

NOVEMBER 2014 RAW FOOD MEET-UP RECIPES

CARROT SALAD

5 large fine grated carrots
1/2 c shredded coconut-raw, unsweetened
1/2 c organic raisin
1 1/2 cups fine graded pineapple
Stir well,
Chill at least 1 hour to sweeten

RAW-licious Oatmeal



I can't say enough about this oatmeal except that it is my favorite meal of the day. It's incredibly delicious, filling, energizing and nutritious. It blows away the packaged stuff we ate as kids. I use oat groats which are pictured above. These are the whole cereal grains and look a little like brown rice. However, you can use steel cut oats if you don't have the groats. Here's how you make it:

Take 1 cup of **OAT GROATS** (or **STEEL CUT OATS**) and pour them into a large bowl. Then cover the oats with **WATER** and soak them for around 12 hours.

After soaking the oats, drain out all of the water and pour oats into a **FOOD PROCESSOR**.

Next, add 1/2 of an **APPLE** cored into the food processor. Cut the apple into small chunks.

Then, add a 1/3 cup of **RAISINS** into the food processor.

Next, sprinkle ground **CINNAMON** on top of all ingredients in the food processor.

Add 2 tablespoons of **WATER** into the food processor.

Mix all ingredients in food processor for several minutes until it reaches a smooth, creamy consistency.

Serve yourself some in a bowl.

To take it up another notch and give it a little crunch, try sprinkling **CHIA SEEDS and **WALNUTS** on top.

Eat and enjoy!!!

PEA GUACAMOLE (Mary McDougall....the McDougall Program)

2 pounds frozen green peas, thawed

1 tsp crushed garlic

¼ cup lime juice

½ tsp cumin

1 tomato chopped

4 green onions chopped

½ cup chopped fresh cilantro

1/8 tsp hot pepper sauce

Sea salt to taste

Put peas, garlic and cumin in a food processor and process till smooth. Scrape mixture into a bowl and add other ingredients. Cover and refrigerate at least 30 min. to allow flavors to mix.

RAW AVOCADO RANCH KALE BEET SALAD

1 bunch kale (ripped in pieces)

1 Red Beet shredded

DRESSING:

1 tsp onion powder

2 Tbsp raw apple cider vinegar

1-2 Tbsp lemon juice

½ garlic clove

½ tsp garlic powder

1 Tbsp dried parsley

1 big avocado

Salt and pepper to taste

Water to thin if needed

Blend dressing ingredients till creamy and toss with kale and beet.

TOMATILLO/BERRIES (for full recipe, see October 2014 meet up recipes)

Tomatillos (cut in half)

Blueberries

Lime

Mint

Toss together.

SLICED YELLOW HEIRLOOM TOMATOES WITH MIKE'S SPECIAL FLAX OIL DRESSING

BRIANNA'S SLAW

Cabbage

Dakon radish

Carrot

Celery

Shred vegetables

DRESSING:

Extra Virgin Olive oil

Raw Honey

About 1 cup apple cider vinegar

2 Tbsp Dijon mustard

2 tsp Super Tonic (Brianna used pulp and liquid for this recipe...she didn't strain it)

SUPER TONIC

Equal amounts by measurement (eg cup, ½ cup, etc):

Ginger root

Horseradish

Onion

Garlic

Cayenne peppers (start with half amount of other ingredients and add to your heat tolerance)

Place all ingredients in blender with Raw Apple Cider Vinegar. Blend till a mash.

Pour into a glass container and add extra Apple Cider Vinegar till it is several inches above the mash. Place an airtight lid on top and store for 14 days or more, shaking a couple times every day to mix. Strain liquid from pulp and store liquid in a glass bottle/container. Take a tsp or so if this tonic by mouth to help ward off colds/flu/scratchy throat/etc. You can add a little honey to it if desired. This can be very warm due to the hot peppers, so take your time and when starting out.

RAW CHEESECAKE (from Halleuljah Kids recipe book)

CRUST:

2 cups raw almonds

½ cup pitted dates

¼ cup grated coconut, unsulphured, unsweetened. (I left the coconut out)

½ tsp Celtic Sea Salt (I used Himalayan salt)

Combine all ingredients in bowl of food processor and process using the S blade. Press into pie plate or individual cupcake pans

FILLING:

4 cups raw cashews, soaked in water to cover 2 hours and drained

$\frac{3}{4}$ cup fresh lemon juice

2 bananas

1 tsp ground flax seed

$\frac{3}{4}$ cup raw honey (I used maple syrup)

1 tsp vanilla

Place all ingredients in food processor and blend using the S blade until smooth and thick. (I used a Vita Mix). Pour filling over crust.

SAUCE:

2 cups fresh pitted cherries (or strawberries, blueberries, raspberries or blackberries)

$\frac{1}{2}$ cup pitted dates

Place ingredients in food processor and blend using the S blade. Pour over pie.

OPTIONAL: Top with slice whatever berry you used and sprinkle with coconut.

Set in the freezer for an hour or more. Serve frozen. (I took them out of freezer a little before serving and it was a little softer...either way is delicious!)