

Cashew Chicken Salad

Raw Vegan Mock "Chicken" Salad

Ingredients

For the dressing:

- 2 cups organic raw cashews
- 5 tablespoons organic lemon juice (freshly squeezed)
- 2-7 tablespoons water (filtered/purified) (add only as needed)
- 2 cloves garlic
- 2 tablespoons organic green onions (chopped)
- 1 tablespoon organic dill weed (chopped)
- 1/2 teaspoon Himalayan pink salt
- 1 tablespoon miso paste

For the vegetable mixture:

- 1 organic red bell pepper
- 1 organic carrot
- 1 cup organic broccoli florets
- 1/2 cup organic red onion
- 1 organic jalapeno pepper



Instructions

Prepare the dressing:

1. Add all ingredients for the dressing to a Vitamix and blend until the mixture is creamy and smooth.
2. Start with 2-4 tablespoons of filtered/purified water and check the consistency. Add (1) extra tablespoon of water at a time, but only as needed. You want the dressing to be not too thin and not too thick.
3. Taste and adjust the seasonings to your preference, then set aside.

Prepare the vegetable mixture:

1. Add all the ingredients for the vegetable mixture to a food processor and pulse until the veggies are broken down into small pieces. Take care to not over process.

Assembly:

1. Add the vegetable mixture and dressing to a medium-size mixing bowl and stir until all ingredients are evenly distributed.
2. Taste and adjust seasonings to your preference.
3. Serve as a sandwich on gluten-free bread, as a wrap, a dip or enjoy it by itself.
4. Store in an air-tight BPA-free container in the refrigerator.

Indian Dadus

These are great, have just a few ingredients and have some good digestive herbs in it!

- 1 cup of raw almonds (ground)
- 1 16 ounce jar of tahini or cashew butter
- 6 dates, pitted & chopped
- 6 teaspoons 100% pure maple syrup
- 1 cup ground raw cacao
- 1 cup organic currants/raisins
- 1 tsp of each: cinnamon & cardamom
- 1 tsp clove powder



Directions:

1. Combine all ingredients except almonds in a food processor or mix until it all sticks together.
2. Roll mixture in the into 1 inch balls and roll the balls into the ground almonds.