



## Recipes

**Kitchen Utensils Needed:** Most recipes here can be prepared using only a knife and a cutting board. Some of the other recipes might require a juicer, blender, or food processor. (Look for them used in newspaper ads, or at rummage sales!)

### Breakfast

It's essential to include a little fat into the morning regime. Fat is a longer and slower burning fuel and in most cases will stave-off hunger well through the morning, despite any arduous work. Firm coconut will not only provide you with many hunger free hours, but also, because of its high fiber content, will clean you out par excellence. Without fat, you would be hungry in a short time. It is also easy to overdose on fat; only a small portion is necessary. Raw fat (such as avocados, tahini, nuts, raw butter, olive oil, or coconut oil) will not clog your arteries, nor will it add inches to your waist line. Such reasoning is relative to the cooked-food paradigm.

### Raw Breakfast Recipes

#### Da-kine

- 1 fresh whole brown coconut
- 1/2 lb dates
- 1/4 lb raisin
- 1/4 lb dried pineapple (optional)
- 1 whole orange or mango
- 1 ripe banana

Place coconut-meat, dates, raisins, and pineapple into a food processor, or chop by hand. Chop until desired texture is achieved. Spoon this mixture over diced orange / mango / banana.

#### Citrus-Avo

- One ripe avocado
- 12 or more dried mission figs
- 1 whole orange, sliced

Spoon Avocado onto whole figs, or dip the figs into the avocado. Chase it with an orange slice. Easy!

#### Northwest Bowl

- 1 apple of your choice, diced (fuji is good)
  - 1 pear of your choice, diced (bosc is good)
  - 1 medium carrot, thin-sliced (optional)
  - 1/4 cup raisins
  - 6 black mission figs, sliced
  - 1/4 lb soaked or dried walnuts, chopped as big or small as you like 'em
  - 1/4 tsp cinnamon (or to taste)
- Toss all the ingredients together, and optionally top it with one of these:

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- 1) Milk – (if you're not vegan) – make it Raw Milk, if you can find it. Pour the milk over the fruit and eat it like cereal.
- 2) If you ARE vegan, make your own Higher Power Non-Phat-Milk: Juice or blend 2 apples. Add 2 tablespoons raw tahini, a teaspoon of honey, and cinnamon to taste.
- 3) Or, take 2 Tablespoons of Raw Tahini, mixed with 1 teaspoon of raw honey, and spoon it on top of the fruit & nut mixture. This makes it more like a fruit salad.

### **Dates-n-Tahini**

Pitted Deglet Noor Dates, or the date of your choice

Place a couple of spoonfuls of raw tahini into a small bowl. Tahini by itself is an acquired taste, so you may sweeten it with raw honey if desired.

Simply spoon some of the tahini mixture onto the date and take a bite! Wash it down with delicious raw milk, if it's available.

### **Snacks**

#### **Raw Crackers:**

16 oz flax seed, raw, organic  
3/4 cup sunflower  
3/4 cup pumpkin seed

combine in a bowl; add enough water to cover, plus a little more; soak for 8-12 hours, then drain.

In a juicer, combine:

1/2 head of garlic  
one small onion  
2 pounds carrots  
1 medium beet

Drink half of the juice, or save it for later. The other half of the juice mixture is added to the seed mixture (after the water has been drained off the seeds). Also add all of the pulp - from the juicer – into the seed mixture, as well as 1/4 cup of Bragg's Amino Acids.

Mix in a bowl, then spread it out thin onto a teflon sheet\*. Dehydrate for 2 hours on high (to remove most of the moisture), then reduce the heat to 110° for 2 more hours. Flip 'em. Then go for 4 more hours at 110°. Store in a container – not necessarily air tight. No need to refrigerate if eaten within a few weeks.

\*Alternatively, you could put 'em on a cookie sheet, and pop 'em in the oven at very low temperatures. You'll have to experiment with the length of time, and you probably won't have to use a high-temp setting for the first two hours. The idea is to go loooooong.... and ....sloooooow, so as to preserve those enzymes. When they are somewhat brittle (like crackers) they're done.

#### **More Snacks:**

- Spread some raw almond butter onto dried pineapple slices. Chase it with an orange slice, or a grapefruit slice.
- Dates and Macadamia Nuts, eaten with an orange.

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## Dinner

Whereas fruit with fat in the morning provides you with fuel for the body, the dinner meal consists of protein and minerals to repair and strengthen. Salad Greens are a vital part of the dinner meal.

There seems to be a standard among raw-foodists, that says you must also be vegetarian. If this is true for you, that's fine! But there are also meat-eaters on the planet that claim to be raw-foodists. For these people, we have included instructions on how to prepare meat, Higher Power Style, cooking at low temperatures so as to preserve the enzymes. Raw meat is a concentrated protein and only a small portion is necessary. We suggest every-other-day, or less.

## Raw Dinner Recipes

### Cooking Raw Meat – Higher Power Style

Slice an onion and place it in the bottom of a well-seasoned COLD cast iron skillet. Cut the meat (lamb, beef, or liver) – about a half-cup per person – into bite-size pieces and place it on top of the onions, not touching the sides of the skillet. Add a couple tablespoons of Braggs Amino Acid. Turn on the heat to high and just as it gets hot, turn the stove off. Cover. Let set for 10 minutes. This will give the meat a slightly cooked texture (albeit RARE) while still preserving those temperature-sensitive enzymes that are essential for proper digestion.

### Salad Greens

Mixed greens  
Red Cabbage, sliced  
Beets, Juliened  
Celery, chopped or sliced  
Red Onion, thinly sliced  
Garlic, minced or pressed  
Dulce Flakes, sprinkled on top  
Pumpkin seeds, sprinkled on top

Mix all ingredients – as much or as little as you like – into a serving bowl, or several smaller bowls, depending on how many people you're serving. Enjoy with one of the following dressings:

### Dressing #1

1 Cup olive oil  
¼ cup balsamic vinegar  
¼ cup Braggs Amino Acid (to taste) or 1 Tblsp Dulce (We like Braggs Amino Acid because it is salt-free. )  
Juice from half a lemon

### Dressing #2

1 Cup olive oil  
¼ cup balsamic vinegar  
¼ cup Braggs Amino Acid (to taste) or 1 Tblsp Dulce (We like Braggs Amino Acid because it is salt-free. )  
1 large tomato  
2 Tblsp raw tahini  
Place in a blender until smooth. Enjoy!

### Dressing #3

1 Cup olive oil  
¼ cup balsamic vinegar  
Dip a fork into your favorite hot mustard, and whisk it into the oil mixture. Optionally, you may also do the same with some honey.

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