

# **"Helen's Easy Raw Food Recipes"**

by Helen Hecker R.N.

# "Helen's Easy Raw Food Recipes"

In 1999 I was diagnosed with breast cancer- infiltrating intraductal breast cancer to be exact. I turned down all conventional therapy and treatments. I immediately and easily decided I would not submit to six weeks of chemotherapy and radiation, no surgery to remove 30% of my lymph nodes and no tamoxifen, the drug they wanted me to take for five years!

I decided to heal myself naturally by boosting my immune system in a number of ways but primarily through a living food diet and lots of juicing. Another book I'm working on will go through my entire program.

In the first month all my other ailments disappeared like magic, including fibromyalgia, osteoarthritis, acid reflux, digestive problems, irritable bowel syndrome, canker sores, bleeding gums and gum disease, sleeping issues and many others - a subject for another book. I'm still enjoying perfect health today, needing only five hours sleep, never sick and very physically active.

These are some of the raw food recipes I created or developed over the years that I enjoy and are easy to make. You don't need to be a 100% raw foodist (raw food vegan) like I am to boost your immune system with these living food recipes.

There are quite a few raw food recipe books out there but if you're new to raw foods, this is a good place to start because the books can be overwhelming and don't give you an idea of what to make first and don't have detailed explanations of the recipes as a rule to help you along. Basically you probably want something simple to make and something that will boost your health and the health of your family.

So with that in mind I'm presenting some of my best and easiest recipes. I've used large print and tried to keep to one page where possible. In order to start each page with a recipe at the top so that you can refer to it easier I've had to leave a lot of white space on the unused portion of the page. Sorry about that but it should make for better usage and room for notes! The large print makes them easier to read and see from across the kitchen.

I've included the equipment and approximate preparation time and everything I can think of to make the recipes simple. For example in the apple recipes I tell you to use sweet apples like galas-- this is important if you want a sweet result.

You'll need a food processor and/or a blender for some of these recipes. You can find food processors at garage sales for about \$4. You can buy new food processors for about \$30.

A Cuisinart food processor is not necessary for these recipes. You can use any blender and you can get these cheap at garage sales or thrift shops. Get one with a glass jar not plastic, it's healthier. The glass jars are often interchangeable on the same brands so if you break one you can often find another cheap at garage sales or thrift shops. A Vita Mix (mixer) blender is not needed for any of these recipes.

For recipes that require grinding up of flax seeds you can get Braun (best) or other brands of coffee grinders at garage sales for \$2-\$4. I like Braun's the best. If you have more than one you can use the tops interchangeably and brush them out rather than wash - and brush out the grinder area too. I use a big fluffy make-up brush set aside for this purpose.

All recipes contain only raw (living) food. Food that is alive - not dead. Cooked food along with canned, processed, packaged and refined food is considered dead food.

The terms 'raw foods' and 'living foods' are often used interchangeably. Technically - foods that are living exclude

dehydrated foods and sometimes frozen foods, all depending on who you talk to. They're both incorporated into most raw fooder's diets however since they're not cooked foods.

Eating more raw and living food will turn your life and health around and make you want more of it. You may soon find yourself craving more living food and rejecting cooked foods more.

All recipes are gluten-free, dairy-free, soy-free, yeast-free and grain-free.

Now on to:

## **"Helen's Easy Raw Food Recipes"**

It's not known who discovered almond milk. There are dozens of variations in the public domain. The original versions used dates or honey before agave nectar became popular. I use agave because it mixes better. You can also use raw honey.

This is a recipe you'll want to make every week or even more. You can use it in place of cow's milk for many purposes. I use it to replace cow's milk in a gluten-free bread for a family member also. It has helped many people give up dairy products which can cause a variety of serious health problems. I haven't ingested any cow's milk or other dairy products since 1999. I know not eating dairy helped resolve many of my health problems including allergies and sinus issues. You can make non-dairy milkshakes and use it in all-fruit smoothies, as a topping for a big bowl of fresh berries and you'll find many other uses for it. Or you can just drink it as you would a glass of cow's milk.

## **Helen's Best Almond Milk**

Ingredients: raw almonds, pure water, agave nectar

Equipment needed: blender, nut milk bag, sprout bag or very fine strainer

Preparation time: 10 minutes

1 cup raw almonds, soaked overnight in pure water

3 cups pure, filtered water

1 T. agave nectar (or 2 dates or 1-2 T. raw honey to taste)

Drain almonds. No need to rinse. Soaking releases the enzyme inhibitors and makes them easier to digest. Place in blender with the 3 cups of water.

Blend in blender on low speed for 2 ½ minutes or so. It doesn't have to be exact.

Strain through a nut milk bag or sprout bag into large 2-quart Pyrex-type measuring bowl with pouring lip. You can hang the bag from a cabinet doorknob over the bowl to drain for a few minutes. Wash hands thoroughly and scrub hands and nails with a nail brush then squeeze the bag tightly several times to get all the milk out.

It's worth buying one of these bags. They are cheap at food co-ops or whole foods stores. A very-fine mesh strainer will work but you may not be able to get as much milk out of it as you would a bag.

Pour mixture into a quart-size Mason-type glass jar. (Nice white plastic lids are available at Fred Meyer and other grocery stores in the canning section.)

Add agave nectar and shake gently. To taste it make sure to shake well first to mix in the agave, which may settle out. Or honey if you prefer – adjust amount to taste.

If you use dates add to almond milk after it's strained and blend again. Cut up the dates in very small pieces first.

For even richer milk you can use 2 cups of water and less agave nectar but I don't find it necessary.

Keeps 4-5 days in the refrigerator.

Variations: add vanilla (similar to eggnog) or carob powder for chocolate milk. Add small amount and adjust to taste.

Save leftover almond pulp in refrigerator in airtight container to use in other recipes, but use soon so it doesn't dry out.

You can get organic shelled sunflower seeds in the bulk section, cheap, at whole foods stores like Whole Foods, New Seasons, etc. They cost a little more at Trader Joe's. Sprouting, in the recipe below, means just letting the seeds sit for a couple of hours after rinsing and draining them. You'll be able to see little sprouts on the end of the seeds. Tahini is made from sesame seeds. You can buy raw (not roasted tahini) at whole foods stores or food co-ops. I eat my 'sunny pate' every day for lunch. I eat it by the spoonfuls or spread on nori sheets, raw crackers, living sun burgers or living onion bread. A great staple to have on hand at all times.

## **Helen's Easy 5-Minute Sunny Pate**

Ingredients: raw sunflower seeds, pure water, Italian parsley, garlic cloves, red onion, lemon juice, raw tahini

Equipment: food processor

Preparation time about 5 minutes with practice. Otherwise 10-15 minutes at most.

1 3/4 cup raw shelled sunflower seeds that have been soaked overnight, rinsed in pure water and sprouted for 2-4 hours. If seeds are soaked longer, the pate may be bitter.

Slightly damp Italian Parsley– big handful, washed and drained. You can use curly parsley but Italian parsley is healthier.

1 large chunk of a red onion--- about 1-1 1/2 inches wide

2 medium garlic cloves, peeled

½ cup fresh squeezed lemon juice, never less

1 heaping T. approx of organic raw tahini – better too little than too much as too much will substantially change the flavor.

Chop parsley quickly in a food processor.

Add the onion and garlic and mix well.

Then add the sprouted sunflower seeds, mix a little.

Then add lemon juice and tahini and mix it all very, very well but not so the food processor gets hot. Add a little more lemon juice if it's too dry.

Put into wide-mouth glass Mason jar with lid and store in refrigerator for up to 4 days at most. Best the first and second day but still good the next two days or so.

You can eat the pate alone with a spoon, rolled up in a raw (not roasted) nori sheet with alfalfa sprouts, spread on raw crackers or living onion bread and has many other uses.

## **"Helen's Nori Power Sticks"**

Or you can spread some on 1/3 of a raw nori sheet and roll up for my nori sticks (can add other spices of your choice, tiny bit of curry if it agrees with you) and dehydrate in a food dehydrator for 12-24 hours.

You can use a little RealSalt or other sea salt if you want a saltier nori stick but because the nori is salty it really isn't needed.

Store in wide-mouth one-quart Mason jar if using within a couple of days. Or better- freeze- these freeze well. Take out individual sticks as needed.

I'm including my quick raw applesauce recipe here because many are surprised to find out that you can make your own applesauce in minutes! You don't have to ever eat nutrient-deficient canned or cooked applesauce. There are very few, if any, nutrients left. You can easily make your own healthy applesauce. Kids and adults love it. You can add cinnamon and/or nutmeg to it too. Many diabetics use cinnamon to help lower their blood sugar levels.

You'll want to use sweet apples like galas if possible for the sweetest applesauce. Never peel – you'll lose a lot of nutrients. I use whatever apples I have on hand. If you have an apple tree or one in the neighborhood this is a great way to use them up. You can eat the applesauce for breakfast, even feed the baby, and eat as a snack anytime during the day or evening.

We're told these days we need two apples a day not one as previously thought. I often eat more than two apples and always eat a lot of other fruit too. Apples can help prevent a variety of illnesses and boost the immune system.

## **Helen's Quick Raw Applesauce**

Ingredients: 2 galas or other sweet apples or non-sweet apples, cinnamon optional, nutmeg optional

Equipment: food processor

Preparation time: just a few minutes

For one serving:

Place two unpeeled, cored gala apples in a food processor and mix for about 30 seconds or less. Try not to over-mix.

Mix just until consistency desired. Can puree the apples for babies.

Add ¼ tsp cinnamon and mix if you want cinnamon applesauce.

Can add a very tiny amount of nutmeg too but not needed.

Eat immediately to avoid loss of enzymes.

This is a recipe I use every day and vary a lot. Kids love it and it's so healthy. Never use yogurt in smoothies. Any healthy bacteria left in it are killed when it's pasteurized. Plus it's a dairy product. There is a non-pasteurized brand or two but it's still a dairy product. I always make the Green Smoothie variation for myself however.

## **Helen's All-Fruit Smoothie**

Ingredients: bananas, frozen blueberries, frozen mango chunks, almond milk or fresh squeezed orange or pure water

Equipment: blender

Preparation time: a few minutes

2 bananas

1 cup frozen blueberries

1 cup frozen mango chunks

A splash of almond milk or ½ or a whole fresh-squeezed orange juice or splash of pure water if neither available. Or a splash of coconut water if you have any.

Variation: use 1 cup of frozen pineapple instead of other frozen fruit.

Variation: you can reverse and use 2 frozen bananas and 2 cups of fresh fruit.

Variation: you can use a tablespoon or so of virgin coconut oil (a healthy medium-chain plant saturated fat) – this will give it a smooth texture besides giving you even more energy.

## **Helen's All-Fruit Green Smoothie**

To the above recipe add 2 leaves of kale or 2 or more leaves of romaine or other lettuce for a **"Green Smoothie"** – a great way to get your greens. Your kids will never know. Start with one leaf. I use 2 leaves of kale or 4 or more leaves of romaine or any other lettuce that I have on hand that's extra. Kale is bitter so I don't use more than 2 leaves. But lettuce is sweeter and you can use more. Never buy iceberg lettuce – it's low on nutrients.

Kids and adults absolutely love this healthy raw fudge. They have no idea that it's actually good for them. It goes fast at potlucks and other events. Try to get the raw carob powder that's truly raw, available at most food co-ops. Most of the carob powder available is roasted.

## **Helen's Living Fudge**

Ingredients: raisins soaked for 2 hours, pecans, banana, vanilla, carob powder

Equipment: food processor

Preparation time: 10 minutes

1 cup pecans or walnuts if you prefer

1 banana, ripe

½ cup organic, un-sulfured raisins – soaked for 2 hours

1 cup raw carob powder

2 tsp. gluten-free vanilla

Soak the raisins in pure water for about two hours or so.

Grind the pecans in a food processor until fine, and then add other ingredients. Mix until creamy.

Spread into an 8-inch or 9-inch ceramic or glass baking dish. Chill in the refrigerator.

I love this raw onion bread. I make it in a 9-tray Excalibur dehydrator. If you have another brand of dehydrator use it, but the best type of dehydrator to get is the kind with the fan on the back inside. The Excalibur and the L'Equip both have this type of fan. It's worth the investment (both cost under \$200 and lots of them are sold 'used' on eBay and other auction sites). Any type of dehydrator you already have will work but may get too hot. Temperatures are hard to control on most dehydrators. Gauges often have incorrect readings. You can use dehydrators to make raw crackers, raw cookies, raw onion bread and many other raw dishes.

## **Helen's Living Onion Bread**

Ingredients: flax seeds, sunflower seeds, yellow onions, extra-virgin olive oil, sea salt

Equipment: coffee grinder, food processor, electric mixer-optional, dehydrator with teflex sheets or trays

Preparation time: 20 minutes, dehydrating time 24 hours or more

1½ cups raw organic flax seeds

1½ cups raw organic sunflower seeds

3 large organic yellow onions cut up in large chunks

2/3 cup extra-virgin olive oil

1 tsp. RealSalt (brand of sea salt) or sea salt

Grind flax seeds in coffee grinder and set aside.

Grind sunflower seeds in food processor, pour into large electric mixing bowl or large hand-mixing bowl.

Process onions in food processor 'til very, very fine and juicy and mix very well! Then remove and add to sunflower seeds.

Add salt and olive oil to mixture and mix with electric mixer or hand mix. Makes a large amount - so using an electric mixer is faster.

Add ground flax seeds to mixture last.

Spread batter out on 2 teflex sheets or trays from a food dehydrator to about ¼ inch thickness.

Score lightly into squares with a pizza cutter (16 to a sheet). You'll trace these scores later.

Dehydrate at 95 - 100 degrees for 36 hours. Flip over half way thru or at least after a top crust has formed. Do this by placing another teflex sheet and tray on top and flip over. Score again.

Makes a fabulous soft-centered bread or soft cracker. Great as a sandwich bread—use one or two pieces. Spread pate on it and add avocado and tomato slices. Or spread guacamole on it and other

fixings. Or portabella mushroom, onion and tomato. Or spread on hummus or other spreads. Spread with "Helen's Macadamia and Cashew Cheezy Spread", marinara sauce, olives and spinach leaves. Spread on tahini or almond butter with or without raw honey. Serve with raw soups! Great all by itself. Tons of variations. This is a versatile staple to keep on hand. Store in refrigerator. Keeps very well if dehydrated enough. Can under-dehydrate for an even softer bread.

I'm including this recipe I created to use up the almond pulp leftover from making almond milk. It requires a food dehydrator. I usually make this right away after making the almond milk while the pulp still retains moisture. I put it right in the food processor. If it goes in the 'frig' it tend to dry out fast. Adults and kids love these healthy living cookies!

## **Helen's Cinnamon Cookies**

Ingredients: almond pulp, dates, banana, flaxseed, cinnamon, vanilla

Equipment: food processor, coffee grinder, food dehydrator

Preparation time: 5-10 minutes

Almond pulp (use fresh pulp left over from making almond milk from soaking 1 cup almonds)

6 organic medjool dates, pitted

1 ripe banana

1 level T. flaxseed, ground fine in a coffee grinder

1 tsp. cinnamon

1 tsp. gluten-free vanilla

Grind almond pulp in food processor until ground fine. Will be slightly moist.

Then add medjools, cinnamon and vanilla and mix well until very moist.

Add the ground flaxseed last and mix very well.

Using a spring-action melon-baller, drop in balls onto one teflex sheet or dehydrator tray.

Flatten fairly thin, using side of fist.

Makes approx. 12-16

Dehydrate at 95 degrees for 3-4 hours for a soft cookie; -- check hourly, if possible, the first time! -  
- turning over after 2 hours or so. Be careful not to dry them out. Makes a soft cookie.

Store in 'frig' in airtight container such as a quart-size glass Mason jar. Should freeze well.

These have been a hit every time I've made and served them to family, friends and taken to events. At Christmas and holiday-time they fit right in. They're great to bring to potlucks or events. No one has any idea they're healthy and good for them with each bite, except for those who know me! These look and taste fabulous!

## **Helen's Fabulous Date-Pecan Balls**

Ingredients: dates, pecans, raisins, shredded coconut, vanilla

Equipment: food processor

Preparation time: 10 minutes

1 cup organic medjool dates

1 cup raw pecans

1 cup organic raisins

½ cup unsweetened shredded coconut

1 tsp. gluten-free vanilla

In a food processor, using the 's' blade, grind the pecans until very fine. Add the dates, raisins and vanilla. Process until a dough-like consistency is reached. Then mix in the coconut.

For squares, spread the mixture into an 8-inch square glass dish for thin squares or 6-inch square,

low, ceramic casserole dish for thicker squares. Can sprinkle a very small amount of shredded coconut on the top if you want.

Or to form into small round balls use a spring-loaded mini-scoop or comparable scoop or squeaky-clean hands. Roll balls in additional coconut. Press a pecan half into each ball.

Cover airtight and chill in the 'frig'. Keeps a long time but will be eaten fast! You can easily double this recipe.

I tasted some fabulous 'raw' candy that melted in my mouth at a raw festival a few years ago. I came home and experimented and came up with an even better tasting raw 'candy'! This one is one of my favorite recipes and has hit the spot many times when I just wanted a quick bite of something that was still living- that is -healthy. Use virgin coconut oil that is not bleached, dehydrated and deodorized (there won't be a smell if it's deodorized). It's available at your whole foods store or on the Internet (cheaper). Raw almond butter comes in a jar. If you can't get organic use the non-organic raw almond butter, but not roasted.

## **Helen's Raw Light Milky Chocolate Candy**

Ingredients: coconut oil, almond butter, agave nectar, carob powder, vanilla

Equipment: food processor

Preparation time: 5-10 minutes

1 cup virgin coconut oil, not melted

1 cup organic raw almond butter

3 T. agave nectar

3-4 T. raw carob powder

1 tsp. gluten-free vanilla

Place all ingredients in a food processor. Mix well.

Remove and place in a 9-inch square ceramic or glass dish.

Carefully place in freezer uncovered keeping it level. Cover when frozen and always keep in the freezer compartment not in the refrigerator – or it will liquefy. Keep and serve it frozen, cutting squares as needed. Eat soon after removing from freezer because it'll get softer the longer it sits.

I love this frosting and use it on raw brownies, raw cookies or raw cakes, etc. It's versatile and you can create new dishes just by adding this on top of another raw dessert recipe. I always buy raw honey from farms. The raw honey in grocery stores, even though it may say raw on the label, is usually pasteurized, not raw. Pasteurization changes the ability of enzymes to function and depletes honey of many nutrients.

## **Helen's Rich Luscious Macadamia Frosting**

Ingredients: macadamia nuts, lemon, date, raw honey

Equipment: food processor

Preparation time: 5 minutes

1 cup of raw organic macadamia nuts

1 large lemon

1 organic medjool or other type of date, pitted

1 T. raw honey

Grind the macadamia nuts in the food processor.

Squeeze the lemon and add the juice to the nuts.

Then add the date and honey to the mixture.

If you add the right amount of lemon juice to it you'll have frosting. So check the mixture and adjust if necessary.

You can double this recipe easily if you want more frosting.

I've made this dressing many times. It's easy and healthy and so much better than store-bought dressings. I love it on huge, green salads with an avocado and some tomato.

## **Helen's Creamy Honey-Lemon Dressing**

Ingredients: olive oil, lemon, tahini, garlic clove, honey, avocado, dill weed, sea salt

Equipment: small food processor

Preparation: 5-10 minutes

3 T. extra-virgin olive oil

1/2 lemon

2 T. tahini approx. – just a big glob

1 garlic clove

1 heaping T. raw honey

1/2 avocado

1/4 tsp. or more RealSalt or other sea salt

1/4 tsp. dill weed or other seasoning (optional)

Mix all together in small food processor or equivalent.

Makes about 1½ cups. You only need a big  
tablespoon or so of this dressing for a huge salad.  
Should keep a week in the 'frig'.

I created this recipe because I love cabbage. Cabbage is a good anti-cancer food. Because it's sweet and juicy some cabbage non-lovers love it. I love this recipe and eat it often. I give it away to friends and family in quart jars.

## **Helen's Sweet Cabbage Salad**

Ingredients: Italian parsley, garlic cloves, gala apples, green cabbage, yellow onion, carrots, gingerroot, raisins, oranges, lemon, agave, sea salt extra-virgin olive oil

Equipment: food processor, "S" blade, grating blade

Preparation time: 20-25 minutes.

Italian parsley, handful, washed and spin-dried

2 garlic cloves, peeled

1 sweet apple such as gala, cut into wedges

1 green cabbage, cut in wedges

1/2 yellow onion, cut in wedges

2 large or 2 medium un-peeled carrots, scrubbed

Gingerroot, one inch, peeled

Raisins, organic, huge handful or more

2 oranges, juiced

1/2 lemon, juiced

1/4 cup agave nectar

2 tsp. RealSalt (sea salt)

1/4 cup good extra-virgin, first cold-pressed olive oil – such as Trader Joe's President's Reserve (don't use the Santini brand from Trader Joe's- which has a horrible smell and flavor). There are much better olive oils, such as stone-crushed Bariani, usually only available online or by mail order but for practical purposes and for oil you can use now, this one has a good flavor.

Put parsley and garlic cloves in food processor. Process to a fine mixture using the "s" blade.

Remove the "s" blade and put on the grating blade and grate the apples, cabbage, yellow onion, carrots and gingerroot.

Juice lemon and oranges and add agave nectar, set aside.

Remove cabbage mixture to a large bowl and add orange juice-lemon juice-agave nectar mixture, raisins, sea salt and olive oil.

Mix well. Store in 'frig' in Mason glass quart jars.  
Makes 3-4 quarts. Keeps 6-7 days or so.

I love versatile guacamole and always try to keep it on hand. There are dozens of variations. Some people like lime instead of lemon.

## **Helen's Super Guacamole**

Ingredients: avocados, cilantro, garlic clove, lemon, yellow onion, optional: tomato and cumin

Equipment: small food processor

Preparation time: 5 minutes

2 avocados, mashed in small food processor

Then add:

Small handful, cilantro depending on your taste

½ lemon, juiced

¼ organic yellow onion

1 garlic clove

½ tsp. RealSalt or other sea salt

Cumin, ground, pinch (optional)

1 tomato or three cherry tomatoes, (optional)

Makes 2 cups. I usually don't add tomato or cumin. But you may want to.

Use as a spread on sun burgers or raw crackers. Spread on lettuce leaf with "Helen's Macadamia and Cashew Cheezy Spread", tomato and onion. Or mix into a small green salad along with any salad dressing.

Everyone loves this pie!!! You can use blueberries, boysenberries, blackberries or Marionberries (Marionberries originated in the Salem, Oregon area, a hybrid cross between chehalems and olallie blackberries. Named after Marion County.) This basic crust can be made in minutes and used for other pies as well. You can also use ½ cup pecans and ½ cup walnuts instead of 1 cup of pecans for a variation. You can make the crust or pie and freeze until needed. It tastes like pralines and no one knows they're eating a pie that's not cooked.

## **Helen's Blueberry Pie**

Ingredients: berries, pecans, medjool dates, bananas

Equipment: food processor

Preparation time: 10 minutes

For the crust:

1 cup pecans

8 organic medjool dates, pitted

For the filling:

4 cups fresh, frozen or partially thawed blueberries  
or other type of berries

For the binder:

2 bananas

4 organic medjool dates, pitted

10-12 or so blueberries, for a little color

Grind pecans in food processor until fine. Add the medjool dates just until mixed. Place into 9-inch pie plate.

Mix 2 bananas, the blueberries or other berries and 4 medjools in food processor. Remove and carefully fold into blueberries. Gently spread blueberry mixture on top of crust.

Cover tightly and refrigerate. Will keep for 5 days or so.

Boysenberries really work well with this pie also, as do Marionberries and blackberries, fresh or frozen.

I've used this dressing many times. I created this recipe because I wanted a dressing that was quick and easy to fix. Keeps 5-7 days in the 'frig'.

## **Helen's Quick and Easy Everyday Dressing**

Ingredients: orange, extra-virgin olive oil, raw honey, sea salt, spices

Equipment: 16 oz. wide-mouth glass jar

Preparation time: a few minutes

1 orange

Extra-virgin olive oil

1 heaping T. raw honey

1 tsp. RealSalt or other sea salt

2 tsp. oregano or other spice (optional)

Squeeze an orange into a 16 oz. glass jar

Drizzle the same amount of olive oil into the jar

Add honey, sea salt and optional spices

Shake vigorously.

Use 1-2 T. on a huge green salad

For variation:

## **Helen's Quick and Easy Creamy Everyday Dressing**

Place all the above ingredients in a jar and remove to food processor. Add ½ an avocado and process well.

This is a yummy clone of the standard American honey-mustard dressing. You can substitute a gluten-free Dijon for the mustard seeds although it won't be 100% raw it'll be close. You may have to adjust the amount of Dijon, up or down, depending on your taste. Start with a ¼ tsp.

## **Helen's Best Honey-Mustard Dressing**

Ingredients: Italian parsley, garlic cloves, honey, apple cider vinegar, yellow mustard seed, sea salt, extra-virgin olive oil

Equipment: blender

Preparation time: 15 minutes

Into a blender put:

1 big handful of rinsed, drained and spun Italian parsley

1-2 garlic cloves, minced

2 T. raw honey

4 T. Bragg's raw apple cider vinegar

½ tsp. yellow whole mustard seed, ground in spice grinder or coffee grinder

½ tsp. RealSalt or other sea salt

1 green onion (optional)

Blend all the above until just combined.

Then slowly drizzle into blender while it's running:

½ cup extra-virgin olive oil (preferably good stone-crushed oil like Bariani's, which may only be available online - but any good extra-virgin olive oil with good flavor will work)

Makes about ¾ cup. Refrigerate.

I love this raspberry recipe because it's so versatile. You can use it as a topping for many raw food desserts, on sliced fruit and on raw ice cream. You can use it as a topping on raw food 'cheezecakes' and cookies and as a filling and even as a jam on sweet raw bread. Trader Joe's has frozen organic raspberries cheaper than most brands, year-'round.

## **Helen's Raspberry Topping**

Ingredients: frozen raspberries, dates, agave nectar

Equipment: food processor

Preparation time: just a few minutes

1 cup frozen organic raspberries, thawed

4 organic medjool dates, pitted

2 T. agave nectar

Mix well in food processor.

Use as a jam or spread for cookies, topping for cheesecakes and other raw desserts or as a filling. Use it as a topping for raw ice cream.

There are many recipes and dozens of variations for raw vegan, living burgers. They're usually dehydrated. But can be eaten without dehydrating in a food dehydrator. This is one I've created and changed many times.

## **Helen's Yummy Sun Garden** **Burgers**

Ingredients: almonds, carrot pulp, onions, honey, oil, lemon, cumin, sea salt

Equipment: food processor, food dehydrator (optional, but they're better with at least a slight crust)

Preparation time: 20 minutes

2 cups almonds, soaked at least 6 hours or overnight

2 cups (does not have to be exact amount) carrot pulp, packed – leftover from juicing carrots the same day – approx 5-6 carrots – drink the juice!

2 medium onions, chopped in food processor

2 T. raw honey

2 T. extra-virgin olive oil

1 lemon, freshly squeezed juice

2 tsp. ground cumin

3-4 tsp. RealSalt or other sea salt

Chop onions in a food processor, remove, and set aside.

Grind almonds until chunky in food processor. Then add chopped onion and the rest of the ingredients. Mix well.

Using an ice cream scoop, place in mounds on food dehydrator teflex sheet or tray and flatten into patties.

Dehydrate at 145 degrees for 2 hours, and then reduce temperature to 95 degrees for another hour while it forms a slight crust. (This hot temperature of 145 degrees for this short time won't cause the burgers to heat up to this temperature.) Can eat some at this time and continue to dehydrate the rest of the burgers overnight or so, depending on the thickness, turning over once. Keep in airtight wide-mouth Mason glass jar in 'frig'.

Serve on a bed of red leaf lettuce or on top of "raw onion bread" and/or spread patties with any of these: "Helen's Raw Honey-Mustard Dressing", "Helen's 5-minute Sunny Pate", "Helen's Guacamole", "Helen's Macadamia and Cashew Cheezy Spread" and top with any of the following:

portabella mushroom, tomatoes, avocados, red, yellow or green onions, alfalfa sprouts and lettuce.

I love this pudding! Many people have fig trees that just go to waste. I see them often on my walks. Look for them if you live in an area that grows figs. I'm in the Pacific Northwest. You can usually get a carton 'in season' for about \$3. Figs are one of the healthiest foods you can eat. The texture and taste of figs changes dramatically in this recipe. You can find frozen blackberries at Trader Joe's or at whole food's stores. Try to use organic if possible. The Pacific Northwest has hundreds of blackberry bushes growing everywhere. You can pick and freeze berries individually for recipes like this.

## **Helen's 'Miss Figgy Piggy' Pudding**

Ingredients: figs, bananas, frozen blackberries, cinnamon

Equipment: food processor

Preparation time: 5 minutes

2 cups fresh mission figs

3 very ripe bananas

1 package any-size frozen organic blackberries

1 tsp. cinnamon

In a food processor mash the bananas. Add the figs and cinnamon and mix together.

Add frozen blackberries and mix.

Remove and store in a Mason-type glass quart jar.  
Keeps in 'frig' for 3-5 days.

Eat alone in bowl or on top of raw ice cream or  
other raw dessert.

Dozens of variations of this recipe have been passed around for the past few years. The cilantro combined with the oil is supposed to act as a chelator – to help the body get rid of metals, especially mercury. Many people have sworn that it has worked for them. And cilantro has been proven to chelate toxic metals from bodies in a relatively short period of time. Just two teaspoons daily for three weeks is supposed to increase the urinary excretion of mercury, lead and aluminum, removing these toxic metals from the body. Can keep in freezer but divide up in small jars.

## **Helen's Cilantro Chelation Pesto**

Ingredients: Brazil nuts, sunflower seeds, pumpkin seeds, olive oil, lemon, cilantro, garlic cloves

Equipment: food processor

Preparation time: 10 minutes

3 garlic cloves

1/3 cup raw organic Brazil nuts

1/3 cup raw organic sunflower seeds

1/3 cup raw organic pumpkin seeds

2 cups packed fresh raw organic cilantro

2/3 cup extra-virgin olive oil

4 T. (about one large lemon) fresh-squeezed lemon juice

RealSalt or other sea salt to taste. Start with 1/8 tsp. or less and adjust. Taste before you add any salt. You may not need any.

Process the cilantro and oil in a food processor until the cilantro is chopped.

Add the garlic, nuts, seeds and lemon juice and mix until the mixture is mixed into a paste.

Add a pinch of sea salt to taste and mix again.

Store in glass jars. Freezes well. Freeze if you don't use soon.

Great as a spread on crackers. Can also use for the cilantro portion in guacamole.

This is a simple recipe for lemonade. Sugar-free! You can use agave nectar instead of honey but use 1 tsp. and taste test, and then adjust. Agave nectar is very sweet and is low on the glycemic index. Raw fooder's have been using agave for several years before it caught on with the diabetic community because of its sweetening ability without raising blood sugar.

## **Helen's Quick Lemonade**

Ingredients: lemon, honey or agave

Equipment: none

Preparation time: minutes

2 cups pure filtered water

Juice of 1 lemon

1 heaping T. of raw honey

Place all in glass jar with lid and shake well.

Refrigerate.

Can stir in a couple raspberries or other sweet berries for an interesting look and taste.

Makes two 8 oz. servings.

This is a simple cracker recipe that I created because a friend of mine was craving caraway crackers. It turned out so good it's now a staple and I rarely ever run out. They can keep for a long time in large airtight glass containers if completely dehydrated or keep the jar in the 'frig'.

## **Helen's Easy Caraway Crackers**

Ingredients: sunflower seeds, flax seeds, carrot pulp, celery, dates  
caraway seeds, coriander seeds, sea salt

Equipment: food processor, food dehydrator, coffee grinder

Preparation Time: about 20-25 minutes

2 cups sunflower seeds

2 cups flax seeds

Carrot pulp - leftover from juicing approx. 8 oz. of  
carrot juice (approx 5-6 carrots) - does not have to  
be exact

5 stalks organic celery chopped fine

4 medjool dates, pitted

3 T. caraway seeds

1 T. whole coriander seeds

2 tsp. RealSalt or other sea salt

2½ cups pure, filtered water

Grind flax seeds in coffee grinder and set aside.

Grind sunflower seeds in food processor, put in an electric mixing bowl or hand-mixing bowl.

Grind celery and dates in food processor and add to mixing bowl.

To mixing bowl then add carrot pulp, caraway seeds, coriander seeds and sea salt. Mix together a couple of times.

Important to add ground flax seed last and mix a couple of times then add 2 cups of water and up to ½ cup or more if needed. I used 2½ cups.

Spread out thinly on 3 teflex sheets or trays and score into 16 squares with pizza cutter. Dehydrate at 95 degrees overnight or so and flip over onto another teflex sheet, cut into squares. Dehydrate a few more hours.

You can spread the crackers with pates, guacamole, spreads like "Helen's Macadamia and Cashew Cheezy Spread", etc. You can pile on avocado, tomatoes, onions, lettuce, etc. with or without the spreads and pates. You can spread on tahini and honey or almond butter or almond

butter and honey. Or eat alone or along with raw soup.

I love this healthy almond milk-shake! You can vary it in so many ways with different fruit. You can make it in minutes for yourself, friends and kids. Kids and adults love this. It's non-dairy too. No need for unhealthy chemical-laden yogurt. You can get frozen mango chunks at Trader Joe's.

## **Helen's Best Almond Milk-Shake**

Ingredients: almond milk, banana, fresh blueberries, strawberries or other berries, frozen mango or frozen pineapple chunks

Equipment: blender

Preparation time: a few minutes

1/2-3/4 cup homemade almond milk

1 ripe organic banana

1/2 cup fresh blueberries, strawberries or other berries

1-1 1/2 cups frozen mango chunks

Mix all together in blender.

You can substitute the blueberries for other FRESH berries or fruit. You can substitute frozen pineapple chunks for the mango chunks. Serve immediately.

If you just want a quick small ice-cold frozen smoothie, you can make this quick in a Magic Bullet or blender in a couple of minutes.

## **Helen's Quick Strawberry-Banana** **Milkshake**

Ingredients: homemade almond milk, frozen strawberries, banana

Equipment: Magic Bullet, blender, or small food processor

Preparation time: minutes

1 banana

Cup of frozen strawberries

Splash of almond milk

Place all ingredients in Magic Bullet, blender or food processor. Blend or mix. Drink immediately. Makes one serving.

This is an easy spread to make. Some people think it tastes a little like cheese. I use it like a spread rather than a cheese. Makes 2 cups. You may want to make just half of this recipe for the first time or freeze portion in glass jar. This spread will smell funny the first day or two.

## **Helen's Macadamia and Cashew** **Cheezy Spread**

Ingredients: raw macadamia nuts, raw cashews, lemon, garlic clove

Equipment: food processor

Preparation time: 5-10 minutes

1 cup raw macadamia nuts

1 cup raw cashews

Juice of 1 lemon

1 garlic clove, finely chopped

¼ cup water if needed

Pinch of RealSalt or other sea salt (optional)

Place all ingredients except water and salt in a food processor. Mix thoroughly. If it's too thick slowly add a little water to thin it out.

Taste it to see if you'd like to add salt or more lemon.

Finish mixing and store in glass jar with lid in 'frig'. Will keep for 5-6 days.

Use as a spread on raw crackers or raw onion bread or on raw sun burgers. Use in lettuce leaf or collard leaf wrap with tomato, avocado, onion and/or alfalfa or broccoli sprouts.

Most 'raw fooders' are not big carrot juice drinkers. I've been drinking lots of carrot juice over the past few years and love it! I'm including this juicing information here in case you'd like to juice, although it requires a juicer or juice extractor. Juicing is a subject in itself for another book so I won't go into it here. Carrot juice varies in sweetness depending on the sweetness of the carrots. This can vary from crop to crop or throughout the year but almost always it will be sweet. Interesting fact: listeria can't grow on carrots.

## **Helen's Organic Carrot Juice**

Ingredients: organic carrots

Equipment: juicer or juice extractor

Preparation time: 5 minutes

Use any juicer but the preferred type are juice extractors such as Green Power or Champion. But better to use any juicer you have than none at all.

Lightly scrub 5-6 organic carrots.

For carrot-green juice add half a bunch of lacinato kale – also called dinosaur or dino kale or several handfuls of spinach leaves.

Drink right away so there is less loss of enzymes.

This should make about 8 ounces - or more if you're making green juice. Save the pulp for sun burgers or other recipes but use the same day. Some people give it to their pets.

This is a salad that I love and have fixed hundreds of times. I vary it with different vegetables from time to time. I actually crave this salad if I miss a day.

## **Helen's Basic Big Green Salad**

Ingredients: red leaf lettuce, green leaf lettuce, spinach or soft butter lettuce when available, crimini mushrooms, avocado, tomato

Equipment: none

Preparation time: 10 minutes

½ head approx. of red leaf lettuce, green leaf lettuce, spinach or soft butter lettuce when available

2 crimini mushrooms

1 avocado

1 tomato

Optional: green onions, lemon cucumbers and any other salad greens or veggies that you like.

Wash and spin-dry the lettuce. Cut into bite-size pieces and place in large bowl. Cut up mushrooms, avocado and tomato and lightly mix together.

Add homemade raw salad dressing like "Helen's Quick and Easy Everyday Dressing", "Helen's Honey-Mustard Dressing" or "Helen's Creamy Honey-Lemon Dressing" and mix together. Eat, thrive and feel energized!!

This is a family favorite. I've served it many times and there is never any left over! And it's so easy to make. It's always a favorite when I bring it to get-togethers. Good to serve at Thanksgiving and holiday time too.

## **Helen's Favorite Fruit Salad**

Ingredients: bananas, blueberries, strawberries, kiwifruit, sweet orange

Equipment: none

Preparation time: 5 minutes

5-6 bananas

1-2 cups blueberries or strawberries

1-2 kiwifruit

1 sweet orange

Slice bananas into a big bowl. Add the blueberries or strawberries (and reserve 5-6 strawberries), slice the kiwi fruit and mix some in and reserve some thin slices to layer around the edges on top. Squeeze one orange and add to fruit and mix gently. Lay the reserved kiwi slices on top edge and put some sliced strawberries around the edge also.

Refrigerate and serve chilled.

Make this as close to serving time as possible. If you don't use strawberries in the fruit salad, try to use some on top. The red and green combination is impressive. If you aren't using kiwi fruit make sure to use the strawberries if possible.

## Conclusion

I've tried to include as much detail as possible in this recipe book. I hope you find it useful and it helps you live a healthier life. Please give all the recipes a try. Raw food has helped hundreds of people I know achieve better or optimum health!! Please send me your testimonials as to your good health!

To Your Superior Health!

Helen Hecker R.N.

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