
Scrap down bowl as required.
Add the wet ingredients and continue to blend until a paste forms.
Serve on broad leaf vegetable such as Romaine lettuce or kale.

Recipe Total

Number of Servings: 12

Amount Per Serving

Calories 138.8 **Calories from Fat** 107.1

% Daily Value*

Total Fat 12.9g **18.7%**

Saturated Fat 1.8g **8.9%**

Cholesterol 0mg	0%
Sodium 114.6mg	4.8%
Total Carbohydrates 6.7g	2.2%
Dietary Fiber 1.8g	2.5%
Protein 2.5g	5.4%

Vitamin A 63.2% • Vitamin C 76.7%

Calcium 6% • Iron 6.5%

Zinc 3.8% • Thiamin 9.8%

Riboflavin 5.5% • Niacin 4.2%

Vitamin B-6 7.2% • Folate 4%

Vitamin B-12 0% • Phosphorus
7.2%

Magnesium 7.9% • Vitamin D 0%

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PEA SALAD (Raw recipes from Brenda Bruner)

2 cups green peas (fresh or frozen)

1/3 cup sunflower seeds

¼ cup onion chopped fine

1 apple finely chopped

1 Tbsp mint leaves chopped fine

Combine and toss with

GARLIC TAHINI DRESSING:

2 Tbsp water

1/3 cup olive or flax oil

2 Tbsp lemon juice

1 ½ Tbsp Tahini (I just ground up some sesame seeds in my coffee grinder)

1 tsp salt

½ tsp dried oregano

½ tsp dried chervil (I didn't have this)

1 large clove garlic

Blend till creamy and pour over veggies

EMERALD APPLESAUCE

2 Gala or Yellow Delicious apples

½ bunch parsley or to taste

Process parsley first and then add apple that has been cut up.

Process till smooth