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# Raw Food Gourmet

## *Fine Eating Without the Cooking*

### Recipes for a Healthy Joyful Life

The next time you invite all your foodie friends together here are some menu ideas that will put a creative spark in the evening. I invited eight friends, some were watching their diabetes, others their weight. They were all without exception wanting to try out something new and interesting.

#### **The Menu**

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Refreshing Fruit Drinks with a twist  
Pate Fleurs de Soleil served with toasted Tortillas

Crudite Salad and Life Bread  
Tofu Provencal with Feta and Lemon Basil

Pistachio Ice Cream and Fenugreek Tea

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We began the evening with refreshing fruit drinks. As some of my friends are jewelry artists and the drinks were designed accordingly. Tourmaline was a drink for those who were seriously watching things and consisted of persian cucumbers and mint. The Citrine consisted of papaya, ginger and lemon. The Garnet was pineapple, celery and parsley. The Amethyst was mango, ginger and celery. The Ruby was strawberry, orange and ginger. The drinks were served with a variety of raw, organic nuts and a pate Fleurs de Soleil Pate served with toasted sprouted tortillas.

The first course was a raw vegetable salad served with Life Bread. This dish consisted of seven different vegetables of seven different vibrant colors, delicately shredded and arranged in a large circular serving dish. The vegetables were arranged by my jewelry designer friend Corliss, who organized the colors in triangular shapes making the dish look like a setting on a ring!

The main course was Tofu Provencal served with tiny sprinkle of feta and a nice bunch of lemon basil. The dessert- pistachio ice cream was followed by fenugreek tea for all its medicinal qualities. We lingered over our dessert and tea discussing the year and planning our next foodie get together!



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### **Pate Fleurs de Soleil ( Pate of Sun Flower Seeds)**

This is a truly delicious dip that is a always a party favorite.

2 cups sun flower seeds, soaked for 12 hours, drained  
and allowed to sprout for 2-3 hours after draining

all the soaking water.

1 cup of fresh squeezed

1/4 cup organic tehine

1 teaspoon sea salt.

2 cloves of Elephant garlic.

Process all ingredients in food processor.

Serve with toasted sprouted tortilla chips.

### **Life Bread**

This rustic bread will absolutely amaze your friends, and its so easy to make. Don't be surprised when they ask you for the receipe.

1 cup raw organic almonds soaked overnight.

4 dates soaked overnight

1/2 cup raisins soaked overnight

3/4 cup organic Scottish oatmeal

1 full teaspoon of celtic sea salt

3/4 cup flax meal

2 tablespoons caraway seeds

Remove water from almonds. Place in food processor with soaked fruits and about 1cup of water used in the soaking.

Process.

Add salt.Fold in oatmeal. Remove from processor.

Fold in flax meal. Spread in an oven baking tray.

Sprinkle top of bread with caraway seeds.

Allow to cook in oven at 150-200 for about 3-4 hours.

Cut into squares, serve, and enjoy the compiments of your guests.



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#### **Tofu Provencal.**

This is an excellent dish to serve when it's too hot to cook.

#### ***Sauce Provencal:***

Soak one 3 oz package of organic sun dried tomatoes in 3/4 cup of water.

2 cups good quality sweet baby tomatoes.

4 vine ripened red tomatoes.

3 mangoes

2 cloves of Elephant garlic

1 1/2 cups of kalamata olives or mixed with green olives.

Process all ingredients except for olives in food processor.

Chop olives and fold into mixture. Adjust the sauce for salt (although olives are sufficiently salty).

Serve over Extra Firm tofu cut into bite size squares.

Add a sprinkling of feta cheese and lemon basil.

Serve at room temperature.

#### **Pistachio Ice Cream**

A rich and tasty cap to any meal

1 cup organic raw cashew nuts soaked over night.

4 dates soaked overnight

1/2 teaspoon celtic sea salt

1 1/2 tablespoons of good quality vanilla

2 medium ripe avocados

2 cups of coconut water.

1 orange zested and peeled

1/2 cup pistachio nuts.

Place all ingredients (except pistachio nuts) in a blender or Vita Mix blender.

Place blended contents in ice cream machine.

When almost done add the pistachio nuts. Remove from ice cream machine.

Freeze. Let sit outside for 1-2 hours before serving.