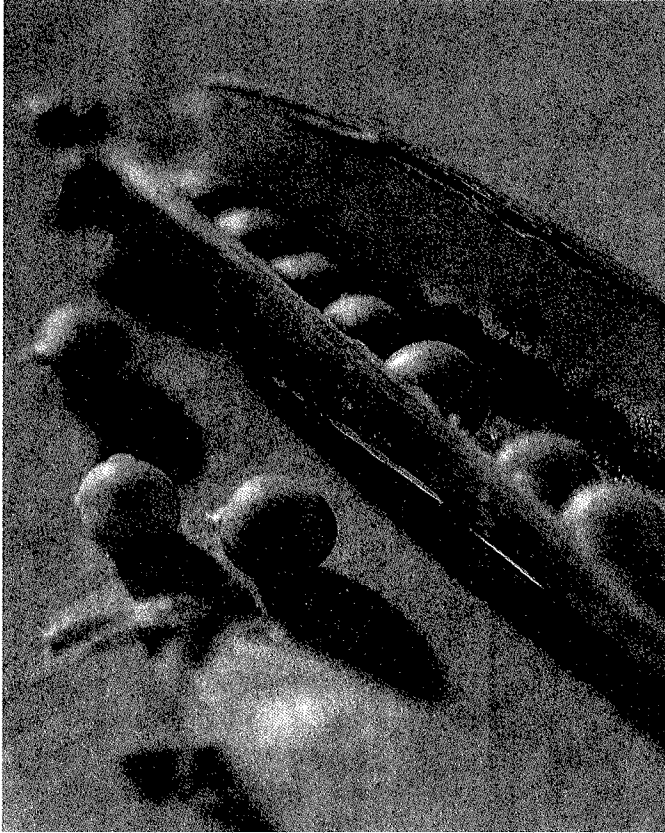


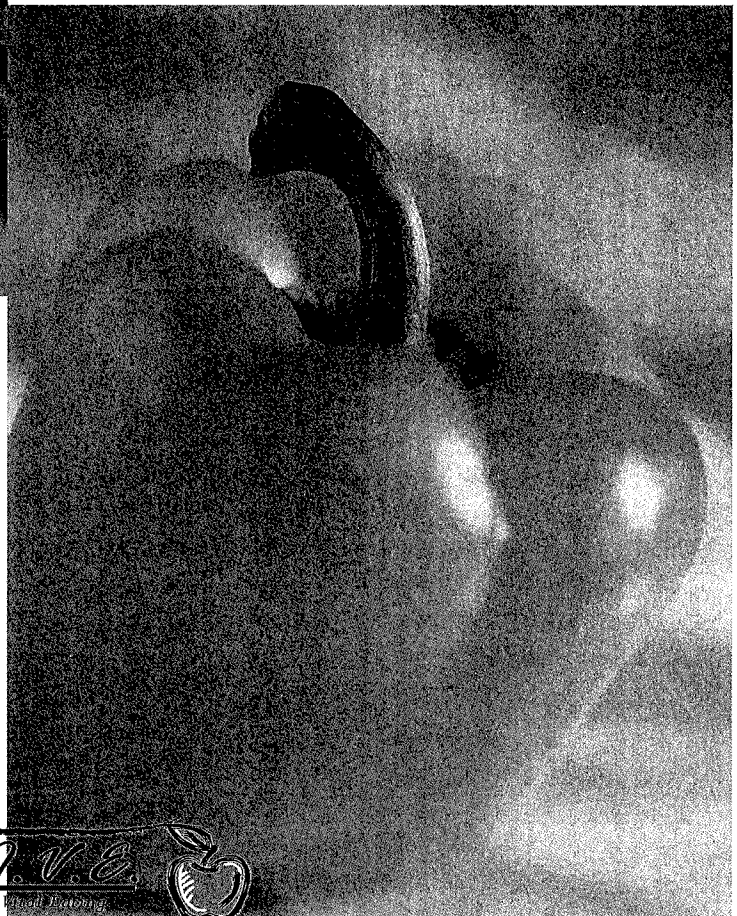
AWESOME & rawsome foods II

Part of the L.I.V.E., Life In Vital Eating, Series.



Recipes

May 20, 2007



Raw Red Pepper Soup
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Sop
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Carob Chip Cookies
Raw-Ice Cream



L.I.V.E., Life In Vital Eating, is a program designed to help you learn the importance of healthy eating and its effects on your mind, body and spirit. Join us for presentations on nutrition, food tasting, vegan cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.

Awesome Rawsome II

Raw Red Pepper Soup

(serves 2)

1 red bell pepper, sectioned
1/2 cucumber, peeled
1 tomato, quartered
2 tsp Liquid Aminos (or Celtic Sea Salt)
1-2 Tbs lemon, juiced
1 clove garlic
1 tsp raw organic tahini
½ tsp Vege-Sal or Celery Salt
Salt to taste

Blend all ingredients in blender until smooth. Garnish with cubed green bell peppers, diced tomatoes, and/or a sprig of spearmint, for garnish.

Spinach Salad with Strawberry Lemongrette

Spinach, washed and torn into bite size pieces
Strawberries, hulled and sliced
Red onion, cut into thin slivers (optional)
Pecans, toasted if desired

Arrange salad ingredients on individual plates or in salad bowl. Drizzle with strawberry lemongrette. Serve.

Strawberry Lemongrette

(makes about 2 ½ cups)

1 pint strawberries, washed and hulled
3 dates
¼ cup lemon juice
1/3 cup olive oil
½ Tbsp sea salt
½ Tbsp ginger, minced
1 cup water

Blend all together until smooth.

Sop

1 cup broccoli
1 cup mushrooms
3 Tbsp red onion
1 Tbsp lemon juice
2 Tbsp olive oil
 $\frac{3}{4}$ tsp salt

Place all in food processor and process until finely chopped. Chill. Serve as a dip with crusty whole grain bread or pita bread.
(3ABN recipe – from show "Food for Thought")

Southwest Black Bean and Corn Salad

2 -15 oz cans black beans, drained and rinsed
16 oz frozen corn (about 3 cups)
2 large fresh tomatoes, diced or container grape tomatoes, sliced if large
2 large Bell peppers, diced any color
 $\frac{1}{2}$ cup chopped red onion
 $\frac{3}{4}$ cup fresh cilantro, chopped (may use parsley if preferred)
 $\frac{1}{4}$ cup lemon juice
1 tsp minced garlic (about 2 cloves)
2 tsp ground cumin
1 tsp ground coriander
 $\frac{1}{2}$ tsp crushed red pepper, or pinch of cayenne pepper (optional)
 $\frac{1}{2}$ tsp salt

Mix all together in large bowl. Cover and refrigerate for several hours or overnight, stirring several times. Makes 12 cups.
(recipe from LuAnn Bermeo, [Amazing Meals](#))

Greek Pizza

Prebaked pizza crust (14 oz size), or flatbread
1 recipe Greek Hummus
1 recipe Creamy Roasted Red Pepper Spread
2 medium Roma tomatoes, chopped
1 cup cucumber, chopped
¼ cup red or green onion, chopped
½ cup black olives, sliced

Spread pizza crust or flatbread with a layer of hummus; then top with a layer of roasted red pepper spread. Sprinkle with vegetables. Cut in wedges and serve.

Greek Style Hummus

1 can garbanzo beans (drained, reserve juice)
2 Tbsp lemon juice
2 cloves garlic
3 Tbsp sesame tahini
½ tsp salt (or to taste)
1 tsp cumin
½ tsp oregano

Mix all ingredients in food processor. Add enough reserved bean juice for desired consistency. Chill.

Creamy Roasted Red Pepper Spread

½ cup firm tofu, crumbled (water packed)
1 Tbsp lemon juice
1 clove garlic
½ tsp. salt
¼ cup roasted red pepper
¼ tsp oregano

Place all ingredients except oregano in blender and blend until smooth and creamy. Add oregano and blend briefly to mix. Refrigerate until ready to use.

***In a hurry?** Top with purchased hummus and roasted red pepper hummus rather than making from scratch.*

Raw Slaw

(serves 4)

2 cups pressed cabbage *
 ½ cup grated carrot
 ½ cup thinly sliced red onion
 2 Tbsp olive oil
 3 Tbsp fresh lemon juice
 2 Tbsp agave nectar, or honey
 ½ tsp whole celery seeds

Place all ingredients in mixing bowl and toss well. Chill. Serve. Keeps about 3 days in sealed container in refrigerator.

***To press cabbage:** Cut about ½ head cabbage into thin shreds. Toss the cabbage with 1 tsp salt in a colander and allow to drain for 1 to 3 hours. Press the cabbage lightly to remove excess water, then dry between layers of paper towels.

(adapted from recipe by Jennifer Cornbleet)

Summer Tomato and Corn Macaroni Salad

(serves 8)

2 cups spelt macaroni, cooked, rinsed and cooled
 4 Roma tomatoes, seeded and chopped
 1 cup corn, raw or frozen
 1 large stalk celery, finely chopped
 4 green onions, finely chopped (both green and white parts)
 ½ cup fresh parsley, minced

Mix all above together and mix with cashew dressing. Chill. Enjoy.

Cashew Dressing

1 cup raw cashews, soaked in water for 2 – 3 hours, drained and rinsed
 3 – 4 Tbsp water
 2 Tbsp agave nectar
 2 Tbsp lemon juice
 2 tsp Vegesal (or salt or other seasoned salt)

Whiz all ingredients in blender until very smooth and creamy, adding enough water to achieve desired consistency. Adjust seasonings to taste.

Raw Cherry Almond Cookies

(makes 2 dozen)

1 ½ cups almonds
 ½ cup walnuts
 1 ½ cups pitted, packed dates
 ½ tsp almond extract
 ½ cup dried cherries

Grind ½ cup almonds into a powder in a food processor; set aside.

Place the remaining 1 cup almonds and walnuts in the food processor and process until coarsely chopped. Add the dates and almond extract and process until the mixture sticks together.

Remove the mixture to a mixing bowl. Add the dried cherries and mix.

Form the dough into 2-inch round balls and flatten each ball slightly with the palm of your hand. Roll each cookie in the almond powder that you set aside.

Store refrigerated or frozen in a sealed container. Cherry Almond Cookies keep for 1 month refrigerated or 3 months frozen.

(Recipe by Jennifer Cornbleet)

Carob Chip Cookies

(makes 2 dozen)

1 cup maple syrup
 1 teaspoon vanilla
 2 Tbsp oil
 1/3 cup nut butter (peanut or cashew)
 2 ½ cups whole wheat pastry flour
 1 tsp baking soda
 1 tsp baking powder (Rumford is aluminum free)
 ½ tsp salt
 2 Tbsp corn starch
 1 cup dairy free malt sweetened carob chips

In small bowl, whisk together maple syrup, vanilla, oil and nut butter, and set aside. In mixing bowl, mix together flour, soda, baking powder, salt and corn starch. Add wet ingredients and stir together, then stir in carob chips. Drop by tablespoons onto sprayed cookie sheet. Bake at 350 degrees until lightly browned, about 10 minutes. Remove from oven and allow to cool about 2 minutes. Remove cookies to wire rack to finish cooling. Makes about 2 dozen cookies.

Raw Ice Cream

1 cup raw walnuts, soaked 2 – 4 hours, drained and rinsed
¼ cup maple syrup
2 – 4 cups frozen fruit, any kind

Place walnuts and maple syrup in blender. Blend until smooth, then add frozen fruit and continue blending until the smooth texture of ice cream. Serve immediately.