

Recipes  
from

A Weekend of

# Spiritual Wellness

2010

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*Visit the Living Vegetarian page on [SOSSpiritualWellness.org](http://SOSSpiritualWellness.org) for more information.*

# SOME LIKE IT RAW

*The following 2 recipes are from Mona Grayson of [www.SomeLikeItRaw.com](http://www.SomeLikeItRaw.com)*

## Hawaiian Energy Bowl

*Tired of having heavy things for breakfast in the morning like bagels, oatmeal, toast, or pancakes? Kind of grossed out by how much sugar and high fructose corn syrup is in a lot of your favorite breakfast cereals? Start your day off with this refreshing raw food breakfast that will give you plenty of energy, keep you hydrated, and also give your body easy to use protein.*

### **Ingredients:**

- \* ½ cup chia seeds
- \* 2½ cups water
- \* mango
- \* banana
- \* blueberries
- \* optional: hint of agave or favorite raw sweetener

### **Preparation:**

1. Pour the chia seeds into a small mixing bowl.
2. Add the water.
3. Stir or whisk rapidly to make sure all the seeds are getting covered with water. If some of them stay dry, they'll make a hard film on the surface and that's no fun to eat. So keep whisking the seeds around (I usually use a fork) until they are all coated and look like they're suspended in the water.
4. Set aside for at least 15 minutes. (In other words, go get in the shower, get dressed and ready for the day, then come back and your chia seeds will be sufficiently soaked so you can enjoy them.) You'll see that they've become like jelly and are very gooey. That's the seeds absorbing water!

This means that when you eat them, your body will be getting lots of hydration. Good stuff!

5. Add in your favorite fruits. Mangoes and bananas are naturally very sweet so they make a great addition to the chia seed pudding. If you like, add in a dab of agave, raw honey, stevia or other natural sweetener.

**Notes about Chia Seeds:**

If anything, they have a slight nutty flavor, but they very much take on the flavor you give them. This makes them very versatile in the world of raw foods.

If you're not 100% raw, you can also pour soy milk, or nut milk over the chia seeds just like you would traditional cereal.

If you prefer to make this meal 100% raw and would like some milk with it, you can make your own nut milk using cashews, almonds, or any other nut that you enjoy.

Chia is very rich in omega-3 fatty acids, even more so than flax seeds. And it has another advantage over flax: chia is so rich in antioxidants that the seeds don't deteriorate and can be stored for long periods without becoming rancid. And, unlike flax, they do not have to be ground to make their nutrients available to the body. Chia seeds also provide fiber (25 grams give you 6.9 grams of fiber) as well as calcium, phosphorus, magnesium, manganese, copper, iron, molybdenum, niacin, and zinc.

# Omega Level Jacos

## Ingredients

- \* 2 cups soaked walnuts
- \* 1 teaspoons cumin
- \* 10-12 soaked sundried tomatoes.
- \* ¼ cups of the juice that they were soaking in.
- \* 1 small garlic clove
- \* 3 tablespoon nutritional yeast
- \* Himalayan salt and black pepper to taste
- \* sprinkles of Cayenne powder (if you like spicy)

## Preparation:

(Put all of the above ingredients into a food processor and blend until creamy like refried beans.) This will make a BIG batch of the Omega Beans that you can store in the fridge. If you'd like to make a smaller batch, just use 1 cup of walnuts and cut the rest of the ingredients in half. Serve on a big romaine lettuce leaf with diced avocados, tomatoes, onions, cucumbers and raw salsa, if you wish. Also good dipped with veggies.



The 2 previous recipes were reprinted with permission of [www.SomeLikeItRaw.com](http://www.SomeLikeItRaw.com).

# MANNA ORGANICS presents

*The following 5 recipes are from Manna Organics [www.mannaorganicbakery.com](http://www.mannaorganicbakery.com)*

## Vegan French Joast

*Yields 4 servings, Preparation time: 15 minutes, Cooking time: 10 minutes*

### **Ingredients**

- \* Cinnamon Date Manna Bread
- \* 2 cups organic vanilla soy milk
- \* 4-5 tablespoons organic flour
- \* 3 teaspoons sugar
- \* a dash of organic cinnamon and organic nutmeg
- \* vanilla extract
- \* powdered sugar

### **Preparation:**

1. Mix flour, soy milk, sugar, vanilla, nutmeg and cinnamon to form a batter.
2. Dip bread and fry in lightly greased pan until golden brown. Sprinkle with vegan powdered sugar.
3. Top with your favorite sliced fruit and fresh berries.

# Bavarian Tofu Cutlets

*Yields 4 servings, Preparation time: 5 minutes, Cooking time: 15 minutes*

## **Ingredients**

- \* 1 block extra firm tofu
- \* vegetable oil
- \* liquid maggi or tamari
- \* garlic powder
- \* paprika powder
- \* onion powder
- \* salt and pepper
- \* Manna Organics Sourdough Bread

## **Preparation:**

Cut tofu in 9-10 slices. Dry well. Fry at med. heat in vegetable oil. Sprinkle Maggi, garlic and onion powder, salt and pepper to taste. Turn over, and add a little Maggi and the paprika powder on the other side.

**Optional:** Just before serving, while tofu cutlets are still in the pan with your favorite cheese (Cheddar or Swiss is recommended) and melt over the tofu slice. Serve warm on sourdough bread.

# PARRILLADA

*Yields 30 Servings*

## **Ingredients:**

- \* 2 pounds of textured vegetable protein (TVP) chunks
- \* 2 pounds onions
- \* 2 pounds tomatoes
- \* 2 pounds green bell pepper
- \* 2 pounds red bell pepper
- \* 2 pounds yellow bell pepper
- \* 2 pounds mushrooms
- \* corn tortillas for small tacos
- \* oil

## **Spices**

- \* garlic
- \* pepper
- \* salt
- \* Maggi Sauce

## **Salsa:**

- \* 2 pounds green tomatoes or tomatillos
- \* 15 small dried chilies
- \* 3 cloves garlic
- \* 1½ onions
- \* salt

## **Preparation**

First hydrate TVP in a pot with water and boil for 10-15 minutes over low heat. Drain the water and press it to make it dry as possible. Let it marinate with the Maggi Sauce while preparing the vegetables. *(continued next page)*

***Parrillada*** *continued from previous page*

Cut bell peppers, onions, tomatoes and mushrooms to small size to make them fit in the tortilla.

Once the TVP has marinated for 5 to 10 minutes, prepare a skillet with some oil and add minced garlic to season the dish. Fry the soy and pour all the ingredients that are already cut and tossed them for 2-3 minutes (should be served crisp), add the spices to taste.

Remove from heat and place it in a glass dish and start serving on tortillas (serve small amounts) and add salsa to taste!

**SALSA:** Once the tomatoes are washed, place them on the skillet to be roasted, add garlic and onion. Next roast the chilies and placed in the blender with the rest of the ingredients.

**NOTE:** TVP can be purchased in natural food stores such as Whole Foods and at Apple Valley in the Chicago area at Route 83 and Ogden Road.

Maggi can be purchased in any grocery store in the spice/seasoning section.

# Summer Pasta Salads

## Greek Pasta Salad

### Ingredients

- \* 1 pound pasta (your choice; I used tri-colored corkscrew)
- \* 1 - 16 oz. bottle of Italian vinaigrette
- \* 4 ounces feta cheese
- \* 2 diced tomatoes
- \* ½ cup diced onions
- \* ½ cup diced cucumbers
- \* 2 teaspoons of oregano

### Preparation

Cook the pasta in salted water to the al dente stage. Drain well and toss the pasta with half of the salad dressing until well coated. Let the pasta cool and toss with remaining ingredients. You could make the pasta the night before and refrigerate, adding the remaining ingredients the next day. If you do this, add 1 tablespoon of olive oil to the pasta as you toss with half of the salad dressing.

# Oriental Pasta Salad

## Ingredients

- \* 1 pound pasta (your choice; I used penne)
- \* 1 - 16 ounce bottled soy/ginger salad dressing (I used Ken's Steakhouse Asian Sesame)
- \* 1 tablespoon sesame oil
- \* 2 cups sliced green grapes, oranges, or mandarin oranges
- \* 1 cup shredded cabbage or mung bean sprouts
- \* 1 cup sliced, blanched almonds
- \* ½ cup diced onions

## Preparation

Cook the pasta in salted water to the al dente stage. Drain well and toss the pasta with half of the salad dressing and the sesame oil until well coated. Let the pasta cool and toss with remaining ingredients. You could make the pasta the night before, toss with half of the salad dressing and the oil and refrigerate, adding the remaining ingredients the next day.

# Summer Sandwich Spreads

## Junales Sandwich Filling

*Yields 3 cups*

### Ingredients

- \* ½ cup raw almonds
- \* ½ cup raw sunflower seeds
- \* ½ cup raw sesame seeds

### Step 1: soak all nut and seeds for 8 hours (overnight)

- \* 1 small can (15 oz) chick peas
- \* 2 tablespoon lemon juice
- \* 3 tablespoon eggless mayonnaise
- \* 1 tablespoon kelp powder or flakes
- \* ½ teaspoon sea salt
- \* black pepper to taste

**Step 2:** Drain and rinse chick peace and place them with all the above ingredients, including the soaked nuts, in the food processor bowl and pulse until you get a coarse consistency.

- \* 1 stalk of celery
- \* ⅓ to ½ onion to taste

**Step 4:** Place celery and onion in food processor and pulse till finely chopped.

**Step 5:** Mix the onions and celery with the nut mixture. Check the seasoning and add salt and kelp to taste.

# Eggless Salad Spread

## Ingredients

- \* 1 pound firm tofu, finely shredded
- \* ½ onion finely chopped
- \* 1 celery stock finely chopped
- \* 1 tablespoon sweet relish drained
- \* 3 - 4 tablespoons eggless mayonnaise
- \* 1 teaspoon black salt
- \* 1/2 teaspoon sea salt
- \* black pepper to taste

## Preparation

Mix all ingredients. Check and adjust your seasoning. This salad taste better the next day.

**Note:** Black salt can be purchased in specialty stores such as Penzeys Spice. It can also be purchased in Indian grocery stores.