

Raw Sugar Plums		
<i>From Margi (H-Acres Holiday Recipes)</i>		
1 c raw almonds		
3/4 c raw pecans		
3/4 c organic raisins		
3/4 c dried apricots		
3/4 c dates, chopped		
1/4 c fresh orange juice		
1 c shredded, unsweetened coconut		
Pulse all ingredients down to the orange juice in a food processor until you have a coarse meal. Add the OJ and pulse until mixture sticks together shape into 1 inch balls and roll in the coconut		
can serve in mini cupcake liners		

Broccoli Walnut Salad		
<i>From</i>		
1 lg bunch broccoli, chopped		
1/2 c shredded carrots		
2 TBSP raw cider vinegar		
2 TBSP pure maple syrup or agave syrup		
3 TBSP cold pressed flax or unrefined sesame oil		
1/4 tsp dry mustard		
1/4 c chopped raw walnuts		
whisk together the vinegar, syrup, oil and mustard.		
Toss with the broccoli and carrots		
serve immediately or marinate for an hour, stirring often to soften the broccoli some what		
Top with walnuts before serving		

Blueberry Pineapple Slush		
<i>From</i>		
2 Avocados		
1 bag frozen blueberries		
1 pineapple, shredded		
blend blueberries and avocado		
pour over the pineapple		

Guacamole		
<i>From</i>		
4 avocados, mashed		
2 1/2 tomatoes, diced		
1/3 onion, diced		
1 tsp salt		
1 garlic, minced		
1 lemon, juiced		
combine gently		