

## New Wave Apple Pie

### Ingredients:

1 \* c. Almonds  
1 c. Dates or black mission figs  
6 med. apples  
1 tsp. Lemon zest (that mean, lemon peel. I just use little lemon)  
1 tsp. Cinnamon  
\* tsp. Nutmeg

### Instructions:

Soak the almonds for 12-48 hrs. rinsing every 12 hr. Drain and rinse the almonds. If you have a dehydrator, let the almonds dry until no longer moist on the inside. (about 24 hr.) If you don't have a dehydrator, place them in the sun, or in a turned off oven (less than 118 degrees F) until dry.

Rinse and pit the dates, then soak in enough water to cover for 5 hrs. Mist the dates and soak water to a paste with a spoon. Process the almonds with 1/3 of the date mixture into crumbly dough. Press the dough firmly into a pie plate to form the crust.

Grate the apples and mix these with the remaining date mixture, the lemon zest, and the spices, then fill the piecrust. Serve immediately or cover and chill.

Note: Another way to make the pie crust is to blend the soaked almonds with the dates, form the mixture into a crust, then dehydrate the crust.

## Almond Milk/Cream

### Ingredients:

\* c. Almonds  
6 med. Dates (I use honey)  
2-3 c. water  
\* tsp. vanilla

### Instructions:

Soak the almonds for 12-48 hr. rinsing every 12 hr. Drain and rinse.

Rinse and pit the dates, then soak in 1 cu of water for 5 hr.

Blend the almonds, vanilla, dates, dates soak water, and another cup of water until smooth and creamy. Be careful with adding water. If you want it thick use less. If you want milk. Add more water for a more milk-line consistency.

Strain the cream through a sieve and serve over the granola.

## Almonds.

Once they have been soaked:

Prepare a large pot of water to boil enough to cover the almonds

Prepare a large bowl of "iced water" enough to cover the almonds

Once the hot water comes to a boil. Take the pot off the stove, dump all the almonds in the hot water for about 1 minute. Almonds must be completely covered with water.

Then pour all the almonds into a colander to drain off all the water. (Taking no more than 2 to three seconds.)

Quickly dump all almonds into the "iced water". If the skins slide off easily, you did it right. If not. Then you must figure out what didn't go right.

### "It Taste-Like-Tuna" Salad

- 1 c. sunflower seeds
- 1 c. almonds
- \* c. brown sesame seeds
- \* c. celery, chopped finely
- \* c. red & yellow onions, chopped finely
- \* c. fresh parsley, chopped
- \* c. lemon juice
- 2t Braggs Liquid Aminos
- 1 t onion powder
- 1 t. powdered kelp
- 1 t garlic powder

(water sparingly - if you want it thin add more, if you want more texture don't add any. Be careful with adding water)

1. soak almonds for 3 day, rinsing every day. Soak sesame seeds for 4 to 5 hr. Sunflower seeds 6 hr.
2. Blend nuts, seeds and seasonings in food processor using "S" blade.
3. Add nut-seed blend to veggies and mix well.
4. Chill before serving. (Optional)

"Helpful Hints:" Serve on letuce with sprouts, or stuff into celery or mushrooms. Roll up letuce leaves and sporuts to make delicious finger food. Substitute lime for lemon and cilantro for parsley.

Ps. In our recipe, I used both cilantro