

RAW RECIPIES FOR DANIEL'S DIET FROM PATICE MORRIS

DATE	BREAKFAST MENU	LUNCH/DINNER MENU
DAY 1		
<p style="text-align: center;">Sunday, January 3, 2009</p>	<p><u>Golden Smoothie</u></p> <p><i>Ingredients:</i> 2 Kiwi fruit 1 Banana 1/2 cup Orange juice 1/2 cup frozen Mango chunks (or other frozen fruit chunks)</p> <p><i>Instructions:</i> Peel and slice the Kiwi fruit, and blend. Add Banana, Orange juice and frozen fruit. Blend until smooth. Pour over ice cubes in two long glasses.</p> <p>Serves 2 2 Kiwi fruit</p>	<p><u>Simple Salad</u></p> <p><i>Ingredients:</i> 3-4 cups Mixed Greens 7 Cherry Tomatoes cut in half 1/2 cup sliced Cucumber 1/2 med fresh Carrot (shredded) 1/4 c Raw slivered Almonds Sliced Red onion to taste preference</p> <p><i>Instructions:</i> Mix salad ingredients together in a large bowl Add the Almonds and the Red Onions on top Drizzle a simple dressing of 1-2 tbsp Cold Pressed Olive Oil and Lemon Juice</p>
DAY 2		
<p style="text-align: center;">Monday, January 4, 2009</p>	<p><u>Almond Sunflower Cereal by Jennifer Cornbleet</u></p> <p><i>Ingredients:</i> 2 tablespoons soaked Raw Almonds 2 tablespoons soaked Raw Sunflower Seeds 1 tablespoon soaked Raw Walnuts o Pecans (optional) 1/2 cup chopped or sliced fresh fruit (i.e. apple, banana, berries, kiwifruit, mango, peach, pineapple) 1/2 cup Almond Milk</p> <p><i>Instructions:</i> Combine Almonds, Sunflower seeds, Walnut/Pecans (optional), and fruit in a small bowl. Serve immediately with Almond milk.</p>	<p><u>Raw paghetti Compliments of Rick Dina, D.C.</u></p> <p><i>Ingredients:</i> 2 medium green Zucchini, as thick (fat) and straight as possible. "Spiralize" in "Saladacco (Spiral Slicer)", or similar machine. Shredded Zucchini can work also, but the authentic "pasta effect" is not as notable. Arrange on plate similar to pasta.</p> <p><u>Pasta Sauce</u> 10-12 "sundried" Tomatoes, allow to soak for several minutes in warm water to soften. 1 large fresh Tomato 1 large Red Pepper 1-2 stalks of Celery 1 clove Garlic (4-5 fresh Basil leaves)</p> <p><i>Instructions:</i> Blend all of the sauce ingredients in a blender or Food Processor. Add the soaked sundried Tomatoes last, a few at a time. Pour nicely over the zucchini "pasta". Some fresh curly Parsley sprinkled over the top adds a nice touch!</p> <p><u>Other Options</u> Make a sauce of Raw Tahini (Sesame seed butter), lime juice, and a little water to drizzle on the top for extra taste and presentation. Add pieces of sprouted sunflower patties on top of the dish as "meatballs".</p>

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DAY 3		
<p>Monday, January 4, 2009</p>	<p><u>Monkey Shake by Cherie Calbom</u> (This juicing recipe will act as an aid for indigestion)</p> <p><i>Ingredients:</i> ½ Orange, peeled (leave white pithy part on) ½ Papaya peeled 1 Banana Orange twist for garnish</p> <p>Juice Orange with Papaya. Place juice and Banana in to a blender or food processor, and blend until smooth.</p> <p>Garnish with the Orange twist. Pour into a tall glass and enjoy!!</p>	<p><u>Sprouted Sunflower Seed Veggie Patties Compliments of Rick Dina</u></p> <p><i>Ingredients:</i> ½ lb. (1 + ¾ cups) Raw and unsalted Sunflower Seeds Soak for 8 hours in purified water. Rinse and allow to sprout for 1 day. 1 head Celery 1 large Red Onion 4 Carrots 3 cloves Garlic 2 Lemons, juiced</p> <p>Add Lemon juice, Celery, Garlic and Onion to Food Processor. Blend thoroughly with the S-Blade. Then add the carrots and blend thoroughly again. Add the sprouted Sunflower Seeds last and mix for several minutes. (You may have to do this in 2 batches if the Food Processor is not large enough.) At this point, this “batter” is great as a sprouted seed pate. You can stuff half a pepper with it, use as a dip, or roll it in nori sheets.</p> <p>Now take a ½ cup measure, and put scoops of the mixture onto dehydrator sheets, with either “teflex”, or wax paper covering. Arrange into nice patty shapes, or whatever shape you desire. Dehydrate at less than 110 degrees Fahrenheit for about 12-14 hours. Then “flip” the patties, and dehydrate for another few hours so the bottoms are not too soggy. Now you have live sprouted sunseed veggie patties!! You can also make them into raw sandwiches.</p> <p><u>Raw Sandwiches</u> Place one large or two small pieces of Red/Green Leaf Lettuce on a plate. Place one of the Sunseed patties on the Lettuce. Next place one slice of a Tomato on top of the patty, a few slices from ¼ of an Avocado on top of the Tomato. For extra flavor add a little bit of soaked and rinsed Dulse (Seaweed). Wrap everything up in the Lettuce and eat!</p>
DAY 4		
<p>Tuesday, January 6, 2009</p>	<p><u>Fruit and Nut Butter</u></p> <p><i>Ingredients:</i> 1 Med Banana 1 Med Apple 2 Tbsp Raw Peanut/Almond Butter 1 oz Raisins</p> <p>Cut the Banana and Apple into bite sized pieces. Drizzle the fruit with the Peanut butter and sprinkle with Raisins and enjoy</p>	<p><u>Raw Sweet Corn Salad by Rhonda of Hallelujah Acres</u></p> <p><i>Ingredients:</i> 1 large ear of raw Sweet Corn 1/2 Red Bell Pepper, chopped 1 large ripe Tomato, diced 3 tablespoons Parsley, minced 1 Celery stalk, diced 1/4 cup Sweet Red Onion, chopped</p> <p>Wash all vegetables, remove kernels of Corn from cob, dice Tomato, dice Celery, chop Red Pepper and Onion, and mince the Parsley. Combine in a bowl, cover and set in refrigerator while preparing Avocado dressing.</p> <p><u>Avocado Dressing *</u> <i>Ingredients:</i> 1 ripe Avocado 1 Lemon, juiced</p> <p>Mash the Avocado until smooth; add the Lemon juice until a creamy consistency is obtained. To Serve: Place leaf Lettuce on a plate, spread with Avocado mixture, top with raw Sweet Corn salad.</p>

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<p>Thursday, January 7, 2009</p>	<p><u>Four Berries by Norma Miller</u></p> <p><i>Ingredients:</i> 3 Green eating Apples 3 oz Blackberries 6 oz Raspberries 6 oz Blueberries 3 oz Cranberries Chilled Water</p> <p>Wash and remove stalks from the Berries and Apples. Cut Apples into wedges.</p> <p>Juice the Apples, Blackberries, Raspberries, Blueberries, and Cranberries.</p> <p>Pour the juice into glasses, if preferred add a little water or ice. Serve immediately.</p>	<p><u>Green Taco</u></p> <p><i>Ingredients:</i> 4 Romaine Lettuce/Cabbage leaves 1 cup thinly shredded Green Lettuce of your Choice ½ Carrot (shredded) ½ cup thinly shredded Cabbage (red or green) 1 ripe Haas Avocado 3 tbsp Lemon Juice ⅛ teaspoon Salt ¼ C Chopped Raw Walnuts (optional)</p> <p>In one large bowl, add the Lettuce Carrots and Cabbage In a small bowl mash the Avocado, add the Lemon juice and salt. Then add the mashed Avocado into the big bowl. (Optional) Fold the Walnuts into the salad.</p> <p>Fill the Romaine Lettuce/Cabbage leaves with the salad mixture and roll. Use toothpicks to hold the Green taco together and enjoy.</p>
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DAY 6

Friday,
January 8, 2009

Fruit and Nut Raw Medley and Raw
Almond Milk

Ingredients:

1/4 cup Medjoul dates (chopped)
1/4 cup Raisins
1/4 cup dried Bananas
2 tsp Vanilla
Grated Orange rind from 1 Orange
(These nuts and seeds can be added whole
or chopped in a food processor)
1/8 cup Sesame seeds
1/8 cup Pumpkin seeds
1/8 cup Flax seeds (ground)
1/8 cup sunflower seeds

Combine all of the ingredients and mix
thoroughly. Add Raw Almond Milk and
enjoy!

Raw Vanilla Almond Milk Courtesy of
Cecilia Benjumea <http://www.rawglow.com>

Ingredients:

1 cup soaked Almonds
(Soak in a bowl in the refrigerator overnight
and rinse before using)
3 cups Water
1 [Vanilla bean](#), seeds scooped out
3-5 soft pitted Dates (or soak hard Dates in
water for 1/2 hour) or other sweetener to
taste such as Honey or Stevia

To make raw Almond milk blend the soaked
Almonds with the water until smooth. Then
strain the mixture through a [sprout bag](#),
cheesecloth, or strainer into a big bowl.
Save the Almond pulp in a container and
put in the refrigerator for later use. Put the
Almond milk back into the blender carafe
and blend in the [vanilla](#) seeds and Dates or
other sweetener until smooth. This milk will
last in the refrigerator for about 3-5 days.
Shake well before using.

RAW BEET, CARROT & KOHLRABI SALAD From the Fresh

Farmer's Market

Hands-on time: 15 minutes/Time to table: 15 minutes
Serves 4

Ingredients:

1 generous pound total of Beets, Carrot and Kohlrabi, trimmed
1 tablespoon Olive oil
1 tablespoon Honey
Zest and juice of a Lemon
Fresh Dill, chopped

Grate the Beets. (There's no need to peel, the grater will just push the
skins back.) Grate or chop the Carrot using a Mandoline / Benriner.
(There's no need to peel.) Slice off the thick skin of the Kohlrabi with a
knife, then grate or chop using a Mandoline. Toss with the remaining
ingredients.

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DAY 7		
<p>Saturday, January 9, 2009</p>	<p><u>Oat Bran Cereal by John</u></p> <p><i>Ingredients:</i> Organic Oat Bran (Can also use baby rolled oats, or even oats) Organic Raisins (can add other chopped dried fruit) Stevia- Powdered Herb Filtered Water Cardamom spice to taste Maple Syrup (can substitute honey instead)</p> <p><i>Instructions:</i> Fill Bowl with Oat Bran Add a handful of raisins (or other chopped fruit i.e.: apples) Add a squeeze of the maple syrup or honey. Add Cardamom to taste Add a sprinkle of Stevia Add filtered water as needed to firm NOTE: No need to heat! Tastes delicious raw</p>	<p><u>Tomato and Cucumber Salad</u></p> <p><i>Ingredients:</i> 1 Cucumber Medium Tomato 2 teaspoons Olive oil 1 clove Garlic, minced 3-5 fresh Basil leaves 1-3 fresh Oregano leaves 1 teaspoon Lemon juice Salt (to taste) Raw Slivered Almond</p> <p>Tomato/Cucumber Salad: Roughly chop Tomatoes and Cucumbers (seed or not, but I usually peel). Roll up leaves and slice into little strips (chiffonade). Chop and add to your and bowl. Season with Olive oil, Salt, Pepper and a squeeze of Lemon juice. Toss and let sit for 5 minutes, then enjoy.</p>
DAY 8		
<p>Sunday, January 10, 2009</p>	<p><u>Muesli</u></p> <p><i>Ingredients:</i> 7 medium Apples 1 cup of Rolled Oats 1/4 cup of Raisins 1/4 cup Almonds (optional) 1/2 teaspoon Cardamom seasoning</p> <p>Cut the Apples into wedges and remove the core. Juice the Apple wedges and reserve 2 1/4 cups of the juice and 1/2 cup of the pulp. In a medium size bowl, combine the Apple juice and pulp with the Oats, Raisins, Almonds and Cardamom; mix well. Cover the bowl and place in the refrigerator. Allow the Muesli to soak overnight.</p> <p>To serve, pour some of the muesli into a bowl and add fresh Berries or Banana slices. Yield: 3 1/2 cups Preparation time: 10 minutes Chill: overnight</p>	<p><u>Spinach [Cho-cho]* Soup by Jennifer Cornbleet</u></p> <p><i>Ingredients:</i> 2 cups Spinach leaves, tightly packed (can also be substituted with kale or chard) 1/2 Chayote (cho-cho), peeled and chopped 1/2 cup Water, plus 1/4 cup water to thin, if necessary 1 teaspoon fresh Lemon juice Dash salt 1/2 ripe Avocado, chopped</p> <p>Place all ingredients except the Avocado in a blender and process until smooth. Add the Avocado and process until smooth. If necessary add the extra 1/4 cup water to thin, and blend briefly. Can be served immediately or as a chilled soup. For a chilled soup, refrigerate for 30 minutes before serving.</p> <p>Yields 1 1/2 cups; 1 serving *Chayote (cho-cho) was substituted for apple</p>

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DAY 9

**Monday,
January 11, 2009**

Apple Refresher by Norma Miller

Ingredients:
6 Green eating apples
Small Bunch Seedless Green Grapes
1 Cucumber
1 Kiwi Fruit
½ Lemon
Chilled Water

Remove the stalks from the grapes and apples. Cut the apples wedges. Trim both ends of the cucumber and cut into half lengthways. Peel the Kiwi fruit and cut in half. Remove the outer peel from the lemon, leaving behind the white pith, and cut into wedges. Juice the lemon, kiwi, apples, grapes and cucumber. Pour the juice into a tall glass and if preferred, dilute with a little water or ice.

Bell Peppers Stuffed with Sunflower Herb Pate Jennifer Cornbleet

Pate Ingredients:
1 cup soaked raw Sunflowers seeds
2 tablespoons Water
1 tablespoon fresh Lemon juice
½ teaspoon crushed Garlic (1 clove)
¼ teaspoon Salt
Dash Cayenne or Black pepper
1/3 cup soaked or oil-packed Sun Dried Tomatoes (optional)
1 tablespoon minced Red or Green Onion
2 teaspoons minced fresh Dill weed, Basil, or Parsley

½ Red Bell Pepper, seeded (or ¼ Red Bell Pepper, if large)
½ teaspoon minced fresh Parsley, for garnish (optional)

Place Sunflower Seeds, Water, Lemon juice, Garlic, Salt, Cayenne, and Tomatoes in a food processor and process to a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a small mixing bowl. Stir in the Red Onion and Dill weed, mix well, and set aside. Trim the white membranes from the Bell Pepper using a paring knife. Fill the Pepper with the pate and garnish with the Parsley, if desired. Serve immediately.

DAY 10

**Tuesday,
January 12, 2009**

Sprouted Oatmeal By Loving Foods, Hawaii

Ingredients:
2 cups Raw Sproutable Oat Groats
1 large Apple
5 Dates
1/4 cup Raisins
1/4 tsp Vanilla
1/2 cup Date (soaked in water)
Dash of allspice
Cardamom to taste
2 tablespoons Maple syrup (optional)

Soak Oat Groats for 10 hours. Drain and rinse and then place jar mouth down at a 45 degree angle. Rinse and drain daily for two days. Soak Pitted Dates for 1 hr. Place Soaked Dates, Sprouted Oats, Vanilla, Maple, Allspice, Cardamom and Chopped Apple all in Food processor and blend. Place in a bowl and add Raisins stirring by hand. Place in Bowls and Serve.

Raw Sweet Corn Salad by Rhonda of [Hallelujah Acres](#)

Ingredients:
1 large ear of raw Sweet Corn
1/2 Red Bell Pepper, chopped
1 large ripe Tomato, diced
3 tablespoons Parsley, minced
1 Celery stalk, diced
1/4 cup Sweet Red Onion, chopped

Wash all vegetables, remove kernels of Corn from cob, dice Tomato, dice Celery, chop Red Pepper and Onion, and mince the Parsley. Combine in a bowl, cover and set in refrigerator while preparing Avocado dressing.

Avocado Dressing * * * * *

Ingredients:
1 ripe Avocado
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Mash the Avocado until smooth; add the Lemon juice until a creamy consistency is obtained. To Serve: Place leaf Lettuce on a plate, spread with Avocado mixture, top with raw Sweet Corn salad.