

Raw Recipes to Remember



Hippocrates House Dressing

- ¾ cup + 1 tablespoon lemon juice
- ⅛ cup Braggs apple cider vinegar
- 1 tablespoon water
- 3 cloves garlic
- 2 teaspoons ground yellow mustard seeds
- ⅛ teaspoon cayenne

Blend ingredients together at high speed. Afterward, blend slowly and add ¾ cup of a combination of olive, flax, and hemp oil. Source: Hippocrates Health Institute, hippocratesinst.org

Hippocrates Raw Hummus

- 4 cups sprouted chickpeas
- 1 cup olive oil
- 3 cloves garlic
- 6 ounces lemon juice
- 1 tablespoon Braggs apple cider vinegar (or to taste)
- 1 tablespoon kelp powder
- 1 teaspoon Frontier Pizza seasoning
- 1 pinch cayenne
- 2 teaspoons ground cumin seed

Combine all ingredients in a blender. Season to taste. Source: Hippocrates Health Institute, hippocratesinst.org

Raw Vegan Wedge Salad

- 1 head of iceberg lettuce
- 1 small tomato, diced
- ¼ purple onion, sliced
- ¼ cup raw walnuts, chopped
- Black pepper
- DRESSING:
- ½ cup raw cashews
- 1 garlic clove
- 2 tablespoons fresh lemon juice
- ¼ teaspoon salt (or sea salt)
- 4 - 6 tablespoons filtered water

Cut the lettuce into four wedges and place them on four individual dishes. Sprinkle diced tomatoes, onion slices, and walnuts on top of the lettuce and around it. In a blender, blend the ingredients for the dressing. Drizzle the dressing over the lettuce and sprinkle some black pepper. Infuse love and serve! Source: Chikako Siebers, innerharmonynutrition.com

Summer may be long gone, but you still need good raw sides for your table. But what do you choose? Most dressings require some sort of oil that is not considered raw. Olive oils that are raw need to be made with ripe olives, which are then stone crushed and cold pressed—many olive oils don't meet that requirement. Reading labels is crucial when attempting to eat all raw. Even a basic hummus recipe requires reading the label, as some cook the garlic cloves at 425 degrees!

Be careful about the use of salt in pre-packaged sides ... if it isn't sea salt, run the other way. Table salt is refined by heating it to 1,200 degrees, which also removes some of the minerals that we are looking for.

The best bet to avoid these raw food sins is to make your own dressings, hummus, and other delicious sides. To make the process a bit easier, here are three delicious recipes for you to try. 