

Pray, Eat, Live....in the Graduate's Kitchen

"At times our own light goes out and is rekindled by a spark from another person.

Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

May you be the one, who helps rekindle the flame in others."

--Albert Schweitzer

You might be wondering about the title of this class ... *Pray, Eat, Live...in the Graduate's Kitchen*.

The word "pray" reminds us to always bless our food.

The word "eat" reminds us that intelligently eating is a way to honor the temple that is our body.

The word "live" reminds us that by eating right, we can live a long and healthy life. This class is designed to help you on your healing journey as you head back to your home life. Our facilitators chose these recipes for their taste, nutritional value and ease of preparation. All recipes in the class are designed for the maintenance diet, and yet, they can also be modified easily to suit your tastes and preferences. In today's class, we will guide you through a typical day in the life of an OHI Graduate and share some tips and ways to make preparing healthy food at home easy and fun.

Take these recipes and tips as gifts from our kitchens to yours—and remember to pray, eat and live in optimum health—always.

Note:

Each recipe has a letter coding for whether it is maintenance (M), detox (D), regular (R) or hypo (H)

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Key: Maintenance (M), Detox (D), Regular (R), Hypo (H)

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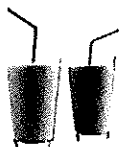
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Breakfast



Green Mint Smoothie (M R H)

- 3 c. water
- (option: replace 1 cup of water with ice for a colder smoothie)
- 12 organic mint leaves
- 1 1/2 c. organic spinach or kale or a 50/50 mix
- 2 T. organic raw almond butter
- 1 T. or more raw coconut nectar
- **For hypo** replace the coconut nectar with 1/2 t. raw stevia powder

Blend it up and enjoy!

Yield: 3 cups

Cal-291, carb-27g, fat-3g, pro-9g, sod-94mg, sug-16g, fib-8g

Quickie Raw Vegan Coconut Yogurt (M R H)

- 3/4 to 1 c. raw young coconut water
- 2 c. raw young coconut meat (usually one coconut will yield enough meat)
- Probiotic powder (2 capsules or 1- t. of vegan probiotic)

Blend the coconut water and coconut meat until smooth. Add the probiotic powder (simply open the capsules and dump the contents into the blender), and blend briefly. Pour into a bowl (or jar) big enough to allow a bit of room to expand. Gently place a breathable lid on top and set your coconut yogurt to culture on your counter for 3-6 hours. The longer it cultures, the more yogurt-like it becomes in taste. When you're ready to eat it, feel free to sweeten it and/or add extracts like vanilla, etc. You can use this wonderful yogurt in many ways: smoothies, dressings, stirred into chia pudding, used as a dessert, etc.

Yield: 3 cups

Cal-23, carb-2g, fat-2g, pro-9g, sod-8mg, sug-2g, fib-0g

Almond Milk

1 cup soaked raw almonds (soak overnight (8 to12 hours then rinse)
(buy only unpasteurized raw almonds)

4 cups water

1 tsp vanilla (optional) raw powder

Blend well and strain through a seed bag. Save the pulp for other recipes.

Yield: 4 cups

Cal-160, carb-4g, fat-16g, pro-8g, sod-80mg, sug-0g, fib-0g

Buckwheaties Cereal (M R H)

- 6 c. sprouted buckwheat
- 1 c. dried shredded coconut
- 1 c. soaked pecans (soaked overnight)
- 1 T. cinnamon

3 c. of dried buckwheat grouts will become 6 c. sprouted.

Soak buckwheat for 15-30 min., rinse, leave in a bowl; rinse and drain two times per day for 2 days until sprouted. Don't over-soak (only 15 to 30 minutes) as it may inhibit the sprouting.

Finely chop the pecans in a food processor. Blend with buckwheat, coconut and cinnamon in a bowl. Spread on non-stick sheets and dehydrate overnight at 105 degrees, until very dry and crispy (about 20 hours). Tip: placing a dehydrating screen on top of the buckwheaties will help keep them in place while dehydrating. Break into pieces and store in a container in the refrigerator. This will keep well for up to a month.

This is a gluten free food that can lower cholesterol, help blood flow and balance blood sugar levels.

Yield: 8 cups (16 servings)

Cal-179, carb-24g, fat-9g, pro-5g, sod-11mg, sug-0g, fib-1g

Blended Buckwheat Porridge (D R H)

- 2 c. soaked buckwheat (overnight) and rinse well (1 c. buckwheat yields 2 c. soaked)
- ¼ t. stevia
- 1 T. cinnamon
- 2 ½ T. coconut nectar
- ½ c. walnuts (finely chopped)

Blend all ingredients with a slow pour of ¾ c. of warm filtered water to reach a porridge type consistency. Drizzle a little sesame milk (see below for recipe) over the porridge for a nice addition.

Yield: 2 cups (4 servings)

Cal-138, carb-30g, fat-1g, pro-5g, sod-12mg, sug-0g, fib-1g

Homemade ingredients:

* **Sauerkraut juice** is the strained juice from sauerkraut or can be made by blending 1 cup of sauerkraut with 2 cups of water and straining off the pulp.

* **Celery powder** is made easily by dicing a bunch of celery stalks and dehydrating them until they are completely dry and then dry blending them into a fine powder.

* **Sesame milk** is made easily by blending 2 cups of soaked and rinsed sesame seeds with 6 cups of filtered water and then straining through a seed bag. (Very high in calcium) You can also add cinnamon, carob powder, and/or vanilla bean.

Lunch



Kale Salad (M R H)

This is a hearty meal with a kick that's perfect for those cold winter days!

- 4 heads kale (this will seem like a lot but will wilt down when the kelp is added)
- 1 T. kelp powder
- 2 c. cherry tomatoes, sliced
- 1 c. hulled hemp seeds

Dressing (to be blended)

- 3 avocados
- 2 medium size soaked chipotle peppers* (soak for 1 hour)
- ½ c. soaked macadamia nuts
- 1 T. coconut nectar
- ¼ t. of green stevia powder
- ¼ c. organic coconut vinegar
- 2 T. sauerkraut juice * (see page 6 on how to make it)
- ½ t. kelp powder
- ½ t. celery powder * (see page 6 on how to make it)

Remove the stems and then wash and cut the kale into small pieces. Place kale into a bowl, sprinkle on the kelp and massage the kale until it wilts and takes on a 'cooked' texture. Let it sit for a half hour.

Add the tomatoes and hemp seeds to the bowl and mix in by hand.

Blend all the other ingredients in a high-speed blender until creamy and mix into kale by hand.

*If not using chipotle peppers, substitute a mix of ¼ t. of each onion powder, cumin, chili powder, garlic powder and sauerkraut juice.

Yield: 10 cups. Serves 5 as a main salad or 10 as a side salad
Nutritional information based on 1 cup.

Cal-139, carb-7g, fat-6g, pro-5g, sod-3 mg, sug-2g, fib-3g

Mock Tuna Salad the Rawmazing Way (M R H)

Paste/Pate:

- 4 c. sunflower seeds (soaked for at least 1-2 hours)
- 2 t. raw unsalted tahini
- ¼ c. dulse flakes (seaweed) soaked in sauerkraut juice
- ½ red bell pepper
- ½ to 1 c. sauerkraut juice * (see page 6 on how to make it)
- 1t. raw coconut vinegar
- 1t. thyme
- ¼ t. kelp powder

Add in:

- 6 stalks of celery (diced)
- 1/2 red onion (diced)
- 1/4 c. parsley (chopped) (optional)
- ½ bunch of dill (diced) or 1 T. dry

Soak your dulse with 1/2 cup of sauerkraut juice to hydrate it a bit before adding to the food processor. Add 1 cup at the end of the processing.

Process all of the *paste* ingredients in a food processor with an S blade until the mixture resembles a very smooth paste. You should not see any seed bits at all. You may need to stop and start and get in there with a spatula.

Eat right away or refrigerate to eat later. Preferable to keep the pate separate and don't add any chunks (onions, celery, parsley etc) until ready to eat.

Enjoy on crackers, on top of a salad, in a nori roll, or more...

The dulse (seaweed) is what gives this recipe its tuna-like taste, so don't bother making it unless you have dulse. Keeps 4-5 days in the refrigerator.

Yield: serves 14 (1/2 cup servings)

Cal-386, carb-13g, fat-6g, pro-15g, sod-16mg, sug-3g, fib-7g

Quinoa Bean Burger (M R H)

Here's a delicious veggie burger you can whip up from scratch. Frontier's All Purpose Seasoning will work to give the patties a rich, hearty flavor. Stash a few in the freezer for busy weeknight meals. For super-easy cookouts, bake the patties ahead, then reheat them on the grill. Serve with your favorite burger fixings.

- ½ c. quinoa
- 1 small onion, finely chopped (1 c.)
- 6 soaked sun-dried tomatoes (soak for 30 minutes), drained and finely chopped (¼ c.)
- 1½ c. cooked black beans, divided in half
- 2 cloves garlic, minced (2 t.)
- 2 t. Frontier's All Purpose Seasoning (no salt alternative)
- Your choice of whole-grain sprouted hamburger bun, sprouted tortilla, raw Paleo coconut wrap, Napa cabbage, or butter lettuce

Stir together quinoa and 1½ c. water in small saucepan. Bring to a boil. Cover, reduce heat to medium-low, and simmer 20 minutes, or until all liquid is absorbed. (You should have 1½ c. cooked quinoa.)

Meanwhile, place onion with some water and sun-dried tomatoes in a medium, nonstick skillet, and cook over medium heat. Cook 3 to 4 minutes, or until onion has softened. Stir in ¾ cup black beans, garlic, Frontier's All Purpose Seasoning, and 1½ c. water. Simmer 9 to 11 minutes or until most of liquid has evaporated.

Transfer bean-onion mixture to food processor, add ¾ c. cooked quinoa, and process until smooth. Transfer to bowl, and stir in remaining ¾ c. quinoa and remaining ¾ c. black beans. Season if desired and cool.

Preheat oven to 350°F, and generously coat baking sheet with coconut oil. Shape bean mixture into 8 patties (½ cup each), and place on prepared baking sheet. Bake 20 minutes, or until patties are crisp on top. Flip patties with spatula, and bake 10 minutes more, or until both sides are crisp and brown. Serve on sprouted buns or wrappers.

Yield: Serves 8

Cal-51, carb-8g, fat-1g, pro-3g, sod-2mg, sug-0g, fib-3g

Seaweed Avocado Salad (D R H)

- 1 c. dried organic Atlantic seaweed of your choice (soaked for 2 hours) and rinsed
- 2 med. avocados peeled and sliced
- ½ c. of soaked and rinsed sesame seeds
- 2 T. dulse
- 1T. sauerkraut juice
- 1 T. all purpose (no salt) seasoning

Chop the seaweed into smaller pieces, mix in the remaining ingredients and enjoy.

Yield: Serves 4 as a side salad

Cal-204, carb-12g, fat-10g, pro-8g, sod-118mg, sug-0g, fib-6g

Onion Bread (D R H)

5 cups of finely chopped onions
2 cups of sprouted quinoa from rejuvelac or just sprouted and rinsed
1 cup of sprouted sunflower seeds
1 cup of Physilium husks
1 cup or more of sauerkraut juice
3 Tbsp. lemon juice
1 clove of garlic
2 Tbsp. Celery Powder
2 tbsp. Dulse

Blend in a food processor all except 2 cups of the chopped onions (add the 2 cups after all is blended)

Stir well and form into bread shapes on the non-stick dehydrator trays.

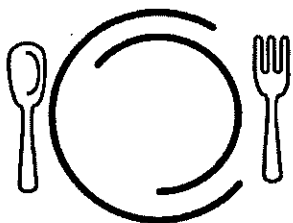
Keep them a little thick like bread when spreading on the sheets.

Dehydrate at 105 degrees for 5 hours and flip onto the screen and dehydrate an additional 2 + hours until crusty outside and pliable like bread but not a cracker.

Yield: 20 Portions

Cal-80, carb-13g, fat-.5g, pro-2g, sod-5mg, sug-0g, fib-6g

Dinner



Curried Red Lentil Soup (D R H)

Combine and blend:

- 4 c. water
- 1 c. organic vegetable broth (see vegetable broth on page 12)
(For detox add 1 c. water and not the broth)
- 2 c. organic sprouted red lentils
- ½ onion chopped
- 2 T. minced fresh ginger
- 2 t. dehydrated basil
- ½ c. chopped celery
- ½ c. parsley

Blend in slowly

- 1 to 2 t. curry powder
- 1 t. cumin

Pour into a bowl and stir in by hand:

- 2 c. sesame milk (see page 6 for recipe)
- 1/4 c. chopped cilantro

Heat soup by placing in the dehydrator at 105 degrees for 20 minutes or in a double boiler until 105 or 110 degrees is reached.

Yield: Serves 6 (1-1/4 cup serving size)

Cal-296, carb-6g, fat-10g, pro-14g, sod-34mg, sug-0g, fib-3g

Homemade Vegetable Broth (M R H)

- 2 carrots
- 1 red onion
- 1 fennel root
- 4 celery stalks
- 6 sprigs of flat-leaf Italian parsley
- 6 sprigs of fresh thyme
- 3 ½ inch slices of fresh ginger
- 4 cloves of garlic
- 10-20 coriander seeds
- 1 bay leaf
- 10 c. of water

Wash and cut your vegetables into big chunks and place in a large saucepan or stock pot.

Add herbs, spices and water.

Cover and bring to a full boil. Reduce the heat and gently simmer until all the vegetables are beginning to fall apart (30-45 minutes).

Pass through a fine mesh strainer. At this point, if you prefer a richer broth, you can reduce the vegetable broth by cooking it further to get a more concentrated flavor. If not, proceed with storing.

Let the stock cool to room temperature. Place the amount of stock you intend to use immediately (up to three days) in a glass jar with a lid and place it in your refrigerator.

For the remaining, place 1 cup portions in freezer bags or pour the vegetable broth in ice cube trays and freeze. If you're freezing the vegetable broth in ice cube trays, once frozen, make sure to place the cubes in an air-tight container.

Yield: Makes 2.5 quarts

Cal-85, carb-23g, fat-0g, pro-4g, sod-144mg, sug-6g, fib-2g

Wild Rice Salad (D R H)

Bloom 1 cup of organic wild rice.

Instructions for blooming: Rinse 1 cup of wild rice and place in a quart jar and add 3 cups of purified water. Place the jar in the dehydrator (remove some trays to fit the jar).

Set temperature to 105 degrees for 24 hours and then rinse the wild rice. The rice will also keep in the fridge for several days.

- 1/8 teaspoon cumin
- 2 tablespoons of onion, chopped
- 1 clove garlic, finely minced or crushed
- 1 cup of Roma tomatoes, seeded and chopped
- 1/2 cucumber, seeded and chopped
- 2 stalks of green onion, chopped
- 1/4 cup of cilantro, chopped
- 1/2 cup of parsley leaves, chopped
- 2 tablespoons of lemon juice
- 2 tablespoons of celery powder to salt

Mix all ingredients except rice in a large bowl.

Add all the bloomed wild rice and mix again.

This can be eaten as a side dish or as a meal by itself.

Cal-60, carb-2g, fat-0g, pro-3g, sod-15mg, sug-2g, fib-1g

Garden Vegetable Soup (M R H)

1/2 c. carrots

1/4 c. fresh onion(s)

2 cloves of garlic, minced

1 c. (shredded) cooked green cabbage

1 c. organic tomatoes, diced

1/2 t. tomato powder

1/4 t. dried oregano

1/2 t. ground basil

1/4 t. celery powder

1 c. fresh zucchini, diced

2 c. fresh spinach

3 c. vegetable broth

Add ¼ c. of water to a sauce pan, heat. Sauté the carrot, onion, and garlic over low heat until softened, about 5 minutes. Add broth, spinach, cabbage, basil, oregano, tomato powder and celery powder; bring to a boil. Reduce heat; simmer, covered, about 15 minutes. Stir in the zucchini and tomatoes and cook 3-4 minutes more. Serve hot.

Yield: serves 4

Cal-32, carb-5g, fat-0g, pro-1g, sod-36mg, sug-2g, fib-2g

Summer Cabbage Corn Slaw (M R)

A delicious summer slaw made with fresh cabbage and sweet corn, paired with a creamy, tangy tahini dressing, sweet local cherry tomatoes, and fresh basil. Perfect for a picnic or a potluck. Enjoy!

Ingredients

- 1 small head cabbage, shredded
- 1 cup fresh sweet corn
- 3 scallions, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh basil, chopped
- 3 Tbs raw shelled hemp seeds

Dressing

- 1/2 cup sweet corn
- 3 Tbsp raw Tahini
- 1/4 cup filtered water
- 1/4 cup apple cider or coconut vinegar
- Small pinch of green stevia
- 3 Tbsp celery powder
- 1 clove garlic
- 1 tsp turmeric

Instructions

1. In a large bowl, combine all of the veggies and basil.
2. In a high speed blender, combine all of the dressing ingredients and blend until smooth and well combined.
3. Toss with the salad, and the hemp seeds. Serve!

Yield: 3 cups

Cal-80, carb-12g, fat-2.5g, pro-3g, sod-45mg, sug-2g, fib-4g

Corn Chowder (M R)

- 4 ¼ c. water
- 1 yellow onion, diced
- 3 stalks celery, diced
- 2 carrots, diced
- 3 red potatoes, skin on, diced
- 3 ears of organic sweet corn
- 1 c. diced mushrooms (Crimini)
- 1 c. non-dairy milk such as sesame seed milk or almond milk
- 1 clove fresh garlic
- ½ t. nutmeg
- 1 t. dried basil
- 1 t. fresh rosemary, minced

Sautee the onion in a quarter cup of water until soft and clear, about 5 minutes. Add the rest of the water, the celery and the carrots, and cook on med/high for 10 minutes to soften. Add the potatoes, corn, mushrooms, non-dairy milk, garlic powder, nutmeg and basil, and cook until the potatoes are tender, about 20 minutes. Place about a quarter of the soup into a blender or Vitamix, and blend until the consistency is smoother but still slightly lumpy. Return mixture to the pot and combine well. Add the rosemary and cook for 5 minutes longer. Serve hot.

Yield: Serves 4

Cal-58, carb-14g, fat-1g, pro-2g, sod-0mg, sug-1g, fib-0g

Creamy Coconut Carrot Soup (M R)

- 2-3 large carrots, chopped small
- 1 onion, chopped small
- 1 t. fresh ginger, minced
- 1 ½ t. curry powder
- 1 ¾ c. vegetable broth
- ¾ c. coconut milk *
- ¾ c. sesame milk

Simmer the carrots, onions, ginger and curry powder in vegetable broth for 20-25 minutes, until carrots are soft. Allow to cool slightly, and then puree in blender, working in batches if needed.

*Make coconut milk by simply blending all the meat of one young coconut with the fresh coconut water.

Return to heat and stir in coconut milk until well combined.

Yield: Serves 5

Cal-83, carb-2g, fat-8g, pro-1g, sod-6mg, sug-1g, fib-1g

Healthy Noodles with Three Sauces

Make your favorite healthy noodles and add our choice of a tasty sauce. For raw noodles, use spiraled zucchini or kelp noodles. These choices are 100% raw, vegan, and gluten free. If you prefer a cooked noodle, brown rice or quinoa pastas are a good gluten-free alternative to whole wheat.

Oil Free Pesto Sauce (M R H)

- 2 c. tightly packed fresh basil
- 1 to 2 cloves garlic, roughly chopped (to taste)
- ¼ c. soaked and drained walnuts
- ¼ c. pine nuts
- 2 T. sauerkraut juice * (see recipe on page 6)
- ½ t. kelp powder
- 1 ½ T. celery powder * (see recipe on page 6)
- ½ c. vegetable broth * (see recipe on page 12)

Place the basil, garlic, walnuts, pine nuts, sauerkraut juice, kelp powder and celery powder in a food processor fitted with the S blade. Pulse to combine until the mixture is coarsely ground.

Turn the motor on and drizzle the vegetable broth in a thin stream. Taste. Pulse a few more times to combine.

Yield: Serves 4

Cal-99, carb-3g, fat-4g, pro-3g, sod-10mg, sug-0g, fib-2g

Alfredo Sauce (M R H)

- 2 c. raw macadamia nuts or cashews
- ½ c. pine nuts (or just use more raw macadamia nuts or raw cashews if you don't have pine nuts)
- 1/8 c. chopped onion
- 1 T. sauerkraut juice * (see page 6 on how to make it)
- 1-3 cloves garlic
- 1 ½ c. water
- 1 t. thyme spice
- 2 T. celery powder
- ½ c. minced parsley

Blend all ingredients into a creamy sauce and place over the healthy noodles of your choice. Sprinkle the parsley on top before serving

Yield: Serves 4

Cal-279, carb-6g, fat-8g, pro-3g, sod-9mg, sug-1g, fib-1g

Raw Tomato Basil Sauce (D R H)

- 1/2 c. of sun dried tomatoes
- 1/2 c. chopped zucchini (I use the leftovers after making my zucchini noodles)
- 1T. raw unsalted tahini
- 1 c. of fresh basil leaves
- 1 garlic clove
- 1 t. kelp powder

Place all ingredients in the food processor with an S blade and process into a sauce.

Yield: serves 4

Cal-28, carb-1g, fat-2g, pro-1g, sod-1mg, sug-0g, fib-1g

12 Fun Things to do with oil-free sauces used on healthy pasta, of course!

Suggested uses: as a sandwich spread • use on grilled veggies like eggplant, zucchini and red pepper as the "meat" of the sandwich • stir it in with some white beans and finely chopped veggies for a tuna salad alternative • a dollop it on top of a naked baked potato and steamed veggies • make a pesto pizza--use a prepared whole wheat crust and your favorite veggies - no cheese required! • brush it on top of corn on the cob • spoon it on top of steamed broccoli, steamed cauliflower or steamed green beans • make a cold pasta salad, veggie loaded of course • make a pesto potato salad • make a pesto hummus • make a pesto salad dressing by stirring it with a little apple cider vinegar • make pesto mashed potatoes and of course you can always enjoy it as a sauce or spread in some of your favorite raw recipes.

The sky really is the limit with sauces. And now that we know it's lick-your-fingers-good even without the oil, what are we all waiting for?

Graduate Veggie Loaf (D R H)

- 2 c. carrot pulp or (substitute sprouted buckwheat ground in a food processor for hypo)
- 2 bunches celery, minced *
- 2 bunches parsley, minced *
- 2/3 c. sesame seeds (soak for 2 hours and rinse)
- 2 pinches of your favorite herb
- 4 red peppers, minced *
- 4 med. zucchini, shredded
- 1 c. hulled sunflower seeds soaked and rinsed (soak for 6 hours)
- 1 T. dehydrated basil or 3 T. fresh
- 1 T. dulse
- 1 T. garlic
- 1 T. all-purpose seasoning (no salt)

* All veggies that are described as **minced** can be processed together in a food processor with an S blade to reach a minced consistency.

Put the carrot pulp into a stainless steel or glass bowl. Add peppers, celery, zucchini, and parsley. Mix well.

Process the seeds with a food processor into a dough like consistency and add.

Grind dry basil or add fresh along with any favorite herbs and mix in. Add dulse and garlic and mix thoroughly

Form into medium loafs on no-stick sheets and place into the dehydrator.

Dehydrate at 105 degrees for 6 hours. Cut and serve.

Serves: 15 to 20

Cal-119, carb-7g, fat-2g, pro-5g, sod-31mg, sug-2g, fib-4g

Taco Bowl (M R H)

- ½ c. raw quinoa
- 1 large onion, chopped
- 2 to 3 cloves garlic, minced
- 1 medium red bell pepper, finely diced
- 4 c. cooked pinto beans (from 1 ½ c. raw beans)
- 2 c. diced tomatoes
- 1 to 2 fresh hot (jalapeño or serrano) chilies, or 1 mild chili (poblano), (optional)
- ¼ c. chopped fresh cilantro
- 1 T. chili powder, or to taste (optional)
- 1 t. ground cumin
- 1 t. dried oregano

Garnishes:

- A sprinkling of Frontier's All Purpose Seasoning
- Thinly shredded romaine or green leaf lettuce
- Large triangular organic corn tortilla chips (to make chips, cut corn tortillas into wedges and bake in oven at 450 until crisp)

Bring 1 ½ c. of water to a boil in a small saucepan. Add the quinoa and simmer, covered, for 20 minutes, or until the water is absorbed. Sauté the onion over medium heat in water until translucent. Add the garlic and bell pepper and continue to sauté, stirring frequently, until cooked lightly. Add the remaining ingredients, except the garnishes. Assemble each serving as follows: Fill each bowl about 2/3 full. Top with some shredded lettuce. Line the perimeter of each bowl with several tortilla chips, points facing upward, for a kind of star-shaped effect.

Yield: Serves 4

Cal-321, carb-58g, fat-3g, pro-17g, sod-128mg, sug-1g, fib-20g

Snacks



Spicy BBQ Kale Chips (M R)

- 2 head organic kale, de-stemmed and torn into bite size pieces. (curly kale works best)
- 1 medium chipotle chili, soaked for 1 hour (de-seeded if you want it less spicy)
- ½ c. soaking water from chipotle chili
- 3 T. sauerkraut juice
- 2 T. raw organic coconut vinegar
- 1 T. celery powder
- 1 t. kelp powder
- 1 t. paprika
- 2 t. cumin
- 1 t. garlic powder
- Pinch of cayenne
- 1 c. sun-dried tomatoes (soaked for 1 hour)
- 1/8 c. coconut nectar
- 1/4 t. raw stevia powder

Blend all ingredients except kale in a high-speed blender until smooth. Thoroughly combine the kale and sauce in a bowl until all the kale is coated. Evenly scatter the kale on a nonstick dehydrator sheet in a way that will allow air to circulate around it. Dehydrate at 105 degrees for about 10 hours. Remove from the nonstick sheet, transfer to a mesh sheet and continue dehydrating until the kale is completely dry.

Yield: Large batch

Cal-65, carb-13g, fat-1g, pro-2g, sod-14mg, sug-7g, fib-1g

Wild Raw Tabouli (D R H)

- ½ cup of sprouted wild rice (See page 13 for sprouting)
- 2 medium tomatoes, chopped
- 1 cucumber, seeded and chopped
- 1 ½ cup parsley, finely chopped
- 2 scallions (green onions), chopped
- 3 tablespoons fresh mint, chopped

Dressing:

Add juice from 1 lemon, about 3 tablespoons

and 2 tablespoons of celery powder

Mix chopped ingredients with dressing and toss well.

Cal-40, carb-3g, fat-0, pro-2g, sod-15mg, sug-0, fib-1g

Chipotle Sun Dried Tomato Dip (M R H)

This tasty Chipotle Sun Dried Tomato Dip is perfect for dipping veggie sticks, or raw sprouted crackers. Enjoy

- ½ c. packed sun dried tomatoes, soaked in enough water to cover
- ¾ c. macadamia nuts
- ¾ c. tomato soak water
- ½ c. water
- ½ c. diced tomato
- 1 clove garlic
- ¾ - 1 t. kelp powder
- ½ t. onion powder
- 2 T. celery powder (see page 6 for recipe)
- 2 T. all-purpose seasoning (no salt alternative)
- 1 t. organic raw coconut vinegar
- ¼ t. chipotle chili powder

Blend all ingredients until smooth, reserving one piece of sun dried tomato. Chop the dried tomato and stir into the blended dip.

Yield: Serves 4-6

Cal-67, carb-2g, fat-1g, pro-1g, sod-5mg, sug-1g, fib-1g

Guacamole Fiesta Dip (D R H)

- 5 avocados, peeled, pitted and cubed
- 3 c. of finely shredded zucchini
- 2 T. dulse powder
- 1 T. garlic powder
- 4 tomatoes diced
- 3 green onions, sliced thin
- ½ c. sauerkraut
- cayenne pepper to taste if desired

Place avocados in bowl. Do not mash avocado. Add remaining ingredients and mix gently.

Serve with raw veggie chips or Essene crackers. **Yield: Serves 8**

Cal-128, carb-9g, fat-11g, pro-1g, sod-6mg, sug-0g, fib-5g

Desserts



Almond Coconut Cookies (M R H)

- 1 c. raw almond pulp (from the almond milk)
- ½ c. raw unsalted almond butter
- 3 T. unsweetened shredded coconut
- 2 T. raw coconut nectar (for hypo: replace coconut nectar with 1/2 tsp. raw stevia)
- ½ t. raw stevia
- ¼ t. almond extract
- carob powder and shredded coconut for coating the outside

Transfer the almond pulp to a large bowl and blend in the almond butter, coconut, sweet nectar, and almond extract. Stir until a stiff, very chunky dough forms. Use your hands to thoroughly blend the ingredients; they will be more effective than a spoon.

Pinch off a piece of the dough about the size of a small walnut and roll between your palms to form a ball that is about 1 ½ inches in diameter. Gently press the ball between your palms to form a ½ inch thick cookie. Rinse and dry hands periodically if they become too sticky to roll the balls. Press the cookie in shredded coconut or carob powder for a nice outside coating.

Store the cookies in a tightly sealed container in the refrigerator for 2 to 3 weeks.

Yields: 10 small or 6 large cookies

Cal-112, carb-6g, fat-10g, pro-2g, sod-5mg, sug-3g, fib-1g

Frozen Fruit Sorbet (M R)

Fruits such as mango, strawberries, peaches or banana, when frozen make a simple but delicious dessert.

Choose your favorite fruit, peel if necessary, cut into chunks and freeze overnight.

Right before serving dessert, process through a Champion or Samson juicer using the blank and turn your frozen fruit into a sorbet.

Can be served in a clear glass with layers of frozen sorbet. Top with a sprig of mint for color.

Carob Mousse (M R)

- 2 large avocados
- 1/4 c. coconut nectar
- 1/4 t. green stevia powder
- 1/3 c. seed or nut milk (use homemade)
- 1/4 c. – 1/2 c. water
- 1 t. vanilla powder
- 1/2 t. cinnamon
- 3 1/2 T. carob powder

First blend the avocados with the nut milk and 1/4 c. of water until smooth. Next add the rest of the ingredients and blend. Add only enough water to blend. It should be very thick. Chill in the fridge until ready to serve!

Yield: Serves 8

Cal-116, carb-18g, fat-5g, pro-0g, sod-22mg, sug-15g, fib-2g

Cha Cha Chia Pudding (D R H)

- 1 c. unsweetened non-dairy milk (sesame milk for detox or almond milk for maintenance tastes great)
- 1/2 t. organic vanilla powder or 1/2 t. non-alcohol vanilla extract
- 2 t. carob powder
- stevia to taste (1/4 t. of Frontier Coop stevia powder works well)
- 3 T. chia seeds
- mint leaves

Place the milk, vanilla, and carob into the blender and add sweetener to taste. Blend until carob is completely incorporated. For Detox use sesame milk.

Pour milk mixture into a bowl and add the chia seeds. Stir well, making sure that all the seeds are moistened. Leave out on the counter and stir periodically (about every 15 minutes or so), breaking up any clusters that form. Allow it to stand until the pudding has thickened and all liquid has been absorbed, at least an hour.

Refrigerate. Serve topped with fresh mint. **Yield: serves 2**

Cal-30, carb-3g, fat-2g, pro-1g, sod-91mg, sug-1g, fib-1g

Salad Dressings

Raw Creamy Macadamia Dressing (M R H)

- 6 T. soaked sesame seeds
- ½ c. soaked raw macadamia nuts
- 2 T. raw organic coconut vinegar
- 2 T. sauerkraut juice
- 1 c. almond or sesame seed milk
- ½ t. garlic powder
- 1 T. celery powder
- ½ t. cumin

Blend all ingredients in Vita Mix or blender until smooth and creamy.
Yield: Serves 6

Cal-79, carb-3g, fat-3g, pro-2g, sod-32mg, sug-0g, fib-1g

Avocado Dressing (D R H)

- ½ large avocado
- ¾ of a large heirloom tomato
- small slice of red onion
- small slice of jalapeño pepper (optional)
- 2 T. sauerkraut juice
- 1-2 small handfuls of cilantro
- small piece of fresh ginger

Blend in Vita Mix or blender till creamy.

Yield: Serves 4

Cal-42, carb-5g, fat-2g, pro-1g, sod-4mg, sug-2g, fib-2g

Amazing Tahini Dressing (M R H)

- ½ c. raw organic tahini
- ½ c. sauerkraut juice
- 2 T. organic raw coconut vinegar
- ½ avocado
- 4 cloves of garlic
- 1 T. oregano (fresh or dried)
- 1 T. celery powder
- ¼ t. kelp powder
- 1 T. basil (fresh or dried)
- ½ c. water

Blend up and add a little more water if it becomes too thick.

Yield: Serves 7

Cal130, carb-4g, fat-12g, pro-4g, sod-1mg, sug-0g, fib-1g

Alive Chive Dressing (D H R)

- 2/3 c. white sauerkraut
- 2 T. chives
- 1 clove garlic
- ¼ T. fresh ground mustard seed
- dash of cayenne
- 1 T. raw tahini
- 2 T. sauerkraut juice

Blend and chill above ingredients.

Yield: Serves 4

Cal-33, carb-2g, fat-2g, pro-1g, sod-6mg, sug-0g, fib-1g

Facilitator's tips for your kitchen...

"I love to prep my produce immediately after I come home from the farmers' market, so it saves me time later in the week. I clean and prep the produce and then vacuum seal it in mason jars using a machine called a "Food Saver". Then for the next few days, I can quickly prepare salads and other dishes without having to do a lot of work." —**Sheryl Haupt**

"When using a seed bag for making seed cheese or seed milks, always use the bag with the seam on the outside. This makes the bag much easier to clean." —**Miriam Ballonoff**

"Take a small fabric bag (sachet-sized bags used for jewelry or aromatics work well) and fill it with uncooked rice. Place it in an airtight container and seal it up with your dehydrated kale chips. The rice soaks up any moisture in the container and keeps your chips crunchy". —**Peg Harvey**

"With a busy schedule I like to resupply my kitchen each week with dry staples and supported foods to help make "mealttime" during the week easier and faster to prepare. I pick one day a week to shop, make my dehydrated breads, crackers, sprouting jars and fermented sauerkraut. This is my awesome rawsome prep day. Inviting a friend or to get the family involved can make it even more fun. —**Ken Dorr**

"Cleaning Teflex (Paraflex) sheets can be frustrating. This is what I have figured out that works well. After harvesting your recipe, shake off excess

bits, and put the sheet back on the tray with the webbing underneath. Run water from the faucet over the top and as you do, use your cleaning device (sponge, cloth, etc.) to clean the surface, rinse well, tap off excess water and return to the dehydrator to dry for 5 – 10 minutes or until dry. Using the tray and webbing gives a good cleaning base for this task. And will let you clean up the rim of the tray if necessary." — **Linda Hecht**

"Washing fresh fruits and vegetables used to be a chore, until I discovered I could turn the process into a working meditation. After buying the produce, I fill a large stockpot with purified water, and then add about a half cup of white vinegar. As I clean the produce by plunging it into and out of the stockpot for about 30 seconds—one type of fruit or vegetable at a time, I repeat this mantra silently: "May this food nourish and heal me, and may all people everywhere have food that nourishes and heals." The time goes by much more quickly than before, and I've done my 20 minute alpha practice for the day!" — **Peg Harvey**

This is a funny tip, but after you dice up some garlic cloves and your fingers have a strong garlic smell, wet your hands and rub your fingers across the top of your kitchen sink's metal faucet or other stainless steel. For some strange reason the smell disappears like magic. — **Wendy Metzler**

If budget allows, adding a ceramic knife to your 'utensil pantry' is an extremely helpful maneuver. Once I got my knife, I used it exclusively – so sharp and remaining so for a long time...Just be careful not to drop them as they might break. Happy chopping! — **Linda Hecht**

Organizing your kitchen's pantry,
refrigerator and freezer will serve you well.

- Remove everything at first to start the organization.
- Read the ingredient labels and only stock, what will serve your health.
- Organize by storing in labeled glass containers if possible.

Pantry Sections

Dehydrated wraps (nori, paleo, etc..), crackers, chips and snacks

Dehydrated seeds and nuts (can be stored for short periods of time)

Sprouting seeds and nuts

Spices, powders (carob, cocoa, vanilla, maca, lacuma, etc...), flours

Jars of non-perishable foods (coconut nectar, coconut vinegar, etc...)

Refrigerator

Washed produce in air tight containers or Debbie Meyer green bags

Jars of perishable foods (tahini, olives, seed or nut butters, etc..)

Raw burgers, cooked beans/ rice, sprouted seeds and grains (quinoa, hemp, etc..)

Freezer

Nuts, seeds, longer term perishable foods (seed cheese, desserts, etc...)

Counter top

- Ripening bowl or area for fruits to ripen.
- Sprouting area with drainage container.

How to tell if nuts/seeds are bad, rotten or spoiled

Practicing proper hygiene and food safety techniques will help prevent foodborne illness.

Although not a perfect test, your nose is usually the most reliable instrument to tell if your nuts-seeds have gone bad. Rancid nuts smell. The best way to describe the odor is that spoiled nuts smell like paint. It's a distinct and unpleasant odor.

There are, of course, certain health risks associated with spoiled foods so always remember to practice food safety and enjoy your foods before their shelf life has expired!

How to store nuts/seeds to extend their shelf life

Nuts and seeds are usually best kept in the refrigerator, not necessary but it does extend their shelf life. This is especially true of walnuts, pecans, flax and cashews that become rancid quickly in warm environments.

Nuts/seeds should be stored in tightly closed containers to keep out moisture and other contaminants. A canning jar with a tight seal lid works great for pecans and walnuts as it provides extra protection from odors leaking into the nuts from other foods stored nearby.

The most delicate and quickest expiring nuts and seeds are pine, flax and pistachio. While our tables list the time frame that nuts/seeds are good beyond their printed date, if you can't find any date on your package, you can expect most shelled varieties to last about 2 years. For opened packages, it's best to take a whiff before serving. A rancid smell can smell like oil paint.

Since opened packages of nuts-seeds last for a shorter period of time, if you buy a large bag re-seal them into smaller bags or jars and keep them in the fridge.

For a long-term option, you can freeze your nuts-seeds (except shelled pistachios) while preserving their taste if you use an airtight freezer safe container. Freeze each kind of nut separately. This is an excellent option, especially if you live in a warm climate. Remember that nuts pick up odors around them if not sealed tightly. A year in the freezer is often long enough for most nuts, but some can last longer.

Some nuts and seeds with expiration dates

	Pantry	Fridge	Freezer
	Past Printed Date	Past Printed Date	Past Printed Date
Almonds last	9-12 Months	1 Year	2 Years
Brazil Nuts last	9 Months	1 Year	1 Year
Cashews last for	6-9 Months	1 Year	2 Years
Hazelnuts last for	4-6 Months	1 Year	1 Year
Macadamias last for	6-9 Months	1 Year	2 Years
Peanuts last	6-9 Months	1 Year	2 Years
Pecans last	6 Months	1 Year	2 Years
Pine Nuts last	1-2 Months	3-4 Months	5-6 Months
Pistachios last for	3 Months	--	--
Walnuts last for	6 Months	1 Year	1-2 Years
Flax seeds	Not Recommended	1 Year	6 months ground
Sunflower/pumpkin	3 Months	1 Year	1 Year