

## May 2009 Raw Food Meet-up Recipes

### WONDERFUL SLAW/SALAD!!

¼ cup green cabbage  
1 cup cilantro  
½ cup red bell pepper  
1 large carrot  
¼ cup almonds  
1/3 cup dried cranberries  
Juice of 1 lime  
2 Tbsp flax oil  
2 Tbsp agave nectar  
2 Tbsp red onion  
1 large avocado, cut into bite-sized pieces (sliced)

Place all ingredients except avocado, in a large food processor and pulse-chop until everything is cut up to desired size. Pour out into serving bowl and garnish with sliced avocado. (From the recipe files of [www.TheRawTable.com](http://www.TheRawTable.com))

### GABE'S GOODIES

½ cup raw almonds  
½ cup raw walnuts  
½ cup raw pecans  
½ cup raw cashews (or ¾ cup cashew butter)  
½ cup raw pumpkin seeds  
½ cup raw sunflower seeds  
Pulse chop nuts in seeds in a food processor.

Add to above: ¼ - ½ cup raw chocolate nibs and  
3 Tbsp unsweetened carob chips

Mix together 3 Tbsp raw carob powder  
3 Tbsp raw honey  
¼ cup raw agave nectar  
3 dashes sea salt  
1/8 tsp. cinnamon

If using cashew butter instead of pieces of nuts, add it to these ingredients also.

Mix all ingredients together and form into balls or put into little paper "candy" cups.  
(From [www.welikeitraw.com](http://www.welikeitraw.com))

## **BROCOLI SLAW**

Dressing: Blend together till smooth the following

- ½ cup raw cashews
- ½ cup fresh orange juice
- 3/8 tsp sea salt
- 5 dates (soak to soften)

Salad:

- ¼ - 1/3 cup raisins
- ¼ - 1/3 cup coconut (optional)
- ¼ - 1/3 cup shredded carrot
- 2 Tbsp. minced onion
- 1/3 bunch broccoli finely chopped

Combine all ingredients with the dressing. Stir and chill.

## **GARDEN VEGETABLE SALSA**

- 1 cup fresh corn (or frozen...thawed)
- ½ cup chopped celery
- ½ cup chopped tomato (I have left this out before when I haven't had any – it's still tasty)
- ½ cup red bell pepper chopped
- ½ cup avocado chopped
- ¼ cup sweet onion chopped
- Juice of 1 lime
- 3 Tbsp minced cilantro
- ¼ - ½ tsp salt
- ½ tsp cumin
- ¼ tsp cayenne pepper

Mix all ingredients together, chill and serve. Very good with tortilla chips or flax crackers.