

## Stuffed Figs

- Ingredients:**
1. 10 dried figs
  2. 1/4 cup shredded or ground coconut
  3. 10 tsp. raw almond butter
  4. 10 whole pecans

**Preparation:** Split the pitted figs and fill them with almond butter. Roll in the coconut and press the pecans on top. That's it! :)

## Carob Nut Log

- Ingredients:**
1. 1 cup raw almonds, soaked 1 hr, drained & rinsed
  2. 2 cups raw sunflower seeds, soaked 1 hr, drained & rinsed
  3. 1 cup organic raisins, soaked in 1 cup water
  4. 1 cup raw walnuts
  5. 1 cup raw carob powder
  6. Shredded coconut for garnishing
  7. Chopped nuts (optional)

**Preparation:** Put the soaked almonds, sunflower seeds, and raisins in a food processor with a little water, and process it until it becomes smooth. Then add the rest of the ingredients. You'll need to adjust the sweetness to your liking as you add the raw carob powder. Once the whole thing is smooth, roll the mixture on a flat surface so it binds to form a log. Frost it with the St. Patty's Frosting (see the next recipes). Garnish with the shredded coconut. Enjoy! :)

## St. Patty's Frosting

- Ingredients:**
1. 1 cup organic green raisins, soaked
  2. 1 cup alkaline water for soaking
  3. 1 ripe avocado
  4. 3 tbsp raw honey or organic maple syrup to taste (optional)
  5. 1 tsp pure vanilla extract
  6. 1/2 cup raw carob powder (or more if you like)

**Preparation:** Soak the green raisins in the alkaline water for an hour. Pour the water into your food processor, and using the "S" blade, blend the avocado, and honey together. Gradually add the vanilla extract and the carob powder (last). You'll need to adjust the sweetness to your liking as you add the raw carob powder. Once thoroughly blended, use it to frost your Carob Nut Log! YUM!

## Live Apple Pie

- Ingredients:**
1. 1 cup ground raw walnuts

2. 1 cup pitted dates, soaked in alkaline water for 15 min
3. 1/2 cup raw sunflower seeds, soaked for 20 min, drained & rinsed
4. 4 cups shredded apples (any variety)
5. 2 1/2 tsp cinnamon
6. 1/2 cup fresh apple juice
7. 1/2 cup shredded coconut for garnishing
8. 2/3 cup raisins, dried figs, or prunes (your choice!)

**Preparation:** Using a food processor, mix 2/3 of the shredded coconuts, all of the walnuts, dates, and sunflower seeds until it's well-mixed. Once smooth enough, press the mixture into a pie shell to make your crust. Set aside for now. Place the grated apples in a large mixing bowl. Blend the cinnamon, apple juice and raisins together, and pour it over the grated apples. Mix thoroughly to form your apple filling. Fill the pie crust with the apple filling and garnish it with more shredded coconut. Serve or refrigerate for later. If well-covered, it should keep for 2 days in your fridge.

### **California Fig Smoothie**

- Ingredients:**
1. 5 dried or fresh figs
  2. 4 cups fresh apple juice
  3. 1/2 mango
  4. 1/2 avocado
  5. 1/4 cup ground flax meal
  6. 2 tbsp flax seed oil
  7. Coconut butter to taste
  8. Ice cubes as needed

**Preparation:** If you're using dried figs, soak them in alkaline water (enough to cover them) for at least 30 minutes. Put everything in the blender and blend on high speed for 3 min (if using dried figs) or 2 min (if using fresh figs). You'll need to adjust the number of ice cubes and the amount of coconut butter to your taste. Is this better than Sunny-Delight or what! ;)