**Mexican Food**

**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 cup fresh cilantro

1/2cup fresh corn optional

In a food processor, pulse about 15 sec, ( you may have to stop machine and mix it upto 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

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 tacos or as a dip for “chips”

**Guacamole**

In a bowl, combine:

5 avocados, pitted (set aside 3 pitts)

1Tbs lime juice or to taste

½ cup cilantro, finely chopped

1 tomato diced

1 jalapeno pepper, minced

½ ts sea salt

Mash together, add 3 avocado pits to prevent browning.

**Salsa** (15 min)

2 large tomatos, finely chopped

½ small red onion, finely chopped

1tbl lemon juice

1 clove garlic, minced

1 cup fresh cilantro, chopped

1 serrano pepper

1/2tsp sea salt

**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) or Holiday Sauce
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)
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.

**Holiday Sauce**

1 cup pecans soaked

1 tbsp honey

½ ts Himalayan salt

½ ts cinnamon

Pinch of cloves or nutmeg

Water to blend

Blend in Vitamix or other powerful blender, add water as necessary for desired consistency. Serve over grated yams or squash, serves 4

What's fascinating about sweet potatoes is their ability to actually ***improve* blood sugar regulation**—even in persons with type 2 diabetes. While sweet potatoes do contain a valuable amount of dietary fiber (just over 3 grams per medium sweet potato) and if boiled or steamed can carry a very reasonable glycemic index (GI) rating of approximately 50, it may not be either of these factors that explains their unusual blood sugar regulating benefits. Recent research has shown that extracts from sweet potatoes can significantly increase blood levels of adiponectin in persons with type 2 diabetes. Adiponectin is a protein hormone produced by our fat cells, and it serves as an important modifier of insulin metabolism.

**Pecan or Almond Cream Pie**

**Crust**: 4-5 bananas and 2 mango. Sliced and spread over pie plate, mangos on top, more bananas on top and press down

**In a blender:**

1 cup pecans or almonds

About 10 dates or raw honey or honey or raw agave syrup

3/4 cup distilled water

Pinch of sea salt

1 tsp Psyllium to thicken (Optional)

 Blend until creamy spread over bananas

Into bowl add little water, ½ cup pecans, 2 tbs raw honey, pinch of salt and stir. Put glazed pecans over pie and chill.

**Almond, spinach, Avocado Green Pie**

Same as above, for filling blend almonds or pecans, 1 avocado, and some spinach if you want to make it healthy.

**Almond – Goji Superfood Protein Fudge**

**Raw version:**

½ cup coconut oil

4 oz raw chocolate butter

1 cup caw chocolate powder

4 Tbsp. almond butter or any other nut butter or almond meal

1 scoop 25 g of protein powder of your choice

2 Tbsp Goji berries chopped

2 Tbsp of chia seeds

2 Tbsp of whole oats

½ ts vanilla

Raw honey (1/4 cup depends how sweet you like it)

Add coconut oil, chocolate butter and melt over very low heat (no more than 110 F), add raw cacao powder ans stir until smooth. Next add nut butter (or almond meal) and vanilla, stir until smooth and add all other ingredients. Mix well and keep in mind that fudge will get harder in fridge. Spread the mixture in a lined pan and transfer to the fridge and v=chill for 2 hours. Cut into squares and store in fridge. Enjoy those healthy yummy treats.

**Melted chocolate version:**

¾ cup coconut cream or ½ coconut oil

4 oz bakers chocolate or dark chocolate chips melted

4 Tbsp. almond butter or any other nut butter or almond meal

1 scoop 25 g of protein powder of your choice

2 Tbsp Goji berries chopped

2 Tbsp of chia seeds

2 Tbsp of whole oats

½ ts vanilla

Raw honey (1/4 cup depends how sweet you like it) or 10 drops of liquid stevia 9 some people do not like stevia taste

Add coconut cream or oil and chocolate and melt over very low heat.

Add nut butter (or almond meal), vanilla stir until smooth and add all other ingredients. Mix well and keep in mind that fudge will get harder in fridge. Spread the mixture in a lined pan and transfer to the fridge and v=chill for 2 hours. Cut into squares and store in fridge. Enjoy those healthy yummy treats.

**Goji berry Tahini Truffles**

2 cups pitted dates (process a little in processor to get them started)

1 jar raw Tahini

¼ ts cardamom

1 ts vanilla

Pinch of Himalayan salt

¾ cup of raw cacao (if desired)

Option: raw coconut flakes or hemp seeds to roll the truffles.

Process until you have a soft pliable dough. Take about 11/2 ts of dough and add 3 dried goji berries and form a ball and roll in coconut flakes, hemp seeds or chopped nuts.

**Raw Pumpkin Pie with Avocados**

* 1 avocado, peeled and seeded
* ½ cup raw honey
* 4 dates soaked in 1 cup filtered water
* 2 tsp vanilla
* 1 tsp cinnamon
* ¼ tsp ground nutmeg
* ½ tsp ginger powder
* 1 tsp sea salt
* 1 cup raw macadamias soaked 8 hours and drained
* 4 cups raw pumpkin, peeled and seeded
* 1 cup organic raisins
* 1 tsp psyllium, I used soaked Irish Moss (a thickener and very healthy)
* 1 [Nut and Date Pie Crust](http://www.hacres.com/recipes/cards/honey-nut-and-date-pie) (dates and walnut or almonds or pecans made in food processor)
1. Place macadamias along with dates and their soak water into blender and blend until smooth.
2. Add avocado, honey, vanilla, cinnamon, nutmeg, ginger, salt and pumpkin and blend until very smooth.
3. Add psyllium and blend well. Let this mixture sit for 1-2 minutes and blend well again.
4. Fold in raisins.
5. Pour into piecrust

Option, I use a pumpkin spice mix from the Good apple instead of the spices in the recipe