

RAW FOOD RECIPES NOVEMBER 2010

EGGLESS NOG

½ cup raw almonds

Meat from one young coconut (save coconut milk)

3 dates

3 Tbsp raw agave syrup

1 ½ tsp cinnamon

½ tsp nutmeg

½ tsp cloves

3 cup water (use coconut milk and water)

Blend all ingredients in Vita mix or other good blender. Strain liquid through a nut milk bag or clean cotton cloth (t shirt). Serve cold. (Save the pulp for making “raw cookies” etc...freeze if you won't be using it right away). Makes 24 oz.

CHOCOLATE SHAKE

2 frozen bananas

3 cups almond milk

2 tsp vanilla extract

¼ cup raw agave nectar

2 Tbsp raw cacao powder

1 Tbsp almond butter

Put all ingredients in a blender and start blending at low speed, increasing to high speed for 30 seconds.

For colder shake, pour into glasses and put in freezer 20 or more minutes.

VARIATIONS:

1.) Vanilla shake: add 1 tsp vanilla extract and omit cacao powder

2.) Strawberry shake: replace banana with about 1¼ cup frozen strawberries and omit cacao powder and add macadamia nuts.

ALMOND MILK

1 cup almonds (soaked at least 2 hours)

4 cups filtered water.

Blend together in good blender (vitamix)

Store in airtight glass container in fridge 3 – 4 days.

CASHEW NUT PEPPER JACK CHEESE

2 cups raw cashews (soaked in water and drained)

5 Tbsp lemon juice

1 tsp sea or Himalayan salt

1 tsp pepper

6 small cloves garlic or equivalent

¼ cup water

Blend all ingredients in a food processor until creamy. (You can use a Vita Mix) Chill.

When cheese is chilled, roll into log and roll in crushed pepper to make a cheese log or serve in a bowl with pepper sprinkled on top. Serve with veggie sticks, crackers or veggie chips. You can add anything to this base recipe: nuts, Italian seasoning, cayenne, etc...experiment.

Grazia's Version of (Raw) Marinated Turnip Greens *(makes 4 servings)*

1 bunch turnip greens (about 6 cups chopped)
1/4 c. Bragg's Aminos
2 Tbs. EVOO (olive oil)
2-3T. Balsamic vinegar or to taste
Sliced tomatoes (I used halved grape tomatoes)
Sliced kalamata olives
Garlic, finely chopped or minced to taste
Chopped red onion
Handful of frozen, thawed edamame
Handful of chopped walnuts
1 tsp. Herbemare or to taste
Cayenne pepper to taste
Fresh black pepper to taste

Mix all the marinade ingredients and a large bowl. Remove any hard stems from the turnip greens, then "roll" the leaves, cigar-like, before slicing into strips. Add the greens to the marinade and "massage" or knead them a bit until they are well coated and wilt. Allow to marinate for at least 30 minutes – the longer they sit the better the flavor!

Spinach Salad

Raw spinach leaves
Red onion slices
Dried cranberries
Raw pecan pieces
Foods Alive Sweet mustard dressing
Toss together when ready to serve.

I Can't Believe It's Just Cabbage (12 Steps to Raw)

1 head white cabbage shredded
2 Tbsp olive oil
1 tsp salt
1 lemon, squeezed
1 Tbsp nutritional yeast (optional)
Mix all together in a bowl and decorate with your favorite herb.

Fruit Salad

Pineapple
Strawberries
Granny Smith apple
Lime Juice (fresh)
Toss all together and serve

Festive Berry Wreath (very festive and beautiful)

Mixed baby greens

Strawberries

Blueberries

Raspberries

Blackberries

Dressing of choice (or Sweet Cranberry-Orange Dressing below)

Arrange greens on a large round "pizza pan" ...leave a round opening in the center (to look like a wreath)

Scatter berries around on top of the greens

Drizzle dressing over the top

place a "fruit leather bow" on top of greens and fruit in desired area to make it look like a real wreath

Sweet Cranberry-Orange Dressing

2 large navel oranges, zest if desired, and peel oranges

1 cup fresh cranberries

¼ cup olive oil

2 Tbsp apple cider vinegar

2 Tbsp agave, or more to taste

½ tsp cinnamon, optional

Blend all together till creamy and pour over salad and enjoy!

Fruit leather bow

Blend red raspberries (or other fruit) in blender

Agave to sweeten if desired

Spread blended fruit onto a teflex sheet and dehydrate till pliable...consistency of fruit leather

Cut into strips and form into a bow and place on your "salad wreath".

Cranberry Relish (unsweetened)

Cranberries

Orange

Grapes

Walnuts

Grind or chop the ingredients and mix together.

Cranberry Sauce

1 package of cranberries

4 medjool dates

1 orange juiced

Cinnamon and agave optional

Blend all ingredients till smooth. Add agave, cinnamon or more orange juice to taste.

Cranberry Salad

1 bag fresh cranberries (frozen can be used also)

1 orange (including peel)

2 apples (cored and un-peeled)

2 large stalks of celery

½ - 1 cup Walnuts

Place all ingredients in a food processor and pulse chop to desired consistency

Add agave syrup, honey or dates to sweeten

If using dates, add them to the other ingredients in the food processor.

The World's Most Beautiful Coleslaw (Raw Pleasure)

¼ med. Chinese cabbage, shredded

1/8 red cabbage, shredded

½ carrot grated ½ large red bell pepper, diced

3 shallots, sliced

1 stalk celery, sliced

¼ cup cilantro or parsley

Toss all ingredients together and mix with the following dressing. Let set for 1 hour for flavors to blend

Dressing:

¼ cup olive oil

½ cup apple cider vinegar

1 small clove garlic

1 tsp cumin

1 ½ tsp dark agave syrup

½ tsp fresh ginger

½ tsp salt

¼ tsp cayenne

¼ tsp sesame oil

Blend all ingredients together and mix with salad.

Sweet Potato soup

1 large Sweet potato (or pumpkin or butternut squash)

1 red bell pepper

1-2 Roma tomatoes

1 celery stalk, chopped

Rejuvelac or water to blend

¼ red onion or 2 shallots to taste

1 tsp salt

1 inch ginger

½ tsp chipotle (more or less)

Pinch cumin

2 cloves garlic

***Add all spices to taste

Blend all ingredients in a vita mix till smooth and slightly warm.

*** Add a generous handful of almonds and blend again till smooth

RAW MASHED “POTATOES”

1 head cauliflower, broken into florets
1/4 C cashews
2 cloves garlic, peeled and minced (or to taste)
1/4 C olive oil, or to taste
sea salt to taste
Frontier brand “Simply Organic” All Purpose Seasoning to taste
black pepper to taste

In a food processor, grind cashews fine.
Add cauliflower, and garlic, and process fine.
Add olive oil until mixture looks like fluffy mashed potatoes.
Remove from food processor and sprinkle on black pepper to taste.
Serve with gravy.

MUSHROOM GRAVY

1/2 C almonds, soaked 12 hours
1/2 C water
2-1/2 C shiitake mushrooms
1 clove garlic (or 1/4 t powdered garlic)
2 t Bragg Liquid Aminos
water, as necessary

- In a food processor, grind almonds fine.
- Add remainder of ingredients, and process to paste, adding water as necessary.

SUNFLOWER SEED DRESSING

1 C sunflower seeds, soaked and drained
1 T flax seeds
1-1/2 C celery
1-1/2 C onion
1-1/4 C red bell pepper
1 T sage to taste (or use Bell’s Poultry Seasoning)
Salt and pepper to taste
Garlic to taste (optional) (I used 1 clove)
1/2 C kalamata olives, chopped fine (I used ¼ cup)

- In a food processor, grind soaked sunflower seeds fine.
 - Grind flax seeds fine in a coffee grinder.
 - Remove ground seeds to a bowl.
 - Place all remaining ingredients, save olives, in the food processor, and mince.
 - Add olives and combine all ingredients thoroughly.
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- Place in a pie tin, or rectangular tin of suitable size and dehydrate for six hours, or until dressing has reached your desired consistency.

Raw Fudge Pudding

6 ripe avocados
2 cups agave nectar
1 ½ cup carob powder
1 ½ cup water
2 tsp vanilla
Blend all together till creamy.

Double Yummy Bars

5 Medjool dates, pitted
1 cup unsoaked almonds
½ tsp sea salt
1 ½ cup pine nuts
½ cup sunflower seeds
5 Tbsp coconut butter
1 tsp vanilla extract

Place dates and almonds in food processor until it reaches crumble size. Place in medium sized bowl. Add salt, pine nuts and sunflower seeds to mix and toss with fingers.

In separate small bowl, melt down coconut butter then add extract and stir well. Add to nut mix and toss with fingers. Place all in 8x8 pan and put into refrigerator until hardened. This recipe was an attempt to replace “rice crispy treats”.

Chocolate Fudge

The base recipe for this is a ratio of 1/3 cacao, 1/3 coconut oil, 1/3 agave, 1 tsp vanilla, tiny pinch of salt

*Melt the coconut in the sun or a dehydrator or warm water till liquid. With a whisk or blender mix all ingredients till shiny. Refrigerate until firm and enjoy.

*Add any of the following: nuts of choice, chipotle or any other thing you enjoy in fudge.

*In order to make a more “chocolate bar” like chocolate, add cacao butter and change the ratios to ¼. Freeze until solid.

*To make chocolate sauce, eliminate the coconut oil and serve over ice cream.

*This is a recipe that varies depending on taste. Experiment and enjoy.

“Reeses” Peanut Butter Balls

½ cup natural peanut butter
Scant ¼ cup coconut oil
4 Tbsp cacao powder
¼ cup honey (or agave)

OR

¾ cup nut butter (cashew // almond)
¼ - ½ cup coconut oil
2 Tbsp cacao powder
2 Tbsp maca powder
¼ cup honey (or agave)

Mix nut butter and oil till well combined. Then add the rest of ingredients and refrigerate for 1 hour. Roll in crushed pumpkin seeds, hemp seeds or shredded coconut.

Pumpkin Pie

Crust:

2 cups pecans
1 cup dates
½ tsp cinnamon
½ tsp cacao powder
Pinch salt

Blend in processor till crumbly and press into pie pan

Filling:

3 ½ cup cubed pumpkin (can also use sweet potato and carrot mix)
1 ripe avocado
1 ½ cup dates
½ Tbsp coconut oil
1 tsp pumpkin pie spice
¼ cup water
1 Tbsp psyllium husk powder

Blend pumpkin in food processor first.

Transfer to blender and add remaining ingredients to blender.

Blend till smooth and pour into pie pan over crust. Let it set up in frig.

Cashew –Coconut Cream Topping:

1-2 cups cashews (soaked and drained)
The meat of 2 young coconuts
2 Tbsp agave
½ vanilla bean (or equivalent extract)
1-2 Tbsp coconut oil

Blend cashews, add coconut meat and blend. Add agave, vanilla and coconut oil and blend.

Refrigerate to firm...minimum 1 hour. Put on top of the pumpkin pie when serving.

Cranberry Apple Pie

Ginger Cookie Crust:

1 ½ cup raw brazil nuts
¼ cup agave nectar
1 Tbsp raw coconut oil
1 tsp cinnamon
½ tsp grated fresh ginger
Pinch of salt

Place Brazil nuts in food processor and process until finely ground. Add all remaining ingredients and process till sticky. Scrape into a 9" pie pan or an 8-9" spring form pan and press evenly into the bottom. Place in freezer to set.

Cranberry apple Filling

1 cup roughly chopped apples
¾ cup agave nectar
1 Tbsp cinnamon
¾ tsp grated ginger
1 cup cranberries (fresh or frozen and thawed)
1 ½ cup finely diced apples
4 tsp ground chia seed

Place roughly chopped apple, agave, cinnamon and ginger into food processor and process to puree the apple. Add the cranberries to food processor and pulse chop, but not puree. Scrape into bowl and add finely diced apple and chia seed and mix well. Pour over the crust and put back in freezer for 3 hours. Cut into slices while frozen. Thaw completely to serve.

Cinnamon Swirl ice Cream

1/3 cup agave
1 Tbsp cinnamon
1¼ cup water
1 cup raw cashews (soaked 2 hours and drained)
½ cup agave 1/3 cup coconut butter (not oil)
2 vanilla beans or 1 tsp vanilla extract
Pinch of salt

In small bowl, whisk together 1/3 cup agave with cinnamon and salt. Place in freezer to chill. In a high speed blender, combine water, cashews, ½ cup agave, coconut butter, vanilla and salt. Blend until very smooth. Pour into an ice cream maker and process until rich and creamy. At the last minute, add the chilled cinnamon mixture and process until ice cream is nicely swirled. Serve with pie.

Kale Chips

2 large bunches of kale, remove stems and tear into large, bite-sized pieces
1 Tbsp fresh lemon juice
1 tsp sea salt
3 Tbsp olive oil

Mix ingredients very well and massage into kale so that it is well coated. Place on parchment paper on trays and dehydrate until very crisp, apx 7-8 hours @ 105F.

Krispy Kale Chips (CHI)

3-4 large heads of kale, washed, de-veined (save veiny leaves for green smoothies)
1 cup sesame Tahini (I ground sesame seeds in my coffee grinder and added a little olive or flax oil to make a nut butter consistency)
½ cup raw soy – Nama Shoya (I used Bragg’s Aminos)
¼ cup raw apple cider vinegar
½ cup water
½ small yellow (or red) bell pepper
1 whole lemon juiced
½ cup nutritional yeast
3 cloves garlic
1 Tbsp onion powder or 1/8 small onion
1 tsp salt
Wash kale, tear off leaves and strip off middle vein
Blend ingredients until smooth, will be thick, but pourable. Add water or Rejuvelac as needed.
Pour mixture into a bowl and combine with kale.
Massage the mix into the kale so kale is coated on both sides.
Cover dehydrator tray with parchment paper or Teflex sheets
Make a single layer of the “chips” on each dehydrator tray
Place in dehydrator for 8-10 hours @ 105 – 110F
Remove from dehydrator when chips are crisp.
Store in airtight container.

BROCCOLI SALAD

1 head Broccoli use stems (peeled) and florets
1 clove garlic
1 small onion
Place all of above in a food processor and pulse chop
SAUCE:
2 oranges
1 lemon
¼ cup olive oil
Raisins (I used ½ cup...or more to your taste)
Sunflower seeds (I used 1/ cup...or more to your taste)
I peeled the fruit and used the inside along with the olive oil and blended them in a food processor. I also added the raisins and sunflower seeds to this and processed them a little.
Mix with the veggies and serve.

Patty's Carrot Cake

This was my first attempt at a cake and I am new to raw foods, so it was a bit like jazz improve.... From what I recall, these are the ingredients:

6 cups of carrot pulp
2 cups dehydrated almond pulp
24 dates
2 cups rejuvalac
A little salt
1 tablespoon honey
¼ cup agave nectar
1 cup flax
1 T allspice
1t cloves
1 t cinnamon
3 cups sunflower seeds

Nutcream Frosting

½ cup macadamia nuts
2 ¼ cups walnuts
5 dates
About ¼ cup raisins
2 cups
Pinch of salt

(Note I also added in some coconut butter and tried to blend it in but it did not mix well – so this may have a but if a coconut flavor but I pulled out the coconut bit for the most part. If you like the hint of coconut, I suggest some coconut flakes instead of the oil).

I mixed things together by hand and in the Vegimix Blender. I had forgotten to add the raisins so I pushed them into the top of the cake and I liked the look after doing so. It might be nice to just glaze the top instead of using the frosting I used but I felt like trying out a frosting.

I put the cake in a spring-form pan in the dehydrator on 118 for two hours and then put it in the refrigerator overnight. Then I made the frosting and frosted the cake. A little garnish and then viola, my very first raw dessert.

If you would like to follow my raw-food wellness journey through my blog, visit...

Sustenance4life.blogspot.com.