



**Living Light**  
*Making Healthy Living Delicious!™*

# **Hot Raw Chef Video Recipe Contest Recipe Book**



Chocolate Jalapeno Poppers by Chef Sheree Clark

[www.HotRawChef.com](http://www.HotRawChef.com)

**Thank you for registering to vote in our first ever “Hot Raw Chef” Video Recipe Contest!**

**We were very excited to see so many great recipes being demonstrated and they are all included here for you to recreate at home for your friends and family to enjoy.**

**Incorporating more raw vegan food into your diet has been shown to offer amazing health benefits, and these recipes are a great way to start!**

**The recipes are presented here in no particular order. Living Light does not particularly endorse or recommend any of these recipes since they have not been tested here. The results of the contest had more to do with teaching and presentation skills.**

**If you or someone you know is interested in becoming a raw food chef or instructor, please invite them to check out our program at:  
[www.RawFoodChef.com](http://www.RawFoodChef.com)**

## **CHOCOLATE JALAPENO POPPERS**

by *Chef Sheree Clark*

Yield: 40 pieces

### *Equipment*

Food processor

Dehydrator

Slice 20 medium jalapeno peppers lengthwise and de-seed. Rinse and set aside.

### **CHOCOLATE FILLING**

2/3 cup      cashew butter  
2/3 cup      coconut nectar  
2/3 cup      chocolate powder  
1 teaspoon    vanilla extract

Process in a food processor until creamy and smooth.

### **BREADING**

1/3 cup      walnuts  
1/3 cup      almonds  
2 tablespoons    flax seeds, chia seeds or a blend of the two

Process into a fine powder.

Slice jalapenos in half and de-seed. Stuff with chocolate filling and top with breading. Dehydrate at 105 degrees on mesh dehydrator sheets for approximately 15-18 hours, or until peppers have softened to your liking.



### **Sweet Kale Salad with Kiwi Avocado Dressing**

by Gail Johnson

Serving size is approx. 6-8

#### **Ingredients**

- 1 bunch curly kale (4 cups chopped)
- 1 lime (2 Tbsp lime juice)
- 1 tsp sea salt
- 3 kiwis, reserve 1 for garnish
- 3 bartlett pears, reserve 1 for garnish
- ½ avocado
- ¼ c chopped pistachios

#### **Preparation Instructions**

1. Wash your kale thoroughly and shake off the excess water. Pat them dry with paper towels.
2. Remove the leaves by folding them in half along the stalk and pull them off the stem. Then tear leaves into bite size pieces into a 4-quart mixing bowl.
3. Sprinkle 1 teaspoon of sea salt over the leaves. This starts to wilt the kale.
4. Cut 1 lime in half and squeeze the juice over the kale leaves. This will tenderize the leaves. Lightly toss the salad and set the bowl aside so you can prepare the salad dressing.
5. To prepare the dressing, peel 2 kiwis and ½ of an avocado. Place the kiwis in the blender first then add the avocado. Blend for 10 seconds or until smooth. Pour the dressing over the kale leaves.
6. With your hands in the bowl, mix and squeeze the dressing into the kale until thoroughly saturated. You will notice the kale beginning to shrink down.
7. Peel and chop 2 bartlett pears into medium-sized slices and add to the kale salad. With your hands in the bowl again, squeeze the pear slices so they break apart. This will cause the pear juice to infuse into the kiwi avocado dressing. Note: the acid from the lime will keep the pears from turning brown.
8. Let the salad sit for 30 minutes to marinate while you prepare your garnishes.
9. Place the pistachios in a food processor to grind. Sprinkle over the salad and lightly toss.
10. Cut one pear into thin strips without peeling off the skin. Place on top of the salad.
11. Peel and slice 1 kiwi into small circles. Line one side of plate with kiwi for garnish.
12. Place the kale salad on the plate and serve.



## Nori Rolls

by Denise Madeja

Yield 6 servings, 1 roll per serving

### Nut Pate

1 cup almonds, soaked for 24 hours and skins removed

½ cup cashews, soaked for 4 -6 hours

½ sunflower, soaked 6–8 hours

½ lemon juiced, 1 – 2 tablespoons

½ tsp garlic powder

1 heaping teaspoon red miso

Put all ingredients in blender and process until smooth and creamy.

1 avocado, approximately 1 cup

1 medium zucchini, 2 cups

1 medium yellow squash, 2 cups

1 ½ red bell peppers, 2 cups

1 medium cucumber, no seeds, 2 cups

1 scallion, green part only, ¾ cup

Julienne all vegetables into small 1/8 inch by 3 inch strips.

1 package raw nori sheets

Nama Shoyu or Braggs Liquid Aminos

1. Place nori sheet shiny side down on a cutting board or clean surface.
2. Spread 1 ½ - 2 tablespoons of nut pate onto the edge closest to you, spreading a thin layer approximately 1 ½ - 2 inches wide. Spread to the edges on sides and end.
3. Start layering vegetables starting with the avocado along the inside edge of the Pate, allowing vegetables to hang over the outer edges for a festive look when cut.
4. Pile vegetables about an 1 ½-2 inches high and about 1 ½-2 inches wide.
5. Take the end of the nori sheet which is closest to you and fold it over the vegetables. You will want to tuck it under and keep pulling it back toward yourself as you roll to get a tight roll. Try not to press down on the top as you roll.
6. When you are done rolling, dampen the edge of the wrap with water and press it against the roll to make a seal.
7. With a sharp knife, use a sawing motion to cut the roll into bite size pieces.
8. Serve with Nama Shoyu or Braggs Liquid Aminos and enjoy.

**Stuffed Mushrooms & More**

by Michelle K

This recipe can serve 4-6 people as a main dish or 8 to 10 people as an appetizer.

**Ingredients:**

20 to 30 baby bella mushrooms  
½ cup fresh squeezed lemon juice  
½ cup naturally brewed, wheat free soy sauce  
½ cup organic raw sunflower seeds  
½ cup raw cashews  
1 to 2 cups of pure water  
1 garlic clove, peeled  
¼ loosely packed fresh cilantro, stems removed  
¼ teaspoon ground cumin  
1/8<sup>th</sup> teaspoon sea salt  
1/8<sup>th</sup> teaspoon white pepper  
1 Tablespoon chopped red bell pepper for garnish  
Handful of greens such as baby spinach leaves for plating

**Equipment:**

food processor, bowls, spatula, small spoon

**Instructions:**

Clean the mushrooms by rubbing each one with a dry cloth. Trim a tiny bit off the end of each stem and discard those bits. Separate the stem from the mushroom cap by gently pulling the stem while holding the cap firmly with your other hand. Place the mushroom caps in a bowl large enough to hold them all with the marinade you will be making. Place the stems in a dish and set aside for use in the stuffing mix.

To make the marinade, mix the lemon juice and the soy sauce together and pour over the mushroom caps in the bowl. If you feel you need more marinade you may add additional equal parts of lemon juice and soy sauce. Cover your bowl and let sit for 1 and ½ hours.

After the mushroom caps have been marinating for 30 minutes you can prepare to soak the sunflower seeds and the cashews. Put the seeds and the nuts in a bowl and cover with pure water. Let the seeds and the nuts soak for 1 hour.

Once the mushroom caps have finished marinating, pull them out and set on a plate leaving the marinade in the bowl to use for the filling. Rinse the nuts and the seeds with the remaining pure water then drain.

Place the drained nuts and seeds into a food processor and pulse 2 to 3 times. Add the mushroom stems to the nuts and the seeds and pulse 3 more times. Put the garlic clove in to the processor and pulse 2 to 3 times. Next you will add in the cilantro, the cumin, the salt, and the white pepper to the mixture. Pulse several times and then pour in 2 to 3 Tablespoons of the reserved marinade. Run the food processor scraping the sides as needed to reach the desired consistency. Once the mixture is pesto like in texture you can start filling your mushroom caps.

Use a small spoon to fill each cap to your desired level. Place on a bed of greens and garnish with the tablespoon of chopped up red bell pepper.

**Summer Berry Tart**

by Heather Pace

Yield: 6" tart pan, or several 4" tart pans. 4-8 servings.

**Macadamia Mango Crust Ingredients:**

1 cup macadamia nuts  
1/2 cup shredded coconut  
2 tablespoons finely chopped, dried mango  
pinch of Himalayan salt  
2 tablespoons pure maple syrup

**Method:**

1. In a food processor, grind the macadamia nuts, coconut, mango, and salt into crumbs.
2. Add the maple syrup and grind again, very briefly, to combine.
3. Check to make sure the crust mixture is moist, crumbly, and will press together easily when pressed in your hand.
4. Press the mixture into the bottom and up the sides of a 6" tart pan, or 3, 4" tart pans.
5. Chill the crust in the fridge or freezer for 1 hour, or until it hardens.
6. When the crust is hard, loosen it from the tart pan, by pressing up from the bottom piece. It will pop out. Keep it chilled until the filling is ready.

Note: *Do not* over process the crust, or the oils will be released from the macadamia nuts, and turn the mixture into a soft, buttery consistency. *If the mixture is a bit dry, add 1 teaspoon of water and grind again briefly.*

**Filling Ingredients:**

3/4 cup chopped strawberries, fresh or frozen  
1/2 cup raspberries, fresh or frozen  
1/2 cup cashews  
2-3 tablespoons maple syrup  
2 teaspoons lemon juice  
pinch of Himalayan salt  
1/2 teaspoon chia seeds  
1 tablespoon melted extra virgin coconut oil (melt in a dehydrator or in a glass submerged in hot water)

1 1/2 cups berries or chopped fruit of your choice  
berries, fruit, or edible flowers, to garnish

**Method:**

1. Combine the first seven ingredients (starting with 2 tablespoons of maple syrup), in a blender until completely smooth, creamy, and slightly warm.
2. Add the coconut oil and blend briefly to incorporate.
3. Taste the mixture. Add the other tablespoon of maple syrup if you prefer a sweeter filling.
4. Fold the berries or chopped fruit into the filling.
5. Spoon the filling into the tart crust.
6. Garnish the tart with berries, fruit, flowers, or nuts of your choice.
7. Eat the tart immediately or chill it for up to 12 hours to allow the filling to thicken further.
8. The tart will keep, refrigerated, for 5-6 days.

## **Decadent Chocolate Cake**

by Lisa Norman

Serves 8-12

In a food processor with "S" blade:

Process to a fine meal 2 cup walnuts {soaked and dehydrated}

Add 6 to 8 pitted dates, and process to blend.

Add 6 Tablespoons cocoa or carob powder, and 1 teaspoon vanilla extract, process to blend

Add 1/2 chopped apple, and 1/2 pureed apple, process to blend

In an 8-in spring form pan:

Sprinkle 2 Tablespoons shredded coconut on the bottom

Add 1/2 the chocolate mixture, spread evenly over coconut

In a Vitamix:

Process to a thick cream:

1/2 cup soaked/drained raw cashews (two hours soak)

3 to 4 pitted dates

1/4 cup filtered water (add more to desired consistency)

Layer half the cream onto the first chocolate layer.

Sprinkle 2 Tablespoons shredded coconut on top

Spread the remaining half of the chocolate mixture, the remaining cream, and top with 2 Tablespoons shredded coconut.

Refrigerate overnight.

Cut and serve chilled.



### **Raw Cacao Mylkshake**

by Sophie Jaffe

- \*8 oz Coconut Milk (coconut butter + filtered water) or Almond (Almond butter + filtered water) or Oat Milk (can make fresh or can buy boxed)
- \*2 Tablespoons Cacao Powder
- \*2 Teaspoons Cacao Nibs
- \*1 scoop (2 Tablespoons) Protein Powder of your choice (Raw, Brown Rice)
- \*2 drops of chocolate stevia concentrate
- \*2 drops of vanilla creme stevia concentrate
- \*handful or two of ice

*Optional:*

- \*maca powder- 1-2 teaspoons
- \*banana or dates (take out the pit!) for sweetener instead of or in addition to stevia
- \*\***toppings:** buckwheat grawnola, goji berries, cacao nibs

### **Raw Caramel Nut Popcorn**

by Chyvonne Sneed

1 head cauliflower, cut into small florets  
1/3 cup Lucuma powder  
½ cup raw pecans  
1 ½ cup dates (soaked in ½ C Water)  
½ Tbsp vanilla 1 pinch Himalayan Sea Salt

Soak the dates in the water. Do not drain.

Set aside Sprinkle the Lucuma powder over the cauliflower florets.

Mix well.

Blend together dates (with the soaking water), vanilla, agave and salt

Pour the blended date mixture over the florets, mix well, making sure florets are completely coated

Mix in the pecans.

Spread the coated florets onto your dehydrator sheets.

Dehydrate at 110 degrees until mildly crunchy (approximately 10-12 hours or longer.

This can be done overnight).

Enjoy!



### Papaya Tartare with Avocado Pâté

by Jerusha Holder

Serving size: 1 cup, serves 4

#### Papaya Tartare ingredients:

- 3 cups of papaya, peeled, deseeded and chopped into ½ inch pieces
- 1 scallion thinly sliced
- 2 teaspoons extra virgin olive oil
- 2 teaspoons lime juice
- 1 teaspoon dulse flakes
- ½ tablespoon of ground nori (Grind a sheet of nori in coffee grinder)
- ½ teaspoon agave nectar
- Salt to taste

#### Avocado Pâté ingredients:

- 3 avocados (roughly 2 cups) that have been peeled, pitted and chopped in ½ inch pieces
- 1 tablespoon finely chopped cilantro
- 2-3 medium size cloves of garlic, minced
- Salt to taste

#### Chia Seed Caviar ingredients:

- 1 teaspoon black chia seeds
- 4 teaspoons water
- 1 teaspoon dulse flakes
- 1 teaspoon ground nori
- ¼ teaspoon lemon juice
- Salt to taste



*\*Optional garnish: Chia Seed Caviar, Cucumber slices, Cilantro sprig*

#### Procedure:

1. Mix papaya tartare ingredients together in a bowl and set aside for at least one hour to marinate flavors.
2. While papaya mixture is marinating, mix together chia seed caviar ingredients in a bowl and place in the refrigerator. Let chia seed mixture set for at least 15 minutes to allow it to thicken. After 15 minutes stir and adjust taste as necessary. Try to mimic a strong salty/seaweed flavor.
3. Next mix avocado pâté ingredients and adjust flavors as necessary.
4. To plate the entrée, take a 1 cup measuring cup and fill it halfway with papaya tartare. Fill the remaining half with the avocado pâté.
5. Turn cup over onto plate to release the mold.
6. Garnish with chia seed caviar, fresh cucumber slices and cilantro sprig.

### **Vegetable Round Patties with Sauce**

by Flora Papadopoulou

For 5 patties

#### **Ingredients for the base**

200gr. Mushrooms shredded  
1 fresh onion shredded  
1 medium size sage  
1/8 T. salt  
1/2 T. smoked pepper  
2 T. olive oil  
1 T. rice vinegar  
1 T. nutritional yeast  
3 T. flax seeds (ground)  
2 T. tamari  
250gr. Carrots shredded (prefer spiralized)

#### **Ingredients for the sauce**

1/4 c. olive oil  
1 T. rice vinegar  
1 T. tamari  
1/8 T. pepper  
80 gr. Mango  
1 T. chopped parsley  
1/2 T. flax seed gold finally ground

#### **Instructions for the base**

Shred or spiralize the carrots.  
Shred the mushrooms.  
Chop sage and the parsley.  
Combine all the ingredients except carrots, nutritional yeast and flax seeds, very well.  
Add the remaining ingredients, combine very well with a tablespoon and leave aside for 20 minutes.  
Make round patties in a teflex sheet and dehydrate for 4 hours.  
Serve warm with the sauce.

#### **Instructions for the sauce**

Cut in small cubes the 40gr. of fresh mango and set aside.  
Chop the parsley and set aside.  
Blend all the rest ingredients in a high speed blender.  
Finally, add the parsley and mango cubes and combine with a tablespoon.  
Enjoy!

## **Summer Tacos**

by Dawn Jones

1 cup raw walnuts soaked overnight in pure water.

6-8 roma tomatoes

1 cup purple onion

1/2 cup garlic

1/2 cup jalapenos

1 cup cilantro

1 teaspoon sea salt

4 lemons

4 limes

2 avocados

2-3 mangoes

1 Tablespoon organic Mexican spice

10-15 romaine lettuce leaves

Pulse in food processor or hand chop tomatoes, onions, garlic, jalapeno, and cilantro.

Add in sea salt, lemon, and limes.

Dice avocados and mango by hand and mix together.

Drain and pulse the raw soaked walnuts in food processor with the organic Mexican spice.

Fill lettuce leaves with the walnuts and mango salsa.

ENJOY!

### **Marinated Kale Salad**

by Diana Stobo

Serves 2

This amazing superfood salad is loaded with flavor and phytonutrients.

1 small bunch of Dino (Lacinato) kale leaves, shredded (small leaves have a milder taste)

1 avocado, diced

1/2 red bell pepper, diced

1/2 cucumber, diced

1 scallion, sliced

1 1/2 teaspoons lemon juice, freshly squeezed

1 1/2 teaspoons olive oil

1/2 teaspoon Nama Shoyu

pinch of black pepper

Place the shredded kale in a mixing bowl and add the olive oil, the lemon juice and the Nama Shoyu. Toss gently with your hands, massaging the kale to tenderize and incorporate into the marinade. Add half of the avocado and continue to massage making a creamy dressing.

Add remaining half of the diced avocado, the red pepper, the cucumber and the scallion then toss gently.

Season with pepper and serve immediately.



### **Raw & Vegan Chocolate Smoothie**

by Louie Bush

Serves 2

2 cups water

2 Bananas (frozen if you want it cold)

1/2 cup raw soaked almonds

1 tsp Cinnamon powder

1 Tbsp Cacao powder

Blend well in Vita-Mix

**Diva's Spicy Mushroom Casserole**

*Original recipe by Martha Mathewson, aka Dauntless Diva 2010*

Yield: 4-6 one cup servings

Diva's Note: For the best end-result with this recipe straight from the Diva's kitchen, browse the ingredients list prior to launching as some steps need to be completed a few hours ahead of time.

**Required Kitchen Tools:**

- Blender
- Cutting Board
- 1 paring knife
- Filtered water
- 8" x 8" glass (or Pyrex) baking pan
- 4-tray or larger rectangular dehydrator (*optional*)

**Casserole Ingredients:**

½ organic sweet yellow onion  
3-4 c. organic baby bella and/or white mushrooms  
¼ c. cold-pressed organic olive oil  
1 T. cumin  
1 t. cayenne  
1 t. Celtic sea salt or Himalayan crystal salt

**Preparation:**

*Peel the onion and remove the leathery outside layer; slice the onion in narrow strips no more than ¼ inch thick. Wash and de-stem mushrooms and slice them no more than ¼ inch thick. Please note that the thinner you slice the onions and mushrooms, the more tender they will become in the optional dehydration process.*

*Place mushroom and onion slices in a large bowl and toss them together with the oil, cumin, cayenne and salt. Make sure all the ingredients are thoroughly mixed or you might find yourself with a mouthful of spice-excitement later!*

*Put the casserole ingredient in the glass baking pan and set aside. (Or, as a taste-enhancing option, place the casserole ingredients inside the dehydrator and bake on 105 degrees for 1-2 hours before combining with sauce. This will give the mushrooms and onions extra time to soften and soak up the spices.)*

**Sauce Ingredients:**

1 organic red bell pepper  
½ c. organic raw cashews (soaked 2-4 hrs. in filtered water)  
¼ c. cold-pressed organic olive oil  
¼ c. organic sweet yellow onion  
1 pinch cayenne  
1 pinch cumin  
1 pinch Celtic sea salt or Himalayan pink crystal salt



***Sauce preparation:***

*Combine all ingredients in your blender and blend on high speed until the texture is smooth.*

***Putting it all together:***

*Pour the sauce over the casserole mixture in the glass baking pan and either serve fresh. Or, follow the Diva's preferred option and place the dish inside the dehydrator. Bake the casserole on 105 degrees for 4-6 hours, stirring every hour to help ingredients marinate thoroughly. Serve warm with a green side salad for a wholesome, filling 100% living vegan meal!*

*Enjoy this original Diva-recipe and have a Divalicious day!*

<http://www.dauntlessdiva.com>

### **Yummy Green Smoothie**

by Elaina Kelugina

#### **Ingredients:**

2 cups - water

1 - banana

1 - apple

1-2 cups - spinach or kale

1/2 inch - ginger

Blend all ingredients until smooth at high speed in a Vitamix Whole Food Processor.

**Recommendation:** The trick I use to know the amount of water is to add all the non-water ingredients first, then add about 2/3<sup>rd</sup> amount of water.



### **Fresh Fruit Sorbet**

by Marlin Vanderhoof

YIELD: Approximately 6 cups

2 cups of watermelon

3 cups of cantaloupe

2 cups of pineapple

Blend each of the fruits in a blender. Mix together in a 2 quart measuring cup.

The acid in the pineapple will keep the mixture from turning dark.

Turn on the sorbet maker and pour in the fruit mixture.

*I let it mix for 20 minutes and the consistency was not solid, but very nice.*

At this point you can place the sorbet in a container and freeze it until firm or frozen solid, or you can place the sorbet in a dessert dish.

*A fun summer treat would be to place the sorbet in an ice cube tray insert toothpicks and freeze. Serve them in a Sunday dish with grapes for garnish.*

*For a more elegant setting serve the sorbet in a champagne glass topped with a sprig of mint.*

*Enjoy*

### **Steph's Kickin' Kale Chips**

by Stephanie Dodd  
(Double Batch)

2 bunches of Green Curly Kale  
2 cups of Cashews soaked for 2-4 hours  
2 ½ cups of Bell Pepper ( your choice of color, or multiple colors of bell pepper)  
4 Tablespoons of fresh squeezed lemon juice  
2 tablespoons of Redstar Nutritional Yeast  
1 teaspoon Pink Himalayan crystal salt  
¼ teaspoon Maca Powder  
¼ teaspoon Mesquite Powder  
¼ teaspoon Cayenne Powder

Wash, dry, and de-stem Kale.

Chop Kale leaves into chip size, about 2x2 inches.

Place kale in a large mixing bowl.

Combine the rest of the ingredients in a blender and blend until smooth to get a thick consistency. Pour mixture/batter over kale and mix thoroughly with your hands to coat each kale leaf.

You want this mixture to be really glued onto the kale.

In your food dehydrator, place kale chips onto a Teflex sheet, on top of a mesh dehydrator screen, and dehydrate for 12-24 hours @ 115 degrees.

Enjoy



**CAULIFLOWER AND CARROT BIRIYANI WITH FIG AND MINT CHUTNEY**

by KEMI NEKVAPIL

2 Cups Chopped Cauliflower

2 Cups Chopped Carrot

1/2 Cup Desiccated Coconut

2 Tablespoons Olive Oil

1 Tablespoon Cumin Powder

1 Tablespoon Turmeric

1 Teaspoon Chopped Garlic

1 Teaspoon Grated Ginger

1/2 Teaspoon Cinnamon Powder

1/4 Teaspoon Chili Powder

1 Pinch Of Sea Salt

1 Handful Chopped Coriander

Cashew Nuts For Garnish



For The Fig And Mint Chutney

6 Large Figs (Dried) And Soaked In Water To Cover, Keep Water

1 Handful Of Fresh Mint Chopped

1 Tablespoon Freshly Squeezed Lime Juice

**Raw Chocolate Walnut Dessert Balls**

by Pattie Ptak's

Makes approximately 40-50 One inch dessert balls

1 cup Raisins  
1 cup pitted dates  
6 T cacao powder  
1 or 1½ tsp pink salt (to your taste)  
3 T coconut butter  
2 tsp vanilla extract, no alcohol  
1 vanilla bean (seeds only)  
1/8 tsp cinnamon  
3 cups walnuts, pecans or half of each (soaked and dehydrated)  
¼ to ½ cup raw almond butter  
3 T to 1/8 cup raw blue agave syrup  
Shredded dehydrated coconut (optional)

Soak the nuts in 6 cups (or enough to cover completely) filtered water for 4 hours  
Dehydrate at 105 degrees for 10-12 hours (until all the moisture is gone and nuts are crunchy)

Place the raisins and the dates in an 11 cup food processor. Pulse until chopped into a coarse paste. Add the coconut butter, the cacao powder, the salt, the cinnamon, the vanilla extract and the vanilla bean.

Process again until mixed together.

Add the nuts and pulse until blended and the nuts are slightly chopped, but still in somewhat large pieces.

Add the almond butter half at a time, pulse it just until the mixture sticks together. Moistness of the balls will vary, so add almond butter just until mixture begins to stick together. Use caution and do not process too much so that nuts are chopped too fine.

Add the agave syrup gradually to the mixture in the food processor through the feeder hole in the top while the processor is on, being careful that the mixture does not get over-processed and become too "wet". It should be a bit crumbly but also just moist enough to roll into balls without crumbling apart.

Use your hands to roll the mixture into 1 inch balls. If desired, the finished balls may be rolled in the dehydrated coconut for a festive finish.

## **Nuttin But Love Chocolate Pie**

by Loweta Gonzales

### **\*crust\***

2 cups organic pecans (dry unsoaked)  
1 cup organic raisins  
Dash of sea salt  
2 dashes of cinnamon or ½ teaspoon

### **\*pie filling\***

3 cups organic raw cashews (optional soaking overnight)  
½ cup soaked dates (overnight)  
1 cup spring water  
½ cup young organic coconut meat (scraped out and measured)  
1 teaspoon organic vanilla  
1 cup raw organic agave  
1 cup raw virgin coconut oil  
2 cups raw organic cacao powder

### **\*heart decoration\***

½ cup cashews raw organic (soaked overnight)  
1/3 cup raw organic agave  
½ cup water

### **\*tools of art\***

Food processor  
Pie form (with removable base)  
Spatula  
Sharp knife for cutting a young coconut  
Kitchen spoon  
Pie cutter  
Taste buds (lol)

### **\*instructions\***

first ingredient is a lot of love in ones heart; you must love what you are doing for it is vital!!!

start with the crust ingredients.

Put the pecans and raisins in the food processor and blend for about 1-2 minutes.

Add the cinnamon and salt, process for 2 seconds.

Place pecan mix in pie form.

Pat down crust in form to make a level crust in pan.

Put the crust in the freezer for 20-30 minutes to firm.

Clean processor for the cream sauce for the heart decoration.

With processor ready soaked cashews, agave and spring water.

Blend till smooth about 1-2 minutes.

Place mix in bowl, refrigerate.

Then start the pie filling.

In clean processor combine soaked cashews, water, dates, coconut water, and young coconut meat.

Blend for 2 minutes, mix should be chunky but slightly smooth.

Now add vanilla, agave, and coconut oil.

Blend for 2-3 minutes or until creamy consistency, like pancake batter.

Finally, add the cacao powder and blend for 1 minute.

Remove pie form from freezer and place the chocolate mix in the pie form. It is now time for the heart decoration.

Remove the white cream from the fridge.

Get a tablespoon of mix and drop it on the top of the pie in a circle motion.

Do another right beside it to form a heart.

Just think of the spoon as your paint brush.

Add more if needed.

Sprinkle with cinnamon and cacao

Garnish with mint.

The pie can set in the freezer for 3-4 hours but I recommend overnight if you can wait that long!

Cut with pie knife and innerjoy.



**FIG FIESTA (Party favorite)**

by Dorit

6-8 Fresh Raspberries

4 Fresh Ripe Figs

Let the fig stand in a vertical position, resting on the thick, flat portion of the bottom of the fruit. Carefully cut stem along with a small portion of the top of the fig, creating a cap like effect to cover the fig later.

Scoop out insides very carefully so as not to pierce the skin of the fruit.

Put scooped portion in a bowl, add raspberries and mash together with a fork blending well. With a small spoon or funnel, stuff this mixture back in fig, and cover with the top that was cut off at the beginning.

Serve on a white serving plate or platter, and drizzle sides of serving receptacle with the syrupy remains of the mashed fig/raspberry mixture with peppermint leaves.

### **RAW Garlic Basil Focaccia Bread**

by Raya Belna

Serves 6

1 cup almond meal  
1/2 cup MILA (Fractioned Chia Seeds)  
1 asian pear  
2 tsp sea salt  
1 clove garlic, microplaned  
1 cup first cold pressed olive oil  
1 cup fresh basil, packed  
extra garlic and basil for garnishing

Combine almond meal, MILA, pear, garlic and sea salt in food processor fitted with S blade.

Blend well adding the olive oil slowly.

Process until mixture starts to stick together and form a cohesive ball.

Pulse in fresh basil.

Spread mixture onto teflex sheet 1/4 inch thick.

Transfer to a mesh sheet and garnish with garlic and basil.

Score into 12-16 squares.

Dehydrate at 110 degrees for 8 hours.



### **PINATA COLOTA COOKIES**

by Lois Anderson

This recipe makes 48 cookies

1 cup raw cashews

1 cup walnuts, soaked in water 8 hrs.

then drain the water and dehydrate 12 hrs.

1 cup dried pineapple, soaked in water

1 hour, then drain the water

1 cup shredded coconut

1 tsp vanilla

1/2 cup coconut oil

1. Put the cashews and walnuts in the food processor process until fine.
2. Drain the pineapple and add to the nuts in the food processor.
3. Also add the coconut, coconut oil and vanilla to food processor.
4. Process all ingredients until it makes a dough.
5. Take a spoonful of dough; drop it in a bowl of the shredded coconut, after the dough ball is covered with the coconut make into a ball.
6. Place all the balls into a container and place in the freezer.

### **Creamy Peppercorn Ranch Dressing**

by Natalia

Yield: 2-1/4 cups

This rich, creamy dressing is great on green salads or served as a dip with crudité's and flax crackers.

1/3 cup water

1/3 cup lemon juice

2/3 cup hemp seed

5 cloves of garlic

2 teaspoons whole black peppercorns

1 teaspoon Himalayan salt

1 cup cold-pressed olive oil

Place the water, lemon juice, hemp seed, garlic, peppercorns and salt in a high-powered blender.

Blend from low to high speed until smooth.

With the blender running on low, pour in the olive oil to emulsify.

Gradually turn up the power until just combined.

The result should be very thick, creamy & delicious!



**BBQ Meat Balls**

by Tina Jo Stephens

Servings: 12

These meatballs are fantastic! Add the BBQ sauce and watch them disappear! You can serve with a marinara sauce over zucchini pasta for Bistro night or serve them by themselves as an appetizer. The possibilities are endless. Especially great for those carnivores in your family as they have a very hearty texture and meat-like taste - sure to fill up the emptiest of bellies!

**Meatballs**

1 ½ cup zucchini pulp  
1 ½ cup walnuts, soaked 6 hours, drained, rinsed  
1 ½ cup almonds, soaked 6 hours, drained, rinsed  
2 cups marinated Portobello mushrooms, chopped small  
1 Tbsp fresh garlic, minced  
¼ cup fresh cilantro, minced  
¼ cup fresh Italian parsley, minced  
½ cup celery, finely chopped  
1 cup red pepper, finely chopped  
2 Tbsp fresh rosemary, minced  
1 Tbsp fresh oregano, minced  
2 tsp cumin powder  
3 tsp chili powder  
½ tsp cayenne pepper  
2 tsp ginger, finely grated  
½ cup sweet yellow onion, minced  
2 Tbsp sun dried tomato powder

**Marinade for mushrooms**

1 cup nama shoyu  
¼ cup olive oil  
⅛ tsp black pepper freshly ground

**BBQ Sauce**

1 cup tomatoes, chopped  
1 cup sun-dried tomatoes, soak 2 hours to soften, drain and then chop  
3 Tbsp nama shoyu  
½ cup sweet yellow onion, chopped  
1 tsp garlic, minced  
5 whole dates, chopped  
1 small jalapeno, red, minced  
½ cup olive oil  
½ cup flax oil  
1 Tbsp sun-dried tomato powder  
2 Tbsp apple cider vinegar

1. Chop mushrooms and make the **Marinade for Mushrooms** - place mushrooms and marinade in a separate bowl and set aside while preparing other ingredients.
2. Cut and chop all your fresh ingredients for the 'meatballs.' Then place them, along with the zucchini pulp, into a large mixing bowl.
3. Add dry ingredients to same bowl.
4. Drain and rinse the nuts. Then place them into a food processor. Drain the marinade from the mushrooms and add it to the nuts that you just placed into the food processor. Process the mixture until it takes on a doughy consistency.
5. Remove the nut mixture from the processor and add it to your chopped and dry ingredients bowl.
6. Add the mushrooms to the mixture bowl and hand blend well.
7. Shape the mixture into 2 - 3 inch meatballs. Place on a Teflon sheet and dehydrate for 2 hours at 105 degrees.
8. Prepare **BBQ sauce** by combining all sauce ingredients in blender. Blend until creamy and smooth.
9. Remove the meatballs from the tray and place in glass baking dish (9 X 13 works great!). Pour some of the barbecue sauce over the meatballs and cover with plastic wrap and continue to dehydrate for 4-5 more hours.
10. The remaining BBQ sauce can be served on the side with your 'meatballs.' Sauce keeps for 5-7 days in an air tight container in the refrigerator. Any remaining meatballs should be stored the same way.

#### Cooking Times

Preparation Time: 20 minutes

Cooking Time: 3 hours

Total Time: 3 hours and 20 minutes

### **Creamy Cucumber Soup**

by John Kohler

Yield: Makes 2 servings

#### Ingredients:

26 ounces of cucumber juice (about 5 regular cucumbers)

meat from one mature coconut

5 marigold flowers

1 deseeded cherry bomb pepper

1 tbsp miso (optional)

1.5 cups soaked wakame

½ English cucumber

3 chive flowers (or use chives)

Handful cilantro flowers (or other flower)

1. Juice five regular cucumbers to make about 26 ounces of cucumber juice.
2. Blend the cucumber juice with the meat from one mature coconut.
3. Take the blended mixture and use a nut milk bag to make “cucumber milk”
4. Blend the cucumber milk with the marigolds and cherry bomb pepper and miso(if desired).
5. Use a spiral slicer to spiralize half of an English cucumber.
6. Pour the cucumber milk into a medium bowl.
7. Add three quarters cup of wakame and half of the cucumber spaghetti to the soup base.
8. Garnish with chive flowers and cilantro flowers.
9. Enjoy.



### **Parsley, Sunflower Seed Pesto Spread**

by Judith Toscano

Makes 3 cups, yields 4-6 servings

#### **Ingredients:**

4 cups parsley leaves (2 bunches)

1 cup soaked raw sunflower seeds (soak seeds overnight)

1/4 cup cold pressed olive oil

2 medium-sized garlic cloves

1 lemon (juice of)

1/4 teaspoon salt

Soak the raw sunflower seeds in a glass jar in 3 cups filtered water in the refrigerator overnight.

Using a strainer, rinse the sunflower seeds before you use them and let drain.

Remove the leaves from the parsley stems, rinse and pat dry with paper towels.

Place the parsley in a 6 cup food processor (if you have a smaller food processor you can make smaller batches).

Whip the parsley until smooth even consistency, scraping the sides of the processor basket.

Add the soaked, rinsed and drained sunflower seeds, the olive oil, the garlic, juice of 1 lemon and the salt.

Process until green and smooth texture.



### As Spicy as you like Pico De Gallo

by Earl Vanderhoof

This serves 6 to 8 hungry people

#### Ingredients:

- 1) 2 hot house or 5 roma tomatoes (the size is ½ of a baseball)
- 2) 1 Medium size fennel/anise (this is smaller but not much than a baseball)
- 3) small jalapeno (this is nowhere near the size of a baseball)
- 4) 1 bunch of cilantro (these come in softball sizes)
- 5) 2 medium size orange peppers (these *are* baseball size)
- 6) 2 medium size yellow peppers (these *are* baseball size)

#### Instructions:

I have found this to be one of the simplest yet efficient ways of making one of *my* favorite appetizer dishes.

Using a 2 quart bowl, start by dicing the tomatoes into about ¼ in cubes. You may use a food chopper however it could smash the tomatoes instead of making them a firm cut.

Then notch the root bottom from the fennel/anise and cut it in half. Fennel/anise has a mild licorice flavor which all but disappears into this dish so for all of you who gag at the smell or taste of licorice, *not to worry!!!!* Dice these the same size as the tomatoes. You can use the food chopper for this as it is more firm than the tomato and will not crush. I prefer to use my knife mainly for the uniform look that I get from cutting all of this the same size.

Next are the peppers. These are a little tricky. I like to take the paring knife and about 1/4 of the way from the top, I make what I call the jack o lantern cut. Don't poke the knife in too deep as you will then poke the seeds inside. We will not use the seeds but it is a lot easier to clean when you are finished. After you have cut the tops off of all the peppers, remove the seeded area and the green stem and dice the pepper tops.

Now it's the jalapeno. This is really a matter of taste for each person. I myself like the flavor but not the heat that comes after. You must be careful not to get any of the seeds from the jalapeno into this dish. They are extremely hot!!!!

I use about ¼ of an inch of the tip for my dish. I chop it very fine because all I am using it for is the flavor. Add this to your tomatoes, fennel/anise and pepper mix and stir. I advise you to wash your hands as soon as you are finished with this part to avoid the screaming fit you will have if you stick your fingers in your mouth or even worse, your eye!!!!

Now last but not least the cilantro. Using too much can over power this whole dish so I tear approximately a golf ball size off and then semi chop it.

Now take the 2 quart bowl with your divine mix and place plastic wrap over the top. If you're not using plastic wrap take a dinner or salad plate, turn it over and place it on the top.

Place in the refrigerator for a minimum of 2 hours. This gives the ingredients time to mingle and you time to relax after such a grueling 10 minutes of chopping.

To complete the dish, remove from the refrigerator and with a strainer spoon hold down on the mixture and strain into the sink. I actually press down on the mix and do it several times to remove most of the moisture. I like it a little drier than most so do this step to your liking.

Take the mixture and fill each of the 4 peppers that you cut earlier. Heap them to a little over full. Place on a serving platter and place whatever you choose as your dipping devices around the outside.

Enjoy!



# HOT CHEFS, COOL KITCHEN

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## LIVING LIGHT CHEF SHOWCASE



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Chad Sarno



Elaina Love



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Kirsten Gum



Martine Lussier



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# Living Light International



*Setting the Standard for Excellence in Raw Culinary Arts*



## Culinary and Nutritional Science Courses

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