

**All About Raw Foods
Jeannette's Recipes
Chef at the Market, July 6, 2013**



Peach Green Smoothie

Blend:

Handful of greens (kale, chard, parsley, etc.)

Peaches

Water & ice

[When making smoothies in the beginning, generally the body seems to prefer more fruit. This recipe can be enjoyed with only three ingredients, but we added a few more things].

Dulse (seaweed)

Cayenne pepper

Ginger

Cacao beans

Cinnamon

[The 2nd batch of peach green smoothie we added Chia seeds.]



Watermelon Elixir

Blend:

Seeded watermelon

Lime juice (more than you think)

Touch of cinnamon

Peach Elixir

Blend:

Hand squeezed peach juice
Squeezed citrus (lemon/lime)
Dash of cinnamon
Water & ice

Almond Milk

Blend:

Soaked almonds (soak almonds overnight or 8 hours)
Water
Cinnamon
Dash of salt
Vanilla bean

If you prefer sweeter, add a date, banana, or another sweetener such as agave, stevia, etc.

Oatmeal in the Raw*

Mix:

Thick rolled oats
Cinnamon
Touch of cayenne
Seeds & nuts (hemp, sunflower, walnut, almond, etc.)

Add fruit and eat.

*This goes complementary with smoothies.



Layered Sweet Oatmeal

Use Oatmeal in the Raw (above) and soak with almond milk
Layer with fruit
Refrigerate



Pesto Squash Salad

Layer a bed of greens (kale, chard, arugula, purslane, spinach etc.)

Peel zucchini squash (preferably non-GMO or organic)

Squeeze lemon or lime on greens and zucchini

Salt to taste

Dice and/or slice: tomatoes, onions, okra, cucumbers and avocado

Add dollops of pesto and sprinkle hemp seeds*

**Seeds can be interchanged; in class we used hemp and sunflower seeds.*



Pesto Ingredients

Basil

Olive oil

Onion

Garlic

Salt

Lemon

Macadamia nuts and/or walnuts

Cayenne



Raw Sweet Peach Pie

Simple Pie Crust with Ripe Peaches

Use a food processor to mix the following ingredients:

1-2 cups of sprouted almonds (almonds soaked overnight and then rinsed before use)

6-9 dates (unseeded)

Cinnamon to taste

1 vanilla bean (slice pod open and scrape vanilla out) or put entire pod in (which we did)

Dash of salt

This week we also added a dash of dry coconut and cacao beans.

Place crust mix in a pie pan (preferably glass) and press out.

Place sliced ripe peaches over crust (or top with any in season fruit).

Excess peach juice can be used for a beverage.

Thank You.

**Happy & Healthy Feasting,
Jeannette**