

Fast, Easy Raw Food Recipes

By Robert Alan Ross



Introduction



After many years of struggling to prepare raw meals, I've learned that simpler is better. Also, my tastes are simpler - I relish and delight in everything I eat. I call the process of developing that perspective "cleansing the palate." Our taste-buds evolved over millions of years so that the foods we need for our bodies will taste good, making them attractive to us. But after decades of confusing our taste-buds with artificial flavors, flavor enhancers and refined sugars, our taste buds no longer know what foods actually contains the nutrition our bodies need - things that taste good often are bad for us. Foods that are good for us we might not even like. The good news is that your taste buds can recover. After a period of time, which varies from person to person, your taste buds will learn to differentiate between good and bad foods, and the result is that you will be naturally drawn to those foods your body actually needs nutritionally, you'll only be hungry when your body actually has nutritional needs to meet, and when you eat something your body needs, it will taste wonderful because it is just what you need! Then you are eating intuitively or consciously!

On a more practical note, I don't have the time to spend in the kitchen preparing gourmet raw food recipes - I am no longer competing with cooked food for presentation and style. This isn't a contest. It's about health and quality of life - and I am not a "kitchen person." So for me, the quality of my life is inconvenienced by a lot of food preparation time. However, I have friends that are kitchen people - actually some that are gourmet raw food chefs. Before raw food, they were gourmet vegan chefs, or gourmet vegetarian chefs, or even French chefs. So now they apply their love for food and being in the kitchen to their love of even better, healthier and even more delicious raw foods. In fact, one famous raw gourmet chef I've met chose to become a raw food chef because he was always looking a way to prepare the best-tasting food on the planet - and he learned that raw, organic food actually is not just the healthiest food on the planet, but tastes better, too!

When first starting a raw food lifestyle, I recommend keeping this as simple as possible. Simple is just easier, yet you won't have to sacrifice taste and variety. So the recipes in this book were selected to make your raw food lifestyle choices not just healthier, but easier and more convenient. When it's easy, the more you will actually do it! The more you do it, the healthier you'll get

Remember, there are no silver bullets or magical cures in this book. Improved health, weight loss and even the "spontaneous remission" of many health challenges, in terms of what I am sharing in this book, is a natural by-product of a healthier lifestyle featuring raw, organic whole, live foods. This book is intended just to make that easier for you!

Recommended Things for Your Kitchen

1. a powerful blender (Vita-Mix is my favorite)
2. a food processor (Cuisinart or even a Magic Bullet)
3. a set of sharp knives
4. a crock pot (great for making sauerkraut)
5. a dehydrator
6. an automatic sprouter
7. a strong “masticating” type juicer (like Sampson or Green Power)
8. a wooden chopping board
9. a good vegetable peeler
10. a kitchen scissor
11. large storage supply baggies (I like Ever-Fresh Green Bags)
12. assorted measuring cups & spoons
13. assorted non-radiated spices
14. water-distiller with a gas trap or a reverse osmosis system

Cool Smoothies



Don't be deceived by the simplicity of these recipes. They're real food, and an important part of what can help you achieve an astonishing level of health. Many of these recipes can become a whole meal with the addition of any one of the great superfoods now available for raw foodists. I have one as my breakfast just about every single morning.

Frozen Avocado Shake

- 1 apple (1/4 cup juice)
- 1/4 cup mashed avocado
- 1/4 banana, mashed
- 1/2 cup fresh or frozen strawberries
- 1/2 cup unsweetened soymilk
- 1/2 tsp. pure almond extract
- 1 cup ice

Juice the apple. Set aside 1/4 cup of the juice. In a blender or food processor, combine the apple juice with the remaining ingredients, and blend for 2 minutes, or until smooth. Serve immediately.

Date Shake

- 1 cup soy milk
- 12 pitted dates, chopped
- 6 almonds
- 1 cup plain yogurt
- 4 ice cubes

Blend together until smooth.

Peachy Cherry Juice

- 6 apples (1-1/2 cups juice)
- 3 peaches (1 cup juice)
- 1/4 cup frozen pitted cherries
- 1 cup ice

Separately juice the apples and peaches. Set aside 1-1/2 cups of the apple juice and 1 cup of the peach juice. In a blender or food processor, combine the juices with the remaining ingredients, and blend for 2 minutes, or until smooth. Serve immediately.

Meal-In-One-Fruit Smoothie

- 1 ripe, medium-size peach
- 2 tsp. lemon juice
- 2 tsp. honey
- 1/2 cup yogurt
- 2 Tbs. granola or buckwheat crunchies

Blend the first four ingredients. Sprinkle granola or buckwheat on top.

Perfect Pear Blend

- 1 large pear, chopped
- 1/2 cup green grapes
- 1/4 avocado
- 2 tsp. honey
- 1 tsp. lemon juice

Blend and top with chopped pecans.

Athlete's Performance Smoothie

- 2 cups Almond milk
- 2 Tbs. raw tahini
- 1 Tbs. honey
- 1/2 cup rolled oats
- 1/2 tsp. vanilla
- 1 free range egg yolk (optional)

If using egg, separate the yolk from the white. Combine ingredients and process in a blender. Then add the egg into the mixture. Blend a few seconds and chill or serve.

Ginger Jolt

- 1 apple, cored, peeled, and sliced
- 1 lemon, peeled and seeded
- 1/2 cup filtered water
- 1/2 cup ice
- 1 (2-inch) piece fresh gingerroot, peeled and crushed

This good for a queasy tummy. Drink slowly. Blend ingredients until smooth.

Chocolate Delight

- 1 cup fresh or frozen raspberries
- 1/2 cup almond milk
- 1/2 cup well-chilled silken tofu
- 3 Tbs. raw cocoa powder
- 1 tsp. flaxseed powder

Blend ingredients until smooth. Serve immediately.

Carob Shake

- 3-4 dates, pitted and soaked 20 minutes
- 1 cup almond milk
- 1 frozen banana, cut in chunks
- 3-4 Tbs. raw carob powder
- Dash vanilla (optional)

For an old-fashioned, “soda-fountain” type of treat. Place dates in a small bowl with just enough water to cover. Let them soak 20 minutes; drain. In blender, combine the dates, nut milk, banana, carob powder and vanilla. Blend until smooth. Drink immediately.

Hot Redhead

- 1 cup tomato juice
- 1/2 tsp. chopped jalapeño pepper
- 1/4 tsp. cayenne
- 1/4 cup chopped onion
- 1/2 cup chopped parsley
- 2 cloves garlic, peeled

Chop and blend all the ingredients together. Serve immediately.

Hindu Love Goddess

- 1 cup nonfat milk
- 1 cup vanilla lowfat frozen yogurt
- 3 dates, pitted and chopped
- 1/8 tsp. ground cloves
- 1/8 tsp. ground cardamom
- 1/8 tsp. ground cinnamon
- 1/4 tsp. pure vanilla extract

This sensual treat is a traditional stimulant. Blend all ingredients until smooth.

Berry Good

- 1 cup grain milk or nut or seed milk
- 1 frozen banana, cut in chunks
- 3-8 fresh strawberries, raspberries or blueberries

In a blender, combine the milk, banana and berries. Blend until smooth. Drink immediately

Pauling's Punch

- 1/2 cup orange juice
- 1/2 cup plain nonfat yogurt
- 1/2 lemon, peeled and seeded
- 1/2 grapefruit, peeled and seeded
- 1/2 cup ice
- 1 (1-inch) piece fresh ginger root, peeled and crushed
- 1 Tbs. molasses

This smoothie is rich in vitamin C and the bioflavonoids. Blend ingredients until smooth.

Morning Glory

- 1 cup frozen strawberries
- 1/2 cup plain nonfat yogurt (optional)
- 1/2 frozen banana
- 1 Tbs. brewer's yeast
- 1 tsp. psyllium seed powder

Psyllium seed powder is an excellent source of soluble fiber. Soluble fiber feeds the healthy bacteria in your colon, promoting regularity and reducing cholesterol. Blend all ingredients until smooth.

Cholesterol Lowering Tonic

- 1/4-inch slice of ginger
- 1 clove garlic
- Handful of parsley (to absorb some of the odor of the garlic)
- 4 carrots
- 1 apple, cut into wedges
- Splash of tabasco sauce (optional)

Juice the ginger and garlic first by placing them in the center of a handful of parsley and feed it into the juicer. (This reduces much of the garlic's odor.) Follow with the carrots and the apple.

Blended Fruit Smoothie

- 1 medium banana or fruit of choice
- 1/4 cup yogurt or tofu
- 1 to 2 Tbs. concentrated fruit juice
- 1/4 tsp. vanilla
- 1/3 cup soy milk
- 1 Tbs. flaxseed oil
- 1 Tbs. flaxseed meal
- Dash cinnamon or mace

Blend all together until creamy smooth.

Grape Ambrosia

- 1 whole pineapple, skinned
- 1-2 lbs. organic red grapes
- 2 tangerines or 1 orange, peeled
- 1 lemon, peeled

In a heavy-duty juicer, using the juicing screen, put the pineapple, grapes, tangerines and lemon through the machine and into a bowl. Drink as is, or dilute it with water. Refrigerate. The ambrosia will keep for 1-2 days.

Kidney Flush

A purifying kidney cleanser and diuretic drink, with balancing potassium and other minerals. Juice or blenderize:

- 4 carrots
- 4 beets with tops
- 4 celery stalks with leaves
- 1 cucumber with skin
- 8 to 10 spinach leaves, washed
- 1 tsp. Bragg's, Dr. Bronners or miso (optional)

Makes four 8-oz. glasses.

Salads



I love salads just about more than any other meal! Maybe it's just me, but I can, and usually do, have a large salad almost every day. I never get tired of them. They're easy to prepare, and by switching some of the ingredients or the dressing, you can enjoy a lot of variety. Salads, for me, are the backbone of a raw food lifestyle.

No, I'm not a rabbit. This isn't rabbit food. Yes, you will be accused of eating rabbit food from time to time...just let it roll off your back and take another bite off that carrot! Learn to have a sense of humor, and try to learn not to preach or proselytize to all your fast-food-loving friends about how they are slowly killing themselves. That's a good way to assure yourself of not getting invited to any more parties! Of course, in my life I do tend to proselytize, at least a little, but that's my job! You don't have to. Instead, be an example that some may choose to follow.

Below you'll find several recipes for easy-to-make salads that are a nice change from a bowl of baby greens, cucumbers and cherry tomatoes.

Corn Salad

- 4 fresh corns (scrapped off the cob)
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- ½ red onion, chopped
- 2 stalks of celery, chopped
- 1 tbs. of caraway seeds

Toss. Season with vegetables broth powder and crude corn oil, other choices are French dressing or Garden Vegetable Dressing.

Root Salad

- 2 turnips
- 1 rutabaga
- 3 radishes
- 2 carrots
- 1 large Jicama (available at Asian Market)

Finely shred all \ vegetables. Toss with Lemon and Oil dressing. Best when refrigerated overnight. You may add Banana-Pineapple dressing just before serving.

Mushroom Olive Salad

- 10 mushrooms, sliced
- 7 green olives
- ½ green onion
- 2 cucumbers, sliced
- 1 head of romaine broken into small pcs.
- 2 red pepper sliced thin lettuce,
- 4 Tbs. sesame oil
- 3 Tbs. apple cider vinegar
- 1 lemon
- pinch of Cayenne
- 1 Tbs. Jensen's seasoning

Mix all ingredients.

California Jicama Salad

- 2 cup of jicama, diced
- 1 green bell pepper, sliced in thin strips
- ½ medium mild onion, sliced thin
- 1 cucumber, diced or sliced
- ½ cup cold pressed olive oil
- 2 tsp. apple cider vinegar
- ½ tsp. oregano, crumbled
- ½ tsp. vegetable broth powder (to taste)

Mix vegetables together, Mix oil, vinegar, and seasoning together. Toss all together.

Cauliflower Apple Salad

- 1 apple chopped (without skin) sprinkle with chopped walnuts
- 1 cauliflower, chopped sprinkle with chopped walnuts
- 1 Tbs. of chopped parsley or parsley flakes

Toss in your choice of Creamy Vegetable dressing, Egg less mayonnaise dressing or Banana-Pineapple dressing.

Veggie Stick Salad

- 2 zucchinis
- 2 carrots
- 1 red and/or green pepper
- ½ green onion, chopped
- 5 to 10 black olives, cut in half
- sprinkle of dill weed, oregano, poultry seasoning, and garlic
- Juice of one lemon
- ¼ cup of olive oil or sesame oil

Cut zucchini, carrots, and pepper in thin strips, each ½ inch by 3 inches. Toss in oil until coated. Add onions, olives and spices. You may want to drizzle lemon juice mixed with sesame oil over the dish. *Best when chilled before serving.

Rainbow Salad

- 4 carrots, grated
- 2 beets, grated
- 2 radishes, grated
- 1 zucchini, grated
- 1 small red cabbage, shredded
- 1 green pepper, chopped
- 1 red pepper, chopped
- ½ fresh pineapple, cubed
- 1 head of romaine lettuce

Combine the vegetables, and serve them on a lettuce leaves, surrounded with pineapple cubes. Pour fruit dressing over the top.

Basic Slaw Salad

- 1 green cabbage, finely shredded
- 1 Tbs. dill weed
- 1 red cabbage, finely shredded
- 1 Tbs. caraway seeds
- 1 onion, chopped finely

Mix together with lemon oil dressing.

Layer Salad

- 1 cabbage, finely shredded
- 1 stalk of celery, chopped
- 1 green onion, chopped
- ½ cup of mung bean sprouts (or radish sprouts)
- 1 lb. green peas (shelled)

Layer in a glass serving bowl in the order given. Pour garden vegetable dressing over, or experiment with any other dressing. Serve chilled.

Cabbage and Tomato Slaw

- 1 cabbage, shredded
- 2 stalk of celery, chopped
- ½ onion, chopped
- 1 pt. cherry tomatoes, sliced
- 1 cup bean sprouts

Toss all together, serve with French dressing.

Chinese Salad

- 1 Chinese cabbage
- 1 cup of raisins
- 1 pineapple, cubed into chunks
- ¼ cup of nuts or seeds
- 2 carrots shredded
- 1 cup of bean sprouts
- 1 orange, cut into small sections

Toss all together with Papaya Tamari dressing, or pineapple dressing.

Crazy Slaw

- 1 cabbage, shredded
- 2 red potatoes, chopped
- 1 turnip, shoestring grated
- 1 green onion chopped
- 4 carrots, chopped

Toss all together with creamy, vegetable dressing.

Red Cabbage Slaw

- 1 red cabbage, shredded
- 1 green pepper, chopped
- bunch of parsley, chopped
- ¼ tsp. ground sesame seeds 3
- stalks of celery, chopped
- 1 tbs, caraway seeds

Toss all together with your choice of dressing.

Slaw Salad

- 1 cabbage, shredded
- 1 celery stalk, chopped
- 4 beets, grated
- ½ cup pine nuts or raw sunflower seeds
- 2 carrots, shredded

Toss together with fruit dressing or vegetable dressing.

Broccoli/Cauliflower Salad

- 1 bunch of broccoli, chopped
- 1 cup of sprouted garbanzo beans
- 1 cauliflower, chopped
- 2 avocados, sliced in wedges
- 2 cucumbers, sliced

Marinate overnight (except for tomatoes and avocado) in French dressing or any other favorite. Just before serving lightly toss in tomatoes and avocado.

Mellow Melon Salad

- 1 cantaloupe
- 1 honeydew
- 1 cup of grapes
- ¼ cup sesame seeds
- 1 casaba melon
- 2 bananas
- ¼ cup of coconut

Cube flesh of melons and mix with banana slices and whole grapes. Sprinkle with coconut and sesame seeds, or toss with Banana-Pineapple Dressing.

Winter Fruit Salad

- Apple, chopped
- range, chopped
- Cabbage, shredded
- Pear, chopped Dates

Mix fruits and serve on top of shredded cabbage. Top with Raisin-Pineapple Dressing or Banana-Pineapple Dressing.

Citrus Avocado Salad

- Oranges, sectioned
- Avocado, cut in wedges
- Grapefruit, sectioned
- Lettuce

Toss in:

- 1c. oil
- 1 Tbs. honey
- ½ c. vinegar
- 1 tsp. paprika
- 1 clove garlic
- 1 Tbs. orange rind
- 1 tsp. vegetable broth

Salad Dressings



Once you learn the secret to making your own great dressings, you'll never get bored with salads again! I have a salad almost every day, but never the same dressing twice in a row. I use a Magic Bullet type food processor or a Vita-Mix to whip up an instant, fresh raw dressing in just a few minutes, and then I'm ready to go!

Herb Dressing

- 2 cups of cold pressed olive oil
- 1 ½ -¾ cup lemon juice
- Marjoram, Basil, Dill, Thyme, Tarragon
- 1 clove of fresh garlic
- Fresh herbs (if possible)
- Sprinkling of Parsley

Shake dressing in a bottle or beat the mixture in the blender.

Garden Vegetable Dressing

- 2 cups of olive oil
- ½ cup of apple cider vinegar or juice of
- 2 lemons
- ½ cup water
- 1 medium onion, chopped
- 1 clove of garlic
- 1 carrot, chopped
- 2 stalks celery, chopped
- 1 bell pepper, chopped
- 1 medium zucchini or summer squash (optional)
- 1 beet (if you want red color)
- 2 Tbs. vegetable broth powder
- 1 tsp. dill weed

Beat all in blender. We use this as a base for many of our other dressings.

Super Creamy Vegetable Dressing

Refer to Garden Vegetable Dressing and add:

- 1 cup of raw tahini
- ½ cup of juice of lemon / instead of apple cider vinegar

Blend ingredients.

Tomato Vinegar Dressing

- 1 cup cold pressed, olive oil
- ½ cup apple cider vinegar
- 1 Tbs. vegetable broth powder
- 1 cup tomato juice
- 1 Tbs. dill weed
- 1 Tbs. caraway seed
- 3 or 4 drops of stevia
- 1 clove of garlic

Beat in blender until fully mixed together.

Russian Dressing

- 1 cup of unrefined sesame seed oil
- 4 beets
- 2 Tbs. horseradish
- Lemon juice

Mix in blender.

Poppy Seed Dressing

- 2 cups unrefined sesame oil
- ½ cup of vinegar
- 3 Tbs. lemon juice
- ½ cup caper
- 1 Tbs. dry mustard
- 1 Tbs. vegetable broth
- 3 Tbs. poppy seeds

Mix in blender.

Garlic Dressing

2 cups unrefined sesame oil ½ cup lemon juice 2 to 4 cloves of garlic 2 Tbs. vegetable broth powder, enough to taste

Mix in blender.

Tabasco Dressing

- 2 cups unrefined sesame oil
- Tabasco or cayenne, enough to taste
- ½ cup vinegar
- ½ cup lemon juice

Mix ingredients.

Mint Dressing

- 1 cup unrefined olive oil
- ½ cup lemon juice
- ¼ cup mint leaves chopped

Mix in blender.

French Dressing

- 1 cup water
- ¼ cup lemon juice
- 2 cups sesame oil
- 1-2 Tbs. tupelo honey
- 1/3 cup vinegar
- 2 tbs. tamari (optional)
- 1 clove garlic
- 1 Tbs. vegetable broth powder
- a few celery tops or 1 stalk of celery
- Sprinkle of dry mustard
- Sprinkle of Rosemary
- 3-4 large tomatoes
- Sprinkle of Sweet basil
- 2 tbs. paprika

Beat in blender until desired thickness.

Lemon & Oil Dressing

- 2 cups unrefined oil (try Udo's oil)
- Sprinkle of pepper
- 2 cups of lemon juice
- Sprinkle of tamari (optional)
- Sprinkle of vegetable broth powder

Beat in blender until desired thickness.

Zesty Dressing

- 2 cups unrefined flax oil
- 2 Tbs. capers
- ½ cup lemon juice
- 1-2 Tbs. paprika
- 1 medium onion
- 2 Tbs. vegetable broth
- 2 cloves of garlic

Mix in blender until desired thickness.

Vinaigrette Dressing

- 2 cups sesame oil
- 2 Tbs. vegetable broth powder
- 1 cup vinegar
- 1 Tbs. basil leaves
- 2 cloves of garlic
- 1Tbs. tarragon leaves
- 1 Tbs. mustard seed

Shake ingredients in a bottle.

Chinese Dressing

- 1 cup sesame oil
- ½ cup tamari sauce
- 1 cup fresh pineapple juice or pineapple chunks
- ¼ cup lemon juice
- 2 tbs. tupelo honey
- ½ cup water
- 3 tbs. grated ginger

Blend all ingredients.

Creamy Fruit Dressing

- 1 cup fresh squeezed orange juice
- 2 Tbs. tahini or nut butter
- 1 Tbs. honey
- 2 Tbs. sesame oil
- Sprinkle of mint sprig

Blend together well.

Basic Fruit Dressing

- 1 cup orange juice
- 1 cup lemon juice
- 1 cup apple or pineapple juice
- 2 drops of stevia
- ½ cup coconut, shredded

Blend all ingredients together, to thicken add 2 bananas in blender.

Raw Mayonnaise

- 1-2 very ripe plaintain
- 1 cup unrefined oil
- ½ cup lemon juice
- 2 drops of stevia

Beat in blender.

Coconut Cream Dressing

Use recipe for mayonnaise but also add shredded coconut.

Macadamia Cream Dressing

- ½ cup of macadamia nuts
- ½ cup of sesame butter
- 4 dates soaked in water (remove skins after 1 hour of soaking)
- ¼ cup of raw apple cider vinegar
- 2 Tbs. agava
- 1 Tbs. soy sauce ½ cup of water

Blend and serve over green salads.

Papaya Dressing

- 1 cup fresh papaya (remove seeds and skin)
- ¼ cup apple cider vinegar
- 1 clove garlic ¼ onion
- 2 Tbs. grated ginger

Blend, if too thick add a little water.

Avocado Mayonnaise

- 1 cup unrefined sesame oil
- 2 Tbs. lemon juice
- 1 cup water
- 1 avocado
- Celery tops or 1 stalk or celery

Blend well.

Raisin/Pineapple Dressing

- 1 cup pineapple juice
- 1 banana
- 1 Tbs. honey
- ¼ cup raisins
- ¼ cup nuts

Grind nuts in food processor than add the raisins. Add remaining ingredients. Mix until well blended. (add a little water if mixture is too thick.

Banana Dressing

- 2 bananas
- 1 cup lemon juice or orange juice
- 1 Tbs. honey

Blend well.

No-Oil Lemon Herb Dressing

- 2 Tbs. plus 2 tsp. potato or other starch
- 1/2 cup water
- 1/2 cup apple juice
- 1/2 cup lemon juice
- 1/4 cup water
- 1/4 cup apple juice or water
- 1/4 cup fresh minced herbs or
- 2 tsp. dried herbs (Italian Seasoning)
- 1 tsp. celery salt

Combine starch with 1/2 cup cold water and 1/2 cup apple juice, and dried herbs — if using. Heat, stirring, to thicken. Remove from heat. Mix in lemon juice, celery salt, and 1/4 cup of water. Taste for balance. Add 1/4 cup of apple juice (or water). Add fresh herbs and whisk. It will be thicker when it has cooled. Adjust liquids and seasonings if necessary. Make a few hours in advance of use. Store in refrigerator. Makes 2 cups.

Variation: Replace some of the water with tomato juice.

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.

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.

Curry Powder

- 2 Tbs. coriander
- 1 Tbs. cardamon
- 1 Tbs. tumeric
- 1 Tbs. cumin
- 2 tsp. cayenne
- 1 tsp. cinnamon
- 1 tsp. cloves

Mix all finely ground spices together and store in the refrigerator.

Appetizers & Dips



Raw appetizers and dips are not just a nice idea, they can be an important part of your raw food menu planning! As a raw foodist, especially in the beginning, you need to take extra steps to make sure that you're meeting all your daily nutritional needs, appetizers and dips can add a lot of extra nutrition to a meal, and make it more satisfying as well.

Cucumbers and Onion Rings

- 2 cucumbers, sliced
- A sprinkle of vegetable broth powder
- 1 red onion, thin sliced rings
- 1 cup of water
- A sprinkle of Celtic sea salt
- ¼ cup of vinegar

Chill at least 2 hours before serving. Variation: Dehydrate your onion rings first for a real explosion of flavor and a bit more crunch.

Guacamole

- 5 Medium avocados
- 4 Tomatoes, diced (discard skin)
- 3C finely shredded zucchini
- 3 green onions, sliced thin
- 1-2 tsp Dulse seaweed,
- 1/2 clove garlic, finely minced
- 4 tsp. lemon juice or Dr. Bronner's seasoning
- 1 tomatillo, grated
- Dash of chili pepper & cayenne pepper
- 1 tsp. honey (optional)

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. Mash avocados to desired consistency (some people like it smooth, others chunky. Add remaining ingredients and mix gently.

Chips for Guacamole

- 4 sweet potatoes, peeled and sliced

Use your food processors slicing blade attachment. Brush sweet potatoes lightly with unrefined oil. Dehydrate for 4 hours

Raw Hummus

- 4 c. garbanzo beans, soaked and sprouted
- 1 clove garlic, diced fine
- 1 green onion, diced fine
- 2 carrots, grated fine
- 2 c. tahini
- 2 cups tomatillo juice
- Vegetable broth powder or garlic & cumin to taste
- Tamari, to taste
- Juice of 1 lemon
- Juice 2 cups tomatillo juice in juicer.

Put garbanzo beans through food processor or VitaMix blender. Mix with remaining ingredients. Use enough raw tahini to hold ingredients together. Allow to sit at least 1 hour before serving. To make tahini- put 2 cups sesame seeds in blender (I prefer the Magic Bullet). Blend into paste on high speed--add tomatillo 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.

Tabouli:

- 1 cup wheat or rye berries (soaked)
- 1 cup minced parsley
- 2 or 3 Tbs. 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.

Turnip Dip

- 1 turnip, finely grated
- ½ green onion, diced fine
- 1 Tbs. vegetable broth powder
- ¼ cup sesame seeds

Try it on celery sticks or on cabbage leaves.

Tomato Relish

- 2 tomatoes, diced
- 1 Tb. vegetable broth powder
- 1 green pepper, diced
- 1 tsp. cumin
- 1 green onion, diced

Blend.

Garden Herb Spread or Dip

- 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)

Blend in Vita-Mix or blender. Use purified water, tomatillo juice or tomato juice to thin to approximately mayonnaise consistency

Cider Zucchini Pickles

- 8 c. zucchini squash and/or cucumbers
- 1/2 c. vinegar
- 2-3 tsp. honey
- 3/4 c. fresh apple juice
- 2 tsp. garlic powder (optional)
- vegetable broth powder, sprinkled liberally

Let sit 3 hours, then add remaining ingredients. Stir, then store in clean glass jars. Wait three days before serving.

Marinated Cucumbers

- 2 cucumbers, chopped
- Up to ½ c. tupelo honey
- 1 mild onion, chopped
- ¾ c. lemon juice
- 1 green or red pepper, thinly chopped
- 1 lemon, sliced
- 2 tomatoes, chopped
- 1 ½ tsp. celery seed (optional)
- Vegetable broth seasoning

Toss vegetables with vegetable seasoning. Mix remaining ingredients.

Onion Rings

- 2 cucumbers, sliced
- 1 onion, thin sliced rings
- 1 c. water
- 1 c. vinegar
- Sprinkle of vegetable broth powder & pepper

Chill at least 2 hours before serving.

Sauces



These are all very good raw sauces that can be used again and again to add variety to a wide range of dishes. Try varying the ingredients a little to create subtly different flavors on your own.

Poppy Seed Sauce

- ½ Tbs. sesame seeds
- 5 Tbs. lemon juice
- 2 Tbs. poppy seed
- 1 Tbs. honey 1 Tbs. celery seed
- a little sesame oil

Mix, adding enough oil to make paste and serve on vegetable leaves.

Firebird Sauce

- 2 cups olive oil
- ½ cup lime juice
- 1 cups tomato pulp
- 4 Tbs. vegetable broth powder

Mix.

Lettuce Sauce

- 1 cup of olive oil
- 4 cloves of garlic
- ½ cup of lime juice
- 4 Tbs. vegetable broth powder

Blend well in blender. Serve on lettuce.

Salsa

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

Blend above then add 2 chopped tomatoes, 1 chopped green pepper, and 1 chopped onion to the blended base. Season to taste with dulce or more cayenne.

Tomato Sauce

- 2 red tomatoes, chopped
- 1 clove garlic
- ½ cup sesame oil
- vegetable broth powder
- 2 to 5 chopped onions
- 1 or 2 Tsp. oregano, crushed 1
- red bell pepper, chopped
- 1 tsp. basil, crushed
- 1 stalk celery or celery tops,
- 1 tsp. thyme chopped
- 1 tsp. rosemary
- 1 small carrot, chopped
- 1 tsp. paprika

Blend well. Serve with vegetable loaves and salads.

Hot Sauce

- 2 cups tomato pulp
- 3 to 5 jalapenos or hot chili peppers
- 1 green pepper, ground (optional)
- 1 Tbs. vegetable broth powder
- 1 to 2 Tbs. lime juice (optional)

Bell Pepper Sauce

- ½ cup tahini mayonnaise
- 1 carrot
- 1 tomato
- 1 bay leaf
- 1 stalk celery or celery tops
- 1 Tbs. vegetable broth powder (to taste)
- 1 green onion

1 bell pepper (red is best) Blend well. Serve over stuffed bell peppers.

White Sassanaise Tahini Mayo

- 4 cups sesame meal, soaked 7 hrs. in 4 cups of water
- ½ cup unrefined sesame oil
- ½ cup tahini
- juice from 2 limes
- ½ cup of celery (juiced)
- 4 Tbs. vegetable broth seasoning water
- ¼ cup apple cider vinegar

Mix well.

Curry Sauce

- 1 cup tahini mayo
- 1 green onion, chopped
- 2 tomatoes 1 stalk celery or celery tops
- 1 ½ to 2 Tbs. curry powder
- 1 tbs. parsley

Blend together in blender. Serve with cauliflower loaf.

Tsatziki Sauce

- 1 large cucumber (peeled and grated)
- 1 cup soaked pignoli seeds
- 1/2 tsp. dill seeds
- 1/2 cup green sauerkraut
- 1/2 cup fresh dill
- 4 cloves minced garlic

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

Raw Soups



Red Pepper Gazpacho

I started making raw soups when I first got into raw food, back in 1995, and I've been enjoying them regularly ever since. They are a fast, easy way to include more raw foods in your diet, as they can be made in no time. All you need is a blender and you're ready to go!

Remember, you don't need to throw everything but the kitchen sink in your blender. Simple is usually best. Just select 2 or 3 veggies, add some water, seasonings and herbs of your choice – and don't forget to throw in a little avocado or some other kind of raw fat in there, such as oil, nuts, nut milk or nut butter. That's the secret to making creamy soups. If using a Vita-Mix or other high-speed blender, remember to pulse the blender and run it at a low speed to minimize nutrition-killing heat.

Warm Vegetable Soup

Some soups are nicer slightly warmed. Use a crock pot set on warm. Do not let soup get over 115 degrees to keep enzymes intact. (Use a thermometer to check temperature).

- 12 tomatoes (large)
- 2 stalks of celery 1 yellow onion
- 2 cloves of garlic 3 tbsp. olive oil
- juice of ½ a lemon 1 Tbs. Italian seasoning
- 2 Tbs. Jensen's broth and 2 Tbsp vegetable broth seasoning
- 1 cup spring water

Blend, and then add:

- ½ yellow onion, diced
- 2 ear corn, grated off cob
- ¼ head lettuce, cut or shredded
- 1 small zucchini, diced
- ½ bunch spinach, shredded
- 1 carrot, diced
- 2 stalks celery, diced

Add to base and place in crock pot for 2½ hour period

Gazpacho

Same as vegetable soup, except this soup is served cold.

Add:

- 3 cucumbers, diced
- 2 cups carrots, grated
- 1 green pepper, diced
- 1 tsp. paprika
- ¼ c. parsley
- ¼ tsp. cayenne, pinch
- 1 celery, chopped
- 1 tsp. cumin

Soup is better if chilled overnight. It's spicy! You may want to serve lemon wedges with the soup.

Avocado Gazpacho

- 1 cucumber, chopped
- 6 tsp. olive oil
- 1 mild red or white onion, chopped
- ¾ Tbs. apple cider vinegar
- Juice of 2 to 4 limes
- 1 avocado, chopped
- 1 tsp. oregano, crumbled
- 6 cups tomato juice
- 1 tsp. vegetable broth powder

Mix all ingredients together chill before serving.

Red Pepper Gazpacho

- 5 ripe tomatoes
- 1/2 cucumber, chopped
- 1 red bell pepper 2 cloves garlic
- 1/4 cup water dash cayenne pepper
- 2 tbsp fresh parsley, chopped
- 1 avocado, diced (optional)

Blend together all ingredients except parsley and avocado until smooth. Gently stir in avocado and parsley. If possible, chill for at least two hours to let the flavors mingle. Serve chilled or room temperature.

Cauliflower Caraway Soup

Base: Blend in blender:

- 3 c. Water 3 stalks, celery chopped 1 onion, chopped
- 2 carrots, chopped 1 clove garlic

When blended, add:

- ½ head of cauliflower chopped fine
- 3 tbsp. vegetable broth powder
- ½ c. tahini 1 tbsp. caraway seeds
- 3 tsp. shoyu (type of soy sauce)

The tahini will thicken soup some and give it a creamier taste. Can be served warm (under 118 degrees) in crock pot or chilled.

Borscht

Blend in blender:

- 2 quarts warm water 1 onion, chopped 1 carrot, chopped
- 1 Tbs. cider sprinkle of cayenne 1 Tbs. tupelo honey

When blended, add:

- 2-3 c. young, sweet beets, peeled and sliced thin
- 1 green pepper, diced
- 1 carrot, finely grated

Chill overnight, and serve chilled.

Entrees & Main Dishes



No matter how delicious a raw soup or salad is, it can't take the place of a good main dish. When most people sit down for a formal lunch or dinner, they like to see an entrée, something impressive in the center of the plate that can stand on its own. You don't have to spend hours making a delicious raw entrée. As always for me, simple is better. With only a few common ingredients, you can create a delicious entrée in a matter of minutes. For an elegant touch, place the entrée on the center of a plate leaving some white space around the food.

Stuffed Bell Peppers

- 4 green or red bell peppers, sliced down middle and seeds removed
- 1 cup sprouted Quinoa (optional)
- 1 cup cherry tomatoes, sliced in half
- 1 cup celery, diced
- 1 cup beets, finely grated
- 1 small onion, diced
- 1 cup carrots, finely grated
- 1 cup parsley, chopped

Mix all together except bell peppers and add:

- $\frac{3}{4}$ cup sunflower meal (Grind sunflower seeds in seed or coffee grinder)
- 1 Tbs. Vegetable broth powder (to taste)
- 2 Tbs. sesame oil or raw sesame tahini
- 2 Tbs. lemon juice raw mayonnaise

When well mixed, cut bell peppers in half lengthwise, remove seeds, and fill with stuffing. Serve with Bell Pepper Sauce.

Stuffed Tomatoes

- 1 Tomato for each serving

Hollow out center, and combine pulp with:

- 1 Cucumbers, diced
- 1 Red Bell Pepper, diced
- 1 Stalk of Celery, diced

Sprinkle with Vegetable broth powder. Re-stuff tomatoes and serve.

Veggie Sticks & Dip

- 1 Tomato for each serving

Hollow out center, and combine pulp with Guacamole. Re-stuff tomatoes and serve in center of plate with assorted vegetables. (Celery sticks, Carrot sticks, Potato slices, Zucchini sticks, Cucumber slices, radishes.)

Garbanzo Salad

- 1 cup sprouted Garbanzo beans, marinated for 4 hours in Vegetable Dressing.
- 1 cup beets, shredded, and marinate for 4 hours in vinaigrette dressing.
- 1 onion, sliced in thin rings.
- 1 cup green beans, and marinate for 4 hours in Vinaigrette Dressing.
- 1 Tomato, sliced thin.

When ready to serve, line plate with buckwheat lettuce or mung sprouts. Arrange remaining ingredients on plate.

Greek Salad

- 1 head romaine lettuce, in leaves
- 1 celery stalk, sliced
- 1 cucumber
- ½ cup almonds
- 1 onion, sliced in rings
- 10 olives
- 1 tomato, in wedges
- 1 c. unrefined, sesame oil
- 1 tbs. vegetable broth
- 1 tsp. celery seed
- 1 tsp. mustard seed powder

Arrange on plate, sprinkle lemon dressing over vegetables

Marinated Asparagus

- 1 bunch asparagus
- 1 celery stalk, sliced thin
- ½ onion, sliced thin,

Marinate at least 2 hours in ¼ cup apple cider vinegar. Chill before serving.

Mushroom Supreme

- 1 c. mushrooms, sliced fine
- 1 bell pepper, diced fine
- green onion, diced fine
- 1 tbs. sesame oil stalks of celery, diced fine
- 1 tbs. vegetable broth powder

Combine vegetables in bowl, Add just enough sesame oil to coat the vegetables. Add a generous amount of vegetable broth powder. Let dish set at least one hour before serving. Serve as a vegetable dish or use as a spread.

Chop Suey

- ½ cup mung bean sprouts
- ½ c. mushrooms, sliced
- 1 cup Chinese cabbage, chopped
- 1 cup bokchoy, sliced ¼ cup mustard greens, chopped
- 1 green onion, chopped
- ½ cup snow peas
- ½ tbs. parsley, minced
- ½ cup Jerusalem artichokes, sliced small
- ¼ cup almonds, sliced

Toss all together and pour Chinese Dressing over all.

Shredded Beets

- 2 cups beets
- French Dressing

Peel beets, then shred them. Marinade beets in dressing for at least 2 hours.

Pickled Beets

- 1 cup beets, sliced thin
- 1 to 2 Tbs. honey
- ½ cup warm water
- 1 tbs. pickling spices
- ½ cup apple cider vinegar

Blend everything in blender except beets. Marinate beets 4 hours in mixture.

Raw Vegetable Pizza

- ½ cup raw buckwheat ground in seed or coffee grinder, very fine
- 2 green onions, diced very fine
- 1 clove garlic, smashed or diced soak in water for one hour
- ½ cup sprouted wheat (optional)
- 1 tsp. caraway seed
- ½ cup sesame seeds

You may add ½ cup of any vegetable pulp from juicer except celery)

Use enough oil to hold dough together, sprinkle vegetable broth, oregano, and thyme. Run buckwheat, sprouted wheat, and sesame seeds through food processor with steel blade attachment. Mix this with rest of ingredients until stiff enough to roll. Press into an oiled zip lock baggie, seal it and run a wooden roller over it to smooth and flatten it out, Put in a dehydrator on a low temperature. When it's on the dehydrating tray cut off the top half of the baggie, so it can dehydrate. When the top of the crust is ready, turn dough over by putting the crisp side in between two trays and flip trays upside down. Take the other part of the baggie off the top of the bread and wait till that side gets crisp. About 2 to three hours.

Follow recipe for Mushroom Supreme and spread this on top of crust. Sprinkle generously with oregano, onion chopped fine, and tomatoes diced fine. Pour Pizza Tomato Sauce (recipe below) over vegetable Pizza Bread

Pizza Tomato Sauce

- 2 medium tomatoes
- vegetable broth powder
- cup tahini
- 1 tsp. honey
- 1 clove garlic
- 1 tsp. Tamari
- ½ medium onion, chopped
- 1 tbs. lemon juice
- 2 tsp. oregano leaves

Mix in blender.

California Cocido

- 1 c. carrots, sliced thin
- 1 cup Garbanzo beans, sprouted
- 1 green onion, chopped
- ½ bunch parsley, minced
- 10 olives
- 1 tbs. vegetable broth powder
- 1 green pepper, sliced in thin strips
- slight sprinkle of cayenne
- ½ cup sesame oil, (enough to coat everything.)
- 1 red pepper, sliced in thin strips

Toss all together, allow this to sit overnight.

Eggplant Bowl

- 1 cup of eggplant in cubes
- 1 or 2 cloves of chopped garlic, to taste

¼ cup of each of the following, diced fine:

- Vegetable broth seasoning, to taste
- Cucumber Spanish (yellow) onion
- ½ cup of olive oil Radish
- ¼ cup of vinegar
- An avocado that's just beginning to ripen

Indian Curried Vegetables

- 1 cup Garbanzo beans, sprouted
- ½ cup green beans
- 1 red onion, thin sliced into rings
- 1 pound pkg. carrots, shoestring grated
- 1 green bell pepper, sliced in thin strings
- 1 c. tomato puree
- 1 Tbs. vegetable broth powder
- 1 Tbs. cuny
- 1 Tbs. Ginger
- 1 Tbs. cloves
- 1 Tbs. cumin

Put mixture in a wok, heat for one to two minutes, until vegetable are warm, keep stirring. Vegetable are not to get over 116 degrees to retain enzymes

Super Patties

- 4 small carrots, shredded fine
- 4 small parsnips, shredded fine
- 2 green onions, diced fine
- 2 cups almonds, ground
- 1 cup coarsely ground spelt
- 1 Tbs. lemon juice (soaked overnight)
- 1 Tbs. sesame oil
- 4 tsp. caraway seeds
- 4 Tbs. dill weed
- 1 or 2 Tbs. vegetable broth powder (to taste)

Add Creamy Vegetable Dressing to moisten. Mix all together to make "super patty" sandwiches. Serve between lettuce leaves with buckwheat lettuce and tomatoes. You may even want to include some Guacamole or add more dressing on top of Super Patties

Cauliflower Loaf

- 3 cups cauliflower, chopped very fine
- ½ cup. macadamia or almond nut butter
- 2 green onions
- 1-2 tbsp. vegetable powder (to taste)
- 1-2 Tbsp. horseradish
- ½ c. ground sunflower seeds
- 1 tsp. bay leaves, ground
- 1½ c. celery, diced
- 1 tsp. paprika

Add any other herbs desired. Mix all together with a little mayonnaise if needed. Form into a loaf. Serve with curry sauce, dressing or with slices of avocado on or between crisp lettuce leaves.

Marinated Mushrooms

- 1 lb. raw mushrooms, cut thick and chunky
- 1 large red onion, sliced thin
- 1 cup olive oil 3-6 cloves garlic, crushed (depending on your taste)
- 3 Tbs. Jensen's or Dr. Brunner's seasoning

Combine oil, garlic and Jensen's seasoning in bowl. Pour over mushrooms to marinate. Let dish stand for several hours before serving.

Corn Chowder

- 1 cup corn, scraped from cob
- ¼ C. finely diced Spanish (yellow)
- ½ cup finely diced cucumber onion (peeled)
- 2 green onions, finely chopped
- ¼ c. finely diced green bell
- ½ avocado slightly firm, diced pepper
- 2 cloves garlic, crushed or diced
- 2 Tbs. crude corn oil
- 1/3 tsp curry powder
- Vegetable broth seasoning to taste

Refrigerate before serving.

Nutty Vegieburger

- ¾ c. almonds, ground
- 1 avocado, mashed
- 1 cup macadamias or pine nuts ground
- 4 tsp. poultry seasoning
- 2 tsp. horseradish
- 1 cup sunflower seed, ground
- 1 Tbs. lemon juice
- 1 purple onion, sliced very fine
- 1 Tbs. vegetable broth powder (to taste)
- 4 stalks celery, diced very fine taste)

Mix all together, allow to sit at least one hour before serving. Form into loaf or patties.

Basic Vegetable Loaf

- 1 medium head cabbage, shredded
- 1 cup nuts or sunflower seeds, coarsely ground
- 2 carrots, fine shredded
- 1 clove garlic, minced
- 1 tomato, diced
- 1 tsp. vegetable broth powder (to taste)
- 1 red or green bell pepper, diced
- ½ to 1 tsp. curry powder

Mix all together. If too dry, moisten with a little Creamy vegetable dressing or mayonnaise. Form into a loaf or patties. Serve with poppy Seed sauce or favorite dressing.

Sweet Carrot Loaf

- 1 cup macadamia nuts, coarsely ground
- 1 cup dried ground coconut
- 1½ cup carrots, finely grated
- 1 cup almonds, coarsely ground
- ½ cup currants

Mix all together with mayonnaise.

Broccoli Loaf

- 3 cups broccoli, chopped fine
- 1 tsp. sage
- 3 green onions, chopped fine
- 1 tsp. marjoram
- 1/3 cup macadamia or almond butter
- 1 tsp. vegetable broth powder (to taste)

Mix all together, form into loaf, and serve with tomato sauce or curry sauce.

Mock Taco Sauce

- 2 bunches celery (cut up)
- Juice of 2 lemons
- 2 cups blended almonds and sunflower seeds (buy almonds without the peel)
- ½ to ¾ c. olive oil or sesame oil
- Approx. 6 Tbsp. vegetable broth powder (to taste)
- 1 medium onion ½ to 1 tsp. cumin
- 1 to 2 green or red bell peppers seaweed leaves (nori) or lettuce (optional) leaves

Run celery, almonds, onions, and bell peppers through food processor. Mix with remaining Ingredients. To serve: wrap in seaweed leaves or Lettuce leaves, or use as a dip.

“Salmon” Patties

- 1½ cup walnuts
- 2 Tbsp vegetable broth powder
- 1½ cup Brazil nuts
- 1/2 clove garlic
- ½ medium onion
- pinch of oregano
- 2 Tbsp. parsley
- pinch of cayenne

Run nuts, onions, parsley, and garlic through food processor, mix with seasonings, and form into patties.

Cauliflower Loaf

- 3 cup cauliflower, chopped very fine
- 1 ½ cup celery, diced
- 2 green onions
- 1/3 cup macadamia or almond nut butter
- 2 Tbs. sesame meal 1-2 Tbs. vegetable powder (to taste)
- 1-2 Tbs. horseradish Bay leaves, ground Saffron, ground (optional)
- Pinch of Italian or Poultry seasoning

Mix together with a little mayonnaise if needed. Form into loaf. Serve with curry sauce or dressing.

Desserts



If you are like me – a human being – you love dessert. Making the transition to a raw food lifestyle doesn't have to make you feel deprived. In fact, desserts may be even more important while making that transition than any other time, because if you feel unsatisfied or deprived, you may start building up resentments than can stifle your resolve to improve your health.

The great thing about a raw dessert is that you can eat as much as you want and still feel good about it. If you have all the ingredients ready, it takes very little time to make many raw desserts. As an added bonus, raw desserts energize you and can even give you a feeling of well-being.

Remember, desserts generally contain fruits and other ingredients that although natural, organic and raw, are still loaded with sugars. If you get that sluggish feeling that comes after eating dessert, chances are you have a problem metabolizing sugars. If you have hypoglycemia, candida, diabetes or any disease that thrives on sugar, you should avoid desserts in the beginning while giving your body a chance to heal.

Carob Pudding

- 2 cups almond milk (see recipe below)
- 2 tsp. honey
- 3 tsp. carob powder (not roasted)
- 1 or 2 bananas

Blend at high speed. Serve as is, or chilled.

Almond Milk

- 1½ c. raisins or dates (soak in water for a few hours until plump)
- 3 cups water
- 1 tbs. tupelo honey
- 5 Tbs. almond butter

After soaking raisins or dates in water for three hours. Drain water. add honey and almond butter to the water. Liquefy in blender. (if too thick run through a strainer)

Creamed Bananas

Slice bananas lengthwise; spread with almond butter

Carob Shake

- 2 tsp. tupelo honey
- 2 tbsp. almond butter
- 3 or 4 tsp. carob powder (not roasted)
- 3 cups almond milk

Blend well and drink.

Ambrosia

- ½ avocado 8 pitted dates
- 2 slices of pineapple (dried or fresh)
- ½ cup water

Blend in blender, serve.

Berry Pie

- 3 c. berries
- 1 c. papaya, mashed
- ½ cup of tupelo honey
- dash of vanilla

To give more substance to deserts you can add a tablespoon, of psyllium. Blend above (except berries) until creamy, Pour over fresh berries in Carob Nut Pie Crust shell (see below). Top with coconut cream topping. Refrigerate for a couple of hours

Sesame Sweet Treat

- ½ cup honey (more if needed)
- 2 cups sesame seeds
- 2 cups shredded coconut

Grind up sesame seeds in seed or nut grinder. Put ingredients in food processor with blade attachment. Blend in honey. Roll into balls or press into pan and cut in squares. Refrigerate 1 hour before serving, store in refrigerator.

Macadamia Carmel

- 2 cups of dates, pitted
- 1½ cups macadamia nuts
- ½ cup of walnuts vanilla to taste

Put nuts and dates through food processor. Roll into balls, and cover with chopped nuts.

Carob Fudge

- 1 cup raw carob powder
- ½ cup coconut oil
- ½ cup honey
- ½ cup chopped walnuts
- 2 tsp. vanilla
- ½ cup pine nuts

Press into pan, refrigerate at least 1 hour before Serving. Store in refrigerator.

Apple Pie Filling

- 4 cups apples, grated Peeled
- 1 Tbsp. lemon juice
- ¼ cup almond butter
- 1 Tbsp. cinnamon
- 1/3 cup tupelo honey
- ¼tsp, nutmeg

Mix well, fill pie crust with Apple Pie Filling and cover with Pie crust. If you prefer you can make the apple pie with just grated, peeled apples, adding 2 Tbs. psyllium.

Lemon Pie Filling

- 3 cups papaya
- ½ cups lemon juice
- ½ cup tupelo honey
- 1 Tbs. lemon rind
- ½ tsp. all spice
- 1 Tbs. psyllium

Place all ingredients in blender, and blend until Creamy. Serve in pie crust, top with coconut Cream topping.

Banana Ice Cream

Peel 10 bananas and freeze. Put through food processor or Champion Juicer. Add 1/2 cup pine nuts (use steel blade attachment to break down pine nuts into paste). Add bananas and pure vanilla to taste. Mix in food processor freeze and serve.

Banana Nut Roll

- Bananas
- Coconut, finely ground
- pineapple juice
- Almonds or pecans, finely ground

Peel bananas and dip them into pineapple juice, then dip in coconut. Cover with chopped nuts and serve. *Also, can peel and dip banana in juice and ground almonds and coconut, slice in rounds and top each with whole or chopped almonds and freeze, then serve.

Carob Nut Pie Crust

- 1/3 cup Walnuts
- 1/3 cup Flax
- 1/3 cup Sesame

Grind seeds in seed grinder or use food processor steel blade attachment to grind nuts.

- 1 tsp. nutmeg
- 1 tsp cinnamon
- 1/8 cup carob powder
- 2 Tbsp. nut butter
- ½ cup dates, ground
- 3 Tbsp, honey

Mix all ingredients together in the food processor with the steel blade attachment. Add enough water to make dough. Roll mixture with wooden roller in a Ziploc plastic bag. Cut the top part of the Ziploc bag so air can dehydrate mixture. Once rolled into a flat square, place in dehydrator on tray for 2-3 hours. (below 118 Degrees Fahrenheit) When ready on one side, take another tray from the dehydrator. Cut the Ziploc bag off the other side and flip the trays upside down with rolled mixture in between trays. Leave On for 2-3 hours again.

Birthday Cake

- 1 cup apples, Julienne
- 1 cup carob powder, raw
- 1 cup carrots, Julienne
- 1 cup coconut, shredded
- 1 cup raisins
- 2 Tbs. cinnamon
- 1 cup dates, chopped

Put all ingredients into your food processor with steel blade attachment And mix. Put into spring form pan. Cake gets better tasting when sitting in refrigerator overnight. Add Banana ice Cream onto each layer. Serve immediately.

Juicer Recipes



Juicing is an essential part of the raw food lifestyle. If you have a smoothie and a green juice every day, you've already had 2 satisfying raw meals out of 3 – so you are already well on your way to being a real raw foodist!

Juicing makes it easy and quick to enjoy a raw lifestyle and be sure you are getting all the nutrition – and also all the hydration – that you need every single. Your body has to work hard to break down and process nutrients locked in whole fruits and vegetables. But with fresh juices the nutrients and enzymes have been liberated from the pulp and your cells can easily assimilate the nutrition much more quickly. When juicing it is important to “chew” so you thoroughly mix your saliva with the juicer. Digestion starts in your mouth!

Remember, juices are in actuality “concentrated, processed” foods. Sure, they are fresh, organic, raw and delicious, but they are not substitutes for eating whole foods, and some juices are loaded with sugars. If you get a sluggish feeling after drinking juices containing fruits, carrots, beets or other things high in sugar, chances are you have hypoglycemia, candida, diabetes or any disease that thrives on sugar. In that case, just start out drinking “green” juices and avoid the sweeter juices at least in the beginning while your body is still healing and detoxifying.

Mock V-8 Juice

- 1/4 cup spring water
- 2 tomatoes
- 2 cloves garlic
- 1 handful spinach
- 1-2 carrots
- 1/4 sweet onion
- 1-2 celery stalks
- 2 tsp. lemon juice
- 1-2 shots hot sauce to taste

Apple Pineapple Ginger Juice

- 1 apple, cored and sliced
- 1 cup fresh pineapple, cubed, skin removed
- 1/2 inch fresh ginger

Juice the apple and ginger together, then juice the pineapple and serve.

Blueberry Grape Juice

- 1 handful of grapes
- 1 cup blueberries, fresh or thawed from frozen

Process the fruit in a juicer and serve.

Apple Kiwi Juice

- 3 kiwis, peeled
- 2 apples, cored and sliced

Process the fruit in a juicer and serve.

Pineapple Orange Strawberry Cocktail

- 1 orange, peeled and sectioned
- 1 cup fresh pineapple, cubed, skin removed
- 5 strawberries

Process the fruit in a juicer and serve.

Cucumber Celery Cooler

- 4 medium carrots, greens removed
- 1/4 medium cucumber, peeled
- 1 stalk celery
- 1 apple, sliced
- 1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.

Calcium Drink

- 1/2 cup fresh broccoli pieces
- 3 medium carrots, greens removed
- 1 apple
- small handful fresh parsley
- 1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.

Potassium Drink

- 4 medium carrots, greens removed
- 1 stalk of celery
- 1 apple
- handful of fresh parsley
- handful of fresh spinach
- 1/2 lemon, peeled (optional)

Mock Tuna Salad Using Juicer Pulp

- carrot or vegetable pulp
- raw mayonnaise (see below)
- whatever else you'd like (celery, onions, etc.)

Add raw mayonnaise to your juicer pulp. Add other veggies to taste (scallions, celery, etc.). Add spices to taste. Add to salad dressings, use on greens, etc.

Raw Mayonnaise

- About 1/2 to 1 cup soaked almonds or cashews
- 1/2 - 1 cup Spring Water (to desired consistency)
- ½ lemon, juiced
- 1 small garlic clove
- 1/2-1 tabs. honey (optional)
- ½ tsp sea salt (or dried seaweed)
- Apple cider vinegar to taste
- Cold Pressed Olive oil to taste

Soak the almonds or cashews over night, then rinse and drain. Put all ingredients except the olive oil in a heavy duty blender (like a Vita-Mix or bullet-type). Puree ingredients until very smooth. With blender still in on, slowly dribble olive oil through the opening in your blender cover. Continue to puree until you reach the desired consistency. Store in a glass jar in the refrigerator for up to one week.

Patties or Flat Breads Using Juicer Pulp

Use your dehydrator to make patties or flat breads from the vegetable pulp that's left over after you make your vegetable juice in your juice extractor:

- 1 cup of carrot pulp or a mix of vegetable pulps (avoid celery and beet)
- one cup of ground sunflower seeds
- poultry seasoning to taste
- 1 tsp. of miso mixed with a small amount of water

Mix ingredients together. Make into patties and dehydrate for a few hours. Add tomato sauce, black olives, and ground up pine nuts as a topping

Raw Pet Recipes



Let's not forget the rest of our loved ones in our search for a happier, healthier lifestyle! In addition to basic raw food recipes for your dogs, there are some great recipes for doggie treats, too. These treats are not all raw...but they're intended to replace commercial products and can help your dog make an easier transition to a raw diet. Remember, especially in the beginning, you and your pets don't have to be 100% raw right away. I suggested starting at 75% raw, so your beloved pets aren't forced to go through an uncomfortable detoxification all at once. An animal's body needs time to readjust to a healthier diet, to cleanse, and to alkalize properly, just like yours.

Basic Cat Food Recipe

- 1300 g raw muscle meat (beef, chicken, lamb, quail, duck, etc. (not fish or pork!))
- 400 g heart 200 g liver (I alternate with kidneys)
- 100 g gizzards (excellent for a dental workout, which is important for teeth!)
- 600 g finely pulped or grated veggies (I mostly use carrots or plain pumpkin)
- spring water to desired consistency
- 4 eggs, lightly cooked
- 4 tbsp bonemeal approx.
- 60 drops of Liquid Trace Minerals
- 1000 mg vitamin C (amount is variable according to your cat's needs)
- 2 tsp salmon body oil
- 100-200 IU vitamin E added directly to a meal, once a week

Basic Raw Dog Food (For a 20-25# dog)

- 1/2 cup raw meat (ground poultry, beef, lamb, organ meats)
- 1/2 cup raw pureed vegetables (variety!)
- 1/4 cup cooked whole grains
- 1 teaspoon bone-meal powder (double for puppies and pregnancy)
- 1/4 teaspoon vitamin C powder with bioflavonoids
- 1/4 teaspoon kelp powder
- 1/4 teaspoon minced garlic (not powder)
- 1 teaspoon oil mixture (2 teaspoons with poultry)

Oil mixture:

- 11 oz. canola oil (cold pressed)
- 2 oz. wheat germ oil
- 2 oz. flax oil

Keep refrigerated in an opaque container.

Some folks eliminate the grains and increase the meat and vegetables proportionately, and only add the oil if poultry is fed. The meat must be RAW. Dogs should only be fed RAW bones (cooked bones will splinter). Vegetables must be pureed or they will come out looking pretty much the same way they did going in. Wild canines get their vegetable matter by eat-ing the digested intestinal contents of their vegetarian prey. Variety is essential to deliver the correct mix of vitamins and minerals.

Magic Dane Cookies

- 3/4 c. hot water or broth
- 1/3 c. margarine
- 1/2 c. powdered milk
- 1/2 t. salt (optional)
- 1 egg, beaten
- 3 c. whole wheat flour garlic powder

Mix ingredients together. In a large bowl, pour hot water over margarine. Stir in powdered milk, garlic powder, salt and egg. Add flour, 1/2 c. at a time, mixing well after each addition. Knead 3-4 minutes, adding more flour if necessary to make a very stiff dough. Pat or roll out until 1/2" thick. Cut out shapes. Bake at 350 degrees for 50 min. Be careful not to let them to burn! (check them starting at 30 min). Allow to cool and dry out until hard.

Delightful Dane Beef Cookies

- 1 pound beef Carrots and Celery
- 1 c. whole wheat flour
- 1 c. cornmeal
- 1/2 c. wheat germ
- 1 egg
- garlic, to taste
- 2 teaspoons baking powder (optional)
- Beef Stock

Combine beef, carrots and celery in a large pot with lots of water. Cook until tender, drain and save broth. Puree meat and veggies in a food processor or blender. Add all the other ingredients. If mixture is too dry, add beef stock. Roll out on cornmeal until about 1/2 inch thick. Spray with water, and sprinkle with cornmeal. Cut out shapes. Bake on an ungreased cookie sheet in a 350-degree oven for about 45 minutes until crisp. Flip half way through and then spray with water, sprinkle with more cornmeal.

Pick-a-Flavor Dane Cookies

- 2 c. hot water or broth
- 2 T. molasses
- 2 T. honey garlic powder
- 2 T. oil
- 1 c. raisins, peanut butter, shredded carrots, or parmesan cheese

Mix ingredients together. Then gradually add 8 cups whole-wheat flour. Roll out to 1/2" thick, and cut into shapes. Bake at 375 degrees for 40 minutes. Be careful again, as they tend to burn. (These make a VERY stiff dough! Be ready to work those arms!)

Dainty Dane Chicken and Parmesan Cookies

- 1 pound chicken, cooked & ground Carrots and Celery
- 2 1/2 c. whole wheat flour
- 1/2 c. oatmeal
- 1/4 c. parmesan cheese
- 1/2 c. dry milk (optional)
- 6 Tbsp. melted butter (optional)
- 1 egg
- 2 tsp. salt (optional)
- 1 Tbsp. sugar (optional)

Combine chicken, celery and carrots in a large pot with lots of water. Boil until tender. Drain and save broth. Puree meat and veggies in a food processor or blender. Add rest of the ingredients, if too dry, add chicken stock. Roll out on cornmeal about a 1/2 inch thick. Spray with water and sprinkle with cornmeal. Cut our shapes. Bake in a 350-degree oven on an ungreased cookie sheet for 45 minutes until crispy. Flip half way through, spray with water and sprinkle with cornmeal.

Banana Mutt Cookies

- 1 1/2 c. ripe mashed bananas
- 1/2 tsp. vanilla
- 3 c. oats 1/2 c. chopped peanuts
- 1/4 c. applesauce

Preheat oven to 350 degrees. Mix all ingredients in a large bowl. Drop by spoonfuls onto an ungreased baking sheet; press flat with a fork. Bake for about 15 minutes, cool completely. Store in an airtight container.