**Plant-Based Recipes**

**(Soups, Snacks, and Appetizers)**

The American Institute for Cancer Research recommends a plant-based diet, incorporating a minimum of 5 servings of fruits/vegetables daily. This can be challenging to accomplish; hopefully, these recipes will help!

Always wash fruits and vegetables thoroughly. Many of these recipes are not cooked; there are good reasons to incorporate into your diet foods that are closer to their natural state, as cooking can decrease the nutritional value.

Some of these recipes call for soaked nuts or seeds. Soaking nuts and seeds increases their nutritional value, as it begins the germination process. You can add 1 T of food-grade hydrogen peroxide to the soak water to make sure they are extra clean. The recipes should be refrigerated and eaten within 3 days.

**Dietary needs vary; always follow the guidance provided by a registered dietician and/or your physician to include recipes that are suited to your particular needs.**

All recipes are used with permission from the authors. They are coded as follows, to help with your meal planning:

**= low glycemic**

**= fairly low glycemic**

**= higher glycemic**

**= high protein/high calorie**

***SOUPS***

**Basic Green Soup Recipe**

(Ritamarie Loscalzo, MS, DC, CCN, DACBN, drritamarie.com)

2 - 4 cups greens

1 - 2 cups water

1/4 cup lemon or lime juice

1 piece of fruit (optional)

seasonings

herbs

other vegetables such as carrot, red bell pepper, tomato, cucumber

Directions:

Blend all together and adjust to taste.

Note: All soups can be made creamier by adding your choice of fat (these are optional) including choices such as:

1 avocado

2 tablespoons nut butter

coconut butter

tahini

 1/4 cup soaked nuts or seeds

**Creamy Miso Soup** **(Phase 1.5)**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 2 Cups/1 Very Large Serving

Equipment needed: Blender and veggie/potato peeler

¼ cup raw sunflower seeds, preferably soaked 4 hours

¼ cup Brazil nuts, unsoaked

1 tbsp chickpea miso

1 tbsp rice vinegar

1 small clove of garlic

1-2 tbsp coconut aminos (thrivemarket.com) or salt to taste

1 ½ cups water

1 tsp extra virgin olive oil

1 small handful basil leaves

1/3 medium cucumber

2 medium carrots

2 medium celery stalks

½ c cherry tomatoes

Mince a small handful of basil and add to the soup. Slice the cucumber into thin coins, and then cut each coin in half. Add to the soup. Using a potato peeler, peel the carrots and celery to create long noodles. Add to the soup. You can also create noodles out of bok choy, thinly sliced nori seaweed, dulse seaweed and/or cucumber.

Preparation:

Soak the sunflower seeds in water for ~ 4 hours.

Blend the soaked sunflower seeds, the Brazil nuts, miso, vinegar, garlic, coconut aminos, and water until liquefied (20 or more seconds). Add the olive oil and blend for a few seconds. Pour the miso soup into a large serving bowl. Cut the cherry tomatoes in half or into quarters, and then add to the soup.

Tips to reduce cost: Try using whatever veggies you have on hand.

Per recipe:

Calories 684

Protein 16g

**Cream of Tomato Soup**

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

4 tomatoes
3 stalks celery
1 c water

3⁄4 c walnuts, preferably soaked 1-2 hours

2 T lemon juice
1 t basil
1 t oregano

1t salt

1⁄4 t black pepper
1⁄4 t cinnamon

Blend all in a high-speed blender until smooth and creamy. If you use a Vitamix, blend until slightly warm - tepid.

Per recipe:

Calories: 587

Protein: 18 g

**Spinach Soup**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 2 Cups/2 Servings

1 cup spinach, fresh

1/2 cup raw Brazil nuts, unsoaked

1/4 cup sunflower seeds, preferably soaked 4 hours

1 cup water

2 tbsp lemon juice (~1/2 lemon)

1/4 tsp cayenne powder

sea salt to taste

1 tbsp sweetener of your choice

Soak the sunflower seeds in water overnight. Blend all of the ingredients until smooth.

***BREADS***

**Zucchini Bread**

(from *Rainbow Green, Live Food Cuisine,* Gabriel Cousens, MD)

2 c pecans, preferably soaked 1-2 hours
~6 drops stevia
1 c zucchini

1 1⁄4 c golden flax seeds
2 t cinnamon
1⁄2 to 1 t salt
1⁄4 t raw vanilla powder, or 1⁄2 vanilla bean

Grind flax seeds in a dry blender container or a coffee grinder. Process zucchini, stevia, and vanilla in a blender until smooth; add a little water, as needed, to blend. Process pecans in a food processor until meal-like. Add cinnamon and salt and combine. Form into 1-2 loafs and slice into 1/4” slices. If you have a dehydrator, dehydrate at 145 degrees for 2-3 hours, and then 115 degrees for 2 hours, or until desired moisture is obtained. If not, serve as is. To serve, spread with coconut oil or coconut butter. Coconut butter may need to be softened by placing a small container of coconut butter in a bowl of warm water, or in the dehydrator for a few minutes.

Per 1/8 recipe:

Calories: 314

Protein: 7 g

***DIPS AND APPETIZERS***

***Guacamole***

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

1 clove garlic, minced
2 avocados, cut into chunks
1 tomato, diced
1⁄4 cup fresh cilantro, finely chopped, or substitute 1 1⁄2 t dried cilantro

2 T lime juice
1⁄2 t cumin
1/4 t black pepper
1⁄4 t Celtic salt

Stir together. For a faster preparation and a creamy guacamole, chop garlic in food processor; then add other ingredients except tomato and blend. Add diced tomatoes and stir.

Per recipe:

Calories: 677

Protein: 9

**Hummus**

(from *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

2 c almonds, preferably soaked 12 hours

1 c sesame seeds, unsoaked

5 T lemon juice

1 clove garlic

1 C water

2 T olive oil

1 T cumin

½ t to 1 1/2 t Celtic salt

1 t ground black pepper

Process almonds in food processor until finely chopped.  Slowly add ½ c water and mix for 2-3 minutes, until creamy.  In a dry blender container, grind dry sesame seeds to a powder, and then mix with ½ c water and the remaining ingredients, until the mixture is smooth.  Add more water if necessary.  Add creamed almond mixture and process for 1-2 minutes until the mixture is blended.   Sprinkle parsley on top and serve.

Per recipe:

Calories: 2728

Protein: 86 g

**Sour Cream**

(adapted from *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

1.5 c Brazil nuts

1 cup water (adjust according to desired consistency)

½ c sunflower seeds, preferably soaked 4 hours

1 T lemon or lime juice

1/2 t Celtic salt

1 c water

In a high-speed blender, process all ingredients until smooth. Serve with sliced veggies, such as cucumber, carrots, celery, or bell pepper.

Per recipe:

Calories: 2062

Protein:  15 g

***SNACKS***

**Chocolate Milk**

(Brandi Rollins, rawfoodsonabudget.com)

Makes 4.5 cups

Equipment needed: Blender • Nut milk bag, cheese cloth, or juicer

1 cup raw almonds, preferably soaked 12 hours

1/4 cup sunflower seeds, preferably soaked 4 hours

3 3/4 cups fresh water

2-3 tbsp sweetener of choice

1 medium banana

1/4 tsp vanilla

2-3 heaping tbsp raw cacao powder

In a bowl or large jar, soak the almonds and sunflower seeds in 3 cups of water for at least 8 hours or overnight. Pour the soaked nuts and seeds into a blender and add 3/4 cups of fresh water. Blend until almonds and sunflower seeds are completely broken down into a pulp. Let the mixture sit in the blender for 5 to 10 minutes

Strain and squeeze the milk into a large bowl using a nut milk bag, cheesecloth, or juicer. Rinse the blender. Pour the nut milk back into the blender and add your sweetener, banana, vanilla, and cacao powder. Blender until the milk is completely smooth. Enjoy!

**Easy Sprouted Happy Trail Mix**

Suzy Edmonson, LOT, SNC, CHC

Makes 9 cups, ~ 18 servings

2 cups Nates Mixed Nuts (Whole Foods or natesrawharvest.com)

2 cups sprouted almonds (available online)

2 cups sprouted pumpkin seeds (available online)

1 cup raisins

1 cup dried cherries

1 cup chocolate pieces with shell or 1 cup gogi berries

Add all to a large bowl and mix.

**Happy Treats**

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

Makes 11 small treats

½ c raw almond butter

¼ cup hemp seeds

¼ cup carob powder

1 t vanilla powder

1 dropperful vanilla stevia

½ t cinnamon

½ t nutmeg

¼ t ground ginger

1 small pinch salt

1 t raw honey (optional)

Combine all ingredients in a large mixing bowl. Form into balls and roll in carob powder or hemp seeds.

Per serving

Calories: 99 with honey, 97 without honey

Protein: 4g

**Vanilla Fruit**

Suzy Edmonson, LOT, SNC, CHC

1 cup fruit: cherries, peaches, blueberries, sliced plums, sliced nectarines…

3 drops vanilla stevia, or to taste

Stir together gently.

**Cinnamon Fruit**

Suzy Edmonson, LOT, SNC, CHC

1 cup fruit: banana, apple, peach…cut in chunks or sliced

sprinkle of cinnamon

3 drops of vanilla stevia, or to taste

Stir fruit gently with stevia and sprinkle with stevia.

**Nut Butter Fruit or Veggies**

Suzy Edmonson, LOT, SNC, CHC

3 T raw nut butter (almond, pecan…)

¼ t cinnamon or garam masala

4 drops stevia or to taste

3 celery stalks, 2 carrots, or 1 apple, sliced

Cut celery stalks into 3 pieces each, slice carrots into sticks, or slice apples into 8 pieces. Stir together remaining ingredients and spread on veggies/fruit.