

# **RAW FOOD RECIPES FEBRUARY MEET-UP**

## **BLUEBERRY PIE**

**2 cups walnuts**

**10 dates**

**1 cup frozen blueberries**

**1 tsp vanilla extract**

**Blend together in food processor and freeze**

## **LIVING CHOCOLATE FUDGE PUDDING**

**By: John Romeo, President of EAT RAW**

**3 heaping Tbsp of Raw Cacao Powder**

**¼ cup flaxseed oil**

**¾ cup water**

**1 tsp. vanilla extract**

**¼ tsp cinnamon (optional)**

**¼ tsp celtic sea salt**

**5-6 dates (pitted)**

**2 fresh ripe**

**Avacados**

**1/3 cup agave nectar or to taste**

**Blend all ingredients in blender till smooth. Serve. Keep in frig.**

## **EMERALD APPLESAUCE**

**2 large gala or yellow delicious apples**

**½ bunch of parsley or to taste**

**Process parsley first then add cut up apples (with peeling on)**

**In food processor till smooth.**

## **BANANA PAPAYA PUDDING (Nomi Shannon)**

**1 cup ripe seeded papaya, peeled and seeded**

**1 banana peeled and cut into chunks**

**Blend papaya just enough to break up the fruit. Add the banana and blend until smooth. Eat immediately.**

## **CARROT RAISIN SALAD**

**5 carrots**

**½ fresh pineapple (2 cups)**

**Pulse chop in food processor**

**Add: ½ - 1 cup raisins**

**1 cup coconut**

**1 cup raw sunflower seeds**

**Pulse chop a few times to mix.**

**Dressing:**

**3 ozs. Orange juice**

**2 ozs. Lemon juice**

**4 tsps olive or flaxoil**

**2 tsps agave nectar (or to taste)**

**Mix all together. Chill and serve.**

## **MATT'S NUTS FOR CHOCOLATE RAW CHOCOLATE**

**4 Tbsp organic almond butter or any nut butter**

**2 Tbsp organic honey**

**1 Tbsp organic agave nectar**

**1 ½ Tsp cacao powder**

**1 Tbsp rolled oats (powdered in coffee grinder)**

**1 Tbsp sunflower or pumpkin seeds (ground slightly in coffee grinder)**

**Walnuts or other nuts**

**Mix nut butter with honey and agave. Stir in cacao powder and oats till blended ( will get a bit firm). Stir in sunflower or pumpkin seeds. Stir in walnuts.**

**Roll into ½ inch balls. May need a little more cacao powder to make firmer.**