

Granola

- 1 c Almonds
- 1 c Walnuts
- 2 c Pecans
- 1 c Sunflower Seeds
- 2 Apples
- 1 Banana
- ½ c Raisins

Sauce:

- 1 c Dates
- 1/3 c Water
- ½ c Maple Syrup or Honey
- 1 t Vanilla
- 1 t Salt

Optional – for extra flavor add also: ½ cup dried Cranberries, 1 T Orange zest and 1 T Cinnamon

Blend sauce ingredients in blender and set aside. Process the nuts and sunflower seeds in food processor until they are in small pieces. Remove to a large bowl. Process apples, banana and raisins together until coarsely chopped and chunky and add to bowl. Blend the sauce ingredients together in a blender and add to the rest of the granola ingredients in bowl. Mix together until well combined. Spread out onto Teflex sheets approximately ¼" thick. Dehydrate 4-6 hours at 115 degrees, then flip onto mesh screen and continue dehydrating for 10-12 hours. Break into pieces and store in an air-tight container. This will keep well for several weeks. To keep fresh for longer, store the granola in the refrigerator.

Variations:

Forest Burst – Add ½ cup dried Cranberries and 2 Tbsp Cinnamon

Hola Granola – Add ½ chopped Pineapple and ½ cup shredded Coconut

Deluxe Granola – Add ½ cup Coconut, ½ cup Cranberries, ½ cup Pineapple, 1 Tbsp Cinnamon and 1 Tbsp Orange Zest

Kale Chips

- 1 bunch Kale
- 2 T Olive oil
- 1 t Salt
- ½ t Onion powder
- ½ t Garlic powder
- ½ t Chili powder
- ½ t Cumin
- ½ t Cayenne

Mix olive oil with spices together in a large bowl and set aside. Prepare kale by cutting hard middle stalk from kale and cutting leaves into a few large pieces. I usually cut the large leaves into 4. Add kale to bowl and use hands to mix and massage oil and spices into the kale leaves to cover completely. Place kale leaves onto mesh sheets and dehydrate at 115 degrees overnight, or for 6-8 hours.

Note: Kale chips are also delicious made with just olive oil and salt, without the extra spices. See also the [Cheesy Chili Kale Chips](#) post for a great variation. For more info click the link to go to the [Kale Chips](#) post, or see recipe in [The Love of Living Foods](#).

Nutmeat Patties

- 1 c **Walnuts** – soaked, rinsed and drained
- 1 c **Almonds** – soaked, rinsed and drained
- ½ c **Sunflower seeds** – soaked, rinsed and drained
- ½ c **Pumpkin seeds** – soaked, rinsed and drained
- 1 c **Portobello mushrooms** – chopped
- 1 **Red Pepper** – finely chopped
- ½ c **Sun-dried Tomatoes** – finely chopped
- ½ c **Cilantro or Parsley** – chopped
- 1 (1 c) **Red Onion** – chopped
- ¼ c **Olive Oil**
- 2 T **Tamari**
- 2 **Garlic** cloves – chopped
- 2 t **Salt**
- 1 t each **Cumin, Chili powder, Onion Powder and Oregano**
- ½ t **Cayenne**

Process together nuts and seeds until coarsely chopped in food processor and then transfer to bowl. Add the rest of ingredients and mix well together. This can be further seasoned with salt and desired herbs and spices or formed as is into patties and dehydrated on teflex sheets at 115 degrees for 4 to 6 hours. Flip onto mesh screen and continue dehydrating for an additional 6 to 8 hours until fairly dry. Great eaten as is as or in a wrap. These patties keep well in the fridge in a container for 1 to 2 weeks.

For more info click the link to go to the [Nutmeat Patties](#) post, or see recipe in [The Love of Living Foods](#).

Multi Seed Crackers

- 1 c **Flax** – soaked in 2 c water a couple hours before mixing
- ½ c **Pumpkin seeds** – soaked
- ½ c **Sunflower seeds** – soaked
- 1/3 c **Black Sesame seeds**
- 1/3 c **Sun-dried Tomatoes**, approximately 12
- 3 **Green Onions** – chopped fine
- ½ **Celery** stalk – chopped fine
- 2 **Garlic** cloves – minced
- 1 t **Turmeric**
- 1 t **Salt**
- ½ t **Cumin**
- ½ t **Chili powder**
- ¼ t **Cayenne**

Blend all ingredients together in a food processor. Add water, if needed. Press mixture flat onto teflex sheets, quite thin, about 1/6" thick. Score the size of cracker you want with the edge of a dull knife or spatula. Dehydrate at 115 degrees overnight. Flip over onto a mesh screen and continue to dry another 6 to 8 hours, or until crisp. Store crackers in a container or zip lock bag in a cool dry place. They will keep well for weeks and keep freshest and longer if kept in an air tight container.

For more info click the link to go to the [Multi Seed Crackers](#) post, or see recipe in [The Love of Living Foods](#).

Pizza Crust

1½ c **Almonds**, ground

3 **Carrots**, ground

1 **Zucchini** – chopped

¾ c **Flax seeds**, soaked in 1 c water for a few hours

½ c **Pumpkin seeds**

½ c **Sunflower seeds**

½ c **Olive Oil**

½ t **Salt**

Finely grind almonds and carrots in a food processor. Transfer to bowl. Grind Zucchini and seeds in processor until coarse. Stop and scrape down sides and add flax seeds; process 10 seconds. Transfer to bowl. Mix oil and salt into mixture in bowl, combining well. Spread mixture out ¼” thick onto teflex sheets. Score into desired size. Dehydrate at 110 degrees overnight, approx 8 hours. Then flip onto mesh screen, remove teflex and continue 3 to 4 hours or until dry. Crust will keep for up to a month covered and kept in fridge.

For more info click the link to go to the [Pizza Crust](#) post, or see recipe in [The Love of Living Foods](#).

While pizza crust is being made, prepare desired cheese, sauces and toppings for pizza. When the crust is ready, layer it with cheese, sauce and favorite toppings and dehydrate all together for a couple of hours. I love it best served the same day, but it is also delicious left over! Leftover pizza will keep in fridge for up to 1 week.

Sprouted Buckwheat Pizza Crust

2 c Buckwheat – sprouted

¾ c Flax seeds – soaked in 1 ½ c water for 2-3 hours prior to making crust

1 c Carrots – washed and peeled if necessary and chopped into 1” pieces

1/3 c Olive oil

1 Garlic clove – chopped

2 T Parsley

1 t Thyme

1 t Basil

1 t Onion powder

½ t Turmeric

1 t Salt

Directions

To Sprout Buckwheat:

Soak buckwheat for 1 hour in warm- room temp water. Rinse and drain well in Colander. Use a bowl slightly larger than colander to immerse colander with sprouts into and swish around to really rinse them well. Then lift and drain. Rinse again under tap with running water. And when mainly drained set into empty bowl to continue draining. Rinse sprouts well (same way in bowl of water) every 4-8 hours. 3 times. These only need 24 hours to sprout.

To make pizza crust:

Process carrots first in food processor until chopped into tiny pieces. Then add the rest if ingredients to the processor and process until all is chopped up finely and well incorporated. Remove to a bowl or straight to a teflex sheet and spread. This recipe makes approximately 4 cups of pizza crust dough, which will spread out into correct thickness for one 14”x14” dehydrator sheet. So double, triple or quadruple or more the recipe,

depending on how much crust you wish to make. Dehydrate for 8-10 hours, then flip onto mesh sheet and continue drying about 6 hours, until dry but still pliable, not completely dry and crisp. This crust will keep for up to 2 weeks stored lightly covered with plastic and kept refrigerated.

Rawkalicious Cookies

1 c **Almond pulp** – from making almond milk or grind dry almonds into flour

1 c **Walnuts** – crushed

2 **Bananas** – mashed

½ c **Currants**

½ c **Sesame seeds**

½ c **Coconut flakes**

½ c **Cacao nibs**

½ c **Pumpkin seeds**

¼ c **Goji berries**

¼ c **Honey** or Maple Syrup

¼ c **Hemp seeds**

1 t **Vanilla**

½ t **Cinnamon**

Soak pumpkin seeds and goji berries together in a bowl with just enough water to cover them for a couple hours. Mix the rest of the ingredients in another mixing bowl. Drain and add the gojis & pumpkin seeds. Mix well. Drop by spoonfuls onto teflex and slightly flatten. Dehydrate for 4 to 6 hours at 115 degrees. Flip onto mesh screen and continue dehydrating for another 10 to 12 hours, until dry.

For more info click the link to go to the [Rawkalicious Cookies](#) post, or see recipe in [The Love of Living Foods](#).

Crispy Living Nuts and Seeds

1 cup **Almonds** – soaked first, drain and pat dry

1 cup **Walnuts**– soaked first, drain and pat dry

1 cup **Cashews**

½ cup **Brazil nuts**

½ cup **Pumpkin seeds** – soaked first, drain and pat dry

2 T **Tamari**

1 t **Salt**, or to taste

3 T **Cajun Spice Blend** or 1 T each of Onion powder, Garlic powder and Chili powder

Note: For this recipe you can use 4 cups of any nuts or seeds. The larger seeds, such as pumpkin and sunflower work better than smaller ones. I chose the nuts and seeds above to make a grocery list with, but you can change them if you have other nuts or seeds you prefer using.

Drain nuts well by laying and patting with clean tea or paper towel or so they are quite dry. Then place in a large bowl. Mix the Tamari with Seasonings in a small bowl and pour this mixture over nuts and seeds and mix well. Spread nuts and seeds out onto teflex sheets and dehydrate for 6 hours. Then flip onto mesh screens and continue dehydrating until dry and crisp.

For more info click the link to go to the [Crispy Living Nuts and Seeds](#) post, or see recipe in [The Love of Living Foods](#).