

Taste of Paradise Recipes

Season 1

Program Code: TOP000001

Spinach Avocado Soup (Raw)

Ingredients:

2 c. spinach
½ green onion
1 small apple, peeled and cored
1 avocado
½ - 1 c. tomatoes
1 tsp. sea salt
½ tsp. thyme
¼ tsp. cayenne pepper
1 Tbsp. olive oil
4 c. hot water

Directions:

1. Blend all ingredients for a couple of minutes until smooth.
2. Top with extra diced tomatoes, freshly ground pepper, green onions, sesame seeds, and freshly squeezed lemon juice before serving.

Makes 4 bowls of delicious soup!

Taste of Paradise Recipes

Season 1

Program Code: TOP000001

Avocado Kale Salad (Raw)

Ingredients:

1 bunch kale
¾ tsp. sea salt
½ large avocado
1 c. cherry tomatoes, halved
2 spring onions, chopped
1½ Tbsp. lemon juice
1 clove of garlic
2 Tbsp. olive oil

Directions:

1. De-stem and chop (or shred by hand) the kale. Drizzle with olive oil, crushed garlic and sea salt.
2. Massage kale by hand (makes it easier to digest and chew). Add fresh lemon juice and continue to massage until it appears wilted (about 2 minutes).
3. Cut avocado in half and then into cubes (or mash) and add to kale.
4. Add chopped cherry tomatoes and green onion.

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Season 1

Program Code: TOP000001

VIP Room: Macaroni & Cheese Pie

Ingredients:

14 oz. box whole wheat macaroni
3 c. water, divided
2 c. raw cashews
½ c. red bell peppers (or roasted red peppers)
¼ c. nutritional yeast flakes
2 Tbsp. lemon juice
½ Tbsp. salt
2 tsp. onion powder
½ tsp. garlic powder

Directions:

1. Preheat oven to 350 degrees F. Lightly coat a 9 x 13 inch baking dish with non-stick cooking spray.
2. Blend 2 cups water and nuts in blender until very smooth and creamy. This can take several minutes depending on your blender
3. Add remaining ingredients, except pasta, to blender; blend under smooth
4. Combine blended mixture and pasta in prepared baking dish; stir well to mix
5. Bake for 45 minutes.

Taste of Paradise Recipes

Season 1

Program Code: TOP000002

Collard Green Wraps (Raw)

Ingredients:

Marinade:

(This will cause the collard greens to become tender)

¼c. lemon juice

¼ c. olive oil

pinch of salt

Walnut Taco "Meat":

1½ c. walnuts

1½ tsp. coriander

¾ tsp. cumin

2 Tbsp. Braggs Liquid Aminos

¼ tsp. cayenne

Macadamia Almond Cheese:

1½ c. soaked almonds

½ c. soaked macadamia nuts

2 Tbsp. lemon juice

½ c. nutritional yeast flakes

½ tsp. sea salt

2 cloves garlic

2 Tbsp. chopped onion

½ c. water

Directions:

1. Wash and cut stems off of collard green leaves. Brush leaves with marinade using a kitchen brush. Refrigerate overnight.
2. Gently pulse Walnut Taco Meat ingredient in blender until crumbly. Set aside.
3. Blend all ingredients for 'Macadamia Almond Cheese' in blender until smooth.
4. Chop up romaine lettuce, avocado, green onions, jalapenos, tomatoes.
5. Assemble by placing a collard green leaf on plate. Spread cashew cheese. Top with Walnut Taco meat. Top with salad mixture. Roll it up and enjoy!

Taste of Paradise Recipes

Season 1

Program Code: TOP000002

Detoxifying Fruit Salad

Ingredients:

2 kiwi
1 mango
1 pineapple
1 banana

Directions:

1. Cut pineapple in half. Cube pineapple chunks and set aside. Reserve pineapple shell
2. Cut rest of fruit into cubes or chunk. Mix together in bowl
3. Place all the fruit into the shell of the pineapple and serve.

Taste of Paradise Recipes

Season 1

Program Code: TOP000003

Fiesta Zucchini Pasta (Raw)

With Raw Marinara Sauce

Ingredients:

Pasta:

4 medium zucchini
1 c. cilantro
4 green onions, chopped
2 Tbsp. garlic cloves, minced
1 c. cherry tomatoes, chopped
½ c. red bell peppers, chopped
2 Tbsp. black sesame seeds
2 c. spinach

Marinara:

4 roma tomatoes, chopped
1 c. sundried tomatoes, soaked and drained
1½ c. red bell pepper
¼ c. extra virgin olive oil
2 cloves garlic, crushed
1 tsp. sea salt
2 Tbsp. fresh basil, minced
2 Tbsp. fresh oregano, minced
¼ c. olive oil

Directions:

1. Use a spiral cutter and process zucchini. Toss with veggies. Set aside.
2. Place all ingredients for the marinara sauce in a food processor (fitted with an 'S' blade) and process until smooth. Top Zucchini pasta with marinara sauce. Sprinkle with sesame seeds.

Enjoy!

Taste of Paradise Recipes

Season 1

Program Code: TOP000003

Flaky Brown Rice (Raw)

Ingredients:

2 c. brown rice

4 c. water

$\frac{3}{4}$ tsp. salt

Directions:

1. Place rice in dry skillet. Heat over medium-high heat, stirring frequently, until rice begins to pop and crackle. Continue to heat for 2 to 3 minutes, stirring often
2. Add water and salt to skillet. Bring to a boil over high heat.
3. Reduce to a simmer; cover and cook for 60 minutes

OR

1. Place all ingredients into a 9 x 13 baking dish.
2. Bake in oven at 375 degrees F for approximately 1 hour 15 minutes.

Taste of Paradise Recipes

Season 1

Program Code: TOP000004

Marinade Collard Greens (Raw)

Ingredients:

1 bunch collard greens, washed
2 Tbsp. lemon juice
¼ c. red bell peppers, chopped
¼ c. scallions, chopped
1 Tbsp. maple syrup
1 garlic clove, minced
1 tsp. red pepper flakes or cayenne
2 tsp. mineral salt, divided
2 Tbsp. olive oil

Directions:

1. In a large bowl, add lemon juice, maple syrup, bell peppers, scallions, garlic, red pepper flakes, and salt. Set aside.
2. Take several collar green leaves and roll into a cylinder – the shape of a fat cigar.
3. Using a knife, cut through the collard cylinder, making strips. Repeat steps 2 and 3 until you have cut all the collard green leaves.
4. Place strips in a large bowl. Pour olive oil on top and sprinkle with 1 teaspoon of salt. Massage the oil and salt into the strips until well-coated.
5. Transfer the collard strips to the bowl with the lemon juice marinade. Let marinate in the refrigerator overnight or for at least 4 hours.

Serves 4

Taste of Paradise Recipes

Season 1

Program Code: TOP000004

Mashed Potatoes & Chives (Raw)

Ingredients:

2 c. cauliflower, chopped
½ c. cashews, soaked
1 tsp. olive oil
2 Tbsp. water
¼ c. chives, chopped
½ garlic cloves, minced
Juice of ½ lemon
2 tsp. sea salt (or taste)

Directions:

1. Place cashews and cauliflower in a blender. Add lemon juice and water -1 tablespoon at a time- while blending in order to create a creamy consistency.
2. Remove mixture from blender and place in a large bowl. Fold in garlic, chives, and sea salt. Garnish with chives.

Taste of Paradise Recipes

Season 1

Program Code: TOP000004

Banana Nut Milk

Ingredients:

1 c. raw cashews
1 c. water
1 Tbsp. honey (or pure maple syrup)
1 banana
pinch of salt
3 additional cups of water

Directions:

1. Blend 1 cup water and 1 cup cashews in blender until creamy.
2. Add honey, banana, salt, and additional cups of water. Process until smooth.
3. Refrigerate and shake well before each serving.

Taste of Paradise Recipes

Season 1

Program Code: TOP000004

Crispy Golden Granola

Dry Ingredients:

- 10 c. rolled or quick oats
- 3 c. rice cereal (or 2 additional cups of oats)
- 1 c. whole grain flour
- 1½ c. chopped nuts (walnuts, pecans, almonds,
or a combination)
- 1 c. shredded unsweetened coconut

Wet Ingredients:

- 1½ c. water
- 1 c. honey
- ¼ c. blackstrap molasses (optional)
- 1½ tsp. salt

Directions:

1. Preheat oven to 200 degrees F.
2. Mix dry ingredients together in a large bowl.
3. Mix wet ingredients in a separate small bowl.
4. Add wet mixture to dry mixture. Mix gently with a spoon, or use your hands until all of the ingredients are moistened.
5. Spread onto two large baking sheets and bake at 250 degrees for 2 hours – stirring every 15 to 20 minutes.
6. Cool completely before storing in an airtight container.

Taste of Paradise Recipes

Season 1

Program Code: TOP000005

Blueberry Cobbler (Raw)

Ingredients:

Crust:

3 c. pecans, dry
1 Tbsp. vanilla extract
½ tsp. mineral salt
¾ c. pitted dates

Syrup:

1 c. pitted dates
¼ c. coconut oil
2 tsp. vanilla extract
⅓ c. water

Filling:

2 c. fresh blueberries

Directions:

1. To make the crust, process pecans, vanilla extract until it appears to have the consistency of sand. Add 1 cup of pitted dates and process until mixed well. Sprinkle half of the crust mixture into the bottom of a baking dish.
2. To make the syrup, process 1 cup of dates, coconut oil, vanilla extract, and water into a thick syrup. Set aside
3. To make the filling, combine the syrup and blueberries into a large mixing bowl. Mix well.
4. Spoon fruit filling/syrup on top of cobbler crust. Top with remaining crust.

Taste of Paradise Recipes

Season 1

Program Code: TOP000005

"Un-sausages" & Nut Gravy

Ingredients:

Un-sausages:

3½ c. water
½ c. Bragg's liquid aminos
¼ c. nutritional yeast flakes
2 Tbsp. oil
4 Tbsp. onion powder
1 Tbsp. pure maple syrup
2 Tbsp. Italian seasoning
1 Tbsp. garlic powder
3½ c. quick oats
½ tsp. sea salt

Directions:

1. Preheat oven to 350 degrees F. Coat a baking sheet with non-stick cooking spray.
2. Combine all ingredients, except oats, in a medium saucepan; bring to a boil over high heat.
3. Remove from heat; add oats and stir well. Allow mixture to sit for 5 minutes.
4. Scoop mixture into 2-inch round balls; place on prepared baking sheet and flatten gently with hands. Bake 15 minutes; flip sausages and bake an additional 10 minutes.

Nut Gravy:

4 c. water, divided
1¼ c. Brazil nuts
2 Tbsp. onion powder
2½ Tbsp. nutritional yeast flakes
1½ Tbsp. Braggs liquid aminos
2 tsp. beef-style seasoning
1 tsp. sea salt (or to taste)

Directions:

1. Place 2 ½ cups water and all remaining ingredients in blender
2. Blend on high until very smooth and creamy, about 4 or 5 minutes; transfer to medium saucepan.
3. Add remaining 2 ½ cups water to blender; blend briefly to clean out the blender. Transfer to saucepan with nut mixture.
4. Cook on medium heat until thick and creamy, stirring constantly to prevent burning.
5. Add optional sausage crumbles and stir.

Taste of Paradise Recipes

Season 1

Program Code: TOP000006

Open-Faced Tacos (Raw)

Ingredients:

4 Romaine lettuce leaves, separated
Sunflower "Refried" Beans
Sunflower Seed Sour Cream
Perfect Guacamole
shredded spinach
chopped tomatoes
chopped green onions

Directions:

Wash and pat dry Romaine lettuce leaves. Spread on Sunflower 'refried' Beans and Perfect Guacamole. Top with shredded spinach, tomatoes, and green onions. Drizzle on Sunflower Sour Cream.

Sunflower "Refried" Beans (Raw)

Ingredients:

8 sun-dried tomato halves (dried, not 'in oil')
2 c. raw sunflower seeds
½ jalapeno, seeded and chopped
1 green onion, chopped
1½ Tbsp. coriander
¼ c. cold pressed extra virgin olive oil
1 tsp. fresh lemon juice
1 clove garlic, chopped
½ tsp. sea salt
¼ tsp. chili powder
¼ tsp. cumin powder

Directions:

1. In a bowl, cover the sundried tomatoes and sunflower seed with water. Soak overnight or for at least 4 hours. When finished, reserve the tomato water.
2. Puree sunflower seeds and soaked sundried tomatoes in food processor until smooth. Add reserved tomato water to make it more creamy, or as needed.
3. Place all of the remainder ingredients in food processor or blender. Puree until well mixed. Adjust seasonings to taste.

Taste of Paradise Recipes

Season 1

Program Code: TOP000006

Sunflower Seed "Sour Cream" (Raw)

Ingredients:

1 c. sunflower seeds
1 c. water
4 Tbsp. lemon juice
1 garlic clove, pressed
1 Tbsp. nutritional yeast
 $\frac{3}{4}$ tsp. onion powder
 $\frac{3}{4}$ tsp. salt

Directions:

1. Blend all ingredients together in food processor or blender until smooth. If consistency is too thick, you can add more water.

Note: Add more lemon juice to give it more of a 'zing.' Increase garlic and onion powder according to your taste preferences.

Taste of Paradise Recipes

Season 1

Program Code: TOP000006

Perfect Guacamole (Raw)

Ingredients:

2 ripe avocados
½ c. red onion, minced
1 jalapeno, stems and seeds removed, minced
2 Tbsp. cilantro leaves, finely chopped
1 Tbsp. fresh lime or lemon juice
1 clove of garlic
½ tsp. coarse salt
½ ripe tomato, seeds and pulp removed, chopped

Directions:

1. Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.
2. Mash the avocado with chopped onion, jalapeno, cilantro, lime or lemon, salt
3. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready.

Note: Keep the tomatoes separate until ready to serve. Add the chopped tomato to the guacamole just before serving.

**Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.*

Taste of Paradise Recipes

Season 1

Program Code: TOP000007

Mock Tuna Sushi Rolls (Raw)

Ingredients:

2 carrots, julienned
1 cucumber, julienned
½ avocado, sliced
10 spinach leaves
2 green onions, sliced
1 recipe of mock tuna

Directions:

1. Place a nori sheet on sushi mat. Place spinach leaves in two rows
2. Spread the rice on 3/4 of the roll. Lay the veggies in the middle of the rice spread. Roll using the mat.
3. Wet in fingertips with water and run it along the nori roll where you want the end to stick and roll.
4. Slice the roll with a sharp knife.

Mock Tuna (Raw)

Ingredients:

2 c. raw and hulled sunflower seeds
¼ c. lemon juice
½ c. sesame seeds, sprouted
1 tsp. Himalayan salt
2 Tbsp. dulse
1 Tbsp. kelp powder
1 Tbsp. dried dill weed
¼ c. celery, minced
1 c. red onion, minced
1 c. parsley, minced

Directions:

1. Process sunflower, sesame seeds with lemon juice, salt, dulse and kelp powder until creamy
2. Hand mix in parsley, onions and dill.

Taste of Paradise Recipes

Season 1

Program Code: TOP000007

Carob Hot Drops

Ingredients:

1½ c. carob chips
½ c. natural peanut butter
½ c. walnuts or pecans, chopped
1½ c. lightly toasted quick oats
½ c. shredded unsweetened coconut

Directions:

1. Add peanut butter to a small saucepan on low heat and melt.
2. Stir in carob chips, vigorously mix with a spoon until smooth. Be patient! Carob chips burn easily.
3. Drop onto wax paper by the tablespoon.
4. Refrigerate until firm.

Enjoy!

Taste of Paradise Recipes

Season 1

Program Code: TOP000008

Mexican Rice Pilaf (Raw) with Spicy "Cheese" Topping

Ingredients:

1 small head cauliflower, loosely chopped
½ c. red bell pepper, chopped
½ c. green onions
½ large avocado, chopped
2 tsp. lemon juice
2-3 tsp. pure maple syrup
1 Tbsp. Braggs Liquid Aminos
1 tsp. cumin
2 tsp. nutritional yeast flakes
½ c. cilantro
1 clove garlic, minced
½ c. tomatoes, chopped

Spicy "Cheese" Topping:

½ c. nutritional yeast flakes
¼ c. cashews
1 tsp. chili powder
½ tsp. smoked paprika
1 tsp. sea salt
cayenne pepper, to taste

Directions:

1. Place the cauliflower in a food processor and process till it resembles rice, like so: You should do this by pulsing it repeatedly, and not by turning the motor on, which may over-process the rice.
2. Empty the cauliflower into a bowl and toss it with the lime, agave, braggs aminos, spices, and the chopped veggies.
3. To make the spicy topping (optional), process all ingredients in a food processor till well mixed.
4. Serve the cauliflower rice alongside other veggies, on top of a salad, or to accompany a grain, bean, or soy-based entree with similar flavors. Top it with the spicy 'cheese' topping.

Taste of Paradise Recipes

Season 1

Program Code: TOP000008

Chicken-Style Seasoning

Ingredients:

2 c. nutritional yeast flakes
1/3 c. onion powder
1/3 c. salt
2 1/2 Tbsp. dried parsley
1 Tbsp. sucanat or cane juice crystals
1 1/2 Tbsp. garlic powder
3/4 tsp. celery seed
1/4 c. salt-free Italian seasoning
1/2 tsp. cumin

Directions:

1. Blend all ingredients in a blender until very fine.
2. Store in an airtight container

Mock Chicken

Ingredients:

14 oz. package extra firm tofu
2 Tbsp. Braggs liquid aminos
2 Tbsp. oil
2 Tbsp. chicken-style seasoning

Directions:

1. Drain water from tofu by gently squeezing between paper towels
2. Cut tofu into 1-inch cubes and drizzle on Braggs liquid aminos.
3. Coat each piece with 'Chicken-style Seasoning'
4. Add oil to a skillet and fry on medium-high heat until golden brown.

Taste of Paradise Recipes

Season 1

Program Code: TOP000009

Apple Pie (Raw)

Ingredients:

Crust:

2 c. raw almonds
1 c. raisins
1 c. pitted dates
2 tsp. vanilla extract
pinch of sea salt

Syrup:

½ c. pitted dates or 1 c. raisins
1 organic orange

Filling:

5-6 whole apples, sliced
1 c. organic raisins
1 tsp. cardamom
1 tsp. coriander

Directions:

For the crust:

1. Place a handful of almonds in the food processor and grind. Sprinkle on the bottom of a baking pan as a base layer so that the crust does not stick to the bottom.
2. Place almonds and dates, along with a pinch of sea salt, into the food processor. Grind until it forms a sticky crust. Pat into the pan using your hands.

For the syrup:

3. Blend dates, raisins, and orange until it makes a pastry syrup. Add a little water if you want a thinner consistency.

For the filling:

4. Peel and slice 5 whole apples into a mixing bowl.
5. Add syrup, cardamom and coriander to apples and toss. Take half the apples and put into food processor and blend. Fill pie with apple filling. Layer top of pie with remainder of apples and sprinkle raisins on top. It is then ready to serve!

Taste of Paradise Recipes

Season 1

Program Code: TOP000009

Roasted Artichoke

Ingredients:

2 artichokes
½ c. lemon juice
2 Tbsp. extra virgin olive oil
1 tsp. salt

Directions:

1. Preheat oven to 325 degrees F.
2. Mix lemon juice and Braggs liquid aminos. Dip artichoke quarters in the mixture.
3. Place artichokes on baking pan sheet and place in warm oven for 30 minutes, or until brown.
4. Sprinkle on salt and enjoy!

Taste of Paradise Recipes

Season 1

Program Code: TOP000010

Broccoli Crunch (Raw)

Ingredients:

Dressing:

1 c. cashews, soaked at least 2 hours
Juice from 1½ lemons
2 Tbsp. olive oil
¼ c. water
2 Tbsp. chopped red onion
1 clove of garlic
2 tsp. pure maple syrup
2 tsp. turmeric
pinch Celtic sea salt

Directions:

1. Combine all ingredients in blender. Mix until silky smooth.

Salad:

6 c. broccoli, chopped
½ red onion, medium, chopped
1 c. chopped tomatoes
1 c. sunflower seeds

Directions:

1. Mix together broccoli, raisins, onion, raisins, and sunflower seeds. Top with dressing and combine until well coated.

Taste of Paradise Recipes

Season 1

Program Code: TOP000010

Ketchup

Ingredients:

1 c. unsalted tomato sauce
4 tsp. honey
¼ tsp. salt
½ tsp. onion salt
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. cinnamon substitute
(3 parts coriander & 1 part cardamom)
⅛ tsp. celery salt
1½ Tbsp. lemon juice
½ tsp. molasses

Directions:

1. Mix well and refrigerate. Serve

Sweet Potato Fries

Ingredients:

3-5 medium sweet potatoes, peeled and cut into ¼ inch sticks
1½ Tbsp. oil
2½ tsp. salt
½ tsp. paprika
¼ tsp. onion powder
¼ tsp. garlic powder

Directions:

1. Preheat oven to 400 degrees F. Coat sweet potato sticks with seasonings.
2. Bake for 30 to 45 minutes or until golden brown. Serve with Ketchup recipe above.

Taste of Paradise Recipes

Season 1

Program Code: TOP000011

Pecan Pie (Raw)

Ingredients:

2 c. raw almonds, germinated
35 pitted dates (soaked for 1 hour, then drained)
1 Tbsp. fresh lemon juice
¼ tsp. cardomon
½ tsp. coriander
¼ tsp. salt
½ tsp. vanilla extract
2 c. raw pecans, germinated

Directions:

1. Combine almonds and 10 of the dates in a food processor, and process until they are coarsely ground and clumping together.
2. Grease the bottom of a 9-inch square brownie pan or a pie plate with a little cold-pressed olive oil to keep the pie from sticking to the plate.
3. Press the almond-and-date mixture evenly into the bottom of brownie pan and up the sides to form a crust. Set aside.
4. Combine the remaining dates, the fresh lime juice, cinnamon, salt, and vanilla in a blender or small food processor, and process until the mixture has a smooth, uniform consistency.
5. Spread the date filling evenly over the crust.
6. Arrange the raw pecans on top of the date mixture and press lightly. Cut the pie into 2-inch squares and serve.

Taste of Paradise Recipes

Season 1

Program Code: TOP000011

Not-so Fruity Salad

Ingredients:

1 avocado, cut into cubes
1 red bell pepper, chopped
1 orange bell pepper, chopped
1 c. cherry tomatoes
½ cucumber, cubed

Directions:

Combine in large bowl. Refrigerate. Enjoy!

Tofu Mayonnaise

Ingredients:

12 oz. silken tofu, firm
½ c. cashew pieces
¼ c. water
1 Tbsp. lemon juice
¾ tsp. onion powder
½ tsp. garlic powder
1 Tbsp. dill
½ tsp. salt

Directions:

1. Process all ingredients in blender until smooth.
2. Pour mixture into a container.
3. Chill in refrigerator

Taste of Paradise Recipes

Season 1

Program Code: TOP000012

Cesar Salad Dressing (Raw)

Ingredients:

$\frac{3}{4}$ c. cashews

$\frac{1}{4}$ c. nutritional yeast flakes

$\frac{1}{4}$ tsp. salt

Juice of 2 lemons

3 pitted dates

1 tsp. kelp granules, optional

$\frac{3}{4}$ c. water

2 large stalks celery

Directions:

1. Blend all ingredients together in a high speed blender, or, if you haven't got one, soak the nuts first and put it all in a regular blender.
2. Serve over romaine lettuce and any other veggies you like.

Taste of Paradise Recipes

Season 1

Program Code: TOP000012

Raw Ranch Dressing

Ingredients:

1½ c. raw cashews, soaked for 1-2 hrs
¾ - 1 c. filtered water
⅓ c. lemon juice
⅓ c. extra virgin olive oil
1 soaked date
2 cloves of garlic
1 tsp. garlic powder
3 tsp. onion powder
1 tsp. sea salt
½ tsp. basil
¼ c. fresh parsley, minced
½ tsp. additional dill, optional

Directions:

1. Blend, thoroughly, all but last two ingredients. The longer you blend the smoother the texture will be.
2. Stir in with a spoon the last two ingredients. Pour in a storage container.

Note: Makes about 3 cups of dressing. Will keep for about 1 week in refrigerator.

Taste of Paradise Recipes

Season 1

Program Code: TOP000012

Avocado Dill Dressing

Ingredients:

1 medium avocado
1 tsp. dill
2 Tbsp. olive oil
¼ c. lemon juice
2 cloves of garlic
¼ c. onion, chopped
1 tsp. mineral salt
2 c. water
4 Tbsp. pure maple syrup

Directions:

1. Add all ingredients to food processor or blender and process until smooth.
2. Add more water if necessary for a thinner consistency.
3. Serve over a salad or use as a dip.

Taste of Paradise Recipes

Season 1

Program Code: TOP000012

Peach Crisp

Ingredients:

1 (12 oz.) can white grape-peach juice concentrate
½ c. water
8 c. peaches, peeled and sliced
1½ c. whole wheat pastry flour
1½ c. quick-cooking oats
½ c. ground flax seeds or wheat germ
1½ Tbsp. cornstarch
⅔ c. unsweetened coconut
½ tsp. sea salt
½ c. oil

Directions:

1. Preheat oven to 350 degrees F.
2. Pour juice concentrate into a large saucepan and cook over medium heat until boiling.
3. Add peaches and stir well. (Note: If using fresh or frozen peaches, or peaches that aren't quite ripe and need to soften more, add them in step 1 and bring them to a boil with the juice.)
4. Pour peach mixture into a 9 x 13- inch baking dish.
5. Mix all dry ingredients together in bowl. Add oil and mix until crumbly. Top peaches with crumb topping and bake for 45 minutes or until the top is brown and bubbly.

Serve warm.

Taste of Paradise Recipes

Season 1

Program Code: TOP000013

***Note:** All of the following are juices. For each drink, place ingredients in a blender and process until smooth. Add ice cubes gradually until desired consistency is reached.*

Delightfully Green

½ frozen banana
1 c. frozen peaches
1 large handful spinach
½ c. soaked dates
1 c. water
4 ice cubes

Almond Milk

1 c. almonds, soaked overnight
3 c. water
2 dates, soaked
pinch of salt

Dreamsicle Shake

2 c. almond milk
2 frozen bananas
Juice of 1 navel orange
4 soaked dates
1 tsp. vanilla
4 ice cubes

Super Bunny Tonic

2 carrots
2 c. kale
½ c. parsley
1 large Fuji apple
1 clove of garlic

Sunny Appleade

4 Gala apples
½ small lemon
Juice