

Raw Menu, week two plus recipes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Buckwheat Breakfast	Mango-Nana Smoothie	Melon & Banana salad	Strawberry Shake	Blueberry Banana Smoothie	Raw Muesli	(skip)
a.m. snack	Raisins, almonds	Dates, granola	Organic Peach	Snack mix	Carrot sticks, raw hummus	Banana, almonds	Raw Peach Pie with Almond Crème.
Lunch	Spring Salad	Apple Slaw with Honey	Corn salad	Cucado Soup	Vegie Salad	Raw Taco Salad, watermelon	(skip)
p.m. snack	Raw nut butter, apple slices	Blueberries & cream	Carrots, celery, nut butter	Banana, raw granola	Walnuts, apple slices	Mangos	Zucchini chips with dip
Supper	Raw Corn Chowder, lettuce salad	Red Salad	Twice-blessed Salad	Spinach Salad	Mixed-Up Salad	Apple Slaw with honey	Avocado/Orange Salad
Opt. snack	Mango	Oranges	Apples	Mangos	Oranges	Apples	Celery Ribs with Nut Butter

Winter Buckwheat Breakfast

- 1 cup sprouted or soaked buckwheat
 - 8 soaked dates
 - 1 apple
 - 2 Tablespoons shredded coconut
 - fresh cinnamon and nutmeg to taste
1. Put everything in a blender or food processor
 2. Adjust the ingredients to your taste.
 3. You can add bananas or other soaked dried fruit and nuts.

Mango-Nana Smoothie

Ingredients

- 2 kiwi fruit
 - 1 banana
 - 1/2 cup orange juice
 - 1/2 cup frozen mango chunks
- Peel and slice kiwi and blend. Add banana, orange juice and frozen fruit. Blend smooth. Pour over ice cubes in two tall glasses.

Melon-Banana Salad

- Cut up a cantaloupe and two bananas into a bowl and serve – serves 2 adults.
May sprinkle chopped almonds on top, or serve on a bed of lettuce.

Strawberry Shake

- 2 cups fresh strawberries, 2 ripe bananas, 1/2 cup orange juice, freshly squeezed, 1 Tbs flaxseed meal.
Puree in a blender, and enjoy at once.

Blueberry Banana Smoothie

- Blueberries, bananas, cinnamon, soaked almonds, water. Put all in a blender and puree. Drink fresh!

Muesli

- Apples, raw oatmeal, raisins, almonds, cinnamon. Puree apples in blender with small amount of filtered water. Stir in oatmeal, and

remaining ingredients. Soak in refrigerator at least one-half hour, or overnight, before eating.

Peach Pie

Crust: soak 1 c almonds, 1/2 cup pecans in bowl of water overnight. Drain and rinse. Grind in food processor. Grind dates and water until smooth. Stir in ground nut mixture until a stiff ball forms. Roll between sheets of wax paper to make a crust. Lay in oiled pie plate and dry in a dehydrator or low oven for a couple of hours. Crust will still be moist and crumbly, but good for you!

Filling: Peel and halve 5 peaches, save peels. Set aside. Put peach peels, 1/2 cup chopped dried pineapple, 3/4 cup chopped fresh pineapple, 2/3 cup pitted dates, 1/2 cup pecans and a dash of cinnamon in food processor and chop well. Layer sliced raw peaches and pureed pineapple mixture in pie shell. Garnish with fresh berries of your choice, and serve at once.

Snack Mix

- Raisins
 - Chopped dates
 - Organic, raw pumpkin seeds
 - Organic, raw sunflower seeds
 - Unsulphured dried apricots
 - Dried blueberries, cherries
 - Organic raw almonds, walnuts, brazil nuts
- Buy what you can, mix all together, and store in air tight containers. Carry a small bag full with you when you travel – eliminate fast food stops and chocolate bars! And when you eat this, tell yourself “I am nourishing my body, as well as my soul.”

Raw Hummus

- 1 1/2 cups dry garbanzo beans
- 2 tablespoons tahini
- 1 teaspoon sea salt

2 lemons, juiced
4 cloves garlic, crushed or to taste
1 cup filtered or spring water
1 pinch paprika

Soak the beans for 24 hours. Drain, and let sit for 2 to 3 days, until the bean's sprouts are about 1/2 inch long. Rinse the beans once or twice a day. Bring a large pot of water to a boil. Remove from heat, and let stand for 1 minute. Place the sprouted beans in the hot water, and let sit for 1 minute. Drain. If you do not do this step, the hummus will be awful.

Place the sprouted beans into the container of a large food processor. Add the tahini, sea salt, lemon juice, and garlic. Process until smooth, adding water if necessary. It will take 3 to 5 minutes to blend. Let sit in the food processor for 5 minutes to allow the beans to absorb as much of the water as possible. If too thick, add more water, and blend again. Taste and adjust seasonings if needed. Spoon into a serving dish, and garnish with paprika. (may make a small depression in the center, and pour in some olive oil).

Spring Salad

Kale, destemmed
Romaine lettuce big handful
Spinach Herbs: parsley, cilantro, basil
Sprouts
1 Tomato
Garlic cloves
1 Cucumber
Avocado
Jalapeno (deseed if you want it less spicy)
Juice from a lime, maybe 2 limes if the limes are small
Salt to taste
Slice, chop, mix, and eat!

Apple Slaw with Honey

Cabbage
Apples

Walnuts
Raisins
Celery seed
Apple Cider Vinegar
Honey

Shred cabbage finely. Slice and chop apples, peels included. Chop nuts. Mix all together and enjoy.

Raw Corn Salad

1 large ear of raw sweet corn
½ red bell pepper, chopped
1 lg ripe tomato, diced
3 TBS parsley, minced
1 celery stalk, diced
¼ cup sweet red onion, chopped

Wash all vegetables, removed kernels of corn from cob. Dice everything and stir together. Set in refrigerator while preparing dressing.

Dressing: blend until creamy: 1 cup pine nuts, 1 avocado, a tbs lemon juice, 2 tbs. apple cider vinegar, 1 tsp sea salt, 6 pitted dates, and ½ clove of garlic. Stir into corn salad and serve.

Cucado Soup

Puree cucumbers, avocado, lemon juice and dill until smooth. Garnish with cherry tomatoes and serve immediately.

Veggie Salad

Romaine lettuce
Cucumbers
Bell peppers –red or green
Celery
Carrots
Dressing

Tear or chop lettuce into small pieces. Peel cucumber if not organic, then slice. Chop and dice celery, carrots, peppers. Mix together lemon juice, lime juice, olive oil, fresh dill and sea salt. Pour over salad.

Taco Salad

Spicy raw taco “meat” – grind together 1 ½ cups walnuts, 2 tsp cumin, ¾ teaspoon coriander, 2 Tbsp Nama Shoyu (raw soy sauce from health food store). Add cayenne and cilantro to taste. Toss taco “meat”, shredded lettuces, chopped tomato, chopped avocado, raw corn cut from the cob, red onion.

Blueberries and Cream

½ cup soaked, peeled almonds
¼ cup water
½ teaspoon real vanilla
2 tbsp honey
Blend until smooth, spoon over blueberries and serve.

Raw Granola

The Goo:

1 chopped apple
1 cup date paste (soak dates in water, then puree until smooth)
1-2 Tbsp honey
2 Tbsp fresh lemon juice
2 Tbsp freshly grated lemon peel
1 Tbsp cinnamon
½ tsp nutmeg
1 Tbsp vanilla
1 tsp sea salt
Mix and set aside.

The Glop:

1 cup sunflower seeds

2 cups pecans
2 cups almonds (soaked 4 hours)
1 cup pumpkin seeds
1 cup dried, chopped apricots
1 cup raisins

Mix the Goo and the Glop together. Dry on teflex sheets in dehydrator about 5 hours. Flip over, remove teflex and dehydrate another 10 – 12 hours. Store in airtight container. Serve with almond milk and fresh berries.

Zucchini Chips

Slice zucchini into ¼ inch “chips”
Dry in dehydrator
Dip in guacamole or raw salsa

Raw Corn Chowder

3 ears sweet corn, cut off the cob (and save one cup for topping)
¾ cup walnuts
1 tsp virgin olive oil
1 tsp sea salt
2 cups water
Puree together until smooth. Top with 1 cup corn, 1 avocado, diced, cilantro leaves and black pepper.

Red Salad

Shredded greens
Shredded beets
Shredded carrots
Diced cucumber
Diced celery
Hemp seed
Sea salt

Mix all together. Top with oil and vinegar, if desired.

Twice blessed Salad

Mix whatever vegetables you have left with lettuce leaves (Not iceberg!) and your favorite raw dressing. In our family, we pray before each meal. So left-overs get prayed over twice 😊.

Spinach Salad

Shred spinach leaves. Toss with cucumber, tomato, and green onions. Mix a dressing from an avocado and orange, pureed together, and pour over salad.

Mixed Up Salad

Mixed leafy greens, raw dulse, tomatoes, sundried olives, raw almond slivers, and sprouts. Top with fresh-squeezed orange juice.

Avocado Orange Salad

Mixed greens, diced avocado, peeled, sectioned, diced oranges. Top with avocado/orange dressing and chopped nuts.