**Raw Food class Recipes for November Class**

**Food served: Turkey, Cranberry Salad, Kale Salad, Sweet Potato Salad, Purple Salad, Thai Wraps**

**Deserts**

**Sweet potato Pie, Sweet Potato Cream Cheese Pie, Pumpkin Pie, Chocolate and Pumpkin Macaroons**

**Raw Turkey**

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, 2 almonds, 1 pine 1 cashews**

Other ingredients: **1 med onion, 6 garlic cloves** – mix all in juicer with blank screen or in food processor

Add 2 celery stocks sliced fine, 4tsp lemon juice, 1 large white onion chopped real fine (I used red), 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 ona dehydrating tray into shape of turkey.

Baste the turkey 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!

**Cranberry Salad**

* In a blender, add:
* 1 cup cranberries
* 1 cup dates pitted and soaked (I did not soak mine)
* ½ teas allspice, 2 tsp cinnamon, ½ ground cloves, 2 tsp coconut butter (I used some coconut milk and oil)
* I used pumping spice mix and cinnamon
* Put in Vitamix or any mixer and blend well
* In Bowl:
* 2 pears and 2 apples cored and chopped. 1 cup pineapple chopped, 1 cup walnuts or pecans chopped, ½ cup raisons

**Sweet Potato Salad**

* 3 cups sweet potatoes, peeled and shredded
* 1 medium sweet apple, peeled and chopped fine
* 1 cup pineapple tidbits
* 1/2 cup pecans, chopped
* 1/4 cup organic raisins or chopped dates
* 1/2 cup [Orange Sunset Dressing](http://www.hacres.com/recipes/cards/orange-sunset-dressing)
1. In a large bowl, combine sweet potatoes, apple, pineapple, raisins or dates, pecans, and [Orange Sunset Dressing](http://www.hacres.com/recipes/cards/orange-sunset-dressing).
2. Mix well, cover, and chill before serving.

**Orange creamy Dressing**

* 1/2 cup fresh orange juice
* 1/2 cup extra virgin olive oil
* 1/4 cup sunflower seeds, soaked overnight and drained
* 1/4 cup raw unfiltered honey or other sweetener
* 1/2 tsp unrefined sea salt
* Pinch of cayenne pepper (optional)

Place all ingredients in Vitamix or other powerful blender and process until creamy. Pour over salad and serve immediately. Optional: for a savory flavor, add 1 garlic clove, minced and 1/4 cup green onions, sliced thin.

**Thai Wraps**

Ingredients:
2 cups walnuts
½ cup zucchini, diced
½ cup Champignon mushrooms, diced
½ cup red bell pepper, diced
½ cup fresh cilantro, minced
½ cup scallions, minced (greens only)

Sauce:
½ cup raw wild honey
¼ cup nama shoyu or Braggs Amino Acid
1 clove garlic, minced
2 teaspoons fresh ginger, grated
2 Tablespoons sesame seeds, hulled
2 Tablespoons sesame Oil
1 teaspoon red pepper flakes

Garnish:
1 head of lettuce, Butter, Bib, or Romaine
2 cups mung bean sprouts optional
1 carrot

Gently pull-apart lettuce leaves wash and let dry on paper towel. Prepare the sauce in a food processor fitted with an s-blade by adding all ingredients and pulsing 3-4 times. Add walnuts to the processor and pulse 4-5 times until meat of walnut mimics consistency of ground meat. Then add diced vegetables to processor and pulse 3-4 more times until all ingredients are incorporated. Place 2-3 lettuce leaves on plate, scoop 2-3 tablespoons of walnut meat mixture onto each leaf. Garnish with mung beans, and grated carrot.

Feel free to alternate recipe, sometimes I add coconut and carrots to the ingredients.

**Sweet Kale Salad**

In the salad bowl add:

1 head kale (remove stems), ¼ cup raw unheated honey, ¼ cup olive oil, 1 garlic clove, minced, ½ cup raisins, 2 Ts pine nuts (or other)

With clean hands massage ingredients for 5 min.

 **Purple Mystic Salad**

In large mixing bowl, add:

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

Mix and eat right away, You can let it sit awhile to allow the hot flavors to blend.

**Raw Sweet Potato Pie**

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***For the Crust***

* 1 cup walnuts
* 3 tablespoons raw agave
* 1 tablespoon raw coconut oil
* 3/4 teaspoon cinnamon
* 1/8 teaspoon nutmeg
* pinch of salt

Place the walnuts in your food processor fit with the S-blade. Process to finely chop. Add all remaining ingredients and process until sticky. Press into the bottom of a 9″ spring form pan. Place in the freezer to set.

***For the Sweet Potato Filling***

* 3/4 cup coconut butter, 1/2 cup water or almond or flax milk
* 1/2 cup raw agave
* 1 tablespoon cinnamon, 1 teaspoon vanilla extract or 1/2 vanilla bean
* 1/2 teaspoon grated fresh ginger, 1/4 teaspoon nutmeg
* 3 cups peeled and chopped sweet potato

Place all ingredients except for the sweet potato in a high speed blender and blend until well combined. Add the sweet potato and blend again until very smooth. Pour over the crust. Put in fridge or freezer to firm up.

**Raw Sweet Potato Cream Cheese Pie**

***For the Crust***

* 1 cup walnuts
* 5 or 6 dates (or raisins or prunes)
* 3/4 teaspoon cinnamon, 1/8 teaspoon nutmeg or pumpkin spice mix
* pinch of salt

Place all ingredients in your food processor fit with the S-blade. Process until finely chop. Press into the bottom of a 9″ spring form pan or other glass container. Place in the freezer to set.

***For the Sweet Potato Cream Cheese Filling***

* about 1 to 2 cups soaked cashews, 1/4 cup water or almond or flax milk
* 1/2 cup raw agave
* 1 tablespoon cinnamon, 1 teaspoon vanilla extract or 1/2 vanilla bean
* 1/2 teaspoon grated fresh ginger, 1/4 teaspoon nutmeg
* 3 cups peeled and chopped sweet potato

Place all ingredients in a high speed blender and blend until very smooth. Pour over the crust. Put in fridge or freezer to firm up.

**Raw Pumpkin pie (with banana)**

* **Pie Crust:**
* 2 cups macadamia nuts, almonds, walnuts or other nuts
* 1 1/2 cups dates or other soft dates

**I used sliced bananas for the crust as a variation to have a nut free Pumpkin pie**

* **Pie Filling:**
* 4 cups pumpkin cubes, skin and seeds removed
* 1 1/2 cups banana slices
* 3/4 cup [agave nectar](http://vegetarian.about.com/od/glossary/g/agavenectar.htm)
* 1 teaspoon cinnamon
* 1/4 teaspoon nutmeg, 1/2 teaspoon ground coriander, optional, 1/4 teaspoon allspice, optional, Pinch cayenne, optional ( I used pumpkin spice mix)
* 1 tablespoon lemon juice

1. To make the crust, grind the nuts for a few seconds in a food processor with the s-blade. Add the dates and process for about 40 seconds or until the mixture is sticky and builds up the sides of the bowl without falling into the center. You may want to add a small amount (try 1 teaspoon at a time) of agave nectar to get it sticky enough to hold together when you press it with your fingers.

2. Press the crust mixture into the pie plate. You can make the crust as thick or thin as you like, depending on your love of nuts.

3. Place all of the filling ingredients in a blender and blend on high speed until you have a puree consistency. If your blender is not very durable, you may want to add the pumpkin last and a little at a time, and possibly even cut it into smaller pieces first to avoid burning out your appliance.

4. Pour the filling into the crust and chill in the refrigerator for at least 30 minutes before serving.

OR

Filling:
1 small pie pumpkin (4 cups), peeled and seeded
5 to 10 dates, pitted
1 medium banana
1/4 cup unsweetened almond milk , 1 1/2 teaspoons cinnamon , 1 teaspoon nutmeg , 1/4 teaspoon ground cloves
3 tablespoons coconut oil or butter
1/4 cup raw unsweetened shredded coconut (for topping)

**Raw Chocolate Macaroons**

* ½ cup almond flour (or ½ cup raw almonds)
* 2 ½ cups dried organic unsweetened coconut flakes
* 1 1/4 cups raw cacao powder (or [carob powder](http://macrobiotic.about.com/od/glossary/g/Carob.htm) if you don’t want to use cacao)
* 1 cup maple syrup, agave or raw honey
* 1/3 cup coconut manna or coconut butter\*
* 2 teaspoons pure vanilla extract
* Pinch of sea salt
* Extra coconut for rolling (optional)

If you are using raw almonds instead of almond flour, place them in the bowl of a food processor and grind them until they are very finely chopped.
Add the coconut to the ground almonds or almond flour, along with the cacao, coconut manna, maple syrup, vanilla extract and pinch of salt. Process until the mixture is well blended but still has plenty of texture.
Using a mini ice cream scoop or tablespoon, scoop the mixture into balls and roll them in coconut if desired. Place the macaroons on a cooling rack and dehydrate for 10 hours; alternatively, refrigerate them until they are firm.
\*Coconut manna or butter is the coconut equivalent of almond or other nut butter. It is made with the flesh of coconut and should not be confused with coconut oil, which is pure fat. Manna is great in smoothies, sauces and spreads, on toast and in baking, and has an almost sweet flavor.

**Variations:**
For **Chocolate Orange Macaroons:** add 2 teaspoons of finely grated orange zest.
**For lemon or orange scented macaroons:** add 1 ½ teaspoons grated lemon or orange zest to the mixture.
**For Vanilla Chai macaroons:** add 1 ½ teaspoons of either chai spice blend\*\* to the mixture.
**Chocolate dipped macaroon bars:** press the mixture into a lightly oiled pan and chill or dehydrate until set. Cut into triangles and dip the edges into melted chocolate.

For **Chocolate Chai Macaroons:** add 11/2 teaspoons of either chai spice blend\*\* to the cacao and blend thoroughly before incorporating.
For **Chocolate Mint Macaroons:** add 11/2 teaspoons peppermint extract or a few drops of peppermint oil.

**\*\*Simple Chai Spice Blend**
2 teaspoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground cardamom, 1 teaspoon ground cloves
1 teaspoon ground coriander, ½ teaspoon ground white pepper (I used the pumpkin spice mix)
Mix together and store in an airtight container.