



Black Bean Harissa Hummus

1 can black beans (or 1 1/2 cups freshly cooked beans)
1/2 - 1 clove of garlic, minced
2 Tbsp tahini
1 tsp Harissa
1 Tbsp lemon juice (freshly squeezed)
1 Tbsp water
dash of sea salt and black pepper

Place all ingredients in a food processor and blend until smooth. Serve with chips, crudité or spread on sandwiches or within wraps.

Raw Tacos

(recipe adapted from Sarah B. of www.mynewroots.org)

serves 4

salsa:

1 cup cherry tomatoes, chopped
1 red bell pepper, finely chopped
1/4 small red onion, minced
1/4 cup cilantro, chopped
juice of 1/2 a lime
1 Tbsp olive oil
pinch of sea salt

Toss the chopped veggies with lime juice, olive oil and sea salt. Set aside so the flavors can marry while preparing the taco filling.

taco filling:

1 cup raw walnuts
1 Tbsp organic soy sauce
1/4 tsp chipotle chili powder
1 tsp cumin
1 tsp olive oil (optional)

Place all ingredients in a food processor and pulse to mix. Careful not to over blend it. You want chunky pieces that resemble ground meat.

To assemble:



Use a cabbage leaf as the taco shell and fill it with 1/4 cup of the taco “meat” and a bit of salsa. Top with sliced avocado and a squeeze of lime.

Raw Chocolate Mousse

2 avocados

1 cup Medjool dates, pitted & chopped

1/4 cup raw cacao powder (plus more if needed)

Place avocado flesh, dates and cacao into a food processor. Blend until very smooth and creamy. This will take a few minutes. Add more dates or maple syrup to sweeten if necessary.

Enjoy with sliced apples, pears, strawberries, etc... This can also be used as a filling for raw nut/date crusts.