

October Raw Food Recipes 2010

Raw Pumpkin Pie

-FOR THE CRUST-

2 Cups Pecans (unsoaked)
1 Cup Dates (Pitted, chopped)
1/2 teaspoon Cinnamon
1/2 teaspoon Cacao or Carob Powder

-FOR THE FILLING- (this can be eaten like pudding also)

3.5 Cups Cubed Pumpkin
1 Ripe Avocado (peeled, seedless)
1.5 Cups of Dates (pitted)
1/2 tablespoon Coconut Oil
1 teaspoon Pumpkin Pie Spice
1 tablespoon psyllium powder (to help thicken)

-FOR THE TOPPING- (optional)

1 Cup Almonds (soaked)
Squirt Maple Syrup (or Agave or honey)
1 Teaspoon Vanilla
Water

Preparation:

CRUST: Combine the pecans, dates, cinnamon, cacao/cocoa powder and sweetener in a food processor or high speed blender ([Vitamix](#)). Pulse chop until blended. Press into a pie pan evenly and set in the fridge.

FILLING: Chop the diced pumpkin cubes in a food processor until finely chopped. Transfer the pumpkin into your [Vitamix](#) and add the avocado, coconut oil, chopped dates, pumpkin spice, psyllium powder, & sweetener until thoroughly mixed. Pour into the pie pan over the crust. Sprinkle some cinnamon over top. Set in the fridge.

TOPPING: Blend the almonds, sweetener, vanilla and some water to control the consistency of the cream you want, more water for a thinner base or less for thicker. You can also add some cacao/cocoa powder to make a chocolate version, but you will need a little more sweetener.

-Everything should be ready within an hour, I like to let mine sit in the fridge for around 2 hours but anything works.

Peroshkis (Raw Family Signature Dishes)

Slice **2 lbs celery** (about 1 large bunch) into 1 inch chunks. Fill food processor halfway full. Grind well with S-blade. Scoop into a large bowl. Repeat as necessary until all celery is ground.

Chop a **head of cabbage** in half. Chop both halves into 1 inch squares. Process the same way as the celery but leave some of the last bunch in the processor.

Chop **2 large carrots** into 1 inch rounds. Grind thoroughly with last of cabbage. Add **2 Tbsp extra virgin olive oil** (optional), **6-9 pitted dates**, and **3 Tbsp sea salt** (optional). Add **2 jalapenos**, more if you like it spicy. Peel and chop **5 garlic cloves** and add to processor. Peel and chop **1 medium onion**. Juice **6 lemons** and add to processor. Grind everything well. Scoop all into large bowl with celery, cabbage, and carrots.

Rough-chop **2 bunches kale**. Grind well. Add to bowl of veggies.

Fill processor with **1 lb Brazil nuts or sunflower seeds**. Grind until a flour, but not nut butter. Pour most of these into the bowl of veggies.

Rough-chop **2 bunches of parsley or cilantro**. Add to processor with nuts and grind well. Add to the veggies. Mix the dough thoroughly. Grind **8 oz flax seed** and add to dough. Mix well.

Serve as salad or scoop onto dehydrator sheets lined with Teflex or parchment paper. Sprinkle **paprika** on the peroshkis. Dehydrate at 105 to 115 degrees F for approximately 15 – 20 hours. You may remove the Teflex after 12 hours and leave on mesh sheets for more thorough drying.

Raw Stuffed Mushrooms

INGREDIENTS

- 15 or 16 white stuffing mushrooms – others will work but you may need to adjust ratios
- 1/2 cup raw pine nuts
- 3 -4 garlic cloves, crushed
- 2 teaspoons agave or honey
- 3/4 cup fresh basil chopped
- 1/2 teaspoon fresh ground black pepper
- 1/3 cup extra virgin cold pressed olive oil
- 1 fennel bulb chopped
- salt to taste

- lime juice to taste

PREPARATION

Wipe mushrooms with a solution of 2 tbsp apple cider vinegar and 1 gallon water (or let stand in water 15 minutes) Pat dry

Remove tough ends of mushroom stems

Using small paring knife score around the bottom of the mushrooms and remove remaining stem and edge flesh. Scoop out dark flesh.

Put into food processor and pulse until finely chopped.

Add other ingredients and pulse until it has a paste-like consistency.

Use a small spoon to fill mushroom caps If you have a dehydrator, dehydrate for several hours.

This recipe can also be enjoyed without being dehydrated.

Spicy Cashew Broccoli Stir No-fry (adapted from goneraw.com)

4-5 cups broccoli flowerets and chopped and peeled stems

7 stalks celery, chopped

2 cups raw cashews, chopped

1 cup mushroom slices

6 tbsp Bragg's Aminos

1-2 tbsp agave syrup

6 tsp chili sauce (I used Roland's Thai Style Spicy sweet Chili Sauce)

3-4 tsp ginger powder (or double amount in grated ginger)

Cut up broccoli into small, bite sized pieces and place into a bowl

Add celery, mushrooms, and cashews into the bowl. Add spices and sauces.

Mix together until all veggies and nuts are covered.

Let the mix marinate for at least 20 minutes if possible. The longer it sits, the better the veggies can soak up the flavor.

Enjoy by itself or serve over "raw zucchini pasta" or kelp noodles.

Broccoli Slaw (Penny)

Broccoli slaw

Sunflower seeds

Dressing:

2 Tbsp olive oil

Juice of 1 lemon

1 Tbsp nutritional yeast

¼ tsp agave syrup

Mix all together and serve

Apple Lemonade (Pat)

Juice 7 lemons and rinds from 2 of the lemons

Put juice in a gallon jug and add apple cider to fill the jug up.

This is SOOO good!

Pat's Pudding

1 cup dates (soaked)

1 avocado

2 peeled lemons

Blend all together and pour into large bowl (or individual bowls)

Garnish with fresh fruit

Fruit Salad (Sarah's)

Melon balls

Grapes

Kiwi

Strawberries

Bananas

Sauce:

Blend bananas and strawberries and a little raw sugar and pour over fruit

Fruit Salad (Vivian's)

Apples (1/2 lemon juiced and tossed over apple pieces)

Raw Cashews

Grapes

Coconut (large flaked)

Dressing:

Raw almond butter

Raw honey

Mexican vanilla

Blend together and toss with fruits and nuts