

A Taste of Paradise Recipes

Season 5

Program Code: TOP000053

Asian Stir Not Fry/\$5 or less

Chopped Veggies

- 4 large zucchini, spiralized
- 2 cup bok choy, chopped
- 1/2 each red and yellow bell peppers, chopped
- 1 large carrot, shredded
- 1 cup purple cabbage, chopped
- 1 leek, thinly sliced

Sauce

- 2 T Braggs Liquid Aminos
- 4 cloves garlic, minced or pressed
- 2 to 3-inch piece of ginger, peeled and minced
- 1/2 lemon, juiced
- 2 tablespoons honey
- 1/2 t cayenne
- 1 t stone-ground mustard
- 2 tablespoons cold-pressed sesame oil, optional

Blend

Combine chopped veggies and sauce and stir.

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Cauliflower Salad

Marinade

- ¼ c fresh lemon juice
- ¼ c extra virgin olive oil
- 1 Tbsp cashews
- 1 tsp mustard powder
- 2 garlic cloves, peeled and minced
- ½ tsp Himalayan salt
- 1 date, remove pit
- ¼ tsp cayenne pepper

Blend.

Salad

- 4 c cauliflower, coarsely chopped
- ½ c carrots, shredded
- 1 small red bell pepper, minced
- ¼ c yellow onion, diced fine
- 2 Tbsp fresh parsley, minced
- 1 tsp fresh basil leaves, minced

Assemble ingredients in a bowl. Add marinade and toss thoroughly.

Leavened Whole Wheat Bread

- 4 c warm water
- 2 Tbsp dry yeast
- ½ c cane sugar
- ¾ c vegetable oil
- 3 tsp salt
- 2 Tbsp lecithin (optional)
- 4 c unbleached flour
- 5-5 ½ c whole wheat flour

Heat water, dry yeast and sugar until foamy. Pour into a large bowl. Slowly add flour, stir with a fork to get the lumps. Then mix the dough by hand. Add more flour until batter isn't as sticky. Put dough out on board and mix. Add some oil, flour and salt while kneading. Keep mixing until the dough rolls off your hands. Place in a bowl, cover and put in a warm place. Let rise until it doubles.

Take out of the bowl and place on a board and knead lightly. Place quantity in a loaf pan. Cover and let rise until doubled. Bake in a oven until done. Best for your digestive system not to eat for at least 48 hours.

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California Pizza

Raw Pizza Crust

Ingredients

- 1 cup sunflower seeds, soaked overnight
- 2 cup buckwheat groats, soaked overnight
- 1 medium carrot
- 1 stalk celery
- 2 cloves garlic
- 2 T minced red onion
- 3/4 t. sea salt
- 3 T. extra virgin olive oil
- 3/4 c. water, soaked sun-dried tomatoes
- 1/4 c. sesame seeds
- 1/3 c. whole flax seed

Process buckwheat groats in the food processor until nearly smooth. Add sunflower seeds and process until crumbled. Transfer the mixture to a large mixing bowl. Put carrot, celery, garlic, onion, salt & pepper in the food processor and process until well minced then transfer to the mixing bowl. Stir in whole flax, and sesame seeds. Once the mixture is well combined add flax meal and water and quickly incorporate well. Make two crusts by spreading half the batter onto two dehydrator trays lined with teflex sheets. Dehydrate at 110 for 3 hours or until dry enough to flip and remove teflex. Dehydrate 4 hours more or until done to your liking. Top with toppings, warm in the dehydrator and serve.

Cashew Ricotta Cheese

Ingredients

- 2 cup raw cashews, soaked
- 1/2 cup water
- juice of 1 large lemon
- 2 tablespoon nutritional yeast*
- 1 garlic clove
- 1 T onion powder
- 1 t himalayan sea salt

Soak the cashews for at least two hours in a bowl of water, covering the cashews about an inch of water as they will puff up a bit.

Drain cashews and place all remaining ingredients into a blender or food processor, blend until creamy scraping down sides as needed. Taste for flavors adding any additional ingredients. Some like a salty ricotta so feel free to add as much salt as you want.

Pistachio Basil Pesto

- 2 c pistachio
- ½ c sea salt
- 2 cloves garlic
- 3 limes juiced
- 4 c basil

Process dry ingredients first and then the wet food processor.

Pico de Gallo

- 6 roma diced tomatoes
- 1 diced medium sized onion
- 1/4 bunch of cilantro (use more or less depending on your taste)
- juice of half a lemon
- 1 clove garlic, minced
- 1 tsp of salt
- 1 jalapenos (or more if you prefer it hotter)
- 1 pineapple, diced
- 2 avocado, peeled and diced

Quick California Quesadillas

- 4 flour or corn tortillas
- ¼ c hummus
- vegan cheese/cashew cheese sauce
- a few scallions, chopped
- a few sprigs cilantro, chopped
- 1 avocado, sliced and chopped

Fresh Tomato Salsa

- ¼ c medium onions, sliced and chopped
- dash onion powder
- dash garlic powder
- dash paprika
- ½ tsp lemon juice

Mix the salsa ingredients

Heat the tortillas. Spread hummus on the tortillas. Sprinkle cheese on. Put salsa on top of tortilla. Add cilantro and scalloped onions. Place the other tortillas on top and heat until the cheese melts. Flip to toast the other side.

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Season 5

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Pineapple Cucumber Gazpacho

- 1 large pineapple, peeled and cut into pieces
 - 1 ½ c coconut water
 - 2 cucumbers, chopped
 - 1 c cilantro, chopped
 - 1 small jalapeno, chopped
 - 3 dates
 - 1 t sea salt
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Raw Corn Chowder

- 3 c organic corn, frozen
- 2 c coconut water
- 1 T ginger
- 2 garlic cloves
- 1 t sea salt
- 4 dates
- 1 avocado

Blend

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Raw Southern Pralines

Makes: 16+

INGREDIENTS:

- 1/2 cup raw honey
- 1/8 t salt
- 12 pitted medjool dates
- 1 1/3 cup cashew nut milk
- 4 tbsp coconut butter
- 1 tbsp vanilla
- 1 1/2 cup pecans

INSTRUCTIONS:

Blend all of the ingredients, except the pecans, in a high speed blender. After blending put the creamy mixture into a bowl and blend in the pecans with a spoon until well mixed. Then spoon up mixture onto parch paper. Dehydrate on 115 degrees for approximately 6 hours. Or just freeze the mixture for a couple of hours. Both versions came out delicious!

Super Foods for Stress Reliefs

1. Bananas
2. Nuts
3. Quinoa
4. Brown Rice and Pasta
5. Fruits
6. Ginger Tea
7. Porridge
8. Hot Water
9. Vegetables
10. Salad

A Taste of Paradise Recipes

Season 5

Program Code: TOP000058

Margherita Pizza

Pizza Crust

- 2 c. soaked raw buckwheat groats
- 1 c. sunflower seeds, soaked overnight
- 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
- 1/2 tsp. sea 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.

Marinara

- 4 roma tomatoes, chopped
- 2 c. sun-dried tomatoes, soaked and drained
- 1 c. red bell pepper
- 1/4 c. extra virgin olive oil
- 2 cloves garlic, crushed
- 1 tsp. sea salt
- 2 Tbsp. fresh basil, minced
- 2 Tbsp. fresh oregano, minced
- 1 date
- 1/4 c. olive oil

Directions:

Place all ingredients for the marinara sauce in a food processor (fitted with an 'S' blade) and process until smooth.

Tomatoes

- 7 Roma tomatoes, sliced
- 20-25 basil leaves

Seasoning

- 1/4 tsp. cayenne
- 4 Tbsp. Italian seasoning

Raw Parmesan Cheese

- 1 c nutritional yeast
- 1 c raw cashews
- 1 t onion powder
- 1/4 t sea salt

Methods:

1. Add all ingredients to a food processor.
 2. Process until a smooth powder has formed.
 3. Store in the fridge in an air-tight jar.
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Program Code: TOP000059

Raw Oatmeal and Cherry Cookies

- 2 c oat groats
- $\frac{3}{4}$ c pitted dates, processed into paste
- $\frac{1}{2}$ c dried cherries, chopped
- $\frac{1}{2}$ c raw almonds, coarsely chopped
- 2-3 apples, coarsely grated
- $\frac{1}{2}$ c dark agave syrup or honey
- $\frac{1}{2}$ tsp Himalayan salt
- 1 tsp almond extract

Grind the oat groats in a blender. Becomes coarsely grained flour. Put apples and dates in blender and mix until a paste. Add syrup and salt. Add oat groats and blend thoroughly. Pour dough into a bowl. Add almond extract. Put in almonds and mix with spoon. Add cherries and mix thoroughly.

Get a tray from dehydrator. Spoon mounds of dough onto tray. Dehydrate at low temperature of 110 degrees overnight. The cookies will shrink a lot.

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Program Code: TOP000060

Red Chilli Linguine

Sauce

Ingredients

- 1 c olive oil
- 1 cups chopped red bell pepper
- 1 garlic clove, crushed
- ½ c Braggs Liquid Aminos
- ½ small jalapeno
- 1 ½ t nutritional yeast flakes

Blend all ingredients until smooth.

Vegetables

- 2 zucchini, spiralized
- 2 c spinach, roughly chopped
- 1 c carrots, grated
- ½ c green onions, chopped
- 1 c red bell peppers, chopped

In a large bowl mix together zucchini, spinach, carrots, green onions, and red bell peppers. Mix in desired amount of sauce and serve.

A Taste of Paradise Recipes

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Program Code: TOP000061

Sweet Strawberry Pie

Serves 8-10

Crust:

- 2 cups almonds or pecans
- 1/2-1 tablespoon coconut oil
- 1/4 teaspoon vanilla extract or half of a vanilla bean
- 4-5 medjool dates, pitted
- pinch of sea salt

Filling:

- 2 cups cashews soaked 1-2 hours
- 1/4 cup lemon juice
- 1/4-1/2 cup agave (depending on how sweet you want it)
- 3/4 cup fresh strawberries
- 3/4 cup coconut oil, melted
- 1/4 cup water
- 1 teaspoon vanilla extract or 1 vanilla bean (I prefer the bean)
- 1/4 teaspoon sea salt

Topping:

- 1-2 cups sliced strawberries

1. **Crust:** Place almonds or pecans in food processor and process with the S blade until crumbled. Add coconut oil, sea salt and vanilla and pulse a couple of times. Add the dates last, one at a time and pulse until the crust holds together when you squeeze it between your fingertips. If the crust does not hold, add more dates (again one at a time). Press into oiled (with coconut oil) tart or pie pan. Chill in Freezer for 30 minutes before adding filling.

- 2. **Filling:** Blend all ingredients well in a Vitamix blender if you have one. Pour part of the filling into the pie crust (just enough to cover the bottom). Take some of the strawberries you cut up for the topping and scatter them on top of the filling. Pour the rest of the filling on top and place in freezer for 1-2 hours until firm. Decorate with the rest of your cut up strawberries. This pie needs to stay refrigerated to keep its firmness so make sure you keep in cold up until serving!
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A Taste of Paradise Recipes

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Program Code: TOP000062

Taco Salad

- Red leaf and romaine lettuce shredded
- 2 ears of corn de-cobbed or 2 c organic frozen corn
- 1 large avocado, diced
- 2 large tomatoes (heirloom work great)
- 1 cilantro, chopped
- 1 bunch green onion, sliced thinly
- 2 stalks of celery, chopped finely
- 1 red pepper, chopped finely

Cilantro Lime Dressing

- 1 cup cilantro
- 1/2 cup extra-virgin olive oil
- 1/4 cup lime juice
- 1/4 cup orange juice
- 1/2 teaspoon sea salt
- 1 garlic clove, crushed
- 1/2 jalapeno or hot red pepper
- 1/4 teaspoon lime zest

Blend in a blender until smooth.

Walnut Taco Meat

- 1 cup walnuts
- 10 sundried tomatoes, soaked for at least one hour, preferably a few hours.
- 1-2 tablespoons olive oil
- 1 t cumin
- Chili powder (start with 1/4 tablespoon, then add more to taste)
- Cayenne powder (start with 1/8 teaspoon or less!) (This measurement has been revised and is better now!)
- 1/2-1 tsp sea salt

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Program Code: TOP000063

Collard Green Salad

- 5 collards leaves thinly sliced
- 1 small cucumber thinly sliced
- 3 small tomatoes or 2 medium sized tomatoes diced
- 1/2 avocado chopped
- A handful of your favorite seaweed (I love silky sea palm)
- 1 tablespoon hemp seeds
- ¼ t Himalayan salt

I rolled the collards and then sliced them really thinly. I like to slice my greens really thin. but any good chef's knife will do. I have also had success with shredding the greens in the food processor with the slicing disc on. Add all the ingredients into a large bowl.

Cecilia's Omega Dressing

- 4 tablespoons lemon or lime juice (about 2 lemons)
- 2 T flax seed oil
- 1 T raw honey
- ½ of an avocado mashed
- 1 teaspoon flaked seaweed, dulse flakes,
- 2 tablespoon of a combination of chopped fresh herbs such as chives, basil, dill . . . or 1 teaspoon of dried herbs of your choice
- ½ t Himalayan salt

Mix all ingredients together in a small bowl with a fork and pour over the salad. Don't worry if the avocado isn't completely smooth. It will still work. If you aren't into oils, no worries, just add more avocado. Toss the dressing into the salad and enjoy!

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Program Code: TOP000064

Tangled Thai Salad

- 2 zucchini spiralized
- 1 cup chopped napa cabbage
- 1/3 cup sliced jicama (cut into small sticks)
- 2/3 cup shredded or spiralized carrot
- 2/3 cup shredded or spiralized yellow beet
- 4 tbsp Almond Lime Dressing (recipe follows)
- 3 slices cucumber, halved
- 2 tsp chopped cashews
- 1 lime wedge
- 2 to 3 tbsp chopped cilantro

1. Put napa cabbage in a large, shallow serving bowl (or plate). Top with jicama.
 2. Pile the carrot and beet on top and drizzle with dressing.
 3. Garnish with the cucumber, cashews, lime, and cilantro.
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Almond Lime Dressing

This dressing will keep for up to a week in the fridge. It is delicious on the Tangled Thai Salad, but would be equally good on any salad or even poured on top of cold noodles.

Makes 1 cup

- 3 cloves garlic, minced (about 1 tbsp)
- 2 tbsp tightly packed cilantro
- 2 tbsp raw almond butter
- 2 tbsp + 2 tsp lime juice
- 1 tbsp + 1/2 tsp Braggs liquid amino
- 1 tbsp peeled and chopped ginger
- 2 tsp coconut milk
- 1 T jalapeno, chopped
- 2 dates
- 3/4 tsp sesame oil
- 1/2 cup sunflower oil

1. In a blender, puree all ingredients except the sunflower oil.
 2. With blender running, add sunflower oil in a thin stream until dressing is emulsified.
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Greek Wraps

Raw Zucchini Hummus

- 2 zucchini, peeled and chopped
- ¼ cup lemon juice
- 1 tsp salt
- 1 ½ tsp cumin
- ¼ c raw tahini
- 4 tbsp olive oil

Greek Salad Dressing

- ¼ c avocado
- ½ c water
- 2 T lemon juice, fresh
- 2 T lime juice, fresh
- 1 clove garlic, minced
- ½ t salt
- 1 T oregano leaves, fresh, minced
- 1/2 c extra virgin olive oil
- 1 date

Blend

Salad

- 5 leaves Romaine lettuce shredded
- 1 cucumber cubed
- 1 c olives, chopped
- ½ red onion, cut into rings
- ½ c carrots, shredded

Raw Macadamia Almond Feta

- 1 c. macadamia nuts, soaked
 - 1 c almonds, soaked and skins removed
 - 2 Tbsp. lemon juice
 - 2 Tbsp. nutritional yeast
 - 2 Tbsp. spring onion, white part only
 - 3/4 tsp. sea salt
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Paradise's Powerful Penicillin

- 1 grapefruit, cut up with peel on
- 1 orange, cut up with peel on
- 2 lemons, cut up with peel on
- 1 medium onion, cut up
- 3 cloves garlic
- 3 drops of peppermint oil

Optional:

- 1 Tbsp honey
- pinch of salt
- pinch of cayenne pepper

Put three fruits in blender. Blend. Add salt and pepper. Add onion, garlic and peppermint oil. Blend thoroughly.

Drink and beat that cold or flu.