

## **Zucchini Pasta**

### **RAW MARINARA SAUCE**

- 1 cup sun dried tomatoes, soaked drained  
\*sun dried tomatoes should be unsulphured and not in any oil
- 4 Roma tomatoes, chopped
- 1 ½ cups red bell pepper
- ¼ cup olive oil
- 2 cloves garlic, crushed
- 2 Tablespoons minced fresh basil
- 2 Tablespoons minced fresh oregano
- 1 tsp Himalayan Pink Salt

Instructions: Place all ingredients for the Marinara Sauce in a food processor fitted with the S blade and process until smooth.

### **ZUCCHINI PASTA**

- 2 medium zucchini

Instructions: Use spiral cutter or spiralizer and process zucchini. Top zucchini noodles with marinara sauce. Enjoy!



## **Carob Mousse**

### **INGREDIENTS**

- 2 ripe avocados
- 5 medjool dates, pitted
- 2 Tablespoons carob powder
- ½ cup almond milk or any plant based milk

### **PREPARATION**

- Cut avocados in half and remove seeds
- Add all ingredients to the vita-mix or blender and blend
- Spoon into parfait glasses and top with coconut or nuts and fresh berries.



## Raw Donut Holes

### Ingredients:

- 1 cup raw almonds
- ¼ teaspoon Himalayan salt
- 1 teaspoon vanilla (alcohol free)
- 1 cup dried pineapple, chopped (unsulphered)
- 1 cup medjool dates, pitted
- 5 Tablespoon shredded coconut (unsulphered)

### Instructions:

1. Soak almonds for several hours and then let them air dry prior to preparation
2. Process all ingredients together in food processor
2. Massage together with hands into small balls.
3. Roll in extra shredded coconut or carob (refrigerate to keep longer)



## Mock Chicken Salad

### INGREDIENTS

- ¼ cup sunflower seeds
- 1 Tablespoon nutritional yeast flakes
- ½ teaspoon salt
- ¼ cup chopped celery
- 2 green onions cut in small pieces
- 1 cup raw cashews
- 1 teaspoon dried dill
- Juice of ½ lemon

### PREPARATION

Chop fine celery and green onions put them aside. Put all other ingredients in a food processor and chop until medium to fine. Combine all ingredients and mix thoroughly.



## Sunflower Seed Dressing

### INGREDIENTS

1 cup raw sunflower seeds  
1 cup water  
4 Tablespoon lemon juice  
1 garlic clove  
1 Tablespoon nutritional yeast flakes  
 $\frac{3}{4}$  tsp. onion powder  
 $\frac{3}{4}$  tsp. sea salt

### PREPARATION

In a blender combine all ingredients and process until creamy. If consistency is too thick, add more water. Pour over salad and serve.



## Avocado Kale Salad

### INGREDIENTS

1 bunch of Kale, curly  
1 medium avocado  
2 spring onions, chopped  
1 garlic clove, minced  
 $\frac{2}{3}$  tsp Pink Himalayan salt  
1 c cherry tomatoes, halved  
1  $\frac{1}{2}$  Tablespoon lemon juice, fresh  
2 Tablespoon olive oil

### INSTRUCTIONS

- Destem, wash and then spin or pat dry Kale
- Shred Kale with your hands and place in a large bowl
- Drizzle Kale with Olive Oil, crushed garlic and salt
- Massage Kale with your hands for about 2 minutes (this will make it easier to chew and digest).
- Add lemon juice and massage again until Kale appears wilted or about 2 minutes
- Cut Avocado in half and massage into the Kale
- Add chopped tomatoes and green onion to Kale tossing with hands



## Walnut Meatballs

(Raw Vegan)

### INGREDIENTS

- 1 cup Walnuts (*soaked 2 hours*)
- 10 Sundried Tomatoes (*soaked 1 hour*)
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Teaspoon Cumin
- ¼ Teaspoon Chili Powder (*adjust to taste*)
- 1/8 Teaspoon Cayenne (*adjust to taste*)
- ½ Teaspoon Himalayan Pink Salt (*adjust to taste*) \**(Be mindful of your salt intake, when coupled with Marinara Sauce)*

### PREPARATION

- Process all ingredients together in a food processor
- Scoop out and form with hands into small balls
- Refrigerate 3-5 days; Freeze for longer



## Parmesan Cheese

(Raw Vegan)

### INGREDIENTS

- ¾ cup Cashews or Walnuts
- 3 Tablespoons Nutritional Yeast Flakes
- ¼ Teaspoon Garlic Powder
- ¾ Teaspoon Himalayan Pink Salt

#### \*Nut-Free Versions

- Raw Sunflower Seeds
- Hemp Seeds Hearts

### PREPARATION

- Place all ingredients in a Blender, NutraBullet, or Food Processor
- Pulse until fine
- Store in glass jar
- Refrigerate 14 days



**NOTES:**