

4 DELICIOUS & EASY

# Thanksgiving Recipes

THAT ARE RAW VEGAN



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## RAW VEGAN CHEESE BALL

### Ingredients

- 1-1/2 cups raw soaked macadamia nuts (almonds and cashews will also do)
- 2 tbsp sun-dried tomatoes
- 1/4 cup nutritional yeast
- 1 tbsp miso paste
- 1 tbsp apple cider vinegar
- 1 tsp sea salt
- 1 tsp onion powder
- 1/2 tsp mustard powder
- 1/2 tsp smoked paprika
- 1/4 tsp turmeric
- 1/2 cup coconut oil, melted at very low heat

### Directions

- Almonds and cashews need to be soaked for 8 hours or overnight, while macadamias just need 1 hour to soften.
- Soak the sun-dried tomatoes overnight.
- Drain the nuts and sun-dried tomatoes and rinse.
- Place all ingredients into a high-speed blender or food processor and mix until it forms a smooth paste.
- Srape into a container and refrigerate for 5 hours until firm.
- Form into cheese ball and roll in crushed nuts.



## RAW VEGAN STUFFING

### Ingredients

#### Mushroom Marinade

- 2 portobello mushrooms
- 1/4 cup olive oil
- 1/4 cup tamari
- 1 tbsp apple cider vinegar

#### Blended Mixture

- 3 cups walnuts
- 2 tbsp chopped parsley
- 2 tsp rosemary
- 1 tsp thyme
- 1 tsp sea salt
- 1/2 tsp sage
- 1 tbsp olive oil

#### Stirred Mixture

- 1-1/2 cups grated carrots
- 1 cup chopped celery

### Directions

- Marinate the mushrooms for 2-4 hours.
- For the blended mixture, place the dry ingredients into a food processor and mix until course.
- Add the olive oil and pulse until it clings together and becomes thicker.
- Add the stirred mixture and blended mixture into a serving dish and stir.
- Dice the marinated mushrooms and stir into the mixture.
- Add any of the marinade if you prefer a wetter stuffing.



## RAW VEGAN PUMPKIN PIE

### Ingredients

#### Pie Crust

- 2 cups walnuts/pecans
- 6-7 pitted Medjool dates
- 1 tbsp coconut oil, melted on very low heat
- splash of vanilla
- pinch of sea salt

#### Pie Filling

- 2-3 cups peeled, seeded, and chopped pie pumpkin (or 1 can pumpkin purée)
- 3 ripe persimmons
- 12 pitted Medjool dates
- 1 tsp vanilla
- 3/4 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/8 tsp clove

### Directions

- For crust, pulse nuts in a food processor until course, then add remaining ingredients until they stick together well when pinched.
- Press mixture into pan.
- Refrigerate while making filling.
- For filling, a high speed blender is best, but a food processor will do.
- Blend or process ingredients until smooth and thick.
- Pour the mixture into the cooled crust and smooth out well.
- Keep refrigerated.



## RAW VEGAN PECAN PIE

### Ingredients

#### Pie Crust

- 2 cups walnuts/pecans
- 6-7 pitted Medjool dates
- 1 tbsp coconut oil, melted
- splash of vanilla
- pinch of sea salt

#### Pie Filling

- 1 cup pecans
- 1 cup pitted Medjool dates
- 1/3 cup coconut butter
- 2 tsp vanilla
- 3/4 tsp sea salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/3 cup purified water

#### Pie Topping

- 1 cup pecans

### Directions

- For crust, pulse nuts in a food processor until course, then add remaining ingredients until they stick together well when pinched.
- Press mixture into pan.
- Refrigerate while making filling.
- For filling, blend or process ingredients until smooth and thick, adding water if necessary.
- Pour the mixture into the cooled crust and smooth out well.
- Top the pie with pecan halves as a decoration.
- Keep in freezer.