



Dr. Daryl's Top 10 Favorite Raw Recipes

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Chocolate Cashew 'Milk'

[Serves 2] *

INGREDIENTS:

- 1 cup cashews
- 1 cups water (1st blend)
- 3 cups water (2nd blend)
- 1 tsp. vanilla (or 10 drops Medicine Flower vanilla extract)
- 1 tsp. cinnamon
- ½ tsp. sea salt
- ¼ cup cacao powder
- 1 tbsp. coconut oil
- 1 tbsp. coconut butter (optional)



BLEND 1 cup cashews and 1 cup water first (about 30 seconds on high speed).

Next, add remaining ingredients and 3 remaining cups of water. No straining required. If drinking right away, add handful of ice cubes to make cold – otherwise, put in refrigerator to cool. Lasts 4-5 days.

Garnish with cacao nibs or shaved cacao (80%).

■ ■ ■ Creamy Spinach Soup

[Serves 2] *

INGREDIENTS: Put the following in the blender

2 cups alkaline water

1/2 bunch spinach

1 cup basil (loose)

¼ cup red onion chopped (or white onion)

½ tomato

½ red bell pepper

1 stalk celery

¼ avocado

2 tbsp. olive oil

¼ fresh lemon juice

½ clove garlic

1/2 tsp. sea salt



Thoroughly wash all greens first. Cut greens into small pieces (especially celery) before putting in blender. Chop the spinach to fit into the blender (use about 1 container's worth in terms of amount).

Garnish with a thin lemon slice, olive oil drizzle, and dash of paprika or cayenne pepper.

*If you want a thicker soup – add ¼ cup pine nuts, almonds, or cashews.

Can also use 2 cups of coconut milk or almond milk INSTEAD of water.

■ ■ ■ Moroccan Tomato Ginger Soup

[Serves 2] *

INGREDIENTS: Put the following in the blender

3 Tomatoes

¼ cup Sun-Dried Tomato

4 oz. minced ginger (from fresh ginger root)

½ cup tahini (buy in health food/grocery store)

1 tsp. cardamom

1 tsp. cumin

1/2 tsp. caraway

2 cloves garlic

1 tbsp. fresh lemon juice

¼ cup chopped basil

¼ cup chopped parsley

¼ cup extra-virgin olive oil

1 tsp. sea salt (Celtic Grey or Real Salt)



Garnish with chopped parsley, tahini drizzle, red or yellow pepper.

*Slowly add water for desired consistency (i.e. half cup for thinner soup)

Thai Ginger Coconut Bok Choy

[Serves 2] **

INGREDIENTS:

3 Baby Bok Choy
2 cloves garlic (finely chopped)
10 scallions, finely sliced
1 yellow bell pepper (diced small)
½ white onion
1 ½ inch piece ginger (grated)
½ Thai chili (optional to desired
spice, or jalapeno)
¼ cup Shoyu soy sauce (or gluten-
free Tamari)
¼ cup dried coconut flakes
½ tsp. sea salt
2 tbsp. coconut oil



Use a glass bowl (ideally – can use plastic otherwise) warmed in water for 30 seconds (to prevent the coconut oil we will add later from hardening). Empty water and add the following into the bowl:

Slice the bok choy into bite size pieces, not too big or small. Dice the scallion into little o's, and dice the onion as well. Dice the Thai chili into really small pieces. Add dried coconut flakes.

In a separate container, mix the raw Shoyu Soy Sauce (or Tamari), diced garlic, and grated ginger. Next add the soy sauce mixture to the coconut bok choy. Then add the coconut oil, and toss from downward upward to mix all the ingredients.

Enjoy as a raw salad, OR dehydrate in Excalibur Dehydrator for 30 minute at 118 degrees to give it a sautéed effect (though still raw), OR do a flash sauté for 4 minutes. All options are raw.

Alternate recipe: Instead of using Shoyu soy sauce, coconut oil, ginger, and Thai chili – USE 2-3 tbsp. of toasted sesame oil (to lightly coat). Mix all ingredients in oil, and follow same directions above in regards to preparation....raw salad, dehydrator, or flash sauté.

OPTIONAL: place over a bed of steamed quinoa.

■ ■ ■ Zucchini Noodles with Pesto

[Serves 2] **

INGREDIENTS: Pesto Sauce

1 cup pine nuts

1 cup olive oil

½ cup basil

½ cup parsley

3 cloves garlic

1 ½ tsp. sea salt

½ cup water

Black pepper to taste

Ingredient: Zucchini Spaghetti

1 large zucchini

Cherry tomatoes



Pesto Sauce: Combine all pesto ingredients in a blender until desired consistency is reached.

Use spiralizer to make the zucchini spaghetti (otherwise use a mandolin or a julienne peeler).

Add basil pesto sauce to zucchini spaghetti and tomatoes in a bowl.

I like Zucchini Noodles with Pesto raw, but if you want to cook them, you can. Just add the zucchini pesto noodles to a skillet and do a flash sauté for no more than 4 minutes over medium heat (preserves raw status).

These Zucchini Noodles with Pesto are good cold or hot!

■ ■ ■ Avo Toast with Kale Salad

[Serves 2] **

INGREDIENTS: AVO TOAST
2 pieces of Ezekiel bread
1 haas avocado
2 teaspoons cumin
1 tsp. sea salt
1 tbsp. chia seeds
Drizzle of extra virgin olive oil

INGREDIENTS: KALE SALAD
1 bunch of Kale
¼ cup extra virgin olive oil
½ carrot (shredded)
Lemon zest
Juice of 1 lemon
Sea salt (to taste)
Black pepper (to taste)



Avo Toast:

Toast Ezekial bread. Use ½ avocado for each piece of toast. Of the half, use half of it as a spread, then use the other half for avocado slices on TOP of the spread. Drizzle some olive oil, add cumin, sea salt, and top it off with a sprinkle of chia seeds.

Kale Salad:

In a large bowl, whisk together lemon zest, lemon juice, and olive oil until well combined. Add kale and shredded carrots and toss to coat (the longer it sits in lemon, the softer the kale leaves become). Season with salt and pepper. Toss before serving.

Smoky Collard Wraps

[Serves 2] **

INGREDIENTS: PATE FILLING

1 ½ cup walnuts
1 cup sunflower seeds (must be sprouted)
½ red bell pepper
3 tsp. onion powder (or 2 tbsp. of chopped onion)
2 tsp. garlic powder (or 1 garlic clove)
1 tsp. mustard powder
1 tsp. smoke paprika
½ tsp. sea salt



INGREDIENTS: Each Individual Wrap has the following...

½ collard leaf
2 oz. pate
4 bell pepper strips
1 avocado strip
2 oz. alfalfa strips
1 chive



For pate filling, add all ingredients into food processor and blend. Use small ice cream scooper to scoop pate that will go into wrap.

For wrap, take a collard leaf, remove spine, and use ½ of collard for 1 wrap. Roll leaf with a can to flatten. Add scoop of pate, 4 thinly sliced bell pepper slices, and 1 thinly sliced avocado strip.

Roll and tie a knot around wrap with a chive.

How to sprout sunflower seeds: soak the seeds fully submerged in a jar or bowl with filtered water for 8 hours. Strain, then let seeds sit for 1 to 2 days until you see them sprout (you will see a little tail). Rinse in the morning and evening.

Spinach Saag (Raw Saag Paneer)

[Serves 2] *

INGREDIENTS: Curry Sauce
¾ cup almonds (or cashews)
2 tbsp. chili powder
2 tbsp. curry powder
1 large clove garlic
1 inch piece ginger
½ red bell pepper
¼ cup olive oil
1 ½ tsp. sea salt
3 mejdool dates
1 cup water



1 bag/container of spinach
½ tomato (garnish)

Put Spinach in food processor, and add some curry sauce and blend until creamy (you can always add more as you pulse the food processor) yet leaving spinach in thumb nail size pieces (again, pulse the food processor). Garnish with diced tomatoes.



Zucchini Squash Stuffed Tomatoes

[Serves 2] ***

INGREDIENTS: Cream Nut Cheese

1/3 cup Water (water and nuts should be at same level in blender)

1 cup Macadamia Nuts

¼ cup Pine Nuts (can use cashews only as a replacement)

¼ cup lemon juice

½ red bell pepper, chopped

1 tsp. sea salt



Add all ingredients except bell pepper, blend on high speed. Once blended, add bell pepper and blend again.

INGREDIENTS: Italian Marinated Zucchini Squash with Sun Dried Tomato

2 fresh zucchini

2 fresh yellow squash

½ cup chopped sun-dried tomatoes (chopped)

1 tbsp. olive oil

1 tbsp. minced oregano

1 tbsp. minced dill

1 tbsp. minced basil

1 tsp. sea salt

Slice zucchini and squash into thin, half-mooned shape slices and place in bowl.

Next, toss the vegetables slices into a mixing bowl with the rest of the ingredients and toss. Let vegetables marinate for 60 minutes. Eat raw, OR do a flash sauté for no more than 4 minutes, OR dehydrate in an Excalibur Dehydrator for 60 minutes, at 115 degrees.

Final Step: Cut a medium size tomato in half and scoop out the insides to make a tomato 'cup'. Take the tomato you scooped out and chop it up along with 2 spoons of the Italian Marinated Zucchini. Add a heaping spoon of the CREAMY NUT CHEESE and mix it all together. Now stuff the mixture back into the tomato cups and garnish with Paprika, Dill, and Black Pepper



■ ■ ■ Yellow Squash Rice Pudding (Raw)

[Serves 2] **

INGREDIENTS: Cashew Vanilla Frosting for Rice Pudding

1 cup cashews

¼ cup water

1 tbsp. vanilla (or 10 drops Medicine Flower extract)

¼ tsp. sea salt

Blend ingredients in Vitamix to a smooth cream that will be mixed in a bowl with the following.

INGREDIENTS: Rice Pudding

1 Yellow Squash

Organic raisins

Dash Cinnamon (garnish)

Put yellow squash in food processor in small pieces. Pulse it in the processor to obtain "rice" sized pieces. Add in a bowl with raisins and pulsed yellow squash, mix, garnish with cinnamon and refrigerate.

