

SEPTEMBER 2011 RAW FOOD RECIPES

Raw Stuffed Mushrooms

INGREDIENTS

- 15 or 16 baby portabella mushrooms
- 1/2 fresh red bell pepper, de-seeded & chopped
- 1/2 cup raw pine nuts
- 1/2 cup any raw walnuts
- 3 garlic cloves, crushed
- 2 teaspoons agave or honey
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper flakes
- 1/4 cup filtered water
- 1/3 cup extra virgin cold pressed olive oil
- salt to taste
- lemon juice to taste

PREPARATION

Put all ingredients except oil, water and mushrooms in a blender r food processor and blend until smooth. Add oil and water until the mixture has a paste-like consistency. De-stem mushrooms and fill caps with mixture. If you have a dehydrator, dehydrate for several hours. This recipe can also be enjoyed without being dehydrated.

Stuffed Mushrooms

- 1/3 C pine nuts
- 3 cloves garlic, minced
- 1/3 C fresh cilantro, packed leaves, chopped
- 1/3 C fresh basil, packed leaves, chopped
- 1 T lemon juice
- 1 C tomato, chopped
- 2 T Braggs or to taste

Put all ingredients into a food processor, except the tomatoes, and pulse chop several times. Stop to scrape down the sides and repeat. Add the tomatoes and continue to pulse chop until just blended. Keep a texture to pesto, it should not be a puree. Remove stems from mushrooms and stuff the filling into the cap of the mushroom. Place on a dehydrator sheet and dehydrate at 105 degrees for 2-4 hours

Cream of Spinach Soup (Raw) – Serves 4

From RAW the UNcook book by Juliano Brotman

2 cups fresh squeezed tomato, carrot and/or vegetable juice

2 cups chopped spinach

2 Tbl chopped escarole (optional)

½ medium avocado

2 Tbl minced garlic

1 Tbl minced jalapeno

2 tsp minced ginger

2 Tbl chopped green onions

¼ cup Namu Shoyu or 1-½ tsp Celtic sea salt

1 Tbl freshly squeezed lime juice

1 Tbl fresh mint leaves chopped

½ cup olive oil

1/8 cup white wine

¼ cup chopped shallots

½ cup Portobello mushrooms, thinly sliced

--In a blender or food processor, blend the juice, spinach and escarole. Add remaining ingredients and blend or pulse-chop very briefly. Chill and serve garnished with thinly sliced mushrooms

Sprout Candy

There is no sugar in this recipe.

2-cups each dried figs, dates, prunes, apricots

1-cup wheat berry sprouts

Water

Chop the fruit into small pieces. Put the fruit and sprouts through a food grinder. Add enough water to make a thick paste. Roll the paste into balls. The balls can be rolled into coconut, carob powder, wheat germ, sesame seeds, etc. Wrap in waxed paper, and refrigerate or freeze