

# LEARNING THE BASICS for Vegan Recipes!

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HALLELUJAH DIET  
CANADA



## Some of the Basic Recipes are for Salads, Seed Cheese, Soups or Stews and Desserts

Just incorporate some raw vegetables and fruits into your diet along with some nuts and seeds and you will soon see the benefits. In other words eat **more raw!** Why is Raw food good for us?

### Here are 5 good reasons to eat raw:

1. Our body is a living organism made of living cells requiring living food, as its fuel, to function properly.
2. We get the most abundant source of nutrients for use by our body from raw vegetables and fruits.
3. We need enzymes to be able to properly digest our food. Raw food is full of enzymes.
4. We need good fiber to daily cleanse our colon. Raw food is the best source of good fiber.
5. Good fats and sugars are found in raw foods

### What happens when we cook our food?

Here are some results of cooking our food:

- enzymes are destroyed
- proteins are denatured, causing many health problems
- fats become carcinogenic (may cause cancer)
- carbohydrates (sugars) are caramelized
- vitamins & minerals are less available
- water is eliminated
- cooked food creates an acidic ash making it harder to have a good pH



### Here are some pointers to guide you.

1. Eat more RAW food (eat at least 30% raw then gradually increase)
2. Include raw nuts, seeds, & legumes in your salads, smoothies, appetizers etc.
3. Eat less processed packaged foods and fast food.
4. If eating meat, eat less and make sure it is free-range and organic.

### Eating the right food is important and each day there are things you should include in your diet:

- 3-5 servings of green juice (BarleyMax® each serving is 1 tsp.)
- 1-2 servings of freshly made vegetable juice (made of at least 1/3 carrots and a variety of other vegetables)
- 2-3 servings of raw fruit (½ cup each)
- 6-10 servings of vegetables (1 cup each)
- 2-4 tbsp. ground flax seed
- ¼ cup of nuts and/or seeds (such as sunflower, pumpkin, sesame seeds or almonds, pecans, hazelnuts, brazil nuts, walnuts)
- 1-2 servings of healthy grains (rice, whole grain bread, quinoa, pasta)
- Water (we need to replace 8 cups of liquid daily remember our raw food & juices are good water)

Then add these once or twice a week:

- 1-2 avocados
- 1-2 cups legumes (beans)

## Tomato/Corn Salad

**The Salad:** serves 4-6

Make this in a glass bowl or individual mason jars so you can see the layers.

Get the following veggies cut and put aside:

- 4 medium vine ripe tomatoes (cubed into ½ inch pieces)
- 4 fresh cobs of corn (cup off the cob)
- 1 head of Romaine lettuce (chopped)
- ½ cup white onion (finely chopped)
- 1 avocado diced into chunks

To assemble layer the veggies as follows until you have used them up:

Lettuce, tomatoes, avocado, onion & corn

Lettuce, tomatoes, avocado, onion & corn

Drizzle with the dressing and keep cold until ready to serve.

**The Dressing:** makes ½ cup

Put the following ingredients into a blender until creamy:

- ½ cup apple cider vinegar
- ½ of a ripe avocado
- 1 handful fresh basil
- 1 clove garlic
- 2 tsp. maple syrup

You might have to add water to get the right consistency to pour.



## Basic Seed Cheese or Nut Pâté:

Always soak nuts and seeds 4-6 hours or overnight for better digestion and to make them softer.

Strain and put into your food processor:

- 2 cup of nuts or seeds that have been soaked (almonds, pecans, brazil nuts, hazelnuts, walnuts or sunflower, pumpkin, sesame seeds)

Add the following to this mixture as it is processing:

- ¼ cup fresh lemon or lime juice
- 2 celery stalks (chopped)
- ¼ cup onion (diced)
- 2 fresh garlic cloves
- ⅓ cup nutritional yeast



Blend this mixture well until it is like creamed cheese, keeps well in the fridge for 3-5 days

To change the flavour of this basic recipe: add herbs, spices or veggies see suggestions below:

- 1 tsp. of one or more herbs: basil, sage, rosemary, turmeric, curry, thyme, ginger
- peppers, mushrooms, spinach, zucchini, radishes just to name a few

Above we added 1 handful of spinach, ½ cup chives, 2 chive blossoms and folded in ¼ cup peas after processing.

**Other suggestions:** add 1 of the following

- ½ cup of diced sweet peppers
- ½ cup of chopped broccoli or
- ½ cup mushroom stems

**Serving Suggestions:**

1. Serve with veggies
2. Use the seed cheese to stuff tomatoes or large mushrooms (as in picture above).
3. You can also use it in a sandwich or wrap in place of butter or mayo.



## Basic Soups (or Stews) simple comfort food



Since we live in a cooler climate, I feel we need to introduce some cooked foods in the winter months. Cooked food is comfort food but let's make sure these foods are made from our fresh vegetables, fruits, nut, seeds and legumes. Remember the cooked portion of our daily food should only be about 15% of your daily allotment of food. My cooked food is usually a soup or stew. **Always start your meal with a Large Raw Salad** — this will give you a good beginning for your evening meal.

A bowl of hot soup is great on a cold fall or winter day! Because you are going to cook these soups it is okay to use organic canned goods or frozen vegetables, but it is even better if you use whatever you have from the fresh foods in your fridge.

### Basic Recipe for Soups and Stews: makes 2 large bowls of soup

I always start with these basic ingredients to make a good tasting base; sauté these ingredients in a medium saucepan until tender:

- 2 tbsp coconut oil
- ½ cup chopped onions – add great flavour and contain quercetin, a potent antioxidant
- 1-2 cloves of garlic – for great taste, also is known for boosting the immune system,
- ½ cup thinly sliced celery – for the natural sodium, acts as a natural tranquilizer, and replaces lost electrolytes
- Season with sea salt, cayenne, herbs and spices
- Add 1-2 cups vegetables and/or 1 can diced tomatoes
- Add water and simmer



### Tomato Lentil Soup: to make this soup add the following

ingredients to the basic recipe above and simmer on medium heat for 30-45 minutes:

- ½ cup diced carrots
- 1 cup diced tomatoes
- 2 tbsp. organic ketchup
- ½ cup dried lentils
- ¼ cup brown rice (uncooked)
- 3-4 chopped fresh basil (or 1 tsp. dried)
- 1 tsp. of each: paprika, curry, chilli
- season to taste with sea salt
- You may need to add more water as you are cooking.



## Basic Dessert Recipes

### Judy's Anytime Cookies or Pie Crust: 3-4 dozen or 1 9" pie

They are great as a dessert or as a snack anytime. For best results, soak nuts and seeds in distilled water overnight, drain before using. These cookies are raw and so easy to make!

**Ingredients:** pecans, sunflower seeds, dates, raisins, coconut, cinnamon & carob

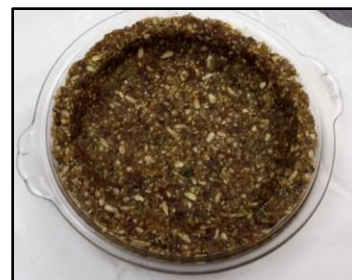
#### Step 1: Basic Cookie recipe:

Put the following into your food processor and blend well:

- 1 cup of each: pecans or almonds & sunflower seeds
- ½ cup organic dates

To make the cookies more interesting add the following

- ¼ cup figs
- ½ cup organic raisins



- 1 cup unsweetened coconut
- 1 tsp. cinnamon

You can substitute other nuts such as almonds, Brazil nuts, hazelnuts, or pumpkin seeds

Add the following ingredients to the nut mixture in your food processor, and blend well:

- 2 tbsp. coconut oil (optional)
- ¼ cup carob powder (optional)

Mix well then roll a spoonful into a ball (roll each ball in more coconut or leave plain) – or mold into a flat cookie about 1cm thick and dehydrate for 2-4 hours until firm

(as we did for these **Carob Sandwich Cookies**).

**Step 2: Basic Dessert Pudding:** makes 2-3 cups

Here is a great pudding or you can use it as a filling for a pie.

Put the following into your food processor:

- 2 bananas peeled
- 2 ripe avocados (peeled)
- ¼ cup coconut oil
- ¼ cup agave syrup

Blend until smooth, pour into piecrust or layer in a parfait glass, keep in fridge for at least 1 hour before serving.

To make into many different flavours for amazing desserts add 1 cup of any fruit chopped (pineapple, mango or berries).

Or to make the carob pudding in these cookies above we added ¼ carob powder to the pudding recipe above.

**Step 3: Carob Sandwich Cookies** – putting the cookies together

Take your cookie dough and make into flat round cookies about ½” thick and dehydrate for 2-3 hours

Put a scope of the Carob Pudding on a dehydrated cookie round then cover with another cookie and put in freezer for 30 minutes until pudding is set and serve. Or put in fridge overnight and serve cold.

**Note:** if you are making a pie put the pudding right into the raw pie shell and put in fridge for 3-4 hours or overnight and serve cold.

