

Indian Menu

Indian Cabbage Salad: make 2-4 servings as appetizers or main course

Put the following into a large salad bowl:

- 2-3 cups shredded cabbage
- 2 cups carrots (shredded)
- ½ cup raw cashews (coarsely ground)
- 1 cup chopped cilantro or coriander leaves

Curried Dressing: makes ¾ cup

Blend the following until creamy:

- 4 tbsp. cashew oil
- 4 tbsp. freshly squeezed lemon juice
- 1 tsp. curry powder
- ½ tsp. masala (mixture of cinnamon, cardamom, & cloves)
- sea salt to taste

Pour this dressing over the salad and toss well before serving, this keeps well in the fridge.



Okra Green Bean Salad: serves 4

Put the following into a large salad bowl:

- 1 cup fresh okra (sliced diagonally)
- 2 cups green beans (cut into 1 inch pieces)
- 2 green onions (chopped)
- 3 large vine ripe tomatoes (diced)
- ½ cup chopped cilantro

Lime Dressing: makes ½ cup

Blend the following until creamy:

- 2 tsp. extra virgin olive oil
- 2 limes juiced
- 1 tsp. garlic powder or 1 clove
- ¼ tsp. coriander powder
- ⅛ tsp. cumin
- ¼ tsp. cloves

Pour this dressing over the salad and toss well before serving, this keeps well in the fridge.



Coconut Soup recipe below

Raw Coconut Mint Soup: serves 4

This is a raw soup that we will make in our VitaMix blender that will warm it nicely and keep the enzymes alive.

Put the following ingredients into your blender and process on high until warm:

- 2 cups coconut water from a young coconut
- the soft coconut flesh from the young coconut

- 3-6 fresh mint leaves
 - ½ tsp. Chinese 5-spices
 - 2 thin slices of ginger root
 - a pinch of sea salt
- Once this is creamy serve right away.

Warm Mushroom salad: serves 4 appetizer sized plates

Sauté the mushrooms and onions until tender:

- 2 cups fresh white mushrooms
- 2-4 tbsp. coconut oil
- 2 chopped small-sized onions
- 2 chopped garlic cloves

Chop the following and put in a salad bowl:

- 2 cups spinach
- ½ cup mint leaves
- 1 cup cilantro

Spicy Dressing: makes ¾ cup

Blend the following until creamy:

- ¼ cup sesame oil
- ¼ tsp. red chili powder
- ¼ tsp. paprika powder & oregano
- 2 lemons juiced
- sea salt to taste

Pour the dressing and the mushroom mixture over the spinach mixture and toss just before serving.



Spicy Orange Pudding (Santras): serves 4-6

Put the following in a large bowl:

- 2 large Bananas (peeled and thinly sliced)
- 2 large oranges (santras) (peeled into segments and cut in half)

Blend the following until creamy:

- ½ tsp. saffron strands
- 2 tsp. maple syrup
- ¼ tsp. red chili powder
- ¼ tsp. sea salt
- ¼ cup coconut water

Pour this over the fruit mixture and stir well.

Keep in fridge until ready to serve.

