

Sunny's Raw Food Recipe Collection

Sunny Jamshedji (last updated: 12/29/2010, 01:30 AM, Version 1.105)

These are some raw food recipes that I have collected and used over the years. The comments are usually from their notes. The smoothies mostly come from Green Cleanses that I did through Frederic Patenaude. Enjoy!

Green Smoothies

Green Smoothie

1 cup of water
1 cup of frozen or
Fresh blueberries
2-3 ripe bananas
A big handful or two of spinach leaves.

Basic Winter Green Smoothie

Dice the fruit or cut in big chunks. Blend all ingredients together with about half a cup (up to 1 full cup) of water.

1 apple
1 pear
2 bananas
1½ cups kale
1 stalk celery
Water

Romans Gone Mad

Blend bananas with water. Add romaine lettuce progressively. Blend until smooth.

4 bananas
1+ cups water
2 cups romaine lettuce

One Good Healthy Salad Dressing

At some point, you might enjoy a plain salad without dressing. But the first question people ask when they find out olive oil isn't as healthy as they thought, is "how do you make a good salad dressing?"

2 tomatoes or cucumbers
2 Tbs. apple cider vinegar or lemon juice
1 cup fresh dill
4 Tbs. tahini (or 1 small avocado)

Mango-Parsley

2 large mangos
1 bunch parsley
Water

Strawberry-Banana-Romaine

1-cup strawberries
2 bananas
½ bunch romaine
Water

Pear-Kale-Mint

4 ripe pears
4-5 leaves of kale
½ bunch of mint
Water

Finger-Banana-Spinach

10 finger-bananas
2 handfuls of spinach leaves
Water

Blended Salad

Once you've experimented with green smoothies on a daily basis, you can "graduate" to making blended salads. Keep in mind that blended salads are NOT for raw-food beginners. If you want to get started eating more greens, start with Green Smoothies. Blend the tomatoes together, and add the rest of the ingredients progressively. Use water only if you need to. A blended salad should be quite thick.

2-3 medium tomatoes, roughly chopped
2 ribs of celery
4 leaves lettuce (big)
1 big handful spinach
1 green onion
½ avocado
¼ cup parsley
2 Tbs. dulse flakes
1 Tbs. nori flakes (optional)
Water, if needed

Bosc Pear-Raspberry-Kale

3 Bosc pears
1 handful of raspberries
4-5 kale leaves
Water

Sweet Potato Juice

1 sweet potato
2 oranges
2 celery stalks

Green Revolution Smoothie

Blend water with bananas first, and add greens progressively and blend until smooth.

4 medium bananas
1 handful chard leaves
5-6 small or 2-3 big leaves of Dino-Kale
1+ cup water

Banana-Blueberry Brew

Blend water with fruits, and add greens progressively until smooth. Use more or less water as desired.

1 cup water
3 bananas
1 cup frozen/fresh blueberries
1 handful parsley*
2 leaves kale*

***For a variation, try replacing the parsley and the kale with a big handful of red kale leaves!**

Green Married Orange

For this recipe, you can use any type of papaya, although I prefer to use large papayas (not the Hawaiian variety). Blend papaya with or without water, and add in parsley. Blend until smooth.

$\frac{1}{2}$ Mexican papaya (about 3 cups)
1 cup water (optional)
1 handful parsley

Romans Gone Mad

Blend bananas and water together. Add romaine lettuce progressively. Use more water if needed.

4 bananas
1+ cups water
2 cups romaine lettuce

Pineapple Green

Blend pineapple and mango together. Use water if desired. Use the ripest pineapple you can find. Add mint leaves, lettuce, and blend until smooth.

$\frac{1}{2}$ cup water (optional)
 $\frac{1}{2}$ ripe pineapple
1 mango
6-7 leaves mint
2-3 cups of frisee lettuce

Papaya Pudding

Blend in papaya and oranges together until the mixture is liquid. Add in the other ingredients and blend until thick.

2 cups papaya
2 oranges
3 dates
2-3 cups spinach or other greens of your choice

Cool Banana

Simplicity couldn't taste any better than this.

Blend and enjoy.

$\frac{1}{2}$ cup water
4 bananas
1 handful mint sprigs
1 handful lettuce leaves

Spicy Mango

Blend all ingredients together, using more or less water as needed. The arugula gives a kick to this smoothie! Makes 2 large servings

2 medium mangoes, diced
 $\frac{1}{2}$ to 1 cup water
 $\frac{1}{2}$ cup arugula
1 cup spinach

I'm Green, I'm Green

Blend the papaya first, and then add bananas and kale progressively. Use more or less kale to taste. Add water for blending, if necessary. Peaches can replace papayas.

2 cups papaya, diced
2 bananas
1-2 cups kale

Patricia's Smoothie

Blend banana with water and add everything else.

- 1 banana ripe or frozen
- 1 mango
- 2 peaches
- 1 cup frozen organic wild blueberries
- 1 bunch spinach
- $\frac{3}{4}$ cup water

Honeydew Green Smoothie from Theadora

Blend all ingredients together adjusting amount of water to achieve desired consistency. Any melon can be substituted but the honeydew keeps the smoothie GREEN and more appetizing looking.

- 1 whole ripe honeydew melon
- $\frac{1}{2}$ cup pure water
- 1 large handful Italian parsley
- 2-3 large handfuls spinach

Pucker Up by Dana Lee

- $\frac{1}{2}$ cup water
- 2 bananas
- $\frac{1}{2}$ cup wild blueberries
- 1 cup raspberries
- 5 chard leaves

Utah's Smoothie by Elizabeth Haverstock

- 1 cup strawberries
- 2 cups pineapple
- 1 cup mango
- 2 big handfuls of spinach (or dark green of choice)

Every Day Smoothie

- 4-5 medium bananas
- 1-2 large handfuls of red grapes or fresh or frozen blueberries
- Large handful of cilantro
- Large handful of parsley or 2 handfuls of salad greens
- Water to dilute

Pea Green Delight

- 1+ cups water
- Romaine lettuce ($\frac{1}{2}$ head or 7-8 leaves)
- 1 cup peaches
- 1 cup strawberries
- 1 banana
- 1 ripe plantain

Tropic of Capricorn by Beth Carbone

Blend fruits and water. Then, slowly add chopped/ripped greens until smooth.

- $\frac{1}{2}$ cup of acai (Buy frozen acai at local health food stores)
- 3 small kiwis, peeled
- 1 mango
- $\frac{1}{2}$ cup of pure water
- 1 small handful pea or red clover greens (found at health food stores or very easy to grow indoors or outdoors with a little sunlight)
- 1 large handful spinach or purslane

Canadian Tropics by Hilda Northe

Blend. Serve in attractive glass. Garnish with mint leaves.

- Half a medium papaya
- 1 ripe mango
- 5-7 leaves of Romaine Lettuce
- $\frac{1}{2}$ cup water

Green Ambrosia by Robert Murphy

- 1 Mango
- 1 Fuyu persimmon
- 1 Ripe banana
- 1 Pear
- 5oz mixed baby lettuces
- 2 stalks of bokchoy
- Handful of spinach
- Small handful of parsley
- Several sprigs of mint
- 12oz Fiji water

Thanksgiving in a Mug

- 2 large apples
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ cup cranberries
- Handful of parsley

From the South Smoothie

- 2 yellow pitahaya
- 1 large Tommy mango
- 1 banana
- 1 bunch spinach leaves
- 1 cup water (to taste)

Apple-y-sauce Delight

Blend apples and water. Chop or rip the greens, adding them to the mixture and blending until smooth. Apple-y delicious!

3 sweet apples, any variety
½ cup of pure water
4 large leaves of lettuce
3-5 large leaves of Dino-kale

Confucius Cocktail

1 ripe persimmon
1 Asian pear (or any kind of pear)
½ cup of pure water
1 small handful of bokchoy
3 leaves of chard

3 B'S

½ lb. baby bokchoy
2 bananas
1 cup fresh or frozen blueberries
Sprigs of mint
1 cup

Pine Nut Pudding

Place ingredients in blender and process until smooth. Sprinkle with nutmeg.

1 cup pine nuts
1 cup pitted dates
1 cup water

Refreshing Pineapple Zinger

½ fresh golden pineapple chunked
1" peeled ginger root (can be grated if you prefer)
2-3 large red kale leaves (any variety would work)
2 LARGE handfuls baby spinach (about 4-5 oz.)
Juice of 1 orange

Green & Delicious

8 oz. water
1 apple
2 pears
1 banana
7-10 mint leaves
2-3 handfuls of spinach leaves

Superfood Shake (Ani Phyo)

Makes 1 serving

1 banana
2 Tbs. hemp protein powder
2 Tbs. hemp nut
1 Tbs. hemp oil
1 Tbs. coconut oil
1 1/3 cup filtered water

Celery-Carrot-Cilantro-Coconut (Dan @

<http://www.Life-Regenerator.Com>)

Run all ingredients through a juicer and mix in the coconut water.

1 head of Celery
4 Carrots
1 bunch Cilantro
Water of 1 Thai Young Coconut

Super Smoothie (Sonali Sadequee)

Place ingredients in blender and process until smooth.

1 Tbs. Spirulina or Barley Powder
1 Tbs. hemp oil
1 Tbs. coconut oil
1 cup soaked cashews drained
Few drops of vanilla extract
2-5 frozen bananas
Water as needed

Juices

Green Juice I

Run all ingredients through a juicer.

One small green summer squash peeled (dhoodhi in India)
Large bunch of coriander leaves without thick part of stems

Add a large bunch of spinach as needed

$\frac{1}{2}$ - 1 lime or 1 Indian gooseberry (amla)

Add 1" Turmeric root for healing purposes

Green Juice II

Run all ingredients through a juicer.

2-3 large cucumbers peeled

Large bunch of coriander leaves without thick part of stems

Add a large bunch of spinach as needed

$\frac{1}{2}$ - 1 lime peeled or 1 Indian gooseberry (amla)

Add 1" Turmeric root for healing purposes

Red Juice

Run all ingredients through a juicer.

4-5 large carrots

1 large beet

$\frac{1}{2}$ - 1 lime peeled or 1 Indian gooseberry (amla)

Add 1" Turmeric root for healing purposes

Banana "Milk" Shake

Soak the dates in a little water for several hours, so they will blend well. Then, blend all ingredients together. Slowly heat over the stove for warmth, but do not bring to a boil.

1-2 bananas

1-2 cups water as needed

2-4 dates soaked for a few hours

Can also soak 2-4 almonds and blend with skin removed

Green Juice (Dan @ <http://www.Life-Regenerator.Com>)

Run all ingredients through a juicer.

1 bunch wild Lamb's Quarters

1 bunch wild Plantain

5 bunches Spinach (w/ stems intact; not just the leaves)

2 bunches Red Chard

3 bunches Collard Greens

3 bunches Kale

4 bunches Cilantro

1 bunch Fresh Basil

4 bunches Beet Greens (Dave ONLY juices the greens of the beets & NOT the actual beets, as he's still recovering from the diabetes. For those not dealing w/ diabetes, feel free to juice the beets!

6 Red Bell Peppers

4 Yellow Bell Peppers

2 heads Fennel

4 heads Celery

12 Cucumbers (unpeeled if organic; peeled if inorganic)

2 dozen on-the-vine Tomatoes

3 heads Broccoli

1 pound Baby Bok Choy (or 1 bunch Bok Choy)

1 bunch Mustard Greens (use a smaller amount if the flavor is too strong)

4 bunches Parsley (2 Regular, 2 Italian)

1 bunch Asparagus

1 large Fresh Aloe Leaf (inorganic ok; organic is rarely available...also, only juice the lower portion of it & always juice a bit & taste, juice a bit & taste, as it can be VERY potent)

1 bottle of E3Live Algae

Rainbow Light Advanced Systems Digestive Enzymes (to help control gas, especially when you first jump into a program like this! If you can't find this brand, look for a type that's raw vegan & whole-plant sourced)

Dips & Dressings

Coriander Chutney (Sunny Jamshedji)

Blend all ingredients together and let sit for 10 mins.

Two large bunches of coriander leaves without thick part of stems

Water and flesh of one young coconut

$\frac{1}{2}$ a raw mango grated or juice of one lime

Sea salt (mota namak in India) or black rock salt (kala namak in India)

1 tsp. cumin powder

Tamarind Chutney (Sunny Jamshedji)

Blend all ingredients together, adding salt and coriander/cumin to taste. Can be spiced up with cayenne pepper for boldness!

INGREDIENTS

1 cup fresh sour (not sweet!) tamarind

1 cup chopped dates

1+ Tbs. cumin powder

1+ Tbs. coriander powder

Sea salt (mota namak in India) or black rock salt (kala namak in India)

Water

- Peel the tamarind and remove as many seeds as possible along with white fibrous material.
- Soak the tamarind and dates in separate bowls with just enough water to cover them for 8 to 12 hours.
- Work the tamarind with your fingers to further remove the seeds and any shell or hard materials.
- Do the same with the dates.
- Blend all ingredients together adding coriander/cumin/cayenne as needed.

Better than Alfredo (DrBenKim.Com)

INGREDIENTS

2 cups raw, organic cashews

1-2 cloves garlic

2 Tbs. fresh lemon juice

Sea salt, to taste

2 Tbs. chives or green onions (optional)

Water

- Blend all ingredients until you get a smooth and creamy sauce - start with just a $\frac{1}{4}$ cup of water and add more as you blend until you reach a consistency that you like; for a thinner version that's good for salads, use more water; for a thicker version that's good for pasta dishes, use less water.
- If you want to serve this delicious cashew sauce with an all-raw dish, make healthy pasta noodles out of zucchini.

Tomato Humus (Sunny Jamshedji)

Blend all ingredients together, adding salt and lime to taste. Can be spiced up with cayenne pepper, or soaked sundried tomatoes for a bolder flavor.

INGREDIENTS

2 cups sprouted chickpeas

2 cups chopped tomatoes

4 Tbs. finely-ground flax seeds

Juice of 2-3 limes

2 Tbs. cumin powder

2 Tbs. coriander powder

Sea salt (mota namak in India) or black rock salt (kala namak in India)

Orange juice or water to liquefy

- Soak chickpeas overnight, so they absorb water and become larger.
- Put in a large colander and cover with a damp cloth for 12-24 hours, soaking every 12 hours or so. The colander keeps the chickpea sprouts from becoming rancid. Don't wait too long, or when blended, they humus will curdle easily.

Pumpkin Chutney (Sunny Jamshedji)

Blend all ingredients together and let sit for 10 mins. Use the Indian/Caribbean pumpkin that is soft inside, not the bright orange Halloween one.

600 Gms (1 lb) fresh pumpkin, grated

Water and flesh of one young coconut

$\frac{1}{2}$ raw mango grated or juice of one lime

Sea salt

1 tsp. cumin powder

1tsp. coriander powder

Miscellaneous Dishes

Bokalicious Avocado Curry Wrap (April Groom)

Makes ~12 wraps; triple recipe to make ~36. Reduce by three for a great size to dip veggies to serve 2 -3 people. ~4-6 Baby Bok Choy wraps each. Add love, playfulness, song, intention, respect, healing, nourishment and blessings as you handle the food - for you, the food, and those who will eat it!

INGREDIENTS

3 whole ripened avocados
6 stalks celery
1 pint grape tomatoes
1 cup sun-dried tomatoes
1 handful parsley
1 handful cilantro
4-6 lime juiced for taste and liquid consistency
4-6 or more Tbs. curry powder
2 clusters Baby Bok Choy; choose the biggest leaves to wrap
1 ear of corn to decorate
4-6 English peas per wrap
Dash of cayenne pepper if you want them spicy!

TOOLS

Tools: Food Processor, knife, jar/glass with water, citrus juicer for the limes.

- Put bag of sundried tomatoes in a jar/glass to soak, just till moistened or about 5 minutes.
- Chop up celery into about 1 inch sections, to prepare it for the processor.
- Juice 4 limes and set aside in a cup.
- Put sundried tomatoes in food processor and blend into small pieces.
- Add avocados, celery and tomato in food processor and blend. Taste for reference.
- Add lime juice and blend. Taste and see for consistency, flavor. Add 2 more as needed.
- Add herbs, blend. Taste to see if you need more of one or another.
- Add 4 Tbs. curry powder, blend and taste. Add more if needed.
- Finish blending all to a smooth consistency, doing the final proof taste!
- Peel back bigger baby Bok Choy leaves, cutting off stems, leaving leaves.
- Lay out 12 leaves on a plate in a circular design, or 3 plates, for potluck serving of 36.

- Spoon mixture onto each leaf. Squeeze flat on sides of leave and press up to wrap around the mixture.
- Garnish with either corn and/or peas, leaving an opening on the top.
- If desired, sprinkle with dash of cayenne pepper. Leave some without, for potluck variation.
- Share and eat!

Tangy-Mangy-Spicy Salad (Sunny Jamshedji)

4 servings

SALAD

2-4 large carrots
4 stalks of celery
1 large cucumber with seeds set aside
1 large sweet mango
1 tomato with seeds set aside
1 cup kale chopped finely
½ cup Cilantro chopped finely
Can substitute with other ingredients such as raw jicama, sweet potatoes, fruit, etc.

DRESSING

1 young coconut with water
1 raw mango grated
1 cup grated sweet potato (orange/pink kind; sweeter and less fiber)
2 large Medjool dates chopped
1 tsp. cumin powder
1 tsp. coriander powder
Sea salt or black/rock salt to taste
Orange juice to make it thinner

- For salad, cut all items into ¼" cubes and mix in a large bowl. Put the cucumber and tomato seeds in the Slaw, place kale, scallions, garlic in mixing bowl. Marinate in lemon and Braggs. Set aside to marinate for 10 minutes. Slice and set beets aside in separate bowl.
- For dressing, blend all ingredients in a high-speed blender, tasting often.
- To serve, mix salad and dressing in bowl and top with chopped cilantro at room temperature. Extra salad dressing can be kept in fridge for several days. It just gets thicker and yummiier.

Cream of Tomato Corn Soup (Sunny Jamshedji)

2 servings

4 large tomatoes
1 large corn on the cob
1 tsp. cumin powder
1 tsp. coriander powder
Juice of $\frac{1}{2}$ lime
Sea salt to taste
Orange juice to make it thinner

- Cut the corn niblets off the cob with a knife.
- Blend all ingredients with half the corn in a high-speed blender, tasting often.
- Mix the rest of the corn into the soup and serve.

Tomato Soup with Corn & Celery (Sunny Jamshedji)

2-4 servings

SOUP

5-6 roma tomatoes
1 apple or Asian pear peeled & cored
1 Medjool date chopped
Sea salt or black/rock salt to taste
Orange juice to make it thinner

FILLER

2 stalks celery
1 corn on the cob
Can substitute with other ingredients such as raw jicama, potatoes, fruit, etc.

- For filler, chop celery in smaller bite sized chunks. Cut the corn niblets off the cob with a knife.
- For soup, blend all ingredients in a high-speed blender, tasting often.
- To serve, mix soup and filler together in large bowl and top with chopped cilantro at room temperature.

Guacamole (Sunny Jamshedji)

Makes one large party-size bowl

6 ripe medium-sized tomatoes
6 avocados
1 large lime/lemon
1 large bunch cilantro
 $\frac{1}{2}$ -1 large white onion
1-2 large cloves of garlic
1 jalapeno (green chilly) seeded
Sea salt

- Separate the leaves from the stems of about $\frac{1}{4}$ of the cilantro and loosely chop it and set aside for the garnish.

- Finely chop the following: stems and the rest of the cilantro, onion, garlic, and the chilly depending on how spicy you want it. It can be left out altogether!
- Cut the avocado and tomatoes in small/large chunks. The smaller the chunks, the soupier the avocados become when mixed.
- Squeeze the juice from the lime/lemon.
- Mix all ingredients in a large bowl adding chilly and salt taste.
- Serve chilled along with veggie chips made from thinly sliced yams, sweet potatoes or zucchini, and raw veggie sticks like celery and carrot. Alternatively, corn chips and pita bread can also be used.
- Strict raw foodists can forgo the onions, garlic and chillies altogether!

Marinated Baja Red Beet Slaw (Ani Phyo)

2 servings

SLAW

6 beet top leaves, sliced
1 green cabbage leaf, sliced
1 Tbs. scallions, chopped
 $\frac{1}{2}$ garlic clove, chopped
1 lemon
1 tsp. Bragg's Liquid Aminos
1 red beet, peeled and sliced

DRESSING

1 avocado, seeded and diced
2 Tbs. flax oil
2 Tbs. extra virgin olive oil

- For Slaw, place kale, scallions, garlic in mixing bowl. Marinate in lemon and Braggs. Set aside to marinate for 10 minutes. Slice and set beets aside in separate bowl.
- For Dressing, add avocado and oils to marinated Slaw and toss.
- To serve, top with sliced beets and serve.

Red Cabbage Slaw in Carrot Ginger Dressing (Ani Phyto)

2 servings

SLAW

2 cups red cabbage, sliced
½ zucchini, sliced
2 Tbs. white onion, chopped

DRESSING

2 tsp. ginger
1 clove garlic
1 small carrot
1 tsp. mellow white miso, unpasteurized
3 Tbs. extra virgin olive oil
1 Tbs. flax oil
2 segments of lemon

- To make Slaw, place all ingredients into a mixing bowl.
- To make Dressing, place all ingredients in blender. Blend until smooth.
- To serve, place Slaw into 2 salad bowls. Top with Dressing and serve.

Fast & Furious Wild, Wild Rice (Ani Phyto)

4-6 servings

INGREDIENTS

12 oz Wild Rice, dry
1 ½ cup parsley leaves, chopped
½ cup chopped yellow onion
1 garlic clove, chopped
½ lemon's juice
3 Tbs. olive oil
Sea salt to taste

- Start by soaking wild rice in filtered water for at least 1 full day. Rinse and change water 2-3 times per day. Finally, rinse well and place in mixing bowl.
- Place remaining ingredients into bowl with soaked rice. Toss well and enjoy.
- Will keep for 2-3 days in your fridge.

Cacao Pudding (Ani Phyto)

4 servings

2 cups cashews
1 cup water
¼ cup pitted semi soft dates
2 Tbs. cacao nibs or powder

- Blend all ingredients until smooth. Top with cacao nibs and serve.

Roma Tomato Soup con Avocado (Ani Phyto)

2 servings

SOUP

2 roma tomatoes, quartered
1 Tbs. red miso, unpasteurized
½ garlic clove
¼ cup extra virgin olive oil
1 ½ cups water

TOPPING

½ avocado, diced
1 roma tomato, diced

- To make soup, place all soup ingredients in a blender and blend until smooth.
- To serve, pour soup into 2 soup bowls. Top with Toppings and enjoy.

Red Beet Salad (Ani Phyto)

The flavor for this simple salad comes from the delicate pine nuts, sweet red beets, and fresh dill.

SALAD

1 red beet, julienne
1 carrot, julienne
½ head of romaine lettuce, torn
½ bunch spinach, torn
¼ cup fresh dill, torn
1 stalk celery, chop
½ cup pine nuts

DRESSING

1 Tbs. apple cider vinegar
3 Tbs. olive oil
½ lime's juice
½ tsp. sea salt, to taste
Black pepper, to taste

- Begin by placing all ingredients into a mixing bowl:
- Next, drizzle the ingredients for this simple dressing right into your mixing bowl:
- Toss, and serve.

Low Calorie Salad Dressing Recipe (Dan @ <http://www.Life-Regenerator.Com>)

SALAD

- 2 bunches Spinach
- 1/2 head Cabbage, roughly chopped into large chunks
- 2 Red Bell Peppers, roughly chopped into large chunks
- 2 cobs of Corn, raw
- Chop by hand or with food processor and toss well.

DRESSING

- 3 Tomatoes, roughly chopped
- 2 stalks Celery, roughly chopped
- 1/8 - 1/4 cup dried Dill (or fresh if available!)
- 1 Leek, roughly chopped
- 1 Lemon
- Blend until smooth and thick, then pour over the salad and mix thoroughly.

All-American Apple Pie (Ani Phyo)

Makes 1 pie

ALMOND PIE CRUST

- 2 cups almonds, dry
- 1 tsp. sea salt
- 2 cups pitted Medjool dates

SYRUP

- 1/2 cup pitted dates
- 1 orange, peeled and seeded
- Splash of water, as needed

FILLING

- 5 cups apples, peeled, seeded, thinly sliced, about 5 or 6 apples
- 1 cup raisins and/or cranberries
- 2 Tbs. ground cinnamon
- Slice apples in .25" slices and put in water overnight to soften.
- Process pie crust, keeping some almond powder for next step.
- Powder bowl with almond powder that was ground in food processor.
- Spread crust into bowl; make pretty by pinching edges.
- Blend syrup in a small blender.
- Mix filling in a large bowl along with syrup.
- Pour into pie crust, leaving a design of swirly apples on top.
- Sprinkle raisins or cranberries on top.

Sea Veggie Salad (Ani Phyo)

Makes 2 servings

- 6oz package of sea vegetables, soak and rinse well, or hydrate dried sea veggies, about 1 cup
- 1/2 lemon's juice
- 1/2 cup cucumber, sliced
- 1/4 to 1/2 tsp. red jalapeno pepper, chopped, to taste
- 1/2 to 1 tsp. yellow onion, chopped, to taste
- 1 Tbs. olive oil
- Place all ingredients in a bowl and toss to mix well. Serve and enjoy.

Kelp Noodle Salad (Ani Phyo)

Makes 4 servings

- 4 cups Kelp Noodles
- 4 cups herb or spring mix, lightly packed
- Place noodles and greens in a mixing bowl, and toss with 1 cup of Pistachio Pesto. Yummy!

Fresh Mango Cobbler (Ani Phyto)

Makes 1 pie

CRUST

3 cups pecans, dry
1 vanilla bean, scraped, or 1 Tbs. alcohol-free extract
 $\frac{3}{4}$ tsp. sea salt
 $\frac{3}{4}$ cup pitted dates

SYRUP

$\frac{3}{4}$ cup pitted dates
3 Tbs. coconut oil
 $\frac{1}{2}$ vanilla bean or $\frac{1}{2}$ Tbs. alcohol-free extract
Filtered water, as needed

FILLING

3 to 4 ripe mangoes, peeled, seeded, sliced, about 6 cups

- To make crust, process pecans, vanilla bean, and salt into powder in your food processor. Add $\frac{3}{4}$ cup pitted dates and process until mixed well. Sprinkle half of the crust onto bottom of pie dish, and set aside. Don't bother rinsing out your food processor after making the crust; the leftover crumbs will add in with the syrup ingredients.
- To make syrup, process $\frac{3}{4}$ cup dates, oil, vanilla bean, and water as needed to make thick syrup. Set aside.
- To make filling, place sliced mango into a large mixing bowl. Toss with the syrup. Spoon onto cobbler crust. To serve, top with remaining half of the crust. Will keep for two days in the fridge.

Pistachio Pesto (Ani Phyto)

Makes 1 cup

$\frac{1}{2}$ Tbs. garlic
 $\frac{1}{2}$ tsp. salt
1 cup pistachio
2 cups basil, fresh, lightly packed
1 Tbs. lemon juice, from about 1 lemon
 $\frac{1}{2}$ cup avocado
1 Tbs. olive oil

- In your food processor, place garlic, salt, and pistachios, and process into small pieces.
- Add basil and process to mix.
- Add lemon juice, avocado and olive oil and process to mix well.
- Toss with Kelp Noodle Salad, see below.

Love the Chicks Pate (Ani Phyto)

Makes 4-6 servings

1 cup almonds, dry
 $\frac{1}{2}$ cup sunflower seeds, dry
 $\frac{1}{4}$ tsp. sea salt
1 tsp. turmeric
 $\frac{1}{2}$ cup filtered water

- In a food processor, process all the dried ingredients first.
- Then, add the water at the end to make it into a crumbly paste.

Spanish Breakfast Scramble (Ani Phyto)

Makes 2 servings

$\frac{1}{4}$ cup cilantro
 $\frac{1}{2}$ cup tomato, diced
2 Tbs. scallions, chopped
1 batch **Love the Chicks Pate**
 $\frac{1}{2}$ cup spinach leaves
1 pinch black pepper

- In a large bowl mix the **Love the Chicks Pate**, cilantro, scallions, tomato, and pepper.
- Place the spinach in a bed on the bottom of two salad bowls and spoon the Love the Chicks Pate with an ice-cream scoop.
- Enjoy your breakfast!

Cranberry Coconut Almond Cookies (Ani Phyto)

Makes 12 servings

1 $\frac{1}{2}$ cups pitted Medjool dates
1 cup almonds, process into chunks
 $\frac{1}{2}$ cup cranberries
 $\frac{1}{2}$ cup shredded coconut
1 Tbs. vanilla extract, alcohol free

- Place all ingredients in a large mixing bowl and mix well using your hands.
- Form batter into balls, or press into cookie cutters to make shapes.
- Should be devoured immediately!

Strawberry Macaroons (Ani Phyo)

Makes about 12

1/3 cup pitted Medjool dates (semi soft)

1 ½ cup strawberries, fresh or frozen and thawed

¼ cup agave or honey

1 Tbs. vanilla extract, or 1 vanilla bean, scraped

2 cups shredded coconut

- Place dates, strawberries, agave, and vanilla in your food processor and process into a puree.
- Add coconut, and process to mix well.
- Use a 2 Tbs. scooper to portion batter onto dehydrator trays.
- Dehydrate at 104° for 4 hours.
- If you don't have a dehydrator, use a conventional or convection oven to bake at the lowest temperature (usually 150°).

Brownie Cookies (adapted from Ani Phyo's cacao-based cookies)

Makes 12 cookies

1 ¼ cup almond meal

¾ cup carob powder

Pinch of sea salt, to taste

1/3 cup agave

1/3 cup water

½ cup carob nibs

- Mix almond meal, carob, and salt in a mixing bowl.
- Mix in the agave and water.
- Stir in carob nibs.
- Use a 2 Tablespoon scooper to portion onto dehydrator trays.
- Dehydrate for 6 to 7 hours, or to desired consistency.
- If you don't have a dehydrator, use a conventional or convection oven to bake at the lowest temperature (usually 150°).

Oat Carob Chip Cookies (adapted from Ani Phyo's Oat Chocolate Chip Cookies)

Makes 21 x 2 Tbs. sized cookies

1 1/4 cup raisins

1/2 cup pitted Deglet Nour dates (drier dates than Medjool)

2 cups oats

4 teaspoons agave

2 teaspoons cinnamon

Pinch of salt, to taste

1/2 cup carob nibs/chips

- Place raisins and dates in your food processor and process into small pieces.
- Add oats, agave, cinnamon, and salt.

➤ Process to mix well.

➤ Empty into a mixing bowl and add carob nibs/chips and mix well.

➤ Use a 2 Tablespoon scooper to portion cookies.

➤ Enjoy immediately, or chill before serving for firmer texture.

Creamy Spinach Salad (Eric Rivkin)

SALAD

4 packed cups spinach leaves

1 loose cup cilantro leaves

1 red bell pepper, sliced

1 Tbs. extra virgin olive oil

2 tsp. lime juice

- Marinate the veggies in the oil and lime juice. Toss and set aside.

SAUCE

1 cup raw cashews

1 clove garlic

½ loose cup cilantro leaves

1 tsp. grated ginger

½ tsp. or more jalapeno pepper

½ tsp. olive oil

1 medjool date, pitted

1/3 cup seedless red grapes

½ cup water

- Blend until smooth and thick, then pour over the spinach mix, mix thoroughly, then garnish with apple slices.

Frankie's Mushroom Cakes (Frank Giglio)

INGREDIENTS

- ½ cup chopped fresh mushrooms
- 1 (or 2) clove garlic
- 1 ½ cup zucchini, diced small
- 1 ½ cup cashews
- ½ c onion, diced small
- 2 tbsp nutritional yeast
- 2 tbsp lemon juice
- 4 tbsp bell peppers, diced small
- 2 tsp kelp powder
- 2 tbsp flax seed, ground
- 1 tsp chipotle powder (I used red pepper flakes)
- 1 tsp crystal salt -or to taste

- In a food processor, puree mushrooms, garlic and half the veggies. Place in mixing bowl. Now pulse the rest of veggies, roughly chop. Place in bowl, then roughly chop the cashews and add that to bowl. Stir in the remaining ingredients.
- Form into desired sized cakes.
- Dehydrate 125 for 8 to 12 hours. Cakes should be slightly crisp on the outside and soft on the inside.

Tumultuous Turmeric Salad (Sunny Jamshedji)

Makes 6-10 servings

SALAD

- 4 cups chopped romaine lettuce
- 4 cups baby spinach leaves
- 4 cups of chopped vegetables like zucchini, celery, broccoli, cabbage, bokchoy, carrots, yam, sweet potato, etc.
- ½ cup raisins

SAUCE

- 1 cup of any combination of sweet raw nuts like macadamias, almonds, cashews, pecans, Brazil nuts, pumpkins seeds, etc.
- 2 large tomatoes
- 1 Tbs. tamarind paste or juice of one lime/lemon
- ½ tsp. turmeric powder
- ½ tsp. cinnamon powder
- 1 tsp. sea salt
- Water as needed

- Blend all sauce ingredients together until smooth and creamy, adding water as needed. You can add a clove of garlic and cayenne for more of a kick! Let it sit for a while to make thicker.
- Chop up vegetables into small ¼" cubes. Use a food processor if you like, although that might create a mush!
- Mix vegetables and sauce in a mixing bowl, leaving somewhat thick, but not dry; keep extra sauce aside.
- In a large, deep bowl, layer the chopped romaine lettuce and baby spinach, followed by the vegetables in the center.

- Pour the rest of the sauce on top and sprinkle with raisins.
- Serve immediately, as letting it sit for too long will cause the liquids to settle to the bottom.

Peach & Pistachio Cobbler (Ani Phyo)

Serves 4-6

CRUST

- ½ cup raw pistachios
- 1 cup Medjool dates
- ¼ tsp sea salt

FILLING

- 4 cups sliced peaches
- 3 tbsp agave syrup or honey
- 1 vanilla bean or essence

- Grind pistachios in food processor along with sea salt.
- Deseed and add dates slowly to the grinding nuts, so as not to leave it too dry or too moist; dates must have a binding effect.
- Sprinkle half of the crust mixture in the bottom of a bowl.
- Slice 4 peaches thinly.
- Deseed a whole vanilla bean, if available, or use vanilla essence.
- Add a few tablespoons of agave syrup or honey, a teaspoon of the little vanilla seeds or a few drops of vanilla essence, a little salt, and mix in a bowl.
- Pour mixture onto crust.
- Sprinkle rest of crust mixture onto top of peaches and serve.

Tahini Dressing (Paul Nison)

Serves 5

- 4 oz of raw tahini
- ½ lemon, juiced
- 1 garlic clove
- Pinch of cayenne pepper
- Namo Shoyu soy sauce to taste

- Blend all ingredients with enough water to make a dressing consistency. Add Namu Shoyu to taste.

Mushroom Pizza (Paul Nison)

Serves 2

1 Portobello mushroom
1 tomato
3 tablespoons of almond butter or tahini dressing,
1 lemon, juiced

- Clean and stem mushrooms so you just have the mushroom caps. Clean mushroom caps and turn upside down. Put lemon juice over them, and then add nut spread. Next, make very thin tomato slices and lay them on top. Enjoy!

Pine Nut Pudding (Paul Nison)

Serves 4

1 cup pine nuts
1 cup soft dates
1 cup water

- Blend all ingredients in a blender. You may sprinkle with nutmeg if you like.

Apple Sauce (Paul Nison)

Serves 2

3 apples
1 banana
4 soft dates
 $\frac{1}{4}$ cup water

- Blend all ingredients in a blender. You may sprinkle with nutmeg if you like.

Zucchini Pasta (Paul Nison)

Serves 2

- 2 zucchini (you may also use yellow squash.)
- Run the zucchini through a Saladacco slicing machine.

Pesto (Paul Nison)

Serves 4

2 bunches of spinach
1 bunch fresh basil
 $\frac{1}{2}$ lemon, juiced
2-4 cloves of garlic
1 cup pine nuts
 $\frac{1}{2}$ teaspoon Celtic sea salt
 $\frac{1}{2}$ cup olive oil

- Clean and wash greens, Blend garlic in a food processor, add remaining ingredients and blend again. Serve as a dip or over pasta.

Onion-Walnut Pate (Paul Nison)

1 cup minced onion
 $\frac{1}{4}$ cup loose parsley
2 cups soaked walnuts
2 tsp pine nuts
3 tsp Braggs Amino Acids

- Homogenize and serve

Cauliflower Mashed "Potatoes" (Paul Nison)

3 cups cauliflower
 $\frac{1}{2}$ cup pine nuts
 $\frac{1}{2}$ tablespoon fresh thyme
 $\frac{1}{4}$ cup lemon juice
2 cloves garlic
Sea salt
Olive oil
Water

- Put all ingredients in a food processor and chop till fine, keeping somewhat moist with water and olive oil.
- Add salt to taste.

Mushroom gravy (Paul Nison)

1 jar raw almond butter
2 Roma tomatoes
1 medium red onion
2 garlic cloves
4 Portobello mushrooms
1 cup water
Sea salt to taste

- Blend ingredients together.

Eggnog (Paul Nison)

2 cups almond milk
1 cup macadamia nuts
 $\frac{1}{2}$ cup raw honey
1 tablespoon cinnamon
1 teaspoon nutmeg
 $\frac{1}{4}$ teaspoon turmeric
1 vanilla bean
1 banana

- Blend ingredients together.

Cheese Cake (Paul Nison)

Makes 1 pie

ALMOND PIE CRUST

2 cups almonds, soaked
 $\frac{1}{2}$ cup dates, chopped
2 cups pitted Medjool dates, chopped
1 tsp. sea salt to taste (IMHO!)
 $\frac{1}{4}$ cup coconut fine flakes

FILLING

3 cups raw cashews, soaked
 $\frac{1}{2}$ cup dates, chopped
1 small lemon, juiced
 $\frac{3}{4}$ cup raw honey
 $\frac{3}{4}$ cup raw coconut oil
 $\frac{1}{2}$ tsp. sea salt
1 tsp. vanilla extract without alcohol
Water

TOPPING

2 cups strawberries, fresh or frozen
 $\frac{1}{4}$ cup raw honey
Water

- Crust: Mix pie crust ingredients in food processor. Sprinkle coconut flakes in cake pan and press pie crust into it. Set aside.
- Filling: Blend cashews, dates, oil, honey, lemon juice, salt and a little water to keep it moving. Pour into cake pan.
- Topping: Blend strawberries, honey, and a little water. Pour over topping.
- Place in freezer for several hours to set.

Quick-Curry Salad Dressing (Sunny Jamshedji)

Makes 4-6 cups

1 cup almonds or any other nut, dry
1 large orange, peeled, deseeded & chopped
1 Tbs. curry powder (mild, not spicy)
2 Tbs. raw coconut oil
1 tsp. turmeric powder
4 Deglet (small) or 2 Medjool (large) dates chopped
1 cup dried cranberries chopped fine
1 tsp. sea salt
1-2 cup orange juice as needed

Note: Use a non-spicy curry powder: one with little cayenne, otherwise, it will be extremely spicy!

- Put almonds/nuts, curry powder and sea salt in a dry blender and blend till a powder. Shake the blender if necessary. Do not run long to prevent heat build-up and oil extraction from nut. Scrape the bottom edges of the jar near the blade to free the powder build-up.
- Pour 1 cup orange juice and stir with spatula until it gets to bottom of powder.
- Add chopped orange and dates. Start blending, adding orange juice as needed to keep it moving and add salt to taste.
- When nice and smooth, drop in coconut oil. Allow to blend. This helps to make the dressing smoother and stick to salad ingredients!
- Just before you're happy with consistency, throw in cranberries and blend for 15 secs more.
- Pour over a salad, use as a dip for veggies, or store in fridge in an airtight container to use any time!