

MAY 2016 RAW FOOD MEET UP RECIPES

Jicama Salad

2 lbs Jicama (cubed small)

1 Red Pepper diced

2 stalks Celery diced

1 med Red Onion diced

1 Avocado diced or cubed

4 tsp Dill

1 Tbsp Cilantro

2 cups soaked Cashews

½ cup soaked Sunflower Seeds

1 clove Garlic

½ tsp dill

Pinch Himalayan Salt

¼ cup Apple Cider Vinegar

Dash Black Pepper

Blend cashews (or tahini sauce), sunflower seeds, garlic, apple cider vinegar, dill, salt, pepper. Pour over salad, mix together and chill 1 hour.

Cacao/Coconut Super food Treats

2/3 cup coconut oil (liquid consistency)

½ tsp vanilla

1/3cup (or to taste) maple syrup or agave or honey

3 Tbsp each: Cacao Powder,

Maca powder

Hemp protein powder, Chia seeds

Goji Berries

White Mulberries, Cacao Nibs

½ cup chopped Almonds

2 cups shredded Coconut

Mix liquids and powders. Add in the other ingredients and mix well. Form into small balls. Freeze or refrigerate.

Green Smoothie

1 cups juice

1 cups water

2 large handfuls fresh spinach (1/4#)

½ cup Pineapple

½ apple

2 medium bananas

Put liquids in blender. Add greens and blend till smooth. Add fruits and blend.

Makes 1 quart. Opt: other fruits and berries, avocado, flax oil

Deb's Salad

Arugula

Broccoli Sprouts

Roasted Pumpkin Seeds

Dressing:

1/3 cup olive oil

Sea Salt

Juice of 1-2 Lemons

Mix dressing and toss with other ingredients

Rainbow Slaw Rice Wraps

3 cups finely chopped red cabbage

1 Tbsp organic white vinegar

1 Tbsp gold flax oil

1 tsp Himalayan salt

1 tsp Garlic Powder

Mix together and allow to sit at room temperature 30 min-1 hour.

Place in Rice wrap or green leaf wrap (swiss chard/ lettuce...)

Pad Thai

Zucchini squash, peeled and spiralized to make spaghetti type noodles

Red bell pepper

Yellow red pepper

Sweet potato, spiralized or julienne type pieces

Toss veggies together and top with following dressing.

Dressing:

Blend 1 cup Foods Alive Asian Dressing with 1/3 Almond butter

Fig Bars

Figs

Dates

Soaked cashews/walnuts

Raw pumpkin seeds

Chia seeds

Wild orange essential oil

Vanilla

Process nuts and seeds in food processor with dates and vanilla. Put one layer of this mixture on bottom of a pie pan. Filling is Figs, Dates, Orange Oil...spread this in middle and top with another layer of nut mixture.

Kraut:

3 heads green cabbage

3 medium carrots

3 large kale leaves

1 ½ tsp Caraway seeds

2 Tbsp Himalayan Salt

Shred vegetables and place in a large bowl. Add Caraway seed. Sprinkle with Himalayan salt and massage into the “slaw” for several minutes or more. Let set 5 hours or so. Place ingredients into a crock (or you can use large mouth glass jar), a little bit at a time, pressing down into crock and “pounding” with a wooden tamper so that it is really packed tight. Continue until all “slaw” is in container. Be sure all vegetables are covered with its juice. If not covered with liquid, add water to cover. Let set in crock or jar on counter for about 2 weeks until desired flavor. Timing will depend on room temperature...warmer it is, the faster the fermentation process. Add water as needed to keep ingredients covered. When you feel it's ready, store in fridge. It will continue to ferment, but at a much slower rate when it is in fridge.

This makes about 4-5 quarts of kraut. If you want to make less, just decrease the proportions. Add other veggies...make it however you like. (garlic, green beans, asparagus, red cabbage, etc...)

Chocolate Mousse

4 Avocados

1 cup Raw Agave

1/8 cup Alfalfa Sprouts

1/2 cup Cacao Powder

1/2 tsp Vanilla extract

1/2 cup ;filtered water

Put all ingredients into blender and process until smooth. Pour into fancy dessert dish. Serve or chill.

Garnish with fruit if desired. Serves 4.