

# Taste of Paradise Recipes

Season 3

Program Code: TOP000027

## Kale Slaw (Raw) with Barbecue Crumbles

*Ingredients:*

### **Slaw:**

*Ingredients:*

- 3 c. shredded cabbage
- 2½ c. shredded kale
- 1 c. shredded carrot
- ¼ c. thinly sliced sweet onion

In a large bowl, toss together all ingredients and set aside.

### **Mayo:**

*Ingredients:*

- 1/3 c. raw cashews, soaked for 1 hour, drained, and rinsed
- 1/3 c. raw sunflower seeds, soaked for 4 hours, drained, and rinsed
- ¼ c. water
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 1 tsp. maple syrup
- ¾ tsp. salt

In a high-speed blender combine all ingredients and blend until very smooth. Pour over the kale slaw and mix well.

### **Barbecue Crumble:**

*Ingredients:*

- 5 sun-dried tomatoes, soaked for 2 hours, drained, and rinsed
- 1 Tbsp. olive oil
- 1 Tbsp. water
- 1 tsp. maple syrup
- 1 T lemon juice
- 1 tsp. smoked paprika
- ½ tsp. chili powder

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½ tsp. chopped soaked chipotle pepper

¼ tsp. salt

1½ c. raw walnuts

1 Tbsp. minced red onion

*Directions:*

1. Process sun-dried tomatoes, olive oil, water, maple syrup, lemon juice, paprika, chili powder, paprika, and salt in a food processor until a smooth paste forms.
2. Add walnuts and pulse to create a crumbly texture. Scrape into a medium bowl and fold in red onions.
3. Top with barbecue walnut crumbles

Serves 4

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*Sensational Seasoning!*

## Sofrito Cocido

*Ingredients:*

3 Tbsp olive oil  
¼ c. nutritional yeast flakes  
2 tsp sea salt or to taste  
¼ c. chicken style seasoning  
2 garlic bulbs, minced  
3 medium onions, diced  
1 red bell pepper, diced  
5 tomatoes, diced  
½ c. tomato sauce

*Directions:*

1. Heat a large skillet over medium-high heat; add enough oil generously to cover bottom of the skillet.
2. Sautee onions and garlic until golden brown.
3. Add peppers to skillet; once peppers are softened add the remaining ingredients.
4. Simmer for 20 minutes.

## Yucca (Cassava)

*Ingredients:*

2 lbs. of frozen or fresh cassava  
1 tsp. sea salt

*Directions:*

1. Put cassava in pot with salt and cover with enough water.
2. Bring to boil until tender.

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## Walnut Meaty Balls (Raw)

### *Ingredients:*

- 1 c. walnuts
- 1 c. pecans
- 6 Tbsp. marinara sauce
- 2 Tbsp. nutritional yeast flakes
- 1 ½ tsp. Braggs liquid aminos
- ½ tsp. coriander
- ½ tsp. cumin
- 2 Tbsp. water from soaked sundried tomatoes
- 1½ tsp. maple syrup
- 2 Tbsp. flax seed meal (brown)
- 1½ tsp. fresh basil
- ½ tsp. minced garlic
- 1½ Tbsp. Italian seasonings
- ¼ tsp. cayenne
- 1 ½ Tbsp. olive oil

### *Directions:*

1. Process all ingredients in food processor
2. Form into balls and dehydrate for 12 – 16 hours

Serves 8

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*Mamma Mia!*

## Pita Pizza

*Ingredients:*

### For the Pizza Sauce

- 1 garlic clove
- 1 tsp. salt
- 1 can (6 oz) tomato paste
- 6 oz. water
- ½ tsp. sugar
- ½ tsp. oregano
- 1 Tbsp. olive oil
- ½ tsp. dried rosemary

*Directions:*

1. Blend all ingredients. Makes about 1 ½ c.

*Ingredients:*

### For the Toppings:

- ¼ c. pizza sauce
- ½ c. vegan cheese or cashew cheese
- ¼ c. black olives, sliced
- ¼ c. green olives, sliced
- ¼ c. red onions, sliced
- ¼ c. orange bell pepper, chopped
- ½ large tomato, sliced

*Directions:*

1. Preheat oven to 350°F.
2. Sautee onions and bell peppers lightly.
3. Place pita breads on an ungreased baking sheet; spread pizza sauce evenly over bread.
4. Spread ¼ c. of cheese on top of pizza sauce.
5. Top with remaining ingredients and then spread rest of the cheese on top.
6. Bake for 5-7 minutes. Serve immediately.

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## Garden of Eden Quesadillas (Raw)

### Tortillas:

- 4 c. roughly peeled chopped zucchini
- 2 c. ground golden flax seed
- 2 Tbsp. onion, chopped
- 1 clove of garlic
- 2 Tbsp. Italian seasonings
- 2 c. soaked sundried tomato water
- 1 ½ tsp. Himalayan sea salt

### *Directions:*

1. Blend all ingredients in a high-power blender until thick and creamy. Flaxseed will thicken the mixture.
2. Transfer the mixture quickly to dehydrator trays.
3. Spread about an 1/8 inch thick layer of 4 trays and dehydrate at 115 degrees for 4-6 hours. Make sure not to go over time, mixture will become crispy.

### Marinated Veggies:

- 2 zucchini, sliced
- 2 c. spinach, chopped
- 2 c. red bell pepper, sliced and chopped
- 1 c. spring onion
- 2 Tbsp. lemon juice
- 4 Tbsp. olive oil
- 1 tsp. Himalayan sea salt
- 1 tsp. cumin
- 1 tsp. smoked paprika
- ½ tsp. cayenne
- 4 clove garlic

Combine all ingredients and set aside.

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## “Cheese:”

- 1 c. cashews, soaked
- 1 c. macadamia nuts, soaked
- 1 c. nutritional yeast flakes
- $\frac{3}{4}$  c. water
- $\frac{1}{4}$  c. onion, chopped
- 2 cloves of garlic, minced
- 2 Tbsp. tahini
- 1 c. red bell pepper
- 2 Tbsp. lemon juice
- $\frac{1}{4}$  tsp. cumin
- $\frac{1}{4}$  tsp. cayenne
- 1 tsp. Himalayan sea salt

Blend all ingredients in a high-power blender until thick and creamy.

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*The Dynamic Duo!*

## Nopal Cactus Salad

*Ingredients:*

3 c. diced nopales, cooked until tender and rinsed under cold water  
½ c. finely chopped green onion  
½ c. diced radishes  
1 c. diced tomatoes  
¼ c. finely chopped cilantro leaves  
2 Tbsp olive oil  
Juice of 1 fresh lime  
¼ tsp crumbled, dried oregano leaves  
¼ c. diced onions  
¼ c. chopped red bell pepper  
Salt to taste

*Directions:*

1. Place the nopales in a salad bowl with the other vegetables and the cilantro.
2. Whisk together the olive oil, lemon juice, oregano, salt and pour over the vegetables.
3. Toss to blend well.



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## Spicy Corn Chips (Raw)

### *Ingredients:*

5 c. raw organic corn (fresh or frozen), thawed  
¾ c. ground flax seed (golden)  
2 Tbsp. hemp seeds  
1 yellow bell pepper chopped (or orange pepper)  
2 green onions, chopped  
¼ jalapeno pepper (more or less, as desired)  
2 Tbsp. lime juice  
2 Tbsp. olive oil  
1 tsp. Himalayan sea salt  
1 tsp. cumin  
¼ tsp. chili powder, or to taste  
½ c. water (more or less as needed)

### *Directions:*

1. Process corn, bell and jalapeno peppers, and onion in a food processor.
2. Add the remaining ingredients and blend until combined. Use spatula to scrape from sides of bowl and add water as needed to achieve a creamy texture.
3. Spread the mixture onto lined dehydrator trays no more than 1/8" thick.
4. Dehydrate at 110 degrees for 2 hours.
5. Flip the sheets over onto mesh sheets, removing the liners. Use a dull edged knife and score into triangles.

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## Mango Salsa (Raw)

### *Ingredients:*

3 c. diced ripe mangoes  
2 medium avocados, chopped  
 $\frac{3}{4}$  c. diced red bell pepper, minced  
 $\frac{1}{4}$  c. finely chopped red onions  
 $\frac{1}{4}$  tsp. cayenne  
1 clove of garlic, minced  
2 Tbsp. chopped fresh cilantro  
1 tsp. chopped fresh ginger  
 $\frac{1}{4}$  c. lime juice  
1 tsp. salt

### *Directions:*

Toss all ingredients in a large bowl mixing until well combined.  
Chill and serve!

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## Bean and Rice Chimichanga

### *Ingredients:*

1 whole grain flour tortilla  
1/3 c. beans  
1/4 c. rice  
2 Tbsp. salsa  
1 Tbsp. diced onion

### *Directions:*

1. Preheat oven to 400°F. Lightly coat a baking sheet with non-stick cooking spray.
2. Place beans and rice into each tortilla.
3. Add salsa and diced onion into each tortilla.
4. Wrap each burrito and put seam side down on prepared baking sheet.
5. Coat burritos lightly with cooking spray; bake 15 minutes. Turn over and bake an additional 10 minutes, until golden brown.

## **Salsa**

### *Ingredients:*

3 medium tomatoes, diced small  
1/2 large onion, diced finely  
2 cloves garlic, minced  
1 can (15 ounces) diced tomatoes  
1 bunch of green onions, diced (optional)  
2 Tbsp. lemon juice  
2 Tbsp. fresh cilantro, chopped  
1/2 to 3/4 tsp salt

### *Directions:*

1. Mix all ingredients in a small bowl until everything is evenly distributed.

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## Lasagna (Raw)

*Ingredients:*

### Zucchini Noodles

5 medium zucchini  
1 tsp. Himalayan sea salt  
3 Tbsp. olive oil

Cut zucchini lengthwise into thin strips and marinade with the other ingredients for 10 minutes.

### Sun-dried Tomato Marinara Sauce

4 Roma tomatoes chopped  
1 c. sun-dried tomatoes, soaked and drained  
1½ c. red bell pepper  
¼ c. extra virgin olive oil  
2 cloves of garlic, minced  
1 tsp. Himalayan sea salt  
2 Tbsp. minced fresh basil  
2 Tbsp. minced fresh oregano  
¼ c. olive oil

### Pistachio Basil Pesto

2 c. pistachios  
4 c. basil  
¼ c. olive oil  
½ tsp. salt  
2 cloves of garlic  
3 Tbsp. lime juice

Process all ingredients, leaving plenty of chunkiness!

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## Macadamia Almond Ricotta “Cheese”

- 1 c. macadamia nuts, soaked for 4 hours or more
- 1 c. almonds, soaked for 4 hours or more
- 2 tsp. lemon juice
- 4 Tbsp. nutritional yeast flakes
- ½ tsp. sea salt

Process all ingredients together in food processor.

You will also need:

6 cups baby spinach

### *Directions:*

1. Line the base of your dish with a layer of the zucchini strips that slightly overlap.
2. On top of this, put down a layer of the walnut meat, then the nut cheese, then tomato sauce and finally the pesto on top.
3. Finish this with another layer of slightly overlapping courgette strips.
4. Repeat step 2 but before adding the final layer of zucchini, take your wilted spinach and create an additional layer with that.

Serves 9 large portions

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Program Code: TOP000032

## Not Tuna Salad (Raw)

### *Ingredients:*

1½ c. almonds, soaked for 24 hours,  
1 c. sunflower seeds, soaked for 4-6 hours  
½ c. water  
½ c. minced celery  
½ c. minced red onion  
½ c. minced fresh parsley  
1/3 c. freshly squeezed lemon juice  
1 Tbsp. kelp powder  
1½ tsp. fresh dill weed (or 1 tsp. dried)  
½ tsp. Himalayan sea salt

### *Directions:*

1. Process the almonds and sunflower seeds in a food processor. If necessary, use a very small amount of water, alternating it with the nuts and sunflower seeds.
2. Transfer the mixture to a large bowl and stir in the remaining ingredients.

Store in an airtight container in the refrigerator. Will keep for up to 1 week.

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*No Wheat, No Meat!*

## Gluten Free Burgers

*Ingredients:*

- 1 c. hot, cooked millet
- 1 c. yellow squash, chopped
- 1 c. zucchini, chopped
- ½ c. red cabbage, sliced
- ½ c. onion, chopped
- ¼ c. kickin' chicken style seasoning
- 1 Tbsp olive oil

*Directions:*

1. Mix all ingredients except millet into a bowl.
2. Place vegetable blend in oiled skillet and sautee until brown.
3. Transfer sautéed vegetable blend into bowl.
4. Take 1 cup of vegetable blend and 1 cup of cooked hot millet and mix together thoroughly. Form into patty.
5. Sautee patty on skillet until browned on both sides.

## Flaxseed Binder

*Ingredients:*

- 1½ c. flax seed
- ¼ c. water

*Directions:*

1. Grind flax seed in a blender.
2. Add 1 cup of ground flaxseed to water and stir with fork until thick paste consistency is reached.
3. Cool and store in a refrigerator.

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## Carrot Cake Cupcakes (Raw)

*Ingredients:*

2 c. walnuts (not soaked)  
2 c. dates  
4 c. grated raw carrots or carrot pulp\*  
2 tsp. coriander  
½ tsp. fresh ginger  
½ tsp. cardamom  
1/8 tsp. sea salt  
1 c. raisins  
2 tsp. vanilla

*\*Note: If you use grated carrots, use cheesecloth or paper towels to squeeze the carrot and remove as much excess moisture as possible.*

## Cream “cheese” Frosting (Raw)

1 c. cashews, soaked for 1 hour more  
6 pitted dates, also for 1 hour or more  
Dash of sea salt  
1 tsp. lemon juice  
1 tsp. vanilla  
Water as needed

*Directions:*

1. Process the dates and walnuts in a food processor fitted with the S blade till they resemble a Larabar mix or cookie dough
2. Add carrot pulp or grated carrots and spices. Process till the mix has taken the form of a smooth “dough.”
3. Add raisins and pulse to combine.
4. For the Frosting: Process cashews, dates, salt and lemon in a food processor until the mixture is pasty and well combined. Add just enough water as the motor is running to get the frosting consistency you want.
5. Push the carrot cake dough into six muffin tins or ramekins and refrigerate for about an hour. Remove from the fridge, and get frosting!

Serves 6



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*Healing of the Nation*

## Peppermint Oil

½ c. warm olive oil  
4-5 sprigs of peppermint leaves  
1 clear glass jar  
1 dark glass jar

*Directions:*

1. Wash peppermint leaves with cold water and set on paper towel to dry.
2. Fill glass jar with peppermint leaves.
3. Then start to crush the peppermint to help release the oils.
4. Pour the olive oil onto the peppermint.
5. Seal the jar and shake to distribute the peppermint in the oil. Allow to set for 24 hours.
6. Strain the peppermint leaves from the oil with a piece of cheesecloth reserving the oil. Discard the peppermint.
7. Repeat the process daily for three days (reusing the same oil) or until the oil reaches desired strength.
8. Pour the peppermint essential oil in to the dark bottle and seal. Store in a cool dark location away from direct sunlight.

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## Donut Holes (Raw)

### *Ingredients:*

- 1 c. almonds, dry
- ¼ tsp. sea salt
- 1 tsp. vanilla
- 1 c. dried pineapple, chopped (unsulphured and unsweetened)
- 1 c. pitted dates
- 5 Tbsp. dried shredded coconut

### *Directions:*

1. Soak almonds for several hours and then let them air dry prior to preparation.
2. Massage together with hands into small balls, roll in extra shredded coconut and chill.  
(Can freeze to keep longer)

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## Not So Egg Omelette

*Ingredients:*

### Omelette Base

- 2 c. quick oats
- 2 c. extra firm tofu, mashed
- ½ tsp turmeric
- 3 Tbsp kickin' chicken style seasoning
- 1-2 c. water

### Omelette Filling

- 1 c. spinach
- 2 tsp olive oil
- 2 Tbsp kickin' chicken style seasoning
- ¼ c. onion
- ¼ c. red bell pepper
- ¼ c. meat substitute
- 1/3 c. cheese substitute

*Directions:*

1. Mix omelette based ingredients in a bowl.
2. Blend all omelette base ingredients to a pancake consistency. Add water to thin or add oats to thicken if necessary.
3. Mix omelette filling ingredients into a bowl.
4. Place omelette filling in oiled skillet and sauté until brown.
5. Transfer omelette filling to a bowl.
6. Pour ½ cup of omelette base into skillet and cook until it bubbles.
7. Place omelette filling evenly on one half side of omelette base.
8. Sprinkle cheese substitute evenly over omelette filling.
9. Fold omelette together and cook 3-4 minutes on each side.

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## Coconut Kale Enchiladas (Raw)

### Tortillas

1 c. young coconut meat  
½ c. coconut water  
1 c. red bell pepper  
2 Tbsp. coconut oil  
1 tsp. cayenne  
2 Tbsp. onion, chopped  
1 clove garlic  
1 Tbsp. chopped jalapeno  
1 date  
2 tsp. Himalayan sea salt

Blend. Spread 2 cups per dehydrator sheet. Dehydrate 6 hours and flip, dehydrate for 3 more hours.

### Pico de Gallo

3 large diced tomatoes  
1 diced medium sized onion  
¼ c. chopped cilantro  
Juice of one lime  
½ tsp. minced garlic  
1 tsp. Himalayan sea salt  
1 jalapenos (or to taste)

### *Directions:*

Chop all veggies and mix.

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## Cashew “Cheese”

2 c. cashews  
1 red bell pepper, chopped  
1¼ c. water  
1 Tbsp. + ¼ tsp. lemon juice  
1 tsp. maple syrup  
2 Tbsp. tahini  
1 c. yeast flakes  
1/8 tsp. cayenne  
1/8 tsp. cumin  
1¼ tsp. Himalayan sea salt  
2 Tbsp. chopped onion  
1 clove of garlic

Blend.

## Sunflower Seed “Sour Cream”

1 c. sunflower seeds  
1 c. water  
4 Tbsp. lemon juice  
1 garlic clove, minced  
¾ tsp. onion powder  
¾ tsp. salt

Place ingredients in blender/food processor and whiz until smooth.

*Note: If consistency is thick, add a bit more water (or lemon juice if more zing is needed). Adjust seasonings to taste.*

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*Blazin' Beans*

## **Dominican Beans**

*Ingredients:*

- 2 c. red kidney beans
- 1 medium onion, chopped
- $\frac{3}{4}$  c. yellow bell pepper, seeds removed, cut into 3 large pieces
- 1  $\frac{3}{4}$  tsp. sea salt
- $\frac{1}{2}$  c. tomato sauce
- 2 Tbsp. fresh cilantro, chopped

*Directions:*

1. Place beans, onion, bell pepper, and salt to a pot. Simmer 30 minutes, until vegetables soft.
2. Remove all onion and pepper pieces from the beans.
3. Place onion and pepper pieces into blender with 1 cup of beans and enough “bean water” to blend.
4. Add tomato sauce and cilantro to blender and blend until smooth. Pour mixture back into the beans and mix to stir well.

*Makes 5 servings*

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## Tostones (Plantain)

### *Ingredients:*

3 ripe plantains, peeled and sliced into 1-inch pieces  
1 Tbsp coconut or olive oil  
Salt, to taste

### *Directions:*

1. Spread the coconut oil evenly over plantains.
2. Place plantains in oven at 350 degrees for 15-20 minutes. When softened, mash them with a glass or other flat surface to ¼-inch thick.
3. Return to oven until golden brown.
4. Drain on paper towel.

*Makes 10 servings*

# Taste of Paradise Recipes

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Program Code: TOP000036

## Beet Ravioli (Raw)

*Ingredients:*

### Shells

*Ingredients:*

3 beets  
2 Tbsp. extra virgin olive oil  
¼ tsp. Himalayan sea salt  
1 Tbsp. lemon juice

*Directions:*

1. Take the beetroot, cut both ends off, and peel. Use a grater to slice the beet thinly. Put it in a bowl.
2. Take a little bit of extra virgin organic olive oil and coat the slices beet in the olive oil. To make it more pliable add a tiny bit of organic sea salt to the beet and mix it. Let it sit for about 10-30 minutes.
3. Add a little bit of lemon juice. Mix it. Let it sit. When the beets have become much softer, take the beets, lay them down on the board, and take the cashew ricotta cheese, put it right inside.
4. Put just the right amount of cashew ricotta cheese; pinch it around the outsides so that it looks like the traditional ravioli. Place the ravioli on the platter.
5. Pour onto it the roasted red pepper sun-dried tomato basil marinara sauce.
6. Garnish it with the cashew ricotta cheese, some fresh (or dried) basil and a little bit of extra virgin olive oil.

### Raw Ricotta Cashew “cheese”

*Ingredients:*

1 c. cashews  
2 Tbsp. water  
4 Tbsp. nutritional yeast flakes  
¼ c. lemon juice  
½ tsp. Himalayan sea salt  
½ c. chopped spinach  
¼ c. finely chopped bell peppers

*Directions:*



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1. Add in half a cup of red pepper into the food processor. Add in 2 large cloves of garlic. Add in a quarter of a cup of lemon juice. Add in a little bit of dried dill, a little bit of organic sea salt, and a little bit of nutritional yeast. Turn on the food processor. Stop it at the beginning, halfway through, to make a little bit of a scrape down. And then turn it on again.
2. Add in the soaked cashew. Turn the processor on again.
3. Stop the processor once in a while, scrape it down, to make sure to get all the bits from the bottom so that everything is incorporated properly.
4. The cashew cheese is done.

## Raw “Roasted” Red Pepper Marinara Sauce

### *Ingredients:*

1 cup red bell peppers, chopped  
½ c. soaked sun-dried tomatoes  
2 c. fresh tomatoes, chopped  
2 Tbsp. olive oil  
1 - 2 cloves garlic  
½ Tbsp. sea salt  
½ Tbsp. nutritional yeast  
¼ c. fresh basil leaves  
1/8 c. sun-dried tomato soak water

### *Directions:*

1. Put all the ingredients of this sauce into the food processor and make it a good purée.
2. Spoon this right over the ravioli just at the right amount.

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*No Messin, Just Dressin!*

## Terrific Tahini Dressing

*Ingredients:*

- 2 Tbsp. Tahini
- 2 tsp. lemon juice
- 1 garlic clove, minced
- 1 Tbsp. Braggs liquid Aminos (or ½ tsp. salt)

*Directions:*

1. Mix together Tahini, Braggs, lemon juice and garlic until smooth and creamy.
2. Add water until a salad dressing consistency is reached.

## Roasted Asparagus

*Ingredients:*

- 1 lb. asparagus
- 1-2 Tbsp olive oil
- 2 garlic cloves, minced
- Sea salt

*Directions:*

1. Rinse asparagus and break the tough ends off.
2. Lay the asparagus spears out in a single layer in a baking dish and drizzle olive oil over the spears.
3. Roll the asparagus back and forth until they are all covered with a thin layer of olive oil.
4. Sprinkle with minced garlic and salt.
5. Place baking dish in preheated 400°F oven and cook for approximately 8-10 minutes, depending on how thick the asparagus spears are, until lightly browned and tender when pierced with a fork.
6. Pour Tahini dressing over asparagus before serving.

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## Thai Lettuce Wraps (Raw)

*Ingredients:*

### Filling:

- 1½ c. walnuts
- ½ c. celery, diced
- ½ c. diced carrots
- ½ c. red bell pepper, diced
- ½ c. fresh cilantro, minced
- ¼ c. scallions, minced (green part only)

### Sauce:

- ¼ c. raw honey
- 1/8 c. Bragg's liquid aminos
- ½ tsp. fresh garlic, minced
- 1 tsp. fresh ginger, grated
- 1 Tbsp. hulled sesame seeds
- 1 Tbsp. sesame oil
- ½ tsp. cayenne

### Garnish:

- 1 head of lettuce (Butter, Bib, or Romaine)
- Mung Bean sprouts
- Carrots, grated

*Directions:*

1. Gently pull apart lettuce leaves, wash and let dry on paper towel
2. Prepare the sauce in a food processor fitted with an s-blade by adding all ingredients and pulsing 3-4 times.
3. Add walnuts to the processor and pulse 4-5 times until meat of walnut is the consistency of ground meat.
4. Add vegetables to processor and pulse 3-4 more times until all ingredients are incorporated.
5. Place 2-3 lettuce leaves on plate, scoop 2-3 Tablespoons of walnut meat mixture in to leaf.
6. Garnish with mung bean sprouts and grated carrots.

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Program Code: TOP000038

*Wrap It Up!*

## Peach and Blueberry Wrap

*Ingredients:*

- 1 gluten-free brown rice wrap
- 2 c. peaches, frozen or fresh
- ¼ c. blueberries
- 2 Tbsp. raisins
- 1 Tbsp. nut butter
- ¼ c. raw cane sugar
- Pinch of sea salt
- 1 tsp. coriander
- 3 Tbsp. cornstarch
- 3 Tbsp. cold water

*Directions:*

1. Place peaches and sugar into a saucepan. Cook on medium heat until boiling.
2. Mix salt, coriander, cornstarch and water in bowl with fork. Pour into saucepan with peaches and sugar. Cook until thickened. Mix to avoid burning.
3. Remove saucepan and place mixture into a bowl.
4. Spread nut butter on one side of brown rice wrap.
5. Place ½ cup of peach mixture on top of the nut butter.
6. Add blueberries and raisins on top of peaches.
7. Fold rice wrap and griddle until browned on both sides.

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## Creamy Carob Fudge (Raw)

### *Ingredients:*

12 medjool dates, pitted  
1 c. raw almond butter  
1 c. raw carob powder  
2 Tbsp. raw honey  
¼ tsp. cardamom  
½ tsp. coriander  
Pinch of sea salt  
Coconut oil, raw and unrefined (for greasing pan)

### *Directions:*

1. Soak the dates for 4 hours in enough water to cover by 1 inch. Drain and reserve the soaked water, if desired. It can be sipped chilled or used to sweeten a smoothie.
2. Put the dates, almond butter, carob, honey, nutmeg, and salt in a food processor and blend until a cohesive, moist, almost elastic dough forms, 20 to 30 seconds.
3. Oil an 8-inch square pan with coconut oil. Using your hands or a spatula, press the dough into the pan to a thickness of ¾ inch.
4. Place the covered pan in the freezer for 4 hours to harden the fudge prior to cutting. Remove the pan and cut the fudge into 1 ½- inch squares. Store in a tightly sealed container in the freezer for up to 3 months. Do not store in the refrigerator; it will become too soft.

Makes about 24 squares or balls

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## Almond-Apricot Cookies

### *Ingredients:*

1 c. raw almonds  
1 c. rolled oats  
¼ c. unsweetened coconut  
1 c. whole wheat pastry flour  
½ tsp. sea salt  
½ c. light olive oil  
½ c. maple syrup  
1 jar of apricot jam

### *Directions:*

1. Grind almonds, oats and coconut in a food processor.
2. Add all ingredients together into a bowl and mix.
3. Form into balls, and place on oiled cookie sheet.
4. Press an indentation in the center of each ball with your thumb.
5. Fill each indentation with 1 teaspoon jam.
6. Bake at 350°F for 15 minutes.

# Taste of Paradise Recipes

Season 3

## Oat Facial

### *Ingredients:*

1 ½ c. quick oats

1 c. water

¼ c. cane sugar

### *Directions:*

1. Mix all ingredients in a small bowl.
2. Let sit for 5-10 minutes until slightly thick.
3. Spread mixture evenly over face and let sit for 15-20 minutes or until face feels tight.
4. Rinse with warm water.

Enjoy beautiful, soft skin!

# Taste of Paradise Recipes

Season 3

Program Code: TOP000039

## Lemon Pie (Raw)

*Ingredients:*

### Crust:

- 1 c. cashews (or macadamia nuts), soaked
- 1 c. almonds, soaked
- 1 c. shredded coconut
- 2 Tbsp. maple syrup
- 1 tsp. lemon zest
- pinch of sea salt

*Directions for the Crust:*

1. Place nuts, salt and shredded coconut in food processor and process until fine. Add lemon zest and agave nectar processor until well mixed.
2. Oil and 9 in pie dish with a little coconut oil. Press the mixture into the pie dish. Put pie plate in the freezer while you make the filling so the crust will firm up.

### Filling:

- 2 c. young coconut meat, diced
- $\frac{3}{4}$  c. coconut oil
- 2 tsp. lemon zest
- $\frac{1}{2}$  tsp. turmeric
- $\frac{3}{4}$  c. maple syrup
- $\frac{1}{4}$  c. lemon juice
- 2 tsp. vanilla extract
- Pinch of sea salt

*Directions for the Filling:*

1. In a Vita Mix on high speed blender, blend all of the filling ingredients until smooth. Pour the filling into the tart or pie pan.
2. Chill in the freezer until set, 3-6 hours.



# Taste of Paradise Recipes

Season 3

Program Code: TOP000039

## Tasty T'ickin Stir Fry!

### *Ingredients:*

- 1 package of extra firm tofu, well drained
- 2 Tbsp kickin' chicken style seasoning
- 2 Tbsp olive oil
- 2 Tbsp Braggs Liquid Aminos (optional)
- 1 medium onion
- 2 c. cooked brown rice
- 2 garlic cloves, sliced
- ½ c. red cabbage, sliced
- ½ c. carrots
- ½ c. broccoli

### *Directions:*

1. Chop tofu into small cubes and mix with chicken style seasoning.
2. Place seasoned tofu into frying pan and then add 1 tablespoon olive oil. Sautee tofu until it is firm and browned.
3. In another skillet, add onion, garlic and olive oil. Sautee for 30 seconds.
4. Add remaining ingredients except rice and stir well for 30 seconds.
5. Then add rice and stir well for 1 minute.
6. Serve immediately.