

Raw Food Recipes: Intro Class

Green Smoothie

1 banana
½ cup strawberries
1 handful spinach
1 cup water or almond milk

Mock Salmon Pate

2 cups walnuts
2 stalks celery
1 red pepper
1 scallion
½ tsp. salt
fresh dill

combine in processor- serve on salad, in a nori roll, in romaine leaf, on cucumber slices, on crackers

Zucchini Noodles With Sauces

Spiralize zucchini to make it into pasta

Marinara 1

2 ½ cups tomatoes
12 sun-dried tomatoes, soaked
¼ cup olive oil
4 cloves garlic
3 dates, pitted and soaked
2 Tbs. parsley
1 tsp. salt

Marinara 2

1 ½ cups cherry tomatoes
1 pitted date
1 tsp. dried oregano
fresh rosemary
1 Tbs. lemon juice
1/3 cup olive oil
1 tsp. salt
1 cove garlic

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combine in processor or blender until smooth- can add olives for puttanesca, nuts for 'meatier' sauce or chopped veggies for chunky version

Pesto

2 cups basil
½ cup pine nuts
1 clove garlic
1 Tbs. fresh lemon juice
¼ cup olive oil
½ tsp. salt
water

Simple Thai

2 Tbs. tamari
2 Tbs. tahini
ginger

Date Nut Torte

Base:

2 cups walnuts
2 cups raisins

combine in processor until moist- mold onto a plate in a round shape 1 ½ inches thick

Frosting:

½ lemon, juiced
2 cups dates, pitted and soaked

combine until creamy in processor and then spread on top of torte

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Raw Brownies

Yield 8 brownies

1 ½ cups	walnuts, unsoaked
dash	salt
10	pitted medjool dates
1/3 cup	unsweetened cocoa or carob
½ tsp.	vanilla
2 tsp.	water optional for a moister brownie
¼ cup	chopped dried cherries optional

Chop ¼ of the nuts and set aside

Place remaining nuts and salt in processor until finely ground

Add dates and process until it sticks together

Add cocoa and vanilla

Put in bowl and add chopped nuts and whatever else you want and then press it into a square container

Kathy Kommit