

BEVERAGES AND SMOOTHIES

Carrot Juice

Organic carrot juice is one of the healthiest beverages one can drink because carrot juice is nearly identical to the blood in composition. Carrot juice is one of the strongest juices for healing. Adding in the juice of one beet and other vegetables such as cabbage and green leafy vegetables increase the nutrition. This is the greatest healing drink you can make.

Herbal Sun Tea

Celestial Seasonings Wild Berry Zinger

Put tea bags in glass tea jar with distilled water. Let sit in sun for several hours. Pour into a glass with ice.

Young Coconut Beverage

The young coconut has three eyes in bottom of coconut. Cut through one eye with a knife, insert straw, and enjoy the coconut juice.

Apple Lemonade

Juice 5 apples and ½ lemon (including rind). Mix together. Pour over ice and enjoy.

Coconut Smoothie

Blend fresh coconut and coconut water with 1 tsp cinnamon following directions for Coconut Pudding, except add more coconut water and less coconut flesh so it is not as thick as the pudding. Pour over ice in a glass. Serve with a straw.

Eggnog

Place the following in blender:

2 boxes silken tofu

2 Cups soy milk

½ Cup pure maple syrup

1 tsp turmeric

1 tsp vanilla

Blend well and chill before serving. When serving sprinkle nutmeg on top of each glass.

Fresh Apple Juice

Juice raw apples, chill and then pour into glasses with a cinnamon stick or sprinkle cinnamon on top of each glass.

Frosted Surprise

1 12 oz. can mango nectar, chilled
1 6 oz. can pineapple juice, chilled
1/3 cup cream of coconut
14 to 16 ice cubes

Place first three ingredients in the blender and blend. With blender still running, slowly add ice cubes one at a time through opening in lid until mixture is foamy and ice is in small pieces. For a stronger pineapple taste, substitute frozen pineapple concentrate for the pineapple juice (do not reconstitute with water).

Smooth Move

1 ¼ Cups plain soy milk
1 cup acai juice (available at a natural food store)
¼ Cup orange juice
1 large mango, peeled and cut into chunks
1 Cup frozen blueberries

Blend well in blender and serve.

Energizing Flax Shake

Grind 2 Tbsp of golden flaxseeds in a coffee grinder. Add 8-10 oz. of chilled soymilk and blend in blender. Variation: Add strawberries or blueberries, or your favorite fruit. This shake is a delicious meal replacement. And, when followed by 1-2 glasses of water, will reduce your appetite for the next meal.

Hot Spicy Cider

2 quarts apple juice
1 quart orange juice
2 cinnamon sticks
½ tsp nutmeg

Mix and heat until hot. Serve hot.

Heavenly Sunshine

5 large cans unsweetened pineapple juice
1 16-oz can frozen orange juice
10 bananas

Whiz bananas and orange juice in blender. Mix all together. Add ice cubes and additional water as desired to reconstitute the orange juice.

Almond Butter Milkshake

1 Cup soymilk
1 banana
2 Tbsp almond butter
3 dates
2-3 ice cubes

Blend in blender.

Raspberry Delight

½ Cup frozen raspberries
1 Cup soymilk
½ banana
1 tsp vanilla

Blend until fluffy. Makes about 2 8-oz. glasses.

Fruit Smoothie

3-4 bananas
1/4th piece of cantaloupe
1/4th piece of melon
Juice of 5 oranges
Juice of 2 lemons
Juice of 3 tangerines
Juice of 1-2 grapefruits
2 apples
2 pears
2 Tbsp flaxseed oil

Blend and drink.

Cranberry Lemonade

8 Cups water
2 Cups raw Agave Nectar (available at health food stores)
Juice of 12 lemons or limes
3 Cups cranberries

Blend 2 Cups of the cranberries with 2 Cups of the water. Stir together with remaining water, Agave, lemon/lime juice, and the remaining 1 Cup of whole cranberries. Chill. Add more Agave to taste if needed. Double the recipe and serve in a punch bowl.

Hot Carob Cocoa

Nondairy milk of choice
Black Tar to taste (see following recipe)

Warm the milk in a saucepan to the desired temperature. Add the Black Tar to taste and enjoy.

Black Tar (Imitation Chocolate Syrup)

1 1/2 Cups maple syrup
1/3 Cup extra virgin olive oil
1 Tbsp vanilla
1/2 Cup raw carob powder

Combine the above ingredients in a blender. Blend well and enjoy. This recipe keeps in the refrigerator indefinitely.

Spinach Pineapple Delight

Frozen pineapple juice concentrate
Fresh organic spinach

Dilute pineapple juice concentrate with 2 cans of distilled water instead of three. Pour 1 cup of this juice into a blender. Add several handfuls of organic spinach. If the weather is hot, may add some ice cubes. Blend well and enjoy! This drink is full of vitamins and has a delicious creamy taste. Very refreshing on a hot summer evening.

Salsa Juice

4-6 juicy ripe tomatoes
1 lime
3 sprigs fresh cilantro
1 sliver garlic
1/2 red bell pepper
1 sliver jalapeno
Juice all in juicer except the lime. Squeeze lime in by hand.

Blue Smoothie

3 frozen bananas
1/4 Cup frozen organic blueberries
1/4 Cup ground flaxseeds (grind in a seed or coffee grinder)
2 Cups apple juice or almond milk

Blend and enjoy. Great for children. Very high in nutrition.

Melons Alive

- 1 Cup fresh melon
- 1 Cup frozen melon

Use any kind of melon or combination of melons. Run through a juicer.

Eight Vegetable Juice

- ½ tomato
- ¼ cucumber
- 1 carrot
- 1 celery stalk
- 1 handful spinach
- ½ red pepper
- ½ Cup cabbage
- 1 green onion

Run through a juicer. To spice it up add a few drops of cayenne pepper and juice in a tiny sliver of garlic. Note: You can buy liquid cayenne pepper at www.herbdoc.com.

Cranberry Blush

- 1 Cup freshly squeezed cranberry juice
- 2 sweet apples
- 1 orange

Run the cranberries through a juicer until you have 1 cup of juice. Put the orange and one apple through the juicer. Peel, core, and slice the second apple. Combine the juices with the apple in a blender and puree.

Healing Beverage

- 1/3 Cup raw sunflower seeds, ground in a seed grinder or blender
- 2 Cups pineapple juice
- One large handful of fresh spinach or any other comfrey or chickweed; however spinach is highest in minerals
- One small handful fresh parsley
- 1 Tbsp lecithin granules
- 1 Tbsp cold pressed flaxseed oil
- 1 Tbsp raw honey
- Fresh mint leaves to taste, optional

Blend till smooth and drink immediately. If one's health is poor drink this twice a day. This will also help to heal hormones and the endocrine system.

Healing Tea

Mix together equal amounts of Irish Moss, Peppermint Leaf, Eleuthero Root, and Elder Berry Flower. Bring 1 Cup of water to a boil and remove from heat. Steep 1 Tbsp tea in the hot water for 20 minutes, strain and drink. You can obtain the herbs at Mountain Rose herbs (800-879-3337), from Pacific Botanicals (541-479-7777), or from Dr. Christopher's Herb Shop at www.drchristophersherbshop.com. These are the only three places that sell herbs that I trust because most herb shops get their herbs from overseas, the quality is poor, they are dirty, and they have been irradiated. This herb tea was formulated by a medical doctor who was an endocrinologist who studied herbs to find the herbs that were the highest in nutritional content and in healing qualities. He discovered that many of his patients had amazing healing happen when they drank 4-5 cups of this tea every day.

BREADS AND CRACKERS

Note: If you use white flour, use only unbleached white flour. In the bleaching process bromine is added which interferes with thyroid function and harms your thyroid. However, it is best to use white flour sparingly anyway, as the frequent use of white flour contributes to constipation, lack of nutrition, and a host of many chronic illnesses.

Challah Bread (Sabbath Bread)

Serve this bread on Friday nights to usher in the Sabbath. The seventh strand over the six braided strands represents the Sabbath being the most delightful day of the week over the other six days. No knife is used to cut this bread. Instead, each person breaks off a piece, to denote that we are looking forward to heaven where there will be no knives and no implements of war. Serve with a fruit soup and Homemade Cool Whip (see recipe in the Spreads and Sauces section).

For the Braids:

2 Tbsp. active dry yeast
4 tsp. salt poppy seeds
 $\frac{3}{4}$ cup honey
1 $\frac{3}{4}$ cups hot water
2 cups unbleached white flour (more to come)
1 $\frac{1}{4}$ cups vegetable oil
3 large eggs or egg replacer
5-6 more cups unbleached white flour

For the Glaze, optional:

1 egg
Poppy seeds

Measure yeast, salt, honey, and hot water into a bowl and stir. Mix in the first two cups of flour. Mix in the oil and three large eggs. Add four more cups of flour gradually. As soon as working with the spoon or whisk becomes difficult switch to mixing the flour in with your bare hands. Keep adding flour just until it is no longer sticky and can be formed. This dough is easy to knead because it is soft and yielding. Knead ten minutes. Put the ball of dough into a greased bowl and turn it to grease all sides. Cover with a clean towel and let rise till double. Cut into two halves, as this recipe makes two loaves. Cut one half into seven small pieces. Form two three-strand braids. Place one braid on a cookie sheet and then place the next braid on top of it. We found that the secret to keep the loaf from toppling over while rising was to make the bottom braid twice the size of the top braid. Take the seventh strand and lay it on the top, from one end of the loaf to the other, tucking it under at the ends. Do the same with the other half. Let rise till double. Take the remaining egg and beat it. Brush loaves with the beaten egg using a pastry brush. Sprinkle the poppy seeds on the loaves. Bake at 350 degrees Fahrenheit for 35 to 40 minutes until the loaves are a light golden brown. If you are vegan you can substitute egg replacer for the eggs and skip the glaze. Option: For a healthier loaf, substitute 1 to 1 $\frac{1}{2}$ cups raw wheat germ for an equal amount of flour. With a cup of wheat germ in it your loaf will still be fluffy and light and the flavor will be faintly nuttier, which some people like better.

Whole Wheat Bread

This is the best whole wheat bread we have ever tasted. It is 100% whole wheat but is lighter than most whole wheat home made breads. If you have trouble with constipation, this bread will probably cure your problem.

2 $\frac{3}{4}$ Cup hot water
 $\frac{1}{2}$ of $\frac{1}{3}$ Cup oil
 $\frac{1}{2}$ of $\frac{1}{3}$ Cup molasses
1 scant Tbsp salt
1 50 mg Vitamin C tablet, crushed
 $\frac{1}{2}$ Tbsp liquid lecithin
 $\frac{1}{4}$ Cup gluten flour
4 $\frac{1}{2}$ Cups whole wheat flour

Mix the above on low in a Bosch Bread Mixer to blend.

Add: 1 $\frac{1}{2}$ Tbsp yeast and mix on low.

Add: 2 Cups whole wheat flour ad mix. Continue adding flour $\frac{1}{4}$ Cup at a time until a ball forms and stays on the hook. Knead on low speed for 10 minutes. Prehead oven to 150 degrees. Grease bread pans. Form dough into loaves, put in bread pans, and place in oven. Turn oven off and let rise till double. Turn oven on to 350 degrees and bake for 45 minutes. Take out of the oven, remove from pans, and place loaves on cooling rack to cool.

Sweet Rolls

Make the above Whole Wheat Bread Recipe, substituting honey for the molasses. Roll the amount of dough used for one loaf of bread into a rectangle. Cover with a layer of Date Spread (see recipe below) leaving $\frac{1}{4}$ inch along one long edge free of spread. Sprinkle liberally with raisins (or can use dried cranberries or other dried chopped fruits for a variation). Roll up the long way like a jelly roll, and pinch the seam closed. Cut 1-inch rolls by cutting all the way through with a sharp knife or scissors. Place rolls cut side up on a lightly oiled cookie sheet. Let rise until double. Bake at 350 degrees for about 20 minutes or until lightly browned. Lightly brush tops with maple syrup while hot. Cool on a wire rack.

Date Spread

2 $\frac{1}{2}$ Cups chopped dates (cut with scissors is easier than chopping with a knife)
1 Cup water
1 tsp vanilla
 $\frac{1}{4}$ tsp lemon extract, optional
 $\frac{1}{4}$ tsp salt

Bring all ingredients to a boil and mash to make a thick paste.

Carrot Nut Raisin Bread

½ Cup soymilk
3 ½ Tbsp sugar
1 tsp salt
1 Tbsp butter (or oil)
1 egg, beaten (or egg replacer)
¾ Cup warm water
1 pkg yeast
½ Cup grated carrots
½ Cup chopped walnuts
½ Cup raisins
Enough flour to make a stiff dough, about 3-4 Cups (I use half whole wheat and half unbleached white flour)

Dissolve yeast in warm water. Place butter and soymilk in a pan and heat until butter is dissolved. (Or use oil instead and skip the heating.) Add all ingredients together except for flour and mix. Add flour last, adding just enough to make a nice kneadable dough. Knead for 10 minutes. Let rise until double. Shape into loaves. Let rise again. Bake at 350 degrees for 45 to 60 minutes until lightly browned.

Gluten Free Bread

3 Cups gluten free flour (see below for recipe)
1 Tbs. xanthan gum
1 Tbs yeast
1 tsp salt.
Blend together.
Add:
2 eggs or egg replacer
1 tsp cider vinegar
1/4 Cup honey or agave nectar
1 1/4 Cup warm water

Mix or knead for 3 minutes. Spoon into greased bread pan. Bake at 375 for 35 minutes. Remove from pan. Place back on the oven rack and bake an additional 5 minutes.

Gluten Free Flour

1 1/4 Cup garbanzo flour
1 3/4 Cup brown rice flour
2 Cups potato starch
2 Cups cornstarch
1 Cup tapioca starch
1 Cup sorghum or amaranth or millet flour.
If you're potato sensitive replace with cornstarch or arrowroot starch. If you're corn sensitive replace with potato or arrowroot starch.

Multi Grain Flour Blend for Bread

- 1 ¼ Cups garfava flour (garbanzos and fava beans)
- 1 ¼ Cup super fine brown rice flour
- 2 Cups potato starch
- 2 Cups cornstarch or arrowroot powder
- 1 Cup tapioca starch flour
- 1 Cup sorghum flour or amaranth flour

Mix all ingredients together.

Country Corn Muffins (Gluten Free)

- 2 Cups soaked soybeans (To soak, put 1 1/4 Cup soybeans in pan. Cover with water and let stand overnight. Will make about 2 Cups soaked soybeans.)
- 1 tsp salt
- 2-3 Tbsp honey
- 2 Cups water
- ¾ Cups cornmeal

Blend the first four ingredients until smooth and creamy. Add cornmeal and mix. Spoon into greased muffin tins. Bake at 350 degrees for 45 minutes. Let sit in pans for 10-15 minutes. They will firm up and be easier to take out of the muffin tins.

Red Hot Snacker

- 3 cups sunflower seeds, soaked in distilled water for 4 hours, and drained
- 1 Cup flaxseeds soaked with 2 Cups distilled water, let stand for one hour and do not drain
- 2 chopped tomatoes
- ½ chopped onion
- 1 tsp chili flakes
- 2 tsp whole cumin seeds
- 2 ½ tsp Celtic Sea Salt

Mix together in bowl. Put in food processor and process until creamy. Will probably need to process in food processor in two batches. Spread out very thin, about 1/8th inch on a dehydrator screen covered with a Teflex sheet. If they are thicker than 1/8th inch will have an off flavor. Cut into squares or diamonds. Dehydrate at 105 degrees for 6-8 hours, then take off Teflex sheet and dehydrate for about 8 more hours until crispy.

Melody's Fruitcake

I hate fruitcake with candied fruit and I find that most people do as well. However, most people rave over my fruitcake made with dried fruits instead of candied fruits.

- 4 Cups chopped dates
- 2 Cups whole brazil nuts
- 4 Cups walnuts, chopped
- 2 ½ Cup raisins
- 2 ½ Cups chopped dried pineapple
- 1 Cup dried apricots, chopped
- 1 Cup prunes, chopped
- 8 eggs or the equivalent in egg replacer
- 1 Cup sugar or ½ Cup fructose
- 2 Cups unbleached white flour (for gluten free, use the gluten free flour recipe under the Bread Recipes)
- 2 tsp Rumford's baking powder (Found in the health food store—a healthy alternative)
- 2 tsp salt

Tip: Cut the dried fruits with scissors instead of chopping with a knife. Combine fruits and nuts. Mix. Add eggs (or egg replacer) and mix. In a separate bowl combine sugar, flour, baking powder, and salt. Add to fruits and nuts mixture. Mix well. Grease bread pans. Pack mixture firmly into pans. Bake at 325 degrees for 45 minutes and then 300 degrees for 15 minutes or until lightly browned on top. Makes 3 regular sized fruitcakes, or 7 small fruitcakes. (I like to make them in small loaf pans.)

Raw Veggie Flaxseed Crackers

- 2 Cups whole flax seeds soaked in 2 Cups distilled water for 4 hours
- 3 Cups chopped cilantro
- 2 Cups broccoli chopped into small pieces
- 2 Cups finely diced celery
- 2 Cups finely chopped spinach
- 1 Cup finely chopped sun-dried tomatoes, soaked in distilled water
- 1 orange bell pepper, finely diced
- 2 carrots, shredded
- ½ tsp salt

These are very colorful crackers, loaded with veggies and packed with nutrition. Mix all ingredients in a large bowl. Remove from bowl and place on a Telfex sheet on top of a mesh dehydrator screen. Spread batter about 1/8 – ¼ inch thick and score for ease for breaking crackers apart. Dehydrate at 1-5 degrees for 10-12 ours, then flip crackers over, remove Telfex sheets and dehydrate for another 7-8 hours or until crisp. The Creamed Spinach Dip is very good on these crackers. If you don't have a dehydrator, you can dehydrate these crackers on a cookie sheet in the oven. Turn the oven on the lowest temperature possible and leave the oven door slightly ajar.

BREAKFAST RECIPES

Important Note: Many people eat peanut butter on their waffles, pancakes, or toast for breakfast. Peanut butter is very bad for you because peanuts contain a lot of mold or aflatoxins, which are very carcinogenic (cancer-causing). For this reason I recommend that you make your own almond butter (see recipe below) or buy raw almond butter from the health food store and use that instead. To order almonds the most inexpensive way, call an almond grower up in California and have them ship to you. If you order 50 pounds at a time you get the cheapest price. If you don't think you can use that much up before they go bad, then get together with some friends and split it. I have found that when I get my 50 pounds of almonds, if I rebag them in double bags with twist ties, then put them in a large gray container that has a snap-on lid that is waterproof (which I got from Walmart) and keep them outside in the winter, they will keep just fine. In the summer I bring them inside or put them in a freezer. So far this has kept the weevils out of them. I order my almonds from the Schaad Family Farms at 559-846-9660 and ask for unpasteurized almonds. Breakfast Tip: Any of the healthy desserts (see Dessert section) can also be used as an entrée for breakfast or for supper. Supper Tip: Any of these breakfast foods make great suppers as well.

Almond Butter

Raw, soaked almonds

Run through juicer with blank screen. May add small amount of distilled water, or Udo's oil, honey, or maple syrup. For myself I like to add flax oil and honey and salt to taste.

Fruit and Nut Sauce

I use this fruit and nut sauce instead of milk on hot cereals. Since I am gluten intolerant I usually cook up whole grain brown rice, millet, or quinoa and put this sauce over the grains. I also like to add some coconut milk for flavoring. The following makes 2 to 4 servings, depending on how much sauce you like:

1 cup distilled water

2 handfuls of raw almonds

2 bananas

1 large or two small apples, pears, or the equivalent of any other fruit

2 Tbsp golden flaxseed, ground in a coffee grinder (you can get this at Walmart for about \$12 and grind the flaxseed just when you are ready to use it because once flaxseeds are ground they lose their nutrition rapidly into the air. Also, the golden flaxseeds are the most nutritious.)

Optional: For added nutrition I like to add 2 Tbsp lecithin and 2 Tbsp bee pollen

Blend the above ingredients and serve over warm cooked whole grains instead of milk.

Variation: Some like to add one avocado; however this makes the sauce green. Some people can tolerate green sauce for breakfast and some can't. However, it will really increase the nutrition. Or, you can mix in coconut milk instead.

Gluten Free Pancakes

2 Cups water
½ Cup nuts
¾ Cup cornmeal
¾ Cup quick oats
2 tsp honey
¼ tsp salt
1 Tbsp vanilla
1 Tbsp cinnamon
1 tsp nutmeg, optional

Blend and fry.

Hot Cereal

2 Cups sprouted wheat
4 Cups warm water
½ Cup raisins
1 apple, peeled and sliced
1 banana

Soak raisins in one cup of the water for one hour or until soft. Save the water used for soaking the raisins. Blend the wheat with the fruit, water, and raisin soak water until well blended. Variation: May substitute sprouted buckwheat, sunflower seeds, or sesame seeds for the wheat. May also soak the sunflower seeds and sesame seeds in water for 6 hours instead of sprouting.

Apple Oatmeal

1 apple, diced
¾ Cup rolled oats
¼ Cup maple syrup
½ Cup chopped walnuts
1 Cup soy yogurt
2 Tbsp ground flaxseeds (grind in coffee grinder) or wheat germ
Cinnamon and nutmeg to taste, optional

Mix together. Garnish with additional fresh fruit if desired.

Scrambled Tofu

- 1 16-oz firm tofu
- 1-2 cloves garlic, pressed
- 1 ½ tsp salt
- ¼ tsp turmeric
- 4 fresh mushrooms or 1 small zucchini diced
- 3 green onions, chopped
- 1 small tomato, diced

Crumble tofu and add garlic, salt, and turmeric. Cook in a covered skillet on medium high for about 10 minutes. For a scrambled egg look stir only once or twice. Add zucchini or mushrooms and cook uncovered for 5 minutes. Add green onions and cook 1 minute. Remove from heat and add the tomato. For simple scrambled tofu, leave out the vegetables. Cook until most of the moisture is evaporated. Or you can bake it uncovered in a lightly oiled casserole dish (including vegetables if desired) at 350 degrees for 45 about minutes.

Muesli

- 6 Cups raw rolled oats
 - 1 Cup sesame seeds
 - 1 Cup sunflower seeds
 - 1 Cup chopped dates
 - 1 Cup pumpkin seeds
 - 1 Cup shredded coconut
 - ½ Cup wheat germ
 - 1 ½ tsp grated organic orange rind, optional
- Mix together. May serve dry or soak overnight in nut or soymilk. Add a little honey for sweetener if desired.

Whole Grain Waffles or Pancakes

- 1 ripe banana, mashed
 - 2 Cups water
 - ½ Cup raw rolled oats
 - 1 ½ Cups whole wheat flour
 - 2 tsp baking powder
 - 1 tsp cinnamon
 - 1 tsp nutmeg
 - Vanilla extract to taste, optional
 - Berries or fruit, optional
- Mix together the banana and water. Add the dry ingredients and mix, leaving lumps in the batter. Bake as waffles or fry as pancakes. Top with berries or fruit or maple syrup. Variation: For gluten free waffles or pancakes, substitute the gluten free flour found under the Bread Recipes. Note: Lumps must be left in the batter or the waffles will be tough.

Maple Granola

1 Cup water
½ Cup honey
1 Tbsp molasses
1 Tbsp vanilla
1 tsp maple flavoring
1 tsp salt
2 Cups pitted dates
1 Cup walnuts, Brazil nuts, or almonds
13 Cups old-fashioned oats, which is a 42-oz. carton
1-2 Cups quick oats, if needed
½ C shredded unsweetened coconut, optional
1-2 Cups chopped walnuts, pecans, or walnuts

Put water, honey, flavorings, dates, and 1 Cup nuts in blender and blend for about 1 minute until smooth. While blending you may need to help it blend by stirring it from the top—be careful not to hit the blade. Place oats and remaining ingredients (except quick oats) in a large mixing bowl. Add blended mix to the oats and mix gently with your hands. If the mix is too wet the granola will not be tender. So if it is sticking to your hands or feel sticky, add the extra quick oats and work into mix. Place mixture on two large cookie sheets that have sides and spread it loosely--do not pack or pat down. Place in oven at 175 degrees for about 8 hours. If it's baked slowly there will be no need to stir.

Creamy Rice

1 Cup coconut milk
1 banana
1 C pineapple juice
½ tsp coconut extract
4 Cups cooked rice
Crushed pineapple and raisins

Blend together the coconut milk, banana, juice, and coconut extract. Place rice in a lightly oiled baking dish and fold in the crushed pineapple and raisins. Stir in the blended mixture. Bake at 350 degrees until hot.

Healthy Gluten Free Waffles

2 Cups water
1 Tbsp apple juice concentrate (or may use 1 date or ½ Tbsp raisins)
1 Cup quick oats
¼ Cup millet or cornmeal
¼ Cup flaxseed
¼ Cup raw cashews
2 Tbsp cornstarch
½ tsp salt

Preheat waffle iron. Blend all ingredients for 1 minute. Pour into waffle iron and bake until the steam stops rising and the waffle is golden brown and crisp. Tip: I don't like the soggy interior of waffles, so I make my waffles ahead, freeze them, and then take them directly from the freezer and toast them in the toaster. This makes the interior much crispier. Instead of putting unhealthy sugar syrups on waffles, use Fruit Sauce and Homemade Cool Whip for a topping (see next recipes).

Fruit Sauce

4 Cups diced fresh or frozen fruit, any combination
12-oz. can frozen concentrated apple or white grape juice
1 Cup water
1/3 Cup cornstarch or arrowroot powder dissolved in ½ Cup water
Place fruit, juice, and water in saucepan over high heat until it begins to boil. Remove from heat and stir in cornstarch mixture slowly while stirring to prevent lumps. Return to heat and keep on stirring until it begins to boil and becomes thick.

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.

Tofu Pancakes

8 medium potatoes, grated
½ lb tofu, whizzed in blender
1 large onion, grated
¼ Cup fresh parsley, chopped fine
1 tsp salt
½ tsp garlic powder
3 Tbsp cornstarch

Mix together. For each pancake brush a 6 inch skillet with oil and heat to a medium heat. Spoon about ¾ Cup of the potato mixture into the pan and flatten to 3/8 to ½ inch thick. Fry 5-7 minutes on each side or until golden brown. Serve like pancakes. Top with applesauce..

Homemade Applesauce

Blend apples with apple juice concentrate in blender or food processor to the consistency of apple sauce. Add cinnamon to taste.

Halvah (Middle Eastern Fudge)

In the Middle East they serve this dish for breakfast along with bread, black olives, and feta cheese. It is also sweet enough to use as a dessert.

2 Cups sesame tahini
1 Cup honey
2 scant Cups soy milk powder (Better Than Milk tastes the best)
1 to 1 ½ Cups chopped walnuts, or any other nut

Mix the first three ingredients thoroughly. It will get very stiff so at that point it is easier to mix with your hands. Then add the chopped walnuts and remix. Press into a 9x9 inch pan. Cut into squares about 1 ½ inches in size. Refrigerate till firm. This recipe is very high in calcium so if you need to increase your bone density, this is a good recipe to eat. It's also very rich so eat sparingly. One or two pieces a day is sufficient. However, if you need to gain weight, eat 3-4 pieces per day and you will probably do so.

Muesli

7 medium apples
1 Cup rolled oats
¼ Cup raisins
¼ Cup almonds
½ tsp cinnamon

Juice the apples and save 2 ¼ Cups of the juice and ½ Cup of the pulp. In a separate bowl combine the apple juice, pulp, oats, raisins, almonds, and cinnamon. Mix. Cover bowl and place in refrigerator allow to soak overnight. To serve, place in individual bowls and top with any combination of berries, bananas, and Homemade Cool Whip. (See the recipe for Homemade Cool Whip on page 5 of this section of recipes.)

DESSERTS

Apple Pie

I have received rave reviews many times for this recipe and invariably, people want the recipe.

To make crust, soak 2 Cups walnuts for 6 hours in distilled water and drain. Add to food processor with 5 pitted dates. Process until gooey and well blended. Press into pie plate.

2 sweet apples, quartered

Juice of ½ lemon

Pulse the above two ingredients in food processor until chunky and place on top of crust.

2 sweet apples, quartered

1 Cup currants

Juice of ½ lemon

1 ripe banana

2 tsp cinnamon

Process the above 5 ingredients until very fine. Place on top of chunky apples in pie plate and spread out to edge of crust. Spread ¼ cup more currants on top of this. Add a little grated lemon peel for garnish.

Coconut Pudding

1 young coconut (can find in Asian markets), shave soft part of coconut shell off top with a knife down to the hard shell, then take a chisel and a mallet. Insert chisel into top of coconut at an angle so as to just break the top off the coconut and hit with mallet to break open. Pour coconut water into blender. Add young coconut flesh into blender. The young coconut's flesh is very soft and should scrape off shell very easily with a spoon. Add 1 tsp cinnamon, ½ banana, and several ice cubes to chill. Blend until smooth and creamy. To make thick add more coconut meat and less coconut water. Pour into festive glasses. Top with chopped pecans and shredded coconut. Chill. Will thicken more when chilled.

Raw Pumpkin Pie

1 pie pumpkin, cut in half, remove seeds, cut off skin, and dice then run through juicer. Save pulp and discard juice. Change screen to blank screen and run pulp through juicer again along with the following:

1 Cup soaked raisins along with a little of the soaking water

1 Cup soaked almonds, drained

½ Cup unsweetened coconut, shredded

To run all this through the juicer add a little pumpkin, then some of the other ingredients, then pumpkin, etc., alternating dry ingredients with wet, until all is run through juicer together. Add the following ingredients:

½ tsp ginger

¼ tsp nutmeg

1 tsp cinnamon

2 Tbsp raw unfiltered honey

Mix well. Make Almond Pie Crust found in Recipes for Life p. 315. When making this pie crust be sure and drain the soaking water for the almonds off. May add a little water if necessary to get almonds blended. Place pie filling in almond pie crust. Chill for at least 2 hours before serving and will firm even more when chilled. Slices very nicely after chilling. For decoration can add some grated coconut or chopped nuts on top.

Raw Pecan Pie

For the pie crust take sliced bananas and line the pie pan, including the sides, with sliced bananas. Then take sliced mangoes and add on top of bananas. Then add another layer of sliced bananas on top of the mangoes. Press together with hands to compress crust so the crust holds together when sliced.

Filling

Place the following in blender:

1 Cup pecans, soaked in distilled water and drained

12 dates, pitted

¾ Cup distilled water

Pinch of Celtic Sea Salt

Blend until creamy. Pour over pie crust and spread evenly.

To make glazed pecans, place in bowl:

½ Cup pecan halves

2-3 Tbsp honey

Pinch of Celtic Sea Salt

Mix with small amount of water. Then take pecan halves and arrange neatly on top of pie.

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.

Carob Coconut Balls

Place in food processor the following:

2 Cups pitted dates and process in food processor and then add the following:
1 jar Maranatha raw sesame tahini to dates in food processor
½ Cup raw carob powder
½ tsp cardamom powder
1 tsp vanilla
1 Pinch Celtic Sea Salt

Process until well blended. Take about 1 ½ tsp of this dough, place 3 small raisins on top, then fold over and roll into a ball with raisins in the middle. Then roll each ball in chopped pecans or chopped nuts of choice. Ready to eat or can freeze and eat frozen.

Almond Nuggets

Remove pits from whole dates. Take commercially prepared raw almond butter and put a little in each date, then place on top of this raw almond butter a whole almond that has been soaked in distilled water and then dried in dehydrator at 105 degrees to make crunchy again. Fold date over and roll in grated coconut. If coconut does not stick, put almond butter on inside and outside of date and that will make coconut stick. Ready to eat. Are like little candy bars.

Holiday Cookies

2 cups whole Oat Groats (soaked overnight)
3/4 cup Pure Maple Syrup (or honey)
1 handful of Almonds (or favorite nuts, chopped)
1 handful of favorite Dried Fruit (dates, raisins,
apricots, etc., diced)
1/2 tsp. pure Vanilla extract.

Soak oat groats overnight and drain. Blend oat groats and maple syrup until smooth. Place in mixing bowl and stir in rest of ingredients. With lightly olive oil greased hands, take about a tsp. of the mixture, dab the bottom in a plate with either fine dried coconut or ground nuts or seeds, as this will keep the bottom from sticking to the mesh dehydrator screens. Carefully place the little mound on a mesh screen and lightly flatten with a fork. Dehydrate until desired chewiness about 16 -19 hours.

Sesame Bars

6 tablespoons organic Maple Syrup
1 cup organic Sesame seeds
1 cup organic Sunflower seeds
1/2 cup Currants or small organic Raisins
1/2 cup Pecans (chopped)
1/2 cup Almonds (sliced)
1/4 cup organic Pumpkin seeds
1/2 cup grated Coconut (unsweetened)
1/2 cup Carob chips (non-dairy)

Mix all dry ingredients together first, then add maple syrup, and stir till everything is well coated. The mixture will not stick together, but remain pretty loose. Then using a regular tablespoon (not a measuring spoon), form a mounded up oval of the mix on a Teflon sheet. Place in the dehydrator at 100 degrees and they are done in an hour. If you don't have a dehydrator, place on a cookie sheet and allow to set out overnight. These are really yummy and they are nice and dry, not sticky. You could eliminate some of the ingredients and still have a good, healthy, snack food. This recipe makes 45-50.

Truffle Cookies

2 cups Large Medjool Dates (pitted)
1 jar Organic Raw Tahini
1/2 cup Carob Powder
1/4 teaspoon Cardamon
1 teaspoon Pure Vanilla Extract

Process above ingredients in food processor till thoroughly blended. Pinch off small amounts of mix, roll into small balls, and then roll in coconut and some chopped walnuts, or whatever you like. These are very rich and good! Refrigerate.

Baked Apple

4 Crisp Red Apples
2 tablespoons fresh Lemon Juice
2 cups distilled Water

Filling:

1/2 cup Organic Honey or Maple Syrup
1/2 cup raisins
1/2 cup coarsely chopped Walnuts
1 teaspoon Cinnamon

Preheat oven to 350 degrees. Core apples with a melon baller, leaving the bottom of apple in place to hold in the filling. Combine lemon juice and water in baking dish. Mix filling ingredients together and fill cavity of each apple. Set apples in baking dish with the lemon water in the bottom of the dish. Bake uncovered for about 50-60 minutes, or until tender. Drizzle juice from bottom of pan over apples and serve hot.

Halvah, Middle Eastern Fudge

1 cup raw sesame tahini (this is sesame seed butter available at health food stores)
1/2 cup raw honey
1 cup soy milk powder
1 1/2 cups chopped nuts (walnuts are our favorite but any nut will do)

Mix the first three ingredients thoroughly. Add nuts and remix. (This is difficult to mix with a spoon so once it gets stiff I use my hands.) Press into a 9 inch by 9 inch pan. Cut into squares. Refrigerate until firm.

Banana Ice Cream

Cut 6 bananas into a plastic bag and freeze. Put about 1 cup of soy milk in blender and start blending. Add the frozen bananas slowly while blending until thick and creamy. Variation: Add 1 Tbsp of carob powder. You can also freeze any combination of fruits and do this recipe, but it is always creamier if you also add some banana. The banana also sweetens it and if you use other fruits you may need a little honey for sweetening.

Banana Cream Pie

1 $\frac{3}{4}$ Cup soymilk
1/4 Cup dates, chopped
1/4 tsp salt
1 Tbsp cornstarch
1 Tbsp flour
1/4 Cup cashews whizzed in 1/2 Cup water
1 Tbsp coconut oil
1 tsp vanilla

Set soymilk over heat to scald. Meanwhile, whiz the cashews in the 1/2 Cup water in the blender, add the remainder of the ingredients, and whiz again. Add to milk when scalded. Stir until thick and let it boil for a couple of minutes, still stirring, over heat. Pour into pre-baked pie crust that has been lined with bananas. Set in refrigerator to harden. Can garnish with another layer of bananas. Variation: Add unsweetened flaked coconut to the filling just before pouring into the pie crust for a Coconut Cream Pie.

Pineapple Cream Pie

1 Cup soymilk
1 1/2 Tbsp coconut milk
3/4 Cup raw cashews, rinsed
1/3 Cup cornstarch
2 tsp vanilla
15 oz can crushed pineapple with juice
2/3 Cup maple syrup
1/2 tsp salt

Blend soy and coconut milks with the cashews until creamy. Add remaining ingredients and continue to blend. Pour into saucepan and cook until thick and creamy, stirring constantly with whisk. Pour into Pie Crust (see following recipe) and chill. Top this dessert with your favorite garnish or with the Citric Glaze (see recipe after Pie Crust).

Pie Crust

1 1/2 Cup unsweetened coconut, shredded and toasted
1 1/2 Cup pecans, ground
1/2 Cup walnuts, chopped
1/2 Cup maple syrup

Combine all the ingredients and mix well. Place mixture in your pie pan and distribute evenly with a fork, and press to cover all the bottom.

Citric Glaze

½ Cup pineapple juice concentrate, frozen (100% juice)
½ Cup orange juice concentrate, frozen (100% juice)
¼ Cup water
3 Tbsp cornstarch

Mix all ingredients in small sauce pan. Stir constantly until you reach a creamy consistency. (Optional: Sweeten to taste.) Let chill and serve over your pineapple cream pie.

Strawberry Delight

1 pkg Mori Nu Tofu
1 Cup blanched nuts
½ Cup pineapple juice concentrate
1-2 tsp vanilla
¼ tsp salt
½ Cup water

Blend for 5 minutes or until very smooth. Put granola (see following recipe) in pan, then layer strawberry mix, then cream, then granola, etc., until filled to the top.

Granola

1 Cup pitted dates
2 ripe bananas
½ Cup water
1 ½ tsp salt
9 Cups oats
1 Cup chopped nuts
1 Cup unsweetened shredded coconut (opt.)
½ Cup sunflower seeds

Combine first four ingredients. In blender, blend until smooth then mix all together and put on baking sheets ½ inches thick. Bake at 200 degrees for 90 minutes. Turn to warm setting and bake overnight.

Tapioca Pudding

1 Cup raw almonds
1 ¼ Cup water
¼ Cup tapioca
1 tsp vanilla
1 tsp coconut extract
½ tsp salt
1/3 Cup honey
3 Cups water

Blend almonds and water for about 1 minute. Add 3 cups water and blend briefly. Place a cloth-lined sieve over a kettle and pour the blended almonds and water through the cloth. Close up cloth securely around the almond pulp and squeeze out as much of the milk as you can. Set aside the pulp and use in an entrée, or add flaxseed oil and honey to make a spread for bread—but do not use for this recipe. Add remaining ingredients to the almond milk and stir occasionally while bringing to a boil. When it barely begins to boil remove from heat, place in a shallow container, and cool in the refrigerator. Over-boiling will make it thick and gummy. (Note: However, higher altitude or higher humidity will require more boiling, up to 1 minute. It may take some experimenting for your area. Too little boiling results in a pudding that is too runny.) Layer pudding in tall glasses with Raspberry Jam (see following recipe).

Raspberry Jam

2 Cups frozen raspberries
1 Cup frozen apple juice concentrate
2 Tbsp honey
2 Tbsp Instant Clear Jel (see tip below)

Place all ingredients in a blender in order given. Blend for about 3 seconds. Too much blending makes the berry seeds separate and it doesn't like as nice. Chill in the refrigerator. Tip: If you don't have the Instant Clear Jel, use 2 ½ Tbsp cornstarch dissolved in a small amount of apple juice. Add the rest of the apple juice and the juice drained from the thawed raspberries, but don't add the berries yet. Bring the juice to a boil while stirring. Cool in the refrigerator for about an hour and then stir in the berries.

Ice Cream

¾ Cup raw cashews
½ Cup cooked brown rice
½ Cup pitted dates
½ Cup raw honey
½ tsp salt
1 tsp vanilla
½ tsp guar gum or xanthan gum, optional
2 Cups water
Ice cubes, optional, about 1 tray

Blend all ingredients except for ice cubes in a blender until very smooth and no grittiness felt when a drop is rubbed between your thumb and fingers. Add ice cubes and blend till smooth (speeds chilling time). Add more water as needed to make 5 cups total mix. Pour into ice cream maker and freeze. Or pour into a shallow pan and freeze. When ready to use, thaw slightly until just soft enough to cut into squares. Place in a blender with enough soy milk to blend into the consistency of ice cream.

Coconut Ice Cream

1 can coconut milk
1 Cup water
½ Cup raw cashews
½ Cup pitted dates
½ Cup honey
2 tsp vanilla
½ tsp salt
½ tsp guar or xanthan gum, optional
1 tray ice cubes
Water as needed to make 5 cups mixture

Follow the directions for the above Ice Cream recipe.

Halvah (Middle Eastern Fudge)

2 Cups sesame tahini
1 Cup honey
2 scant Cups soy milk powder (Better Than Milk tastes the best)
1 to 1 ½ Cups chopped walnuts, or any other nut

Mix the first three ingredients thoroughly. It will get very stiff so at that point it is easier to mix with your hands. Then add the chopped walnuts and remix. Press into a 9x9 inch pan. Cut into squares about 1 ½ inches in size. Refrigerate till firm. This recipe is very high in calcium so if you need to increase your bone density, this is a good recipe to eat. It's also very rich so eat sparingly. One or two pieces a day is sufficient. However, if you need to gain weight, eat 3-4 pieces per day and you will probably do so.

Pumpkin Pie

2 Cups pumpkin puree
1 ½ Cups soymilk
½ Cup applesauce or mashed banana
1/3 Cup Agave
½ Cup whole wheat flour
1 ½ tsp pumpkin pie spice
¼ tsp baking soda
1 tsp organic apple cider vinegar (Bragg's is best)
2 tsp grated organic orange peel

Mix the following for the topping:

¼ Cup packed sucanat
¼ Cup old fashioned oats
1 Tbsp canola or light extra virgin olive oil

Heat oven to 350 degrees. Lightly oil 10 inch pie pan. Mix topping and set aside. Place remaining ingredients in the blender or a food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping. Bake for 50-55 minutes or until knife inserted in the center comes out clean. Cool. Serve with Homemade Cool Whip (recipe following).

Raw Apple Pie

This recipe is absolutely delicious!

2-3 crispy, medium sweet apples such as Gala or Fuji, soaked in fresh lemon juice to keep from browning

1 ½ Cups pecans
3 Tbsp Agave Nectar
Cinnamon
Nutmeg
A few whole pecans

Slice apples into thin slices and toss with just enough fresh lemon juice to coat. Blend pecans in a food processor or blender. Mix in the Agave Nectar. Make the crust by pressing the nut and Agave mixture into a glass pie pan. Layer apples on top, sprinkling each layer lightly with cinnamon and nutmeg. Drizzle with additional Agave Nectar and garnish with a few whole pecans. Note: Do not substitute honey for the Agave Nectar.

Healthy Fudge

1/4 Cup raw sesame seeds
1 Cup old fashioned oats
1 Cup chopped walnuts
1/4 Cup raw sunflower seeds
1 Cup chopped pecans

Grind the above in your food processor and then add:

1/2 Cup carob powder
2/3 Cup raw honey or pure maple syrup
1/2 tsp vanilla

Mix well, pat into an 8 inch square pan that has been sprayed with extra virgin olive oil. Refrigerate until firm. Cut into squares.

Carob Orange Truffles

1/2 Cup cashews
1/4 Cup creamy roasted almond butter
1/4 Cup agave nectar
2 Tbsp carob powder
1 Tbs vanilla extract
1 Tbsp orange zest

Pulse the cashews in a food processor until they are the texture of coarse sand. Add almond butter, agave, carob powder, vanilla, and orange zest and pulse until smooth. Refrigerate for 2-3 hours until firm. Remove from the refrigerator and roll into 1/2 inch balls. Coat with additional carob powder. Refrigerate until serving time. Makes 12 truffles.

Sugar Plums

1 Cup raw almonds
¾ Cup raw pecans
¾ Cup organic raisins
¾ Cup dried apricots
¾ Cup dried chopped dates
¼ Cup fresh orange juice
Shredded unsweetened coconut

Pulse all ingredients except orange juice in a food processor until you have a coarse meal. Add the orange juice and pulse until mixture sticks together. Shape into 1 inch balls and roll in shredded coconut.

Carob Pudding

½ Cup dates, pitted and soaked for one hour in organic apple juice
2 medium, ripe, avocados, peeled and pitted
½ Cup carob powder

Place all ingredients in a blender and process until a creamy consistency is reached. Stop blender, scrape sides, and blend again. Place in small dessert dishes and chill. Will keep up to 24 hours in the refrigerator.

Fancy Frozen Carob//Banana Cake

Filling:

12 frozen ripe bananas
½ Cup carob powder
¼ Cup maple syrup

Run bananas through the Champion Juicer with the blank screen. Stir in carob and maple syrup.

Crust and Crumbles:

3 Cups almonds
1 Cup dates
½ Cup dried unsweetened coconut (in health food stores)
Dash of salt, optional

Blend in food processor until crumbly. Press crust into a springform pan. Fill ¾ of the way with the carob/banana mixture. Cover with another layer of crust crumbles, using all of it.

Top Layer:

4-6 frozen bananas
½ Cup dried unsweetened coconut

Run bananas through the Champion Juicer with the blank screen. Stir in coconut. Put on top of crumbles and spread evenly. Sprinkle with additional coconut. Freeze until solid. Remove collar and slice.

Sweet Potato Pie

The perfect pie for special occasions! Letting this pie sit overnight or at least a few hours allows the flavors to blend for a magnificent sensation.

Crust:

2 Cups almonds

½ Cup pitted dates

Grind almonds until fine in a food processor. Add dates and process until smooth. Pat into a pie plate.

Filling:

5 Cups sweet potatoes

8 dates, pitted and soaked

¼ Cup apple juice

1 tsp cinnamon

1 tsp vanilla

Peel and cut potatoes into large chunks. Place in food processor and blend until well blended. Add remaining four ingredients and blend until smooth. Pour into pie crust.

Frosting:

2 oranges, juiced

6 pitted and soaked dates

6 Tbsp lemon juice

2 Tbsp almond butter

1 Tbsp organic orange rind

1 Tbsp organic lemon rind

Place all ingredients into a blender and blend until smooth. Spread over filling, chill, and serve.

Strawberry Cheesecake

Crust:

1 Cup pecans

1 Cup walnuts

1 cup pitted dates

¼ - ½ Cup honey, to taste

¼ - ½ tsp sea salt, to taste

Grind pecans, walnuts, and dates in food processor until well chopped and blended. Add honey and continue to process until mixture forms a ball. Press into bottom and sides of pie pan.

Cheesecake Filling:

2 Cups macadamia nuts

½ Cup honey

Juice of 1 lemon

¼ tsp salt

Presoak macadamia nuts for 2-4 hours and drain well. Puree cheesecake topping ingredients in processor until smooth. Spread over pie crust.

Strawberry Topping:

1 pint strawberries

8 dates, pitted

Optional, fresh blueberries

Process half of strawberries with dates. Chop the rest of the strawberries and mix with strawberry/date sauce. Pour over top of pie filling. Sprinkle with blueberries if desired. Refrigerate until ready to serve.

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 ¼th 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.

MAIN DISHES

Some of the recipes are dehydrated instead of baked. If you don't have a dehydrator you can place this in your oven on the lowest setting and dehydrate it that way.

Rice and Beans

2 Cups of any kind of bean
½ Cup brown rice
1 Tbsp salt
1 onion, chopped
2-3 cloves of garlic, chopped (optional)
9 Cups water

Note: I use Miracle Krystal Salt (see the link on our homepage to order). Miracle Krystal Salt has more flavor than any other kind of salt due to having more minerals than any other kind of salt. Although Miracle Krystal Salt is the only seasoning I use in this recipe, people rave over the flavor and can't believe the only seasoning is salt. When made with regular salt this recipe doesn't have near the flavor. Rice and beans are as complete a protein as meat and is a very healthy, inexpensive substitute. If you are short on time, this makes a great entrée and it only takes 5 minutes to make.

Combine all ingredients, place in crockpot on high and cook overnight. To reduce gas, cover beans well with water and let soak for 6 hours, drain the water off, then make the above recipe, reducing the water to 7 cups since the beans are already soaked.

Sun Burger

3 Tbsp ground flax seeds mixed well with fork in 1/3rd Cup distilled water (binder for burgers)
1 Cup sunflower seeds, soaked in distilled water for 2 hours then drained.
1 Cup carrot pulp, saved from juicing
1/3 Cup chopped onion
½ Cup chopped celery
1 Tbsp chopped red pepper
1 Tbsp chopped parsley

Place in sunflower seeds in food processor with 1 tsp Celtic Sea Salt and a small amount of water (1-2 Tbsp) to blend. Process well until creamy. Can add more water if necessary to process until creamy. Add remaining ingredients and mix well. Form into patties (about 1/4th cup per pattie) and place on dehydrator sheet covered with a Teflex sheet. Makes 9 patties. Dehydrate for 4 hours at 105 degrees, then turn over and take off Teflex sheet and dehydrate for about 2 more hours. If leave too long in dehydrator will make great crackers. Can cover with barbecue sauce, guacamole, salsa, etc. Great in burgers, or put between 2 lettuce leaves and eat.

Nut Loaf

To make tomato sauce place in blender:

1 sliced tomato

½ Cup pitted dates

½ Cup dried tomatoes, soaked for one hour in distilled water and drained

1/4th Cup chopped onion

1 tsp jalapeno

1 garlic clove

1 tsp dried basil

1 Tbsp extra virgin olive oil

½ tsp Celtic Sea Salt or to taste

Pulse blender at first and then blend until smooth and pour into bowl.

Soak the following four nuts and seeds for 24 hours in distilled water and drain:

1 Cup almonds

1 Cup hazelnuts

1 Cup pumpkin seeds

1 Cup sesame seeds

Place nuts and seeds into food processor and add:

1/4th Cup extra virgin olive oil

Juice of ½ lemon

2 Tbsp sage

1 Tbsp dried basil

1 Tbsp dried oregano

1 Tbsp dried rosemary

1 tsp garlic powder

1 tsp kelp powder

Process in food processor until creamy.

In a separate bowl add:

1 Cup chopped onion

2 stalks celery, chopped

½ red bell pepper, diced

1 small Portobello mushroom chopped and marinated in 2 Tbsp extra virgin olive oil and

2 tsp Celtic Sea Salt

Add ingredients from food processor to the above ingredients in the bowl. Mix well.

Easiest to mix with hands. Shape into 3 small egg shaped loaves on dehydrator tray covered with a Teflex sheet. Press each small loaf together firmly. Spoon tomato sauce over each loaf and spread around to cover loaf with back of spoon. Dehydrate at 105 degrees for 4 hours. Feeds 6-8 people—possibly 10.

Wild Rice

1 Cup wild rice soaked in distilled water for 1 ½ days, then drain and rinse
2 chopped tomatoes
1 red pepper, chopped
¼ Cup chopped parsley
1 tsp Celtic Sea Salt
1 head of cauliflower pulsed in food processor until fine
Mix together well.

Sauce

1 Cup distilled water
1 tsp cumin powder
2 tsp curry powder
1 Tbsp extra virgin olive oil
½ Cup chopped onion
Warm on stove to about 100 degrees while stirring. Should just be slightly warm to touch. Do not exceed 105 degrees. Pour sauce over wild rice dish and mix well.

Cheese Sauce

Place in blender:

1 red bell pepper

Juice of ½ lemon

Blend until liquified then add:

½ Cup sunflower seeds soaked for 2 hours in distilled water then drained

¾ Cup pine nuts soaked in distilled water for 2 hours, then drained

1 ½ Tbsp nutritional yeast flakes

¼ tsp Celtic Sea Salt

Blend together well. If necessary add just a little more distilled water in order to blend well. Pour over wild rice dish and mix well. Can eat this wild rice as is or can warm on top of stove to about 100 degrees until slightly warm.

Easy Mock Tuna

2 cups sunflower seeds, soaked for 6-8 hours and drained (seeds are measured before soaking)

1 clove garlic, pressed

Juice of 1 lemon

¼ cup water

1 ½ tsp salt

1 cup celery, finely chopped

½ cup onion, finely chopped

Put sunflower seeds, lemon juice, water, and salt in a food processor and process until fairly smooth. Remove to a mixing bowl and add celery and onions. Mix well.

Refrigerate. This is a great entrée by itself, as a sandwich spread, or as a topping on salad.

Seasoned Basmati Rice

1 cup organic brown Basmati Rice (rinsed and set aside)
1 yellow Onion (chopped)
2 stalks Celery (chopped)
1 green Pepper (chopped)
3 cups Distilled Water
Celtic Sea Salt and Herbs to taste

Sauté the celery, onion and pepper in a small amount of water or vegetable stock until onion is translucent. Add rice and sauté a few minutes more (but do not let it burn). Immediately add the water and bring to a quick boil. Cover, reduce heat and simmer for 30 minutes. Turn off burner and let sit covered for an additional 15 to 30 minutes. Add Celtic Sea Salt and herbs to taste. Serve alone, or use as a base on which to place stir-fried or steamed vegetables.

Haystacks

Beans:

3 Cups pinto beans, cooked
1 can stewed tomatoes
1 chopped onion
1 Cup chopped celery
1 potatoes, peeled and diced
1 large can V-8 Juice
1 tsp basil
1 tsp Italian seasoning
½ tsp garlic powder
½ tsp onion powder
Salt to taste
Pinch of cayenne pepper

Chips

Beans

Cashew Cheese (see following recipe)

Lettuce, torn into small pieces

Tomatoes, chopped

Avocadoes, chopped

Olives, chopped

Homemade mayonnaise or salsa, optional

Combine and simmer until vegetables are tender. To serve, set out the haystack ingredients in serving bowls. Let each layer up the haystacks in the order given above or as desired. To make healthy baked chips instead of buying the greasy fried chips, take corn tortillas and cut into triangles and bake at 250 degrees until crispy.

Cheese Sauce

1 Cup raw cashews
2 Cups water
½ large or 1 small red bell pepper (or ¼ Cup canned pimientos)
1 ½ tsp salt
2 tsp onion powder
2 Tbsp food yeast flakes (optional)
½ tsp garlic powder

Blend until smooth, about 2 minutes, and then bring to a boil, stirring until thick. Can use in any recipe which calls for cheese, such as pizza, lasagna, etc.

Falafels

1 15-oz can garbanzos
1 small onion, chopped
2 cloves garlic, chopped
1 Tbsp fresh parsley, chopped
2 Tbsp flour or cornstarch
1 tsp coriander
1 tsp cumin
Salt to taste
2 Tbsp olive oil

Preheat oven to 350 degrees. Spread olive oil in shallow baking dish. Mash garbanzos. Add onions and garlic and blend. Add remaining ingredients to make a thick paste. Shape into small balls and place in baking dish. Bake 15-20 minutes, turning falafels over halfway through.

Tropical Haystacks

Brown rice, cooked

Cashew Cheese

Other toppings such as chopped celery, chopped peppers, chopped onions, coconut, pineapple tidbits, sliced olives, diced tomatoes, chopped almonds, water chestnuts, or any other fresh topping you wish. Have each ingredient in its own serving bowl. To serve, let each individual layer up in the manner that they choose.

Creamed Asparagus

2 Cups fresh asparagus, cut in 1 inch pieces, or use whole
1 medium onion, diced
½ C red pepper, diced, or ¼ Cup diced pimiento
1 Cup sliced fresh or canned mushrooms
1 recipe Cream Sauce (see next recipe)

Simmer asparagus, onion, pepper, mushrooms, and seasonings together until tender. Add a small amount of water as needed. Make the Cream Sauce and stir into the vegetables. Serve over rice or toast.

Cream Sauce

1 Cup raw cashews
2 Cups water
1 tsp salt or to taste
2 tsp onion powder
1 Tbsp Chicken-like Seasoning (or 1 Tbsp food yeast flakes and ½ tsp salt)
½ tsp garlic powder, optional
2 Tbsp cornstarch
1 ½ Cups additional water, to be added after blending

Place all ingredients in blender and blend on high for about 2 minutes or until smooth and it is not grainy when you rub it between your thumb and finger. Pour into saucepan. Add the 1 ½ Cups more water and bring to a boil, stirring constantly as it thickens. When it thickens, remove from heat. If a thicker sauce is needed, add more cornstarch. If you add the additional cornstarch after it has already been cooked, mix the cornstarch with a small amount of cold water, mix in, and bring to a boil again while stirring constantly. Variation 1: Use 1 Cup soaked soybeans or 1 ½ Cups tofu or 3 Cups plain soy milk instead of the cashews.

Mushroom Gravy Over Rice

1 Cup raw cashews
½ tsp salt, or more to taste
2 tsp onion powder
¼ tsp garlic powder
1 Tbsp Chicken-like Seasoning (or 1 Tbsp food yeast flakes and ½ tsp salt)
1 Tbsp food yeast flakes
2 Tbsp cornstarch
4-oz can mushrooms (add after blending or blend for a short time to slightly chop the mushrooms)

Follow directions under the Cream Sauce. Serve over cooked brown rice.

Garbanzo A La King

1 medium onion, diced
½ Cup diced red pepper
½ Cup canned mushrooms
½ tsp salt
1 Cup frozen peas
1 ½ Cups cooked or canned garbanzo beans
½ Cup water chestnuts, optional
1 recipe Cream Sauce

Simmer onion, pepper, mushrooms, and salt in a small amount of water until tender. Add peas and garbanzos (including liquid if using canned garbanzos). Mix together and strain off and reserve the liquid to use as part of the water in the Cream Sauce. Make the Cream Sauce and add vegetables. Serve over brown rice or whole grain pasta.

Yummy Pizza

1 12-inch pizza crust (see following recipe, or use any whole grain bread recipe)
1 Cup pasta sauce or 8-oz can seasoned tomato sauce
¼ Cup sliced olives
¼ Cup sliced mushrooms
Any other toppings desired such as diced onions, diced peppers, etc.
1 Cup shredded Sliceable Cheese (see following recipe)

Spread pizza crust with the White Cheese, covering entire surface. Spoon the pasta sauce over the cheese and mix it into the cheese. Sprinkle the mushrooms, olives, and vegetables on. Bake at 350 degrees for about 10 minutes. Note: This can be assembled ahead and baked must before eating for a quick meal. Variation: Add additional shredded White Cheese or pine nuts on top just before serving.

Pizza Crust

1 tsp yeast dissolved in 2 Tbsp warm water
¼ Cup coconut milk
½ tsp salt
2 tsp sugar
1/3 Cup plus 1 Tbsp whole wheat pastry flour
1/3 Cup unbleached white flour

Place dissolved yeast and coconut milk in a mixing bowl. Add the salt, sugar, and whole wheat flour. Stir to mix and then add the white flour and mix. Place dough on a floured surface and knead for 1-2 minutes, adding more flour as needed until you have a smooth ball. Roll out into a circle the size of your pizza pan.

Sliceable Cheese

2 Cups water
3 Tbsp agar flakes or 3 tsp agar powder
1 Cup raw cashews
2 Tbsp pimientos or ½ red pepper
1 Tbsp lemon juice
1 Tbsp food yeast flakes
1 ½ tsp salt
1 ½ tsp onion powder
¼ tsp garlic powder

Boil together the agar and water for 1-2 minutes. Place in blender with all the remaining ingredients and blend for 1-2 minutes until very smooth. Pour into containers and chill. Slice when firm. Variation: To make a white cheese, leave out the pimientos or red pepper. This cheese melts when heated.

Tofu Cottage Cheese

1 lb tofu, medium, drained
¼ tsp garlic powder
¼ tsp onion powder
½ tsp lemon juice
1 tsp salt
½ Cup raw cashews
¼ Cup water or pickle juice (reduce salt amount if using pickle juice)

In a small bowl rinse and crumble tofu. Place remaining ingredients in blender and blend till smooth. Add just enough pickle juice or water to form a creamy sauce. Pour blended sauce over crumbled tofu and mix well. Chill and serve.

Tofu Pancakes

8 medium potatoes, grated
½ lb tofu, whizzed in blender
1 large onion, grated
¼ Cup fresh parsley, chopped fine
1 tsp salt
½ tsp garlic powder
3 Tbsp cornstarch

Mix together. For each pancake brush a 6 inch skillet with oil and heat to a medium heat. Spoon about ¾ Cup of the potato mixture into the pan and flatten to 3/8 to ½ inch thick. Fry 5-7 minutes on each side or until golden brown. Serve like pancakes. Top Quick Catsup.

Quick Catsup

1 Cup tomato puree or equivalent of tomato paste
Salt to taste
1/3 Cup lemon juice
1/2 tsp onion powder
1/4 tsp garlic powder
3 Tbsp honey
1/4 tsp paprika
1/8 tsp cumin
1/2 tsp celery seed ground fine, optional

Combine all ingredients. Yield: 1 1/4 Cup

Wild Rice Dressing

4 Cups water plus more for soaking
3/4 tsp salt
3/4 Cup long-grain brown rice
3/4 Cup wild rice
1 Tbsp canola oil
1 small onion, chopped
1 lb. fresh mushrooms, washed and sliced
1/2 Cup finely chopped parsley
1 C celery, sliced
1/4 tsp sage
1/8 tsp marjoram
1/8 tsp thyme
1/2 Cup pecan halves, broken lengthwise

Cover both kinds of rice with water and soak overnight. Drain rice. Bring 4 Cups of water to a boil and add 1/4 tsp salt and the rice. Lower to simmer, cover, and cook until rice is tender but still crunchy, 20-30 minutes. Preheat oven to 350 degrees. In a bowl mix the chopped onions and the sliced mushrooms with 1 Tbsp canola oil. (Mixing the oil with the onion and mushrooms before cooking keeps the oil from getting too hot.) Saute the onion and mushrooms in a large ovenproof skillet until the onion is transparent. Add the parsley, celery, cooked rice, seasonings, and pecans. Mix, then cover and bake for 15 minutes.

Quinoa Dressing

Quinoa is a very healthy grain that is high in protein and found in most health food stores. It takes only 15-20 minutes to cook as a whole grain. You know it's done when the little outer ring separates from the inner grain.

2 Cups vegetable broth
1 Cup quinoa
¾ Cup butternut squash, finely diced
¾ Cup zucchini, diced
1/3 Cup celery, finely chopped
1/3 Cup onion, chopped
2 tsp thyme
1 tsp rosemary
1 tsp salt
½ tsp sage
¼ tsp nutmeg
¼ Cup vegetable broth

Bring the broth to a boil, add the quinoa, cover and reduce down to low heat. Simmer 15 minutes or until broth is absorbed. While quinoa is cooking sauté the vegetables in a skillet with the ¼ Cup vegetable broth and the spices until the broth is gone and the vegetables are soft. Add the quinoa, mix, and place in serving dish.

Brown Gravy

Serve with the Nut Roast (recipe following) and Garlic Mashed Potatoes (recipe under the Vegetables).

2 Cups vegetable broth
1 Tbsp nutritional yeast
1 Tbsp Tamari (similar to soy sauce)
¼ Cup olive oil
¼ Cup whole wheat or garbanzo flour
Sweet basil to taste, optional

Heat oil in a frying pan, add flour. Stir with a whisk until bubbling. Add the broth a little at a time until the desired consistency is reached. Add the yeast, tamari, and basil and stir well.

Nut Roast

1 medium onion, chopped
2 Tbsp olive oil
1 ½ C walnuts
4 slices whole wheat bread
1 Cup water
2 Tbsp Nutri-Soup
1 tsp Mixed Herbs (such as Summer Savory)
Salt to taste

Saute onion in oil until transparent. Grind nuts and bread in a blender or food processor until fine. Heat water and add Nutri-Soup. Combine all ingredients together and mix well. Pour into a greased shallow baking dish, sprinkle with a few breadcrumbs, and bake at 350 degrees for 30 minutes, or until lightly browned. Serve with Brown Gravy.

Delightful Enchiladas

6 flour tortillas (can substitute corn for those who are gluten sensitive)
1 can refried beans
1 small can chopped green chilis
1 package enchilada sauce mix
1 16 oz. can corn
1 lb. fresh spinach – no stems
1 Cup dairy free shredded cheese of choice, opt.

Prepare the sauce according to the instructions on the package. While the sauce is heating on the stove, begin heating the refried beans in another pan. As beans get hot and the sauce is thoroughly mixed, add about ¼ Cup of the sauce to the beans which makes the beans more manageable. Steam the spinach until wilted. Add the corn and chilis to the beans. Spread about 3 Tbsp sauce on each tortilla, then layer the bean mix, spinach, and a small amount of cheese (optional) in the center of the tortilla. Roll up and place in a baking dish. Cover with any remaining sauce and any leftover cheese. Bake covered for 20 minutes at 375 degrees. Bake an additional 10 minutes uncovered. Serves 2-4.

Stuffed Tomatoes

- 4 large ripe tomatoes with stems
- 3 Cups sunflower seeds, soaked overnight and drained
- ¼ Cup cucumber, chopped
- ¼ Cup green onions, chopped
- ¼ Cup red, yellow, or orange pepper, seeded and chopped
- ½ Cup fresh basil, chopped
- 1 clove garlic, minced
- ¼ tsp paprika

Cut tops of tomatoes, leaving the stem in place and set aside. Scoop out the pulp leaving ¼ inch around the outside edge and bottom. Blend sunflower seeds with ½ of the tomato pulp and paprika until smooth. Mix remaining pulp, green onions, pepper, basil, and garlic into the blended mixture. Stuff the tomatoes to the top and decorate with your favorite fresh minced herb. Carefully replace the tops.

Mock Tuna

- 2 Cups sunflower seeds, soaked for 6-8 hours and drained (measure seeds before soaking)
 - 1 clove garlic, pressed
 - Juice of 1 lemon
 - ¼ Cup water
 - 1 ½ tsp salt
 - 1 Cup celery, finely chopped
 - ½ Cup onion, finely chopped
- Put sunflower seeds, lemon juice, water, and salt in a food processor and process until fairly smooth. Remove to a mixing bowl and add celery and onions. Mix well. Refrigerate. This is great as an entrée by itself, as a sandwich spread, or as a topping on salad.

Creamed Spinach Dip or Spread

- 4-5 Cups spinach
- 1 Cup chopped tomatoes
- ½ Cup chopped green onions or red onions
- 1 ripe avocado
- 1 Cup pine nuts, soaked in water for 2 hours and drained
- ½ Cup fresh squeezed lime juice
- ½ tsp salt
- ¼ Cup fresh chopped dill

Place half of the spinach all of the rest of the ingredients into a food processor and blend using the “S” blade until smooth. Add remaining spinach and process again until smooth. Serve with vegetables as a dip or on crackers. You can also serve over a bed of salad greens or in sandwiches. You can also stuff tomatoes or peppers with this recipe. Will keep in the refrigerator for 2 days. This recipe is great with the Raw Veggie Flaxseed Crackers (see the Breads and Crackers section for the recipe).

Sunflower Seed Pate

3 Cups sunflower seeds, soaked in distilled water 8-12 hours, drain and dry for 2-4 hours
1 Cup freshly squeezed lemon juice
¼ Cup raw tahini
½ Cup chopped green onions
1 tsp salt
½ Cup red onion
1 Cup chopped parsley
3 cloves garlic, chopped
½ tsp cayenne pepper or to taste
1-2 Tbsp fresh ginger
1 tsp cumin
1 red bell pepper, chopped
1 Cup kale, chopped

Put the sunflower seeds, lemon juice, and raw tahini in the food processor and process until smooth. Start to add the veggies and pulse the veggies into the seed pate. Add the rest of the above ingredients. There should be little pieces and color of all the veggies but not big chunks. This is great with crackers, with cut-up fresh veggies as a dip, or as a sandwich spread.

Meat Loaf

1 1/3 Cups walnuts
1 ½ Cups sunflower seeds
1 1/3 Cups almonds
1 Tbsp minced garlic
1 ½ tsp salt
½ Cup chopped fresh parsley
½ Cup chopped celery
2 Cups Portobello mushrooms, chopped
1 Tbsp chopped onion
1 ½ tsp minced ginger
1 Cup chopped red bell pepper
1 Tbsp minced jalapeno pepper
½ tsp cumin powder or 1 ½ tsp cumin seeds
½ Cup olive oil

Soak sunflower seeds and nuts overnight. Drain and put into a food processor along with the garlic and process until smooth and it has a dough-like consistency. Add a little olive oil if contents are too thick. Put into a mixing bowl and mix in remaining ingredients. The best to mix it is with your hands. Place on a solid dehydrating sheet and form a loaf about 1 ½ inches high. Dehydrate for 1 hour at 90 degrees. Remove from the dehydrator and baste with Barbeque Sauce (see following recipe). Dehydrate for 2-3 more hours at 90 degrees. Serve immediately.

Barbeque Sauce

1 Cup chopped fresh tomatoes
¼ Cup chopped onion
½ Cup chopped sun-dried tomatoes
½ tsp minced garlic
¾ tsp minced jalapeno
½ tsp basil
½ Cup pitted dates
1 tsp salt
1 Tbsp olive oil

Combine above ingredienets and blend in a food processor or blender. May add a little olive oil or tomato juice if needed. Will keep in the refrigerator for 2 days. Makes 2 ½ cups.

Raw Hummus

1 Cup garbanzo beans, soaked in distilled water for 6 hours then dehydrated overnight, then ground to a flour in the blender
½ Cup warm water
1 clove of garlic, pressed
1 tsp salt
1 Tbsp olive oil
3 Tbsp raw tahini (sesame seed butter)
1/8 Cup raw honey
Juice of 1 lemon

Mix garbanzo bean flour with water and blend in blender till smooth. Add oil, garlic, salt, tahini, and lemon juice and blend again. Put into a serving bowl and garnish with paprika. Serve chilled or at room temperature. This recipe is great on crackers, with sliced veggies as a dip, or as a sandwich filling. Serve on baby carrots for a quick snack. Also great with salsa and guacamole.

Garden Burritos

Whole grain tortillas
Shredded romaine lettuce
Green onions, chopped
Black olives, sliced
Raw corn, sliced off the cob
Salsa
Shredded vegan cheese, or make the Cheese Sauce or Sliceable Cheese (under the Spreads and Sauces recipes)

Spread sour cream onto the tortillas, fill with salad and toppings. Roll up and eat. Note: The problem with most vegan cheeses that one can buy at the health food store is that they contain casein which is the milk protein in cows' milk. Read your labels. Or, to make your own shredded vegan cheese, make the Sliceable Cheese, freeze it, then shred it while frozen.

Pizza

Crust:

1 ½ Cups warm water
2 Tbsp raw honey
1 pkg yeast
2 Tbsp extra virgin olive oil
3 Cups spelt flour (to make this crust gluten free, use the recipe for the gluten free flour found under the Bread recipes)

Mix the first four ingredients and let sit for 10 minutes. The yeast should be growing. Add 1 ½ Cups spelt flour and mix. Add remaining flour to make a non-sticky dough. You may need a little more or less flour depending on the moisture in the air. Knead for 10 minutes and let rise till double. While this is rising, make the Sauce.

Sauce:

1 can organic tomato sauce
1 clove garlic
1-2 tsp Italian Seasoning
1 Tbsp extra virgin olive oil

Combine the above ingredients in a saucepan and simmer on the stove for 20 minutes. Preheat the oven to 400 degrees. Place a pizza stone into the oven to warm up if you have one. Roll pizza dough out into either 2 large pizza circles or 3 small pizza circles. Place on the pizza stone in the oven and bake until lightly brown. Remove from oven.

Toppings:

3 Portabello mushrooms, chopped and sautéed; diced bell peppers both red and yellow; 3 tomatoes sliced thin; 1 summer squash grated; 1 medium onion finely diced; chopped garlic; Italian Seasoning; chopped olives; and basil.

Pizza #1: Put sauce on top of pizza crust, then add garlic, sautéed mushrooms, yellow pepper, onion, basil, and Italian Seasoning. Bake at 400 for 5 minutes.

Pizza #2: Put sauce on top of pizza crust, then add sautéed mushrooms, onion, red pepper, olives, basil, and garlic. Do not bake. Serve as is.

Pizza #3: Instead of tomato sauce, drizzle olive oil over pizza crust and spread out with the back of a spoon. Then add mushrooms, cover top of pizza completely with sliced mushrooms, then add grated summer squash to give the appearance of cheese, and top this with garlic, basil, and olives. Do not bake.

Variation: Make the Cheese Sauce under the Spreads and Sauces recipes and add to any of the above pizzas just before adding the toppings.

Collard Roll-Ups

2 very large collard leaves
1 small zucchini, shredded
1 carrot, shredded
1 Cup sliced onion ringlets
1 Cup portabello mushrooms, cut into bite size pieces, or button mushrooms
2 Cups leaf lettuce, torn into small pieces (do not use head lettuce which has no nutrition)
Macademia Nut Cream Cheese (see following recipe)
Lemon juice, olive oil, Tamari Sauce

Marinate the onions and mushrooms in lemon juice, olive oil, and Tamari Sauce and drain well. Lay the collard leaves flat with the inside facing up. Spread the leaf with the Macademia Nut Cream Cheese. Add the shredded veggies. Roll up tight and secure with a toothpick. Repeat with other leaf. May be cut into any size sandwich that you wish.

Macademia Nut Cream Cheese

Blend until smooth:

1 Cup raw macademia nuts
½ Cup freshly squeezed lemon juice
½ Cup water

Veggie Pasta

Vegetable pasta or spiral sliced zucchini

Marinara Tomato Sauce (see recipe under the Spreads and Sauces)

Cook the pasta according to the directions, or use the zucchini raw. Cover with the tomato sauce. Serve.

SALADS AND DRESSINGS

Tip: Never use head lettuce which contains no nutrition and is actually harmful to one's health. Instead, use green leafy lettuces or Romaine lettuce. Also, cold pressed flaxseed oil is the only oil known to fight cancer plus it contains the healthy omega's that we all need for our hearts. All other oils promote cancer. The best brand is Barleans and is available in the health food store. However, even flaxseed oil will become carcinogenic if heated or if put on hot foods. So use flaxseed oil in your salad dressings.

Potato Salad

5 cups grated red potatoes, soaked in distilled water overnight
1 ½ cups almond mayonnaise
1 Cup diced red bell pepper
1 carrot, diced
1 tsp Dijon mustard (obtain the healthy kind in a health food store, but if not available use 1 tsp mustard powder and 3 tsp distilled water instead)
3 Tbsp onion flakes
1 Tbsp dried dill or 1/4th cup fresh dill
dash of paprika
dash of cayenne pepper
½ tsp Celtic Sea Salt

Mix all ingredients. For garnish add 2 Tbsp minced parsley and 2 Tbsp chives on top for a garnish and refrigerate.

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.

Creamy Coleslaw

2 Cups almond mayonnaise recipe made with 3 extra dates
5 cups shredded cabbage (can shred in food processor)
1 large apple, chopped
½ Cup chopped celery
1 Cup shredded carrots
1 Tbsp fresh parsley
½ tsp dill seed
1 tsp cayenne pepper
Celtic Sea Salt to taste, approx 1/4th tsp
Mix and refrigerate. Can add raisins or more mayonnaise if desired.

Apple Cabbage Holiday Slaw

1/2 medium sized head of Green Cabbage (shredded)
1 cup Organic Raisins
4 Apples (peeled and shredded)
1/2 cup Shredded dried Coconut
Juice from 2 Apples mixed with
1/2cup fresh Lemon Juice mixed with
1/4 cup Honey (pour over apples immediately after shredding)
Pumpkin Pie Spice (to taste)

Mix all ingredients together and refrigerate till mealtime.

Brown Rice Tabbouleh

3 cups cooked long grain brown rice
2/3 cups chopped fresh parsley
¾ cup diced peeled cucumber
¾ cup diced ripe tomato
¼ cup chopped mint leaves
1/8th - ¼th cup apple juice, unsweetened (enough to moisten)
1/4th cup fresh lemon juice
1 tsp sea salt
2 Tbsp chopped fresh basil leaves for garnish

In a large bowl, combine the cooked brown rice, parsley, cucumber, tomato, mint, apple juice, lemon juice, and sea salt. Toss well, cover and chill for one hour, or until serving. To serve, sprinkle the tabbouleh with chopped fresh basil leaves, if desired. Serve with a side of fresh lemon hummus, a green salad or fruit salad, and some fresh pita triangles or warm corn muffins.

Taco Salad

1 large can chili beans
2 bunches of green leafy lettuce (not head lettuce), torn into small pieces
1 onion, chopped
2-4 tomatoes, chopped
Dressing: Mix 1 Cup mayonnaise and ½ Cup salsa and mix
1 pkg. Doritos (taco or ranch flavored) lightly crushed (Healthy substitute: Cut corn tortillas into triangles and bake at 250 degrees until crispy)

Mix the first five ingredients. Just before serving mix in the Doritos.

Carrot and Beet Slaw

2 medium size beets
1 large carrot
1 apple, cored
¼ C raisins
¼ chopped walnuts
Mix for Dressing:
½ Cup Vegenaise
2 Tbsp organic apple cider vinegar
2 Tbsp raw honey

Chop beets and carrots in a food processor to a fine consistency. Place in serving bowl. Then process the apple and add to the bowl with the beets and carrots. Add raisins, walnuts, and mixed dressing and stir. Serve on a bed of greens.

Tossed Salad With Raspberry Dressing

2 oranges
1 Cup sugar snap peas, ends and strings removed
6-8 Cups romaine lettuce, torn into small pieces
1 Cup sliced cucumber
½ Cup chopped walnuts
Raspberry Dressing (see recipe following)

Peel the oranges, pull into segments, and cut the membranes off. Cover the peas with boiling water for 2 minutes, plunge into ice water, drain and pat dry. Combine lettuce, peas, oranges, cucumber, and walnuts in a serving bowl. Toss with the Raspberry Dressing.

Raspberry Dressing

1 Cup frozen or fresh raspberries
½ Cup apple juice concentrate
2 tsp cornstarch dissolved in ½ Cup water
1 Tbsp lemon juice
2 Tbsp honey
1 tsp salt
1 ½ tsp basil

Heat berries and strain through a sieve to remove seeds. Pour juice into a pan with remaining ingredients and stir while bringing to a boil. Chill. Variation: Use ¾ Cup raspberry-apple or cranberry-apple juice concentrate instead of the berries and apple juice.

Spinach Pear Salad

2 pears, cored and thinly sliced
6-8 ounces fresh spinach
3 Tbsp water
2 Tbsp organic apple cider vinegar (Bragg's is the best)
1 tsp honey
2 Tbsp extra virgin olive oil
1 ½ tsp stone-ground mustard
¾ tsp salt
¼ Cup chopped walnuts, almonds, or pine nuts

Combine pear slices and spinach in a large salad bowl. Combine water and the next six ingredients, except for the nuts, and stir well with a whisk. Drizzle dressing over the salad and toss gently to coat. Sprinkle with chopped nuts.

Guacamole

6 avocados, pitted (save 3 pits)
1 Tbsp lime juice or to taste
½ Cup cilantro, finely chopped
¼ Cup white onion, diced
1 ripe tomato, diced
1 jalapeno pepper, minced
½ tsp salt or to taste

Mash avocados. Add remaining ingredients and mix. Add three avocado pits to prevent browning.

Creamed Spinach Dip or Spread

- 4-5 Cups spinach
- 1 Cup chopped tomatoes
- ½ Cup chopped green onions or red onions
- 1 ripe avocado
- 1 Cup pine nuts, soaked in water for 2 hours and drained
- ½ Cup fresh squeezed lime juice
- ½ tsp salt
- ¼ Cup fresh chopped dill

Place half of the spinach all of the rest of the ingredients into a food processor and blend using the “S” blade until smooth. Add remaining spinach and process again until smooth. Serve with vegetables as a dip or on crackers. You can also serve over a bed of salad greens or in sandwiches. You can also stuff tomatoes or peppers with this recipe. Will keep in the refrigerator for 2 days. This recipe is great with the Raw Veggie Flaxseed Crackers (see the Breads and Crackers section for the recipe).

Carrot Orange Salad

Dressing:

- 1 Cup orange juice
 - 1 Tbsp cinnamon
 - 1 tsp finely grated organic orange peel
- Blend well in blender.

Salad:

- 4 Cups grated carrots
 - 1 Cup organic raisins (non-organic raisins have a lot of pesticides in them)
- Mix ingredients. Pour dressing over salad and mix well. Best eaten fresh but can keep refrigerated for 2-3 days.

Black Bean Salad

- 3 Cups organic canned black beans (or cook your own in a crockpot overnight)
- 1 box organic frozen corn
- 2 garlic cloves, minced
- Juice of 3 lemons
- ½ Cup olive oil
- ¾ Cup organic apple cider vinegar (Bragg’s is the best)
- 1 tsp salt
- 1 tsp cayenne pepper
- 2 tsp coriander powder
- 1 small red onion
- 1 large red pepper, coarsely chopped

Unthaw the frozen corn and mix with the beans. Mix the other ingredients first then stir in the beans and corn.

Arugula Raspberry Salad

- 1 6-oz bag of organic baby arugula
- 1 Cup fresh raspberries (or thawed frozen raspberries)
- 1 Cup chopped walnuts
- 1 Cup shredded Asian pears
- ½ Cup dried cranberries, optional

Place in salad bowl and toss. Cover with Raspberry Dressing (see following recipe).

Raspberry Dressing

- ¼ Cup honey
- ¼ Cup walnut oil
- ¼ Cup Balsamic vinegar or fresh lemon juice
- ½ Cup fresh raspberries
- Dash of salt

Blend all of the above in a blender for 30 seconds, pour over salad, and enjoy.

Emerald Greens

- 2 bunches chopped kale (remove the stems)
- ½ Cup shredded carrots
- 2 Tbsp fresh orange or lemon juice
- 2 Tbsp extra virgin olive oil
- 1 Tbsp raw honey
- 1 tsp salt

Cut out the stems or ribs that go down the middle of the kale and save for juicing. Finely chop the kale and add the carrots. In a separate bowl combine the orange or lemon juice, olive oil, honey, and salt. Add this marinade to the kale and toss until the greens are well coated. Let the salad marinade in the refrigerator 2-3 hours or overnight. This is a good way to get dark greens into the diet.

Jicama and Carrot Salad

- ½ Cup sunflower seeds, optional
- 2 tomatoes, diced
- ½ large jicama, peeled and grated
- 2 carrots, grated
- 2 stalks bok choy, chopped
- 1 head Boston lettuce

Dressing:

- ½ Cup fresh squeezed lime juice
- ¼ Cup apple juice
- 1 tsp chili powder
- 1 tsp salt
- 2 minced shallots
- 2 minced cloves of garlic
- 2 Tbsp Dijon mustard
- 1/3 Cup extra virgin olive oil

Toss the salad ingredients together except for the Boston lettuce. In a separate bowl whisk together the dressing ingredients. Pour the dressing over the salad ingredients and toss well. Arrange the Boston lettuce on plates and scoop the salad onto the lettuce.

Broccoli Spinach Maple Walnut Salad

- 1 large bunch of broccoli
- 6 oz of baby spinach
- ¼ Cup apple cider vinegar
- 2 tsp Dijon mustard
- ¼ Cup walnut oil
- ¼ Cup maple syrup
- ¼ Cup chopped walnuts

Wash and cut broccoli into small florets. Toss the broccoli and spinach together in a bowl. Whisk together the vinegar, maple syrup, and mustard. Gradually whisk in the walnut oil. Add the chopped walnuts and dressing to the salad and toss. Let the flavors marinate for about 1 hour or overnight. This salad is loved by all who have ever had it!

Colorful Confetti Salad

- 4 Cups broccoli florets
- 4 Cups cauliflower florets
- 1 red bell pepper
- ½ Cup freshly squeezed lemon juice
- 4 cloves garlic
- 1 Tbsp salt
- ¾ Cup extra virgin olive oil

Chop the broccoli and cauliflower into very small pieces or process in the food processor with the “S” blade. Place in large bowl. Chop the red pepper into small pieces and add. Blend the lemon juice, olive oil, salt, and garlic cloves in blender until smooth. Pour dressing over the salad. Let marinade for 1-2 hours before serving. Enjoy as a salad or over a bed of greens.

Favorite Dressing

1 Cup Barleans flaxseed oil (available at the health food store)
¾ Cup Bragg's organic apple cider vinegar (available at the health food store)
2 Tbsp raw honey
3 garlic cloves, peeled and minced
½ tsp dried basil
½ tsp dried cilantro
½ tsp dried oregano
½ tsp dried thyme
Salt to taste, optional

Combine all ingredients, mix or shake until well blended. Marinate in the refrigerator for several hours before using to improve the flavor.

Lemon Herb Dressing

½ Cup fresh lemon juice
1/3 Cup raw honey
1/3 Cup Barleans flaxseed oil
1 garlic clove, minced
½ tsp dried basil or 1 tsp fresh
1 tsp dried oregano or 2 tsp fresh
1 Tbsp red onion, minced
Salt to taste

Mince garlic and onion and combine with the rest of the ingredients. Marinate for several hours in the refrigerator before using.

Creamy Dill Dressing

1 Cup water
1 Cup Barleans flaxseed oil
1 ½ tsp dill weed
2 tsp onion powder
1 ¼ Cup rice milk or other non dairy milk
1 small garlic clove, peeled
½ Cup fresh squeezed lemon juice

Blend all ingredients except the lemon juice. Stir in lemon juice. Marinate for several hours in the refrigerator.

Pesto Dressing

4 small garlic cloves, peeled
2 2/3 Cup tightly packed fresh basil leaves
1/3 Cup pine nuts
1/3 Cup Barleans flaxseed oil
Salt to taste

Place all ingredients except the oil in a food processor and process until chopped fine. With the machine running, slowly add the oil through the feed tube. Stop machine, scrape the sides of the bowl, replace cover and continue to process until smooth.

Guacamole Dressing

2 ripe avocados, peeled and pitted
1 ripe tomato
1/2 Cup red onion, diced
1 large garlic clove, peeled
1/3 Cup fresh cilantro leaves, tightly packed
2 Tbsp fresh lemon juice
Salt to taste

Place all ingredients in the blender and blend until it is the desired consistency. **Note: Cilantro removes heavy metals from your body and is very healthy to use on a regular basis. This is a great way to get your cilantro!**

Creamy Sunflower Dressing

1 1/2 Cups sunflower seeds
2 Cups water
1/2 Cup fresh squeezed lemon juice
1/2 tsp garlic powder
1 tsp dehydrated onion flakes
1 Tbsp chopped chives
Salt to taste

Place all ingredients except the chives in a blender and blend until smooth. Fold in chives and chill in the refrigerator. Variation: Add avocado, minced red onion, or diced tomatoes. **Note: Raw sunflower and sesame seeds are so nutritious that one could live for months on just these foods. They are also high in calcium.**

Ranch Dressing

1 Cup water
1 Cup almonds, soaked overnight and drained
1 tsp dried basil
1 tsp onion powder
½ tsp garlic powder
1 tsp raw honey
3 Tbsp fresh squeezed lemon juice
Salt to taste

Blend almonds and water until smooth. Remove from the blender and fold in seasonings and lemon juice. Chill before serving.

SOUPS

Mostly Raw Bean Soup

Cook beans with Celtic Salt until done, then remove from the heat. Then in a blender, place raw onions, celery, tomatoes, potatoes, or any other raw vegetables you have on hand with some distilled water, and blend into a puree. These blended raw vegetables are then blended into the still warm bean stock. This makes a soup that is still quite warm on a cold day, still mostly raw, and very delicious.

Black Bean and Quinoa Chili

1 cup rinsed and drained quinoa
2 cups water
1 large onion, diced
1 green bell pepper, seeded and diced
1 cup chopped celery
1 jalapeno pepper, seeded and minced
2 tomatoes, cored and diced
1 cup diced carrots
Two 16-oz cans black beans, drained
One 28-oz can crushed tomatoes
1 Tbsp. chili powder
1 Tbsp. dried parsley (or 2 Tbsp. fresh)
1 Tbsp. dried oregano
2 tsp. ground cumin
½ tsp. salt or to taste
4 green onions, chopped (optional)

Combine quinoa and water in saucepan, cover and bring to a simmer over medium heat. Cook until liquid is absorbed, about 15-20 minutes. Remove from heat and let stand about 10 minutes. Meanwhile, heat a large, non-stick pan; add onion, bell pepper, celery and jalapeno. Saute 7 minutes over medium heat. Stir in fresh tomatoes and carrots; sauté 3-4 minutes. Stir in beans, crushed tomatoes, and seasonings; cook about 25 minutes over low heat, stirring occasionally. Stir in quinoa; cook 5 minutes more. Ladle into bowls and top with green onions if desired. Makes 8 servings.

Butterbean and Herb Cream Soup

2 cups lima beans, soaked overnight
2 bay leaves
Fresh chives, basil, and parsley, to taste
Sea salt to taste

Boil the lima beans in enough water to cover until very soft with the bay leaves. Do not drain. Discard the bay leaf and add the chopped herbs and seasonings. Transfer to a blender (in batches) and blend till smooth. Serve with a thick wholegrain sourdough bread and a crisp salad.

Coconut Corn Chowder

5 cups diced potatoes
1 cup diced onion
1 tsp chicken-like seasoning
1 tsp onion powder
1 tsp butter flavored salt or salt
2 cups water
4 cups frozen corn
½ tsp dill weed
1 can coconut milk

Place potatoes, onions, and seasoning (except dill weed) in water and simmer for 15 minutes or until tender. Remove 2 cups of the cooked potatoes with a slotted spoon (will get some of the onions too but that's alright) and place in blender. Stir in the frozen corn and dill weed into the kettle of soup. Turn off heat while blending the sauce. Add coconut milk to the blender with the cooked potatoes. Blend for about 30 seconds until smooth but not starchy. Add blended mixture to the soup. May add more water or salt as needed to taste. Heat to serving temperature. Variation: Replace the coconut milk with 2 cups soy milk or blend ¾ cup cashew nuts with 2 cups water.

Sweet Potato/Yam Soup

1 onion, chopped
4 Cups cooked sweet potatoes or yams (yams are sweeter)
2 Cups vegetable broth
2 Cups non-dairy milk
1 tsp rosemary
Juice from one-quarter organic orange
1 tsp organic orange peel, minced
Salt to taste

In a soup kettle, sauté the onion in the oil. Add the sweet potatoes or yams, the broth, milk, and rosemary. Bring to a boil and simmer for 5 minutes. Add the orange peel and orange juice. Puree in a food processor or blender. Add salt to taste. Yield: 8 servings

SPREADS AND SAUCES

Almond Butter

Raw, soaked almonds

Run through juicer with blank screen. May add small amount of distilled water, or Udo's oil, honey, or maple syrup. For myself I like to add flax oil and honey and salt to taste.

Hummus

1 cup dried garbanzo beans
1./2 cup organic toasted tahini (sesame seed butter)
3 cloves garlic, peeled and mashed
2 lemons, juiced
1 Tbsp. olive oil
Sea salt to taste
Paprika, parsley for garnish

The night before, wash the garbanzo beans and soak them in 3 cups water. The next day, rinse the garbanzos, cover with cold water, bring to a boil. Reduce heat to medium and cook until tender, about an hour and a half. Or, cook in a crockpot. When cooked, drain the garbanzos and keep some of the cooking water aside. Place the garbanzos in a food processor and puree well, until smooth and creamy. Stir in the tahini, garlic, half the lemon juice, and salt. Adjust the amount of lemon juice to your liking. If the mixture is too thick, thin with a little of the cooking water. To serve, place in a shallow bowl. Dust with paprika. Pour 1 Tbsp of the olive oil in the center. Garnish with parsley. Serve with pita bread and black olives, or carrot and celery sticks.

Soy Mayonnaise

½ Cup water
½ Cup tofu
1 tsp salt
1 dash garlic powder
1 dash paprika
1 ½ tsp onion powder
½ Cup flaxseed oil
1 Tbsp lemon juice

Blend. Store in dark container and refrigerate.

Cheese Sauce

1 Cup raw cashews
2 Cups water
½ large or 1 small red bell pepper (or ¼ Cup canned pimientos)
1 ½ tsp salt
2 tsp onion powder
2 Tbsp food yeast flakes (optional)
½ tsp garlic powder

Blend until smooth, about 2 minutes, and then bring to a boil, stirring until thick. Can use in any recipe which calls for cheese, such as pizza, lasagna, etc.

Sliceable Cheese

2 Cups water
3 Tbsp agar flakes or 3 tsp agar powder
1 Cup raw cashews
2 Tbsp pimientos or ½ red pepper
1 Tbsp lemon juice
1 Tbsp food yeast flakes
1 ½ tsp salt
1 ½ tsp onion powder
¼ tsp garlic powder

Boil together the agar and water for 1-2 minutes. Place in blender with all the remaining ingredients and blend for 1-2 minutes until very smooth. Pour into containers and chill. Slice when firm. Variation: To make a white cheese, leave out the pimientos or red pepper. This cheese melts when heated.

Apricot Date Spread

1 Cup dried apricots
1 Cup pineapple juice
1 Cup dates, pitted
Few drops of lemon juice, optional

Soak apricots in pineapple juice overnight. Whiz up with dates in blender. Use as jam or marmalade.

Cranberry Sauce

- 1 12-oz bag cranberries
- 1 ¾ Cup apple juice
- ¾ Cup honey
- 2 cinnamon sticks, broken in half
- 6 whole cloves
- 1 bay leaf
- Pinch of salt

Combine all ingredients in saucepan. Bring to a boil over medium heat. Simmer until berries burst and sauce thickens, stirring occasionally, about 15 minutes. Remove cinnamon sticks, cloves, and bay leaf. Refrigerate and serve cold.

Cream Sauce

- 1 Cup raw cashews
- 2 Cups water
- 1 tsp salt or to taste
- 2 tsp onion powder
- 1 Tbsp Chicken-like Seasoning (or 1 Tbsp food yeast flakes and ½ tsp salt)
- ½ tsp garlic powder, optional
- 2 Tbsp cornstarch
- 1 ½ Cups additional water, to be added after blending

Place all ingredients in blender and blend on high for about 2 minutes or until smooth and it is not grainy when you rub it between your thumb and finger. Pour into saucepan. Add the 1 ½ Cups more water and bring to a boil, stirring constantly as it thickens. When it thickens, remove from heat. If a thicker sauce is needed, add more cornstarch. If you add the additional cornstarch after it has already been cooked, mix the cornstarch with a small amount of cold water, mix in, and bring to a boil again while stirring constantly.

Variation 1: Use 1 Cup soaked soybeans or 1 ½ Cups tofu or 3 Cups plain soy milk instead of the cashews.

Variation 2: Replace the cashew nuts with 1 can (about 2 cups) coconut milk and add water to make 4 cups liquid.

Mushroom Gravy

- 1 Cup raw cashews
- ½ tsp salt, or more to taste
- 2 tsp onion powder
- ¼ tsp garlic powder
- 1 Tbsp Chicken-like Seasoning (or 1 Tbsp food yeast flakes and ½ tsp salt)
- 1 Tbsp food yeast flakes
- 2 Tbsp cornstarch
- 4-oz can mushrooms (add after blending or blend for a short time to slightly chop the mushrooms)

Follow directions under the Cream Sauce.

Tofu Sour Cream

- 1 12-oz box MoriNu Silken Soft Tofu or 9 oz regular tofu and ½ Cup water
- ½ Cup raw cashews
- 1 Tbsp lemon juice
- 1 tsp salt
- 1 tsp onion powder
- 2 Tbsp snipped fresh chives or dried chives

Blend all ingredients except for chives until smooth. Mix in the chives. Variation: Blend in ½ tsp each dill weed, Italian seasoning, garlic powder, 1 Tbsp sugar and about 1 more tsp salt to taste. May add a little more water to achieve desired consistency.

Raspberry Jam

- 2 Cups frozen raspberries
- 1 Cup frozen apple juice concentrate
- 2 Tbsp honey
- 2 Tbsp Instant Clear Jel (see tip below)

Place all ingredients in a blender in order given. Blend for about 3 seconds. Too much blending makes the berry seeds separate and it doesn't like as nice. Chill in the refrigerator. Tip: If you don't have the Instant Clear Jel, use 2 ½ Tbsp cornstarch dissolved in a small amount of apple juice. Add the rest of the apple juice and the juice drained from the thawed raspberries, but don't add the berries yet. Bring the juice to a boil while stirring. Cool in the refrigerator for about an hour and then stir in the berries.

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.

Quick Catsup

1 Cup tomato puree or equivalent of tomato paste
Salt to taste
1/3 Cup lemon juice
1/2 tsp onion powder
1/4 tsp garlic powder
3 Tbsp honey
1/4 tsp paprika
1/8 tsp cumin
1/2 tsp celery seed ground fine, optional

Combine all ingredients. Yield: 1 1/4 Cup

Brown Gravy

Serve with the Nut Roast (recipe under Main Dishes) and Garlic Mashed Potatoes (recipe under Vegetables).

2 Cups vegetable broth
1 Tbsp nutritional yeast
1 Tbsp Tamari (similar to soy sauce)
1/4 Cup olive oil
1/4 Cup whole wheat or garbanzo flour
Sweet basil to taste, optional

Heat oil in a frying pan, add flour. Stir with a whisk until bubbling. Add the broth a little at a time until the desired consistency is reached. Add the yeast, tamari, and basil and stir well.

Raw Gravy

Serve with the following raw mashed potato recipe.

2 Cups pecans, soaked overnight and then drain off water
2 Cups water
1/2 Cup dehydrated onion
1 Tbsp poultry seasoning
2 Tbsp extra virgin olive oil
Salt to taste

Blend to a gravy consistency. Place in saucepan and turn on low just until warm.

Creamed Spinach Dip or Spread

4-5 Cups spinach
1 Cup chopped tomatoes
½ Cup chopped green onions or red onions
1 ripe avocado
1 Cup pine nuts, soaked in water for 2 hours and drained
½ Cup fresh squeezed lime juice
½ tsp salt
¼ Cup fresh chopped dill

Place half of the spinach all of the rest of the ingredients into a food processor and blend using the “S” blade until smooth. Add remaining spinach and process again until smooth. Serve with vegetables as a dip or on crackers. You can also serve over a bed of salad greens or in sandwiches. You can also stuff tomatoes or peppers with this recipe. Will keep in the refrigerator for 2 days. (This spread is great with the Raw Veggie Flaxseed Crackers (see the Breads and Crackers section for the recipe).

Barbeque Sauce

1 Cup chopped fresh tomatoes
¼ Cup chopped onion
½ Cup chopped sun-dried tomatoes
½ tsp minced garlic
¾ tsp minced jalapeno
½ tsp basil
½ Cup pitted dates
1 tsp salt
1 Tbsp olive oil

Combine above ingredienets and blend in a food processor or blender. May add a little olive oil or tomato juice if needed. Will keep in the refrigerator for 2 days. Makes 2 ½ cups.

Raw Hummus

1 Cup garbanzo beans, soaked in distilled water for 6 hours then dehydrated overnight, then ground to a flour in the blender

½ Cup warm water

1 clove of garlic, pressed

1 tsp salt

1 Tbsp olive oil

3 Tbsp raw tahini (sesame seed butter)

1/8 Cup raw honey

Juice of 1 lemon

Mix garbanzo bean flour with water and blend in blender till smooth. Add oil, garlic, salt, tahini, and lemon juice and blend again. Put into a serving bowl and garnish with paprika. Serve chilled or at room temperature. This recipe is great on crackers, with sliced veggies as a dip, or as a sandwich filling. Serve on baby carrots for a quick snack. Also great with salsa and guacamole.

Onion Dip

2 Cups macademia nuts

¾ Cup to 1 Cup water

1 tsp salt

1 Cup onions, diced

Put ¾ Cup water, nuts, and salt in blender and blend until smooth and creamy. Add the extra 1/4th Cup water if necessary. Pour into a bowl and mix in the onions by hand. Chill and serve.

Macademia Nut Cream Cheese

Blend until smooth:

1 Cup raw macademia nuts

½ Cup freshly squeezed lemon juice

½ Cup water

Marinara Tomato Sauce

12 sun-dried tomatoes
4-5 dates, pitted
2-3 fresh tomatoes
1/4th sweet red onion
1 clove garlic
Optional: pinch of cayenne
1/4 Cup olive oil
1 Tbsp lemon juice
1 tsp salt
1/2 tsp oregano
1 tsp dried basil or 1/2 Cup fresh basil

Presoak the sun-dried tomatoes and dates in water for 1 hour before using (save the water from the soaking). For a smooth sauce puree all ingredients in the blender, including 1/4th Cup water from soaking the tomatoes, except for the herbs. Mix in herbs and allow to sit for at least 1 hour before serving. For a chunky sauce, coarse chop the fresh tomatoes in the food processor, then put aside in a bowl. Process the rest of the ingredients, including the 1/4th cup water from soaking the tomatoes, as smooth as possible, then mix into bowl with the tomatoes. Allow to sit at least 1 hour before serving. For an even thicker sauce, leave out the 1/4th cup of soak water from the tomatoes. Pour over veggie pasta or spiral sliced zucchini.

Black Tar (Imitation Chocolate Syrup)

1 1/2 Cups maple syrup
1/3 Cup extra virgin olive oil
1 Tbsp vanilla
1/2 Cup raw carob powder

Combine the above ingredients in a blender. Blend well and enjoy. This recipe keeps in the refrigerator indefinitely.

VEGETABLES

Vegetable Crisps

Slice vegetables very thin. Suggested vegetables are cucumber, eggplant, tomatoes, etc. Place on dehydrator tray. Sprinkle with seasonings of choice such as garlic powder, Italian seasonings, taco seasoning, etc. Dehydrate at 105 degrees overnight or until crispy. See Recipes for Life, p. 306.

Potato Chips

Slice about 3 lbs potatoes very thin, about 1/8th inch. Soak for several hours in distilled water and drain. This removes the starch. Add ½ sliced onion, 2/3 cups extra virgin olive oil, 2/3 cup fresh lemon juice, 2 tsp sea salt, 2 tsp cumin powder, ¼ tsp garlic and cayenne powder. Mix thoroughly together in a bowl. Place on dehydrator screen. Not necessary to separate thoroughly. When putting in dehydrator, skip every other row. Dehydrate for 12-16 hours at 105 degrees or until very crispy.

Sweet Potato Souffle

2 1/2 cups Sweet Potatoes (peeled and cubed)
10 Medjool dates (pitted)
1 teaspoon Vanilla Extract (alcohol free)
1 teaspoon Cinnamon
1/2 teaspoon Celtic Sea Salt
1 tablespoon Organic Coconut Oil
1 1/2 cups Distilled Water
1/2 teaspoon Psyllium (add more if needed for thicker consistency)
1/2 cup Pecans (chopped)

Place dates, vanilla extract, cinnamon, salt, coconut oil, and water in blender and blend until smooth. Add sweet potatoes and blend again until smooth. Add Psyllium blending well. Let mixture sit 5-10 minutes to thicken. Blend again until smooth. Place in soufflé dish and top with chopped pecans.

Acorn Squash

1 Acorn Squash
1 cup Organic Raisins
1 cup Orange Juice
1 teaspoon Cinnamon

Soak raisins in the orange juice while preparing and cooking the squash. Cut the squash in half cross-wise. Scoop out and discard strings and seeds. Place cut side down in ½ inch of water in a baking dish. Bake at 375 for 30 minutes, or until tender. Remove squash and drain remaining water. Place half of the soaked raisins with orange juice in each squash half, sprinkle with cinnamon, cover, and return to 375 oven for approximately 10 more minutes.

Glazed Carrots

Measurements may not be exact as I usually just add what looks right.

Carrots – cut into bite sized chunks and steam until desired tenderness. (Number of carrots depends on how many people are being served)

Glaze – In a small saucepan, combine, and bring to a boil:

1 cup Orange Juice

2 tablespoons Maple Syrup (or to taste)

In a jar, mix together: 1 tablespoon Corn Starch and enough Orange Juice to dissolve Corn Starch. Add to saucepan containing Orange Juice and Maple Syrup, and stir till thickened. Pour over steamed carrots and serve warm.

Artichoke Potatoes

16 small new potatoes, about 2 inches in diameter

1 Tbsp olive oil

1 14-oz can artichoke hearts, drained and chopped

½ Cup Vegemise or homemade mayonnaise

¼ Cup grated vegetarian cheese

Pinch of red pepper

¼ Cup chopped fresh parsley

2 Tbsp finely grated lemon peel

2 cloves garlic, minced

Cut off the top one-third of each potato. Using a melon baller, hollow out the potatoes, leaving ¼th inch shells. Cut a thin slice of each potato so it will sit without falling over. Lightly brush potatoes with oil. Place in a shallow baking dish. For filling, combine artichoke hearts, Vegemise, cheese, and red pepper. Spoon about 1 Tbsp of the filling into each potato. Bake at 450 degrees for 20 minutes or until potatoes are tender and filling is a golden brown. Meanwhile, in a small bowl combine the parsley, lemon peel, and garlic. Sprinkle the parsley mixture over the potatoes. Note: Baking the hollowed potatoes for a few minutes is recommended.

Green Beans Almandine

2 lbs. fresh green beans

2-4 cloves crushed garlic

5-10 almonds, sliced

2 Tbsp sesame oil

Salt to taste

Wash the green beans and cut off the ends. Lightly steam. Mix almonds, garlic, and sesame oil. Place the beans in the serving casserole. Add the garlic, almonds, and sesame oil and toss to coat. Add salt to taste. Note: For more flavor, add even more garlic.

Garlic Mashed Potatoes

3 ½ lbs. potatoes
2 Cups soymilk
6 cloves garlic, crushed
2 Tbsp salt
2-3 Tbsp chopped parsley
Extra virgin olive oil

Scrub potatoes but don't peel them, Dice potatoes so they are all about the same size. Place in a large saucepan and cover with water. Bring to a boil over medium-high heat and then reduce heat but maintain a rolling boil. Cook until potatoes fall apart when poked with a fork. Remove from heat and drain water. Mash and add the raw garlic, soymilk and salt. Let stand for 5 minutes. Drizzle with olive oil and parsley. Serve with Brown Gravy (found in the Sauces or Entrée sections).

Raw "Mashed Potatoes"

2 Cups cauliflower
¼ Cup pine nuts
½ Cup pecans
1 Cup macademia nuts
3 Tbsp olive oil
2 Tbsp Italian Seasoning
¾ Tbsp garlic
1 tsp salt

Process nuts in a food processor with the "S" blade until they are smooth and creamy. Add remaining ingredients and process until smooth. Top with Raw Gravy (recipe following).

Raw Gravy

Serve with the following raw mashed potato recipe.

2 Cups pecans, soaked overnight and then drain off water
2 Cups water
½ Cup dehydrated onion
1 Tbsp poultry seasoning
2 Tbsp extra virgin olive oil
Salt to taste

Blend to a gravy consistency. Place in saucepan and turn on low just until warm.

Hot Chips

2 sweet potatoes
¼ Cup olive oil
¼ Cup lemon juice
1 tsp chili powder or cayenne pepper
Pinch of salt

Peel then slice the sweet potatoes very thin. In a bowl mix the olive oil, lemon juice, and salt. Coat the sweet potatoes by dipping them into the olive oil mixture. Remove the extra liquid by draining the chips. Lay them flat on a dehydrator screen. Sprinkle with spices. The more you add the hotter it will be. Dehydrate at 105 degrees for 8-1 hours or until crispy. Other vegetables like zucchini are great for making chips also.

Cheesy Chips

2 sweet potatoes
½ Cup distilled water
2 Cups nutritional yeast
1 Tbsp salt

Peel then slice the sweet potatoes very thin. In a bowl mix the distilled water, salt, and 1 Cup of the nutritional yeast. Marinate the sweet potatoes in this mixture for at least 5 minutes. Remove the extra liquid by draining the chips. Lay them flat on a dehydrator screen. Sprinkle with the remaining 1 Cup nutritional yeast. Dehydrate at 105 degrees for 8-10 hours or until crispy.