

Raw Food Recipes: Level 1 Class

Almond milk

1 cup almonds
3 cups water
1-2 dates
vanilla (optional)

Put all in a high speed blender and strain through milk bag

Tomato Towers

tomatoes
basil
olives
pate ingredients

Prepare pate which will be your “cheese”
Soak $\frac{3}{4}$ cup raw sunflower seeds overnight- this should yield about 1 $\frac{1}{4}$ cups.

Process in food processor:
sunflower seeds
2 tablespoons raw sesame tahini
 $\frac{1}{4}$ cup fresh lemon juice
1 tablespoon sliced scallions
 $\frac{1}{4}$ teaspoon sea salt
1 clove garlic, minced (optional)

Make towers from a slice of a small tomato topped with a basil leaf, some “cheese” and top with half a kalamata olive

Creamy Summer Mix

1-2 servings

1 tomato

$\frac{1}{2}$ large avocado mashed
1 ear corn
1 cup fresh sweet peas

1 tablespoon dried onion powder
miso to taste

Cut kernels off the corn, mash avocado with miso and mix all together

Tabouli

3-4 servings

1 head cauliflower, finely ground
 $\frac{1}{2}$ cup fresh lemon juice
1 cup olive oil
1 tablespoon black pepper
 $\frac{3}{4}$ teaspoon sea salt
1 bunch fresh parsley leaves
1 bunch fresh mint leaves
1 bunch fresh cilantro leaves
pitted Greek olives

Put the cauliflower in a food processor and pulse until the texture is somewhat like couscous. Combine all the ingredients in a large bowl and thoroughly mix; then refrigerate which allows the flavors to blend

Collard Wraps

2 servings

2 large collard leaves
1 small zucchini shredded
1 carrot shredded
1 cup sliced onions rings
1 cup Portobello mushrooms cut into small pieces
2 cups lettuce
1 cup Braggs liquid aminos

Guacamole

2 avocados
 $\frac{1}{4}$ cup onion
 $\frac{1}{2}$ tomato
sea salt to taste
cayenne
cilantro (optional)

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Marinate onions and mushrooms for 10 min or longer

Make the guacamole: pulse chop onion, tomato, spices til chunky

Add avocados and pulse chop

Lay leaves flat with inside facing up-drain marinated veg

Place scoop of guacamole ,half the zucchini, carrot and marinated veggies and half the lettuce on one leaf

Roll it up

Mediterranean Kale Salad

1 serving

4 kale leaves

1 ½ tsp olive oil

1 ½ tsp fresh lemon juice

1/8 tsp salt

¼ red pepper diced

1 tab pine nuts

1 tab sliced kalamata olives

dash pepper

cut kale leaves into thin strips, add oil, salt and lemon and massage well with hands
add red pepper, pin nuts. olives and let marinate for 10 mins

Berry Cobbler with Cashew Cream and Nut Crunch Toppings

5 oz frozen blueberries

5 oz. frozen strawberries

1 medium to small cucumber, chopped

3 T. agave

Place all in a food processor and combine (pulse) until well incorporated but not soupy

Add 4-6 mint leaves and pulse 2 or 3 more times. Add more mint to taste.

Empty contents of food processor into large mixing bowl and add 1/2 pint fresh blueberries and 1/2 pint fresh strawberries (chop these).

With a spoon mix all together.

Toppings

Cashew Cream layer

2 cups cashews

1/2 cup agave

1/2 vanilla bean or vanilla extract

1/4 cup water

Blend all in a blender or food processor until smooth. Add more water if needed.

Almond/date crunch layer

1 cup almonds

1 cup dates

Place in a food processor and combine until almonds are broken up well but not fully combined with dates.

Pecan Spice Cookies

3 cups cookie batter

1 ½ cups pecans

½ cup unsweetened dried coconut

1 tab lucuma powder (can omit this)

pinch salt

½ tsp ginger powder

¼ tsp nutmeg

½ tsp vanilla extract

½ cup raisins

10 dates pitted

Process all the ingredients except for raisins and dates until coarsely ground

Add raisins and dates and continue until mixture stocks together

Roll and form into desired shapes and sizes

Kathy Kommit