RAW FOOD DIET
AKA HIGH
ENZYME DIET

WHY HIGH ENZYME DIET (Raw Food Diet)

If you really want to help your body regenerate and heal fast, this is the regime you want to follow. It takes a lot of stress for the body to process the usual cooked foods, requiring much energy to digest and metabolize. Eating raw foods takes all that stress off the body, allowing the body to focus on what it needs to do: heal the disease and imbalances in the body. The body will start to cleanse itself, starting with the junk it is storing - plaquing in the arteries, toxins in fat cells. This can bring down high blood pressure quickly and if you have low blood pressure, don't we alarmed if it goes a bit lower.

Of course, when you eat raw foods and stop eating all the processed junk, you can experience weight loss. If you are already thin and don't want to drop much more weight, make sure you add in lots of avocados, healthy oils and mayonnaise to your daily diet which helps keep the calories up.

This is a gentle way of cleansing. Not as fast as starving for a week or two, but you are feeding high nutrition into the body while doing gentle cleansing.

During any detoxification you may feel a little more tired, but once the body has cleared out some of its overload, you will start to feel lots of energy, in fact you may have trouble sleeping and need much less sleep. Once some healing has taken place your eyes will start to look brighter, the skin will be clearer, the brain will be sharper.

Some people may have difficulty with eating a lot of raw foods. Their digestive system has deteriorated over time and they feel more comfortable processing mushy processed foods. Those people may not be able to do this regime. If they have a poor digestive tract and really want to heal using this method, they can introducing juicing which takes a lot of work off the digestion processing the high amount of cellulose contained in vegetables.

If you are doing this long term and it has been done by many people - you must eat a balanced diet. If you don't get grains, you will be lacking in B vitamins and your nerves will suffer as a result - that is why we were so happy that the Ezekiel bread and cereal and manna breads were available that we could make sandwiches with. Many of us are working long hours and don't have all day to dehydrate or soak seeds for days at a time - but with the Ezekiel and Manna breads, no problem.

If you get constipation - and you may because this diet is high in water, but you may not eat enough fiber so you should take herbal bowel tonics to cleanse the bowels. Increase your water intake to about 6-8 glasses a day and make sure you get lots of raw oils such as flaxseed oil, virgin olive oil. Take trace minerals as well to help your insides hydrate. Our favorite bowel tonic at the moment is Wildrose LBT3 or our own bowel tonic caps at the office - usually taking 2 at bedtime with a large glass of water is sufficient. If you get diarrhea, back off to one at bedtime.

If you have long term, chronic constipation, look into having a colonic(s) to help deplaque the bowel. Taking Bioxy Cleanse will also help deplaque the bowel.

HIGH ENZYME DIET aka RAW FOOD DIET

This is a long term diet - you can do it for one week, a month or for life! If you have never eaten raw foods or are not used to eating raw foods, this will not work for you. You will end up with cramps from so much enzymes and raw foods and you should perhaps start with 20% raw, working up to 60-70% raw, with the rest of the foods being cooked brown rice or cereals and steamed vegetables.

When we say raw, that means you can't eat canned or bottled. The manufacturers have to heat the foods in cans and bottles to kill of bacteria.

You may not have even a sniff of sugar (white or brown), corn syrup, or glucose. Use natural unpasteurized honey as a sweetener, raw agave or other unprocessed sweeteners. Stevia and monk fruit should be fine.

After 4 days your cravings will dissipate, but if you add even a tiny bit of sugar to your diet, cravings will come back.

You must get protein every day:

- **Best source is raw pumpkin seeds (40 g per cup)**
- **Raw eggs (as in salad dressings, homemade mayo,**
- **Raw walnuts, almonds, cashews**
- **Raw milk cheese (available in health section of Nutters and Superstore under the brand name Lancetre)**

For starch:

- **Rice soaked in double amount of water**
- **Soaked legumes, seeds, oats etc.**
- **Root vegetables**

For Oil/Fat:

- **2 Tbsp daily of either Flaxseed Oil or cold-pressed Safflower or Sunflower Seed Oil, or**
- **Extra Virgin Olive Oil, or Pure Coconut Oil. You can mix this with orange juice or lemon juice or apple cider vinegar to make a salad dressing. For sandwiches instead of butter, drizzle flaxoil or whatever you are using onto the bread.**

For sweetener:

- **Pure unprocessed honey, Pure maple syrup, Stevia.**

For breads:

- **If you don't have time to make your own, get Ezekiel bread or Manna Bread – Ezekiel is in the freezer section of Nutters and Superstore. Manna bread used to be available at Safeway but lately has disappeared so if you go to Calgary, visit the Community Health Store on 10th and pick some up in the freezer section. These breads don't have preservatives and must be kept frozen. They are considered raw because they are baked at less than 105°F.**

Example of Meals for the Day

Breakfast:

Fruit (1 or more pieces) or
Muesilli: small handful of old fashioned oats, mixture of hazelnuts, or walnuts, almonds, raisins. Top with a little honey, cinnamon if desired, and water. or
Fruit Shake: 1 cup apple juice blended with 1/2 banana, 4 strawberries (or other fruit). You can add 1-2 raw eggs to this for extra protein if you wish.
Multi Vitamin
4-10 drops iodine if you wish to keep your thyroid happy

Lunch:

Large salad (your choice: baby spinach, cauliflower, peppers, lettuce (dark green is best), raw pumpkin seeds, shaved raw cheese, raw chopped apple, raw walnuts, avocado slices, mushrooms, red and green cabbage, turnip,celery, olives, tomatoes, cucumbers, bok choy, kale)
Dressing: at least 1 Tbsp Raw oils eg. flaxseed, extra virgin olive oil, cold pressed sunflower/safflower. Can mix oil with lemon juice or apple cider vinegar if desired.
Sea Salt, Pepper. Herbs if desired (oregano, basil, dill weed, mint)
Add small handful of raw nuts/seeds to your salad.
Or a sandwich made with Ezekiel bread, home made mayonnaise, sliced tomato, raw milk cheese, lettuce, sliced cucumber, seasalt and pepper to taste.

Mid afternoon snack if desired:

A piece of fruit, or small handful pumpkin seeds

Supper:

Large Salad with 1 Tbsp oil which you can make into a dressing if you wish.
Optional: grate a tablespoon of raw milk cheese over the salad.
Optional: Soak bulghur wheat for 3 hr in water. Then use like rice.
Braag sprayed on (natural soy amino acid blend)
or see some of the great recipes in this book

Before Bedtime:

Calcium-Magnesium supplement
Bowel tonics if needed. Try and have at least 1-2 soft stool movements daily.

Drink 6-8 glasses of water throughout the day.

If want sweet snack (can have 2-3 pieces a week if you are trying to lose weight):

- **Dried fruits eg: dates - put in blender with raisins, mush up with a little blackstrap molasses for flavor. Form in little balls, roll in coconut shredded,**

put in fridge. They get hard, good to chew on.

- **Fruit leather - natural.**

Herbal Teas are o.k. Try Chai tea without milk, adding honey after it is poured so enzymes are kept in tact. No coffee or black tea. Green tea is o.k. in moderation, it does contain some caffeine but at least it doesn't have the acids and oils that coffee contains.

Bread: if you wish to eat bread, it must be either EZEKIEL or MANNA bread. These breads are baked at low, low temperatures so the enzymes and everything is preserved. In olden days, they were baked in the sun.

Cereal: If you tire of the usual museli cereal with the oats/apple/nuts we suggested, try the Ezekiel cereals which we have been told are not cooked.

Forbidden:

- **products that are: bottled, refined, canned, salted, frozen, preserved, smoked, sulphured**
- **alcohol**
- **beverages, except pure water and pure fruit juices, herbal teas**
- **bicarbonate of soda found in food, toothpaste, gargles**
- **candy, cake, chocolate, cocoa**
- **coffee, also instant**
- **dairy products (milk, cream, cheese, butter)**
- **drinking water from tap**
- **epsom salts**
- **fat (also, do not cook with any oils or fats, have cold pressed oils raw on salads)**
- **ice cream (make your own, see recipes in this book)**
- **fish, shellfish, meats (beef, chicken, pork, deer, rabbit, lamb etc)**
- **nicotine**
- **oils that are processed and have been heated. If you have cancer, use only flaxseed oil.**
- **table salt and all substitutes (use powdered dulse, kelp, and seasalt, himalyan salt in moderation)**
- **sugar (white or brown sugar and products made with them)**
- **artificial sweeteners**
- **toothpaste that has sugar or fluoride**

AVOID:

- **Processed, artificial, chemical, refined, extreme, unseasonal, transcontinental, pre-cooked, polluted, disorderly, sedentary, synthetic, complaining, arrogant, rigid, competitive.**
- **Overeating. Chew food well.**
- **Don't eat for 3 hours prior to bedtime.**
- **Limit exposure to sun to 20 minutes daily.**

- **Limit exposure to television to 1 hour a day.**

HOW TO SECTION

HOW TO SWEETEN

For sweetening agents use:
Raw Honey
Fruit and Fruit Juice
Dates, prunes and other dried fruits
Sucanat
Stevia (careful, it is 100 times sweeter than sugar, use very sparingly

HOW TO MAKE SALTY

For salty agents use:
Sea Salt, Himalayan Salt, Hawaiian Salt, Celtic Salt
Tamari (natural soy)
Bragg Liquid Soy – there is a coconut substitute for those allergic to soy
Dulse or Kelp powder (seaweed)

HOW TO THICKEN

For thickening agents use:
Agar Agar
Tapioca
Gelatin (not strictly vegetarian)

HOW TO MAKE AND USE MILK SUBSTITUTES:

These should be available at your local health food store. Read the labels so you don't get those that contain oils, sugars or chemicals:
Rice Milk
Almond Milk
Cashew Milk
Coconut Milk
Potato Milk
Oat Milk
Soy milk (most liquid types in stores have oil and sugars in so be careful). 'So Nice ' (Natural or Original) is a good brand in Canada

HOW TO MAKE SESAME MILK

1/2 cup sesame seeds
5 dates
1/4 tsp sea salt
4 cups water
Soften dates by simmering in 1/2 cup water. Grind sesame seeds in nut grinder until finely ground.
Put simmered dates, ground seeds, salt and 2 cup water in blender and blend until smooth.
Pour into container and add remaining 1 1/2 cup water (use to rinse blender).
Stir well. Delicious on cereals or as a beverage. Toasting the sesame seeds enhances the flavor and is said to make them more digestible, but kills off enzymes. Check occasionally as they should be just slightly brown.

USING SESAME MILK

Grind 1/2 cup of the sesame seeds and blend in 2 cups water until smooth.
Pour into a container and add 2 cups water. This can be used in place of milk in almost any recipe and has a comparable nutritive value.

HOW TO MAKE RICE MILK

1 cup brown rice
2 cups water
1/2 tsp salt
4 dates (optional)
Put all into blender and blend until smooth. Pour into container and add enough water to make a total of 6 cups. Stir well.

HOW TO MAKE COCONUT MILK

Add 1 cup finely shredded coconut (unsweetened) to 2 cups hot water. Let stand 20 minutes, then blend a few minutes and strain through a sieve and a cloth.
Add a dash of salt and a few drops of honey if you wish. This is great on cereal and can be used as milk in recipes.

HOW TO MAKE NUT MILKS

1 cup raw cashews or almonds
3-4 cups of water
Optional: 1/4 tsp salt
Optional: 2-6 dates) put in blender with nuts if sweeter milk is desired. May add bananas or other fruit for flavor.
Put nuts, salt and 1/2 to 2 cups water in blender and blend until smooth.
Pour into container and add remaining water. Shake well each time before pouring onto anything as it settles. This is not a drink but can be used over hot cereals.

HOW TO MAKE SUNFLOWER SEED MILK

The night before, put 1 cup of shelled sunflower seeds and 3 1/2 cups water in the blender. Cover.
Before breakfast, blend until you have a white milk and the seeds are reduced to pulp. Pour into a fine wire strainer or strain through a thin cloth. The seeds can be soaked only a few hours if you need the milk during the day.

HOW TO MAKE OATMEAL MILK

1 cup raw rolled oats
4 cups water
1/4 cup soy milk powder
1 tsp vanilla
1/3 tsp salt
5-6 dates, chopped
Blend all until smooth. Add 2-4 more cups of water depending on the richness you desire.
Strain. Blend in fruit or coconut if you want. Frozen fruits are also nice blended in milk for use on cereals.

HOW TO MAKE CASHEW OR ALMOND NUT CREAM

3/4 cup raw cashews or almonds
1 cup water
6-8 dates
1/2 tsp vanilla
Pinch of salt
Blend all until smooth
Will thicken in the refrigerator.

HOW TO SPROUT SEEDS

Sprouting seeds is a great way to get live fresh food. If you want to do an exclusive raw food diet, you will want to sprout seeds and grains to make them digestible.

To sprout use plastic trays with little drainage holes, or use wide neck large jar with some nylon hosiery or

cheesecloth at the mouth (keep the hose in place with a rubber band).

As a general rule of thumb, soak in twice the amount of water.

NUTS (soak to make them more digestible):

- **Almonds soak 12 hr**
- **Pecans soak 1-2 hours**
- **Walnuts soak 1-2 hours**
- **Macadamia, pine, pistachio nuts (no need to soak)**

SEEDS, LEGUMES, BEANS

Wash the seeds, soak them for several hours in a bowl to get them started, then drain them and transfer them to a tray or jar.
Rinse them frequently (every 8 hr) or they will develop mold.
A good habit is to keep them on the kitchen counter to remind you they need attention.
Once the sprouts are about 1/4" long, you can transfer them into the sun so they will develop more chlorophyll if you wish.

SPROUTING CHART

Seed	Method	Amount	Soaking Time	Sprouting Time
Adzuki jar	1/2 cup	12 hours	3-5 days	
Alfalfa	jar	3 Tbsp	5 hours	4-6 days
Almonds	jar	3 cups	8-10 hours	1-2 days
Amaranth	jar	½ cup	3 hours	1 day
Barley	jar	1 cup	6 hours	12-24 hours
Barley	soil	2 1/2 cup	-	7-10 days (unhulled)
Brazil nuts	jar	as needed	8 hr	Use right away
Broccoli	jar	2 Tbsp	8 hours	3-4 days
Buckwheat	jar	1 cup	1-6 hr	1-2 days (hulled)
Buckwheat	soil	2 1/2 cup	-	7-9 days (unhulled)
Cabbage	jar	1 Tbsp	4-6 hours	4-5 days
Chia	jar	1 cup	none	none
Chick peas	jar	1 cup	12 hours	3 days
Clover	jar	3 Tbsp	5 hours	4-6 days
Corn	jar	1 cup	8-10 hours	2-3 days
Fenugreek	jar	4 Tbsp	6 hours	2-5 days
Flax seed	jar	1 Tbsp	5-7 hours	2 days
Garbanzo	jar	1 cup	12-48 hours	2-4 days
Green peas	jar	1 cup	8 hours	3 days
Lentils	jar	3/4 cup	8 hours	2-3 days
Millet	jar	½ cup	5 hours	1 day
Mustard	jar	3 Tbsp	5 hours	3-5 days
Mung beans	jar	1 Tbsp	3-5 hr	1-3 days
Oats	jar	1 cup	8-10 hours	1-2 days
Onion	jar	1 Tbsp	4-6 hours	4-5 days
Pea shoots	jar	1 cup	8 hours	2-3 days
Pecans	jar	as needed	8 hours	use right away
Pinto	jar	1 cup	12 hours	3-4 days
Pumpkin	jar	1 cup	6 hours	2-3 days
Radish	jar	3 Tbsp	6 hours	3-5 days
Quinoa	jar	½ cup	3 hours	1 day
Rye	jar	1 cup	6-8 hours	2-3 days
Sesame	jar	1 cup	8 hours	- (hulled)
Sesame	jar	1 cup	4-6 hours	1-3 days (unhulled)

Soybean	**jar**	**1 cup**	**2-12 hr 2-3 days**	
Sunflower	**jar**	**1 cup**	**4-8 hours**	**1-3 days (unhulled)**
Walnuts	**jar**	**as needed**	**8 hours**	**use right way**
Wheat	**jar**	**1 cup**	**8-10 hours**	**1-2 days (for sprouts)**
Wheatgrass	**soil**	**2 cups per flat**	**8-12 hours**	*****
Wild Rice	**jar**	**1 cup**	**8-10 hours**	**4 days**

Note: Mung beans can be tricky. Wash first, then soak 1-3 days, rinsing and draining every 8 hours.

GRAINS

Rye, Spelt, Wheat, Kamut, Barley soak 6 hours, then sprout 5-7 days.
Amaranth soak 3 hours, sprout for 24 hr
Millet soak 3 hr, then sprout 12 hours
Quinoa soak 3 hrs, then sprout 24 hr

SPROUTING SUNFLOWER SEEDS

These are a little different than other seeds. Fill a pan 2 1/2 feet square with 2" deep of garden or potting oil.
Soak 4 cups unhulled sunflower seeds for 8-12 hours.
Scatter the seeds one layer thick and press down firmly into the soil with your hand.
Sprinkle with water, they must be kept very moist. Cover with brown paper and spray to dampen. Keep damp.
In about 4 days the plants should be pushing the paper up several inches.
Pick the seed hulls of the leaves only after the small plants begin to stand up.
Remove the paper and allow the plants to green in the sun near a window. Cut and harvest with scissors when the first two leaves are open and green. Cut above the soil. Rinse and shake dry.
The soil will not be reusable.

HOW TO SPROUT WHEATGRASS

Wheatgrass is very high in nutrition. Get the hard red winter organic variety.
Soak the seeds in water for 8-15 hours, then drain for 8 hr before seeding.
Spread 1 inch of soil in a tray, wet thoroughly but not so that it is muddy.
Put a layer of seed touching each other, on the soil.
Cover with 4-8 pieces of wet newspaper, then plastic or another tray without paper.
On the 4th day, remove the cover, water the seeds, and place in the sun or light.
Water once a day.
On the 7th day cut close to the base.
You can start to use the grass when it reaches 2" tall, or let it grow to 6" and harvest.

Grind for juice or chew and remove pulp. The old hand "Porker' Meat Grinder words well, and there are juicers on the market that will grind wheat grass.

To ingest, sip 1 oz slowly on an empty stomach once or twice daily.

WHERE TO BUY SPROUTING SEEDS AND EQUIPMENT

All of these can be obtained on the internet and are available in Canada:
vitacost.com or sprouting.com (Mumms Sprouting Seeds)
upayanaturals.com
realraw food.com
omfoods.com (organic matters)

HOW TO USE AGAR AGAR (use instead of gelatin or as a thickener)

Usually you just boil the agar agar in water until it is dissolved then use in a recipe. Here's an example of a jello type dish:

> **Take 1 bar of agar agar and boil it in fruit juice until agar agar is dissolved (5-10 minutes). Pour it into a bowl that won't let it stick. Add chopped fruit after it begins to set (about 45 minutes).**

RECIPES
for raw food diet

If you are embarking on the diet for just a short period of time, you shouldn't need to get any new tools, but if you decide to stay on this diet long term, you will want to get a Juicer, and a Dehydrator to make life more interesting.

SALADS, DRESSINGS

STANDARD DRESSING FOR SALADS:

4 parts cold pressed oil (eg. flaxoil) to 1 part apple cider vinegar or lemon (or lime) juice.
Salt and pepper to taste. Can add pinch of dried mustard or garlic powder or onion powder if you wish.

MAYONNAISE - Regular style

Put juice of 1 lemon and 1 raw egg in a blender with 1 tsp dried mustard.
As the blender whirls, slowly drizzle in ½ - 1 cup of cold pressed oil until thickened.
Season with sea salt and pepper as desired.

LIVE-FOOD MAYONNAISE

1 cup sunflower seeds (soaked) **1 cup green sauerkraut**
1 large avocado **1 tsp. dulse and a dash of cayenne**
Blend until smooth.

TOMATO CUCUMBER DRESSING

3 tomatoes chopped **1 celery stalk, chopped**
1 T. Fresh oregano, minced **1 cucumber, chopped**
3 radishes, chopped
Place the above ingredients in blender and blend until smooth.

AVOCADO DRESSING

1 ripe avocado (discard pit and skin)
1/4 cup chopped onion
1/4 cup flaxseed oil
2 Tbsp lime juice
1/4 tsp dried oregano
Sea salt and pepper to taste.

Blend everything until smooth. If it is too thick, add a little water.

DILL DRESSING

1 cup almonds (soak 12-48 hours)
1/2 cup cashews (soak 1 hour)
1/2 cup fresh dillweed
1/4 cup lemon juice
1/2 tsp onion powder (optional)
2 cups water
Sea salt and pepper to taste.
Blend all until smooth and creamy.

OIL FREE DRESSING

1-2 cups watercress
1/3 cup black radish
1 whole cucumber chopped
1 handful Italian parsley
4 Tbsp fresh herbs such as basil, rosemary, chopped
½ cup citrus juice such as lemon-lime
1 Tbsp sea salt
2 large cloves garlic
1 inch piece of ginger, minced
1 tsp cayenne peppercorn
3 Tbsp cumin powder
1 Tbsp turmeric
1/3 cup raw honey
10 Italian olives, diced
1 large ripe avocado, peeled, pit removed.
Blend water, radish, cucumber, parsley, herbs, citrus juice, salt, garlic, ginger, cayenne, cumin, turmeric and honey.
Add olives and avocado and blend a little longer until smooth.
Dressing should be ultra green and creamy, like soup.
Serve with large green salad.

TAHINI DRESSING

Tahini is sesame seed butter.
1 jar organic sesame tahini (about 1 ½ cups)
4 lemons or limes, juiced
2-3 minced garlic cloves
Sea salt to taste.
Put tahini and lemon juice juice in a bowl, add garlic and salt to takste. Transfer to ajar, spoon, remainder into a bowl.
Add 2 Tbsp mixture with 1 Tbsp water and you have the salad dressing.
Adjust amount of water as desired.

ASIAN DRESSING

5 Tbsp watercress4 Tbsp tamari, or shoy sauce/bragg
¼ cup minced scallion/green onion
2 Tbsp raw tahini
2 Tbsp sesame oil
1 Tbsp honey, 2 tsp maple syrup or 1 pitted date
1 Tbsp grated ginger
1 clove garlic, pressed and minced
¼ tsp Chinese five spice powder
1 pinch each cayenne and cumin

HIPPOCRATES HOUSE DRESSING

yield: 1 ½ cups
Blend at high speed:
¼ cup + 1 Tbsp lemon juice
1/8 cup Bragg's Aminos or coconut aminos
3 cloves garlic
2 tsp ground yellow mustard seeds
1 Tbsp water
1/8 tsp cayenne
While blending slowly add:
¾ cup of oil blend: olive, flax, hemp

This dressing is thick and creamy and will last in the fridge for 2 weeks.

RED PEPPER TAHINI DRESSING

2 red bell peppers, roughly chopped
1 cup raw sesame tahini
1 cup water
1-2 cloves garlic
1 Tbsp lemon juice
1 Tbsp pizza seasoning
2-3 drops liquid stevia
Bragg's or coconut Aminos or dulse

Combine all ingredients in a blender. Blend well and season to taste. Add more water to adjust consistency.

SALADS

LETTUCE WRAP SALADS

Lettuce leaves can be used for more than tossing in a salad. Use them as envelopes containing yummy flavours. Stuff them with mixed sprouts with your choice of chopped tomatoes, chopped hot peppers, sliced mushrooms, bamboo shoots, cilantro, water chestnuts, minced ginger, chopped black olives, bulghur wheat that has been softened in water.

INTERESTING SALADS

Here are some ideas to make the salad more creative and yummy:
Handful of raw almonds or walnuts
Minced ginger root
Chopped bok choy
Fancy lettuces: butter, escarole, romaine, red leaf, green leaf
Spinach
Green, red or yellow peppers
Fennel bulb chopped
Purple top turnip chopped
Pieces of cauliflower or broccoli
Sliced mushrooms
Raisins
Chopped pineapple pieces or dried apricots
Orange sections or apple pieces
Green or red cabbage chopped
Sliced or chopped tomatoes
Chopped mint leaves
Chopped cilantro leaves
Chopped basil

EXOTIC VEGETABLE WRAP aka Lettuce Cups

We use either swiss chard leaves or lettuce leaves to be the actual wrap.
The ingredients are wonderful:

- **Asparagus spears**
- **Julienned red pepper**
- **Sliced mushrooms**
- **Sliced cucumbers**
- **Bean sprouts**
- **Dried shiitake mushrooms, soaked until soft, then slivered**
- **Slivers of avocado (optional)**
- **Chopped cilantro and dill weed**
- **Homemade mayonnaise dressing**
- **Sea salt and pepper**

Just fold into a little packet or roll into a tube, and eat.

Here is another mixture to try:

Soak ½ cup chopped raw cashews in 1 tablespoon organic dark sesame oil and ½ tsp sea salt.
Set aside.
Use 6 large lettuce or chard leaves.
<u>Almond butter mixture:</u>
- **1 cup raw almond butter**
- **¼ cup maple syrup**
- **½ cup lemon juice**
- **2 tablespoons chopped ginger**
- **½ tsp chopped red chili (include seeds)**
- **1 ½ teaspoons Tamari or Braggs or coconut aminos**
- **Puree and set aside.**

<u>Filling:</u>
- **2 cups bean sprouts**
- **Handful each of chopped cilantro and basil leaves**
- **½ handful chopped mint leaves**
- **1 large carrot slivered into matchstick size pieces**
- **1 large ripe mango, peeled, cut into thin slices**
- **½ head cabbage, shredded (red or green) mixed with above almond butter mixture.**

<u>Dipping Sauce:</u>
- **2 Tbsp minced fresh ginger**
- **¼ cup hot water**
- **½ cup raw almond butter**
- **2 Tbsp Bragg or Coconut aminos**
- **4 tsp rice vinegar**
- **2 Tbsp white miso**
- **¼ tsp re pepper flakes or cayenne pepper**
- **Pinch of sea salt**

For variation in the sauce, blend in some fresh apricot or plum puree.
Arrange a few tablespoons of cabbage (mixed with the almond butter) across the bottom 1/3 of the leaf, leaving about an inch clear at the bottom. Sprinkle some of the chopped cashews over the cabbage.
Then lay a few sticks of carrot, then mango, then finally a few sprout on top.
Add a few leaves of cilantro, basil and mint.
Fold the bottom leaf up over the filling keeping it tight and tuck the leaf under the ingredients, roll forward, placing the roll seam side down on the serving dish.
Repeat until all used up.
Serve with the Dipping sauce or a salad dressing.

WILD RICE SALAD

4 cups wild rice (presoaked for 3-5 days until soft)

2 cucumbers	**2 red or yellow bell peppers**
2 carrots shredded	**2 tomatoes chopped**
4 celery stalks	**6 scallions or 1 small onion**
1 cup cilantro, parsley or basil	**4 Tbsp kelp to taste**

Chop all ingredients fine and put into large bowl. Then make dressing below.
<u>Dressing:</u>
1 large avocado
1/2 to 1 cup extra virgin olive oil or tomato juice or sauerkraut juice
1 Tbsp grated ginger root
pinch of cayenne
kelp or sea salt to taste
cilantro, basil or parsley to taste

WILD RICE AND FENNEL SALAD

Soak 1 cup wild rice for 3-5 days until soft.
Toss with:

1 fennel bulb, thinly sliced
2 shittake mushrooms, thinly sliced
2 Tbsp finely chopped cilantro
1 Tbsp grated ginger
2 Tbsp lemon juice
2 Tbsp extra virgin olive oil or flaxseed oil
Sea salt and pepper to taste.

STANDARD COLE SLAW

1 medium cabbage, finely shredded
1/2 bunches radishes, sliced
2 carrots shredded
Dressing:
½ cup mayonnaise
1/8 cup apple cider vinegar
1/8 cup extra virgin olive oil
Few pinches ground caraway or dill seed.
Put mayonnaise, and vinegar, oil into bowl, Sprinkle ground caraway or dill over the vegetables. Add dressing. Mix and serve. Season with salt and pepper to taste. For variations add chopped walnuts, pineapple or apple.

MOCK TUNA SALAD (delicious) - also good as sandwich filling

4 cups almonds **5 stalks celery, diced**
1/2 small onion, sliced thin and chopped **2 Tbsp chopped parsley**
5 Tbsp lemon juice
2 dashes cayenne
1 1/2 - 2 tsp sea salt
1 sheet Nori seaweed, soaked briefly, chopped (or 1/3 cup of your favorite soaked seaweed)
Optional: 1 crushed garlic clove
Puree almonds fine. In a bowl combine all plus 1/2 of the following Avocado Mayo. Add more mayo as needed.

Avocado Mayo:

1 cup pine nuts **1 large ripe avocado**
1 Tbsp lemon juice **2 tbsp apple cider vinegar**
1 tsp salt **6 med dates**
1/2 garlic clove (optional)
Blend the mayo together and use in the above recipe.

Place lettuce leaves on plate, top with this tuna salad. Or use as sandwich filling, or sushi filling.

We also make a fast recipe for this:
Soak garbanzo beans until soft (also known as chick peas), mashed them with a little chopped celery and onion, salt and pepper, mayonnaise. Add chopped dill weed for extra flavouring.

EXOTIC COLE SLAW

½ cup of your favourite bean sprouts
½ cup shredded green cabbage
1 cup shredded red cabbage
1 Tbsp sunflower or pumpkin seeds
1 bunch watercress or cilantro
1 cup grated carrots
3 – 4 radishes, sliced
½ cup julienned yellow pepper or zucchini
½ to 1 cup fresh herbs such as dill, thyme, parsley, mint, fennel
¼ cup fresh pomegranate seeds or raisins or grapes (grapes must be halved)
Toss with the following dressing:

¼ cup flaxseed oil
few drops of Sesame oil for flavouring
3 Tbsp apple cider vinegar or fresh lemon juice
2 Tbsp Maple syrup or raw honey
2 Tbsp dijon mustard or stone ground mustard
1 clove garlic, minced
1" piece of fresh ginger root, minced

In a small bowl blend the dressing ingredients together or use a small food processor.

SPINACH SALAD WITH MANDARIN ORANGE

5 cups baby spinach
1 cup fresh mandarin orange sections
1/2 cup sunflower seeds
1/4 cup extra virgin olive oil
2 Tbsp orange juiced
1 Tbsp lemon juice
Sea salt and pepper to taste
Combine all in a bowl, toss gently.

QUINOA SALAD

4 cups sprouted Quinoa
2 cucumbers chopped
1 red and 1 yellow bell pepper
2 tomatoes chopped
4 celery stalks
6 scallions chopped
1 cup cilantro, basil or parsley (optional)
2 carrots, grated or shredded
4 tbsp kelp soaked 1/2 hr and chopped
OPTIONAL: 1/4 cup raisins and/or 1/2 cup chopped pineapple
Chop all salad ingredients fine and put into large bowl. Mix dressing (below) and add to salad. Mix again. Serve.

Dressing:

3 large avocados
4 cloves garlic
pinch of cayenne
kelp or sea salt to taste
cilantro, basil or parsley to taste.
1 1/2 cups tomatillo juice (or sauerkraut juice, or tomato juice or apple juice)
Blend all the dressing ingredients, then toss with the salad ingredients.

TABOULEH SALAD

1 cup raw bulghur wheat which you soak in 4 cups warm water for 1 or more hours
1/2 cup diced red onion
1/4 cup chopped fresh mint or 1 tbsp dried
1/2 - 1 cup chopped fresh parsley
1 cup diced cucumber
1 cup diced tomato
Seasalt to taste.
Dressing: 1/4 cup flaxseed oil or other cold pressed oil.
1/4 cup fresh lemon juice
1/8 tsp cayenne - optional
Toss all together. Refrigerate. Serve cold. Keeps in fridge for 2 days if covered.

ANOTHER VERSION OF TABOULI

1 cup wheat or rye berries (soaked) (usually sold as bulghur wheat in the store)
1 cup minced parsley
2 or 3 Tbsp. each chopped: celery, onion, green pepper, mint.
1 chopped tomato
1 cup green sauerkraut
Cayenne, dulse, and basil to taste.
Mix all ingredients and chill.

WALDORF SALAD

chopped cabbage
chopped apples
chopped celery
chopped walnuts
Dressing is mayonnaise, salt and pepper. Can add a little lemon juice if you wish. For variation add sliced grapes. Optional: add chopped cucumber

ARGULA SALAD WITH ORANGE SLICED AND CRANBERRRY DRESSING

1 cups argula
½ cup crushed walnuts
2 large oranges, peeled, cut into sections without the pith
Dressing:
2 cloves garlic
¼ cup extra virgin olive oil or flax seed oil
½ tsp sea salt
1 ½ Tbsp apple cider vinegar or lemon juice cup raw bulghur wheat which you soak in 4 cups warm water for 1 or more hours
4 medium dates
1 cup water
Blend dressing and toss with salad ingredients.

KALE SALAD

2 bunches kale, torn into bite sized pieces
1 red bell pepper, slivered
¼ red onion, chopped
½ cup green onion, chopped
¼ cup fresh dill, chopped
2 cloves garlic, minced
2 tomatoes chopped (optional)
½ cup dried cranberries (optional)
1 pound mixed salad greens
Dressing:
Bragg soy sauce or Nama Shoyu to taste; lemon juice, extra virgin olive oil, and honey. All to your taste.

LENTIL SALAD

3 cups lentils, sprouted
½ red onion, minced
1 tender parsnip, shredded
½ yellow pepper, minced
1 Tbsp grated orange peel
Dressing:
¼ cup Tahini
1 or more lemons, juiced
Pinch cayenne
Bragg Liquid Aminos or soy sauce to taste
½ bunch parsley, cleaned, stemmed and minced
½ tsp dried thyme
Blend dressing ingredients and toss with the salad ingredients.

SUNFLOWER SALAD

Kernels from 3 cobs of corn
1/3 medium red onion, chopped

2 large tomatoes, chopped
5 cups sunflower sprouts
Dressing:
2/3 red onion
½ cup extra virgin olive oil
5 garlic cloves
½ cup parsley
½ cup apple cider vinegar
5 dried apricots
¼ cup pine nuts or walnuts
1 cup water.
Blend dressing and toss with salad ingredients.

SAIGON SALAD

Dressing:

1 cup hot water
3 Tbsp honey
1 garlic clove, minced
1 jalapeno pepper, seeded and minced
1 tsp sambla oelek (minced chili sauce
4 Tbsp soy sauce (tamari)
6 Tbsp line juice
Salad:
2 cups shredded lettuce
1 package vermicelli rice noodles
2 scallions minced
½ cucumber, seeded and sliced
2 carrots grated
2 tomatoes, chopped
4Tbsp chopped fresh herbs (cilantro, basil, or mint)
2 Tbsp raw nuts or seeds

Dissolve honey in hot water and let cool. Stir in garlic, chiles, soy and lime juice. Whisk thoroughly to combine and set aside while preparing the rest of the recipe.
Soak noodles in hot water until soft, strain and rinse with cold water. Shake excess water form the noodles and gently toss with a light drizzle of oil (sesame is ideal).
To assemble salads, place 1 cup shredded in the bottom of each serving bowl. Mix 1 Tbsp chopped herbs into each bowl. Next, divide the noodles evenly and nest them on top of the lettuce/herb mix. Ladle 4 Tbsp of dressing into each bowl. Arrange vegetables on top of the noodles and sprinkle with remaining herbs. Drizzle with more dressing and top with chopped nuts or seeds.
Serve with chopsticks. Have each diner use them to mix everything together form the bottom up in their own bowl. Serve with extra dressing and fresh line wedges on the side.

ALL GREEN GOODNESS SALAD

Dressing:
1 cup extra virgin olive oil
½ cup red wine vinegar
¼ cup filtered water
¼ cup tahini
2Tbsp Dijon mustard
3 cloves garlic
Place all of the ingredients in a blender and blend until smooth.
Salad:
2 heads romaine lettuce, chopped
1 bunch kale, de-stemmed and chopped

½ cup + 2 Tbsp Dressing
½ English or field cucumber, sliced not peeled
4 green onions, chopped, except bottom ½ inch
¼ cup pumpkin seeds
¼ cup hemp seeds
Toss the chopped romaine and lake with the dressing. Divide amongst four bowls.
Top each bowl with a quarter of the cucumber slices, green onions and seeds.

PAD THAI

Sauce:
1 cup coconut mild
½ cup raw almond butter
1 tsp minced jalapeno
1 Tbsp minced ginger
2 Tbsp Nama Shoyu
1 Tbsp red miso
1 tsp minced garlic
2 Tbsp lime juice
2 tsp chopped dates
¼ tsp cayenne
Place all ingredients into a blender. Blend on high until all the ingredients become creamy and smooth. Taste and adjust flavours if necessary.
Noodle base:
3 cups sprialized daikon
1 cup shredded kale
½ cup julienne-cut red pepper
½ cup grated carrot
1 bias-cut scallion
½ cup cherry tomatoes, cut in half
40 Thai basil leaves
2 Tbsp chopped cilantro
Ten minutes or so before serving, dress the noodles. Place all of the prepared ingredients from the noodle base into a large bowl. Toss the noodle base with the sauce .
Garnish:
cucumber slices cut on the bias
2/3 cup chopped almonds or mixed green
kale or mesclum or mixed greens
Fan out and place three of the bias-cut cucumbers on the edge of each plate, and a little mixed greens or kale leaf off to the other side. Place the Pad Thai mixture in the center of each plate and top with halved tomatoes and chopped almonds

COCONUT CEVICHE

2 Thai young coconuts
1 medium tomato
3 inches of cucumber
½ bunch cilantro
1 jalapeno peppercorn
1/2 red onion
½ tsp garlic
½ cup lime juice
1 tsp salt
¼ tsp freshly ground pepper
Crack open the coconuts and pour off water to drink or reserve for another use. Scrape out coconut meat and julienne into very fine 1/8-inch strips. Cut the strips into 1 – 1 ½ inch pieces, Place coconut into a 4-cup ceramic or glass bowl.
Wash and dice the tomato and cucumber into ¼ inch pieces. Wash and finely chop the cilantro leaves and

stems (use the stems only if not woody). Finely chop the jalapeno, onion, and garlic as well. Mix all remaining ingredients together and marinate for at least 1 hour.
If serving as a main dish, place on tip of a small bed of greens and serve with avocado or guacamole and crackers.

MARINATED KALE SALAD

1 cup marinated shiitake mushrooms
4 cups shredded kale
¼ cup hijiki seaweed (presoak for 2 hours, drain)
1 cup shredded carrots
1 cup julienne-cut cucumbers
½ cup sesame seeds to garnish
Slice shiitake mushrooms into thin strips and marinate in ¼ cup lemon juice and ¼ cup Nama Shoyu. Set aside.
Marinade:
½ cup olive oil
2 ½ Tbsp Nama Shoyu
½ Tbsp sesame oil
¼ tsp salt
1/3 cup fresh orange juice
2 ½ Tbsp rice vinegar
½ jalapeno pepper
Blend all ingredients until well combined.

In a large bowl place kale, drained hijiki, carrots and cucumbers. Drizzle with marinade and toss until well coated. Remove shiitake mushrooms form liquid and add them to salad mixture. Too lightly. Dicide salad onto four plates and garnish with sesame seeds.

RAW SOUPS

CREAM OF ASPARAGUS SOUP

1 bunch of asparagus
1/2 small onion
1 cup water
2 tsp. tomatillo powder
3 stalks celery
1 1/2-2 avocados
6 sprigs organic parsley
kelp or Nori to taste

Blend until creamy. If not creamy enough, add 1/2 small avocado and blend.

COLD CAULIFLOWER SOUP

1 cup water
1 cup chopped cauliflower
1 small sliced zucchini
¼ cup minced parsley

1 sliced avocado which can be used to thicken soup if desired. Blend all together. Add sea salt and pepper.

YUMMY SOUP

10-11 fresh roma tomatoes, chopped
½ red or yellow or white onion, peeled and chopped
4 cloves garlic, peeled
Fresh basil to taste
Fresh dill to taste
2 Tbsp lemon juice
Sea salt to taste
2 Tbsp extra virgin olive oil
1/8 to ¼ cup raisins
½ red bell peppers
Optional: ¼ jalapeno pepper
1 cup sun-dried tomatoes, finely chopped
1 avocado, cubed
1 ear of corn cut from cob
½ sweet yellow pepper chopped
Parsley finely chopped for garnish

In a blend combine 6 of the tomatoes with the onion, garlic, basil, dill, lemon juice, salt, oil, raisins, red pepper, jalapeno (if using) and ½ cup water. Blend well.
Add ½ cup of the sun dried tomatoes a little at a time and blend well.
In large bowl combine avocado, remaining fresh and dried tomatoes, corn, and sweet yellow pepper. Pour blended mixture over chopped vegetables, stir well.
Garnish with parsley.

BORSCHT

3 beets, peeled
1 small root ginger, sliced
3-4 garlic cloves, peeled
6-7 bay leaves
2 carrots, chopped
2 stalks celery
2 Tbsp apple cider vinegar
1 Tbsp honey

3-4 oranges, peeled, seeds removed
1 cup extra virgin olive oil
Sea salt to taste
½ cup walnuts
¼ head cabbage, diced or grated
1-2 carrots, diced or grated
1 bunch parsley, diced or grated
Blend beets, ginger, garlic, bay leaves and 2 cups water. Pour into big bowl.
Blend carrots, celery, vinegar, oranges, honey, oil, salt and 2 cups water about 30 seconds. Stop blender, add walnuts and blend on low speed quickly so they break into small pieces but do not blend. Pour in same bowl, stir.
Add cabbage, carrots and parsley to blended mixture.
Stir and serve.

CREAMY SPROUT SOUP

1 green onion **1/2 red bell pepper**
1/2 clove garlic **3 T. fresh basil**
1/2 avocado **1/3 cup sunflower greens**
1 tsp. dulse **1/4 cup cucumber juice** **Pinch cayenne**
1/2 cup lentil sprouts **1/4 cup fenugreek sprouts or other sprouts**
Combine all ingredients except lentil and fenugreek sprouts in blender. Liquefy. Stir in sprouts and serve garnished with sunflower greens.

Dry Seasoning:
1 T. dehydrated onion flakes
1/2 tsp. sweet dry basil
1 T. kelp
Grind in seed mill or blender until it reaches a powder consistency. Store in sealed glass jar in cool, dry place. This seasoning is also good sprinkled on top of salads for extra flavor.

CREAM OF ASPARAGUS SOUP

2 cups water
½ cup sunflower seeds
¼ cup chopped fine mushrooms
½ tsp chopped garlic
½ tsp sea salt
Pinch black pepper
Blend seeds with water until you get a nice smooth, creamy texture. Add salt, pepper and blend for a long time so it warms slightly, then at the end add the mushrooms and just blend quickly to spread them around.

CARROT AND PEA SOUP (cold)

2 cups sliced carrots
½ cup chopped cilantro
2 stalks diced celery
1 cup sprouted green peas
½ tsp kelp or sea salt
2 cups water
Blend all in a blender or food processor. Pour into soup bowls, garnish with alfalfa sprouts.

CREAMY CARROT SOUP

3 cups fresh carrot juice
1 large avocado
1 green onion

Fresh basil, chopped
1 tomato
½ lemon
½ tsp Cumin
Chop green onion and basil in food processor. Make carrot juice. Place carrot juice and peeled avocado in food processor. Blend until smooth. Add tomato, lemon juice, and cumin. Garnish with sprouts or grated vegetables, such as zucchini, cucumber, red pepper, carrots, or beets. This soup makes a great salad dressing also.

THAI COCONUT SOUP

2 young coconuts:
1. Drain, then set aside coconut water.
2. Cut open, or smash on cement to break.
3. Blend coconut water and meat together in food processor.\Then add to food processor and blend:

1 medium garlic clove	**1 Tbsp. olive oil**
1 inch fresh ginger	**2 limes or lemons, juice of**
Cayenne pepper (optional)	**½ cup basil**
½ cup cilantro	**1 cup tomatoes, diced**
1/3 cup green onions, chopped	**1 small slice of thai pepper**

Garnish with chopped or grated vegetables or edible flower petals.
Serves 4 people as an appetizer or 1 for a meal!

CORN CHOWDER

6 cups corn kernels
1 cup cashews (soaked 4-6 hours), rinsed and drained, then diced. Save soak water.
¼ cup finely diced celery
6 medium dried shiitake mushrooms, soaked in 1 cup of water for several hours until soft.
¼ cup red bell pepper finely diced
3 Tbsp minced onion
1 Tbsp lemon juice
1 clove garlic (pureed) – optional
1 ½ teaspoons natural salt
¼ tsp cayenne pepper if you like it a little hot and spicy
1 tsp onion powder
½ tsp poultry seasoning
pinch nutmeg
pinch white pepper
Tablespoon minced parsley for garnish
Put mushroom soak water in blender with cashews and half of the corn and blend, slowly add up to 1 cup more water to make a thick, smooth creamy base. In a large bowl combine the rest of the ingredients (except parsley) and stir well, add to the base. Serve and top with chopped parsley.
If you wish to warm up the soup a little, you can place the chowder in a covered shallow bowl and put it in a covered shallow bowl and put it in a dehydrator for an hour at 125°F.

PEAR, CUCUMBER AND MINT SOUP

3 pears
1 cup diced cucumber
1Tbsp fresh mint leaves
½ stalk celery
½ green onion or spring onion
2 Tbsp flax oil (optional)
1 Tbsp lemon juice
¼ tsp sea salt
Blend. Garnish with a little more chopped mint.

TOMATO SOUP

1-2 cups sundried tomato
2 medium tomatoes
¼ cup of sundried tomato water
½ to 1 cup sunflower seeds
2 Tbsp lemon juice
2 Tbsp ginger juice
Dash sea salt
Dash black pepper
Blend until you achieve the consistency desired.

GREEN SOUP

3 cups of green juice (juice 50% cucumber and celery)
1 cup celery, chopped
1 cup cucumber, chopped
¼ cup red onion, chopped
½ avocado
2 cups fresh herbs, chopped
1 Tbsp lemon juice
Kelp powder, to taste
garlic and ginger, optional
Bragg's or coconut aminos
Combine all ingredients in a blender and blend well.
Season to taste and serve immediately.

NILOLAI'S RAW SOUP

½ cup sesame oil
4 stalks celery
½ bunch parsley
3 cloves garlic
2-inch piece ginger, thinly sliced
½ cup lemon juice
1/8 cup Bragg's or coconut aminos
few drops stevia, to taste
31/2 cups water
2 parsnips, shredded
2 cups carrots, shredded
2 avocados, diced
pinch of cayenne
½ cup scallions, chopped
½ cup fresh dill
For the stock:
Combine sesame oil, celery, parsley, garlic, ginger, lemon juice, aminos, and water in a blender and process until smooth.
Next:
Add carrots, parsnips and avocado to the stock.
Add a pinch of cayenne
Sprinkle with dill and scallions

BUTTERNUT SQUASH SOUP

1 cup grated zucchini
1 cup grated butternut squash
4 fresh basil leaves
1 tsp flaxseed oil
¼ tsp cayenne pepper
1 Tbsp almond butter
½ cup grated carrots
2 green onions, chopped
1 Tbsp parsley or cilantro
1 Tbsp Braag Aminos
1 cup water
1 Tbsp maple syrup or honey (optional)
Blend all in blender or food processor until creamy.

CARROT – PUMPKIN SOUP

1 cup pumpkin, pureed
1 ½ cup carrots, pureed

Poultry seasoning or powdered vegetable 'chicken' broth powder to taste
1 ½ tsp garlic powder, to taste
1 ½ tsp onion powder, to taste
¾ to 1" fresh ginger, pureed
Salt to taste
Water
Blend all. Add any other seasonings you desire. Serve at room temperature.

ROSE AND NEAL'S "DILLIFLOWER" SOUP

For the base:
1/3 cup each walnuts, pine nuts and almonds
2 cloves of garlic
½ cup cauliflower
2 small (roma) tomatoes
small bunch of dill
½ avocado
3 cups of water
1 chili pepper
½ cup grape seed oil
1 tsp salt
¼ onion
1 tsp coriander seed
juice of 1 lemon
Mix all base ingredients in blender.
Cut into 4 bowls:
2 tomatoes, cut in ¼ inch chunks
½ cup cauliflower cut in bite size pieces
½ cup bell pepper cut in bite sized pieces
Pour base into bowls with cut vegetables and add garnish of:
dill weed
grated lemon rind

FULL MONTY RAW SOUP

For the base:
5 carrots
5 celery stalks
2" ginger root
2" slice beet (approx. 1/3 med beet)
1 celery root
1 avocado, peeled and pitted
1 red bell pepper, cored and seeded
1 clove garlic, pressed
1+ tsp sea salt
½ tsp ground pepper
For serving:
2 tomatoes
1 avocado
1 yellow pepper
½ cucumber
parsley for garnish
Juice the carrots, celery, ginger root, beet, and celery root. (use the pulp in another recipe or add to your compost pile)
Pour juice in blender and blend in the avocado, red bell pepper and seasonings. Chop the tomatoes, the second avocado, yellow bell pepper and cucumber into 4 bowls.
Pour blender contents into bowls and garnish with fresh parsley. Enjoy

VITALITY SOUP

1 cup non-chlorinated water
½ cup fresh orange juice
1 cucumber, chopped
1 garlic clove, crushed

¼ cup lemon juice
6 ounces greens (spinach, sunflower or kale)
1 medium apple, quartered, peeled and pitted
sea salt to taste
1 green onion, chopped
1/3 chili (optional)
1Tbsp light miso
1/8 to ¼ tsp ground kelp or dulse
Combine all ingredients in a blender and puree until smooth. Adjust flavour to taste and serve at room temperature.

SEAWEED CHOWDER

1 ounce wakame
5 cups pure water
1 cup raw pine nuts
3 cloves garlic, peeled
¼ cup fresh lemon juice
½ Tbsp sea salt
Soak the seaweed in the water in a large bowl for 10 to 15 minutes. Using a strainer, strain the seaweed over another bowl. Measure 3 cups of seaweed water and discard the rest. Set aside the seaweed for a garnish. In a high-speed blender, combine the 3 cups of seaweed water with the remaining ingredients and blend until smooth. Pour into a serving bowl. Using a ladle, remove and discard any foam that rises to the top. Garnish with the sea weed.

SPROUTED LENTIL CHILI

2 cups blended tomato (3-4 medium tomatoes)
½ cucumber, peeled
2 stalks celery
½ red bell pepper, seeded
1 cup fresh basil
½ cup whole-leaf dulse
3 cloves garlic, peeled
1/3 cup fresh lemon juice
¼ cup olive oil
¼ cup Nama Shoyu
1 ½ Tbsp chili powder
1 tsp ground cumin
½ tsp sea salt
In a high speed blender, combine all of the ingredients and blend until smooth.
Garnishes:
Sprouted red or green lentils
chopped celery
chopped red bell pepper
chopped scallions

RUBY TUESDAY BORSCHT

1 cup beet juice (2-3 bunches)
1 cup carrot juice (4-6 carrots)
1 cup celery juice(5-6 stalks)
¼ cup fresh lemon juice
1-2 cloves garlic
1 ½ tsp sea salt
½ bunch fresh dill
Using a juicer, separately juice the beets, carrots, and celery. In a high-speed blender, combine all of the ingredients and blend until smooth.

RAW SAUCES & DIPS

HUMMUS

4 cups soaked, sprouted garbanzo beans (2 cups raw)
2 cups sesame tahini (make your own, or buy it raw at health store in jar)
2 cups tomato juice
Garlic, kelp and cumin to taste
Juice 2 cups tomato juice in juicer. Run garbanzo beans through blender or food processor (just smash them up with a fork).
If you wish to make your own Tahini: put 2 cups sesame seeds in blender. Blend into paste on high speed--add tomato juice to get tahini consistency (somewhat runny).
Add garbanzo paste to tahini in blender. Add kelp, garlic, cumin. Blend. Add more liquid (water or tomatillo juice) to get proper consistency.
Taste and season more if necessary. If it still needs something, you might try a little pinch of cayenne.

GUACAMOLE

5 Avocados — **4 Tomatoes, diced**
3C finely shredded zucchini — **3 green onions, sliced thin**
1-2 tsp Dulse seaweed, and garlic — **1/2 cup sauerkraut**
Cut the avocado lengthwise, then twist to open. Remove the pit. Score avocado meat first lengthwise, then across to form crisscross pattern. Scoop out and put into a bowl(do not mash the avocado.) Add remaining ingredients and mix gently. Serve with Essene crackers.

CAULIFLOWER DIP

3 basil leaves — **1/2 cup pine nuts**
3 cloves garlic
Kelp, tomatillo juice and cayenne to taste
Blend to a smooth consistency and serve.

GARDEN HERB SPREAD/DIP

Blend together:
2 cups sprouted sunflower seeds — **1 cup plain unseasoned sauerkraut**
1/2 large avocado — **2 cloves garlic**
1/4 tsp. tumeric — **2 tsp. dried dill weed**
2 tsp. dried basil — **1 medium onion**
kelp to taste
small pinch of cayenne (don't overpower dill and basil)
Use purified water, and/or tomato juice to thin to approximately mayonnaise consistency.

MOCK ALFREDO SAUCE

¼ cup toasted sesame seeds
¼ cup toasted cashews
½ tsp sea salt
¼ tsp powdered fennel seeds
¼ tsp powdered caraway seeds
Process everything in a food processor so the mixture resembles grated cheese. Mix with 1 cup cauliflower you have pureed with 1 cup of water, ½ tsp ground nutmeg and salt and black pepper to taste.

TSATZIKI SAUCE

Make the mayonnaise as set out in these recipes.
Grate or blend 1 medium sized cucumber into 1 cup of mayo. Add 1/2 cup fresh chopped dill weed (or 1

tbsp dried). It is optional if you wish to add minced garlic to taste.

ANOTHER TSATZIKI SAUCE

1 large cucumber (peeled and grated)
1/2 tsp. dill seeds
1/2 cup fresh dill
1 cup pine nuts or almonds
1/2 cup green sauerkraut
4 cloves minced garlic

Blend nuts, sauerkraut, dill seeds and garlic to smooth texture. Pour into bowl. Add grated cucumber and fresh dill. Let sit in refrigerator overnight

"SPAGHETTI" and TOMATO SAUCE

Use food processor or blender to blend:
6 medium tomatoes
3-4 tbsp all-purpose seasoning
Italian seasoning spices
Onion and/or garlic or kelp to taste

SALSA

Blend:
1 cup fresh chopped tomatoes
1 garlic clove
1/4 tsp. cayenne
1/4 cup chopped onion
1/4 cup green pepper

Add:
2 chopped tomatoes, 1 chopped green pepper, and 1 chopped onion to the blended base. Season to taste with dulse or more cayenne.

BLACK BEAN DIP

3 cups sprouted black beans
1 medium onion
1/4 tsp. cayenne
3 small tomatoes
1 tsp. cumin
1 clove garlic

Blend 2 cups black beans with tomatoes, onion and seasonings. Add third cup black beans and blend, or in Champion, pulse 2 or 3 times.

VEGETABLE PATE

1 cup chopped carrots
1/2 cup chopped onions
1 cup water from soaked seeds
1 cup soaked sesame seeds
1 tbsp dill seed (or 1/2 cup fresh dill)
1 cup chopped celery
1/2 cup chopped green peppers
1 cup soaked sunflower seeds
1 tbsp dried basil (or 1/2 cup fresh)
1 cup sauerkraut

Dulse, cayenne, garlic to taste
Put all ingredients into a blender or processor and blend until smooth. If the mixture is too thin, add up to 1/2 cup sauerkraut or water.

NO-BEAN HUMMUS

2 zucchini, peeled and chopped
¾ cup raw tahini
½ cup fresh lemon juice
¼ cup olive oil
4 cloves garlic, peeled
2 ½ tsp sea salt
½ Tbsp ground cumin
In a high speed blender, combine all of the ingredients and blend until thick and smooth.

MANGO CHUTNEY

2 cups chopped mango

2 Tbsp fresh lemon juice
1 ½ tsp raw apple cider vinegar
2 Tbsp stone-ground mustard
¼ tsp sea salt
2 cloves garlic, peeled and crushed with a garlic press
1 ½ tsp agave nectar
1 bunch chopped fresh cilantro
¼ cup finely chopped red bell pepper
¼ cup finely chopped red onion or scallions
¼ tsp cayenne pepper
In a mixing bowl, combine all of the ingredients, mix well and serve.

NORI ROLLS

4 sheets raw nori
4 large, flat collard green or romaine lettuce
1 ½ cups shredded carrots
1 ½ cups shredded daikon
1 avocado thinly sliced
8 scallions (green parts only)
2 cup clover sprouts
1/3 cucumber cut lengthwise into 4 slices
1 red pepper, seeded and thinly sliced

Lay out the nori sheets on a clean, dry surface. Arrange a collard green or romaine leaf on top of each nori sheet so that it completely covers the half of the sheet that is closest to you. These leaves will prevent the vegetables from getting the nori sheets wet, which makes the nori more prone to tearing.
Place a narrow layer of the carrots along the length of each nori sheet, about ½ inch from the end closest to you. Top with the daikon, avocado, scallions, sprouts, cucumber and bell pepper, keeping the ingredients in a narrow pile.
Fold the edge of the nori closest to you over the filling. Gently roll each nori away form you, tightly and evenly, into a firm, snugly wrapped roll. Seal the exposed edge of the nori to the roll by wetting it with a little pure water.
Cut each roll into 2 pieces with a sharp, serrated knife.

RAW MAIN DISHES

CABBAGE ROLLS

Take several outer leaves of cabbage, left over from covering sauerkraut (recipe above) and lay them flat. Place wild rice salad or quinoa salad or avocado in center of each leaf and roll up. Starting by folding in sides to form packages. Secure with toothpicks, then cut into slices to serve as bite-sized pieces.

STUFFED MUSHROOMS

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

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

CARROCADO MASH

6 fresh carrots
1 large or 2 small ripe avocados
1-2 celery stalks
½ cup chopped tomato
1 large red or yellow bell pepper
1 oz. whole dulse leaf
½ cup chopped cucumber
Cumin (to taste)

Soak the dulse leaf in water for a few minutes, then drain and thoroughly rinse for 5 minutes, then squeeze out the water by hand.
Slice up the bell pepper into thick strips.
Process carrots and celery in a food processor.
Remove the flesh from the avocado(s) and, using a fork, mash the avocado into the carrot celery pulp. Add the dulse, cucumber, tomato, and cumin. Spoon mixture into the bell pepper and serve.
Optional: scoop out bell pepper and stuff with the carrot-avocado mixture

CARROT AVOCADO MASH

6 fresh carrots
1 large red or yellow bell pepper
1 large or 2 small ripe avocados
1 oz. Whole dulse leaf (or use dulse salt or sea salt)
1-2 celery stalks
½ cup chopped cucumber
½ cup chopped tomato
Cumin to taste

To use the dulse leaf, soak it in water for a few minutes, then drain and thoroughly rinse for 5 minutes, then squeeze out the water by hand. Slice up the bell pepper into strips. Process carrots and celery in a food processor.
Remove the flesh form the avocado(s) and, using a fork, mash the avocado into the carrot-celery pulp. Add the dulse, cucumber, tomato, and cumin. Spoon mixture into the bell pepper and serve. Optional: scoop out bell pepper and stuff with the carrot-avocado mixture.

GINGERED VEGGIES

Almost any vegetable works in this recipe, the secret lies in making the longest and thinnest slivers that you can manage. They will pick up the taste of the seasonings. It is worth the effort!

2 carrots, slivered (by hand or use mandolin)
1 cup thinly sliced mushrooms
2 cups thinly sliced Bok Choy, leaves and stems
1 cup green beans, slivered
1 cup mung sprouts
2 stalks celery, peeled and slivered
1 red pepper, slivered
1 small zucchini, slivered
1 cup snow peas or snap peas
1 cup sunflower sprouts

1 cup clover sprouts
2 cloves garlic, minced
2 tsp ginger juice, or 1 Tbsp minced ginger
2 Tablespoons Tamari
1 small red onion, chopped
1/4 cup chopped cilantro
2 Tbsp sesame oil, or more to taste
4 pieces of Nori, cut in 1/2" strips
Toss well. Serves 6-8
Option: To use as a main course or a one dish meal, add 2 cups soaked pumpkin seeds, sunflower seeds or almonds.

HEARTY CHILI

1 medium zucchini, chopped into ½" cubes
1 medium carrot, chopped into ¼" cubes
½ medium or 1 small eggplant, peeled and chopped into ½" cubes
1 small Portobello mushroom or 5 shiitake mushrooms, chopped into cubes
3 cloves crushed garlic
1 medium tomato, chopped into ½" chunks
¼ medium red onion, chopped
3 ½ tsp. Sea salt
1 tbsp lemon juice
2 tbsp olive oil
Mix above ingredients and place in a quart-sized jar. Press down hard to cover the vegetables completely with the salt, lemon, and oil. If necessary, put a small glass or jar inside to weight the vegetables down. Cover and let marinade preferably overnight, or at least 4-6 hours.
<u>Hearty Chili sauce:</u>
1 large tomato
1 cup sun-dried tomatoes, soaked with enough water to cover
¼ cup olive oil
1 ½ cups purified water
1 tbsp Spicy Chili Sauce (see recipe) or 1/8 tsp. cayenne pepper
½ tsp. celery seed
½ tsp. oregano
½ tsp. cumin
1 ½ tsp. chili powder
Blend above ingredients on high until smooth.
Pour blender mixture over marinated vegetables. Or pulse together in food processor.

EGGPLANT LASAGNA

1 medium to large eggplant
2 cups water
1/4 cup bragg soy sauce or tamari sauce
1 tsp sea salt
Cut eggplant thinly lengthwise. Marinate in water, soy or tamari and salt for at least 2 hours (up to 12 hr).
Dry eggplant slices with paper towel.
Prepare the following in separate bowls:
1 cup tomato sauce
2 cups shredded zucchini
few slices of red onion
Cheese Sauce: 1/3 cup tahini, 1/3 cup olive oil 2 Tbsp bragg or tamari
Create different layers alternating: eggplant, tomato sauce, shredded zucchini, cheese sauce, eggplant, tomato sauce etc. Finish with shredded zucchini and decorate with a few slices of red onion.
If may want to use raw milk cheese as a layer.

TACO SHELLS

2 cups golden flax seeds (ground very fine)
1 cup sprouted sunflower seeds
3 tsp. minced garlic (with the skin)
1 cup brown flax seeds (ground very fine)
2 tbsp. minced sweet onion
1 tsp. chili powder

1 tsp. cayenne powder
1 tsp. cumin powder
2 tbsp. poppy seeds
Celtic sea salt to taste
Mix everything in a food processor, and process till smooth, add water to make it more like a batter. Once smooth, refrigerate this mixture for 8-12 hrs. Now, using a spatula spread a thin layer of the taco batter on Teflex sheets. Dehydrate at 105°F for 3-5 hours. Remove the taco sheets and using a round cookie cutter or a lid cut out rounds. Now place the rounds on the Teflex sheets and dehydrate them for 2 hours at the same temperature. After two hours pick the taco shells up and fold them onto each other making a taco shell and return them back in the dehydrator, placing them on dehydrator shelves for another 10-12 hours or until crisp.

GUACAMOLE SALSA

1 avocado, diced
1 tbsp. minced red onion
4 tbsp. chopped fresh herbs (parsley, cilantro, marjoram)
1 tbsp. lemon or lime juice
½ clove minced garlic
1 tsp. cayenne powder
1-2 pinch Celtic sea salt
Combine everything together and put the avocado pit in the mixture to prevent oxidation.

MANGO SALSA

2 ripe mangoes, peeled, and cut into 1/4 inch cubes
1 tbsp fresh hot pepper, minced(optional)
4 tbsp chopped cilantro
2 tbsp lime or lemon juice
1/2 tsp. Celtic sea salt
1 tbsp minced red onion

SUSHI TREAT

Have some homemade mayonnaise on hand before you start.
Soak 1/4 cup bulghur wheat in 1/2 cup water for 3 hr. Place Nori sheet on sushi mat. Spread softened bulghur wheat over it. Place thin strips of cucumber, or carrot, and/or avocado (anything you wish) horizontally on top of the bulghur wheat. For taste grate a little ginger, or add a little Braag Amino Liquids to veggies that you are using. Can drizzle some homemade mayonnaise on the wheat as well. Roll up tight and help seal the end with a little water on your finger. Let sit for 5 min then cut into 1-2" slices.
If you have wasabi powder you can put a little in the mixture, or just mix it with a little Braag as a hot and spicy dip.

REFRIED BEANS

1 cup sprouted sunflower seeds
3 tbsp. tahini (sesame seed butter)
1 clove fresh garlic (with skin attached)
2 tsp. lemon juice
3 tsp. minced sweet onion
2 tsp. chili powder or 1 tsp. cayenne
1 tsp. cumin powder
1-2 dates
Celtic sea salt to taste
Put everything in a blender and blend till smooth. Add more salt or spices if necessary.
To serve take the crisp taco shell and spoon 1-2 tbsp. of the salsa or the "refried beans" into the shell. Eat right away. You can also add sliced tomatoes, cucumber, red bell pepper and lettuce to make the best taco ever!

THAI HEMP CURRY

1/4 cup red pepper or mild chili (diced 2-3 cm)
1/4 cup cauliflower, finely grated
1/4 cup broccoli, chopped fine
1 cup finely chopped bok choy
1 Tablespoon sweet potato, diced fine
1 carrot grated
1 Tablespoon raisins, soaked
Optional: 1/4 cup chopped cilantro
<u>Sauce:</u>

2 cups fresh coconut meat and water, or 1/2 coconut, juiced and add 2 tbsp water to produce coconut milk, or just use 4 tbsp shredded coconut
1/4 cup water
1 small parsnip, juiced
2 tsp lime juice
1 4" piece of fresh or frozen lemon grass (or 1 tsp dried)
1 tsp cumin and/or 1/2 tsp freshly ground coriander
1 small mild chili chopped finely
1/4 cup fresh coriander to taste
Mix all curry ingredients in a large serving bowl. Add other fresh ingredients to taste. Blend all sauce ingredients to a sauce and pour over curry. Serve with fresh coriander and decorate with radish if you wish.

ZUCCHINI LASAGNA

Tomato Sauce
2 cups sun dried tomatoes soaked for 6 hrs. — **7 roma tomatoes**
4 garlic gloves — **1/2 tsp. salt**
1 tbsp. red or yellow onion — **3 tbsp. extra virgin olive oil**
2 tbsp. lemon juice — **2 tsp. dried basil**
1-2 tsp. dried oregano — **1/2 tsp. dried thyme**
1 tbsp. agave nectar or 3 pitted dates
Blend everything together till smooth. Set aside.
<u>Mushroom layer</u>
3-4 cups mushrooms (sliced)
3 tbsp or more of raw soy sauce or 1 tbsp miso and 2 tbsp water
2 tbsp olive oil
Marinate mushrooms in the soy sauce for 2 hours. Drain and set aside.
<u>Noodle Sheets & Marinated Vegetables:</u>
4 zucchini — **1/2 small onion sliced really thin**
1 red bell pepper sliced really thin — **1 yellow bell pepper sliced really thin**
2 tbsp. olive oil — **2 tbsp. lemon juice**
Cut the zucchini on a mandolin into into wide, paper-thin slices. Set aside. Combine the onion and the bell pepper in a bowl with the oil, lemon juice and salt and let marinate for 16hrs in the fridge.
<u>Herb Ricotta Cheese:</u>
1 cup raw cashews — **1/2 cup raw almonds**
2 tbsp pine nuts — **1/2 tsp. salt**
2 tbsp lemon juice — **1 tsp. fresh basil, dill, oregano, parsley, etc..**
1 cup and 2 tbsp of water, or less
Combine everything in a food processor and process till smooth. Add more water to give it a ricotta cheeze consistency, add less water if too watery. When smooth, put into a glass bowl, cover it with a moist terry cloth towel and set it out for 6 hrs. at room temp. After 6 hrs. keep it refrigerated till ready to use.
<u>Combine:</u>
1 cup spinach
1/2 cup chopped drained raw olives
1/2 cup fresh basil
Making the lasagna: Put thin slices of the zucchini on the bottom of a glass lasagna pan. Top this layer with a thin layer of the ricotta cheese, top the cheese layer with a layer of mushrooms, then again the zucchini, top that layer with the tomato sauce, top the tomato sauce layer with a layer of the sliced onions, red and yellow peppers, top that with a layer of more zucchini slices, layer on top of that with more ricotta cheese, then top it with a layer of the spinach leaves, top that with mushrooms, and then some marinated sliced onions, red and yellow peppers, then again with the zucchini and then top the whole thing with the tomato sauce and garnish the top with chopped olives and fresh basil leaves. Now, cover (plastic wrap) the lasagna and place it into the fridge to set up, about 3-5 hours.
Add marinated eggplant as one of the layers, or your favorite veggie. You can cut a piece and put it into the dehydrator so it will get warm and then serve it.

MOCK SALMON PATE

2 cups almonds, soaked overnight
1 cup celery, finely chopped (about 4 stalks)
1/4 cup purified water
3 tsp. lemon juice
1 head Romaine lettuce
1/2 cup green onions, chopped
2 med. or large carrots
Finely chopped whole dulse or ground
Small handful of parsley sprigs
Optional: 3 red bell peppers

Run the almonds through a Champion juicer, with the blank in place, to make a smooth pate.
Mix all ingredients except the lettuce or bell peppers together in a bowl, adding the dulse to taste.
Form the mixture into a rounded (or other shape) loaf and garnish with parsley greens.
To serve, spoon the loaf onto the lettuce leaves, and roll them up sushi-style, or optionally, spoon onto halved bell peppers, or stuff into cored whole bell peppers.

WALNUT TACOS

Yield: 3 cups
Taco "Meat"

- **3 cups walnuts, soaked and dehydrated**
- **1-2 cloves garlic**
- **2 Tbsp chili powder**
- **1 Tbsp Bragg's or coconut aminos**
- **¼ tsp cayenne**

Combine all ingredients in a food processor. Process by pulsing until the desired texture is achieved.

<u>To Make a Taco:</u>
Use a romaine lettuce leaf for a soft shell taco or a collard green for a hard shell taco.
Add some taco meat, and add toppings ie shredded carrot, scallion, chopped onion, hot sauce etc.
Fold or roll and serve.

NUT "MEATLOAF"

yield 1 loaf
3 cups pecans, soaked
3 cups walnuts, soaked
2 red bell peppers, chopped
2 Tbsp paprika
1 Tbsp poultry seasonings
Bragg's or coconut aminos
1 cup carrots chopped
1 Tbsp garlic powder
To Stir in:

- **1 cup onion, finely diced**
- **1 cup celery, finely diced**

In a bowl, combine all ingredients except onion and celery. Mix well. Process the mixture through an appropriate juicer using the blank or homogenizing attachment. Season to taste. Mix in onion and celery. Form the mixture into a loaf on a dehydrator tray. Dehydrate overnight. Slice and serve with Red Pepper Ketchup.

RED PEPPER KETCHUP

Yield: 2 cups
2 cups red bell pepper, chopped
¼ cup red onion, chopped
1/8 cup red beet, chopped
2 Tbsp paprika
2 Tbsp ground flax seed
1 Tbsp celery powder
2/3 cup extra virgin olive oil
1 ½ Tbsp lemon juice
2 tsp garlic powder
¼ tsp liquid stevia
pinch of ground clove

Combine all ingredients in a blender. Blend well and season to taste.

TREMENDOUS TRIO

Yield: 4-6 servings

1 butternut squash, peeled and seeded
1 sweet potato
1 carrot

Dressing:

¾ cup carrot, chopped
½ cup lemon juice
½ cup raw sesame oil
1Tbsp vanilla extract
1 tsp cinnamon
¾ tsp ginger, minced
¾ tsp kelp powder
¾ tsp pumpkin pie spice
stevia to taste

In a food processor, thinly slice squash, sweet potato and carrot.
Combine all the ingredients for the dressing in a blender and process to a smooth consistency.
Toss and serve.

TOONA

3 cups walnuts, soaked overnight or for at least 3 hours, drained and rinsed
3 cups chopped carrots
1 cup chopped celery, with leaves
1 to 2 garlic cloves peeled
¼ to ½ medium onion
½ cup parsley or cilantro
½ cup fresh basil/dill
2 ounces lemon juice
sea salt
Process the walnuts and carrots to a pate through a Champion or Green Power juicer, with the blank plate in place. If you don't have one of these machines process in a food processor until smooth. You may have to add a little water. Set aside in a bowl.
Cut the celery into 1 inch pieces, then pulse-chop the garlic, onion, celery, herbs and lemon juice in a food processor until well chopped. Add this mixture to the carrot and walnut pate and mix well. Add salt to taste. You can use the stuffing for nori rolls, adding clover sprouts and match-stick-cut pieces of cucumber and tomato.

WALNUT BURGERS

6 cups walnuts, soaked for 2 hours
2 cups carrots, topped, tailed, and chopped
2 cups chopped portobello mushrooms
2 cloves garlic
2 tsp paprika
1 tsp dried pizza herbs
1 tsp dried parsley
1 ½ cups chopped red onion, divided
1 cup fresh herbs, such as parsley, basil, and coriander tightly packed
½ red pepper, chopped with seeds and stalk removed
6 sun-dried tomatoes, soaked for 2 to 6 hours and finely chopped
romaine lettuce for buns
Blend the walnuts, carrots, mushrooms, garlic, paprika, pizza herbs, dried parsley and half the onions in a food processor.
Transfer to a large bowl and continue blending with a hand blender for a smooth consistency.
Very finely chop the fresh herbs, red pepper, sun-dried tomatoes and remaining red onion and add these to the bowl. Mix well.
Divide the mixture into 8 to 10 equal portions. Form into burger shapes and dehydrate at 115°F for 8 to 24 hours.

VEGGIE CAKES

2 cups raw sunflower seeds, finely ground in a food processor
4 stalks celery, chopped
½ bunch scallions, chopped
1 ½ tsp dulse flakes
6 tablespoons fresh lemon juice
¼ cup olive oil
¼ cup soy
½ beet
1 to 2 cloves garlic, peeled
In a medium mixing bowl, combine the sunflower seeds, celery, green onions, and dulse flakes and mix.
In a high-speed blender, combine all of the remaining ingredients and blend until smooth.
Add the contents of the blender to the dry ingredients in the mixing bowl, and mix well with a spatula. With your hands, form the mixture into round patties approximately ¾ inch thick and 2 ½ inches in diameter. Place the patties on a dehydrator tray and dehydrate at 100°F for approximately 32 hours.

NUT LOAF

1 ½ cups raw almonds, soaked for 3-4 hours, drained and dried
1 ½ cups raw walnuts, soaked for 3-4 hours, drained and dried
1 ½ cups raw sunflower seeds, soaked for 3-4 hours, drained and dried
2 ½ cups chopped portobello mushrooms, briefly marinated in 2-3 Tbsp soy sauce
1 yellow onion, diced
3 cups chopped celery
½ bunch parsley, stem removed and leaves chopped
10 cloves garlic, minced
1/3 cup olive oil
2 Tbsp cumin seed
1 cup Nama Shoyu or coconut aminos
½ bunch tarragon, stems removed and leaves chopped
½ tsp cayenne pepper
Using a Green Star juicer and the homogenizing attachment, homogenize the almonds, walnuts, and sunflower seeds. Transfer to a mixing bowl, add the remaining ingredients, and mix thoroughly, making sure to break apart any clumps.
Spread the mixture evenly on a dehydrator tray lined with Teflex sheet to a thickness of approximately 1 inch. Dehydrate at 100°F for 12 hours. Flip the tray over onto an empty tray, and gently peel the Teflex sheet off the nut loaf. Return to the dehydrator for another 20 hours.

RAW BREADS, CRACKERS

ESSENE BREAD

(available frozen in Nutters, Superstore)
4 cups wheatberries
1/2 cup to 1 cup minces veggies, nuts, seeds
2 Tbsp seasoning (eg. caraway seed, poppy seed, sesame seeds etc)
Soak wheat 15 hr, allow to drain 15 hr. Grind the wheat, add veggies, season on top, form loaf. Bake in the Sun or warm place 70-90 degrees F. (or less than 105°F) until firm (12-24 hr). Bread may need to be turned so that bottom will dry.

BELL PEPPER CRACKERS

4 cups chopped red bell peppers
2 Tbsp soaked raisins
4 Tbsp raisin soak water
1/2 cup raw almond butter or ground almonds
Blend all the ingredients. Spread on sheet to desired thickness. Dehydrate at 105°F for approximately 8 hr.

EVERYBODY'S FAVORITE CRACKERS

1 cup soaked sunflower seeds
1 cup soaked walnuts
1 cup soaked almonds
1 tomato
1 cup red onion (chopped)
3 tablespoons flax seed
3 teaspoons cumin seed
2 teaspoons salt
Mix in food processor or Champion Juicer with blank on. Spread on parchment paper or Teflon sheets. Make them very thin. Then using a pizza cutter, cut in squares. They will be easier to break into pieces when dry. Dehydration time is about 15 to 20 hours.

CRACKERS

4 chopped red bell peppers
2 tablespoons soaked raisins
4 tablespoons of the water that the raisins were soaking in
2-4 tablespoons seasoning of your desire
1/2 cup almond butter, or ground almonds
Blend. Spread flat as you need for crackers.
Dehydrate at 105F for 8 hours.

ANOTHER CRACKER RECIPE

5 cups of carrot pulp
1/2 cup chopped basil or cilantro
2 tomatoes chopped
1 cup sprouted and crushed nuts (almonds, sesame seeds, sunflower seeds)
Sea salt, dulse or Bragg to taste for salty.
Blend, spread over teflex sheet. Dehydrate 8 hr.

CROUTONS

2 cups golden flax seeds (soak 3 in 3 cups water 4-6 hr)
2 cups sunflower seeds or almonds (soak in water 6-8 hr, then drain)
4 carrots chopped
1/3 cup chopped leek or green onion
1 cup chopped red bell pepper
¼ cup dried rosemary
3 Tbsp garlic powder, or 3 cloves fresh garlic
2 Tbsp dried Italian seasoning (oregano, basil)
1 ½ Tbsp sea salt
Fresh black pepper to taste
In food processor, blend soaked flax and sunflower seeds to a pate. Transfer to mixing bowl.
Combine the remaining ingredients in a food processor, blend until finely minced and add to the seed mixture, mixing thoroughly.
Spread 1/2" thick evenly onto Teflex sheets in a dehydrator. Score dough into even squares as small as you desire the croutons to be. Dehydrate 110°F for 12-16 hours.
Remove Teflex sheets about half way through dehydrating and break apart the croutons.
These will keep about a month in a sealed container.

CORN CHIPS

4 c. sweet corn, fresh or frozen
1/2 tsp. garlic powder(opt)
1 tsp chili powder(opt)
1 tsp. tomato powder(opt)
Chop corn in food processor w/ "s" blade until fine.

Add choice of seasonings "to taste" and process til combined.
On dehydrator tray, spread about 1/8" thick.
Score diagonally left to right, then across right to left into triangles, or preferred shape.
Dehydrate about 5 hours, or to desired texture

CORN BREAD

1 ¼ cups raw almonds - soak 4-8 hr and drain
2 cups raw cashews or 1 cup raw cashew butter
1 cup pine nuts
10 oz frozen corn or fresh corn off the cob
¼ cup raw honey or maple syrup
2 tsp sea salt
2 cloves garlic
1 ½ cups dry golden flaxseeds ground into meal or soaked 4-8 hours and ground in a Vita Mix blender.
Place almonds in blender with enough water to cover. Blend until creamy.
Blend cashews the same as you did with the almonds (or add cashew butter to the bowl).
Blend pine nuts, corn, honey or maple syrup, sea salt and garlic in blender until creamy. Corn can remain a little chunky if you like. You may need to add a little water to blend.
Combine all in a bowl, mix well. Let sit 15 minutes.
Spread batter onto a 16 x 16 inch dehydrator tray covered with a Teflex sheet. Spread the batter about 1/4" thick. Score into 25 squares with the edge of a knife. This should fill at least 2 drays.
Dehydrate 105°F for about 3 hours.
Flip bread, remove Teflex sheets and dehydrate another 3 hours until bread is still moist but easy to lift.
Store in refrigerator up to 1 week.

ZUCCHINI BREAD

2 cups golden flax seeds, ground
1 cup pecans, soaked 6 to 8 hr, drained
1 ½ cups raisins, soaked 4-6 hr, drained (reserve soak water)
1 cup zucchini
2 tsp cinnamon
1 tsp vanilla extract
½ tsp nutmeg
¼ tsp cardamom
1 tsp sea salt
Grind flax in coffee grinder or blender. Don't over grind, the thicker the mixture, the better.
Process pecans to a meal in a food processor.
Blend raisins and zucchini until smooth. Add some of the raisin soak water to help the blending.
Combine the ground flax seeds, pecans, raisins and zucchini in a mixing bowl, add cinnamon, vanilla, nutmeg, cardamom, salt. Mix well.
For into 3 loaves about 4"x8" x1" and dehydrate at 105°F for 8-10 hours or to desired consistency. Bread should be dry and crispy on the outside, firm on the inside.

RAW DRINKS, SHAKES

BREAKFAST SHAKES

1 cup raw apple juice (juice several apples or just put chopped apple in the blender with 1 cup of water or put chopped raw apples through your juicer)
1/2 raw banana
1 raw egg
Handful raw or frozen berries
Unpasteurized honey to taste if you like it very sweet.
Blend until smooth and creamy. You can add some chopped ice if you wish.

optional: dried raw unsuphured fruit (eg. dates, prunes, cherries), dried raw nuts and seeds

REJUVELAX

1/2 cup soft wheat berries
6-7 cups pure water
Sprout 1/2 cup of the berries for 3 days in a sprout bag or whatever method you like to use. First soak the berries for 10-12 hours, then rinse twice daily.

Mix or chop the 3 day old sprouts in a blender filled about 3/4 of the way with pure water (about 3 cups). Blend about 10 seconds to release the storehouse of vitamins, proteins and enzymes into the water. Now pour the water and sprouts into a half gallon jar, fill the jar to the top with water and let it sit for 3 days in a shady spot at 65-75 degrees F.
Cover the top with cheesecloth or a screen to allow the Rejuvelac to breath. A mason jar can be used also.
Stir mixture twice daily - don't forget to do this. Use a chopstick or long ut3ensil.
Smell the mixture daily to experience its development.

Rejuvelac tastes sour. It smells fresh and tastes like sparkling lemon water. it may remind you of sauerkraut. Cooler temperatures tend to create a lemon taste, warmer creates sauerkraut taste.
When ready, stir one final time, pour off liquid through a screen or strainer, leaving sprouts behind.

Drink the 'live juice' full of enzymes and bacteria. Start with 6-8 oz daily. After 2 weeks you may increase the amount. Don't drink quickly, savor it.

NUT MILK

100g of any of almonds, cashews, sunflower seeds, hemp nuts etc.
25g of second choice of nut or seed
1-2 tsp cinnamon
1 drop vanilla extract
600 ml pure water.
Soak seeds and nuts in 300ml water 24 hr. Add soaked seeds, including soak water to blender and blend thoroughly. Add another 300 ml water. Blend some more. Filter through fine gauze cloth or similar. Squeeze out every last drop. Stir in cinnamon powder and vanilla. Chill 1 hr then stir. Oils and water do separate if left to stand so drink quickly. Keeps up to 2 days in fridge.

HEAVENLY CHAI

meat form 2 young Thai coconuts
3 cups young coconut water
½ cup cashews, soaked
½ cup macadamias, soaked
5 to 7 dates
1 inch piece fresh ginger root
½ tsp cinnamon
¼ tsp cardamon
¼ tsp black pepper
1/8 tsp ground cloves
Blend all the ingredients until smooth and creamy. Strain for an extra silky smooth texture.

WAKE UP GINGER

2 inch piece fresh ginger
4 oranges
1 cup berries (red currants, strawberries or black currants)
Juice all ingredients and mix well. Serve immediately.

RAW DESSERTS, TREATS

MANGO PUDDING

2 Mangos
1/4 Lime (Optional)
Shredded Coconut & Chopped Pecans, to taste
Use a vegetable peeler to peel mangos. Then place a knife flush to one of the flat sides of the mango pit and cut the mango away from the pit. Add 1/4 lime and blend until perfectly smooth. To complete the dessert, pour into dessert cups/dishes and add shredded coconut and chopped pecans to taste. This also tastes good with just the pureed mango.

NO FLOUR - NO BAKE CRUST

1 cup shelled raw almonds soaked 5 hours in 2 cups of water
1/4 cup pitted dates, soaked 1 hour in 1/8 cup of water
1/4 cup shredded unsweetened coconut
1/2 tsp ground cinnamon.
Drain almonds, discard water. Drain dates.
Grind almonds, dates and cinnamon together in a food processor until sticky and coarse.
Mix in coconut.
Press into bottom and sides of a 9" pie plate. No need to bake.

BLACK BOTTOM CRUST

3/4 cup shredded unsweetened coconut
1 cup black mission figs soaked 2 hours in 1/3 cup water
1 Tbsp carob powder
Drain figs, reserve water. Blend figs and carob until creamy, adding some of the reserved water if needed.
Stir in coconut.
Press dough into bottom and sides of 9" pie plate.

FROZEN PIE CRUST

1 cup dates
1/2 cup unsweetened coconut
1 tsp lemon or orange rind
1 cup chopped raw walnuts
Barely cover dates with water. Blend to make a very thick paste.
Add coconut and lemon or orange rind and blend or stir.
Spoon and spread into a pie pan. Make a thin crust.
Press chopped walnuts all over and freeze.
For fillings try sliced berries in coconut cream (see recipe) - just put into the frozen pie crust and serve.

RAISIN COCONUT CRUST

3/4 cups raisins soaked 1 hr in 1/4 cup water.
Blend till smooth.
Stir in 1/2 cup shredded unsweetened coconut.
Spread evenly onto bottom and sides of pan or plate.
This doesn't need cooking but you may fill the crust and bake it if you wish.

SUNFLOWER SEED CRUST

1/4 cup hulled raw sunflower seeds soaked 5 hours in 1/2 cup water.
3/4 cup raisins soaked 1 hour in 1/2 cup water

1/2 tsp ground cinnamon.
Drain seeds and raisins. Grind seeds and 1/2 cup of the raisins in a food processor.
Mix in cinnamon.
Press into bottom and sides of a 9" pie plate.
Does not need baking.

KEY LIME PIE

Crust: 1 cup almonds, 2 cups walnuts, 1 cup dates, 1/3 cup raisins, 2 tbsp orange juice. Blend and pat down in a pie shell.
Filling: 2 big avocados (or 3 small ones), juice of 4 limes, zest of the limes, 1/2 cup cashew nuts. Blend or put through juicer.
Frosting: 1/2 cup almond milk or water, 1 cup macadamia nuts 1/4 cup cashews, 1/4 tsp vanilla or scrape a vanilla bean, 3 Tbsp honey (or 7-10 dates). Blend or whip until smooth, without lumps.
Garnish with lemon wedges, crushed pistachios.

EASY ICE CREAM

Run fruit through your juicer (or blender), then freeze solid:
3 frozen medium mangoes, cut into chunks with 5 frozen medium bananas.

LEMON CHEESECAKE

Almond Crust:

- **2 cups almonds**
- **3 oz. date paste (weight)**
- **½ tsp liquid vanilla**
- **1/8 tsp salt**
- **Process all in blender or Cuisinart**

Lemon Filling:

- **3 cups cashews soaked 8 – 10 hours**
- **1 ½ cups almond milk**
- **1 cup lemon juice with pulp**
- **¾ cup agave syrup**
- **1 Tbsp liquid vanilla**
- **3 Tbsp lecithin (sunflower is best)**
- **¾ cup coconut oil**

Blend until smooth and creamy. Put almond crust in cake form, pour in filling. Cake keeps for at least 4 days stored in the refrigerator. For variations, add any type of fresh fruit to inside or layered on the surface.

FRUIT CAKE

1/2 cup honey
1/2 cup apple juice
1/2 tsp nutmeg
1/4 cup sesame seeds
1 tsp cinnamon
3 Tbsp wheat germ or oatmeal
1/2 cup each of chopped: dates, figs, dried apricots, raisins, sunflower seeds, nuts
1/2 cup coconut
3 Tbsp coconut milk or almond milk (blend almonds in water and drain)
Combine all except apple juice and wheat germ. Press into glass cake pan (or loaf pan lined with wax paper).
Brush top with the 3 Tbsp apple juice, then sprinkle wheat germ on top. Let harden in the refrigerator. Make a day or two before serving.

ENERGY BARS OR BALLS - easy & tasty

1 cup mixed dried fruit (raisins, cranberries, sesame seeds, almonds, sunflower seeds, hemp seeds, flax seeds, pumpkin seeds)

1 cup chopped raw nuts
1 cups raw rolled oats
3/4 cup raw peanut or almond butter
3/4 cup honey
Mix all together, press into a baking pan lined with foil. Chill for several hours. Peel off oil and cut into bars. Store in airtight container. (can also make them into little individual balls to eat).

RAW APPLE RAISIN COOKIES

2 cups sunflower seeds, soaked 4 hours and rinsed
2 Fuji apples, grated
2 large bananas
½ cup dates
1 cup raisins
1 tsp cinnamon
1 Tbsp flax oil
1 cup walnuts, soaked 2 hours, then chopped
Put sunflower seeds and bananas through a juicer or use a food processor. Mix all together in a large bowl. Spoon dough onto a dehydrator tray with a teflex sheet and form into small round cookies. Place cookies close together on the sheets.
Dehydrate a 105°F for 4 hours. Turn cookies over and remove teflex sheet. Continue dehydrating until desired moisture is obtained (approximately 3- 5 hours)

RAW APPLE PIE

Crust:
1 cup walnuts
2 cups soaked almonds
10 – 15 dates
2 Tbsp orange juice
Process all nuts in food processor. Add dates and keep homogenizing for a while if using a food processor. Add orange juice. Spread into pie pan, evenly to form a crust and immediately set aside in freezer.
Filling:
3 cups shredded apples
1 cup soaked raisins
1 ½ cup soaked cashews
¼ tsp cinnamon
½ cup water (use the water the raisins were soaking in)
2 Tbsp organic maple syrup
Place 2 cups shredded apples aside in bowl. Mix in raisins that have been soaked in advance. In a blender, make sauce out of other ingredients. The longer the raisins have been soaking for, the sweeter the water will be.
Pour this sauce in the bowl and mix with the shredded apples and raisins. Fill pie with this mixture. Decorate with slices of bananas, apples etc.

ANOTHER RAW APPLE PIE TO TRY

Bottom crust:
1 cup ground walnuts
¼ cup currants
¼ cup tahini
¼ cup honey
½ tsp cinnamon
½ cup ground almonds
Set aside and reserve ½ cup for the topping. Press the remaining mix into a 9" pie plate and chill.
Filling:
Mix the following together:
1 ½ cups chopped walnuts

3 cups grated apples, sprinkled with ½ juiced lemon
2 Tbsp honey
¾ cup raisins
1 tsp cinnamon.
Pour onto the bottom crust you refrigerated.
Top with the remaining ½ cup reserved crust you set aside.

RAW BLUEBERRY TARTLETS

Crust:
2/3 cup raw almonds (pulse until crumbly like breadcrumbs)
½ cup packed pitted dates (pulse with 1 tsp water until finely chopped)
Mix almond and dates together, form 4 balls. Wrap each ball between 2 pieces of wax paper, press into 4 inch round or square crust. Turn up edges if desired. Refrigerate 2 hours, them use spatula to move crusts to serving plates.
Filling:
2 cups fresh blueberries
3 tsp honey
2 tsp fresh orange juice
1 tsp fresh lemon juice
½ tsp grated orange zest
¼ tsp vanilla extract
Combine and fill the tartlets, sprinkling top with a little extra orange zest.

POPSICLES

You can buy the 'holders' to make popsicles, or just get wooden popsicle sticks and use ice cube trays to make the popsicles.
Most any type of fruit juice can be used, or you can blend a variety together.
If you are using ice cube trays, let the popsicles partially freeze and then put the wooden sticks into the partially frozen mix so they can stand upright..

Here's an interesting layered popsicle you can try: (remember fruit juice in cans or bottles are not raw)
- **1 cup crushed pineapple**
- **1/2 cup chopped peaches**
- **1/2 cup crushed raspberries**
- **2 cups juice (orange, apple, grape, or whatever you wish)**

Put the pineapple on the bottom of the popsicle, then the peaches in the middle and the raspberries on top.
Fill the mold with fruit juice and freeze until partially set.
Put a stick in each popsicle and freeze solid or for about 5 hours.
These can be kept in the freezer up to 1 month.

The easiest frozen popsicle of course is called "Monkeytails":
Just put a banana, skin and all, into the freezer. When frozen solid, peel and eat, or perhaps dip it in a sauce or jam.

Many people just take fruit juice and pour it into the ice cube trays to use as popsicles. Fast and easy.

FRUIT SORBET

Use any kind of fruit: strawberry, banana, melon, raspberry, kiwi.
Mash and freeze. Serve in delicate attractive glasses.

Here's a nice one to try:
1 cup apple juice and 2 cups frozen raspberries. Blend all but 1/4 cup of the raspberries. Freeze.
Spoon into 4 dessert bowls. Top with the reserved raspberries. Garnish with a mint leaf if you have any available. You can serve this immediately or freeze and partially thaw before serving.

Here's another:

1 medium papaya (peeled, seeds removed and cubed)
1/8 cup lemon juice
4 medium oranges juices (or 1 cup orange juice)
1/4 large pineapple cubed and frozen
Put the papaya into a blender with the other ingredients. Blend at high speed until smooth. Serve immediately.

SIMPLE LEMON SORBET

Juice of 1 lemon
¼ cup honey or agave
1 cup water
Mix or blend together and freeze, stirring every hour for about 4 hours to keep mixed and incorporate air. If you want to make it even more flavourful, add a little lemon zest (grated rind). You can whirl this in a blender briefly to really blend it together before freezing.

PINEAPPLE SLUSH

2 1/2 cups crushed pineapple
3 frozen bananas
2 1/2 cup grapefruit sections
1 Tbsp orange juice concentrate
Blend and serve.

GREEN APPLE-GINGER SORBET

2 medium tart green apples (like Granny Smith type)
2 cups apple juice
1 Tbsp fresh lime juice
1 Tbsp minced ginger root
Honey to taste
Fresh mint sprigs - garnish.
Peel, core, thinly slice 3 apples, set remaining apple aside to use as garnish.
In blender, blend sliced apples and juices until smooth, add ginger root and pulse to mix.
Taste and add honey to taste for sweetener (or whatever sweetener you like using).
Transfer to ice cream maker and follow the instructions.
When done, spoon into chilled bowls and garnish with apple slices and mint sprigs.
If you don't have an ice cream maker, just put it in a covered bowl and freeze until ready to eat.

EASY ICE CREAMS

Run fruit through your juicer, then freeze solid. Here are some examples:
1. 3 frozen medium mangoes, cut into chunks with 5 frozen medium bananas (discard any fruit skins, pits)
2. 4 frozen medium peaches with 2 frozen medium bananas (discard any fruit skins, pits)

BLENDER STRAWBERRY ICE CREAM

4-5 ripe frozen bananas (without skins)
10 oz frozen strawberries
6 oz frozen apple juice concentrate (unsweetened)
<u>Optional:</u> 1/2 - 3/4 cup raw cashews
Put apple juice in blender with cashews. Blend
Add water to the 1/2 cup mark.
Add strawberries and blend.
Add the frozen banana pieces a few at a time until mixture is as thick as soft ice cream and it won't blend any thicker.
Serve right away or freeze for later.

PINEAPPLE ICE CREAM

1/4 cup water
20 oz unsweetened pineapple chunks (or fresh)
1/4 cup cashew nuts
1/4 tsp fresh lemon juice
1/2 tsp pure organic vanilla extract
1 Tbsp fine unsweetened coconut
Blend water and cashews. Add flavorings and frozen pineapple with juice. Blend and serve at once.
May be made ahead, kept in freezer 30-45 minutes and it will retain its soft consistency.
For variation: Use raspberries in place of pineapple and add 1/2 cup of dates, blend all.

BANANA ICE CREAM

Blend frozen bananas with just enough nut milk to make the blender go.
Add vanilla flavoring.
Freeze and serve.
Another way to make banana ice cream: Just run frozen bananas through your juicer. Instant banana ice cream!

EASY ICE CREAM

12 oz coconut milk (blend coconut with water in blender and strain0
1/3 cup honey
Fruit (your choice)
Blend and freeze. If you wish it sweeter, increase honey. If too sweet, decrease the honey.
If you want to use different sweetener, try a few drops of Stevia.
Freeze and serve.

MAPLE ICE CREAM: Use the Easy Ice Cream recipe but substitute maple syrup for honey and add walnut or pecan pieces after blending.

PEACH-BERRY FROZEN CREAM PIE

<u>Crust:</u>
3/4 cup raisins, soaked 1 hr in 1/4 cup water
1/2 cup shredded coconut
Blend raisins with soaked water in blender at medium speed until smooth. Stir in coconut.
Spread evenly on the bottom and sides of a 9" pie plate. Smooth evenly along rim.
<u>Filling:</u>
6 ripe medium size sliced peaches
1 cup ripe strawberries
2 large bananas, peeled
2 Tbsp shredded coconut
1 Tbsp lemon juice
Blend peaches, strawberries, bananas and lemon juice together at medium speed until smooth.
Pour into the pie shell and spread evenly.
Sprinkle coconut over top. Freeze for at least 5 hours (until solid).
Can be kept in freezer up to 1 week.
Many like to transfer the pie to the refrigerator 2 hours before serving to soften slightly.

BANANA-FROZEN ICE CREAM PIE

<u>Crust:</u>
1 1/4 cups black mission figs soaked 1 hr in 3/4 cup water
1/2 cup ground almonds
1/2 tsp pure organic vanilla extract
Drain figs, reserve liquid.

Blend figs and vanilla at medium speed until smooth, adding a little of the soak water if necessary.
Stir in ground almonds.
Spread evenly onto bottom and sides of 9" pie plate. Smooth evenly along rim.
Filling:
4 ripe medium bananas, peeled
4 frozen medium bananas (peeled)
1/4 cup black mission figs, soaked 1 hour in 1/2 cup water
1/2 cup shredded coconut
1/4 cup slivered almonds
2 tsp pure organic vanilla extract
2 Tbsp carob powder (optional)
Blend all bananas, figs, fig soak water, carob powder and vanilla together at medium speed until smooth.
Pour into pie shell, smooth evenly. Sprinkle coconut in a circle over center of pie and in another circle around edge of pie.
Sprinkle almonds between circles of coconut.
Freeze pie 5 hours or until solid. Can keep in freezer up to 2 weeks.
Many like to put the pie in the refrigerator for 2 hours to soften it a little before eating.

ICE CREAM CAKE

18 frozen bananas
12 cup black mission figs soaked 1 hr in 3/4 cup water
1/2 cup chopped walnuts
2 cups apple juice
1 tsp pure organic vanilla extract
Run all but 2 bananas through a juicer or blender.
Quickly stir in vanilla and pour into 8" spring form pan.
Smooth top of cake so it is completely flat. Freeze 4 hours or until solid.
Blend the figs, fig soak water, at medium speed until smooth. Break remaining bananas into chunks, add to blender. Blend at high speed until creamy.
Take cake from freezer, remove sides of pan. Smooth top and sides of pan.
Smooth top and sides of cake with spatula, frost cake quickly with fig mixture.
Top with sprinkled walnuts.
Return cake to freezer.
Can be kept 2 weeks in freezer.
You may wish to put in refrigerator 2 hours before serving to soften slightly depending on how firm your freezer freezes.

ICE CREAM LAYER CAKE

You need lots of bananas for this one.
1 cup currants
1 cup chopped almonds
1 cup shredded coconut
2 cups frozen strawberries or raspberries
22 frozen bananas
1/2 cup fresh sliced strawberries or crushed raspberries
1/2 cup chopped walnuts
3 cups apple juice
1 cup black mission figs soaked 1 hour in 1/2 cup water
3 Tbsp water
Optional: 2 Tbsp carob powder
Mix almonds, coconut and currants together.
Moisten with water and press mixture into bottom of 9"X12" pan.
Run 6 frozen bananas and 2 cups frozen strawberries or raspberries through a juicer or blender.
Mix in fresh berries.

Spread evenly over almond mixture in pan.
Set in freezer.
Run 10 more bananas through the juicer or blender.
Take the cake from the freezer and spread this mixture over the top layer of the cake and return to the freezer.
Blend figs, fig soak water at medium speed until smooth.
Run 6 bananas through juicer or blender and mix with carob-fig sauce and chopped walnuts.
Take pan from freezer and spread this last mixture over the top.
Smooth flat with spatula. Return cake to freezer and freeze 4 hours or until solid.
Loosen from pan by immersing bottom and sides of pan in warm water.
Invert on serving platter, lift off pan. Keep cake in freezer, can be kept for 2 weeks.
Many like to transfer cake to refrigerator 2 hours before serving to slightly soften.

ICE CREAM PIE

Make pie crust from one of the crusts listed at the beginning of this section.
3 cups frozen strawberries
1 1/2 cup frozen banana pieces
1 cup orange juice or pineapple juice
Blend all at high speed until smooth. Keep frozen until serving time.
Pour the filling into the pie crust and freeze.
Garnish with coconut or sliced strawberries.

RAW BLUEBERRY CHEESECAKE (a lot of work and expense, but worth it)

<u>Crust:</u>
2 cups almonds
3 oz date paste
1/4 tsp vanilla extract
1/3 tsp salt
Blend the ingredients together in a food processor.
Lightly grease the entire inside of the spring form pan with flax oil. Distribute crust evenly on bottom of pan and lightly compact by hand.
<u>Filling:</u>
3 cups raw cashews that have soaked for at least 8 hours
1 1/2 cups almond milk
1 cup lemon juice with pulp
3/4 cup agave syrup
1 Tablespoons lecithin
3/4 cup flax oil
Add all ingredients to blender except oil and lecithin.
Blend well until smooth and creamy (about 3-5 min).
Add oil and lecithin and blend until well incorporated.
If you want to do a swirling effect on top of the cake, you will need to save 1/2 - 3/4 cup of the filling and mix in 1 cup of blueberries into the rest of the filling before pouring it into the pan.
Refrigerate for 3 hr before serving.
<u>Swirling topping:</u>
Blend reserved 3/4 cup filling with 1/2 cup blueberries. If you want a richer blue colour, add a little blueberry juice. Start to pour the topping very lightly, having a ribbon effect as it falls to the surface of the cheesecake. Make sure to touch parts of the edges, but not the entire edge.
For the swirl, use a chopstick, inserting it just below the surface of the cake and move it around, swirling the fillings into each other. Swirling time is minimal.
<u>Variations:</u>
Ingredients you can add to fillings to change the colour for the swirl are cacao powder, spices, vanilla bean, berries, beet juice or other brightly coloured juice.
You can add almost any kind of fresh fruit to this cheesecake, either inside the cake, or layered on the

surface. This cheesecake keeps up for at least four days in the refrigerator, but you can freeze it, and use it later.

CHEWY APRICOT COOKIES

2 cups oat groats, soaked
10 dates, pitted and chopped
½ cup raisins, soaked
1 ½ cups fruit soak water
¼ cup raw honey
1 cup golden flax seed ground
1 ½ cup apricots, chopped
1 cup walnuts, chopped

In a Vita-Mix blender, combine the oat groats, dates, raisins, soak water and honey. Grind flaxseed in a coffee grinder and add to blender for 20 seconds. Pour contents of blender into a bowl.
Stir in chopped apricots and walnuts. Form into cookies on Teflex sheets and dehydrate at 100°F for 4 hours. Turn over and continue dehydrating foe 3 more hours. These are especially delicious when eaten warm from the dehydrator.

HAYSTACKS

¾ cup coconut oil
½ cup Sucanat or honey
½ cup carob powder or organic cocoa powder
1/8 vanilla bean or 1 tsp vanilla extract
3 cups shredded coconut (more or less as needed)
Place the coconut oil in a bowl of hot water to liquefy it.
Add the coconut oil, carob powder and vanilla. Blend on high until the batter emulsifies.
Mix the batter in with the shredded coconut in a mixing bowl.
Form into haystack shapes on a tray lined with wax paper. Let set in the refrigerator or freezer before serving.

PECAN PIE

For the crust:
2 cups raw almonds. Finely ground in a food processor
½ cup agave nectar
For the filling:
½ cup coconut water
1/4 cup pecans
½ cup raisins
To make the crust:
In mixing bowl, combine the ground almonds and agave nectar, and mix well. Press the crust mixture evenly into the bottom and sides of a 5-inch pie tin.
To make the filling:
Combine all of the filling ingredients and blend until smooth. Spoom the mixture into the pie crust. Top with whole or chopped pecans and serve.

RAW - MISCELLANEOUS

CREAMY CREAM CHEEZE OR SOUR CREAM

1 cup truly raw cashews (soaked for 4 hrs)
1/2 cup pine nuts
2 tbsp lemon juice
2 pinches of Celtic sea salt
3/4 cup water or more if needed
4 tbsp of chopped fresh herbs (mint, basil, parsley, cilantro, etc.)
Put everything in a high speed blender and blend till smooth and thick.

GREEN CHEESE

2 cups pumpkin seeds
1 cup hulled sesame seeds (soaked)
1/2 cup green onions (chopped)
1 inch piece ginger (peeled and chopped)
1/2 cup parsley
1 tbsp dulse
Combine all ingredients in blender with enough to cover. Pour into cheese bag and hang in the sink for several hours or overnight to drain. Chill and store in the refrigerator.

SEED CHEESE

2 cups sunflower seeds (soaked)
1 cup hulled sesame seeds (soaked)
1 inch piece of ginger (peeled)
2 cloves of garlic
1 tsp. dried oregano
1/4 cup fresh basil
Dulse to taste
Dash of cayenne
Combine ingredients in a blender with enough to make a smooth blend. Pour into a cheese bag. Hang overnight over the sink. Remove from bag and store in the refrigerator.

PESTO

2 cups basil leaves
2 cloves garlic
¼ cup pine nuts or walnuts
½ cup grated raw milk parmesan cheese (optional)
2/3 cup extra virgin olive oil
Sea salt and pepper to taste
Put all ingredients into a food processor, and pulse "chop" several times.
Stop to scrape down the sides and repeat. Add the tomatoes and continue to pulse chop until just blended. Keep a texture to a pesto type consistency, it should not be a puree. This can be frozen into ice cubes and stored in the freezer, to use as needed.

HOMEMADE CURRY POWDER

2 tbsp coriander
1 Tbsp. cardamon
1 tbsp turmeric
1 Tbsp. cumin
2 tsp. cayenne
1 tsp. cinnamon
1 tsp. cloves
Mix all finely ground spices together and store in the refrigerator.

NO EGG SPREAD

1 pound Almond Cheese (see below)
3-4 stalks celery minced

1 small onion minced
1 tsp ground mustard
½ tsp fresh ground pepper
Pinch salt
1 ½ tsp apple cider vinegar
1-2 tsp turmeric for colouring
Mix all together, adjust spices to taste. Let sit for at least an hour to blend flavours before serving.

ALMOND CHEESE OR YOGURT

2-3 cups almonds
Basil, chopped to taste
Garlic minced to taste
Lemon juice to taste
Salt to taste.
Soak almonds 12-24 hours. The longer soaked, the easier to skin. They should double in size. Discard soak water.
Boil a pot of water and using a wire sieve, blanch a cupful of almonds at a time by immersion for 7 seconds. Skin each batch as you go.
Blend 4 cups skinned almonds with 4 cups water in your blender. Pour into 1 quart canning gars, set in a warm place for about 12 hours. The mixture will grow and there will be lots of air holes throughout. There will also be about ¾ to 1" of yellow liquid at the bottom of the container.
Pour mixture into draining bags. You can use nylon painter bags – quart or gallon size. Twist and knot bags. Hang over sink or a bowl for bout 12 hours.
Add chopped basil, garlic, lemon juice and salt.
Makes 6-8 cups.

CREAM CHEESE

1 1/3 cups brazil, macadamia or pine nuts (don't need to soak)
¼ cup extra virgin olive oil
3 Tbsp lemon juice
1 ½ tsp salt
1 tsp cracked peppercorns
2 Tbsp fresh minced dill
1 Tbsp fresh minced sage.
Combine nuts, lemon juice, salt and oil all in a blender with 1/3 cup water and mix until smooth.
Transfer to a bowl and add the remaining ingredients. Let sit in the refrigerator for ½ hour before serving.

SWEET POTATO CRISPS

Using a spiral slicer (on curly setting if possible), slice the potatoes. You can also do this with pumpkin, zucchini, beet, rutabaga or carrots.
Salt the vegetables and place in a dehydrator dray at 115oF for 6-12 hours depending on the thickness of the vegetable.

If you wish, you can also do this with apples, pineapples, pears, bananas and dehydrate until crisp. You might like to squeeze some lemon juice over the fruit just before dehydrating.

LAYERED PORTOBELLO WITH THICK PINE NUT AND SESAME CREAM

2 large portobello mushrooms
15 kalamata olives finely diced (reserve 1 tsp for garnish)
2 ½ Tbsp green onion chopped (reserve 1 tsp for garnish)
Protobello Marinade
3 Tbsp olive oil
1 Tbsp kakamata olive juice
dash sea salt

¼ tsp black pepper
½ tsp dried basil
Thick Cream
½ cup pine nuts
¼ cup sesame
1/8 cup water
1 tsp lemon juice
2 Tbsp olive oil
few dashes sea salt
1 tsp minced garlic
¼ tsp black pepper

Take portobello mushrooms, and thinly slice them across the top. When you get to the gills stop. Save them for another recipe. Be careful not to break the slices. You want to end up with several wide pieces as they will become layers, like lasagna, with the cream in between. Next, mix the marinade together and them pour over the portobello slices. Make sure that all of the portobello surface areas have touched the marinade. Set aside.
THICK CREAM
Blend ingredients on a medium-low setting. Let it be a little chunky. It will add some texture to the food. Next, take one slice of the portobello and lay it in the middle of a plate. Spoon about 1 1/4 Tbsp of cream on top. Add ¾ tsp of the finely diced olives evenly on top, followed by ½ tsp green oniuon. Put a slice of a portobello on a new plate, and repeat. Go back to the first plate, and add another portobello slice followedby 1 ½ Tbsp cream, ¾ tsp olives. ½ tsp green onion.
Repeat process until all is used up. Probably will result in about 3 layers. I recommend the last layer being finished with a portobello with no cream on top.
GARNISH
¼ tsp green onion on top of each. Sprinkle around each plate ¼ tsp green onion, and ½ tsp finely diced olives.
SERVING SUGGESTION:
Serve with a bowl of baby spinach greens lightly tossed in olive oil and a few dashes of sea salt.

MUSTARD – GINGER PUMPKIN SEED CRUNCHIES

1 pound or 5 cups dry pumpkin seeds, sprouted
¼ cup tamari, Bragg aminos or coconut aminos
¼ cup honey or maple syrup
1 ½ Tbsp apple cider vingar
½ tsp ginger
1 tsp mustard powder
½ tsp curry powder
1 tbsp dried herbs (such as basil, dill, tarragon, or Italian seasoning)
Mix everything together in a bowl
Spread on a dehydrator tray lined with a Teflex sheet.
Dehydrate for 4 to 6 hours at 105°F.
Flip and remove the Teflex sheet.
Continue to dehydrate until crunchy (12 to 24) hours). Store in a glass jar on your counter or in the refrigerator.

DOLMADES

1 packet wakame seaween
2 shallots or ¼ red onion, finely chopped
¼ cup fresh mint, finely chopped
1 cup avocado, peeled and pitted
1 cup Sauerkraut, finely chopped
Soak the wakame for 5 to 10 minutes prior to use. It will become soft very quickly, but won't fall apart if you soak it longer.
Combine the onions, mint, avocado and Sauerkraut in a bowl. Mix thoroughly until it becomes a paste.

6Select large pieces of wakame and place them on a chopping board. If there are no wide pieces, place a few side fy side and then on across the center to strengthen it.
Put a tablespoon of the paste in the middle of the wakame. Roll up the sides of the wakame, and then roll up the ends, so that the stuffing is wrapped up like a parcel. No extra adhesive is necessary, the dolmades will self-seal immediately.
Continue to make dolmades until you have used all the mixture.

SCRUMPTIOUS SAMOSAS

6 cups cashews
4 cups macadamias
3 heads cauliflower
meat from 2 young Thai coconuts
1 large jicama
3 carrots
4 – inch piece turmeric root (optional)
3 teaspoons Celtic sea salt
6 cloves garlic, minced
1 tsp turmeric (2 teaspoons if you did not add the fresh turmeric root)
1 tsp ground cumin
3 tsp curry powder
2 cups fresh sweet peas
2 red pepper, diced
Homogenize the cashews, macadamias, cauliflower, coconut meat, jicama, carrots and turmeric root (if using) in a heavy-duty juicer. (Champion, Green Life, or Omega 800 all have a homogenizer attachment.
Add the sea salt, garlic, tumeric, ground cumin, curry powder, peas, and red pepers. Mix everything together very well with your hands.
Form the dough into triangles about 3 inches thick to create delightful hor d'oeuvres. Dehydrate at 110°F for 2 hours or until the samosas are light brown. Serve with chutny.

COCONUT RICE

1 ½ cups Monitok wild rice, sprouted rice or combination of ¾ cup sprouted wild rice and ¾ cup sprouted sweet brown rice
1 cup shredded carrots
1 cup shredded fresh coconut (light brown shell)
¼ cup unhulled sesame seeds, soaked overnight, and drained
¼ cup raisins or currants
¾ Tbsp olive oil
¾ Tbsp flaxseed oil
1 tsp cinnamon
½ tsp ground cumin
½ tsp ground black mustard
pinch ground cloves
pinch fresh ground white pepper
sea salt to taste
Mix the rice, carrots, coconut, sesame seeds, and raisins together in a bowl. And set aside.
In a small bowl, stir oil and spices together. Pour onto the coconut/rice mixture and toss well. Taste the rice and adjust the seasonings.

ERIE OJIBWA RICE

3 cups black long grain wild rice, sprouted
1 red pepper, diced
1 yakon root (or jicama), diced
1 ear corn, kernels cut from cob
½ cup shredded carrot-avocado1/2 cup cilantro, loosely packed
½ cup dry sunflower seeds
1 tsp caraway seeds
½ cup flaxseed oil
2 tsp sea salt
Mix all the ingredients together in a large bowl and let sit for 1 hour before serving.

FALAFELS

1 ½ cup chickpeas, soaked, drained and sprouted for 8 hours
1 cup sunflower seeds, soaked 6 to 8 hours
1 medium red onion, finely chopped
1 to 2 cloves garlic, pressed
¼ cup fresh parsley, finely chopped
2 Tbsp lemon juice
¼ cup col-pressed olive oil
1 tsp ground coriander
1 tsp ground cumin
¼ tsp cayenne
1 tsp sea salt
Process the chickpeas and sunflower seeds in a Champion juicer using the blank plate or in a food processor fitted with the "S" blade. Transfer the mixture to a bowl.
Add the onion, garlic, parsley, lemon juice, olive oil, coriander, cumin, cayenne, and sea salt. Mix well.
Form the mixture into small patties about 2 inches wide and ½ inch thick, and place on Teflex sheets in the dehydrator. Dehydrate foe 16 to 18 hours at 105 ° F. Falafe els can be served wrapped in lettuce leaves, Napa cabbage, or red or green cabbage. Also add some sprouts, tomatoes, or cucumber.

Walnut Burgers
6 cups walnuts, soaked for 2 hours
2 cups carrots, topped, tailed and chopped
2 cup chopped portobello mushrooms
2 cloves garlic
2 tsp paprika
1 tsp dried pizza herbs
1 tsp dried parsley
1 ½ cup chopped red onion, divided
1 cup fresh herbs, such as parsley, basil, and coriander, tightly packed
½ red pepper, chopped with seeds and stalk removed
6 sun-dried tomatoes, soaked for 2 to 6 hours and finely chopped
romaine lettuce (for buns)
mustard cress (optional)
extra slices of onion (optional)
Blend the walnuts, carrots, mushrooms, garlic, paprika, pizza herbs, dried parsley, and half theonions in a food processor.
Transfer to a large bowl and continue blending with a hand blender for a smooth consistency.
Very finely chop the fresh herbs, red pepper, sun-dried tomatoes and remaining red onion and add these to the bowl. Mix well.
Divide the mixture into 8 or 10 equal portions. Form into burger shapes and dehydrate at 115°F for 8 to 24 hours.

AWESOME PISTACHIO PATE

1 ½ cups raw pistachios unsoaked, or 2 cups soaked pistachios
½ cup extra virgin olive oil

5 leaves fresh basil or 2/3 tsp dried basil
1 Tbsp line juice
1 Tbsp nama shoyu
1 clove garlic
1/8 tsp cayenne powder
few dashes of chili powder
1/8 tsp cumin
Food process everything above.
You may add ½ cup raisins for a surprising burst of sweetness.

BEST EVER ALMOND NUT PATE

2 cups almonds, soaked 12 to 48 hours
1 cup sunflower seeds, soaked 4 to 6 hours
3 carrots
3 stalks celery, finely chopped
½ finely chopped red onion
½ cup fresh parsley, finely chopped
2 Tbsp fresh lemon juice
1 tsp Celtic sea salt
¼ tsp cayenne or 1 to 2 tsp curry powder(optional)
Process the almonds, sunflower seeds, and carrots through a Champion juicer using the blank plate or in a food processor fitted with the "S" blade.
Transfer to a mixing bowl and add the celery, bell pepper, red onion, parsley, lemon juice, salt, and cayenne. Mix well. Serve with vegetable slices or spread on raw crackers.

IT'S NOT REALLY MAYONNAISE

2 cups macadamia nuts
½ cucumber, juiced
5 stalks celery juiced
l lemon, juiced
1 tsp paprika
½ cup olive oil
Combine all the ingredients in a blender. If you are suing a Vita-Mix, simply blend until you have mayonnaise. If you're using a regular blender, transfer the mixture to a blending bowl once the nuts are broken down. Finish off with a hand blender for a smoother mayonnaise.

PINE NUT DRESSING/SAUCE

1 cup pine nuts (or ½ cup pine nuts, ½ cup soaked almonds)
1 large red bell pepper, cut in large pieces
1 Tbsp miso
1 clove garlic
1 tsp Krystal Salt brine or ¼ tsp salt
pinch cayenne
water to blend to desired consistency
Blend all in blender to smooth consistency.

PUMPKIN STUFFING

1 cup raw macadamia nuts
2 Tbsp ground flax seeds
3 heaping cups pumpkin
1 cup celery cut in chunks
2 Tbsp fresh basil
1 Tbsp fresh oregano
1 ½ tsp dulse
½ cup honey or to taste
Grind the nuts in a food processor until fine, add all other ingredients and process. Use this stuffing in nori rolls and serve with cranberry sauce.

EASTERN KUNG-FOO CASHEW SAUCE

1 cup cashews soaked
1/3 cup lime juice
¼ cup orange juice
½ cup diced mango
1 date, pitted
1 Tbsp diced fresh ginger

1 Tbsp sea salt **1 large clove garlic**
Blend till the ingredients together until creamy. Pour over a fresh salad or tasty raw pasta.

RAW HUMMUS

2 cups chickpeas, soaked 24 hours and sprouted 72 hours
4 cloves garlic, chipped
½ cup raw tahini
2 Tbsp soy or coconut aminos or ½ tsp salt
2 lemons, juiced
1 cup fresh parsley or more, to taste
red onion, chipped, for garnish
extra-virgin olive oil
Combine chickpeas, garlic and 1/3 cup water in a food processor and process until well mixed.
Add tahini, soy or salt, lemon juice and parsley and process until very smooth.
Adjust consistency with more water if necessary, and add seasonings and lemon juice as desired.
Garnish with chopped red onion, chives, or parsley and drizzle with extra-virgin olive oil.

ADDENDUM TO RAW FOODS

If you are just getting started, here's some helpful information:

- **Ezekiel breads and cereals, Manna Breads, or Essene Breads are considered raw because they are cooked at less than 105°F so enzymes are still in tact.**
- **Cheese Sandwich: Use Ezekiel or Manna Bread, raw milk cheese or veg. Pate, sliced tomato and cucumber, lettuce.**
- **Get a food dehydrator. If you live in a cold winter country it is nice to warm up food a little without killing the healthy enzymes.**
- **Remember, canned or bottled juices are foods generally have been heated to destroy bacteria and therefore enzymes are not still active.**
- **Yogurt has been cooked to kill off the unfavourable bacteria, therefore is is not considered raw food.**

QUESTIONS: CAN I HAVE?

tofu: no, tofu is cooked
soymilk: no, soymilk is cooked (however, you can make your own)
ricemilk: no, ricemilk is cooked (however, you can make your own)
oatmilk: no, but you can make your own
canned foods: no, canned foods are sterilized by cooking
frozen foods: yes, but only fruits, most vegetables have been parboiled before frozen, with the exception of perhaps green peas, edamame, corn.
regular nuts, seeds: no, they must be raw
olive oil: only if it is extra virgin
herbal teas: yes
vitamin and mineral supplements: yes
protein powders: no
soy sauce: no, use Braag or coconut alternative.

SHOPPING LIST FOR RAW FOOD DIET :

- **Raw veggies: lettuce, celery, cucumbers, avocados, tomatoes, peppers, green onions, beets, carrots, cauliflower, bok choy, turnip, sprouts, spinach, swiss chard, parsley**
- **Raw fruits: oranges, grapefruit, mango, kiwi, apples, peaches, pears, watermelon, limes, lemons, plums, strawberries, raspberries, bananas.**
- **Dried fruits: mango, raisins, apricots, currants, prunes, cranberries**
- **Cereals: Ezekiel cereal**
- **Breads: Ezekiel breads Manna breads**
- **Raw nuts & seeds, raw organic trail mix, sunflower seeds, sesame seeds, peanuts, almonds, walnuts, pumpkin seeds, shredded coconut.**
- **Raw food bars for treats (eg. Lara bars, Zen bars)**
- **Flavoring: dillweed, basil, cilantro, oregano, mint, ginger root, cinnamon, cloves, allspice, chili powder, cumin.**
- **Salt: sea salt, kosher sea salt, himalyan rock salt or healthy alternative**
- **Eggs - if you add raw to your shakes**
- **Raw Milk Cheeses**
- **Bulghur Wheat to make salads**
- **Old Fashioned Oats**
- **Seaweeds if desired to add to salads**
- **Raw almond butter (or raw cashew or peanut butter) to make treats or spread on bread**
- **Oils: extra virgin olive oil cold pressed safflower oil raw coconut oil cold pressed sunflower seed oil liquid flaxseed oil liquid 3-6-9 oil we would suggest using organic oils whenever possible.**
- **Pure unfiltered organic apple juice, and other juices**
- **Braag liquid aminos for soy sauce alternative**
- **Unpasteurized honey, raw if possible.**