**Recipes for February Raw Food Class**

**Spanish Rice** (20 Min) in a bowl serves 4

1 head cauliflower grated in food processor

4 green onion, diced

2 tomatoes diced

1 orange or red bell pepper

Jalapeno pepper, diced (optional)

2 tbs lemon juice

1/3 cilantro diced

1 avocado (mashed in)

1 ts paprika

1 ts sea salt

¼ cup olive oil

**Taco Meat** (10 min at least 4 hours to soak walnuts)

In a food processor add:

2 cups soaked walnuts

1 tbs cumin

1 tbs coriander powder

1-2 tbs raw soy sauce

¼ fresh cilantro

½ cup fresh corn optional

In a food processor, pulse about 15 sec, (you may have to stop machine and mix it up to keep “meat texture”

Serve on Romaine, Swiss chard, cabbage leaf or flax seed taco shell

**Macho Nacho Sauce** (10min)

In blender add:

½ water

½ red bell pepper

½ pine nuts or cashew nutsf

½ sunflower seeds

1 Tbs Miso (fermented say, full of enzymes, Spouts carries it)

1 clove garlic

1 tbs fresh lemon juice

1 Fresno pepper (red Jalapeno)

1 ts seal salt

Blend on high until creamy, serve on top of lettuce leaves, tacos or as a dip for “chips”

**“Sloppy Joe”**

Use the taco meat recipe and mix “ketchup” until you get the sloppy Joe” appearance. Serve on a Romaine Lettuce leaf.

“Ketchup”

Presoak the 1 cup on sun dried tomatoes in good water for 15 to 20 minutes, drain the water once the sun dried tomatoes feel re-hydrated or use sun dried tomatoes in oil

In a blender, add:

1 cup of pre soaked Sun dried tomatoes

2 tablespoons of raw apple cider vinegar

½ cup dates, soaked if too dry

1 pear, peeled and cored

1 tomato

½ to 1 cup of good water (depends how thick you like your ketchup)

1 teaspoon salt or to taste

Blend well and serve, keeps up to 3 days when refrigerated.

Raw Chili



3 cups avocado

11/2cups almonds

Sundried tomatos

2 tomatoes chopped,

½ cup jalapeno chopped,

½ lemon juice

½ cup cilantro,

 1 tablespoon chili powder, 1 tb cumin 1 ts salt, 1/8 ts pepper

Cover sun dried tomatoes with water and soak for at least 15 min and put with all other ingredients into the blender and blend until they are just chopped and mixed. Shout be thick and chuncky.1/2 cups sun dried tomatoes

**Curry Carrot Salad**

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* 4 cups grated carrots, (approximately 10 medium carrots, grated)
* 2 cups snow peas, sliced into 1/2-inch long pieces
* 2 cups diced fresh pineapple
* 1/2 to 1 cup raisins
* I bunch scallions, sliced thin

Curry Dressing

* 1/2 cup cashews, soaked for at least 6 hours and drained (I like these: [Navitas Cashews](http://www.amazon.com/gp/product/B001EQ5HRU/ref%3Das_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001EQ5HRU&linkCode=as2&tag=rawmazing-20))
* 1/2 cup fresh almond milk (you can use water but it won’t be as flavorful)
* 2 teaspoons sweet yellow curry powder
* 1/2 teaspoon nama shoyu (or low sodium tamari)
* 1 tablespoon liquid sweetener of choice (I used raw, organic agave)

Himalayan salt to taste

1. Toss carrots, snow peas, pineapple, raisins and scallions together in a large bowl.

2. Place all dressing ingredients in a high-speed blender and blend until smooth.

3. Pour dressing over salad and mix through to coat all pieces.

Per serving: Calories 202, Carbs 42, fat 4 g, Protein 4 g. (These are approximate.)

**Purple Mystic Salad**

1. In large mixing bowl, add:
2. 1 head red cabbage, shredded, 3 cups walnuts chopped (soaked), 2 diced Serrano peppers and 2 diced Habanero peppers, this will make salad very spicy, you can skip the peppers), ¾ sweet onion, diced, 2 ears of sweet corn from cob, 1 diced bell pepper, 1 cup sundried tomatoes, 1 diced avocado, salt to taste
3. Mix and eat right away, You can let it sit awhile to allow the hot flavors to blend.

**Peanut Butter Chocolate Pie**

time: 25 min, 12 hours to freeze

**Crust:** mix 2 cups hazelnuts or walnuts, 2 cups dates presoaked until they have a thick dough like consistency

Filling: 1 ½ cups peanut butter (or raw organic almond butter or sunflower butter if you want to be Raw)

Place the butter in the shell.

In a processor add: 2 large or 3 small avocados, optional one ripe banana

1 cup raw cacao powder (or carob)

1 cup maple syrup or your favorite sweetener (raw honey…)

Blend until creamy and pour mixture on top of butter. If desired crumble 2 TBS of crust on top of pie for garnish. Place into freezer and serve (hint, do not use glass pan, in glass pan the crust will stick to it)

**Raw Blueberry cheesecake**

**Crust**

* 1 cup walnuts
* 1 cup pine nuts or other nuts
* ½ cup pitted dates
* ½ cup unsweetened coconut

**Filling**

* 3 ½ cups cashews (soaked 2 hours and drained)
* 2 cups fresh or frozen blueberries
* ¾ cup fresh lemon juice
* ¾ cup raw unfiltered honey
* ¾ cup raw coconut butter
* ¼ vanilla bean or 1teaspoon pure vanilla extract
* ½ teaspoon Celtic or Himalayan salt

Feel free to experiment with strawberries, or raspberries, or mango, or possibly some other fruit.f

**Making the Crust**

Place all crust ingredients except coconut in food processor with “S” blade and process until crumbly. Sprinkle coconut onto the base of a spring form pan, pie plate, or 8x8 square Pyrex (coconut keeps dough from sticking). Press mix evenly into pan to form a crust.

**Prepare the Filling**

Place all filling ingredients in a powerful blender like a Vita-Mix (Most regular blenders won’t be able to process this filling. You could use a food processor, but it won’t make it as creamy.) Blend until smooth and creamy.

Pour onto crust, tapping to remove bubbles, and make sure pie plate is filled evenly. Cover and place in freezer until firm. When firm, if using a spring-form pan, remove and place on a serving plate before cutting slices and return leftover to freezer.