

Raw & Cooked Holiday Recipes!





Young and Raw



Introduction

Hi Friend, We hope you enjoy our gift to you for the holidays.

With the stress and overwhelming feelings that many people experience around this time of year, it's common to get sick and feel not so great when the time comes to actually celebrate with friends and family. Keeping your immune system strong and your stress levels low will help you stay healthy over the holidays.

Drink plenty of fresh water, eat whole ripe fruits, big salads and remember to take 30 minutes for yourself per day to go for a walk, do yoga, stretch or another type of movement that lights you up.

Inside this eBook are recipes that will make wonderful additions to any holiday dinner table. If you're aiming for a fully plant based holiday dinner this year, we've included recipes to make that a reality for you and your loved ones!

It's our pleasure to support you in creating the life you want through the food you choose to eat.

Join The Real Food Movement with Us this Holiday Season!

At Young and Raw our hope is that you will feel empowered by making healthier choices, and in turn you will inspire others to follow in your food steps. Enlighten your guests by sharing the gift of vibrant, living, plant-based foods that will lift their spirits, excite their taste buds and spark their curiosity for what raw and plant-based foods are all about.

Young and Raw is dedicated to supporting you in your transition to a plant-based, high raw lifestyle.

Have fun with these recipes and we look forward to seeing you soon!

Blog <http://www.youngandraw.com>

Facebook Page <http://www.facebook.com/youngandraw>

Recipe 1

Raw Holiday Stuffing

Festive, Raw and Warming for the holidays!



Ingredients

Makes 6-8 servings

- ½ cup sunflower seeds, chopped
- ½ cup walnuts, chopped
- ½ cup pecans, chopped
- 3-4 celery stalks, minced
- 3-4 scallions, minced
- 1 cup fresh cranberries cut in half
- ½ cup raisins
- 2 medium apples, diced
- juice from 1 orange
- 2-3 tbsp maple syrup or coconut nectar
- 1 tsp sea salt
- 2 tsp rosemary
- 2 tsp thyme
- 2 tsp parsley

Instructions

Chop nuts in food processor until a chunky flour forms. Place in large bowl & add remaining ingredients.

Serve as is or warm in dehydrator for anywhere from 2-4 hours.

Recipe 2

Creamy Miso Mashed “Taters”

So good, even die hard mashed potato lovers won't know the difference!



Ingredients:

1 head of cauliflower
1/8 cup of chickpea miso
1/4 tsp. himalayan salt
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/2 tsp. garam masala powder

Instructions:

Wash, chop and steam or boil your cauliflower until it's tender. Take your softened cauliflower and place in the food processor, or high powered blender. Add your miso and seasoning and process until you reach your desired consistency. I like them to be very smooth and fluffy, or you can make them chunky. Make sure to stir thoroughly to ensure you don't have any chunks of miso ...

that didn't get mixed in.

Note: If you want to feed more than 2 people generously, you may want to use 2 heads of cauliflower.

The recipe can be duplicated, and you can add about 1/4 cup of chickpea miso to the mixture which should be enough

Miso Mushroom Gravy

Ingredients:

1-2 cups of mixed mushrooms of choice (shiitake, maitake, etc) or

Brown Mushrooms
1/4 cup chickpea miso
1/4 tsp. garlic powder
1/4 tsp. onion powder
1-2 cups of hot water

Recipe 3

Free-Range Nut Loaf & Sundried Tomato Gravy

This nut loaf makes a great main course at dinner time!



Ingredients:

Free-Range Nut Loaf

Serves 6

½ cup almonds

½ cup walnuts

½ cup sunflower seeds

1 celery stalk

1 scallion

1 carrot

4-6 sundried tomatoes, soaked 1-2 hours

2 dates, pitted & soaked 1-2 hours

½ green or red pepper

1 tbsp fresh parsley

1 clove garlic

½ tsp thyme

½ tsp rosemary

½ tsp basil

½ tsp cumin

½ tsp sea salt

1/2 cup shredded sweet potato or squash

NOTE: To bake in oven, place on a greased cookie sheet and bake at 275 degrees for 25 minutes, slice & place back in oven for 15 minutes.

Sundried Tomato Gravy

8 sundried tomatoes, soaked 1-2 hours

2 tbsp olive oil

1 cup water

¼ cup raisins

¼ cup yellow onion

A pinch of sea salt

Blend in food processor or blender until creamy. Serve over nut loaf.

Instructions:

Chop nuts in food processor until a chunky flour forms.

Place in large bowl & add remaining ingredients. Serve as is or warm in dehydrator for anywhere from 2-4 hours.

Recipe 4

Green Smoothie Pumpkin Popsicle

Chill out with a festive popsicle!



Ingredients:

- 1 cup fresh pumpkin (or canned)
- 1 banana (frozen banana will make it colder)
- 1 cup mango (fresh or frozen)
- 2 cups spinach
- 2 cups almond milk
- 1 tsp pumpkin spice vanilla extract

Instructions:

Blend spinach and almond milk together for 30 seconds. Next add remaining ingredients and blend until creamy. Pour smoothie into popsicle molds and freeze for a few hours. Once frozen, run the popsicle molds under cool water for 30 to 60 seconds— this allows the popsicle to slide easily out of the popsicle mold.

Recipe 5

Pumpkin Spice Green Smoothie

Festive Green Smoothie for the Holidays!



Ingredients:

- 1 cup raw pumpkin
- 1 1/2 cups unsweetened, almond milk
- 2 teaspoon pumpkin pie spice
- 1 large carrot, chopped
- 2 cups fresh baby spinach
- 2 bananas (frozen are preferred for this recipe)

Instructions:

1. Combine spinach, carrot and almond milk and blend well.
2. Next add remaining ingredients and blend for 1-2 minutes (until it's pureed enough for you).
3. Pour into a glass and sprinkle some extra pumpkin pie spice on top. Enjoy!

Tip: To reduce the starchiness of the pumpkin, soak 1 cup raw pumpkin overnight in water and a tablespoon of lemon juice.

Recipe 6

10 Minute Raw Peach Cobbler

A healthy, easy and delicious cobbler recipe!



Ingredients:

1/2 cup Walnuts

1/2 cup Almonds

5-8 Medjool dates

1 tsp. Ceylon Cinnamon

1/4 tsp. Himalayan salt

2-4 Peaches, thinly sliced or another fruit of your choice. (apples, berries are great as well.)

Instructions:

1. Pit, then soak your medjool dates in a bowl of water for 5-10 minutes if they need to soften.

2. Drain from the water and put all of your ingredients except for the peaches in a food processor.

3. Pulse or process until the mixture is crumbly, but not dough like. If you have a powerful processor, this should only take 30 seconds or so.

4. Slice your fruit of choice and sprinkle the crumble on top, serve with a drizzle of maple syrup and a sprinkle of cinnamon.

Recipe 7

Raw Chocolate Mini Mint Cookies

Excite the taste buds of your guests with these mini bites of delight!



Ingredients:

1/2 cup of raw coconut flour

1/2 cup of raw cacao powder

2 tbsp of liquid sweetener (maple syrup, honey, coconut syrup or agave or even a few drops of stevia)

4 tbsp of coconut oil

1 tsp of peppermint extract

1 tbsp of vanilla flavor (less if use extract)

Instructions:

1. Combine all the ingredients in a mixing bowl, and stir.
2. Shape the batter into a cookie shape. You can use a cookie cutter, or a glass jar like I did to make mini cookies because I don't own cookie cutters.
3. Place in the fridge until firm - about an hour.
4. Once they are firm, you can keep them at room temperature and they will still be hard to the touch.

Recipe 8

Raw Snowball Donuts

Whip these up in 10 minutes with your guests, fun for the little ones too!



Ingredients:

- 10 Medjool Dates
- 2 Cups of Real Dried Coconut Flakes or Chips (no additives just coconut)
- ½ tsp. Vanilla Bean Powder
- 1 pinch of Himalayan Salt
- 2 tbsp. Grade B Maple Syrup

Instructions:

Put all ingredients into a food processor and process until your mixture bundles up together into a tightly formed dough. Pull apart and roll into small truffle sized balls and pop in the fridge. Ready to eat in 30 minutes (or right away if you like them soft and warm).

Recipe 9

Raw Gingersnap Cookies

Healthful bites of bliss for your guests over the holidays!



Ingredients:

2 cups raw flour (process raw rye berries or oat groats into flour in your blender)

1 1/2 cups dates or raisins

1/8 tsp. salt

1/2 tsp. vanilla

2 tbsp of fresh, peeled ginger

1-2 tsp cinnamon powder

1 tbsp unsulphered molasses

2 tbsp maple syrup (optional)

2 tbsp melted coconut oil

Raw sugar to garnish

Instructions:

Blend all ingredients together in your food processor until it forms into a delicious ginger-cinnamon ball of raw goodness. Stick this in a bowl in the fridge for an hour and then shape it into as many little balls as you desire.

Put these on wax paper and sprinkle on raw sugar. Stamp each one down with the bottom of a jar. Refrigerate overnight or at least for a few hours, then eat. Mmm.....

Another option is to dehydrate for a few hours so they actually "snap".

Rainbow Garden Salad and Honey Mustard Lime Dressing

A High raw salad fit for a holiday Feast!



Ingredients:

As much Romaine Lettuce as you like!

1 Small Beet, shredded or processed in a food processor

1/2 Carrot, shredded or processed in a food processor

1 Small Avocado, sliced

1 Small hand full of Pumpkin Seeds

1/4 Cucumber, Sliced

Dressing:

1/4 Cup of Organic stone ground mustard

2-3 tbsp. Local, organic, sustainably harvested honey

2-3 Fresh Limes, juice only

A pinch of Himalayan salt

Instructions:

Stir the mixture together in a glass jar and you've got dressing.

Serve over your salad, store for 3-4 days.



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Closing notes

Now that you've got some tasty raw and cooked plant based recipes in your holiday tool box, we hope you're feeling empowered and excited about what you can bring to the table this holiday season!

Some people have found it challenging to maintain a healthy lifestyle over the holidays with the influence of friends and family around, and others (perhaps even you) find the holiday season a wonderful opportunity to lead by example and make a positive impact in their community.

We're excited to share some of our exciting programs with you, so stop by and check them out:

"How To Go Raw, Not Crazy" (90 day program)

Join us in an complete 90 day Raw Food Reset

<http://www.howtogorawnotcrazy.com>

Meal Plans, Shopping Lists, Recipes, Community Support & Group Coaching guided by our Resident Holistic Nutritionist are all included in this 90 day bundle.

Not ready for 90 days yet?

Ask us about how you can participate in our upcoming

"21 Day Raw Food Reset" program launching in the New Year.

Happy Holidays! Love & Hugs from the Young and Raw Team

Blog <http://www.youngandraw.com>

Facebook Page <http://www.facebook.com/youngandraw>

Wishing you all happy holidays!



Special thanks to our Recipe contributors:

Holiday Stuffing by Kids Gone Raw

<http://girlgoneraw.com/holiday-stuffing/>

Free Range Nut Loaf & Sun dried Tomato Gravy Recipe by Kids Gone Raw

<http://girlgoneraw.com/345/>

Raw Gingersnap Cookies by This Rawesome Vegan

<http://www.thisrawesomeveganlife.com/2012/12/raw-gingersnaps.html>

Pumpkin Spice Green Smoothie by Simple Green Smoothies:

<http://simplegreensmoothies.com/green-smoothie-recipes/pumpkin-smoothie>

Green Smoothie Pumpkin Popsicle:

<http://familysponge.com/simple-green-smoothies/green-smoothie-popsicle-recipe-pumpkin-spinach-mango/>

Raw Chocolate Mini Mint Cookies:

<http://www.goodgirlgonegreen.com/recipes/chocolate-mini-mint-cookies-vegan-glutenfree>