

# Rainbow Green Live-Food Cuisine Additional Recipes - Volume 1

The latest recipes from the Tree of Life café based on the book Rainbow Green Live Food Cuisine by Gabriel Cousens, M.D., M.D. (H)



Created by the Tree of Life Café  
*Chefs and Apprentices*

## Acknowledgements

Firstly we would like to thank Gabriel Cousens M.D.,M.D. (H) for creating the Tree of Life Foundation, for his monumental works: **Spiritual Nutrition and the Rainbow Diet**, **Conscious Eating** and **Rainbow Green Live Food Cuisine**, for creating the sanctuary of the Tree of Life for awakening and peace. Gabriel is a spiritual teacher and the driving force behind the Tree of Life Foundation. We also thank Gabriel's wife Shanti Golds-Cousens for her energetic support in the vision, and for the world's greatest live food challah.

Secondly, thanks to all the chefs and apprentices that have come and gone over the past few years since the creation of Rainbow Green Live Food Cuisine.

Thirdly the people directly involved in creating this scrumptious recipe book: Donna Grisham, Head Chef who is full of inspiration and dedication in creating amazing food full of love. Justin Quan for his outrageously creamy joy and enthusiasm. Michela Tabaczuk for her patience, her innocence, her pure love and inspiration. Philip Madeley for being here!

Megan Riley for her infinite joy and for her information on sprouting. John Phillips for bringing us high mineral fresh food from the garden and for his work with EM and helping us integrate it into our café.

The apprentices that have contributed directly to this edition. Thank you for doing the endless dishes and being part of the café team, whatever it takes. Prairie Francia, Alisa Franzone Davis, Viola Carnovale, Eva Anastasiu, Barbara Sokola, Thim Lennart Bohm, Kim Spivack, René Archner. Also acknowledgement for Alex Malinsky for being so inspiring.

Finally a note of thanks to Chad Sarno and Karen Parker, chefs who worked at the Tree of Life Café in the past, for their hard work and dedication in spreading the live food message.

RAINBOW GREEN LIVE FOOD CUISINE  
VOLUME 1

Tree of life foundation book

First printing July 2004

Copyright © the tree of life foundation:

The Tree of Life Foundation

The Tree of Life Cafe

PO Box 1080

Patagonia

AZ 85624

[www.treeoflife.nu/café.html](http://www.treeoflife.nu/café.html)

All reservations: 520 394 2520

Recipe questions by email only: [café@treeoflife.nu](mailto:café@treeoflife.nu)

Café: 520 394 2589

# CONTENTS

<b>INTRODUCTION.....</b>	<b>10</b>
<b>CONSCIOUS FOOD PREPARATION.....</b>	<b>10</b>
<b>THE SPIRITUAL COMMUNITY.....</b>	<b>11</b>
<b>THE CUISINE – BASICS OF FOOD PREPARATION .....</b>	<b>13</b>
<b>SUMMARY OF RAINBOW GREEN CUISINE PHASES .....</b>	<b>14</b>
<b>BASIC FLAVOR COMBINING.....</b>	<b>15</b>
<b>FRESH INGREDIENTS .....</b>	<b>16</b>
<b>BREAKFAST FOODS .....</b>	<b>17</b>
<b>MYLKS.....</b>	<b>20</b>
BASIC RECIPE .....	20
MYLK TIPS .....	20
CREAMY BLACK FIG MYLK .....	21
RICH ALMOND MYLK.....	21
PINK PASSION MYLK.....	21
AROMATIC OBSIDIAN MYLK.....	22
PUMPKIN DREAM MYLK .....	22
HAZELNUT STRAWBERRY MYLK .....	22
RICH/CREAMY ALMOND FLAX MYLK .....	23
SIMPLY BRAZIL.....	23
SWEET DREAMS.....	23
SENSATIONAL SESAME MYLK.....	24
APPLE PIE MYLK .....	24
MEXICAN CAROB MYLK.....	24
HAZELNUT CHAI .....	25
GOJI GOOD MYLK .....	25
SPICED FIG MYLK .....	25
<b>MYLKSHAKES.....</b>	<b>ERROR! BOOKMARK NOT DEFINED.</b>
INCA-NTATION MYLKSHAKE .....	26
CHOCOLATE MINT DREAM MYLKSHAKE .....	26
LUSCIOUS BRAZIL MYLKSHAKE .....	27
STRAWBERRY MYLKSHAKE.....	27
PEACHES & CREAM MYLKSHAKE.....	27
MIDNIGHT MESQUITE SHAKE.....	28
APRICOT OR PRETTY IN PEACH MYLKSHAKE .....	28
GREEN GODDESS SMOOTHIE.....	28
SIMPLY COCONUT SMOOTHIE .....	29
<b>PORRIDGE.....</b>	<b>30</b>
COCONUT-FREE FANTASTICO PORRIDGE.....	30
NUTTY COCONUT PORRIDGE .....	30

SUNNY SWEET PORRIDGE.....	30
COMFORT PORRIDGE.....	31
PECAN DELIGHT.....	31
SWEET VANILLA PECAN PORRIDGE.....	31
<b>CREAMS.....</b>	<b>32</b>
ALMOND DREAM CREAM.....	32
PISTACHIO PLEASURE.....	32
YOGURT.....	32
THIM’S COCO CINNAMON CRÈME.....	33
FRESH FRUIT WITH COCONUT CREAM.....	33
A CREAMY SAUCE FOR FRUIT SALAD.....	33
<b>JAM.....</b>	<b>34</b>
FRESH FRUIT JAM.....	34
STRAWBERRY JAM.....	34
<b>MUESLI/ GRANOLA.....</b>	<b>35</b>
GRAND MUESLI.....	35
CHAI SPICED MUESLI.....	35
FANTASTICALLY FRESH MUESLI.....	36
<b>BISCOTTI.....</b>	<b>37</b>
BISCOTTI.....	37
COCONUT BISCOTTI.....	37
FIG WALNUT BISCOTTI.....	38
<b>ESSENE/ JEWISH FOODS.....</b>	<b>39</b>
SACRED CHALLAH.....	39
LIVE FOOD TZIMMES.....	40
FRUIT HAROSET.....	41
<b>ENTREES.....</b>	<b>42</b>
AUTHENTIC PAD THAI.....	42
CANNELLONI.....	43
SPICY RED BELL PEPPER SAUCE.....	44
ZUCCHINI ALFREDO.....	44
STUFFED TOMATOES.....	45
MEXICAN.....	46
TOMATO SALSA.....	46
GROOVY GUACAMOLE.....	46
BEANZ.....	46
SUSHI ROLLS.....	47
PARSNIP RICE FOR SUSHI ROLLS.....	47
PATE FOR SUSHI ROLLS.....	47
MMM... MUHAMARA SAUCE WITH PASTA.....	47
“6” LAYER QUICHE.....	48

AMERICAN STYLE .....	50
TREE WRAPS .....	50
RAINBOW VEGGIE ROUNDS .....	50
BATTER WEDGES.....	51
LASAGNE .....	52
CHEEZY BROCCOLI .....	53
BELL PEPPER BOATS.....	54
CHILI.....	55
MASHED “CAULIFLOWER” TATERS.....	55
PIZZA DOUGH FANTASTICO .....	56
PIZZA CHEEZE.....	56
DOLMAS.....	58
TZATZIKI.....	59
<b>PATES.....</b>	<b>60</b>
BASIC PATE RECIPE .....	60
ALMOND NUT CHEESE .....	60
PRANIC PATE.....	61
LEMON ALMOND HERB PATE .....	61
ALMOND HERB PATE .....	62
INDIAN BLISS.....	62
HUMMUS.....	63
<b>SAUCES/ SALSAS .....</b>	<b>64</b>
GUACA SALSA .....	64
LOVE-UP A TOMATO SAUCE.....	64
VERY HOT MUSTARD.....	64
MACADAMIA MAYONNAISE .....	65
AVOCADO MAYONNAISE .....	65
SOUR CREAM.....	66
SOUR CREAM.....	<b>ERROR! BOOKMARK NOT DEFINED.</b>
ALMOND CHILI SAUCE OR HOT & SWEET SAUCE .....	66
SPICY YOGURT SAUCE .....	66
BBQ SAUCE .....	67
PISTACHIO MISO DIPPING SAUCE .....	67
<b>SALADS.....</b>	<b>68</b>
DANDELION SALAD WITH CREAMY DRESSING .....	68
CREAMY CABBAGE SALAD .....	68
THAI STYLE BROCCOLI .....	69
KALE SALAD WITH AVOCADO DILL DRESSING .....	70
SLAW PERFECTO: .....	70
AWESOME ASIAN ASPARAGUS .....	71
SWEET TART GREENS .....	71
EAST WEST SALAD .....	72
BOK “JOY” .....	72
INSPIRATION .....	73

DIVINE "WARM WEATHER" STRAWBERRY SPINACH SALAD .....	73
<b>DRESSINGS.....</b>	<b>74</b>
BASIC SALAD DRESSING .....	74
ABSOLUTELY SWEET HOT MUSTARD DRESSING .....	74
TAHINI SAUCE .....	75
FRESH SPANISH DRESSING .....	75
ITALIAN DRESSING .....	75
A COOL DOWN DRESSING .....	76
TREE HOUSE.....	76
SPICED APRICOT.....	76
COOL AS A CUCUMBER DRESSING.....	77
ORANGE CHIPOLTE.....	77
GREEN MOUNTAIN DRESSING .....	77
FRESH CREAM TOMATO.....	78
CUMIN DRESSING .....	78
GODDESS OF THE TREE DRESSING.....	78
SPICY MISO DRESSING .....	78
SAVORY PISTACHIO CREAM.....	79
GARDEN TOMATO DRESSING .....	79
SAVORY UN-HONEY MUSTARD DRESSING.....	79
CUCUMBER DILL DRESSING .....	80
SIMPLE TOMATO BASIL DRESSING .....	80
OLIVE ME.....	80
CURRIED ALMOND DRESSING .....	81
CREAMY SPICED CUCUMBER DRESSING .....	81
ZIPPY RED BELL TAHINI .....	81
ULTRA RICH TOMATO DRESSING .....	82
MANDARIN DRESSING .....	82
CREAM-ALICIOUS DRESSING .....	82
SIMPLE SESAME DRESSING .....	83
VERY BERRY VINAIGRETTE .....	83
<b>SOUP.....</b>	<b>83</b>
BASIC SOUP RECIPE .....	84
CURRIED CREAMY CARROT SOUP.....	84
CREAM OF TOMATO SOUP.....	85
BROCCOLI SOUP .....	85
MAMA'S THICK AND CHUNKY STEW .....	86
DEEP SEA MEDLEY SOUP.....	87
OFF THE CUFF THAI-STYLE CARROT SOUP .....	87
CUC'ADO SOUP .....	88
THAI COCONUT SOUP .....	88
GREEN GARDEN DELIGHT .....	89
CREAM OF TOMATO SOUP .....	89
CREAM OF FENNEL .....	90
COCO-BUTTER LOVE SOUP.....	90

CAMPBELL’S CLASSIC.....	90
TOMATO STRAWBERRY STEW .....	91
SWEET AND SAVORY COCONUT CARROT SOUP .....	91
SUMMER’S SOUP .....	92
JUSTIN’S MISO NOODLE SOUP .....	92
EXTRA SWEET AND SPICY RED PEPPER SOUP.....	93
<b>BREADS .....</b>	<b>94</b>
PISTACHIO OLIVE BREAD.....	94
ITALIAN HERB SEED BREAD .....	94
UN-GARLIC BREAD BUNS.....	95
<b>CRACKERS .....</b>	<b>96</b>
SWEET CRISPY FLAX CRACKERS .....	96
ZESTY TOMATO SPICE CRACKERS .....	96
MESQUITE CRACKERS .....	97
STRAWBERRY CRACKERS.....	97
<b>DESSERTS .....</b>	<b>98</b>
COCONUT “CHEEZE” CAKE.....	98
CINNAMON ROLLS.....	99
TARTS WITH BLUEBERRY SAUCE & MACADAMIA CREAM .....	100
CREATING VEGAN RAW ICES .....	101
NUT ICE CREAM .....	101
FRUIT ICE CREAM.....	101
REALLY RAW CHOCOLATE ICE CREAM .....	102
FUDGE .....	103
REAL CHOCOLATE FUDGE .....	103
CHUNKY CAROB FUDGE .....	103
HEMP FUDGE .....	103
FRESH FRUIT WITH CREAMY APRICOT SAUCE .....	104
FRESH FRUIT WITH COCONUT VANILLA CREAM .....	104
SIMPLE PLEASURE PIE .....	105
TRIPLE LAYER FUDGE.....	106
PEAR –FECT TART .....	107
GINGER CREAM.....	107
OUTRAGEOUS BIRTHDAY CAKE.....	108
WHIPPED CREAM.....	109
BLEND UNTIL LUXURIOUSLY CREAMY .....	109
CHAI SPICED CARROT CAKE.....	110
<b>FERMENTED FOODS .....</b>	<b>112</b>
KIM CHEE RECIPE .....	112
PROBIOTIC YOGHURT/ DRINK .....	113
PROBIOTIC YOGURT.....	113
CABBAGE REJUVELAC .....	113
<b>SPROUTING.....</b>	<b>114</b>



MICRO-GREENS: ..... 115  
**APPENDIX..... 116**  
VARIOUS TIPS ..... 116  
**FURTHER RESOURCES..... 119**

## Introduction

Welcome to the latest book of recipes to come from the Tree of Life café kitchen. The recipe booklet is packed with some fabulous recipes based on the excellent book Rainbow Green Live Food Cuisine. These recipes are full of love and inspiration and are a reflection of what we serve at the Tree of Life café today. The current chefs and apprentices at the Tree of Life café have created the recipes in this book.

Throughout the book we have included various tips on creating excellent low glycemic vegan live food cuisine. You can take the recipes here and find inspiration to create your own amazing recipes. At the Tree of Life café we want to make food that is accessible and easy to create for everyone, whatever his or her skills. We share our recipes in daily food preparation classes, weeklong conscious eating workshops and 3-month apprenticeships (details in the back). We look forward to welcoming you here.

May you find an abundance of peace, joy and love in these recipes. May you experience that every mouthful to be (to quote Gabriel Cousens) "a love note from god"

## Conscious Food Preparation

The foundation of the cuisine at the Tree of Life café is food that supports spiritual life. Conscious Eating begins with Conscious Food preparation. The living water contained in food has a memory, a crystal structure that retains our state of presence and the environment in which we are working while preparing the foods. Science has also shown that we influence the smallest particles known, so we can create food that has a deep healing vibration on all levels of creation. At the Tree of Life café we teach people that if they leave with one skill, that would be, to remain present and in your heart while preparing live foods; in that you have the essence of conscious food preparation.

# The Spiritual Community

The Tree of Life Café and the food we serve is a small and important piece of the greater Tree of Life Community. When people join the Tree of Life in any capacity: guest, apprentice, staff or work trade, they are joining a powerful spiritual community. The sattvic (peaceful equilibrium) community is based in the daily spiritual practices. The deeper essence of the community is a silent one based in meditation, chanting, shabbat, and sweat lodges. The food and the healing is only one aspect of the Six Foundations\* for a spiritual life which are as follows:

- (1) **Nutrition:** a vegan organic live food, high mineralized, low sugar, and high hydration diet and spiritual fasting.
- (2) **Building prana (life force):** Yoga asanas, pranayama (breathing practices), the Ophanim (the energetics of the Hebrew letters), T'ai Chi, Reiki, Tachyon Energy or other energy practices, and sacred dance. These all enhance and expand the consciousness of the body-mind complex, filling it with increased life force energy or prana.
- (3) **Service (sheirut) and charity (tzedaka):** In the process of service and charity, we are able to face our attachments to things (seva), as well as to feel our connection to all of the family of humanity. This helps to expand consciousness through the direct experience.
- (4) **Spiritual Guidance and Inspiration:** Satsang, being in the energy of Truth in the presence of a liberated or awakened spiritual teacher. Satsang gives meaning, value, heart, and energy to spiritual wisdom teachings and spiritual life energetics. In the Kabbalah, satsang is termed yechidut. Sangha or kehila (chavurah), which is spending time with spiritual people or community. Expanding and refining the mind with spiritual wisdom teachings, the great scriptures such as Zohar, the Torah, the Tao Te Ching, the Vedas, great mystical poetry such as that of Hafitz, Rumi and Blake. Wisdom literature helps formulate and focus our consciousness and expand it. Zero Point, sacred music and spending time in nature are also part of this Foundation.
- (5) **Silence:** Meditation, prayer, repetition of mantra (hagia) and chanting (in the God focused traditions)
- (6) **Kundalini Awakening:** Shaktipat initiation (S'micha le'shefa/Haniha), which is the awakening of the Divine force that is resting in potential within us. This is known as the descent of Grace. It usually occurs through a living enlightened spiritual leader, but may occur spontaneously. Once the spiritual energy is activated, it begins to spontaneously move through our body, spiritualizing every cell, every aspect of the DNA, every chakra, every nadi (which are the channels of the subtle nervous system), every organ and every tissue, so that all consciousness becomes activated into the next evolutionary stage.

However, one cannot: eat, do yoga *asanas*, pray, selflessly serve, philosophize, have *satsang*, or even meditate to enlightenment. The Six Foundations of Spiritual Life are not goal-oriented practices, but ways of being that remove the *vrittis*, *vasanas* or *klipot* from the mind and body. In the deep silence of the body and mind, a starting point is created which enables us to know beyond time, space, and being...the Divine Mystery of our True Self. They prepare us to awaken from the dream illusion of separation. The paradox is that these Foundations have no goal, but are ways of living that support shattering the delusion of the mind and create the pre-conditions to awaken to the cosmic awareness beyond all thought and experience. The spiritual experiences that come out of living the Six Foundations enhance our appetite for the Divine, but may become obstacles if we become attached to them or practice them in a goal-oriented way. It is from this perspective that the Six Foundations can best serve us.

\* Extracted from the new book: *Spiritual Nutrition* due out fall 2004 by Rav Gabriel Cousens.

The food we create both comes from that spiritual essence and helps people to clear the channels of the body and open up to the divine spark within. When you create the recipes contained within these pages, create them with love and joy in a state of peace and harmony. The people who eat the meals will feel that essence, the source of life, the doorway to their healing. May all people realize their truth, A..Ho!

# The Cuisine ~ Basics of Food Preparation

Within **Rainbow Green Live Food Cuisine** you will find many tips to creating awesome live foods cuisine and information about the specialized ingredients that we use here. You can buy many ingredients at the Awakened Living Shoppe at the Tree of Life Center or online [www.treeoflife.nu](http://www.treeoflife.nu), or view our free online resource for extensive information on where to get the best ingredients at [www.ilovekale.com](http://www.ilovekale.com).

The rainbow green live food cuisine is a low glycemic live food vegan cuisine with the focus on healing the unbalanced terrain of our bodies that is prevalent in our society today due to unhealthy lifestyles and highly processed foods.

## The Phases

We have three phases of rainbow green live food cuisine. Phase 1 is the foundation of the healing program with an abundance of mineral rich, nutrient dense foods with no high glycemic foods or fermented foods. People usually follow phase 1 for 3 months. Phase 1.5 includes low glycemic berries and fermented foods. Phase 2 includes all the foods from phase 1 and 1.5 and some moderate glycemic foods and acts as a maintenance diet. See the phase chart in this booklet. The phase chart on the following page has changed a great deal since the publication of rainbow green as our knowledge has expanded. The chart is your guide on the path, be free and allow yourself to make mistakes or slips, it is ok! Make phase 1 your overall foundation.

## The Flavors

The best way to learn rainbow green live food cuisine is to play with your food and this is the foundation of our conscious eating workshops. You can do this at home! The basic flavors of rainbow green can be found in the tables on the following pages after the phase chart. Playing with these ingredients and having an awareness of their presence in each recipe is a start for learning great live food preparation skills.

The recipes contained within this book are based on basic flavors of this chart. When you create a recipe notice the balance of the four flavors. Occasionally you may need to adjust one of them. Adding more salt can bring out sweetness and add depth. We use Himalayan or Celtic sea salt, which contain over 80 minerals and retain their natural crystalline structure so hold your intention when added to recipes. Always use the highest quality organic ingredients: the freshest herbs and spices, the ripest fruits, the most vibrant vegetables, and conscious love so your recipes will be divine!

# Summary of Rainbow Green Cuisine Phases

Phase 1	Phase 1.5	Phase 2	Phase 2 <u>Minimal Use</u>	Foods to Avoid
<b>Most vegetables</b> (excepted those listed elsewhere)	<b>Vegetables</b> carrots (raw) hard squash (raw)	<b>Coconut water</b> (diluted with other ingredients)	<b>Cooked Transition Veggies</b> yams (cooked) sweet potatoes (cooked) pumpkin (cooked) parsnips (cooked) beets (cooked) rutabaga (cooked) hard squash (cooked) summer squash (cooked)	all processed foods
<b>All Sea vegetables</b>	<b>Fruits</b> grapefruit raspberries blueberries strawberries cherries cranberries (fresh, unsweetened) pomegranates goji berries	<b>Vegetables</b> yams (raw) sweet potatoes (raw) pumpkin (raw) parsnips (raw) beets (raw) rutabaga (raw)	diluted 1/2 carrot juice diluted 1/2 orange juice	all animal products: flesh dairy eggs honey
<b>Non Sweet Fruits</b> tomatoes avocados cucumber red bell pepper lemons limes	<b>Condiments/ Sweeteners</b>	<b>Fruits</b> oranges apples pears peaches plums blackberries	<b>High-glycemic fruits:</b> apricots figs grapes raisins melons mangos bananas papaya pineapple kiwi sapote cherimoya rambutian durian dates	all grains (except those listed)  corn  white potatoes
<b>Fats/ Oils</b> flax oil hemp oil olive oil sesame oil almond oil sunflower oil coconut oil (butter) avocado nuts & seeds coconut meat/pulp	low-glycemic Tree of Life mesquite meal raw carob	<b>Juice</b> grapefruit juice (diluted 1/2 with water)		sugar alcohol coffee caffeine tobacco
<b>Super Foods</b> Klamath Lake algae super green powders blue manna blue green algae spirulina	<b>Super Foods</b> bee pollen (New Zealand)	<b>Sweeteners</b> Agave Nectar		heated oil (except coconut oil)
<b>Sweetener</b> Stevia	<b>Grains</b> quinoa buckwheat millet amaranth spelt		<b>dried fruits</b>	soy sauce & nama shoyu & brags
<b>Salt</b> Himalayan Celtic	<b>Fermented foods</b> apple cider vinegar miso sauerkraut probiotic drink		<b>fresh, raw, fruit juices</b> diluted 1/2	yeast brewer's yeast nutritional yeast
<b>Other</b> raw cacao			<b>seed cheese</b>	mushrooms
			<b>cooked, organic, whole foods</b>	peanuts cashews cottonseed
				bottled juices

## Magic Phase Notes:

- 1) Is it simple, no grains, not sweet or fermented = Phase 1
- 2) Is it fermented, have grain and low sweet fruits = Phase 1.5
- 3) Contains higher glyceemic fruits = Phase 2
- 4) High glyceemic fruit and dried fruits, fruit juice, carrot juice – Phase 2 MINIMAL USE
- 4) A small amount of phase two fruit/ veggie in a large salad = Phase 1.5
- 5) A small amount of phase 1.5 fruit/ veggie in a large salad = Phase 1.0

# Basic Flavor Combining

Salty	Acid	Fat	Sweet
<p><b>VEGGIES</b> Celery Sea Vegetables</p> <p><b>SALT</b> Himalayan Celtic Solar Dried Unrefined</p> <p>Olives Olive Brine</p> <p><b>NON SOY MISO</b> (Adzuki, Barley, Chick pea)</p>	<p><b>FERMENTED FOODS</b> Vinegar Sauerkraut Kim Chee Miso (Barley, Chick pea) Probiotic Kefir</p> <p><b>FRUITS</b> Lemons Lime Grapefruit Other citrus Tomatoes Sun dried Tomato and Soak Water Olives Olive Brine</p>	<p>Coconut (mature/young) Avocados Olives Cacao</p> <p><b>HIGH PROTEIN LOW FAT NUTS:</b> Almond Hazelnuts</p> <p><b>HIGH FAT NUTS</b> Macadamia Pecans Walnuts Pistachios Pine Nuts</p> <p><b>LOW FAT SEEDS:</b> Sunflower Pumpkin Chia Sesame Seeds</p> <p><b>HIGH FAT SEEDS</b> Hemp Seed Flax Seed</p> <p><b>OILS:</b> <b>Most Stable to Least Stable</b> Coconut Oil Stone Pressed Olive Oil Hemp Oil Sesame Oil Pumpkin Oil Flax Oil (keep frozen)</p>	<p>Stevia (extract is much less bitter than leaves but not raw) Coconut Water All Fresh Fruits Dried Fruits Fruit Juices Diluted 1/2 with water Agave (moderate use)</p> <p><b>VEGETABLES</b> Beets Carrots Butternut squash Red, Orange, Yellow Bell Peppers Tomatoes Cherry Tomatoes Parsnips Snow, English and Sugar Snap Peas</p> <p><b>GROUND SEED PODS</b> Mesquite Powder Carob Powder</p> <p><b>SPICES:</b> Cinnamon Nutmeg Pumpkin Pie Spice Vanilla Beans or Extract (not raw)</p> <p><b>NOTE:</b> Nuts (pecans, pistachios, macadamia) can often impart a sweetness of their own as can certain vegetables (celery, cucumber) and vegetable fruits (tomatoes, avocados, sun dried tomatoes)</p>

# Fresh Ingredients

variety is important so we can a broad spectrum of nutrients. Here is a selection of some of the most widely available fruits and veggies available within the rainbow green live food cuisine.

Low-sweet Fruit		Greens	
Tomato Tomatillo Cherry Tomatoes  Cucumber Zucchini Crookneck squash Eggplant		Spinach Kale Arugula Cilantro Purslane Frisee Cabbage Asparagus Bok Coy  Broccoli Green Chard Escarole Endive Dandelion Mustard Rapini Lettuces	
Fresh Herbs		Roots	
Marjoram Oregano Peppermint Rosemary Sage Tarragon		Thyme Dill Lemon Grass Cilantro Parsley Basil Edible Flowers  Burdock Red Radish Daikon Radish Celeriac Sunchokes Jerusalem Artichokes Parsnips Carrots Beets	
Spicy Ingredients		Green Sprouts	
Ginger Chili powder Garlic or Hing (asafoetida) Curry powder Cayenne pepper Fresh Ripe Chili Peppers Cumin Coriander Chili Garam Masala Celery Seed Chipolte		Sunflower Greens Buckwheat Greens Pea Sprouts Alfalfa Clover Fenugreek Broccoli Radish	
		<b>Liquids</b> Coconut water Vegetable juice Sun dried tomato soak water Dried fruit soak water Olive soak water Distilled charged water	



# Breakfast Foods

This section focuses on the creation of breakfast style foods but is also related to the creation of desserts. Within breakfast foods we have the following: Porridge, buckwheaties, muesli, granola, creams, smoothies, mylks, milkshakes, bread & butter, fruit pies, yogurt, probiotic drinks, puddings, jams & sauces, biscotti and sweet crackers.

## BASE

The first part is the base for all the recipes. Be it ground flax or nut flours for breads or blended nuts for mylks or porridges, this is where to begin.

- Soaked and un-soaked nuts and seeds (fattier: un-soaked, creamier)
- Butternut squash, zucchini
- Coconut pulp
- Nut flours
- Flaxseed, ground
- Buckwheat groats\*

\* Soaked for 15 minutes and rinsed well and sprouted for 2 days, rinsed twice a day and then eaten fresh or dehydrated

## SALT

The salt in breakfast foods brings out the sweetness and adds a rich depth to your recipes. Feel free to use these high quality salts without fear, they can add magic to your foods.

- Celtic sea salt
- Himalayan or Krystal Salt

## CREAMY

The creamy element is important for balancing vata and adding that essential smoothness to the morning. Blending in these oils will make your mylks creamy and your porridges rich and delicious.

- Flax oil
- Pumpkin seed oil
- Coconut butter
- Coconut pulp
- Avocado

## THICKENER

To help thicken your jams chia, psyllium or un-soaked dried fruit work well. For smoothies, fudge, ice cream coconut oil or meat or un-soaked dried fruit

- Chia
- Psyllium
- Flax Seed
- Coconut Oil (when refrigerated)
- Coconut Pulp
- Dried Fruit
- Fresh Fruit to Mylks to create mylkshakes

## LIQUID

To make your recipes thinner the liquid options are:

- Fruit/bERRIES
- Fresh fruit
- Fruit soak water
- Coconut water (young)
- Distilled Charged Water
- Tea - E.g. peppermint, rose hip, hibiscus
- Cabbage Rejuvelac
- Butternut Squash or soft squashes

## FLAVOR AND TASTE

To ad that essential depth of flavor use one or more of the following:

- vanilla beans\* and extract
- Almond extract
- Cacao beans
- Carob powder
- Orange and lemon/ lime zest
- vanilla beans can be ground in a coffee grinder, soaked in water and blended, split and seeds scraped from the center or blended whole.
- Coconut oil
- Tea - E.g. peppermint, rose hip, hibiscus
- Essential Oils

SPICES: anise, star anise, clove, cardamom, cinnamon, nutmeg, ginger, chai spice mix and pumpkin pie space. Note: too much spice can turn a recipe bitter; too much cinnamon can turn gelatinous in mylks.

ESSENTIAL OILS: Elizabeth van Buren, food grade, and edible: orange, lemon, peppermint, coriander, lime, rose, anise and cardamom

## SWEETNERS

Adding that essential sweetness with minimal glycemic effect and maximum nutrition does not take much to balance a recipe. This is especially when you have been on rainbow green for a while, the most surprising foods will taste sweet to you.

- Stevia\* (a little goes a long way!) Stevita brand is the best!
- Mesquite
- Coconut meat and oil
- Pumpkin Oil
- Nut Butters

\* Overuse will add a bitter element to recipes. Not everyone enjoys this flavor. Yet it is one that is extremely adaptable and your tolerance builds.

The following high glycemic foods are adding in moderation:

- Raisins with seeds (monuka)
- Dried fruit (apricots, figs, mulberries, blueberries... soaked)
- Agave, sparingly

## SUPERFOODS

Add a boost to your breakfast smoothies with nutrient dense organic super foods.

- Spirulina
- Green Powders
- Maca
- Goji berries
- Bee pollen
- Cacao
- Blue Manna

## TEXTURE & DECORATION

To add texture to your breakfasts there are many options: Soaked, flavored and dehydrated nuts, shredded and dehydrated mature coconut, strips/cubes young coconut, chopped fruit, chopped and minced un-soaked nuts, poppy, lemon/ lime/ orange zest, sunflower and sesame seeds.

# Mylks & Mylkshakes

Nut/ seed mylks are great on their own, over granola, muesli, and as a base for smoothies, ice cream or various soups, dressings and raw entrees (i.e. mashed taters)

## Basic Recipe

1 C soaked nuts or seeds  
2-3 C liquid (depending on desired consistency)

- 1) Combine in a blender until smooth
- 2) Strain ingredients through a cheesecloth, nylon mesh or nut mylk bag.
- 3) Rinse blender
- 4) Add mylk back in to be flavored

Flavor with fruit and or personal favorites from flavor/ taste list. Add creaminess by adding flax, pumpkin oil or coconut pulp.

## Mylk tips

- 1) Add a pinch of salt to bring out the flavor... It REALLY works!
- 2) Save pulp.

When you make nut/ seed mylks you will be left with the fiber/ pulp. Dehydrate this at 115°F for a few hours and grind (once completely dry and cool) to make flour for biscotti, challah, cookies and cinnamon rolls and breads. If you blend with the flavors there is a greater chance of fermentation. Store in airtight containers in cool dry environment, will keep for a couple of months. It will smell stale of fermented if stored too long.

- 3) Leave time for your mylk to chill in the refrigerator before serving for 1/2-1 hour.

### Creamy Black fig mylk

phase 2, serves 5

- 3 C Almonds, soaked overnight, rinsed and drained
- 1 C Black sesame seed, soaked overnight ( or use black tahini)
- 7 C Coconut water

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

- 8 - 12 Calimyrna figs - soaked (or fresh Mission Figs)
- 3 T Mesquite
- 1 t salt

Pour mylk back into blender, add all other ingredients and blend until creamy.

### Rich Almond mylk

phase 1, serves 4

- 3 C almonds soaked
- 6 C coconut water

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

Pour mylk back into blender, adding :

- 4 T flax oil
- 2 t cinnamon
- 3 t vanilla (or 1 bean, scraped) or use almond extract
- 1 t salt
- The pulp of 3 young (Thai) coconuts

Blend until creamy.

### Pink passion mylk

phase 4-6

- 2 C almonds, soaked overnight and rinsed
- 6 C purified water

Place into a blender and blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

- 1-2 C strawberries
- 1-1½ C raisins, soaked
- 1 t salt

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Aromatic obsidian mylk

phase 1-1.5, serves 4

- 2 C almonds
- 5 C coconut water or water (phase 1)

Place into a blender and blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

- 1/2 C black sesame butter
- 1/2 dropper stevia
- pinch salt
- 3 drops ylang ylang essential oil

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Pumpkin dream mylk

phase 1-2, serves 6

- 3 C pumpkin seed - soaked
- 7 C coconut water or water (phase 1)

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

- 3 T pumpkin seed butter (or almond butter)
- 1/2 C raisins, soaked (omit for phase 1)
- 1 t salt
- 3 drops of coriander essential oil

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Hazelnut Strawberry mylk

phase 2, serves 5

- 3 C hazelnut, soaked overnight
- 7 C coconut water

Place into a blender and blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

- 2 C strawberries
- 1/4 C raw carob
- 2 T mesquite
- 1/2 vanilla bean, scraped or ground or 2 t vanilla extract
- 1/2 t salt

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Rich/Creamy Almond Flax mylk

phase 1, serves 6

3 C almonds, soaked overnight, rinsed and drained  
7 C water

Blend until smooth. Pour into a nut mylk bag and squeeze until pulp is dry.

3 T flax oil  
1 t salt

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Simply Brazil

phase 1, serves 6

3 C brazil nuts, unsoaked  
6 C water

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

Pour mylk back into blender and add 1 t salt and blend until creamy.

Optional: stevia to taste. For extra creaminess: add 2 T flax seed oil or increase ratio of nuts to water.

### Sweet Dreams

phase 2, serves 3

3 C almonds, soaked overnight and rinsed well  
6 C coconut water

Place into a blender and blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

3 T mesquite  
1/2 vanilla bean, scraped or ground  
1 t salt

Pour mylk back into blender and add all other ingredients and blend until creamy.

## Sensational Sesame Mylk

Phase 1-2 Serves 4

3 C soaked sesame seeds  
6 C water or coconut water

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

2 T flax oil  
1 t salt  
3 drops of stevia  
½ c carob (use more if desired - or use raisins)

Pour mylk back into blender, add other ingredients and blend until creamy.

## Apple Pie mylk

phase 2, serves 2

2 C almonds - soaked  
1 ½ C dried apples  
4 C coconut water

Blend until smooth. Squeeze through mylk bag or cheese cloth

Flavor with:

3 t mesquite  
1 t cinnamon  
1 t salt

## Mexican Carob mylk

phase 2, serves 2

3 C hazelnut mylk, prepared (1 C nuts to 3 C water)  
¼ C raisins, soaked 4 - 6 hours (optional)  
3 T raw carob powder  
1 t cinnamon, freshly ground  
½ t salt

Process all ingredients in a blender until smooth. Chill for 1 - 2 hours before serving.



### Hazelnut Chai

phase 1, serves 2

7 C rich hazelnut milk, prepared  
10 drops stevia  
2 T ginger juice  
4 t cinnamon, freshly ground  
2 t grated nutmeg  
2 t cardamom, ground  
1 t salt

Process all ingredients in a blender until smooth. Chill for 1 - 2 hours before serving.

### Goji Good Mylk

Phase 1.5 or 2, serves 6

2 C almonds, soaked for 12 hours  
6 C coconut water, use water for phase 1.5

Place into a blender and blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

$\frac{3}{4}$  C goji Berries, soaked  
2 t almond extract  
2 T flax oil  
1 t salt

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Spiced Fig Mylk

phase 1.5, serves 6

2 C almonds - soaked  
6 C coconut water

Place into a blender and blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

1 C Calimyrna figs, soaked  
2 T Mesquite meal  
1 t cinnamon  
1 t clove  
1 t nutmeg  
1 t salt  
2 coconut pulps

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Inca-ntation mylkshake

phase 2, serves 2

3 C hazelnut mylk, prepared (1 C nuts to 3 C water)  
1/4 C goji berries, soaked 4 - 6 hours (optional)  
3 T raw carob powder  
3 T raw cacao powder  
1 t cinnamon, freshly ground  
pinch cayenne  
pinch salt

Process all ingredients in a blender until smooth. Chill for 1 - 2 hours before serving.

### Chocolate mint dream Mylkshake

phase 2, serves 4

1 1/2 C pecans  
pulp of 1 young coconut  
4 c coconut water  
1/2 vanilla bean  
1/4 C carob  
3 T soaked raisins or 1 T mesquite  
1 t salt  
2 T fresh mint  
2 drops mint essential oil  
1 C ice (optional)

Blend coconut pulp with 1c coconut water until very creamy and set aside. Blend pecans with remaining 3c water, pour into nut bag and squeeze out all liquid. Combine coconut cream with pecan mylk in blender. Add additional ingredients, except fresh mint. Blend in or garnish with minced mint.

## Luscious Brazil Mylkshake

phase 1, serves 6

2 C brazil nuts

4 C water

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry. Reserve pulp for dehydration and later use as flour)

3 C coconut meat

4 T vanilla extract or 2 vanilla beans (scraped or ground in a spice grinder)

1/4 C coconut oil

1 t salt

2 T orange zest

10 drops stevia

Pour mylk back into blender adding remaining ingredients and blend until creamy.

## Strawberry mylkshake

Phase 1.5, serves 2

1/4 C pecans

1 C strawberries

1 vanilla bean, chopped or scraped

1 C purified water

1/2 dropper stevia extract

Blend all ingredients until very creamy and serve. Yum!

## Peaches & Cream mylkshake

phase 2, serves 2

4 C sliced peaches

1 C walnuts (soaked for 20 minutes in h2o2 and rinsed well), optional

2 C coconut meat

1.5 C coconut water

1 vanilla bean

1/2 t salt

Optional

2 t agave or soaked raisins

Blend all above ingredients until incredibly smooth

### Midnight mesquite shake

phase 1.5, serves 1

Pulp and milk of 1 young coconut  
1 T black tahini  
2 T coconut oil  
2 t mesquite meal  
2-3 drops stevia  
dash of salt  
water

Blend all ingredients until smooth. If desired thin with water. For a striking presentation garnish with mint leaves and a strawberry slice. Enjoy!

### Apricot or pretty in peach mylkshake

phase 2, serves 4

Basic mylk  
2 C pistachio, soaked overnight and rinsed  
6 C purified water

Place into a blender and blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

1-2 C fresh apricots or peaches  
 $\frac{1}{4}$  -  $\frac{1}{2}$  C raisins, soaked  
1 t salt

Pour mylk back into blender and add all other ingredients and blend until creamy.

### Green Goddess Smoothie

Phase 2, serves 1

3 apples, (with peel) cored  
4 young coconut pulp  
6 C coconut water  
2 C strawberries (or more)  
2t spirulina  
1t cinnamon  
1t salt  
1T flax, hemp or coconut oil

Blend until very smooth.

## Simply Coconut Smoothie

phase 1, serves 1

2 C young coconut pulp

½ C water or use phase 1 nut mylk

2 t coconut oil

1 drop orange essential oil (or zest of ½ an orange)

1 t freshly ground cinnamon

pinch salt

Place all ingredients in blender and blend until very smooth.

# Porridge

## Coconut-free Fantastico Porridge

phase 2, serves 4-6

- 2 C almonds - soaked
- 2 C pistachios
- 1 C buckwheat - soaked, sprouted and dehydrated (or just soaked)
- 1 C strong raisin soak water (or water + stevia for ph.1)
- 2 T pumpkin seed oil, coconut or sunflower
- 1 t salt
- 1 T vanilla extract or 1 vanilla bean, scraped (or use almond extract)

Firstly, process nuts and buckwheat until well ground. Add additional ingredients processing with "S" blade until very smooth.

## Nutty coconut porridge

phase 1, serves 4

- 2 C hazelnut, pecan, or pistachio
- 2 C coconut pulp
- 1/2 C water
- 1/2 C pumpkin seed oil
- zest of 2 oranges

Optional phase 2 additions

- 2 t Peruvian mesquite pod meal
- 1/2 - 1 C coconut h2O, in place of water

Process or blend nuts until ground. Add additional ingredients, process until smooth

## Sunny sweet Porridge

phase 1.5-2, serves 3

- Pulp of 3 Coconuts
- 1 C pecans
- 1/2 C sunflower seed, soaked
- 1/2 C raisins soaked and soak water
- 2 T Mesquite
- 2 T coconut oil
- 2 t cinnamon
- 1 t salt

Process adding soaked raisins and raisin water to achieve desired sweetness and consistency

### Comfort Porridge

phase 1.5, serves 4

3 C sprouted buckwheat  
1 C almonds, soaked  
Pulp of 3 young thai coconuts  
1/2 C coconut water  
1 vanilla bean, scraped  
1 C walnuts, soaked 1 hour and rinsed well  
Raisin soak water for consistency  
1 t salt  
4 drops stevia

Process buckwheat and almonds until well chopped. Add coconut meat, coconut water and vanilla bean. Blend until extremely creamy. Add salt and stevia to taste. Use raisin water if required for a creamier texture and a sweet taste. Chop walnuts and mix.

### Pecan Delight

phase 1-2

Pulp of 4 young thai coconuts  
1 C pecans  
2 T coconut oil  
Zest of 2 oranges  
1 vanilla bean, ground or scraped  
1 t cinnamon  
1 t salt  
Water (phase 1) or Coconut water (phase 2) As required for consistency.

Blend pecans and coconut first, add rest of the ingredients and blend until very creamy. Serve with nuts, orange zest and poppy seeds on top.

### Sweet vanilla Pecan Porridge

phase 1.5, serves 3

2 C pecans  
Pulp from 3 young coconuts  
1 C coconut water (3/4 c for a thicker porridge)  
2 T coconut oil  
1 t salt  
1 inch piece vanilla bean, chopped small or scraped  
6 drops liquid stevia  
1 C Seasonal Berries

Process 1 3/4 c pecans until coarse, set aside. Blend other ingredients until very creamy add remainder of pecans and mix. Stir in berries, whole or chopped.

# Creams

## Almond Dream Cream

Phase 1 or 2, serves 6

Pulp of 6 Coconuts  
1 C Coconut Water or water (phase 1)  
1½ C almond butter  
2 T coconut oil  
1 t cinnamon  
1 t salt

Blend until ridiculously creamy

## Pistachio Pleasure

phase 1, serves 4

pulp of 4 Coconuts  
1½ C pistachios  
¼ C Water  
¼ - ½ C pumpkin seed oil  
1 t salt  
5 drops Essential oil of coriander

Blend until impossibly creamy

## Yogurtz

phase 1 or 2, serves 4

1 C coconut water (for thinner yogurt)  
4 coconut pulps  
1 C Pecan or walnut (soaked and rinsed well)  
1 whole vanilla bean, scraped or ground  
2 T coconut oil  
½ t salt  
2 T ginger juice  
¼ C lemon juice or 2 lemons juiced  
6 - 10 drops Stevia (optional)

Options, phase 2

¼ C Agave nectar or soaked raisins

Blend until creamy and completely smooth.



### Thim's Coco Cinnamon Crème

phase 1, serves 1-2

4 C young coconut pulp  
¼ C coconut oil  
2-3 t cinnamon  
2 t nutmeg  
1 t salt

Blend coconut oil together with pulp until smooth. Add remaining ingredients and blend again until very smooth. Serves equally well as a dessert or breakfast dish.

### Fresh fruit with Simple Coconut Cream

phase 2, serves 1-2

1 C young coconut pulp  
¼ C coconut water  
2 T coconut oil  
1 handful berries  
1 sliced peach, apricot, mango or plum  
½ t salt

Blend coconut pulp, oil and water with salt until smooth. Chop and slice fruit. Blend fruit into cream or spoon cream on top.

### A creamy sauce for fruit salad

phase 1, serves 1-2

Pulp of 4 coconuts  
1½ C walnuts  
2 T pumpkin seed oil  
1 t salt  
½-1 vanilla bean ground

Blend until smooth and creamy

phase 2 version

Pulp of 4 coconuts  
1 C walnuts  
1 C fig soak water, strong  
½ C sliced, diced figs  
3 t coconut oil  
1 vanilla bean, scraped and ground  
1 t salt

Blend until smooth and creamy, serve with 6C of fresh fruit of choice

# Jam

## Fresh fruit jam

phase 1.5-2, makes 3 C

4 C fresh berries, stone fruits or pear

2 C raisins or figs, soaked (phase 2)

2T chia seeds

2 T lemon juice

1 t salt

Optional: dash of cinnamon

Blend until smooth.

## Apricot Jam

Phase 2

4 C soaked dried apricots

½ C coconut oil

2 T lemon juice

1 t salt

dash cinnamon

Blend until creamy

## Strawberry Jam

Phase 2

6 C strawberry

½ C figs unsoaked

2 T lime

1 t salt

Blend until creamy.

# Muesli/Granola

Any combination of nuts, seeds, buckwheat or coconut works well. Pulse lightly with food processor until desired texture is reached. Mix with fresh or dried fruits, favorite spices, salt and flavors. Turn these mixtures from fresh muesli into crispy granola by dehydrating them. Dehydrate at 140°F for 2 hours and then at 115°F overnight until dry. Adding a little liquefied coconut oil (warm over 78°F) when dehydrating makes for a crispier result.

## Grand Muesli

phase 1.5, serves 6

3 C buckwheat, soaked  
1 C almonds, soaked  
1 C sunflower seeds, soaked  
Pulp of 4 coconuts, julienne into thin strips  
4 T coconut butter  
4 t pumpkin pie  
3 T mesquite powder  
1 apple, diced or shredded  
1 C raisins, soaked  
3 t salt to taste  
Zest of 3 oranges

Process almonds first until chunky. Place into mixing bowl. Process buckwheat and sunflower seeds until chunky. Place into bowl with almonds. Add all other ingredients into bowl and mix and serve as a muesli with mylk.

## Chai Spiced Muesli

Phase 2 Serves 4

3 C sprouted buckwheat  
1½ C pecans, soaked and halved  
1 C soaked sunflower seeds  
chai spice to taste (it takes a considerable amount)  
3 T raw carob  
1 T cinnamon  
2 t salt, adjust to taste  
4 T coconut oil

Put all ingredients into a bowl, mix well, taste and season accordingly. Then serve as muesli with mylk.

## Fantastically Fresh Muesli

phase 2, serves 4

2 C almonds, soaked  
1 C walnuts, soaked and dehydrated  
1 C buckwheat, soaked, spouted and dehydrated  
1 C sunflower seeds, soaked  
1 C pumpkin seeds  
1 pear, diced  
1 apple, diced or shredded  
2C raisins, soaked +1C soak water  
4 T mesquite  
4 t pumpkin pie spice  
¼ C coconut oil  
2 t salt

Optional: coconut pulp, julienne and sliced strawberries

Process nuts/ buckwheat seperately for a few seconds. Pour into bowl. Mix in the rest of ingredients by hand. Serve with nut/ seed mylk.

# Biscotti

It is important to dehydrate at a high temperature (145 °F) to reduce the chance of fermentation. (See information in *Rainbow Green Live Food Cuisine*. Research is currently underway as part of the masters program and will be available late 2004 and published in the *Tree of Life e-Wellness letter*.) The dough consistency should stick together well enough to form loaves. Biscotti are yummy with jam, cream and a glass of mylk!

## Biscotti

phase 2, makes about 12 pieces

4 C nut/seed flour\* sifted  
1 ½ C raisins (soaked) plus the soak water, approx ½ C  
4 T golden flax seeds, ground  
1 C pears, chopped (or apricots, figs, peaches)  
1 C walnuts – halved or minced (or any nut of your choice)  
1 t salt  
1 t cinnamon  
1 t nutmeg

Place flour, salt and spice in a food processor - process until well combined. Next, add raisins and soak water. Process again to form a dough - add water if necessary. Place dough in a bowl. Knead pears and walnuts into dough and form into two small loaves. Slice on the diagonal. Dehydrate at 140°F for two hours and then 115°F for 8 hours (or until crisp if desired)

## Coconut Biscotti

phase 1, makes about 8 pieces

4 C nut/seed flour\*  
1 ½ C young (Thai) coconut meat  
4 T pumpkin seed oil  
4 T golden flax seeds, ground  
1 C walnuts – halved or minced (or any nut of your choice)  
1½ t salt  
1 t cinnamon  
1 t nutmeg

Place flour, salt and spice in a food processor - process until well combined. Add coconut and pumpkin seed oil. Process once more to form a dough. Add water if necessary. Place in a bowl and add in walnuts. Form into two small loaves. Sprinkle with poppy or black sesame seeds. Slice on the diagonal, dehydrate at 140°F for two hours then 115°F for 8 hours (or until crisp if desired)

\* See making mylk section

### Fig walnut biscotti

phase 2, makes about 10 pieces

- 4 C almond flour\*
- 1½ C raisins, soaked
- ½ C coconut water, or rich, fig soak water
- 4 T golden flax seeds, ground
- 2 t cinnamon
- 1 ½ t salt
- 1 C soaked calimyrna figs, diced
- ½ C walnuts, chopped

Combine almond flour, ground flax seeds, cinnamon, and salt in cuisinart with s blade. Process until well combined. Add raisins - process. Add enough liquid to create stiff dough - not too wet. Place in bowl - and add figs and walnuts. Knead dough for a minute. Form mixture into 2 small flat-topped loaves - cut each loaf on the diagonal into 1-inch slices. Place on a dehydrator tray. Dehydrate at 140°F for 2 hours. Reduce temp to 115°F for a further 4-8 hours depending on the texture preferred.

\* See making mylk section

# Essene/Jewish Foods

At the Tree of Life we celebrate various essene/Judaic ceremonies such as weekly Shabbat or Passover. Here is a selection of recipes that we use.

## Sacred Challah

### Phase 2

We serve this every week at our Essene shamanic Shabbat ceremony. Probably one of the few live food challah recipes and one of the best!

2 C almond flour \*  
1½ C raisins, soaked  
1 ½ C raisin soak water  
¾ C golden flax seeds, ground  
2 T coconut oil  
2 t cinnamon  
2 t nutmeg or pumpkin spice  
1 ½ t salt  
3 grains buckwheat, soaked \*\*

½ C flax seeds, ground for cutting board

Optional:

1 apple, shredded  
½ C almonds or pecans, soaked and finely chopped to add texture and crunch  
1/3 C Turkish apricots, soaked and chopped or 1 ½ C fresh apricots  
1/3 C raisins, soaked  
Glaze: ½ C raisins and 2 T coconut oil, blend until creamy, spread on top

Process raisins and apricots in a food processor with the "S" blade; transfer to a large mixing bowl and mix in cinnamon, salt and nutmeg. Slowly add the flax meal, almond flour, and water. Add additional flax meal if consistency is not doughy. Spread a few tablespoons of flax meal on cutting board to inhibit dough from sticking. Separate the dough into three pieces. Form each piece into a long roll approximately 1 - 2" wide. Pinch the tops of each piece together and then braid the three rows together. The braid should be rather tight and compact. Seal the bottom by pinching the ends together. Dehydrate at 14°F for 2 hours and then 115°F 3-5 hours, or longer until desired moisture and crispness is attained. Optional: glaze the outside of the bread with a few drops of olive oil or the glaze from above before dehydrating. Or when bread is done ice with a coconut cream.

Live food Tzimmes  
Phase 2, serves 10-15

Tree of life style – Traditional Jewish Dish served on Passover.

1 large sweet potato, finely shredded (alternative: 3 c sun chokes)  
6 medium carrots, thinly sliced  
1 small butternut squash, finely shredded  
1 small turnip, finely shredded (alternative: 1 small watermelon daikon)  
1 small sweet apple, peel, core and thinly slice  
1 C pitted prunes, soaked overnight in pure water  
1 C raisins, soaked overnight in pure water  
1/3 C freshly squeezed orange juice  
1/4 C stone pressed olive oil  
1/4 C lemon juice  
1 1/2 t freshly ground cinnamon, or to taste  
1/4 t nutmeg  
1/2 t peeled and freshly minced ginger  
1/2 t salt  
1/2 t black pepper

Blend up 1/2 quantity of prunes and raisins with orange juice, cinnamon, nutmeg, lemon juice, ginger, oil, black pepper and salt.

Mix blended mixture with shredded/ sliced vegetables, apple and whole soaked fruits.  
Serve.

Optional: for a softer texture dehydrate at 115°F for 2 hours.



Fruit Haroset  
phase 2, servers 6

Tree of life style – Traditional Jewish Dish served on Passover. Or use as muesli.

2 C coconut, mature shredded  
2 C sunflower seeds, soaked  
1 C raisins, soaked  
2 C apples, diced or shredded  
1 Asian pear, diced  
½ C figs, soaked and chopped  
¼ C dried fruit soak water  
2 t cinnamon  
zest of 1 lemon  
zest of 1 orange  
2 tsp salt

Mix well and serve alone or with basic almond mylk

# Entrées

The entrée section is the foundation of rainbow green live food cuisine. Most of the recipes are based on the flavor chart at the start of this book. In the appendix we have a few more tips not mentioned in Rainbow Green Live Food Cuisine.

## Authentic Pad Thai

phase 1, serves 6

### Noodles

2 small butternut squash, zucchini or Yams (julienne into long strips or "spirooli"ise)  
pulp of 2 young (Thai) coconuts, julienned

### Sauce

1½ C currants or raisins (soaked)  
1 C sesame oil  
½ C lime juice  
½ C olive soak water  
½ C dulce flakes  
¼ C ginger juice  
¼ C ground sun dried tomatoes  
1¼ t salt  
1¼ t chili flakes  
1¼ t black pepper  
1½ T Calaro chilies

### Toppings

2 avocados, diced in small cubes  
2 bell peppers julienned  
1 bunch basil chiffonaded  
1 bunch cilantro coarsely chopped  
1c Thai Seasoned Almonds (Rainbow Green pg 220) crushed  
2 limes cut into wedges

Peel the squash and make noodles using a spiralizer or spirooli (or v-slicer and then julienne). Salt and massage the squash noodles in a bowl and set aside to soften. Cut the pulps of two coconuts into very thin noodles. Blend all the other ingredients until smooth. Add the sauce to the squash noodles and mix well; you can lay the seasoned noodles on a dehydrator sheet and set to 140 for half an hour to warm them up. Take out the squash noodles and add the coconut pulp, mix well. Put the seasoned noodles on a plate, add the toppings, garnish with a wedge of lime and serve. Or, fill soaked kelp, nori sheets or cabbage to make spring rolls.

## Cannelloni

phase 1, serves 10

### Wrap

2 large globe eggplants  
1 C olive oil  
 $\frac{1}{4}$  C lemon juice  
1 t salt

With a large sharp chef's knife, cut the eggplants into very thin slices (the thinner the better). In a large pan lay the slice with salt and let sit for about an hour. They will let out a lot of water. Drain the water and marinate the eggplant slices with the olive oil and lemon juice in a large container (such as a gallon glass jar). Gently press the slices together so that no air gets in between them. Let sit overnight or up to two days in the refrigerator.

### Ricotta cheese

2 C soaked sunflower seeds  
 $\frac{1}{2}$  C pine nuts  
 $\frac{1}{2}$  C olive oil  
 $\frac{1}{4}$  C lemon juice  
 $\frac{1}{2}$ -1 C water  
1 $\frac{1}{2}$  t salt  
 $\frac{1}{4}$  t hing

For the ricotta, first put the nuts in the food processor and grind them. Add the other ingredients starting with  $\frac{1}{2}$  c of the water and process until the mixture is fairly smooth but there are still some bits. It should be fairly fluffy, if it's too stiff add some water.

### Assembly

To assemble the cannelloni, remove the slices from their marinade (save for a dressing) and pat them dry with the paper towel. Put about one tablespoon of the mixture in the middle of the slice and roll lengthwise. Lay the cannelloni in a glass pan and cover with some of the sauce, put in the dehydrator for two hours. One hour into the process, drain the water from the pan.

Mix the sun dried tomatoes and the remaining sauce with a whisk until you reach a rich consistency. Take the cannelloni out of the dehydrator and serve with a couple of tablespoons of the spicy bell pepper sauce.

## Spicy Red Bell Pepper Sauce

phase 1

3 C coarsely chopped bell peppers

3 C cherry tomatoes

2 T olive oil

¼ t hing

1 t salt

1 t black pepper

1 calaro pepper, chopped

2 T fresh basil, chopped

2 T fresh thyme, chopped

½ C ground sun dried tomatoes

For the sauce combine all ingredients except the sun-dried tomatoes and blend until smooth.

## Zucchini Alfredo

phase 1, serves 4

### Sauce

2 C pine nuts

½ C lemon juice

½ C tarragon, fresh or thyme

¼ C olive oil

1 C water

1 t black pepper, ground

Hing to taste

2 t salt

Blend ingredients until very creamy.

### Fettuccini

6 medium zucchini

¼ C sun dried tomato, soaked and cut into strips

¼ C English peas, shelled

½ bunch fresh basil

Mandolin lengthways and then cut into strips (at your desired thickness). Massage with a little salt to bring out the juices and coat lightly in olive oil.

Either mix with sauce or dollop on top. Sprinkle with sun dried tomato strips and English peas. Chiffonade some basil as garnish.

## Stuffed Tomatoes

phase 1

Will fill approximately 6 medium sized tomatoes.

- 1 C pistachios
- 1 C pumpkin seeds, soaked
- $\frac{3}{4}$  C Olive oil
- $\frac{1}{2}$  C tomato innards
- $\frac{1}{2}$  C Lemon juice
- $\frac{1}{4}$  C Water
- 3 T each fresh Thyme and Basil, minced
- 1 t Salt

Process in a blender or a food processor with an s-blade until very smooth. Cut out the top of a tomato, scoop out the inside, save to process into the pate. Fill tomatoes and garnish. As an option, dehydrate on 140°F for two hours to soften and warm.

## Mexican

The following three recipes salsa, guacamole and beanz are great in romaine leaves, cabbage leaves, nori sheets, in chapatti (recipe found in Rainbow Green Live Food Cuisine) or just on a salad for a Mexican experience.

### Tomato salsa

phase 1, serves 1 as side dish

4 ripe tomatoes diced  
1/4 C cilantro finely chopped  
1 t cayenne  
1 t hing  
2 T lemon juice  
salt to taste  
Optional  
1 clove garlic

Combine all ingredients and mix and serve

### Groovy guacamole

phase 1, serves 4 as a side dish

3 ripe avocados  
1 tomato or 1 C cherry tomatoes, diced  
Juice of 2 limes (to taste)  
1 C fresh cilantro finely chopped  
1 clove garlic minced (or hing)  
2 t cumin seed ground  
1/2 t cayenne  
1 1/2 t salt  
Generous fresh ground black pepper to taste

Mash and mix all ingredients with a fork, serve and stand back!

### Beans

phase 1.5, serves 4 as a side dish

4C Sunflower seed  
1/2 C Olive oil  
3T Tahini  
3/4 C Water  
1T Barley miso  
1T Apple Cider vinegar  
1t salt  
2t Hing  
2T Chili powder  
using a food processor or a blender, combine all ingredients and process until smooth.

**Sushi Rolls**  
**Parsnip rice for sushi rolls**  
Phase 1.5, makes 4 rolls

2 C parsnips, peeled and either shredded or processed with s blade in a food processor until uniform

1/4 C sesame oil or olive oil

1 t salt

Optional dulse/ kelp flakes

Coat parsnips with oil, salt and dulse.

Roll in nori sheets – including your favorite fillings. Serve with wasabi mayo.

**Pate for sushi rolls**  
Phase 1.5

5 C soaked almonds, brazil or sunflower

1/3 C lemon juice

1.5 C grated carrots

2 t ginger juice

1/4 t hing

1 1/2 t salt

1/2 C water

Process all ingredients into blender and blend until very smooth. Spread onto nori sheets add veggies and roll. Various veggies: daikon, celery, cucumber, carrot, avocado, basil, cilantro, bell peppers and sprouts

**Mmm...muhamara sauce with Pasta**

phase 2, serves 4

3 bell peppers, sliced, salted and olive oiled - dehydrated at 140°F for 45mins -1 hrs

1 C fresh, walnuts, soaked and dehydrated until dry - 1 to 2 hrs

2 T lemon juice

1/2 C raisins, soaked

2 T balsamic vinegar

1 T cumín

1 t salt

1/4 C - 1/2 C pumpkin seed oil (or olive oil)

Blend into a fantastically satisfying, creamy sauce. Serve with zucchini, daikon, yam or butternut squash pasta.

## "6" layer quiche

Serves 6-8

Prepare each portion of the quiche separately

### Layer 1: pecan crust

2 C pecans  
1/4 C grapefruit juice (or less if you do not dehydrate)  
1 t dried marjoram\*  
1/2 t dried sage\*  
1 t dried thyme\*  
\*more if fresh

Process all ingredients in a food processor with the "s" blade until fairly smooth. Press into 9-inch pie plate to form crust. Dehydrate at 140°F for 1/4 - 1/2 hour or longer for a firmer crisper crust.

### layer 2: sesame seed cream

1 1/2 C sesame seeds, soaked 8 hours  
1/2 c grapefruit juice or lemon  
1/4 C sesame oil  
1/4 C parsley, finely chopped  
1 1/2 t salt  
pinch hing

Process all ingredients (except parsley) in a blender until smooth and creamy. Add parsley and mix well.

### layer 3: spinach

2-4 C chopped spinach



#### layer 4: squash scramble

½ small butternut squash, chopped  
¼ medium-size cauliflower, chopped  
¼ C olive oil  
1 t salt  
¼ t nutmeg  
pinch hing  
pinch of fresh ground black pepper

Process all ingredients in a food processor with the “s” blade until mixture resembles a very smooth scrambled texture.

#### layer 5: savory pecan topping

1 C pecans  
2 T lemon juice  
1 T olive oil  
1 t salt  
1 t cumin  
¼ t fresh ground black pepper  
¼ t hing  
1 t marjoram, dried  
1 t oregano, dried  
1 t sage, dried  
¼ t turmeric

Process all ingredients in a food processor with the “s” blade until crumbly or in the blender. This layer should be very savory and flavorful. Spread on dehydrator tray with a teflex sheet and dehydrate for 1 hour at 145°.

#### layer 6: tomato slices

Optional ¼ C olive oil + ½ t salt + 2t Italian Seasoning – toss with tomatoes and dehydrate for 1 hour at 145°.

Add sliced tomatoes to the quiche before or after dehydration.

Layer quiche in pie plate as numbered or any which way you please!

Dehydrate completed pie for ¼ hour at 145° for warm quiche – also wonderful served cold!

### American Style

The following three recipes are great with the mustard, mayonnaises and love up a tomato sauce found in the sauce section of this book

### Tree wraps

phase 1

Average prep time 1/2 hour per batch.

Makes 4 trays of 9 = 36 pieces. For 18 burgers total

2 1/2 C flax, soaked  
2 1/2 C almonds, soaked  
2 1/2 C tomatoes, chopped  
2 sticks celery  
1/2 C sesame seed  
2 t salt or to taste  
4 T olive oil

To Taste:

black pepper, cayenne, hing

In a food processor: Process nuts, add in flax and blend again, then place into medium bowl. Process remaining ingredients. Mix both batches together either in the bowl, or 1/2 at a time in a food processor. Spread thinly and evenly on a teflex sheet. Score with a knife, or a spatula into 9 equal squares.

### Rainbow veggie rounds

phase 1.5

makes 24 rounds

2 C walnuts or pecans (soaked)  
2 C sunflower seeds (soaked)  
1 C sun dried tomatoes (soaked and blended)  
1/2 C each of tomato, celery, red bell peppers (finely chopped)  
1/2 C each chopped basil & oregano (opt thyme)  
2 T miso  
2 t salt to taste  
2 t freshly ground cumin seed

To taste, approx 1/4 t - 1 t: hing, cayenne, pepper

Chop veggies. Blend sun dried tomatoes well in blender. Process nuts in food processor until finely ground. Process in remaining ingredients, should be smooth and well incorporated. Form into 3" wide 1/4" thick patties on a dehydrator tray. Dehydrate at 140°F for 2 hours and then 115°F until desired dryness is achieved. Careful not to overprocess or it will become pate.

### Batter wedges

phase 1, serves 8 as a side dish

4 avocados, sliced into wedges

#### Batter

1/2 C ground almonds (non soaked) or almond butter

1/2 C ground flax seeds

1/2-1 C chopped fresh herbs (parsley, oregano, cilantro or dill), minced

3 t salt

To taste:

ginger

cayenne

pepper

In a food processor grind almonds. Process in remaining ingredients. Cover each avocado slice in oil (olive oil, coconut oil or sesame) and then dip in batter.

Place on dehydrator tray and dehydrate at 140°F for 3 hours then flip and continue to dehydrate for 3 hours at 115°F until desired consistency is achieved.

## Lasagne

phase 1, serves 15

### Noodles

6 medium zucchini  
1/4 C olive oil  
1 1/2 t salt

Mandolin zucchini lengthwise into long, thin strips, place in a bowl, add salt and massage delicately until they begin to sweat, then add the oil – lay strips on teflex and dehydrate at 115 for 2 hours or leave to marinate overnight.

### Lasagne cheese (ricotta style)

4 C soaked sunflower seeds  
2 C unsoaked pine nuts  
1/2 - 1/4 C lemon juice or 3 t balsamic vinegar  
1/2 C water  
1/2 C olive oil  
1 1/2 t salt  
2 t whole white peppercorn  
1 C basil minced

Process seeds and nuts until as fine as possible. Add the remainder of the ingredients, except basil. Process until light, smooth, and almost fluffy. Adjust liquid if it's not. Fold in basil.

### Spinach

4 C baby spinach  
1 1/2 t salt  
3 t fresh thyme

Massage spinach with salt until wilted (resembling steamed spinach) and fold into cheese mixture with minced thyme leaves.

### Marinara:

2 C packed sun dried tomatoes, soaked  
2 deseeded roma tomatoes  
½ C olive oil  
1t salt  
¼ t celery seed  
¼ - ½ C sun dried tomato soak water

Blend marinara ingredients in a blender until smooth, fold in:

½ C diced bell pepper  
½ C diced tomatoes

+ optional:

2t minced jalapeno pepper, 2t minced oregano, 2t minced basil  
+ sliced pitted green olives.

Assemble the lasagne as follows:

Lay slices of zucchini down with corners on top of one another. For the thin pieces, double up. Spread on a layer of cheese, then zucchini, then marinara. Repeat. Spread evenly. Garnish with basil leaves, tomatoes, nasturtiums etc.

### Cheezy Broccoli

Phase 1, serves 4 as a side dish

1 C broccoli florets  
2 C pine nuts, un-soaked  
¼ C lemon juice  
¾ C water  
½ t white pepper  
1 t salt  
½ C fresh dill

Combine all ingredients, except broccoli and dill, in blender until thoroughly mixed. Add dill and blend for an additional 15 seconds. Toss with broccoli florets, spread onto teflex sheets and then dehydrate for 2 hours at 140°F and then another 2 hours at 100°F then serve warm with a light salad.

## Bell Pepper Boats

phase 1, serves 10

2 C pistachios or sunflower seeds

1 C pecans

Grind until fine using a food processor or a blender

Add:

1 C packed soaked sun dried tomatoes

$\frac{1}{2}$  C sesame oil

$\frac{1}{2}$  C lime juice

3t salt

$\frac{1}{2}$  t hing

1T chili powder

Blend until very smooth. This is thick! Cut 5 bell peppers into boats (in half or thirds) and stuff with the pate mix.

Optional: dehydrate on 145°F for 1  $\frac{1}{2}$  hrs.

Top with:

1/ Salsa: finely diced roma tomatoes or halved cherry tomatoes, yellow jalapeno peppers, minced cilantro, lemon juice, olive oil, salt, pepper, ground cumin seed

2/ Guacamole: mashed avocado, lime juice, salt, pepper and hing

3/ Sour cream: blended sesame seeds, olive oil, lemon juice, salt, pepper

Garnish with shredded romaine lettuce and sliced olives.

## Chili

phase 1, serves 6

4 tomatoes  
2 C almonds, soaked and processed coarsely  
2 avocados  
½ C sun-dried tomatoes, soaked  
1 T fresh ginger, chopped  
2 t salt  
2 T chili powder  
1 T ground cumin  
cayenne to taste  
2 celery stalks  
1 red bell pepper  
¼ C olive oil  
1 t salt  
2 tomatoes, deseeded and cubed

Chop celery and bell peppers into small cubes and marinate in the olive oil with 1 tsp. salt. Place in the dehydrator on a teflex sheet or in a shallow dish at 145°F for 1 hour. Blend tomatoes, avocado, and sun-dried tomatoes in the food processor with ginger, 2 t each of salt, chili powder, cayenne (to desired spiciness) and 1 T cumin. Mix all ingredients together including cubed, deseeded tomatoes and spread place on teflex in dehydrator at 145°F for about an hour. Serve warm over zucchini pasta. Top with hemp, sesame or poppy seeds.

## Mashed "Cauliflower" Taters

Phase 1

4 C cauliflower, rough chopped  
1/3 C coconut oil  
¼ C almond mylk (1:1 almond, water)  
½ - 1 t salt  
1/8 t hing

Blend cauliflower until well broken down. Add all other ingredients and process until creamy. If bitter add more coconut oil and salt.

## Pizza

### Pizza Dough Fantastico

Phase 1.5, makes 12 slices

4C sprouted buckwheat, dried, ground to a flour  
1 C ground golden flax seed  
2t salt  
1 C shredded apple or zucchini (ph.1)  
1 C mixed, minced fresh italian herbs (flat leaf parsley, thyme, sage, oregano etc)  
½ C olive, grapeseed or coconut oil  
1 t black pepper

#### Optional

½ C sun dried tomatoes, minced or ground  
½ C olives, minced

Mix the dry ingredients in a medium bowl. Stir in the apples. Combine well until all the dry ingredients are well mixed. Add herbs. Drizzle in olive oil. Combine well. Slowly add water until nice dough is achieved. It should not be sticky but should hold together well.

Knead for a few minutes. Divide into small rounds. Roll using a rolling pin between teflex sheets or shape by hand. Dehydrate on a tray at 145°F for an hour then turn down to 115°F until crisp - at least 8 hours.

### Pizza Cheeze

phase 1-1.5

2 C pine nuts  
2 C brazil  
½ C olive oil  
½ C water  
2 t salt  
2 t black pepper

#### Optional:

2 t balsamic vinegar  
½ C pitted olives, minced

Process nuts with the s-blade until fine. Add remaining ingredients and process until very smooth.



## Fresh Tomato Sauce

phase 1-2

2 packed C sun dried tomatoes  
2 deseeded roma tomatoes  
 $\frac{1}{2}$  C olive oil  
 $\frac{1}{2}$  T salt  
1 T Italian seasoning  
 $\frac{1}{4}$  -  $\frac{1}{2}$  C sun dried tomato soak water

Blend until smooth, then stir in 2 C chopped tomatoes, 1 C minced fresh basil and/ or oregano.

*Optional*

$\frac{1}{2}$  t cayenne  
 $\frac{1}{2}$  C apple (phase 2), chopped or celery (phase 1)

## Dolmas

Phase 2, serves 8

### Filling

3 heads cauliflowers, chopped  
1 C olive oil  
1 C pine nuts  
1 C currants, un-soaked  
 $\frac{3}{4}$  C lime juice  
2 oranges, zest of  
 $\frac{1}{2}$  C leeks minced finely  
1 C mint minced  
 $\frac{1}{2}$  C parsley minced

### Sunflower cream

4 C sunflower seed  
 $\frac{1}{2}$  C lime juice  
 $\frac{1}{2}$  C olive oil or pumpkin seed oil  
2 t salt  
 $\frac{1}{2}$  C water

To prepare the vine leaves, pick leaves 4 to 8 inches in length. Trim off stems as close to the leaf base as possible. Soak in water for 15 to 30 minutes. Stack 10 leaves one on top of the other then roll into a tight cylinder. Put the cylinders in 1-gallon glass jar and fill with brine (to make brine put 4t salt into a gallon of water). Leave for one-week minimum, uncovered, with the weight of water in a zip lock bag on top..

For the filling, process the cauliflower with the "s" blade until fine (like a rice), place in bowl. Blend the ingredients for the sunflower cream until smooth. In a bowl, fold the sunflower cream into the cauliflower, and then add the remaining ingredients. Taste to adjust flavor.

## Tzatziki

Phase 1 - Serves 8 with Dolmas

- 5 coconut pulps
- 1 C soaked walnuts
- $\frac{1}{4}$  C lemon juice
- 3 t salt
- $\frac{1}{2}$  C water or coconut water (phase 2)
- 1 C fresh dill, minced
- 2 C cucumber minced

Blend all the ingredients except dill and cucumber until creamy. Then add the dill and blend again quickly. In a bowl add the minced cucumber.

# Pates

Pates are the weight and richness in live foods that can be used as is, with a salad, wrapped in nori sheets, lettuce or cabbage leaves, spread on crackers or used in main course dishes such as stuffed vegetables. They will keep in your refrigerator for a few days.

## **Basic pate recipe**

phase 1, serves 6

3 C sunflower seeds (soaked 12 hours, rinsed, drained) or nut of choice

1/4 lemon juice, or more to desired taste

1/4 C raw organic tahini, or favorite oil

4 T parsley, chopped

1 T cumin

1/4 t cayenne

1 t salt

optional: 1 C vegetable of choice: celery, red bell pepper, fennel....

Blend in a food processor, stopping occasionally to scrape down seeds from the side. Add water if required to create a smooth consistency.

## **Almond nut cheese**

phase 1, serves 6

2 C almonds, soaked

1 C sesame seeds, soaked

4 T lemon juice

1 1/2 t salt

1/2 C water

optional

4 T olive oil

Place almonds in processor and process until fine. Then add all other ingredients and process until desired consistency. The smoother, the better.

**Pranic pate**  
phase 1, serves 6-8

2 C hazelnuts,  
1 C sunflower seeds, soaked

First process in a food processor with the "s" blade, hazelnuts and then again with seeds

Then add:

1 C sun dried tomatoes, soaked  
¼ C lime juice  
1 t salt  
1 t hing  
½ t black pepper

Process again until the tomatoes are well combined and the pate smooth.

Then mix in:

¼ C parsley, freshly minced and de-stemmed  
1 t rosemary, freshly minced  
1 t thyme, freshly minced  
1 t oregano, freshly minced  
¼ C basil, freshly minced  
¼ C olives pitted, chopped  
¼ C celery, minced  
¼ C bell pepper minced

Serve on nori sheets, flax crackers or with a fresh salad.

**Lemon almond herb pate**  
phase 1, serves 4

2 C almonds, soaked  
1/3 C olive oil  
1/2 C lemon juice  
1/2 C water  
1.5 t salt  
1 t fresh chives, minced  
1 t fresh thyme, minced  
1 t fresh oregano, minced

Process almonds in food processor until finely ground. Gradually add liquid (oil and lemon) until smooth, add water as required. Process herbs at the end. Serve on crackers, nori sheets, cucumber slices or other desired veggie.

### Herb pate

phase 1, serves 4

- 1 ½ C almonds (soaked 12 hours, rinsed, drained)
- ¾ C pine nuts
- ¼ C of favorite herb (tarragon, sage, marjoram, rosemary...)
- 2 T lemon juice
- 2 T olive oil
- 1 t garlic, or a pinch of hing
- 2-3 T water, for consistency
- 1 t salt

First process pine nuts & almonds until ground. Add in the remaining ingredients. Drizzle in enough olive or flax oil while processing for a smooth consistency, and a rich flavor.

### Indian bliss

phase 1, serves 8

- 2 C sunflower seeds (soaked 12 hours, rinsed, drained)
- 2 C almond pulp (fresh and moist from mylk making)
- 4 T raw, organic tahini
- 2 cloves of garlic or ¼ t hing
- 1 T dill weed (or other favorite herb)
- 1 T cumin
- 1 T curry
- ¼ t cayenne
- 1 T fresh ginger, minced
- ½ T fresh turmeric, minced
- 2 t salt, or more to taste

First process sunflowers & almonds until ground. Add in the remaining ingredients. Drizzle in enough olive or flax oil while processing for smooth consistency.

## A delightful Hummus

phase 1, serves 10

2 C pistachios, sunflower, or peeled almonds- finely ground  
4 C cauliflower or zucchini - finely processed  
2 avocados  
 $\frac{1}{2}$  C sesame oil  
 $\frac{1}{2}$  C lime juice  
 $\frac{1}{4}$  -  $\frac{1}{2}$  C water  
2 T cumin - ground  
2 T coriander - ground  
1 t pepper  
1 t cayenne  
1 t hing  
2 T salt

Process until very smooth in a food processor. Taste and adjust for maximum flavor.

# Sauces/ Salsas

## Guaca-salsa

phase 1, serves 10 as a side dish

6 avocados, cubed  
1 pint cherry tomatoes, halved  
3 calaro or jalapeno peppers, minced  
1 bunch cilantro, minced, no stems  
2 t salt  
2 t black pepper  
1/4 C lime juice  
dash hing

Put all ingredients into one large bowl, stir well to incorporate flavors. Spice up with salt pepper and lime.

## Love-up a tomato sauce

phase 2, serves 10 as a side dish

3 C sun dried tomatoes, soaked until soft  
2 C tomatoes, de-seeded  
1/2 - 1 C raisins, soaked  
1/4 C lemon juice  
1/4 C agave nectar  
2 t apple cider vinegar  
1 t dry mustard seed (ground)  
1 T Moroccan olive soak h2o  
2 t salt or to taste

To taste (pinch) hing & cayenne

Blend all ingredients until fully homogenized.

## Very hot mustard

phase 1.5

2 C mustard seed, yellow or brown, soaked for 3 hours  
1 C apple cider vinegar  
1 C water  
1t salt or more to taste

In a blender process all ingredients until smooth and creamy.



## Macadamia mayonnaise

phase 1, serves 6

½ C hemp seeds  
1 C macadamia nuts  
¼ C lemon juice  
½ C olive oil  
1 t mustard seed (ground)  
1 t salt

Blend all ingredients until smooth.

Variations :

4T ginger juice  
2T dulse flakes  
2T wasabi powder

For red and green wasabi mayo divide into 2 equal portions and to one portion blend in until smooth

½ C red bell pepper, roughly chopped

and to the other blend in  
3 kale leaves, destemmed

A great accompaniment to sushi!

## Avocado mayonnaise

phase 1.5

1½ C avocados, mashed  
1/3 C olive oil  
1 T raisins, soaked or agave  
2 T orange juice  
2 t dulse flakes  
6 T apple cider vinegar  
¼ t salt  
pinch hing

In a blender process all ingredients until smooth and creamy.

### Sour cream

phase 1

2 C sunflower seeds, soaked or use young coconut pulp  
1/2 C sesame seeds, soaked  
1/2 C lemon juice  
1/2 C olive oil  
3 t salt  
1/2 C water

Blend until very creamy adding up to 1/2 C water for desired consistency.

### Almond Chili Sauce or Hot & Sweet Sauce

Phase 2, makes 1 C sauce

1/2 C almond butter  
1 T minced ginger  
2 T lemon juice  
2-3 T raisins, soaked  
1 T Moroccan olive soak water  
2 T sesame seed oil  
1-2 t hing,  
1-2 t chili, powder  
1/4 t each salt & pepper

Blend all and garnish with a few chopped almonds

### Spicy yogurt sauce

phase 1, makes 2 1/2 C

2 C yogurt pg. 33  
2 t coriander, ground  
2 t cumin, ground  
2 t minced ginger  
1 t hing  
2 lemons zested and juiced  
1/4 t cayenne  
4 t raisins. soaked

Make recipe for yogurt (found in creams section), add spices, and blend until smooth. Adjust spices if necessary. Use with a falafel recipe.

### BBQ sauce

phase 2, makes 5 C

Blend together:

2C sun dried tomato, soaked plus soak water

1 1/2 C fresh chili

1 1/2 C raisins, soaked

1/2 C olive oil

1 in fresh ginger

1-2 t chipotle chili flakes

White pepper, salt, cloves, hing to taste

Then add 1/2 C fresh Basil - Blend again

### Pistachio miso dipping sauce

phase 1.5, makes 1 1/2 C

1 C pistachios

3 T chickpea miso

1/3 C olive oil or pumpkin seed oil

1 t salt

3 T lemon juice

Optional

Pinch cayenne

1 T minced ginger

Blend all ingredients until smooth and creamy. Pour over seasonal veggies or serve with sushi.

# Salads

The creation of salads is endless! Look at the flavor and ingredients charts at the front of this book and play away. Have leftovers in the fridge? Chop away and get creative. Add your favorite dressing and /or pate and you will have a satisfying salad in minutes.

## Dandelion salad with Creamy Dressing

phase 2, serves 12 as side salad

- 1 C almonds, soaked (or sunflower, pinenut)
- 2 C Orange Juice
- 1 t salt
- 3 T olive oil

Blend until creamy and pour over chopped dandelion leaves.

## Creamy cabbage salad

phase 1 serves 4

### Salad

- 1/2 head of cabbage, chopped or shredded
- 4-6 stalks of celery, minced
- 1/4 C walnuts, soaked, rinsed and dehydrated, chopped
- 1/4 C cilantro, chopped

### Dressing

- 1 large avocado
- 1 medium cucumber
- 1/2 C walnuts, soaked, rinsed and dehydrated
- 2 T pine nuts
- 1/4 bunch of cilantro
- 1-2 T hing
- 1 t paprika
- salt to taste

Chop vegetables and nuts for dressing. Blend ingredients until smooth.  
Chop and mix vegetables and nuts for salad. Toss in dressing and serve.  
Enjoy!

### Options:

Finely minced red bell pepper gives this salad extra color, black sesame seeds will add extra crunch and contrast.

## Thai style Broccoli

phase 2 serves 4

2 C broccoli, chopped, sprinkled with salt and massaged  
1 bunch kale, bok choy, or spinach, finely chopped  
½ bunch dandelion leaves, chopped

### Sauce

½ C fresh mint, minced  
¼ C raisins, soaked  
2 jalapeno peppers, seeded and finely chopped  
1 T Kafir lime leaf, minced  
1 drop mint essential oil  
1 drop lemongrass essential oil ( or 2 T minced fresh lemon grass)  
¼ C freshly chopped tarragon  
2 T fresh ginger grated  
4 T coconut oil  
2 t salt  
water for consistency

In a blender, process all ingredients until smooth.

Place broccoli into a large bowl and massage sauce into broccoli for 30 seconds. Marinade for 30 minutes and place mixture on a dehydrator tray and dehydrate for 1 hour at 140°F or marinate for 1-2 hours, reserving marinade. Remove from dehydrator and toss kale, dandelion greens, and wilted broccoli with the remaining marinade. Garnish with cilantro and red bell peppers

Kale salad with Avocado Dill dressing  
phase 1, serves 1-2

1 bunch dinosaur kale  
½ t salt

Strip dinosaur kale from stem shred and massage for 2 minutes with ½ t salt. Coat with dressing

**Dressing**

1 avocado  
¼ C water for desired consistency  
(not too thin as this dressing needs to coat the kale)  
2 T olive oil  
2-3 T fresh dill  
1-2 t lemon juice  
½ t salt  
dash cayenne

Place all ingredients in a blender (water last and add slowly based on desired consistency) Blend until smooth and creamy.

**Slaw perfecto:**

phase 1-1.5, serves 6

1 head each red and green cabbage – shredded long & fine by hand – then salt toss with a few tablespoons of lemon juice, 2c soaked raisins + a little soak water and 1 large bunch of chopped fresh dill.

**Sesame sauce:**

2 C sesame seed  
1 c grapefruit juice or lemon juice for phase 1  
¼ C sesame oil  
1½ t salt

Toss cabbage with sauce.

## Awesome Asian asparagus

phase 1-2, serves 6

- 2 large bunches green asparagus – roll cut or julienne
- 5 carrots – roll cut, then matchstick
- 2 C sea palm (seaweed) – crumbled into bite size pieces
- ½ C sesame seed

Toss, then dress with

- 1 C mandarin juice or lemon for phase 1
- ¼ C Moroccan olive soak water
- ¼ C sesame oil
- 1 t salt
- dash of hing
- 2 t grated ginger root.

## Sweet tart greens

phase 1, serves 10

### Salad

- 1 bunch collards – chiffonade
- 1 bunch dino kale – diagonal sliced
- 1 bunch dandelion ripped into thirds
- 1 C snow peas – julienne
- 1 C sea lettuce (seaweed) – flaked
- 2 avocados, cubed.

Mix all ingredients thoroughly.

### Dressing

- 2 C fresh cranberries
- 1 ½ C raisins soaked
- 1 C raisin water
- ¾ C mandarin juice
- ¼ C ginger juice
- ½ C olive oil
- 1 ½ t salt
- ½ t pepper
- ¼ t hing
- 1 t chipotle flakes (optional)

Blend and pour over salad, save in the fridge remainder for another salad.

### East West Salad

phase 1.5, serves 6

- 1 medium head broccoli, small florets
- 1 medium cauliflower, small florets
- ½ medium green cabbage, chopped finely
- 3 medium carrots, peeled into long ribbons
- 1 leek, small matchsticks (optional)
- 1 - 2 t salt
- ¼ C sesame oil
- ¼ C lemon juice
- 2 t grated ginger
- ¼ t hing (asafoetida) or garlic

Combine all vegetables in a large bowl and massage with 1 t salt. Use your hands to get the vegetables to "sweat" - adding more salt until the vegetables are coated in their own juice. Whisk together remaining ingredients and toss with the vegetables. This dish is better if allowed to sit for a few hours. Garnish with cilantro and cayenne.

### Bok "Joy"

phase 1 Serves 2 as a main salad.

- 4 C bok choy (or other Chinese greens)
- 2 C pea sprouts or other micro greens
- 2 C sea palm, unsoaked
- 4 T pumpkin oil
- 3 T ginger juice
- 2 t orange zest - finely minced
- 1½ t salt

2 T sesame seeds (white, black or both) - as garnish

Chiffonade the bok choy leaves and finely slice the stalks. In a large bowl combine the bok choy with the pea sprouts. Roughly crumble the sea palm into the mix. Whisk together the remaining ingredients and pour over the vegetables. Garnish with sesame seeds. You could also add cubes of avocado for a more robust dish. The sea palm will soften as it absorbs the dressing - so if you want a nice crunchy texture - dress and serve at once or add in sea palm right before serving.



## Inspiration

Phase 2, serves 8

2 medium fennel bulbs, julienned  
2 yellow bell peppers, julienned  
2 bosc or red d'anjou pears, sliced thinly  
¼ C olive oil  
2 t umé plum vinegar  
1½ t salt  
2 t fresh tarragon, whole leaves  
4 C baby arugula  
4 C pea shoots or other micro greens

Combine fennel, bell pepper and pears in a large bowl. Add salt and toss well. In a small bowl whisk together oil, vinegar and tarragon and evenly coat vegetables. Spread thinly onto a teflex dehydrator sheet and dehydrate for 1-2 hours - depending on the texture desired - the pears will soften very quickly. In a large bowl toss the greens with the warm fruit and veggies. Garnish with black pepper and/or cayenne. Serve with thin slices of avocado. YUM!

## Divine "Warm Weather" Strawberry Spinach Salad

Phase 1.5, serves 8-10

1 C coconut oil  
¼ C balsamic vinegar  
½ t ground yellow mustard seed  
1 t salt  
2 C strawberries

Blend until smooth and creamy and then toss with

7 C baby (or winter) spinach  
2 C sliced strawberries

Optional:

sweet red onion, sliced  
cilantro leaves, whole  
avocado, sliced

Please note that this is a warm weather salad. If the temperature is below approx. 76°F the coconut oil will harden and separate out from the dressing, particularly when the greens are cool.

# Dressings

Salad dressings are simple to create if you focus on the basic flavors. Most will keep in the fridge for up to a week.

## Basic salad dressing

phase 1, serves 4

1 1/2 C chopped vegetables of choice  
1/4 C olive oil  
3 t lemon juice  
2 t fresh herbs of choice  
1 t salt

In a high-speed blender, puree all ingredients. This base will last up to a week in the refrigerator and can be used as either a dressing or marinade.

## Absolutely sweet hot mustard dressing

phase 2, serves 8

3/4 C sunflower seeds, soaked  
1/2 C pinenuts  
3/4 C water  
1 C olive oil  
1 1/2 T apple cider vinegar  
2 T mustard seed, ground  
3 t salt  
1 C raisins, soaked  
3 T Agave (optional)  
1 T sage powder

Blend until very creamy. Adjust flavors, adding more mustard, spice or sweet if desired.

### Tahini Sauce

phase 1, serves 10

3 C sesame seeds, unsoaked  
1/2 C sesame oil  
1/2 C olive oil  
2 t salt  
3/4 C lime/lemon juice  
1/3 C ginger juice (optional)  
1/2 C water

Blend until very smooth. Makes a great base for other sauces. (Note: for ease of blending and to preserve your machine put the liquids into your blender first and then add the sesame seeds.) Add more water for a thinner sauce - more sesame seeds for a thicker one. The sauce should be absolutely smooth.

### Fresh Spanish dressing

phase 1, serves 6

Blend together:

4 tomatoes  
1 avocado  
1/2 C olive oil  
1 T cumin seed  
1/2 T pepper  
1 t salt  
2 t chili powder  
1 C cilantro - Once homogenized well add cilantro to avoid turning dressing bitter

Optional: Add a little water or lemon juice to achieve a thinner consistency.

### Italian dressing

Phase 1, serves 15

1 C olive oil  
6 olives, pitted  
1/2 C lemon juice  
2 t salt  
1 t black pepper  
2 1/2 C tomatoes  
2 1/2 C sun dried tomatoes, soaked  
1/3 C sun dried tomato soak water  
2 T rosemary, freshly minced  
2 T oregano, freshly minced

Blend everything except the herb, which are stirred in afterwards.

### A cool down dressing

phase 1, serves 6

2 chopped zucchini, medium  
½ C lemon juice  
⅓ C ginger juice  
½ C olive oil  
1 pinch cayenne  
1-2 t salt  
pinch hing  
1 T basil, freshly chopped

Blend the ingredients except olive oil and basil. Add the olive oil and blend for a further 10 seconds. Stir in chopped basil

### Tree house

phase 1.5, serves 4

Blend together:  
½ C lemon juice  
1 ½ C olive oil  
2T minced ginger (or ginger juice)  
1t hing  
3T barley or Aduki miso  
1 t salt

Stir in your favorite minced herbs.

### Spiced apricot

phase 2, serves 4

Blend together:  
1 C water  
⅓ C dried apricots, soaked  
½ C lime juice  
3T apple cider vinegar  
½ fresh chili or ¼ t cayenne  
4T raisins  
1T minced ginger  
½ t salt

### Cool as a cucumber dressing

Phase 1, serves 4

2 large cucumbers, peeled if bitter  
1/2 C coconut oil  
1 1/2 T garam masala  
1 1/2 T ginger minced  
1/2 C cilantro  
1/4 C lemon juice  
1/4 t hing  
1 1/2 t salt

Blend until smooth. Note refrigeration will solidify this dressing

### Orange chipotle

phase 2, serves 8

Blend together:

1 C orange juice  
1 T orange zest  
Pulp of 3 coconuts  
6 T raisins  
3 T chickpea miso  
1/4 C balsamic vinegar  
1 t hing  
1 t chipotle flakes  
1/2 C water  
1 t each salt and pepper to taste

### Green mountain dressing

phase 1, serves 2

1 avocado  
1/2 C water for desired consistency  
2 T olive oil  
2-3 T fresh dill  
1-2 T lemon juice  
1/2 t salt  
dash cayenne

Place all ingredients in a blender (water last and slowly based on desired consistency) and blend until smooth and creamy

**Fresh cream tomato**  
phase 2, serves 15-20

Blend together:  
4C orange juice  
1C pistachios  
4C tomatoes  
½ C olive oil  
¼ C balsamic vinegar  
1½ t salt  
hing, cayenne, to taste

**Cumin dressing**  
phase 2, serves 4

Blend together:  
2 C almond butter  
1 C water  
1 C cilantro  
¼ C sesame oil  
2 T cumin  
2 t salt  
1 t hing

**Goddess of the tree dressing**  
phase 2, serves 6

3 C fresh orange juice  
1 C tahini (or 1 ½ C sesame + ½ C sesame or olive oil)  
1 leek chopped or 1 t hing  
2 t salt  
½ C parsley  
¼ C chives or other herb  
Blend until very creamy.

**Spicy miso dressing**  
phase 2, serves 6

1 C orange juice  
½ C lemon juice  
1 C coconut water  
¼ C barley miso  
1 red bell pepper  
2 T ginger juice  
2 t flax oil  
1 t salt  
½ t cayenne  
Blend until very creamy.

### Savory pistachio cream

phase 1.5, serves 4

Juice of 4 grapefruit

2 C pistachios

1 C fresh tarragon

2 t salt

dash of hing

Blend until very creamy in blender.

### Garden tomato dressing

phase 1, serves 6

2 C fresh tomatoes

1 C sun dried tomatoes, soaked

1 C cucumber

1 red bell pepper, chopped

½ C pine nuts or hemp seeds

1 C fresh basil

2 t salt

1 T leek or 1 t hing

¼ C lemon juice

pepper/ cayenne to taste

optional: ½ C olive oil

Blend until very smooth.

### Savory Un-Honey mustard Dressing

phase 2, serves 6

Blend together:

1 C barley miso

1 C raisins, soaked

½ C flax oil

3 T pumpkin seed oil

2 t ground yellow mustard

1 T ground cumin

1 T ground coriander

4 T chopped parsley

4 T basil leaves

3 T oregano

1 T sage

1 T thyme

1 t hing

1 t salt and 1 t pepper to taste

Add raisin soak water/coconut water to achieve desired consistency

### Cucumber dill dressing

phase 1, serves 4

4 large cucumbers (peeled if bitter), chopped  
1 C olive oil  
2 t salt  
1 bunch of fresh dill  
optional : 1c sesame or sunflower seeds  
dash of black pepper  
dash of cayenne

Blend until smooth. Add water for a thinner consistency or a little lemon juice.  
Blend in the dill.

### Simple tomato basil dressing

phase 1, serves 10-15

5 medium tomatoes quartered  
4 C sun dried tomato water  
4 C sun dried tomatoes, soaked  
1 C fresh basil  
1 C olive oil  
2 t salt  
1½ t dried sage

Blend until creamy. Pulse in 1 C fresh basil.

### Olive me

phase 1, serves 8

Blend together:

2 C Moroccan black olives, pitted  
1 ½ C sun dried tomato soak water  
5 sun dried tomatoes, soaked  
½ C parsley  
¼ C lemon juice  
1 C hemp seed or sesame seed  
2 t salt  
½ t cayenne

This is a thick and rich dressing, add more tomato water for a thinner consistency.



### Curried almond dressing

phase 2, serves 2

1/2 C soaked almonds dehydrated  
1/2 C coconut pulp  
1/2 C orange juice  
1/4 C raisins soaked  
1/4-1/2 t hing to taste  
2 t curry powder  
1/4 t ground pepper or cayenne  
1/4 C cilantro  
1/4 C mint  
1 1/2 t salt  
Blend until creamy.

### Creamy spiced cucumber dressing

phase 1, serves 8

Blend together:  
4 cucumbers  
1 C olive oil  
3/4 C hemp seed  
1/2 C lemon juice  
1 bunch cilantro, stemmed  
2 T cumin  
2 t salt  
1/4 t cayenne  
1/4 t hing  
1/2 t black pepper

### Zippy Red Bell Tahini

phase 1, serves 10

Blend together:  
1 1/4 C tahini (2C soaked sesame seeds and 1/4 C sesame oil)  
2 large red bell peppers, chopped  
1/2 C pumpkin seed oil  
1/2 C lemon juice  
1 C water  
1 bunch parsley, stems removed  
3 T coriander, freshly ground  
1 t hing  
2 t salt  
1 t black pepper

### ultra rich tomato dressing

phase 2, serves 10

- 1 C fresh tomatoes quartered
- 1 C sun dried tomatoes, soaked
- 2 C sesame seeds soaked
- 1 C olive oil
- $\frac{1}{2}$  C lemon juice
- 3 t powdered sage or 4 T fresh
- 2 t salt

Blend until smooth. Taste to adjust flavor.

### Mandarin dressing

Phase 2, serves 4

- 4 mandarins or 2 Valencia oranges, deseeded and juiced
- 2 shallots or a dash of hing
- 2 t fennel seed
- 2 t lemon thyme
- $\frac{1}{4}$  C cilantro fresh
- $\frac{1}{4}$  C vinegar, cider or balsamic
- $\frac{1}{2}$  C orange juice
- $\frac{1}{4}$  C walnuts soaked and dehydrated
- $\frac{1}{2}$  C coconut pulp
- $\frac{1}{4}$  C coconut water
- $\frac{1}{2}$  t salt
- $\frac{1}{4}$  t black pepper

Blend all ingredients until creamy.

### Cream-alicious dressing

Phase 1, serves 6

- 1 C olive oil
- $\frac{1}{2}$  C flax oil
- $\frac{1}{2}$  C water
- $\frac{1}{2}$  C lemon juice
- 1 t salt
- 1 t pepper
- 2 t ginger minced
- 2 stalks celery
- $\frac{1}{3}$  C hemp seeds
- 1 whole chili pepper or 1t chili flakes
- 1 C coconut pulp

Blend until creamy.

### Simple sesame dressing

phase 1, serves 6

2 C sesame seeds  
1 C water  
½ C lime juice  
½ - ¾ C sesame oil  
¼ C ginger juice  
1 bunch cilantro or parsley  
1 T salt  
¼ t hing

Blend.

### Very Berry vinaigrette

phase 2, serves 10

2 pints raspberries or strawberries  
¼ C balsamic vinegar  
1 C orange juicer  
½ C basil fresh  
2 t thyme dried or 2 T thyme fresh  
2 t oregano dried or 4 T oregano fresh  
½ t hing or 2 t garlic, minced  
2 t salt  
1 ½ C olive oil  
½ C chickpea miso

Blend until smooth. Adjust spices if necessary. Do not over blend fresh herbs; they may turn bitter.

# Soup

Soups are great when you begin live foods, by blending they soften hard vegetable/nut fiber making them more digestible. They can even be made warm by blending with warm water. You could make a concentrate (i.e. with less water) for later and blend in your warmed water.

## Basic soup recipe

phase 1-2, serves 4

2 C low sweet fruit (see flavor chart at front of this book)  
1-2 C liquid  
1-2 C greens  
1/2 - 1 avocado  
1 t ginger  
1 clove of garlic  
something spicy  
something salty  
something sweet

Blend all the ingredients, adding liquid one C at a time, in a high-powered blender. Mix in some chopped veggies for texture. Or tear in some sea vegetables. Or sprinkle in some seeds like hemp or sesame. Garnish and enjoy!

## Curried creamy carrot Soup

phase 2 serves 4

3 C carrots, chopped  
2 stalks celery  
1 C pine nuts  
1 1/2 C orange juice (optional to make phase 1.5)  
1 avocado diced  
1/4 t hing, to taste  
1 T curry powder, to taste  
1 t salt, to taste  
2 C water

In a powerful blender, process all ingredients until smooth & creamy. Garnish with cilantro. Optional (Phase 2) - use juice of carrot and celery only for thinner, creamier soup

## Cream of Tomato Soup

phase 1 serves 2

4 medium tomatoes  
1 C pine nuts  
1 zucchini, julienne to make matchsticks  
1 bell pepper, julienne to make matchsticks  
2 stalk of celery  
¼ C lemon juice  
1 T freshly chopped cilantro  
1 T freshly chopped parsley  
1 T freshly chopped rosemary  
1 T freshly chopped basil  
1 t hing  
1 t salt  
warm water for consistency

Blend and strain tomatoes to form juice. Blend in pine nuts, salt hing, celery, lemon juice, rosemary and warm water to form smooth cream. Mix in freshly minced herbs and matchstick vegetables. Sprinkle paprika on top, add sprig of parsley and serve warm with flax crackers.

## Broccoli soup

phase 1, serves 2

1 C sesame seeds  
1 C broccoli florets (massage with salt)  
2 C water  
¼ C parsley, minced  
5 T lemon juice  
1 medium tomato  
1 t salt  
½ t black pepper  
cayenne to taste  
paprika to taste

Grind sesame seeds to powder and then blend all ingredients (except broccoli and parsley) until smooth. Mix in broccoli and parsley.

## Mama's Thick and Chunky Stew

Phase 1.5, serves 6

Soup veggies:

- 1 large bell pepper, any color, diced
- 1 head broccoli, small chunks
- 1 zucchini, diced
- 2 carrots, diced
- 2 C spinach, chopped
- 1 stalk celery, diced
- 3 tomatoes, insides, save outside for base

Massage vegetables with 1 t salt until vegetables soften.

Soup base:

- 1 C miso, dark or light
- Remaining tomato outsides
- $\frac{1}{2}$  C filtered water
- 2-3 t cumin
- 1 t celery seed
- $\frac{1}{4}$  t hing
- cayenne, to taste

Blend until thick and creamy; add more miso and tomato to taste. Pour over vegetables and massage into veggies.

For a warm soup add  $\frac{1}{2}$  c warm water. Otherwise use room temperature water. Garnish with parsley or cilantro and serve with crackers.

## Deep Sea Medley Soup

phase 2, serves 4

1 C coconut water  
1 C water  
1 bunch spinach  
2 T golden miso  
1 T minced ginger  
salt and pepper to taste  
4 celery stalks, diced  
1 leek, minced  
1 medium daikon, julienned  
1 C snap peas, julienned  
nori sheets and dulce

Combine coconut water, purified water, spinach, miso and ginger in a high power blender. Strain this mixture through a cone shaped strainer into a bowl or pitcher. Add vegetable, any crunchy veggies will work well with this recipe – get creative! tear nori and dulce, stir in. Adjust flavor with salt and pepper to taste. Enjoy!

## Off the cuff Thai-style carrot soup

Phase 2, serves 6

3 C carrot  
2 medium tomatoes – ripe  
1 C chopped celery  
2 fresh chili peppers  
½ C barley miso  
2 T ginger juice  
2 T lime juice  
2 t salt  
½ C sesame oil  
½ t hing (asafoetida)  
½ t cayenne  
2 T coriander seed – ground

4 C coconut water

Put all the above into a blender and fill up with coconut water. Blend until smooth in a high-powered blender. Stir in ½ C minced cilantro leaf. Garnish with julienne young coconut pulp noodles and 5 chiffonade basil leaves and a handful of poppy and sesame seeds. Use only 1 fresh chili pepper if you are using a hot variety. For a lower glycemic version – use water instead of coco water and add more oil or the pulp of 1 or 2 young coconuts to give a creamy, satisfying soup.

### Cuc'ado soup

phase 1, serves 4

4 medium cucumbers  
2 large avocados  
1 small zucchini  
2 t lemon juice  
2 t anise seed  
1 t salt, or to taste  
½ t black pepper  
½ t nutmeg  
water

Run cucumbers through a juicer; dilute this with about a cup and a half of water. Or chop cucumbers into chunky bits and toss in a high power blender with a cup or two of water and strain. Pour cucumber juice into blender adding one and half avocado, lemon juice, anise seed, salt, black pepper and nutmeg. Blend well. Transfer to serving dish. Stir in finely dice zucchini and remaining half of avocado.

### Thai coconut soup

phase 1, serves 4

2 young coconuts  
6 roma tomatoes  
1 bunch of cilantro  
5-6 sprigs of parsley  
dash of cayenne  
1 red bell pepper  
¼ C lime juice  
2 T ginger, minced  
1 T lemon grass  
1 t salt

Crack open young coconuts, pour milk into a blender, scoop out flesh. Add half to blender along with half of the tomatoes, red bell pepper, lime juice, ginger, lemon grass and salt. Add water as necessary to create a smooth consistency. Add cilantro and parsley, blend a few seconds. You want it "chunky". Dice remaining tomatoes and julienne other half of coconut pulps\*. Add this to soup and serve. Diced avocado makes this even richer. Enjoy!



### Green garden delight

phase 1, serves 2

Handful of kale  
2 cucumbers  
1 1/2 C tomato  
2 t hemp, flax or olive oil  
3-4 t Thai basil  
1 t ground cumin  
1 t red pepper flakes  
salt to taste

Blend ingredients in a high-powered blender until smooth. This soup is a beautiful deep green, sprinkling black sesame seeds or hemp seeds add a nice contrast. Or try dusting a bit of spirulina in the center. Enjoy!

### Cream of Tomato soup

phase 1, serves 2

4 medium tomatoes  
1 c pine nuts  
1 zucchini, julienned to make matchsticks  
1 bell pepper, julienned to make matchsticks  
2 stalks of celery  
1/4 C lemon juice  
1 t freshly chopped cilantro  
1 T freshly chopped parsley  
1 T freshly chopped rosemary  
1 T freshly chopped basil  
1 t hing  
1 t salt (or to taste)  
warm water for consistency

Blend and strain tomatoes to form juice. Blend in pine nuts, salt hing, celery, lemon juice, rosemary and warm water to form smooth cream. Mix in freshly minced herbs and matchstick vegetables. Sprinkle paprika on top, add sprig of parsley and serve warm with flax crackers.

### Cream of fennel

phase 1-2, serves 6

Blend together:

1 blender full chopped fennel

$\frac{3}{4}$  blender full coconut water or regular water (phase 1)

Add:

$\frac{1}{2}$  - 1 C brazil, pine, or macadamia nuts

$\frac{1}{4}$  C lemon juice

$\frac{1}{4}$  C olive oil

1 t salt

white pepper, hing, anise to taste

Blend

Add  $\frac{1}{4}$  c fresh minced tarragon and stir in

### Coco-butter love Soup

phase 2, serves 6

Blend together:

4 C butternut squash, peeled and cubed

2 thick pulps of young (Thai) coconut

approx. 7C coconut water

2 in piece fresh ginger root

$\frac{1}{4}$  t fresh cayenne

1 kaffir lime leaf, central stem removed

1 t salt

dice in 1 avocado, 1 cucumber

add 1 bunch chopped cilantro

### Campbell's Classic

phase 1.5, serves 8

Blend together:

3-4 C sun dried tomatoes, soaked

4 medium fresh tomatoes, halved

$\frac{1}{2}$  C sun dried tomato soak water

$\frac{1}{2}$  C hemp seed

$\frac{1}{4}$  C olive oil

$\frac{1}{2}$  t each celery seed, clove, hing, black pepper

$\frac{1}{4}$  C barley miso

This is concentrated - for to serving ohin down with warm water and serve warm.

## Tomato Strawberry stew

phase 1-1.5, serves 8

Blend together:

6 C sun dried tomato soak water

3 C sun dried tomatoes

12 strawberries

2 medium avocados

3 t salt

1 t white pepper

1 t chipotle flakes

1/4 C lemon juice

Dice and add 1 red bell, 10 strawberries, 1 cucumber. Add chopped cilantro for garnish.

*Omit strawberries and replace with bell pepper for phase 1.*

## Sweet and savory coconut carrot soup

phase 1.5-2, serves 8

5 medium size carrots cut into 3rds

4 C coconut water or water

1/2 C - 1 C coconut butter

2 t salt

2 t black pepper

2 t nutmeg or 2 T curry powder

3 coconut pulps

Optional: cayenne

1 head minced cilantro, stems removed

1 or 2 diced avocados

Blend carrots with water. For a thick soup, leave as is, for a thin soup, pour through a muslin or nylon cloth, and squeeze juice. Save pulp for crackers. Pour juice back into blender and add remaining ingredients. Blend until smooth.

Optional

2 C cubed butternut squash, adjust spicing

Blend into soup

### Summer's Soup

phase 2, serves 6

Blend together:

2 C each spinach & dandelion  
1 C cilantro  
½ C chickpea miso  
½ C lime juice  
Pulp and water of 2 young coconuts  
1 chili pepper, deseeded  
1 red bell pepper, chopped  
1 t salt  
1 t hing  
1 t pepper

Optional – add dulse flakes or whole soaked chopped dulse.

### Justin's Miso Noodle Soup

phase 2, serves 10

1 C chickpea miso  
7 C coconut water  
1 C cilantro packed  
4 t fresh ginger minced  
1 t ground dried coriander  
1 t ground anise seed  
2 t salt  
½ t hing

Optional:

cayenne  
5 firm coconut pulps  
1 C snow peas

Blend until smooth. Taste to adjust flavor. For a richer taste add more miso. For a less sweet soup, use water as your base.

Julienne the coconut pulps to make noodles. Julienne the snow peas and add to soup. Add cayenne to taste.

Extra sweet and spicy red pepper soup  
phase 2, serves 4

Blend together:

- 2 c orange juice, freshly squeezed
- 2 large red bell peppers
- 1 C tahini or 1½ C sesame seed and ¼ C sesame oil
- 2 t salt
- 4 T fresh ginger
- 1 t hing
- 1 t peppercorns
- 1 t chipolte flakes
- 3 calaro chili peppers (or other hot pepper)
- 3 T pumpkin seed oil
- ½ c raisins, soaked

Blend until very smooth.

Optional:

- 1 C cilantro, minced
- 1 avocado, diced
- 1 bell pepper, minced

# Breads

## *Pistachio olive bread*

Phase 1, makes 10 slices

- 2 C golden flax ground fine
- 1 C pistachios ground fine
- 1 ½ t salt
- 2 t Italian herbs dried or 2 T fresh

Combine well in a medium bowl. Mix in:

- 1 ¼ C minced Moroccan olives
- 3 T olive oil

Work dough until all the dry mixture is worked in. Pour in approximately ¼ c water, until a dough forms that is not too sticky but will not fall apart when shaped. Shape into a loaf, slice into 1-inch pieces. Dehydrate on grid sheet for 2 hours at 140°F, or until desired texture at 110°F.

## *Italian herb seed bread*

Phase 2, makes 10 slices

- 2 C golden flax ground
- 1 C pecans ground, walnuts or almonds

Use a food processor, spice grinder or blender. The nuts do not have to be uniform. It takes only a few seconds. Butter will start to form at the base of the blender, if over processed.

Combine in a medium bowl. Add:

- 1½ t salt
- 2 T dried Italian seasonings or
- ½ C fresh mixed herbs, minced
- 1 T poppy seeds
- 1 C shredded apple with skin on
- 2 T olive oil

Combine until all the dry ingredients and apples are well mixed. Mix in 2t olive oil.

**Knead dough (do not over knead or oils will begin to separate. It shouldn't fall apart. It should be moist, but not sticky. Add a little liquid if necessary. Shape into a loaf. Slice into 1 inch thick pieces. Dehydrate at 145°F for 2 hours.**

## Un-Garlic Bread Buns

phase 1 Serves 24

- 2 C sesame seeds, unsoaked, ground
- 4 C buckwheat groats, soaked, sprouted, dried and ground
- 1 C flaxseed, ground
- ½ C olive oil
- 1 T oregano
- 2 t salt
- 2 T hing

Combine dry ingredients until well incorporated. Slowly add in the wet items. Work into dough with your hands. Form into small rounds or long sticks and brush with olive oil. Dehydrate at 140°F for 2 hours. Check, if you want them crisper, turn to 110 and continue until desired texture is reached, up to 8 hours.

# Crackers

Crackers are very versatile. Great travel food, great with pate/ guacamole/ salsa and great with soup. Crackers will store well for 3-6 months if dried completely and stored in an airtight container. Note: After two hours drying flip crackers off teflex. To do this place another dehydrator tray, mesh down, on top of the crackers, hold the two together firmly and flip the trays, remove the original tray and gently peel back the teflex sheet.

## Sweet crispy flax crackers

phase 2, makes 3 trays of 16 crackers

4 C soaked golden flax seed (2C dry in 2C water soaked for 2 hours)  
1 C soaked walnuts, chopped  
1 C soaked raisins with soak water  
½ C olive oil  
1 T salt  
1 T cinnamon  
Optional: 1 shredded apple  
zest of 1 orange

Mix well. Spread fairly thin and even on a teflex sheet. Dehydrate at 140°F for 2 hours, flip crackers onto grid, removing teflex sheet then turn down to 110°F until very crispy, at least 8 hours.

## Zesty Tomato Spice Crackers

phase 1, makes 4 trays of 16 crackers

2 C soaked golden flax seed  
2 C un-soaked ground flax  
1 C soaked almonds, chopped fine  
3 C minced soaked sun dried tomatoes  
¾ C olive oil  
1½ T salt  
4 T Italian herbs dried or 1 C mix of fresh  
2 T dried mint or 1 bunch fresh minced  
1 t cayenne

Mix well. Spread fairly thin and even on a teflex sheet. Dehydrate at 140°F for 2 hours then turn down, flip crackers onto grid, to 110°F until very crispy, at least 8 hours.



### Mesquite crackers

phase 2, makes 3 trays of 16 crackers

4 C flax seed  
1 C apple, shredded  
½ C walnuts, soaked, chopped  
½ C almonds, soaked, chopped  
2 T mesquite  
½ - 1 C raisins, soaked  
¼ C coconut oil  
1-2 t cinnamon  
2 t salt  
2 t cardamom

Mix well. Spread fairly thin and even on a teflex sheet. Dehydrate at 140°F for 2 hours then turn down, flip crackers, to 110°F until very crispy, at least 8 hours

### Strawberry crackers

phase 1.5, makes 2 trays of 16 crackers

2 C flax seeds, soaked  
½ C walnuts, chopped  
½ C almonds, chopped  
4 T mesquite  
3 t cinnamon  
2 t pumpkin pie spice  
¼ C coconut oil  
¼ t nutmeg  
pinch clove, ground  
1½ t salt  
stevia to taste, optional, mix with oil  
2 C chopped strawberries

Mix well. Spread fairly thin and even on a teflex sheet. Dehydrate at 140°F for 2 hours then turn down, flip crackers onto grid, to 110°F until very crispy, at least 8 hours

# Desserts

Desserts are a treat at the Tree of Life café. We serve them at weekends. The rainbow green live food cuisine is about reduced sugar intake. The desserts are often rich and moderately sweet so make your portion sizes small and enjoy every mouthful of the experience. Follow the guide on breakfasts for extra tips.

## Coconut "Cheeze" Cake

phase 1-2, serves 8-10

### Crust

2C Walnuts, pecans, or macadamia  
1 t salt  
3 calimyrna figs, soaked and chopped (phase 2)  
1t lemon Zest

Process in a food processor until buttery consistency. Using the back of a spoon press crust firmly along the bottom of large spring form pan, brining the crust up along the sides of the pan.

### Filling

4 C coconut pulp  
2 C walnut, pecan, or macadamia, un-soaked  
1½ C calimyrna figs or wild blueberries, soaked (phase 2)  
¾ C coconut water (phase 2) use water for phase 1  
2 t salt  
¾ C coconut butter, melted (warm over 78°F)  
1 drop lemon essential oil or 1 t zest  
1 t vanilla or almond extract and or 1 vanilla bean, scraped.  
\* Stevia and essential oils to taste for phase 1

Blend until absolutely smooth and creamy. Pour over crust and place in refrigerator to set for at least 3 hour. Decorate with berries and flowers. See information about decorating in the breakfast section.

## Cinnamon rolls

### Phase 2

2 C nut pulp flour, ground (preferably almond or hazelnut)  
1 C golden flax, ground  
1 t salt

Sift the dry ingredients. Puree the following:

2 C coconut meat  
1 C raisins (pistachios for ph 1) +  $\frac{1}{4}$  c water  
2 t cinnamon  
1 t salt

Blend the ingredients in a blender, measure out 2C and pour into a bowl with the rest of the dry ingredients and mix it together by hand to form a nice dough - it will be moist. Then add 2 T of coco oil and mix some more.

For the glaze - blend the following until smooth:

2 C raisins  
1 C coconut oil  
1 T cinnamon  
 $\frac{1}{2}$  t salt  
(glaze can go inside and outside the roll)

Put flax on table, divide the dough in half and roll out to a flat rectangle. Then spread on the glaze. Add some raisins or blueberries (press them in little) chop up some nuts (any nuts will do) and orange zest, sprinkle with cinnamon. Then roll it up horizontally. Do not compress dough tightly. Spread glaze on the outside. Slice and dehydrate at 145°F for 1 hour then turn down to 115°F until desired texture achieved.

Phase 1: serve with nut butter or coconut cream.

## Tarts with blueberry sauce & macadamia cream

phase 2, serves 10

Crust:

2 C pecans – processed until fine, pour into a bowl and knead in:

1 t salt

zest of 2 oranges

2 t agave nectar

Press mixture into pie dish.

Apples:

5 pink lady apples – thinly sliced

dash salt

2 t lemon juice

2 T olive oil

3 T agave nectar

2 t cinnamon

Coat the apples with the ingredients and either spread onto teflex and dehydrate for 2 hours at 140°F or arrange directly and circularly on crust.

Pears:

4 red d'anjou pears – thinly sliced

dash of salt

2 T olive oil

2 T agave

1 T fresh tarragon – minced

Coat the pears with the ingredients and either spread onto teflex and dehydrate for 1 hour at 140°F or arrange directly and circularly on crust.

Blueberry sauce: blend the following until very smooth:

3 C soaked, dried wild blueberries

1 t cinnamon

¼ t almond extract

2 T agave

½ t salt

Macadamia cream: blend the following until very smooth:

3 C macadamia

6 large soaked calmyrna figs + ½ c fig soak water

1 ½ C Minneola orange juice

2 T agave nectar

dash of salt

## Creating vegan raw ices

phase 1-1.5-2

Traditional ice cream is based on dairy products and is very sweet. Ice cream is created from milk, in other words a fatty creamy substance. So to create a raw ice cream we start by creating a really fatty nut mylk, the ideal nuts being: brazil, macadamia, pine nuts, pecans, pistachios, these nuts are also inherently sweet. Another option is to create a cream from young coconut meat. Finally the third option would be a frozen fruit, while not fatty will create a creamy sorbet when processed.

### Nut Ice cream

phase 1.5-2, serves 2

2 C fatty nut mylk (pecan, brazil, walnut, macadamia)  
1/2 vanilla bean (grind in spice grinder)  
1/4 C fresh berries  
4 T coconut oil  
3 T agave (optional, phase 2)  
1 t freshly ground cinnamon  
1 t salt

Blend mylk with other ingredients and follow one of three options:

- 1) Freeze for 4 hours and blend in a blender, serve.
- 2) Pour into ice cream maker and operate, serve immediately, for a creamy treat
- 3) Freeze until solid, then put through a champion with the blank plate

### Coconut Ice cream

phase 1, serves 6

Meat of 3 coconuts blended pulp with 3 C water  
1-1/2 vanilla bean  
1 t anise seed  
1 t salt  
4 T coconut oil  
Follow above instructions.

### Fruit Ice cream

Phase 1.5-2

Freeze favorite berries/ fruits

Process through a champion with a blank plate on or in a food processor until smooth and serve.

## Really Raw Chocolate Ice Cream

Phase 2, serves 6

### Part 1: Coconut Cream

In a blender:

3 C Coconut pulp\*

3 C Coconut water\*

Blend into a creamy consistency

### Part 2: The Flavors

1 C raw cacao powder

1/2 C Agave nectar

1/2 C coconut butter

2 t salt

Blend separately in a high-speed blender: coconut butter, agave and cacao powder until it forms a very smooth texture. Blend the coconut cream with the flavors mixture and salt. Pour this mixture into an ice cream maker and follow manufacturers instructions. Or freeze and process through a champion juicer.

Options: Various sweet fruits, berries, dried fruits (blueberries are awesome), mesquite, sweet spices, orange peel, vanilla

\* Various Options if no young coconut available:

Create nut mylk with 3 C nuts, 3 C water. Blend and strain use: almond, brazil, macadamia, walnut, pecans or fresh mature coconut

## Fudge

Fudge is basically fat (butter) and sugar and chocolate. In live foods we have carob, cacao and coconut oil and raisins, sweet fruit or agave.

### Real chocolate fudge

Phase 2

1/4 C coconut oil, melted  
1 C raisins  
1 T agave nectar (optional)  
1/4 t cinnamon (optional) or mint  
1/2 raw cacao powder or carob

Process carob or cacao or combination of in the blender with coconut oil and agave until smooth. Then blend in remaining ingredients until very smooth. Place in a square glass pan in the refrigerator for 30 minutes, cut into cubes and serve. This keeps for weeks in the fridge.

### Chunky carob fudge

phase 2

1/2 C coconut oil  
4 T carob powder  
1/4 C black tahini  
1/4 C raisins  
1 t salt  
1/4 C finely chopped pecans  
1/4 C finely chopped berries

Blend carob and oil and then blend rest of ingredients in high-speed blender and mix in chopped pecans and fruit. Place in a square glass pan in the refrigerator for 30 minutes, cut into cubes and serve.

### Hemp Fudge

phase 1

2 1/2 C hemp seeds  
1/2 C coconut oil  
1/2 t salt

Melt coconut oil by placing jar in warm water, stir in salt and hemp seeds. Place in a square glass pan in the refrigerator for 30 minutes, cut into cubes and serve.

Extras: Peruvian olives, almond butter, chopped nuts, shredded coconut, fresh fruit (berries), dried berries, carob, hemp, pumpkin seed oil/ butter

### Fresh fruit with creamy apricot sauce

phase 2, serves 4

- 5-6 coconut pulps
- 1 C apricots, fresh or dried and soaked
- 1 vanilla bean, chopped or scraped
- 1 t salt

Blend until smooth and creamy. Serve with sliced apricots, raspberries and blueberries.

### Fresh fruit with coconut vanilla cream

phase 1.5-2 dependant on fruit choice , serves 2

#### Fruit

- 1 C berries of choice strawberry, blueberry, blackberry, soaked goji berry
- 1 C chopped fresh fruit of choice apples, citrus, peaches, pears, nectarines, and plums

#### Cream

- pulp of 2 coconuts
- ½ C coconut water
- 2 T coconut oil
- ½ vanilla bean - grind in spice grinder
- ½ t salt
- 1 t mesquite

Blend until very thick and creamy with no white specks visible. Pour cream over fruit and serve. Yum

Optional, flavor with any additional spice and/ or essential oil



## Simple pleasure pie

Ah!.... the pleasures of Phase 1, serves 4-6

### Crust

$\frac{3}{4}$  C almonds, unsoaked

$\frac{3}{4}$  C pecans, unsoaked

1 t salt

2 t lemon zest

Process until fine and oily. Press into a round pie dish.

### Cream

5 coconut pulps

4 T coconut oil

$\frac{1}{4}$  C water

zest of 1 lemon or orange

10 drops of lemon or orange essential oil

1t salt

A few drops of stevia to taste

Fill piecrust with cream and garnish with your choice of zest, poppy seeds, edible flowers, fruits etc.

## Triple layer fudge

phase 2 (adjust for phase 1) serves approx. 10

### Carob Layer

1 1/2 C pumpkin seed butter (or almond butter)  
3/4 C coconut butter  
1/2 C carob powder (or Cacao - finely powdered)  
3 T agave nectar  
15 drops essential oil of peppermint (to taste)

step 1: melt coconut butter, warm over 78°F  
step 2: mix all ingredients in large bowl until smooth and creamy  
step 3: place in a square glass dish in the freezer 20 minutes until firm

### Minty Layer

1 1/2 C pumpkin butter (or almond butter)  
3/4 C coconut butter  
3 T agave nectar  
17 drops peppermint oil (to taste)

step 1: melt coconut butter - it will become liquid at over 78°F  
step 2: mix all ingredients in large bowl until smooth and creamy  
step 3: pour over carob layer  
step 4: place back in the freezer 20 minutes until firm

### Purity layer

1 1/2 C hemp seeds or macadamia  
2/3 C coconut butter  
3 T agave nectar

step 1: finely grind nuts/ seeds in food processor until mixture becomes oily with a smooth consistency  
step 2: mix all ingredients in large bowl until smooth and creamy  
step 3: pour over minty layer  
step 4: place back in freezer 20 minutes until firm  
step 5: score into small squares and serve as a tasty treat... yum!

**Pear -fect Tart**  
phase 2, serves 8

**Crust**

2 ½ C macadamia nuts  
2-3 T agave nectar  
1 t salt

1. Process macadamia until almost creamy. Add agave nectar and salt. Continue processing until truly smooth and "butter" like.
2. Press into a large spring form pan.

**Topping**

3 pears, Bartlett, d anjou or comice are good  
4 T agave nectar  
3T olive oil  
1 T cinnamon  
1 t salt

Thinly slice fruit and toss with agave, cinnamon, salt and oil. Spread out on a teflex sheet and dehydrate at 145°F for an hour and then 115°F for a further hour if necessary.

Remove circular rim from spring form pan. Lay out fruit in a circular pattern, slightly overlapping one another. Drizzle any left over juice on top. Garnish center with figs or flowers. Top with:

**Ginger cream**  
Phase 2

pulp of 4 young coconuts  
1-inch vanilla bean  
2 T ginger juice (or 1 " piece of fresh root)  
2 T agave nectar  
¼ C coconut water or raisin water

Blend until very smooth . Drizzle over fruit or serve on the side.

## Outrageous Birthday Cake

Phase 1, serves 10

### Crust

3 C almonds, soaked, peeled, dehydrated for 1 hour  
pinch of salt

Process until crumbly, press into large spring form pan or oiled cake pan.

### Cream

Experiment with other flavors like lavender or bitter orange.

### Base

9 coconuts, meat

$\frac{3}{4}$  C coconut oil

Blend in high speed blender into a really smooth cream

### Vanilla

$\frac{1}{3}$  of cream base

1 vanilla bean, seeds

$\frac{1}{3}$  C vanilla bean soaking water

Blend together in high speed blender

### Rose

$\frac{1}{3}$  of cream base

$\frac{1}{2}$  C rose hips, soaked, deseeded, blended with water and strained

$\frac{3}{4}$  C soaking water from rose hips

10 red rose petals

Blend together in high speed blender

### Lime

$\frac{1}{4}$  C lime zest

$\frac{1}{2}$  lime, juiced

5 drops Stevita\*

$\frac{1}{3}$  C vanilla bean soaking water

Blend together in high speed blender

### Garnish

rose petals

lime zest

## Assembly

Press crust into an 8" spring form pan, about 1/4 to 1/2" high. Fill lime cream on top of crust and smooth surface. Add rose cream next and smooth surface. Finish with vanilla cream and smooth surface. Put into freezer for 2 h before serving. Garnish with rose petals and lime zest

## Cookies

use left over from crust to make cookies, garnish them with remaining cream.

### Crust recipe

3 drops Stevita (phase 2 2T agave)

1/2 lime, juiced

1/3 C vanilla bean soaking water

Optional: orange juice

Work together with hands to form small cookies, dehydrate at 110°F for 5-8 hours

## Whipped cream

phase 2

Pulp of 4 coconuts

2 C Walnuts or pecans

1 1/2 C rich Black Mission Fig Soak water (it takes a few days of soaking to achieve)

10 Black Mission Figs, soaked

3 T coconut oil

1 T vanilla extract

1 t salt

Blend until luxuriously creamy

## Chai Spiced Carrot Cake

phase 2, serves 10

1 1/2 C coconut water

2 1/2 C carrots (2 lb. Carrots)

Blend in blender. Separate pulp from liquid, rather like making mylk, see mylk instructions. Use pulp for the cake and liquid for the cream.

### Base layer

2 C pecans (not soaked) or macadamia or walnuts

1/2 t salt

zest from 1 small orange

1/2 C raisins or currents - not soaked

Process in a food processor until crumbly yet sticky when pressed and then add additional ingredients. Take the mixture and form into the bottom of a large spring release pan (cheese cake pan)

### Filling

4 C young coconut

1/2 C ginger, peeled and minced

2 C dried figs soaked (calimyrna or black mission)

1 1/2 C carrot/coconut juice (from above)

Blend together, then add:

4 T coconut butter

1 t. salt

1 1/2 vanilla beans

3 T Agave Nectar

Mix in a blender until very creamy, no particles to be seen. Add 2 C chopped spiced\* walnuts.

1 C currents, soaked

2 t cinnamon

1 1/2 t cardamom

1/2 t nutmeg (grate yourself from whole nutmeg)

Combine all ingredients; adjust spices, spread on top of base layer.

\* 4 C soaked/ rinsed walnuts - toss in a large bowl with 1 1/2 t salt, 1 t cinnamon and 4 T agave

### Icing

1 ½ C walnuts, soaked or macademia  
½ C orange juice  
3 T agave  
½ t almond or vanilla extract essence  
1 t salt

Spread over top layer. Chill cake in refrigerator for at least 2 hours, overnight is better

### Glaze

Lemon zest of 3 lemons  
Orange zest of 1 orange  
½ C agave  
2 T coconut butter  
1 C orange juice  
pinch salt

Pour a scoop of glaze over sliced cake.

# Fermented Foods

Fermented foods are a great way to add natural probiotics and enzymes to your diet. Vegetables have naturally occurring lacto bacilli bacteria, which make them a controlled ferment. This bacteria is very beneficial for human intestinal health. Added to your main course will help with digestion and assimilation. They also help to balance stomach acids. We have placed them on phase 1.5 as they may still feed the bacteria in an imbalanced body. After three months they can be beneficial in rebuilding natural intestinal flora. Fermented foods include kim chee, sauerkraut, probiotic drinks and non soy misos.

## Kim Chee Recipe

Phase 1.5, makes approximately 1 Quart

4 Cabbages: Chop coarsely by hand  
Chinese (Napa) Works Best or Green or Red  
1 C carrot, shredded  
1 C favorite sea vegetable  
½ C beets, Shredded  
½ C daikon radish, strips  
1 burdock root, sliced  
5 kale leaves  
2 C sea vegetables: sea palm is yummy  
5 Ripe chili peppers  
2 T Himalayan salt, EM Salt or Celtic salt (fine ground)  
1 T EM  
Optional - Small amount of ginger juice, onion slices, crushed garlic

Shred cabbage and massage with all ingredients until juices begin to flow. Kim Chee can be made in a glass jar, ceramic crock or stainless steel container. Place 2 Cs in container at a time and mash by hand or wooden tamper until juices exude from top of cabbage. . It is important that the mashing process completely seals all air spaces to prevent aerobic activity. Continue until container is full and seal container with cabbage leaves. Place plastic bag on top of this and fill with water to make sure fully airtight. Allow it to ferment for at least 5 days at room temperature in the shade. Traditionally it was fermented for up to 6 weeks. When ready remove bag, top leaves and top ½ inch of cabbage and discard. Take out and place in glass jars and store at 40°F for up to 6 months. As you take some out use wooden spoon and keep top flat and sides of jar clean.

Traditionally kim chee/ sauerkraut was prepared by foot rather like grapes



### Probiotic Yoghurt/ Drink

Phase 1.5, makes 1 gallon

1gallon basic nut mylk recipe or coconut cream

\* Coconut cream is coconut water blended with coconut pulp until smooth  
2t favorite probiotic supplement or mix of different ones

This probiotic drink is a replacement for Kefir on rainbow green live food cuisine. It is not possible to get organic or vegan kefir grains at this time. Blend probiotic well with mylk or cream and allow fermentation for 6-12 hours at room temperature. The taste of the drink is quite strong and stronger when left longer. If it smells bad do not drink. Then use within 2 days.

### Probiotic Yogurt

Phase 1

Pulp of 9 young Thai coconuts

4 C water

Blend until smooth and creamy.

Add:

2t Probiotic powder and blend briefly to mix.

Leave to stand overnight at room temperature in a glass jar covered with a cloth.

### Cabbage Rejuvelac

Phase 1.5, makes 3 C drink

At the tree of life we do not use fermented wheat berry rejuvelac. We do however have a great alternative and that is a cabbage rejuvelac because cabbage has naturally occurring lacto bacilli bacteria.

3 C cabbage, loosely packed

1<sup>3</sup>/<sub>4</sub> C water

Blend to puree and allow to sit in a covered glass jar for 3 days. Strain through nylon mesh and drink. Will keep in the fridge for one week. You can tell instantly by smell if it has gone bad. You can reuse the pulp a few more times to restart new batches. Add <sup>1</sup>/<sub>4</sub> C fresh strained rejuvelac to 3 C cabbage. Shake and let stand until next morning.

# Sprouting

The following are general guidelines: growing sprouts and micro-greens will be different in each unique situation (i.e. each growing location). Start here, experiment, and find a system that works for you. Share with others; learn and teach along the way.

Sprouts are one of Nature's most nutritious foods, full of biogenic energy and life force. All of the energy and the blueprint of a mature plant are contained in its seed, along with all the potential of its future being, and the ancestry of its lineage. Harnessing the life force of sprouting seeds is one of the easiest and quickest ways to create live foods for use in a raw food, vegan diet. Sprouting is pre-digested nutrition, high in exogenous enzymes, takes little time, and is cheap, easy, and FUN!

While sprouts are not very difficult to grow, there are certain practices we can make to insure their successful production, with due consideration for safety and optimum quality. At the Tree of Life Rejuvenation Center we are producing sprouts using the Nature Farming method, an organic farming system that makes ample use of microbial inoculants known as "Effective Microorganisms" or "EM".

For Sprouting:

Select seeds and measure quantities.

\*Prior to sprouting, keep sprouting seeds refrigerated to extend their period of vitality. Somewhere between 70° F and 40° is adequate. Seeds with optimum vitality have a 90%+ germination rate.

Soak seeds in purified water and a 1% hydrogen peroxide solution for 20-30 minutes. Soak in glass, ceramic, or polycarbonate containers. Then rinse the seeds until the soak water is clear.

Next, soak seeds in a ratio of one part seeds, two parts purified water, and 1/2 teaspoon EM-1 or EM-Activated for the remainder of the soaking time (6-12 hours; exact soaking times can be found in living foods reference books such as *Rainbow Green Live Food Cuisine*, *Conscious Eating*, and *Spiritual Nutrition* and the *Rainbow Diet*, all by Gabriel Cousens, and *Sprouts: The Miracle Food*, by Sproutman Steve Meyrowitz.

\*For all seed soaking, we can use E.M. made with *Oceangrown™* Solution.

Drain the seeds and allow them to sprout by placing them upside down at a 45° angle on a plastic or metal shelf or dish-drying rack, and rinsing 1-3 times per day. Sprouts need rinsing if they are dry or if, when you pick up the sprouting jar, you feel heat coming out of the open end.

Remove the seed hulls (shells of seeds) every day as sprouts begin to mature, beginning this process when you see clumps of hulls forming as you rinse the sprouts. This usually happens the 3<sup>rd</sup>, 4<sup>th</sup>, or 5<sup>th</sup> days of sprouting. It can be easier to dump the sprouts into a bowl for the hull-cleaning process.

Now, harvest and enjoy! Sprouts are ready for harvest when the sprout is at least 3 times as long as the original seed, when the hulls are readily separating themselves from the sprouts, and when the first leaves of the sprouts are beginning to turn green.

\*Refrigerate the unused portions. Sprouts may be kept for 5-7 days in the refrigerator before their nutrient quantities begin to diminish.

## Micro-Greens:

ANY SEED can be grown as a micro-green. Some of the most popular micro-greens are sunflower, buckwheat, broccoli, cabbage, mung, radish, mustard, watercress, dill, fennel, leeks, pea shoots, red clover, and chia. Let your imagination run wild, and, if you feel the urge, document your experiments to share with fellow sprouting enthusiasts! The following timeline is written specifically for sunflowers. Other seeds grown by this method can differ in the amount of time to leave the planted trays stacked and covered (i.e. wheatgrass), as well as the amount of time from the first step (soaking and sprouting) to the last (harvesting).

**Day One:** Soak seeds 8-12 hours in purified water. Include a 20-30 minute soaking in hydrogen peroxide solution, rinsing the seeds until the rinse water is clear, and soak for the remainder of the time in EM-1 Or EM-Activated. Now rinse until the rinse water is clear, drain the seeds, and let them sprout overnight, rinsing as appropriate. (Rinsing during the overnight sprouting time is necessary only when you find that the seeds are heating up at the center of the jar they are sprouting in. Heat is a result of energy released by the sprouting process, and combined with the moisture from soaking throughout the day and lack of adequate air flow, the seeds can rot.)

**Day Two:** Plant the sprouted seeds in growing trays, filling the trays with 1/2"-1" of soil\* and spreading the seeds evenly to completely cover the soil's surface. (When planting micro-greens, let seeds touch and not overlap.) Water the seeds gently with a shower spray nozzle on your hose or watering can, checking to make sure the water has soaked through the tray thoroughly.

\*Soil can consist of any number of growing media or a combination of several media together. Peat moss and coconut fiber are "sterile" media to start with; from here may be added compost, perlite, vermiculite, and/or topsoil. Take note of your mixing proportions and experiment: different crops may like different mixtures. Kelp powder, worm castings, and Oceangrown™ Solution can be added as fertilizers.

Stack planted trays 2-3 high and cover the top tray with an empty tray, pressing this tray gently and evenly down onto the next, creating seed to soil contact and allowing for moisture retention.

**Day Three:** Allow the stacked and planted trays to sit another day.

\*Wheatgrass can be uncovered after the first day. (i.e. Follow instructions for Day Four when growing wheatgrass and other grasses, skipping Day Three.)

**Day Four:** Uncover and un-stack each tray and water the new sprouts with purified water.

You may find that creating "sprout houses" by placing inverted trays over the growing greens is beneficial for keeping moisture in and airborne fungi out. Check the greens for water again in the afternoon.

**Day Five:** Check and water greens as needed.

\*Greens want water 1-4 times a day, depending on environmental factors such as the sun's intensity, wind speeds, and air temperatures.

**Day Six:** Check and water greens as needed.

**Day Seven:** Harvest micro-greens by cutting the greens as close to the soil's surface as possible, using a sharp knife or scissors.

\*Micro-greens are ready when they reach 4"~ 6" tall, and when their first leaves are bright green, before their 2nd set of leaves begins to grow.

# Appendix

## What is?

**Moroccan Soak water** – This is the juice that the Moroccan olives come in from Adams Olive Ranch. It is rich like soy sauce. Adams olive ranch use only use Celtic sea salt to cure heir olives.

**Asafoetida or Hing** – Is a powdered resin that we use instead of garlic, onions, chives or leeks. Very pungent, use sparing and start small and add as required.

**Sea Palm, Dulse, Sea Lettuce** – Types of sea vegetables/ weeds

**Sun Choke** – Also known as a Jerusalem artichoke – It is a root vegetable.

**Cacao** – Raw Cacao beans are the source of chocolate. They are usually roasted. Today they are also available raw and organic. Buy the best you can afford as low quality cheap beans may have a lot of bacteria. Peeled beans are now also available to grind to powder, as you need them. If you can only get unpeeled beans simply squeeze and twist and take off the outer skin.

**EM** – Effective Microorganisms and a blend of highly beneficial organisms used in farming, cleaning and health – Read the articles at [www.treeoflife.nu/farm3.html](http://www.treeoflife.nu/farm3.html)

## Highly Recommended Products:

**Mountain Rose Herbs** – Herbs, Oils and Teas

**Stevita** – Quality stevia

**Nutiva** – Coconut Oil is amazing

## Various Tips

**Blending** – When we refer to blending we are referring to a high-powered blender such as a vitamix or a blend-tec commercial. Home blenders are not usually suitable for blending hard nuts, seeds and vegetables and will burn out in a short time.

**Soaking in Hydrogen Peroxide:** We suggest soaking all nuts and seeds and vegetables in a dilute solution of food grade hydrogen peroxide for up to 20 minutes (1 t of 3% H<sub>2</sub>O<sub>2</sub> for 1 quart of water). You could then even soak with a little Effective Microorganisms. This is really important for **walnuts** as they have much surface bacteria.

**Crispy/ Spicy nuts for recipes/ snacks:** It can be useful to pre-soak and then dehydrate nuts and seeds such as walnuts (dehydration removes bitterness) or almonds or sunflower so they will be on hand later. You can add sweet or hot spices, salt and olive / coconut oil for great snacks or in recipes.

**Removing Bitterness:** Lemon juice works well to remove bitterness, especially in sesame seeds

**Flaxseed:** Overuse can overpower breads, challah, or tortillas, find the natural balance and spread thinly when making crackers.

**Flat Flavor** – If your creation seems flat and lacking somewhat first add more of an existing ingredient rather than another ingredient. Always question the salt; usually more will bring out the flavors.

**Texture** – You can change the experience of a recipe by changing the way you chop your ingredients. Bite size pieces are more palatable for most people. Massaging vegetables with a pinch of salt before putting them in the recipe is also helpful for people not used to the high fiber, high cellulose of raw foods. Note too much salt can cause greens to over wilt. Marinating overnight with salt, olive oil and/ or lemon juice is another great option.

**Fresh Herbs** – Over-blending of fresh herbs can turn them bitter, mince with a knife and add at the end of your creation.

**Tomato sauces** – to make a rich tomato sauce remove the seeds and blend with soaked sun dried tomatoes

**Organization** – The area in which you work will be reflected in your final presentation, even if only energetically people will feel it.

**Presentation** – Plating foods is your opportunity to create the most beautiful mandalas that people can feast on with their eyes. It is your opportunity to fill your foods with love. Plating foods can be a great deal of fun. Think of a plate as your canvas and the foods are the 3 dimensional paint. Height on a plate can look stunning as can empty space.

### **Making tahini**

This will save you money on buying tahini, the results are just as good. Grind 1 C white or brown un-soaked sesame seeds until powdered in a coffee grinder or powerful blender. Then mix with enough water to form paste. Sesame oil can be used for richer tahini. Note some sometimes the seeds may be bitter, use lemon and salt to reduce this.

### **Making almond butter**

Grind 1 C un-soaked almonds to a powder in a high power blender, food processor. Add a few T olive oil or pumpkin seed oil. Blend until desired consistency is reached.

### **Knife Cuts**

More information about knives can be found in *Rainbow Green Live Food Cuisine*

### **Chiffonade**

Slicing into thin strips or chiffonade is a technique for herbs or large-leafed vegetable, such as spinach, kale, dandelion or lettuce. Start by stacking the leaves and rolling them tightly. Then, hold the roll with your fingers curled and use your knuckles to guide the chef's knife blade. Slice across the roll to produce fine strips or ribbons for soups or stews

### **Julienne**

Julienne means to cut into matchstick-sized strips. Cut the vegetable into 2-inch, uniform pieces. Stack the pieces and cut them lengthwise into 1/8-inch wide sticks, keeping the knife point down and using a rocking motion. Remember to keep your fingers curled and use your knuckles to guide your knife.

### **Peeling Ginger**

use the back of a spoon – It is so easy

### **Soaking v Un-soaked Nuts/ Seeds**

We do not usually soak the fattier nuts such as brazil, macadamia, pecan, hemp nut, pine nuts because on soaking the fat content is reduced and that element is essential in many recipes. Some people also feel that because these nuts have thick shells they have less enzyme inhibitors and toxins. The ability to digest nuts depend on a few things: the strength of your digestion, the amount you eat at one time, your individual requirements and how well you chew your food. Also note that the fattier nuts/ seeds are part of a meal or within a recipe and not to be eaten in large quantities on their own.

# Further Resources

## Lifestyle

The basic information for being successful on a vegan live food diet and lifestyle is contained in the following books:

*Rainbow Green Live Food Cuisine*, Gabriel Cousens

*Conscious Eating*, Gabriel Cousens

*Spiritual Nutrition*, Gabriel Cousens (Late 2004)

## Tree of Life e-Wellness Newsletter

Visit our website to join our e-Wellness letter and receive a monthly article containing the latest information by Gabriel Cousens M.D., M.D.(H). You can find past articles at [www.treeoflife.nu/ewellness.html](http://www.treeoflife.nu/ewellness.html) including such topics as B12, successful veganism, spiritual fasting, and the mystery of water.

## The Tree of Life Foundation

Come and join us for a meal, a day, a retreat, to rejuvenate, to meditate, to be inspired at our beautiful rejuvenation center in the mountains of south west Arizona. For full details visit our website [www.treeoflife.nu](http://www.treeoflife.nu) or call for details 520 394 2520 ext 201

## Awakened Living Shoppe

The Tree of Life health store stocks the highest quality products for your health. Related to food preparation we have:

Krystal (Himalayan) Salt  
Mesquite Pod Meal - The best available  
anywhere  
Cacao Beans  
Goji Berries  
Olive Oil  
Stevia  
Nori Sheets  
Raw Wild crafted Carob  
Probiotics

Superfoods (Maca, Green Powders, Bee  
Pollen, hemp protein)  
Coconut Oil  
Agave  
Nut Mylk Bags  
Madolin  
Spiralizer  
Blenders  
Juicers  
Sprouters

## Culinary Programs

### Apprenticeship Program

The apprenticeship program is a powerful experience that will immerse you for 3 months in Rainbow Green Live food cuisine; you will also be part of the greater spiritual community and share in the lifestyle that we live here. For extensive details: [www.treeoflife.nu/café.html](http://www.treeoflife.nu/café.html) email [café@treeoflife.nu](mailto:café@treeoflife.nu) or call 520 394 2589 ext 254

### Conscious Eating Workshops

Three times a year we run a hand on workshop, where the participant actually gets to help prepare the main meal to be served that day.

Bring Pleasure and Health to Family, Friends and Yourself with Joy and Ease!  
Experienced and Dedicated Chefs Instruct and Guide you with the latest and most loved recipes based on the concepts found in Rainbow Green Live-Food Cuisine.

You will also have 3 classes on the science behind rainbow green and individualizing your diet with Gabriel Cousens, M.D., M.D. (H) and be invited to join the spiritual programs. Contact our office to find out details of the next workshop or view our online calendar.

### Daily Food Preparation Classes

We have a program of food preparation classes everyday Monday to Friday and while you stay here you are welcome to participate for as part of your stay.

### Feedback

We welcome any suggestions, comments, connections, additions or feedback of any kind about our recipes or our programs. Please feel free to contact us by email at [café@treeoflife.nu](mailto:café@treeoflife.nu) or call 520 394 2589 ext 254



Welcome to the latest book of recipes to arrive from the Tree of Life café kitchen. The recipe booklet is packed with some fabulous recipes based on the excellent book *Rainbow Green Live Food Cuisine*. These recipes are full of love and inspiration and are a reflection of what we serve at the Tree of Life café today. These recipes have been created by the current chefs at the Tree of Life café who have embodied the philosophies of rainbow green live food cuisine.

Throughout the book we have included various tips on creating excellent low glycemic vegan live food cuisine. You can take the recipes here and find inspiration to create your own amazing recipes. At the Tree of Life café we want to make food that is accessible and easy to create for everyone, whatever his or her skills. We share our recipes in daily food preparation classes, weeklong conscious eating workshops and 3-month apprenticeships (details in the back). We look forward to welcoming you here.

May you find an abundance of peace, joy and love in these recipes. May you experience that every mouthful to be, (to quote Gabriel Cousens) “a love note from god”