



# *Recípes*

# APPLE PIE

## FILLING INGREDIENTS:

- 4 Cups apple (peeled, cored, sliced 1/8" thick)
- 1/3 Cup dates (Pitted)
- 2/3 Cup coconut water
- 1 Tsp. Cinnamon (to taste)

## DIRECTIONS:

1. Blend dates and coconut water until puree
2. Add additional water if needed.
3. Mix apples and date puree in bowl.

## CRUST INGREDIENTS:

1. 1 Cup Macadamia Nuts
2. 1 Cup dry shredded coconut
3. 5 dates (pitted)

## DIRECTIONS:

1. Toss coconut, macadamia nuts, and dates in food processor just enough to chop nuts into small pieces. The mixture will start to stick together.
2. Press crust into pie shell 1/4" thick all around
3. Fill with apple and date puree
4. Top with lemon zest.

The logo for Sanoviv, featuring the brand name in a stylized, cursive script font. The letter 'S' is particularly large and decorative, with a swirl at its top. The rest of the name 'anoviv' follows in a similar elegant, flowing script.

# Avocado Stuffed Tomatoes

## Ingredients:

- 4 Large ripe tomatoes
- 2 ripe avocados
- 2 lemons
- 1 garlic clove (minced)
- 2 Scallions
- 2 Tbsp. Fresh Cilantro (minced)
- Tamari (to taste)

## Directions:

1. Cut off the tomato tops and scoop out the seeds and pulp.
2. Peel and mash the avocado.
3. Add the remaining ingredients to the avocado mix.
4. Stuff the tomatoes with the avocado mixture.
5. Serve on a bed of sprouts.

## Servings:

Serves 4



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# Berry Shake

## Ingredients;

- 1 cup nut milk
- 1 cup berries ( blueberries, raspberries, strawberry, or blackberry)
- ½ cup coconut meat
- 1 tbsp coconut oil
- 1 tbsp agave

## Directions;

Blend all ingredients in blender until smooth.



## Buckwheat Pancakes

These rich yet light pancakes are always a crowd pleaser. Try serving them with pure maple syrup, fresh plum or apricot slices, and a sprinkling of cinnamon. These pancakes are also delicious served with warm berry sauce. You may prefer to grind your own Buckwheat flour from raw buckwheat groats in a coffee grinder just prior to making these. You may find the flavor superior to packaged buckwheat flour. Many people who dislike the strong flavor of buckwheat will enjoy these when made with the freshly ground flour.

Makes 5 to 7 Pancakes

- ❖ 1 heaping cup of buckwheat flour
- ❖ ¼ cup tapioca flour
- ❖ 1 teaspoon baking powder
- ❖ 1 teaspoon baking soda
- ❖ ¼ teaspoon sea salt
- ❖ 1 to 1 ½ cups hemp, almond, soy, or rice milk
- ❖ 1 organic egg
- ❖ 1 tablespoon maple syrup or agave nectar
- ❖ 1 tablespoon melted virgin coconut oil or organic butter
- ❖ Virgin coconut oil or organic butter for cooking

### Going Egg-Free tip

Try using 1 heaping
tablespoon ground flax
seeds whisked with 3
tablespoons boiling water
to replace 1 egg in any
baked good recipe.

1. Mix together the dry ingredients in a medium bowl. In a separate bowl, whisk together the wet ingredients. Add the wet ingredients to the dry and gently mix until all are combined. Let the batter sit a few minutes to thicken.
2. Set a thick-bottomed stainless steel skillet over medium heat. Add a few teaspoons of coconut oil butter. When skillet has heated, add about ¼ cup of batter. Cook for about 1 to 2 minutes or until the top of the pancake begins to bubble. Flip and cook for a minute or so on the other side. Repeat this process until all of the batter has been used. Add a little coconut oil or butter in between cooking each pancake to prevent sticking.
3. Place pancakes onto a warm plate and serve.



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# BURRITOS

## INGREDIENTS:

- 6 Napa cabbage leaves (or lettuce leaves)
- 2 Cups sprouted wild rice (soak for 8 hours and sprout for 3 day)
- 2 Cups shredded lettuce

## MEXICAN SALSA:

1. 2 Avocados (chopped)
2. 3 Tomatoes (chopped)
3.  $\frac{1}{2}$  of a bunch of fresh cilantro (chopped)
4. 1 Clove of garlic (chopped).
5.  $\frac{1}{4}$  red onions (chopped)
6.  $\frac{1}{4}$  cup red bell pepper (chopped)
7.  $\frac{1}{4}$  tbs. jalapeño (chopped)
8.  $\frac{1}{4}$  cup olive oil
9.  $\frac{1}{2}$  tsp. chili powder
10. 1 lime (juiced)
11. Mix all together in a bowl.

## DIRECTIONS:

Use Napa or Romaine lettuce leaves. Line inside with wild rice, shredded lettuce and salsa.

SERVING: SERVE 6



# CARROT CAKE

## CAKE INGREDIENTS:

- 6 Medium carrots
- 2 Cups of dates (pitted)
- 2½ Cups of walnuts or almonds
- 1 tbsp. Cinnamon

## DIRECTIONS:

1. Pit dates
2. Put carrots and dates through juicer.
3. Chop nuts (or pass through salad shooter if available)
4. Mix nuts with carrot /date mixture.
5. Add cinnamon
6. Mold into a square cake shape (or use an ice -cream scoop)
7. Top with icing.

## ICING INGREDIENTS:

- 2 Cups pine nuts or pignoli nuts.
- 2 Cups agave syrup.
- 2 Tsp. Vanilla extract.
- ¼ Cup water (as needed)

## DIRECTIONS:

1. Place nuts, agave, and vanilla in blender.
2. Blend until smooth.
3. Add water to until desired consistency.



# CHILI

## INGREDIENTS:

1. 3 ½ cups sliced tomatoes
2. 1 ½ garlic cloves
3. ¼ cup chopped sun-dried tomato
4. ¼ cup diced carrot
5. 1 tbsp. olive oil
6. 1 ½ tsp. cumin powder
7. 1 tsp. dried oregano
8. ¼ tsp. Celtic sea salt
9. ½ cup diced tomato
10. 1/3 cup diced onion
11. 2 tbsp. fresh minced cilantro
12. Cayenne pepper to taste.
13. 1 cup wild rice soaked and sprouted

## DIRECTIONS:

1. Blend first eight ingredients in blender until smooth.
2. Pour mixture into a bowl.
3. Add the remaining diced ingredients and cilantro
4. Spice with cayenne pepper to taste as you stir.



# CLEANSING COTAL JUICE

## INGREDIENTS:

- 3-4 tsp. ginger (1 inch)
- 1 Beet
- ½ Apple
- 4 Carrots
- ½ Avocado

## DIRECTIONS:

1. Place ginger, beet and carrots through juicer.
2. Place juice in blender with avocado.
3. Enjoy!

## SERVING:

SERVES 1 PERSON



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# COCONUT SHAKE

## Ingredients:

- 1 Cup nut milk
- 1 Cup fruit
- 1 Scoop ( soyamax, rice protein, or whey protein)
- ½ Young coconut meat

Put the ingredients in a blender for 30 seconds and serve



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# Enchilada Nut Cheese

## Ingredients;

• 2 cups macadamia nuts

• 1 cup pine nuts

• 2 Tbsp. Agave nectar

• 3 cups water

## Directions;

1. Place all ingredients into a blender.

2. Blend until smooth.

## Uses;

Ladle over enchiladas



# ENCHILADAS

## WITH WALNUT/PECAN ONION PATÉ

### INGREDIENTS:

- 6 Cups raw walnuts or pecans
- 1½ cup pignoli nuts (dehydrated)
- 3 cups onion
- ¼ tbsp. Italian seasoning
- ¼ cup fresh basil
- Dash cayenne

### DIRECTIONS:

1. Soak raw walnuts or pecans overnight or 12 hours.
2. Slice onions and place in tamari to marinate for 15 min.
3. Place Italian seasoning, fresh basil, and cayenne into marinate and let sit for 15 minutes.
4. Place nuts and marinated mixture into a juicer or a food processor with the blade to make a rich, creamy paté.
5. Add water if you desire a thinner paté
6. Scoop paté into tortilla wraps and roll, using additional paté to seal the ends.
7. Place in oven at low temperature to warm if desired
8. Ladle marinara sauce over top and dollop with enchilada nut cheese.

### SERVING

SERVES 8-10

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# FAUX SALMON PATÉ

## INGREDIENTS:

- 1½ Cup carrots meat
- 2 tbsp. Garlic minced
- 1½ cup fresh dill (chopped)
- ½ cup onion minced
- ½ cup macadamia cheese (see below)

## DIRECTIONS:

Juice carrots in juicer to yield 1½ cups pulp and set aside.

### MACADAMIA PINE NUT CHEESE:

1. ½ Cup macadamia nuts
2. ½ Cup pine nuts
3. ¼ tsp. Celtic sea salt
4. 1 lemon juiced
5. 2 fresh garlic cloves
6. ¼ cup olive oil
7. ¼ cup flax oil
8. Dash kelp powder

## DIRECTIONS:

1. Process the above ingredients in food processor until smooth.
2. Fold in carrot pulp mixture; add carrot juice to desired consistency.
3. Pour in flax oil.
4. Add lemon juice to taste.
5. Press into a loaf.



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# FIBER G SHAKE

## INGREDIENTS:

- 2 Scoops fiber G powder
- 8 oz nut milk or water

## DIRECTIONS

Mix in a blender and serve



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# Granola

## Ingredients:

- 2 Cups almonds, soaked overnight, and rinsed.
- 1 Cup buckwheat, soaked overnight, drained all day long, and use the next day.
- 1 Cup pecans soaked overnight, drained, and rinsed.
- 1 Cup sunflower seeds soaked overnight, drained, and rinsed.
- 1 teaspoon cinnamon.
- 1 Cup dried coconut meat.
- 2 Cups apple (blended)
- ½ teaspoon non-alcoholic and organic vanilla (optional, not a raw food).
- ¼ cup raw organic light agave syrup

## DIRECTIONS:

Place almonds in a food processor, and process until chunky. Pour into a large bowl. Repeat this process with the pecans, sunflowers seeds, and add buckwheat into the bowl. In the empty food processor, place the cinnamon, vanilla, and agave, and process until well-mixed. Add to the bowl of nuts and seeds and mix well.

Spread the mixture on to teflex sheets, and dehydrate at 145 degrees for 3 hours, and then at 105 degrees for 10 hours, or until crispy. Cool and store in a airtight glass container. It will last up to 3 months.



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# GREEN JUICE

## INGREDIENTS:

- 3 Carrots
- 1 Apple
- 1 Celery stalk
- 1 Cucumber
- ½ Cup sprouts
- 2 Lettuce leaves

## Directions:

Place all ingredients through juicer.

## Serving:

Serves 1 person



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## GREEN JUICE WITH APPLE

### INGREDIENTS:

- 3 Celery stalks
- 1 Cucumber
- ½ Cup sprouts
- 3 Lettuce leaves
- ¼ Cup fresh parsley
- 1 Apple

### DIRECTIONS:

Place all ingredients through juicer

### SERVINGS:

Serves 4



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# HEMP NUT CEREAL BAR

## INGREDIENTS:

- 2-Cups raw, organic, hemp nut seeds (grounded), or hemp powder.
- 1-Cup raw organic Brazil nuts, soaked overnight.
- 1-Cup raw, organic sunflower seeds soaked overnight.
- 1½ Cups raw, organic agave.
- ½ Cup raw, organic cold-pressed coconut oil.
- ¼ Cup raw, organic, cold-pressed olive oil.

## DIRECTIONS:

In a food processor, blend the hemp, Brazil nuts, and sunflower seeds, until fine. Add the agave and oil. Blend well. Spread the mixture onto oiled Teflex sheets. Dehydrate at 105 degrees for four hours, then flip over, remove the Teflex sheet if no batter is sticking to the sheet, and dehydrate for another 4 hours. If batter is sticking to the sheet, dehydrate longer, until the batter is not sticking to the sheet. Removing the sheet allows for more air circulation and lessens the dehydrating time. Always dehydrate to your taste. You may wish to dehydrate longer, until it is the right crunchiness. Crumble mixture and serve with nut milk for a delicious cereal.



# INFUSION

## INGREDIENTS.

• 1
• Vinegar
• Olive oil
• Dill
• Ginger
• Salt
• Parsley
• Oregano

• 2
• Olive oil
• Oregano
• Mint
• Basil
• Parsley
• Dry tomato (blended)
• Salt
• Lemon juice
• Garlic
• Rosemary

• 3
• Olive oil
• Sesame oil
• Oregano
• Dill
• Salt
• Garlic
• Ginger

• Mix all ingredients in a container and serve.

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# INFUSIONS

## Ingredients:

• 1

• Olive oil

• Onion

• Parsley

• Salt

• Lemon juice

• Rosemary

• 2

• Olive oil

• Mint

• Ginger

• Basil

• Salt

• 3

• Olive oil

• Basil

• Garlic

• Salt

• Lemon juice

• Dry tomato blended

Mix all ingredients in a container and serve.

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# Lentil Soup

## Ingredients;

- 1 cup green lentils.
- 2 garlic cloves minced.
- ½ onion chopped.
- ½ cup celery chopped.
- 1-2 tbsp. Celtic sea salt.
- ½ cup zucchini chopped.
- 1 cup tomato chopped.

## Directions;

1. Soak lentils overnight in twice as much water to lentil amount. Drain and rinse.
2. In a large pan sauté garlic, onion, and celery in olive oil over medium heat for 3 minutes.
3. Add all ingredients and enough filtered water to cover.
4. Bring to a boil and reduce to medium-low heat. Cover and simmer for 1 hour.



# LIME PUDDING SHAKE

## Ingredients

- 1 Cup fresh almond milk or coconut milk
- 1 Avocado
- 1 lime, peeled.
- 1Pkg. stevia, xylitol, or agave
- 8 Ice cubes

Put all ingredients in a blender and blend on high until its rich, smooth and pudding like.



# Marinated Broccoli

## Marinade Ingredients:

•  $\frac{1}{2}$  cup raw apple cider vinegar

•  $\frac{1}{2}$  cup toasted sesame oil

• 2 oz. Tamari

## Directions:

1. Steam fresh broccoli for 2 minutes.

2. Mix apple cider vinegar, sesame oil and Tamari.

3. Place broccoli in marinade for 1/2 hour.

4. Remove broccoli from marinade and serve.



# MAYONNAISE

## INGREDIENTS:

• 3 Cups Macadamia or pine nuts.

• ½ Cup lemon juice

• 2 Tbsp Olive oil

Blend well until smooth by adding a little coconut water and/or water if necessary.



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# MINERAL BROTH

## INGREDIENTS:

- 1 Cup celery (chopped)
- 1 Cup fresh parsley
- 1 garlic head
- 1 Cup carrots (chunks)
- 4 Cups water

## DIRECTIONS:

1. Place all ingredients in a pot with the 4 cups of water
2. Boil for 25 min.
3. Strain.
4. Serve mineral broth.



# Morning Breakfast Grains

## Ingredients:

- 1 cup, millet, Quinoa, Buckwheat,
- Filtered water
- Nut milk
- Agave nectar, Stevia, or Xylitol
- Ground cinnamon.

## Cooking Directions:

1. Bring 2 cups water to a boil and add grain, reduce heat to low and cover.
2. Let simmer for 10-20 minutes or longer depending on how soft you like your cereal.
3. When desired texture has been obtained remove from heat.
4. Add almond milk, stevia, agave or Xylitol and cinnamon to taste.

## To Soak and Germinate:

1. Rinse the grain well in a bowl or jar and cover with twice as much water to grain.
2. soak 8-12 hours overnight
3. Test for the chewiness and texture, once it is soft enough to eat, then drain the water and rinse off the excess starch.
4. Warm almond milk can be added for a warm breakfast.



# Nopales (cactus) Salad

## Ingredients:

- 5-6 Nopales ( Clean on the spines and Chop)
- ½ Cup white onion (minced)
- ¼ Cup fresh Cilantro (Minced)
- 1 ½ cups mung sprouts
- Fresh lemon juice (to taste)
- Pinch Celtic sea salt (to taste)

## Directions:

1. Bake nopales at 350° for 15 minutes or longer if need until its no longer slimy.
2. Remove from oven and let cool
3. Mince Onion and cilantro
4. Juice lemon
5. Mix mung sprouts with onion and cilantro
6. Add to nopales and mix well
7. Add lemon and sea salt to taste

## Servings:

Serves 4



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# NUT BREAD

## INGREDIENTS

- 2 Cups nut pulp
- 2 Cups cauliflower
- 2 Cups yellow squash or left over vegetable pulp
- ¼ Cup golden flax meal
- ¼ Tsp. sea salt

## With "S" Blade

1. Process and cauliflower set aside
2. Process yellow squash or vegetables pulp, salt, and flax meal.

In a bowl mix the ingredients by hand. Spread on teflex sheet dehydrator 3/8 inch. Dry top, invert, cut, and finish drying.

Leave them a little soft



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# Nut milk

## Ingredients;

- 1 cup raw nuts ( soaked overnight)
- 3 cups water

## Directions;

1. Place nuts into blender
2. Add water
3. Blend until smooth.
4. Strain to remove pulp.
5. May add pulp back to blender with additional water to blend again for additional milk.
6. Store in refrigerator in closed container ( last 3 days)

## Variation;

1. Any raw nuts may be used: almonds, brazil nuts, hazel nuts, macadamia nuts, pecan nuts, walnuts, etc.
2. Raw pumpkin or sunflower seeds may be used in place of nuts for seed milk.
3. Add vanilla for vanilla milk.
4. Add cinnamon, nutmeg, or other desired spice for flavor.
5. Add raw carob powder for chocolate nut milk.
6. Milk may be sweetened by blending with 1-2 dates or 1 tbsp raw unheated honey or agave nectar.



# PH- MIRACLE GREEN SHAKE

## Ingredients

1 Avocado
½ English cucumbers
1 Tomatillo (green tomato)
2 Cups fresh spinach
2 Scoops soy sprouts power
2 Scoop of green powder
1 Pkg. stevia
6-8 Ice cubes.

Blend on high speed to achieve a thick, smooth consistency.  
Serve immediately



# PH- MONSTER JUICE

## INGREDIENTS:

- 1 Bunch of kale
- 1 Whole head of celery
- 1 Lemon
- 1 Handful of spinach leaves
- 1 Avocado
- 1 Teaspoon green powder

Put kale, celery and lemon through juicer, then combine in blender with remaining ingredients.



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# RAW LASAGNE

## For the pignoli pest ricotta:

- 2 cups raw pignoli (pine) nuts, soaked for 1 hour or more
- 2tbsp. Lemon juice
- 1 tbsp. sea salt
- 2 cups. Packed basil leaves
- 6 tbsp. filtered water

Place the pignoli nuts, lemon juice, and salt in a food processor and pulse a few times, until thoroughly combined. Gradually add the water and process until the texture becomes fluffy, like ricotta.

## For the tomato sauce:

1. 2 cups sun-dried tomato, soaked for 2 hours or more
2. 1 small to medium tomato, diced
3.  $\frac{1}{2}$  small onion, diced
4. 2 tbsp. lemon juice
5.  $\frac{1}{4}$  cup extra virgin olive oil
6. 1 tsp. plus 1 tsp. agave nectar.
7. 2 tsp. sea salt
8. Pinch of hot pepper

Squeeze and drain as much of the water out of the soaked sun-dried tomatoes as you can. Add the drained tomatoes to Vita-mix with the remaining ingredients and blend until smooth.

## For the assembly:

- 3 medium zucchini, and trimmed.
- 2 tbsp. Olive oil.
- 1 tbsp. finely chopped fresh oregano.
- 1 tbsp. Fresh thyme.
- Pinch of Celtic sea salt.
- 3 medium tomatoes cut in half and then sliced.
- Whole basil leaves for garnishing.

Cut the zucchini crosswise in half, or into 3 inch lengths. Using a mandolin or vegetable peeler cut the zucchini into very thin slices. Toss the zucchini slices with the olive oil, oregano, thyme, salt, and pepper.

# SAUTEÉ VEGETABLE WITH GOAT CHEESE

## INGREDIENTS:

- 2 bell peppers sliced
- 1 red onion sliced
- 1-2 zucchini halved lengthwise and cut into 1 inch pieces
- 4 tbsp. olive oil
- 2 tbsp. fresh lemon juice
- 1 cup crumbled goat cheese
- 2 Tbsp. coconut oil
- ½ bunch of asparagus
- Pinch of Celtic sea salt to taste

## DIRECTIONS:

1. In a large pan over medium high heat sauté coconut oil, zucchini, red onion, bell peppers and asparagus for about five minutes or until tender.
2. Remove from heat add goat cheese, olive oil, lemon juice, salt and toss until well mixed.
3. Serve immediately.

## SERVES

4



# Slivered Veggie Chop Suey

## Ingredients:

- |  |
|--|
| • 2 Carrots (slivered by hand or with Mandolin)  |
| • 2 celery stalks (slivered)                     |
| • 1 red pepper (slivered)                        |
| • 2 Cups bok Choy (thinly sliced- stem & leaves) |
| • 1 Zucchini (slivered)                          |
| • 1 Cup green beans (slivered)                   |
| • 1 Cup snow peas or snap peas                   |
| • 1 cup Mung sprouts                             |
| • 1 Cup sunflower sprouts                        |
| • 1 Cup clover Sprout                            |
| • 1 Small red onion (chopped)                    |
| • 2 Garlic cloves (minced)                       |
| • ¼ Cup cilantro (chopped)                       |
| • 2 Tbsp. Ginger juice (or 1Tbsp. Minced Ginger) |
| • 2 tbsp. Sesame oil (or to taste)               |
| • 3 Tbsp. Tamari soy sauce                       |
| • 4 Pieces Nori sheet (cut in ½ inch strips)     |

## Directions:

1. Sliver vegetables in the longest, thinnest slivers possible.
2. Combine all ingredients in a large bowl and toss well.

## Servings:

Serves 10

## Options:

Use as a main course or a one-dish meal. Add soaked pumpkin seeds, sunflower seeds or almonds.



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## Sun Garden Burgers

### Ingredients:

• 3 Tbsp. Flax seeds (ground)
• 6 Tbsp. Water
• 1 cup carrot pulp
• 1 cup sunflower seeds (ground)
• ½ cup mined celery
• 6 Tbsp. finely minced onion
• 2 Tbsp. finely minced parsley
• 2 Tbsp. finely minced Red Pepper
• 2 Tbsp. Tamari soy sauce

### Directions:

1. Grind flax seeds in a blender until powdered.
2. Add water to flax seed and blend thoroughly
3. Pour mixture into a bowl, set aside.
4. Put carrots through juicer to obtain carrot pulp.
5. In a medium bowl, thoroughly mix carrot pulp, sunflower seeds, celery, onion, parsley, red pepper and tamari.
6. Add the flax seed mixture and mix thoroughly.
7. Add more water to mixture if necessary to form six ½" patties.
8. Place immediately in the dehydrator and dehydrate for 4-8 hours.
9. Leave them in the sun until warm or place in a warm oven for 10-15 minutes.



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## Sushi Rolls With Parsnip "Rice"

All the flavors of sushi but without the rice. Sweet parsnip make an excellent raw alternative to white rice.

### Ingredients

2 tsp	Brown Sugar Vinegar	1 Tbs	Black sesame seeds, soaked overnight.
1 tsp	Raw Honey		Drained and panned dry.
¼ tsp	Salt	1	Medium carrot, julienned.
1 tsp	Wasabi paste , plus more for dipping	1	Medium avocado, sliced.
	Sauce	1/3 Cup	pickled ginger, coarsely chopped.
2 tsp	Sesame oil, untoasted	1	Package daikon sprouts.
2 Large or 8 medium	Parsnips, peeled and chopped		nama shoyu, for drizzling.
2 Medium	Scallions, thinly sliced, diagonally	10 sheets	Nori (may only use 9)

### Preparation

1. Soak sesame seeds as directed, Combine rice vinegar, honey, salt, wasabi and sesame oil in a small bowl, stirring to combine, and set aside.
2. Put parsnips in a bowl of processor and process, pulsing . Into fine pieces. These become the "Rice". Combine parsnips in a large bowl and toss with the vinegar mixture until well combined.
3. Add scallions and sesame seeds and toss well.
4. Using a nori wrapper, spread out about 1/3<sup>rd</sup> cup of the parsnip mixture over the lower half. Top with carrot, avocado, pickled ginger and some daikon sprouts, roll tightly, then slice into pieces.
5. Create a dipping sauce with wasabi and nama shoyu

Servings: 12

Author: Catherine McConkie. Natural Chef instructor.

Skills:

Emusify

Food processor

Sushi rolling technique.



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# TERIYAKI VEGETABLES

## INGREDIENTS

- Steamed Broccoli
- Tamari
- Agave
- Dehydrated peppers
- Olive oil

## INSTRUCTIONS:

Put the steamed broccoli in a bowl, add dehydrated peppers, olive oil, olive oil and agave to taste, Mix well and ready to serve.



## VEGETABLES CRACKERS

### Ingredients:

- 10 Cups chunked carrots
- 10 Cups chunked broccoli
- 2 Cups blended tomato
- 4 Cups soaked and dried pumpkin seeds
- 1 ½ Tsp. Celtic sea salt
- 1 ½ Cups golden flax meal

### Directions:

1. Run carrots and broccoli through a champion juicer with blank screen.
2. In a food processor with the S - blade, mix tomato, pumpkin seeds and sea salt.
3. Stir the pumpkin-tomato mix into the vegetables.
4. Add the flax meal and mix well
5. Spread onto teflex sheet - 3/8 " thick.
6. Place dehydrator without teflex sheet over the cracker mix.
7. Flip over to switch trays to allow more airflow.
8. Peel off teflex sheet and cut into desired shape.
9. Dry at 105 degrees F until crisp.



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## VEGGIE FRITTATA

- Degree of difficulty: Low
- Preparation Time: 15 min.
- Convection cooking time: 30 min.
- Steamed Cooking Time: 1 hour.

### Ingredients:

1. 1 Teaspoon Olive Oil
2. 1 Medium onion sliced
3. 1 Cup red pepper
4.  $\frac{1}{4}$  Cup water
5. 1 Cup orange pepper
6. 1 Cup zucchini
7. 1 Cup carrots shredder
8. 6 Eggs
9. 2 Tsp. parsley chopped

### Method:

Preheat oven to 180° C

Place all the vegetables in a greased 20 cm square baking pan

Whisk eggs, pour over vegetables, and bake for 30 min or until firm in the center.

Serves 4



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# ZUCCHINI CHIPS

## INGREDIENTS:

- Zucchini
- Tamari
- Any spice desired

## DIRECTIONS:

1. Slice zucchini into round disks.
2. Marinate zucchini disks in tamari for several hours.
3. Add other spices as desired.
4. Place zucchini disks onto teflex sheets.
5. Place into dehydrator at 105 degrees for 3-6 hours until desired crispiness is obtained.
6. Serve, or store in air tight container.