

## MAY 2010 RAW FOOD RECIPES

### PEA SALAD

3 cups peas  
½ cup diced carrots  
½ cup red pepper  
½ cup chopped cilantro  
2 ½ Tbsp lemon juice  
2 Tbsp flax oil ½ tsp salt  
Toss all together and serve

### ZUCCHINI SURPRISE

3 shredded zucchini  
2 red apples cut in small pieces  
1 avocado cut in small slices  
Cumin to taste  
Bragg's Aminos to taste  
Mix all ingredients together and serve

### GUACAMOLE / SALSA

4 ripe tomatoes chopped  
3 avocados chopped or mashed  
Juice of 1 lime (I used ½ lime and ½ lemon)  
¼ cup onion chopped  
1 tsp minced garlic  
1 tsp ground cumin or to taste  
1 tsp chili powder or to taste  
Salt to taste  
Chopped cilantro to taste  
Mix all together and serve

### COLORFUL CORN SALAD

4 ears of corn (cut off cob)  
1 cup tomato diced  
½ orange bell pepper diced  
½ cup chopped cilantro  
1-2 green onions chopped  
1 tomatillo diced  
1 Tbsp hot pepper  
Juice of lemon or lime  
Salt if desired  
Mix all together

### POTATO SALAD

2 # jicama, cubed small  
1 red bell pepper, diced  
2 ears corn, scraped off cob  
2 stalks celery, diced  
1 med. Onion, diced  
1 avocado, diced  
½ cup tahini  
2 cloves garlic, minced  
1/3 cup lemon juice  
1 Tbsp cilantro,  
1 tsp cumin  
½ tsp chili powder  
4 tsp fresh dill  
2 tsp sea salt  
Mix all together. Chill for a few hours before serving.

### CARROT AND GRAPE SLAW

2 cups shredded carrots  
2 cups shredded cabbage (preferably red or purple, but can be green)  
1 cup halved green or red grapes  
¼ cup roughly chopped walnuts  
1 Tbsp finely chopped red (or white) onion  
2 Tbsp red wine vinegar or raw apple cider vinegar  
1 tbsp olive oil  
¼ tsp salt  
Freshly ground black pepper to taste  
Toss all ingredients together in a large bowl. Serve. (If making slaw in advance, reserve the walnuts and toss in just before serving.)

### NORI ROLLS

Nori wrappers  
Parsnips grated  
Carrot thin long narrow slices  
Avocado thin strips  
Mushrooms small pieces  
Cucumbers thin strips  
Sprouts  
Miso  
Mix grated parsnip with miso to help bind it together (kind of like sticky rice)  
Spread “parsnip rice” onto Nori wrap and place pieces of other veggies on top and roll up. Cut into sections .... Looks like Sushi rolls.

### TACO "MEAT"

2 cups walnuts

1 tsp cumin

1 tsp Nama Shoya or Bragg's Aminos or salt (1/2 – 1 tsp)

Mix all ingredients in a food processor and pulse until chopped rather fine.

Serve in taco salads, tacos, tostadas, etc.

### TOSTADA SHELLS (Creative Health Institute recipe)

3 cups golden flax seeds (ground very fine)

2 cups fresh corn or frozen and thawed

1 cup sprouted sunflower seeds (soak overnight)

1/8 cup alfalfa sprouts (if desired)

2 Tbsp minced sweet onion

3 tsp minced garlic

1 tsp chili powder

1 tsp cayenne powder

1 tsp cumin powder

Sea salt to taste

Water or rejuvelac as needed to make a spreadable batter

Blend all ingredients to smooth consistency...add liquid so not too thick. Be sure to have liquid in bottom of blender when you start so it's not too thick for the motor...

Pour batter onto teflex sheets or parchment lined dehydrator trays...and spread into rounds the size of tostada shells...I could get 4 on each tray.

Dehydrate 3 hours or until able to flip over

Flip over and remove teflex or parchment paper and continue to dehydrate til desired doneness.

(for tostadas till crisp and for soft shell tacos till fairly dry, but flexible.

At 105 degrees this took about 16 hours or so.

To serve, top with "almost refried beans", "not so cheese", salsa, chopped veggies, etc.

### MEXICAN ALMOST REFRIED BEANS

2 cups garbanzo beans soak overnight and then sprout

2 cups sunflower seeds, soaked overnight

1 ripe avocado..put in last-carrier of flavors and makes it smooth

3/4 cup sun dried tomatoes

1/8 cup extra virgin raw olive oil

1/2 - 1 cup water

1/4 cup Nama Shoya or Bragg's Aminos (or Coconut Aminos)

1 onion

2 small cloves of garlic

3-6 tsp ground cumin (I used full amount)

2 tsp dried or fresh cilantro

2 Tbsp nutritional yeast

1-2 Tbsp Celtic sea salt ....start small and add to desired saltiness

2 tsp chili powder

Put all ingredients in blender and blend till smooth consistency...add water as needed...be sure to have liquid in bottom of blender when starting as not to overwork the motor on your blender.

Serve on tacos, burritos, as a dish or with raw corn chips

Layer between tomatoes, shredded lettuce, raw black olives, pine nut cheese and wrap in a collard green.

Serve with sliced mangos, onions, avocados and green peppers

### NOT SO CHEESE

1 red bell pepper  
1 clove garlic  
1 Tbsp Tahini  
1 ½ cup raw cashews, soaked overnight and rinsed  
1/8 cup nutritional yeast  
1 – 1 ½ tsp sea salt  
1 tsp onion powder  
¼ - ½ tsp mustard powder  
¼ - ½ tsp paprika  
¼ tsp turmeric 1 Tbsp Lemon juice  
½ cup extra virgin olive oil  
¼ cup water as needed to blend  
Blend all until smooth and creamy. Adjust to taste.

### GRAZIA'S DARK CHOCOLATE MOUSSE PUDDING

4 medium ripe avocados  
¼ cup plus 2 Tbsp raw cocoa powder or to taste. This amount makes it a full, rich dark chocolate flavor. Add less if too strong. (Available by Foods Alive, check at Nature's Cornucopia. I get mine from 3 Rivers Co-op in Ft. Wayne.)  
½ cup raw turbinado sugar or mix half and half with pure maple syrup (or sweeten to taste)  
½ cup softened coconut oil (Nutiva)  
1 tsp natural vanilla extract  
Blend avocado till smooth in a food processor. Add softened coconut oil and continue to blend till smooth. Add remaining ingredients, leaving cocoa till the last. Add and pulse till blended, then blend a few minutes till smooth and creamy.  
\*Option – Add one ripe banana to the above mixture  
Yummy topped with fresh fruit in season. I love adding strawberries, blackberries, kiwi and banana. Also, sliced raw almonds and coconut.

### BLENDED FRUIT DESSERT

1 Banana  
1 Pear  
½ of a 12 oz bag of frozen peaches  
½ of a 12 oz bag of frozen mango  
Blend all together in a vita mix and serve...a yummy frozen/slush treat.