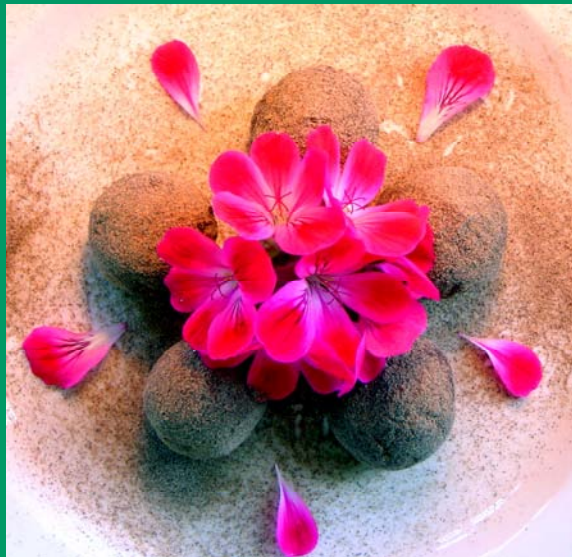


*Raw 'n Delish*

*B*

*VIBRANT RECIPES*



 Living Nutrition Publications

# Raw 'n Delish

## Vibrant Recipes



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*Self Healing Colitis & Crohn's* by David Klein, Ph.D.

*The Fruits Of Healing* by David Klein, Ph.D.

*High Energy Methods* by Dr. T. C. Fry



Dedicated with love to our dear friends,  
Dr. T. C. Fry and Phyllis Avery



Special heartfelt thanks go to  
all of the contributing raw food chefs:  
Phyllis Avery • Dr. T. C. Fry  
Lori Bain • [www.ecoserra.com](http://www.ecoserra.com)  
Cecilia Benjumea • [www.rawglow.com](http://www.rawglow.com)  
Art Baker • Rich Capua • Bett Carstens • Christina Chadney  
Betsy De Gress • Katherine Dichter • Cassandra Durham  
Dr. Roe Gallo • [www.roegallo.com](http://www.roegallo.com)  
Dr. Douglas Graham • [www.foodnsport.com](http://www.foodnsport.com)  
Rosalind Graham • [www.foodnsport.com](http://www.foodnsport.com)  
John Kohler • [www.living-foods.com](http://www.living-foods.com)  
Nomi Shannon • [www.rawgourmet.com](http://www.rawgourmet.com)  
Susan Smith Jones, Ph.D. • [www.susansmithjones.com](http://www.susansmithjones.com)  
Cherie Soria • [www.rawfoodchef.com](http://www.rawfoodchef.com)  
Martí Wheeler



“Follow thy senses,  
live in harmony with the Laws of Nature,  
eat the fruits of the Garden  
and thrive.” –D.K.

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# Introduction

Congratulations on your decision to eat more vibrant, enzymatically alive raw foods comprising our natural biological diet! Countless people have overcome disease and rejuvenated this way, building a higher level of health and sense of youthful vitality than ever before! Live bodies require live foods—it's as simple as that, and the rewards are wondrous!

For over 99.9% of humans' existence on the Earth, we have eaten uncooked food, as offered up by Nature. The advent of cooking helped early humans survive in cold weather when fresh fruits, vegetables, seeds and nuts were scarce; however, the overconsumption of modern-day cooked fare has unquestionably been the cause of over 90 percent of all of the maladies afflicting humans today. Cooking is an act of denaturation and destruction. Cooking changes flavors, alters chemicals to toxic constituents and renders most vitamins and other nutrients unusable.

Superior nutrition is ours when we eat delicious, fresh, ripe, organically-grown fruits and vegetables, nuts and seeds in proper combinations, when we are truly hungry. The simpler the meal, the better the result. Maintaining a low-fat diet, where no more than 10 to 15 percent of our calories are derived from fat, is optimum according to many studies and a plethora of empirical evidence. The majority of our diet should be comprised of foods bearing simple carbohydrates. Fruit is the obvious choice since our cells' only fuel is sugar. Also, the complete nutrient content of fruit, including mood-enhancing hormonal proteins, vitamins, minerals, fatty acids and high water content supply virtually all of the key nutrients we need. After two or three meals of fruit over the course of the morning through the afternoon, add a serving of greens and a small handful of nuts or seeds, or one-half avocado and your diet is essentially perfect.

Recipes can be eye-opening and palate-tantalizing, enriching social gatherings and serving as an introduction to a healthier way of eating and a transition to the ultimate in simple eating. If you have trouble digesting complex recipes, follow the best food combinations and eat simple meals of one to three kinds of food (as explained in the following sections). Most of the recipes herein are perfectly combined and healthful. However, some of the recipes may not be for you; some are complex and some combine nuts or seeds with sweet fruit, which is not a good food combination—these digest poorly for some people and fairly well for others, depending on the quantity eaten and



personal digestive strength. Your ultimate goal is always excellent digestion and peak health, so it's best to choose to eat wisely on your health path, i.e., follow proper food combining for peak health.

Recipes are not recommended for every meal, and the fancy ones are not recommended for every day. Ultimately, the goal is to eat one to three perfectly combined, unprocessed foods per meal and no more than one meal with a fatty food per day. Mono eating—eating one kind of food per meal until you are satiated—assures optimum digestion and internal cleanliness, helping us to create peak health. Unprocessed, fresh, ripe, organically grown, alive raw food is the best way to go! For more information on why and how to master eating raw food style, read our book, *Your Natural Diet: Alive Raw Foods* by Dr. T. C. Fry & Dr. David Klein.

# Raw Food Categories

While making the transition to optimum health, total self-love and self-nurturing, a good goal is to gradually increase the proportion of whole, fresh, organic living and raw foods in your diet. With this in mind, a good guideline to follow is to include a portion of raw foods (e.g., salad) every time you eat cooked food.

The following vegan foods contain the thousands of broad spectrum nutrients needed to completely satisfy our dietary needs for creating and maintaining peak mental-emotional-physical function, supporting personal power. Organically-grown plant foods are naturally high in minerals for strengthening the nervous system and enzymes which feed our vitality. Raw, fresh fatty fruits, nuts and seeds are rich in vitamins and proteins which also support our nervous systems. As an extra-special delight of Creation, tropical fruits are rich in the hormonal proteins which function as precursors to neurotransmitters, soothing our nervous system, naturally elevating our mood, and enhancing our mental powers.

What kinds of tastes are your senses calling for? Light refreshment, sweet ecstasy, salty/minerals, or creamy/fatty? Tune in to your body's cravings, observe the color, texture and fragrance of the food you are instinctively drawn to, and consciously eat until satisfied, remaining alert to your body's responses. The natural foods which you find most attractive and satisfying are the most nourishing ones for your body at that time. Remember, the simpler the meal the better the results.

### Watery, Non-sweet, Refreshing Fruits & Plants

cucumber, lettuce, celery, celery root

### Sweet, Fibrous Plant-Fruits, & Roots

corn, bell pepper (sweet red, yellow and orange), corn (sweet fresh), okra, sweet pea, carrot (sweet fresh), jícama, beet, Jerusalem artichoke

### Sweet Watery Fruits

Of Vines: grape, kiwi, melons: watermelon, cantaloupe, honeydew, sharlyn

Of Trees & Palms: cherry, apricot, peach, plum, pear, apple, fig, cherimoya, sapodilla, mamea, mango, date, papaya, persimmon, banana, sapote, nectarine, mulberry, orange, tangerine, mandarin, satsuma, grapefruit, pomegranate

Of Bushes: pineapple, guava, strawberry, blueberry, raspberry, blackberry, loganberry

### Sweet Concentrated Fruits

raisin, dried date, dried fig

### Salty Fruits, Plants & Roots

tomato, bok choy, kale, celery, zucchini, squash, cabbage, broccoli, cauliflower, sea vegetables (thoroughly rinsed), sprouted sunflower seed greens, kohlrabi, turnip

### Fatty Fruits, Nuts & Seeds

Fruits: avocado, durian, carob, olives (unsalted, or soaked and desalted)

Nuts (fresh raw, or germinated): walnut, almond, macadamia, pecan, pistachio, pine, young soft (non-starchy) coconut

Seeds (fresh raw, or germinated): sunflower, squash, pumpkin, flax

# Food Combining Guidelines

Food combining is the practice of eating foods in combinations from digestibly compatible categories. Food combining is a scientific as well as instinctual way of eating based on our digestive physiology and our senses. Humans are not omnivores; humans can eat omnivorously without regard to food combining. However, the inevitable result is gastrointestinal distress, toxemia and disease. That is, if we eat haphazardly of incompatible food combinations, food generally decomposes (ferments and/or putrefies) in the gut, causing gastrointestinal distress, toxemia and disease.

When we eat within our digestive capabilities following food combining, and live healthfully, the inevitable result is excellent digestion and health. It's always best to eat simple meals and reserve the fancier recipes for rare occasions. Fruit on an empty stomach is the easiest digestive task for the body and the perfect nutritious meal. Refer to the Food Combining Chart on the next page. Here are the food combining guidelines.

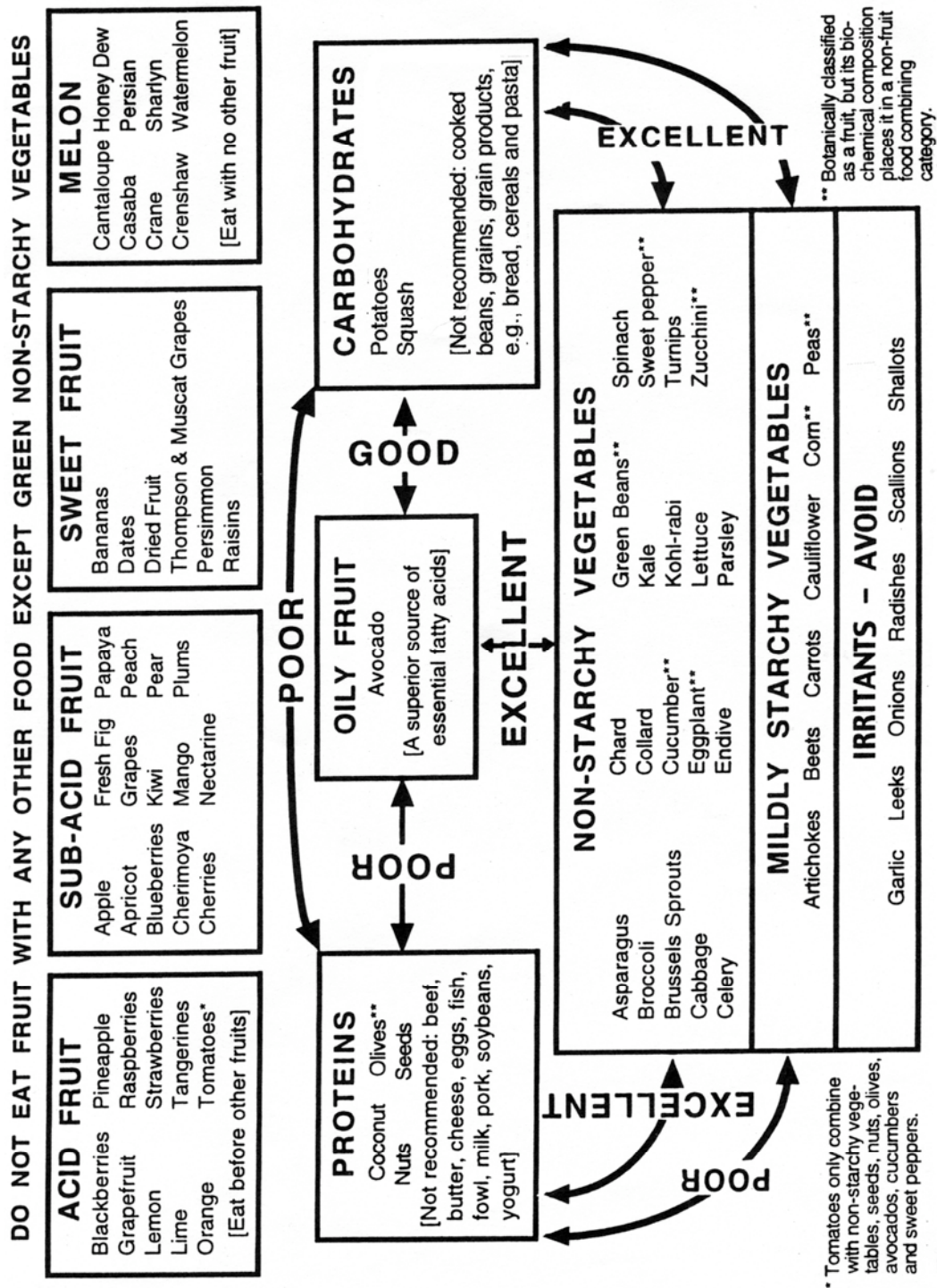
- Eat watery, non-sweet refreshing fruits and plants alone or with any other type of food except melon.
- Eat sweet, fibrous plant-fruits and roots alone or with watery, non-sweet, refreshing fruits and plants.
- Eat sweet fruits alone or with lettuce, celery or cucumber. Sweet foods do not combine with starchy or fatty foods.
- Eat melons alone.
- Eat salty fruits, plants & roots alone or with watery, non-sweet, refreshing fruits and plants.
- Eat starchy foods (white potatoes and grains, plus the mildly starchy foods: unfresh squash and carrots) alone or with watery, non-sweet refreshing fruits and plants. Starchy foods do not combine with sweet foods or fatty foods.
- Eat fats (nuts, seeds, coconut and avocado) alone (one kind per meal) or with watery, non-sweet, refreshing fruits & plants. Exception: fatty foods combine well with acid fruits (oranges, tangerines, pineapples, tomatoes). Fats do not combine with sweet foods or starchy foods. If you do eat fats with sweet fruits (other than acid fruits), chew very well, mixing your salivary juices with the food, and minimize the portions. If you are not healthy, avoid mixing fats with sweet, non-acidic fruits. The optimal goal is

to progress toward never eating fats with sweet, non-acidic fruits.

For more information on how to master the raw food diet, read our publications:

- *Your Natural Diet: Alive Raw Foods* by Dr. T. C. Fry & Dr. David Klein.
- *Living Nutrition Magazine* by David Klein, Ph.D., Editor, et. al.
- *Food Combining Made Easy* by Dr. Herbert M. Shelton
- *Food Combining Simplified* by Dennis Nelson
- *Health Reporter Issue on Food Combining* by Dr. T. C. Fry.
- *Food Combining Guidelines and Raw Food Pyramid Poster* by David Klein, Ph.D.
- *High Energy Methods* by Dr. T. C. Fry

# Food Combining Chart



# Raw Food Lifestyle Success Tips

## Education

Read books by Dr. T. C. Fry, Dr. Herbert Shelton, Dr. David Klein and other authors from the *Living Nutrition Health Mastery Catalog*. It's online at [www.livingnutrition.com/bookstore.html](http://www.livingnutrition.com/bookstore.html). *Your Natural Diet: Alive Raw Foods* by Dr. T. C. Fry & Dr. David Klein is an excellent "how-to" guide to raw food dietary mastery. If you are really ambitious, enroll in a Natural Hygiene Course. Learn the basics of our physiology, namely detoxification processes, healing requirements, raw food nutrition and digestion. Understand that it's a continuously unfolding process. Hire a diet coach if you need help. See Dr. David Klein's home page at [www.selfhealingempowerment.com](http://www.selfhealingempowerment.com) or ask us for a referral.

## Set Goals

Set goals and write them down. Go back to the list and revise it as needed each night before you go to sleep. Visualize, affirm, take action, give yourself validation and reinforcement, and you will attain your goals.

## Psychology

Observe your healthful and unhealthful thoughts and work toward a more healthful way of being. Eat mindfully and eat to live; don't live to eat. Don't judge yourself or others; accept what is and restart your life anew each day. If you fall backwards, there is no shame in that—we are all human and life mastery is a learning process which takes time and practice. Design your lifestyle to have a good, varied "diet" of activities that don't involve food intake. There are many lifestyle factors, aside from nutrition, which need to be optimized in order to create vibrant health. The key factors, as taught by the healthful lifestyle system called "Natural Hygiene," are:

1. Love of Self, 2. Healthy Self Image and Esteem, 3. Passionate Love of All Life, 4. Awareness, 5. Intention, 6. Inner Focus/Listening, 7. Abidance by the Senses and Intuition, 8. True Knowledge, 9. Graceful, Grateful, Respectful, Generous Attitude, 10. Organic, Vegan, Properly-combined Alive Raw Food Diet, 11. Pure Water, 12. Pure Air, 13. Sunshine, 14. Warm Climate, 15. Fitness and Posture, 16. Security and Peace of Mind, 17. Rejuvenative Rest and Sleep, 18. Heart-centered Self Nurturing, 19. Sharing of Love, 20. Relaxation, 21. Humor, 22. Creative Expression, 23. Emotional Flow and Release, 24.

Rhythmic Movement, 25. Musical Indulgence, 26. Simple Lifestyle, 27. Communing With Nature , 28. Gardening, 29. Service—Living Your Life's Purpose, 30. Engagement in Self-improvement Challenges

### Experience New Raw Foods

Try all the tropical fruits you can find and shop at farmer's markets. Take vacations in tropical lands and enjoy the new taste sensations.

### Always Choose Organic

Organically-grown foods are the best and worth any extra price. If organic is not available, soak, rinse and peel for food. Grow your own vegetables, sprouts and fruits, too.

### Always Use Purified Water

Distilled water is the best. It's the purest, helping the body assimilate nutrients, transport away wastes and conduct nerve energy most efficiently, and it is the most refreshing. See the back section of this book for information on the Durastill distiller and see [www.livingnutrition.com/water.html](http://www.livingnutrition.com/water.html).

### Avoid Unhealthful Foods & Excessive Acid-formers

Foods which are not part of our natural biological diet lead to disease. The majority of our foods should be in the alkalizing category; all fruits and vegetables are alkalizing. Excessive acid-forming foods in the diet also undermine our health. The acid-forming foods include: meat (including fish), dairy, wheat, rice, pasta, legumes (beans), nuts and seeds. Soy bean products are cooked, highly acid-forming and flavored with typically unhealthful additives to make them palatable. Raw soy milk is not palatable. Soy has a sugar molecule which is impossible to digest and most soy, unless it is organic, is genetically modified. Raw or germinated nut and seed milks are far better sources of nutrients for adults, children and infants after weaning. Avoid unripe fruits, such as green bell peppers and low-sugar oranges.

### Contemplation & Meditation

The best if not the only way to access the answers from within—what, when and how to eat, as well as any other aspects of living—is to sit in silence. Tune in to your body's signals and its needs will be revealed.



## Practice Body Awareness to Overcome Emotional Overeating

Emotional body awareness helps us delve into reasons for overeating, which are typically a quest to fill an “emptiness” within or a resistance to feeling certain emotions. The “Somatic Inquiry” (described in *Your Natural Diet: Alive Raw Foods*) can help you accept certain emotions and learn how to locate and tune in to the love that is always present, waiting to “nourish” your emotional body.

*“It is a requisite that men and women should be content with little and accustom ourselves to eat no more than is absolutely necessary to support life—remember that all excess causes disease and leads to death.”*

–Luigi Coronado, 1458

## Exercise

Exercise makes the whole dietary transition go better and better. Exercise improves willpower, digestion, and elimination. Exercise vigorously at least twice daily to create true hunger and enhance digestion, assimilation, utilization, detoxification, sound sleep and all-around fitness and composure.

## Mineralize

If you are not in peak vibrant health, a mineral deficiency could be a key part of the problem. Minerals act as cofactors for our enzymes, powering them for maximum efficiency. Food sources rich in minerals are fresh salads, vegetable juices (e.g., carrot, celery, kale) and rinsed sea vegetables (e.g., dulse).

## Peer Support

Associate with other raw fooders via raw food pot lucks (try hosting your own), outings, phone and e-mail. Avoid non-supportive relationships. Also check out our forums at [www.livingnutrition.com](http://www.livingnutrition.com).

## BYO

Bring your own healthful food and drinks with you when you go to work, travel, visit friends, etc., so that you are always able to eat the way you want to eat.

## Transition

Always strive to eat a bigger portion of raw with cooked food; avoid eating a meal of all cooked food. Substitute cooked fat with raw fat. Avocados, nuts and seeds (raw or soaked overnight) are healthy, satisfying sources of fat. Try making nut and seed milks

and cheeses. Substitute salt with rinsed algae, celery, and fresh dried tomatoes. Substitute cooked starch with raw corn, zucchini, summer squash and Jerusalem artichokes (sunchokes). Set goals. If your diet included 25% raw food, strive for 50%. If you are at 50% raw food, strive for 75% and make your only cooked meal your dinner. If you are at 90% raw food or higher, congratulations, you are doing great! Again, always eat a bigger portion of raw with cooked food and let it flow....

### Try 100% Raw One Day

You can do it! Juicing can help you get ready. Don't force it. Don't judge yourself. Follow your loftiest goals, let it flow and enjoy!

### Healing

Have no more than one heavy meal per day if your energy is sub-par. If you have nuts or seeds, avoid avocado and starchy foods that day. If you have avocado, avoid nuts and seeds that day. If you have cooked starchy food, avoid nuts and seeds that day. Avocado combines well with starchy foods for most people. Avoid nuts and seeds altogether if you are not feeling well. Hire a qualified health coach if needed. See Dr. David Klein's home page at [www.selfhealingempowerment.com](http://www.selfhealingempowerment.com).

### Food Combining for Optimum Digestion

Practice proper food combining on your path to internal cleanliness, peak energy and optimum health as described earlier.

### Relaxation & Patience

Relax, be patient and accept what is. Nothing can be or needs to be any different than it is right now—this moment is perfect and you have done and are doing the best you can. Praise yourself for being where you are, having the courage and wisdom to be on the raw food path, and don't get down on yourself for any reason. If you stumble, get up, don't give up. Rome was not built in a day; be patient, focus on the good things in your life, and in due time the Fruits of Life will be yours!

For in-depth information on how to eat the raw food diet, read *Your Natural Diet: Alive Raw Foods* by Dr. T. C. Fry and Dr. David Klein. Also, subscribe to our magazine, *Living Nutrition*. You can order all of the back issues and get hundreds of articles by premier raw food health educators from around the world, plus many new, exciting recipes from premier raw food chefs as well. *Living Nutrition* has been called, "the crown jewel of the raw food movement" and the "best" health magazine ever created.

These and more select raw food diet recipe and health books are available from the Living Nutrition online Bookstore at [www.livingnutrition.com/bookstore.html](http://www.livingnutrition.com/bookstore.html) and by call Living Nutrition Customer Service: 1-877-740-6082.

# Optimal Meal Plan

## Sample Menu

Eat only enough to satisfy \* Eat only when hungry \* Follow food combining

### BREAKFAST ~ 9:00 A.M.

Juicy Fruits: melon or citrus or berries

or

Juice : apple-pear-celery, or grape-celery, or plum-celery

### MIDMORNING ~ 10:30 A.M.

Sub-acid Fruits: apples, pears or mangoes, alone or with lettuce, celery or cucumber

or

Smoothie: apple-celery-banana, or grape-dates-celery-banana,  
or tart apple-celery-mango-strawberry

### LUNCH ~ 1:00 P.M.

Sweet Fruits & Greens: bananas or papayas or grapes or dates or cherimoyas with  
lettuce, bok choy, celery or cucumber

### SNACK ~ 4:00 P.M.

Oranges, tangerines, raisins or dates with greens, celery or cucumber

or

fresh vegetable juice, such as carrot-red bell pepper-cucumber-kale

## DINNER - 6:00 P.M.

**Non-starchy Garden Salad With Nuts or Seeds:** greens, shredded celery, rinsed dulse, cucumber, tomatoes and choice of soaked nuts or seeds, tahini dressing thinned with water or celery juice, or fresh-made dressing of either nuts or seeds blended with greens, tomato and red or yellow bell pepper

or

**Non-starchy Garden Salad With Avocado:** greens, shredded celery, rinsed dulse, cucumber, tomatoes, red or yellow bell pepper and either sliced avocado or avocado dressing made of a blend of avocado-celery-tomato

or

**Mildly-starchy Garden Salad With Avocado:** greens, shredded celery, rinsed dulse, red or yellow bell pepper, zucchini, summer squash, grated carrots or beets, and either sliced avocado or avocado dressing made of a blend of avocado-celery-bell pepper

or

**Mildly-starchy Garden Salad With Avocado Plus Steamed Vegetables, Potatoes and/or Squash, or Baked Potato or Squash:**

**Salad choices:** leafy greens, rinsed dulse, sunflower sprout greens, shredded celery, red or yellow bell pepper, zucchini, summer squash, grated carrots or beets, corn niblets, and either avocado slices or avocado dressing made of a blend of avocado-celery-bell pepper

**Steamed choices:** broccoli crowns, cauliflower, asparagus, beets, cabbage, turnips, rutabagas, snow peas, green beans, Jerusalem artichokes (sunshokes), sweet potatoes (sliced), squash (sliced or cubed)

**Baked choices:** spaghetti squash or white potatoes with or without avocado mashed in

# Mono Eating

## A Gourmet Meal for a Nature Boy & Girl by David Klein, Ph.D.

Get the most perfectly ripe fruit, such as cherimoya, mango, sapote, peach. Sit under a tree. Sniff in the aroma of the most pleasing fruit. Meditate on the fragrance. Notice any pleasant sensations in your body. Peel the fruit and sniff in the aroma some more, allowing the pleasure sensations to spread. Slowly and consciously bite into the fruit, chew slowly, with awareness of the taste and energy sensations in your body. Stay present, spit the seeds far and wide, and enjoy the experience until you are satiated!

## The Durian by David Klein, Ph.D.

Durian, the legendary tropical fruit of Oceania, is considered by many to be the ultimate eating experience. Covered with a thick brown spiky husk, it resembles a bizarre medieval football. However, the magnificence that lies within is out of this world!

Durians are mainly available from Asian food stores in cities. If your Asian grocer does not recognize the name “durian,” ask for it by its Asian name, “mornthong.” Durians typically come frozen from Malaysia, the Philippines, Thailand and Singapore. Frozen they sell for around \$1.50 per pound; fresh they typically sell for \$4.00 per pound. Averaging 6 pounds each, durians are an expensive meal, but you may find them to be well worth any price!

A good durian has a light, fruity aroma. A durian which has a repulsively noxious aroma may still be good to eat—the husk may be decomposing and releasing sulfurous gases, giving it the characteristic rotten egg aroma. But don’t give up—ecstasy lies within!

Durians typically have five inner chambers, each with a soft, creamy, yellowish piece of fruit, with one or two large seeds (to be discarded). Each chamber, or pod, has an invisible seam down the middle. When naturally ripened on the tree, the seams split open, yielding fruit for fortunate primate or human connoisseurs. Since virtually no durians arrive at the market split open, you can try feeling for the seam and peeling the pods open with your fingernails. If that fails, a sharp knife will do the trick. Durian can be eaten semi-frozen, providing a delight reminiscent of banana-nut ice cream. Eaten at room temperature after thawing, the durian fruit is amazingly silky and creamy, making

it an incomparable, naturally sensual delight. Mildly to moderately sweet, with about five percent fat content (weight-wise), durian is “oh so satisfying.” However, the secret to the durian’s allure goes way beyond the sweetness. All tropical fruits contain natural hormonal proteins—precursors to neurotransmitters—enhancing our brain functions and making most people feel good. The durian apparently is the richest food source of these proteins, taking most eaters to a wonderful state of euphoric happiness and lovability. Indeed, durian is well known as an aphrodisiac. But if this makes you uncomfortable, fear not, for the effect is comfortable and natural.

In contrast to the dense, ice cream-like texture imparted by freezing, fresh (unfrozen) durian is lighter, reminiscent of whipped cream. If you can shell out the \$30 to \$36 for a fresh durian, here’s hoping that it is a perfectly ripe one! Durians are available in different varieties, each having slightly different flavors and textures and, generally, a small percentage of the durians we choose will not be completely ripe—they can be hard, rubbery and unpalatable. The quality of the fruit inside is not easily discerned before opening, making durian-buying a bit of a gamble; however, a nice fruity aroma and a light brown husk are the best clues to go by. Avoid dark brown husks—these typically have been thawed out and refrozen one or more times, reducing their flavor and producing the characteristic rotten egg aroma. If you get one or more “bad” durians, don’t give up! The next one might give the ultimate eating experience of your life! A good durian is, in our opinion, the ultimate mono meal. Share one with a friend and enjoy this gem of Creation.

# Juices

## Grape-Celery Cooler by Living Nutrition

*Serves 1+*

*Juice your favorite sweet grapes. After juicing the grapes, juice 2 to 4 celery ribs per glass. Stir and serve. Garnish with mint leaves if desired.*

## Ginger Ale by Living Nutrition

*Serves 1*

*Juice white grapes, 2 stalks of celery and a 1/4-inch slice of fresh ginger root. Mix, chill and serve.*

## Liquid Sunshine by Living Nutrition

*Serves 1+*

*This is a wonderful breakfast energizer! Make fresh orange juice and wheatgrass juice (requires a special juicer). Add 1 ounce. of wheatgrass juice per glass of orange juice and stir.*

## Rouge Morning Glory by Living Nutrition

*Serves 1*

*6 sweet oranges*

*1 pomegranate*

*Slice the fruits in half, and juice them using a stainless steel citrus press or a glass citrus hand-squeezer. Mix and enjoy! Note: avoid plastic citrus juicers-the acidic juices will leach out toxins*



## Tropical Fruit Cocktail by Susan Smith Jones, Ph.D.

*Serves 2*

2 cups pineapple, peeled  
1 red ruby grapefruit, peeled  
2 firm kiwis, peeled  
4 strawberries

*Juice all ingredients together and serve.*

## Vegetable Drinks by Phyllis Avery

*Use only fresh, ripe vegetables, preferably organically grown. If regular supermarket quality produce is used, it should be washed carefully. Make only the amount of juice that will be used immediately. In storage, even under refrigeration, raw juices oxidize rapidly and lose their nutrients after 20 minutes.*

*Sweet juices such as carrot, beet, grape, apple or pear juice, should be diluted with water 50-50, or mixed with other, less sweet juices. Never mix fruit and vegetable juices together except salad greens which do combine well with sweet fruits. The combining of incompatible classes of foods impairs digestion and assimilation, resulting in gas with only partial assimilation of nutrients.*

*Drink vegetable or fruit juices between meals or one hour before meals but never with meals. Drink juices slowly, and salivate well.*

*Combine the following groups in juicer.*

- 2 or 3 tomatoes, 1 celery stalk, 1 beet, 1 sm. cucumber.
- 2 or 3 tomatoes, 1 celery stalk, 1 beet, 1 sm. cucumber, 1 cup cabbage.
- any green tops such as, parsley, spinach, kale, swiss chard, turnip tops, radish tops, mixed with carrot, tomato, string beans.
- avocado, lettuce, carrots, string beans, bell peppers.
- 2 or 3 tomatoes, 1 celery stalk, 2" bottom length of daikon.
- 3 to 4 carrots, 1 sm. jicama, 1 sm. tomatillo, 1/4 cup parsley.
- 1 lg. cucumber, 1 lg. beet, 1 cup sprouts, handful string beans.
- 2 or 3 tomatoes, 1/2 cup corn, 1 or 2 parsnips, fresh basil.
- tomato, celery, green pepper, cucumber, 1 tbsp. lemon juice, 1 tsp. celery seed.
- tomatoes, tomatillos (Mexican tomatos), yellow bell pepper, lemon juice, dulse.
- 1/4 cup of sprouted sunflower seeds can be added to each group for a creamy drink.

# Shakes & Smoothies

## Hawaiian Dream Shake by Living Nutrition

*Serves 2*

flesh from 1 pineapple

flesh from approx. 1/2 of a mature coconut

water from 1 coconut

optional: ice

*Juice the pineapple. Run the coconut flesh through a Champion juicer with the bank plate installed. Blend all ingredients in a blender, adding ice if desired.*

## Hi-Energy Shake by Living Nutrition

*Serves 2*

*For active people desiring to be fueled up and sustained for hours, this does the trick! Add purified water to your blender, stopping at the 1/2 to 3/4 level. Optional: For a less sweet taste and more electrolytes, reduce the quantity of water and add the juice from 5 to 10 ribs of celery or the water from 1/2 to 1 coconut. Add 3 to 6 well-spotted bananas and 4 to 8 pitted dates. Optional: add a handful of ripe strawberries. Blend and enjoy.*

## Mango Paradise Shake by Katherine Dichter

*Serves 2*

1 cup fresh squeezed orange juice

2 cups mango, sliced and cubed

1 tbsp. dried coconut

1 med. banana, frozen, sliced into 1/2-inch pieces

*Blend 15 to 30 seconds and serve.*

### Coconut Smoothie by Katherine Dichter

*Serves 1*

1/4 cup dried coconut

1 apple, cut into pieces

1 orange, cut into sections

1 banana, sliced into pieces

*Place the coconut in a blender with 1/4 cup of water and blend at med. speed for 15 to 30 seconds. Add 1/2 cup of more water and blend at high speed for 30 seconds, adding the orange, apple and banana while the blender is running.*

### Pineapple-Date Shake by Katherine Dichter

*Serves 1*

1 whole pineapple, skinned and cut up into chunks

1-1/2 cups purified water

3 med. bananas, frozen and cut up into 1-inch pieces

6 pitted dates

*Place all ingredients in a blender with just a little water and blend on low speed. Add the remaining water and blend on high speed for 1-1/2 minutes. Serve at room temperature or in chilled glasses.*

### Strawberry Shake by Katherine Dichter

*Serves 1*

2 to 3 tbsp. almonds, soaked overnight or 8 hours

1-1/2 cups purified water

2 med. bananas, frozen

6 lg. strawberries, frozen

optional: 1 tbsp. honey

*Place the almonds in a blender with just a little water and blend on low speed. Add the remaining water and blend on high speed for 1-1/2 minutes. Strain the almond milk if you like. Add the remaining ingredients, blend and serve.*

## Banana Nut Milk Shake by Katherine Dichter

*Serves 1*

1 ripe banana, peeled and cut into several sections.

1/8 cup raw almonds

1 tsp. raw honey

1/4 tsp. vanilla

*Place the banana in a plastic freezer bag and freeze overnight. (This step is optional —the shake is more of a treat this way.) Soak the almonds overnight. Place the soaked almonds in a blender with 1/4 cup of water. Blend on med. speed setting for about 10 seconds. Add 1/4 cup of more water and blend on high speed for 1.5 to 2 minutes. Strain the contents of the blender, and return the liquid almond milk to the blender. Add the honey and vanilla to the almond milk and blend on med. speed. Add the banana pieces while blending, and blend until smooth. It's best served fresh but can be refrigerated for 1 to 2 days.*

## Banana Eggnog by Katherine Dichter

*Serves 1*

1/4 cup almonds, soaked 8-12 hours

2 cups purified water

2 very ripe bananas

1/4 tsp. nutmeg

1/2 tsp. vanilla

2 lg. dates, or 1 tsp. honey

*Place the soaked almonds in a blender with 1/2 cup water and blend for a brief period on low speed, then add the remaining water and blend on high speed for 1-1/2 to 2 mins. Strain the mixture. Return the strained almond milk to the blender, then add the remaining ingredients and blend until smooth*

### Orange Jublious by John Kohler

*Serves 2*

1 young coconut water and meat  
8 to 16 oz. orange juice (or whole peeled oranges)  
1 vanilla bean  
8 oz. of frozen mango

*Blend and serve.*

### Vanilla-Coconut Smoothie by John Kohler

*Serves 2*

2 young coconuts (water and flesh)  
3 bananas  
1 vanilla bean

*Blend and serve.*

### Apple-Apricot-Grape Drink by Phyllis Avery

*Serves 2*

4 apples, quartered (remove seeds)  
4 apricots quartered (remove seeds)  
2 plums pitted & quartered

*Combine all ingredients in a blender. Blend until smooth.*

### Apple-Nectarine-Plum Drink by Phyllis Avery

*Serves 2*

2 apples, quartered (remove seeds)  
2 nectarines, pitted & quartered  
2 plums, pitted & quartered

*Combine all ingredients in a blender. Blend until smooth.*

### Apple-Pineapple-Blackberry Drink by Phyllis Avery

*Serves 2*

2 apples, quartered (remove seeds)

1-1/2 cups pineapple juice

1 cup fresh blackberries

*Combine all ingredients in a blender. Blend until smooth.*

### Banana Shake by Phyllis Avery

*Serves 2*

1 sm. papaya, peeled, pitted, chopped

2 ripe bananas, quartered (can freeze bananas for variety)

*Place papaya in blender and purée. Add the banana and blend for three seconds. Add the dates. Blend. Pour into a dish. Serve immediately.*

### Blueberry-Apple Drink by Phyllis Avery

*Serves 2*

2 cups organic apple juice

1 cup blueberries

1 cup white, seedless grapes

*Blend all ingredients and serve.*

### Cherry-Apple Drink by Phyllis Avery

*Serves 2*

1 cup fresh cherries, pitted

2 apples, chopped

*Place cherries and apples in a blender and liquefy and serve.*

### Ginger-Gold Juice by Phyllis Avery

*Serves 2*

7 lg. golden delicious apples, peeled, cored and cubed  
1/3 cup peeled, chopped ginger root  
2 sm. limes (or enough to yield 1/8 cup of juice)

*Using a juice extractor, extract juice from apples and ginger root. Do not use more than 1/8 cup of ginger root. Set aside. Squeeze juice from limes. Blend juices together in a blender.*

### Grape-Apricot Drink by Phyllis Avery

*Serves 2*

2 cups organic grape juice  
1 cup chopped ripe apricots  
1 stalk chopped celery

*Blend and serve.*

### Grapefruit Pear Drink by Phyllis Avery

*Serves 2*

juice from 2 pink grapefruits  
2 chopped pears (remove seeds)

*Blend and serve.*

### Orange-Loganberry Drink by Phyllis Avery

*Serves 2*

2 cups orange juice  
1 cup loganberries  
1 chopped celery stalk

*Blend and serve.*

### Peach-Pear-Plum Drink by Phyllis Avery

2 lg. peaches, quartered  
2 lg. plums, quartered  
2 pears, quartered  
1/2 cup blackberries, mashed with fork

*Combine peaches, plums and pears in blender and liquefy. Pour into chilled juice glasses. Spoon blackberries over the top.*

### Pineapple Drink by Phyllis Avery

*Serves 2*

3 cups pineapple chunks  
1 celery rib, chopped  
1 pear, quartered  
1 cup white seedless grapes

*Combine all ingredients in a blender and liquefy. Chill and serve immediately.*



# Milks

## Nut Milk by Living Nutrition

*You can experiment in your kitchen making nut and seed milks from raw and germinated sunflower, pumpkin and sesame seeds as well as almonds, pecans, macadamias, pistachios, etc. The milks are nutrient-rich, bountiful in easy to digest proteins and fatty acids, and mild-tasting yet delicious, without the mucus formation that results from ingesting cooked/pasteurized milk products.*

*Make sure the nuts and seeds you obtain are not rancid (soft, yellowed and cheesy-tasting) nor heated (ask the supplier about the drying temperature—118°F is the maximum for enzyme and nutrient preservation). Presoaking for at least two hours (12 hours maximum to prevent oxygen starvation) improves digestibility and releases bitter toxins from the the skins of almonds and pecans.*

*Rinse, then blend with water and/or any of the following items at high speed till milky-fine: orange or pineapple juice, tomato, red or yellow bell pepper, greens. Use a nut milk bag to strain. Alternatively, use a fine-mesh strainer, pushing the liquid through with a lg. wooden spoon. Pour more water on top to release more milk, then push again. These milks actually make a complete meal. Avoid combining with sweet additives. Sip slowly and enjoy!*

*Wait 30 or more minutes if having a salad. Avoid starchy and sugary foods for several hours after ingesting nut milks to assure optimum digestion. Whole sweet citrus fruits, however, generally can be eaten 30 or more minutes after these milks with good results—their acids help break down fat and protein in the milks (these will mix in the upper sections of the gut).*

### Sunflower Seed Milk by Living Nutrition

*Serves 2*

1 cup hulled sunflower seeds, soaked for 12 hours then sprouted 24 to 36 hours, rinsed several times.

2-inch piece of banana, or 1 tbsp. raw honey, or 2 dates

1 handful of fresh basil

water

*Add all ingredients in a blender, starting with 1 cup of water, adding more water after 1 min. to desired consistency. Serve room temperature or chilled.*

### Almond Milk by Phyllis Avery

*Serves 2*

3/4 cup of raw almonds, soaked overnight and rinsed

2 cups of cold purified water

1 date, skinned

optional: raw carob powder

*Finely grind the almonds in a blender. Add 1 cup of water and the date to the blender, blending for 1 min. Slowly add the remaining water, blending for 1 more min. Optional: add carob powder to taste. Strain the mixture and serve immediately.*

# Hors D'Oeuvres

## Medjhoor Hors D'Oeuvres by Living Nutrition

soft medjhoor dates  
slicing cucumbers

*Pit the dates and slice them in half. Slice the cucumbers into thin discs using a crinkle cutter or a knife. Optional: peel the skins first. Place the date halves on the cuke slices. Serve on a party platter, with or without toothpicks.*

## Baby Bok Fajitas by Living Nutrition

Using small, whole baby bok choy stalks, rinse, dry and cut the bottoms flat to remove any discoloration. Using a short paring knife, carefully remove the inner leaves so that the outer leaves and base will form a hollow cup which will stand up on a serving platter. Set aside the inner leaves and use them for dippers or add to a salad. Fill the cups with your choice of: soaked, ground nuts or seeds, nut butter, seed butter, avocado, salsa, processed vegetables with sauces, seasoning, etc.

## Sesame Hors D'Oeuvres by Living Nutrition

raw sesame tahini  
slicing cucumbers  
red bell pepper  
parsley  
whole sesame seeds

*Slice the cucumbers into discs using a crinkle cutter or a knife. Optional: peel the skins first. If the skins are waxed, peeling is mandatory. Optional: slice the cucumbers into 1-1/2-inch chunks, then hollow out a "bowl" in the center. Spoon a portion of the tahini on the cuke slices or, optionally, into the "bowls." Garnish with your choice of parsley, finely chopped bell pepper or a sprinkle of sesame seeds. Optional: place a cuke slice on top of the tahini, making a mini sandwich. Serve on a party platter.*

### Kiwi Hors D'Ouvres by Living Nutrition

*Peel and slice ripe kiwis into discs. Top with a dollop of macadamia nut butter. Serve plain or with toothpicks. Or, place a kiwi slice on top of the nut butter to make mini sandwiches.*

### Creamy Tahini Chips by Living Nutrition

*Slice cucumbers into discs, or "chips," using a crinkle cutter or a knife. Using a spoon or butter knife, spread raw sesame tahini on each chip. Eat "open-faced," or top the tahini with a second cucumber chip, making a mini sandwich.*

### Stuffed Dates by Phyllis Avery

1/4 lb. empress dates, pitted  
almond or pecan butter  
1/2 cup almond or pecan meal  
whole almonds and pecans

*Slit the dates open. Remove the pits and stuff with nut butter. Press one nut in each date. Sprinkle with nut meal. Store in a refrigerator.*

### Apple Twist Kebab by Phyllis Avery

*Pour 2 cups of organic apple juice with 1 tbsp. lime or lemon juice in a small bowl. Place all fruits in a bowl as you cut them. Peel a red apple in one continuous peel. Place peel in apple juice. Cut apple, pear, plum, and fresh fig into chunks. Push only one end of apple peel on skewer. Let hang. As you slide each fruit chunk on the skewer, twist apple peel around each one. Pour apple juice over top. Sprinkle with allspice*

### Acid Fruit Kebab by Phyllis Avery

chunks of pineapple, orange slices, strawberries  
kiwi slices  
chunks of center section of fennel

*Place fruit on a skewer with fennel in between each fruit. Liquefy 6 to 8 strawberries in nut chopper, and pour over top. Season lightly with allspice.*

### Low-Acid Fruit Kebab *by Phyllis Avery*

apricot chunks, mango chunks, blackberries.

*Liquefy 8 to 10 blackberries in a nut chopper and pour over the top of the fruit chunks. Season lightly with cinnamon.*

### Sweet Fruit Kebab *by Phyllis Avery*

sliced banana, dates, persimmon

*Liquefy 1/2 cup of pre-soaked raisins with the liquid in blender or nut chopper. Pour over top. Sprinkle with shredded coconut.*

### Tart Treat Kebab *by Phyllis Avery*

chunks of pineapple, kiwi and strawberry, with blackberries between each fruit.

*Liquefy plums or grapes, and pour over top.*

### Summer Sweet Fruit Kebab *by Phyllis Avery*

sliced banana

box of strawberries (set aside 10)

sliced kiwis

blackberries.

*Push fruit on skewer. Liquefy 1/3 of strawberries and pour over fruit. Sprinkle with shredded coconut.*

## Salad Kebabs by Phyllis Avery

*Combine any of the following group on a skewer. Place over a bed of sliced lettuce with dressing of your choice:*

- avocado chunks, tomato chunks, cucumber slices, spinach
- cauliflower florets, cherry tomatoes, green pepper, stuffed green olives
- broccoli, zucchini chunks, red bell pepper, black olives
- zucchini slices, snow pea pods cut in 1" lengths, red & yellow bell pepper
- avocado chunks, sliced cucumber, sliced okra, stuffed green olives, all intertwined with long and narrow strips of red cabbage

## Green Crepes by Phyllis Avery

*Use soft lettuce leaves such as Boston or red leaf to roll up any of the combinations below. Spear with cocktail sticks.*

- avocado with lemon juice, fresh corn, diced red bell pepper, alfalfa sprouts, chopped olives, kelp powder or dulse flakes
- diced cucumber, fresh young peas, finely diced tomatoes, yellow bell pepper, sunflower sprouts, fresh, minced basil.
- 1 cup bean sprouts, 1/8 cup raw, chopped pepitas, 1/4 cup diced cucumber, 1/8 cup chopped parsley, 1 tbsp. minced daikon radish
- 1 zucchini and 1 carrot, finely shredded, 2 tbsp. chopped olives, alfalfa sprouts, fresh, minced sweet basil
- 1 cup coarsely grated jicama, 1/4 cup diced celery or fennel, 1/2 cup chopped red bell pepper, alfalfa sprouts, 1/4 cup chopped watercress, 2 tbsp. chopped olives
- 1 cup finely grated parsnips, 1/2 cup grated carrots, 1/4 cup presoaked, chopped raisins, 1/4 cup chopped fennel, 3 tbsp. chopped sunflower seeds
- combine 1 cup almond butter, 1/2 cup minced celery, 1/2 cup finely grated carrots, top with alfalfa sprouts
- avocado, lemon juice, 1 diced red bell pepper, 1/4 cup diced celery, 1/2 cup fresh peas, spooned onto lettuce, topped with alfalfa sprouts
- 1/2 cup shredded carrots, 1 cup sprouted lentils, 1 cup chopped spinach, 1/4 cup diced cucumber
- chopped tomato, chopped parsley, alfalfa sprouts, diced leek, chopped olives and corn
- 3 or 4 asparagus spears, grated carrots, corn, diced cucumber and olives

### Cucumber Boats by Phyllis Avery

*Slice cucumber in half lengthwise. Scoop out seeds. Soften avocado with a fork. Remove corn from cob. Scrape "cream" from cob. Mix cucumber seeds, avocado and corn. Place the cucumber in the center of a bed of salad greens. Pile mixture into cucumber. Place black olives down center of boat.*

### Sprouted Garbanzo Croquettes by Phyllis Avery

*Serves 2*

1 cup sprouted garbanzo beans  
1/4 cup finely chopped parsley  
1/2 cup carrot juice with pulp  
1/3 cup minced daikon  
1 tbsp. vegetable seasoning  
1/2 cup raw sesame seeds or chopped sunflower seeds

*Grind sprouted garbanzo beans in food processor. Combine all ingredients except seeds. Form into balls. Roll in seeds and serve on a bed of lettuce.*

### Stuffed Fennel by Phyllis Avery

*Remove the centers of the fennel and slice them lengthwise. Place a heaping tbsp. of almond butter in a nut chopper, adding enough distilled water to soften. Remove mixture from chopper and add diced cucumber and grated carrot. Sprinkle with chopped alfalfa sprouts.*

### Stuffed Pepper Strips by Phyllis Avery

*Cut into quarters 1 of each: red and yellow bell peppers. Place 1 cup of sprouted sunflower seeds in nut chopper, chopping slightly. In a separate bowl, add 1/2 cup finely grated carrots, 1 small avocado, diced, 1/2 cup chopped alfalfa sprouts, and 1/2 cup finely diced cucumber. Mix well. Spoon onto peppers. Mix the colors when placing on serving dish.*

## Pizza Poppers by Cecilia Benjumea

1-1/2 cups sun-dried tomatoes  
1 cup macadamia nuts  
2 sprigs basil (approx. 10 lg. leaves)  
2 zucchini  
1 pint lg. cherry tomatoes  
optional: mini sweet peppers

### *Pizza Paté*

*Soak sun dried tomatoes in enough water to cover for about 1 hour or until soft. Drain, saving the soak water. In a food processor with the S blade, process the macadamia nuts and add the soaked sun-dried tomatoes. If the mixture is too thick for your food processor, add a little of the sun dried tomato soak water for a smoother texture. Add the basil last and process the mixture until it forms a thick paste. (This paté is delicious on almost any vegetable and could even be used as a raw ravioli filling.)*

### *Poppers*

*Using a mandolin, slice the zucchini lengthwise into long thin strands. Slather the pizza paté on top of the zucchini slice and roll it up. Scoop out the middle of the cherry tomatoes and fill them with paté. If you can find organic mini sweet peppers, stuff them as well. Arrange zucchini rolls and stuffed tomatoes on a platter and garnish with basil leaves.*

## Sauri Rolls by Rich Capua

*Get some dinosaur kale (also called “black kale” and “Lacinto kale”). Soak sun-dried tomatoes for 2 to 12 hours in water. Place a chunk of avocado and 2-3 soaked sun-dried tomatoes on a kale leaf and roll it up. This makes a great-tasting hors d’oeuvre, main course, snack or trail food—a good way to get in those important dark leafy greens!*



# Sweet Treats & Meals

## Mango-Raspberry Parfait by Cecilia Benjumea

*Serves 1*

3 cups raspberries

2 fresh mangos, diced

10 slices dried mango

mint leaves for garnish

*Cover 5 dried mango slices in water and soak for 1/2 hour or until slightly soft. Drain and save the soak water. Blend 2 cups of raspberries with the soaked mango until smooth. Use a little of the mango soak water if the mixture is too thick for blender. Transfer the raspberry-mango mixture into a bowl and set aside. Blend the fresh mangos until smooth and set aside. Spoon a layer of mango purée into the bottom of a tall glass, and cover with a layer of fresh raspberries followed by a layer of the raspberry-mango purée. Continue alternating layers until the glass is full. Garnish with leftover raspberries, dried mango slices, and a few mint leaves.*

## Cherry-Vanilla Parfait by Christina Chadney

*Serves 2 as a treat or 1 as a meal*

*Vanilla Ice Cream*

2 bananas, fresh

4 bananas, frozen

2 -inch piece of vanilla bean—seeds scraped out with a knife

*Place the fresh bananas, chopped frozen banana pieces and vanilla bean into a Vitamix or blender. (You may also use a Champion juicer with the blank plate attachment.) Process until thick, creamy and smooth. Place in a bowl and freeze.*

*Cherry Ice Cream*

1 banana, frozen

12 oz. cherries, frozen and chopped

*Place the frozen cherries and chopped chunks of frozen banana in a Vitamix or blender. Blend until smooth, place the mixture in a bowl and freeze.*

*To make the parfait, alternately layer the vanilla and cherry ice creams in parfait glasses. Garnish with fresh cherries. Variation: Add 1/2 cup raw of carob powder to the vanilla ice cream and layer with cherry ice cream for a delicious treat.*

## Carob-Fig Drops with a Cherry Heart by Christina Chadney

1/4 cup pitted zahidi or honey dates (approx. 15-20 dates)

1/2 cup pitted dried cherries, soaked

1 cup dried figs, stems removed

2 1/8 cup measures of raw carob powder in separate bowls

*Blend the dates and cherries in a Vitamix, adding a sm. quantity of soaking water if necessary to make a thick, smooth paste. Set the mixture aside in bowl. Blend the figs with 1/8 cup carob powder. Place a tbsp. of fig-carob mixture on a flat clean surface, then spread it flat using your wetted fingers. Place a tsp. of blended cherry date mixture in the center, rolling the edges of the carob-fig mixture up and around the date-cherry paste. Roll into balls between your palms. Lastly, roll the balls in the carob powder until coated. Optional: The Carob Fig drops are a bit easier to make, albeit not as tasty, without the cherry hearts.*

## Fruit Rolls with Mango Lime Sauce by Christina Chadney

*Serves 2 for side dish, or 1 for a meal.*

### *Sauce*

1 mango

1/2 lime

### *Filling*

1 mango, julienned

1 med. cucumber, seeded and julienned

1/2 med. or 1 sm. avocado, julienned

a few sprigs of fresh mint, finely minced

a few sprigs of fresh whole leaf cilantro

### *Wrap*

1-2 heads baby bok choy leaves, rinsed and stems removed

*Place a bok choy leaf face down on a cutting board. Layer strips of fruit—avocado, mango, cucumber—in center of leaf. Sprinkle with cilantro and mint, then roll tightly, using a toothpick to fasten. Arrange on a plate with a small bowl of dipping sauce. Variations: Papaya is a nice addition to the filling. Romaine lettuce leaves make a nice wrap if bok choy is not available.*

## Apple Sorbet by Nomi Shannon

*Serves 2*

2 cups applesauce from sweet apples

2 cups apple juice

2-4 soaked dates

2 tsp. lemon juice

*Run 3-4 apples through a heavy duty blender or juicer to make the applesauce. Juice enough apples to make 2 cups juice. In a blender, combine all ingredients and blend until smooth. Place the mixture in a shallow container with a lid and freeze. Serve by scraping with a spoon into curls with a soup spoon or ice cream scoop.*

## Mango Carobango by Living Nutrition

*Serves 1*

2 or more sliced mangos

raw carob powder, or substitute soaked, rinsed and ground pecans to taste

*Place the mango in a serving bowl. Sprinkle the carob powder or ground pecans over the mango and enjoy.*

## Goosey Mint Cookies by Living Nutrition

*Serves 4+*

2 cups of dried black mission figs (soak in water if they are not pliable)

1 cup of soaked almonds

several fresh mint leaves, shredded

*Process or run all ingredients through a Champion juicer. Mix all together. Form the mixture into cookies or balls.*

## Tortoni by Living Nutrition

*Serves 2 to 4*

4 bananas, frozen

1/4 cup almond meal

1/2 cup blackberries

1/4 cup cherries, pitted

*In a Champion juicer or food processor, process the frozen bananas. In a mixing bowl, add a dash of almond meal and blend together. Spoon the mixture into small, thin glasses or cups, filling to within 1 inch of the top. Add a sprinkle of almond meal to the top. Top with blueberries, blueberry purée and/or cherry halves. Optional: alternate layers of banana ice cream and blackberry purée.*

## Peaches & Cream by Living Nutrition

*Serves 4*

*1/4 cup macadamia nuts*

*2 med. oranges*

*2 lg. peaches*

*1 handful of blueberries*

*Juice the oranges then pour into a blender with the nuts. Blend to a thick creamy consistency, adding more orange juice or water as needed. Slice the peaches in half, removing the pits. Place the peaches in serving dishes. Pour the cream over the peaches and top with the berries.*

## Pineapple Gum Drops by Living Nutrition

*dried pineapple chunks, presoaked*

*fresh mint leaf, finely shredded*

*Drain the pineapple. Process the pineapple and mint. Place the mixture in a bowl. Form into drops. Dehydrate to a gummy consistency.*

## Durian Sticks by Rozalind Graham

*Cut celery sticks into 2-inch pieces. Stuff the celery "troughs" with durian. Serve as finger food*

## Double-Sweet Durian Rolls by Rozalind Graham

*Blend durian flesh with medjool dates (one date per piece of durian). Drain off any excess juice (and drink it). Place a dollop of the mixture on a romaine lettuce leaf. Roll up the leaf with the mixture inside and enjoy!*

## Raspberry-Durian Custard Pie by Rozalind Graham

*Combine fresh raspberries and dates in a food processor using the S-blade until the mixture has doughy consistency. Line a pie dish with the "dough" crust, pressing firmly with your hand. Blend durian flesh until smooth. Stir whole fresh raspberries into the smooth durian flesh. Pour the raspberry durian custard into the pie crust. Decorate with whole raspberries*

### Fruit Flan by Rozalind Graham

1/2 to 1 cup almonds, ground

2 oranges, juiced

choice of grapes, blackberries, nectarines, peaches, mandarins

1/2 cup strawberries

*Make a “pastry” by S-blading ground almonds with fresh orange juice (adding the orange juice slowly until the dough has formed into a ball in the food processor). Press the “pastry” onto the inside of a flan dish. Fill the dish with your choice of the fruits listed above. Blend some strawberries and pour over the top. Decorate with slices of fruit.*

### Darey Custard by Rozalind Graham

*Thoroughly blend mango flesh, ground almonds and a 2-inch piece of chopped vanilla bean. Scoop over a bowl of sliced mango chunks and enjoy!*

### Fig Bars by Katherine Dichter

*Serves 6+*

2 cups dried figs, unsoaked

1 cup dried coconut

1 tbsp. honey

1 tsp. vanilla

1/2 cup almonds, soaked overnight or 8 hours

*Process the figs in a food processor. In the processor, mix in the coconut, honey and vanilla. Spoon the mixture onto a shallow 8-by-8-inch pan, then score into squares. Place one almond on each square. Refrigerate 1/2 hour before serving. Will keep 1 day in the refrigerator.*

## Apple Crisp by Katherine Dichter

### *Crust*

1 cup dried figs

1 cup raw almonds

*Grind the almonds in a food processor. Then add the figs and process together. Spoon the mixture into a dish measuring approx. 8" by 11", and press/form into a crust layer.*

### *Filling*

10 sm. crisp apples, grated in a food processor

2 tsp. cinnamon

3 tsp. almonds or walnuts, chopped

1 lemon, juiced

1 tsp. raw honey, or more to taste

3 tbsp. raisins

1/4 cup raw coconut flakes

*Mix all ingredients together in a bowl. Spoon the filling into the crust and press smooth.*

## Carrot-Raisin Cookies by Katherine Dichter

8 lg. carrots

1 cup raisins

1/2 cup flax seeds

optional: cinnamon powder

*Soak the flax seeds in water for 6 to 12 hours, adding just enough water to keep the seeds on the surface moistened. Soak the raisins in water for 30 to 60 minutes. Run the carrots and soaked raisins through a Champion juicer with the screen installed. Collect the carrot pulp-raisin mixture in a bowl. Set aside the carrot juice for drinking. Mix the flax seeds and carrot-raisin mixture in a bowl. Form the mixture into flat cookies or sm. round balls. Dehydrate the cookies (or balls) at 108° F for approx. 12 hours.*

## Banana-Blueberry Pie by Phyllis Avery

*Serves 4*

### *Fruit Filling*

1 basket of blueberries

2 med. bananas

### *Pie Crust*

2/3 cup sunflower seeds, soaked for 2 hours

2/3 cup almonds, soaked for 2 hours. Remove skins by blanching

2/3 cup raisins, soaked overnight

1/2 cup shredded coconut

1/4 cup almond oil

*Drain seeds. Drain raisins (save liquid for other dishes). Grind all ingredients in a food processor. Place in a twelve-inch pie dish and pat with a spoon. Chill and fill with sliced bananas and blueberries. You can mix bananas and blueberries together before placing on the pie crust, or place bananas around edge with blueberries in center.*

## Banana Delight by Phyllis Avery

*Serves 2*

6 dried figs, soaked overnight

1/8 cup raisins, soaked overnight

1/2 cup sweet grapes

2 bananas, sliced in half lengthwise

1 sapote, sliced

6 red cherries

*Place figs, raisins, and grapes in a blender using just enough of the soaking water to purée. Pour over banana and sapote. Top with cherries.*



## Blueberry, Loquat & Banana Dish by Phyllis Avery

Serves 2

1 cup blueberries

1/2 cup grapes and loquats

2 sm., ripe bananas, sliced thin

1/2 cup presoaked figs or dates, pitted and chopped

*Blend half the blueberries in an electric blender. Add grapes. Blend for a few seconds. Switch blender to low speed and gradually add figs or dates. Place loquats, banana and remaining blueberries in dessert dish. Pour fruit syrup over top.*

## Blueberry Pie by Phyllis Avery

Serves 4

*Fruit Filling*

1 basket blueberries

1/2 cup chopped, pre-soaked dried apples

1/2 tsp. ground cinnamon

*Crust*

2/3 cup sunflower seeds

2/3 cup almonds

2/3 cup raisins

2/3 cup shredded coconut

1/4 cup almond oil

*Soak fruit filling ingredients overnight in distilled water. Keep separate. Also at this time, soak the apples and cinnamon using distilled water. The next day, drain and rinse seeds and raisins. Remove skin from almonds by blanching. Grind first four ingredients in a food processor. Pat into individual dessert dishes with a wooden spoon coated with oil. Chill for one-half hour. Fill with mixed blueberries and apples. Sprinkle with cinnamon.*

### Breakfast Parfait *by Phyllis Avery*

*Serves 2*

2 cherimoyas

2 kiwis

1 cup seedless grapes

optional: shredded coconut

*Cut cherimoya in quarters. Remove from skin in bite-size pieces with a spoon. Remove seeds. Peel, quarter and slice kiwi. Mix fruits together. Chill slightly if desired. Sprinkle with coconut.*

### Citrus Fruit Delight *by Phyllis Avery*

*Serves 2*

1 pink grapefruit, cut in half, sections removed

1 lg. orange, peeled, cut in half, sections removed

1 kiwi, peeled, quartered lengthwise, sliced

1/2 cup diced tender celery pieces from the heart of the stalk

*Combine fruit. Sprinkle with celery. You can top with blackberries. Chill or serve immediately.*

### Cold Fruit Compote *by Phyllis Avery*

*Serves 2*

1/2 cup dried apricots

3/4 cup dried apples

1/2 cup dried figs

2 slices dried pineapple

1-1/2 cups fresh apple or grape juice

*Soak fruit overnight in juice. Keep refrigerated. Cut into bite-size pieces. Serve in chilled, stemmed glasses.*

### Exotic Fruit Medley by Phyllis Avery

*Serves 2*

2 sapotes, peeled, pitted, chopped  
1 sm. cherimoya, peeled, pitted, chopped  
1 persimmon, chopped  
1/2 cup fresh blueberries  
4 pre-soaked dried figs, chopped  
1/2 cup distilled water

*Presoak figs overnight with distilled water. Combine first three ingredients. Sprinkle with blueberries and figs. Chill or serve immediately.*

### Pear & Cherry with Plum Syrup by Phyllis Avery

*Serves 2*

2 pears  
1 cup fresh cherries, pitted  
2 plums  
1/3 cup pre-soaked raisins

*Cut pears into bite-size pieces. Mix with cherries in a dessert dish. Place plums and raisins in a blender with just enough of the soaking water to blend. Pour over the fruit.*

### Feijoa Fruit Bowl by Phyllis Avery

*Serves 2*

3 feijoa (also called pineapple guava), peeled and cubed  
1/2 cup ripe gooseberries (also called cape gooseberries and poha)  
1 pear, cubed  
1 kiwi, peeled, cubed  
3/4 cup fresh apple juice

*Combine fruit and pour juice on top.*

### Fresh & Dried Fruit Dish by Phyllis Avery

*Serves 2*

6 dried figs, presoaked overnight with just enough distilled water to cover  
2 peaches, chopped  
2 apricots, chopped  
1/3 cup raisins, presoaked  
1/2 cup grapes  
6 cherries

*Chop figs. Combine first three ingredients in a serving bowl. Place raisins and grapes in a blender (a nut chopper is effective for sm. amounts). Use just enough soaking water to purée. Pour over fruit. Garnish with cherries.*

### Fruit Dish with Apricot Topping by Phyllis Avery

*Serves 2*

2 ripe peaches, skins removed, chopped  
2 ripe plums, skins removed, chopped  
4 pre-soaked dried figs, stems removed, chopped  
6 pre-soaked dried apricots  
1/4 tsp. ground cinnamon  
1/2 cup grapes  
optional: 1/3 cup pre-soaked raisins

*Soak apricots with cinnamon overnight with just enough water to cover. Combine first three ingredients. Place the apricots and grapes in nut chopper or blender with just enough soaking water to purée. Pour over fruit. Top with raisins. Serve immediately.*

### Morning Fruit Dish by Phyllis Avery

*Serves 2*

3 or 4 bananas

1 papaya

3/4 to 1 cup papaya purée or mango purée

1/2 cup pre-soaked raisins

*Slice bananas. Scoop papaya from skin and cut in chunks. Mix together. Pour purée over fruit. Sprinkle with raisins. Optional: Sprinkle with shredded coconut instead of raisins.*

### Pear-Apple Fruit Dish by Phyllis Avery

*Serves 2*

2 pears

2 apples

1/2 cup pre-soaked raisins or grapes or cherries

1 cup fresh apple juice

*Remove centers from pears and apples. Chop. Garnish with raisins or grapes or cherries. Pour juice over top.*

### Pineapple and Kumquat Fruit Dish by Phyllis Avery

*Serves 2*

1-1/2 cups pineapple, cut into chunks

tangerine, peeled, seeded, pulp strands removed, cut in half

3/4 cup seeded and sliced kumquats (keep skin on)

1/3 cup diced tender celery ribs

6 strawberries

*Combine first four ingredients. Top with strawberries.*

### Pineapple & Orange Fruit Dish by Phyllis Avery

*Serves 2*

1 pineapple, cut in half  
1 orange, peeled, seeded, cut in chunks  
1 cup strawberries, halved  
1/2 cup diced fennel  
mint leaves

*Remove skin from the pineapple and dice. Mix with next three ingredients. Garnish with mint leaves.*

### Strawberry & Kiwi Dish by Phyllis Avery

*Serves 2*

1 basket strawberries, quartered lengthwise  
2 kiwis, peeled, quartered and sliced  
1/3 cup shredded coconut  
1/3 cup pre-soaked raisins or currants

*Combine strawberries, kiwis and coconut. Sprinkle on raisins. Pour soaking water over top.*

### Stuffed Peaches with Apricot-Date Sauce by Phyllis Avery

*Serves 2*

2 lg., ripe peaches  
1 cup dried apricots  
1 cup dates, pitted and presoaked  
1 tsp. carob powder  
1 tbsp. coconut flakes  
Boston lettuce

*Cover apricots with warm water and soak until soft. Drain water and save. Place apricots in a blender. Add 1/2 cup of the soaking water. Blend with carob powder until syrupy. Cut peaches in half. Remove pits. Place on bed of lettuce. Pour sauce over top. Sprinkle with coconut flakes.*

### Exotic Fruit Medley by Phyllis Avery

2 sapotes, peeled, pitted, chopped  
1 sm. cherimoya, peeled, pitted, chopped  
1 persimmon, chopped  
1/2 cup fresh blueberries  
4 dried figs, presoaked and chopped

*Combine the first 3 ingredients in a bowl. Sprinkle with blueberries and figs. Pour fig soaking water over the top. Chill or serve immediately.*

### Fruit Jams by Phyllis Avery

*Fresh, raw fruit jams are superior to commercial jams because they do not contain refined sugars, thickeners, stabilizers, salt, or preservatives and, of course, they have not been heated. Use one or more kinds of dried fruit. Soak the fruit in an equal amount of water for 8 to 12 hours. Cut fruit in sm. pieces. Blend in blender stopping frequently to stir with a wooden spoon. To reach the desired consistency, gradually add soaking juice. Use in the following ways:*

- *Poured over fruit salad.*
- *Blended into a fruit smoothie as a sweetener.*
- *Heaped onto a banana ice cream sundae as a topping.*
- *As a fruit dip with various fruit sticks.*
- *Scooped onto lettuce leaves and rolled up for hors d'oeuvres.*

### Strawberry or Blueberry Jam by Lisa Hagelthorn

*Blend 1 cup of organic strawberries or blueberries with 1/2 cup pitted deglet dates (presoaked for 2 hours). Serve on apple slices or use as a topping for banana ice cream.*

# Frozen Fruit Treats

## Plum-Peach Sherbet by Living Nutrition

*If you have an abundance of ripe plums and peaches and fruit sherbet-loving kids (or adults!), run the fruit through your juicer and collect the juice in a plastic container. Seal the top and freeze overnight. Eat with a firm spoon the next time a cool treat is desired, especially on a hot day. Experiment with other combinations, e.g., berries, pears, nectarines, grapes, etc.*

## Choconilla Ice Cream by Living Nutrition

*Serves 2+*

*6 or more ripe bananas, frozen*

*1 cup or more dried black mission figs. (If they are not soft and pliable, soak them in purified water for 10 to 60 minutes.)*

*Using a Champion juicer, chill the rotor blade and blank plate in the freezer, then install them. Run the bananas then the figs through the juicer. Serve in a bowl and enjoy!*

## Peach Parfait by Living Nutrition

*Serves 2*

*6 frozen Babcock peaches, sliced into 1-inch slices, frozen*

*2 frozen bananas, in 2 inch chunks*

*fresh strawberries or blueberries*

*Run the peaches and bananas through a Champion juicer with the bank plate installed, alternating chunks of peach and banana. Optional: add a few strawberries or blueberries as you process. Serve in chilled fruit goblets or dishes, topped with sliced strawberries or blueberries.*



### Tropical Ice Cream by Living Nutrition

choice of frozen banana, pineapple, papaya and mango chunks

*Run through a Champion juicer with the blank plate installed. Note: It is helpful to chill the removable juicer parts in the freezer for a few minutes prior to making ice cream.*

### Sherbet Crunch by Living Nutrition

*Serves 1*

10 almonds, soaked/germinated 12 hours then rinsed

1/3 cup ripe sweet blackberries

flesh from 6 ripe mangos, frozen

2 tbsp. sunflower seeds

optional: 1/4 cup raspberries

*Place the almonds in a small bowl or goblet. Purée the berries, adding water for a syrupy consistency. Pour the berry purée over the nuts. Run the frozen mango through a Champion juicer with the blank plate installed, or process in a food processor. (Chill the Champion rotor blade and blank plate in the freezer first.) Spoon the mango sherbet over the berry syrup and nuts. Top with sunflower seeds and, if available, whole raspberries. Eat with a spoon.*

### Banana Ice Cream Sandwiches by Living Nutrition

raw almond butter

soft medjool dates, pitted

frozen bananas

*Mix equal portions of almond butter with dates in a bowl. Spoon the almond-date mixture onto a flat pan, then shape it into a lg., flat square approximately 1/2-inch thick. Score the almond-date sheet, making approximately 4 inch by 4 inch squares. Make banana ice cream using a Champion juicer or food processor. Spoon some banana ice cream on top of an almond-date square. Eat open faced, or place another almond-date square on top to make a sandwich and enjoy! Optional: freeze again if a firmer texture is desired.*

### Fudge Pudding or Ice Cream by Dr. Douglas Graham

*Blend equal parts date and banana in a food processor. Add water sparingly if needed. Spoon into bowls and enjoy. To make ice cream, add frozen banana to the food processor with the dates, or add room-temperature bananas then freeze after processing. Note: A lg. quantity of dates will keep the mixture from freezing solid. Optional: Add raw carob powder and vanilla to taste. Add other chopped or sm. pieces of dried-fruit for an interesting texture and added flavor*

### Berry Good Pie by Dr. Douglas Graham

*Crust*

*approx. 2 pints of ripe strawberries*

*Filling*

*approx. 1 pint of blueberries*

*approx. 1 pint of blackberries*

*Topping*

*flesh from 1 Thai coconut*

*flesh from 1/2 very ripe pineapple*

*2 handfuls of raspberries*

*Blend the strawberries and pour into a pie dish, spreading evenly. Place layers of blueberries and blackberries on the crust. Blend the coconut flesh and pineapple together and pour it over the berries. Decorate with a ring of raspberries. Freeze and serve.*

### Durian Ice Cream by Rozalind Graham

*If starting with frozen durian, open the durian just before it has fully defrosted and enjoy the chilly thrill straight from the pod. If starting with fresh durian, remove the seeds and place the flesh segments in the freezer until they reach a consistency of ice cream chunks. Frozen durian flesh may also be passed through a Champion juicer with the blank plate installed for a creamy ice cream treat. For variety, any sweet or sub-acid fruit may be frozen along with durian and blended together through the Champion. Bananas make an excellent addition. If you do not have a Champion juicer, a food processor with the S blade attached will work well*

### Banana-Date Treats *by Betsy De Gress*

ripe bananas, frozen  
lg. medjool dates

*Slice in half and pit the dates. Arrange the date halves on a platter or individual serving plates. Run the frozen bananas through a Champion juicer using the blank plate, or process in a food processor. Immediately spoon banana ice cream onto each date half and enjoy. Optional: Blend the banana ice cream with cinnamon, nutmeg and/or cloves or vanilla bean.*

### Creamy Fruit Sorbet *by Lori Bain*

Serves 2  
2 mangos  
6 frozen nectarines

*Slice up Mangos. Blend mangos and frozen nectarines. Serve freshly made.*

### Mangos! I Scream *by Cherie Soria*

1 - 2 ripe mangos per serving, peeled and sliced

*Line a cookie sheet with plastic wrap and arrange mango slices on top in a single layer. Cover with plastic wrap and freeze. Place frozen mango slices in a food processor and puree until the mixture forms a smooth, solid I Scream. Alternatively, make I Scream in a Champion juicer using the blank plate. If necessary, refrigerate 4 hours before serving.*

### Banana Ice Cream *by Phyllis Avery*

2 ripe bananas per serving (they have spotted skins)  
1/3 cup pre-soaked raisins per serving

*Peel bananas and place in plastic freezer bags with as much of the air removed as possible. Freeze for 10 hours or more. Freeze raisins also. Bananas can be used alone or try freezing other fruits like blackberries, pineapple, fresh or pre-soaked dried figs, pitted dates, peaches, or persimmons. Run frozen fruit through a Champion juicer with the blank plate installed (chill the parts which contact the fruit first) or process in a food processor.*

## Pineapple Ice Dessert by Phyllis Avery

*Serves four*

1/2 cup fresh pineapple juice, frozen

flesh of 1 papaya, chopped

2 nectarines, pitted, chopped

1/2 cup currants

*Remove the pineapple juice from freezer one hour before preparing. Liquefy all ingredients in a blender. Return to freezer for 15 to 30 minutes and serve.*

# Sauces & Syrups

## Lemon-Sesame Sauce by Cassandra Durham

2 lemons, juiced  
1/2 cup tahini

*Blend in blender until smooth.*

## Choco-Fruit Sauce by Cassandra Durham

1 cup date  
1/2 cup carob powder

*Blend until smooth, adding enough water for a thick creamy texture.*

## Mango-Pepper Sauce by Living Nutrition

1 mango, peeled and sliced  
1 sweet red pepper

*Blend until very smooth and creamy*

## Apricot-Fig Syrup by Phyllis Avery

1/2 cup dried pre-soaked apricots  
1/3 cup pre-soaked figs

*Soak dried apricots and figs overnight in just enough distilled water to cover. Blend in an electric blender with just enough soaking water to purée. Pour over sweet or low-acid fruits.*

### Blueberry-Apricot Syrup by Phyllis Avery

1/2 cup blueberries

1/2 cup pre-soaked, chopped dried apricots

*Use just enough soaking water to purée in an electric blender. Pour over sweet or low-acid fruits. Makes enough syrup for two fruit dishes.*

### Date-Apple Syrup by Phyllis Avery

6 dates, pitted

1/2 cup dried apples

3/4 cup sweet, seedless grapes

*Soak the dates and apples in distilled water (just enough to cover) overnight. Place grapes in a blender and blend for 5 seconds. Add dates and apples. Blend. Add only enough soak water to blend. Use over sweet or low-acid fruits.*

### Grape-Plum Syrup by Phyllis Avery

1 cup seedless grapes

1 lg. plum, pitted and quartered

*Combine grapes and plum in blender or nut chopper and purée. Pour over low-acid fruit dishes.*

### Peach-Persimmon Syrup by Phyllis Avery

1 lg. ripe peach

1 med.-sized ripe persimmon

4 lg. dates

*Remove pits from all fruits. Chop. Puree in a blender. Use on sweet or low-acid fruits.*

### Strawberry Syrup by Phyllis Avery

1/2 basket strawberries

1/2 cup chopped pineapple

*Finely blend. Use on low-acid fruit dishes.*

# Nutty Treats

## Carob Creameos by Living Nutrition

*Makes 4 to 6 cakes*

3/4 cup whole golden or brown flax seeds

3/4 cup macadamia nuts

water from 1 Thai coconut

carob powder

optional: juice from one orange and flesh from 1 mango

*These cookies delight in many ways! They have gooey, crumbly flax seed tops and bottoms filled with sweet macadamia nut creme. Remove the water from the coconut, straining out any solids. Add 1/2 cup of whole flax seeds to an empty bowl. Cover the seeds with just enough coconut water to wet all of them, adding more coconut water later as needed. Soak for 6 to 12 hours. Process 1/4 cup of the unsoaked seeds in a coffee grinder. Add the ground seeds to the soaked seeds along with carob powder to taste, and mix uniformly using a lg. wetted spoon. (Mixing the whole and ground seeds gives the mixture cohesion.) Form the seed mixture into round, flat cookie rounds, approx. 1/2 inch thick by 3 or 4 inches in diameter. (A mini removable cake pan or tart mold is handy for this purpose.) Dehydrate the cookies at 105° F for 6 to 12 hours. In a coffee grinder, food processor or Champion juicer using the blank plate, process the macadamia nuts to a creamy consistency. Add a bit of water as needed if the mass is too dry. Optional: slice the flesh from a mango into sm. bits and add to the macadamia creme. Spoon dollops of the macadamia creme on a cookie, then top with another cookie.*

## Cinnamon-Walnut Caramels by Living Nutrition

1 cup walnuts

1/4 cup honey

cinnamon powder

1/2 vanilla bean, ground

*In a lg. bowl mix the honey, cinnamon and vanilla into a paste. Stir in the walnuts until thoroughly mixed. Form into sm. clusters. Dehydrate for at least 24 hours.*

### Little Macs by Living Nutrition

macadamia nuts  
slicing cucumbers  
cherry tomatoes

*Grind macadamia nuts in a coffee grinder to a fine and doughy consistency Optional: use macadamia nut butter or other nut butter. Slice the cucumber into thin discs. Halve the tomatoes. Scoop a dollop of the macadamia dough onto a slice of cucumber. Top with a tomato slice then (optionally) more dough and another cucumber slice. Repeat and enjoy!*

### Charoses by Living Nutrition

approx. 5 sm. apples  
1 cup of fresh walnuts or soaked almonds  
1/2 cup of red or concord grapes, juiced  
cinnamon or nutmeg powder

*Coarsely chop the apples. Coarsely chop the nuts. Mix the apples and nuts in a bowl, adding grape juice and spices to taste.*

### Halvah by Living Nutrition

1/2 cup sesame seeds or sesame tahini  
1/2 cup almonds  
2 tbsp. honey  
optional: 1/2 ground vanilla bean  
optional: 1 tbsp. raw carob powder

*Grind the sesame seeds to a fine consistency. Finely process the almonds, or run them through a Champion juicer with the blank plate installed. Mix the processed seeds, or tahini, and nuts together in a bowl, dribbling in the honey to get a sticky mass. Optional: add the vanilla if desired. For a "chocolate" halvah, mix in raw carob powder. Mix slightly to produce a marbled appearance. Line an approx. 3 by 4 inch box with waxed paper and press in the mixture. Refrigerate for approx. 1 hour then slice into cubes .*



### Fruit Nut Roll by Phyllis Avery

*Use any assortment of dried fruit: apricots, prunes, figs, dates, apple, papaya. Cover with distilled water. Refrigerate overnight. Finely chop nuts in nut chopper. Roll the fruit in the nut meal. Store in refrigerator.*

### Pecan-Raisin Balls by Phyllis Avery

1 lb. pecans  
10 dates, pitted  
2 tbsp. sesame tahini or almond butter  
1 tsp. cinnamon  
1/2 vanilla bean, ground  
1 cup pre-soaked raisins, drained

*Finely grind the pecans in food processor, using the S-blade. Spoon into a mixing bowl and set aside. Add the dates, tahini, cinnamon and vanilla to a food processor. Process to a paste. Mix the paste into the pecans. Add the raisins and blend well. Roll the mixture into small balls.*

### Fruit-Nut Bonbons by Phyllis Avery

1/2 cup pre-soaked raisins  
3/4 cup fresh or pre-soaked figs  
1/2 cup pre-soaked dried apricots  
3/4 cup walnuts or pecans, finely chopped  
1 cup grated coconut

*Combine first three ingredients in food processor, adding just enough soak water for a chunky consistency. Place in a bowl and hand mix in the walnut or pecan. Form into sm. balls. Roll in coconut. Store in a refrigerator.*

### Sunflower-Raisin Cookies *by Phyllis Avery*

3 cups soaked sunflower seeds  
1 cup almond butter  
1 cup pre-soaked raisins  
1 cup chopped, dried, pre-soaked apricots  
optional: 1 tbsp. vanilla  
optional: 1/2 tsp. cinnamon

*Blend all ingredients in food processor to a nutty consistency. Roll in sm. balls and flatten out 1/4" thick. Cover and refrigerate for 1 hour.*

### Sunflower Seed Crackers *by Bett Carstens*

*I like to use proportions of one-half seeds (preferably germinated) and one half vegetables in whatever combination strikes my fancy, such as:*

1 cup hulled sunflower seeds, soaked overnight, drained and rinsed  
1 cup hulled buckwheat (actually a seed, not a grain), soaked overnight, drained and rinsed  
2 cups chopped vegetables such as a carrot, a lg. red bell pepper, 1 sm. zucchini and a sm. piece of onion

*Place the four cups of ingredients in a half-gallon Vitamix (or, if using a smaller blender, make half of the recipe) and blend until smooth, adding just enough purified water to yield the consistency of pancake batter (usually, just enough to get a good vortex going). Pour onto Teflex sheets (solid trays) on a dehydrator tray in either one big round cracker per tray or many sm. crackers. Sprinkle with fresh herbs and dehydrate at 110° F for 6 to 8 hours until done. Serve with a seed paté.*

## Sweet Nut'ins by Cherie Soria

*Serves 6*

3/4 cup almonds, soaked  
1/2 cup walnuts, soaked  
1-1/4 cups pitted dates, chopped  
1/2 vanilla bean, skinned

*Combine all ingredients in a food processor using the S blade. Process until the mixture sticks together. Form the mixture into 1/4-inch thick cookie rounds, placing the cookies on a Teflex sheet. Dehydrate at approx. 105° F for 12 to 24 hours.*

## Lemon-Ginger-Coconut Tart by Cassandra Durham

*Serves 4+*

*Filling*

1 cup Thai coconut flesh  
1 cup juice from Meyer's lemons  
1/2 cup ginger root  
1 cup dates  
1 cup soaked almonds  
1/2 cup coconut butter (melted)  
mint leaves

*In a food processor finely blend the coconut flesh, ginger root, dates and almonds. Add the lemon juice and coconut oil and continue to blend until creamy.*

*Crust*

2 cups soaked almonds  
1 cup dates, soaked in warm water  
3 tbsp. ground golden flax seeds

*Place all crust items in a food processor and blend until creamy. In a pie pan or removable cake pan, using your fingers, form the sides and bottom. Add the tart filling. Garnish with almonds, mint leaves and strips of coconut meat. Dehydrate approx. 6 hours at 110° F until firm but not completely dry. Refrigerate then serve.*

# Veggie Treats

## Veggie Fries with Cheesy Dipping Sauce by Cecilia Benjumea

1 sm. or 1/2 lg. jicama  
1 yellow bell pepper  
1/2 orange bell pepper, diced  
1/4 cup macadamia nuts  
cilantro and cherry tomatoes for garnish  
optional: 1/2 tsp. Mexican or taco seasoning

*Core the yellow bell pepper and slice it into thin strips. Peel the jicama and cut it into the shape of French fries using a mandolin or knife. In a blender, blend the orange bell pepper and macadamia nuts until smooth. If desired, add seasoning. Pour the sauce into a sm. bowl and add the garnish. Use the jicama and yellow bell pepper to dip into the sauce.*

## Corn Chips by Living Nutrition

4 cups fresh sweet corn  
optional: 1/2 tsp. garlic powder  
optional: 1 tsp. chili powder  
optional: 1 tsp. tomato powder

*Finely process the corn, adding your choice of seasonings to taste. Spread the mixture 1/8 inch thick on fine mesh screens on your dehydrator trays. (If your trays do not have fine mesh, you can purchase nylon window screen at a hardware store and cut to the right shape.) Score the corn into triangle shapes. Dehydrate for several hours at 105° F to 116° F.*

## Sweet 'n Crunchy Zucchini Chips by Living Nutrition

*Do you have too many zucchinis and are you wondering what to do with them all? Try making chips! Slice zucchini into 1/4-inch "chips." Dry the chips in a food dehydrator. Eat the chips plain, dip into avocado or guacamole, or add to raw soups or salads.*

### Creamy Broccoli Crowns & Cauliflower Florets by Living Nutrition

*Cut or break off broccoli crowns and/or broccoli florets. Cut an avocado in half and remove the pit. Holding the avocado in one hand, scoop a crown or floret into the avocado and enjoy. Other vegetables, such as carrot and celery sticks, baby carrots, bell pepper slices, cucumber and zucchini chips may similarly be used.*

### Zucchini Crackers by Cassandra Durham

7 zucchinis, chopped  
1 cup sesame tahini  
1 tsp. cayenne pepper  
1/2 cup chopped parsley  
1 cup ground flax seeds  
1/2 cup shredded carrots  
1 cup lemon juice  
1 cup water

*Place zucchini, parsley, carrots, and cayenne in a food processor, S-blading until smooth. Add lemon juice and ground flax seeds, further blending until smooth, slowly adding water. Let the mixture sit for 30 minutes and then spread on dehydrator sheets. Set the mixture aside for about 30 minutes. Spread the mixture 1/4 inch thick on a Teflex sheet set on top of a dehydrator tray and dehydrate for about 6 hours at 110° F. Optional: garnish with thin carrot slices and parsley leaves. Remove the dehydrator tray, then score the cracker with a knife into chip shapes. Flip the cracker onto another sheet without Teflex. Dehydrate approx. 12 more hours until crispy.*

## Carrot-Ginger Crackers by Cassandra Durham

6 cups grated carrots  
1 half cup fresh ginger  
1 cup dates  
1.5 cups ground golden flax seeds  
2 cups purified water

*Place carrots, dates and ginger in a food processor, blending until very smooth. Add the ground flax seeds, further blending until smooth, slowly adding water. Let the mixture sit for 30 minutes and then spread on dehydrator sheets. Set the mixture aside for about 30 minutes. Spread the mixture 1/4 inch thick on a Teflex sheet set on top of a dehydrator tray and dehydrate for about 6 hours at 110° F. Optional: garnish with parsley leaves. Remove the dehydrator tray, then score the cracker with a knife into chip shapes. Flip the cracker onto another sheet without Teflex. Dehydrate approx. 12 more hours until crispy.*

# Salads

## T. C.'s Super Salad by T. C. Fry

*Serves 4 to 6*

2 to 3 lbs. of tomatoes

4 avocados (or 1 lb. chopped or ground nuts or seeds)

4 stalks of celery

4 lg. red or yellow bell peppers

2 lbs. bok choy greens

optional: 1 grapefruit

*Dice the tomatoes, celery and bell peppers. Quarter, peel and dice the avocados. Cut up the bok choy. Place all ingredients in a bowl and mix together. Optional: squeeze the juice from the grapefruit over the salad.*

## Avocado-Mango Salad by Dr. Roe Gallo

*Serves 1*

1 med. Haas avocado

1 med. mango

juice from 1/2 orange

lettuce greens with arugula

*Prepare a bed of the greens. Slice the avocado and mango flesh into similar shapes (e.g., cubes or strips) and place on the greens. Drizzle a little bit of juice over the salad.*

## Raw Straw Slaw by Dr. Douglas Graham

*Serves 2*

6-10 ribs of celery, shredded

1 avocado

1 orange, juiced

handful of strawberries

*Mix or blend the celery with the avocado and orange juice, then top with strawberries.*

### Celery Slaw by Dr. Douglas Graham

*Serves 2 to 4*

1 lg. bunch of celery

2 red bell peppers

3 or 4 tomatoes

4 oz. of fresh walnuts

*Grate the celery and bell peppers and place in a bowl. Blend the walnuts and tomatoes in a blender and use as a dressing.*

### Rainbow Salad with Pot of Gold Dressing by Dr. Douglas Graham

beets

carrots

yellow squash

broccoli

red cabbage

yellow corn

avocado

yellow bell pepper

*Separately grate the beets, carrots, squash, broccoli and red cabbage. On a round platter, place the grated vegetables in arcs of equal proportion. Blend the corn, avocado and bell peppers in a blender and use as dressing.*



## Seaweed Salad by Living Nutrition

*Serves 1*

1 handful of whole leaf dulse or other sea vegetable  
2 tbsp. sunflower seeds  
1 handful dried tomatoes  
green leaf lettuce

*Soak the sunflower seeds in a sprouting jar or bowl for 2 to 12 hours then rise and drain. Soak the dried tomatoes until soft, rinse then process to a paste in a food processor, adding water as needed. Place the tomato paste in a bowl and set aside. Soak the dulse for 5 minutes. Place the dulse in a fine-mesh strainer and rinse thoroughly under running non-chlorinated water for 3 or more minutes. While rinsing use your fingers or a spoon to mix up the dulse to allow all the excess salt to drain off. Place the wet dulse in your hand and squeeze out the excess water. Place the dulse in a bowl lined with lettuce leaves. Top with the tomato paste and seeds.*

## Creamy Sea Slaw by Living Nutrition

*Serves 1*

1-2 cups whole leaf dulse, soaked and thoroughly rinsed  
1 lg. tomato or handful of cherry tomatoes  
1 sm. or 1/2 lg. avocado  
1 sm. grapefruit, juiced  
optional: 1/2 cup spinach leaves

*Place the dulse in a bowl. Optional: place spinach leaves in the bowl first, then place the dulse on top. Blend the other ingredients, then pour over the dulse.*

## Winterfest Salad by Living Nutrition

peeled and sliced kiwifruit  
segmented satsuma, mandarin, Fairchild and/or honey tangerines  
segmented blood oranges  
diced celery

*Mix all ingredients in a bowl and serve on a bed of lettuce.*

## Dulsocado Salad *by Living Nutrition*

*Serves 2*

2 cups whole leaf dulse

1 avocado, mashed

1 handful of cherry tomatoes

optional: mint leaves or other herb garnish

optional: 1/2 lemon

*Soak the dulse for 5 minutes. Place the dulse in a fine-mesh strainer and rinse thoroughly under running non-chlorinated water for 3 or more minutes. While rinsing use your fingers or a spoon to mix up the dulse and allow all the excess salt to drain off. Place the wet dulse in your hand and squeeze out the excess water. Place in a bowl and add the avocado. Mix. Top with the cherry tomatoes and garnish as desired. Optional: add a squeeze of lemon or lime juice, blend together and enjoy!*

## Perfect Low-Fat Salad *by Living Nutrition*

*Serves 2*

2 heads Boston (bibb) lettuce and/or other greens

1 lg. red bell pepper, chopped

juice from 1/2 lime (ripe limes are light yellow-green, not dark green)

flesh from 2 lg. or 4 sm. mangos

juice from one blood orange or other orange

optional: 1 fennel bulb, chopped

*Place the greens in a large bowl. In a blender, blend the other ingredients. Pour the dressing over the greens.*

## Upside Down Salad by John Kohler

*Serves 4*

*The dressing is at the bottom, and it's outrageously delicious! This dish will turn your ideas about salads upside down!*

*Salad*

*4 baby bok choy bunches, or other Asian greens, or celery sticks or red bell pepper sticks*

*Dressing*

*1/2 cup macadamia nuts*

*1/2 cup sesame seeds,*

*1 to 1-1/2 cups tangerine or orange juice*

*Blend the dressing ingredients in a high-powered blender to a thick and creamy consistency. Adjust the quantity of juice or nuts for desired thickness. Pour the dressing into a bowl and place upright or dip the greens into the dressing. Eat the dressed greens with your fingers.*

## Gorgeous Green Salad by John Kohler

*Serves 2*

*assortment of leafy greens*

*2 pints cherry tomatoes*

*1 lg. avocado*

*1/2 cup orange juice*

*Blend 1 pint cherry tomatoes, 1/2 cup orange juice and 1/2 an avocado in a blender to make a creamy dressing. Arrange some of the whole leafy greens on the bottom of a salad bowl. Shred or finely slice the remaining greens, then place them on top of the whole leaves. Pour the dressing on top, then garnish with cherry tomatoes and long slices of avocado.*

### Fresh Summer Salad *by Christina Chadney*

*Makes 2 salad-course servings, or 1 large main salad.*

#### *Salad*

2 heads butter or red leaf lettuce, torn or chopped

1 punnet strawberries, sliced

1 punnet red or yellow cherry tomatoes, quartered

1 punnet raspberries, whole

2 or 3 sprigs of basil, chiffonade

2 or 3 sprigs of parsley, minced fine

optional: 1 English cucumber, quartered and thinly sliced

#### *Dressing*

juice of 2 oranges

1/2 avocado

*Blend the dressing ingredients till smooth, dress the salad, serve and enjoy al fresco!*

### Sweet Spiralized Salad *by Cecilia Benjumea*

bell peppers

fennel

gold and red beets

carrots

cucumbers

summer and winter squash

*Spiralize or julienne the foods of your choice and arrange them individually on a platter with a bowl placed in the middle. Fill the bowl with your favorite dressing, then garnish the platter with fennel stems.*

## Lebanese Salad with Beets by Cecilia Benjumea

*Serves 1*

2 bunches curly parsley, coarsely chopped

1 pint cherry tomatoes, sliced, or five med. tomatoes wedged

2-3 sprigs of mint, destemmed and finely chopped

1/4 cup hulled hemp seeds

juice from 1-2 Meyer lemons or 1 orange

1 beet, processed to thin "pasta" in a Veggie Spiralizer

optional: chopped chives, chopped oregano, 1/2 tsp. cumin, dash of dulse flakes

*Toss chopped parsley, sliced tomatoes, lemon juice and mint on a lg. plate or in a salad bowl. Sprinkle hemp seeds on top and garnish with chives, dulse flakes and other seasonings if desired. Arrange the beet "pasta" around the salad and enjoy!*

## Mango Salad by Betsy De Gress

*Serves 2*

4 ripe mangos, peeled and cubed

1/2 head romaine or leaf lettuce

1/2 bunch cilantro, chopped

1 sweet red bell pepper, diced

2 leaves of rinsed dulse, chopped

1 lemon, juiced

optional: 2 scallions, chopped

*Wash and tear the lettuce and place in a salad bowl. To the salad bowl add 1/2 of the mango cubes, pepper, dulse and cilantro (scallions if desired). Blend remaining mango with lemon juice in a blender and pour over salad as dressing.*

## Broccoli & Bok Choy Salad *by Phyllis Avery*

*Serves 2*

*Salad*

broccoli florets

2 bok choy leaves and stems, cut lengthwise then slivered diagonally

2 med. tomatoes, chopped

1 cup sunflower sprout greens

1/3 cup chopped walnuts

*Dressing*

1 med. or sm. tomatillo

1/2 med. cucumber, chopped

1 lg. Haas avocado

1/4 to 1/2 tsp. dill

*Cut the avocado in half, remove the pit and remove the pulp with a spoon.*

*Blend the tomatillo and cucumber. Add avocado, blending until creamy. Add dill to taste. Pour over the salad.*

## Broccoli, Corn & Bok Choy Salad *by Phyllis Avery*

*Serves 2*

2 handfuls broccoli florets

kernels from 2 ears of fresh corn

2 bok choy stalks, cut lengthwise, slivered diagonally

1 cup alfalfa sprouts

1/3 cup chopped walnuts

avocado-tomatillo dressing

*Combine the first 5 ingredients. Pour the dressing over the top.*

## Brussels Sprouts & Bell Pepper Salad by Phyllis Avery

*Serves 2*

14 med. brussels sprouts, sliced thin, separated  
1 sm. red bell pepper, finely diced  
1 cup parsnip, grated  
3/4 cup fresh peas  
1 cup sunflower sprouts, cut in half  
zucchini-cucumber dressing

*Combine the first 5 ingredients. Pour the dressing over the top.*

## Cabbage Slaw Salad by Phyllis Avery

*Serves 2*

2 cups green cabbage, shredded  
3/4 cup grated carrots  
1/2 green bell pepper, finely diced  
3/4 cup fresh or frozen corn  
1 lg. pickling cucumber, grated  
1 tsp. caraway seed  
avocado-tomatillo dressing  
1/2 cup olives, soaked, rinsed, chopped

*Combine the first 6 ingredients. Pour the dressing over the top. Mix well. Garnish with olives. Can be served immediately or chilled. Chill for 20 minutes in a covered casserole dish.*

## Avocado & Cauliflower Salad by Phyllis Avery

*Serves 2*

2 bunches spinach, stems removed, torn  
2 handfuls cauliflower florets, sliced  
8 cherry tomatoes, quartered  
3/4 cup fresh peas  
kernels from 1 ear fresh corn  
flesh from 2 ripe Haas avocados, chopped  
cucumber-tomato dressing

*Place the spinach on a plate. Combine the cauliflower, tomatoes, peas, avocado and corn in a bowl. Refrigerate while making the dressing. Scoop the mixture onto the spinach. Pour dressing over the top.*

## Jicama & Pea Salad by Phyllis Avery

*Serves 2*

2 cups jicama, grated  
1/3 cup yellow bell pepper, diced  
2 tbsp. minced daikon  
1/3 cup tender celery, diced  
1/8 cup parsley, chopped  
4 cherry tomatoes, quartered  
1 cup fresh peas  
creamy celery dressing  
romaine lettuce

*Mix the first 5 ingredients. Add the tomatoes and peas. Mix gently. Add only enough dressing to moisten. Chill. Form into individual mounds. Place on a bed of lettuce greens. Pour the remaining dressing over the top.*



### Avocado & Zucchini Salad by Phyllis Avery

*Serves 2*

2 med. zucchini, grated  
1 sm. yellow bell pepper, diced  
flesh from 2 ripe Haas avocados  
1/3 cup olives, soaked, rinsed, sliced  
salad greens  
cucumber-dulse dressing

*Prepare a bed of greens. Combine the first 4 ingredients and scoop onto the greens. Refrigerate while making the dressing. Pour the dressing over the top.*

### Parsnips, Asparagus & Carrot Salad by Phyllis Avery

*Serves 2*

2 med. parsnips, grated  
handful asparagus, cut to 1-inch pieces  
1 lg. carrot, grated  
cucumber-zucchini dressing  
salad greens

*Prepare a bed of greens. Combine the first 3 ingredients and scoop onto the greens. Refrigerate while making the dressing. Pour the dressing over the top.*

### Peas & Rutabaga Salad by Phyllis Avery

*Serves 2*

1 cup fresh peas  
1 sm. rutabaga, peeled, finely grated  
1 cucumber, peeled, diced  
1 cup alfalfa sprouts  
optional: 1/2 tsp. caraway seeds  
salad greens  
zucchini-cucumber dressing

*Prepare a bed of greens. Combine the first 5 or 6 ingredients and scoop onto the greens. Refrigerate while making the dressing. Pour the dressing over the top.*

## Peas & Savoy Cabbage Salad by Phyllis Avery

*Serves 2*

1-1/2 cups fresh peas  
1 sm. cucumber, diced  
1 yellow bell pepper, diced  
1/2 to 1 tsp. dill seed  
shredded savoy cabbage for two  
carrot-avocado dressing

*Prepare a bed of the shredded cabbage. Combine the first 4 ingredients and scoop onto the cabbage. Refrigerate while making the dressing. Pour the dressing over the top.*

## Beet Salad by Phyllis Avery

*Serves 2*

2 med. beets, peeled, julienned  
1 sm. kohlrabi, peeled, grated  
1 cup alfalfa sprouts  
1/3 cup walnuts, chopped  
zucchini-cucumber dressing  
salad greens  
1/4 cup black olives, soaked, rinsed, chopped

*Prepare a bed of greens. Combine the first 4 ingredients and scoop onto the greens. Refrigerate while making the dressing. Pour the dressing over the top. Garnish with the olives.*

### Red Cabbage & Corn Salad by Phyllis Avery

*Serves 2*

2 cups red cabbage, shredded  
2 cups sunflower sprouts  
1 cucumber, sliced thin  
kernels from 2 ears fresh corn  
1/2 tsp. caraway seeds  
tomatillo-dulse dressing

*Mix the cabbage and sprouts. Spread on a plate leaving 1 inch around the edge. Sprinkle on caraway. Place cucumber slices around the outer edge of the plate. Spoon the corn in a circle next to cucumbers. Pour the dressing over cabbage and sprouts.*

### Red Cabbage & Parsnips Salad by Phyllis Avery

*Serves 2*

2 cups red cabbage, shredded  
2 parsnips, grated  
1 cup fresh peas  
1 cup alfalfa sprouts  
cucumber-dulse dressing

*Combine the first 4 ingredients. Pour the dressing over the top.*

### Rutabaga, Spinach & Bok Choy Salad by Phyllis Avery

*Serves 2*

1 med. rutabaga, grated  
spinach for 2, chopped  
1 or 2 stalks bok choy  
kernels from 1 ear fresh corn  
creamy celery dressing  
1/4 cup black olives, soaked, rinsed, chopped

*Cut the bok choy in half and sliver diagonally. Combine first 4 ingredients. Pour the dressing over the top. Garnish with the olives.*

### Snow Pea & Zucchini Salad by Phyllis Avery

*Serves 2*

2 med. zucchini, grated  
kernels from 1 ear fresh corn  
1 med. red bell pepper, diced  
1 cup alfalfa sprouts  
optional: 1/2 tsp. dill seed  
zucchini-cucumber dressing  
1 handful snow pea pods  
salad greens

*Combine the first 4 or 5 ingredients. Scoop onto a bed of greens. Peel the stems and strings off the snow pea pods and arrange them in a pinwheel design on top of the salad. Pour dressing over the top.*

### Spinach, Bean Sprout & Corn Salad by Phyllis Avery

*Serves 2*

1/2 bunch spinach  
1-1/2 cups bean sprouts  
kernels from 2 ears fresh corn  
1 lg. carrot, grated  
creamy tomato dressing

*Tear the spinach. Combine with the next 3 ingredients. Pour the dressing over the top.*

### Spinach & Jerusalem Artichoke Salad by Phyllis Avery

*Serves 2*

2 bunches spinach  
1/2 cup Jerusalem artichokes (sun chokes), scrubbed, grated  
1 red pepper, diced  
1 yellow pepper, diced  
cucumber-dulse dressing

*Remove the stems and tear the spinach. Combine the first 4 ingredients. Pour the dressing over the top.*

### Spinach, Barley & Beet Salad by Phyllis Avery

*Serves 2*

sm. bunch spinach  
1 cup barley, soaked, rinsed, drained  
1 cup beets, diced  
1 cup alfalfa sprouts  
3/8-inch slice leek  
zucchini-cucumber dressing  
1/3 cup black olives, soaked, rinsed, chopped

*Chop the spinach and place in a dish. Combine the barley, beets and sprouts. Scoop over the spinach. Add the leek when making the dressing. Pour the dressing over the top. Garnish with the olives.*

### Zucchini & Green Bean Salad by Phyllis Avery

*Serves 2*

2 med. zucchini, grated  
2 handfuls green beans, stems removed, cut diagonally  
1 cup red cabbage, grated  
1 cup alfalfa sprouts  
salad greens  
avocado-tomatillo dressing

*Mix the first 4 ingredients. Scoop onto a bed of the greens. Pour the dressing over the top.*

### Zucchini, Carrot & Avocado Salad by Phyllis Avery

*Serves 2*

2 med. zucchini, grated  
1 lg. Haas avocado  
1 lg. carrot, grated  
salad greens

*Grate the zucchini and carrot. Cut the avocado in half. Remove the pit and scoop out the flesh. Add to the zucchini and carrot and mix. Make a bed of greens. Spoon the mixture over the top.*

# Sprouts

## Sweet Dried Teff Sprouts by Living Nutrition

*Do you think that sprouts taste like straw? Try making your own dried teff sprouts—they are sweet, reminiscent of nutty cotton candy, and go with almost everything! Teff is a tiny brown grain. It is usually available in boxes at health food stores. If not in stock, ask the store to order them, specifying “whole grain.”*

*Add 4 tbsp. of whole grain teff to a clean sprouting jar with fine mesh cover. Pour purified water to a depth of about 2 inches. After about 4 hours, slowly drain off the water, and rinse twice more with purified water. Allow to sprout for about 4 days indoors, using a fine mist sprayer to keep the sprouts moist. On about the 4th or 5th day, place the sprouting jar in the sun, or on your car dashboard for several hours; then the sprouts are ready to eat.*

## Germinated Sunflower & Pumpkin Seed Kernels by Living Nutrition

*Using either hulled sunflower seeds or pumpkin seeds, soak a handful or more in a dish of water or a sprouting jar for 1 to 12 hours. Rinse and eat plain or add to salads. You can eat them any time after an hour of soaking. The longer they soak the easier they are to digest and better the chance for all seeds to germinate, but do not exceed 12 hours of soaking as the seeds will drown due to lack of oxygen. After germination begins, the seeds can be kept out in the kitchen for later eating or kept in a refrigerator where they will keep for up to 3 days. Always keep them moist by rinsing or using a spray bottle. When bitter, they are too mature to be eaten.*

## Flax Seed Porridge by Living Nutrition

*Place several spoonfuls of whole flax seeds in a dish. Slowly add water to just cover the seeds. Return in 1/2 hour and add more water, repeating as necessary to just barely wet the upper seeds and achieve a firm consistency that is not too watery. The seeds release a clear, sticky, tasteless mucilage which cannot be washed away, making a nice gooey porridge. Avoid soaking for more than 12 hours to avoid oxygen starvation—eat immediately, or dehydrate into crackers.*

## Sunflower Greens *by Living Nutrition*

1 lb. or more of sunflower seeds in the shell

1 cafeteria tray

organic, non-sterile, sifted dirt

newspaper sheets

water

*Place dirt on tray and level it. Densely add sunflower seeds over the dirt, lightly pressing them down. Thoroughly water the seeds. Cover with newspaper sheets. Repeat watering every day. On the third day remove the newspaper and place the tray of sprouts in the sun, continuing the watering. Allow the sprouts to grow to a height of approx. 3 inches. The green leaves are tastiest during their initial growth phase. During their next growth phase a third leaf forms and the sprout becomes bitter—it's too late to eat them.*

# Dressings

## Mono Dressings by Living Nutrition

*If you don't like preparing food and want to keep it simple, chop up your choice of avocado and/or tomato and add to your salads. Or, squeeze a slice of lemon or grapefruit over your salad. This way you make dressing in your mouth as you chew!*

## Chunky Tomato Dressing by Living Nutrition

tomato, diced

sunflower, sesame or pumpkin seeds, soaked 12 hours, rinsed then

germinated 12 hours, or, optionally, diced avocado

lemon or grapefruit juice to taste

basil or other herb to taste

*Blend all ingredients except the tomato to a creamy consistency. Add the tomato and blend briefly to get a chunky texture.*

## Tomacado Dressing by Living Nutrition

2 avocados

1 lg. tomato, diced

1 green onion, minced

1 tsp. dehydrated herb flakes

2 tsp. fresh lemon juice

2 to 4 celery stalks

*Juice the celery stalks. Blend all ingredients in a bowl, adding celery juice to desired consistency.*

## Carrocado Dressing by Living Nutrition

4 to 6 carrots

1 avocado

*Juice the carrots. Blend the carrot juice and avocado in a bowl or blender.*



### Cucado Dressing by Living Nutrition

1 lg. cucumber  
1/2 sm. avocado  
1/2 fennel bulb  
1 tsp. lemon or pink grapefruit juice

*Blend and serve.*

### Macadamia Delight Dressing by Living Nutrition

1/2 cup macadamia nuts  
1 orange, juiced

*Blend and serve.*

### Mint Tahini Dressing by Susan Smith Jones, Ph.D.

1 cup fresh mint leaves, chopped  
1/4 cup raw sesame tahini  
1/4 cup purified water  
3 tbsp. fresh squeezed lemon juice

*In a blender or food processor, blend all ingredients until smooth. Will keep in the refrigerator for up to 5 days.*

### Minty Mango Dressing by Cecilia Benjumea

2 mangos, diced  
1 lime, juiced  
2 lg. or 4 sm. mint leaves

*Blend all ingredients until smooth. Add mint to taste.*

### A-Maizing Dressing by Betsy De Gress

niblets from 3 or 4 ears of fresh sweet corn  
2 sm. or 1 lg. avocado  
1 cup cherry tomatoes  
1 lemon, juiced  
fresh basil to taste

*Purée the tomatoes in a blender. Add the avocado to the blender, blending until smooth. Add the corn niblets, basil and lemon juice. Purée until creamy. Serve as a salad dressing or pour over an Italian dish.*

### Deep Green Salad Dressing by Betsy De Gress

1/2 cup tomato, cherry or heirloom  
1/2 cup fresh parsley  
1 stalk celery  
1 sm. or med. red bell pepper  
1/4 cup soft nuts (walnuts, pine nuts, pecans, or soaked almonds)  
choice of crushed red pepper flakes, organic herbs, garlic, etc. per desired taste

*In a blender, purée the tomato. Add celery and pepper then blend until smooth. Add nuts and parsley and blend until smooth. Add the flavorings of choice. Add more parsley or nuts as needed to thicken. Mix well into a garden salad.*

### Fresh Herb Avocado Dressing by Cherie Soria

juice of 4 oranges  
juice of 1 lemon  
1 med. avocado, peeled and seeded  
2 stalks of celery, chopped  
1 handful fresh herbs, stems removed (dill, rosemary, oregano, etc.)

*Blend, adding a little water if needed to form a thick dressing.*

### Super Pecan Dressing or Dip by Marti Wheeler

3 to 4 tomatillos, or juice from a sm. lime  
1 grapefruit, juiced  
1/2 pt. cherry tomatoes  
4 to 5 stalks of celery, diced  
6 oz. shelled pecans

*Remove the skins of the tomatillos. Add the skinned tomatillos (or lime juice) and tomatoes to a blender and blend until liquefied, then add some celery and continue to blend. Stop the blender and taste the mixture. If too sweet or acid, add more celery to taste. When the desired taste is achieved, slowly blend in the pecans.*

### Sunflower Seed Dressing by Katherine Dichter

1 cup raw sunflower seeds  
1/2 to 1 lemon, juiced  
1 sm. handful of fresh basil or dill  
1-1/2 cups of purified water (if you use less, this makes a nice spread)

*Soak the sunflower seeds in purified water overnight, drain then rinse. Grind the seeds in a blender, slowly adding the water for desired consistency, then lemon juice, basil or dill.*

### Avocado-Tomatillo Dressing by Phyllis Avery

2 tbsp. drinking water  
1/2 sm. cucumber, peeled, chopped  
1 med. tomatillo, chopped  
1 tbsp. diced daikon  
flesh from 1 lg. Haas avocado  
1/4 to 1/2 tsp. dill

*Blend the cucumber, tomatillo and daikon in a blender. Add the avocado. Blend until creamy, adding dill to taste.*

### Avocado-Tomato Dressing by Phyllis Avery

1 lg., tomato, chopped  
1/2 med. cucumber, peeled, chopped  
flesh from 1 sm. Haas avocado  
1 tsp. minced, fresh oregano

*Place all ingredients in a blender in the above order. Blend until smooth.*

### Carrot-Avocado Dressing by Phyllis Avery

1 cup carrot juice  
flesh from 1 med. avocado

*Blend until smooth.*

### Cashew Dressing by Phyllis Avery

1 tbsp. cashew butter  
1/3 to 1/2 cup water  
1 to 2 tbsp. lime juice

*Blend to taste and desired consistency.*

### Creamy Celery Dressing by Phyllis Avery

1/2 med. cucumber, peeled, chopped  
1 sm. pickling cucumber, chopped  
3/4 cup celery, chopped  
1/4 cup walnuts, ground

*Add ingredients in the above order in a blender. Blend until creamy.*

### Creamy Italian Dressing by Phyllis Avery

1/8 cup lemon juice  
1/2-inch slice leek, chopped  
1 tomato, quartered  
1 tsp. fresh oregano, minced  
1 red or yellow bell pepper, cored , quartered  
flesh from 1 sm. avocado

*Blend until smooth.*

### Creamy Cucumber Dressing by Phyllis Avery

juice from 1/2 pink grapefruit  
1 med. cucumber, peeled and chopped  
1/2 cup ground fresh walnuts

*Blend until smooth.*

### Creamy Tomato Dressing by Phyllis Avery

2 cups tomatoes, chopped  
1/4 cup dried tomatoes, soaked, drained, chopped  
1/2 cup walnuts, ground  
1 tbsp. dulse flakes

*Blend until smooth.*

### Cucumber Dressing by Phyllis Avery

1 med. cucumber, peeled, chopped  
1 med. tomatillo, chopped  
2 tender ribs celery, chopped  
3/8-inch slice leek, chopped

*Blend until smooth.*

### Cucumber-Dulse Dressing by Phyllis Avery

1 med. cucumber, peeled, chopped  
1-inch long daikon piece, chopped  
2 5-inch pieces dulse leaf, soaked, rinsed, sliced

*Place all ingredients in a blender in the above order. Blend until smooth.*

### Garbanzo-Cucumber Dressing by Phyllis Avery

1 sm. tomatillo, chopped  
1 rib celery, chopped  
1/2 med. cucumber, chopped  
3/4 cup sprouted garbanzo beans

*Blend until smooth.*

### Tomato-Dulse Dressing by Phyllis Avery

2 lg. tomatoes, chopped  
1 rib celery, chopped  
3/8-inch slice leek, chopped  
2 5-inch pieces dulse leaf, soaked, rinsed, sliced

*Blend until smooth.*

### Cucumber-Zucchini Dressing by Phyllis Avery

3 tbsp. soak water from dried tomatoes  
1/2 med. cucumber, peeled, chopped  
3 med. zucchinis, chopped

*Blend until smooth.*

# Dips, Salsas & Spreads

## Pistachio Salsa by T. C. Fry

### *Salsa*

8 oz. of pistachios  
2 lbs. of tomatoes, cherry tomatoes and/or others  
4 tomatillos for a remarkable Mexican flavor  
3 stalks of celery  
2 red bell peppers

### *Platter Bed & Dippers*

lettuce leaves  
4 to 6 stalks of celery  
2 cucumbers

*Chop about 28 ounces of the tomatoes and add to a bowl. Add about 4 ounces of the tomatoes, preferably cherry, to a blender. Cut up and add the tomatillos to the blender. Blend the tomatoes and tomatillos then add to the bowl with the cut tomatoes. Dice 3 stalks of celery and add to the bowl. Mix in the pistachios and stir well. Cut the red bell peppers into 2-inch pieces. Cut the remaining celery into 2 to 4-inch pieces. Slice the cucumbers. Spread the lettuce leaves over a plate or platter. Serve the salsa over the lettuce leaves, using the bell pepper and celery pieces as dippers.*

## Pistachio Dip or Spread by Living Nutrition

*Simply blend pistachio nuts with water. Optional: blend in some chopped tomato, or the soak water from dehydrated tomatoes or lemon juice.*

### Wholey Guacamole! by Living Nutrition

flesh from 2 ripe avocados  
2 tbsp. onion  
1/2 red bell pepper, sliced  
1 tomato, sliced into chunks  
niblets from 1 ear of fresh corn  
1 tbsp. lime or lemon juice  
optional: 1 clove of garlic, minced

*Scoop the avocado flesh into a mixing bowl. Process the onion, bell pepper, tomato and celery, or finely chop with a knife. Include garlic if desired. Mash the avocado with a fork, blending in the processed ingredients, corn niblets and lime or lemon juice. Serve with veggie sticks and/or dehydrated veggie chips.*

### Zesty Salsa by Living Nutrition

avocados, diced  
tomatoes, diced  
red bell pepper, diced  
optional: tomatillos, diced  
choice of cilantro, scallions, onions, dulse flakes

*Blend to desired consistency.*

### Zesty Tomato Spread by Living Nutrition

dehydrated tomatoes  
lemon  
optional: onions, garlic, oregano

*To make a zesty paste, rehydrate the dried tomatoes in a bowl of water. Process alone or blend with some fresh tomatoes and/or your choice of vegetables. Serve as a sandwich or cracker spread or a pizza topping.*



### Nut & Seed Cheese by Living Nutrition

2 cups of choice of sunflower seeds, pumpkin seeds or squash kernels

optional: add or substitute 1 cup almonds

1 tbsp. fresh basil or dill, finely minced

1 tbsp. lemon juice

optional 1/4 sm. white onion, chopped

optional: 1 clove garlic, minced

optional: parsley sprigs, paprika powder, orange slice garnish

*Soak the seeds and/or almonds together for 12 hours in a sprouting jar or a bowl. Rinse well, drain and allow to sprout for no more than 4 hours. Add all ingredients to a food processor and process to a fine consistency. Place the cheese in a bowl. Garnish as desired. Serve as a veggie stick, chip or cracker spread or dip, as a lettuce “handwich” filler or a pizza topping. Serve immediately or cover and refrigerate. Will keep in the refrigerator for approx. 24 hours.*

### Vegan Cheese Brick by Living Nutrition

1 batch sunflower cheese or pumpkin seed cheese or almond cheese

dehydrated tomato soak water (see the following section on Seasonings)

caraway seeds

optional: dried onion flakes

*Combine all ingredients and form into 1 or more bricks. Garnish as desired. Serve immediately or store in an airtight container in a refrigerator for no more than 24 hours.*

### Cucumber-Mango Salsa by Cecilia Benjumea

1 avocado, diced

1 bunch cilantro, coarsely chopped

1 English cucumber, diced

2 mangos, diced

1 lime, juiced

*Blend and serve.*

### Mexican Salsa by Phyllis Avery

juice of 1/2 lime  
1/4 cup presoaked, dried tomatoes, chopped  
1 cup tomatoes, finely diced  
1 yellow pepper, finely diced  
1/2 cup celery, finely diced  
2 sm. tomatillos, diced  
1 tsp. fresh ginger root, minced

*Blend thoroughly.*

### Carrot & Jicama Dip by Phyllis Avery

1/2 med. cucumber, peeled, chopped  
2 tbsp. lime juice  
1 cup carrot, finely shredded  
1 cup jicama, finely grated  
1/4 cup sunflower seeds, coarsely ground  
1/2 tsp. fresh dill, finely chopped

*Liquefy the cucumber and lime juice in a blender. Add the remaining ingredients and blend.*

### Chick Pea Dip by Phyllis Avery

1 cup sprouted chick peas  
2 tbsp. lime juice  
3/8-inch slice leek, minced  
1 tender celery center, chopped  
1 tbsp. vegetable seasoning  
2 tbsp. chives, minced  
1 sm. carrot, grated

*Grind the chick peas very finely in a blender with the lime juice and leek. Transfer to a small bowl. Add the remaining ingredients. Mix well.*

### Guacamole by Phyllis Avery

flesh from 2 ripe Haas avocados  
1 tbsp. lemon or lime juice  
1 sm. tomatillo, finely diced  
2 tbsp. mild salsa  
2 tbsp. chopped black olives

*In small bowl, sprinkle the avocado with lemon or lime juice and mash with a fork. Add the tomatillo and mix together. Blend in remaining ingredients. Serve with vegetable dippers.*

### Italian Pesto by Phyllis Avery

3/4 cup pine nuts (also called pignolia nuts)  
1 handful fresh basil leaves, chopped  
2 or 3 1-inch long, fresh oregano leaves  
1/3 cup virgin olive oil  
3/8-inch slice leek, minced

*Grind the nuts in a blender, slowly adding the oil. Place the mixture in a bowl. Mix in the basil and leek.*

### Red Pepper Sesame Seed Dip by Phyllis Avery

1/2-inch slice leek, chopped  
4 or 5 lg. red bell peppers, chopped  
1/2 cup sesame seeds, soaked 4 hours, drained

*Blend until creamy.*

# Seasonings

## Lemon-Celery Seasoning by Art Baker

*Forget salty, toxic, lifeless tamari, liquid aminos, namu shoyu, soy sauce, miso and other bottled seasonings and try this instead: dehydrated celery and lemon slices. As the celery dries out, it hardens and becomes thin floss. Cut the rind off the dehydrated lemon and discard. Place the celery and lemon in a coffee grinder and pulverize into powder. This is very salty, with a slight celery flavor, making it a great addition to guacamole, salsa, raw soups, raw crackers, etc.*

## Dehydrated Tomato Soak Water by Living Nutrition

*Again, forget salty, toxic lifeless tamari, liquid aminos, namu shoyu, soy sauce, miso and other bottled seasonings. Dried tomato soak water makes a naturally salty and nontoxic seasoning. Soak dried tomatoes for 2 to 6 hours then drain off the water. Optional: add fresh lemon juice, fresh oregano, basil or other herbs to taste. Use the remaining tomato solids in another recipe. See Tomatochovies below.*

## Tomatochovies by Living Nutrition

*Slice cherry tomatoes in half and dehydrate. Toss onto salads. Optional: soak dried tomatoes in water, drain, slice into small pieces. Or use diced fresh tomatoes for the salty zing you are going for.*

# Soups

## Cucado Soup by Katherine Dichter

*Serves 1*

2 lg. cucumbers

1/2 avocado

1 tsp. lemon juice

1 tsp. fresh dill

*Blend all ingredients and serve.*

## White Gazpacho by Katherine Dichter

*Serves 2*

4 lg. cucumbers

2 ripe avocados

3 med. garlic cloves, minced.

2 med. bell peppers, chopped

4 scallions, chopped

2 cups of purified water

juice of 1-1/2 lemons

4 tbsp. chopped cilantro

*Peel the cucumbers, cut in half lengthwise, scoop out all the seeds, chop the cucumber and place in a blender. Cut the avocados in half, remove the pits, and scoop the flesh into the blender. Into the blender add the garlic, bell peppers and scallions. Blend while gradually adding a little water then the lemon juice and some of the cilantro. Serve in bowls and garnish with the remaining cilantro.*

### Asparagus Soup by Phyllis Avery

Serves 2

1 cup water  
1 bunch asparagus, sliced to 1-inch pieces  
1 cup jicama, grated  
1/2 cup celery, diced  
1/3 cup watercress, chopped  
1/2 cup walnuts, chopped  
dried herb seasoning

*Set aside the asparagus tips. Liquefy the jicama and celery in a blender. Add the asparagus stalks and blend again. Transfer to a large bowl. Mix in the watercress. Ladle into individual bowls. Lightly season. Garnish with asparagus tips and walnuts.*

### Avocado & Cauliflower Soup by Phyllis Avery

Serves 2

3 cups cauliflower florets, chopped  
flesh from 1 med. or lg. Haas avocado  
1 cup water  
3/4 cup corn  
3/4 cup alfalfa sprouts, chopped

*Place the cauliflower and avocado in a blender with the water. Blend until smooth, adding more water if necessary. Pour into soup dishes. Mix in the sprouts.*

### Avocado & Tomato Soup by Phyllis Avery

Serves 2

2 cups fresh tomato juice  
1 sm. tomatillo, chopped  
1 heaping tbsp. almond butter  
flesh from 1 ripe avocado, chopped  
1 tsp. fresh basil, minced

*Make the tomato juice by processing in a blender then straining out the juice. Blend smooth all ingredients except the basil in the above order. Sprinkle with basil. Serve at room temperature or chill.*

### Barley-Carrot Soup by Phyllis Avery

*Serves 2*

3/4 cup barley, soaked overnight, rinsed, drained  
2 cups carrot juice  
1/2 cup celery, chopped  
2 tbsp. daikon, minced  
1/2 cup parsley, chopped

*Blend all ingredients smooth.*

### Broccoli-Zucchini Soup by Phyllis Avery

*Serves 2*

1 sm. head broccoli  
2 cups zucchini, chopped  
1 cup water  
1/2 cup diced celery  
1/2 sm. red pepper, diced  
1/3 cup pine nuts  
1 tsp. fresh oregano, minced

*Cut the broccoli into florets. Blend broccoli, zucchini and water in blender until smooth. Add more water if necessary. Pour in soup dishes. Mix in celery, pepper and pine nuts. Sprinkle with oregano.*

### Cauliflower & Corn Soup by Phyllis Avery

*Serves 2*

2 handfuls cauliflower florets  
1 med. parsnip, grated  
kernels from 2 ears fresh corn  
1/2 tsp. dill seed  
1/4 cup watercress, chopped

*Purée the cauliflower and parsnip with 1-1/4 cup of water, or more if necessary. Pour into a bowl. Add the corn and dill. Garnish with watercress. Chill if desired.*

## Cold Avocado Soup by Phyllis Avery

*Serves 2*

2 Haas avocados

3/4 med. cucumber, peeled, chopped

1/4 cucumber, peeled, diced (set aside)

2 lg. ripe tomatoes, quartered

1/4 cup watercress, chopped

*Slice the avocado in half and remove the pit and any brown spots. Set aside 1/2 of the avocado. Blend the tomatoes, avocado and cucumber until smooth. Pour into bowls. Stir in the remaining avocado and cucumber. Chill if desired. Garnish with watercress.*

## Cool Tomato Soup by Phyllis Avery

*Serves 2*

2 cups freshly-made tomato juice

1-1/2 med. cucumbers, peeled, chopped

1/2 med. cucumber, peeled, diced (set aside)

1 cup alfalfa sprouts, chopped

1 sm. green bell pepper, finely diced

1 tsp. fresh basil leaves or oregano leaves, minced

1/4 cup watercress, chopped

*Purée the tomatoes and cucumbers. Pour the mixture into a large bowl. Add the next four ingredients. Pour into individual bowls. Garnish with watercress.*



## Corn Chowder *by Phyllis Avery*

*Serves 2*

1 rib of celery, chopped  
1 cup jicama, shredded  
2 med. parsnips, shredded  
kernels from 2 ears fresh corn  
1 sm. red bell pepper, diced  
1/4 cup tender celery, finely diced  
6 walnuts, chopped  
1/4 cup parsley, minced

*Blend half the amount of celery, jicama, parsnips and corn in a blender with 1 cup of water. Pour into a large bowl. Blend the other half adding 1/4 to 1/2 cup of water. Mix in the corn, bell pepper and celery. Ladle into individual bowls. Garnish with walnuts and parsley.*

## Cream of Spinach Soup *by Phyllis Avery*

*Serves 2*

2 cups fresh spinach, chopped  
1-1/2 cups zucchini, chopped  
1-1/2 cups water  
1 tbsp. leek, diced  
1 tbsp. kelp or dulse flakes  
1/2 cup red bell pepper, diced

*Remove the spinach stems. Blend the first 5 ingredients. Pour into soup bowls. Sprinkle with the bell pepper.*

## Creamy Carrot & Avocado Soup by Phyllis Avery

*Serves 2*

approx. 12 to 16 carrots

1 lg. Haas avocado

kernels from 1 ear fresh corn

1 handful alfalfa sprouts, chopped

*Make 3 cups of carrot juice. (Save the pulp for another recipe, such as Veggie Burgers.) Cut the avocado in half, remove the pit and cut away any brown spots. Keep the halves separate. Blend the carrot juice and the flesh from one-half avocado until smooth. Pour into individual soup bowls. Mix in the mashed flesh from the other half of the avocado, corn and sprouts.*

## Green Pea Soup by Phyllis Avery

*Serves 2*

1 lg. Haas avocado, chopped

1-1/2 cups fresh peas

1 med. zucchini, chopped

1-1/4 cups water

1 carrot, grated

1/2 tsp. dill seed

2 sprigs parsley, chopped

optional: 2 tbsp. minced daikon

*Blend the avocado, peas, zucchini, water (use more if necessary) and, optionally, daikon until creamy. Pour into individual soup bowls. Mix in the carrots and dill. Sprinkle with parsley.*

### Lentil-Vegetable Soup by Phyllis Avery

*Serves 2*

2 cups carrot juice  
1 sprig fresh parsley  
1 celery stalk, sliced  
1 cup Chinese cabbage  
flesh from 1 med. avocado  
1 tbsp. dulse leaf, chopped  
3/4 cup yellow lentils, soaked 12 hours then sprouted 1 day

*Pour the carrot juice into a blender. Add parsley, celery and cabbage. Liquefy. Scoop the avocado pulp into the blender. Add dulse. Liquefy until creamy. Pour into soup bowls then mix in the lentils.*

### Life Force Soup by Phyllis Avery

*Serves 2*

kernels from 1 ear fresh corn  
6 lg. carrots, grated  
1 cup jicama, grated  
1 cup parsley  
1/2 bunch spinach  
1 cup alfalfa sprouts

*Purée all ingredients in a blender. Chill or serve immediately.*

### Parsnip Soup by Phyllis Avery

*Serves 2*

2 cups grated parsnips  
1-1/2 cups water  
kernels from 1 ear fresh corn  
1 med. carrot, finely grated  
1 sprig parsley, minced  
1/2 tsp. anise

*Blend the parsnips and water at high speed for 30 seconds. Add the anise and blend for 2 seconds. Pour into soup bowls. Mix in the corn and carrot. Garnish with parsley.*

## Borscht by Phyllis Avery

*Serves 2*

4 sm. beets, scrubbed well, chopped  
1/4 med. head cabbage, sliced and chopped  
1 cup fresh carrot juice  
1 sm. fresh jicama, cubed  
1 celery rib, chopped  
1 to 1-1/2 cups water  
1/4 cup watercress, chopped  
1 tsp. caraway seeds

*In a blender, liquefy the first 5 ingredients, adding each gradually, using water as necessary. Pour into individual bowls. Add caraway seeds. Garnish with watercress.*  
*Notes: Always use fresh jicama when making soup. Old jicama is dry. Also, save the carrot pulp for another recipe.*

## Sweet Potato Soup by Phyllis Avery

*Serves 2*

2 cups sweet potato, diced  
1/2 cup parsnips, diced  
1/2 cup fennel, diced  
1/2 cup sunflower sprouts

*Blend sweet potatoes and parsnips with just enough water to liquefy. Pour the mixture into soup bowls. Blend in fennel. Sprinkle sprouts in the center.*

## Tomato-Vegetable Soup by Phyllis Avery

*Serves 2*

3 cups freshly-made tomato juice  
1/2 cup presoaked, chopped, dried tomatoes  
kernels from 1 ear fresh corn  
3/4 cup fresh peas  
1/2 cup celery, diced  
1 tsp. fresh basil leaves, minced  
1 tbsp. watercress leaves  
6 walnuts, chopped

*Mix the first 6 ingredients in a large bowl then ladle into individual soup bowls. Garnish with watercress and nuts. Serve immediately.*

## Gazpacho by Phyllis Avery

*Serves 2*

2 cups tomatoes, chopped  
1 sm. cucumber, peeled, chopped  
3/8-inch slice leek  
2 med. zucchinis, chopped  
4 tbsp. tomato puree (optional)  
1/2 cup pre-soaked dried tomatoes

*Blend all ingredients until creamy. Chill or serve immediately.*

# Entrées

## Carrot-Seed Patties by Phyllis Avery

*Serves 2*

2 cups grated carrots  
1/4 cup sesame seeds, ground  
1/4 cup sunflower seeds, minced  
3/8-inch slice leek, minced  
3 tbsp. celery, finely chopped  
cucumber-dulse dressing  
salad greens

*Prepare a bed of greens. Thoroughly mix the first 5 ingredients. Form into patties and place on the greens. Pour the dressing over the top.*

## Carrot-Oatmeal Patties by Phyllis Avery

*Serves 2*

1 cup oats, soaked 5 minutes  
1-1/2 cups grated carrots  
3/4 cup chopped sunflower sprouts  
3/8-inch slice leek, minced  
1/4 cup diced celery  
carrot-celery dressing  
salad greens

*Prepare a bed of greens. Combine the carrots, sprouts, leek and celery and mix thoroughly. Form into patties. Place on a bed of greens. Pour the dressing over the top.*

## Cauliflower & Spinach Casserole by Phyllis Avery

*Serves 2*

2 handful cauliflower florets

1/2 bunch spinach

kernels from 2 ears fresh corn

1 cup sunflower sprouts

optional: 1 tbsp. fresh, minced basil

zucchini-cucumber dressing

1/2 cup olives, soaked, rinsed, sliced

*Cut the cauliflower in bite-size pieces. Tear the spinach into bite-size pieces. Combine first four ingredients. Pour the dressing over the top. Garnish with olives.*

## Oatmeal Burgers by Phyllis Avery

*Serves 2*

3/4 cup oats, soaked 5 minutes

1 cup sunflower sprouts, chopped

1/3 cup yellow bell pepper, chopped

2 plum tomatoes, finely chopped

3/8-inch slice leek, minced

1 or 2 tender center celery ribs, diced

2 tbsp. minced parsley

salad greens

Mexican salsa

*Combine and thoroughly mix the first 7 ingredients. Shape into patties. Place on a bed of greens. Spoon salsa over the top.*

## Spaghetti Dinner by Phyllis Avery

Serves 2

spaghetti squash “spaghetti”

optional: butternut squash “spaghetti” or zucchini “spaghetti”

optional: in lieu of “spaghetti,” grate the squash of your choice

3/4 pound ripe plum tomatoes, quartered

1/2 cup pre-soaked dried tomatoes

3/8-inch slice leek, minced

fresh parsley and sweet basil, minced

1/2 cup avocado or, optionally, pre-soaked pine nuts

spinach

*To make “spaghetti” or “angel hair pasta” using the Veggie Spiralizer, see the Veggie Spiralizer information at the back of this book. Flip the little lever on the side of the base to the correct position: one way it makes thin strings (“spaghetti” or “angel hair pasta”); the other way it make curls. To make spaghetti, you’ll need thick, flat chunks of squash (2-inch diameter or more.). Thin squash chunks and thin zucchini will not work. Squash must be cut so that the top and bottom are flat, straight and parallel. Push one flat end of the squash onto the prongs inside the top part of the Veggie Spiralizer (i.e., the handle housing). Set the housing on the base, twist slightly to lock the two parts, then turn the handle to make spaghetti. (Note: other creations you can make include beet and sweet potato strings and cucumber curls.)*

*To make grated spaghetti squash, cut the squash in half and remove the seeds. Refrigerate half for other use. Slice squash in thirds—it’s easier to peel in small pieces. Peel with a paring knife then grate. Refrigerate in a covered bowl.*

*Drain the tomatoes then place with the leek in a blender and liquefy. Place the avocado in a mixing bowl and blend in some tomato soak water with a fork. Optional: in lieu of avocado, use a blend of pine nuts and either clear water or the tomato soak water. Prepare a bed of greens in a large serving bowl. Place the squash on top, then the tomato, then the avocado sauce (or pine nut “cheese”), parsley and basil.*



## Squash Italiano by Phyllis Avery

*Serves 2*

2 med. zucchini, grated  
1 sm. yellow or green bell pepper, diced  
3/4 cup fresh peas  
4 plum tomatoes, finely chopped  
kernels from 1 ear fresh corn  
2 cups alfalfa  
4 tbsp. mild salsa  
1/2 cup olives, soaked, rinsed and chopped  
2 bunches spinach, rinsed and drained

*Mix all ingredients well. Serve on a bed of spinach.*

## Stuffed Avocados by Phyllis Avery

*Serves 2*

2 med. avocados  
1 celery rib, finely diced  
1 sm. yellow bell pepper, diced  
2 med. plum tomatoes, diced  
1/2 cup grated kohlrabi  
olives, soaked, drained and chopped  
salad greens

*Scrub the avocado skins well. Cut the avocados in half. Remove the pits and scoop the flesh into a small bowl. Save the empty avocado shells. Mash the flesh with a fork until soft. Mix the avocado with the next four ingredients. Prepare a bed of salad greens on a serving platter or in a large bowl. Set the empty avocado shells on the greens. Fill the avocado shells with the mixture. Top with chopped olives.*

## Stuffed Savoy Cabbage by Phyllis Avery

*Serves 2*

6 savoy cabbage leaves  
2 med. zucchinis, grated  
kernels from 2 sm. ears fresh corn  
1/2 cup tender inner celery, diced  
4 plum tomatoes, diced  
1 cup alfalfa sprouts  
4 tbsp. mild salsa

*Score the stem on the raised side of cabbage so it will roll. Combine the other ingredients. Determine equal stuffing portions by separating the mixture on a platter. Scoop the mixture onto cabbage. Roll the leaves from the stem end. Fasten with a toothpick.*

## Stuffed Peppers with Barley by Phyllis Avery

*Serves 2*

2 lg. yellow bell peppers  
1 cup raw barley  
kernels from 1 ear fresh corn  
1/2 cup peas  
2 plum tomatoes, diced  
4 tbsp. tomato paste (see recipe for Zesty Tomato Spread)  
salad greens

*Soak the barley in 1-1/2 cups of water overnight. Remove the pepper stem. Slice in half from top to bottom. Remove the seeds. Rinse the barley and drain well. Combine with corn, peas and plum tomatoes. Place the mixture in a bowl with the tomato paste and blend. Place the peppers on a salad bed. Scoop the mixture into the peppers.*

## Stuffed Peppers with Zucchini by Phyllis Avery

*Serves 2*

2 lg. red bell peppers  
2 med. zucchini, grated  
2 carrots, grated  
1/3 cup olives, soaked, rinsed and sliced  
alfalfa sprouts  
1 med. avocado  
water  
salad greens

*Remove the pepper stem. Slice in half from top to bottom. Remove the seeds. Combine the next four ingredients and scoop into the peppers. Scoop the flesh from the avocado into a blender. Blend to a creamy consistency, adding water as needed. Place the peppers on a bed of greens. Pour the dressing over the top.*

## Veggie Burgers by Phyllis Avery

*Serves 2*

2 cups processed carrot pulp  
3/4 cup sunflower seeds, ground  
1/2 cup celery, finely diced  
3/8" slice leek, minced  
1 med. zucchini, grated  
salad greens  
Mexican salsa

*Mix the first six ingredients. Form into patties. Place on a bed of greens. Spoon salsa over the top.*

## Yam & Avocado Loaf by Phyllis Avery

*Serves 2*

3/4 cup oats

1/2 cup water

1/3 cup liquid (water, apple juice or fig soak juice)

3 heaping tbsp. avocado

kernels from 1 ear fresh corn

1/3 cup diced celery

2 cups grated yam

salad greens

*Soak the oats 5 minutes. Purée the liquids and avocado in a blender. Combine the corn, celery and yam. Mix thoroughly with the oatmeal. Form into individual loaves. Place on salad greens. Serve immediately.*

## Avo-battered Corn on the Cob by Living Nutrition

corn on the cob, freshly shucked

avocado, halved and pitted

*With the corn in one hand and the avocado in the other, smear the avocado over the corn kernels and enjoy! Best eaten barefooted!*

## Pepper-Corn Boats by Living Nutrition

*Serves 4*

2 or more fresh ears of corn

2 lg. red or yellow bell peppers

2 avocados, halved and pitted

*Using a knife, slice the corn kernels off the cobs, collecting the kernels in a bowl. Cut the bell peppers in half, lengthwise, clean out the seeds, and remove the stems. Remove the flesh from the avocados and mix with the corn kernels in a bowl. Spoon the avocado-corn mixture onto the bell pepper halves and eat like a "handwich."*

## Carrocado Mash by Living Nutrition

*Serves 1*

6 lg. fresh carrots

1 med. ripe avocado

optional: 1 to 2 cups broccoli

optional: 1 oz. whole dulse leaf, rinsed

optional: 1 lg. red or yellow bell pepper

*With the blank plate installed, run the carrots through a Champion juicer, collecting the juicy pulp in a bowl. Remove the flesh from the avocado and, using a fork, mash the avocado into the carrot pulp. Options: Run broccoli through a Champion juicer and add the juicy pulp into the carrot and mix. Add the dulse and chopped bell pepper to the mixture. Scoop out a bell pepper and stuff with the mixture.*

## The Rainbow Dagwood by Living Nutrition

*Serves 1*

1 lg. bell pepper, cored, de-stemmed and sliced horizontally near the top

1/2 cup celery, diced

1 sm. avocado, mashed

1 handful of whole dulse leaf, rinsed and hand squeeze-dried

1 slice of Bermuda onion

1 yellow beet, processed into "spaghetti" using the Veggie Spiralizer

1 cucumber, sliced

1 lg. tomato, sliced

handful of sunflower greens (sprouts)

*Process the celery and avocado together to make a creamy slaw mixture. Fill the bottom of the bell pepper sandwich with the slaw. Add the remaining ingredients in layers. Top with the upper part of the bell pepper and enjoy!*

*Options: substitute your choice of sprouts, grated vegetables or nut or seed cheese, or nut or seed butter in lieu of the avocado.*

## Holiday Seed Cheese Loaf by Living Nutrition

*Serves 4+*

2 cups seed cheese (see the section on Dips, Salsas & Spreads)  
1 ea. red and yellow bell peppers, chopped  
1 cup sunflower seeds, ground  
1 tbsp. dulse flakes or kelp powder  
1 green or red onion, chopped  
1 handful of parsley

*Mix the first five ingredients together and form into a loaf, garnishing with parsley.*

## Nutty Holiday Veggie Loaf by Living Nutrition

*Serves 6+*

3 cups fresh walnuts or almonds, soaked 12 hours  
3 cups carrot pieces  
1/2 med. onion, chopped in lg. pieces  
1 cup celery pieces  
1/2 cup chopped parsley  
1/4 cup fresh dill  
2 lemons, juiced  
1 head romaine lettuce  
one or more red and/or yellow bell peppers, cored

*Run the nuts and carrots through a Champion juicer with the blank plate installed. Pulse the onion, celery, parsley and dill in a food processor until coarsely chopped. Place all ingredients except the lettuce in a bowl and mix. Form into a loaf and garnish with parsley and bell pepper slices or bits. Serve loaf slices over lettuce leaves (finger sandwiches). Optional: stuff into red or yellow bell peppers (whole or halved).*

## Flax Seed Subs by Living Nutrition

Serves 4

1 cup of flax seeds

2 ribs celery

1 cup tomatoes

1 red and/or yellow bell pepper

1 cup lettuce

optional: 1/2 cup of sunflower seeds

optional: 1 med. white onion, chopped

optional: dulse flakes or tomato paste made of rehydrated dried tomato

*Soak the flax seeds overnight in a bowl. Add just enough water to cover the seeds. Add more water as needed to keep the upper seeds wet. Optional: soak the sunflower seeds overnight in a sprouting jar. If your dehydrator does not have fine mesh screen, cut and place nylon window screen over the dehydrator trays. Chop the onion and mix into the flax seeds. Using a wetted spatula and your hands, spread the seeds over the screens in oblong sub shape, approx. 1/8 inch thick. Dehydrate at 108° F to 116° F. Chop the celery, tomatoes and bell peppers. Shred the lettuce. Rinse and drain the sunflower seeds (if used). Remove the flax seed subs from the dehydrator and top with the vegetables, sunflower seeds and dulse flakes as desired.*

## Stuffed Pepperinis by Living Nutrition

red and yellow bell peppers

zucchini

tomatoes

avocados

celery

1/4 cup of whole leaf dulse, rinsed

optional: onion or salsa

*Core out the bell peppers. Make zucchini linguini with a Veggie Spiralizer (see product information in the back of this book). Soak and rinse the dulse, then squeeze the water out in your hand. Finely chop the tomatoes, celery, dulse and, if desired, onion. Halve and pit the avocado, then scoop out the flesh into a mixing bowl. Add the chopped ingredients to the linguini and avocado and mix. Stuff the bell peppers with the mixture and enjoy!*

## Live Traditional Pizza *by Bett Carstens*

### *Crust*

1 cup hulled buckwheat, soaked overnight, drained, rinsed

1 cup sunflower seeds, soaked overnight, drained, rinsed

1 lg. carrot

1 red bell pepper

*Blend all ingredients in a blender or Vitamix, adding just enough purified water to get a vortex and a smooth consistency. Pour the mixture onto a dehydrator tray covered with a Teflex sheet, or onto a solid dehydrator tray, shaping and sizing as desired. Dehydrate at 110° F for 4 to 5 hours until crispy on the outside.*

### *Cheese*

juice of 1 lemon

1 cup macadamia nuts

1 cup pine nuts

1 garlic clove

*Mix all ingredients in a blender or Vitamix, adding just enough purified water to get a vortex and a smooth consistency. Spread the cheese on the crust.*

### *Topping*

your choice of fresh or dehydrated tomato slices, pine nuts, bell pepper strips or bits, onion, fresh basil, oregano, etc.

*Dehydrate for 2 to 3 more hours, then have a pizza party!*



## Biogenic Burgers by Bett Carstens

*Serves 2 to 4*

2 cups fresh hulled sunflower seeds

1 sm. onion

1 lg. tomato, chopped

1/2 cup fresh herbs of choice

dehydrated vegetable seasoning powder, e.g., onion, tomato, celery, parsley

*Soak the sunflower seeds for 8 to 10 hours in 6 cups of purified water. Pour off the seed soak water, rinse thoroughly, and allow the seeds to sprout for 24 hours, rinsing once or twice. Run the sunflower sprouts through a Champion juicer with the blank plate installed. In a bowl, mix the ground seeds with the chopped vegetables and herbs. Form the mixture into sm. patties and coat with vegetable seasoning. Dehydrate at 115° F for 5 to 7 hours, until the outside is crispy and the inside is still moist. Serve warm, or cold. Will keep in a refrigerator for 2 to 3 days.*

## Veggie Loaf by Bett Carstens

*Serves 4 to 6*

*Loaf*

1 cup almonds, soaked 24 hours, drained and rinsed

1 cup sunflower seeds, soaked 24 hours, drained and rinsed

1 cup walnuts, soaked an hour or two, drained and rinsed

3 to 4 cups of assorted vegetables, such as carrots, celery, zucchini, mushrooms, red, yellow or orange bell pepper, a bit of onion, a clove of garlic and 1 inch of ginger  
optional: virgin olive oil

*Set aside some of the veggies for later, chopping them into small chunks. Run the 3 cups of nuts and seeds and 3 cups of vegetables through a Champion juicer with the blank plate installed, or homogenize using a food processor, collecting it all in a large bowl. Blend all ingredients well by hand. If the mixture is too moist, place it in a strainer over a bowl with a weighted plate on top to force liquid out for approximately one-half hour. Then mix in the vegetable chunks and some fresh herbs such as rosemary and tarragon. For a smoother consistency, dribble in some organic extra-virgin olive oil.*

### *Tomato Sauce Topping*

1 cup fresh tomatoes, chopped  
1/2 cup sun-dried tomatoes, soaked for a few minutes (save the soak water if you need more liquid for the sauce)  
1 piece of onion  
1 sm. piece chili pepper  
1 clove garlic  
3 or 4 pitted dates  
1 tsp. organic extra virgin olive oil

*Liquefy the fresh tomatoes in a blender or Vitamix; then add rest of the ingredients, blending until smooth.*

*Shape the loaf ingredients into the desired shape, then place on a dehydrator tray. Spread the tomato sauce on top. Dehydrate at 110° F for 3 or 4 hours until it looks crispy and brown on the outside. It will be juicy and warm on the inside when ready. Serve right away.*

### *Veggie Subs by Betsy De Gress*

*Serves 2*

2 long red or yellow bell peppers, halved and seeded lengthwise  
1 avocado, mashed  
1 cup of sprouts (broccoli, sunflower, buckwheat, alfalfa, etc.)  
2 lg. carrots, shredded  
1 cucumber, sliced thin lengthwise  
2 dulse leaves, rinsed  
2 leaves of romaine or leaf lettuce

*Spread the mashed avocado inside one-half of each bell pepper. Partially fill the bell peppers with the carrots and seed sprouts. Complete filling the peppers with layers of dulse, cucumber and lettuce. Top the "subs" with the remaining pepper halves.*

## Zucchini Linguini with Chunky Avocado Sauce *by Betsy De Gress*

*Serves 1 or 2*

1 lg. diameter zucchini

1 med. avocado

1 cup of 2 or 3 varieties of tomatoes (cherry and heirloom are best)

1 lg. red bell pepper

optional: 3 - 5 fresh basil leaves, finely chopped

optional: 1 tbsp. fresh lemon juice

optional: 1/4 clove of garlic, finely chopped

*Cut the zucchini into 3-inch chunks and use a Veggie Spiralizer to make linguini (see product description in the back of this book). Place the linguini in a serving bowl. Pit the avocado, scoop the flesh into a bowl, then mash with a fork until soft. Slice the tomatoes into small chunks. Core the bell pepper, then finely dice. Using a fork, mash the tomato, pepper, basil, lemon juice and garlic into the avocado. Spoon the mixture over the linguini and serve with a salad.*

## Stuffed Tomatoes *by Betsy De Gress*

*Serves 1 or 2*

2 lg. tomatoes

1/2 cup nuts, soaked 30 minutes then rinsed (almonds, walnuts, pecans, cashews)

1 rib celery

1 sweet red pepper

1 leaf rinsed dulse

2 leaves of romaine or leaf lettuce

1 lemon or parsley for garnish

*Cut off the tops of the tomatoes and core the insides, leaving shell intact. Grind the tomato pulp, nuts, celery, dulse and red pepper in a blender, or run through a Champion juicer with the blank plate installed. Fill the tomato shells with the veggie-nut mixture. Serve on lettuce leaves, and garnish with lemon wedges or parsley. Optional: for party hors d'oeuvres, use cherry tomatoes.*

## Raw Pizzaz! by Betsy De Gress

### *Almond Crust – Option A*

3 cups almonds

pulp from 4 lg. stalks of juiced celery

pulp from 1 med. juiced zucchini

optional: add 1/4 to 1/2 cup finely chopped sun dried tomatoes, soaked overnight

*Soak almonds overnight, rinse, then allow to sprout for 12 hours. Dehydrate for 12 hours or until crunchy and dry. Grind dry almonds to a fine powder in food processor. Add celery and zucchini pulp, mixing until uniform. Press into desired shapes approx. 1/8 inches thick on a dehydrator screen, then dehydrate overnight or until thoroughly dry.*

### *Flax Crust Ingredients – Option B*

2 cups flax seeds

2 cups water

1/4 cup finely chopped sun dried tomatoes, soaked overnight

optional: 1 tbsp. Italian herbs

*Soak flax seeds 12 hours in water. Add tomatoes and herbs if desired. Press into thin shapes on a dehydrator screen, then dehydrate overnight or until thoroughly dry.*

### *Creamy Cheese Filling*

2 cups pine nuts, soaked 20 minutes

pulp from 1 sm. zucchini which was juiced

optional: Italian herbs and/or dried onion or garlic

*Run the nuts and zucchini through Champion juicer with the blank plate installed. If you don't have a Champion, blend nuts and zucchini in blender or food processor until smooth. Add flavorings to taste*

### *Marinara Topping*

2 med. tomatoes or 3 Roma tomatoes

2 cups sun-dried tomatoes

1 to 2 tsp. Italian herbs

dehydrated zucchini rounds or confetti (zucchini cut in tiny cubes)

red or yellow bell pepper slices, cut thin and dehydrated

optional: fresh basil leaves

*Soak sun-dried tomatoes in water overnight, using just enough water to cover them. When tomatoes are soft, blend in a food processor with fresh tomatoes. Add tomato soaking water slowly until smooth, thick paste is formed, adding herbs to taste.*

*When the crust is dry, spread creamy cheese filling on top, leaving about 1 inch bare around edges. Spread marinara sauce on top of the cheese filling.*

*Top with zucchini, peppers and other items of your choice. Dehydrate 4 to 6 hours until warmed thoroughly. Serve while still warm!*

### **Angel Hair Squash with Sweet Tomato Sauce by Christina Chadney**

*Serves 1 as a main dish, or 2 as a side dish.*

2 yellow squash or zucchini

2-3 sweet red tomatoes, chopped

10 sun dried tomatoes, soaked

1 apple, chopped

juice of 1/2 lemon

2 dates, pitted and chopped

a handful of basil

a few sprigs of oregano

optional: a few raw olives or pine nuts for garnish

*Pasta: Process the squash into angel hair pasta by placing in a Veggie Spiralizer (Saladaco) on the pasta setting. Place the pasta in bowls or on a plate.*

*Sauce: Place all ingredients except the squash and herbs in a food processor until processed finely, then add the herbs and pulse a few times until herb specks are seen.*

*Entrée: Top the pasta with sauce and garnish with fresh herbs. Add a few olives if desired.*

## Mock Tuna Salad by Katherine Dichter

*Serves 6+*

3 cups walnuts, soaked 12 hours  
3 cups carrot pieces  
1/2 med. onion, chopped in lg. pieces  
1 cup celery pieces  
1/2 cup chopped parsley  
1/4 cup fresh dill (or 1 tsp. dried)  
3 cloves garlic  
2 lemons, juiced  
dulse flakes  
romaine lettuce

*Run the walnut and carrots through a Champion juicer using the blank plate to make a smooth paté. Pulse garlic, onion, celery and herbs in a food processor until coarsely chopped. Place all ingredients except the lettuce in a bowl and mix. Add dulse flakes to taste. Form into a round loaf with parsley garnish if desired. Optional: serve on lettuce leaves and wrap to make a "handwich."*

## Sunflower Rolls by Katherine Dichter

*Serves 4*

1 tomato, chopped  
2-1/2 cups sunflower sprouts (soaked 8 to 12 hours then sprouted 1 day)  
juice of 1 lemon  
1 tsp. dulse flakes  
1 sm. zucchini or yellow squash, diced  
1/4 cup celery, diced  
1/4 cup scallion, diced  
romaine lettuce or kale

*Place the tomato in a blender and liquefy. To the blender, add the sunflower sprouts, lemon juice and dulse flakes and blend on med. speed until smooth. Pour the blended mixture in a bowl and mix in the remaining ingredients. Spoon the mixture onto the lettuce or kale leaves and roll up using toothpicks if desired.*

## Fruinola *by Katherine Dichter*

*Serves 1*

1 apple, cored  
1 tbsp. raisins  
1 tbsp. coconut flakes  
1 tbsp. soaked almonds  
1 tsp. honey  
1/2 tsp. cinnamon  
1/4 cup fresh apple juice

*Coarsely grind the apples and raisins in a food processor, then place in a wooden bowl. Chop the almonds in a food processor, then add the apple and raisin mixture. Mix all ingredients and serve.*

## Mock Salmon Paté *by Katherine Dichter*

*Serves 4+*

2 cups almonds, soaked overnight  
1 cup celery, finely chopped (about 4 stalks)  
1/2 cup green onions, chopped  
1/4 cup water  
2 med. or lg. carrots  
3 tsp. lemon juice  
dulse flakes  
romaine lettuce  
parsley greens

*Run the almonds and carrots through a Champion juicer using the blank plate to make a smooth paté. Mix all ingredients except lettuce and parsley together in a bowl, adding dulse flakes to taste. Form into a rounded (or other shape) loaf and garnish with parsley greens. Serve as a veggie spread or on lettuce leaves and wrap to make a "handwich."*

## Sun Dried Tomato Wraps by Cecilia Benjumea

*Serves 2*

### *Wraps*

2 cups chopped tomatoes

2 cups sun dried tomatoes

*To make the wrap blend one and a-half cups sun dried tomatoes with one and a half cups fresh tomatoes in the blender until the mixture forms a thick tomato paste. Spread the paste thinly on a teflex sheet and put on a tray in the dehydrator. Repeat process. Dehydrate at 115 degrees for approximately 12 to 15 hours, or until the mixture forms a pliable wrap. When the top is dry, flip the wrap over and pull off the teflex sheet so that both sides may dry. Cut each wrap in half for a total of 4 wraps.*

### *Filling*

4 cups alfalfa or clover sprouts

1 lg. avocado sliced

2 med. sized tomatoes sliced

16 lg. basil leaves

*Spread about 1 cup alfalfa or clover sprouts on one entire sun-dried tomato wrap, then lay 3-4 slices of avocado, 3-4 slices of tomato, and about 4 basil leaves. Roll as you would a wrap. Repeat until you have made 4 wraps. Feel free to experiment with different fillings such as substituting your favorite paté for the avocado.*



## Vegetable Carpaccio with Creamy Mint Sauce by Cecilia Benjumea

*Serves 2*

### *Creamy Mint Sauce*

1/2 cup macadamia nuts

1/2 cup coconut water

1 sprig mint (4 to 6 leaves)

*Blend all ingredients until very smooth. Add mint as desired.*

### *Vegetable Carpaccio*

2 zucchini's

2 fennel bulbs without stalks

2 tomatoes

2 bell peppers

### *Garnish*

mint leaves

edible flowers

*Thinly slice the fennel and zucchini using a mandolin or food processor. Thinly slice the tomatoes and bell peppers. On a large platter, arrange the bell peppers, fennel, tomatoes and zucchini in a circular pattern. Drizzle the creamy mint sauce over the vegetables. Garnish and serve.*

## Simply Delicious Pasta by Cecilia Benjumea

*Serves 2*

2 med. or 4 sm. zucchini's, processed to "pasta" with a Veggie Spiralizer

2 lg. ripe red bell peppers, diced

1 lg. avocado

optional: 4 basil leaves chopped, 10 sliced cherry tomatoes, 1 bell pepper julienned and  
dulse flakes

*First place the diced bell peppers in a blender, then add the avocado. Pulse the blender, then blend until creamy (for about 30 seconds in a high-powered blender). Arrange zucchini pasta on a plate, then pour the sauce over it. Garnish with chopped basil, bell pepper, cherry tomatoes and dulse flakes as desired*

## Sweet and Sour Noodles by Cecilia Benjumea

*Serves 1 or 2*

### *Pasta Salad*

1 lg., firm English cucumber, processed into noodles using a Veggie Spiralizer

1 lg. mango, julienned (Manila mangos work best)

1 lg. bell pepper, julienned

1/2 bunch cilantro, finely chopped

1/2 cup mung bean sprouts

1/2 cup pea sprouts

4 kale leaves, thinly sliced

1 handful snow peas (optional)

### *Sweet 'n Sour Sauce*

2 lg. mangos, diced

1 lg. bell pepper

*First, make the sauce by placing diced mangos and bell peppers in a blender. Add a pinch of cayenne, if desired, then blend until smooth. Next, drain the cucumber noodles in a strainer and arrange them on a plate. Add a layer of sweet 'n sour sauce. Next, add the julienned mangos and bell peppers. Cover all with another layer of sauce. Add the sprouts and kale and cover with another layer of sauce. Finally, garnish with the chopped cilantro and eat with chopsticks or a wooden fork.*

## Garden Veggie Wrap by Cassandra Durham

*Serves 1*

1 lg. kale leaf (or other vegetable leaf)

handful of sprouts

4 asparagus spears

handful of parsley

1 sm. avocado, sliced

1 carrot, processed into "spaghetti" in the Veggie Spiralizer

*Arrange the ingredients in the kale leaf. Roll the kale leaf, tie it with some carrot "spaghetti" then enjoy! Options: the sky is the limit when it comes to making veggie "handwiches." Experiment and have fun!*

## Stuffed Red Bell Pepper & Cabbage Salad by Cassandra Durham

*Serves 1*

1 red bell pepper, cored (1 per person)

1/2 cup of kale, shredded

1/2 cup of romaine lettuce, shredded

3 or 4 Savoy cabbage leaves

3 or 4 red cabbage leaves

1 handful of whole leaf dulse sea vegetable, soaked, rinsed and chopped

cherry tomatoes

sprouts

*Place red cabbage leaves on a serving plate. Place Savoy cabbage leaves on top of the red cabbage leaves, forming a “bowl” shape. In a mixing bowl, mix Lemon-Sesame Sauce into a mixture of the lettuce and kale (see Sauces & Syrups section). Fill the red pepper with the dressed salad mix. Place the bell pepper on the center of the cabbage leaves. Add the dulse around outside of the pepper. Drizzle more Lemon-Sesame Sauce around outside of pepper. Add tomatoes and dig in!*

## Tasty Tacos by Marti Wheeler

whole lettuce leaves

avocados

tomatoes

cilantro

sunflower sprouts (greens)

salsa (see recipe in the Dips, Salsas & Spreads section)

*Place the lettuce leaves on a platter. Quarter the avocado, slicing lengthwise, then slice each quarter twice more. Place the strips on a plate. Cut the tomatoes into 1/2 inch strips and place them on a plate. Remove the stems from the cilantro leaves and place in a bowl. Place the sprouts in a bowl. Place the salsa in a serving bowl. Assemble the tacos by layering the ingredients on the lettuce leaves, fold and enjoy!*



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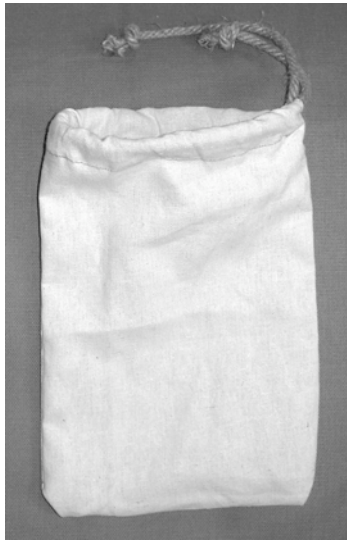
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Almond Milk: Place approx. 1/2 cup of dry or presoaked raw nuts or seeds in a blender. Add approx. 1 to 2 cups of water. Blend at high speed for approx. 4 minutes. Pour the contents into the milk bag, tighten the string then squeeze the bag, releasing the milk into a container. Add more water to release more milk and repeat. Feed the remaining nut or seed particles to pets or add to compost.

Dressings, Sauces, Creams: Blend with nut or seed milk your choice of acid fruits and/or vegetables, e.g., fresh orange juice, tangerine juice, grapefruit juice, strawberries, peaches, mangos, tomato, cucumber, leafy greens, etc. Add herbs and seasonings for zesty flavors, e.g. dill, basil, tomato powder, celery salt, dulse flakes, cinnamon, allspice, etc.

Sprouting: Soak the seeds approx. 12 hours, rinse then place them in the bag. Hang the bag above a bowl or your sink. Moisten regularly with fresh water.

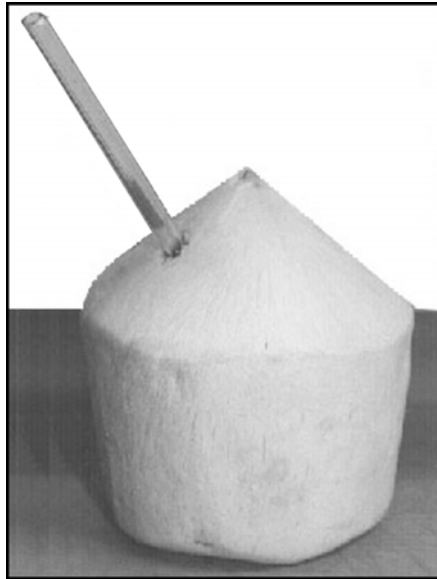
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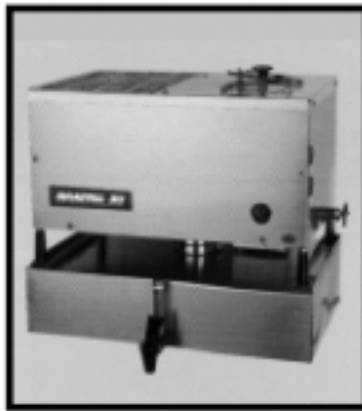
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- *Contact Living Nutrition for more information.*



30H - Manual fill



30J- Auto fill  
with 4 gal. reservoir



3020 - Auto fill reservoir  
with 5 gal. reservoir and stand

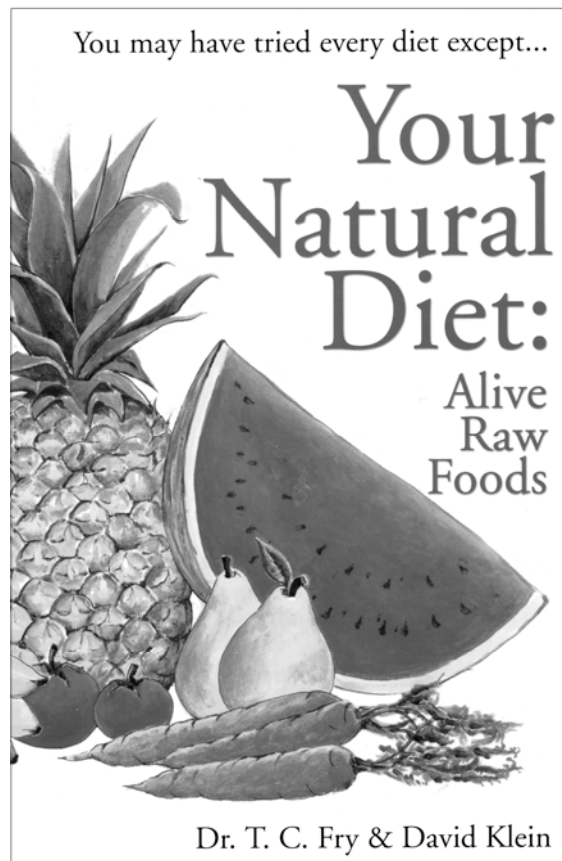
- All stainless steel construction • 1 year manufacturer's warranty • 115 or 220 volts
- All units have 2-gallon boiling chambers. • Distiller dimensions: 13" H x 20" W x 13" D
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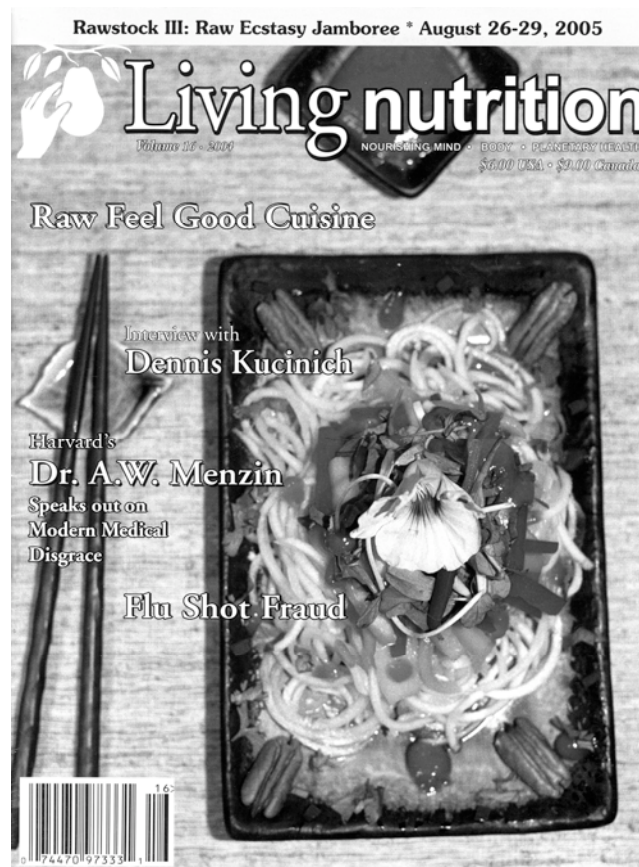
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  - Co-author of *Your Natural Diet: Alive Raw Foods*
    - Author of *Self Healing Colitis & Crohn's*
  - Twenty-three years of raw food diet experience
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