

# RAW FOOD

24.7



*Real Food for a Vibrant Life*

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Penni Shelton

RFR Press

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## INTRODUCTION

Raw Food 24.7 is more than just a recipe book. My hope is that it will be a resource, a guide and companion, for you on your journey towards fueling your best, highest and most beautiful life. Food is such a primal part of who we are. No matter who you are or where you are from, the one common language of humanity is food. It brings us together, and it can divide us. It can heal us or it can bring about disease. It can elevate our body, mind and spirit or it can dull and numb us.

In this brief introduction, I share a bit of my personal journey and how food has played a meaningful and interesting role in my own evolution. I trust you'll find many relatable similarities. It is only when we travel into ourselves... our stories, our desires, that our divine calling and purpose can become much more clear.

My name is Penni Shelton, and I've been an advocate of health, healing and wellness for over 30 years. It was when my book, *Raw Food Cleanse*, was published in 2010 that my passion became my full-time work. Over the past decade I've also written over 25 digital books on natural health, clean eating, wellness and personal development.

I was blessed to have an incredible research group that worked with me while I was writing *Raw Food Cleanse*. A common desire of the group was to continue the work that we had begun during the 11

weeks of research, and the group's collective results and interest was my encouragement to create the holistic web community, [Real Food Rehab](#).

My passions and interests have continued to develop and evolve over the years. I love sharing stories, mine and those of others, which help to inspire, support, and encourage people so they can gain balance and true well being in their lives. It is of great help to recognize the blockages which might be limiting us and creating kinks in the flow of our lives, and to learn how to clear and release any obstacles, which opens the path to reaching our greatest potential.

I'm thrilled that you're connecting with me now, as I have just launched my new website, [pennishelton.com](http://pennishelton.com) on July 1st, 2020. In addition to the website, there is a subscription-based community that includes focused content on elevating your life with diet, and so many other facets of wholeness and well-being. There are special videos, specialized content and discounted offers just for the paid membership.

In case you're not familiar with me, I'd like to share a bit about what led me to the field of health, wellness and personal development. Honestly, it began 50 years ago. I have been on a life-course of seeking balance, answers and looking for the "holy grail" of finding personal peace and good health – body, mind and spirit.

I grew up in a home that was completely unhealthy from the get-go. My mother was severely bi-polar and schizophrenic. She made it very clear that I was not planned or wanted. Growing up in an atmosphere where there was a great deal of emotional abuse, daily chaos, uncertainty and questionable safety, I had a predisposition to numerous physical health conditions that started manifesting early. Ailments like IBS (Irritable Bowel Syndrome), anxiety disorder and I contracted mononucleosis when I was a young teenager, which led to many food and environmental allergies and years of chronic fatigue

syndrome. Everything I experienced was the physical and mental manifestation of post-traumatic stress disorder.

By the time I reached 18 years old, I felt as though I had nearly exhausted everything traditional medicine had to offer to help me get better. After taking all the pills and trying many medical protocols, there were never any real solutions and no real healing.

As a confused, disillusioned, fragile feeling young woman, I set out to become my own healing guru. I met some amazing people along the way who were kind, wise guides. I spent plenty of time in therapy, sorting through my childhood. I became passionate about learning and researching all kinds of alternative and natural health modalities. I got my first Champion juicer when I was 20 years old and I became a juice pusher to all my club going friends. I tried acupuncture, Bach flower remedies, herbology, essential oils and ALL kinds of dietary approaches. Everything made a difference and offered improvements, but what I stumbled upon just over a decade ago was a real game changer for me.

At this time professionally, I had been the owner of a large salon and day spa for 15 years. After all those years I had began developing allergies to many of the products that I was working with and surrounded by.

In 2003 I made the decision to sell my business and I began immersing myself in learning about ways that I could truly heal my body once and for all.

Shortly thereafter I stumbled up a book by supermodel, Carol Alt, *Eating in the Raw*. I devoured the book nearly overnight and inspired, I decided to change my diet immediately. Everything I read completely resonated with me and within a very short period of time, I started seeing stunning results. All symptoms of IBS were gone within days! I lost 15 pounds in the first month of eating totally raw

and weight has always been my Achilles' heel. My allergies starting improving and I was sleeping like a baby.

In my zeal and enthusiasm, I started a blog to share my progress. It was through my blog that I became connected with so many incredible people who were also transforming their lives by simply changing what they were putting into their mouths.

Over the years things just developed and expanded. I have had so much good fortune, so many blessings, and have met so many inspiring people, much of which I attribute to that initial change I made towards eating REAL food. I no longer eat an exclusively raw food diet, although I am an advocate of adding as much real, raw, organic, local and non GMO food into my diet as I can. I believe that nature's perfect foods can help support and elevate us onto our divine path.

Real Food has been a significant part of my life journey. My hope is that you will come to know and believe that you can support yourself and your life's mission by eating foods that will rejuvenate, restore and re-inspire you. Food is NOT a religion to me and I have no use for rigid rules or dietary dogmas that can create controversy and so easily separate us. I have personally experienced the hurt and damage that the "food police" can do. I take a stand against that and I'm telling you to follow your intuition and your God-given common sense on what your diet needs to be, for YOU.

Although I eat a primarily plant-based diet these days, I have no judgment towards anyone for eating what truly resonates with him or her. I am an advocate of peaceful eating because I feel best when I am eating in such a way. I have explored eating in different ways during the past decade and I am thankful for all of the experiences.

What I ate in my 30's is very different than what I eat today. As we age, our bodies have different needs and it is good wisdom to allow ourselves the openness to be flexible to change.

And sometimes we need more help, perhaps from a health care professional or a well-educated dietary support coach. I learned from a blood test that I was critically deficient in Vitamin D a few years ago. Supplementing has made a tremendous difference in my overall state of well-being!

My sincere desire is to be able to inspire you to choose foods that you feel energetically drawn to and that resonate; these are the foods that will bring more health and energy into your body, mind & spirit. I believe that eating real food, foods that have not been processed, over-cooked, grown with chemicals or injected with them, will elevate you and will remind you that there is an eternal light that shines brightly within you. Eating this way helps to open your heart, helps you to hear the wise voice of your higher self, who always leads you in the right direction.

May the recipes and ingredients in this eBook inspire you to be mindful of how the foods you choose to purchase and eat affect you on an energetic, physical, mental, emotional and spiritual level. You can elevate and beautify your life by heart-centered, high vibrational eating and by supporting yourself with inspiration, from a daily practice of stillness, prayer, meditation and by surrounding yourself with uplifting people, places and things.

Please come visit my new website, there you;" find the links to connect on social media and so much more! It is my deepest pleasure be a guide to those who desire to live their best, most beautiful life.

I am sending you so much love and I hope you enjoy RAW FOOD 24.7!

To Your Vibrant Health!  
*Penni Shelton*

# RAW FOOD 24.7

*Real Food for a Vibrant Life*

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# BREAKFAST

## **Breakfast Fruit Soup**

*Although this is basically a glorified green smoothie, I think it's nice to serve it up as a blended soup and top with fresh seasonal fruit. Raw granola bits, hemp seeds, goji berries or cacao nibs would also make a great additional topping!*

Inspiration from Antony Heaven

- 1 mango
- 1 large banana
- 1 bunch parsley or other leafy greens 1 1/2 teaspoons bee pollen (optional)
- 1 – 2 teaspoons chia seeds
- 1 cup water
- Assorted fresh berries, for garnish

Blend ingredients (except the berry garnish) until smooth. Pour the fruit soup into bowls and top with the berries.

## **Banana-Cinnamon “Granola”**

- 3 cups of apples (any kind, but a sweeter, crisp variety is ideal)
- 1/4 cup of dried bananas (preferably without added sugar)
- 1/8 cup of raisins
- 1/2 teaspoon cinnamon
- Raw honey (if desired)
- Raw tahini, if desired to add creaminess

Add the apples, dried bananas, raisins and cinnamon into a food processor. Pulse it until you get a crunchy, granola-like texture. Serve it just like this or drizzle it with honey and/or tahini.

## **Peaches & Cream Breakfast Pudding**

3 fresh peaches (or thawed frozen)  
1 ripe banana  
4 dates, pitted and soaked to soften  
1/2 small lemon, juice only  
1 teaspoon cinnamon  
1/2 vanilla bean, scraped

Sprouted dehydrated buckwheat, for optional topping

Soak the dates overnight, or for at least 30 minutes to soften. Chop the peaches and bananas, reserving a bit to use as final topping. In a blender process the fruits, cinnamon, lemon juice and vanilla seeds until smooth and creamy. Transfer to a bowl and top with fresh fruit and sprouted buckwheat for an easy and nutritious breakfast.

## **Coconut Yogurt**

4 cups coconut meat (from 6 - 8 coconuts)  
1+ cups coconut water or filtered water  
1/2 lemon, juiced  
1/4 teaspoon probiotic powder (or two probiotic capsules emptied)

Blend the coconut meat with water, adding additional water as needed to reach the desired consistency. Add the probiotic powder, blending just enough to incorporate. Allow this mixture to sit in a loosely covered dish on the counter to culture 8 hours or overnight. Transfer to an airtight container and store in the refrigerator for up to 4 days.

## **Seasonal Berries & Yogurt with Candied Citrus Peel**

*For the candied citrus peel:*

1 organic lemon  
1 organic lime  
1 organic orange  
Raw honey or agave nectar

Carefully peel the citrus fruits, cutting away the majority of the white pith clinging to the skin of the fruits. Store your peeled fruit in a container to enjoy later. Slice the citrus peels into thin strips and coat with sweetener. Place onto a non-stick lined dehydrator tray and warm at 115 degrees F for 2- 4 hours. Store the candied peels in a glass jar in the refrigerator. They will keep for up to 2 weeks.

*For the yogurt:*

See recipe on page 11

*For the berries:*

A pint of the freshest berries available Raw honey or coconut nectar, if desired  
If your berries are truly ripe and sweet, there will be no need to use any additional sweetener. To serve, in a glass dessert bowl or martini glass, add the berries. Spoon the yogurt over the berries and garnish with the candied citrus peel.

## **Cherry Pie Larabars**

*A quick and easy snack bar made with only 3 natural ingredients! If you'd rather skip the bar-making process detailed below, these can easily be rolled into balls for an easy-to-grab snack! Recipe inspired by [detoxinista.com](http://detoxinista.com)*

1 cup dried unsweetened cherries  
1/2 cup Medjool dates, pitted  
1 cup raw almonds

In a food processor fitted with an “S” blade, combine the dried cherries and dates and process until a sticky dough is formed. (Be patient– this takes a minute or so!) Add in the raw almonds, processing again until the almonds are broken down and the batter looks uniform, although it may appear to be a bit crumbly, but it should stick together easily when you pinch the mixture with your fingers.

Line a baking sheet with parchment paper, and transfer the batter to the flat surface. Press the dough into a flat, rectangle shape. (You could use a rolling

pin for this, but I just used my hands.) Once the dough is evenly thick, you can slice it into 8 bars.

Separate the bars and store them in a sealed container in the fridge for best shelf life.

## SALADS

### **Everything Fruit Salad**

Contributed by Kat G Kat [happyhealthy365.wordpress.com](http://happyhealthy365.wordpress.com)

3 oranges

2 blood oranges

1 mango

3 kiwis

1 pear

2 apples

Few sesame seeds Handful of goji berries Few tbsp of cacao nibs

Cut the fruit into small chunks. Mix them together in a bowl. Add the goji berries, sesame seeds and cacao nibs on top. This is a big fruit salad and can serve anywhere from 2 – 4 people.

### **Cucumber & Mango Salad**

*This salad is a perfect accompaniment with a spicy soup or entrée because it's fresh, juicy and cooling to the palate.*

1 cucumber, cubed

1 ripe mango, cubed

1 small red onion, finely diced

1.2 lemon, juiced

1 tablespoon honey

1 1/2 teaspoons tamari (Coconut Aminos or Nama Shoyu)

Whisk the lemon juice, the honey and the tamari into a dressing in a big salad bowl. Add the cucumber, mango and red onion to the dressing and toss well to coat. Allow the salad to marinate for at least an hour before serving.

## **Tender Spring Asparagus & Radish**

1 bunch asparagus, (about 1 pound), trimmed  
2 tablespoons apple cider vinegar  
1 tablespoon coconut aminos (Nama Shoyu or tamari)  
2 teaspoons cold pressed organic extra virgin olive oil  
1 teaspoon sesame oil  
2 teaspoons raw honey  
1/2 teaspoon grated fresh ginger root  
2-3 dashes Asian red chile sauce, such as Sriracha (optional)  
1 bunch radishes, well-washed, trimmed and cut into thin slices  
2 tablespoons finely chopped scallion

Thinly slice asparagus stalks on the diagonal, leaving the tips whole. Combine vinegar, aminos, oils, ginger and chile sauce (if using) in a large bowl. Add the asparagus and marinate for at least 30 minutes or as long as overnight. Just before serving add the radishes and scallion; toss to combine.

## **Orange Arugula Salad**

Contributed by Kathy Peterman

*For the Salad:*

Large bowl of fresh arugula  
1 orange (peel and cut into bite size pieces) 1/2 avocado (diced)  
1/3 cup walnuts (roughly chopped)

*For the Dressing:*

1 ounce flax oil  
1 ounce apple cider vinegar 1/2 teaspoon Himalayan salt

Put all dressing ingredients into a small jar and shake vigorously. Pour over just enough dressing to lightly dress the salad, toss, top with cracked pepper and enjoy!

## Everyday Green Salad

Contributed by Debi Farley

2 cups torn greens (kale, spinach, collard, Swiss chard or a mix)

2 tablespoons coconut vinegar

1/4 - 1/2 teaspoon sea salt

3 tablespoons nuts and/or seeds of choice (pumpkin, sunflower, hemp, sesame, sliced almonds, cashews, brazil, or walnuts)

1 tablespoon nutritional yeast

1 – 2 tablespoons cold pressed organic extra virgin olive oil 1 tablespoon dulse or kelp flakes

Slice the greens into either a chiffonade (rolled like a cigar and sliced thinly) or chopped – depending upon the size of the greens you're using. Add the prepared greens to a large bowl, first adding in the coconut vinegar and salt, tossing well. Next add in and toss the nut/seed mixture, the nutritional yeast, the dulse or kelp flakes and finally, add in the olive oil and toss until thoroughly combined. Using your hands to make all the combining happen works the best.

## Celebration Salad with Fresh Berries & Crumbled Feta

*Any day is reason to celebrate when you enjoy the color and flavor combinations of this salad that is a party for your palate! Consider making the feta cheese the day before to allow the flavors to develop.*

*For the raw vegan feta:*

1/4 cup macadamia nuts

2 tablespoons pine nuts

1 tablespoon nutritional yeast

1 tablespoon apple cider vinegar

1 tablespoon fresh lemon juice

1 teaspoon lemon zest

1 teaspoon cold pressed organic extra virgin olive oil

1/2 teaspoon garlic powder  
Pinch Himalayan sea salt

*For the salad:*

1/2 pound tender mixed salad greens 1/2 cup blueberries  
1/2 cup raspberries or strawberries Freshly ground black pepper

*For the dressing:*

2 tablespoons cold pressed organic extra virgin olive oil 2 tablespoons balsamic  
or apple cider vinegar

1 tablespoon freshly squeezed orange juice

1 tablespoon raw organic honey

Soften macadamia nuts by soaking for at least 30 minutes, drain, then dry nuts with a kitchen towel. In a food processor, pulse the macadamia and pine nuts into a fine meal. Add the vinegar, lemon juice, zest and olive oil and process until smooth, stopping occasionally to scrape down the sides. Pulse in the nutritional yeast, garlic powder and sea salt until crumbly. Transfer to a covered glass container and store in the refrigerator until ready to use.

In a medium bowl, whisk the dressing; add the greens and berries, toss gently. Serve in chilled salad bowls or plates, and finish with crumbled feta and a dusting of freshly grated black pepper.

## **Creamy Kale Salad with Hemp Cashew Dressing**

3 cups thinly sliced lacinato, dino or black Tuscan kale

3 cups finely shredded cabbage

3/4 cup cashews, soaked 2 hours or more and drained

1/2 cup hemp seeds

1 cup water

1 tablespoon fresh lemon juice

2 1/2 tablespoons apple cider vinegar 1/4 teaspoon Himalayan salt

2 pitted dates

2 tablespoons Dijon mustard

Blend the cashews, hemp seeds, water, lemon juice, vinegar, sea salt, dates, and mustard in a blender till totally smooth.

Pour about 1/3 cup of the dressing over the kale and cabbage. Massage it in with hands. Add more dressing as needed until the slaw is creamy and evenly coated. Save remaining dressing for salads, wraps, and for veggie dipping. Serve!

## **Kale & Sprouted Rice Salad**

*You can find instructions on sprouting wild rice online. I like Mimi Kirk's version, as she uses her dehydrator to speed up the sprouting time.*

1/3 cup sprouted wild rice  
1/2 bunch kale, cut rolled into a cigar shape & thinly sliced 1 tablespoon  
coconut vinegar  
1/4 teaspoon Himalayan salt  
4 - 5 sun-dried tomatoes  
3 - 4 Kalamata olives  
2 teaspoon Italian Seasoning  
1 1/2 tablespoon nutritional yeast  
1 tablespoon cold pressed organic extra virgin olive oil

Place the shredded kale and sprouted wild rice in a bowl. Mix in the coconut vinegar and salt and mix well. Slice up the sundried tomatoes and Kalamata olives and add to the rice and kale and mix well, then adding the Italian seasoning and nutritional yeast. Finally drizzle in the olive oil, tossing well to thoroughly coat. It is nice to let this sit for 15 - 30 minutes to allow the flavors to marry together.

## **Metabolism Boosting Everything Salad**

*I found this simply beautiful salad at one of my favorite blogs, [Gloubka](#). It is just a combination of fresh vegetables and fruits - whatever is in season and on hand at that particular time. The key to success here is to shred or chop everything finely and have enough sweet, juicy fruits to eliminate the need for any dressing. There is no strict recipe to this salad – just general guidelines, so feel free to adjust it according to your taste and what is available. A mandolin with different attachments that can shred produce into small cubes and thin sticks is very useful for making amazing salads like this.*

1 head of Romaine lettuce (or other green leafy vegetables) - chopped finely  
1 large apple, such as Fuji or Gala - cored and shredded on the large-holed side of a box grater  
1-2 carrots - peeled and finely shredded  
1-2 small cucumbers - peeled, optionally seeded and finely chopped  
1-2 tomatoes - finely chopped  
1 pear - cored, finely chopped  
2 ripe kiwi - peeled and chopped  
handful of strawberries - finely chopped  
handful of radishes - finely chopped  
1 ripe mango - peeled, pitted and finely chopped

*Other Options:*

parsley, dill, basil, mint, radicchio, celery, salad turnips, rutabaga, celery root, blueberries, starfruit

Place all the ingredients in a large bowl and toss gently. Serve immediately. The salad can be refrigerated, covered, for up to 2 days.

## **Pickled Pepper Collard Salad**

*I ended up making this delicious salad one day when I was cleaning out my fridge and trying to use all of my perishables before going shopping for fresh produce. The peppers and sauerkraut I had were raw that I made last summer.*

By Debi Farley

4 - 5 collard leaves, stemmed (save stems for juicing)  
1/4 teaspoon Himalayan salt  
1 teaspoon apple cider vinegar  
6 - 8 slices of pickled peppers  
1 tablespoon sauerkraut  
3 tablespoons hemp seeds 1/2 avocado

Roll the collard leaves into a cigar shape and thinly slice. Place into a bowl and add all the remaining ingredients, tossing well to serve.

## **Shredded Brussels Sprouts with Spicy Maple Vinaigrette**

*I was a late convert to Brussels sprouts. I fell in love with baby cabbage when I tried Heidi Swanson's lightly seared version. But this week, I was in the mood for something fresh and raw. So, I shredded the sprouts on my trusty mandolin, julienned a honey crisp apple, and chopped up some raw walnuts. Then, I made and drizzled on a dressing that will change your attitude towards raw Brussels forever.*

*For the Dressing:*

1 tablespoon apple cider vinegar

1 tablespoon maple syrup

1 pinch cinnamon

Himalayan salt, black pepper, and cayenne pepper to taste 2 tablespoons cold pressed organic extra virgin olive oil

*For the Salad:*

About a pound of Brussels sprouts, shredded on a mandolin 1 honey crisp apple, julienned

handful of raw walnuts, chopped

Combine the dressing ingredients and set aside while you create the salad. Toss dressing and salad ingredients together and serve on chilled salad plate. Enjoy!

## **Simple Cabbage Salad**

By Nathalie Carles

1 head green cabbage

1 small yellow onion

3 teaspoon of fresh thyme (or dried) Himalayan salt & freshly ground pepper

Cold pressed organic extra virgin olive oil

Cut the cabbage extremely thin (almost like cigarette paper like, which will take a good knife). Place the shredded cabbage into a large salad bowl. Next cut the onion just a paper thin and add it with the thyme, salt and pepper to the

bowl. Toss well to incorporate and finally drizzle just a bit of olive oil on to serve.

## **Confetti Slaw**

By Susanne Drazic

5 cups shredded green cabbage  
2 cups shredded carrots  
1/2 cup diced green bell pepper  
1/2 cup diced red bell pepper  
1/2 cup diced orange bell pepper  
1/2 cup diced yellow bell pepper  
2 tablespoon finely diced jalapeno pepper 1 cup apple cider vinegar  
1/2 teaspoon cayenne pepper

Combine cabbage, carrots, and peppers in a large glass bowl.

In another bowl, whisk together the apple cider vinegar and cayenne pepper to make a dressing. Pour the dressing over the slaw mixture and lightly toss all ingredients together.

Cover and refrigerate for 2 - 3 hours before serving. If possible, toss the slaw once or twice in the 2 - 3 hours before serving. This recipe makes a large amount, but can easily be cut in half for a smaller batch.

## **APPETIZERS & SMALL BITES**

### **Fresh Asparagus Dip**

*An irresistible raw dip recipe for spring and summer get-togethers! Serve with tall, trimmed asparagus spears and assorted veggies. Also delicious with raw crackers or added into a raw wrap.*

12 ounces fresh asparagus (one bunch – the thinner the stalks, the better and more tender they will be)

1/3 cup sunflower seeds or cashews  
1/2 cup basil leaves  
1/4 cup mint leaves  
1/4 cup nutritional yeast (optional, but gives a nice cheesy flavor) Juice of 1  
lemon  
Drizzle of honey or other sweetener  
1 garlic clove  
1 avocado  
Himalayan salt & pepper

Place all the ingredients in a high speed blender or food processor and blend until you obtain a smooth consistency, adding the avocado towards the very end of blending.

## **Garden Celery with Vegan Pimento Cheese**

*Go raw and retro with this crowd pleaser!*

1 1/2 cups sunflower seeds, soaked 2 hours  
1/2 cup cashews or macadamia nuts, soaked 4 - 6 hours  
1 cup chopped red bell pepper and/or cherry peppers (dehydrate until soft if a more intense flavor is desired)  
1 tablespoon fresh lemon juice  
1 tablespoon nutritional yeast  
1 teaspoon onion powder  
1 garlic clove  
Pinch cayenne pepper or dash of hot sauce  
1/2 to 1 teaspoon Himalayan sea salt  
Filtered water  
6+ celery stalks, ends trimmed

Combine ingredients (except for the water and celery sticks) in a food processor until well blended. Gradually add water, only as needed, to help create a thick, creamy consistency. The spread should be soft and appear “fluffy” like whipped cream cheese). Chill for at least an hour. The dip can be piped into the celery (great when topped with dried cranberries) or simply served as crudités.

## **Spinach, Walnut & Sun-Dried Tomato Bites**

*This is such an easy, fresh and flavorful appetizer. But don't wait until you host or go to a party to make this! This is a great recipe to have on hand in the fridge when the munchies strike – ENJOY!*

3/4 cup sun dried tomatoes 3/4 cup raw walnuts

1-1/2 cup spinach

1-2 cloves of garlic

Juice of 1/2 to 1 lemon

Peeled and sliced pieces Persian cucumbers

Fresh basil for garnish

Put all the ingredients except cucumbers and extra basil into a food processor and process until combined well. Don't over process, leave this mixture a little chunky. Use your desired amount of garlic and lemon juice. The more you use the zestier it will be, so I'll leave that up to you... Place a small scoop of the pesto mixture on top of cucumber slices and top with a piece of fresh basil.

## **Raw Zucchini Wraps with Kale Pesto**

*The amounts you use will vary on how many wraps you're making, so simply use your best judgment on how much you will need. If you can't find sprouts or micro greens, try using cilantro or fresh basil leaves. This is a perfect recipe to take to a party or potluck!* Inspired by [The Simple Veganista](#)

*For the Wraps:*

1 - 3 zucchini, thinly sliced lengthwise\*

red bell pepper, julienned

yellow bell pepper, julienned

carrots, julienned (I used baby carrots, cut into quarters) sprouts/micro greens of choice

cilantro, optional fresh cracked pepper tooth picks

*For the Kale Pesto:*

1 cup basil

1 cup kale

1 clove garlic

2 tablespoons tahini, optional

3 tablespoons or so extra virgin olive oil (if not using tahini add 1 or 2 extra tablespoons olive oil)

Himalayan salt to taste

For the kale pesto, place ingredients into food processor and process until desired consistency. Taste for seasoning.

Lay your zucchini flat on a hard surface, layer with the pesto, add sprouts, veggies and starting from the veggie end, roll and stick with a toothpick in the center. Top with cracked pepper. Serve and enjoy!

\* Look for the smaller zucchini, they will be the perfect size for these bite size rolls. The length and width is just right.

## **Totally Raw Chips & Salsa**

*If you prefer a spicier salsa, add some minced jalapeño peppers. This can also become a chunky mango salsa by adding in 1 peeled and chopped mango – ENJOY! Inspired by [withdrawintentions.com](http://withdrawintentions.com)*

*For the Salsa:*

2 on-the-vine tomatoes

10 cherry tomatoes

1 small orange bell pepper

1 small yellow bell pepper

1/4 sweet yellow onion

1/2 clove garlic

1/2 avocado

Small handful of fresh cilantro 1 tablespoon fresh lime juice

1 tablespoon fresh lemon juice

*For the chips:*

2 zucchini

2 yellow squash

Chop the larger tomatoes and place in a large mixing bowl. Place cherry tomatoes, cilantro, garlic, white onion, and yellow and orange bell peppers into food processor, pulsing just until the ingredients are chopped. If you like a chunky salsa, chop ingredients with a knife. Add ingredients into the large mixing bowl with the chopped on-the-vine tomatoes.

Cut avocado into small cubes and add to the mixture. Pour in the fresh lemon and lime juice and gently mix the ingredients together with a large spoon. Add salsa into a serving dish and garnish with cilantro leaves.

Using a crinkle cut knife, chop 1/2" slices of zucchini and yellow squash.

## WEEKEND FOOD PROJECTS

### Cashew Cheese

*This is an awesome recipe to serve with a layer of pesto or tapenade in the center, or just drizzled with white balsamic syrup and served with raw crackers of choice.*

*For the Cheese:*

2 cups raw cashews, soaked in water for a few hours to overnight, to soften

3/4 teaspoon \*New Chapter Probiotics powder, or other potent pro-biotic powder dissolved in 3/4 cup warm filtered water

2 1/2 tablespoons nutritional yeast, small flake

1 tablespoon onion powder

1/4 teaspoon fresh powdered nutmeg

1 1/2 teaspoon sea salt, fine

1/4 teaspoon white pepper

In high speed blender, blend the soaked cashews with probiotics and lukewarm water until smooth. Remove the lid, and fold the mixture at medium speed in order to achieve the optimum smooth consistency. Scrape out with rubber spatula into a glass bowl. Allow to sit in bowl covered with towel in a room temperature place for 14-16 hours to culture.

The following day once finished culturing, hand mix in the nutritional yeast, onion powder, nutmeg, sea salt, and white pepper. Store and use as a plain cream cheese substitute, or use as a base for endless variations and applications.

Note: Don't have time to culture? Omit the probiotics and replace with 2 tablespoons lemon juice. The end result will be slightly different but still a similar flavor profile without the zing.

## **Almond & Paprika Crackers**

By Suzanne Gordon

2 cups of ground almonds

1 level tablespoon mild paprika

1/4 teaspoon Himalayan salt

1 tablespoon chia seeds

2 tablespoon water

1 tablespoon cold pressed organic extra virgin olive oil

Mix all the dry ingredients and then add the oil and water until mix is thoroughly combined. Form into a ball of dough and press out between 2 sheets of parchment paper to 1/8th inch thickness. Remove top piece of parchment paper and cut dough into 2 inch squares. You can either use the dehydrator for a few hours - flipping them over half way through, or put in oven at 350 degrees for 10 minutes until lightly golden. Let crackers cool for 20 minutes before serving. These are really tasty crackers and one or two of these are perfectly guilt free.

## **Cheddar Snaps**

*The best cheddar-less cheddar cracker around!*

- 1 cup sunflower seeds, soaked to soften
- 1 cup raw almonds, soaked for at least 4 hours
- 1 cup cashews, soaked 4 hours
- 1 large ripe tomato
- 1 red bell pepper, chopped
- 1/4 cup ground golden flaxseeds
- 1 large clove garlic
- 1 tablespoon nutritional yeast
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon cayenne pepper (optional)

In a food processor, combine all ingredients until you achieve a loose batter (may need to add water). Pour and spread onto lined dehydrator sheets with the back of a wooden spoon or an off- set spatula. Set your dehydrator at 140 degrees for the first hour, then turn down to 105 degrees for the remainder of the drying time. Once the crackers have dried for a few hours, flip them over onto a cutting board, and using a pizza cutter or knife, cut into the desired shapes. Return the cut crackers to unlined mesh trays and continue drying until crisp (12 hours+).

## **Spicy Lime Tortilla Chips**

*This delicious combination of wet ingredients can also be used to make round tortillas or taco shells.*

- 4 cups fresh corn kernels (or use thawed frozen)
- 1 yellow bell pepper, seeded and chopped
- 1/4 cup chopped sweet yellow onion
- 1 jalapeno, seeded
- 2 limes, juiced
- 1 teaspoon ground cumin
- 1 teaspoon Himalayan salt

1/2 teaspoon chili powder  
3/4 cup ground golden flaxseeds  
1/4 cup hemp seeds

Add all ingredients, except the flax and hemp seeds, to a food processor and chop together until you have a wet, well-combined mixture. Add the flax and hemp seeds and continue processing until well combined.

Divide the mix into thirds and spread evenly on 3 non-stick lined dehydrator trays, to the edges, with an off-set spatula or wooden spoon. Place the trays in a dehydrator set at 140 degrees F for one hour.

Turn the temperature down to 115 degrees F and continue dehydrating for 3-4 hours more. Take the trays out and flip onto a cutting surface, peeling away the non-stick backing. Using a pizza cutter or knife, cut into desired chip shapes. Return the chips to mesh dehydrator trays and continue drying until fully dry and crisp, about 8 to 10 hours.

## **Delicious Green Pulp Crackers**

1 cup almonds (not soaked)  
1/4 cup chia seed  
2 – 2 1/2 cups green juice pulp with ginger (if you don't have juice pulp, use 2 cups grated zucchini and 1 inch grated ginger, along with a fistful of spinach)  
3-4 tablespoons Coconut Aminos (Tamari or Nama Shoyu)  
Black pepper to taste  
Juice of 1 lemon  
2 cups water

Grind almonds and chia seed in a food processor (or coffee grinder, or spice mill) until you have a finely ground. Add the juice pulp or veggies, coconut aminos, black pepper and lemon juice. Pulse to combine. With motor running, begin adding water, only as needed to blend, making sure the mixture is still sticky and thick, but spreadable.

Once you've created a proper "dough," remove it from the food processor and spread onto a single Teflex dehydrator sheet (you want these crackers relatively

thick). Score into cracker shapes. Dehydrate at 115 degrees for 7 or 8 hours. Flip the cracker dough over (you may want to put a new Teflex sheet on top, flip the whole thing, and peel the first Teflex sheet off). Continue to dehydrate for 4-5 hours. Break the crackers apart, and serve.

***If you don't have a dehydrator:*** Line a baking sheet with parchment, and spread the dough onto it evenly. Bake at 350 degrees till nice and crispy: I'd guess this take 40 minutes or so, but use your kitchen intuition to see when it's done.

## **Tummy-Slimming Rosemary Thyme Flaxbread**

*This raw rosemary and thyme flax bread is simple to make, and helps get you back that goddess body. The humble flaxseed has been used as a food source for over 5,000 years! In this recipe, they are best ground fresh into a meal, which you can do in your blender. This allows for better nutrient absorption.*

Recipe contributed from Lauren at [ascensionkitchen.com](http://ascensionkitchen.com)

1 cup ground golden flaxseeds  
1 cup walnuts, soaked  
3 cups chopped zucchini  
2 tablespoons cold pressed organic extra virgin olive oil 2 tablespoons  
nutritional yeast  
2 tablespoons fresh thyme, finely chopped  
2 tablespoons fresh rosemary, finely chopped 1 clove garlic, minced  
1 tablespoon maple syrup  
1/2 teaspoon flakey sea salt  
1/2 cup water

Process all ingredients except the flax meal and the water, in a food processor, till well-combined Transfer to a large bowl, fold through the flax meal and water. Mix well till you have a nice dough Spread 1/3 inch thick over dehydrator teflex sheets - Dehydrating at 115°F for 6 hours.

Remove tray and score into triangles - dehydrate for a further 10 hours or until you reach desired consistency.

# ENTRÉES

## Vegetable Nori Rolls

Nori Sheets (raw or toasted)

Grated Parsnip “Rice” (see below)

Carrots, julienned

Cucumber, cut into long thin strips Avocado, thinly sliced

Fresh Basil leaves

Raw Sesame Seeds

Coconut Aminos & Wasabi

*For the Parsnip Rice:*

2 -3 parsnips, peeled and roughly chopped

1 tablespoon almond butter (tahini would also work well)

1/2 tablespoon Coconut Aminos (tamari or nama shoyu)

1/2 teaspoon toasted sesame oil

1 teaspoon apple cider vinegar (rice vinegar would also work)

Freshly ground pepper to taste

Place parsnip in a food processor and process till it’s quite broken down, but not quite “rice” sized in texture yet. Add remaining ingredients, and then pulse until the mixture resembles rice.

Spread parsnip “rice” thinly onto nori sheet evenly, leaving 1” clear on far side. Make row of avocado, cucumber and carrots across width on near side of nori, topping with fresh basil or mint leaves. Roll tightly from near to far side of nori.

Slice into sections. Place with veggie side up on plate. Sprinkle with sesame seeds.

Serve with the soy-sauce of your choice and wasabi.

## Colorful Curried Cauliflower Couscous

*This tasty dish is beautiful on its own or spooned into an avocado half or hollowed out zucchini to create a main entrée.*

*For the Couscous:*

8 macadamia nuts

1 1/2 cups white cauliflower florets

1/3 cup white sesame seeds

1/3 cup dry shredded unsweetened coconut flakes

1/2 cup fresh peas (or thawed frozen)

1/3 cup currants (soaked 30+ minutes in orange juice to soften)

2 dried apricots (soaked 30+ minutes in orange juice to soften), diced

1/3 cup diced red onion

1/3 cup diced red pepper

Place the nuts in a food processor and pulse until a rice-like consistency. Next add the cauliflower and pulse until a uniform size is reached. Finally add the sesame seeds and coconut and pulse to blend. Empty into a bowl and stir in the peas, dried fruit, onions and red pepper.

Set aside and make the dressing.

*For the Curry Cilantro Dressing:*

1 teaspoon cumin seeds

1 teaspoon coriander seeds

1/2-1/3 jalapeño chili

1/4 teaspoon paprika

2 sprigs of mint

1/4 cup fresh cilantro, chopped

1/2 teaspoon sea salt

2 tablespoons sesame oil

1 1/2 tablespoons apple cider vinegar

1 tablespoon fresh orange juice

1 tablespoon fresh lime juice

1/2 teaspoon each grated orange and lime zest

In a blender, combine dressing ingredients until smooth. Taste for seasoning. Just before serving, dress the couscous with half of the curry dressing, and reserve the balance in a small bowl to add at table.

## **Sunflower Seed Pâté Collard Wraps**

*Collard leaves make a perfect bread, pita and tortilla alternative. They're really flavorful and nutritious. This combo is also extra creamy delicious if you add a little hummus or cashew cheese into the mix!*

*For the Pâté:*

2/3 cup soaked raw sunflower seeds (substitute cauliflower for a fatfree version)

1/3 cup celery

1/4 cup fresh yellow onion

1/4 cup fresh parsley (or other fresh herb of choice)

1/2 clove fresh garlic

1/2 teaspoon lemon juice

Large collard leaves, stems trimmed

*Add any or all of the following for wrap filling:*

Julienned carrots or red bell peppers

Cucumbers

Diced tomatoes

Sprouts

scallions

Combine the pâté ingredients in a food processor and process just until well combined. Smear the pâté into a large collard leaf and top with desired veggies. Roll up the collard like a burrito to serve.

## **Roasted Portobellos with Fresh Avocado Salsa**

*Marinating portobellos and drying them slightly concentrates their flavor while still keeping them moist. Avocado Salsa is a perfect stuffing to compliment the portobello's earthy quality.*

*For the Mushrooms:*

4 large Portobello mushrooms, stems removed  
1 tablespoon cold pressed olive oil  
1/2 teaspoon fresh lime juice  
1 teaspoon nama shoyu  
1 clove garlic, finely minced  
Freshly cracked pepper  
1 teaspoon fresh cilantro leaves, chopped

In a small bowl, whisk together the oil, nama shoyu, lime juice, garlic, pepper and cilantro leaves. Brush the marinade onto the mushrooms. Allow the mushrooms to sit at room temperature, covered, or place into a dehydrator to warm for at least an hour. Once the mushrooms have fully absorbed the marinade and softened, stuff with the Fresh Avocado Salsa.

*For the Fresh Avocado Salsa:*

4 Roma tomatoes, seeded and chopped  
2 scallions, white & green parts, chopped  
1 small red onion, finely chopped  
1 small jalapeno or Serrano chile pepper, seeded and finely chopped  
1 ripe avocado, peeled, seeded and diced  
1 lime, juiced  
1/2 teaspoon Himalayan salt  
Freshly cracked pepper to taste  
1/4 cup fresh cilantro leaves, chopped

Combine all ingredients in a medium mixing bowl and stuff into the prepared portobellos to serve.

## **Basil Zucchini Pasta**

*The addition of some chopped spinach creates even more volume to the dish and is absolutely delicious!*

Inspired by Lauren at [withdrawintentions.com](http://withdrawintentions.com)

2 zucchini  
1/6 red onion  
2/3 cup fresh basil leaves  
2/3 cup fresh Italian parsley  
1 clove garlic  
3/4 cup chopped cherry tomatoes  
2/3 cup chopped cauliflower

Using a spiralizer or a julienne peeler, spiralize or julienne both zucchinis. Using a knife, chop the spirals or the julienned strings into approximately one inch pieces and place in a large bowl. Combine red onion, basil leaves, Italian parsley, and garlic in a food processor and process until all ingredients are finely chopped (about 20 seconds).

Add the processed mixture, the chopped cherry tomatoes, and the chopped cauliflower to the zucchini stir with a spoon until all ingredients are well mixed. Garnish with some extra Italian parsley or Basil. Bon Appétit!

## **Soft Polenta with Spicy Basil Tomato Sauce**

*For the polenta:*

2 1/2 cups corn kernels, freshly cut or thawed frozen  
1 cup cashews, dry  
1/2 cup pine nuts  
1 heaping tablespoon chopped shallot  
1 tablespoon lemon juice  
1 teaspoon sea salt  
1 teaspoon raw honey or coconut nectar (optional)  
1/2 teaspoon garlic powder

Freshly cracked black pepper to taste

In a food processor, blend the nuts, salt, garlic powder and black pepper until coarse textured; empty into a mixing bowl. Combine the corn, shallot, lemon juice and honey in the food processor bowl, pulsing together until well incorporated. Add this mixture to the nuts and stir well. Set aside in a warm place or a dehydrator set at 115 degrees F while you make the tomato sauce.

*For the spicy basil tomatoes:*

4 cups fresh tomatoes, chopped and divided into 2 equal amounts

1 cup sun-dried tomatoes, soaked to soften and water reserved

1/4 cup pine nuts

1/3 cup chopped sweet yellow onion

2 garlic cloves

1 tablespoon cold pressed organic extra virgin olive oil

1 teaspoon crushed fennel seeds

1/4-1/2 teaspoon crushed red pepper flakes

1/2 cup chopped fresh basil, divided in half

1 teaspoon dried oregano

Sea salt & freshly cracked black pepper, to taste

1/3 cup dry white wine, vegetable broth, or reserved sun-dried tomato's soak water  
Additional basil leaves, chopped, for garnish

In a food processor, combine half the fresh tomatoes (2 cups), sun-dried tomatoes, pine nuts, onion, garlic, olive oil, fennel seeds, red pepper flakes, 1/4 cup fresh basil, oregano, sea salt & pepper until combined yet still chunky. Add liquid (wine, broth, or soak water) only as needed to help blend. Pour the finished sauce into a bowl and stir in the remaining tomatoes and basil.

*To serve:*

Spoon the warm polenta onto a dinner plate and top with a generous portion of the spicy tomatoes. Garnish with chopped fresh basil leaves.

## Confetti Guacamole Stuffed Red Peppers

*The little flecks of bell pepper and kale looked like shreds of confetti in a sea of pale green. But you could also rename this “fully loaded” guacamole, “veggie-stuffed” guacamole, or “rainbow” guacamole. Whatever you want to call it, this fiber-rich, flavorful guacamole is a winner, and it makes for a very filling dish when stuffed into the bell pepper halves!*

by Gena at [choosingraw.com](http://choosingraw.com)

4 medium sized Haas avocados (or 5 small)

Juice of 2 limes

Sea salt to taste

1 teaspoon maple syrup (or other sweetener of choice)

1 1/2 cups (packed) shredded curly kale

1 sweet bell pepper, diced

1/2 cup zucchini, diced

1/2 cup diced red onion

1/2 jalapeño pepper, seeded and minced (optional—only if you want some heat)

1 1/2 cups sprouted or cooked chickpeas

3 sweet bell peppers, cut in half, seeds and stem removed

Remove the pit from the avocados and scoop them out of their shells, into a mixing bowl. Mix them with the lime juice, sea salt, and maple syrup till they're mushy but have a little texture still. Add the kale and mix it together with the avocados till it's incorporated. Add the pepper, zucchini, onion, jalapeño, and chickpeas. Mix well with hands to combine. Scoop the guacamole into six pepper halves. Serve on top of a bed of kale.

## SWEET TREATS

### Pineapple Citrus Compote

1 pineapple

2 oranges

1 tangelo

2 tangerines  
1 pink grapefruit  
1 pint strawberries  
3/4 cup shredded, unsweetened dried coconut flakes

*Create a pineapple boat:*

Slice the pineapple lengthwise (keeping the pineapple leaves intact). Carefully cut around the rind and scoop out the pineapple halves. Cut away the pineapple's tough center core, and then chop the cleaned pineapple into bite-sized pieces. Transfer to a large bowl.

Supreme\* the oranges, tangerines, tangelo, and grapefruit; add to the pineapple. Slice the strawberries and add them to the bowl along with half the shredded coconut. Gently combine; then fill the pineapple boat halves with the fruit salad, topping with the rest of the coconut to serve.

\*To supreme a citrus fruit: Leaving the fruit whole, carefully cut away the rind going just deep enough to also remove the bitter white pith. You should be able to see the fruit's membranes. Cut between each membrane to release the segments.

## **Pina-Colada Sherbet**

2 cups fresh pineapple, cored and chopped  
1 cup orange juice  
1 young Thai coconut, meat and water  
1 teaspoon vanilla extract  
1 teaspoon rum extract, optional

In a high-speed blender process all ingredients until smooth and creamy. Pour into an ice cream machine and follow manufacturer's directions. Sherbet can also be made without an ice cream freezer by pouring the mixture into a chilled glass casserole dish. Place into the freezer and stir every hour with a fork until the mixture is frozen.

## Easy Banana Coco-Cacao Whip

*This is one of Nathalie's favorite go-to recipes for a quick breakfast of sweet dessert treat! It's a perfect pick-me-up that is simply delicious and satisfying!*

By Nathalie Carles

2 bananas  
1/2 cup shredded coconut  
1/2 cacao nibs

Mash the bananas with a fork and add the coconut, stirring to combine. Add the cacao nibs and serve!

## Lemon Pistachio Bites

Inspired by [almondsandavocados.com](http://almondsandavocados.com)

1/2 cup shelled pistachios  
1/4 cup hulled raw pumpkin seeds (pepitas)  
1/4 cup shredded coconut  
1/4 cup dried cranberries  
4 large Medjool dates, pitted and sliced  
1/2 tablespoon coconut oil  
zest of one lemon (approx. 1/2 packed tsp.)  
pinch sea salt  
ground pistachios (or shredded coconut), for topping (optional)

Grind the pistachios and pumpkin seeds in a food processor. I left mine a bit on the crunchier side (not quite powdered). Add the shredded coconut and blend until evenly broken down.

Add the cranberries and blend until everything runs smoothly through the processor. Next, add the dates one at a time, blending in between to get the mixture smooth.

Finally, add the lemon zest, coconut oil, and sea salt. Blend until evenly distributed and the mixture sticks together easily when pressed together.

Roll the mixture into balls using your hands. I used my Tablespoon to scoop them out and ensure that they were uniform in size.

Grind more pistachios in the food processor (alternatively, you could use shredded coconut). Spread the ground pistachios out on a flat surface. Roll each ball in the ground pistachios until evenly coated. You may have to press some of the larger pistachio pieces into the balls to ensure that they stick.

Place the Raw Lemon Pistachio Bites in the fridge to set for at least 15 minutes (this will help them to firm up a bit). Eat right away or save in the fridge for up to 4-5 days.

## **Easy Apple Crumble with Fresh Vanilla Cream**

*For the Crumble Topping:*

1/2 cup pecans (or walnuts)

5 soft Medjool dates, pitted

15 drops of vanilla extract generous pinch of cinnamon generous pinch of Himalayan salt

*For the Apple Mixture:*

1 large apple, diced

2 tablespoons of raisins, finely chopped 2 pinches cinnamon

*For the Vanilla Cream:*

1/2 cup of cashews

3 tablespoons of water

1/2 tablespoon of lemon juice (or more to taste) 20 drops of Stevia

15 drops of vanilla extract

generous pinch of Himalayan salt

Combine pecans, dates, vanilla extract, cinnamon and salt in the food processor fitted with an S- blade and mix until you reach the consistency of a sticky crumble. Put half of the crumble in a serving dish.

Combine apple, raisins and cinnamon in a mixing bowl. Mix well and put the crumble on top of the fruit.

Combine cashews, water, lemon juice, Stevia, vanilla extract and salt in the blender. Blend until smooth. Add extra water or lemon juice if needed. Add a dollop of cream on top of each serving of crisp & top with a dusting of freshly grated nutmeg or cardamom.

## **Silky Cacao Pudding**

*I like using a bit of raw cacao because it is a super food ingredient, loaded with antioxidants like iron, calcium and loads of magnesium. Plus, the flavor is amazing, but you can sub raw carob powder if you prefer. This recipe has only 5 ingredients, so you can get your chocolate fix in a flash with this healthy treat recipe. I added I added fresh organic raspberries and one sliced banana.*

2 cups coconut yogurt (recipe on page 11)  
2 tablespoons raw cacao powder  
3-4 tablespoons raw honey or drops of stevia to taste  
1-2 tablespoons hemp or almond milk  
1/4 teaspoon Himalayan salt

Add all the ingredients to your blender. A high-speed blender like a Vitamix works best. Blend and serve, or chill in fridge until ready to serve.

## **Berry & Vanilla Yogurt Popsicles**

*Eat for dessert. Or breakfast. I won't tell.*

3 cups Coconut Yogurt (recipe on page 11)  
1 cup blueberries and strawberries, washed and strawberries diced  
Honey or other sweetener of choice

Divide the yogurt evenly into two medium bowls. Drizzle with honey to taste (I like my yogurt tart and tangy, but add extra honey if you want it sweeter). Fold strawberries into one batch of yogurt, blueberries into the other. If you don't like chunks of berries in your pops, you could macerate the berries first. Fill popsicle molds to the top and insert popsicle sticks.

Freeze for about three hours or overnight. Let stand about three minutes at room temperature to loosen before trying to remove pops.

## Chocolate Macaroons

1 banana, finely mashed  
1/4 cup coconut oil, melted  
1/4 cup pure maple syrup (or other liquid sweetener of choice)  
1/2 teaspoon pure vanilla extract  
6 tablespoons cacao powder, sifted  
1.5 cups unsweetened shredded coconut  
1 tablespoons chia seeds (optional)  
small pinch Himalayan salt

In a medium mixing bowl, mash the banana until most of the clumps are gone. Stir in the melted coconut oil, maple syrup, and vanilla.

Sift in the cocoa powder and stir until combined. Now stir in the coconut, optional chia seeds, and fine grain sea salt to taste.

Line a baking sheet with parchment paper or a non-stick mat. Using a spoon or retractable ice cream scooper, scoop rounds onto the sheet. Place sheet in the freezer for around 20 minutes, or until macaroons are firm. Store in the freezer until ready to enjoy. They will soften at room temperature.

## Coconut Lime Tart

Recipe from [www.thesweetlifeonline.com](http://www.thesweetlifeonline.com)

*For the Coconut Crust:*

1 1/2 cups coconut  
1/4 cup ground golden flax seeds  
6 large dates, pitted  
1 tablespoon coconut oil, melted  
1 teaspoon vanilla  
pinch of sea salt

*For the Coconut Lime Filling:*

1 cup fresh, young coconut meat (about two coconuts)\*  
1 small avocado  
1/3 cup freshly squeezed lime juice  
1/4 cup + 2 tablespoons coconut nectar, maple syrup or raw agave nectar

1 teaspoon coconut extract  
zest of 2 limes  
pinch of sea salt  
2 tablespoons coconut oil, melted

To make the crust, blend together the ingredients for the tart shell in a food processor until moist and sticks together when pressed. Divide into four 4” tart shells (or one 9” shell) and press evenly into shell, filling the bottoms and sides. Place in the refrigerator while preparing the filling.

To prepare the filling blend all the ingredients together in a food processor or high powered blender. Scoop into chilled tart crusts and spread even, smoothing the top with an offset spatula.

Place tarts in the freezer until frozen solid. (2-4 hours) Once frozen all the way through, remove tarts from pans with a knife. Let thaw for 20 minutes before serving. Top with shredded coconut and a lime wedge.

Store in the freezer.

[pennishelton.com](http://pennishelton.com)