**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”

**Sabine’s meat loaf**

Recipe is for chicken size Turkey, double to make a turkey (soak nuts at least 4 hours and 10 hours in dehydrator)

Soak nuts **2 cups pecans or walnuts, 2 almonds, 1 pumpkin, 1 cashews**

Other ingredients: **1 med onion, 6 garlic cloves** – mix in food processor

Add 2 celery stocks sliced fine, 2 cups of mushroom, 1 bell pepper, 4tsp lemon juice, 1 onion chopped real fine, 1 Ts cumin powder, ½ tsp black pepper, 6 garlic cloves, 2 TS Rosemary, 6 Ts psyllium husk, 6 ts celtic or Himalayan Salt.

Mix well and sculpture the ingredients on a dehydrating tray into shape of meatloaf, this amount makes enough for 2 meatloaf or a small “chicken”

Baste the meatloaf or burger with a mixture of: 1 ½ Ts raw soy sauce (or Braggs) 1 cup of olive oil, 1 to 2 Ts of Paprika

Dehydrates for 10 hours, serve on silver platter and enjoy!

**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=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001EQ5HRU&linkCode=as2&tag=rawmazing-20)http://ir-na.amazon-adsystem.com/e/ir?t=rawmazing-20&l=as2&o=1&a=B001EQ5HRU)
* 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.

**Sabine’s Raw German Chocolate Cherry Pie**

I just read some research on how anti-inflammatory tart cherry are and thought I should come up with a delicious Raw desert with tart organic cherries

**Crust:** mix 2 cups hazelnuts 1 to 11/2 cups dates presoaked, (optional add beneficial 1 TBS coconut oil), 2 Tbs of raw cacao, pinch of Himalayan salt, 2 Tsp of raw honey or agave

**Vanilla Cream Filling:**

1 cup soaked raw cashews, 1 pinch Himalayan salt, 1 Ts real vanilla, 3 TBS raw agave or raw honey, 1 – 2 Tbs lemon juice, 2 to 3 Tbs coconut oil, a little hot water to make it blend easier

Put all ingredients into Vitamix and blend until very creamy.

**Chocolate Filling:**

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.

Put the crust into pie shell, add the tart cherries, add the Vanilla cream layer, out in freezer to harden, and add the chocolate layer one the vanilla layer is firmed up. If desired once can repeat the different layers for a thicker pie.

Place into freezer for a few hour and serve (hint, do not use glass pan, in glass pan the crust will stick to it). This pie can be stored in freezer for several months.

**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.