**Raw Turkey or 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, 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!

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

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

**Raw Pumpkin pie (with banana)**

**Pie Crust:**

* 2 cups macadamia nuts, almonds, walnuts or other nuts
* 1 1/2 cups medjool dates or other soft dates

**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
* 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 many 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.

**Green Kale Chips**



* 1 clove garlic
* 1 C Cashews, soaked at least 8 hours, rinsed and drained
* 1/4 C Nutritional Yeast\*
* 1/3 C water
* 2 T Olive Oil
* 1/2 tsp Smoked Paprika
* 1/4 tsp Chipotle (spice)
* Pinch Sea Salt

Add all ingredients into a blender and mix. Pour over kale chips in a bowl and massage until kale is coated. Dehydrate on screens at 115 for 8-12 hours or until crisp. \*Nutritional yeast is not raw but used frequently in raw food recipes. This dressing/ cream can also be used over any other salad or food as a sauce

**Raw Spiced Granola or cookies**

* 1/2 cup buckwheat, soaked overnight, drained and dehydrated 24 hours
* 1/2 cup almonds, soaked overnight, drained, dehydrated 24 hours and chopped
* 2 Tbsp flaxseeds, ground
* 1/3 cup sunflower seeds
* 1/3 cup pumpkin seeds
* 1/3 cup organic raisins, Medjool dates, cranberries, and/or cherries
* 1/3 cup unsweetened coconut, dried and shredded
* 1/3 cup maple syrup or raw, unfiltered honey
* 1/4 cup coconut, flax oil, or hemp oil
* 2 Tbsp distilled water
* 1 tsp ground cinnamon
* Dash of ground nutmeg
* Dash of unrefined sea salt

1. Mix dry ingredients together in a large bowl.
2. Whisk the maple syrup or honey, oil, water, cinnamon, nutmeg, and sea salt.
3. Pour over dry ingredients and mix well with your hands.
4. For a sweeter granola, add another Tbsp of maple syrup, honey, or a pinch of pure Stevia; the amount listed is intended only to add gentle sweetness and to bind the granola together.
5. Dehydrate at 115˚F for 10 to 12 hours or until granola is sticky but adhering firmly.
6. Refrigerate until ready to use, to help maintain crunch and texture!

**Super food Energy Bars or the Best Chocolate Cookie Dough Cookies** (yields 50 to 60 bars, cookies)

1 cup almond flour, I cup peanut butter (can substitute with brazil butter), 1 cup cashew butter, I cup sunflower butter, I cup almond butter, 1 cup pumpkin seeds, ¾ goji berries, ½ dried cranberries, 1 cup shredded coconut, ¾ cup raw honey (or agave), 1/3 cup flax oil (or coconut oil or hemp oil), ¾ cup dark chocolate chips (if possible dairy free) ½ cup raw cacao nibs, ½ cup vanilla protein powder (pea or rice), 2 tsp Himalayan salt

Mix all ingredients into large bowl and mix it. Put the sough on a cookie sheet and refrigerate 2 hours or more and cut into squares. They last for a long time in fridge or freezer, no worry they will e gone fast