

## Kara's Amazing Recipes

### **Kara's Amazing Falafel (Serves 4-5)**

3 c. Beet (1 large) and Carrots (2 medium), grated  
1/4 c. Nama Shoyu  
1/4 c. Olive Oil  
1 c. Sprouted-Sunflower/Raw Corn Mash (Corn/Sunflower Chip Mixture before dehydrating)  
or  
1/4-1/2 c. Corn/Sunflower Chips Crumbled  
2 c. Cilantro and Italian Parsley, chopped (almost 2 c. Cilantro/2 t. Parsley)  
1 1/2 tsp. Cumin  
1/2 c. White Onion, diced  
1/4 c. Lime Juice  
1 T Garlic, minced

Mix well and form into 2-inch diameter by 1/4 to 1/2 inch thick patties. Squeeze some of the moisture out as you form them. Place in dehydrator at 90 deg-F/8 hrs. or 108 deg-F/5 hrs. When serving, coat bottom with dehydrated corn/sunflower seed crumbs. Serve on bed of romaine lettuce, cucumbers and mixed greens - Lightly dressed with Taco Salad Dressing or plain oil and lime with Celtic sea salt. Garnish with chopped yellow and red bell peppers, mixed sprouts and green onion. Top Falafel patties with Avocado Yogurt. May accompany with brown rice or steamed sprouted quinoa and Mid-Eastern Quinoa Salad. See photos for presentation idea.

### **Kara's Amazing Avocado/Young Coconut Yogurt**

1/2 Large Avocado  
1/2-5/8 Young Coconut Meat  
1/2 Lemon (peeled with seeds removed)  
Few dashes Celtic salt  
1/2 t. Raw Cane Sugar  
1 to 2 t. Apple Cider Vinegar, Bragg's

Blend until smooth and silky. Serve as condiment for the Falafel meal.

### **Mid-Eastern Quinoa Salad**

1/2 to 1 bunch Green Onion  
1 bunch Parsley

1 Cucumber, diced  
 1/2 Yellow or Orange Bell Peppers  
 1-2 Tomatoes, dry farm or less juicy but tasty  
 1/2 to 1 cup Sprouted Quinoa  
 1/4 to 1/2 cup Lemon and Lime Juice  
 1 med. Garlic Clove, grated small, crushed, or minced  
 1/4 cup Olive Oil  
 Dash Celtic Sea Salt, to taste  
 (Optional Herbs: Oregano, Thyme, Basil, Dill, etc)  
 See photograph for proportions.



### Unfried "Beans"

2 c. Sunflower Seeds (Soaked overnight or 4 hours)  
 1/4 c. Olive Oil  
 1/2 c. White Onion, diced (OR 3 1/2 tsp. Onion powder, then add 1/4 c. more of water)  
 2 tsp. Chili Powder  
 2 1/2 t. Cumin  
 Dash Paprika, Cayenne

1 med. Serrano or Jalapeno, finely chopped  
1 T. Miso  
1/4 c. Water  
1 T Apple Cider Vinegar, Bragg's or Lemon Juice  
1 tsp. Celtic Sea Salt

### **Taco Salad**

Baby Romaine and/or Red Lettuce  
Mesclun with Spinach and Arugula, arrange in center  
Cilantro  
Diced Long Orange Peppers  
Diced Tomatoes  
Julienne Green Onion  
Corn/Sunflower Chips - Sprinkle on Top  
Mixed Sprouts

### **Taco Salad Dressing**

Lime Juice  
Olive Oil  
Chopped Onion (yellow or red)  
Minced Red Serrano Peppers (ripe)  
Touch of Raw Honey or Grade B Maple syrup,  
Cumin, Chili Power, and/or Mexican Seasonings  
1 clove Garlic, Grated Small, Minced, or Crushed  
Celtic Sea Salt

### **Corn/Sunflower Chips**

3 c. Fresh Organic Corn Kernels  
6 c. Soaked Sunflower Seeds (6 c. before soaking)  
1 1/2 c. Water  
1 T. Celtic Sea Salt  
1/2 Lime Juice (1/2 Lime)  
(Optional- Jalapeno, minced)  
Dehydrate at 105-degrees F. Spread 2 1/2 c. on 16" dehydration tray covered with teflex. Remove Teflex after 10 hrs. Score and break into squares or triangles. Continue dehydration for 10-14 hrs.

### **Glenn's Vinagrette Dressing (For 2 portions)**

2 Green Onions (small) or 5 baby Green Onions (chopped fine)

2 Slices of Avocado, diced small  
1/4 to 1/2 c. Raw Apple Cider Vinegar, Bragg's  
dab of Dijon Mustard, Grey Poupon (just a hint of Mustard flavor)  
small squirt Nama Shoyu (shouldn't darken the dressing or be able to taste the Shoyu)  
few pinches Celtic Sea Salt  
1/2 t. Raw Cane Sugar  
1/2 to 3/4 c. Extra Virgin Olive Oil, Organic, 1st Cold Press, Unfiltered (2x more oil than vinegar)

Place green onions in bowl and mash well with spoon. Then add diced avocados and smash with fork leaving some pieces intact. Then add vinegar and seasonings then mix well. Adjust the seasonings to taste slightly sweet and little salty. Add oil then homogenize.

### **Herb Dip**

2 c. Sunflower Seeds (Soaked overnight or 4 hours)  
1/2 - 1 c. Olive Oil  
1 Lemon, peel and deseed (small)  
2 tsp. Celtic Sea Salt  
3 tsp. Bragg's Amino Acids  
1/2 c. Diced Onion (Red or Yellow) / Green onion also good  
1/2 c. ea. Italian Parsley and Cilantro  
1 - 2 Garlic Cloves, crushed  
(Optional-Add Dill, Cayenne, etc.)

### **"French" Dressing**

Miso  
Olive oil  
Raw Honey  
Apple Cider Vinegar, Bragg's or Lemon Juice  
Cayenne  
Dehydrated Tomato Paste (optional)

### **Kyuri Momi**

Cucumbers - Sliced Thin (Can be lightly salted, Marinate for 15 min. Squeeze out liquid, lightly)  
Grade B Maple Syrup or Raw Cane Sugar  
Apple Cider Vinegar, Bragg's and Lemon Juice  
Nama Shoyu

Celtic Sea Salt  
Ginger, Sliced, then removed when taste is right.  
Green Onion, Chopped  
Sesame Seed and Sesame Oil  
Cayenne

Dress un-marinated cucumber slices just before serving (will get watery if soaked too long).

Mix dressing with marinated, squeezed cucumbers, can sit in refrigerator 1-2 hours before serving, or serve immediately.

### **Super Satisfying Salad (Serves 4)**

1/3 –1/2 Medium Head of Purple Cabbage- Chopped into thin strips  
4-6 Leaves of Kale- Take off Spine and chop into thin strips  
2 stalks of celery- Slice thin (1/8")  
1/4 Bunch of Parsley and Cilantro(with some stems)- Chopped  
1 Large Tomatoe- diced  
1/3-1/2 Red Onion- diced  
1 Large Clove of Garlic- crushed  
3 Dashes of Cayenne  
4 Dashes of Italian Seasonings Dried Herbs  
Dash of Dill  
3 T. Flax Oil  
3 T. Olive Oil  
1/2 Lemon  
1-3 T. of Sauerkraut

### **Delicious Simple Salad (Serves 1)**

Mixed Baby Heirloom Lettuce  
Chard- Chopped into thin strips  
1 Small Dry Farm Tomatoe or other small tasty tomatoes- Diced 1/2"  
1/2 Avocado- Diced 1/2"  
Dulse Granules- 10 Dashes  
Sauerkraut- 1 large scoop sprinkled around  
1 T. Flax or Women's Essential Oils  
1 T. Olive Oil