

# **Raw and Living Foods Recipe Guide: A Companion to The Health Evolution**

**By Michael Snyder**

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Michael Snyder

Welcome to my collection of recipes to accompany “The Health Evolution”.

### Recipe Guide

Key: C = cup; T = tablespoon; t = teaspoon

### **Pate**

Pates are filling, satisfying, and a high protein food. You can make them different each time by adding different herbs and spices. It will last a few days to a week in an airtight container in the refrigerator with the help of salt, lemon juice, or raw apple cider vinegar, which act as preservatives. I recommend serving it on a bed of greens with celery.

### **Basic Pate:**

2 cups nuts

1 cup seeds

1 or 2 cups vegetables

1 t salt

4 T fresh or dried herbs and seasonings

### **Equipment:**

Champion Juicer or Food Processor

Chop and dice up vegetables into small chunks. If the vegetables are too big they won't be blended up. With a Champion, run the nuts and vegetables through with the solid plate.

With a food processor, run nuts through the food processor for approximately 5 minutes on high until they start to stick and climb up the sides of the walls. Then add seeds, vegetables, herbs, spices, oil, lemon juice, raw apple cider vinegar, salt, and seasonings. It is helpful to first grind seeds into a powder with a coffee grinder or spice mill.

Good nuts for pate include walnuts, almonds, brazil nuts, macadamia nuts, and pine nuts.

**Almond Pate**

2 C soaked almonds  
(3/4) C carrots  
(1/2) C Red Bell Pepper  
(1/3) C Celery  
(1/4) C minced basil  
2 T chives  
2 T minced ginger  
1 t salt

**Black Olive Pate**

1 C Macadamia nuts  
1 C Pine nuts  
(3/4) C olives  
(1/2) C water  
1 C fresh parsley  
1 C fresh tomato  
1 T red miso  
1 Avocado

Mix all (except tomato and avocado) together in juicer, blender, or food processor. Add diced tomato and avocado to mixture.

**Curry Pate**

1 C Almonds (Soaked)  
1 C Hemp seeds  
(1/2) C carrots  
(1/3) C chives  
(1/2) C Zucchini  
2 celery stalks  
1 t ginger  
Dash cayenne  
3 t tumeric

1 t curry paste

Process all through a Champion or a Food Processor.

**Ocean Pate**

3 C sunflower seeds, soaked approximately 6 to 8 hours

1 C dulse

1 Celery stalk

(1/2) C Red Bell Pepper

2 T Dill weed

**Italian Pate**

1 C Macadamia nuts

(1/2) C Brazil nuts

(1/2) C sun-dried tomatoes, soaked a minimum of a half-hour

(1/3 C sun-dried tomato soak water

1 C Red Bell Pepper

(1/4) C Kelp

2 T flax oil

2 T lemon juice

2 T fresh parsley

½ t salt

1 T Italian Seasoning

(1/4) C olives

Process in Food Processor or Champion

**Mexican Pate**

1 C Pine Nuts

1 C Soaked Almonds

2 C soaked Pumpkin Seeds

(1/2) C lime juice

2 celery stalks

1 T chili powder spice

2 t cayenne powder

1 t cumin

Combine in food processor or Champion. This is also good dehydrated for 8 to 12 hours

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### **Macaroni & Cheese**

by Bryan Au, [www.RawInTen.com](http://www.RawInTen.com)

As far as I know this is the ONLY RAW Vegan Organic Macaroni & Cheese Recipe in existence! I had to come up with a fun Raw Organic version out of necessity because the cooked version used to be my favorite as a kid until I found out about all the artificial colors, chemicals and preservatives that went into it! Someday things like that will be a distant memory, that is what is so exciting about the RAW Organic Cuisine, it is so pure, healthy and decadently all natural. I brought this one to a Thanksgiving potluck and it disappeared in an instant! It is a great Holiday dish, the presentation and colors are so inviting. I hope you enjoy this special creation of mine as it is a very popular comfort food, I also wanted to bring out more new innovative never before seen Raw Organic Recipes and foods. My version looks and tastes cooked and is the creamiest.\_

5 Servings

2 LARGE PEELED YAMS

“NACHO CHEESE” PINE NUT SAUCE:

1 ½ CUP PINE NUTS

2 TABLESPOONS TURMERIC

¼ CUP OLIVE OIL

1/3 CUP WATER

½ TEASPOON SEA SALT

2 TABLESPOONS HAWAIIAN MELLOW WHITE MISO FOR LESS SALTY FLAVOR, 3 TO 4 TABLESPOONS OF MISO FOR STRONGER FLAVOR

Using a Mandolin slicer carefully make as many length wise thin slices of Yams after peeling them first. Then stack the slices of Yams on top of each other and make a sort of roll so you can carefully slice them into small thin macaroni shapes with a knife and make them curly. Do this with both Yams then put into a bowl or Pyrex glass pan. Drizzle olive oil and squeeze some lemon juice on top. Sprinkle some sea salt on top of the yams then mix the yams and make sure all the pieces are covered in olive oil then set aside to allow it to marinate.

Make the “Nacho Cheese” Sauce in a blender then pour on top of the Yams and mix again until all the pieces are covered in the “Nacho Cheese” Pine Nut Sauce. Let sit for 10 minutes so that it can absorb the sauce and soften then enjoy! The longer you let it sit the softer it gets. I am planning on packaging the “Nacho Cheese” Pine Nut Sauce to sell in all the grocery and health food stores so more people can have access to RAW Organic goodness! There is a glowing yellow photograph of this innovative new recipe in glass Pyrex ware on the cover with a pineapple, apple and some melons in the background.

## **RAWEO**

This version has no transfat or artificial anything. We are all natural organic beings and it makes no sense to be putting things in or on our bodies that are not all natural and organic! More people are waking up to this fact and I am more than pleased and honored to help make it a truly enjoyable gourmet sweet experience. I know you will love this easy delectable childhood favorite treat! People tell me they can't get enough of Raweos and love it a lot. Kids really go all out for this recipe, the love to make and eat them. Parents like it because they know it is low glycemic and sugar so is very well balanced. This RAWEO is actually a living food because the nuts are soaked so you are getting even more nutritious goodness in each bite! A dessert that is actually good for you on many levels. This one also travels well.

8 Servings

2 CUPS SOAKED ALMONDS, YOU CAN ALSO USE AND SUBSTITUTE 2 CUPS SOAKED SUNFLOWER SEEDS IF YOU CANNOT FIND OR HAVE ACCESS TO RAW ORGANIC ALMONDS.

2 CUPS WATER

5 TABLESPOONS CAROB POWDER

5 TABLESPOONS AGAVE

NUTIVA RAW EXTRA VIRGIN COCONUT OIL

CHEESECLOTH

SMALL COOKIE CUTTERS

Put the Almonds and Water into the Blend-Tec Blender and blend until the almonds become very small crumb like in size. Pour into Cheesecloth over a large mixing bowl. Squeeze all the almond

milk you can out of the almond pulp and save the pulp. Later you can experiment and make them as moist or dry as you like. Save the almond milk to drink straight, you can add some agave to sweeten or use it in the Oatmeal Cereal Recipe or smoothie recipes. Remember to refrigerate leftovers.

In a medium bowl mix the almond pulp with the carob powder with a fork then add the agave and mix with the fork again until evenly mixed. Then using your hands you can roll small balls then flatten into cookie 2 shapes make sure they are well compacted, spoon desired amount of “creamy filling” which is the coconut oil, in between 2 of the “cookies” and enjoy. If you live where it is very hot and the coconut oil is liquid then you will need to cool it to a solid state. You could also blend the coconut oil with some coconut meat to make a creamy filling too. What I like to use are cute cookie cutters and molds in the shape of hearts and stars. It is easy to press the almond carob mix down, add the coconut oil gently press down then add more carob almond pulp mix and press down firmly, then gently ease it out of the mold or cookie cutter.

This is such a all natural super food and super nutritious dessert/snack because the almonds are alive and living with fully activated enzymes, nutrients and vitamins while the coconut oil has anti-aging properties and is an all natural high quality oil with so many benefits. The super energy really comes through in the super taste of this recipe. Can you imagine a sweet decadent snack/treat that is actually good for you, helps anti-age and beautify you from the inside!? Well now you get to enjoy it and it is real. Kids really love it and you are providing them with the best food on the planet. Adults totally love these too so make some for your friends and teach them all the benefits, they will thank you for it. There is a photo on the cover. An innovative organic living super food dessert! This is my most popular and requested dessert recipe.

~ From Bryan Au

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### **Salad Dressings**

Large servings of salad dressings may be prepared at the beginning of the week and stored in airtight containers. They are easy to make and I’m amazed at how few people bother to make their own. Dressings are usually are composed of two main ingredients, something fatty and something with a bite.

This could be oil and vinegar, such as a raw olive oil and raw apple cider vinegar. I usually blend together a nut, seed, or avocado for the oily component and any acid fruit for the bite. After that you simply add any available vegetables or herbs to create the flavor you strive for.

The next six recipes are from Dr. Doug Graham's book "The High Energy Diet Recipe Guide".

### **1. Sweet Russian Dressing**

Blend: 3 ripe tomatoes

1 large red bell pepper

1 avocado

Juice one key lime

Mix in three finely diced celery stalks.

### **2. Sweet Tomato Walnut Dressing**

Blend: 4 ripe tomatoes

4 ounces of raw walnuts

Add freshly squeezed orange juice to reach the desired consistency.

### **3. Cashew Cucumber Dressing**

Blend: 2 large peeled cucumbers

Blend in soaked cashews to reach the desired consistency.

### **4. Tahini Dressing**

Blend: 4 ounces raw sesame tahini

3 ounces water

Juice of one whole lemon

Add water until creamy.

### **5. Tomato Olive Dressing**



Briefly blend: 4 tomatoes  
24 pitted, whole black olives.

### **6. Creamy Herb Dressing**

Blend: 2 Tomatoes  
1 Avocado  
1 sprig of one of the following herbs:  
- Arugula  
- Dill  
- Cilantro  
- Purslane

For a saltier flavor, add celery to taste.

### **Lemon Dill**

(1/2) C Olive Oil  
(1/2) C lemon juice  
2 T tahini  
2 t dill  
1 celery stalk  
Blend until smooth, makes 1 Cup

### **Quick and Easy Tahini Dressing**

(1/2) C water  
2 T tahini  
2 T lemon juice  
1 t salt  
Blend until smooth. The acid in the lemon juice breaks down the fats in the tahini.

Variations:

Add any of the following  
2 t garlic

3 t dill

2 t chives

1 T Thyme

(1/2) C tomato

1 T miso

1 t cumin

### **Italian Dressing**

1 Large tomato

(1/2) C cucumber

(1/4) C olive oil

2 T lemon juice

1 T basil

(1/2) T sage

1 t salt

(1/2) T Italian Seasoning

1 T Flax seeds (soaked a minimum of 30 minutes, maximum of 8 hours)

Blend until smooth.

### **Curry Dressing**

2 C carrots

2 T Olive oil

1 T ginger

1 (1/2) t curry

(1/2) t nutmeg

(1/2) C hemp seeds

(1/4) C water

Blend until smooth

### **Hemp Seed Superfood Dressing**

1 C tomato

(1/2) C red bell pepper

(1/4) C Kale

2 t spirulina, chlorella, or E3 Live

1 t bee pollen  
1 T lemon juice  
3 T basil  
1 handful kelp  
1 T garlic  
(1/4) C avocado  
Blend until smooth.

### **Mustard Dill Dressing**

3 T mustard seed sprouts  
2 T basil  
(3/4) C pine nuts  
3 T Lemon juice  
1 T miso  
A pinch of salt  
Freshly ground black pepper to taste  
Blend until smooth

### **Creamy Miso**

(1/4) C flax oil  
(1/4) raw apple cider vinegar  
2 T water or coconut water  
1 T miso  
1 celery stick  
Blend until smooth

### Raw “Annie’s Goddess Dressing”

6 tbsp raw tahini  
4 oz. nama shoyu  
2 oz. lemon juice  
2 med cloves garlic, minced  
minced/flaked Basil to taste  
4-5 tbsp Bragg Apple Cider Vinegar

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Blend together ingredients in order.

### **Ranch**

1 1/2 c raw cashews  
4 t lemon juice or 2 1/2 t raw apple cider vinegar  
1 t salt  
1 T onion  
1 t garlic  
1 t dried dill weed  
1 t Italian seasoning  
1 basil leaf, minced  
Blend and serve

### **Pesto**

(1/2) C Pine Nuts  
(1/3) C Olive Oil  
1 Cup cucumber  
1 T minced garlic  
3 t spirulina  
(1/2) C basil  
(1/4) C Cilantro  
Blend until smooth and creamy

### **Salads**

1 Bunch Kale  
1 large tomato  
1 avocado  
2 T lemon juice or raw apple cider vinegar  
2 T Olive Oil  
2 t salt  
Variations:  
Add any of the following to the mixture-  
1 t cayenne

- (1/2) C olives
- (1/4) C pine nuts
- 2 t cumin
- 2 T Garam Marsala
- (1/2) C sea vegetables (Nori, Dulse, Kelp flakes)

Directions:

Remove stem from the kale leaves. Roll up the leaves to chop and dice into small chunks. Put them into a bowl and sprinkle on the salt. Massage salt into the leaves for a few minutes then let them sit for at least 10 minutes. The salt breaks apart the cell walls. This wilts and makes the leaves tender.

Next, add the lemon juice or raw apple cider vinegar and massage well. The acid helps to further break down the cell walls. The taste of the bitter kale is balanced by the acid and fat. The fat is in the salad dressing, which is made by blending up the celery, avocado, hemp seeds, seasonings, herbs, and olive oil. Mix dressing into salad. Do not add the fat or acid too early because this will prevent the kale from wilting. This salad tastes better the longer it is allowed to sit and marinate.

**My Favorite Kale Superfood Salad**

- 2 C Kale
- 1 Cup Hemp Seeds
- 2 T algae
- 1 T bee pollen
- 2 T Maca
- (1/4) C almonds
- 3 C greens
- (1/2) C sea vegetables (Dulse, Sea Lettuce, or Powdered Kelp)
- (1/4) C Olives
- (1/2) C Cucumber
- 1 small tomato
- 1 t cayenne
- 1 t ginger
- 1 T miso

2 t salt

Directions:

Remove stems from kale and chop. Massage salt into kale and let it wilt. Blend up hemp seeds in coffee grinder. Put cucumber and tomato in blender first. Then add hemp seeds, MSM, bee pollen, Maca, cayenne, miso, and ginger. Mix together all ingredients.

Cascadian Pate

- 2 cups soaked almonds, (soaked 6 to 12 hours, 8 hours is average)
- (1/2) Cup hemp seeds
- 4 Tablespoons lemon juice
- (1/2) C tomato
- (1/4) C onion
- 1 Tablespoon Miso, (I prefer South River Miso)
- (1/2) Cup fresh cilantro
- 2 teaspoons cumin
- 1 Tablespoon minced ginger or garlic
- 1 cup diced red bell pepper
- (1/2) cup diced carrots

To prepare, you'll need a food processor. Use the chopping "S" shaped blade. Put the nuts in first. Run it on high for about 5 minutes or until the nuts are all broken down and stick together. Next, gradually add hemp seeds and lemon juice.

As the processor is running, gradually add small amounts of the remaining ingredients. Process the pate until it is a fairly smooth consistency.

Save some of the diced up veggies to mix in at the end for extra color and texture. Serve on a bed of greens and garnish with some colorful veggies.

You may also prepare this using a heavy-duty juicer that comes with a blank plate.

Pate also makes a great filling for nori rolls, as a dip with raw chips or veggies, and as a sandwich filling with dehydrated crackers or raw breads. You could also form the pate into burger patties and dehydrate.

**Entrees**

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**\*Curried Carrot Soup**

\* Serves 12

5 cups carrot juice  
2 cups cashews  
1 cup orange juice  
1/4 cup lemon juice  
1/4 cup grated ginger root  
2 tablespoon light miso  
2 tablespoon Indian curry powder  
1 teaspoon crystal salt  
1/8 teaspoon cayenne  
dash nutmeg

1. Put 2 cups of the carrot juice in the blender with the cashews and blend until smooth and creamy, adding more carrot juice if needed.
2. Add remaining ingredients and blend again.

**\*East Indian Zucchini Dahl\***Serves 6

**SAUCE**

2 tablespoons powdered sun-dried tomatoes  
1/2 jalapeno pepper, minced or ? teaspoon haba?ero  
1 clove garlic, crushed  
2 tablespoons onion, minced  
1 1/2 teaspoons East Indian hot curry  
1 teaspoon Mexican chili powder  
1 cup spinach  
1 teaspoon lemon juice  
1 teaspoon ginger root, grated  
1 teaspoon crystal salt  
1 tablespoon raw sesame oil

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3 zucchini, 1/4-inch dice or finely julienned, then crosscut to form tiny dices  
1 tomato, 1/4-inch dice

1. Combine ingredients for sauce in a blender and blend thoroughly.
2. Mix all ingredients together, spread on a shallow dish or platter, and put in the dehydrator at 105 degrees for 2 - 4 hours. Serve warm.

**\*Sprouted Quinoa Tabbouleh with Cashews\***Serves 12

- 1 1/2 cups quinoa, sprouted for 24 hours (2 quarts sprouted)
- 1 cup parsley, minced
- 1 cup tomatoes, seeded and diced
- 1 cup cucumber, seeded and finely diced
- 1/2 cup seasoned cashews (see recipe)
- 1/4 cup olive oil
- 1/4 cup green onion, thinly sliced
- 3 cloves garlic, minced
- 2 tablespoons mint, minced
- 1/2 teaspoon garam masala
- 1 teaspoon crystal salt

Put all ingredients in a large bowl and mix by hand.

**\*Chocolate Almond Biscotti** \*Yield: 24 biscuits or 12 servings

- 6 cups pulp leftover from making almond milk
- 3 cups Rapadura
- 1 1/2 cup almonds, soaked for 8 hours, dehydrated, and slivered
- 1 1/4 cups flax meal
- 1 cup cacao bits
- 3/4 cup olive oil
- 1/2 cup cocoa powder
- 1/4 cup coconut oil
- 2 teaspoons almond extract
- 1/2 teaspoon solar-dried sea salt



1. Put all of the ingredients into a large bowl, and mix thoroughly with your hands.
2. Gather the batter together to form a form loaf about 1 1/2 inches in diameter. It will be flat on the bottom and slightly curved at the top, so the ends will be less high than the middle.
3. To create the biscotti, slice the loaf crosswise into twenty-four 1/2-inch slices and place them on two separate dehydrator trays with twelve on each tray. A nonstick sheet is not required.
4. Dehydrate at 125 degrees for 4 hours. After 4 hours, turn the dehydrator down to 105 degrees and continue dehydrating for another 48 hours. Biscotti should be firm and crisp.
5. Store in the refrigerator in an airtight container for up to 1 month, or in the freezer for up to two months.

**\*Spaghetti Salad with Sun-dried Olives\***Serves 6

- 4 zucchini, spiralized to form spaghetti-like noodles
- 1 1/2 cups Great Greek Olives (see recipe), pitted and slivered
- 1 cup tomatoes, diced
- 1/2 cup red bell pepper, fine julienne
- 1/2 cup cauliflower, cut into very small florets
- 1/2 cup carrots, fine julienne
- 1/4 cup celery, diced
- 1/8 cup onions, fine julienne
- 2 cloves garlic, pureed
- 2 teaspoon parsley
- 2 tablespoon capers
- 2 tablespoons fresh basil, chiffonade
- 2 teaspoons fresh oregano, minced
- 1 teaspoon crystal salt
- 1/2 teaspoon black pepper
- 1 tablespoon lemon juice
- 1/4 cup olive oil

1/2 cup Pine Nut Parmesan (see basic cheese recipe)

1. Put all ingredients in a large bowl and toss thoroughly.
2. Place the mixture in a glass baking dish and put it in the dehydrator set at 115 degrees for 2 hours to soften. Remove and refrigerate.
3. Serve chilled, sprinkled generously with Pine Nut Parmesan.

**\*Fresh Fig Dessert Pizza\***Makes 1 12-inch pizza

**\*Cream Filling\***1 cup cashews soaked in 1/2 cup water for 2 hours

1/4 cup pine nuts

1/4 cup agave

1 tablespoons lecithin powder

2 tablespoons water

1/2 teaspoon almond extract

**\*Dessert Pizza Crust \***1 1/2 cups macadamia nuts

1/2 cup Rapadura

1/2 cups dates

1/2 teaspoon almond extract

**\*Lemon Syrup\***1/2 cup agave

2 tablespoons lemon juice

1 pound ripe fresh figs (about 8 large or 12 medium figs) thinly sliced, crosswise

1. To make the cream filling, put the soaked, well-drained cashews in the blender the pine nuts, 1/4 cup agave, the lecithin powder, the water and 1/4 teaspoon almond extract and blend until smooth. Remove and refrigerate for 1 hour.
2. To make the dessert pizza crust, put the nuts, Rapadura, dates, and 1/2 teaspoon almond extract in a food processor and process until smooth. Set aside.
3. To make the lemon syrup, combine 1/2 cup agave with the lemon juice and whisk to blend.
4. To assemble the dessert, place the pizza crust mixture evenly on the bottom of a 9-inch pizza pan

and press firmly into place.

5. Spread the cream filling on top of the crust.
6. Place the figs on top of the filling in a fan design that radiates evenly around the pizza.
7. Refrigerate the dessert for 2 hours prior to serving.
8. To serve, cut pizza into 12 pieces and drizzle the lemon syrup over the top of the top of each piece

(Above recipes shared by Elaina Love and [www.RawFoodChef.com](http://www.RawFoodChef.com) )

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### **Pasta Marinara**

2 Cups of Various vegetables diced up (broccoli, carrots, zucchini, cauliflower, ect...)

Use a spiral slicer, spirooli, or grater to make pasta noodles. Good noodles can be made with beets, yams, sweet potatoes, zuchinni, and squash.

Sauce

1 t salt

(1/2) C sun dried tomato, soaked

1 C fresh tomato

1 C soaked almonds or (1/2) C avocado

(1/4) C hemp seeds

(1/4) C Flax seeds

1 C red bell pepper

3 T basil

1 T garlic

2 T onion

3 T olive oil

4 T Agave nectar

(1/2) C apple

(1/4) C raisins

Use a grater or spiral slicer on the vegetables. Massage in (1/2) t salt into veggies. Blend up sauce and pour over veggies.

Alternative “cheese” sauce:

1 Cup cashews

3 T olive oil

1 t salt

2 T tumeric

2 T dill

### **Mashed Taters**

2 C Cauliflower

1 C Pine Nuts

(1/2) C Brazil nuts

(1/4) C Hemp Seeds

(1/4) C Olive Oil

2 T Italian Seasoning

1 T garlic

1 t salt

2 T chives

Fresh ground pepper to taste

### **Gravy**

(1/2) C black sesame seeds

(1/4) C Nama Shoyu

1 T garlic

3 T onion

2 T thyme

(1/4) C soaked raisins

Blend together until smooth. Add a little water if needed.

### **Superfood Veggie Kraut**

<http://www.therawdiet.com/pdf/kim-chee.pdf>

3 C Green Cabbage

2 C Red Cabbage

3 T Ginger, Minced

1 T Miso

(1/2) C Carrots carrots

(1/2) C beets

(1/2) C Daikon radish

1 (1/2) T salt

1 t horseradish

3 t cayenne pepper

1 jalapeno chili

2 Apples

2 Cucumbers

1 t full spectrum probiotic, such as Garden of Life “Primal Defense”, Cell Tech “Spectrabiatic”, Jarrow probiotic.

Directions:

Save 3 of the large outer leaves of the cabbage. Slice up apples into 16 thin slices and set aside. Slice up cucumbers into pickle shaped wedges and set aside.

Blend chilis, ginger, miso, salt, and probiotics with 1 cup of water (or up to 2 cups of water if needed) and set aside.

Next, use grater and shredder blade on food processor. Feed all ingredients (except cucumber and apple) through the food processor. Add them to a big bowl and mix well with blended sauce. Spoon the mixture into crock or gallon glass container in layers. Add one layer of the mixture, about 1.5 inches thick. Then add one layer of apple slices, and put some cucumber wedges around the sides. Add another layer of mixture, then another layer of apples and cucumbers. Continue adding layers until the mixture is in the container. Pound the mixture to release juices and remove all air. If the mixture is dry, top it off with a little water. Cover it with the outer cabbage leaves to create a tight seal with container. Set a plate on the top and weigh it down with a heavy object such as a rock. Leave the kraut in a warm (50 to 70 degrees Fahrenheit) for 5 days and do not uncover it. After 5 days, remove the covering and scrape away the top layer. Do not be concerned if there is a little mold on the top, the kraut will be fine. The kraut will store in an airtight container for months or years. It does not need refrigeration but I always keep it in the refrigerator. If you haven't tried veggie-kraut, purchase some from Rejuvenative foods

<http://www.rejuvenative.com>

You may also add a tablespoon of Rejuvenative sauerkraut to the mixture to help speed up

The text below is quoted from "The Lovers Diet" by Victoras  
Kulvinskas, page 163  
Acidophilus, Bifidus, and Probiotics  
Internal Enzyme Factories

Over 25 years ago at the Hippocrates Health Institute I pioneered the fermentation process. I not only based it on totally non-animal milks but also found ways to accelerate the fermentation. In the past, to get successful results, one had to add salt and ferment the cabbage for weeks. With my system, the kraut are ready in 2 to 3 days, and salt is unnecessary. By starting a batch of the following recipes with 1 teaspoon of pro-biotics (friendly bacteria), you will be giving your intestinal bacteria a major boost. In a matter of 1 hour, 1 bacteria becomes two, within another hour it becomes 4. If this is allowed to keep on for 8 hours, the total bacteria count in a preparation increases by 256 times. Remember though, that the fermentation process produces a high lactic acid content, so you do not want to over-use fermented foods in your meal plan. Experiment with a few tablespoons or more; find out what works. Because of the acid component, the ferments are NEVER to be combined in the same meal with starchy foods such as bread, rice, and other grains, root vegetables, ect.

Although sunflower seeds (which I find the most delicious of the lot) are most often used, you could just as well use almonds or a mix of sesame with sunflower (comes out quite sharp), pumpkin, cashew, tofu, ect."

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**Doritos**

- 1 c. walnuts - soaked
- 1 c. Almonds - soaked
- 1 c. sunflower seeds - soaked
- 4 T. flax seeds soaked in 1/2 c water
- 3 roma tomatoes or equivalent
- 1 onion
- 2 t. salt
- 1 t. paprika
- 1 1/2 t. cumin
- 8-10 dried tomatoes
- 1/8 t. cayenne

Process all wet ingredients together add and mix nuts in. Makes a thick mixture. Spread on teflex sheets. Dry for about 1 hr and score into squares. Fills about 2-3 sheets of teflex.

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**Chex Mix**

hmmm that is a tough one, but YES I DO HAVE ONE!

Tibetan Goji Berries, Pine Nuts, Slivered Almonds(if you have time cut into squares these are the Chex), roughly ground golden flax seeds, sunflower seeds, pumpkin seeds(cut square too), drizzle with mixture of Hawaiian Mellow Miso mixed with olive oil, dash of sea salt, some lemon juice, can sprinkle some super green algae on top and or cayenne pepper. There is also this raw organic mesquite powder that would be great! Mix ALL Above together and enjoy!

From Bryan Au, <http://www.Rawinten.com>

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**Pecan Pie**

You'll be winning your guest over with this luscious pie! Looking at the ingredients, it's easy to see why this is a very sweet and rich dessert, so I save this one for special occasions.

Crust:

- 2 cups pecans
- 1/2 cup medjool dates, pitted and soaked
- 1/4 teaspoon cinnamon
- 1/8 teaspoon vanilla

Filling:

- 1 1/2 cups medjool dates, pitted and soaked
- 1/2 cup pecans
- 1/3 cup honey
- 1/4 teaspoon cinnamon
- 1/2 cup macadamia nuts

1/2 cup water

Topping:

1 cup pecans

For Crust:

1. Blend pecans in a food processor until fine.
2. Add remaining ingredients and blend until smooth.
3. Remove from processor and pat down into a pie plate.

For Filling:

1. Place pecans in food processor and blend until smooth.
2. Add in the remaining ingredients and blend until creamy.
3. Pour filling into pie crust.

Topping:

1. Place pecans decoratively on top of filling.

From Alissa Cohen

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## Coconut Custard Pie

**Filling:** 2 cups shredded coconut

The meat from two young coconuts (optional)

1/2 cup soaked pine nuts

1 cup soaked cashews

10 soaked apricots

2 tsp coconut extract

**Crust:** 2 cups soaked almonds

8 dates

1/2 cup shredded coconut

2 tsp vanilla extract

1 tsp cardamom

Dash of sea salt

1. In a food processor or champion juicer homogenize the ingredients for the crust. Press the mixture into the bottom of a pie plate.
2. In a food processor blend shredded coconut into a coarse meal. Add pine nuts, cashews, apricots, coconut meat, and coconut ext. Blend until smooth.
3. Fill in the crust and garnish with long thin slices of banana and shredded coconut.



## Resources:

Most of these foods are available on <http://www.TheRawDiet.com/rawfood.html> or <http://www.eatraw.com>

There are only three brands of salt that should be used.

Himalayan Salt: <http://www.americanbluegreen.com>

Real Salt: <http://www.realsalt.com>

Celtic Sea Salt: <http://www.celtic-seasalt.com>

The best brand of miso is South River Miso: <http://www.southernrivermiso.com>

The best raw nut and seed butters are available on

<http://www.livingtreecommunity.com>

<http://www.rejuvenative.com>

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[www.livingright.com](http://www.livingright.com)

[www.gourmetgreens.com](http://www.gourmetgreens.com)

[www.invisiblegardener.com](http://www.invisiblegardener.com)

[www.evergreenjuice.com](http://www.evergreenjuice.com)

[www.isga-sprouts.org](http://www.isga-sprouts.org)

[www.miracleexclusive.com](http://www.miracleexclusive.com)

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## **Fermented Foods (For raw and living sauerkraut, kim chee, and veggie kraut)**

### **South River Miso Inc**

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1-413 369 4057  
[www.southernrivermiso.com](http://www.southernrivermiso.com)

### **Rejuvenative Foods**

[www.rejuvenative.com](http://www.rejuvenative.com)

Producers of Organic Raw Cultured Vegetables & Raw Low Temperature Ground Nut & Seed Butters

## **Equipment**

Many of the equipment is available locally at places such as Target and Walmart. Two great websites are <http://www.discountjuicers.com>

<http://www.rawfoodequipment.com>

<http://www.greenlivingoasis.com>