

Taste of Paradise Recipes

Season 2

Program Code: TOP000014

Blueberry Chia Seed Pudding (Raw)

Ingredients:

½ c. chia seeds
2 c. almond milk
5 - 6 fresh pitted dates (or dried pitted dates soaked in water overnight to rehydrate)
1 tsp. coriander
¼ tsp. cardamom
1/8 tsp. mineral sea salt
Fresh or frozen blueberries
1 banana
1 tsp. vanilla
Pinch of salt

Directions:

1. Soak chia in almond milk overnight.
2. In a blender, combine with the rest of the ingredients, except the blueberries, and blend until smooth.
3. Transfer to serving bowl and top with blueberries.

Note: Since chia rapidly absorbs fluid and takes on gelatinous properties when soaked, it makes an ideal nutrient-dense pudding base.

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Cheezy Hemp Sauce (Raw)

Ingredients:

1/3 c. water
1 clove garlic
2 Tbsp. fresh lemon juice
1 Tbsp. tahini
2 Tbsp. chopped onion
1 tsp. chopped dates
1 red bell pepper, seeded, rough chopped (approximately 1 cup)
1 c. hemp seeds
1/2 c. nutritional yeast flakes
2 tsp. Braggs liquid aminos
1/2 tsp. mineral sea salt
1/2 tsp. garlic powder
1/4 tsp. cayenne pepper
1/8 tsp. turmeric powder

Directions:

1. Blend all of the ingredients in a blender until smooth and creamy.

Note: This can be stored in the refrigerator for 4-5 days.

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Program Code: TOP000015

Coconut Eggless Egg Salad (Raw)

Ingredients:

½ c. pure water
2 Tbsp. lemon juice
1 clove garlic
1 tsp. sea salt, add 1/2 tsp. at a time for taste
1½ c. raw cashews
½ tsp. dry mustard
½ tsp. turmeric, for color, add as needed
1 c. young coconut meat
¼ c. celery
2 green onions

Directions:

1. Place the water, lemon juice, garlic, sea salt and cashews in the high speed blender or food processor, and blend until very smooth.
2. With a spatula, take the mixture from the blender and place in a medium sized mixing bowl.
3. Slowly stir in the mustard, apple cider vinegar, and turmeric until it reaches the color and flavor you desire.
4. Serve on top of flax seed crackers, celery sticks, or add a bit of water to make a creamy salad dressing.

Note: Add in chopped up celery for more texture, or jicama, onions, whatever you like. I pile it on fresh arugula. YUM!!!

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Mock Chicken Salad (Raw)

Ingredients:

½ c. sunflower seeds
2 c. cashews, soaked
1 Tbsp. nutritional yeast flakes
1 tsp. dried dill
½ tsp. sea salt
juice of ½ lemon
½ c. English cumpers chopped
2 Tbsp. chopped celery
2 green onions cut in small pieces
½ tsp. sea salt

Directions:

1. Chop fine cucumbers and green onions put them aside.
2. Put all other ingredients in a food processor and chop until medium to fine.
3. Combine all ingredients and mix thoroughly.

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Program Code: TOP000015

Better Butter

on Ya Bread

Ingredients:

$\frac{3}{4}$ c. coconut milk

$\frac{1}{2}$ c. water

2 Tbsp. yellow cornmeal

$\frac{1}{2}$ tsp sea salt

Directions:

1. Place all ingredients in a saucepan and bring to a boil. Simmer for 5 minutes.
2. Place in a blender, cover, and turn on low, then increase to high. Blend for about 1 minute until as smooth as possible.
3. Pour into a container; cover and chill. It will be runny, but sets up when cold.

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Cornbread

Ingredients:

1½ c. cornmeal
½ c. whole wheat or unbleached flour
½ c. cane sugar
¾ -1 tsp. salt
1 c. water
2 Tbsp. coconut milk
½ c. oil

Directions:

1. Mix together in a mixing bowl: cornmeal, flour, cane sugar
2. Stir together the coconut milk, with salt, oil & water as needed.
3. Combine wet and dry ingredients stirring briskly until smooth. Pour into 8"x8" pan, or scoop into muffin tins. Bake at 375°F for 20-25 minutes.

(Adapted Seven Secrets, page 48 & 56)

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Program Code: TOP000016

Macadamia Almond Cheese (Raw)

Ingredients:

- 1 c. macadamias, soaked for 4 hours or overnight
- 1 c. almonds, soaked for 4 hours or overnight
- 1 c. water
- 2 Tbsp. tahini

Directions:

1. Blend all ingredients in a high-speed blender until smooth.
2. Place the mixture in a strainer that has been lined with cheesecloth, and place a weight on top. The weight should not be so heavy that it pushes the cheese through the cloth, but heavy enough to gently start to press the liquid out.
3. Leave to culture at room temperature for at least 24 but no longer than 48 hours.
4. Once culturing is complete, stir or process in the following ingredients:

- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ c. nutritional yeast
- 2 Tbsp. lemon juice
- 1 tsp. maple syrup

5. Transfer the cheese to a ring mould. At this point you can remove the ring mould and place the cheese in the refrigerator, or remove the ring mould and place the cheese in a dehydrator at 105°F for 24 hours to get a rind.

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Program Code: TOP000016

Sweet Potato Pie

Ingredients:

Filling:

3 c. sweet potato pureed
¾ c. maple syrup
½ c. plain unsweetened Soya milk
½ tsp. sea salt
½ - 1 tsp ground coriander

Directions for the Filling:

1. Preheat oven to 350°F. In a large mixing bowl or in a blender mix together all the ingredients until very smooth.
2. Pour the mixture into the pie shell and bake for 60 – 65 minutes until the centre looks semi firm.

Crust:

1½ c. whole-wheat flour
2 Tbsp molasses or cane sugar
½ tsp. sea salt
½ c. soy butter
4 – 5 Tbsp ice cold water

Directions for the Crust

1. Sift together flour, sugar and salt. Rub the butter into the mixture to form a dry crumbly dough.
2. Stir together the ice water and the molasses (if you opted for molasses instead of the cane sugar) and drizzle a third of it over the crumbly dough. Gently mix to moisten and then repeat by drizzling another third. Do the same again with the remainder of the liquid and mix the mixture until it forms a soft ball when pressed together.
3. Wrap in a plastic wrap and refrigerate for an hour.
4. Roll out the crust when ready and blind bake in a pie tin for 15 minutes before filling.

Makes one 9 inch pie

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Program Code: TOP000017

Cheezy Kale Chips (Raw)

Ingredients:

1 bunch curly kale
1 c. sunflower seeds (soaked for a couple hours)
1 c. water
1 red bell pepper, deseeded
¼ c. olive oil
2 Tbsp. lemon juice
1 Tbsp. tahini
1/2 c nutritional yeast flakes
¼ tsp. cumin
¼ tsp. cayenne
1 tsp. maple syrup
1 tsp. sea salt

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Program Code: TOP000017

Mom's Mayo

Ingredients:

1 c. soy milk, unsweetened
1 ½ tsp. sea salt
1 tsp. onion powder
¼ tsp. garlic powder
1 c. oil
3 Tbsp. lemon juice

Directions:

Blend all ingredients. Chill. Serve.

Mom's Potato Salad

Ingredients:

Salad:

6 c. red skinned potatoes, diced
1 ½ c. celery, finely chopped
½ onion, finely chopped

Dressing:

1 - 2 Tbsp Chicken Style Seasoning
1 tsp sea salt
½ - 1 c. Mom's Mayo

Directions:

1. Boil potatoes in a large pot of water until tender. Drain and let cool. Transfer to a large bowl.
2. Add celery and onions to potatoes. Set aside.
3. Mix dressing ingredients in a small bowl.
4. Pour dressing over salad ingredients; mix well. Chill 2 to 4 hours and serve.

(Adapted from Give Them Something Better, page 29 & 130)

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Program Code: TOP000018

Flax Seed Crackers (Raw)

Ingredients:

1 c golden flax seeds
1 c. brown flax seeds
½ c. nutritional yeast
1 c. water
1/3 c. chopped red pepper
1/3 c. fresh cilantro
1/4 c. diced tomatoes
1 clove garlic
2 Tbsp. onion, chopped
1 Tbsp. olive oil
1 tsp. sea salt

Directions:

1. Grind the golden flaxseed in blender (Vita-Mix blender is best). Place flaxseed meal and brown flaxseed in a large bowl.
2. Place remaining ingredients into the food processor. Process all ingredients well.
3. Spread dough onto non-stick dehydrating sheets. Score into squares.
4. Dehydrate until just dry, or longer for crispy crackers that will keep 1-2 months.

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Program Code: TOP000018

Tofu Cheesecake

Ingredients:

2 Tbsp. lemon juice
½ c. cane sugar
Pinch of sea salt
1 Tbsp. flour
½ c. honey
2 Tbsp. oil
1½ lbs. extra-firm tofu
2 tsp vanilla (optional)
Pinch sea salt

Directions:

1. Blend all ingredients until creamy and smooth.
2. Pour into a graham cracker crust and bake for 45 minutes at 350°F.
3. Top with your favorite fruit topping.

Fruit Topping

Ingredients:

1 (12 oz.) can frozen concentrated apple or white grape juice
1 c. water
2-3 c. fresh or frozen fruit
1/3 c. cornstarch dissolved in 1/2 c. water

Directions:

1. Place fruit, juice, and water in a saucepan over high heat until mixture begins to boil.
2. Remove from heat and stir in dissolved starch.
3. Return to heat and stir until it just begins to boil and becomes thick.

Pie Crust

Ingredients:

2 Tbsp honey (warm and runny)
½ tsp. sea salt
¾ c. quick oats
½ c. unsweetened coconut

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½ c. raw almonds

¼ c. flax seed

Directions:

1. Place coconut, almonds, flour, flax seed and salt in food processor. Blend together for about 30 seconds.
2. Add honey and blend about 15 seconds.
3. Test mixture with your fingers. If it seems too dry and crumbly, add a bit more honey-just enough to make it soft and moist.
4. Press into a lightly oiled pie plate, shaping with fingers to make a nicely formed piecrust.
5. Bake at 375°F for about 10 minutes.

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Program Code: TOP000019

Raw Chili

Ingredients:

3 c. fresh tomatoes, chopped
1 c. red bell pepper, chopped
¼ c. celery, chop
¼ c. yellow onion, chopped
2 avocados
1 jalapeño
½ c. sundried tomatoes, soaked
½ c. soaked sundried tomato water
1/3 c. corn kernels (optional)
1 tsp. garlic, mince
2 tsp. chili powder, or to taste
2 tsp. cumin, powder
¾ tsp. oregano, fresh or dry
1 tsp. sea salt, to taste

Directions:

1. Process sundried tomatoes and sundried tomato water in food processor until smooth.
2. Add remaining ingredients (except for half of the avocados, corn and fresh tomatoes) to food processor and pulse gently.
3. Add remaining avocados, corn, and tomatoes.

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Program Code: TOP000019

Guacamole

Ingredients:

2 avocados
1 Tbsp lemon juice
1 small onion, finely chopped
2 garlic cloves, minced
1 Tbsp. fresh cilantro
Sea salt to taste

Directions:

1. Cut the avocado in half and remove the seed, remove the skin and mash.
2. Immediately add the remaining ingredients, mix in and refrigerate.

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Coconut Macaroons

Ingredients:

2 c. unsweetened coconut, shredded
1 c. whole wheat pastry flour
2 Tbsp. cornstarch
1 tsp. salt
1½ c. carrots, shredded
2 Tbsp. cane sugar (optional)
1/3 c. honey, warmed slightly to make it pour
1 tsp vanilla (optional)

Directions:

1. Place 1 cup coconut in a food processor with whole wheat pastry flour and salt. Blend with the steel blade for 1 minute.
2. Add remaining cup of coconut, diced carrots and raw sugar. Blend about 20 seconds.
3. Add the honey and blend again about 20 seconds or until all is mixed.
4. Scoop out dough with a small ice-cream scoop, or drop into mounds on cookie sheet. Flatten, if desired. Bake at 350°F for about 15 minutes. They will be soft, but lightly brown on the bottom.

Makes about 20 cookies

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Program Code: TOP000020

Raw Kale Confetti Salad

with Sprouted Sunflower Seeds

Ingredients:

2 bunches kale (4 heaping cups chopped)
2 handfuls red cabbage (2 cups shredded)
2 Tbsp. extra virgin olive oil
1/8 tsp. sea salt (or to taste)
1 tsp. fresh grated ginger
1/2 avocado, peeled, pitted and chopped
3 Tbsp. red onion, thinly sliced
3 Tbsp. red bell pepper, chopped
1 small carrot, grated
3 Tbsp. sprouted sunflower seeds
1 Tbsp. lemon juice
1 Tbsp. lime juice

Directions:

1. Remove stalks from kale and discard. Chop leaves into small pieces and place in mixing bowl.
2. Drizzle with olive oil and, using your fingers, gently massage oil into leaves.
3. Sprinkle with sea salt and ginger, add avocado and continue massaging until leaves are evenly coated.
4. Set aside to marinate for 15 minutes.
5. Add onion, red pepper, carrot and sunflower seeds, and toss. Drizzle lemon and lime juice over salad, massage juices into leaves and toss to distribute ingredients evenly.
6. Season to taste with salt.

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Program Code: TOP000020

Chewy Cherry Carob Brownies (Raw)

Ingredients:

4 c. soaked and dehydrated walnuts (Soak 2½ cups for 24 hours)

¾ c. packed pitted dates

¾ c. raw carob powder

2 tsp. vanilla extract

½ c. coarsely chopped walnuts or almonds (soaked and dehydrated for best results)

½ c. dried cherries or raisins

¼ tsp. mineral sea salt

Directions:

1. Puree 4 cups walnuts in a food processor until it becomes a fine meal.
2. Add dates and continue to puree until well mixed.
3. Add carob and cherry extract and puree again. Mix in the chopped nuts and cherries by hand.
4. Press into a 9" square brownie pan and refrigerate until cool.

Serve with fresh sliced strawberries or raspberries or use frozen berries. This will last for weeks in your refrigerator or freezer.

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Program Code: TOP000020

“Soup-er” Healthy

Ingredients:

2 c. dry lentils
6 c. water
3 cloves garlic
2 Tbsp. thyme
1 bay leaf
1 Tbsp. honey
1 c. coconut milk
2 tomatoes, diced
2 carrots, chopped
2 potatoes, cubed
1 onion, diced
2 stalks of celery, chopped
2 c. pumpkin, cubed
1 - 2 Tbsp chicken-style seasoning
1 Tbsp. Italian seasoning
Sea salt to taste
Dumplings*

Directions:

1. Boil lentils for about 25 - 30 minutes.
2. Add all other ingredients, except chicken style seasoning. Add this after the vegetables are cooked.
3. Thicken with 1 tablespoon of arrowroot powder or cornstarch mixed with 1/2 cup water. 4. Serve with brown rice or home made bread.

Dumplings

1 c. whole-wheat flour
½ tsp. sea salt
Enough water to bind

Directions:

1. Place flour and salt in a medium bowl
2. Work the mixture with hands while adding enough water to bind, making a stiff dough.
3. Roll into 1 inch long pieces, dropping into the boiling stew.
4. Boil until they float or add them during the last 20 minutes of the cooking process.

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Program Code: TOP000021

Raw Vegan Spinach Manicotti

Ingredients:

Noodles:

4 medium zucchini
2 Tbsp. olive oil

Spinach & Sunflower Cheese Filling:

2 c. sunflower seeds (from above)
½ c. water
½ c. lemon juice
3 cloves of garlic
1 tsp. Himalayan salt
¾ c. nutritional yeast
8 c. spinach
½ c. Italian parsley
1½ Tbsp Italian Seasoning

Herby Tomato Sauce:

1 ½ c. of sundried tomatoes, measured after soaking (from above)
½ c. water
1 medium tomato, chopped
¼ c. cold-pressed olive oil
2 cloves of garlic
1 Tbsp. oregano
1 Tbsp. basil
2 tsp. rosemary
2 tsp. thyme
1 tsp. fennel seed
½-1 tsp. salt, only if your sun-dried tomatoes are unsalted
2 Tbsp. Hemp seed, for garnish, if desire

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Program Code: TOP000021

“De-stress-erts” Cookies

Ingredients:

2½ c. walnuts, ground in food processor

2/3 c. whole wheat pastry flour

1 tsp salt

1/3 c. ground flaxseed

1/3 c. carob chips

½ c. maple syrup

2 tsp. vanilla (optional)

Directions:

1. Preheat the oven to 350°F.
2. In a small bowl add all the ingredients in the given order. Mix well.
3. Drop spoonful of dough on a slightly oiled cookie sheet and flatten them with a fork.
4. Bake for 10-15 minutes or until golden brown, checking often to prevent burning.
5. Let cool before removing from the cookie sheet.

Makes about 1 dozen cookies

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Program Code: TOP000022

Macadamia Feta cheese (Raw)

Ingredients:

2 c. macadamia nuts, soaked
2 Tbsp. lemon juice
2 Tbsp. nutritional yeast
2 Tbsp. spring onion, white part only
 $\frac{3}{4}$ tsp. sea salt

Pizza Veggies (Raw)

Ingredients:

2 zucchini, spiralized
 $\frac{1}{2}$ red onion, sliced thin
2 c. spinach, coarsely chopped
1 thinly sliced red bell pepper
2 Tbsp. olive oil
1 Tbsp. chopped basil
1 Tbsp. chopped oregano
 $\frac{1}{4}$ tsp. salt

Marinated Tomatoes:

5 Roma tomatoes, sliced
2 Tbsp. olives oil
 $\frac{1}{4}$ tsp. sea salt
 $\frac{1}{8}$ tsp. cayenne
1 Tbsp. Italian seasoning

Directions:

Mix well and dehydrate for 4 -6 hours.

Pizza Crust (Raw)

Ingredients:

2 c. soaked raw buckwheat groats (1 cup dry)
1 c. soaked sunflower seeds

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1/3 c. sun dried tomatoes, soaked
3/4 c. tomato soaked water
1/4 c. fresh packed basil
1/4 c. diced onion
2 garlic cloves
1 date
1 Tbsp. rosemary
1 tsp. celtic salt
3 Tbsp. extra virgin olive oil
3 Tbsp. soaked flax seeds

Directions:

1. In a food processor, grind the buckwheat, adding a bit of the tomato soak water if needed. Transfer to a bowl.
2. Grind the sunflower seeds. Add to the buckwheat along with the ground flax.
3. In a blender, combine all remaining ingredients until smooth.
4. Mix in the buckwheat/sunflower/flax.
5. Spread the mixture onto teflex sheets, creating rounds or squares. Score.
6. Dehydrate at 145F for 1 hour.
7. Turn the temperature down to 115F and continue to dehydrate until you can flip the crusts over to the mesh screen. Dehydrate until dry.

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Program Code: TOP000022

Mo' Peas, if you please *with Brown Rice*

Ingredients:

4 c. water
1 (15 oz.) can red kidney beans (or other bean of your choice)
1 (12 oz.) can coconut milk
2 c. long grain brown rice
1 small onion, chopped
2 cloves garlic, minced
¼ tsp. dried thyme
1 tsp. sea salt

Directions:

1. Drain the liquid from the can of beans and add with the can of coconut milk.
2. Place liquids in a baking dish with beans, onions, garlic, thyme and oil.
3. Bake at 350 degrees for 1 ½ - 2 hours.

Serves 6-8

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Program Code: TOP000023

Buckwheat Porridge (Raw)

Ingredients:

1/3 c. buckwheat groats, soaked overnight
1 ripe banana
2 Tbsp. agave, honey or maple syrup
1 tsp. coriander
1/4 tsp. cardamom
1/4 c. raisins (more or less to taste)
1/2 medium sized apple, chopped
2 Tbsp. chopped pecans

Directions:

1. Rinse the buckwheat groats in water, then place in the food processor with the banana coriander and cardamom.
2. Process until the groats have all just began to break apart. Don't over process or you'll lose that nice porridge consistency.
3. Place in a serving bowl and top with the chopped apples, raisins and pecans.
4. Pour a small amount of almond milk.

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Program Code: TOP000023

Apple Crisp (Raw)

Ingredients:

Crust:

1 c. almonds
½ c. walnuts
6 Medjool dates, pitted

Directions for the Crust:

In a food processor, pulse the ingredients until they form a coarse meal. Press half of the mixture into single serving ramekins, mini pie plates or spring form pans. Reserve the remaining crumble.

Filling:

3 medium apples, cored and coarsely chopped
¼ c. Medjool dates
2 Tbsp. raisins
1 tsp. coriander
¼ tsp. cardamon
¼ tsp. ground ginger
Pinch of salt

Directions for the Filling:

1. In a food processor, puree one apple and the remaining ingredients until smooth.
2. Add the two remaining apples in the food processor and pulse until they break down into small pieces. Do not over blend - you want some apple bits.
3. Pour the filling onto the prepared crust.
4. Sprinkle the reserved crumble mixture on top. You can enjoy the crisp right away, chill it in the fridge, or warm it in your oven or dehydrator.

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Program Code: TOP000023

Potato “Curry” in a Hurry

Ingredients:

4-5 medium potatoes, sliced
2 Tbsp. homemade “curry” power*
2 garlic cloves, minced
1 medium onion, finely chopped
1 c. cashews
1½ c. water

Don’t Worry-Healthy “Curry” Powder

1 Tbsp. ground coriander
1 ½ tsp. cardamom
1½ tsp. cumin powder
1½ tsp. turmeric powder
2 tsp. paprika
1 Tbsp. ground fenugreek (optional)

Directions:

1. Peel and slice the potatoes then add to a pot of simmering lightly salted water, cook on a medium heat until soft.
2. While the potatoes are cooking, prepare the curry powder.
3. To prepare the curry power, mix together the herbs in a small bowl.
4. Prepare a cashew cream sauce by blending the cashews and water in a blender until the mixture is smooth and creamy. (To ensure a good result do not add all the water at once. Blend the cashews with half the water until the mixture is smooth, and then add the rest.)
5. Now add the homemade curry powder, garlic and onions to the cashew cream, blend until you can see curry powder is equally distributed.
6. Once the potatoes are soft, drain the water and put them in an oven dish.
7. Pour the cashew curry over the potatoes making sure they are all covered and bake until the mixture turns a deeper brown.

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Program Code: TOP000024

Carob Mousse Pudding (Raw)

Ingredients:

2 Ripe Avocados
8 Medjool dates
2 Tbsp. carob powder
½ c almond milk (or other vegan milk)
1 tsp. vanilla
Pinch salt

Directions:

1. Prepare all of the ingredients above i.e de-pitting the medjool dates and cutting the avocado.
2. Add all of the ingredients to the vita-mix or food processor and blend until smooth and creamy.

Enjoy!

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Program Code: TOP000024

Pineapple Icebox Dessert (Raw)

Ingredients:

Crust:

2 c. cashews
1 Tbsp. alcohol-free vanilla extract
2 Tbsp. honey or agave syrup
Pinch salt

Directions for the crust:

To make the crust, combine the cashews and vanilla in the food processor and chop to a crushed wafer texture. Add the agave syrup and process to mix well. Sprinkle half of the crust onto the bottom of a loaf pan.

Filling:

1½ c. cashews
½ c. honey
¼ c. liquid coconut oil
¼ c. filtered water, as needed
2 ½ c. chopped cored pineapple
Pinch salt

Direction for filling:

1. To make the filling, combine the cashews, agave syrup, and coconut oil in the high-speed blender and blend until smooth, adding water as needed to create a creamy texture.
2. Spoon the mixture into a mixing bowl, add the pineapple, and stir to mix well.
3. Spoon the filling into the loaf pan and sprinkle the remaining crust on top. Pat lightly. Freeze for 2 hours or until chilled.

This will keep for 4 to 6 days in the fridge or for several weeks in the freezer.

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Program Code: TOP000024

Good Lookin' Cookin' Avocado Oil

Ingredients:

4 really ripe avocados
2 c. coconut cream
water, if required (while blending)
1 piece of muslin cloth

Directions:

1. Remove the skin of the avocado fruits, remove the seed and mash the pulp.
2. Blend the pulp to make a coarse paste. If it is difficult to make the paste, then you can add tap water.
3. Continue to mix the pulp for 40 to 60 minutes at in pot. This process of mixing is known as malaxation. This is an important process to make avocado oil. It helps in bringing microscopic molecules of oil in the pulp together to form bigger droplets of oil.
4. The next step is to press the malaxed avocado pulp in order to separate the oil from water. Pour the mixture in a saucepan. If the mixture appears to be very thick, then you can add some tap water to the mixture.
5. Place the saucepan over low heat and continue to stir the mixture.
6. Continue to cook the mixture, till you see oil separating from the mixture and the mixture becomes a little dry.
7. When the oil is ready to be drained, you will see that the mixture has changed color and is dark brown in color.
8. Pour the mixture in a muslin cloth and squeeze hard to extract the oil. When the oil cools down, store it in a dry air tight bottle.

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Program Code: TOP000025

Eggplant Bacon (Raw)

Ingredients:

1 large eggplant, sliced lengthwise (1/4 -inch thick or less)
1/4 c. Braggs liquid aminos
1/4 c. maple syrup
1/4 c. olive oil
1 garlic clove
2 tsp. cumin
1/4 tsp. smoked paprika (or 1 tsp regular paprika)
1/2 soaked chipotle pepper

Directions:

1. Blend all marinade ingredients together. Submerge eggplant slices well, and let marinade for at least an hour.
2. Place slices in a dehydrator and dehydrate at 115 degrees till totally dry: this should take about 12 hours. For crispier bacon, dehydrate longer.

Makes about 20 thin slices, or sized according to your eggplant.

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Program Code: TOP000025

Scrambled T'eggs

Ingredients:

½ Tbsp. olive oil
1 lb. water-packed tofu, extra firm
½ small onion, diced
½ red bell pepper, diced
¼ c. nutritional yeast flakes
1½ Tbsp Chicken style seasoning
¾ tsp. garlic powder
½ tsp. onion powder
½ tsp. sea salt
pinch turmeric

Directions:

1. Drain excess water from tofu.
2. Heat oil in a large skillet over medium heat. Crumble tofu into the pan with your fingers or use a spatula to break it up in the pan.
3. Add remaining ingredients to the skillet; cook until tofu is browned and slightly dry, stirring occasionally. This could take from 10 – 30 minutes depending on the desired texture. The longer the tofu is cooked the firmer the tofu will be.

Makes 3 servings

(Adapted from Give Them Something Better, page 10)

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Program Code: TOP000026

Raw Garlic Bread

Ingredients:

¼ c. olive oil
1½ c. almond pulp
1 c. brown flax seed meal
2 c zucchini, peeled and grated
1 ½ Tbsp. lemon juice
2 Tbsp. psyllium husk
1 clove of garlic
1 tsp. garlic powder
1 Tbsp. maple syrup
2/3 c. water
1 tsp. mineral sea salt

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Program Code: TOP000026

Plenty Protein Quinoa (“Keen-wah?”) Salad

Ingredients:

2 c. quinoa
3 c. water
5 artichoke hearts
4 radishes, diced
3 garlic cloves
1 small red onion, finely diced
1 c. shredded carrot
1 Tbsp. lemon juice
2 green onions, chopped
2 sprigs of cilantro
salt to taste

Directions:

1. Bring quinoa and water to a boil on high heat.
2. Once mixture begins to boil, let simmer on low heat for 15-20 minutes or until fluffy.
3. Let quinoa cool.
4. Mix together with rest of ingredients in a bowl.