

The Raw Divas

Sisterhood



Menu Planner

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April Menu Planner

Foods in Season in April (Partial List)

Prime Time	Also In Season
<ul style="list-style-type: none">• Apples• Bananas• Chives• Grapes• Pears• Watermelon• Fegs• Nashi• Quince• Beans• Beetroot• Broccoli• Carrots• Cauliflower• Mushrooms• Potatoes• Pumpkin• Snow Peas• Spring Onion• Sweet Corn• Turnip• Zucchini	<ul style="list-style-type: none">• Artichokes• Asparagus• Chicory• Chives• Dandelion Greens• Grapefruit• Greens• Horseradish• Leeks• Lettuce (leaf and head)• Oranges• Parsnips• Peas• Rhubarb• Shallots

April Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Detox Day!</p> <p>Enjoy as many green smoothies as desired during the day.</p> <p>Fruit may also be consumed</p>	Apple a Day Green Smoothie p. 14	Green Smoothie or Mono Fruit Meal	Green Married Orange Green Smoothie p. 17	Mono Meal of Grapefruit	Spring Fruit Salad p. 45	Coco-Mango Smoothie p. 16
Lunch		Green Smoothie or Mono-fruit meal	Turn Me Sunflower Green Smoothie p. 22	Green Smoothie or Mono-Fruit Meal	Green Revolution Smoothie p. 18	Purple Passion Green Smoothie p. 21	<p>Potluck Day!</p> <p>Get Creative and submit your recipes to win a free prize!</p>
Dinner		<p>Appetizer of Grapefruit</p> <p>Veggie-Fruit Soup or Seaweed & Vegetables Chowder p. 29</p> <p>Delightful Cabbage Salad p. 31</p>	<p>Appetizer of Pineapple</p> <p>Green Herb Soup p. 25</p> <p>Spring Mix Salad p. 36</p> <p>Green Goddess Dressing p. 39</p>	<p>Appetizer of Orange-Pineapple Smoothie p. 20</p> <p>Spinach Pepper Soup p. 28</p> <p>Spinach Salad with Orange-Hemp Seed Dressing p. 35</p>	<p>Enjoy fresh fruits of your choice with greens and/or a green smoothie.</p>	<p>Papaya Strawberry Boat p. 44</p> <p>Sweet and Spicy Beet Salad p. 37</p> <p>April Strawberry Fool p. 44</p>	



Indicates a recipe where an ingredient must be soaked in advance

April Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Detox Day!</p> <p>Enjoy as many green smoothies as desired during the day.</p> <p>Fruit may also be consumed</p>	Minty Treat Green Smoothie p. 20	Green Smoothie or Mono Fruit Meal	Groovy Green Smoothie p. 18	Mono Meal of Grapes	Stuffed Red Tomatoes p. 43	Pineapple Boats for Two p. 45
Lunch		Green Smoothie or Mono-fruit meal	Cool Banana Green Smoothie p. 15	Green Smoothie or Mono-Fruit Meal	Green Papaya Pudding p. 44	Mango with a Punch Green Smoothie p. 19	<p>Potluck Day!</p> <p>Get Creative and Submit Your Recipes to Win a Free Prize!</p>
Dinner		<p>Fresh Squeezed Orange Juice with Pulp</p> <p>Orange Bell Pepper & Tomato Soup p. 23</p> <p>Curried Zucchini Tomato Avocado Salad p. 30</p>	<p>Appetizer of Strawberries</p> <p>Cauliflower Soup p. 24</p> <p>Five Flavors Salad p. 32</p>	<p>Appetizer of Pineapple</p> <p>Green Herb Soup p. 25</p> <p>Snap Pea Red Pepper Hemp Seed Salad p. 35</p>	<p>Enjoy fresh fruits of your choice with greens and/or a green smoothie.</p>	<p>Appetizer of Asian Pears</p> <p>Sea and Land Vegetable Salad p. 35</p> <p>Nori Rolls p. 42</p>	



Indicates a recipe where an ingredient must be soaked in advance

April Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Detox Day!</p> <p>Enjoy as many green smoothies as desired during the day.</p> <p>Fruit may also be consumed</p>	Blueberry Blues Green Smoothie p. 15	Green Smoothie or Mono Fruit Meal	Orange Raspberry Green Smoothie p. 20	Mono-Meal of Apples	Sweet Emancipation p. 21	Coconut Bliss Smoothie p. 16
Lunch		Enjoy a Green Smoothie or Mono-fruit meal	Lee's Pinky Green Smoothie p. 19	Green Smoothie or Mono-Fruit Meal	A Winning Green Smoothie p. 14	Kale Lover Green Smoothie p. 19	<p>Potluck Day!</p> <p>Get Creative and Submit your Recipes to Win a Free Prize!</p>
Dinner		<p>Pineapple Kiwi Smoothie p. 21</p> <p>Coconut Red Pepper Curry Soup p. 25</p> <p>Spinach Salad with Tomato-Avocado Dressing p. 35</p>	<p>Appetizer of Pineapple</p> <p>Spicy Mediterranean Tomato Soup p. 28</p> <p>Middle-Eastern Cauliflower Salad p. 33</p>	<p>Appetizer of Oranges</p> <p>Sexy Sweet and Sour Soup p. 27</p> <p>Delicious Non-Fat Salad p. 31</p> <p>Best Non-Fat Mango Dressing p. 38</p>	<p>Enjoy fresh fruits of your choice with greens and/or a green smoothie.</p>	<p>Refreshing Salsa with Zucchini Chips p. 23</p> <p>Latino Greens p. 33</p> <p>Burritos with Walnut Pate in Collard Greens p. 41</p> <p>Tropical Sunset Sorbet p. 46</p>	



Indicates a recipe where an ingredient must be soaked in advance

April Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Detox Day!</p> <p>Enjoy as many green smoothies as desired during the day.</p> <p>Fruit may also be consumed</p>	The Workout Green Smoothie p. 22	Enjoy a Green Smoothie or Mono-Fruit	Canadian Tropics Green Smoothie p. 15	Mono-Meal of Oranges	Blissed Out Smoothie p. 15	Sprout Celebration Salad p. 37
Lunch		Green Smoothie or Mono-Fruit Meal	Green Ambush Smoothie p. 17	Green Smoothies or Mono-Fruit Meal	Banana Slug Green Smoothie p. 14	I'm Green, I'm Green, Green Smoothie p. 18	<p>Potluck Day!</p> <p>Get Creative and submit your recipes to win a free prize!</p>
Dinner		<p>Appetizer of Fruit used in the Energy Soup</p> <p>This is What I Call Energy Soup p. 29</p> <p>Anti-Craving Veggie Wraps p. 41</p>	<p>Grape Smoothie p. 17</p> <p>Zucchini Cucumber Mint Soup p. 30</p> <p>Red Leaf Lettuce Salad p. 34</p> <p>Green Goddess Dressing p. 39</p>	<p>Appetizer of Apples</p> <p>Low Fat Carrot Juice Soup p. 26</p> <p>Rainbow Salad p. 34</p> <p>Avocado Basil Dressing p. 38</p>	<p>Enjoy fresh fruits of your choice with greens and/or a green smoothie.</p>	<p>New "Wine" p. 20</p> <p>Asparagus Soup p. 24</p> <p>Italian Salad p. 32</p> <p>Spaghetti with Puttanesca Sauce p. 43</p> <p>Strawberries Marinated in Blood Orange Juice p. 45</p>	



Indicates a recipe where an ingredient must be soaked in advance

Shopping List

Week 1

Fruits:

Apples
Bananas
Black Grapes
Blueberries, Fresh, Frozen or Blackberries
Strawberries, Frozen or Fresh
Grapefruit
Hawaiian Papaya
Kiwis

Lemons
Limes
Mangoes
Mexican Papaya
Oranges
Pineapples
Strawberries

*NOTE: Look at the Green Smoothie recipes you plan to use for the Green Smoothie meals, so you can plan for whichever types of fruits and greens you need to include in your shopping list. Don't forget extras for Mono-Fruit meals too!

If you're a man or you do not want to lose weight, increase the quantities of fruit to purchase by about 20-30%, or go a second time to the store to get extras.

Vegetables:

Alfafa Sprouts, Clover
Sprouts And/Or Pea Shoots
Avocado
Beets
Black (Dinosaur) Kale
Carrots
Celery
Chard Leaves
Cucumbers
Daikon or Red Radish
Dandelion Greens
Dill
Dinosaur Kale
Endive
Fresh Basil
Fresh Dill
Fresh Mint
Fresh Oregano
Fresh Parsley
Garlic
Grape Tomatoes

Green Onion
Jicama
Kale or Other Greens
Orange Peppers
Pumpkin
Red Bell Peppers
Red Cabbage
Red Onions
Romaine Lettuce, or Greens of Choice
Scallions
Snap Peas
Snow Peas
Spinach
Spring Mix
Sprouts of Your Choice (Sunflower Greens, Clover, Radish, Broccoli....)
Sunflower Greens
Tomatoes
Yellow Pepper

Extras on Hand:

Make sure you have these on hand:

Arame
Brazil Nuts or Walnuts
Cayenne
Celtic/Himalayan Salt, Kelp Granules or Dulse Flakes
Extra Virgin Olive Oil
Flax or Hemp Oil
Hemp Seeds
Herbs De Provence (Use Italian Seasonings If Not Available)
Kelp Granules and/or Dulse
Liquid Stevia
Raw Pistachios or Pine Nuts
Raw Cashews
Raw Walnuts
Spirulina
Sunflower Seeds
Turmeric Powder
Vanilla Extract
Wakame
Whole Dulse Leaves
Young Coconut



Week 2

Fruits:

Apples
Asian Pears
Bananas
Barlett Pears
Cherries, Fresh or Frozen

Grapes
Kiwis
Lemons
Limes
Mangoes

Oranges
Papaya
Pineapples
Strawberries

*NOTE: Look at the Green Smoothie recipes you plan to use for the Green Smoothie meals, so you can plan for whichever types of fruits and greens you need to include in your shopping list. Don't forget extras for Mono-Fruit meals too!

If you're a man or you do not want to lose weight, increase the quantities of fruit to purchase by about 20-30%, or go a second time to the store to get extras.

Vegetables:

Alfalfa Sprouts
Avocados
Baby Arugula (or Baby Spinach or Both)
Carrots
Cauliflower
Celery
Cherry Tomatoes
Clover or Alfalfa Sprouts
Cucumbers
Daikon
Fresh Basil

Fresh Cilantro
Fresh Dill
Fresh Ginger
Fresh Mint
Fresh Mint Leaves
Fresh Parsley
Fresh Thyme
Garlic
Kale
Lettuce Leaves
Mung Bean Sprouts
Orange Bell Pepper

Radicchio
Red Onion or Scallions
Red Peppers
Red Radishes
Romaine Lettuce or Other Leafy Greens
Scallions
Snap Peas
Spinach
Sunflower Greens
Tomatoes
Zucchini

Extras on Hand:

Make sure you have these on hand:

Arame
Black Olives
Black Sesame Seeds (Optional)
Capers
Cracked Black Pepper
Curry Powder
Dates
Dried Coconut Flakes

Dulse, Kelp, Celery Powder and/or Celtic/
Himalayan Salt
Hemp Seeds
Hijiki
Instant Wakame
Nutmeg Powder
Olive Oil
Pine Nuts

Raisins
Spirulina Powder (Optional)
Sundried Tomatoes
Turmeric Powder
Untoasted Nori Sheets (Black)
Whole Dulse Leaves

Week 3

Fruits:

Apples
Apples (Golden or Other Sweet Variety)
Bananas
Blueberries, Fresh or Frozen
Frozen Bananas
Frozen Raspberries
Kiwis
Lemons
Limes

Mangoes
Oranges
Oranges or Tangerines
Papaya
Pineapples
Raspberries
Ruby Grapefruit or Blood Oranges
Strawberries

*NOTE: Look at the Green Smoothie recipes you plan to use for the Green Smoothie meals, so you can plan for whichever types of fruits and greens you need to include in your shopping list. Don't forget extras for Mono-Fruit meals too!

If you're a man or you do not want to lose weight, increase the quantities of fruit to purchase by about 20-30%, or go a second time to the store to get extras.

Vegetables:

Avocados
Baby Arugula
Baby Spinach
Cauliflower
Celery
Grape Tomatoes
Cherry Tomatoes
Fresh Cilantro
Collards, Cabbage or other Sturdy Lettuce
Collards
Cucumbers
Curly Green or Black Lacinato Kale Leaves
Fennel Bulb
Fresh Basil Leaves
Fresh Cilantro
Fresh Ginger
Fresh Mint
Fresh Oregano
Fresh Parsley
Fresh Rosemary
Fresh Thyme

Garlic
Ginger
Grape Tomatoes
Green Onion
Jicama
Kale (Russian or Other)
Lettuce
Orange Bell Peppers
Radish or Other Green Sprouts
Red Bell Peppers
Red Onions
Red or Green Chard
Romaine Lettuce
Spinach
Sunflower Greens or Pea Green Shoots
Tomatoes
Watercress
White Onion
Yellow Peppers
Zucchini

Extras on Hand:

Make sure you have these on hand:

Balsamic Vinegar
Brown Sesame Seeds (Optional)
Carob Powder (Optional)
Cayenne Pepper
Chili Powder
Cinnamon
Coriander Powder
Cumin Powder
Currants Or Raisins (Optional)
Extra Virgin Coconut Oil
Flax Oil
Hemp Seeds or Pine Nuts
Indian Curry Powder

Kelp Granules, Powder, Dulse Flakes or Celtic/
Himalayan Salt
Mexican Seasonings (Frontiercoop.Com)
Non-Alcohol Vanilla Extract (Optional)
Olive Oil
Salt
Scallions
Sundried Tomatoes
Tahini
Turmeric Powder
Unpasteurized Sweet White Miso
Walnuts
Young Coconuts



Week 4

Fruits:

Apples	Frozen Peaches	Papaya
Bananas	Grapes	Pears
Blood Oranges or Regular Oranges	Lemons	Strawberries
Blueberries (Fresh or Frozen)	Mango, Fresh or Frozen	
	Oranges	

*NOTE: Look at the Green Smoothie recipes you plan to use for the Green Smoothie meals, so you can plan for whichever types of fruits and greens you need to include in your shopping list. Don't forget extras for Mono-Fruit meals too!

If you're a man or you do not want to lose weight, increase the quantities of fruit to purchase by about 20-30%, or go a second time to the store to get extras.

Vegetables:

Alfafa or Clover Sprouts	Mache (or Other Salad Leaf, Mixed Baby Greens, Baby Spinach)
Asparagus	Napa Cabbage or Baby Bok Choy
Avocados	Orange Peppers
Beet Greens	Organic Baby Greens Mix
Carrots	Radish or Daikon Sprouts
Cauliflower	Radishes
Celery	Red Bell Pepper
Chives	Red Cabbage
Cucumbers	Red Leaf Lettuce
Fresh Basil	Red Onion
Fresh Cilantro	Roma Tomatoes
Fresh Dill	Romaine Lettuce or Other Greens
Fresh Mint	Spinach
Fresh Oregano	Spring Mix or Other Greens such As Mache, Wild or Baby Arugula
Fresh Parsley	Sunflower Greens
Garlic	Tomatoes
Italian Parsley	Wild or Baby Arugula
Italian Seasoning	Yellow Pepper
Kale	Zucchini
Kohlrabi or Jicama.	
Lettuce	

Extras on Hand:

Make sure you have these on hand:

Arame Sea Vegetables
Black Sun Dried Olives
Capers
Cinnamon Powder
Dried Celery, Kelp, Dulse or Celtic/
Himalayan Salt
Extra Virgin Olive Oil
Extra Virgin Organic Coconut Oil
(Optional)
Flax or Hemp Oil

Golden Flax Seeds
Non-Alcohol Vanilla Extract (frontiercoop.com)
or Vanilla Bean
Nutmeg
Raw Carob Powder (sunorganicfarms.com)
Raw Tahini
Red Pepper Flakes
Sun-Dried Olives
Sun-Dried Tomatoes
Sweet Paprika Powder



Recipes - Smoothies & Drinks

Apple a Day Green Smoothie

Ingredients:

4 apples, cored and cut into eighths, using an apple slicer for efficiency
4 cups of romaine lettuce, or greens of choice
2 ribs of celery, chopped
½ cup frozen peaches or ½ cup ice
½ cup water
1 Tbsp freshly ground sunflower seeds sprinkled on top after blending (optional)

Directions:

Blend all the ingredients together, pour into your favourite glass, sit back and enjoy this high nutrient smoothie for breakfast, as a snack or before you start preparing dinner.

* Indicates an ingredient that needs to be soaked in advance.

A Winning Green Smoothie

Makes 2 servings

Ingredients:

2 cups papaya, diced
2 frozen bananas
1 handful parsley
3 large handfuls of baby spinach
1 tsp extra virgin coconut oil (optional)
Water, as needed

Directions:

Blend all ingredients together. Use a little water if desired or if needed for achieving the desired consistency.

Banana Slug Green Smoothie

Ingredients:

¾ cup water
2 bananas
2 pears
3 cups beet greens)
1 cup alfalfa or clover sprouts

Directions:

Blend everything. If you think lettuce and bananas can't combine, think again!

Blissed Out Smoothie

Ingredients:

3 Bananas
4 cups mache (or other salad leaf, mixed baby greens, baby spinach)
2 tbsp raw carob powder (Sunorganicfarms.com)
1/8 tsp non-alcohol vanilla extract (Frontiercoop.com) or 1/2 a vanilla bean
1/4 tsp cinnamon powder
Dash of nutmeg

Directions:

Blend all the ingredients together, pour into your favorite glass, get comfy and enjoy this calcium and magnesium rich smoothie. It will sooth your frazzled nerves and keep you calm for hours!

Blueberry Blues

Ingredients:

4 bananas
2 cups fresh or frozen blueberries
1/2 or more of water
6 large leaves of red or green chard, stalks removed + a big handful of parsley

Directions:

Put ingredients in the blender, and blend until smooth. If your blender is too small, blend in two separate batches.

Canadian Tropics Green Smoothie

Ingredients:

1/2 of a medium papaya, chopped
1 ripe mango, fresh or frozen
5-7 large leaves of Romaine Lettuce
Handful of cilantro
1 tsp extra virgin organic coconut oil (optional)
1/2 cup water
ice cubes, optional

Directions:

Blend. Serve in an attractive glass.



Coco-Mango Smoothie

Ingredients:

- 1 young coconut, meat of
- 1 cup coconut water (or more)
- 2 mangoes, diced
- 4 large leaves of dinosaur kale, stalks removed

Directions:

Blend everything. Serve and enjoy.

Coconut Bliss Smoothie

Ingredients:

- 1 young coconut, water and flesh
- ¼ tsp non-alcohol vanilla extract, optional
- 1-2 Tbsp carob powder, optional
- A pinch of cinnamon, optional
- 2 leaves of kale (russian if available otherwise any other of your choice)
- Ice cubes

Directions:

Blend the coconut water, coconut flesh and chosen flavorings until smooth. Enjoy with eyes closed and let the taste experience transport you to a tropical paradise! Have you arrived?



Cool Banana Green Smoothie

Ingredients:

- ½ cup water
- 4 bananas
- 1 handful mint sprigs
- 4 large handfuls lettuce leaves

Directions:

Blend all the ingredients together until smooth. Simplicity couldn't taste any better than this.

Grape Smoothie

Ingredients:

2 cups of grapes
2 celery ribs
a few ice cubes

Directions:

Blend grapes, celery and ice in a blender. Pour into a glass and serve immediately. If you wish to store it, the juice will separate. Just blend or shake it in a covered container, then serve.

Green Ambush Smoothie

Ingredients:

1 cup water
2 bananas
1 large pear
½ cup frozen peach
3 cups spinach
1 cup Romaine lettuce
½ Tbsp golden flax seeds, freshly grounded, sprinkled on top after blending

Directions:

Blend all ingredients, in the order listed, until smooth. You can use less water for a more pudding-like consistency.



Green Married Orange Green Smoothie

Ingredients:

½ Mexican papaya (or about 3 cups of peeled papaya)
1 cup water (optional)
1 handful parsley
1 handful of alfalfa sprout, clover sprout or pea shoots

Directions:

For this recipe, you can use any type of papaya, although I prefer to use large papayas (not the Hawaiian variety). Blend papaya with or without water, and add in parsley. Blend until smooth.

Green Revolution Smoothie

Ingredients:

1 cup water (or more if needed)
4 medium bananas
1 handful dandelion greens
Black (dinosaur) kale, 7-8 small to medium leaves or 4-5 big leaves

Directions:

Blend water with bananas first, and add greens progressively and blend until smooth.

Groovy Green Smoothie

Ingredients:

1 banana, cut in chunks
1 cup fresh or frozen cherries
½ apple, cored and chopped
1 ½ cups fresh spinach leaves

Directions:

Place the banana, raspberries, apple and spinach into a blender. Cover, and blend until smooth. Pour into glasses and serve.

I'm Green, I'm Green

Makes 2 servings

Ingredients:

2 cups papaya, diced
2 bananas
4 big kale leaves, stalks removed

Directions:

Blend the papaya first, and then add bananas and kale progressively. Add water for blending, if necessary.



Kale Lover Green Smoothie

Makes 2 servings

Ingredients:

3 bananas

2 apples (golden or other sweet variety)

1 cup water

5-6 large leaves of kale (any kind : russian/purple, green curly, dinosaur... stalk removed)

Directions:

Blend in the bananas, apples and water. Add in the kale or mixed baby greens and continue blending until smooth.

Lee's Pinky Green Smoothie

Total Calories: 420

Ingredients:

Water (as necessary)

1 pint strawberries

3 medium bananas

3 handfuls spinach

1 cup of baby arugula

Directions:

Blend, admire, eat...

Mango with a Punch Green Smoothie

Ingredients:

2 medium mangoes

2 apples

2 cups kale or spinach

1 handful cilantro

Water, as needed

Directions:

Blend the mango and apples together with the water, as necessary for achieving a smooth consistency. Add in the kale or spinach progressively. Use more water if necessary.



Minty Treat Green Smoothie

Ingredients:

2 bananas
1 barlet pear
2 cups kale
1 handful mint

Directions:

Blend and enjoy this delicious green smoothie as well as fresh breath!

New "Wine"

Ingredients:

2 cups of grapes, chilled
2 ribs of celery
ice cubes, optional

Directions:

Blend and enjoy this delicious green smoothie as well as fresh breath!

Orange-Pineapple Smoothie

Ingredients:

1 whole orange, peeled
1 cup of chopped pineapple
2 handfuls of chard leaves

Directions:

Blend the ingredients together and serve.

Orange Raspberry Green Smoothie

Ingredients:

1 whole orange, peeled
1 cup frozen raspberries
1 cup chopped pineapple
2 ribs celery
2 cups baby spinach leaves

Directions:

Blend all ingredients until smooth and serve.

Pineapple Kiwi Smoothie

Ingredients:

¾ cup chopped pineapple
¾ cup chopped kiwi
1 celery rib
4 large leaves of romaine lettuce
ice cubes, optional

Directions:

Blend all the ingredients until smooth and serve immediately.

Purple Passion “Green” Smoothie

Ingredients:

4 cups of black grapes
2 cups of blueberries, fresh, frozen or blackberries
2 cups of kale or other greens
2 ribs of celery, chopped
4 ice cubes (substitute with water if using frozen blueberries or blackberries)

Directions:

Blend all of the above ingredients in a high-speed blender until smooth. Enjoy this smoothie and notice how much more clearly you can see your bright future!

Sweet Emancipation

Makes 2 servings

Ingredients:

2 mangoes
1 ruby grapefruit or 2 medium blood oranges, peeled
1 handful of parsley
4 large leaves of romaine lettuce or mixed baby greens

Instructions:

Blend all ingredients together and serve.



The Workout Green Smoothie

Ingredients:

2 cups water
3 bananas
1 cup blueberries (fresh or frozen)
3-4 large stalks of celery
3 leaves of kale, stalks removed

Directions:

Blend water with bananas and blueberries. Add in the celery stalks and kale, and blend until smooth. This is a great drink after your morning exercise. It's juicy enough and provides natural sugars from the fruit, sodium from the celery and minerals as well as protein from the kale.

Turn Me Sunflower

Makes 2 servings

Ingredients:

2 mangoes
1 cup frozen or fresh strawberries
1 cup pineapple
2 big handfuls sunflower greens*

*Sunflower greens are known from sprouting enthusiasts. They come from sprouting sunflower seeds on trays, until the plant grows into a beautiful 6-10 inches green vegetable. They are sold in many health food stores. You can also grow them yourself at home. For more information, check out books on sprouting.

Directions:

Blend all fruit together, and add in 1 or 2 cups of sunflower greens at the end, progressively.

Notes: Organic frozen strawberries can be purchased in most health food stores.



Recipes - Appetizers & Sides

Refreshing Salsa

Ingredients:

1 jicama, peeled and diced
½ red bell pepper, finely chopped
½ orange bell pepper, finely chopped
½ a small red onion, finely chopped
1 Tbsp fresh mint leaves, minced
2 Tbsp fresh basil leaves, minced
1 Tbsp fresh lime juice
½ tsp minced garlic (optional)
Celtic sea salt or Himalayan salt to taste (start with 1/8 tsp)

Directions:

Mix all ingredients. Cover and chill for up to one day. Serve at room temperature with zucchini "chips"

Note: To make zucchini chips, use a waffle-cutting blade (an attachment available for the "V" slicer) to slice the zucchini. The best feature of these chips is their ability to bend to scoop up the guacamole, salsa or other dips without breaking.



Recipes - Soups

Asparagus Soup

Ingredients:

½ cup water, or tomato soak water
1 cup carrots, diced
1 cup asparagus
1-2 Tbsp raw tahini
1 tsp sweet paprika powder
1 clove garlic
½ tsp of Italian seasoning, optional
kelp, dulse or celery powder or Celtic/Himalayan salt to taste
Lemon juice to taste

Directions:

Start by blending the carrots and water until smooth, and then add the asparagus progressively. Blend everything and serve. Add seasonings to taste.

Cauliflower Soup

Ingredients:

1 cup cauliflower
1 stalk of celery
1 to 1½ cups pure water
4 Tbsp pine nuts
1 Tbsp lemon juice
1 tsp fresh thyme (or ½ tsp dried)
1 or 2 pinches of nutmeg powder
Celtic or Himalayan salt to taste
Freshly cracked black pepper to taste (optional)
2 Tbsp finely chopped scallions for garnish

Put everything in a high-speed blender and blend until creamy. Adjust seasonings, garnish with scallions and serve right away.



Coconut Red Pepper Curry Soup

Ingredients:

1 red bell pepper, chopped
1 cup coconut milk (juice and flesh from a young coconut)
1 tsp minced ginger
1/8 tsp garlic
1/2 Tbsp lemon/lime juice
1/8 tsp salt
1/2 tsp unpasteurized white miso
1/2 tsp Indian Curry Powder
2 Tbsp cilantro leaves, minced
1/4 to 1/2 cup radish or other green sprouts

Directions:

Add all ingredients except the cilantro to the blender and puree until smooth. Adjust seasonings to taste. Top with chopped cilantro leaves and sprouts.



Green Herb Soup

Ingredients:

1 tomato
1/2 cucumber, peeled and chopped
2 celery stalks
1/2 avocado
Lime juice to taste
1/2 clove garlic
Handful of parsley
Handful of dill
Handful of basil
Handful of whole dulse leaves, rinsed and chopped
Celtic sea salt to Himalayan salt to taste
Sprinkle of turmeric powder
1 tsp spirulina powder (optional)
2 scallions, finely chopped

Directions:

Blend all ingredients until smooth, adding water if needed. Adjust seasoning, garnish with scallions and enjoy !

Low Fat Carrot Juice Soup

Ingredients:

½ cup celery juice
1 cups carrot juice
½ cup carrot pulp
¼ avocado
Small handful dill or cilantro
1 cup diced vegetables of your choice (cucumbers, peppers, zucchini, broccoli, cauliflower etc.)

Directions:

Juice carrots to obtain juice, but save 1 cup of carrot pulp. Blend carrot juice and celery juice with carrot pulp, avocado, and your choice of herb (dill or cilantro). Stir in the remaining ingredients and serve.

Orange Bell Pepper & Tomato Soup

Ingredients:

1 orange bell pepper, peeled and chopped
¼ cup sundried tomatoes, soaked for 30mn
1 cup tomato, chopped
2 Tbsp hemp seeds
1 Tbsp red onion
½ garlic clove
1/8 tsp Celtic or Himalayan salt
1 handful fresh basil leaves
1 Tbsp black olives, rinsed and chopped
1 tsp capers, rinsed and chopped
Handful of cherry tomatoes, halved

Directions:

Blend the first 7 ingredients until smooth. Pulse in basil and adjust seasoning (you may want a squeeze of lemon or/and a little cayenne). Top with olives, capers and cherry tomatoes. Serve.



Seaweed & Vegetables Chowder

Ingredients:

1½ cups water
¼ cup hemp seeds (or walnuts, soaked)
¼ cup sunflower seeds, soaked
2 stalks celery
¼ cup Wakame, cut into tiny pieces or easier get the instant Wakame (Eden or Maine coast sea vegetables brands)
1 carrot, finely julienne or grated
Handful of snap peas, finely sliced
1-2 scallions finely chopped
1/8 cup whole dulse leaf, chopped in pieces
1 Tbsp minced dill
Squeeze of lemon juice
¼ tsp finely grated lemon zest (optional, give a fresh lemony flavor to the soup)
Dash of cayenne (optional)

1 In a blender, combine walnuts, macadamia, celery and water until you achieve a creamy milk consistency.

2 Pour in a large bowl, add wakame, carrot, snap peas and scallions. Stir. Let sit until wakame expands. Add dulse, minced dill, lemon juice and optional lemon zest and cayenne. Adjust seasoning to taste and serve.

Sexy Sweet and Sour Soup

Ingredients:

2 Tbsp tahini*
Lemon juice (to taste)
1-3 oranges or tangerines, peeled and seeded (either whole sections or cut in half sections)**
Chopped veggies of your choice (tomato, zucchini, celery and cucumber are good ones)
Baby spinach and/or lettuces or other greens (optional)
1 tsp brown sesame seeds (optional)
Celtic or Himalayan salt to taste (optional)
Filtered water

* Tahini is a paste made from ground hulled sesame seeds. It can be found in all health food stores.

** You may substitute with cut pineapple as well.

Directions:

Place tahini and 2 Tbsp lemon juice and optional salt in bottom of soup bowl and stir until well blended. Gradually stir in more lemon juice until it is either soupy or sour enough for you (make it a tad more sour than you'd do if eating it straight). Stir in water until correct consistency and/or volume. Add oranges, tangerines or pineapple, veggies and greens to soup, stir & sprinkle with sesame seeds (optional) for serving and enjoy!

Spicy mediterranean tomato soup

Ingredients :

1 basket (pint size) of cherry tomatoes
1 tomato
small handful of sundried tomatoes, soaked for 30mn to 2hrs
1 garlic clove
1 tsp unpasteurized sweet white miso or small amount of Celtic /Himalayan salt
1 Tbsp olive oil
1 tsp fresh thyme
1 tsp fresh oregano
½ tsp fresh rosemary
Cayenne to taste
1 tsp chopped fresh ginger
Dash of turmeric powder
1 zucchini chopped small or coarsely grated
1 small fennel bulb, finely sliced

Directions:

Put all ingredients except zucchini and fennel in your high-speed blender and blend until creamy. Adjust seasonings to taste and fold in chopped or grated zucchini and sliced fennel before serving.

Spinach Pepper Soup

Ingredients:

2 cups of spinach
½ cup of celery juice
½ yellow pepper, reserving 2 Tbsp finely chopped
½ orange pepper, reserving 2 Tbsp finely chopped
3 Tbsp fresh parsley
3 Tbsp fresh basil
2 Tbsp red onion
1 tsp Herbs de Provence (used Italian seasonings if not available)
4-5 brazil nuts or walnuts, soaked for 4-8hrs
1 tsp lemon or lime juice, optional
Kelp granules or dulse to taste, optional

Directions:

Blend spinach, orange juice, yellow and orange pepper, and lemon or lime juice if using. Add the reserved 2 Tbsp of each pepper for decoration. Serve immediately.



This is What I Call Energy (Soup)

For Experienced Raw Eaters Only!

Makes 2 servings

The blended salad is a much thicker and heartier version of the raw soup. It contains more dark-leafy vegetables. Ann Wigmore used to call it the "energy soup." The sweetness of the fruit cuts through the bitterness of the greens. Here is one of my versions of it. Try it, and then vary it according to your taste. Remember, it is not necessary to use any fatty food when making a blended salad.

Ingredients:

1 red or orange bell pepper
Water (about ½ to 1 cup, less if bell pepper is used)
2 cups organic baby greens mix
1 cup lettuce, shredded
1 cup sunflower sprouts
2-3 stalks celery, cut
1 small handful of dried tomatoes, soaked, or one fresh tomato (optional)
1 tsp kelp, or a handful dulse (rinsed to take salt off)*
¼ to ½ avocado, diced (avocado can be omitted for sweet fruit version)
Lemon juice (optional)

* Powdered kelp can be found in most health food stores. You can also use whole leaf dulse (a seaweed), but rinse it off under warm water first, to take off the excess salt.

Directions:

Blend all of the above ingredients until smooth. Serve immediately for best results.



Veggie-Fruit Soup

Ingredients:

1 cup of coarsely chopped grapefruit
1 cup of coarsely chopped cucumber
½ cup of coarsely chopped tomatoes
½ cup of finely chopped tomatoes
1 sprig of mint, optional
2 tsp flax or hemp oil

Directions:

Blend the first 3 ingredients. Stir in the finely chopped tomatoes and serve. Garnish with a sprig of mint.

Zucchini Cucumber Mint Soup

Ingredients:

1 cup zucchini, peeled and chopped
1 cup peeled, chopped cucumber
6 leaves of fresh mint
a sprig of mint for garnish
1 Tbsp olive oil
Squeeze of lemon
Celtic/Himalayan salt to taste
½ cup diced red bell pepper to garnish

Directions:

Blend 3 kiwis, cucumber and mint. Pour the soup into a bowl. Quarter and slice the remaining kiwi in ¼ inch slices. Garnish the soup with chopped kiwi and a sprig of mint.

Recipes - Salads

Curried Zucchini Tomato Avocado Salad

Ingredients:

1 large zucchini, coarsely grated or diced in small cubes
3 or 4 ripe tomatoes, coarsely chopped
1 ripe avocado, diced in 1-inch chunks
1 ripe avocado, diced in 1-inch chunks
6 sprigs cilantro (or parsley), chopped
2 Tbsp minced red onion or 1-2 scallions, chopped
1 large lime
½ to 1 tsp curry powder (www.frontiercoop.com)
Dulse, kelp, or celery powder or Celtic/Himalayan salt to taste
Thin slices lime, for garnish

Directions:

Mix the zucchini, tomato, avocado, cilantro and onion in a large bowl. Juice the lime and drizzle the vegetables with the lime juice. Sprinkle curry powder and your choice of seaweed, celery powder and/or salt on top. Toss well, adjust seasonings and serve.

Delicious Non-Fat Salad

Serves 2-3

Ingredients:

2-3 cups lettuce, shredded
1 bunch of watercress, chopped
1 fennel, finely sliced
2 cups sunflower green sprouts or pea green shoots
2 cups cherry tomatoes
Non-Fat mango dressing (see Dressings section)

Directions:

Mix lettuce and watercress together. Decorate with cherry tomatoes. Serve with Non-Fat Mango Dressing to taste. (See other options in the dressing section for no fruit but with fat dressing).



Delightful Cabbage Salad

Ingredients:

¼ (or more depending on size) of a red cabbage
2 Tbsp chopped fresh parsley
1 Tbsp fresh oregano, chopped
½ red bell pepper, chopped
1 jicama, chopped or coarsely grated
2 Tbsp extra virgin olive oil
2 Tbsp lemon juice
2 Tbsp of raw pistachios or pine nuts
Celtic/Himalayan salt, kelp granules or dulse flakes to taste

Directions:

Shred or pulse chop finely the red cabbage in a food processor, then transfer to a salad bowl. Mix the olive, lemon juice and salt/kelp/dulse and pour over the red cabbage. Pour in a large bowl, add the dressing and toss well. Add the red pepper, jicama, parsley, oregano and nuts. Adjust seasonings and allow to marinate for 10 minutes at room temperature before serving.

Five Flavors Salad

Ingredients:

3 cups of spinach
1 cup chopped radicchio
4 red radishes, sliced
1 orange bell pepper, chopped
Handful of clover or alfalfa sprouts
2 Tbsp chopped parsley
2 scallions, chopped
¼ cup whole leaf dulse, rinsed and chopped

Directions:

Mix all ingredients in a large bowl and toss with dijon dressing

Italian Salad

Ingredients:

2 cups Romaine lettuce, chopped
2 cups wild or baby arugula
Tomatoes, chopped
½ cucumber, chopped
¼ orange or yellow pepper, sliced
1/8 red onion, thinly sliced
5 black sun dried olives
1 Tbsp fresh lemon juice
2 Tbsp chopped fresh basil
Dried celery, kelp or dulse to taste or Celtic/Himalayan salt to taste
1 sprig of basil for garnish

Directions:

Make a bed of Romaine lettuce on a plate. Toss the rest of the ingredients with the lemon juice. Place on top of the Romaine and then place the olives decoratively on top of the salad. Garnish with a sprig of basil.



Latino Greens

Ingredients:

4 curly green or black Lacinato kale leaves, stems removed and reserved for juicing
2 collard leaves, stems removed and reserved for juicing
1/8 – 1/4 cup lemon juice
1 Tbsp flax oil
1 Tbsp olive oil
Few pinches of Celtic or Himalayan salt
1/4 tsp Mexican seasonings (frontiercoop.com)
Celery powder, kelp or dulse flakes to taste
1/2 cucumber, peeled and sliced
1/4 cup of cilantro
1/2 orange pepper, chopped
1/2 yellow pepper, chopped
1/2 cup of cherry or grape tomatoes
1/4 to 1/2 avocado, cubed, optional

Directions:

Chop the kale and collards in ribbons by hand or pulse chop finely in a food processor, then transfer to a salad bowl. Mix the Mexican seasonings, oils and salt into the lemon juice and pour over the greens. Work the dressing into the greens with your hands for several minutes to tenderize them. Add the cucumber, cilantro, orange and yellow peppers, the grape tomatoes and avocado and allow to marinate for 10 minutes at room temperature before serving. Latino Greens will keep for 3 days in the refrigerator.

Middle-Eastern Cauliflower Salad

Ingredients:

2 cups cauliflower florets
1/2 to 1 whole bunch of parsley
1 green onion, finely chopped
1/4 cup chopped fresh mint, finely chopped
2 large tomatoes, finely diced
1 Tbsp olive oil
1 Tbsp hemp seeds or pine nuts
1 Tbsp currants or raisins, optional
1 Tbsp lemon juice
Few pinches of Celtic or Himalayan salt
1/4 to 1/2 tsp cumin powder
1/8 tsp coriander powder
Dash of cinnamon powder
Dash of cayenne pepper, optional

Romaine lettuce leaves, left whole for serving

Directions:

Pulse the cauliflower in the food processor until rice-like texture. Pour in a salad bowl and set aside. Remove stems from parsley and reserve for a green smoothie. Chop parsley finely in a food processor or by hand add to the salad bowl. Add as well the remaining ingredients, except for the lettuce. Toss well and adjust seasonings. Place the bowl on a platter and surround the bowl with whole Romaine lettuce leaves. Tear leaves into bite sized pieces and use to scoop up the salad for eating.

Rainbow Salad

Ingredients:

3 cups of spring mix or other greens such as mache, wild or baby arugula
1 cup napa cabbage or baby bok choy, very finely sliced
¼ cup arame sea vegetable, soaked in warm water for about 20mn
½ red Pepper, chopped
½ yellow pepper, chopped
½ orange pepper, chopped
½ cup red cabbage, finely shredded
2 radishes, halved and finely sliced

Directions:

Place the above ingredients in a salad bowl or arrange attractively on a platter. Serve with Tahini dressing.

Red Leaf Lettuce Salad

Ingredients:

4 cups of red leaf lettuce
2 ribs of celery, finely chopped
1 kohlrabi, peeled and chopped. If kohlrabi not available use jicama.
¼ cup radish or daikon sprouts
2 leaves of fresh mint
a few mint leaves for a garnish

Directions:

Arrange the lettuce in a bowl with celery on top. Put mint leaves over top as a garnish. Serve with Green Goddess Dressing (see Dressing section).



Sea and land vegetable salad

Ingredients:

½ large cucumber finely sliced
½ cup grated carrots
½ cup grated daikon
½ cup snap peas, chopped
2 Tbsp hijiki, soaked for 20mn and drained
2 Tbsp instant wakame, soaked for 20mn and drained
2 Tbsp arame, soaked for 20mn and drained
(Or for use ½ to 1 cup sea vegetables salad mix, soaked for 20mn and drained)
2 scallions, finely sliced
1 tsp kelp granules
½ tsp dulse flakes

Make gingery dressing

2 Tbsp extra virgin olive oil (or use raw sesame oil or hemp/flax oil)
2 tsp lemon juice
2-3 tsp ginger juice (simply grate a 1-inch piece of fresh ginger and squeeze out the juice with your hands)
1 tsp raw honey or drops of liquid stevia
dash of cayenne

Directions:

Whisk ingredients together. Toss well and allow the salad to marinate for at least 10 minutes.

Snap Peas Red Pepper Hemp Seed Salad

Ingredients:

4 cups of Romaine lettuce or other leafy green
1 cup chopped snap peas
1 cup of chopped red pepper, reserving half for garnish
2 Tbsp of hemp seeds
Squeeze of lime
Pinch or 2 of Celtic/Himalayan salt or kelp granules
Handful of sunflower green sprouts
2 Tbsp of minced cilantro
hemp seeds for garnishing

Directions:

Arrange the Romaine lettuce on a large salad plate or in shallow bowl. Blend the hemp Seeds, ½ of the red pepper, lime and salt or kelp together until smooth and pour attractively over the salad. Scatter the snap peas, the sunflower sprouts and the remaining red pepper over top of the dressed salad. Garnish with cilantro and a few hemp seeds. Serve immediately.

Spinach Salad with Orange-Hemp Seed Dressing

Ingredients:

4 cups of spinach
½ cup chopped cucumber
½ cup grape tomatoes
½ cup sprouts of your choice (sunflower greens, clover, radish, broccoli....)
¼ cup whole dulse leaves, briefly rinsed and chopped
½ cup orange juice, for dressing
3 Tbsp of hemp seeds, for dressing
1 Tbsp of hemp seeds for garnish

Directions:

Place the spinach, cucumber and dulse in a bowl. Blend the orange juice and hemp seeds together for a dressing. Add the dressing to the bowl and toss. Garnish the salad with the grape tomatoes, sprouts and the remaining hemp seeds. Serve immediately.

Spinach Salad with Tomato-Avocado Dressing

Ingredients:

4 cups of spinach
1 rib of celery, finely sliced
½ cup of peeled, chopped cucumber
2 scallions, finely chopped
½ cup of grape tomatoes
1 small or ½ large avocado
1 medium tomato
½ lime, juiced
Kelp granules, dulse flakes or Celtic/Himalayan salt to taste

Directions:

Arrange spinach in a salad bowl. Arrange the celery, cucumber and scallions on top. Blend the avocado, tomato, kelp or dulse or salt and lime juice as a dressing and pour over the salad. Sprinkle the grape tomatoes over top and serve immediately.

Spring Mix Salad

Ingredients:

2 cups of spring mix
2 endives, chopped
½ cup cucumber slices
1 green onion, finely chopped
½ cup snow peas, chopped
½ cup red bell pepper, chopped
½ cup alfalfa or clover sprouts

Directions:

Place the ingredients, starting with the spring mix, attractively on a plate. Pour Green Goddess or Dijon Dressing over top and serve immediately.

Sprout Celebration Salad with Orange-Avocado Dressing

Ingredients:

3 cups of Romaine lettuce or other greens
2 ribs of celery, finely chopped
1 tomato, cut into eighths
1 cup sunflower green sprouts
½ cup alfalfa or clover sprouts
¼ cup radish sprouts
2 Tbsp dill, minced
1 cup of orange juice, pulp included
½ avocado
Kelp granules or Celtic/Himalayan salt to taste

Directions:

Arrange greens on a platter. Scatter other ingredients attractively over the greens. Make a dressing by blending the orange juice and avocado and kelp granules or salt together. Drizzle dressing over top of salad and serve immediately.

Sweet and Spicy Beet Salad

Directions:

2 cups grated beets
½ cup grated daikon or red radish
¼ cup finely julienne red onion
¼ cup finely chopped parsley
2 Tbsp arame, soaked in water for 10mn and well drained
2 Tbsp pumpkin seeds (best if previously soaked and dehydrated, www.goraw.com)
1 Tbsp olive oil,
1 Tbsp orange juice
1 Tbsp lime or lemon juice
¼ tsp kelp granules
Celtic/Himalayan salt to taste
Dash of turmeric powder

Directions:

Combine the beets, daikon, red onion, parsley and arame in a salad bowl. Drizzle the salad with the olive oil, orange juice and lime or lemon juice. Sprinkle the seasonings on top and toss well. Adjust seasonings and let sit for 10mn. Add the pumpkin seeds, give it another toss and serve.

Recipes - Salad Dressing & Sauces

Avocado Basil Dressing

Ingredients:

½ medium avocado
¼ cup water
4 medium fresh basil leaves
1 Tbsp fresh lemon juice
celery powder, kelp and/or dulse to taste

Directions:

Blend avocado, water, lemon juice, and seasoning until smooth. Then add basil until it adds flecks of green but is not fully blended.

Best Non-Fat Mango Dressing

Makes 3-5 servings

Ingredients:

1 cup tomato
1 cup mango (use frozen, thawed if fresh is not available or ripe)
2-3 Tbsp balsamic vinegar (Can also be replaced by lime or lemon juice)
¼ cup water

Directions:

Blend all ingredients together and serve on any mixed salad.

Dijon dressing

Ingredients:

2 Tbsp lemon juice
½ tsp powdered mustard
2 Tbsp olive oil
2 Tbsp flax oil (or hemp oil or olive oil)
1 Tbsp minced red onion
½ Tbsp Dijon mustard
1 soaked date
1 celery stalk
½ tsp crushed garlic
Kelp granules, dulse flakes, sea salt to taste

Directions:

Blend until creamy.

Green Goddess Dressing

Ingredients:

1 small clove of garlic
2 Tbsp extra virgin olive oil
2 Tbsp flax or hemp oil
½ cup Italian parsley
¼ to ½ cup cilantro
2 Tbsp mint
2 Tbsp lemon juice
2 Tbsp fresh orange juice
2 Tbsp water
Kelp granules or Celtic/Himalayan salt to taste

Directions:

Blend all ingredients into your high-speed blender until creamy

Pineapple Dressing

Ingredients:

1 cup chopped pineapple
1 rib celery

Directions:

Blend the ingredients and pour over salad and serve immediately.

Red Pepper Sunflower Dressing

Ingredients:

½ red bell pepper, chopped
¼ cup sunflower seeds, soaked
2 Tbsp orange juice
1 Tbsp lemon juice
½ small garlic clove, chopped (optional)
½ tsp fresh rosemary or 1 tsp Italian seasoning
Kelp granules, celtic salt or himalayan salt to taste

Directions:

Blend until creamy, if needed add a little water.



Tahini Dressing

Ingredients:

1 Tbsp tahini
2-3 tsp lemon juice
½ tsp garlic
1 tsp chopped ginger
1 Tbsp extra virgin olive oil
2 Tbsp orange juice
Kelp granules, dulse flakes or Celtic/Himalayan salt

Directions:

Blend and pour over your favorite salad.



Recipes - Entrees

Anti-Craving Veggie Wraps

Serves 2 to 3

Ingredients:

1 avocado
1 head cauliflower
1 bunch of chives (garlic chives are my favorite but green onions will work)
Lettuce leaves

Directions:

Take the avocado and cauliflower and chop like mad. You can also put the cauliflower in your food processor and using the S blade pulse it until you get a rice-like texture. Then mashed it with the avocado. Serve together in a bowl along with washed and cut whole chives and lettuce. Scoop mixture into lettuce leaves with chives. Season with sea salt and lime juice if desired — I like it without just fine. Wrap it up and chow down!

Note: Alternately, use nori sheets instead of lettuce to wrap.



Burritos with Walnut Pâté

Wrap Choices:

1-4 collard, red, green, Savoy, or other cabbage or sturdy lettuce leaves

Walnut Pate:

½ cup walnuts, soaked for several hours, then rinsed and drained
½ lemon, juice of
1 tsp chili powder (organic)
2 Tbsp chopped white onion
1 red bell pepper, diced
1/3 cup sun-dried tomatoes, soaked and diced
Celtic or Himalayan salt to taste

Directions:

Mix all of the ingredients in your food processor. First, liquefy the walnuts and lemon juice, then add the other ingredients, and keep on mixing in your food processor, leaving some texture to the pate. Serve inside collard, lettuce or cabbage leaves as “burritos.” You may add any of the following fillings to make the burritos lower in fat.

Burrito Fillings: (choose from any of the following)

- 1 cucumber, chopped
- 2 tomatoes, chopped
- ½ red pepper, chopped
- ½ orange pepper, chopped
- ½ yellow pepper, chopped
- ½ zucchini, grated
- ½ cup green sprouts of choice
- ¼ cup cilantro, chopped
- 1 green onion, chopped

Directions:

On a collard or other leaf, lay some walnut pate and your chosen fillings, tuck in the bottom end to prevent leaking your filling, and roll up your burrito.



Nori Rolls

Ingredients:

- Untoasted Nori sheets (the black ones; not the green ones which are toasted)
- Finely Processed cauliflower, for "rice"
- Carrot strips
- Zucchini strips
- Red pepper strips
- Cucumber strips
- Avocado, mashed
- 1 lemon, juiced
- Alfalfa Sprouts
- Mung Bean sprouts, chopped
- Grated ginger, optional
- Water
- Black sesame seeds, optional for garnish
- Dulse powder or flakes, optional for garnish

Directions:

Mix the avocado, lemon juice and processed cauliflower to make sticky "rice". Place the sticky "rice" on the nori sheet thinly covering about two thirds of the nori starting at the edge closest to you, leaving 2 inches empty at the top edge. In the centre of the "rice", place a strip of vegetables, sprouts and a small amount of ginger. Begin to roll the nori tightly, wetting the remaining edge with a little water or lemon juice to help it seal. Cut the nori roll into 8 slices with a serrated knife. Place on a serving platter and dust lightly with black sesame seeds or dulse flakes. Alternatively, eat it burrito style.

Spaghetti with Puttanesca Sauce

Spaghetti Ingredients:

1-2 zucchinis, peeled

Directions:

Spiroolize the zucchini with the Spirooli Slicer. Cut the “noodles” to a reasonable length. Serve with your favorite pasta sauce.

Sauce Ingredients:

1 ½ cup chopped Roma tomatoes
¾ cup sundried tomatoes, soaked 10mn
2 Tbsp fresh parsley, chopped
½ Tbsp fresh oregano, chopped
1 Tbsp extra virgin olive oil
5 sun dried olives, pitted
1 Tbsp capers, rinsed
5 large leaves of basil
½ tsp minced garlic
Pinch of red pepper flakes
Pinch of Celtic or Himalayan salt

Directions:

In a food processor fitted with the S blade, pulse chop all the ingredients together until the sauce is well blended but still slightly chunky. Serve over spiralized “pasta”.

Stuffed Red Tomatoes

Ingredients:

2 firm, ripe tomatoes (or 1 large red bell pepper)
1 Tbsp olive oil
1 Tbsp lemon juice
2 Tbsp diced red onion
½ cup shredded carrot
2 tsp curry powder
2 cups baby arugula (or baby spinach or combo of both)
2 Tbsp raisins
2 Tbsp pine Nuts
Kelp granules, dulse flakes or celtic sea salt

Directions:

Combine all above ingredients except tomatoes. Mix well. Cut tomatoes in half crosswise and scoop out insides, which you can save for tomato soup. Fill each half with combined ingredients. Serve on Lettuce leaf.

Recipes - Desserts

April Strawberry Fool

Enough for 2 fools

Ingredients:

1½ cups of hulled strawberries
1-3 drops of liquid stevia, depending on the sweetness of the strawberries
¾ cup of raw walnuts, cashews, or macadamia soaked for 2+ hours
¼ cup fresh squeezed orange juice
1-2 drops of liquid stevia
⅛ tsp vanilla extract

Directions:

Puree the strawberries in a blender or food processor and add stevia to desired sweetness. Transfer to a mixing bowl. Drain nuts and in a blender combine with orange juice, stevia and vanilla extract. Blend until the mixture is fluffy and smooth, using a rubber spatula to scrape down the sides. Add more stevia to taste, one drop at a time and add more water if mixture is too thick. Use immediately to avoid it separating. Using a rubber spatula, gently fold the nut cream into the strawberry puree, leaving some streaks of the white nut cream. Pour the fool into 2 long stemmed parfait or wine glasses. Garnish with a fresh strawberry and serve immediately.

Green Papaya Pudding

Ingredients:

2 cups papaya
2 oranges
3 dates
2-3 cups spinach, or other greens of your choice

Directions:

Blend in papaya and oranges together until the mixture is liquid. Add in the other ingredients and blend until thick!

Papaya Strawberry Boat

Ingredients:

1 Hawaiian Papaya, halved and seeds removed
1 cup of sliced strawberries
1/8 cup of orange juice
Juice of ½ a lime

Directions:

Pour the orange juice and lime juice over the strawberries and mix. Place sliced strawberries in the hollowed out papaya halves. Eat immediately.

Pineapple Boats for Two

Ingredients:

1 pineapple
1 cup sliced strawberries
2 kiwis, peeled and sliced
1 orange, reserving juice
Juice of 1 lime
Dried Coconut flakes
Fresh mint leaves

Directions:

Cut pineapple in ½ lengthwise. Dice pineapple and discard hard core that runs through the center of pineapple. Combine pineapple, strawberries, kiwis and oranges together in a large bowl. To make dressing combine juice drained from oranges, and lime juice together, shake well. Pour over fruit and toss. Place in pineapple shells and sprinkle with coconut flakes and garnish with mint leaves.

Spring Fruit Salad by Diana Stoevelaar

Ingredients:

1 cup of pineapple
1 cup of oranges
1 cup of strawberries
1 cup of kiwis
1 large rib of celery, sliced into U cuts

Directions:

Chop all of the fruit into bite-sized pieces and toss together. Serve in a salad bowl and enjoy immediately.

Strawberries Marinated in Blood Orange Juice

Ingredients:

1½ cups of sliced strawberries
½ cup blood orange juice or regular orange if not available
1 drop of non-alcohol vanilla extract, optional
1 sprig of mint

Directions:

Stir the vanilla extract into the orange juice to mix well. Pour the orange juice over the strawberries and allow to marinate for ½ hour or more. Serve in the marinade in a dessert bowl decorated with a sprig of mint.

Tropical Sunset Sorbet

Ingredients per person:

½ banana

½ mango

½ cup of raspberries

Directions:

Freeze mango in cubes or slices, freeze banana in 1"- 2"chunks, and freeze raspberries whole. Half an hour before making the sorbet, you should freeze your juicer parts and dessert bowls.

Using a Green Star, Champion, or other masticating juicer (not centrifugal) with the homogenizing blank plate in place, process the fruit by alternating handfuls of banana, mango and raspberries creating a sunset of colors. Alternatively, using a food processor with the grating blade in place, grate the bananas, mango and berries separately. Then change to the "S" blade and process each fruit separately until the mixture is smooth. Stir equal portions of each fruit sorbet together minimally to create a sunset of colors.

Serve immediately into chilled dessert bowls and enjoy your guilt-free sorbet, preferably while watching a tropical sunset!

