

OCTOBER RAW FOOD RECIPES 2012

Maple City Market

Lemon Poppy Seed Ice Cream with Strawberry Sauce

Banana ice cream is wonderful. And it's amazingly simple to make with just a food processor

4 bananas, sliced and frozen
juice and zest of one lemon
1 Tbs poppy seeds
1 cup strawberries
1 Tbs agave
2 Tbs chopped walnuts
1 pinch salt

1 The strawberry sauce should be made first and set aside. In a bullet type blender, puree the strawberries and agave until very smooth.

2 In a food processor fitted with an "S" blade, process the frozen bananas and lemon juice and zest until creamy like soft serve ice cream. It can take a bit of prodding and scraping to get the bananas going in the food processor, but it's worth it. Once creamy, add the poppy seeds and give a whirl or two to incorporate.

3 Serve with the strawberry sauce and walnuts

Author: Lisa Viger

Easy Fruit & Herb Flavored Water

Suggested flavor combinations: ALL CITRUS (no herbs) -- Slice 1 orange, 1 lime, 1 lemon into rounds, then cut the rounds in half. Add to jar and proceed with muddling, add ice & water. RASPBERRY LIME (no herbs) -- Quarter 2 limes; with your hands, squeeze the juice into the jar, then throw in the squeezed lime quarters. Add 2 cups raspberries. Muddle, add ice & water. PINEAPPLE MINT -- Add a sprig of mint to the jar (you can throw in the whole sprig; or, remove the leaves from the sprig, if you prefer to have the mint swimming around and distributing in the jar). Muddle the mint. Add 2 cups pineapple pieces, muddle, add ice & water. BLACKBERRY SAGE -- Add sage sprig to jar and muddle. Add 2 cups blackberries; muddle, add ice & water. WATERMELON ROSEMARY -- Add rosemary sprig to jar & muddle. Add 2 cups watermelon cubes; muddle, add ice and water.

fruit -- 2 cups berries, citrus, melons, pineapple...most fruits will work (see recommended amounts in suggested flavor combinations listed above)
herbs -- a sprig of mint, basil, sage, rosemary, tarragon, thyme, or lavender
water (tap or filtered)
ice

1 If using herbs, add a sprig of fresh herbs to jar/pitcher; press and twist with muddler or handle of wooden spoon to bruise leaves and release flavor; don't pulverize the herbs into bits.

2 Add approx. 2 cups of fruit to jar/pitcher; press and twist with muddler or handle of wooden spoon, just enough to release some of the juices

3 Fill jar/pitcher with ice cubes.

4 Add water to top of jar/pitcher.

5 Cover and refrigerate for up to 3 days.

Author: Monica Matheny

Swiss Chard Veggie Rolls (serves 6 - 8)

4 large chard leaves, rinsed and dry

2 avocados

1 tsp lemon juice

1/4 tsp chipotle spice

Himalayan sea salt to taste

2 cups jicama, chopped

1 cup carrots chopped

1 cup tomatoes, chopped

1/2 cup chopped sweet onion (optional)

1 Place avocados, lemon juice, chipotle, salt and pepper* in food processor.

2 Process until creamy and transfer to a large bowl.

3 In food processor, chop (each separately) by pulsing, the jicama, carrot, and onion. Add to bowl with avocado mixture.

4 Hand chop the tomato. Stir into avocado mixture.

5 Lay the chard leaf flat. Spoon filling into one end of the leaf. Roll.

Chef's note: You will want to remove the center stem from the chard leaf.

* Note: Pepper is listed in the directions but not in the ingredient list.

Apple Cobbler

5 apples

1.2 cup raisins, soaked 2 - 4 hours (or overnight)

1/2 tsp cinnamon
2 Tbs honey
1 tsp vanilla
1/2 tsp nutmeg
1/2 tsp sea salt

1 Peel and chop 1 apple and place with the above ingredients in food processor or blender until smooth.
2 Peel and slice remaining apples and add to the above mixture.
3 Place all in glass dish.

Topping

1 - 1/2 cup pecans, not soaked
3/4 cup dates, pitted, not soaked
1/2 tsp sea salt

1 Put all in processor and pulse until evenly ground and mixed.
2 Add topping over top of the cobbler.
3 If desired, put in dehydrator for 4+ hours

Videos and Information:

Uprooting the Leading Causes of Death

<http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death/>

How Do Nuts Prevent Sudden Cardiac Death

http://nutritionfacts.org/video/how-do-nuts-prevent-sudden-cardiac-death/?utm_source=NutritionFacts.org&utm_campaign=94f9d44ae3-RSS_VIDEO_WEEKLY&utm_medium=email

Black Verses English Walnuts

http://nutritionfacts.org/video/black-versus-english-walnuts/?utm_source=NutritionFacts.org&utm_campaign=de9f2b0e12-RSS_VIDEO_WEEKLY&utm_medium=email

Boosting Immunity Through Diet

http://nutritionfacts.org/video/boosting-immunity-through-diet/?utm_source=NutritionFacts.org&utm_campaign=54e8107795-RSS_VIDEO_WEEKLY&utm_medium=email

Raw Food Diet Myth #7

<http://www.youtube.com/watch?v=54XKWY6SU40&feature=relmfu>

How to Pick Romaine Lettuce

http://www.youtube.com/watch?v=q_YhHJc2las

How to Clean Romaine Lettuce

<http://www.youtube.com/watch?v=E77AowZ-C1g>

How to Save Money on Romaine Lettuce. (Don't Throw it Away)

<http://www.youtube.com/watch?v=RrQ2Rh66Z2k&feature=related>

Regrow Grocery Store Romaine Lettuce

<http://www.youtube.com/watch?feature=endscreen&v=xG5grykNhGI&NR=1>