

# SEPTEMBER RAW FOOD RECIPES 2010

## SALSA

Tomatoes

Green pepper

Onion

Banana pepper

Chop vegetables and add the following "to taste":

Vinegar

Black pepper

Olive oil

Oregano

## CREAMY AVOCADO GAZPACHO (from Veg Paradise.com)

1 cup water

Flesh of 1 medium avocado, reserving 1 Tbsp for garnish

2 cup chopped cucumber

1 ½ cup chopped tomatoes

½ to 1 Serrano Chile, with seeds, sliced (optional)

1 large clove garlic, minced

1 sprig mint leaves

Juice of 2 lemons or limes

½ tsp salt

1 tsp maple syrup (can use dates or honey to sweeten)

Combine all ingredients in a blender in the order listed. Start blender on low speed for a few seconds, then switch to high. Blend until creamy and smooth, about 1 ½ minutes.

Pour into 2 soup bowls. Dice reserved avocado and gently drop them into the center of the bowl. Add a mint leaf and sprinkle diced avocado with paprika if desired. Serves 2

## "CHEESEY CAULIFLOWER"

1 head of cauliflower washed and broken into flowerets

½ cup nutritional yeast flakes (powdered)

1 -2 tsp salt

Onion powder, cumin, garlic powder optional for desired flavors

Place all into a large zip lock bag and shake up till cauliflower is coated.

Serve immediately.

\*The longer this sets, the "wetter" the coating becomes. If you are not able to eat all of it, put remainder in the dehydrator and dehydrate at apx. 115 degrees till crunchy. This makes a nice snack ...almost like popcorn.

## APPLE DESSERT (FROM Rhonda Malkmus @ Hallelujah Acres)

5-6 apples chopped

½ pineapple chopped

½ cup dates chopped

1 cup pecans chopped

1 tsp cinnamon

Mix all together and refrigerate.

## SWEET'N SASSY QUINOA made by Connie Burke

1 cup SPROUTED QUINOA (to sprout: rinse quinoa well, then soak in enough water to cover it for 2 hours. Drain and rinse. Let stand in strainer and rinse 3 x's/day. It will sprout the 1<sup>st</sup> day if you start early enough! Rinse one last time and turn into bowl. Add the following ingredients and mix well:

¼ - 1/3 cup minced sweet onion

2-3 med. Tomatoes, chopped

1 cup diced cucumber or zucchini

1/3 cup chopped apricots or figs

13 cup currants

2 Tbsp fresh mint or parsley, minced

¾ tsp sea salt.

Mix all ingredients, chill and serve.