

A Garden of Recipes
for raw and whole foods living

Tips and Tricks

Most of the ingredients for these recipes can be found via Azure Standard at azurestandard.com or your local health food store.

Blender in this recipe book means Vita Mix or Blend Tec.

A great quick meal is: Alvarado St. Sprouted Pizza Bread (California Style), a can of Muir Glen pizza sauce, shredded raw cheese. Or, add toppings like artichokes (Nature Value from Azure Standard), spinach and olives, or bbq chicken, or whatever.

Some fun websites to visit to get more ideas:

<http://rawon10.blogspot.com/> Raw on \$10 A Day or Less

<http://rtheyallyours.blogspot.com/> 11th Heaven Homemaking Haven

<http://simplyrecipes.com/> Simply Recipes: some really great vegetarian dishes

<http://www.diseaseproof.com/> Dr. Joel Furman's website. Some good recipes and interesting articles. I would suggest checking out his book, "How To Disease Proof Your Child"

<http://www.beyondsalmon.com/> Beyond Salmon will teach you how to prepare and make ANY kind of fish. It's very informative and easy to understand....some great recipes, like Napa Cabbage Wrapped Halibut.

Books that are good to check out at the library:

Everyday Raw, Matthew Kenney

Raw Food Life Force Energy, Natalia Rose (she's a little weird, but has some good recipes)

Recipe books by Robin Robertson, these are vegan or vegetarian—just to give you ideas on how to phase meat out of your diet (except in times of cold or famine, of course!)

Dressings

Asian Drenching (for Spring Rolls)

1/4 cup safflower or grapeseed oil
1/4 cup of agave
2 Tbsp Nama Shoyu, San J Tamari (from Azure Standard), or High Quality Soy Sauce
2 tsp apple cider vinegar
1 tsp ground ginger
1/2 tsp garlic powder
1/2 tsp sesame oil (optional)

Blend on low power in Vita Mix just until blended. Store in a mason jar or salad dressing jar in the fridge.

Creamy Strawberry Dressing (great with a spinach/strawberry/mandarin orange salad) Yield: 2 cups

5 large strawberries
1/8 c balsamic vinegar (less if you don't like that, or omit altogether)
1/8 c raw honey
1 1/4 c canned coconut milk

Blend until smooth. Chill to thicken.

Thai Dressing

3/4 c sesame oil
1/2 c Nama Shoyu, Tamari, or Soy Sauce
1/4 c olive or grapeseed oil
1/4 lime juice
1 T maple syrup
1 tsp salt
1/4 c coconut meat

Blend. Add chili paste or spice if desired. Put on top a green salad garnished with thinly sliced avocado, red bell pepper, diced young coconut meat, and 1/2 c of thinly sliced mangoes, and crushed peanuts or almonds, if desired.

We like Follow Your Heart Creamy Caesar Dressing, Brianne's Poppy Seed Dressing, and Follow Your Heart Chipotle Lime Ranch. These are available at Azure Standard.

Breakfast

Buckwheat Crispies

1 lb buckwheat groats
Water

Put groats in a container, remembering that they will more than double in size and cover with water generously, so there will be enough for the groats to soak it all up.

Soak six to eight hours, rinsing occasionally, if desired. Rinses thoroughly after 8 hours. Spread on dehydrator trays. Dehydrate for 3-5 hours, or until completely dry.

Serve for breakfast with vanilla or chocolate coconut milk. Yum.

Easy Coconut Milk

2 c shredded dry coconut
4 ½ c water, warm or at room temp
Pinch salt

Soak the dried coconut in the water for 30 minutes. Transfer to blender and blend til smooth. Strain through cheesecloth. If you want vanilla milk, put strained milk back in blender, then add 2 tsp vanilla and 2 T agave and blend until blended.

Vanilla Coconut Kasha

2 c original coconut milk
2 c water
2 c old fashioned rolled oats
½ tsp cinnamon
Dash nutmeg
1 tsp vanilla
Dash salt
¼ c maple syrup
Handful of shredded coconut (more if you wish)
2-3 tablespoons maple butter or pasture butter

Bring water, milk, cinnamon, nutmeg, salt, vanilla, and butter to boil. Add oats and shredded coconut, cook for about 5 minutes.

Plain and Chocolate Chia Puddings

1 c chia seeds
3 c nut milk, coconut milk, or hemp milk
3-5 Tablespoons agave nectar
1 tsp vanilla
¼ tsp cinnamon
Pinch of sea salt

Stir together so there are no clumps and all the chia seeds are covered in milk. Let this sit at room temp for 20-30 minutes. This pudding will keep well in the fridge for days. For chocolate, omit the cinnamon. Blend 1 Tbsp of raw cocoa with some of the milk in a blender, then follow the other directions of stirring all together and sitting for 20-30 minutes.

Chocolate Covered Cherries Smoothie

2 c frozen sweet dark cherries
2 c frozen or fresh bananas
¼ c organic raw or organic cocoa
2 T agave nectar
1 c coconut water
1 tsp vanilla
Pinch sea salt

Blend all in Blendtec until smooth and creamy. Delicious.

Banana Almond Chocolate Smoothie

4 c frozen bananas
½ c organic raw or organic cocoa
2 c almond milk
¼ tsp cinnamon
¼ c agave

Mix in Blendtec until deliciously smooth.

Bee Protein

2 T almond butter	2 frozen bananas	2 tsp vanilla
2 c coconut water	1 T flax meal	
1 c mango, diced	2 T raw honey	

Blend and drink. Yummy.

The Green

1 c curly kale	Simply Orange Mango/OJ to cover greens
2 c spinach	~2 cups mango, pineapple, or other frozen fruit
1 c beet or carrot greens	2 bananas

Blend greens with juice until smooth. Add bananas, fruits, and blend some more.

The Green Berry Lemonade(Cold and Flu Cure)

3 c greens
Apple or orange juice to cover greens
1 whole organic lemon, with rind, quartered and deseeded
Frozen strawberries or raspberries
1 banana

Blend greens, juice, and lemon until smooth. Add frozen berries and banana. Blend again

until smooth.

Green Cherry Limeade

3 c beet greens
1 c spinach
Apple or orange juice to cover greens
1 bag frozen cherries
2 Peeled limes, deseeded and quartered
2 small bananas

Blend greens, lime and juice until smooth. Add frozen cherries and bananas. Yummy.

Coconut Breakfast Cake

3 c flax meal (you can buy this at the health food store)
2 T coconut oil
½ c agave or maple syrup
½ tsp salt
¼ c water

Mix all together and form into small balls and put in fridge. When you want to eat them, just take a ball and flatten it in a pancake. You can put syrup on top (like maple syrup, or agave syrup blended with fruit to make a fruit syrup)

Mango Shake

3 c diced mango	3 T agave	Dash lime juice
2 c coconut water	2 tsp vanilla	Pinch sea salt

Puree until smooth.

Pina Colada

1 c coconut meat
1 ¼ c coconut water
3 c diced pineapple, frozen or chilled
3 T agave
Squeeze of lime juice
1 T coconut butter
2 tsp vanilla
1 vanilla bean
Pinch of sea salt

Blend ingredients until smooth. Oh, so good. This is best doubled. :)

Strawberry Yogurt

1 cup Fresh young coconut
½ cup of either fresh or frozen strawberries
1 Tbsp Raw honey, agave, stevia or maple syrup

Blend all ingredients until smooth.

Lemon Custard Shake

¼ cup fresh Lemon juice
3 Tbsp maple syrup
1 cup almond or coconut milk or ½ cup coconut fresh & ½ cup coconut water

Blend all ingredients until smooth.

30 Second Nut Milk

2 heaping tablespoons almond or cashew butter, or other nut butter
2 c water
Pinch sea salt
2 T agave
½ tsp vanilla

Blend until smooth. We use this milk in recipes when we don't have coconut milk handy.

Creamy Orange Smoothie

1 cup frozen orange juice cubes
1 Tbsp agave
1 cup almond or coconut milk or ½ cup coconut fresh & ½ cup coconut water
1 vanilla bean, if desired

Mix all ingredients in a blender.

Watermelon Slushie

Frozen chunks of one watermelon
1 lime (cut off peel) cut in half
Abt. 1 cup of water for blending
Small squirt agave

Puree in a blender with the lime juice and stevia. Add water as needed for blending. Add a watermelon wedge or lime slice as garnish.

Maple Cinnamon Buckwheat Crispies

2 c buckwheat groats, soaked for an hour
3 /4 c maple syrup
1 ½ tsp. Vanilla
1 tsp ground cinnamon
3 tablespoons agave
2 tsp salt

Drain groats. Rinse. Place in food processor. Add remaining ingredients. Pulse until it looks like runny oatmeal. Spread onto teflex lined dehydrator trays. Dehydrate at 115 for 12 hours, or until it peels away easily. Flip over in pieces and finish drying about 2-3 hours. Store in airtight container in fridge. Lasts for 2 weeks. We usually double the recipe.

Soups, Sides and Main Dishes

Zucchini Dill Soup

5 zucchini, shredded
1 onion, chopped
4 cloves of garlic, minced
1 1/2 cartons chicken broth
Bunch of fresh dill (or 2-4 Tablespoons dried)
4 tablespoons butter or vegetable oil
2 c coconut milk
Salt and pepper to taste

Saute onion, garlic in olive oil until translucent. Add zucchini and cook for about five minutes more. Add broth. Bring to a boil. Reduce heat. Add dill, salt and pepper, and and simmer for 20 minutes. Add coconut milk and butter. Simmer 10 minutes longer.

Tortilla Soup

2 c tomatoes, cut in halves (or crushed tomatoes, we like Fire Roasted Diced 28 oz can)
1 med onion, cut
2 cloves garlic
Handful snipped cilantro
½ tsp agave
8 c vegetable or chicken stock
1 chipotle pepper and a bit of the sauce (in the Mexican section of the grocery store, you can use more if you dare)
2 c tortilla chips, processed in the Vita Mix to a fine powder

Garnishes: Avocado, Tortilla Chips, Cheese

In blender, combine tomatoes, onion, garlic, cilantro, agave. Cover and blend until nearly smooth. Put mix into a large pot with broth and chipotle pepper. Bring to boiling. Simmer 15 minutes. Add tortilla chip powder and cook for 5 more minutes. Put tortilla chips in a

bowl with avocado. Ladle soup over. Serve immediately. Makes 8 servings. Garnish with cheese.

Quinoa Pilaf

Olive oil
1 medium yellow onion, finely chopped
1/2 bell pepper, finely chopped
1 garlic clove, minced
2 cups quinoa
4 cups chicken or vegetable broth
1/8 teaspoon pepper
2 Tbsp chopped fresh chives (or green onions including the greens)
Salt and pepper

Saute onion, chives, pepper, garlic in olive oil. Add quinoa and saute a little longer. Add broth, pepper. Bring to a boil, reduce heat to low. Partially cover. Simmer 20 minutes. When finished, fluff with fork and add a tablespoon of oil and salt and pepper to the quinoa. Serve warm or chilled with chopped avocado mixed in.

California Grilled Vegetable Sandwiches

1/4 c Veganaise
3 cloves garlic, minced
1 T lemon juice
1/8 c olive oil
1 c sliced red bell peppers
1 sm zucchini, sliced
1 red onion, sliced
1 sm yellow squash, sliced
Giant portabella mushrooms, sliced, if desired
Eggplant, sliced, if desired
Focaccia bread, split horizontally
Optional: italian seasonings

Mix mayo, garlic, and lemon juice Set aside. Preheat grill for high heat. Brush veggies with olive oil on each side, and sprinkle with a bit of Italian seasoning, if desired. Brush grate with oil. Place peppers and zucchini closest to the middle and set onion and squash pieces around them. Cook about 3 minutes. Turn. Cook another three minutes. The peppers may take longer. Remove from grill set aside. Spread some mayo mix on the cut sides of bread and toast bread if desired. Layer veggies and enjoy as an open faced sandwich.

Nachos

1-2 c nacho cheese sauce
Tortilla chips
1 can organic black beans
Pico de gallo
1-2 avocado, chopped
Vegan sour cream
Paprika

Nacho Cheese Sauce:

½ c nutritional yeast
½ c coconut milk
Mexican seasonings to taste
Few dashes paprika
Salt to taste

Mix nacho cheese sauce ingredients. For best results, let sit for at least 10 minutes. Layer tortilla chips, beans, pico, avocado. Pour nacho cheese sauce over and through. Top with sour cream and garnish with a dash of paprika. Alternatively, add lettuce and make it a taco salad.

Grilled Salad

Grill Marinade

1 clove garlic roughly chopped	1 shallots, roughly chopped
½ handful thyme leaves, chopped	Pinch of savory, pinch of chopped rosemary
2 leaves sage, chopped fine	Pinch fresh marjoram, chopped fine
Zest of one lemon, chopped	Pinch of crushed red pepper
about ½ c balsamic vinegar	about ¾ c extra virgin olive oil
Salt and pepper, to taste	

Mix everything together.

For the salad (serves 2-4):

½ c grill marinade	3-4 fresh mushrooms, cut in quarters
1 bunch asparagus	3 handfuls butter or red leaf lettuce
¼ red onion, sliced thinly	1-2 handfuls romaine hearts, torn in pieces
2 stalks celery, sliced thinly	1 dozen cherry tomatoes
1 dozen shaved slices of real Parmesan	Salt and pepper
2-3 T Honey Mustard or other dressing	

Mix mushrooms, asparagus and onion in the marinade in a bowl. Let sit for at least 20 minutes. "Grill" the veggies over high heat in a pan, beginning with onions, then mushrooms, then asparagus. Asparagus should retain their shape and stay green. After cooking, return veggies to marinade and toss them to coat. Mix the lettuce, romaine and celery with a bit of dressing, salt and pepper, and divide onto plates. Add the grilled veggies and tomatoes, and top with shaved Parmesan.

Halibut

Fish Marinade:

1 shallot	Zest of one lemon
2 chives	Zest of one lime
1 c olive oil	½ tsp salt
Few cranks of pepper	A handful of parsley or dill (optional)

Pulse blend really quickly.

The Fish:

½ c fish marinade	1 ½ pounds halibut
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Marinate for at least 15 minutes, up to an hour. Grill until opaque. Enjoy with quinoa and potatoes.

“Calamari” Style Mushrooms

10-12 large mushrooms

¼ c olive oil

2 T lemon juice

Sea Salt

1 c ground flaxseed

¼ c minced mixed herbs such as basil, thyme, oregano (maybe Italian seasoning?)

¼ tsp chili powder

Black pepper, freshly ground

Slice mushrooms and toss in olive oil, lemon juice, and pinch sea salt. Marinate 30 minutes. Combine flaxseed, herbs, cayenne, chili powder, salt, pepper. Toss the mushrooms, a few at a time, in the breading and coat. Dehydrate for 2-3 hours until warmed and slightly crispy.

Salmon Teriyaki Skewers with Pineapple

1/2 cup soy sauce

1/8 c molasses, 1/8 c agave(maybe a little less)

2 Tbsp minced fresh ginger

2 Tbsp vegetable oil

1 lb salmon fillet, rinsed, cut to 1 inch cubes

2 green onions, cut into 1-inch segments

8 bamboo skewers, soaked in water for at least 20 minutes before using

1/4 cup mirin rice wine or rice vinegar

2 Tbsp minced garlic

1/4 cup minced green onions

Pinch chili pepper flakes

1 lb fresh pineapple, in 1 in chunks

In a medium bowl, mix together the soy sauce, mirin or rice vinegar, and sweeteners. Add the fresh ginger, minced green onions, chili pepper flakes, and vegetable oil. Place the cubes of salmon in the bowl, coat completely with the marinade. Cover and chill for 1 to 2 hours. Remove salmon from marinade. Place marinade in a small sauce pan and bring to a boil, simmer for 10 minutes, set aside. Thread salmon, pineapple, and onion pieces on skewers. If using a grill, prepare grill for high, direct heat. Oil the grill grates. Place skewers on grill. Cover. If using an oven broiler, place on a rack on a broiling pan, so that the salmon pieces are 6 inches from the element. Turn after 2 to 4 minutes. Baste with reserved marinade. Cook for 2 to 4 minutes more, basting frequently, until salmon is just barely cooked through. Serve immediately. Serves 4.

Napa Wrapped Halibut

Fish substitutions: can work with any fin fish, but if using salmon or tuna, make sure to cook no longer than 3 minutes total because these fish taste best rare.

Serves 4

8 large napa cabbage leaves
8 pieces of halibut fillet, 3 oz each
1 Tbsp finely minced ginger
2 Tbsp canola oil
2 tsp sesame seed oil
1 Tbsp soy sauce
Salt and pepper

1. If the cabbage has very thick middle stems, thin them out with a small sharp knife being careful not to make holes in the leaves. Bring a large pot of water to a boil. Add the cabbage leaves and cook for 1 minute. Remove to a paper towel and dry off well on both sides.
2. Sprinkle halibut with salt and pepper. Place a piece of halibut onto the stem part of each cabbage leaf. Sprinkle with ginger and wrap the halibut in the leaves.
3. Set a large skillet over medium-high heat. When hot, add canola oil and swirl the pan to coat its bottom. Place the cabbage bundles into the skillet without crowding and cook until browned, about 2 minutes. Flip, cover the skillet, turn down the heat to medium-low, and cook another 2 minutes.
4. Drizzle with sesame seed oil and soy sauce, flip the cabbage bundles, cover, and cook 1 minute or until done. Testing for doneness is a little tricky. I suggest you make a little slit in the cabbage and push a chop stick through the fish. If the chopstick goes through without much effort, the fish is done. If you have an instant read thermometer, you can use it to check the internal temperature of the fish. Take it off the heat at 125F. It will get to 135F after 5 minutes of resting which is the "done" temperature for fish.

Healthy Enchiladas

Enchilada Sauce (from Maw in the Raw):

- 2 red bell peppers cut up
- 2 garlic cloves
- 1 cup sun-dried tomatoes (in oil)
- 1 avocado
- 2 tsp Nama Shoyu, Tamari, or High Quality Soy Sauce
- 1 tsp cumin
- 2 tsp chili powder
- 1 tsp raw cocoa
- 1/4 cup of water

Blend it all up in the blender until smooth. Taste it if you need any salt. Alternatively, only use half an avocado to make it more like a saucy sauce.

Optional No Meat Filling:

- 4 portabella caps
- 1 small yellow squash or green zucchini
- 1/2 small red onion
- 1 red bell pepper
- Nama Shoyu
- 1 tsp cumin
- 3/4 tsp coriander
- 1/4 tsp chipotle chili powder
- Salt to taste

Marinate onion, squash, red bell pepper, mushrooms in Nama Shoyu and a bit of olive oil. Then dehydrate until soft. Process in food processor until it's the consistency of a "meat".

Place no meat filling and/or enchilada sauce on a flour tortilla or a sprouted tortilla. Top with avocado, sprouts, lettuce, salsa, pico de gallo, and nacho cheese sauce on top. Enjoy.

Manna Bread

2 cups whole wheat berries (it will be 4 cups when sprouted—tails should be as long as the wheat berry)

1/3 cup sweetener

3/4 teaspoons sea salt (You can substitute regular salt if you would like, but it won't be as good for you.)

Blend all in food processor or Vitamix until doughy. Form into loaves on cookie sheet or pyrex pan. Bake at 225 for 3 hours, or 8 hours in crockpot on high.

<http://rtheyallyours.blogspot.com/2009/01/sprouted-wheat-manna-bread.html>

Herb Crackers (NOT for Amber!!)

4 3 /4 c almond flour

1 c oat flour

2 tsp sea salt

1 c flax meal (you can buy this at a health food store or Azure)

2 T nutritional yeast

2 tsp fresh oregano

4 tsp fresh thyme, rosemary

2 T olive oil

2 c watermelon

Mix everything together. Spread thinly on Teflex sheets. Cut with pizza cutter, 8 across and 8 down, to make 64 crackers per sheet. Sprinkle with sea salt. Dehydrate for 2 days. Transfer to dehydrator screens and dehydrate another 12 hours, until crisp.

Won Ton Salad

1 head green leaf lettuce, chopped
chives chopped
4 chicken breasts, cooked and shredded (optional)
1/4 pound won ton wrappers, deep fried in oil
partial package of bean threads, deep fried

Dressing: blend in the blender

1/3 cup rice vinegar	1/2 cup olive oil	2 cloves fresh garlic
1 tbl soy sauce	1 tsp salt	1/2 cup honey or agave
1 tsp sesame oil		

Alternatively, you can just use chopped cabbage, green onion and chopped almonds and pour the dressing over it. If I make it for a party with "regular" appetites I will add the fried wrappers and bean threads to make it more exciting but I usually leave out the chicken.

BBQ Skewers

Sauce:

1 cup tomatoes, chopped or 1 cup cherry tomatoes
1/2 of a shallot, peeled and diced
1/2 cup sun dried tomatoes
3 garlic cloves
1 jalapeno (optional)
3 T maple syrup
2 T nama shoyu or soy sauce
2 tablespoons olive oil
1 teaspoon hickory seasoning

Blend in a blender until smooth.

Veggies:

2 large or 3 sm zucchini, cut into half moons, abt 1/2 inch thick
2 med red peppers, cut into 1 inch squares
2 med yellow peppers, cut into 1 inch squares
1 pint red cherry tomatoes
2 c portabello mushrooms, in 1 inch pieces

Toss all the veggies in the sauce and marinate for a few hours at room temp. Slide the veggies onto skewers and dehydrate for 3 hours or grill.

Eggplant Bacon

1 lg eggplant, thinly sliced lengthwise
1 T sea salt
¼ chipotle pepper and sauce + ½ c water
2 T maple syrup
2 T olive oil
2 T nama shoyu/soy sauce
2 T apple cider vinegar
1 tsp chili powder
½ tsp paprika
½ tsp cumin
Pinch black pepper
Pinch cayenne

Toss eggplant and sea salt in a large bowl and let sit 1-2 hours. Blend remaining ingredients in blender. Squeeze liquid from eggplant and add slices to bowl with marinade. Allow eggplant to marinate 30-45 minutes. Spread slices on dehydrator screens. Dehydrate 24-36 hours until crisp. And cut.

Portabello Sausage

3 T oil
2 T nama shoyu
1 T umeboshi plum paste
1 T apple cider vinegar
4 c portabello mushrooms
2 c chopped eggplant
1 c almonds, soaked 8-12 hours
1 c pumpkin seeds, soaked 8-12 hours
1 T coriander
4 scallions, chopped
1 clove garlic, minced
1 c parsley, chopped
Sea salt, to taste
Black pepper, to taste

In large bowl, whisk together olive oil, nama shoyu, plum paste, and apple cider vinegar. Toss in mushrooms and eggplant, and allow to marinate 15-20 minutes. Process almonds, pumpkin seeds, coriander in food processor into small pieces. Do not overprocess. Place mixture in large bowl. Process marinated mushrooms and eggplant with scallions, garlic, and parsley in food processor until

chunky; add to bowl with almonds and pumpkin seeds. Stir mixture until ingredients are well combined and season with salt and pepper. Shape mixture into patties. Place on dehydrator screens for 8-12 hours until crust forms.

Fried Rice

2 T oil

½ med onion, diced or 2-3 scallions

1 tsp ginger (optional)

½ – ¾ c cooked meat or fish

Salt, pepper, soy sauce, oyster sauce

1 egg, beaten

1 tsp garlic

1 heaping cup veggies (whatever you have on hand)

2 c cooked brown or white rice

In a skillet, scramble egg with oil until dry. Set aside. In the same skillet, heat the remaining oil and add onions, garlic, ginger. Saute for 2-3 minutes. Now add the veggies and saute for another few minutes. If they are raw, saute for a little longer. If they are too dry, add a bit of water. Add leftover meat/fish for a minute to reheat. Add rice and egg. Stir and cook til warm. Season with soy sauce, and oyster sauce, if desired.

Crock Pot Pho Recipe Serves: 4

This is a recipe for a 6.5 quart (or larger) Crock Pot. Any smaller really isn't that great – you won't get enough stock out of it...because the beef bones are really chunky and big. The thinly sliced meat for the bowls may be easier to slice if you freeze the chunk of meat for 15 minutes prior to slicing. You really want them as thin as possible. You can also do what I do – palm your butcher a \$5 bill and he'll slice the meat for you on his fancy slicing machine

For the Pho Stock:

4 pounds beef bones 1/2 onion (you don't even need to slice it or anything, just the half) 4
inch section of ginger, sliced

1 package Vietnamese Pho Spices (these come with a mesh bag) (or as many of these spices as you have: 2 cinnamon sticks, 2 teaspoons whole coriander, 1 teaspoon fennel, 3 whole star anise, 3 whole cloves, 1 cardamom pod—put these in a bag)

9 cups water 2 1/2 tablespoons fish sauce or to taste 1 teaspoon sugar

If you don't feel like using beef bones, then just use 9 cups of rich beef broth.

For the Pho Bowls:

16 ounces fresh or dried rice noodles

1 pound flank, london broil, sirloin or eye of round steak, sliced as thinly as possible.

For the table

1-2 limes, cut into wedges fresh herbs: cilantro, Thai basil, mint

2-3 chili peppers, sliced 2 big handfuls of mung bean sprouts

Hoisin sauce Sriracha hot chili sauce

1. Bring a large stockpot with water to boil over high heat. When it comes to a rolling boil, add the beef bones and boil vigorously for 10 minutes. (This is omitted if just using beef broth)
2. Heat a frying pan on medium-low heat. Add the Vietnamese Pho Spices and toast until fragrant, about 2-3 minutes. Dump the spices to the empty Crock Pot or slow cooker immediately. Return frying pan to medium-high heat and add 1 tablespoon of oil. When the oil is hot, add the ginger slices and the onion half. Cook until the ginger is browned on both sides and the onion half is nicely browned and softened. Add the ginger and the onion to the Crock Pot or slow cooker.
3. When the bones have been pre-boiled, drain, discard water and rinse bones briefly to clean them. Add the bones to the Crock Pot or slow cooker. Fill the Crock Pot with fresh, clean, cool water to just 1-1/2 inches below surface, add the fish sauce and sugar. Cover and set the Crock Pot or slow cooker to cook on low for 8 hours. Taste and season with additional fish sauce if needed.
4. When you are just about ready to eat, you'll prep the rest of the ingredients for the Pho bowls. Bring a pot of water to a boil. Add the noodles and cook according to package.
5. Strain the stock with a fine meshed sieve. Discard the solids. (This can be omitted if you use a bag for the spices and just beef broth)
6. Line up 4 large bowls on counter. Distribute the noodles, and thin steak slices evenly amongst the bowls. Ladle the hot Pho stock into each bowl. The hot stock should cook the thin steak slices. Serve with lime wedges, fresh herbs, chili peppers, Hoisin sauce and Sriracha hot chili sauce at the table.

Fajitas

Six burrito-size sprouted grain tortillas (Alvarado St. Bakery brand recommended)

2 medium zucchinis cut into thin strips

2 thinly sliced onions

2 medium red bell peppers thinly cross cut

2 medium yellow bell peppers thinly cross cut

½ package baby portabella mushrooms, sliced

1 avocado sliced

3 tablespoons balsamic vinegar

4 teaspoons olive oil

¼ teaspoon chili powder

Sea salt and fresh ground pepper to taste

Toss the mushrooms, onions, peppers, and zucchinis in the vinegar and oil. Season with the chili powder, sea salt, and pepper. Grill the zucchini, onions, and peppers on a non-stick grill for 3 to 4 minutes on each side over medium heat. Remove from the heat. Warm the tortillas in the oven. Slice the avocado in to thin slices and arrange evenly on the tortillas with the peppers and onions on top. Fold the tortillas over the vegetables. Serve the tortillas with salsa and guacamole or black beans and/or brown rice.

Tostada Fiesta Salad

1 tsp. organic butter

1 cup corn

1 Tbsp. water

1 tsp. Cumin

1 medium avocado

1 Tbsp. lime juice

½ med tomato chopped

2 Tbsp. green onions

2 cups shredded lettuce

Crumbled corn chips

1 T green onions, chopped

1 T fresh cilantro, chopped

In a small saucepan combine the butter, corn, water, and cumin. Cook on medium heat for about 2-4 minutes. Uncover and cook for an additional minute or two, allowing for excess moisture to evaporate. Slice the avocado and add the lime juice. Combine with the corn mixture, tomatoes, and green onions. Spoon on to lettuce and add sea salt, chips, and green onions on top. Enjoy!

Teriyaki Sauce

1 cup Nama Shoyu

1 cup honey or agave

2 Tbsp. minced ginger

1 clove garlic, minced ¼ finely chopped scallions

Combine the Nama Shoyu and sweetener in a pan and cook until bubbling. Turn off the heat and add the remaining ingredients.

Desserts and Stuff

Mocha Pudding

2 ½ c young coconut meat

1 ¼ c water

¾ c cocoa powder

½ c maple syrup

½ c agave

2 tsp vanilla

3 T coconut oil

¼ tsp salt

2 T Pero powder

Blend together. Add a little more water if needed to get to the right texture.

Vanilla Crème

2 c young coconut meat

¼ c agave

½ vanilla bean, scraped

2 T lime juice

2 T coconut oil

¼ tsp salt

Blend until smooth. Chill 4 hours. Goes great in a parfait layered with different fruits topped with shredded coconut.

Hot Chocolate

1 cup coconut milk

2 tbsp. pure cocoa powder

¼ tsp. pure vanilla extract

1-2 tsp agave nectar

Mix all in a small saucepan and heat, stir often. Serve and enjoy!

Coconut Frosting

2 c young coconut meat ¼ c coconut cream or oil, liquefied
¼ tsp salt ¼ c agave
2 Tbsp. Vanilla ¾ c dried shredded coconut (reserve half)

Blend all ingredients in blender, except for the reserved coconut. Blend until really, really smooth. Spread over cake or brownies, then sprinkle reserved coconut on top.

Chocolate Sauce

¾ c cocoa ½ c agave ⅜ c maple syrup ½ tsp vanilla
Pinch salt 1 ½ T coconut oil

Blend very well until completely smooth. Use to dip strawberries or other fruit, or use in raw brownie recipe or whenever you need chocolate sauce.

Chocolate Oil

1 ¼ c coconut oil, liquefied ¾ c plus 2 T raw cocoa powder
3 ½ T maple syrup Pinch of sea salt

ATTN: Half this recipe if you are just using it for raw brownies.

Blend. Then, pour on a cookie sheet and put in the freezer. Break into chunks. Use in raw ice cream or raw brownies. You can also use it to drizzle over or cover strawberries. This oil does solidify in the refrigerator.

German Chocolate Brownies

Abt. 2 cups oat flour
Abt. 1 ½ c almond flour (you can also just use oat flour)
½ c shredded coconut
Squirt maple syrup
¼ c coconut oil
¾ tsp salt
1 ½ c chocolate sauce (from Chocolate Sauce recipe above)
Half a recipe of the frozen chocolate oil, broken into chunks

Mix everything together into a dough. Add chocolate oil at the end. Press into a 7.5 x 9.5 inch glass pan. Put in fridge. While brownies are cooling, make a recipe of coconut frosting and then frost over brownies and cool again for at least an hour.

Blonde Macaroons

3 c dried, unsweetened coconut flakes

1 ½ c fine almond flour (Amber can use oat flour instead for Maya)

1 c maple syrup

1/3 c coconut butter

1 T vanilla

½ tsp sea salt

In large bowl, combine all ingredients and stir well. Using a small ice cream scoop, spoon rounds of the dough onto dehydrator screens. Dehydrate at 115 for 12-24 hours, or until crisp on the outside and chewy on the inside.

Raw Chocolate Fudge

1 ½ c raw cacao

1 c plus 1 Tbsp raw coconut oil

½ c maple syrup or raw honey

½ c agave

2 T vanilla

¾ tsp salt

Combine ingredients in high powered blender. Blend on full power until completely smooth, about 1 minute. Pour and spread into a 7.5x9.5 glass pan. Chill, then cut into 1 inch squares. Mix in nuts, if desired.

Hot Fudge

2 ¾ c agave 1 ¼ c raw cocoa powder ½ tsp vanilla ¼ tsp sea salt

1 ¼ c coconut oil

Blend all ingredients until smooth. Warm in dehydrator for 1 hour before serving.

Coconut Snowballs

2 c brazil or macadamia nuts, soaked 4 hours, drained

3 ½ c shredded coconut

1 c agave

¼ c coconut oil

2 tsp vanilla

¼ tsp salt.

Process brazil nuts in food processor until finely ground. Add 2 c coconut, agave, coconut oil, vanilla and salt and process until it forms a sticky dough. Roll dough into balls and dip into remaining coconut to coat. Refrigerate between wax paper in airtight container.

Warm Fudge Brownie

4 ½ c almond flour or oat flour
3 c cocoa powder
1 ½ tsp sea salt
½ tsp cinnamon
1 c maple syrup
½ c agave
1 ½ c water
¾ tsp vanilla

Mix together dry ingredients in large bowl. Add remaining ingredients. Mix well with hands. Line a 9x13 pan with parchment paper or plastic wrap. Press into pan in an even layer. Dehydrate in bottom of dehydrator overnight. Flip onto cutting board and trim edges. Place on screens. Dehydrate four to six hours. Serve with hot fudge. Yum.

Coconut Chocolate Milk Smoothie

Water and meat from one young coconut
About 1 c of coconut milk (original or vanilla)
Scoop raw cacao (I usually use about 1 heaping tablespoon)
Maple syrup (about a tablespoon usually)
Dash vanilla
Handful of ice cubes
¼ tsp molasses

Add enough coconut milk to make the liquid hit 3 ½ cups liquid in the blender. Blend all until smooth. Drink up.

Vanilla Pudding

1 c agave
4 ½ c young coconut meat
1 ½ c coconut water or water
2 T vanilla
Seeds scraped from ½ vanilla bean
½ tsp sea salt
¼ c coconut oil, warmed to liquefy

Blend the agave, coconut eat, water, vanilla, vanilla seeds, and salt until smooth. With the blender running, pour in the coconut oil until it is fully mixed and the mixture is creamy. Taste the pudding and add additional agave if you like it more sweet. Chill to set, or eat as it is.

Chocolate Thin Mint Cookies

4 c fine almond flour (or oat flour)
4 c cocoa flour
1 ½ c maple powder/sugar (Azure)
½ tsp sea salt
1 ½ c coconut oil, warmed to liquefy
2 t peppermint extract
2 ½ tsp vanilla
2 c Chocolate Oil (from Raw Brownies recipe)

Combine almond flour, cocoa powder, maple powder and salt.

In separate bowl, combine the coconut oil with the peppermint and vanilla. Add this mixture to the dry ingredients and mix by hand to form dough. Press the dough evenly onto parchment lined sheet pan. Place pan in fridge or freezer to chill. Pour 1 c of the chocolate oil over cookie dough, lifting and turn pan to cover the entire surface. Return pan to fridge or freezer to set the chocolate. Invert onto another parchment lined pan and cover with chocolate. Set this side, too. Then, cut into cookie sized pieces. Keep in fridge or freezer.

Raw Chocolate Pudding or Icing

Makes about 2 cups

2 small ripe avocados
1/2 -3/4 C agave nectar
1/4 C raw cacao powder
2 T coconut cream concentrate or oil
1 T alcohol-free vanilla
dash of sea salt
dash of cinnamon (optional)
banana or strawberry slices for garnish

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Place everything in a blender until very smooth. You may need your temper to move the contents a little so the motor doesn't bog down on you. Most VitaMix blenders come with one. Keep stored in the fridge in an airtight container.

Raspberry Agave Lemonade

3 c water
1 c lemon juice
½ c agave
8-10 frozen raspberries

Blend water, lemon juice and agave. Chill. Add frozen raspberries before serving, or I just blend the frozen raspberries with the rest and drink. Delicious!

Nearly Raw Chocolate Chip Cookies

2 ½ c almond or cashew flour (or, if there are nut allergies, just use oat flour)
1 ¾ c oat flour
½ c raw cocoa powder
¾ c maple syrup
1 T vanilla
1 ½ tsp sea salt
1 c organic chocolate chips

Mix all ingredients except chocolate chips in a bowl (by hand). Stir in 1 c chocolate chips. Form into cookies. Dehydrate on screens overnight at 118 degrees. These are absolutely divine without all the egg, white flour, butter and sugar typical of most cookies. They are really, really great!

Milk Chocolate Mousse Layer Cake

Cake: (or just use the warm fudge brownie recipe)

2 c walnut pieces, soaked 2 hours	1 ½ c maple syrup
1 c filtered water	1 tsp vanilla
2 c cocoa powder	3 c almond flour
1 tsp sea salt	

Blend walnuts, maple syrup, water and vanilla in high speed blender til smooth. In large bowl, mix together remaining ingredients, making sure there are no lumps. Transfer to a parchment lined sheet pan and smooth the surface. Dehydrate for 24 hours.

Milk Chocolate Mousse

2 c cashews, soaked 4 hours or more

1 c young coconut meat

¼ c cocoa powder, preferably raw

2 ½ tsp vanilla

Pinch sea salt

1 c agave

1 ¾ c filtered watermelon ½ c coconut oil, liquefied

IN blender, blend all ingredients except coconut oil until smooth. Slowly pour in coconut oil as blender is running until it is incorporated in the mousse. Refrigerate for a few hours or overnight.

Cut cake into equal thirds. Carefully flip the cake. Spoon ½ the mousse on 1/3 of the cake. Carefully place the second cake on top of the mousse and press down gently. Repeat with remaining mousse and cake. Use a spatula to make it as even as possible. Place in freezer to let set for 1 hour. Using a large knife, trim the edges of the cake.

Buckwheat Treats

4 c buckwheat groats

2 c young coconut meat

¾ c agave

½ c maple syrup powder (Azure standard)

¼ c plus 1 T vanilla

1 T sea salt

¾ c coconut oil, liquefied

Soak buckwheat overnight. Drain, rinse, and arrange in a single layer on dehydrator screens. Dehydrate for 24 hours. Blend coconut meat, agave, maple powder, vanilla and salt until completely smooth. While the blender is running, drizzle in the coconut oil. Pour the mixture into a large bowl and add the buckwheat. Mix until well combined. Spread evenly on dehydrator trays. Score into squares. Dehydrate for 24 hours, invert the bars, peel away Teflex, and continue dehydrating for 2-4 more hours, or until bars are completely dry. Cut into squares. Store in fridge.

Oatmeal Raisin Cookies

4 c oat flour

1 c maple syrup powder (sugar—Azure)

½ tsp sea salt

½ c coconut oil, softened

½ c date paste (dates that have been soaked in water for 2 hours, then blended with a bit of water to make a jam consistency)

2 T vanilla

3 T water

1 ½ c raisins, plumped in warm vanilla water for 30 minutes and drained

In a large bowl, sift together oat flour, maple, and salt. Add the coconut oil and mix thoroughly. IN a spearate bowl, whisk together the date paste, vanilla, water until thoroughly combined. Add this liquid and the raisins to the oat mixture and combine well. Drop cookie shapes onto mesh lined dehydrator trays. Dehydrate for 24 hours or until dry but still soft on the inside. Will keep a few months if sealed well.