

MARCH 2013 RAW FOOD MEET UP RECIPES

MaCacaoTine

1 cup milk (nut, rice, soy, etc.) (Almond Milk was used in this recipe)

1 Tbsp [Maca powder](#)

1 Tbsp [Cacao powder](#)

1 Tbsp Agave Nectar (or Maple Syrup)

Put everything in a blender, blend 2 minutes. This comes together in a matter of minutes, tastes like chocolate milk and is great for breakfast. Great replacement for coffee drinkers too!!

Strawberry Chia Milk

3 Tbsp [Chia Seeds](#)

3 ½ cup water

2-4 Tbsp agave syrup or other sweetener (I used 4 Tbsp) or to taste

1 cup Fresh or frozen strawberries or to taste

Pinch of [salt](#) (if desired)

Soak chia seed in water for a couple hours till it makes a thick jelled consistency.

Place in blender along with the sweetener and berries and blend till smooth.

Add Ice cubes to make a colder drink.

Apple Salad

Apples cored and cut into pieces

Pecans chopped

CASHEW CREAM:

2 cups raw cashews, soaked in water and then drained

5 small dates

Vanilla extract

Apx ½ cup Water

Blend Cashew Cream ingredients in Vita-mix or other blender and pour over apples and nuts.

Oatmeal Dessert

1 cup pitted dates

1 apple

1 Tbsp cinnamon

1-2 cups rolled oats

Food process all ingredients

Serve as is or can spoon out as cookies and dehydrate or eat as is.

Lemon Avocado Pudding

5 ripe avocados

$\frac{3}{4}$ cup raw honey

1 cup fresh lemon juice

$\frac{1}{2}$ cup water

Sprinkle of Stevia

Sprinkle of [salt](#)

1 tsp vanilla

Blend all together until smooth. Serve chilled with fresh fruit.

Snow Peas with Sesame (Hallelujah Acres "Recipes for Life")

$\frac{3}{4}$ # snow peas

$\frac{1}{2}$ tsp orange rind

2 tsp [toasted sesame seeds](#) *

1 carrot

1 tsp [Sesame oil](#)

2 Tbsp red onion

Grate orange rind, mince onion and grate or julienne carrot. Place pea pods and carrots in a strainer. Set strainer in sink. Pour boiling water over vegetables for about one minute. Pat dry. Place vegetables in a medium bowl, stir in orange rind, oil, onion and seeds. Serve warm or at room temperature.

*Un-hulled sesame seeds contain ten times more calcium than cow's milk; one and a half times more iron than beef liver; more protein than chicken, beef liver or beef steak; three times more phosphorus than eggs; and more niacin than whole wheat bread.: - USDA Composition of Foods Handbook #8

Energy Bites:

CRANBERRY:

- 1 cup pitted dates
- ½ cup raw cashews
- ½ cup raw almonds
- ½ cup dried cranberries (or cherries)
- 1-2 Tbsp [Chia Seeds](#)

Food process all ingredients. Form into tiny balls. Store in air-tight container.

CURRANT:

- 1 cup dark currants
- ½ cup pitted dates
- ½ cup raw cashews
- ½ cup raw walnuts
- 1 Tbsp [Chia Seeds](#)
- 1 Tbsp [Black Sesame Seeds](#)

Food process all ingredients. Form into tiny balls. Store in air-tight container.

GOJI BERRY:

- 1 cup pitted dates
- 1/c cup raw cashews
- ½ cup raw almonds
- 1/3 cup [Hulled Hemp Seeds](#)
- ½ cup [Goji Berries](#)
- 1-2 Tbsp [Chia Seeds](#)

Food process all ingredients. Form into tiny balls. Store in air-tight container.

Walnut Taco “Meat”

- 2 cups raw walnuts
- 1 Tbsp cumin
- 1 Tbsp coriander
- ½ tsp [salt](#)

Pulse chop all ingredients in food processor till desired texture. Great on salads or to make “raw” tacos.

*May add ¼ cup fresh (or 1 tsp dry) cilantro if desired

Broccoli in Hoisin Sauce

5 cups broccoli florets

2 Tbsp lemon juice

3 Tbsp [oil](#)

1 Tbsp Tamari or Bragg's Aminos

Toss broccoli together with liquids. Place on dehydrator trays and warm/wilt at 115F for a couple hours

SAUCE:

1/3 cup tahini

1 tsp lemon juice

1 tsp agave nectar

1 tsp raw apple cider vinegar

3 tsp Tamari or Bragg's Aminos

½ clove garlic

½ sm. De-seeded chili

½ cm. fresh ginger

Blend till smooth...add water as needed to form the sauce.

Pour sauce over the broccoli and serve.

Super Green Salad Dressing

1 bunch fresh cilantro

1 large onion

1 jalapeno pepper

½ cup [Flax oil](#)

½ cup olive oil

3 oz. lemon juice or raw apple cider vinegar

3 oz. Bragg's Aminos or Tamari>Nama Shoya

1 Tbsp honey or 1 squirt stevia

1 Tbsp green powder (something with chlorella or blue green algae)

Blend all ingredients together. Serve over salad or whatever...it's delicious! Store in airtight container in frig.

Citrus Beet Dressing (Dr. Joel Fuhrman)

1 # fresh red beets peeled and chopped (apx 2 med/lg beets)

2 oranges peeled

¼ cup walnuts

4 pitted dates

1 Tbsp lemon juice

2 Tbsp Black fig vinegar (I didn't have this so I used Red Raspberry Balsamic Vinegar that I had on hand)

Blend all ingredients in blender till smooth. This is kind of thick. It is delicious on salads or whatever you might choose to put it on!