

## **NOVEMBER 2013 RAW FOOD MEET-UP RECIPES**

Another great website to check out: [www.rawmazing.com](http://www.rawmazing.com)

### **Raw Creamed Corn**

- 4 cups organic sweet yellow corn kernels, May use frozen. (4 large ears)
- 1/2 cup cashews, soaked 2+ hours
- 1/2 cup water or liquid from thawed corn
- 1/4 tsp fresh cracked black pepper
- 1/4 tsp sea salt
- 2 tsp fresh minced parsley

### **Preparation:**

1. After soaking the cashews, drain and rinse. Place in blender.
2. Add 1 cup of corn kernels, water, pepper and salt. Blend until smooth. Pour into a bowl.
3. Add the remaining 3 cups of corn and minced parsley. Mix well.
4. Serve at room temp or warm in the dehydrator at 115 degrees (F) for 30 + minutes, until warm to touch.
5. Keep left overs stored in the fridge for 2-3 days.

### **Simple Pecan Pie**

1 date pitted and wrapped around 1/2 pecan

So easy and so delicious!

### **Apple Banana Fruit Leather**

4 tart apples

2 bananas

Peel and core apples

Put apples and bananas in blender. Blend until smooth. Pour little circles on dehydrator sheets. Dehydrate at 95F for 8-12 hours. Peel off sheets and roll up.

## Raw Pumpkin Cranberry Ginger Parfaits

### Pumpkin puree:

½ medium pumpkin, peeled, seeded and cut into chunks (needs to be a sugar pumpkin)

¼ - ½ cup water

1 tsp cinnamon

2 Tbsp maple syrup or other sweetener of choice

Place pumpkin, cinnamon and sweetener in food processor or high-speed blender. Pulse until pureed, adding water as needed. You will have to scrape down the sides while processing.

### Ginger Whipped “Cream”

½ cup raw cashews, soaked overnight, rinsed and drained

½ cup water

¼ cup coconut oil, melted

2 Tbsp fresh ginger, grated

2 Tbsp maple syrup or sweetener of choice

Place cashews and water in high-speed blender. Blend until smooth. Add melted coconut oil, fresh ginger and sweetener. Process until well blended. Transfer to container and chill until set.

### Cranberry Layer

1 cup fresh or frozen and thawed cranberries

¼ cup maple syrup or sweetener of choice

Place in food processor and process until puree is achieved. Make a little chunky.

### Pecan Layer

1 cup raw pecans

1 tsp cinnamon

Place pecans and cinnamon in food processor. Pulse until chopped.

### Assembly

In parfait glasses, place a layer of pecans, topped with a layer of the pumpkin puree, then a layer of cranberries and finally a layer of ginger whipped “cream”. Repeat these layers and top the final “whipped cream” with pecans.

This can also be put in a larger deep glass bowl instead of individual parfait glasses.

### **Greens and Red Beet Salad**

Mixture of Romaine, Arugula, Cilantro and Parsley

Tomatoes, cucumbers, red cabbage

Peeled and shredded raw red beet mixed with equal amounts of apple cider vinegar and honey (apx. 1 Tbsp. each to one whole beet)

Raw pumpkin seeds

Put greens in a large bowl, mix with chopped tomato and cucumber and red cabbage. Top with red beet “slaw” mixture and pumpkin seeds.

Serve with your favorite dressing

### **Fermented Veggies**

23 # green cabbage

1 bunch kale

2 # onion

8 medium cloves garlic

4 Tbsp dill weed

2 Tbsp Kelp powder

¾ cup fresh lemon juice

¾ cup dulse flakes

½ cup sea salt

Coarsely chop all veggies. Add lemon juice and other ingredients. Massage salt into veggies and work it well, till it creates a liquid. Pack into crock and make sure liquid covers veggies. Place a weight on top to keep under the liquid. If you need to have more liquid, you can take some of the mixture and blend it and then pour it over the veggies. Keep in crock for 2-4 (or maybe 6 weeks). The amount of time will depend on the temperature of the room...if it's summer time and hot, will take less time, but winter and cooler temps will probably take 4 or maybe 6 weeks. Taste as you go (be sure to use clean silverware when tasting out of crock). When it is ready and tastes right, put in clean glass jars with tight fitting lids and store in frig. Remember, warmer temps make it ferment faster. Refrigeration slows the fermentation process. Eating fermented foods helps put good bacteria (pro-biotics) back into your gut!

\*\*\*\*this recipe makes a lot...you can cut it down for smaller batches.