

## FRUIT SALADS

### Pineapple Boats

Slice pineapple in half lengthwise, leaving leaves on for a festive look. Scoop out pineapple flesh and dice and mix with 1 pint chopped strawberries, ¾ cup fresh shredded coconut, 3 sliced bananas, mix, and place back into pineapple shell and sprinkle with fresh coconut for garnish.

### Fruit Kabobs

Sliced fresh fruits, whole grapes, any combination you wish. Skewer onto wood skewers. Children love doing this. Very festive look and great to eat. Serve on a bed of lettuce.

### Waldorf Salad

2 large apples, cubed

½ Cup chopped celery

½ cup walnuts, chopped

½ Cup organic raisins

1 Cup almond mayonnaise (see following recipe)

Toss together. Place on a bed of lettuce for individual servings.

### Almond Mayonnaise

1 Cup soaked almonds

¾ Cup distilled water

Juice of one lemon

3 pitted dates

1 Tbsp agar agar

2 tsp onion flakes

¼ tsp sea salt

Blend for one minute and then add ½ cup olive oil while blending. Can add cumin or chili powder instead of onion flakes for a southwestern flavor.

### Cranberry Sauce

2 Cups fresh cranberries (frozen if can't find fresh), chopped fine by pulsing in food processor. Place in bowl and add:

½ Cup organic raisins

½ Cup chopped dates

¼ Cup fresh squeezed apple juice

½ Cup raw unfiltered honey

1 raw apple and 2 ripe pears, chopped in food processor

1 chopped orange

Grate ¼<sup>th</sup> of the rind of the orange

¼ tsp each of cinnamon, ginger, allspice, and nutmeg

1/8 tsp ground cloves

Mix well. To make a jelled sauce take ½ Cup fresh apple juice with 4 tsp Agar Agar heated in a pan together and then add to dressing. Best made one day ahead to let flavors combine. If not sweet enough can add more ripe pear, honey, or raisins.

### Waldorf Wonder

2 large organic Apples  
1 stalk organic Celery  
1/3 cup unsweetened Coconut  
1/4 cup organic Raisins  
1/8 cup Walnuts (Preferable soaked overnight)  
1 teaspoon Cinnamon  
1 tablespoon ground Flax Seed  
1 cup distilled Water

Core and cut apples, chop celery and place in a blender. Add water, then remaining ingredients, and blend until smooth.

### Holiday Cranberry Sauce

1 – 12 oz. Bag of Fresh Cranberries  
1/2 cup Raw Honey  
1 tablespoon Fresh Lemon Juice  
1/3 cup Slivered Raw Almonds  
1 stalk Celery (finely chopped)  
1 Granny Smith Apple (chopped)

Place cranberries and honey in food processor. Pulse till finely chopped, but do not puree. Add lemon juice, almonds, celery, and apple, and pulse just till blended. Transfer to bowl and add enough additional honey to sweeten to taste. Chill covered at least 1 day and up to 3 days.

### Berry Fruit Salad

1 ½ Cups water  
2 tsp agar powder  
12-oz can frozen white grape juice concentrate  
1 ½ Cups frozen mixed berries  
½ Cup fresh or frozen cranberries (or increase mixed berries to 2 Cups)  
½ Cup crushed pineapple with juice  
1 small apple, finely chopped  
2 Tbsp honey  
2 Cups Cool Whip (see following recipe)

Place water in a small pan and stir in agar powder. Bring to a boil, reduce heat and simmer for 1-2 minutes. Combine remaining ingredients except for Cool Whip, including boiled agar mixture. Chill 2-4 hours. In a trifle bowl alternate layers of the fruit salad with Cool Whip. Or, layer up in individual goblets.

### Homemade Cool Whip or Icing

1 Cup water  
2 Tbsp agar flakes or 4 tsp powder  
½ Cup raw cashews  
½ Cup honey  
½ tsp salt  
1 tsp vanilla  
½ tsp coconut extract  
¼ tsp xanthan gum (optional, but needed for icing)  
1 can coconut milk

Stir together the agar and water and bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 minutes. Place remaining ingredients in blender along with the hot agar mixture. Blend on high until smooth, adding water as needed to make 3 ½ to 4 Cups total mixture (3 ½ Cups for icing, 4 Cups for Cool Whip). Chill in refrigerator. Before using, place chilled mixture (which will be firm) in the blender or a food processor and blend until creamy. Best to blend half the mixture at a time. You may need to push the mixture towards the blades with a spatula to get it to blend. Once it has been reblended it won't need to be reblended again. Freezes well for future use also.

### Cranberry Sauce

1-2 red apples, cored and cut into chunks with the skins left on  
1 seeded orange, cut into chunks  
1 12-oz pkg fresh cranberries  
1 Cup chunk pineapple  
½ Cup walnuts  
½ Cup honey

Process in a food processor fitted with metal blade. Chill until ready to serve.

### Spicy Raw Apple Sauce

4 Granny Smith apples, cored and peeled  
2 red apples, cored and peeled  
¼ Cup honey  
1 tsp salt  
2 tsp cinnamon  
3-6 dates, soaked 1 hour and drained  
1 tsp vanilla  
1 Cup organic raisins (regular raisins have high amounts of pesticides)

Process half of the apples and the other ingredients except for the raisins in a food processor until you have a sauce. Process the other half of the apples separately into a coarse texture. Combine both apple mixtures and the raisins.