

# Real Kids Real Food Kids-Tested Recipes



By Betsy Bragg, Med, MA, Celia Elinson,  
and the Real Kids Real Food Team

Foreword by Anna Maria Clement, PhD, NMD, LN

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We would like to offer special thanks to all the children in the Real Kids Real Food afterschool program at the Mystic Learning Center, 530 Mystic Avenue, Somerville MA. These children prepared, tested and highly recommended the recipes in this book. We also greatly appreciate the contribution of the staff members, interns, and passionate volunteers of Real Kids Real Food. Furthermore, we are very grateful for our many talented generous raw vegan chefs, who have provided delicious healthful recipes to **Real Kids Real Food, Kids-tested Recipes**.



# About the Authors



## **Elizabeth (Betsy) Bragg**

Her passion and mission is to prevent obesity, chronic disease and malnutrition in children, through education and advocacy of healthy living. This sprang from her life changing experiences at the Hippocrates Health Institute (HHI) in West Palm Beach, Florida. Crippled from arthritis and substance abuse, Betsy was gifted by her son with the HHI three-week transformational life program, which healed her and inspired her to become certified as an HHI Health Educator.

Now revitalized at 80 years of age, Betsy is Executive Director of the non-profit Optimum Health Solution and founder of Real Kids Real Food, a healthy afterschool program for at risk, low income, inner-city children ages 5 – 12.

Betsy's background includes being a Director of the Middlesex County Employment and Training Program for Refugees and Immigrants; a teacher from kindergarten through college; a principal of Lindsley Associates working on economic and social programs with the United Nations, USAID and Central American Bank in the West Indies, the Philippines, Japan and El Salvador. Her varied background also includes being a career counselor for students, the unemployed and the disabled, computer consultant, and chef.

Betsy received her Bachelor's degree from Smith College in History and English, a Master's in Counseling and Education from Stanford University and Harvard University, a Master's in Education from Boston University in the Administration of Multi-Cultural Non-Profit Organizations and a Certificate as a Hippocrates Health Educator.

[www.OptimumHealthSolution.org](http://www.OptimumHealthSolution.org); [www.RealKidsRealFood.org](http://www.RealKidsRealFood.org)

## Celia Elinson



Her mission is to help people of all ages achieve vibrant health and happiness with a style that is both fun and easy to follow. Her approach is based on the Hippocrates Health Institute in West Palm Beach, Florida living food lifestyle, which focuses on an organic, raw food, such as sprouts, green juices, vegetables, sea vegetables, grains, nuts and seeds. This inspired her to complete the Eat to Thrive Health Educator course and to become a certified Health Educator.

Her philosophy is quite simple: be smart what you eat, integrate healthy and nutritious whole foods into your diet, while developing new habits that will last for a lifetime.

Celia is a volunteer teacher for Real Kids Real Food, the Optimum Health Solution's after school program for at risk, low income, inner-city children ages 5 -12.

Her background includes being a Manager in a Dental Laboratory, a Translator and Customer Service Associate at Hippocrates Health Institute.

Celia's education includes a Bachelor's degree from a Beltsy University in former USSR.





## Heike Westphal, Editor



Heike's mission is to ease the transition to a life enriching raw vegan lifestyle.

In 2010, still breast-feeding, Heike was diagnosed with stage 3b breast cancer, went through chemotherapy, mastectomy and radiation, that put the cancer in remission.

She believed that if she didn't change her lifestyle, cancer would return. Therefore, she looked for a new approach to detoxify from the treatments, build a strong immune system and stay energized to keep up with her four-year-old daughter. She discovered the Hippocrates Health Institute and attended the three-week Life Transformation program. It took her to a completely new level of health. Returning from Hippocrates, she learned to practice the living food lifestyle by attending the "Eat to Thrive 10-week Life Long Healthy Habits & Healthy Living Lifestyle" course. It was time to say goodbye to her husband's delicious meals, mostly based on meat with few greens and get creative in the kitchen herself.

A compact sprout and wheat grass garden is now a feature in their city apartment. Her daughter enjoys being the sprout fairy; planting and watering, and most importantly, eating the sprouts.

Now, there are two chefs in Heike's kitchen and the two worlds coexist very well. Their daughter gravitates to raw vegan meals and Heike is still working on her husband's taste buds.

## Kathleen Bryce, Photographer



She is an oil painter and photographer who often depicts food as her subject matter. Her studio and kitchen are laboratories for creativity. She is a food stylist and chef interested in the healing properties of food. Bryce Studios was founded in 2010.

# Foreword

*Real Kids Real Food* is a work of love for the most precious among us. Raising four children and now grand parenting four, I have personally experienced over four decades the powerful effect that food has on the development, health, and psyche of our children.

Betsy Bragg and Celia Elinson have penned a contribution that will offer a powerful foundation to raise children on. Their own lives were transformed by embracing real food. Food chemistry at Hippocrates, the father of western medicine, states “it is a medicine”.

In 1975 I began my professional life direction at a natural health center in Stockholm, Sweden. We utilized organic plant-based cuisine, validated and watched the miraculous effect it has on reversing and preventing disease. Cutting edge research today revealed that these unpolluted plant fare are filled with phytochemicals that selectively and effectively target and kill a plethora of illnesses.

Hippocrates Health Institute, which I am honored to co-direct, has been on the forefront of plant-based medicine for 60 years and clinically has established a body of science that supports this fare significantly. Future medicine will in great part be based on lifestyle and epigenetics. Do not wait for the research to be published, embrace these foods and inherent strength so that you and your children can begin receiving its healing power.

**Anna Maria Clement, PhD, NMD, LN**

Co-Director, The Hippocrates Health Institute  
and author of *Healthful Cuisine*



# Introduction Real Kids Real Food



Through hands-on activities concerning nutrition, local and organic food, farming and gardening, grocery shopping, planning and preparing meals, children learn how to achieve and continue an overall healthy lifestyle. The program broadens their exposure to making healthy choices with attention to affordability and incorporates physical activities and parent involvement throughout the year. Optimum Health Solution has piloted this program in other public housing environments with measurable success.



# Real Kids in Action



# Cool Tools for Raw Chefs



**Measuring Cups**

**Measuring Spoons**



**Cutting Boards**



**Peeler**



**Food Processor**



**High-Speed Blender**



**Lemon/Lime Juicer**



**Mixing Bowls**

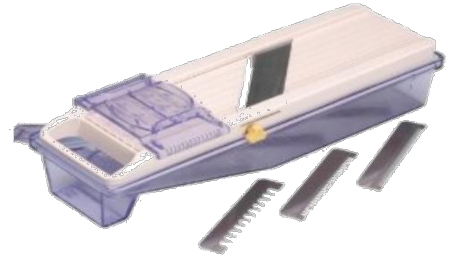




**Rubber spatula**



**Forks, knives, spoons**



**Mandolin**



**Dehydrator**



**Spiralizer**

# Food Preparation Tips

## Buying Tips

- Purchase produce that is not bruised or damaged.
- Choose items that are refrigerated when selecting fresh-cut produce.

## Preparation Tips

- Wash your hands with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fruits and vegetables.
- Discard produce that looks rotten.
- Wash fruits and vegetables under running water.
- Scrub produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce to reduce bacteria that may be present.
- Follow the recipe step-by-step and measure carefully.
- Avoid using sharp knives with young children; use sturdy plastic knives.
- Use hand juicers to squeeze citrus fruit.

## Storage Tips

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below.
- Refrigerate all produce that is purchased pre-cut or peeled.





# Thoughts for Parents

- Eat with your children to set an example.
- Be enthusiastic and positive about the meal.
- Eat at least five servings of colorful fruits and vegetables to get wide range of vitamins, minerals and proteins.
- Show good behavior, which is essential for growing children.
- Post healthy snack list on your refrigerator door.
- Be patient with new foods.
- Encourage your children to talk about the shape, color, and texture of food.
- Introduce new fruits and vegetables each week.
- Visit farms and farmer's market.
- Plant a garden.
- Make meals and snacks as colorful as possible.



# Eating a Rainbow

**Blue/Purple** produce, such as blackberries, raisins, grapes, prunes and eggplant, lowers the risk of cancer, and enhances a strong memory.



**Green** produce, such as avocados, limes, green apples, kale, chard, asparagus, broccoli, cabbage, green beans, peas, and zucchini, lowers the risk of cancer, enhances vision, keeps bones strong and teeth healthy.



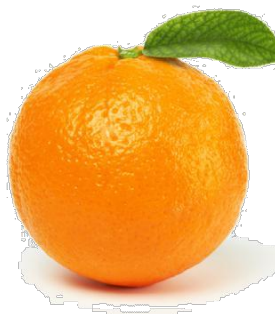
**Red** produce, such as red apples, cherries, cranberries, pomegranates, raspberries, strawberries, beets, and tomatoes supports a healthy heart and lowers the risk of cancer.



## White



**Yellow/Orange** produce, such as squash, carrots, corn, and sweet potatoes, supports a healthy heart, clear vision and promotes a healthy immune system.





# Beverages



# Carob Fruit Smoothie



*Yield: 8½ cups*

## Equipment

Blender  
Measuring cup  
Measuring spoons

## Ingredients

**2½ cups raw cashews, soaked**  
**4 cups water**  
**4 cups cherries, fresh or frozen dark sweet pitted**  
**4 small avocados**  
**2½ cup coconut, unsweetened shredded**  
**2 - 3 tablespoons carob powder to taste**  
**2 teaspoons natural vanilla extract, alcohol-free**  
**Pinch of sea salt**

## Directions

1. In a blender, blend all ingredients until smooth and creamy.





# Fruit Art Smoothie



*Yield: 4 cups*

## Equipment

Blender  
Measuring cup  
Measuring spoon

## Ingredients

**2 bananas, peeled and frozen for 12 hours**  
 **$\frac{1}{3}$  mango, peeled and cut in chunks**  
 **$\frac{1}{3}$  apple, peeled**  
 **$\frac{1}{3}$  cup of raspberries**  
**3 Clementines**  
**2 tablespoons coconut, shredded**  
**2 cups water**



## Directions

1. In a blender, blend all ingredients until smooth and creamy.



# Strawberry, Banana, Spinach Smoothie



*Yield: 5 cups*

## Equipment

Blender  
Measuring cup

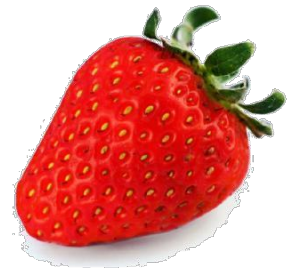


## Ingredients

**3 cups strawberries, without stems**

**3 bananas**

**Small handful baby spinach leaves, washed and roots cut off  
2 cups water**



## Directions

1. In a blender, blend all ingredients until smooth and creamy.





# Salads



# Brainy Avocado Apple Salad



*Yield: 1½ cups*

## Equipment

Measuring spoons  
Vegetable peeler  
Cutting knife  
Cutting board  
Mixing bowl

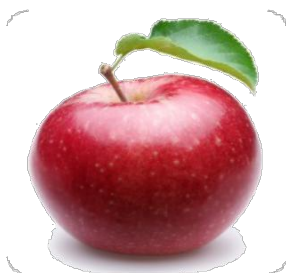
## Ingredients

- 1 avocado, pitted and chopped**
- 1 apple, peeled and chopped**
- 1 tablespoon raisins**
- 1 tablespoon walnuts**
- ½ tablespoon coconut nectar**
- 1 teaspoon vanilla essence, alcohol-free**
- ¼ teaspoon cinnamon**



## Directions

1. Mix coconut nectar, vanilla essence, and cinnamon in a bowl until well combined.
2. Add chopped avocado to chopped apple.
3. Pour coconut nectar sauce over avocado and apple and mix well.
4. Add raisins and walnuts, stir gently.



# Corn Avocado Salad, Chipotle Dressing



*Yield: 5½ cups*

## Equipment

Blender  
Cutting knife  
Cutting board  
Measuring cups  
Measuring spoons  
Lime/lemon juicer  
Mixing bowl

## Salad Ingredients

**3 cups heirloom tomatoes, cut in small cubes**  
**2 avocados, pitted and cut in small cubes**  
**4 ears fresh corn, cut off cob or 16 oz. frozen organic corn**  
**½ purple onion, sliced thin**



## Dressing Ingredients

**½ cup raw hulled sunflower seeds, soaked for 6 hours**  
**½ cup water**  
**1 tablespoon olive oil**  
**2 tablespoons lime juice**  
**1 clove garlic**  
**3 tablespoons nutritional yeast**  
**¼ teaspoon ground chipotle**  
**¼ teaspoon smoked paprika**  
**Sea salt and pepper to taste**



## Dressing Instructions

1. In a blender, blend all ingredients until smooth.

## Salad Instructions

1. In a mixing bowl, combine all ingredients.
2. Pour dressing over veggies and gently toss to coat. Use dressing sparingly.



# Kale Avocado Salad



*Yield: 8 small servings*

## Equipment

Vegetable peeler  
Cutting knife  
Cutting board  
Measuring spoons  
Mixing bowl

## Ingredients

- 1 head of kale any variety, shredded by hand**
- 3 carrots, shredded**
- 2 - 3 avocados, pitted and chopped**
- 1½ tablespoons lemon juice**
- 1 teaspoon sea salt**



## Directions

1. In a mixing bowl, combine all ingredients.
2. Massage and mix with your hands to “wilt” the kale and cream the avocado (this should only take a minute or two).
3. Serve immediately.



# Sprout Salad with Hippocrates Dressing



*Yield: 1½ cups dressing*

## Equipment

Blender  
Measuring cup  
Measuring spoons

## Salad Ingredients

**Organic sunflower sprouts**

## Hippocrates House Dressing Ingredients

**1 cup olive oil**  
**2 tablespoons lemon juice**  
**2 tablespoons Nama Shoyu, soy sauce**  
**2 teaspoons mustard seed, ground**

## Directions

1. Blend all ingredients in a blender or mixing bowl until smooth.
2. Drizzle over salad and toss.



# Sweet Orange Salad



*Yield: 3 cups*

## Equipment

Food processor, with a medium shredding disk or vegetable peeler

Measuring cups

Mixing bowl

Citrus juicer

## Ingredients

**7 carrots**

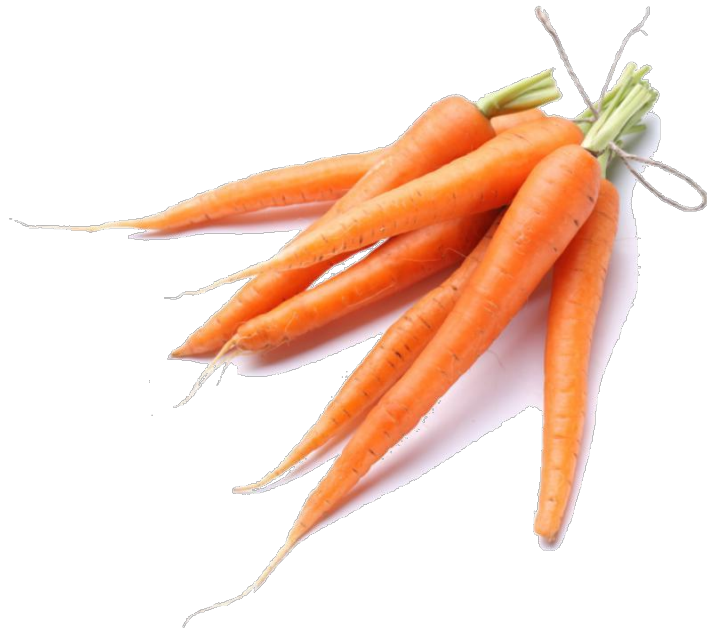
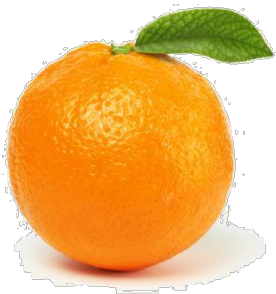
**1 cup of raisins**

**3 oranges, juiced**

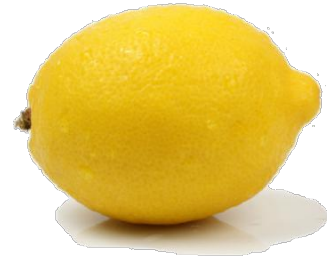
**Pinch of sea salt**

## Directions

3. Use a food processor with a medium shredding disk or peeler to shred carrots.
4. Place carrots in a mixing bowl.
5. Pour orange juicer over carrots.
6. Add raisins and toss.
7. Add a pinch of salt for taste.



# Side Dishes





# Easy Guacamole



*Yield: 4 servings*

## Equipment

Cutting knife  
Fork for mashing  
Lemon/lime juicer  
Measuring spoons  
Mixing bowl

## Ingredients

**2 ripe avocados, pitted and diced**  
**2 tablespoons fresh cilantro, chopped**  
**2 tablespoons lime or lemon juice**  
**1/8 teaspoon sea salt**



## Directions

1. Mash avocado in a mixing bowl.
2. Stir in remaining ingredients and mash with fork until coarsely blended.



# Pumpkin Seed Pate

Recipe created by Karen A Ranzi, [www.superhealthychildren.com](http://www.superhealthychildren.com)



*Yield: 4 servings*

## Equipment

Blender or food processor  
Measuring cups  
Measuring spoon  
Lemon/lime juicer

## Ingredients

- ¾ cup pumpkin seeds, soaked overnight and rinsed**
- ¾ cup white sesame seeds, soaked and rinsed**
- 2 tablespoons fresh basil, minced**
- 2 tablespoons fresh parsley, minced**
- 1 lime, juiced**
- 1 diced red bell pepper**

## Directions

1. In a food processor or blender, add pumpkin and sesame seeds and blend.
2. Add basil, parsley, and lime and continue to blend until smooth.
3. Scoop into a serving bowl.
4. Garnish with basil leaves, parsley sprigs, quartered cherry tomatoes and/or diced red bell pepper.



# Sprouted Hummus



*Yield: 1½ cups*

## Equipment

Wide-mouth mason jar  
Cheesecloth, mesh or sprouting lid  
Blender or food processor  
Measuring cups  
Measuring spoons  
Lemon/lime juicer

## Ingredients

**1 cup dried garbanzo beans (also called chickpeas) makes 2 cups sprouted chickpeas**  
**2 tablespoons tahini**  
**2 tablespoons olive oil**  
**2 tablespoons lemon juice**  
**¼ cup water, add more as needed to thin**  
**1 tablespoon cumin**  
**2 teaspoons coriander**  
**⅛ teaspoon of cayenne pepper,**  
**optional Sea salt to taste**

## Directions - Sprouting Garbanzo Beans/Chickpeas

1. Rinse dried chickpeas and pour into a wide-mouth mason jar.
2. Cover chickpeas with 3 cups of water, and then cover the mason jar with sprouting lid or cheesecloth secured with a rubber band.
3. Soak for 12 hours.
4. Drain and rinse the beans through the cloth. Then drain again.
5. Store the jar out of direct sunlight at room temperature atop a kitchen towel. Lay the jar on its side with the bottom propped up so that excess water drains onto towel.
6. Rinse and drain the chickpeas once every 8 - 12 hours for 3 days. The tails should be the length of the bean.
7. Rinse and drain once more. If you like to keep sprouted peas for salads, air dry sprouted peas before storing in a container or plastic bag and refrigerate for up to 5 - 7 days.



## Directions Hummus

1. Blend all ingredients in a food processor or blender until creamy.
2. If adding more water, add 1 tablespoon at a time until desired consistency.
3. Taste for flavor, adding anything extra you like.



# Soups





# Sweet Potato Corn Chowder

Recipe created by Joseph Lucier



Yield: 4 Servings

## Equipment

Blender  
Vegetable peeler  
Cutting knife  
Cutting board  
Measuring cups  
Measuring spoons

## Ingredients

2 cups sweet potato, peeled and chopped  
1 avocado, pitted and diced  
1 tablespoon miso tamari  
1 small knob of ginger, finely chopped  
 $\frac{1}{2}$  cup leek, chopped  
1 cup hot water  
Dash of sea salt and pepper  
2 cups fresh or thawed frozen corn



## Directions

1. Blend in a blender all ingredients, except corn, until smooth.
2. Taste and adjust seasoning if necessary.
3. Pour into a serving bowl and garnish soup with corn.



# Cream of Zucchini Soup



*Yield: 2 cups*

## Equipment

Blender  
Measuring cup  
Measuring spoons  
Cutting knife  
Cutting board  
Lemon/lime juicer

## Ingredients

**1 cup zucchini, chopped**  
**½ cup water, plus ¼ cup to thin if necessary**  
**1 celery stalk, chopped**  
**1 tablespoon miso**  
**1 tablespoon lemon juice**  
**Dash of pepper**  
**1 teaspoon minced fresh thyme, save some whole leaves for garnish**  
**½ avocado, pitted and chopped**  
**1 tablespoon olive oil**



## Directions

1. Blend all ingredients, except avocado and olive oil, until smooth.
2. Add avocado and olive oil and blend.
3. Add remaining ¼ cup of water to thin, if desired.
4. Add dill and blend briefly.
5. Pour into serving bowl and garnish with thyme leaves.
6. Serve immediately or chill for 30 minutes before serving.



# Carrot, Sweet Potato Soup with Spinach



*Yield: 4 servings*

## Equipment

Blender  
Measuring cup  
Measuring spoons  
Cutting board  
Cutting knife

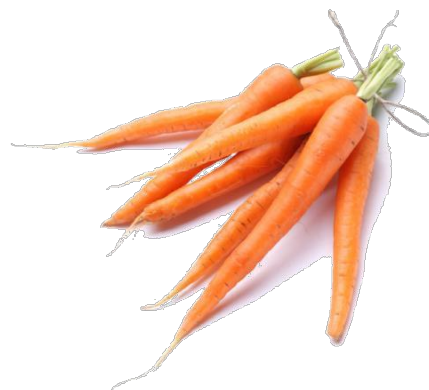
## Ingredients

**2 avocados, pitted and diced**  
**4 cups of water**  
**4 small sweet potatoes, peeled and chopped**  
**2 medium carrots, peeled and chopped**  
**6 pitted Medjool dates, cut in half**  
**1 teaspoon of sea salt**  
**1 teaspoon of cinnamon**  
**1 teaspoon of nutmeg**  
**1 cup of spinach**



## Directions

1. Combine all ingredients, except spinach, in a blender and blend until smooth.
2. Pour half of the soup into 4 serving bowls.
3. Blend remainder of the soup with spinach and pour into the middle of each serving bowl.





# Main Dishes





# 'Eggless Egg' Salad Sandwiches

Recipe inspired by Aimee Perrin



Yield: 3 cups

## Equipment

Food processor  
Blender  
Mixing bowl  
Cutting board  
Cutting knife  
Spatula  
Measuring cups  
Measuring spoons

## Salad Ingredients

**1 head cauliflower**  
**2 stalks celery**  
**2 dill pickles, pickled without vinegar**  
**1 cup cashews, soaked**  
**2 tablespoon lemon juice**  
**¼ - ⅓ cup water**  
**1½ teaspoon sea salt**  
**1 teaspoon dry mustard**  
**1 teaspoon turmeric**  
**2 heads of mid-size romaine lettuce, washed and trimmed**  
**Paprika**

## Mayo Ingredients

**1 cup cashews, soaked at least 2 hours, rinsed and drained**  
**2 tablespoons lemon juice**  
**¼ cup water**  
**1½ teaspoon sea salt**  
**1 teaspoon dry mustard**  
**1 teaspoon turmeric**



## Directions

1. Remove cauliflower leaves. Break cauliflower into pieces.
2. Add cauliflower into food processor and pulse until it's the size of rice.
3. Place cauliflower into a large mixing bowl.
4. Chop celery and pickles into quarter inch cubes and add to mixing bowl.
5. Add mayo ingredients in blender and cream it to consistency of mayonnaise. If too thick, add a tablespoon of water at a time.
6. Add mayo mixture to cauliflower and combine well.
7. Use romaine leaf as sandwich. Scoop a couple of tablespoons of "eggless egg" salad onto romaine leaf and sprinkle with a little paprika.
8. Roll up into a sandwich.

# Zucchini Linguini with Marinara Sauce



*Yield: 10 – 12 servings*

## Equipment

Spiralizer  
Serving bowl  
Measuring cups  
Measuring spoons  
Blender

## Ingredients for Noodles

**6 zucchini, peeled**  
**3 tablespoons olive oil**  
**3 teaspoon dried basil**  
**1 teaspoon dried oregano**  
**½ teaspoon thyme**



## Ingredients for Sauce

**8 roma tomatoes, chopped**  
**1 cup sundried tomatoes, non-oil, soaked for 2 hours, save soaked water**  
**3 Medjool dates, pitted**  
**1 tablespoon lemon juice**  
**Sea salt to taste**  
**3 teaspoons dried basil**  
**1 teaspoon dried oregano**  
**½ teaspoon thyme**  
**3 tablespoons olive oil**

## Directions

1. Peel zucchini, cut off ends, spiralize, and put in a bowl.
2. Cut noodles into 2 - 3 inches in length.
3. Stir in virgin olive oil, oregano, basil and thyme to marinate while preparing sauce.
4. Put all of sauce ingredients in a blender and blend. If too thick, thin with soak water from sun dried tomatoes.
5. Pour sauce over noodles and serve immediately.

**Roma tomatoes** are used because they are firmer and less juicy. Roma tomatoes are often called a plum tomatoes or Italian tomatoes they are commonly found in supermarkets.



# Veggie Burgers with Ketchup



*Yield: 6 servings*

## Equipment

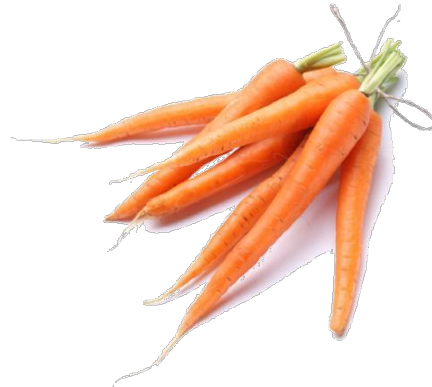
Food processor  
Blender  
Measuring cup / Measuring spoons  
Cutting knife  
Cutting board  
Mixing bowl  
Lemon/lime juicer

## Ingredients for Veggie Burgers

**½ cups almonds, soaked for 8 hours**  
**½ cups pecans, soaked for 8 hours**  
**⅓ large carrots**  
**⅓ cup sweet onion, such as a Vidalia, chopped**  
**½ tablespoons of parsley**  
**2 tablespoons of lemon juice**  
**1 teaspoon sea salt**  
**1 teaspoon rosemary**  
**½ teaspoon tarragon**  
**½ teaspoon mild curry powder**  
**1 tomato**  
**1 avocado**  
**12 leaves of romaine lettuce**

## Ingredients for Ketchup

**1 large tomato, chopped**  
**½ cup sundried tomatoes**  
**3 pitted dates**  
**¼ cup water**  
**¼ teaspoon sea salt**



## Directions Veggie Burgers

1. Add almonds, pecans, chopped carrots, chopped onions, parsley, lemon juice, salt, rosemary, tarragon, and curry powder to food processor.
2. Process until finely chopped and well mixed.
3. Shape into burgers using your hands.

## Directions Ketchup

1. Place all ingredients in food processor or blender.
2. Blend until smooth, add water as needed to adjust consistency.

## Putting it all together

1. Place burger on top of romaine/lettuce leaf.
2. Use slices of avocado and tomato as toppings.
3. Put ketchup on top.



# Dehydrated Snacks





# Cheesy Kale Chips



*Yield: 1 cup*

## Equipment

Blender  
Dehydrator  
Mixing bowl  
Measuring cups  
Measuring spoons  
Lemon/lime juicer

## Ingredients

**1¼ cups cashews, soaked for 2 hours**  
**1 bunch curly, green kale**  
**1 cup water**  
**3 tablespoons lemon juice**  
**1 tablespoon nutritional yeast**  
**Pinch cayenne pepper**  
**1 teaspoon sea salt**

## Directions

1. Wash and dry the kale.
2. De-stem the kale and break into two inch square pieces.
3. Put into a large mixing bowl.
4. Blend all ingredients except kale.
5. Massage blended ingredients into the kale getting it inside the curls.
6. Place onto a dehydrator tray. Don't worry about flattening kale leaves; they're better bunched up.
7. Dehydrate kale at 110° F overnight or until coating is dry.
8. Store in airtight container.



# Cinnamon Apple Chips



*Yield: 1 cup*

## Equipment

Mandolin  
Dehydrator

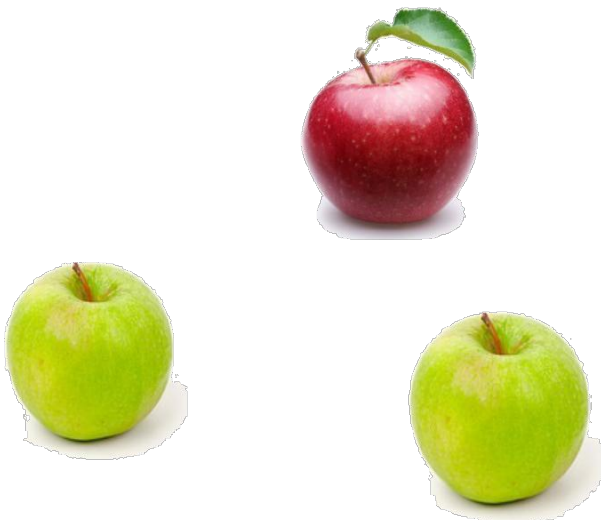


## Ingredients

**3 organic Fuji or any apples**  
**1 - 2 teaspoon ground cinnamon**

## Directions

1. Slice apples thinly on a mandolin, about  $\frac{1}{8}$  inch.
2. Lay apple slices in a single layer onto a dehydrator tray using a teflex sheet or unbleached parchment paper beneath. You may place slices very closely as they will only get smaller.
3. Sprinkle cinnamon over apples.
4. Dehydrate at 110° F for 8 - 10 hours or until apples are leathery.
5. Store in a sealed container.



# Sweet Potato Chips



*Yield: 1 cup*

## Equipment

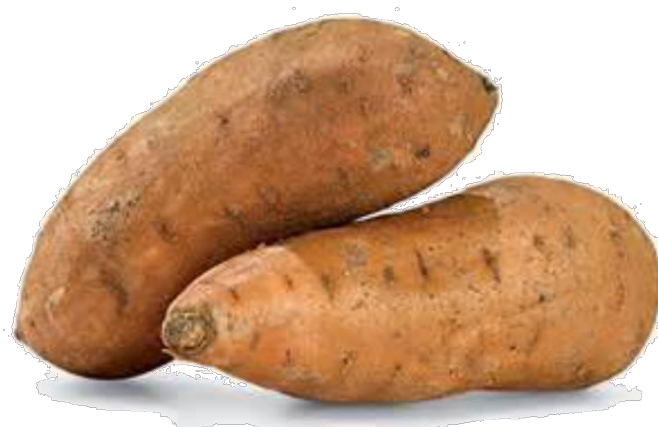
Vegetable peeler  
Mandolin  
Mixing Bowl  
Dehydrator

## Ingredients

**1 large sweet potato, about 1 lb.**  
**1 tablespoon olive oil**  
**2 teaspoons sea salt**

## Directions

1. Peel and slice potatoes on a mandolin, about  $\frac{1}{8}$  inch.
2. Place in large mixing bowl and use hands to coat sliced sweet potato with oil.
3. Lay potato slices in a single layer onto a dehydrator tray using a teflex sheet or unbleached parchment paper beneath.
4. Sprinkle sea salt on top.
5. Dehydrate at 110° F for 8 – 10 hours or until crispy.
6. Store in a sealed container.



# Snacks





# Ants on a Log



*Yield: 15 servings*

## Equipment

Measuring cup  
Cutting knife  
Spreading knife  
Cutting board



## Ingredients

**5 stalks celery**  
**½ cup almond**  
**butter ¼ cup raisins**

## Directions

1. Cut celery stalks into 4-inch-long 'logs'.
2. Spread with almond butter.
3. Sprinkle with raisins.



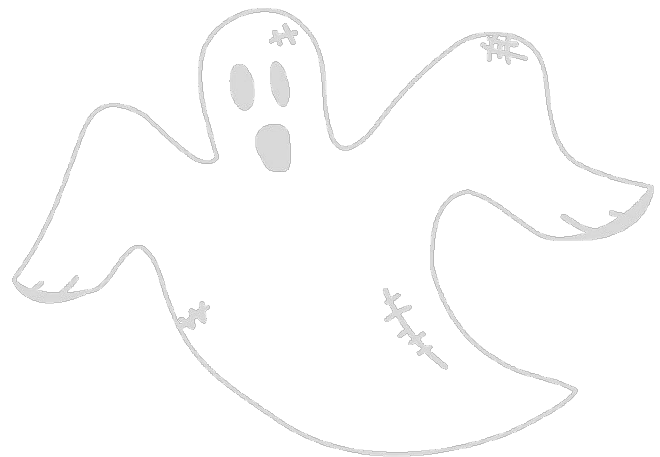
# Halloween Witches Fingers



*Yield: 27 fingers*

## Equipment

Food processor  
Measuring cup  
Measuring spoon  
Toothpicks



## Ingredients

**1 cup almond, soaked for 8 hours**  
**30 slivered almonds**  
**1 cup walnuts**  
**½ cup goji berries, soaked for 15 minutes**  
**¼ teaspoon sea salt**  
**1 teaspoon vanilla essence, alcohol-free**  
**1 teaspoon carob powder**  
**Few drops green vegetable coloring**

## Directions

1. Put all ingredients, except slivered almonds and goji berries, into food processor fitted with "S" blade and process.
2. Roll dough using your hands to make 'witches' fingers.
3. Put soaked goji berries in a food processor with a "S" blade and make a paste.
4. Place a slivered almond as a fingernail on the end of each finger.
5. Use toothpick to place goji berry paste around fingernail.



# Desserts



# Almond Butter Banana Ice Cream



*Yield: 2 Servings*

## Equipment

Food processor  
Measuring spoons  
Ice cream scoop



## Ingredients

**2 frozen bananas**  
**2 tablespoons of organic creamy raw almond butter**  
**Water, if needed, to facilitate blending**  
**Sea salt, optional**

## Directions

1. Peel and freeze bananas for 12 hours.
2. Break frozen bananas into chunks and toss them into food processor, along with almond butter.
3. Add a pinch of sea salt, optional.
4. Blend until bananas break down into a soft-serve consistency, adding one or two tablespoons of water to help facilitate blending, if necessary.
5. Serve immediately for a soft-serve style dessert, or transfer to a sealed container and store in freezer for firmer ice cream.

**With only 2 ingredients, it's almost too good to be true. Naturally sweetened and dairy-free, this ice cream can be made ahead of time and stored in freezer for a quick frozen treat!**





# Apple Crisp



*Yield: 10 servings*

## Equipment

Food processor fitted with “S”-blade  
Vegetable peeler  
Lemon/lime juicer  
Measuring spoons / Measuring cup  
8-inch pie plate  
Spatula  
Cutting knife / Cutting board

## Ingredients

**2 apples, peeled and thinly sliced**  
**3 tablespoons lemon juice**  
**2 apples, peeled and chopped**  
**½ cup pitted Medjool dates**  
**½ cup raisins, soaked**  
**¼ teaspoon ground cinnamon**  
**2 cups crumble topping**

## Ingredients Crumble Topping

**2 cups raw walnuts or pecans, soaked for 12 hours and dehydrated**  
**½ cup coconut, unsweetened shredded dried**  
**¼ teaspoon ground cinnamon**  
**¼ teaspoon ground nutmeg**  
**¼ teaspoon sea salt**  
**½ cup raisins**  
**8 Medjool dates, pitted**



## Directions

1. Toss sliced apples with 2 tablespoons of lemon juice and set aside.
2. Place chopped apples, dates, raisins, cinnamon, and remaining tablespoon of lemon juice in food processor fitted with “S” blade and process until smooth.
3. Remove from food processor and mix with sliced apples.

## Directions Crumble Topping

1. Place nuts, coconut, cinnamon, nutmeg, and salt in a food processor fitted with “S” blade and process until coarsely ground.
2. Add raisins, dates and process until mixture resembles coarse crumbs and starts to stick together. Don’t over-process.
3. To assemble crisp, press ½ cup of crumble topping into pie plate.
4. Spread apple filling on top using a spatula.
5. Using your hands, knead pieces of remaining 1½ cups crumble topping until they stick together.
6. Lay these pieces of topping on apple filling to form a cobbled appearance, allowing some of filling to peek through.
7. Chill at least 1 hour and serve at room temperature.

# Applesauce



*Yield: 4 cups or 8 servings*

## Equipment

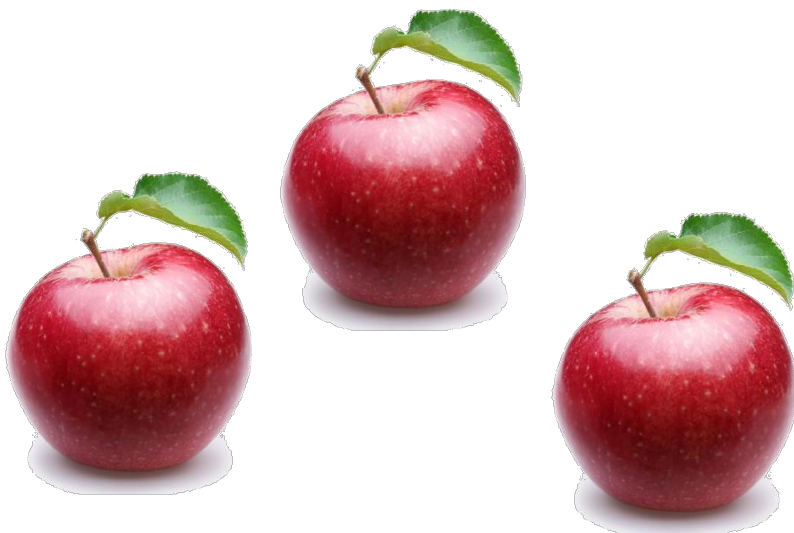
Blender  
Cutting board  
Cutting knife  
Lemon/lime juicer  
Mixing bowl

## Ingredients

**8 apples**  
**2 Medjool dates, pitted and soaked for 2 hours**  
**1 tablespoon lemon juice**  
**Cinnamon**

## Directions

1. Slice 8 apples and cut out core.
2. Place in a blender with dates and lemon juice.
3. Blend until smooth.
4. Sprinkle in a little cinnamon.
5. Pour into large bowl.



# Brownies



*Yield: 8 large, ½ inch thick brownies*

## Equipment

Food processor with “S” blade  
Measuring cups  
Measuring spoons  
Cutting knife  
Cutting board  
Mixing bowl  
Rubber spatula  
Pan 8” x 8”

## Ingredients

**½ cup raw walnuts, soaked and dehydrated**  
**10 pitted Medjool dates, soaked**  
**⅓ cup unsweetened carob powder**  
**½ teaspoon vanilla extract, alcohol-free**  
**1 – 2 teaspoons water, if needed**  
**Dash of sea salt**



## Directions

1. Chop ¼ cup of walnuts and set aside.
2. Place remaining walnuts and sea salt in a food processor fitted with “S” blade and process until finely ground.
3. Add dates and pulse until mixture sticks together.
4. Add carob powder and vanilla essence and pulse until evenly distributed.
5. Add water, if needed, and process briefly.
6. Transfer to a mixing bowl and add set aside chopped walnuts and mix well using your hands.
7. Pack mixture firmly into a square container and cut into one-inch squares.
8. Decorate each with a walnut.



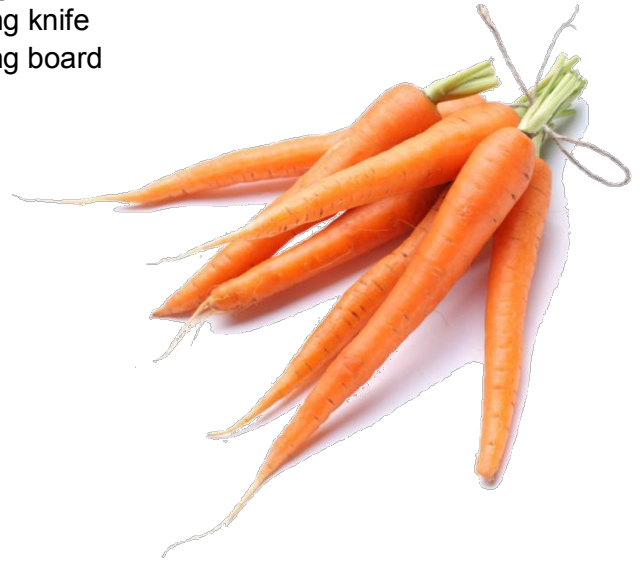
# Carrot Macaroons



*Yield: 30 macaroons*

## Equipment

Food Processor with shredding disk and “S” blade  
Measuring cup  
Measuring spoons  
Mixing bowl  
Cutting knife  
Cutting board



## Ingredients

- 1½ cup raw almonds, ground into flour**
- 2 cups carrots, shredded**
- ¼ teaspoon sea salt**
- 4 teaspoons cinnamon**
- ½ teaspoon ground ginger**
- ½ cup coconut nectar**
- 4 cups coconut, finely shredded unsweetened**
- 8 Medjool dates, soaked, peeled and pitted; keep soak water**
- ½ cup raw walnuts, chopped**

## Directions

1. Shred carrots in food processor and empty shredded carrots into mixing bowl.
2. Change shredding disk to “S” blade.
3. Place almond flour, 1 cup shredded carrots, sea salt and spices into food processor and mix well.
4. Add coconut nectar and dates and mix until combined.
5. Add coconut, remaining carrots and walnuts.
6. Pulse together until blended.
7. Tip: If mixture is too dry and clumps together, use as much of date soak water until mixture will hold together.
8. Form balls with 2 tablespoons of mixtures and place on a dehydrator sheet. Flatten ball to make it look like a cookie.
9. Dehydrate at 115° F for 8 - 10 hours, until dry on the outside, but moist in the middle.





# Lemon Italian Ice



*Yield: 2 Servings*

## Equipment

Blender  
Lemon/lime juicer  
Cutting knife  
Cutting board  
Spoon

## Ingredients

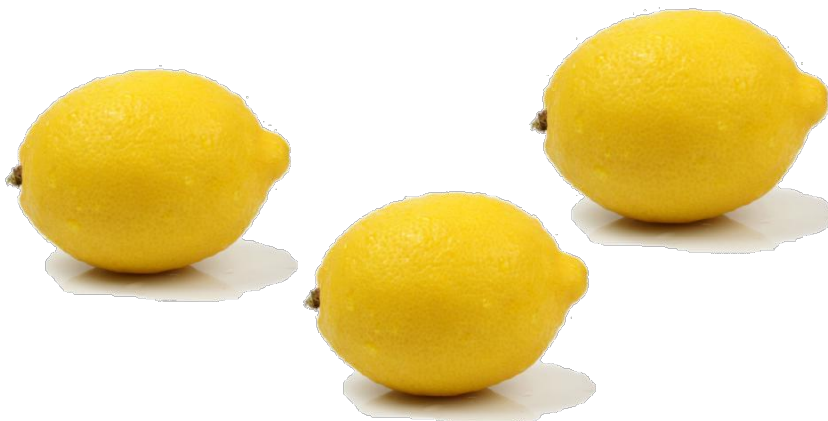
**4 tablespoons lemon**  
**1 cup of ice**  
**1 dropper of Stevia**  
**Mint to garnish**



## Directions

1. Cut lemons into halves crosswise.
2. Juice lemons and add juice to a blender.
3. Add 1 cup of ice and 1 dropper of Stevia per each lemon added.
4. Blend until mixture is consistency of Italian ice.
5. With a spoon scoop out pulp from lemon rinds.
6. Serve Italian ice in lemon rind, garnish with mint.

Tip: Only put 4 lemons and 4 cups of ice into each batch to avoid overflowing.



# Pumpkin Pie

*Inspired by Joe Lucier*



*Yield: 8 - 16 slices*

## Equipment

Food processor  
Measuring cup  
Measuring spoons  
9" pie plate



## Ingredients Crust

**3 cups pecans, walnuts or almonds, soaked for 8 hours**  
**½ cup dates, pitted and soaked for 5 – 10 minutes**

## Ingredients Filling

**2 ½ cups pumpkin or sweet butternut squash, shredded**  
**1 cup dates, cut into pieces**  
**2 teaspoons cinnamon**  
**½ teaspoon ginger**  
**½ teaspoon cloves, ground**  
**2 tablespoons coconut nectar**  
**¼ teaspoon nutmeg**  
**¼ cup water, if needed**

## Directions for Crust

1. Process nuts in a food processor, until finely chopped.
2. Add the dates and process until smooth.
3. Pat down into pie plate. Cover sides with an even layer all the way to the top.

## Directions for Filling

1. Place all ingredients into the food processor, starting with the pumpkin or butternut squash, and process until smooth and thick.

## Assembly

1. Pour filling into piecrust.
2. Freeze for an hour then serve.
3. Pie can be kept in freezer for 6 months.

# Raisin Walnut Truffles



*Yield: 20 – 25 truffles*

## Equipment

Food processor  
Measuring cup  
Measuring spoons  
Mixing bowl

## Ingredients

**4 cups walnuts, pieces**  
**1 cup coconut flakes**  
**½ tablespoon cinnamon**  
**3 cups raisins**  
**1 teaspoon vanilla essence, alcohol-free**  
**¾ teaspoon sea salt**



## Directions

1. Chop 1 cup walnuts in food processor until coarsely chopped.
2. Set aside in a bowl and mix with cinnamon.
3. Put coconut flakes in a separate bowl.
4. Put remainder of walnuts and other ingredients into food processor.
5. Keep processing until mass starts getting oily and sticking together. Don't over process.
6. Hand-roll mixture into 20 - 25 balls.
7. Roll balls around in chopped walnut mixture and coconut flakes.



# Letters and Recipes by Real Kids

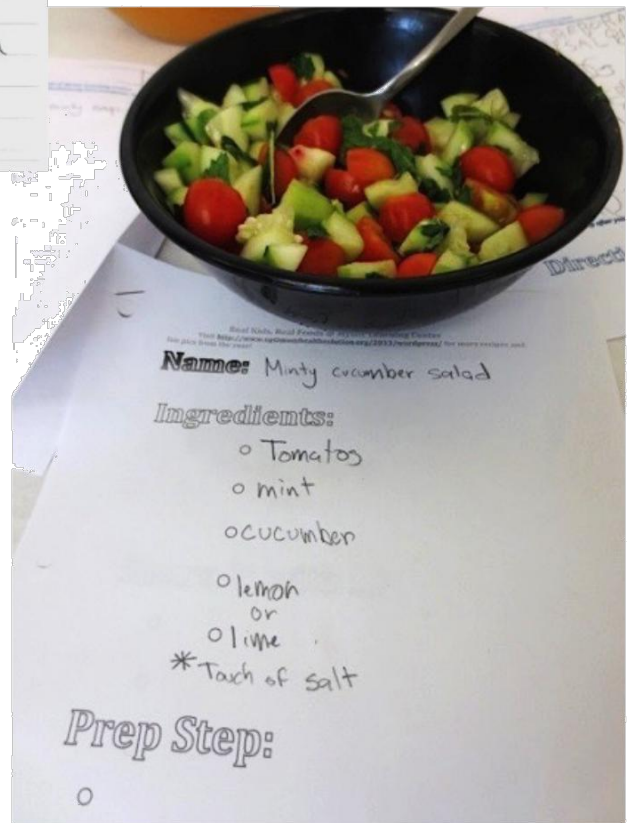
Dear Superintendent  
I would love it if we had more Healthy Meals for lunch like smoothies of fruits like Mango and Ed. I will give you a list of foods of vegetables or fruits!!

- Mixed salad with hippocrates Dressing.
- sweet potato chips:
- nija smoother
- Ants on a log. P.S not real Ants

Thank you for your time P.S iam in 5th grade.

Sincerely,  
Daniella L. Mendoza

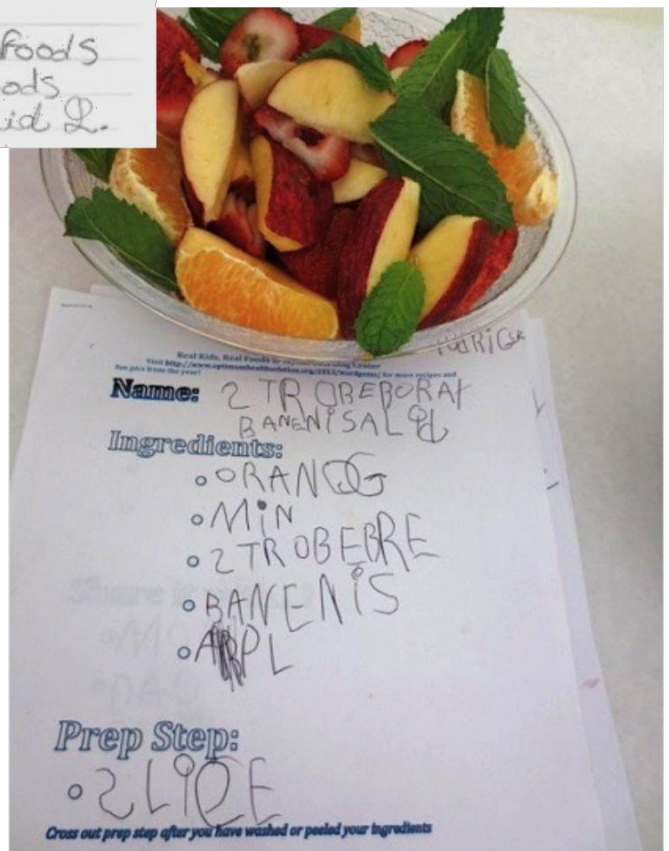
← Back  
For ingredients





Cummings school  
Dear Ms. Bonel / Dr. Hatch,

Over the last 3 months, I was part of a club at the Mystic Learning Center called Real Kids, Real Foods. In this club we made banana strawberry smoothies with almond milk, juices with beets and apples, waramoly, Mixed salad with Hippocrates Dressing, sweet potatoes crisps, Zucchini Linguini with Marinara Sauce. These are things that I've never had till now and I was surprised how good I felt, right after I had them. I don't know if you've had drinks like this before, but if you haven't, may I suggest that you try making a fruit smoothie ~~or~~ a vegetable drink. And I would like more healthy foods available to me and my classmates. They make me feel good and what I've learned from real kids, Real Foods how much healthier these foods are to me. Sincerely, David L.









EAT HEALTHY!  
FEEL HEALTHY!  
BE HEALTHY!



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