

# Recipes using your Food Processor



The **Kitchen Aid Food Processor** can do so much for you, it allows you to slice, shred, chop and purée. You will be able to make many awesome recipes like these below! All the plastic parts are BPA free. It has 2 bowls for big and small jobs.

Comes with the following:

- 12 cups container with the large multi-purpose S blade
- 7 cups container with a smaller S blade
- Slicing blades: two 2 sizes 2mm & 4mm
- grating blade
- It has 3 power settings: low, high & pulse
- It has a storage case for all the parts.

Dimension: 18lb H16" W12" D11"

Comes in black or white with a one (1) year warranty.

**Retail price is \$259.95**

## Seed Cheeses

**Method:** makes 2 cups each      **Preparation time:** 15 minutes for each one

For the basic seed cheese recipe put the following in your food processor:

- 1 cup of each: sunflower or pumpkin seeds
- 2 tbsp. nutritional yeast
- ¼ cup apple cider vinegar
- 1 garlic clove

Blend well then add for a variety of flavours the following suggestions and blend again until creamy - serve these 3 spreads with raw veggie sticks, flax crackers or bread.

### Love that Red:

- 1 red pepper (diced)
- 1 small beet
- 1 tsp. paprika & cayenne pepper

### Orange Sunset:

- 1 orange pepper (diced)
- ½ tsp. turmeric & curry powder
- 2 tbsp. diced onion

### Yellow to Green:

- 1 yellow pepper (diced)
- ¼ cup fresh parsley
- 1 handful fresh basil leaves

In this second picture we used one of the above seed cheeses and added ½ cup of peas and served with our favorite veggies.



**Reuben Sandwich:** You will need some good multi-grain bread thinly sliced, or this can be done with Multi-grain Pita-Pockets (make sure you read the label to get the best bread possible).

**Preparation time:** 20 minutes

**Serving size:** makes enough for a party of 6-8 people

**Ingredients:** cabbage, onion, celery, apple cider vinegar, olive oil, maple syrup or honey, nuts/seeds, nutritional yeast, garlic, lemon, whole grain bread, broccoli or radish seed sprouts

### Step 1: Cabbage Filling

Put the following in your food processor – using S blade

- ½ purple cabbage (cut into 2" pieces first)
- ¼ cup onion
- ½ cup celery

Put in a bowl and add the following dressing:

- 3 tbsp. apple cider vinegar
- 3 tbsp. extra virgin olive oil
- 1 tbsp. maple syrup or honey

Leave this mixture soaking while you make the spread below.

### Step 2: Seed "Cheese" Spread

Make one of the seed cheeses above

**Step 3: Assemble** your sandwich by spreading your bread with the seed cheese spread on both sides, or this could be an open-faced sandwich.

Add a handful of sprouts then place a scoop of the cabbage filling over the spread and cover with the second slice of bread.



## Rainbow Veggie Salad

I used my Kitchen Aid <sup>TM</sup> food processor to make this salad, using the assortment of attachments it has for slicing, dicing and grating but you could do this by hand as well. The food processor made it easy in about 20 minutes total time.

**Step 1:** Process each veggie using the desired blade then place in a small bowl and put aside until ready to assemble the Rainbow Salad.

Using the S-blade chop the following until a fine crumble:

- 2 carrots (peeled and cut into 1-2 inch pieces)
- 3 beets (quartered)

Using the 2 Slicing blades that do thick or thin slices:

- 1 zucchini or cucumber (I prefer the thin slices)
- Celery (take 4-6 short pieces and process at once)

Using the Grating blade process the following:

- 2 cups purple cabbage chunks
- 2 cups green cabbage chunks

**Step 2:** Assemble as in the above picture. When ready to eat drizzle with your favorite raw dressing.





## Easter Cookie Baskets

You need a Dehydrator to make these a living cookie.

### The Cookie:

You can make these ahead and keep unfilled in a sealed container in the freezer for many weeks.

Soak the following in a large bowl for ½ hour:

- ½ cup of each: walnuts & pecans
- ½ cup fresh ground flax seed
- 1 cup unsweetened coconut
- 1 ½ cup distilled water

Now put this in your food processor and blend until creamy then add:

- ½ cup raw carob powder
- ½ cup honey or maple syrup
- 1 tsp of each: cinnamon & nutmeg

Stir well adding ½ cup more coconut then spoon onto Paraflex sheets (or parchment paper) by the spoonful making an indentation – put into Dehydrator at 105F for 3-5 hours then take off sheets and put on fine mesh and place them back in the Dehydrator for another 2-3 hours until a soft crispness.

**Avocado Fruit Filling:** put the following in your food processor (or a blender can be used)

- 3 ripe avocados peeled and sliced
- 3 ripe bananas peeled and sliced

Split this pudding into 3 smaller bowls – put each of these back in the food processor to blend with each of the following to make a different coloured creamy pudding each time:

Take the 1<sup>st</sup> bowl and add the following and blend until smooth & creamy:

- 1 cup fresh pineapple (chopped)
- 2 tbsp maple syrup

Take the 2<sup>nd</sup> bowl and add:

- 2 kiwi (diced)
- 2 tbsp maple syrup

Take the 3<sup>rd</sup> bowl and add:

- 1 cup raspberries
- 2 tbsp maple syrup

Now spoon these puddings into the center of the basket cookies to make an assortment of different coloured Baskets. Sprinkle with coconut and put in fridge before serving.



### Carob Macaroon Cookies: makes 2 dozen

Soak your nuts and seeds for 1-2 hours for best results

Put the following into your food processor and blend well:

- 1 cup of each: pecans and sunflower seeds
- ¾ cups organic pitted dates
- 1 ½ cups unsweetened coconut
- ¼ cup raw carob powder

Pat a spoonful into heart shaped muffin tins about ½" thick (dehydrate for 1-4 hours at 105F).



## Carrot Raisin Salad with Orange Mayonnaise

**The Salad:** serve 4

- 4 large carrots (grated – we used our food processor attachment)
- 1 cup organic raisins
- ¼ cup sunflower seeds (soaked for 1 hour then drained)

Combine the above ingredients in a large salad bowl and toss with the dressing below.

**The Dressing:** makes 1 cup

Put the following into your mini blender and blend until smooth and creamy:

- ½ cup olive oil
- 1 lemon freshly juiced
- ¼ cup pine nuts (that were soaked for ½ hour then drained)
- ½ orange (peeled and sectioned)
- 1 tsp honey or maple syrup
- ½ tsp nutmeg

This salad can be made the day ahead and is a great choice for the Church Pot Luck



## Brussels' Slaw with a Honey Horse Radish Dressing

**The Salad:** serves 2

Put the following into a large salad bowl after processing:

- 12 Brussels sprouts (that have been shredded using a food processor)
- 2 cups green cabbage (that have been shredded using a food processor)
- 1 cup finely chopped broccoli florets
- ½ cup organic raisins

Toss with the following dressing and serve cold.

**The Dressing:** makes 1 cup

Put the following ingredients in your blender and blend until creamy:

- ⅓ cup apple cider vinegar
- ⅓ cup olive oil
- 1 tbsp horse radish
- 1 tbsp organic stone ground mustard
- 2 tsp honey
- 1 clove garlic

Both the salad and dressing keep well in the fridge for 2-3 days.

**Remember the appliances we sell are on sale until the end of April for 10% off.**

