



HEALTHRESTORE

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Healing Through Cleansing And Dietary Modification

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60 Raw Food Recipes

Herbed Tomato Dressing	4
Carrot Salad Dressing.....	4
Mint Tahini Dressing (salad dressing)	4
Lemon Tahini Sauce	4

Jazzy Tahini Dressing	5
Roberta's Quinoa Salad	5
Joshua's AMAZING SALAD DRESSING	5
Summer Garden Salad	6
Nomi's signature salad dressing	6
Curried Squash and Fennel Soup	7
Mushroom Soup	8
Carrot/Asparagus Soup	9
Traditional Raw Carrot Soup	10
Tahitian Vanilla Crème Parfait with Tropical Fruit Compote	11
Melt-In-Your-Mouth Coconut Oil Fudge	12
BananaAvo Pudding	13
Banana Ice Cream	13
Smooth Coco Pudding	14
Walnut Poppyseed Cake	14
Honey Nut and Date Pie Crust	15
Pumpkin Pie	16
Blueberry or Cranberry Snow Cookies/Scones	17
Coconut Honey Butter	18
Monkey Madness with Mojo	19
Raw Falafel	20
Jicamashed Potatoes	21
Holy Frijoles	21

Whipped Sweet Potatoes.....	21
Cranberry Sauce.....	22
'The Best' Applesauce Pie.....	23
Basic Almond Date Crust.....	24
Fluff Topping.....	25
Cold Black Ink Linguini With Spicy Sesame Sauce.....	27
Quick and easy nut cheese.....	28
Smooth Flax Morning.....	29
Special Hummus Dip.....	30
Avocado Mayonnaise Dip.....	30
Herbed Pumpkin Seeds Pate.....	30
Spicy Almond Cheese.....	31
Cinnamon Rolls with Frosting.....	32
Marinated Vegetable Lasagna.....	33
Black Forest Cherry Brownies.....	34
Caesar Salad Dressing.....	35
Parma Pine Cheese.....	36
Sunflower "Refried Beans".....	37
Better than Beef.....	38
Pine Nut or Cashew "Sour Crème".....	39
Guacamole.....	40
Sangria.....	41
Coconut Flan with Orange Glaze.....	42

Hemp Corn Chips.....	43
Salsa Fresca	44
Hearty Chili.....	45
Cornbread	46
Meltaway Peppermint Patties.....	47
Easy Avocado Burritos.....	48
Nut Nog.....	49
Marinated Kale Salad.....	50
Fresh Strawberry Pie	51
No-Bean Hummus.....	52

Salad & Salad Dressing

Herbed Tomato Dressing

2 skinned, quartered tomatoes
 2 tbsp sunflower seeds
 1/2 garlic clove
 1/2 tsp thyme, oregano, rosemary and basil.
 Blend all ingredients until well mixed.

Carrot Salad Dressing

1 med diced carrot
 1/2 sliced onion
 3 tbsp sesame seeds
 2 tbsp cider vinegar
 1/2 cup oil
 4 tsp tamari soy sauce
 7/8 cup water
 Blend ingredients in a blender.

Mint Tahini Dressing (salad dressing)

(Makes 1/4 Cup from Susan Smith Jones)
 1 Cup fresh mint leaves
 1/4 Cup Raw Tahini
 1/4 Cup water

3 T lemon juice

Lemon Tahini Sauce (or salad dressing)

1/2 cup lemon juice

5 dates

1/3 cup raw tahini

Jazzy Tahini Dressing

3/4 cup sesame seeds soaked (3 hours); blend along with soak water until fairly smooth.

Blend together with:

juice of 1 lemon

garlic to your taste

tbsp. or so ginger powder

1/2 cup olive oil

sweetener to taste

about 1/4 cup apple juice

Roberta's Quinoa Salad

1 cup dry quinoa soaked 4-6 hours, then sprouted 2-3 days (becomes about 6 cups)

2 cups diced cucumbers

2 cups diced tomatoes

3 diced avocados

4T Nama Shoyu

Joshua's AMAZING SALAD DRESSING

Juice of one lemon and the juice of one lime

1/2 inch of fresh ginger

1 garlic clove

4 to 6 oz of water

Blend until smooth.

Then, take (ORGANIC of course) 1 and 1/2 stalk of celery, 1/2 green

bell pepper, 1 bunch of fresh cilantro, some fresh dill (to taste), 1/3 of a chili pepper,

1

fresh tomato, and a pinch of REAL salt and pepper.

Blend until smooth.

Then take one of the following ...

1 tablespoon of sesame butter or 1/2 avocado or 3 oz of extra virgin olive oil and blend until

smooth and creamy. If you like it more creamy or smooth, add more from the "fat" selection and enjoy.

Summer Garden Salad

6 cups of wild or other greens, including dandelion

2 apples, chopped

1 cabbage, green

1 yam

4 tablespoons hemp seed

Chop by hand into bite size pieces. Spiral slice yam with Saladacco. Mix ingredients and serve.

Serves 4-8

Nomi's signature salad dressing

4 Tablespoons flax oil or olive oil

2 Tablespoons fresh squeezed lemon juice (balsamic vinegar may be used instead)

1/2 teaspoon maple syrup. (best with maple, but other sweetener can be used)

Pinch of sea salt, or a drop or two of Nama shoyu

Whisk, then drizzle over salad. Make at the last minute, as it will break down if you make it in advance.

Soup

Curried Squash and Fennel Soup

4 cups butternut squash. peeled and chopped

2 cups baby peeled carrots, chopped

6 stalks celery, chopped

2 bulbs fennel, chopped

1 apple, peeled and chopped

1 clove garlic, chopped

1 inch piece of ginger, peeled and minced

1/2 cup of raw tahini

1/2 cup of extra virgin olive oil, cold pressed

2 T curry powder

1 T cumin powder

2 t celtic sea salt, fine ground

cumin seeds, lime wedges, and cilantro sprigs for garnish

In food processor, pulse each of the first 5

ingredients, then combine in large mixing bowl. In

blender, add ginger, garlic, curry, cumin, olive oil and

tahini, Blend (add water if necessary). Combine in

mixing bowl with vegetable mixture. Add sea salt, mix

well. In batches, fill blender 3/4 full and

liquefy. Serve soup slightly warm (not above 110

degrees). Garnish soup bowls with a sprinkle of cumin

seeds, a sprig of cilantro and a squeeze of lime

juice.

Mushroom Soup

Soup/Gravy/Sauce

This rich and thick soup has a heavenly mushroom flavor. A great special recipe for the holidays. As soup, because it is so rich 1/2 cup is a large enough serving. For warm soup or gravy, heat over low heat, or a double boiler until warm (not hot) to the touch. Use the tastiest mushrooms you can find, crimini work very well and shitake's have proven health benefits.

The trick is to use a very small serving bowl or cup for this soup.

If a large meal follows, the amount of fat in this soup (2

tablespoons per serving) will not contribute to comfort or good

health. If you'd like a zingier soup, add 1 teaspoon chopped onion.
1/4 cup almond butter
1 1/2 cups cut up mushrooms (cut in quarters)-or more, to taste
1 tablespoon Bragg's or a large pinch of sea salt or 1 1/2
teaspoons of Nama Shoyu
1/2 cup water
4 tablespoons finely chopped mushrooms
Place first 4 ingredients in blender. Blend until smooth. Pour into
a serving bowl. Top with chopped mushrooms. Yield 1 Cup, which is 2
servings. Make and eat the same day.

Carrot/Asparagus Soup

Soup/Dressing/Sauce

This could be called the king of soups. The fiber in the asparagus
creates a delightful texture, and the tahini gives it a smooth
quality. Do not use the woody ends of the asparagus, chop only the
most tender part, about 2" from the end. Option: warm soup in the
top of a double boiler or on very low heat just until warm to the
touch. For extra zip, stir in 1/2 teaspoon wasabi powder.

1 cup cut up asparagus, or more to taste
1 cup carrot juice
2 heaping tablespoons tahini (or almond butter)
1 teaspoon cut up onion, or more to taste
A pinch of sea salt or a few drops of nama shoyu or bragg's
dulse flakes

In a blender, blend first five ingredients into a smooth
consistency. Taste and adjust flavors. Pour into serving bowl and
top with Dulse flakes. Yields approximately 1 1/2 cups. Serves 2.

Traditional Raw Carrot Soup

Soup/Dressing

An old standby in raw cuisine, carrot soup is nourishing and easy
to make. Even if you do not own a juicer, you can buy fresh made
carrot juice at juice bars and at many health food stores. This
recipe calls for pouring the soup over chopped sprouts and other
vegetables. Alter this to suit your family's taste. I have never
heated this soup, but I suppose that it would work for those who
must have their soup warmed. Be careful to keep it at or below the
temperature of a Jacuzzi bath. Two variations of this soup follow.

1 cup carrot or mixed carrot and vegetable juice
1/2 - 1 avocado
cumin, to taste
dash of sea salt
dash of lemon juice
optional: garlic or shallot to taste
Cut up avocado. Place carrot juice in blender. Add avocado and
blend to desired thickness. Add cumin, salt and lemon juice to
taste. Blend. Pour over sprouts and chopped veggies in bowl.

Serves 1.

Alternative: Eliminate cumin and add 2 teaspoons grated ginger root. (for spice lovers use both cumin and ginger).

Variation: For a nutritious Seaweed Carrot Soup: Double the recipe and add 1/2 cup dulse pieces and 1/2 cup clover, alfalfa or sunflower sprouts, blend. Serves 2.

Dessert

Tahitian Vanilla Crème Parfait with Tropical Fruit Compote

1/2 c cashews soaked 10-12 hours

2 c young coconut meat

1/2 - 1/4 c coconut water

1/4 c dates pitted (optional)

1 1/2 t vanilla bean (1 bean)

2 T mesquite meal

1/2 t Celtic salt

2 c choice of fresh fruit sliced or diced thin tossed with 2 T orange juice and t cinnamon

In high-speed blender, blend the cashews, coconut, date, vanilla, mesquite and salt until smooth..

Continue by layering the crème and the sliced fruit in a parfait glass.

Garnish with fresh fruit and mint sprig for color.

Chill before serving.

For a great addition top with candied nuts or dehydrated buckwheat groats.

.Also try omitting the cashews and adding unsoaked macadamia nuts.

Melt-In-Your-Mouth Coconut Oil Fudge

1-1/2 cups Pure Joy Coconut Oil (liquefied by placing in a bowl of hot water)

1-1/2 cups Rapadura (a whole unprocessed natural sugar), Sucanat or honey

1 cup carob powder or organic cocoa powder

1/2 tsp. Celtic sea salt

1/8 vanilla bean (scrape the inner beans out with a spoon) or 1 tsp. vanilla extract

Melt the coconut oil. If using Rapadura or Sucanat, blend it in a dry blender until it becomes a light

powder. Mix all ingredients together in a blender until smooth.

Pour into a large glass lasagna pan or something equivalent in size. Let set up at room

temperature (below 70 degrees) or in the refrigerator. Cut into small candy-sized pieces. Store in

the refrigerator for up to 12 months.

BananaAvo Pudding

Place 2 bananas and 2 avocados in a good blender. Let 'er rip! You're done! This quantity

should serve 6.

Garnish with berries or other fruit, and/or mint leaves. This works great with my K-tec blender.

Optional (add 2-4 soft dates).

Banana Ice Cream

Ingredients:

Frozen Bananas

Preparation:

Feed the frozen bananas into either a champion-type juicer or a twin-titrating blade juicer

(GreenLife, GreenPower). It may help to chill the juicer parts in the freezer beforehand for

a small batch. This ice cream tastes as good as any regular ice-cream but has no dairy or refined

sugar. It is a very tasty dessert and kids love it...and it loves (rather than harms kids like regular ice-cream).

Garnishments:

Can include frozen fruit added to the bananas as you feed them into the juicer such as raspberries, strawberries, mango, etc., and even coffee beans for a coffee/banana

flavored ice cream. Fresh fruit on top is also possible. However, I've tried a lot of variations, and

find that frozen bananas by themselves is actually my favorite.

Smooth Coco Pudding

2 T. raw carob powder,

1 avocado, meat of one young coconut, 6-8 soaked dates

Blend everything until smooth and creamy.

For a frozen dessert, freeze pudding in ice cube trays, and run through champion or green life

juicer.

Walnut Poppyseed Cake

1 cup - Poppy Seeds

2 cups - Walnuts

1 cup Dates

2 cups carrot puree

2 tbsp. dried orange peel

1 tbsp. braggs

2 tbsp. psyllium seed powder

Put enough carrots to make two cups of puree through the Champion Juicer Chops walnuts into a

fine consistency in the Food Processor with "S" blade. Set aside. Combine carrot puree and

remaining ingredients in processor until well blended. Mix all ingredients together.

Add a little

more psyllium if necessary to hold cake together. Press into bundt pan and chill to set. Share with

Family & Friends and Enjoy!

Honey Nut and Date Pie Crust

Serving Size : 8

1 cup pecans, soaked for 12 hours, drained and dehydrated for 12 hours

1 cup walnuts, soaked for 12 hours, drained and dehydrated for 12 hours

¼ cup raw honey

½ teaspoon salt

½ pound organic dates, seeds removed

1 teaspoon vanilla extract

1. Place all ingredients in a food processor and process until it begins to form a ball.

2. Remove small amounts of piecrust.

3. Press into a pie plate.

4. Continue until entire pie plate is covered. Wrap in plastic until ready to fill. Crust may be

made ahead of time and refrigerated or frozen.

5. Crust may be used as is or dehydrated for a dryer crust. Some of the crust may be put

aside to use as crumbles on top of the pie.

Pumpkin Pie

1 avocado, peeled and seeded

½ cup raw honey

4 dates soaked in 1 cup filtered water

2 teaspoons vanilla

1 teaspoon cinnamon

¼ teaspoon nutmeg

½ teaspoon ginger

1 teaspoon Celtic sea Salt

1 cup raw macadamias soaked 8 hours and drained

4 cups raw pumpkin, peeled

1 cup organic raisins

1 teaspoon psyllium

½ cup pumpkin seeds, washed, soaked for 8 hours, drained and dehydrated for 6-8 hours

1 Honey Nut and Date Pie Crust (see recipe above)

1. Place avocado, honey, vanilla, dates with soak water, cinnamon, nutmeg, ginger, salt, macadamias, and water into blender and blend until smooth.

2. Add pumpkin and blend until very smooth

3. Add psyllium and blend well. Let this mixture sit for 10 minutes and blend well again

4. Fold in raisins.

5. Pour into pie crust and top with ½ cup of pumpkin seeds.

Blueberry or Cranberry Snow Cookies/Scones

- 4 apples

- 3 carrots

- 2 cups pitted dates (packed)

- 4 cups soaked almonds

- 1/2 cup Pure Joy Coconut Oil (softened but not completely melted)

- 3 cups raisins

- 4 cups shredded coconut

- 3 cups soaked walnuts or pecans (dehydrate them ahead of time for best results)

- 2 cups blueberries or cranberries (frozen work well)

- 2 cups golden flax seeds ground into meal

- 1 tsp. Celtic sea salt

- 3/4 tsp. stevia powder (optional, found in supplement section)
- 2 cups dried apples chopped fine in a food processor
Place the apples, carrots, almonds, and dates in a food processor or run through a Champion juicer alternating the wet items with the nuts and dates (very important). Mix all the ingredients together in a bowl. Shape into 2 oz. round cookies or 4 oz. scones using a 1/4 or 1/2 cup. Dehydrate at 105 degrees until desired consistency (approximately 8 hours). Refrigerated if you are keeping them more than 4 days. Makes 60 cookies or 30 scones

Coconut Honey Butter

1/2 cup Pure Joy Coconut Oil (butter)
2 Tbs. honey
1/8 tsp. Celtic salt
A very small dash of turmeric for color
Mix by hand in a small bowl with a firm spatula or fork. Store at room temp in a glass jar.

Other Recipes - Not Organized Yet

Monkey Madness with Mojo

Ultimate pre or post work out drink. I use this list during the winter / spring time.

2 bananas,
1 scoop of frozen berries,
1 scoop of Maca,
1 scoop of hemp seeds or other seeds,
1 scoop of spirulina,
1 tiny scoop of bee pollen,
1 scoop of Super Green Power mix,
2 scoops of Red Star Nutritional powder,
2 dates with pits removed,
4 ice cubes in a base of FRESH pure Apple Juice - about 12 oz. + 4 oz of pure water.

Blend for 60 seconds.

This power drink will send you through your day with such energy and bounty - you will not know

what you did before you had this EVERY morning. The list to get at the health food store is

extensive and will be about \$100 - for a month supply - and worth every cent.

Raw Falafel

1 1/2 cups - Walnuts
1 1/2 cups - Macadamia Nuts
2 tablespoons chopped parsley
2 tablespoons chopped chives
2 tablespoons Raw Sesame Tahini
1/4 cup fresh lemon juice
1 clove garlic, minced
1 teaspoon ground cumin

1 teaspoon Sea Salt

Soak nuts for 15 minutes, then drain. Mix all ingredients with a wooden spoon in a large mixing bowl. Then put all ingredients through a Champion Juicer with the blank plate, or a green power or green star with the tension knob removed. Add up to ½ cup water, if necessary. After processing, mix all ingredients thoroughly with clean hands. With the Falafel mixture, mixture, make a small ball (ping pong sized), then flatten the ball to make a patty. Put the patty on a mesh dehydrator tray. Continue until all the mixture is used up . Dehydrate for 8-10 hours at 95 degrees Fahrenheit.
Makes 35 - 40 patties. Enjoy!

Jicamashed Potatoes

Ingredients:

4 cups jicama, chopped

1 avocado, chopped

2 cloves garlic, chopped

1 teaspoon Celtic salt

Directions:

Blend in food processor and top with Mushroom Gravy.

Holy Frijoles

(Refried Beans)

2 cups sprouted rye from

Rujuvelac pulp

1 apple

1 Red chili

2 teaspoons Mexican seasoning

1 teaspoon garlic powder

1 teaspoon cumin powder

1 teaspoon Celtic salt

Whipped Sweet Potatoes

1 ½ c sweet potatoes peeled and chopped

1 ½ c cauliflower chopped

1 c pine nuts

¼ c leek chopped

2 T onion powder

3 T flax oil

¼ c filtered water

½ T Celtic salt

2 T dried parsley

In food processor combine all ingredients and blend until smoothest consistency. Continue by pouring mixture in a high speed blender and blend until completely smooth.

Adjust salt.

Cranberry Sauce

When the Pilgrims landed 380 years ago on the shores of Massachusetts, one of the few native crops that they found was the cranberry. Every Thanksgiving and Christmas just about everyone serves some sort of cranberry sauce, often out of a can. If this is a holiday tradition for you too, bring this little recipe along with you.

Wash one pound of cranberries very well, place in food processor or blender along with one or two peeled, seeded oranges and about 4 soaked dates.

Add a teaspoon of orange zest too if you want (grate off some of the orange not the white before skinning and cutting up.)

Blend until berries are very well broken up. Taste for sweetness and add more orange and dates if needed.

Toss in some chopped walnut or pecan at the end if you want.

Dessert

I brought applesauce pie (recipe from my book) to Thanksgiving last year. On three occasions, my sister tried to "warm it up" in the oven. Not once did I say that is a raw pie. I just quietly said, the pie does not need warming (three times). On her third try, she guessed that it was raw. They loved it. This pie is so dense, it could be your meal. If you don't fancy Apple Pie then Yam pie is also a winner, you could use pumpkin in its place. (You can freeze the Yam pie, but not the Apple pie.)

'The Best' Applesauce Pie

This pie rivals the most infamous cooked apple pie. Unofficial random tests have proven that the traditional omnivore's palate can not even detect that this is a raw pie. Rich and sweet and aromatic with cinnamon, this is another recipe to offer your skeptical friends. They will never know what hit them.

If you like a tart pie with firm apples, the best choice is Granny Smith apples. For a sweeter pie with softer apples, Fuji, Jonathan gold or Macintosh all work well. I usually use 2 or 3 types of apples for this pie, to keep the flavor uniform each time I make it. I have an almond crust here, but walnuts or pecans work as well. This pie will serve at least twice as many people as a cooked pie the same size as it is very dense. For portion control, it would probably be best if you sliced and served it yourself. Keep the slices thin, no more than 1 inch thick at the wide end.

If you don't have a heavy duty juicer, the filling can be made in a strong blender such as the Vita Mix or the K-tec HP3.

Basic Almond Date Crust

This crust is a variation on a theme as its ingredients can be increased or decreased according to needs, also sunflower seeds can be added to it, or raisins in place of some or all of the dates. As long as you have a crust that will hold together as a knife slices

through it and doesn't become soggy from the filling it holds-you have succeeded.

- 1 3/4 cup almonds, soaked 8-12 hours
- 1 1/2 cup date pieces or chopped dates (see note)
- 1 tablespoon water
- 1/2 teaspoon vanilla (optional)
- Dash of cinnamon (optional)

Soak almonds 8-12 hours After soaking, put nuts briefly (30 minutes) in the sun or dehydrator (30-60 minutes) to dry off, or dry them off with a towel. In a food processor, process nuts until evenly ground. Add dates and process until finely ground. Add water, vanilla, and cinnamon while processing. The crust must appear slightly damp and be holding together, a small amount of additional water may be necessary to achieve this effect.

Immediately press into pie plate. (At this point you could dehydrate if for awhile but this step is not necessary.)

Note: Date pieces can be found at some health food stores, they are less expensive than whole dates. If you are unable to find them, measure 1 1/2 cups of roughly chopped dates.

Filling

- 10-12 apples (peeled, and cored), cut in chunks
- 2 cups dates, pitted (medjool are the best)
- 1 cup raisins

2 teaspoons cinnamon

2 tablespoons psyllium husk powder

Put apples, dates and raisins through a Champion or a Green Life juicer, using a blank screen. This should yield at least 6 cups of applesauce mixture, if it doesn't, add more apples and put through the juicer again. For smoothest results, then place the mixture in a food processor and process until very smooth. Add cinnamon, process until mixed in. Gradually sprinkle in psyllium, process until mixed in thoroughly. Immediately pour into pie shell. Cover and refrigerate.

If you do not own a heavy duty juicer, you can get similar results with a heavy duty blender such as a Vita Mix or a K-Tec HP3.

Fluff Topping

Cashews have a natural sweetness, which in combination with dates is delectable. Soaked cashews grind up into a very smooth fluffy mixture. It is a delightful taste to use in place of whipped cream or yogurt, and most agree that it truly tastes better. Cashew fluff is also used as a base for several other recipes. Most cashews are not raw.

If using almonds, they don't quite give up their mealy texture, no matter how much you blend, but they make a tasty topping and are the most nutritious nut.

For best results, peel the almonds. This is more trouble and not necessarily recommended for most recipes calling for almonds, but it does make a difference in the fluff recipe. How to peel almonds:

Soak 10-12 hours. Rinse. Pour very hot water over them (the equivalent of hot tap water), allow almonds to soak in the hot water for up to one minute, rinse with cool water. The skins should slip off. Another alternative is to use almonds that have soaked for several days in the refrigerator, with daily water changes. The skins can be peeled off without the use of hot water after a few days.

1 cup of cashews, almonds or filberts soaked 10-12 hours, drained and rinsed.

4-6 soft pitted dates soaked in 3/4 cup water 8-10 hours. Reserve soak water.

1/2 teaspoon vanilla (optional)

Place nuts in blender. Grind, gradually adding date water until it is of 'whipped cream' consistency. Add dates one at a time. Blend until smooth and creamy. Refrigerate. Keeps well for up to a week. Yields 2 cups.

Notes:

Medjool dates are the best, but Khadrawi or Honey dates work well also.

Adding vanilla to the fluff gives it even more of a 'whipped cream' flavor.

If you are unable to soak the nuts and dates 8-12 hours, soak them for at least 4 hours to achieve best results.

The final ingredient that I recommend for a harmonious holiday season is a non-judgmental attitude. Be sure to bring it with you. Acting repulsed or making negative remarks at the sight of turkey or roast beef can not serve anyone. Think back to when you ate these things and remember that life is a journey and we are not all on the same path. To speak in any way disparagingly because they have not grown and changed as you have defeats not only the purpose of the true Christian holiday celebration, but also minimizes the possibility that your loved ones will ever change through your example. Holiday is a good day to make no comments whatsoever on the eating habits of those whose company you are in. It would be an equally good day for others to not speak about your food choices either. If someone does comment on your particular food choices, no matter what their tone-smile your biggest, happiest smile and simply say that you FEEL SO GREAT on this diet, and that it SEEMS to be working for you, and so as long as it continues to, you're sticking to it. As soon as you hear yourself using the word "You" as in You should try it, it will help your: chilblains, cancer, obesity, cholesterol, attitude, depression, dropsy, indigestion, skin problems, wrinkles, gas pains, infertility, marriage, athletic ability, sex-life, know that you have entered the danger-zone of lecture mode.

Cold Black Ink Linguini With Spicy Sesame Sauce

1 package of hijiki soaked for 30 minutes,

2 scallions chopped,

1 cup broccoli chopped

Mix together and set aside while preparing the sauce.

Spicy Sesame Sauce

1/2 cup sesame seeds,

1/2 cup almonds,

1 t. minced ginger,

1 t. minced garlic,

1 T. nama shoyu,

1 T. miso,

1/2 lemon juiced,

1/4 t. cayenne,

2 dates soaked,

1/4 cup water

Blend till creamy and pour over salad.

Quick and easy nut cheese

1/2 cup of Brazil nuts

1/2 cup raw almonds,

1-2 cup pine nuts,

1/4 red pepper,

1 clove garlic,

1/4 red onion,

Juice of 1 lemon,

1T. miso paste,

1/4 cup fresh basil,

1 stem Swiss chard,

1/4 t. cayenne

Blend all ingredients until smooth or process in a food processor. You may need to add a little

water to get the blending going. This cheese has the consistency of a ricotta. I use it as a base for

many Italian dishes, such as raw lasagna or raw-violis An easy lunch idea is to place 2T. or more

of nut cheese on a sheet of nori, chop up some scallion, cucumber and tomato, and roll up. Cut

into rolls. Yum!

Smooth Flax Morning

1/4 Cup flax soaked over night in 2 cups water,

1 banana,

1T. lecithin granules,

1/2 t. vanilla,

1 slice of fresh ginger

Blend all together for a creamy morning meal.

Special Hummus Dip

2 cups peeled zucchini, chopped

4 Tbs. olive oil

1 and 1/2 lemon, juice of

3/4 cup sesame seeds (hulled)

3/4 tsp. sea salt
2 garlic cloves
1 tsp. paprika

Blend all of the ingredients in your Vita-Mix or food processor. Be sure that you use hulled

sesame seeds, which are white. If you use a food processor, you should grind the seeds

beforehand in a coffee grinder. Serve with vegetables.

Avocado Mayonnaise Dip

1 avocado
1 /2 lemon, juice
2 Tbs. olive oil
2 Tbs. dulse flakes
1 tsp. curry powder
1 tsp. maple syrup, or 2 dates

In your food processor, mix the lemon juice with the avocado, and add the oil gradually with the other ingredients. You can easily double this recipe. Serve with vegetarian sushis, or use as a dip or a salad dressing.

Herbed Pumpkin Seeds Pate

1 1/3 cups pumpkin seeds
2 Tbs. olive oil
2 green onions
1/4 fresh basil
1/3 fresh parsley
2 Tbs. lemon juice
1/2 – 1 tsp. sea salt (to taste)

Soak the pumpkin seeds for 4-6 hours, or overnight, and drain. Mix with the other ingredients in

your food processor. Serve with vegetables or as a base for nori rolls.

Spicy Almond Cheese

Mix the following ingredients in a bowl:

2 cups pulp from almond milk (pulp should be plain, not sweetened)
1/4 cup olive oil
1/2 cup lemon juice
1/2 teaspoon of Celtic Sea Salt
1/4 cup fresh or dried dill weed
1/2 cup diced onions
1/2 cup diced red bell pepper

Decorate with cherry tomatoes. Serves 4.

Cinnamon Rolls with Frosting

Dough:

2 1/2 cups almond meal (leftover from making almond milk with the Amazing Nut-Milk, Juice, and Sprout Bag)

2 ½ cups flax meal (grind 1 1/3 cups whole flax seeds in your blender or spice grinder)
1 cup soft pitted dates, firmly packed
1/8 cup pure water
¼ tsp. Celtic Sea Salt
1 dash cayenne
¼ cup olive oil or Pure Joy Coconut Oil (flax oil is too heat sensitive)
Blend the dates and water in a food processor or blender until it becomes a paste. Mix everything in a large bowl and work with your hands until the dough is well mixed. Place the dough on a Teflex sheet or piece of wax paper and form into a ¼" thick square using your hands to shape it. Then cover with another Teflex sheet or wax paper and roll with a rolling pin until the dough is a uniform thickness.

Filling:

½ cup soft pitted dates, firmly packed
½ cup raisins
1 Tbs. cinnamon
1/8 cup water
extra raisins
½ cup soaked and dehydrated walnuts, coarsely chopped
Puree the first 4 ingredients in a food processor until the mixture becomes smooth. Spread the mixture onto dough. Sprinkle with extra raisins and walnuts. Using the Teflex sheet on the bottom to push, roll the dough tightly. Wrap the roll in the Teflex or wax paper and place in the refrigerator until chilled. Slice into desired thickness and dehydrate at 105 degrees until warm.

Optional frosting:

1 cup raw cashews or pine nuts soaked 4 or more hours
(1 ½ cups after soaking)
¾ cup water
6 Tbs. honey or dates
juice of 1 small tangerine and the entire peel
1 tsp. vanilla
Blend until smooth and creamy. Add a little extra water if you want it thinner. Drizzle on top of dehydrated cinnamon rolls.

Tip: Keep rolls in your freezer. Dehydrate as needed.

Marinated Vegetable Lasagna

3 medium yellow or green zucchinis or 2 small eggplants sliced lengthwise and marinated in the juice of 1 lemon and ½ tsp. Celtic Sea Salt
2 large Portobello mushrooms or equal amounts of shiitake or oyster mushrooms, chopped and marinated in Nama Shoyu or lemon and salt (see above)

1 ½ large bunches of spinach, chopped and marinated in Celtic Sea Salt and olive oil

1 cup finely chopped pine nuts for topping

Marinara:

2 cups sun-dried tomatoes, covered in water and soaked 2 or more hours

2 large or 5 small dates

2 cloves garlic

1/8 yellow or red onion

½ cup packed basil leaves, chopped

1 medium tomato

1 tsp. Celtic Sea Salt

½ tsp. Italian seasoning

Puree in a food processor or Vita-Mix blender until smooth. Add soak water from tomatoes if necessary.

Ricotta:

3 ½ cups macadamia nuts soaked 2 or more hours

½ cup pure water (you may need more)

2 cloves garlic

1 tsp. Celtic Sea Salt

½ tsp. Italian seasoning

Puree in a food processor until fluffy. Add more water as needed.

To assemble, place ½ the marinated zucchini or eggplant in the bottom of a large lasagna pan

(save the marinade for a salad dressing). Then layer ½ the ricotta using your fingers to spread it

evenly. Next, layer all the mushrooms. You can puree them in the food processor for a "meaty"

texture. Next, place ½ the marinara sauce. Then, the zucchini/eggplant. Then layer on all the

spinach

Sauce Ricotta

Top with chopped pine nuts.

If it's a sunny day, place the lasagna in the sun for a couple hours, covered by a screen for

protection. Otherwise, warm it in the dehydrator on 105 degrees until mealtime.

Black Forest Cherry Brownies

4 cups soaked and dehydrated walnuts (Soak 2 ½ cups for 36 hours, rinsing every 12 hours.

dehydrating is optional.)

¾ cup packed pitted dates

¾ cup raw carob powder

2 tsp. cherry extract

½ cup coarsely chopped walnuts or almonds (soaked and dehydrated for best results)

½ cup dried cherries or raisins

Puree 4 cups walnuts in a food processor until it becomes a fine meal. Add dates and continue to

puree until well mixed. Add carob and cherry extract and puree again. Mix in the chopped nuts and cherries by hand. Press into a 9" square brownie pan. Refrigerate and slice. Serve with fresh sliced strawberries or raspberries or use frozen berries. Will last for weeks in your refrigerator or freezer.

Caesar Salad Dressing

1/3 cup olive oil
1/2 cup water
1 Tbs. miso (light)
1/2 lemon, juiced
1 large or 2 small dates
2 cloves garlic
Blend well in blender.

Parma Pine Cheese

1 cup pine nuts
1 1/2 tsp. olive oil or flax oil
3/4 tsp. Celtic Sea Salt
Puree in a food processor on pulse until cheesy looking
Mix with 2 heads of romaine.

Tostadas

Use romaine lettuce leaves or cabbage leaves as your tostada shell, and fill with Sunflower "Refried" Beans, Better than Beef, guacamole, salsa, and Pine Nut "Sour Cream."

Sunflower "Refried Beans"

Serves 8-10
4 cups soaked sunflower seeds (2 1/2 cups before soaking)
1/2 cup flax oil, hemp oil, or olive oil
3 1/2 tsp. onion powder
2 tsp. chili powder
2 1/2 tsp. cumin powder
1 tsp. Celtic Sea Salt
1 Tbs. unpasteurized dark miso paste
3 Tbs. raw tahini
1 Tbs. apple cider vinegar
3/4 cup pure water
Put all ingredients in a food processor and puree until creamy.
Best served warmed in the dehydrator at 105 degrees.

Better than Beef

Serves 8-10
4 cups pulp from your juicer of carrot, parsnip and/or celery root
1 cup sun-dried tomatoes, soaked one hour or more and pureed in a blender
1/3 cup olive or flax oil
1/3-1/2 red onion, finely minced
3 tsp. onion powder
2 tsp. garlic powder
3 tsp. chili powder

2 tsp. cumin powder

¼ tsp. cayenne

1 tsp. Celtic Sea Salt

1 Tbs. unpasteurized dark miso paste

Using your hands, mix all ingredients well in a large bowl. Let sit for an hour or more for flavors to

meld. Best served warmed in the dehydrator at 105 degrees.

Pine Nut or Cashew "Sour Crème"

1 ¼ cups pine nuts or cashews, soaked 1 hour or more

½ cup young coconut meat or ½ additional cup of nuts

1 tsp. raw apple cider vinegar

½ tsp. unpasteurized light miso paste

¼ tsp. Celtic Sea Salt

1 ½ Tbs. lemon juice (about ½ lemon)

Blend all ingredients in a blender until smooth and creamy.

Will keep for up to 2 week in the refrigerator.

Guacamole

1 large or 2 small ripe avocados

1 tsp. onion powder

½ tsp. Celtic Sea Salt

2 tsp. lemon juice

Use a fork to mash the avocado and seasonings.

To maintain the green color, leave an avocado pit in the guacamole.

Sangria

Serves 2

Juice of 4 oranges

Juice of ½ lemon & ½ lime

2 cups pure water or coconut water

2-3 large pitted dates

1 cup hibiscus flower sun-tea

optional: dash of stevia for sweeter flavor

Blend dates thoroughly with 1 cup liquid. Add the remaining mixture to the blender and blend for

10 seconds. Serve at room temperature.

Garnish with ½ cup thinly sliced strawberries or other fresh seasonal fruit

Coconut Flan with Orange Glaze

Serves 2

2 cups young coconut meat, packed

¼ cups pitted dates, packed

2 ½ tsp. vanilla

1 ½ tsp. psyllium powder

Pinch of Celtic Sea Salt

¼-1/3 cup coconut water

Put all the ingredients in the blender. Start with ¼ cup coconut water, and add more if needed.

The mixture should be a very thick consistency. Pour into a pie or brownie dish or individual tart

molds. Layer the top with the orange glaze.

Orange Glaze:

2 cups orange juice

1 ½ cup pitted dates, packed

¾ tsp. cinnamon

Pinch of Celtic Sea Salt

2 tsp. psyllium powder

Blend 1 cup of juice with the dates until creamy. Add remaining ingredients and blend well.

Hemp Corn Chips

Approximately 175 chips

6 cups fresh or frozen corn

1 cup hemp seeds

10 cups soaked sunflower seeds (6 cups before soaking)

2 ¾ cups water

1 ½ cups flax seeds ground into a meal

1 ½ Tbs. Celtic Sea Salt

juice of 1 lime

Puree corn in a food processor until creamy. Place in a mixing bowl. Puree sunflower seeds with

water until creamy and add to the mixing bowl. Add remainder of ingredients and mix well.

Spread 2 1/2 cups of the batter on a 16" dehydrator tray covered with a Teflex sheet. Cut into

desired shapes: triangles, squares, circles, etc. Dehydrate for 24-30 hours at 105 degrees until

crispy. Remove the Teflex sheets after about 10 hours.

Salsa Fresca

Serves 2-4

2 large tomatoes, diced

½ medium red onion, finely minced

2 cloves garlic, crushed

½ jalapeno or more to taste, finely minced

juice of 1 lemon or lime

½ cup cilantro leaves, chopped

½ tsp. Celtic Sea Salt, or more to taste

Optional: 1 tsp. apple cider vinegar

Optional: 2 Tbs. sun-dried tomatoes, pureed

Mix ingredients in a bowl. For best flavor, let sit 1 hour or more so flavors meld.

Hearty Chili

Makes 6 cups

Marinated vegetables:

1 medium zucchini, chopped into ½" cubes

1 medium carrot, chopped into ¼" cubes

½ medium or 1 small eggplant, peeled and chopped into ½" cubes

1 small Portobello mushroom or 5 shiitake mushrooms, chopped into cubes

3 cloves crushed garlic

1 medium roma tomato, chopped into ½" chunks

¼ medium red onion, chopped

3 ½ tsp. Celtic Sea Salt

1 Tbs. lemon juice

2 Tbs. olive oil

Mix above ingredients and place in a quart-sized jar. Press down hard to cover the vegetables

completely with the salt, lemon, and oil. If necessary, put a small glass or jar inside to weight the

vegetables down. Cover and let marinade preferably overnight, or at least 4-6 hours.

Hearty Chili sauce:

1 large tomato

1 cup sun-dried tomatoes, soaked with enough water to cover

¼ cup olive oil

1 ½ cups purified water

1 Tbs. Spicy Chili Sauce (see recipe) or 1/8 tsp. cayenne pepper

½ tsp. celery seed

½ tsp. oregano

½ tsp. cumin

1 ½ tsp. chili powder

6 pieces of cornbread, chopped into 1" pieces (do not blend)

Blend above ingredients except cornbread on high until smooth.

Pour blender mixture over marinated vegetables (make sure they have marinated long enough to

be soft before doing this step)

Add cornbread and mix everything together. Serve warmed to 115 degrees and top with Cashew

Sour Cream (see recipe)

Cornbread

1 ½ cups dry golden flax seeds ground into meal or soaked 4-8 hours and ground in a Vita-Mix

blender (blend dry seeds first before getting your blender wet)

2 cups soaked raw almonds (1 ¼ cups before soaking) soaked 4-8 hours or 3 cups almond meal

left over from almond milk and ½ cup oil

2 cups raw cashews or 1 cup raw cashew butter

1 cup pine nuts

1 10 oz bag of frozen corn or fresh off the cob

¼ cup raw honey

2 tsp. Celtic Sea Salt

2 cloves garlic

Put almonds in the blender with enough water to cover, and blend until creamy. Use a celery stalk

as your spatula to keep things moving in the blender. If you are using almond meal instead of

almonds, put 3 cups of almond meal in a large mixing bowl with ½ cup melted coconut butter or

olive oil.

Blend cashews as you did the almonds, or add the cashew butter to the bowl. Blend pine nuts, corn, and honey or maple syrup in the blender until creamy. You can stop blending while the corn is a little chunky if you like. You may need to add a little water to blend. Put all ingredients in the bowl and mix well. Let sit for 15 minutes. Spread the batter onto a 16" dehydrator tray covered with a Teflex sheet. Make the bread about ¼" thick. Score into 25 squares with the edge of your spatula or a butter knife. You should fill at least 2 trays. Dry at 105 degrees for about 3 hours. Flip the bread and remove the Teflex sheet. Dry for another 3 hours or until bread is still very moist and is easy to lift. Store in the refrigerator for up to 1 week. Enjoy topped with sweet honey "butter."

Meltaway Peppermint Patties

Have outrageously healthy and delicious fudge in less than 30 minutes!

Mint layer:

3 cups dry, raw shredded coconut
1/3 cup honey or maple syrup
½ tsp. mint extract or 3 drops peppermint essential oil

Chocolate or carob layer:

3 cups dry, raw shredded coconut
1/3 cup honey or maple syrup
1/8 cup organic cocoa powder or raw carob powder
(add until mixture reaches desired color)
½ tsp. vanilla extract
a smidgen of cayenne pepper
1/8 tsp. Celtic Sea Salt

Blend the first 3 cups of coconut in a dry blender on low speed with the lid off. Use a spatula to keep things moving until the mixture becomes the consistency of butter. Make sure you do not blend so long that you separate all the oil from the coconut. This step is tricky, and takes a good blender like a Vita-Mix. If you don't have a Vita-Mix, you can still blend, although you may need to separate the coconut into 2 batches. Remove the coconut and put in a mixing bowl. Add the sweetener and mint extract. Use a spatula to mix well. Set aside. Blend the coconut for the chocolate layer. Mix the coconut in a bowl by hand with the rest of the ingredients. Separate the chocolate mixture into two halves. Take one half, and press it into the bottom of a 4"

square baking dish or other container. Put it in the freezer for 5 minutes until it is solid.

Remove your dish from the freezer and add all of the mint layer. Place in the freezer again for a couple minutes.

Add the second half of the chocolate mixture to the top of the mint layer. Freeze again until solid or refrigerate.

Pop the meltaways out of the container by twisting or pry out with a spatula. Place on a cutting

board, and cut your meltaways into the desired shape using a sharp, thin knife.

Enjoy often!

Easy Avocado Burritos

1/2 large or 1 small ripe avocado (a ripe avocado should yield under the pressure of your thumb)

1/2 tsp. organic onion powder

1/4 tsp. Celtic sea salt

1 tsp. lemon juice

2 or more fresh Romaine leaves

1/4 cup of your favorite raw organic salsa from the health food store or fresh chopped tomatoes

Use a fork to mash the avocado and seasonings. Place the guacamole in the lettuce leaf and top

with salsa or tomatoes and sprouts. Wrap it up and eat it like a burrito.

**Stretch those avocados! If you just don't have enough ripe avocados to make guacamole here's

a little trick: For every medium avocado you use, blend 1 stalk of celery and 2 tsp. avocado or

olive oil until creamy, then mix with the avocado (a great way to get kids to eat celery too).

Nut Nog

serves 3

cup soaked almonds (1/2 cup before soaking 8-12 hours)

1/4 cup pine nuts (unsoaked)

2-1/2 cups pure water

Blend the nuts and water together until smooth. Pour through the Amazing Nut Milk, Juice and

Sprout Bag. Squeeze the bag until all the liquid is out. Save the pulp for Cinnamon Rolls.

2 frozen bananas

5 medium dates, pitted (soak if firm and use the soak water in place of water)

1/2 tsp. nutmeg

1/2 tsp. ground cloves

1 tsp. vanilla extract or 1/16th of a vanilla bean (scrape the black beans from the center)

2 tsp. flax or almond oil

pinch of Celtic sea salt

Blend mixture together and serve immediately. If you want to make ahead of time, use unfrozen bananas and chill. Will last for 1-2 days in the refrigerator.

Marinated Kale Salad

A tender and delicious mix of kale and avocado with a kickin' marinade. If you've wondered about raw kale, go for it, it's better than you can imagine! It's a big hit with kids and is loaded with calcium.

Salad:

- 1 bunch fresh dinosaur or red Russian kale, stems removed and ripped into bite sized pieces
- 1/4 large red onion, very thinly sliced
- 1 medium green or yellow zucchini, julienned or 5 shitake mushrooms, thinly sliced.
- 2 medium avocados, chunked (add after you massage the salad)

Marinade:

- 3/4 cup olive or flax oil
- 1/2 cup lemon juice
- 1 tsp. Celtic sea salt
- 1/8 tsp. cayenne pepper (add after massaging the salad)
- 1 clove garlic, crushed (optional)

Pour the first 3 ingredients of the marinade right onto the torn kale leaves. Use your hands to

massage and squeeze the kale. This will work the salt and lemon in and help to make the kale

tender. Continue to knead the salad until it begins to soften.

Add the avocado and cayenne pepper and garlic if you like. Mix well and serve.

This salad gets better as it sits. It will last for 3 or 4 days in the refrigerator.

Fresh Strawberry Pie

serves 8

Crust:

- 1 1/2 cups dehydrated almonds, walnuts or pecans (3/4 cup before soaking)
- 3/4 cup soft pitted dates
- 1/2 tsp. Celtic sea salt
- a pinch of cayenne pepper

Puree the nuts in a food processor until they are like flour. Add the remainder of ingredients and

puree until the mixture sticks together or forms a ball.

Press into a pie plate.

Filling:

- 2/3 cup firmly packed, pitted dates
- 1 1/3 cup berries (any kind of berry works great)
- 4-6 cups berries (slice if using strawberries)
- 2 Tbs. psyllium husk powder

Blend the dates and 1 1/3 cup berries in a blender or food processor until well mixed

Mix the blended mixture in with the 4 cups berries and psyllium. Fill the pie shell and refrigerate.

Cucumber Tomato Surprise - The surprise is how easy it is!

- 1 medium tomato, chopped
- 1 small cucumber peeled in stripes and chopped (seeds removed if big)
- 1 large avocado cut into cubes
- 1 half of a lemon or lime squeezed
- 1 half to 1 tsp. Celtic sea salt
- 1 Tbs. of olive oil (optional for a richer flavor)

Mix everything together and enjoy!

No-Bean Hummus

- 1/4 C olive oil
- 3 medium zucchini, peeled, in chunks
- 3/4 C tahini
- 3/4 C sesame seeds, soaked
- 2 cloves garlic, crushed
- Juice of 2 lemons
- Dash cumin
- Dash cayenne pepper
- 1 tsp. sea salt, or to taste
- Water to thin, about 1/3 C
- Garnishes: Crudités, to serve; minced parsley and paprika, to sprinkle; and additional olive oil, to drizzle

Puree all ingredients in a food processor. Sprinkle with parsley and paprika, drizzle with additional olive oil and serve with crudités. Serves 8.

The Following Products are available From The HealthRestore website

Wellness Filter



Matstone Juicer



Yaoh Nut Milk Maker



www.healthstore.net