FINAL SUB’D [600 words]

**Recipes – from July Wallacia Wellness Gathering, 28th July 2018**

## Raw Spinach-Avocado Soup

**Serves 2**

2 cups spinach

1 avocado

2 tsp lemon juice

½ tsp sea kelp

½ cup water

1 clove garlic (optional)

1 tsp cumin

Place all ingredients in blender, and blend till smooth. Adjust quantities of ingredients to taste. To make a thinner soup, add more water. For winter use warm, not boiling, water (up to about 42ºC) to make a warm soup.

## Raw Chickpea-free hummus

[PIC 4023]

1 cup chopped zucchini

⅓ cup tahini

1 Tbsp lemon juice

1 clove garlic

¼ tsp sea kelp or salt-free seasoning

Blend until smooth. Adjust ingredients to taste.

## Zucchini Noodles with Basil Walnut Pesto

[PIC 4017

**Noodles**

4 – 5 zucchinis put through spiraliser to turn into noodles.

**Pesto**

2 cups fresh basil leaves

2 cloves garlic

⅓ cup extra-virgin olive oil

2 tsp fresh lemon juice

2 Tbsp nutritional yeast

½ cup walnuts

Sea kelp to taste

Blend pesto ingredients, adjust to taste.

Mix through zucchini noodles and serve.

## Vietnamese Coleslaw

**Serves 1 [PIC 4015]**

1 small carrot

½ cup shredded green cabbage

½ cup shredded red cabbage

½ small capsicum, sliced thinly

½ cup bean sprouts

2 green onions, sliced thinly

¼ cup loosely packed fresh coriander leaves

Use vegetable peeler to slice carrot into ribbons. Place in bowl with other ingredients and toss gently to combine.

**Lime and Garlic Dressing**

¼ cup fresh lime juice

1 clove garlic, crushed

Place in screw-top jar and shake well.

Pour over salad ingredients before serving.

## Orange, Fennel and Almond Salad

**Serves 1 [PIC 4022]**

1 baby fennel bulb

1 large orange, segmented

50 gm baby spinach leaves

¼ cup flaked almonds

Reserve tips from fennel, slice bulb thinly.

Place fennel in bowl with orange, spinach and nuts. Toss gently to combine.

Serve sprinkled with fennel tips.

## Rainbow Salad

[PIC 4020]

Mixed green leaves

1 carrot

1 orange

1 beetroot

1 apple

1 punnet of blueberries

2 sticks of celery, chopped

2 ripe tomatoes

1 yellow capsicum

Arrange leaves around edge of a large platter.

Chop carrot into chunks. Slice orange into six wedges, then cut flesh off skin with a sharp knife. Add carrots and orange to food processor and pulse for a few seconds to the desired consistency – you don’t want mush!

Peel apple, cut into quarters and remove core. Peel beetroot and cut into chunks. Place apple and beetroot in food processor and pulse until desired consistency.

Slice capsicum into thin strips.

Arrange the vegetables in strips on the platter in the order of the colours of the rainbow – tomato, carrot, capsicum, green leaves, celery, blueberries, beetroot.

## Sweet Potato Pie

**Pie Crust**

250 gm minced dates

125 gm minced sprouted sunflower seeds

¼ cup shredded coconut

Mix thoroughly in food processor and press into pie plate

**Filling**

3 cups grated sweet potato

1 Tbsp honey or pure maple syrup

1 Tbsp lemon juice

1 tsp cinnamon

½ cup fresh chopped dates

Mix all ingredients together and pile into pie crust.

**Pie Topping**

1 cup pine nuts

1 cup macadamia nuts

honey to taste

Place all in blender and add about 1 cup water, and blend till smooth. If necessary, add more water to make for easy spreading, but not a runny consistency.

Spread on top of filling and refrigerate until ready to serve.

## Apple Pie

**Pie Crust**

As above

**Filling**

8 peeled and grated Granny Smith apples

2 Tbsp chopped walnuts

1 Tbsp honey

1 Tbsp cinnamon

1 lemon, sliced

2 Tbsp sultanas or raisins

Mix all ingredients and spread on prepared crust.

Sprinkle shredded coconut on top.

Refrigerate until ready to serve.