

Raw Menu, week Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	3 lbs watermelon	Frozen Mango Berry Smoothie	Banana/Kiwi smoothie	Golden Meal	Fruity Muesli	Sprouted Buckwheat cereal with Almond Milk	Fruit Smoothie
Am snack	Raisins, almonds	Triscuits, Orange juice	Almond stuffed dates	Banana, Flax crackers	Almond yogurt, blueberries	Fresh fruit, crackers	(none)
Lunch	Hummus, carrots, celery, cucumbers	Lettuce Wraps	Avocado Carrot Soup	Raw French Fries with ketchup	T.C.'s Super Salad	Easy Corn Chowder	Frozen Banana-coconut Crème Pie
PM snack	Apple wedges, honey dip	Carrots, celery, hummus dip	Cinnamon Walnut Turtles	Melon slices	Triscuits, Juice	Carob-Banana Pops	Peaches
Supper	Raw mashed "potatoes" with mushroom gravy	Cinco de Mayo Slaw, Apple Pie	Sprouted Sunflower Seed Patty sandwiches	Gingered Carrot Coleslaw	Greek Salad, hummus and carrots	C.O.R.D.	Spagetti with Tomato Sauce

Directions for the week

Sunday night:

Rinse 1 cup chick peas, drain, and set jar to sprout overnight.

Rinse ½ cup almonds, let soak overnight

Monday morning,

Soak 2 cups raw unsalted sunflower seeds for 8 hours, Wednesday's dinner, then allow to sprout for one day. Then make the Sunflower seed patties on Tuesday- as they must dehydrate for a day.

Make hummus and refrigerate.

Raw Hummus

1 cup chick pea sprouts (sprouted overnight)

Juice of 1 lemon or lime

2 T. fresh orange juice

1 clove garlic

2 T. raw tahini

Optional seasonings: ground cumin, spike or sea salt to taste, chives, paprika, cayenne pepper.

Blend all of the ingredients. Add water to thin to desired consistency.

Monday evening:

Put a cup of almonds to soak overnight for lunch tomorrow.

Peel, slice, and freeze one mango for breakfast tomorrow.

Raw mashed "potatoes"

6 cups chopped cauliflower

¼ c flax oil

Spike all purpose seasoning

Process cauliflower in food processor with "S" blade, chop until grainy. In a large pot on the lowest temperature, add oil, spices, and

cauliflower, stirring and tossing until coated and warmed to no more than 105°.

Mushroom Gravy

½ c almonds, soaked 12 -24 hours

½ c water

2 cups mushrooms-blended

½ cup mushrooms, chopped

1 clove garlic

Blend almonds and water until smooth, set aside. Blend mushrooms, add water for consistency. Add almond milk, chopped mushrooms, seasonings and mix well.

Tuesday morning:

Soak 2 cups of buckwheat for 8 – 12 hours, for Friday's recipe.

Frozen Mango Berry Smoothie

Put a banana and a handful of berries in the blender. Puree on low with a minimal amount of filtered water. Add frozen mango and puree until smooth. Enjoy!

Lettuce Wraps

½ cup seeds (sunflower or hemp)

2 tablespoons honey

½ cup lemon juice

1 teaspoon chopped ginger

1 Tablespoon soy sauce

1 cup almond butter

½ head savoy cabbage, shredded

6 large lettuce or spinach leaves

1 carrot
1 ripe mango
Basil leaves
Sea salt

Shred carrot and mango in food processor. Set aside. Put “S” blade in food processor, and blend honey, lemon juice, ginger, soy sauce. Add the almond butter and blend on low. In a bowl, mix the almond butter dressing with cabbage.

To assemble wraps- place some cabbage mix on the leaf. Add seeds, some carrot and mango bits, and a bit of basil. Roll up carefully.

Almond Butter

Grind almonds in coffee grinder or food processor. Add some flax seeds and keep grinding. Transfer to a bowl, and slowly add olive oil (or your favorite oil blend) to ground nuts to desired consistency. Use it at once, or store in refrigerator. It will become very stiff when chilled – so you may want to make it more “soupy” with oil first.

Cinco de Mayo Slaw

2 cups shredded red cabbage
2 cups shredded green cabbage
1 tsp sea salt
2 tbsp fresh lime juice
2 tsp. honey
2 green onions, chopped
3 tbsp chopped cilantro
Pinch of cayenne

Combine all ingredients. (This was DELICIOUS! And it kept well for five days – so go ahead a mix up a bunch. You can substitute this as left overs for any recipe this week you don’t think you’ll like)

Apple Pie

Crust:

1 ½ cups sunflower seeds
¾ cup raisins
1 tablespoon carob powder

Place all in food processor and process with the “S” blade until finely ground and mix sticks together. (Add more raisins or some honey if it’s not sticking). Press into a 9” pie pan to form crust. (I pressed into small dessert bowls for individual “pies”.)

Filling:

5-6 medium apples, cored
¾ cup raw honey
Lemon juice
1 tbsp cinnamon
Shredded cocconut
Cloves

Mix chopped apples, cinnamon, lemon juice, honey and cloves together. Scoop mixture into pie crust, level out with spatula. Sprinkle coconut flakes on top. Chill before serving.

Rinse buckwheat that was left to soak this morning. Let it sprout for 2 days, rinsing at least three times a day.

Prepare Cinnamon Walnut Turtles for tomorrow- dehydrate them overnight.

Cinnamon Walnut Turtles

2 cups walnuts
1 cup honey
½ cup cinnamon
1 tsp vanilla

Mix honey, cinnamon and vanilla into paste. Stir in walnuts until thoroughly coated. Form into small clusters and dehydrate at least 24 hours.

Sprouted Sunflower Seed Patty Sandwiches

2 cups soaked, sprouted sunflower seeds
1 head celery
1 large red onion
4 carrots
3 cloves garlic
2 lemons

Add lemon juice, celery, garlic, and onion to food processor. Blend thoroughly with the "S" blade. Then add the carrots and blend thoroughly again. Add the sprouted sunflower seeds last and mix for several minutes.

Using a ½ cup measure, put scoops of the mixture onto dehydrator sheets, arrange into patty shapes, and dehydrate for 12 -13 hours. Then "flip" patties, and dehydrate another few hours so the bottoms are not too soggy.

Wednesday:

Banana/Kiwi smoothie

Puree 1 bananas, 2 kiwi in blender until smooth, adding small amount of filtered water as needed. Add a sprinkle of ground golden flax, if you wish, for added fiber and to thicken drink somewhat.

Almond Stuffed Dates

Push a raw almond inside the hole of a pitted date, and enjoy! Nuts are necessary for protein on a vegetarian diet, but a little bit goes a long way! You only need an ounce or two of nuts a day.

Avocado Carrot Soup

1 avocado
1 medium carrot
¼ cup almonds, soaked 8 hours or overnight

1 tbsp ginger, chopped

½ lemon

2 – 4 drops of stevia, or other sweetener (optional)

Pinch of cayenne pepper

Puree it all smooth in a blender. Add filtered water if too thick.

Delicious cold, or slightly warmed in winter months. Never heat above 105°.

(sunflower seed patties were placed in dehydrator yesterday for tonight's dinner)

Thursday:

Golden Meal

2 apples

1 banana

1 tbsp golden flax seed, ground in coffee grinder

2 tsp cinnamon

Filtered water

Core apples, chop and put in blender with banana, flax, cinnamon and a bit of water. Puree until very smooth. Add more water if too thick. Serve in a bowl with spoon. Delicious as is, or add blueberries, chopped nuts, almond milk, or raisins.

Raw French Fries with ketchup

4 kohlrabis

½ cup olive oil

2 tsp turmeric

1 tsp sea salt

Cut kohlrabi like French fries. Put in a bowl with oil, turmeric and salt. Mix well. Let sit for 10 minutes. Then drain off oil, and lightly pat with a paper towel (to remove excess oil).

Ketchup

3 tomatoes

3 pieces of sun dried tomatoes- soaked

5 dates

Lemon juice

½ cup filtered water

Put all ingredients into blender and puree until smooth. Serve over “raw French fries”.

Gingered Carrot Coleslaw

5 carrots, grated

2 cups shredded red cabbage

1 cup raisins

1/3 cup sunflower seeds

1/3 cup pumpkin seeds

Toss together salad ingredients.

Dressing: 2 tsp honey or maple syrup

2 tbsp lemon juice

1 tbsp grated ginger

4 tbsp oil of your choice

Mix well, and pour over salad. Mix well again. (This is another great do-ahead, eat anytime salad).

Friday:

Rinse sprouted buckwheat. Place on a teflex sheet in dehydrator for about 6 – 8 hours or until desired crunchiness is obtained. Store in airtight container, like a canning jar at room temp.

Muesli

¾ cup raw oatmeal

Honey to taste

Blueberries or other fruit

Chopped walnuts, pecans or almonds

Almond milk to cover.

Put oats in a bowl and cover with almond milk. Allow to soak for ½ hour at least. Add remainder ingredients, stir and enjoy! Makes 1 serving. (I love this. Even my girls who don't like oatmeal like this).

T.C.'s Super Salad

2 – 3 lbs of tomatoes

4 med avocados

4 stalks celery

4 red bell peppers

2 lbs bok choy

Juice of one grapefruit

Dice tomatoes, celery, and bell peppers. Quarter, peel, and dice the avocados. Cut up the bok choy. Place all into a bowl and mix together with the grapefruit juice for dressing. Enjoy.

Soak 1 cup almonds for tomorrow's banana pops recipe.

Greek Salad

Tomatoes, chopped

Cucumbers, chopped

Red onion, chopped

Bell pepper, chopped (optional)

Oil & Vinegar Dressing.

Mix together and enjoy. (This is a new favorite at my house. My DH was so surprised at how much he liked it, and it was still “Good” for him!)

Saturday:

Sprouted Buckwheat Cereal:

Pour almond milk over a bowlful of the sprouted buckwheat cereal you've been making all week. Add a few drops of Stevie sweetener

as desired, and any cut, fresh fruit you have available. This was really great-tasting! I'm thinking I might add a bit of ground flax seed to it, but it doesn't really need a thing.

Make Carob-banana pops, and freeze.

Large bananas
Carob powder
Almonds soaked 12 hours (opt)
Water
Popsicle sticks

Chop nuts in food processor. Mix carob powder and nuts in a tall cup, adding water until you have a thick, creamy consistency. Cut bananas in half, insert stick, and dip in carob/nut mixture. Place on wax paper in freezer until frozen, and enjoy.

Easy Corn Chowder

4 ears sweet corn, cut from cob
2 cups almond milk
Chili powder to taste, (Optional)

Cut corn from cob. Set 1/3 aside, putting remainder in blender with milk. Puree to creamy consistency. Add whole corn and chili powder. Serve as is, or warm in a pan of warm water. (I liked this a lot – I've made it a couple of times now, as it was so quick and easy. Some raw-foodists believe you shouldn't add any seasonings, though.)

C.O.R.D.

This is "clean-out-refrigerator-day". I'm finding raw food recipes a little vague – how much to make, how much to eat – so by the end of the week I've got quite a lot of food left-over in the refrigerator. I'm thinking that it would be a good idea to put in "eat left-overs" once in a while. When my children were little, we called this "twice blessed", because we always said a grace before meals, so left-overs got blessed twice.

Make Banana Crème Pie for tomorrow's brunch.

Crust:

1 cup almonds
3-4 teaspoons maple syrup

Grind almonds until very fine using a coffee bean grinder (or food processor). Don't over process or you'll get almond butter. Gradually add maple syrup, only until almond meal holds together. Set aside 2 tablespoons, press the rest of it into the bottom and sides of a pie plate.

Filling:

6 frozen bananas
1 cup coconut, frozen
½ cup dates, chopped and frozen
1 teaspoon vanilla
2 tablespoons coconut

Puree bananas, dates, and coconuts in blender. Pour into crust and smooth with spatula. Sprinkle additional coconut and saved crust mixture over the top outside edge. Return to freezer. Keep frozen until 15 minutes before serving, then place in refrigerator to soften enough to slice.

Sunday:

(Fruit Smoothie – use any left-over fruit you have on hand. We don't eat breakfast on Sundays, but have a big brunch after Mass.)

Frozen Banana Crème Pie – made the day before. Soften 15 minutes in the fridge before serving. Also, dip knife in warm water before slicing, to make it easier.

Spaghetti with Tomato Sauce

1 medium zucchini
5 small tomatoes
1 clove garlic
10 leaves fresh basil

Dash cayenne pepper

Sea salt

Cut zucchini with saladaccio, if you have one, which cuts it into long spaghetti-like strands. Otherwise, grate it with your food processor. Quarter the tomatoes, chop them in food processor with basil and garlic about 30 seconds. Pour into medium sized bowl and add one or two tablespoons olive oil and cayenne pepper. Mix well. Pour sauce over the zucchini and enjoy immediately.

Groceries:

(I find it's best NOT to buy it all at once, but to go twice a week. Fresh fruits and veggies don't keep forever, and won't all fit in most refrigerators in this quantity).

Watermelon

Raisins

Almonds

Dried chick peas

Lemons

Oranges

Garlic, raw, whole

Tahini

Cauliflower

Flax oil

Spike seasoning (or your favorite substitute)

Mushrooms

Buckwheat, raw

Mangoes

Bananas

Berries

Sunflower seeds

Honey, raw

Ginger

Soy sauce (raw nama shoyu at health store)

Savoy cabbage

Spinach

Carrots

Basil, fresh

Sea salt

Red cabbage

Green cabbage

Limes

Green onions

Cilantro

Cayenne pepper

Sunflower seeds

Raisins

Carob powder

Apples

Cinnamon

Coconut, shredded

Cloves

Walnuts

Vanilla

Celery

Red onion

Kiwi

Golden flax

Dates

Avocados

Kohlrabis

Olive oil

Turmeric

Tomatoes

Sun-dried tomatoes

Pumpkin seeds

Oatmeal

Red bell peppers

Bok choy

Cucumbers

Red onion

Vinegar – apple cider

Stevia sweetener (or honey, or agave)

Bananas

Popsicle sticks

Maple syrup

4 ears sweet corn

Chili powder

1 zucchini

(Saladaccio – for cutting vegetables into interesting shapes, optional)