

All recipes are courtesy of Chef Natasha Bailey with Raw for Beauty [www.highvibefood.com](http://www.highvibefood.com) and [www.rawforbeauty.com](http://www.rawforbeauty.com)

## Raw Vegan Crab Cakes

1 C. Dried Porcini mushrooms, soaked for 1 hr. drained and diced  
1 ½ C. zucchini, spiralized  
1 ½ C. macadamia nuts, ground  
¼ C. onion, finely minced  
½ C. celery, finely minced  
4 T. nutritional yeast  
3 T. Lemon Juice  
1/3 C. red bell peppers  
3 tsp. kelp powder  
3 tsp. ground golden flax seeds  
2 Cloves Garlic, minced  
1 ½ tsp. jalapeño, minced  
1 tsp. sea salt

Using a pair of kitchen shears cut the spiralized zucchini into pieces about 1 inch in length.



Combine the zucchini and all remaining ingredients in a mixing bowl and mix well. Add a few drops of water if needed to form a firm dough.

Using a 1/3 C measure, make small cakes, about two inches thick. Place cakes on a nonstick dehydrator sheet and place them in the dehydrator at 120°F for 1 hour. Flip the cakes over and dehydrate another 2 hours. Enjoy.

## Baby Bell Pasta:

### Pasta:

4 yellow squash ribboned  
3 carrots shaved  
\*Shave into ribbons with a vegetable peeler or ribbon with a spirouli  
Bunch of spinach  
Drizzle of Truffle oil

Peel and ribbon the yellow squash, set aside. Shave and, or julienne the carrots. Combine all the ingredients in a bowl and drizzle with truffle oil. Dehydrate for 1 hour at 115°F

### Mushrooms:

7 Baby Portabella  
Mushrooms cut in half  
½ small red onion, sliced  
1/3 C Olive Oil  
¼ C Nama Shoyu  
4T Fig Infused Balsamic Vinegar  
2 tsp. cracked black pepper  
2 tsp. dried rosemary  
2 tsp. dried sage  
2 tsp. sea salt

Place all ingredients in a bowl. Mix well. Marinate in the fridge for a minimum of one hour. Place ingredients on a Teflex dehydrator sheet, and Dehydrate at 145\* F for an hour and a half. Until desired texture is achieved.

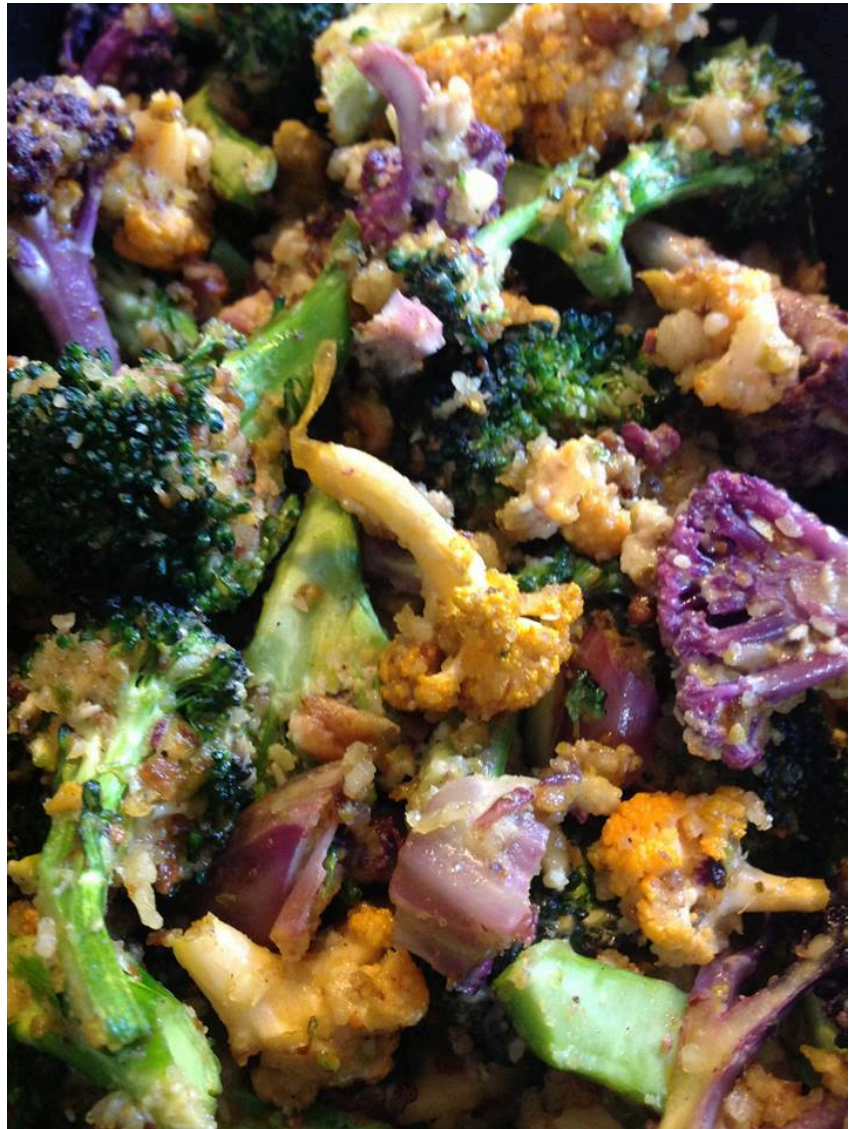
Combine mushrooms and pasta mixture into a large mixing bowl. Drizzle with truffle oil . Salt and pepper to taste. Serve warm.



## Walnut Parmesan Vegetables:

4 C Broccoli tops and chopped stems  
½ Head of cauliflower  
1 C walnuts, soaked  
½ C pistachios, unsoaked  
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½ C lemon juice  
1/3 C nutritional yeast  
3 t Sea salt  
½ C olive oil  
1 t coriander  
2 t cumin  
1 t cayenne pepper  
1 C spring water

In a food processor combine walnuts, pistachios, salt, lemon juice, spices and olive oil. Pour water in slowly as mixture blends until a smooth consistency is achieved. Place veggies in a large mixing bowl, pour sauce onto broccoli and cauliflower and stir thoroughly to ensure the veggies are well coated. Spoon onto a Teflex sheet on dehydrator trays and dehydrate for 2 hours at 145°F. Serve warm.



## Cauliflower Gobi:

1 head of cauliflower  
2 C macadamias  
1 C pine nuts  
1/3 C olive oil  
Juice of one orange  
4 T garam masala  
1 T Chipotle  
1 tsp. sea salt  
Cilantro to Garnish

Cut or break the cauliflower into florets and set aside. Blend nuts, orange juice and enough olive oil to reach a creamy consistency. Add olive oil, garam masala, chipotle, sea salt to taste. Blend until smooth. Pour the sauce over florets and massage into the cauliflower; make sure it is evenly coated. Place on a dehydrator sheet and dehydrate 2–3 hrs. at 145\* . Chop cilantro and sprinkle on top to garnish before serving.



## Falafel:

1 C almonds, soaked  
1 C walnuts, soaked  
½ C Flax seeds, ground  
½ C parsley, minced  
½ C cilantro, minced  
1T garlic minced  
1T fresh sage minced  
2 T fresh oregano,  
minced  
½ t black pepper  
1 ½ t sea salt  
2 T. olive oil

Homogenize walnuts, almonds and olive oil in a food processor with the “S” blade until blended. Combine all the ingredients in a large bowl and mix well. Form into 2in. balls and dehydrate at 145°F for 2 hrs. and then at 120°F for 1 hr., or until your desired moisture is obtained.

This dish is beautiful garnished with watermelon radishes.

