

elaina love's
PURE JOY SNACKS AND TREATS



Welcome to the wonderful world of raw, vegan deliciousness!

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Raw Vegan Chocolate Chip Blondies

Yields: 16 blondies

4 cups unsoaked macadamia nuts or cashews
1/2 cup powdered xylitol
1/4 cup ground golden flax OR white chia seeds
1/4 cup powdered coconut sugar
3/4 cup lucuma powder
2 tsp. maca powder
Optional 6 drops caramel essence
2 tsp. vanilla extract OR 12 drops vanilla essence OR 4 vanilla beans scraped
1/8 tsp. high mineral salt, or to taste
1/4 cup Irish Moss Paste (page 2•122)

1/4 cup cacao nibs

1. Puree the nuts in a food processor until it becomes flour.
2. Add the remainder of ingredients (except the cacao nibs) and puree again until a homogenized dough forms. Don't over process or it will get too oily.
3. Add the cacao nibs and pulse in.
4. Press with very firm pressure into a brownie pan or shape into cookies or balls.
5. Refrigerate and slice into squares.
6. Refrigerate for up to 6 months.

♥ Variations: Add dried cherry bits or chopped walnuts into the batter and hand mix before pressing into pan.

Note: If you over process it, it will get oil so use some paper towels to dab away excess oil, then refrigerate.

Sunflower Onion Dip

Serves 8

3 cups sunflower seeds, soaked 4 hours (4 cups after soaking)

1/2 cup water (more for a lighter mousse)

1/3 cup lemon juice

1/2 cup tahini

1/4 cup garbanzo bean miso (Miso Master)

1 tsp. Himalayan salt

1 Tbsp. onion powder

1 clove garlic

1/8 tsp. cayenne pepper powder

3/4 cup minced parsley

8 scallions, thinly sliced 2 Tbs. chopped red onion

1. Puree or blend everything except scallions and parsley.
2. Puree until creamy and smooth, adding extra water if needed.
3. Add onions and parsley and pulse until incorporated.

Golden Sun Veggie Crackers

Chock full of veggies and sprouted golden flax seeds, these are nice and light and will keep you humming along. Makes 70 crackers

4 cups sprouted golden flax seeds, washed, then soaked in 3 cups water

1. Rinse the flax seeds well in a mesh colander or nut milk bag. Soak for 8 to 24 hours, covered with a dish towel. Don't drain or rinse, just add your other ingredients after soaking.

1 ½ cups sunflower seeds, soaked 4-8 hours then rinsed and drained.

1 red bell pepper, chopped

1 zucchini, chopped

1 summer squash (yellow), chopped

1 medium carrot

¾ cup chopped brown onion

2 garlic cloves

1 teaspoon lemon juice

2 teaspoons high mineral salt

½ cup chopped fresh dill

1. Process the sunflower seeds, vegetables garlic and onion in a food processor until well minced, but not completely blended. Place pureed mixture in a bowl with the flax seeds and lemon, salt and dill and stir well. Place about 3 cups of mixture on a 16x16-inch dehydrator tray lined with a drying sheet. Spread the batter evenly out to the comers.
2. Score into 25 crackers. Continue to fill trays until all the batter is used.
3. Dehydrate at 115 degrees for about 6 hours. Flip and remove the drying sheet. Dehydrate until crunchy. (About 24 hours altogether).

Note 1: Store in glass jars as zip lock bags will make the crackers go stale quickly.

Note 2: The flax seeds will actually sprout if you let them soak long enough. They may bubble over the top of the soaking container if it's not big enough. Make sure you have ample room at the top of the container.

Collard Wrappers

4 collard leaves

2 cups boiled water

1. Wash and carefully de-stem the leaves.
2. Place the whole leaves into a large bowl with the hot water for about 30 seconds or until tender.
3. Pat dry and use as wrappers instead of tortillas.

Cheezy Macadamia Nut Whip

2 cups raw macadamia nuts

1 clove raw garlic

1 Tbsp. lemon juice

1 1/2 Tbsp. chickpea miso paste

1/4-cup water or more

1 tsp. onion powder

1. Blend all ingredients until smooth and creamy. You may need to add more water to get it to blend, but use your tamper so you do not end up with “soupy” cheese.
2. For best distribution, place in a quart sized storage bag and cut a small hole in one corner. Remove all air and seal the top. Squeeze out the corner onto your wraps.
3. Enjoy in nori rolls, collard wraps, with salads or as a dip for crackers and vegetable crudités.

♥ Variations

- Japanese: add 1 tsp. toasted sesame oil and 1 tsp. grated ginger.
- Mexican: add 1 tsp. Mexican seasoning.
- Nacho: add 1 cup chopped carrot, red bell pepper, and 1 tbsp Nutritional Yeast.

Key Lime Parfaits

(Low Glycemic)

Serves 8-10

Crumble:

1 cup shredded coconut
1 cup walnuts, soaked and dehydrated
¼ cup powdered Lakanto sweetener
1 Tbsp. coconut oil
1 Tbsp. cacao butter
1 Tbsp. chia seeds (unsoaked)
2 tsp. cinnamon
1/8 tsp. salt
dash cayenne pepper

1. Blend the shredded coconut until it becomes like a flour.
2. Add all ingredients into a food processor and process until it becomes a crumble

Lime Pudding:

2 cups young coconut meat, use the firmest meat (about 4 coconuts)
1/2 cup + 1 Tbsp. xylitol
1 tsp. white stevia powder (Pure Raw @ PureJoyPlanet.com)
10 drops vanilla essence (Medicine Flower) or 1 ½ tsp. extract
1 cup melted coconut oil
1 green zucchini, PEELED and chopped
1/2 cup water, if needed for blending

Peels of 2 green zucchini

Zest of 1 lime or 6 drops lime essence by Medicine Flower

3 Tbsp. lime juice (about 2 limes), use more as needed

1. Blend together the first 7 ingredients until smooth and there is no sign of un-melted oil.
2. Remove ½ and let it set up in the refrigerator until it becomes firm.
3. Blend the rest of the mixture with the remaining ingredients.
4. Place 1 Tbsp. of crumble into the bottom of 10 small, clear glasses
5. Layer the green, then white pudding into each glass, then top with crumble.
6. Decorate with lime zest or thin lime slices and mint.