

MAY 2013 RAW FOOD MEET- UP RECIPES

Garden Vegetable Salsa

1 cup fresh corn (or frozen and thawed)

½ cup celery chopped

½ cup tomato chopped

½ cup red bell pepper chopped

½ avocado chopped

¼ cup sweet onion chopped

3 Tbsp minced cilantro

Juice of 1 lime

½ tsp [salt](#)

½ tsp cumin

¼ tsp cayenne pepper or to taste

Mix all together and serve. Great with flax crackers, on salad or by itself

MARINATED VEGETABLES

3 small zucchini

1 red pepper ½ bunch kale washed, de-stemmed and chopped

2 cups spinach chopped

3 carrots

6 shitake mushrooms washed, and de-stemmed

Sun dried tomatoes

Marinade:

3 Tbsp olive oil
2 Tbsp lemon juiced
2 cloves garlic minced
Salt and pepper to taste

Place all veggie ingredients in a food processor and cut fine like for a slaw or hand cut/chop.

Mix all marinade ingredients and toss with veggies to coat. Dehydrate for about 1 hour at 115 F. Serve with **Cashew/Almond Dressing...recipe to follow.**

CASHEW DRESSING

$\frac{3}{4}$ cup raw cashews
 $\frac{1}{4}$ cup raw pumpkin seeds
1 Tbsp cashew or almond butter
2 dates pitted
3 Tbsp lemon juice
3 Tbsp minced onion
 $\frac{1}{2}$ tsp ginger juice or $\frac{1}{2}$ - 1 tsp grated ginger or you may be able to try powdered ginger (apx $\frac{1}{4}$ tsp)
2 Tbsp Bragg's Aminos
3 shakes cayenne pepper
 $\frac{1}{2}$ - $\frac{3}{4}$ cup water

Blend all together and serve over **Marinated Veggies** or zucchini pasta/kelp noodles etc.

QUICK ASIAN SLAW

4 cups packaged broccoli slaw or regular slaw

2/3 cup diced onion

1 cup shredded carrot

2 Tbsp chopped cilantro

¼ cup chopped almonds

4 tsp [black sesame oil](#)

3 Tbsp rice vinegar

½ tsp red pepper flakes

Combine slaw, onion, carrot, cilantro and almonds in large bowl

Mix oil, vinegar and pepper flakes and pour over veggies and toss to coat.

GOMAIISO (a Japanese condiment)

2 parts ground [black sesame seeds](#)

1 part salt

Mix together and store in a shaker jar. Sprinkle on food as desired. (Sesame seeds contain: calcium, fiber, protein, phosphorous, iron, magnesium, and more)

COCONUT CHEWS

2/3 cup coconut oil

1/2 teaspoon vanilla

1/3 cup raw organic Agave nectar

3 tablespoons raw [Cacao Powder](#)

3 tablespoons [Maca Powder](#)

3 tablespoons [Goji Berries](#)

3 tablespoons [Hemp Protein Powder](#)

3 tablespoons [Chia Seed Protein Powder](#)

3 tablespoons [Chia Seeds](#)

1/2 cup sprouted almonds chopped

2 cups coconut chips

Melt Coconut oil over low heat. When melted remove from stove and add blue agave, vanilla, and cacao. Stir until smooth. Stir after adding each additional ingredient. The mixture should be thick. Place spoonfuls of dough on wax paper lined cookie sheets and place in refrigerator. After set, place in air tight container and store in refrigerator.

If dough mixture is too thin add more coconut or dry ingredient. It is also good adding a heaping tablespoon of almond butter with the coconut oil and butter.

Add more blue agave if you want a sweeter cookie

DOUBLE CHOCOLATE CHERRY CHEESECAKE (Kristen Suzanne's Ultimate Raw Vegan Chocolate recipes)

Crust:

1 ¾ cups raw pecans or walnuts or mixture

½ cup raw [cacao nibs](#)

1/8 tsp [Himalayan crystal salt](#)

¾ tsp cherry extract (I used almond extract)

1 Tbsp raw [cacao powder](#)

¾ cup raisins

Grind nuts, cacao nibs and salt in a food processor, fitted with the "S" blade, until coarsely ground.

Add cherry extract and cacao powder and pulse to thoroughly combine. Add the raisins and process until the mixture sticks together when pressed. Press crust mixture firmly into bottom of spring form pan (or other deep dish type pie or quiche pan). Place in a freezer while you make the filling.

Filling:

3 cups raw cashews

½ cup raw agave nectar

6 soft dates, pitted

½ cup fresh lemon juice

¼ cup water

2 tsp cherry extract (I used almond extract)

1 cup coconut oil

¾ cup raw cacao powder

2 Tbsp soy lecithin (I did not use this)

Place the cashews in a bowl and cover with enough water by about an inch. Let them soak for 1 hour. Drain off the water and rinse.

Blend all ingredients, except soy lecithin in a food processor until creamy (5-7 minutes). You may need to stop every couple of minutes to scrape down the sides. Add the soy lecithin and briefly process to mix. Pour the filling on top of the crust and smooth the top of it with an offset spatula.

Place the cheesecake in your refrigerator for a couple of hours to set (or you can use your freezer).

Coulis:

1 (10oz) bag frozen cherries, thawed

¼ cup raw agave nectar

1 tsp fresh lemon juice

Pinch of cinnamon

Blend all of the ingredients together and serve a tablespoon (or more) over each slice of cheesecake when serving.

DATE NUT BARS

2 cups raw walnuts

3 cups Medjool dates

1 cup organic coconut

Put everything a food processor and coarsely chop. Afterward press in dish and chill in freezer. Cut to desired sizes and enjoy! Easy and delicious!