

Raw Food Recipes



Raw Vegan Ranch Dressing

- 1½ cups soaked cashews
- 1 cup filtered water
- 3 tbsp lemon juice
- ⅓ cup apple cider vinegar
- ⅓ cup extra virgin olive oil
- 3 tbsp agave
- 2 cloves garlic
- 1 tsp garlic powder
- 3 tsp onion powder
- 1 tsp dill
- 1 tbsp sea salt
- ½ tsp basil

Blend well in blender.

After blending, add:

- ¼ cup finely minced parsley
- ½ tsp dill, minced



Raw Food Recipes



Raw Tomato Basil Soup

4 large tomatoes, chopped
¼ onion, chopped
¼ cup cold-pressed, extra virgin olive oil
1 tbsp dried oregano
1 tbsp dried basil
pinch of salt and pepper
2 cups filtered water
½ cup raw brazil nut milk or
raw almond milk

Blend well in blender.



Raw Food Recipes



Raw Vegan “Turkey” Salad

1 cup walnuts, soaked 2 hours
2 ribs of celery
1 tsp fresh thyme
1 tbsp fresh sage, chopped
1 spring onion, chopped
2 tbsp parsley, chopped
1 tbsp lemon juice
2 tsp tamari
sea salt and ground pepper
to taste

Blend, adding water as needed to reach desired consistency.



Raw Food Recipes



Raw Guacamole Dip

3 ripe avocados
1 large tomato
¼ white onion
¾ cup of fresh cilantro

Chop finely and mix together
(SlapChop or Magic Bullet
could be used).

After chopping, add:
1½ tsp lemon juice
sea salt to taste



Raw Food Recipes



Raw Almond Milk

1 cup raw almonds (soaked 2 hours)
4 cups water
1 tsp pure vanilla extract
 $\frac{1}{8}$ cup raw agave nectar

Blend in blender.
Strain well using mesh
strainer.



Raw Food Recipes



Raw Fruit Smoothies

ice

raw almond milk

2 bananas

berries (strawberries, blueberries, blackberries, raspberries, etc) to taste

raw almonds, pecans, peanuts, to taste

tsp vanilla extract

Blend well in blender.

Serve cold.



Raw Food Recipes



Raw Green Smoothies

water

ice

banana

spinach

kale

apple

pear

berries (strawberries, blueberries,
blackberries, raspberries, goji
berries) to taste

tbsp hemp seeds

tbsp chia seeds

tbsp flax seeds

Blend well, adding water as needed
to reach desired consistency.

Serve cold.



Raw Food Recipes



Raw Almond Banana Bread

4 bananas
½ cup almond meal
½ cup flax seeds
½ cup raw agave nectar
½ cup raw almond milk
2 tablespoon sesame seeds
1 tsp cinnamon
½ tsp Nutmeg

Blend together using mixer
in a mixing bowl.
Dehydrate at 95 degrees.



Raw Food Recipes



Raw Peanut Butter

Put 1 cup raw peanuts at a time into blender.
Blend until very finely chopped.

Place the following into Magic Bullet's small container:

5 tbsp very finely chopped raw peanuts
1 tsp peanut oil
 $\frac{1}{2}$ tsp raw sugar
 $\frac{1}{4}$ tsp sea salt

Process in Magic Bullet with
flat blade until desired
consistency is reached.
Repeat until amount of
desired peanut butter is
made.



Raw Food Recipes



Raw Almond Butter

Put 1 cup raw almonds at a time into blender.
Blend until very finely chopped.

Place the following into Magic Bullet's small container:

5 tbsp very finely chopped raw almonds
½ tsp raw sugar

Process in Magic Bullet with
flat blade until desired
consistency is reached.
Repeat until amount of
desired almond butter is
made.



Raw Food Recipes



Raw Pecan Butter

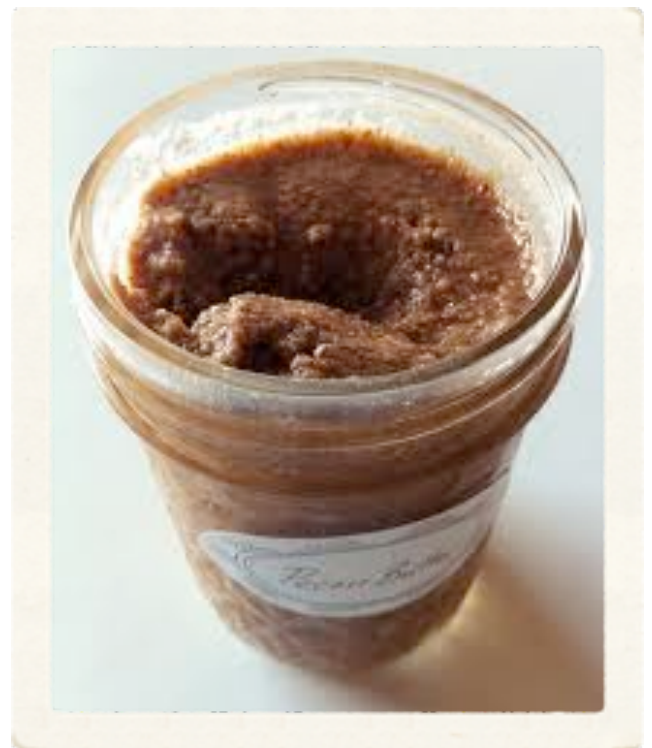
Put 1 cup raw pecans at a time into blender.
Blend until very finely chopped.

Place the following into Magic Bullet's small container:

5 tbsp very finely chopped raw
pecans
½ tsp raw sugar

Process in Magic Bullet with flat
blade until desired consistency is
reached.

Repeat until amount of desired
pecan butter is made.



Raw Food Recipes



Raw Strawberry Jam

1 lb strawberries

3 pitted dates

1 tbsp psyllium husk or soaked Chia Seeds

Blend ingredients until smooth.



Raw Food Recipes



Raw Nuts, Seeds & Berries Trail Mix

almonds
cashews
peanuts
walnuts
macadamia nuts
pecans
pumpkin seeds
sesame seeds
raisins
dried cranberries
dried blueberries
dried cherries
dried goji berries
cacao nibs



Mix ingredients together
in bowl.

Raw Food Recipes



Raw Cacao & Coconut Dessert Treats

- 1½ cups shredded coconut
- ¾ cup raw agave nectar
- ¾ cup raw cacao powder
- ½ tsp vanilla extract
- ¼ cup coconut oil
- ¼ cup chia seeds

Mix ingredients using a mixer in a mixing bowl. Place in freezer for 45 minutes.

Remove from freezer and shape into balls.

Coat with more coconut if desired.

Place back in freezer.

Serve cold directly from freezer.



Raw Food Recipes



Raw Lasagna

By Russell James of www.therawchef.com

<http://therawchef.com/therawchefblog/lasagne-recipe>

Serves 9 large portions.

Can be made in a lasagna dish, or made as individual portions on the plate.

Nut “Cheese”

2 cups macadamias, soaked 4 hours or more

1 cup pine nuts

2 tablespoons lemon juice

2 tablespoons nutritional yeast

1 yellow pepper

2 tablespoons fresh parsley

1 tablespoon fresh thyme

1 teaspoon salt

1/2 cup water as needed

Process all ingredients together adding as little of the water as possible until a fluffy consistency is achieved.



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Walnut “Meat” Layer

1/2 cup walnuts, soaked 1 hour or more
1 cup sun-dried tomatoes, soaked for 1 hour or more
1 tablespoon dark/brown miso
2 teaspoons dried oregano
2 teaspoons dried sage
1 tablespoon nama shoyu
1/2 teaspoon cayenne pepper
2 tablespoons olive oil
1 teaspoon agave nectar

Grind all ingredients in a food processor, leaving the mixture slightly chunky.

Tomato Sauce

1 1/2 cups sun-dried tomatoes, soaked 2 hours or more
2 soft dates
2 cloves garlic
2 cups tomato, seeded and chopped
1 tablespoon dried oregano
1/3 cup olive oil
2 tablespoons lemon juice

Process in a food processor until smooth.

Green Pesto

2 cups tightly packed basil leaves
3/4 cup pine nuts or walnuts
1/2 cup olive oil
1 teaspoon salt
1 clove garlic
1 tablespoon lemon juice

Process all ingredients, leaving plenty of chunkiness

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Spinach Layer

6 cups torn spinach
5 tablespoons dried oregano
3 tablespoons olive oil
1/2 teaspoon salt

Place all ingredients in a bowl to marinate and wilt for 1 hour or longer, putting the covered bowl in a dehydrator will help this process but it's not essential.

For the assembly:

5 medium courgettes (zucchini), cut lengthwise and marinated in 1 tablespoon of salt and 3 tablespoons olive oil for 10 minutes.

Pinch black pepper

Assembly method:

Line the base of your dish with a layer of the courgette strips that slightly overlap.

On top of this put down a layer of the walnut meat, then the cheese, then tomato sauce and finally the pesto on top.

Finish this with another layer of slightly overlapping courgette strips.

Repeat step 2 but before adding the final layer of courgette, take your wilted spinach and create an additional layer with that.

Placing the whole dish in the fridge for several hours will firm it all up slightly which will make it easier to cut into portions.

Garnish individual portions with black pepper and a sprig of basil.

Raw Food Recipes



Raw Pizza Topped With Pesto & Caramelized Onions

By Russell James of www.therawchef.com

<http://therawchef.com/therawchefblog/pesto-caramelised-onion-pizza>

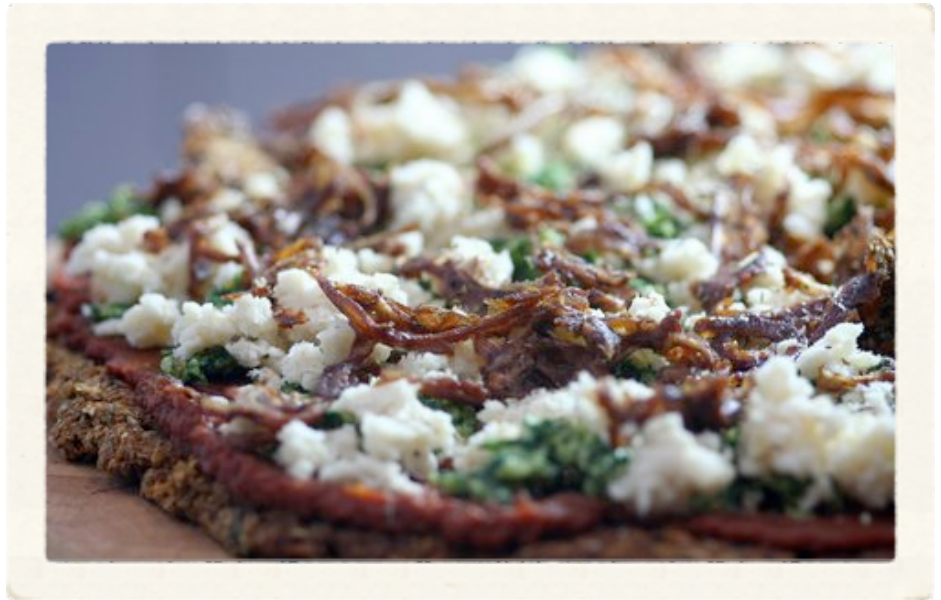
For the base

500g (approx 3c) buckwheat, sprouted for a few days until it has a small 'tail'
2 avocados or 1/2 cup almond butter
1/4 cup olive oil
1/4 cup fresh basil
3 tablespoons Italian seasoning
1/2 cup sun-dried tomatoes
3 tablespoons lemon juice
1/2 teaspoon salt
3 medium tomatoes

Grind all ingredients in a food processor until you have a paste consistency.

Spread onto a Paraflexx sheet in a circle and dehydrate for a few hours or until you are able to turn it upside down onto another dehydrator tray and peel off the plastic Paraflexx sheet.

Dehydrate for another 8 to 10 hours or until base is dry enough to hold together.



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For the caramelized onions

5 large onions, sliced thinly (use a mandoline if you have one)

1 cup soft dates

3 tablespoons tamari

2 tablespoons olive oil

1/4 cup water

- Blend all ingredients except the onions in a high-speed blender, until smooth.

- In a bowl, hand-mix the date mixture with the onions until they are thoroughly covered.

- Dehydrate on a Paraflexx sheet for 2 to 3 hours, so they soften and take on a cooked appearance.

For the pesto

2 cups basil

1/4 cup pine nuts

1 tablespoon olive oil

1/4 teaspoon salt

2 teaspoons lemon juice

Pulse all ingredients in a food processor until broken down, but leaving some texture to the finished pesto.

For the tomato sauce

10 basil leaves

1 cup sun-dried tomatoes

1 cup tomatoes

2 teaspoons lemon juice

1/4 of a medium onion

1 soft date

Blend all ingredients in a high-power blender until smooth.

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For the “cheese”

1 cup macadamias
1 1/2 tablespoons lemon juice
1/4 teaspoon salt
1/4 cup water
1 tablespoon nutritional yeast

Grind all ingredients in a food processor until you have a fluffy consistency.

To serve

Spread the tomato sauce onto the base then sprinkle the pesto, macadamia cheese and caramelised onions evenly to produce a beautiful layered and textured pizza.