

| Mango-Lime Cheesecake | | | Pineapple Slaw | | |
|---|--|--|--|--|--|
| <i>From Virginia Keefer</i> | | | <i>From Cricket</i> | | |
| 2 c soaked cashews (note by Cricket when I made I used 1/2 macadamia) | | | 1 head cabbage | | |
| 2 champagne mangoes | | | 2 carrots shredded | | |
| 1/2 c raw honey | | | 2 stalks celery chopped | | |
| juice and zest of 1 lime | | | 2/3 pineapple, shredded | | |
| pinch salt | | | | | |
| 1 tsp vanilla | | | combine all | | |
| 1 TBSP coconut oil | | | chill | | |
| Blend until creamy, can add a bit of psyllium or xanthan gum to help it set | | | | | |
| Crust | | | | | |
| 1 1/2 c pecan meal (or any nut) | | | | | |
| 2 TBSP coconut oil | | | | | |
| 2 TBSP raw honey | | | | | |
| 1 TBSP water | | | | | |
| mix until moist and press into pan | | | | | |
| add filling and freeze until set, don't add topping until ready to serve | | | | | |
| Topping: 3 mangoes, diced toss wi honey and lime juice | | | | | |
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| Mock Turkey Loaf | | | Sushi | | |
| <i>From (Living on Live Food)</i> | | | <i>From Joshua</i> | | |
| 1 c cashews | | | nori wraps | | |
| 1 c pumpkin seeds | | | 1/2 c grated carrot | | |
| 1/2 c brazil nuts | | | 1/2 c grated green onion | | |
| 5 stalks celery | | | alfalfa sprouts to garnish | | |
| 1 scallion | | | 1 apple, sliced very thin | | |
| 1 tsp sage | | | 1/2 tsp curry powder | | |
| process in food processor until smooth | | | 1/3 avocado, chunked | | |
| | | | place a little of each item in the wrap, sprinkle with curry and roll up | | |
| top with :: | | | | | |
| 1 c cranberries (I used dried soaked for about 1/2 hour in 1/2 c water and blended the water too) | | | | | |
| honey to taste | | | | | |
| blended smooth | | | | | |
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