

Eat to Thrive

10 Weeks to Life Long
Healthy Habits and Healthy Living



Recipe Collection – Spring 2015

Class Participants and Recipe Contributors



Betsy Bragg



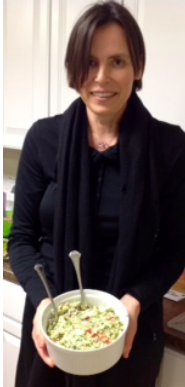
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Eat to Thrive

Class Recipe Collection #2

The recipes in this book were prepared and submitted by class members of Betsy Bragg's "Eat to Thrive" course. They came eager to learn about a lifestyle that increases longevity and reverses chronic disease. Students attended Betsy's 10-week course to learn about living life more holistically as well as making nutritiously delicious recipes to support a lifestyle that is optimal for overall health and wellbeing.

Betsy offers her course several times a year in the Boston area, teaching principles of the Hippocrates Institute's lifestyle of a living foods raw-vegan plant-based way of life. These recipes are from the class of January-March, 2015. Learners took inspiration from Betsy and other raw-vegan chefs who ascribe to an alkaline, plant-based diet.

While learning about the physical, emotional, mental and spiritual aspects of living a fulfilled life, each week students prepared soups, beverages, appetizers, salads, dehydrated crackers and breads, entrées and desserts to support a well-rounded lifestyle. In this volume they share their personal versions of living-food recipes.

We hope these recipes inspire you to embrace a plant-based lifestyle that incorporates raw-vegan foods into at least 80% of your diet.


About Hippocrates Health Institute

"Our philosophy is founded on the belief that a vegan, living, enzyme-rich diet -- complimented by exercise, positive thinking and non-invasive therapies -- are integral to optimum health. We believe that good health is every person's birthright, and that a life free of disease and pain is our human legacy."

Visit www.hippocratesinst.org to learn more about their programs.


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Appetizers



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Cucumber Club

From rawfoodrecipes.com submitted by Cheryl Nalbach

Ingredients:

- 1 cucumber
- 1 small onion
- 1 avocado
- sea salt

Directions:

1. Peel the cucumber and cut in half. Using a spoon or scoop, scrape out the seed cavity and some of the flesh so that it's a hollowed boat. Keep what has been scraped out and chop finely.
2. Add one chopped avocado and one finely minced onion to the chopped cucumber. Mix together and use this to fill the cucumber boats.



Cucumber Roll Ups

Inspired by combining multiple recipes viewed on line

By Terry Myers Coney



Ingredients:

- Cucumber
- Carrot
- Jicama
- Avocado
- Sunflower sprouts

Directions:

1. Slice cucumber paper thin with peeler.
2. Cut other ingredients into long thin pieces.
3. Lay some of each ingredient on cucumber . and roll up.



Hummus I

Submitted by Tom H.

- 5 c zucchini peeled and chunked
- 1.5 c lentil sprouts
- .5 c tahini
- .5 c lemon juice
- .25 olive oil
- .5 t paprika
- .25 t cayenne
- 1.5 se salt
- 3 T ground flax seed for thickening

Blend all together



Hummus II

Hummus #2 by Jenny Robbins in Eat to Thrive Book, page 285
Submitted by Cece Fins

INGREDIENTS:

- 5 C Zucchini, peeled and cut into chunks
- 1/2 c tahini
- 4 cloves garlic
- 1/2 C lemon juice
- 1/4 C olive oil
- 1/2 t paprika
- 1/8 t cayenne
- 1 1/2 t sea salt

DIRECTIONS:

Blend all together in food processor until smooth. If too thick can add a bit of water.
If too thin, you can thicken it with 1-2 T ground flax seed.

Raw Vegan Sushi

Submitted by Heike Westphal

Ingredients for “Rice”

- 2 cups of diced parsnip
- 1 tsp pumpkin seed oil
- ¼ cup pine nuts
- ¼ cup black sesame seeds
- ½ tsp salt

Directions for “Rice”:

1. Pulse the pine nuts and parsnip in a food processor until it's 'rice-like'.
2. Transfer to a bowl and add remaining ingredients to stir in.



Other ingredients:

- Uncooked Nori Sheets
- Avocado, carrots, sprouts, mushrooms (marinated in miso teriyaki with lemon juice), chives, etc. to build a sushi roll.

Directions for Assembling:

1. Place Nori roll on sushi mat.
2. Lay other ingredients out on mat in rows leaving at least ½ inch empty at the far end.
3. Roll tightly pulling the mat away as you go.
4. Cut into 1/4" -1/2" slices.

Check out this video I found very helpful.

http://www.therawchef.com/trc_recipes/raw-food-recipe-sushi/

Walnut Dill Pesto on Cucumber



This is a take-off on a more traditional walnut pate/pesto. My own creation. Adjust to your own taste.

Terry Myers Coney

Ingredients:

- 1 cucumber
- 1 cup soaked and chopped walnuts
- 1 cup baby kale or spinach
- 2 tsp. olive oil
- 1 Tbsp. chopped dill
- Sea salt to taste

(Onion, garlic, and or lemon could be added for more flavor if desired)

Garnish:

- Pea or sunflower sprouts
- Slivered red pepper

Directions:

1. Slice cucumber, lay out on serving dish and set aside.
2. Combine walnuts, greens and oil in processor.
3. Mix in chopped dill and salt to taste.
4. Cover each cucumber slice with a dollop of pesto mix.
5. Garnish each with a small slice of red pepper and a sprout.

Enjoy !

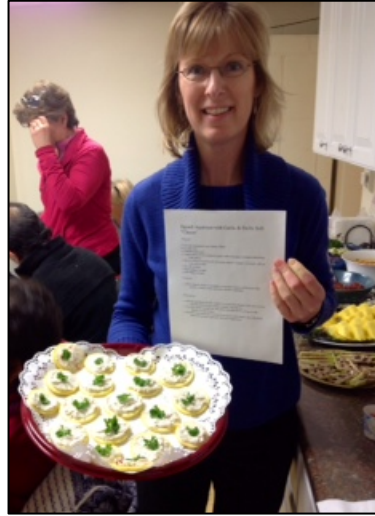
Squash Appetizer with Soft "Cheese" & Herbs

Adapted from rawfoodrecipes.com
Submitted by Cheryl Nalbach

Ingredients:

"Cheese"

- 1.5 cups macadamia nuts
- 1/3 cup water
- 5 Tbsp. lemon juice
- 1 small garlic clove (optional)
- about 1/2 tsp of your favorite dry herbs (thyme, oregano, rosemary, dill, etc.)
- sea salt, to taste
- black pepper, to taste
- chili flakes, to taste



Other

- yellow squash slices (or cucumber or zucchini)
- lemon, fresh herbs (like parsley or basil)

Directions:

1. Add all ingredients for the 'cheese' to a powerful blender and whiz for few seconds until you get a thick, creamy, smooth mix.
2. Cut yellow squash into thin slices and add about 1/2 tsp of soft 'cheese' on top of each.
3. Sprinkle some dill (dry or fresh if you have), chili flakes. Top with fresh herbs and/or pepitas and serve right away.

Soups



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Rawssian Borscht

Adapted by Hanna Siegel

from "Raw Family" by the Boutenkos and "Healthful Cuisine" from HHI (Pg. 290 in "Eat to Thrive")

- **Blend** beets, ginger, garlic, dill and water.
Pour mixture into a large bowl.

- 1 c. water
- 2 beets cut in chunks
- 1 small piece ginger root
- 2 cloves garlic
- 2 T. fresh dill

- **Blend** together and add to the large bowl.

- 1 c. water
- 1 carrot
- 1 stalk celery
- 1/2 avocado
- 2 T. fresh lemon juice
- 2 T. chickpea miso or sea salt to taste



- **Chop** parsley and onion in food processor. Add grated cabbage and carrot, blend well, and add to liquid soup

- 1/4 head cabbage grated
- 1 carrot grated
- 1 bunch parsley
- 1/2 c. red onion

Garnish

- 1/2 cup chopped walnuts

Serves 7-10

Garden Vegetable Soup

From Jennifer Cornbleet, "Raw Food made easy for 1 or 2"

Submitted by Diane Sugrue

- 3/4 cup water
- 1 zucchini
- 1 cup baby spinach
- 1/2 tomato
- 1 stalk celery
- 1 green onion
- 1 Tbsp. fresh lemon juice
- 1 1/2 tsp mellow white miso
- 1 small clove garlic
- 1/4 cup fresh parsley or basil
- 1/2 avocado, chopped
- pinch cayenne & pinch salt



Add water to blender first, then blend all ingredients together.

Gazpacho

By Leah Becker

- 3 - 4 cups fresh tomatoes
- 1 stalk celery
- 1/2 bell pepper
- 1/2 peeled cucumber
- 1/4 C cilantro leaves (no stems)
- 1 lemon juiced
- 1/4 C olive oil
- 1 green onion
- 1/2 - 1 tsp sea salt
- dash of cayenne pepper or black pepper
- 1/2-1 Tbsp. chili powder
- 1/2-1 tsp cumin
- 1-3 cloves minced fresh garlic

(3 parts fresh tomatoes to 1 part other ingredients.)

In blender begin with tomatoes and add other ingredients. Salt, pepper, chili powder, cumin, onion and garlic can be modified to make it more or less spicy.

Raw Miso Soup

From Rawified

Submitted by Cece Fins

INGREDIENTS:

- 3 cups water
- 1 1/2 T miso
- 2 small garlic
- 2t fresh ginger
- 2t Nama Shoyu
- 6 organic mushrooms
- 1/4 C chopped scallions or chives

Directions:

1. In a blender, combine water, miso, garlic, ginger and Nama Shoyu until smooth.
2. Slice in mushrooms and scallions, season with salt and pepper and serve.

This soup actually tastes great cold, but if you would like to enjoy it warm you can heat it up on the stove using a candy thermometer to make sure it does not reach a temperature above 118 degrees, which could kill important enzymes.

Raw Red Pepper Soup



From Rawfoodrecipes.com
Submitted by Cheryl Nalbach

Ingredients:

- 1 cup roughly chopped red bell peppers (approx. 1 medium pepper)
- 1/3 cup cashews (soaked and rinsed)
- 1/2 cup water
- 1/2 teaspoon Celtic sea salt
- 1/2 cup more diced red bell pepper (reserve - do not blend)

Directions:

1. Place all ingredients (except last 1/2 cup of red peppers) in a high-speed blender and blend up 'til nice and smooth and well mixed. You can let this raw red bell pepper soup recipe blend in the Vitamix or blender for a little extra time so that the heat of the blades and the friction actually warms the soup.
2. Transfer raw red pepper soup to a bowl. Add the remaining 1/2 cup of diced red peppers and mix gently with a spoon.
3. Garnish with whatever you like! I sprinkled my soup with some dried basil.

Sweet Potato Soup

Adapted from several web recipes by Hanna Siegel

- 1-2 cups water, depending on desired thickness
- 2 cups sweet potato, cut into chunks
- 1/2 inch knob of ginger
- 1 stalk celery
- 1 orange or yellow pepper
- 1 Tbsp. tahini
- 1 Tbsp. lemon or lime juice
- 1 tsp curry powder
- 1 tsp cumin
- 3 Tbsp. coconut aminos
- pinch of pink Himalayan salt
- dash of cayenne
- chopped cilantro for garnish

Blend water and sweet potato for 1 minute. Then add other ingredients and blend until smooth.

Squash Soup

From pg. 290 in Betsy's Book, "Eat to Thrive"

Submitted by Louise Kulig

Ingredients:

- 1/2 butternut squash
- 1 cup butternut squash
- 2 carrots
- 1 cup zucchini
- 3 basil leaves
- 1 T flax oil
- 1 T almond butter
- 1 T parsley
- 1 T Miso Tamari
- 3 cups water
- Pinch Cayenne pepper



Directions:

1. Blend all ingredients in mixer or food processor until creamy.
2. Garnish with more parsley or sprouted adzuki beans.

Salads / Dressings



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Asian Coleslaw

From page 292 "Eat to Thrive" By Diane Willmont

Submitted By Cece Fins

INGREDIENTS:

- 1/2 red cabbage
- 2 large carrots
- 2T olive oil
- 2T lemon juice
- 2T miso tamari
- 2 T dark sesame oil
- 2T sesame seeds
- Pepper to taste



DIRECTIONS:

1. Put cabbage and carrots in a bowl.
2. Blend olive oil, lemon juice and Miso Tamari for sauce.
3. Mix sauce, sesame seeds and pepper into cabbage and carrots.

Serves 4

Cabbage Salad with a Latin American Twist

From Jennifer Cornbleet Raw Food Made Easy

Submitted by Kathleen Bryce

- 1 head napa, savoy, or green cabbage thinly sliced
- 2 T fresh lemon or lime juice
- 2 T extra virgin olive oil
- ¼ t salt (or to taste)
- 1 red bell pepper, diced
- 4 green onions, chopped
- 1/3 cup chopped fresh parsley or cilantro
- 2 cloves crushed garlic
- 2t minced jalapeno chili, or to taste
- fresh pepper, to taste

Put cabbage, lemon juice, olive oil and salt in a large bowl and massage with your hands to soften the cabbage a little. Add the remaining ingredients and toss well to combine. *Yields 4 servings*

Cabbage Sauerkraut

Submitted by Kathleen Bryce

Ingredients:

- 1 Red cabbage
- 1 Green cabbage
- 1-2 T Salt, grey sea salt or Himalayan

Directions:

1. Peel of 2-3 leaves off each cabbage and set aside.
2. Cut cabbage down the middle of the stalk.
3. Remove stalk from the center of the cabbage, reserve.
4. Slice cabbage thinly and place in large bowl.
5. Add salt to cabbage and mix by hand, squeeze as you go.
6. Let sit 10-20 minutes. Look for brine in bottom of the bowl. When you see a fair amount of brine you're ready for the next step.
7. In a snap lid glass container place 1/3 of cabbage mixture into bottle (1L) put your fist into the jar and press down hard all the way around the bottle till it has no air pockets. You should see the brine raising up. Add more cabbage to bottle and repeat till you've filled it minus 1 inch from the top. You will need that room for the gasses to rise.
8. Select a large piece of cabbage leaf to cover the top of the mixture in the bottle. Place pieces of core on top of leaf. You want the core to stick up pass the top a few inches. Gently press lid down, making sure the brine is now covering the leaf, lock lid.
9. If the brine is covering the leaf then all the cabbage is submerged and you will not get any mold.
10. Place bottle in a bowl to catch any overflow of brine. It will seep out. Open top gently every day for the next 3-5 days, taste on day 3 to see if it's sour enough for you. Place in fridge when satisfied.
11. Will keep 1 year. Eat 1 T every day for the probiotics, can increase as your gut gets use to the kraut.

Organic Cauliflower Salad with Cashew Dressing

Submitted by Ivan Pardo

Ingredients:

- 4 cups cauliflower chopped into smaller pieces
- 1 cup chopped tomatoes
- 1/2 cup green onions
- 1/2 cup chopped olives
- 1/2 cup parsley

Dressing:

- 1/2 cup of raw cashews
- 2 oz. of fresh lime juice
- 1 Tbsp. olive oil
- 2 tsp. nutritional yeast
- 1 pinch of sea or Himalayan salt

Blend all together



Coleslaw

Submitted by Kathy Barrows

Ingredients:

- Shredded Green Cabbage
- Shredded Carrots
- 2T Olive Oil
- 2T Lemon Juice
- 2T Nama Shoyu
- 2T Sesame Oil
- 2T Sesame seeds
- Salt and pepper to taste

1. Shred cabbage and carrots and place in a bowl.
2. Blend other ingredients and mix with cabbage and carrots.

Fennel Salad

Prepared by Heike Westphal

Based on recipe of Healthful Cuisine p. 97

Ingredients:

- 2 cups fennel, julienne thin
- 1 red pepper, small cubes
- 1 Tablespoon lemon zest
- 2 Tablespoons lemon juice
- 2 ½ Tablespoons olive oil
- 1 ½ Tablespoons lemon thyme, fresh and minced
- 1 teaspoon Celtic salt
- ½ teaspoon fennel pollen
- pinch of cayenne pepper



Directions:

1. Using mandolin, carefully shave the fennel bulb.
2. Cut red pepper in small cubes.
3. In a medium mixing bowl, toss all ingredients well.
Serve chilled.

Variations: Add mandarins or shaved apples.



Kale Avocado Salad (I)

From Eat to Thrive recipes

Submitted by Leah Becker

- 1 bunch of Kale
- 1 large avocado
- 2 carrots shredded
- 1.5 Tbsp. lemon juice
- 1 tsp sea salt

Massage all ingredients together and serve.

Kale Avocado Salad (II)

From Engine No. 2 Salad

Submitted by Timothy Cruz



Salad Ingredients:

- 2 bundles of Kale
- 2 Avocados
- 1 ½ Tbsp. lemon juice
- 1 tsp sea salt

Massage together

Kale and Cabbage Salad

with Creamy Honey Mustard Dressing

From Rawmazing (on-line)

Submitted by Louise Kulig

Salad:

- 3 bunches organic kale, de-stemmed and torn into bite sized pieces
- 1/2 head red cabbage, chopped
- 1/2 cup sliced scallions (omitted for Betsy)
- 1 cup pumpkin seeds
- 1 1/2 cup dried cranberries

In large bowl, toss together all ingredients.

Dressing:

- 1/2 cup cashews
- 3/4 cup water
- 2 lemons, juice from
- 2 tablespoons honey (raw)
- 2 tablespoons Dijon mustard
- 1/4 cup cold pressed olive oil
- Himalayan salt and pepper

Directions:

- Place all ingredients in high-speed blender and blend until smooth
- Pour dressing over salad and mix well.

Serves 6

Madras Salad

Adapted by Susan Saulnier

Creamy Indian Sauce:

- *¼ up Tahini*
- *2 Tbsp. Sunflower oil*
- *2 Tbsp. Water*
- *2 Tbsp. Apple cider vinegar*
- *1 Tbsp. Sea salt*
- *2 Tsp Curry powder*
- *1 tsp Turmeric*
- *1 Tsp Ground cumin*
- *½ tsp Ground ginger*
- *½ tsp Ground black pepper*



In blender, combine all ingredients & blend into a smooth sauce



Salad:

- *6 Medium carrots- shredded*
- *½ Medium cauliflower- cut into small cubes*
- *½ Cup cilantro -chopped fresh*
- *Small handful of ground dates*
- *2 Tbsp. sesame seeds*

Place salad ingredients in a bowl. Top with sauce & hand mix until thoroughly coated.

Keeps 5 days in refrigerator in an airtight container.



Super Simple Slaw

By Terry Myers Coney

Although it is always fun to have flavorful gourmet foods, sometimes it is nice to just have something simple and quick. This is a great recipe to use when you need something quick. The ingredients are simple and easy to have on hand.

Ingredients:

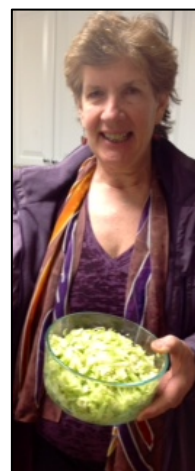
- Avocado
- Cabbage
- Sea Salt

Directions:

1. Chop Cabbage.
2. Sprinkle with Sea Salt and massage in.
3. Add cut up soft ripe avocado and massage again.

For a normal serving I usually use a couple of cups of chopped cabbage, a couple of pinches of salt, and a quarter avocado.

Yum !!!!!



Waldorf Salad

with Dried Cranberries and Walnuts

Submitted by Kathleen Bryce

Ingredients:

- ½ c orange juice
- 2 T cold pressed flax oil
- 1 tsp Dijon mustard
- ½ tsp orange zest
- ½ tsp onion powder
- 3 red apples, seeded and diced
- 1 large fennel bulb, thinly sliced
- ¼ red onion, julienne, paper thin
- ½ cup thinly sliced celery
- 1 pound of Butter Leaf Lettuce
- ½ c raw walnuts
- ¼ c dried unsweetened cranberries

Directions:

1. Combine the orange juice, flax oil, mustard, orange zest, onion powder in a large bowl and whisk to blend.
2. Add apple fennel, onion, and celery and toss well.
3. Place butter lettuce on platter or dish and heap salad on top. **(Yield 6 servings)**

Quinoa Salad

with Cranberries and Pumpkin Seeds

From The Natural Market, Groton, MA

Submitted by Louise Kulig

Salad Ingredients

- 1 cup soaked and sprouted Quinoa
- 1/3 cup pumpkin seeds
- 1/3 cup dried cranberries
- 1 bunch scallions thinly chopped
- or 1/2 cup chopped onion
- 1 red pepper diced

Dressing ingredients

- 2 Tbsp. olive oil
- 1 Tbsp. organic lemon juice
- 1 tsp. sea salt or Herbamare
- 1 tsp. paprika
- 1 tsp. ground cumin
- 1/2 tsp ground coriander



Entrees



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Raw Asian Noodles

From The Rawtarian

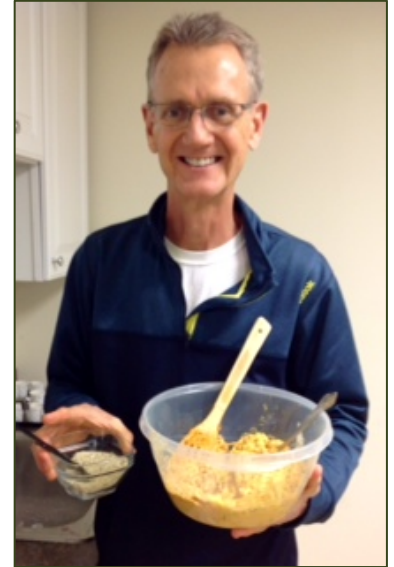
Submitted by John Dunlevy

Sauce Ingredients:

- 1/3 cup sun-dried tomatoes (soaked in oil)
- 1/4 cup cashews
- 1/3 cup carrots
- 1 teaspoon chili powder
- 1 tablespoon fresh basil or 1 teaspoon dried basil (optional)
- 1 tablespoon hempseed hearts (optional as garnish)

Zucchini noodles:

- 1 Zucchini



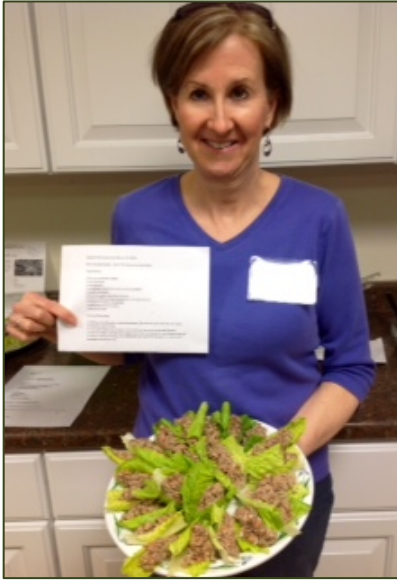
Directions:

1. Place cashews and sun-dried tomatoes in food processor. Pulse to blend.
2. Add carrot and chili powder (and optional basil) to the food processor mixture. Process again until smooth, resembling a nut pate.
3. To make your noodles, peel your zucchini (remove outer green peel). Use a vegetable peeler (or a Spirooli spiralizer if you have one) to slice zucchini into "noodles."
5. Place the noodles and the sauce into a large bowl and gently stir using two spoons until well combined. Eat immediately.

Raw Chicken Salad

From The Rawtarian (on-line)

Submitted by Louise Kulig



Ingredients:

- 1/4 cup sunflower seeds
- 1 cup cashews
- 1 cup pecans
- 1 cucumber (peel first and cut into chunks)
- 1 small red onion (optional)
- 1/2 of an apple (cut into chunks)
- 1 celery stalk (cut into chunks)
or 1/2 cup carrots
- 1 teaspoon fresh or dried dill
- 1 tablespoon lemon juice
- 1 pinch sea salt

Directions:

1. Add all ingredients together in a food processor. (Do not use your blender for this.)
2. Process very briefly.
3. You can let this raw recipe sit for half an hour or so to let the flavors combine briefly, but this raw vegan meal does not keep for very long so eat up!
4. Serve in lettuce wraps, in a hollowed out sweet bell pepper, or serve with avocado chunks on top.

Kelp Noodles ***with Spinach Basil Pesto***

From Rawfoodrecipes.com
Submitted by Cheryl Nalbach

Ingredients:

Pesto

- 2 1/2 cups packed spinach
- 3/4 cup fresh basil leaves
- 1/3 cup sun dried tomatoes, chopped
- 3 Tablespoons hemp seeds
- 3 Tablespoons lemon juice
- 2-3 Tablespoons water
- 3 Tablespoons olive oil
- 1 Tablespoon nutritional yeast
- 1 large clove garlic
- 1/2 teaspoon Himalayan salt



Noodles

- Spiralized zucchini or kelp noodles.



Directions:

1. In a food processor, blend pesto ingredients into a paste.
2. Taste, adjust salt.
3. Toss with noodles.

Lettuce Roll Ups

Submitted by Terry Kessel Myers Coney

Inspired by Garden of Eden Pesto wrap from Going Raw by Judita Wignall

The basics

The outer wrap: can be any large green leaf of your choice, be it collards, romaine lettuce, or Boston bib lettuce.

Fillings:

- Lettuce
- Avocado
- Sprouts
- Carrot
- Cucumber
- Red cabbage
- Jicama
- Red, yellow, or orange peppers

(You can also add your favorite sauce, pate, or spread
I prefer mine simple, but let your imagination, creativity,
and personal taste be your guide.)



Directions

1. Collect ingredients.
2. Sliver veggies into thin slices.
3. Lay out the "wrap".
4. Lay veggies on wrap in a colorful array.
5. Roll it up.

enjoy !!!



Raw Mac and Cheese

Submitted by Kathleen Bryce

Ingredients:

- 2 cups of spiralized zucchini
- 1 cup of raw cheese (recipe below)

Raw Cheese Recipe:

Makes two cups

- 1 cup of sunflower seeds, soaked overnight and drained
- ¼ cup of red bell peppers, coarsely chopped
- 3 tablespoons of olive oil
- 2 tablespoons of yellow miso
- 2 tablespoons of lemon juice
- ¼ teaspoon of sea salt
- ¼ teaspoon of turmeric
- 1 tablespoon of raw hot sauce (optional)

Place all the ingredients in a blender and blend at high speed until smooth. Cheese may be stored in an airtight container, in the refrigerator, for up to 4 days. *Serves 4*

Mock Egg Salad Wraps

From Eat to Thrive pg. 293

Submitted by Louise Kulig

Salad Ingredients:

- 1 head cauliflower
- 2 stalks celery
- 3 green onions (optional)
- 2 dill pickles from Real Pickles brand
- a sprinkle of Paprika
- romaine lettuce leaves

Mayo:

- 1 cup cashews soaked
- 2 Tbsps. Lemon Juice
- 1/4 to 1/3 cup of filtered water
- 1 1/2 tsp. Celtic or Himalayan Salt
- 1 tsp. dry mustard
- 1 tsp. turmeric

Directions:

1. Process cauliflower with S blade in food processor.
2. Chop celery, green onion and pickles and combine with cauliflower.
3. Cream mayo in blender until creamy (add water if necessary).
4. Stir mayo into vegetables.
5. Wrap in romaine leaves.
6. Sprinkle with Paprika.



RAW PAD THAI

Submitted by Cece Fins

INGREDIENTS:

- 2 zucchini grated into noodles
- 2 large handfuls of sprouts
- 1 cup of chopped soaked cashews
- 1 red or yellow bell pepper
- 4 green onions
- 1/2 cup "fresh" chopped cilantro
- juice from 1 lime
- 1 T of Persian lime olive oil by Gustare
- 1/4 t sea salt



JUST MIX ALTOGETHER AND VOILA!

Spicy Long-life Noodles with Ginger Sauce

From entertaining in the RAW by Matthew Kenny
Submitted by Kathleen Bryce

NOODLES:

- 2 large jicama, cut into long noodles with a spiralizer
- ½ cup roughly chopped raw peanuts
- ¼ cup sliced scallions (cut into 1 inch slices)
- ½ cup Mung bean sprouts
- 1 cup roughly chopped Bok Choy

Mix all ingredients by hand

SAUCE:

- ¼ cup sesame oil
- ¼ cup soy sauce
- ¼ cup fresh lemon juice
- ¼ cup tahini
- 2 tablespoons minced ginger
- add Stevia to taste if desired

Blend all ingredients well in a Vitamix.

Toss noodles with sauce several times until well coated and serve.

Serves 4

Zucchini Alfredo

From the rawtarian.com

Submitted by Terry Myers coney

Sauce Ingredients:

- 2 1/2 cups soaked cashews
- 1 tablespoon lemon juice (optional)
- 2 cloves garlic (optional)
- 1 1/2 cups water
- 1/2 teaspoon thyme spice
- 1 teaspoon sea salt

Directions:

1. Peel and spiralize 3 raw zucchini.
2. Mix other ingredients until smooth.
3. Combine and enjoy !

My personal touch garnish : chopped walnuts and red pepper

Spiralized Zucchini

with Spinach

Basil Pesto

Submitted by Susan Saulnier



Pesto Sauce:

- 2 1/2 cups spinach
- 3/4 cup basil leaves
- 1/3 cup sun dried tomatoes, chopped
- 3 tbsps. hemp seeds
- 3 tbsps. lemon juice
- 2-3 tbsps. water
- 3 tbsps. olive oil
- 1 clove garlic
- 1/2 tsp Himalayan salt

Noodles:

- Spiralized zucchini and squash

Directions:

1. In a food processor, blend all sauce ingredients into a paste
2. Taste, adjust salt
3. Toss with noodles



Sprouted Quinoa Buddha Bowl

Adapted from an online Millet Buddha Bowl recipe

Submitted by Hanna

Quinoa:

- 1 cup quinoa soaked and sprouted
- 2 T ume plum vinegar

Mix quinoa and ume vinegar

Vegetables:

- 1/4 cup dry wakame or arame
- soaked and drained
- 1 large carrot shredded
- 1/2 cup cucumber chopped
- 1 cup purple cabbage shredded
- 1 avocado chopped

Arrange vegetables on top of quinoa.

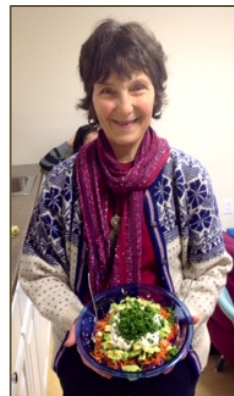
Dressing:

- 1/2 c tahini
- 2 T lemon juice
- 1 clove chopped garlic (optional)
- 1/2 cup water to think consistency
- Himalayan salt to taste

Mix all ingredients. Drizzle on top

Optional Garnishes:

Handful of chopped cilantro, Kimchi or Sauerkraut, Gomasio



Dehydrated Crackers, Breads, and Snacks



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Banana Bread

with quinoa flour

Submitted by Ivan Pardo

Ingredients:

- 4 organic bananas
- 1 cup agave
- 1 tsp vanilla extract
- 1/4 sea salt
- 1 tsp cinnamon
- 1 tsp freshly grated nutmeg
- 1 tsp cloves (optional)
- 2 1/2 cups of quinoa flour
- 1 1/2 cup of almond flour
- 1 cup of flax meal
- 1/2 cup of chopped pecans



Directions:

1. Blend bananas, agave, salt and spices.
2. In a medium bowl combine flours and liquid ingredients.
3. Add flax meal last.
4. Form into 4W x 9" loaf and freeze until solid.
5. Once frozen, slice and transfer to the dehydrator for 4 hours.



Flax Crackers I

Submitted by Heike Westphal

This is my flax cracker recipe I've adjusted from Hippocrates Health Institute recipe..

- 2 carrots
- 3 stalks of celery
- 6 stalks of fennel
- 2 T fennel seeds
- 2 T curry powder
- 1 t Himalayan sea salt
- 2 ½ cups flaxseed
- ½ cup black sesame seeds
- 5 ½ cups of water
- 1 cup flax seeds, ground



1. Soak flax seed in water for at least 3 hours.
2. Set aside.
3. Add sesame seeds.
4. Blend remaining ingredients except ground flax seeds and add to soaked flax seeds.
5. Mix in ground flax seed. A little at a time otherwise it will clump up.
6. Spread out on reflex sheet.
7. Score to desired size of crackers.
8. Dehydrate overnight then peel off the reflex sheet.
9. Dehydrate again until the crackers are crispy.

Flax Crackers II

Hippocrates Health Institute

Yields: 8 - 9 dehydrator trays

Keeps for 6 months

- 5 red peppers
 - ½ red onion
 - 3 T chilli powder
 - 2 ½ cups flax seed
 - 1 cup flax seed, ground up
 - 3 oz. fresh lemon juice
 - 3 stalk celery
 - 1 t garlic powder
 - 1 pinch cayenne pepper
 - 5 ½ cups water
 - 1 t kelp powder
1. Soak flax seed in water for at least 3 hours.
 2. Set aside.
 3. Blend remaining ingredients and add to soaked flax seeds.
 4. Mix in ground flax seed. A little at a time.
 5. Spread out on reflex sheet.
 6. Score to desired size of crackers.
 7. Dehydrate overnight then peel off the reflex sheet.
 8. Dehydrate again until the crackers are crispy.

Variations: Chia seeds, Carrots and curry, Sunflower seeds, Pumpkin seeds

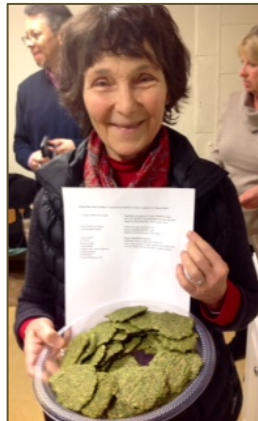
Place flat leaf parsley or cilantro leaves on top of crackers. When cracker is still moist shape it into a taco shell.

Green Flax Seed Crackers

Adapted from Optimum Health Cookbook
by Hanna Siegel

Ingredients:

- 1 1/2 cup golden flax seeds soaked overnight in 2 cups of filtered water
- (DO NOT RINSE. Save the water and flax together.)
- 2 cups Sunflower Seeds, soaked overnight and rinsed
- 1 cup Pumpkin Seeds, soaked overnight and rinsed
- 1 clove garlic
- 1/2 onion
- 2 celery stalks
- 1 cup parsley
- 1 bunch kale, stems removed
- 1/2 tsp cayenne
- 2 TBS dulse
- 1/2 tsp Himalayan salt



Directions:

1. Blend soaked flax and flax water together in food processor , place in a large bowl
2. Blend sunflower and pumpkin seeds in food processor and add to bowl with flax
3. Blend remaining ingredients and fold in to seeds. Mix well.
4. Use a large spoon to spoon mixture into crackers 1/4 inch thick on a teflex tray
5. Dehydrate for 24 hours or until crunchy

World's Best Kale Chips

Recipe from Raw food for Everyone by Alissa Cohen

Submitted by Kathleen Bryce

Ingredients:

- ½ c olive oil
- ½ c Nama Shoyu
- 1/3 c apple cider vinegar
- 1/3 c freshly squeezed lemon juice
- 1/3 c tahini dressing (see recipe below)
- 2 bunches kale



Directions:

1. Combine olive oil, Nama shoyu, vinegar, lemon juice, and tahini dressing in vitamix. Blend until smooth.
2. Tear leaves from stems and soak till clean. Shake off excess water.
3. Toss kale leaves with the tahini mixture till coated.
4. Arrange on dehydrator tray and dehydrate for 3-4 hours.

Tahini Dressing

- ½ c olive oil
- ½ c nama shoyu
- 1 garlic clove (optional)
- 1.4 c apple cider vinegar
- ¼ c lemon juice freshly squeezed
- 1/8 cup tahini

Place all ingredients in vita mix and blend.

Makes 2 cups



Sunny Onion Crackers

Submitted by Diane Sugrue

Recipe from Healthful Cuisine by Anna Maria Clement & Chef Kelly Serbonich

- 1 ½ c. sunflower seeds, soaked
- ½ c. chopped red onion
- ½ c. dill & parsley combined
- 2 clove garlic
- 1 c. water
- 2 Tbsp. lemon juice
- Braggs Liquid Aminos
- Kelp granules to taste

In a blender, combine all ingredients. Blend well and season. Spread on dehydrator sheets, dehydrate overnight.

Dehydrated Grapefruit

Submitted by Timothy Cruz

Equipment:

Dehydrator

Ingredients:

- 10 Grapefruit

Directions:

1. Peel Grapefruit
2. Slice according to what your dehydrator can accommodate
3. Dehydrate for 8+ hours or until desired crispness

Sweet and delicious. Guaranteed !



Desserts



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Carob Truffles

or Walnut Fudge Brownies

Hippocrates Health Institute - Renate Wallner

Submitted by Heike Westphal

Keeps for a couple of months in freezer.. Yields ~ 30 Truffles

Ingredients:

- 3 cups Walnuts, dehydrated
Or
- 1 cup Almonds, soaked & dehydrated
- 2 cups Walnuts, soaked & dehydrated
- 1 cup Pecan Nuts, soaked & dehydrated
- 2 T Carob
- 1 T Liquid Vanilla, alcohol-free
- 1 T Water
- ¼ t Stevia



1. Process nuts and carob in food processor until fine.
2. Add liquid vanilla, water and stevia by process/pulse until it holds together. (Don't over process otherwise the oil will separate.)
3. Roll into bite size balls. (Or, as options, add in coconut flakes or press mixture into a flat dish.)
4. Top with Vanilla Dream Topping.
5. Eat like this or put into freezer. If kept in freezer, it is not necessary to defrost before enjoying.

Vanilla Dream Topping

Hippocrates Health Institute - Renate Wallner

- 2 T Liquid Vanilla, alcohol-free
- ½ t Stevia
- 2 cups Macadamia or Pine Nuts, soaked
- 1 cup Water or Coconut Water
- 2 T Coconut Butter
- 1 T Lecithin Granules

1. Blend until very smooth.
2. Refrigerate or freeze until firm.
3. Top Brownies just before serving.



Carrot Almond Hamantaschen

Adapted from sparkpeople.com

by Hanna Siegel



Ingredients:

- 2 cups carrots -
- 2 cups almonds -
- 3 Tbs lemon -
- 1 Tbs maple syrup
- 1/4 cup coconut -
- 4 soaked medjool dates -
- 2 Tbs ground flax -
- 1 tsp ginger powder

Directions for Batter:

1. Blend carrots into a pulp in food processor.
2. Blend almonds into carrots.
3. Add lemon and maple syrup and blend until smooth.
4. Add coconut to mixture.
5. Blend dates until smooth.
6. Add everything together and mix in a large bowl.

Topping:

- Dried apricot or other fruit

Directions for Assembling:

1. Use a large tablespoon and put dollops on teflex sheet.
2. Shape in triangles.
3. Place fruit in center. Dehydrate for 10 hours.

Chia Pudding

Submitted by John Dunlevy

Basic recipe tastes like tapioca pudding

Ingredients:

- 2 cups almond milk
- 1/3 cup chia seeds(if you like it thicker, add more)
- 1 tablespoon sweetener of choice,(date syrup, coconut nectar, stevia)
- 1 tsp vanilla extract or 1/8 tsp extract, butterscotch, maple, etc.

Directions:

1. Pour chia seeds in 2 cup of almond milk.
2. Mix well and let rest 10 minutes.
3. Blend with a wire whisk to break up any lumps and let rest another 10 minutes.
4. Wait another 10 minutes and whisk again.
5. Add sweetener and extract and blend in.
6. Mixture will firm up overnight in refrigerator. Serves 2

Variations: Toss in berries, Use coconut water from young Thai coconut, Add cacao powder and sweetener to taste.



Chocolate Chia Pudding

Submitted by Cece Fins.

A combination of several recipes.

Ingredients:

- 1/4 C chia seeds
- 1 C (plus) almond coconut milk
- 2 rounded t of raw cacao
- 15 drops of stevia (test sweetness, less may be fine)
- 1 avocado

Directions:

1. Put in vitamix and combine until smooth.
2. Refrigerate for 30 minutes or more.





Cacao Date Balls

by Louise Kulig

This is one of the quickest recipes you can whip up for that little bit of sweetness or chocolate craving (Without any sugar)!

Ingredients:

- 8 oz. chopped (and pitted) dates
Soak for 5 mins. in hot water, then drain and let cool
- ½ cup raw almond butter
- ½ cup unsweetened cocoa powder

Put all ingredients into a food processor or high speed blender and pulse until smooth. Form into balls and freeze on a cookie sheet covered with a sheet of wax paper. Enjoy!

*Note – you can also roll them in raw coconut flakes before putting them in the freezer.



Chocolate Macaroons

Prepared by Susan Saulnier

Recipe from Raw Food Real World

by Matthew Kenney and Sarma Melngailis

Ingredients:

- 3 cups dried, unsweetened coconut flakes
- 1 ½ cups cocoa powder (or carob)
- 1 cup maple syrup
- 1/3 cup coconut butter
- 1 tbsp. vanilla extract
- ½ tsp. sea salt



1. In large bowl, combine all the ingredients and stir well to combine. You can also use a standing mixer with the paddle attachment.
2. Using a small ice cream scoop, your hands or a big tablespoon, spoon rounds of the dough onto dehydrator screens. If you are using your hands, it helps to refrigerate the mix a bit prior to forming the macaroons. Dehydrate at 115 degrees (f) for 12-24 hours, or until crisp on the outside and nice and chewy on the inside.

For Blonde Macaroons: Replace the cocoa powder in the recipe above with an equal amount of fine almond flour.

Easy Chocolate Mousse

Based on "Basic Pudding" recipe on p. 23 of Anna Maria Clement's book, *Healthful Cuisine*
Submitted by Terry Myers Coney

Ingredients:

- 1 Avocado
- 12 dates (pitted and soaked)
- 2 Tbsps. raw cacao or carob powder
- Water as needed for proper consistency

Directions:

1. Remove skin and pit from Avocado and place in blender with chopped soaked dates. (Be sure the pits are removed from the dates!!!!)
2. Add cacao and water. (Recipe calls for 1 cup water, but I start with less and see how I like the consistency.)
3. Blend until smooth.

Easy, Easy, and so delicious!

Warning: *may be addictive....save for special occasions*

Strawberry Mousse

Based on the "Basic Pudding" recipe on page 23 of
Anna Maria Clement's book, *Healthful Cuisine*
Submitted by Terry Myers Coney

Ingredients:

- 2 Avocados
- 12 dates (pitted and soaked)
- 12 strawberries
- Water as needed for proper consistency



Directions:

1. Remove skin and pit from Avocado and place in food processor with chopped soaked dates. (Be sure the pits are removed from the dates!!!!)
2. Blend until creamy. (I found I did not need to add any water. I drained most of the soaking water from the dates, but left enough to that it would blend easily)
3. Add strawberries.
4. Blend until smooth.

"Chocolate" Mousse II

by Diane Sugrue

- 3 ripe bananas
- 3 ripe avocados
- 3 Tbsp. carob powder
- 2 tsp vanilla
- pinch salt

Mix all ingredients in food processor.

Snowballs

From The Happy Raw Kitchen
Submitted by John Dunlev



- 1 1/2 c grated Jicama (if it's too 'juicy' squeeze the liquid out by hands)
- 1 Granny Smith Apple peeled & ground
- 2 c. Almonds soaked/dehydrated ground fine
- 4 T golden flax ground fine
- 1/4 c agave
- 1 tsp vanilla
- lemon juice and zest of 1 lemon
- 1/2 c poppy seeds.

Mix all Ingredients and form in any shape you want.

Raw Cacao "Brownie" Bites

with Peppermint

From Rawfoodrecipes.com

Submitted by Cheryl Nalbach

Ingredients:

- 1 cup almonds, cashews or walnuts
- 10 pitted dates
- 1 tbsp. raw cacao powder
- pinch of salt (optional)

Added flavors (add in one of the following)

- 1/8 tsp chili
- 3 drops peppermint oil

Toppings

- 1/4 – 1/2 tsp raw liquorice powder
- Raw cacao powder, chopped almonds, shredded coconut, or anything else you would like to roll your brownies in.

Directions:

1. Process nuts in you food processor until you have flour.
2. Add in raw cacao powder, salt and your flavor of choice.
3. Pulse for a few seconds and then throw in the dates.
4. Process until everything sticks together.
5. Shape into balls with your hands and roll in cacao powder or whatever else you would like.

Store the brownies in the refrigerator.

No Bake Sweet Potato Pie

Adapted from an old recipe by Leah



Crust:

- 2 C hazelnuts ground
- 3/4 C almond butter
- 1/8 tsp sea salt

Mix ground hazelnuts with almond butter and sea salt. Press mixture into pie pan.

Pie filling:

Ingredients

- 3 large organic sweet potatoes washed, peeled and sliced ¼ in thick
- 1/4 C coconut oil liquefied for basting
- 1.5 C coconut milk
- 1 tsp vanilla
- 1 tsp grated lemon, lime or orange rind
- 1 tsp ground cinnamon
- 1 tsp grated fresh ginger
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp sea salt
- 20 drops liquid Stevia
- 2 Tbsps. ground Chia seeds
- 4 Tbsps. filtered water

Directions:

1. Place sweet potato slices on Teflex sheets, baste with coconut oil, and soften in dehydrator at 105 for 4-6 hours. Flip slices midway.
2. In food processor blend softened sweet potatoes with coconut milk, spices and Stevia.
3. Combine ground Chia seeds with water.
4. Blend Chia seed mixture into sweet potato mixture.
5. Spoon into pie crust.
6. Dehydrate for another hour at 115 degrees to blend spices and create more firmness.

Topping:

- One can of organic full fat Thai coconut milk
- 1tsp vanilla
- 10-15 drops liquid Stevia
- Tapioca flour

In food processor or blender combine coconut milk, vanilla and Stevia. Add a little tapioca flour to create the right consistency.