

LIVING SUPERFOOD Recipes

Medicine Has
Never Tasted
Like This Before!



Keidi Obi Awadu

author of

The CONSCIOUS RASTA REPORT

LIVING SUPERFOOD RECIPES



Created and compiled by Keidi Awadu,
aka The Conscious Rasta
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We have a wonderful set of DVD's to
compliment this recipe book at
www.LivingSuperFood.com

My contact information is available
there also for those who want to have a
workshop, catering, personal
consultation or other interaction on this
wonderful new way of living and eating.

*Let your food be your medicine...and
medicine has **NEVER** tasted like this before!*



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Thanks for borrowed and shared recipe ideas

A number of the recipes that appear herein were encountered in numerous books that I have collected on raw foods. Thus, much of my culinary creation is built upon that done by visionaries like Queen Afua, David Wolfe, Karyn Calabrese, Gabriel Cousens, Gary Null, Ani Phyo, Victoria Boutenko, Brother Sunshine, Natalia Rose, Julie Rodwell, Juliano, Elaina Love, and numerous others. In addition, there are so many great websites that share this joy of raw food living which have contributed to my own elevation. It is my hope that you, the reader, will look up these authors and do your own research for further inspiration in this rapidly expanding culinary field. Perhaps you will use my recipes as starting point to create your own unique alterations. We are all inspired by the gifted hands of Mother Nature (Mu Ntr) herself, who presented us with the most logical, perfect and natural food at the dawn of human civilization.

Special note on sprouting seeds and grains

There is a huge body of evidence that eating living foods is the top of the nutrition pyramid. Within this research is another specialization which shows that *sprouting* seeds and grains, along with soaking nuts, raises the energy transfer potential from our food to an even higher degree. So many different seeds and grains can be sprouted: mung beans, garbanzos, lentils, flax seeds, wheat, barley, alfalfa, mustard and others are some of my favorite and appear within these recipes. I highly recommend that you take the



time to research on the many benefits of regularly eating fresh, organic, home-sprouted seeds and grains. You may find, like myself, that we can get a lot more useable energy from a lot less food by using sprouts and seedlings (micro-greens) in our regular food consumption.



Living Superfood and weight reduction

I will have a separate book coming out which shows how we can use Living Superfood raw cuisine to create miracles within our body. This body is a phenomenal machine, perhaps the most complex known in the universe, and we can stimulate all of the body's inherent healing and maintenance processes by simply eating the most natural food

for which this body was designed. If weight *reduction* is your intention, you will have a great time eating your way to your body's own natural low weight. Because of the impact of *energy transfer* on your metabolism, you will enjoy greater vitality, higher amount of fiber, a cleaner intestinal system, better glandular function, lessening of the mucus burden, better sleep and a number of other *direct effects* of adding more living food to your daily routine. Some days you may eat very little and some days you may, like me, eat constantly. You will still be able to maintain a healthy weight but may have to have a couple of extra bowel movements because of the extra food. This food is like the mythical Fountain of Youth. The more you eat, the more your body responds positively.

Living Superfood preparation and time management

One of the concerns people have shared with me is how much time it takes to prepare these dishes and their ability to redirect already overburdened lives in order to accommodate hours in the *kitchen laboratory*. My experience has shown that it is a wonderful payback on investment. If the average person in the U.S. is spending over \$9000 a year on healthcare (too often "sickness maintenance"), and we regard our *time* as money, then investing two hours per day in preparing food that significantly lowers healthcare expenses by keeping us healthy is certainly worth the effort. I also find that Living Superfood has changed my sleeping pattern and that I can get by easily on 5-6 hours of sleep each night; the repairing and restoration load which happens when we go into sleep trance each night is significantly lessened when we are on a raw superfood nutrition pattern. Therefore one can actually *recover* 14 or more hours each week to be able to invest in the kitchen laboratory. So it is a win-win

situation. You win with better health, energy, money saved on sickness maintenance, and as well your friends and family win also by enjoying the delicious food you are sharing with them.

Locally grown, fresh and organic

While we would all like to eat 100% fresh and organic, we know that this can be difficult and expensive. As much as possible we encourage that people grow their own food, keep it organic and local. The bottom line is just to do your best. Quite often I find non-organic fruits and vegetables



on sale and cannot resist buying extra to dehydrate or to keep the household budget reasonable. The key is to understand the toxic load that we put on our systems by eating too much chemical, processed and unwashed food. There is no better solution than having your own backyard organic garden or easy access to a progressive farmer's market. You should also get in the habit of thoroughly washing your fruits and vegetables after they have entered your kitchen. I like to soak and scrub my produce in an environmentally friendly dishwashing liquid. There are some excellent commercial vegetable scrub solutions that are available.

Be inquisitive, creative and experimental with what you like

One of the best things you can do is to challenge yourself to try new foods, spices and new recipes as often as possible. I sometimes will try 5 to 8 new recipes each week when I do my Living Superfood Demo Classes. It really makes a difference in keeping up your enthusiasm as it also contributes greatly to your natural understanding of how different food and herbs fit together. Eventually your own inventive and creative process naturally takes over and you are imagining ever new ways that the food substances will complement each other.



Juices & Smoothies



Kale P(ower)

- 1 bunch of fresh organic kale leaves
- 1 large green apple
- 3 medium size carrots
- 1 cucumber
- 3 stalks of celery
- 2-finger size piece of fresh ginger root
- 1 lemon with the peel removed

Process all of these items through your juicer. Because of the fiber in the kale and celery, you may have to quick clean your juicer once or so during the process depending on the style of juicer you have. This should make about 4 12-ounce glasses of fresh juice. Drink two glasses for a meal and store the leftover in a glass jar. Drink all of this within 16 hours for maximum effect. This drink causes your blood oxygen level to rise within minutes and thus the effect is almost instantaneous. People are reporting almost miraculous results from Kale P. You can live on this drink, along with water, for months.

Blood Juice

- 5 large carrots
- 2 large beets
- ½ bunch of Kale
- 3 stalks of celery
- 2 fingers of fresh ginger
- 1 cucumber

Process all of the juices through a juice extractor and blend together. Drink as soon as possible as the energy in this drink will dissipate

with time. People start to feel the effects of this blood oxygen generator within a few short minutes.

Ra-Ket Fuel

2 cups of nut milk (coconut, hemp seed, almond, rice, or organic soy) or 2 cups of water and 1/3 cup soaked almonds, walnuts, coconut flakes or hemp seeds

- 1-2 bananas
- 1/3 cup of frozen berry blend
- 1 ½ Tbl protein powder (I prefer hemp protein powder)
- 1 Tbl baking chocolate powder
- 1 Tbl green powder
- 1 Tbl bee pollen
- 1 tsp chia seeds
- ¼ cup goji berries
- 1 tsp spirulina
- 1 tsp lecithin
- 1 ½ Tbl desert honey or maple syrup



Toss the entire mix into a high speed blender and blend until smooth. If this doesn't get the motor started, you might be dead already!

Carrot Baby Juice

- 1 lb bag of baby carrots
- 1 Tbl ginger w/ peel
- ½ cup beets chopped
- ¼ medium lime, with peel removed

¼ cup pomegranate seeds

1 cup apple with seeds removed and chopped

Juice them all together, pour into glasses, drink and smile broadly.

Melon Juice

Use one or a combination of the following melons:

Watermelon

Cantaloupe

Honeydew

Crenshaw

Make sure the melon is nice and ripe, cut into cubes and run through your juice extractor. Watermelon rind can also be juiced as it contains some essential nutrients.

Hibiscus juice (Sorrell / Jamaica)

1 Gallon filtered water heated to near boil (do NOT boil)

1 ½ cups of hibiscus flowers (rinsed slightly before adding to water)

¼ cup fresh ginger juice

¼ cup lime juice

2/3 cup turbinado sugar (dehydrated cane juice)

Dash of cayenne pepper

Blend them all together and shake well to dissolve turbinado sugar.

Refrigerate until cold before serving (or it can be served warm)

Nut Milks

Almond Milk

¼ cup soaked almonds

1 tsp vanilla extract

3 cups water

1 Tbl sweetener (honey, agave, maple syrup)

Other nuts that can be substituted or blended together include: hemp seed, walnuts, sunflowers or coconut flakes (use ½ cup of coconut flakes)

Vanilla Nut Milk

3 ½ cups Thai coconut water

1 cup raw hemp seeds or almonds

¼ to 1/3 cup agave nectar

Pinch of sea salt

Tiny seeds of 1 vanilla bean or 1 tsp vanilla extract

Blend nuts and coconut water in the Vita mix or other high speed blender. Strain through a nut-milk bag and set the pulp aside (the pulp can be used to make a great cheese later). Add rest of the ingredients to the blender with the nut milk and blend for 30 seconds until smooth.

For a chocolate variation, add ½ cup of cacao nibs or cocoa powder along with 2 Tbl of carob powder (optional).

Citrus Refresher

Combine the juice of three oranges, one grapefruit and one lemon for an incredible morning eye opener and *superboost* of Vitamin C. I have a juicing attachment to my food processor which makes juicing large numbers of fruits so much easier. Make sure that the food processor you buy has a lot of attachments for different tasks.

Cucumber Water

Thinly slice $\frac{1}{2}$ large cucumber and add the slices to 24-32 ounces of water. Allow to sit in refrigerator overnight and serve cool.

Queen Afua's Nerve Juice

$\frac{1}{2}$ stalk celery

$\frac{1}{2}$ bunch watercress

$\frac{1}{2}$ bunch parsley

$\frac{1}{4}$ turnip

1tsp lecithin

1 tsp spirulina

Blend all to smooth consistency in a Vita mix or high speed blender.

This should make about 16 ounces of vegetable juice.

Egg Nog

Water from 1-2 fresh Thai coconuts or Caribbean jelly coconuts

2 Bananas

Cinnamon

Nutmeg

Carefully open the coconuts to extract the water while keeping all your fingers intact. Put all the ingredients in your Vita mix or high speed blender and blend until smooth. Make sure you scoop out that delicious jelly from the coconuts and collect any coconut meat for other uses.

Chocolate Banana Milkshake

2 cups of nut milk or coconut milk

2-3 large bananas (can use frozen bananas, peel before freezing)

1 ½ Tbl baking chocolate or freshly ground roasted cacao beans or cacao nibs

½ tsp vanilla extract or ½ vanilla bean pod

Add all to blender and blend until smooth. Dust the surface with a pinch of chocolate and garnish with mint leaves.

Pina Colada

3 cups pure water

2 cups cut pineapple chunks

½ cup soaked almonds

½ cup pitted dates, soaked overnight

2 Tbl coconut oil

½ tsp vanilla bean

Blend all in Vita mix or high speed blender until smooth and serve immediately.

Brazilian Carob Shake

1 cup Brazil nuts
½ cup pitted dates
1 vanilla bean
1 Tbl carob powder / cacao powder
3 cups water

Blend all in Vita mix or high speed blender until smooth and serve immediately.

Goji Juice (or Jam)

¼ cup soaked goji berries (keep water)
½ tsp orange zest
1 tsp raw honey, agave or 1 pitted date
For jam, puree in high speed blender

For juice add 1 cup coconut water, apple juice or water and blend in your Vita mix or high speed blender. This drink is so decadently tasty that it is almost beyond description. Goji berries are one of the greatest anti-oxidant rich superfoods known. They can be somewhat expensive so I purchase dehydrated goji berries online in 4 pound bags.

Fruit Smoothie

Orange segments	Bananas	Kiwi
Strawberries	Blueberries	Frozen berry mix
Mango slices	Pineapple chunks	Pears

One or more of the above fruits can be combined with any of the nut milks (almond, hemp seed, coconut, walnut or rice) for a quick and tasty meal in a glass.

Seaside Smoothie

- 3 bananas
- 2 pears, peeled
- 2 stalks celery, finely chopped
- 1 tsp green powder
- 1 cup of water

Blend all until smooth in a Vita mix or high speed blender and serve immediately for a refreshing and filling quick meal.

Fruit Fizz

- ½ lb raspberries
- 1 medium orange, peeled
- ¼ lime, peeled
- ½ pineapple, skinned

Splash of sparkling water

Juice all the fruit in a juice extractor, pour into a glass container and then add the sparkling water just before serving.

Jack LaLanne Mexican Juice

- ¼ large red pepper (de-stemmed and with seeds removed)
- 1 celery stalk
- 1/2 lime (peeled)
- Sprigs of cilantro
- 1 apple (cored)

Place all ingredients in a Vita mix or high speed blender and blend until smooth. Quick, easy and tasty, this should have you going strong into a ripe old age.

Carrot-Avo Drink

- 2 cups fresh carrot juice
- 1 avocado, flesh scooped out
- 1 ½ cup water
- 1 tsp Nama Shoyu sauce
- ½ tsp 21 seasonings blend

Blend in Vita mix or high speed blender until smooth. Use half as much carrot juice to make into soup.

Apple-Carrot-Lemon-Ginger Drink

Juice 5 medium sized apples

Juice 5 large carrots

Peel and juice one large lemon

Extract the juice from 2-finger sized piece of fresh ginger

Run all of these ingredients through your juice extractor and blend together. This one will always get a surprised look of extreme delight.

Strawberry-Banana Smoothie

2 cups frozen strawberries

2 medium bananas

1 ½ cups almond milk

¼ tsp vanilla

1 cup fresh orange juice

1 Tbl honey or maple syrup

Combine in blender until smooth

Breakfast

Granola Cereal

- ½ cup each of various soaked nuts in any combination (almonds, cashews, pecans, walnuts, sunflower seeds, pumpkin seeds)
- 2 chopped apples
- 1 tsp cinnamon
- ¼ cup raisins

Drain off excess water from the soaked nuts and seeds. Combine all ingredients in a food processor and grind until coarsely chopped. Spread out on a Teflexx sheet and dehydrate at 110 degrees for about 4 hours until the nuts are dried. For long term storage, dehydrate for 16 hours until the apples have become somewhat leathery. This can be served raw as a snack or with a nut milk or Coconut Cream Cheese. For an even sweeter treat, add 1/3

Banana Pecan Pancakes

- 1 ½ cups ground flax meal
- ½ cup flax seeds
- ½ cup dried coconut flakes
- ¾ cup purified water
- ¼ cup organic agave nectar or maple syrup
- ¼ cup coconut butter
- 1 cup sliced bananas
- ¾ cup chopped pecans

Combine in all ingredients in a food processor and blend to a medium fine consistency. Pour into 4 inch patties on a Teflexx sheet. Dehydrate at 140 for 30 minutes, flip onto dehydrator screen and continue to dehydrate at 116 for an additional 30 minutes. Serve moist with maple syrup or honey with a slight cinnamon dusting.

Buckwheat Crisps

Soak buckwheat groats 8 hours in purified water.

Drain off the water and spread the groats on a Teflexx sheet. Dehydrate for 6-8 hours at 115 degrees or until crispy. Serve with fruit or coconut cream.

Berry Nut Breakfast Bar

2 cups soaked raw almonds

1 cup soaked raw walnuts

$\frac{3}{4}$ cup flax meal

2 cups fresh berries (strawberries, raspberries and/or blueberries, separate or in combination)

1 cup raisins

$\frac{1}{3}$ cup coconut flakes

Add all ingredients to a food processor and grind to medium coarseness. Shape into $\frac{3}{4}$ inch thick bars and place on Teflexx sheet. Dehydrate at 115 degrees for 6 hours. Flip onto dehydrator screen and dehydrate for an additional 6 hours until firm and dry to the touch. Refrigerate if they are to be stored more than 24 hours.

Fruit Cocktail

2 cups of cubed melon (cantaloupe, Crenshaw or honeydew)

1 cup of red seedless grapes

2 sliced bananas

¼ cup of coconut flakes

¼ cup of sesame seeds

Mix all together and serve chilled.

Appetizers

Corn crackers

8 ears of fresh corn stripped from the cob (about 3 or 4 cups)

$\frac{3}{4}$ cup soaked sunflower seeds

$\frac{3}{4}$ cup flax seed meal

1 med sized red onion, chopped

3 cloves of garlic, minced

1 tsp cumin

$\frac{1}{2}$ tsp sea salt

1 tsp Mrs. Dash, Spike or 21 Seasonings

Add all ingredients to a food processor and grind to a fine coarseness. Spread evenly about $\frac{1}{4}$ inch thick on a Teflexx sheet. Dehydrate at 112 degrees for 8 hours. Before flipping, score into crackers size pieces by pressing with a wide blade knife or pizza cutter. Place a dehydrator screen on top of the scored crackers, as well as another dehydrator rack facing downward. Grasp the edges of both dehydrator racks and quickly flip the whole thing upside down, careful not to spill the contents. Slowly peel back the Teflexx sheet, using the wide blade knife to scrape loose anything sticking to the Teflexx. Return to the dehydrator and continue drying for another 8 hours until the crackers are dry and crispy. Properly dried and sealed in a waterproof container, they will store for months.

Flax Seed Crackers

- 1 cup Flax Seeds (soaked in 2 cups of water overnight or at least 4 hours until the mix is slimy and just begins to form tiny bubbles)
- 6 small-medium tomatoes (3 cups)
- ¼ cup sun dried tomatoes or small can of organic tomato paste
- ¼ cup chopped seaweed (soak in 2 Tbl water to rehydrate)
- ½ cup chopped red onions
- 3 cloves of minced garlic
- 1 juice of lemon (about ¼ cup)
- 2 Tbl fresh herbs (marjoram, oregano, thyme or rosemary; can be blended together for more savory flavor) or 21 Seasonings blend, Mrs. Dash or Spike
- 2 Tbl extra light virgin olive oil
- 1tsp sesame oil
- 1 Tbl Nama Shoyu Organic Soy Sauce (or ½ tsp sea salt)



Add all ingredients except for the soaked flax seeds into a Vita mix or high speed blender and process until smooth, with a consistency of tomato sauce. Pour into large bowl containing the soaked flax seeds and mix well. The consistency should be thick but still runny. If thickening is needed, add ½ cup of ground flax seed meal.

Spread the mixture evenly about 1/3 inch thick on a Teflexx sheet. Dehydrate at 112 degrees for 8 hours. Before flipping, score into crackers size pieces by pressing with a wide blade knife or pizza cutter. Place a dehydrator screen on top of the scored crackers, as well as another dehydrator rack facing downward. Grasp the edges of both dehydrator racks and quickly flip the whole thing upside

down, careful not to spill the contents. Slowly peel back the Teflexx sheet, using the wide blade knife to scrape loose anything sticking to the Teflexx. Return to the dehydrator and continue drying for another 8 hours until the crackers are dry and crispy.

Sprouted Garbanzo Hummus

2 cups sprouted garbanzo beans (chick peas)

1 cup soaked sunflower seeds

3 cloves of garlic

Juice of 1 lemon

½ cup Tahini (sesame seed butter)

¼ cup extra light virgin olive oil

½ cup veggienaise

½ tsp fresh ground black pepper

½ tsp sea salt

1 Tbl Mrs. Dash, Spike or 21-Seasonings

Paprika or cayenne pepper for dusting

Grind the sprouted garbanzos and the garlic together to a fine past (I use my Champion Juicer with the pasteurizing plate attachment), followed by grinding the soaked sunflower seeds (can cause the grinding blade to gum up; you can add a little olive oil to maintain lubrication). Put mixture into a mixing bowl and add remaining ingredients. Blend until completely smooth consistency. Before serving, transfer an amount to a serving bowl and lightly dust with cayenne pepper, or paprika if you prefer it less spicy. Drizzle very lightly with extra light virgin olive oil and serve with crackers or cut veggies.

Zucchini Hummus

Essentially the same recipe as the sprouted garbanzo hummus except you can replace the garbanzos with an equal amount of peeled zucchini. This will be noticeably lighter than garbanzo hummus and makes a terrific vegetable dip.

Nori Wrap / Vegan Sushi

Raw or toasted Nori wrap sheet
(seaweed)

Chopped veggies:

Avocado – chopped into ¼ inch
chunks or as paste

Carrots - grated

Ginger – peeled and grated

Lettuce – finely chopped

Onions – finely minced

Cucumber – peeled and chopped into ¼ inch chunks

Un-Tuna

Walnut Paté

Water – used to seal the edge of the Nori wrap

Soy sauce dip (Nama Shoyu, Tamari, grated ginger, mushroom sauce,
BBQ sauce, etc. blended together to your own taste)



Lay out the Nori sheet on a dry flat surface with a large knife blade placed under the edge closest to you (this facilitates starting the rolling process). Smear a pate on the Nori end over the knife and add layers of the ingredients you want to use. Tuck it over with the knife blade and roll firmly by hand, being careful not to tear the sheet. Before coming to the other end, wet it about 1 inch in with water

and finish rolling. Hold the wet end firm against the surface to allow the wrap to seal. Cut into 1 inch pieces with a serrated blade or steak knife to keep from tearing the Nori sheet. Drizzle with the soy sauce dip. It can also be served with wasabi paste but be careful as wasabi is hot beyond comprehension for the novice.

Not-Cheese Pâté

½ cup soaked sunflower seeds

1 tsp sea salt

3 large cloves garlic

Juice of 1 lemon

1 tsp turmeric

1 tsp curry powder

Cayenne pepper to taste

1 Tbl freshly ground rosemary or other fresh herbs (marjoram, oregano, chives, tarragon, dill, fennel herb, etc.)

Put all ingredients except for fresh herbs into a food processor and grind to a smooth fine consistency. Add the herbs and pulse until the herbs have been completely chopped but still retain their separate identity in the mix. Serve with crackers or veggie slices. This stores well in the refrigerator for as much as a week because of the garlic.

Cheese Pirogues

Use the *Not-Cheese Pate* as filling. Using a vegetable peeler, first remove the skin from fresh jicama (yambean) and then slice into wide thin slices with the vegetable peeler or mandolin (not the musical instrument but the kitchen utensil) capable of very thin slicing. Roll a teaspoon of the cheese mix into the jicama slice like a

miniature burrito. Allow to sit in the refrigerator for an hour or more to make the jicama more pliant. These make a wonderful finger appetizer or you could spear them with toothpicks for more graceful dining.

Walnut Pate

3 cups soaked walnuts
2 stalks of celery, chopped
¼ cup chopped onion
1 tsp fresh dill or fennel fern
Nama Shoyu organic soy sauce
1 tsp curry powder



Add all ingredients into a food processor and blend to fine consistency and serve with flax crackers, cut veggies or as a spread on raw bread. Garnish with fennel fern.

Veggie Pate

1 cup soaked sunflower seeds
1 cup chopped carrots
½ cup broccoli chopped
¼ cup fresh cilantro
1 clove garlic
1 Tbl lemon juice
1 Tbl curry powder
2 Tbl mellow miso

Blend all ingredients in a food processor except the miso. Transfer to a mixing bowl and mix in the miso by hand. Serve with crackers, cut

vegetables or use as spread. If you need to restrict the sodium content, cut the amount of miso in half.

Olive Mushroom Pate

- ½ cup of pitted black or green olives
- 1 cup of button mushrooms or portabella mushrooms
- 1 Tbl Nama Shoyu sauce
- 2 cloves of garlic
- 1 Tbl extra light olive oil
- ¼ cup red bell pepper
- 1 tsp curry powder

Add all ingredients to a food processor and blend to a fine consistency.

Corn Salsa

- 2 cups tomatoes, diced
- 1 cup cilantro, chopped and packed
- 2/3 cup onion, chopped
- ½ cup red bell pepper, chopped
- ½ cup corn kernels, cut off the cob
- 1 ½ tsp garlic, minced
- ½ Tbl ginger, minced
- ¼ cup fresh lime juice
- 1 Tbl habanero or jalapeno chili, minced
- ¼ cup Nama Shoyo or tamari soy sauce (or 1 tsp celtic sea salt)



Add all ingredients except the tomatoes and corn to a food processor and pulse to coarse consistency. Add tomatoes and corn and pulse

until they are just slightly cut into the larger mix. Serve with organic blue corn chips, flax or corn crackers. Corn Salsa can also be used in veggie wraps and tacos.

Pico de Gallo

2 tomatoes, skinned, seeded and chopped (press in paper towels to remove excess juice)

1 red onion, finely chopped

1 red bell pepper, finely chopped

Juice of 1 large lime

1 clove garlic, finely minced

2 stalks of celery chopped

½ tsp of sea salt

Mix together in large mixing bowl, cover and let marinate for a few hours. Serve with organic blue corn chips, flax or corn crackers.

Soups

Avocado Apple Soup

- 1 medium to large avocado
- 2 cups apple juice (unfiltered), about 6 apples
- ½ cup sprouts
- ¼ cup sun dried tomatoes
- ½ tsp toasted sesame oil
- 1 tsp 21 seasonings herb mix or fresh garden herbs
- ½ tsp dried Thai peppers

Cut and scoop the avocado and place the meat into a Vita mix or high speed blender. Add the apple juice (you can use bottled organic juice but fresh is always best) and all other ingredients. Blend until smooth and serve immediately. Serve at room temperature or leave in the Vita mix for a few minutes at high speed to warm this soup. This is one of my own personal favorite recipes. You can also add a cup of coconut milk and eliminate the sun dried tomatoes to make this soup into a smoothie. Chill in the refrigerator for a cool smoothie.

Butternut Squash Soup

- 1 ½ cups fresh apple juice
- 1 cup cubed butternut squash
- 1 cup coconut milk
- ¼ cup coconut butter
- ½ tsp sea salt
- 1 tsp fresh ground ginger

- 1 ½ tsp nutmeg
- 1 Tbl extra light virgin olive oil
- ½ tsp ground cardamom

Add all ingredients in a Vita mix or high speed blender and blend until smooth. It should have the consistency of a smoothie. Garnish with a dusting of paprika before serving.

Coconut Curry Soup

- 1 avocado, diced
- 1/2 cucumber, diced
- 1/2 red bell pepper, diced
- 1 medium heirloom tomato, diced
- Juice of 1 lemon
- 1/3 cup raw warmed coconut oil
- 1 garlic glove, minced
- 2 handfuls of cilantro
- 3 Tbl yellow curry powder
- 1 tsp salt
- 1 cup coconut milk (preferred fresh, otherwise can be bought in a carton)

Add all ingredients to a Vita mix or high speed blender and blend to smoothie consistency. Garnish with thinly sliced avocado pieces and a sprig of parsley or cilantro.

Sprouted Lentil Chili

1 cup of sprouted lentils (rinse and soak lentils overnight, drain, rinse and allow to sprout at room temperature for another 24 hours. You'll see a small white tail protruding from the sprouted lentils to signal that they are ready.)

2 cups blended tomatoes

½ cup peeled cucumber

2 stalks celery

½ cup seeded red bell pepper

1 cup fresh basil, mint or cilantro or combination

½ cup whole leaf dulse

3 cloves garlic

½ cup lemon juice

¼ cup extra light virgin olive oil

¼ Nama Shoyu

1 ½ Tbl chili powder

1 tsp ground cumin

½ tsp sea salt

Blend all ingredients except for the lentils in Vita mix or high speed blender until smooth. Pour into bowl containing the sprouted lentils. Garnish with finely chopped bell peppers and parsley before serving.

African Spicy Sesame Soup

Grind 1 tsp each of coriander and cardamom seeds
1 Tbl cumin
½ cup sesame seeds
½ cup tahini
1 cup chopped tomatoes
2 stalks celery, finely chopped
1-inch piece fresh ginger, finely chopped
2 cloves of chopped garlic
½ tsp cayenne
1 tsp turmeric
½ cup of freshly cut sweet corn
1 tsp toasted sesame oil (you can use *un*-toasted sesame oil but it is a much milder flavor)

Grind the coriander and cardamom seeds in a grinder first (I use a coffee bean grinder). Blend everything but the corn in a Vita mix or high speed blender until smooth. Pour into a serving bowl and add a tablespoon of freshly cut corn in the middle of serving. Lightly dust with cayenne to taste. Some prefer this soup with just a bit more cayenne but this should be done on an individual taste basis.

Glass Onion French Onion Soup

1 ½ cups Thai coconut water
1 ½ cups filtered water
½ yellow onion, roughly chopped
2 cloves peeled garlic
½ cup fresh lemon juice
¼ cup extra light virgin olive oil

¼ cup Nama Shoyu organic soy sauce

Blend all until completely smooth in the Vita mix or other high speed blender. Allow the mix to blend at high speed for a few minutes and this will slightly warm the soup.

Sweet Carrot Corn Chowder

2 cups sweet corn (freshly cut from cob)

2 ½ cups coconut water (preferably from a fresh coconut, but you can use canned coconut water if it's more convenient)

½ tsp extra light virgin olive oil

2 tsp freshly cut thyme (stripped of stems)

1 small carrot

2 cloves garlic

1 stalk celery

¼ cup yellow onion, chopped

½ tsp pink Himalayan sea salt

Blend all the ingredients in a high speed blender, except for fresh thyme, 1/3 cup of the corn, until semi smooth. Add the spices to blender and pulse for 5 seconds. Cover and set aside at room temperature for 10-20 minutes. Pour into serving bowls and garnish with rest of corn and fresh parsley.

Snacks

Trail Mix

Blend equal amounts of raw nuts and dried fruits:

Pecans

Almonds

Walnuts

Cashews

Pumpkin seeds

Sunflower seeds

Goji berries

Raisins

Dried cranberries

½ amount of coconut flakes

Broken multigrain soy crackers (optional)



I will usually add about ¼ cup of each of the above ingredients. This is a wonderfully convenient road meal and stores very well.

Dehydrated Fruits

Apples

Sliced apples, about ¼ inch thick with the peel intact

Soak the apple slices for 5 minutes in 1 tsp ascorbic acid (powdered vitamin C) or the juice of 1 lemon mixed into 1 cup of purified water.



Lay out on dehydrating screen and dry for 12 hours at 115 degrees or until the texture is firm but pliant. Flip midway through the drying to speed up the drying process.

Bananas / Plantain

Slice the bananas or plantains into 1/3 inch thick slices. Angle cut to make the pieces about 2 inches long. Soak for 5 minutes in 1 tsp ascorbic acid or juice of 1 lemon added to 1 cup water

Lay out on dehydrating screen and dry for 12 hours at 115 degrees or until the texture is firm but pliant. Flip midway through the drying to speed up the drying process.

Figs

Allow the fresh figs to ripen to softness for maximum sweetness. Cut off the hard stem end and split in half. Lay out on dehydrating rack and dehydrate for 12 hours at 115 degrees.

Watermelon Candy

With the peel removed, slice watermelon into ½ inch thick slabs 2 inches by 3 inches. The seeds should be left intact as they do contain critical nutrients. Seedless melon works well for this treat. Soak the slabs for 5 minutes in 1 tsp ascorbic acid powder (Vitamin C) or juice of 1 lemon, added to 1 cup water

Lay out the watermelon pieces on a dehydrating screen and place in dehydrator for 12-24 hours at 125 degrees. Because of



the high water content, this treat takes quite some time to get completely dehydrated. Flip and separate each piece midway through to speed up drying and continue dehydrating to a leathery texture.

Keidi's Kale/ Collard Krisps

2 bunches of fresh kale (or collard greens), remove the thick veins and tear into 2 inch squares (or cut collards into 2 inch pieces)

1 Tbl balsamic vinegar (or organic cider vinegar)

1 Tbl extra light virgin olive oil

1 Tbl Nama Shoyu organic soy sauce

½ tsp garlic powder

Dash of cayenne

1 tsp mild chili powder

1 tsp turmeric

1 Tbl curry powder

1 tsp ginger powder

1 tsp onion powder

½ tsp paprika

½ tsp toasted sesame oil



Marinate the greens with olive oil and balsamic vinegar in a large mixing bowl, massage well into the leaves and let stand for 15-20 minutes. After the greens have marinated the texture will become slightly limp. Add all of the seasonings and toss well, careful to distribute the seasonings evenly among the greens. Spread out in a thin layer on a dehydrator screen and dehydrate at 115 degrees for 6 to 8 hours until light and crispy. If they are stored for a few days, keep in airtight container or else they will pick up moisture, after

which they can be placed in the dehydrator for an hour to crisp up again. These are absolutely irresistible. To keep people from eating them *too fast*, I add a little extra cayenne or chili powder. Sometimes you just have to roll like that!

Potato Chips

2 large Golden Yukon potatoes, sliced very thin
2 tsp chili powder
¼ cup balsamic vinegar (or organic apple vinegar)
1 Tbl miso / or 1 tsp sea salt
2 cups water
Freshly ground black pepper to taste

Use a vegetable peeler to thinly slice the potatoes; you can leave the skin on. Mix the other ingredients and marinate the sliced potatoes for 8 hours. Spread out on a dehydrator screen and dust with freshly ground black pepper. Dehydrate for 12 hours at 112 degrees or until crispy.

Yam Chips

Using a vegetable peeler, thinly slice raw yams into 3 to 4 inch long slices and arrange on dehydrator screen and dehydrate at 112 degrees for 6 to 8 hours until crispy. It's just that simple and they are so tasty with a slight natural sweetness.



Cauliflower "Popcorn"

- 1 Large head of cauliflower cut into to 1" pieces, rinsed and drained
- 1 tsp turmeric
- 1 tsp curry powder
- Dash of cayenne pepper
- ½ tsp mild chili powder
- 1 Tbl Mrs. Dash, Spike or 21 Seasonings
- 1 tsp cumin
- 2-3 Tbl nutritional yeast
- 1 tsp garlic powder
- ½ tsp sea salt



Add all to a clean gallon-size plastic bag and shake until all pieces are coated completely. Seasoned cauliflower can be served raw or dehydrated for 4-6 hours at 125 degrees. Do not dehydrate too long or it will get very chewy (it can be slightly rehydrated if that occurs).

Entrees

Un-Tuna

- 2 cups carrot pulp
- 1/4 cup finely chopped Hajiki seaweed or 2 Tbl dulse flakes
- ¼ chopped onions or scallions
- ¼ cup chopped celery
- ¼ cup chopped bell pepper
- 1 finely chopped jalapeno pepper
- ½ cup veggienaise
- 1 Tbl Mrs. Dash, Spike or 21 seasonings



Save the carrot pulp left over from carrot juicing, it will store for several days in the refrigerator. Soak the Hajiki seaweed for at least 20 minutes in ¼ cup purified water or until it has rehydrated and drain and squeeze off excess water before adding to the carrot pulp. Add all ingredients to a mixing bowl and stir thoroughly. This incredibly tasty blend can be used in any manner that canned tuna salad is used.

Mock Chicken Salad

- 1 cup textured vegetable protein (TVP, large chunks)
- ¼ each chopped onions, celery, bell peppers
- 1 Tbl chopped jalapeno pepper (seeds removed – too hot!)
- ¾ cup veggienaise



½ tsp ground black pepper

1 Tbl Mrs. Dash or 21 Seasonings herb blend (1/4 cup of chopped fresh herbs works great, i.e. chives, marjoram, parsley, oregano, etc.)

½ tsp sea salt

Begin preparation by soaking the TVP for 2-4 hours in 1 cup of purified water. Drain the rehydrated TVP well and press to get rid of excess water before adding to a large mixing bowl and mixing with other ingredients. This dish mixes up and is served just like chicken salad. TVP is not raw but is *processed* vegetable protein. Take the effort to select a high quality vegetable protein. Because TVP is often made from non-organic soy, you would be best to look for an *organic* brand at your local health food store. I prefer Bob's Red Mill brand.

Mexican Stuffed Peppers

Mix for the Stuffing

1 cup soaked raw almonds

1 cup soaked raw sunflower seeds

½ cup raw pumpkin seeds soaked

½ cup sprouted lentils

½ cup grated carrots

½ cup celery

½ cilantro

2 Tbl lemon

4 chilis or red bell peppers

1 Tbl chili powder

1 Tbl cumin

1 tsp celtic salt

Red Sauce

1 red bell pepper, stemmed, with seeds removed and rough chopped for blending

¼ soaked raisins or sweetener

1 tomato

1 Tbl carob powder

1 Tbl lemon juice

1 tsp sea salt

½ tsp chili powder

Dash of cayenne

Stuff the mix into about 4 red or green bell peppers that have been stemmed, the seeds removed and cut in half. Place into glass baking dish and pour the red sauce over the peppers. Allow to sit in the refrigerator for an hour or more for the flavors to merge. Serve on bed of fresh alfalfa sprouts and red or romaine lettuce.

Zucchini Spaghetti with Marinara Sauce

Zucchini Noodles

Use one zucchini per person and spiral slice (use a spiral slicer or saladacco) or slice into fettuccini size strips

Add a pinch of sea salt and massage into noodles to tenderize them to the consistency of cooked spaghetti. Use just a small amount of salt. If the noodles will sit for a while before serving, don't add the salt until 5 minutes before serving as the salt will cause them to shed water and perhaps become too mushy.

Marinara Sauce

2 cups chopped tomatoes

1 tsp minced ginger

2 Tbl minced garlic

1 tsp jalapeno pepper
1/3 cup fresh basil leaves, chopped
1/3 cup red bell pepper minced
¼ cup fresh oregano
¼ cup Nama Shoyu or Tamari sauce
1 cup extra light virgin olive oil
½ cup sun-dried tomatoes
2 green olives
¼ red cooking wine
¼ chopped shallots

Add all ingredients to your Vita mix or high speed blender and blend until smooth. It's good to take a quick test after blending in case you need any adjustments.

Falafel

¾ cup sprouted chickpeas (garbanzo beans)
¾ cup raw sunflower seeds, soaked and drained
¾ cup almonds, soaked and drained
¼ yellow onion, diced
¼ cup extra light virgin olive oil
2 Tbl lemon juice
1/3 cup Nama Shoyu
3 cloves garlic, peeled and minced
2 Tbl curry powder

Put all ingredients in a food processor and chop with the "S" blade until coarsely ground. Use a tablespoon to scoop out a portion, hand roll into a round ball and flatten to ½ inch thick. Lay out in a 5 by 5 grid on Teflexx sheet and dehydrate at 125 degrees for 6 hours

before flipping onto dehydrator screen. Continue dehydrating at 110 degrees for another 6 hours until the texture is firm but moist inside. Serve with garbanzo or zucchini hummus.

Sunflower Living Burger

- 1 cup soaked sunflower seeds – grind in processor
- 2 cup carrot pulp
- 2 cup celery pulp
- 1 medium onion grated
- 2 Tbl organic agave nectar
(maple syrup or honey)
- 3 lemons juiced
- 3 Tbl extra light virgin olive oil
- 1-2 jalapeno peppers
- 1tsp cumin
- 1 tsp garlic powder
- 1 tsp 21 Seasonings or Mrs. Dash
- ½ tsp sea salt



Blend all ingredients in food processor until coarsely chopped. Shape into 3 inch patties about ½ inch thick. Lay out 9 to a sheet of teflexx and dehydrate at 125 degrees for 4 hours. Flip onto screen sheet and continue dehydrating for another 3-4 hours until texture is like hamburger. Serve open faced on raw bread or on lettuce bed. Garnish with Dijon mustard.

Sprouted Lentil Veggie Burger

- 1 cup of sprouted lentils
- 1 cup of carrot pulp (left over from juicing)
- 1/3 cup zucchini
- 1/3 cup barbeque sauce (with no high fructose corn syrup added)
- ¼ cup chopped red onion
- 3 cloves chopped garlic
- ¼ cup lemon juice
- 1 Tbl Nama Shoyu organic soy sauce
- 2 Tbl extra light virgin olive oil
- ¼ cup fresh garden herbs or 1 ½ tsp 21 seasonings blend
- 1 Tbl cumin
- 1 tsp chopped jalapeno pepper
- ¼ cup chopped red or green bell pepper



Blend all ingredients in food processor until coarsely chopped. Shape into 3 inch patties about ½ inch thick. Lay out 9 patties to a sheet of Teflexx and dehydrate at 125 degrees for 4 hours. Flip onto dehydrator screen and continue drying for another 3-4 hours until texture is like hamburger. Serve open faced on raw bread or on lettuce bed.

Sloppy Joe Burger Mix

- 2/4 cup soaked organic textured vegetable protein (TVP)
- ¼ chopped green bell peppers
- ¼ finely chopped onions
- 3 cloves minced garlic

- 2 Tbl extra light virgin olive oil
- 1 tsp Dijon mustard
- 2 Tbl organic catsup (no HFCS) or marinara sauce
- ¼ cup chopped parsley
- ½ cup barbeque sauce (natural, no HFCS)
- 1 Tbl Mrs Dash (Spike, 21 Seasonings, all seasoning)
- A dash of cayenne pepper or chili powder to taste

Blend all ingredients together in a large mixing bowl and then just groove with it anyway you see fit. This can be served with lettuce or collard green wrap, with raw bread, crackers or with organic blue corn chips.

Meatless Taco Mix

- 1 cup of soaked wild rice (soak in warm purified water, about 140 degrees, overnight until the rice kernels pop open, showing a white interior; the rice should be chewy when ready and not crunchy)
- 1 cup of portabella mushrooms
- 3 cloves of garlic, minced
- ¼ cup of chopped yellow onions
- ¼ cup Nama Shoyu organic soy sauce
- 1 Tbl cumin
- 1 tsp curry powder
- 1 Tbl 21 Seasonings herb blend, Mrs. Dash or Vegit
- 1 Tbl extra light virgin olive oil
- 1 chopped jalapeno or banana pepper, seeds removed

Add all ingredients to a food processor and grind to a course texture. Serve any way you would taco meat or as a corn chip dip.

Not-Meat Nut Loaf

- 1 ½ cups raw almonds, soaked and drained
- 1 ½ cups raw walnuts, soaked and drained
- 1 ½ cups raw sunflower seeds, soaked and drained
- 2 ½ cups chopped Portobello mushrooms, briefly marinated in 2 to 3 Tbl Nama Shoyu organic soy sauce
- 1 yellow onion, diced
- 3 cups chopped celery
- ½ bunch parsley leaves
- 10 cloves garlic, minced
- 1/3 cup extra light virgin olive oil
- 2 Tbl cumin
- 1/4 cup shoyu
- ½ bunch tarragon
- ½ tsp cayenne

Blend all ingredients in a food processor until finely ground with just a slight coarseness. Shape into loafs 1 inch thick and place two per Teflexx sheet. Dehydrate at 135 degrees for 3-4 hours until the surface darkens and firms up. Flip onto dehydrator screen and lower the temperature to 110 degrees for another 12-16 hours until the loaf is solid but moist.

Tuna Stuffed Tomatoes

- 3 cups alfalfa sprouts
- 1/3 cup sunflower seeds
- 1/4 cup sprouted lentils
- 1/4 cup mung bean sprouts
- 3 tablespoons raw almond butter
- 1 Tbl kelp seaweed or dulse flakes
- 1 tsp Nama Shoyu
- 1/2 cup finely chopped onion
- 2 stalks finely chopped celery
- ½ tsp sea salt
- 4 medium sized tomatoes for stuffing



Blend the sunflower seeds, sprouted lentils, mung bean sprouts, almond butter, seaweed and Nama Shoyu in a food processor until finely chopped. Transfer to a mixing bowl and add the alfalfa sprouts, onions, celery and sea salt. Stir until the alfalfa sprouts have been well worked into the mixture. Cut the tops off of the tomatoes and scoop out the insides with a tablespoon. Stuff the mixture into the tomatoes, allowing to plump out of the top and serve on a plate with carrot and radish slices, along with fresh basil leaves for garnish.

Avocado Burritos

- Ezekial sprouted grain wraps (or other sprouted flat bread tortillas)
- 2 avocados, flesh scooped out
- 1 jalapeno pepper, seeds removed
- 4 tomatoes
- 1 orange, juiced
- Lettuce leaves

½ tsp Thai red pepper mix
Sprouts
¼ cup thinly sliced red onions

Blend the avocados, orange juice and jalapeno pepper in a blender until smooth. Roughly chop up the remaining ingredients. Fold all into the middle of the sprouted grain tortilla / wrap. Sprinkle with the Thai red pepper mix. Fold one side of the burrito in two-thirds, fold the bottom up to form a pocket, and fold the remaining side in. Fasten with a toothpick to keep it nice and neat. It can get a bit sloppy near the end so enjoy licking your fingers.

Egg-less Egg Salad

½ cup filtered water
Juice of 1 freshly squeezed lemon
1 ½ tsp turmeric
2 cloves garlic
1 ½ tsp sea salt
1 ½ cup raw macadamia nuts or cashews, soaked and drained
1/3 cup chopped scallions
1/3 cup chopped celery
1/3 cup chopped red bell pepper

Soak cashews overnight in purified water (do not soak macadamia nuts). Blend the nuts with the lemon juice, turmeric, garlic, sea salt and nuts in a high speed blender until smooth. Spoon into a bowl and add the remaining ingredients and stir up. This tasty entrée always surprises people. This can be served in sandwiches or as an appetizer with crackers, chips or cut veggies.

Living Super Pizza

Flax Seed Crust

Use the same recipe for flax crackers and fashion into 6 inch round crusts, dehydrate the same as flax crackers

Hemp seed-Olive paste

$\frac{3}{4}$ cup sun cured black olives

$\frac{3}{4}$ hemp seeds or (substitute soaked cashews)

$\frac{1}{2}$ cup goji berries or dates

Combine in blender. Add water, wine or oil if too dry.

Zucchini Slices

Thinly slice the zucchini with a vegetable peeler or mandolin.

Marinate in Nama Shoyu or miso and water for 20 minutes or more



Marinara sauce

4 ripe Roma tomatoes

1 red (or green) bell pepper

1 fresh cayenne pepper

$\frac{1}{2}$ cup chopped red onion

$\frac{1}{2}$ cup fresh basil leaves

4 cloves garlic

2 Tbl Nutritional yeast

Pinch of sea salt

Blend all well in Vita mix or high speed blender

Pizza Toppings

Red onion, thinly sliced and slivered

Thinly sliced beefsteak tomatoes

Slices of avocado

Pineapple chunks

Bell pepper slivers

Sun-dried tomatoes (rough chopped)

Marinated collard greens (marinate with 1 tsp extra light virgin olive oil and 1 tsp cider vinegar for 20 minutes then dehydrate for 1 hour at 120 degrees)

Spicy cheese (cashew, almond or macadamia)

1 ½ cup soaked raw cashews (or substitute other nuts)

3 Tbl each: fresh thyme, fresh parsley & fresh basil

Pinch of sea salt

2 Tbl lemon juice

Blend in food processor until finely chopped then spread on a Teflex sheet and dehydrate for 1-2 hours at 130 degrees

Bay Leaf-Infused Olive Oil

Place 4 bay leaves in 1 cup of extra light virgin olive oil and let stand for 2-3 days or more

Assembling the Pizza

From the bottom layer ingredients as they appear on this list. Drizzle 1 teaspoon of bay leaf oil on top of the assembled pizza. Place on Teflex sheets in the dehydrator at 125 degrees for ½ hour. Make sure you take a photo of the finished product because your friends are not going to believe this beautiful dish if you describe it alone.

Wild Rice Portabello Burger Mix

1 cup soaked wild rice (1-2 days until hulls split)

1 ½ cup crimini or portabella mushrooms

¼ yellow onions chopped

1 clove garlic chopped

1 Tbl Shoyu sauce

1 Tbl cumin

1 Tbl seasoning blend

1 chopped jalapeno pepper

Place all in food processor and blend to course texture. Can be dehydrated partially for crumbles by spreading out on a Teflexx sheet and dehydrating for 4 hours at 130 degrees. Add 1 teaspoon mild chili powder or ground chipotle for a spicy taco meat variation.

Un-Chicken Nuggets

1 cup soaked cashews

½ cup flax powder

¼ cup chopped onion

2 cloves garlic

1 Tbl cumin

1 Tbl seasoning blend

½ tsp sea salt

1 tsp turmeric

1 cup crispy Buckwheat Groats (soak raw groats overnight the spread on Teflexx sheet and dehydrate at 120 degrees until crispy)

Blend all ingredients except crispy groats in food processor until reaching a medium course texture. Roll into 1 ½ inch balls, flatten and press into buckwheat groats to coat all sides. Spread on Teflexx

sheet and dehydrate at 120 degrees for 4 hours before turning over onto the same Teflexx sheet. Continue to dehydrate another 2-4 hours until firm.

Raw Lasagna with Bay Laurel Olive Oil and Red Wine (from Raw Epicurean)

Bay Laurel Olive Oil

½ cup extra virgin olive oil
3 shredded bay leaves
Let infuse for 1-2 days

Zucchini “Noodles”

3 medium zucchini - Thinly slice the zucchini with vegetable peeler and marinate in 2 Tbl Nama Shoyu sauce and 1 Tbl balsamic vinegar. Prepare noodles up to 12 hours in advance (better if left to wilt for a while).
12 large Swiss chard leaves - Cut chard leaves into 2 to 4 inch pieces, roll with rolling pin or glass jar until leaves are bruised, sprinkle with a little balsamic vinegar and set aside.
2 wide heirloom tomatoes - Thinly sliced into 1/8 inch thin rounds.

Marinara Sauce

4 ripe Roma tomatoes
1 red (or green) bell pepper
1 fresh cayenne pepper
½ cup chopped red onion
½ cup fresh basil leaves
4 cloves garlic
2 Tbl Nutritional yeast
Pinch of sea salt

Add all of the above ingredients into a Vita mix or high speed blender and blend until smooth consistency of tomato sauce

Olive Nut Paste

$\frac{3}{4}$ cup sun cured black olives

$\frac{3}{4}$ cup pine, macademia or cashew nuts

$\frac{1}{2}$ cup goji berries or dates

Combine in food processor and grind to a fine paste. Add a dash of water, wine or olive oil to moisten slightly.

Herbed Cashew Cheese

1 $\frac{1}{2}$ cup soaked raw cashews

3 Tbl each of fresh herbs: thyme, parsley & basil

1 Tbl lemon juice

Pinch of sea salt

To assemble the lasagna, use a wide glass baking dish. Layer the noodles, Swill chard, tomatoes, marinara, olive paste and cheese, drizzling infused olive oil on the stacked layers. Repeat this layering pattern until all ingredients are used. Place the lasagna dish in the dehydrator and warm at 130 degrees for one hour. Garnish with fresh basil and serve. Be careful cutting the lasagna into serving size pieces. I recommend using the sharp end of a steel spatula to cut the layered lasagna into squares and lifting each piece out carefully.

Side Dishes

Color Garden Salad

Dark lettuce (green)	Purple cabbage (purple)
Mung beans, sprouts (white or green)	Raisins (black)
Carrot, shredded (orange)	Tomatoes (red)
Bell pepper (green, red or yellow)	Chopped avocado
Chopped apple	Broccoli florettes
Cauliflower florettes	Sesame seeds
Ground black pepper	Sunflower seeds
Red onion, sliced	Zucchini, noodles
Garlic powder	Cranberries (dehydrated)

Blend any combination of the above ingredients. The emphasis is on color here as each color represents a distinct set of micronutrients. Serve with a healthy dressing or with a nice drizzling of freshly squeezed lemon juice.

Kale Seaweed Salad

One bunch kale, deveined and finely chopped
1 Tbl balsamic vinegar or cider vinegar
1Tbl extra light virgin olive oil
¼ cup to ½ cup soaked seaweed, finely chopped
½ cup chopped tomatoes
¼ cup chopped red onion
1 ½ Tbl Nama Shoyu or Tandori soy sauce
Dash of cayenne
½ tsp chili powder

½ tsp ginger powder

Dash of garlic powder or 2 minced cloves fresh garlic

1 tsp Mrs. Dash, Spike or 21 Seasonings

½ tsp cumin

½ turmeric

1 Tbl sesame seeds

Marinate the chopped kale in balsamic vinegar and olive oil for 15 minutes to soften the texture. Add all remaining ingredients except the tomatoes and stir up well. Lightly stir in the tomatoes after mixing the other ingredients. This dish tastes better after sitting overnight as the flavors continue to blend together.

Swiss Chard Seaweed Greens

1 bunch of fresh Swiss chard

¼ cup of rehydrated Hijiki seaweed
(or 1 Tbl dulse flakes)

1 orange – peeled and segmented,
cut into ¾ inch pieces

¼ cup white sesame seeds

1 Tbl extra light virgin olive oil

1 Tbl balsamic vinegar

1 tsp Nama Shoya soy sauce

A dash of cayenne pepper

A dash of sea salt

½ tsp ginger powder

1 tsp 21 Seasonings, Mrs. Dash or Vegit



Toss all ingredients in a large mixing bowl and allow the greens to marinate for 1 hour. Serve on a plate with tomato wedges,

cucumber slices and avocado wedges for a complete raw salad meal. Garnish with fresh fennel herb or parseley.

Couscous Tabouleh

- 1 ½ cup soaked couscous (semolina wheat, soaked for ½ hour in 1 cup water)
- ½ cup cherry tomatoes, halved
- 2 Tbl Nama Soyu or 1 teaspoon sea salt
- ¼ cup fresh lemon juice
- ½ cup fresh mint, chopped
- ½ cup diced cucumber
- 1 cup fresh parsley, chopped
- 1 Tbl minced garlic
- 1 tsp minced jalapeno
- 1 tsp minced ginger
- ½ cup extra light virgin olive oil

Pour the soaked couscous into a large mixing bowl and fluff it with a fork until all the lumps disappear. Add remaining ingredients and stir in well. You will find this an irresistible salad-like side dish which is so quick and easy to prepare.

Bulgar Wheat Tabouli

- 2 cups soaked bulgar wheat
- 1 cup of carrot pulp (from juicer)
- 1/3 cup chopped red onion
- 1/3 cup chopped parsley
- 1/3 cup chopped cilantro
- 1 Tbl chopped fresh fennel fern
- 2 Tbl Nama Shoyu organic soy sauce
- 1 tsp garlic powder
- Pinch of cayenne pepper
- 1/3 cup extra light virgin olive oil
- 1/3 cup organic BBQ sauce (no HFC)
- 1 tsp curry powder
- ¼ cup carrot juice



Soak the bulgar wheat overnight in water to cover the grains and drain off excess water. In a large mixing bowl add all the remaining ingredients and stir with a strong wooden spoon. Garnish with a few sprigs of parsley. This dish is so filling and so satisfying that it can serve as main course.

Live Fries

- 1 medium to large jicama
- 1 Tbl onion powder
- 2 Tbl extra light virgin olive oil
- 1 Tbl paprika
- Pinch of sea salt

Peel and slice the jicama to resemble the size of French fries. Place into large mixing bowl and add the remaining ingredients. Toss until all sides of the fries are evenly coated. These tasty snacks can be served with our Tomato Basil sauce (in the dressings menu) alongside the living burger for a classic burger and fries meal.

Broccoli-Cauliflower with Ginger & Walnuts

- 2 cups broccoli florettes
- 2 cups cauliflower florettes
- ¼ cup cider vinegar
- ¼ cup extra light virgin olive oil
- ½ tsp sea salt
- 1 tsp turmeric
- 1 Tbl grated ginger, peeled
- 1/3 cup walnut pieces
- 1 Tbl 21 Seasonings mix, Mrs. Dash or Spike (saltless)
- 1 tsp garlic powder
- 1 tsp roasted sesame oil



Mix all together in a large mixing bowl and serve. This dish tastes better as it sits overnight as the flavors continue to mix. This dish is full of anti-cancer nutrients.

Crangerine Sauce

1 cup dehydrated cranberries

$\frac{3}{4}$ cup fresh tangerine juice

Soak the cranberries in the tangerine juice 4-6 hours. Retain $\frac{1}{4}$ cup of the rehydrated berries and puree the remaining until smooth. Add the remaining plumped cranberries to the puree before serving. For the ease of this dish's preparation, it is the best cranberry sauce around and will be a big hit at your family's gathering.

Avocado Salad With Rosemary

2 cups diced avocado

1 cup tomatoes, seeded and diced

1 cup clover sprouts

1 Tbl rosemary

1 $\frac{1}{2}$ Tbl lemon juice

1 $\frac{1}{2}$ Tbl garlic

1 tsp celtic salt

To remove the seeds from the tomatoes, cut them in half and scoop out the seeds with a teaspoon. Dice the tomatoes with a serrated steak knife. Stir all ingredients in a large mixing bowl and voila! Garnish with fresh fennel herb or basil leaves.

Cole Slaw with Ginger Cashew Dressing

Cole Slaw

4 cups Chinese cabbage
1 carrot, julienned
1 cup mung bean sprouts
2 scallions chopped
¼ cup black sesame seeds
Sprinkle with 1 tsp dulse flakes
½ bunch cilantro, stemmed and chopped
Mix in large bowl before stirring in dressing

Ginger Cashew Mayo Dressing

2 Tbl ginger
1 clove garlic
1 tsp sea salt
2 cups cashews
Juice 1 lemon
¼ cup water as needed

Add all of the dressing ingredients into a Vita mix or high speed blender and blend until smooth, adding just enough water to make the consistency firm but flowing. Pour the mixture over the slaw and stir well to evenly coat the whole mix. Garnish with cilantro leaves.

Summer Corn Salad

For the Salad

- 3 cups fresh corn kernals (4 ears)
- 1 cup chopped celery
- 1 cup chopped scallions
- 1 bunch fresh cilantro, stems removed and finely chopped

Strip the corn off the cob inside of a large mixing bowl with a sharp blade or mandolin. Add the other ingredients and toss to mix.

For the Dressing:

- ½ cup Thai coconut water
- ¼ cup fresh lemon juice
- 2 Tbl agave nectar
- 2 Tbl extra light virgin olive oil
- 1 tsp sea salt
- 1 Tbl curry powder
- ¼ cup raw pine nuts (or macademia, cashews)

Blend all until smooth in Vita mix or high speed blender and pour over corn salad. Toss well and serve. You are gonna love this one!

Nori Wrap Salads

- 4 - 6 raw Nori sheets
- A handful of arugula
- 1 carrot, julienned with a mandoline
- 1/2 of small cucumber, julienned
- 1 radish, julienned
- 1/2 red bell pepper, julienned
- 1/2 avocado, diced

- 1 heirloom tomato, diced
- 1 Tbl extra light virgin olive oil
- 1 tsp of lemon
- 1 tsp miso mayo or veggienaise
- Pepper & salt to taste

Lay out the Nori sheet on a dry flat surface; place a wide knife blade under one end to facilitate wrapping. Layer the salad ingredients into a 1 ½ inch pile and roll into a tightly rolled wrap. Wet the last 1 inch of the Nori sheet with water to facilitate sealing the wrap. Cut in half with a serrated knife or steak knife.

Applenut Salad

- 1 head red leaf lettuce
- 1 cup sprouts
- 1 apple diced
- 1 cup grapes
- ½ cup chopped walnuts

Make a bed of lettuce and sprouts, add diced apple and grapes then sprinkle with chopped walnuts. Serve with a light and healthy salad dressing like our Honey Mustard.

Dressings & Condiments

Veggienaise

14-oz package of medium organic tofu, rinse and drain
Juice 1 lemon
3 Tbl extra light virgin olive oil
1 tsp Dijon mustard
3 Tbl turbinado sugar (evaporated cane crystals)
½ tsp freshly ground black pepper
½ tsp sea salt
1 tsp Mrs. Dash, Spike or 21-Seasonings herb blend

Add all ingredients to a Vita mix or high speed blender and blend until smooth. This will store well in the refrigerator for 4-5 days. For a nice veggie dip, add ½ cup of fresh picked garden herbs, such as marjoram, parsley, garlic chives, thyme or tarragon, along with a dash of cayenne pepper and blend in well.

Avocado salad dressing

1-2 avocados
1-2 Tbl extra light virgin olive oil
1 Tbl Nama Shoyu or Tamari soy sauce
1 tsp toasted sesame oil
Juice 1 lemon or lime
Dash of cayenne pepper to taste

Blend all ingredients in a Vita mix or high speed blender. Stores for 3-4 days in the refrigerator.

Papaya Dressing

- 1 ripe papaya, peeled and seeded
- 1 ½ cups fresh-squeezed orange juice
- ¼ cup lime juice

Blend all ingredients in a Vita mix or high speed blender. Stores for 3-4 days in the refrigerator.

Ginger Cashew Mayo Dressing

- 2 Tbl ginger
- 1 clove garlic
- 1 tsp sea salt
- 2 cups cashews
- Juice 1 lemon
- ¼ cup water as needed

Add all of the dressing ingredients into a Vita mix or high speed blender and blend until smooth, adding just enough water to make the consistency firm but flowing.

Honey Mustard Dressing

- 1 tsp Dijon mustard
- 1 Tbl honey
- 3 Tbl veggienaise
- 1 tsp sweet relish
- 1 tsp Mrs. Dash or 21 Seasonings herb mix
- A dash of cayenne pepper

Mix well in small bowl and enjoy the fresh, healthy sweetness.

Hemp Seed Dressing

1/3 cup hempseed
¼ cup hempseed oil
¼ cup extra light virgin olive oil
3 tsb lemon juice
2 sprigs parsley
2Tbl hempseed butter
2 tbsps spirulina
2 tbsps honey

Blend all in a high speed blender until smooth. Add a tiny amount of water if it is too thick. This is so green and lively that it will blow your mind. Salad dressing never got any healthier than this Hemp Seed Dressing.

Raw Zucchini "Cheese" Sauce

1 heaping cup sliced zucchini
1/2 red bell pepper
1 1/2 tbsps ground chia seeds
1/3 cup nutritional yeast
2 1/2 tbsps Nama Shoyu (or tamari soy sauce is also fine)
2 tbsps lemon juice
1 tsp organic Dijon mustard
1/2 tsp turmeric

Blend all ingredients in a Vita mix or high speed blender until smooth. This un-cheese can be served warm by placing it in a bowl inside the dehydrator and warming to 125 degrees or placing the bowl in

another filled with 140 degree water. Warmed it makes a great dip for corn crackers or organic blue corn chips.

Spicy cashew cheese

1 cup soaked cashews, drained
1 large red pepper
½ cup water
2 Tbl nutritional yeast
¼ cup lemon juice
1 jalapeno pepper, seeds removed
1 Tbl crushed Thai chili pepper
4 cloves of fresh garlic
1Tbl onion powder
1tsp sea salt

Set aside a few slivers of red bell pepper and add all ingredients to a Vita mix or high speed blender and mix until perfectly smooth. Garnish with the bell pepper slivers.

Tomato Basil Sauce

2 cups fresh chopped tomatoes
1 cup sun dried tomatoes
¾ cup fresh basil
Juice of 1 lemon
2 Tbl extra light virgin olive oil
4 soaked dates (or ¼ cup soaked raisins)
2 gloves garlic

Blend all ingredients together in a Vita mix or high speed blender. This makes a great catsup substitute or sweet sauce for nut loaf or burgers. Also, this is great with the living fries.

Pomme D'Amour Tomato Salad Dressing

3 medium tomatoes, quartered
¼ cup cold pressed extra light virgin olive oil
2 Tbl apple cider vinegar
2 cloves garlic
1 tsp sea salt
1 tsp fresh ground mixed pepper
1 tsp paprika

Blend up all ingredients in a Vita mix or high speed blender and serve.

Breads

Raw Black Sesame-Sunflower Seed Bread

- 1 cup ground flax seeds
- 1/3 cup whole flax seeds
- 1 tsp sea salt
- 1Tbl Nama Shoyu soy sauce
- 1 clove of garlic, minced
- 2 Tbl yellow onion, chopped
- 1 1/3 cup filtered water
- 2/3 cup sunflower seeds
- 1/4 cup black sesame seeds



Place all ingredients into a food processor and coarsely chop. Spread into 1/3 inch thick layer on a Teflexx sheet and dehydrate for 4 hours at 110 degrees. Flip onto a dehydrator screen and continue dehydrating for another 3-4 hours until both top and bottom are dry but the bread is still pliable. Cut into slices and seal in airtight container. Refrigerate for storage of more than one day. The bread can be frozen and warmed in the dehydrator for later consumption.

Cranberry Bread

- 2 cups flax seed meal
- 1 cup almonds soaked
- ¾ cup fresh cranberries
- ¼ cup grapefruit juice
- 1 Tbl orange zest
- 1 ½ tsp cinnamon

1 tsp Celtic salt

½ vanilla bean

Blend all ingredients in food processor until coarsely ground. Fashion into loaf 1 inch thick and place on Teflexx sheet. Dehydrate at 125 degrees for 6 hours and flip onto dehydrator screen. Dehydrate at 110 degrees for another 6 hours or until firm on the outside but moist in the middle. Keep any unused in refrigerator to keep from growing mold. The bread can be dehydrated further if needed.

Rawvolution's Famous Onion Bread

3 large yellow onions (thinly sliced in food processor)

¾ cup ground flax seed

¾ cup raw sunflower seeds

½ cup Nama Shoyu

1/3 cup extra light virgin olive oil

Pour the sliced onions in a large mixing bowl. Separately, blend all the other ingredients in a Vita mix or high speed blender until smooth and mix thoroughly to the onions in the mixing bowl. Spread evenly on a Teflexx sheet and place in dehydrator at 105 degrees for 12hours; score into 9 pieces, flip and dehydrate for 12 more hours. While dehydrating the smell in your house will make your neighbors want to hang out all day long. One taste and your hooked. This is also great for your skin and hair.



Sprouted Lentil Carrot Bread

- 1 ½ cups of sprouted lentils
- 1 cup of carrot pulp
- 1 cup of ground flax seed meal
- 1 tsp sea salt
- ¼ cup chopped onions
- 3 cloves of peeled fresh garlic
- 1/3 cup water

Blend all ingredients in a food processor until finely ground. Fold onto Teflexx sheet and fashion into a 1 ½ inch thick loaf (you can also fashion about 9 slices ½ inch thick for use in sandwiches). Dehydrate at 130 degrees for four hours until the top darkens and firms enough for turning. Flip onto dehydrator screen and continue dehydrating for 6-8 hours at 112 degrees until the outside is firm but the interior retains slight moisture.

Deserts

Frozen Fruit with Whipped Cashews

Pull up a selection of frozen fruits and puree separately or together in food grinder (the Champion Juicer has a handy pasteurizer plate which works perfectly). You can use any of the following:

Bananas
Blueberries
Raspberries
Strawberries
Blackberries

Top with whipped cashew nuts (whipped in a blender with maple syrup and a small amount of water), fresh fruits and coconut flakes

Coco-Choco Date Nut Bars

2/3 cup soaked almonds
2/3 cup soaked walnuts
2/3 cup soaked sunflower seeds
¼ cup sesame seeds
5 soaked dates (can substitute
1/3 cup soaked raisins)
2 Tbl maple syrup
2 Tbl honey
2 Tbl raw cane sugar
1 tsp cinnamon
1 tsp vanilla extract
½ cup coconut flakes to roll the mix



Finely chop all ingredients in a food processor. Using a tablespoon, scoop up the mixture and hand roll into ball shape. Drop the ball into a bowl with coconut flakes and toss and roll until the ball is completely coated. Place onto Teflexx sheet and flatten slightly. Place in dehydrator for 2 hours at 120 degrees. Flip onto the same Teflexx sheet and dehydrate for an additional 1-2 hours until the balls are firm yet slightly pliant.

Flaxseed, Almond and Pecan Cookies

1 cup flax seeds, soaked overnight in 2 cups of water

½ cup of almond meal

½ cup of chopped pecans

½ cup finely of peeled and finely chopped apples or leftover pulp from juicing

1 tsp of ground cinnamon

¼ cup of white sesame seeds

¼ cup honey

¼ cup maple sugar

¼ cup turbinado (evaporated cane sugar)

¼ cup coconut flakes

¼ cup of water



Mix all ingredients except the water in a large mixing bowl. Use only enough water to mix to the consistency of pliable cookie dough.

Using a table spoon, spoon into piles on Teflexx sheet in a 4 by 4 grid (leave room for the cookies to widen as they warm up) and dehydrate for 6 hours at 110 degrees. Flip onto dehydrator screen and continue drying for an additional 4 hours until the cookies are

firm but remain chewy. The cookies can be further dehydrated until crispy for long term storage.

Almond Apple Date Cookies

- 1 cup almond meal
- 1 cup apple pulp leftover from juicing
- 1 tsp cinnamon
- ¼ cup soaked raisins or dates
- 1 Tbl coconut oil
- ¼ cup Turbinado (evaporated cane) sugar
- ¼ honey or molasses
- ½ cup carrot pulp from juicer
- 1 cup ground flax seeds



Coarsely chop all ingredients in a food processor. spoon into piles on Teflex sheet in a 5 by 5 grid and dehydrate for 6 hours at 110 degrees. Flip onto dehydrator screen and continue drying for an additional 4 hours until the cookies are firm but remain chewy.

Banana Papaya Pudding

- 1 cup papaya chunks (peeled and seeded)
- 1 banana
- 1 Tbl tahini (sesame seed butter)
- 1 tsp cacao powder (100% baking chocolate) or carob powder
- 1 tsp coconut flakes

Place the papaya, banana and tahini into a Vita mix or high speed blender and puree until smooth. Spoon into serving bowl and

sprinkle the top with coconut flaks. Lastly, dust the surface with the cocoa powder. Serve chilled.

Coconut Fudge

- 1 ½ cups of warmed coconut oil
- 1 ½ cups of turbinado (evaporated cane sugar) or you can substitute honey or coconut crystals sweetener
- 1 cup of carob powder or cacao powder (100% baking chocolate)
- ½ tsp sea salt
- 1 tsp vanilla extract or ¼ vanilla bean

Melt the coconut oil by placing in the dehydrator or by placing it into a larger bowl of hot water. Put all ingredients into a Vita mix or high speed blender and blend until smooth. Put into a glass baking dish and allow to refrigerate until solid. Store this sweet delight in the refrigerator.

Raw Chocolate BonBons

- 3 oz. raw coconut butter, chopped into small pieces and warmed until creamy (use dehydrator or place into a glass bowl and float in hot water)
- 1.5 oz. raw cocoa powder
- 1.5 oz. mesquite powder
- 1/3 cup Organic agave nectar, use slightly less if you need to limit sugar

Once the coconut butter has warmed to creaminess, add the other ingredients and stir well. Variety options include pieces of raw cashews, Brazil nuts, macadamia nuts or coconut flakes can be mixed in after mixing. I divide my mix into three parts to make part of my

BonBons plain, part with nuts and part with coconut flakes. After mixing the varieties, I place a bar 1 inch thick and 1 inch high onto parchment or wax paper and put into the refrigerator for 1-2 hours. Once cooled and firmed, cut into ½ inch pieces with a sharp knife.

Coconut Cream Cheeze

3 cups fresh coconut pulp (scraped from a young Thai coconut or Caribbean jelly coconut) *or* 1 cup macadamia nuts (not soaked)

3 Tbl lemon juice

½ tsp extra light virgin olive oil

Blend in high speed mixer until thoroughly whipped (will remain fairly heavy). Keep refrigerated because it will go rancid at room temperature.

Pomegranate Cheesecake

Almond Crust

2 cups almonds

3 ounces soaked pitted dates (about 5-6 dates)

tsp liquid vanilla extract

1/8 tsp salt

Blend in food processor until coarsely ground. Press into glass pie dish and dehydrate for 1 hour at 120 degrees. This crust can be stored in the freezer until needed.

Pomegranate Filling

3 cups soaked cashews, drained

2 ¼ cups 100% pomegranate juice

¼ cup lemon

- ¾ cup agave
- 1 Tbl vanilla extract
- ¼ tsp salt
- 3 Tbl lecithin
- ¾ cup coconut butter
- 1/3 cup pomegranate kernels

Blend all ingredients except coconut butter and lecithin, add these at the end of the processing. Blend until smooth in blender, pour into bowl and chill in the refrigerator for several hours until slightly firm. Press into the almond crust and garnish with pomegranate kernels.

Fruit Delight

Fruits

Chop or blend up several fruits separately:

- bananas
- strawberries
- mango
- cantaloupe
- blackberries
- raspberries



Place a tablespoon of several fruits into parfait cups or small bowls

Whipped Cashew Cream

- 1 cup soaked cashews, drained
- 1/3 cup maple syrup *or* organic agave nectar
- 1 Tbl extra light virgin olive oil

Place all three ingredients in a Vita mix or high speed blender and whip until it firms up. You can use water, a few drops at a time to facilitate the blending.

Sauce Topping

Separately, blend together:

1 banana, peeled

2 kiwis, peeled

Blend into a smooth sauce using a Vita mix or high speed blender

Add one scoop of the whipped cashew cream to each serving,.

Drizzle 2 Tbl sauce over the mix and top with a dusting of cocoa powder or cinnamon along with 1 tsp of coconut flakes. Garnish with mint leaves. The colors on this dish are simply awesome.

Avocado Chocolate Mousse

2 large ripe avocados, seeded and scooped out (another version of this recipe uses one avocado and one large banana)

½ cup of agave nectar (or slightly less maple syrup; this recipe can also be made with honey or soaked and pitted Medjool dates)

1 tsp vanilla extract

2 Tbl cocoa powder

2 Tbl carob powder

½ tsp ground cinnamon

A dash of sea salt

1 tsp maca powder (optional)

Add all ingredients to a Vita mix or high speed blender until smooth and the color is completely chocolate. Serve in parfait cups with fresh berries and mint leaves. This dish is extremely rich so don't serve too much up at a time.

Haystacks

- ¾ cup warmed coconut oil
- ½ cup turbinado (evaporated cane) sugar
- ½ cup carob powder or cocoa powder
- 1 tsp vanilla extract
- 3 cups shredded coconut

Blend all ingredients except the coconut in a Vita mix or high speed blender to the consistency of batter. In a large mixing bowl, pour the batter onto the coconut. Stir with a stiff wooden spoon until all coconut pieces are coated chocolate. Using a small 3 ounce cup (or 1/3 cup measuring portion) form into haystack shapes. Place on parchment paper or wax paper lining a casserole dish. Refrigerate or place in the freezer before serving. This one is another mind-blowing sweet and healthy treat that will be a big hit.

Sweet Virginia Pecan Pie

For the crust:

- 2 cups raw almonds, finely ground (or you can buy ground meal)
- ½ cup organic agave nectar

Blend to a medium coarseness in a food processor and press into bottom and sides of a 9 inch glass pie dish. Dehydrate for an hour at 120 degrees or freeze it to firm up the crust before adding the filling.

For the filling:

- 1/3 cup coconut water
- ¼ cup pecans, plus ¼ cup set aside for topping
- ½ cup raisins or dates
- Dash of cinnamon

Combine all in a Vita mix or high speed blender until smooth. Spoon this mixture into the pie crust and spread evenly. Top with whole or chopped pecans and refrigerate for an hour to firm up the pie before serving.

Non-Dairy Ice Cream

4 large frozen bananas (freeze without skin)

1 cup frozen strawberries

1 cup frozen blueberries

Optional: 1 cup of packaged frozen fruit blend

3 peeled and pureed kiwi fruit

1/3 cup pureed Goji berries, soaked for 2 hours and drained

Chopped pecans, walnuts or coconut flakes for topping

Use the pasteurizing function of your juicer (mine is a Champion, to pasteurize the juicing screen is replaced by a solid plate) or food grinder. Start by grinding all of the bananas except one, then grind each of the fruits one at a time, separating the colors. Finish grinding the last banana to push the other fruits out of the pasturizer. Use pureed kiwi and/or rehydrated goji berries as a colorful and sweet topping. Add the nuts or coconut flakes as a final topping. This incredibly tasty treat is so healthy that your children could eat it for breakfast because it contains nothing but pure fruit.

Cranapple Cookies

Use the leftover pulp from 5 juiced apples (about 1 ½ cups)

½ cup pureed Cranjarine sauce (Soak ½ cup cranberries in 1/3 cup tangerine juice for 4 hours and then puree)

1 cup flax powder

- ½ ground almond meal
- 1 ½ tsp ground cinnamon
- ½ cup soaked raisins or dates
- 1/3 cup dried cane sugar (can use honey, molasses or agave to taste)
- 1 tsp vanilla extract or seeds from 1 vanilla bean pod

Mix all of the ingredients in food processor until coarsely ground and, using a tablespoon, drop onto Teflexx sheet. Dehydrate for 8 hours and flip onto dehydrator screen for another 8 hours. For an interesting variation, this same mixture can be made into fruit rollups by adding ½ cup of water and pureeing in a high speed blender of Vita mix, then pouring the mixture onto Teflexx sheets and dehydrating for 6 hours at 120 degrees. Score piece sizes with a wide blade knife before flipping onto dehydrator screen and dehydrating for another 2-4 hours. Refrigerate the rollups if they are not to be used with 2 days.

Apple, Mango and Strawberry Pie

Crust:

- ½ cup of soaked almonds
- ½ cup of soaked walnuts
- ½ cup of soaked sunflower seeds
- 1/3 cup agave or maple syrup
- 1 tsp chia seeds
- 1/3 cup flax seed meal

Grate all in food processor to a course texture, remove and press into a glass casserole dish. Dehydrate for 1 hour at 120 degrees. To store, leave overnight in freezer.



Filling:

- 2 cups apple, peeled, cored and chopped into ½ inch pieces
- 1 cup of fresh strawberries, halved or quartered
- 2 mangos, peeled and cut into ½ pieces
- ½ cup soaked raisins
- 1 tsp orange zest (grated of orange)

Drain off excess fluids from the fruit and pour all filling ingredients into a large mixing bowl. Mix and spread evenly into the crust shell

Sauce

- 2 bananas
- ½ cup fresh orange or pineapple juice
- ¼ cup maple syrup (or substitute agave or evaporated cane sugar)

Blend together in Vita mix or high speed blender until smooth and pour evenly over fruit mixture. Top with ¼ cup orange zest or coconut flakes sprinkled evenly over the top, dust with ½ tsp cinnamon and garnish with a strawberry and fresh mint leaves. Serve immediately to keep the crust from getting soggy.

Apple Pie with Cinnamon Sauce

Crust:

- 2 cups almonds, soaked and dried
- ½ tsp cardamom seeds, finely ground
- 1/3 cup organic agave nectar
- 2 Tbl lemon zest (grated lemon peel); use 1 Tbl for crust and reserve 1 for topping
- 1 Tbl fresh lemon juice
- ½ Tbl organic vanilla extract
- 2 tsp ground cinnamon

Grind almonds and cardamom until fine grainy consistency. Add other ingredients and form into ball. Roll to ¼" thick & set aside (can dehydrate for an hour at 125 degrees or place in the freezer to firm up the crust).

Apple Filling

4 cups sweet apples, peeled, cored and chopped
2 Tbl organic agave nectar
2 Tbl freshly squeezed lemon juice
½ tsp cinnamon

Mix all filling ingredients together in large mixing bowl.

Cinnamon Sauce

4 Tbl organic agave nectar
2 Tbl ground cinnamon powder

Mix the sauce ingredients together well and warm to 120 degrees in dehydrator or by placing in a glass bowl in hot water. Place crust on individual desert plates, Spoon on the apple filling and drizzle with sauce. Garnish with sprinkled lemon zest and serve immediately.

Papaya Blueberry Pie

For the crust:

½ cup each almonds, pecans, cashews and walnuts (can use sunflower seeds as substitute); soak the nuts for 2 hours, drain and dry in the dehydrator

½ tsp cinnamon powder

½ tsp nutmeg powder

1/3 cup soaked dates or raisins, (you can substitute rehydrated cherries or apricots)

Chop to medium coarseness in a food processor and pack the above mix in a glass pie dish, lightly oiled with virgin olive, grape seed or safflower oil. Dehydrate the crust for 1 hour at 125 degrees or place in freezer to firm.

For the pie filling:

¼ medium to large papaya, sliced into 2 inch slices, 1/3 inch thick
12 to 16 ounces of fresh blueberries

Arrange the papaya slices in a spiral around the bottom of the pie dish and alternately layer the papaya slices with blueberry filling, repeating the layers until filling the dish (layer the papaya, then filling, papaya , then filling)

Top with the remaining blueberries along with about 8 pineapple wedges, ¼ inch thick, for a beautiful colorful presentation. Sprinkle coconut flakes over the top and garnish with mint leaves.



Celebrate Life and Vitality

I hope you have enjoyed exploring this wonderful new world of Living Superfood. I have stayed true to this pathway for over 18 months now and couldn't imagine straying off of this path. Once or twice a month I might eat some baked crackers or organic blue corn chips, but the overwhelming bulk of my nutrition is centered around this living diet.

As you can maintain this raw food "live-et" for any length of time you will undoubtedly notice the changes that your body is undergoing as it reaches a place where all inner systems are in balance because they are receiving the proper nutrition in the best way that nature intended. You will see your weight normalize for your own maximum body efficiency. I believe that the weight we maintained between the ages of 18 to 25 years of age is the proper weight that we should

strive for later in life, that is, if we were at a healthy weight during that time in our lives.

One of the greatest rewards of preparing these fantastic recipes is that our friends and family will have a renewed appreciation in our culinary skills. Since developing these Living Superfood recipes, and mastering the art of raw food, I find myself so welcome at gatherings where we are asked to bring our own special dishes to share. In addition, I occasionally score a job catering a function as well as teach Living Superfood Demo classes throughout the country.



Stay tuned because coming next will be the second of three books on this subject of Living Superfood, to be concerned with the *science* which supports raw, organic, fresh and locally grown vegan food as the optimal eating pattern for us. The third book will focus on specific Living Superfood remedies for specific disease conditions.

If you would like to see most of these dishes prepared on DVD, go to my web site www.LivingSuperFood.com and build your catalog. You'll always be able to find our latest updates plus some great information about our *Organic Garden Hit Squad*; coming to a backyard near you to put in these fantastic organic food resources.

LIVING SUPERFOOD Recipes

**Medicine Has
Never Tasted
Like This Before!**

What If...?

What if you discovered The Secret to the fabled quest for a mythical “Fountain of Youth” and you actually came into firm possession of such a magical resource so that anyone who continues to drink from *your* fountain is blessed with long life and vitality?

What if you were absolutely convinced that drinking from this fountain worked because you had been doing so for an extended time and were thus celebrating your own increased energy, stamina and vitality in a way that made you feel like you were now *half* the age you were just months before?

What if those seemingly unavoidable symptoms of aging, such as gaining weight, diminishing eyesight, sexual dysfunction and general weakness, as well as susceptibility to disease and disorder were no longer a concern because you were completely in control of your body’s natural abilities to heal and restore itself?

Sounds like a miracle, doesn’t it? Well, miracles *do* happen and what I have just described is what I’m experiencing from tapping into this incredible wisdom of Living Superfood. Ultimately there is more to it than just eating living food, yet eating is a necessary and enjoyable act and a great place to invest our energies toward celebrating a long and productive, healthy life. As well, it is proven that food is medicine.

This magnificent journey begins with your decision to **try something new**. I’ve got just the suggestion for you: Try some of these Living Superfood recipes and enjoy the flavors of the “Fountain of Youth.”



Keidi Obi Awadu

author of

The CONSCIOUS RASTA REPORT