

OCTOBER 2013 RAW FOOD RECIPES

RAW SPRING ROLLS

4 Cups fresh organic veggies, julienned (carrots, jicama, parsnips, sweet red pepper, cabbage, green onion)

2 Tbsp Raw [Black Sesame seeds](#)

2 Tbsp fresh grated Ginger

2-3 cloves fresh Garlic, minced

2 Tbsp fresh Lime Juice

2 Tbsp Honey

2 Tbsp [Sesame Oil](#)

1 tbsp Chili Flakes

¼ cup fresh Orange Juice

2 Tbsp Coconut Aminos

Toss all together until veggies are coated. Serve in Paleo Wraps (Collard leaf, Nori or other wraps would also work) or eat veggies plain. Thanks Monique! These were yummy!

SWISS CHARD ROLLS

Swiss Chard Leaves

Filling:

Avocado

Yellow Bell Pepper

Carrots

Onions

Salt

Coconut Oil.

Cut up veggies and mix with salt and oil. Put filling onto leaf and roll up. Thanks Susan!!!

ASIAN CUCUMBER SALAD

Dressing:

3 T. Rice Wine Vinegar

1 T. [Sesame Oil](#)

1/2 t. sugar

1/4 t. salt

Toss with:

1 lb. sliced cucumbers
2 sliced scallions or green onions
1/4 c. chopped fresh cilantro
2 T. sliced pickled ginger
1/2 finely chopped jalapeno
1 T. sesame seeds

Thank you Anne!

TOMATILLO DIP (GREEN SALSA)

6 Tomatillos
1 Avocado
A bunch cilantro
1 lime, juiced
1 jalapeno pepper
Pinch of pink salt

Blend together and sever as dip for veggies, chips or crackers

Thanks Pam!

KUMIN KALE (NouveauRaw.com)

1 Bunch of Kale, de-stemmed
1 Tbsp Lemon juice
½ Tbsp Olive Oil
¼ tsp Salt
2 Tbsp Red Onion, diced (I used yellow onion)
¼ tsp Cumin
1/8 tsp Pepper Flakes

Food process ½ of the kale till small bites and then do the other ½ of the kale the same way.

Add salt, oil and lemon juice and massage into kale.

Add other ingredients and mix well.

COLESLAW

½ Onion
3 Carrots
1 lg Green Cabbage
¼ cup plus 2 Tbsp Extra-Virgin Olive Oil
1/3 cup home-made Mayonnaise (recipe to follow)
1 ½ tsp Salt
2 Tbsp Lemon Juice
1 Tbsp Honey

Shred cabbage, onion and carrots. In separate bowl whisk together oil, mayo, honey, lemon juice, salt and pepper and pour over veggies.

MAYO:

1 Fresh egg
1 cup Extra Virgin Olive Oil

1 Tbsp Lemon Juice

Salt and Pepper to taste.

Use a whisk and drop oil in one drop at a time while whisking. Once oil and egg are mixing together well, pour a steady stream until all oil is blended in egg and other ingredients.

An easy way – use your food processor and blend egg. Add a steady stream of oil until all is blended. Add other ingredients. Thanks Brianna

BROCCOLI RAISIN SALAD (Nouveauraw.com)

SAUCE:

1 cup Raw Cashews – soak at least 2 hours, rinse and drain (I used ½ cashews and ½ raw sunflower seeds)

¼ cup Lemon Juice

2 Tbsp [Flax Oil](#)

2 Tbsp Apple Cider Vinegar

3/r cup Water

2 Tbsp Onion

1 clove Garlic

2 Tbsp [Coconut Sugar](#)

½ tsp Mustard powder

¼ tsp [Himalayan Salt](#)

Blend all ingredients and toss with the following mixture:

6 cups chopped Broccoli

1 cup chopped Onion

1 cup Raisins or Craisins or a mixture

1 cup raw Sunflower Seeds

RAW POTATO SALAD

Potatoes (grated)

Spinach (pieces)

Alfalfa Sprouts (did not use in this recipe)

Tomatoes (wedged)

Onions (sliced in rings)

Parsley (chopped)

Olive oil

Bragg's Aminos

Mix Olive oil and Bragg's Aminos and toss with veggies

Thanks Jenny!

ORIENTAL SALAD

Green Cabbage (shredded)

Red Cabbage (shredded)

Carrots (shredded)

Green Onions (chopped)

Mung beans (sprouted)

Lightly toast @ 350F:

Sesame Seeds (raw)

Sunflower Seeds (raw)

Almonds (shaved)

DRESSING:

Toasted Sesame Oil

Lemon Juice

Paprika

Garlic Salt

Onion Powder

Mix well and toss with veggies, seeds and nuts.

Thanks Jenny

THE FAMOUS ONION BREAD – DIANE HENRY

1 ½ # Sweet Onions peeled

1 cup ground Raw Sunflower Seeds

1 cup ground [Golden Flax Seeds](#)

½ cup Olive Oil

3 oz. Nama Shoyu Soy Sauce

Put onions in food processor with "S" blade and process until small pieces (not mush). Put in mixing bowl with the other ingredients and mix thoroughly. The flax will absorb liquid. Smooth onto parchment covered dehydrator trays to ¼ " thick and dehydrate for 5 hours. Turn over and dehydrate for another 3-4 hours. Break into pieces or cut with pizza cutter and store in refrigerator in an airtight container. Thank you Mary!

CHEEZY DIP

1 cup Raw Cashews soak 2+ hours, rinsed and drained

1 Red Bell Pepper stemmed/seeded

3 Tbsp [Nutritional Yeast](#)

2 Tbsp [Hulled Hemp Seeds](#)

2 Tbsp Lemon Juice

2 tsp Braggs Aminos "OR" Himalayan Pink Salt

1 tsp Garlic Powder

2 tsp Onion Powder

In blender place ¼ - ½ cup water and all ingredients. Blend. Chill 1-2 hours. Serve with veggies, pita chips or Famous Onion Bread. Thanks again Mary! Yummy!

PUMPKIN HEMP DIP

1 ½ cup soaked Raw Cashews

½ cup [Hulled Hemp Seeds](#)

1 cup fresh peeled and cubed Pie Pumpkin

1 Tbsp Apple Cider Vinegar

1 Tbsp Minced Onion

1 tsp Garlic Granules "OR" 1-2 cloves fresh Garlic for a stronger flavor

¾ tsp [Himalayan Crystal Salt](#)

½ tsp Paprika Powder

1/2 tsp Chipotle Powder

1/2 cup Water (start with half cup)

Place ingredients in blender. Use plunger to help mix. If you need more water, add slowly until desired consistency.

Serve with veggies, apple slices, chips/crackers

CREAMY GARLIC DILL ZUCCHINI PASTA (from recipe by ALISSA COHEN)

(I quadrupled this recipe and it made about 1-11/2 cup of sauce. I spiralized 2 very large zucchini)

2 MEDIUM Zucchini peeled and spiralized to make Angel Hair type pasta

SAUCE:

1/2 cup Raw Cashews ground to a powder

1/2 tsp fresh Lemon juice

3 cloves garlic, minced (start with 1 or 2, depends on your liking) (I used 2 medium cloves)

1 Tbsp Cold Pressed olive oil (I used flax oil)

2 Tbsp water

2 tsp dill (I used dry dill weed...apx. 1 tsp)

1/2 tsp last, plus extra for pasta

Prior to making the sauce, place zucchini noodles on mesh dehydrator sheet and sprinkle lightly with some salt. Slide the tray in the dehydrator on 105 degrees for about 15 minutes to warm. (I put my noodles on a cookie sheet and placed them in my oven with just the pilot light for about 30 minutes.)

Place all remaining ingredients in blender and blend until a sauce is created. (** I used a little bit more water as sauce was thick). Taste to see if more salt is needed (keep in mind there is salt on the zucchini)

Sauce can be warmed in dehydrator if wished.

Serve on top of pasta just before serving. (If mixed with pasta too long, the pasta will get a little watery)

OPTIONS: 1) If you don't have a dehydrator you can soak your zucchini noodles in hot water to warm them up.

2) Place the cashews in your food processor or Magic Bullet to make a fine meal consistency

3) If you don't own a "spiralizer" there are many ways you can make noodles.

a) use a potato peeler and make thin slices

b) use a mandolin

c) use a paring knife

d) Use a shredder.

This recipe was a hit!!! Thanks Alissa!!!

MEAN GREEN JUICE (version from "Fat Sick and Nearly Dead" movie)

1 bunch kale

2 cucumbers

1/2 - 1 bunch celery

2 inch piece of fresh ginger

1 whole lemon (I use the rind and all)

2-3 green apples (sometimes I don't have green so I use a different variety...have used pears too)

Juice all together. Enjoy! This is one of my favorites!!! (Ellen)

CLEAN CUISINE CHOCOLATE CHIA COOKIES

(this recipe is gluten free and full of healthy ingredients and it is baked in the oven)

1 1/4 cups Raw Almonds

8 pitted Dates

2 cups Garbanzo Bean Flour

1/4 cup [Organic Chia seeds](#)

1/2 cup Extra Virgin Coconut Oil, softened

1/4 cup real Maple Syrup

1/4 cup Agave nectar

1/2 tsp unrefined [Sea Salt](#)

1/2 cup Vegan Mini Chocolate Chips

Preheat the oven to 350 degrees.

Put the almonds in a food processor and process into crumbs. Transfer almond crumbs to a large mixing bowl. Put the dates in the food processor and pulse 6-7 times or until dates are well ground.

To the mixing bowl, add the garbanzo bean flour, chia seeds, coconut oil, maple syrup/agave syrup, and salt.

Combine all ingredients with a wooden spoon.

Form the mixture into Tablespoonful balls and space them evenly on a large cookie sheet. Using your index finger, make and indent in each cookie. Fill each cookie with 4 or 5 mini chocolate chips.

Bake cookies for 18 minutes. The cookies should be done at this point, but the chocolate will not be totally melted.

As soon as you remove the cookies from the oven, take the back of a spoon and gently press down on the chocolate so that it melts. Set the cookies aside to cool and harden for at least 15 minutes before eating.

Thanks Cheryl! There were no leftovers to take home! ;o)

CINNAMON APPLE SAUCE

6 large tart apples, cored and roughly chopped

3/4 cup water or as needed

1/2 cup dried dates (pitted)

3 Tbsp Lemon Juice

1 tsp Ground cinnamon

Soak dates 30 minutes, retain soak water

Place all ingredients in food processor and pulse to desired consistency. So good! Thanks Dee!

CAROB NUT FUDGE

1 cup Raw [Organic Carob Powder](#)

1 cup Nut Butter (I used peanut butter)

1/2 cup [Raw Coconut Sugar](#)

1/2 cup Maple Syrup

Mix all together and form into balls "OR" press into a pan and cut in pieces.

***You can add water to this and mix till smooth...makes a great sauce for on "Frozen Banana Ice Cream" or whatever you want to put it on. ENJOY!!! (Ellen)

SUPER TONIC

Equal amounts of fresh (volume): Ginger Root, Horseradish, Onion, Garlic and Cayenne Pepper (may want to go a little light on the hot pepper, but do as much as you can.

Place above ingredients in a blender/VitaMix. Do this in small batches...eg...1 cup of each ingredient

Add Raw Apple Cider Vinegar to blender so it is several inches above the other ingredients.

Blend till a fine pulp.

Pour mixture into a large clean glass jar and cover with tight fitting lid. Shake or stir every day or a couple times a day. Mike made a huge batch and put it in a large stainless steel pot with a lid and he stirred it.

Do this for at least 14 days or longer....month or so.

Strain the liquid from the pulp through a clean cotton cloth. Store this in a glass bottle or jar with a tight fitting lid. This will keep indefinitely.

Take a dropperful, a spoonful... or more... whenever you feel a little under the weather, been exposed to some nasty bugs or "just 'cause". It will help boost your immune system.

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