Nutrition Class Recipes 3-19

**Thai Wraps**  
2 cups walnuts  
½ cup carrots, diced

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  
2 teaspoons red pepper flakes  
  
**Garnish:**  
1 head of lettuce, Butter, Bib, or Romaine  
2 cups mung bean sprouts  
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.

**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)

1. Place all ingredients in Vitamix or other powerful blender and process until creamy.
2. Pour over salad and serve immediately.

* For a savory flavor, add 1 garlic clove, peeled and minced and 1/4 cup green onions, sliced thin.

**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.

**Raw Curried Carrot Soup**

6 large carrots cut into large chunks (or 16 oz freshly extracted carrot juice)

2 cups almond milk (freshly made or store bought)

½ cup sweet onion

1 stalk of celery (cut into 1-inch pieces)

1 garlic clove (peeled)

Ginger (small piece or to taste)

1 tsp honey

2 tsp curry powder

Directions

Place all ingredients in a Vitamix or other powerful blender and run until all ingredients are thoroughly processed and creamy.

**Marinated mushrooms**

2 Portabella mushroom, sliced

½ cup extra virgin cold pressed olive oil

½ cup Namo Shoyu (raw Soy sauce)

2 teapoon (ts) cumin powder

2 ts coriander powder

Set aside and let marinate.

**Yuletide Nut Loaf**



* 1-1/2 cups raw almonds, soaked overnight and drained
* 1-1/2 cups Brazil nuts, soaked overnight and drained
* 2 cups sunflower seeds, soaked overnight and drained
* 2 large carrots, peeled and shredded
* 1 medium red bell pepper, seeded and diced fine
* 2 celery ribs, sliced and diced fine
* 1/2 medium red onion, diced fine
* 1/3 bunch parsley, minced
* 2 garlic cloves, peeled and minced
* 1 Tbsp fresh basil leaves, minced
* 1 Tbsp fresh marjoram leaves, minced
* 1 Tbsp fresh sage leaves, minced
* 2 Tbsp fresh oregano leaves, minced
* 2 tsp unrefined sea salt (optional)

**Directions**

1. Drain and rinse the almonds, Brazil nuts, and sunflower seeds.
2. Transfer to a food processor fitted with the S-blade, and process to a creamy pate and place in a bowl.
3. Prepare vegetables and herbs and fold in remaining ingredients and mix well.
4. Allow to “ferment” prior to serving or place on dehydrator solid sheet and form into the desired shape no more than 2-inch high.
5. Dehydrate 8 to 12 hours and enjoy warm.

**Raw Blueberry cheesecake**

**Crust**

* 1 cup walnuts
* 1 cup pine 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

We have made this dairyless cheesecake with blueberries, but I see no reason you couldn’t make it using strawberries, or raspberries, or mango, or possibly some other fruit.

**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.

**Raw Apple Pie**

Ingredients

8-10 red or yellow apples  
100gr pencans  
200g walnuts  
1/2 cup dates  
1 banana  
handfull of shredded coconut  
1/2 cup brazil nuts  
1 cup mineral/ filtered water  
2 Tbsp raw honey  
organic vanilla extract  
cinnamon  
himalayan salt

Slice your apples very thinly with the special blade of your food processor. Soak pecans and walnuts together. Soak dates. Soak brazil nuts. Soak shredded coconut meat. If you have fresh coconut meat it's even tastier and healthier!

In a food processor, put the walnuts and pecans with the dates, 1 tbsp of cinnamon and a pinch of himalayan salt and process until it forms a paste. Then apply the mixture in a cake dish and press firmly with your hand so that the crust holds together. Set aside.

Make the cream! In your blender, put the coconut meat, 1 banana, 2 tbsp of raw honey, 1 cup of water (filtered or mineral), 1/2 cup of brazil nuts (soaked) and 1 tbsp of vanilla extract. Blend until it forms a cream. Pour half of the cream on top of the crust. Then display half of the sliced apples.

Sprinkle with some cinnamon and do it again: finish the cream on top of the apples this time, and then apply another layer of sliced apples. Final touch: sprinkle with a touch more cinnamon! Put in your dehydrator! it's good to eat just a couple of hours after. You can keep it in your dehydrator for the next 3-4 days and you will taste a different pie every time you go for it! Or you can just store it in your fridge for the same amount of time. Enjoy!