

Easy Raw Food Recipes

- For Higher Energy Living-

by Frederic Patenaude

Lee's Pinky Smoothie

Ingredients:

Water (as necessary)
1 pint strawberries
3 medium bananas
2 handfuls spinach

Directions:

Blend, admire, eat...

Try this menu for a day!

Morning: *Lee's Pinky Smoothie*

Lunch: *Mango Madness* or simple fruit meal.

Dinner: *Salad with Mango Dressing* along with *Fennel Delights* or

Spaghetti! along with *Burritos!*

Mango Madness

This may very well be the best shake you will ever taste. Makes 2 servings.

Ingredients:

2 sweet mangos
1 cup freshly-squeezed orange juice
2-3 large leaves romaine lettuce
1 pear, sliced in quarters

Directions:

Put ingredients in the blender, and blend until smooth (all the green bits of chard have been blended). If your blender is too small, blend in two separate batches.

NOTE: *This will make a lot of smoothie. This will make a lot of smoothie, so you may take half of this smoothie with you and enjoy the rest at another time during the day.*

Salad with Mango Dressing

Dressing Ingredients:

2 cups tomato
2 cups mango
2 Tbs. balsamic vinegar
½ cup water (can also be replaced by
lime or lemon juice)



Salad Ingredients:

4 cups mixed baby greens (or other
greens of your choice)
1 cup lettuce, chopped
1 cup grated carrots

Directions:

Enjoy this dressing over a large, billowing bowl of your favorite greens.

Fennel Delights

Ingredients:

3 cups of fennel, thinly sliced
1/4 cup chopped parsley
1 yellow pepper, diced
1 celery rib, diced
1/2 avocado, diced
1 tsp. olive oil (optional)
1 tsp. raspberry or blackberry balsamic vinegar (optional)*
6-8 sundried tomatoes, soaked and chopped

Directions:

Soak the sundried tomatoes in advance for at least one hour. Mix all of the ingredients and be prepared for something delicious! It's okay to use one small teaspoon of olive oil, if desired, for flavoring, but this is entirely optional.

You may be able to find one of those flavored balsamic vinegar. Try a little in this salad.

Spaghetti

To make pasta with zucchini, you'll need a small and inexpensive kitchen tool, called the "Saladacco"*. It makes very thin spirals with vegetables. There are two positions: one is for very thin spirals, and the other is for larger ones. We'll use the one for thin spirals.

Ingredients:

2-3 medium zucchini, or one large zucchini plus one carrot (or enough to make 2-3 cups of "pasta")

Directions:

To make the spaghetti "noodles", cut the zucchini large enough so that they fit the space in the Saladacco. Usually, a zucchini will need to be cut into three parts.

Read on to find out how to make the sauce!

**NOTE: If can't get a Saladacco, or if you just don't want to get one, there is another technique to make the spaghetti. It is more time-consuming and won't achieve quite the same results, but it is still worth doing. With this technique, you'll simply cut your zucchini as thin as humanly possible— in very thin slices, lengthwise! For example, you can first slice your zucchini in half, and then in quarters. Then keep on slicing until it's really as thin as it can get!*



Magic Tomato Sauce

Total calories: 175

Ingredients:

2 cups tomatoes
1½ Tbs. apple cider vinegar
1 Tbs. agave nectar, or 2 small dates
½ cup fresh basil
½ cup sun-dried tomatoes, soaked in advance
1 tsp. Italian herbs*
1/3 clove garlic (optional)

Directions:

Make sure that you've soaked the dried tomatoes at least 45-60 minutes, in advance. If you have a Vita-Mix or other powerful blender, this step is optional. If you're in a hurry, you can always soak them for 5 minutes in boiling water, and that does the job. (Just bring the water to a boil. Don't keep it boiling.) Blend all ingredients together until you've reached a thick, tomato-sauce consistency. If the sauce is too thin, add more dried tomatoes. If it is too thick, add fresh tomatoes.

* This is a mixture of dried thyme, basil, and rosemary, available in the herb section of the health food store or supermarket. Make sure it is salt-free.

Nori Rolls

Serves 3

Total calories: Approx.
500-600 calories per
person

Calories from fat: 300
calories

First, you have to make
the:

ALMOND CARROT PATE**Ingredients &
Directions:**

1 cup almonds, dry*
2-4 medium carrots

The almonds should be soaked 8 hours in water, or over night. What you'll need to do after is homogenize the carrots and almonds to create a pâté. The best way to do this is to use a Champion juicer or Green Life juicer (or other similar juice) with the blank plate on. Alternate between carrots and almonds. You may also use a food processor or even a blender (more difficult). The idea is to achieve a nice pâté consistency.

Note: the more carrots you use, the more "juicy" and less fatty the pâté will be. The more almonds you use, the more fatty and rich it will be. It depends on your preference.



When you have the pâté ready, add to this mixture:

1 lemon (juice of)

3-5 green onions, chopped fine

Dulse flakes or whole dulse (briefly rinsed) to taste (I usually add several heaping tablespoons of dulse flakes)*

* Dulse is a sea vegetable. You can find it most health food stores. It will give the pâté a more salty and "fishy" flavor, which is what we're after. I suggest using 2-4 tablespoons of dulse powder. If dulse isn't available, use some sea salt.

THE VEGGIES AND CONDIMENTS

What we'll do in the next step is assemble our sushi. But first we want to prepare in separate bowls everything that will go in it. So we already have our pâté prepared and mixed in a bowl.

Here's what I recommend that you prepare in the other bowls:

- Grated zucchini, about 3-4 cups
- Sprouts (alfafa, clover, etc.) or lettuce, 3-4 cups
- Sun-dried tomatoes, a big handful (about ¾ cup), soaked*
- A dozen olives (diced) or fermented veggies from the health food stores**
- Bowl of water

* Let the sun-dried tomatoes soak for about one hour. If you're in a hurry, simply soak them in boiling water for 5 minutes. (Just bring the water to boil, turn off the heat, and throw sun-dried tomatoes in there).

** Certain health food stores sell fermented vegetables (not sauerkraut) such as fermented beets, fermented carrots, etc. They go well in sushi.

ASSEMBLING THE SUSHI

Set up your working space, with a cutting board facing you, and all the bowls within easy access. On a dry board, place one sheet of nori, horizontally facing you.

- Spread a couple of spoonfuls of pâté on the horizontal half of nori facing you. Spread evenly. (Do not put too much pâté. Just a thin, but nice spread)
- Add a thin layer of grated zucchini.
- Add a little bit of sprouts, or lettuce
- Add few pieces of sun-dried tomatoes (soaked)
- Add a little bit of fermented veggies or olive pieces (this step is optional) sheet.

Now, roll the sushi like a cigar. To seal the sushi, put a little water on the edge before you finish rolling it. Cut into small, bit-sized pieces with a sharp knife. Rinse your knife between each cut. Cut very slowly to avoid tearing the nori.

TIPS:

- Do not put too much stuff in each roll. Find the ideal proportions.
- Make different rolls. In some, add extra sun-dried tomatoes, or only use a certain combination of ingredients and condiments.
- It's not necessary to serve the Sushi with soy sauce, but if your guests are used to that, you could have a little bowl of soy sauce for them to dip their sushi in.
- Be prepared for awesome feedback! This recipe is always a hit. I'm looking forward to hearing your comments about your experience. Let me know how it goes!

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Final Serving Tips

Serve your sushi on a bed of lettuce and also include lots of fresh veggies such as:

- Cherry tomatoes
- Sliced cucumbers
- Red bell peppers
- Celery sticks
- Etc.

Recommended Resources!

The Raw Health Starter Kit

<http://www.fredericpatenaude.com/starterkit.html>

<--- Our perfect
entry-level program!

Raw Recipe of the Week

<http://www.fredericpatenaude.com/rawrecipe.html>

The Raw Health Inner Circle

<http://www.fredericpatenaude.com/innercircle.html>

<--- A low-cost kit
with everything you
need to get started!