No Honey Mustard Dressing

1 ½ Garlic
1 T. Lemon Juice
¼ c. Apple Cider Vinegar
1/2 Ground Mustard Seed or powder
½ t. Turmeric
½ t. salt
½ c. Olive Oil
1 c. water or less
6 – 8 Dates
Blend all until smooth.

Spicy Carrot Soup

3 c. Carrot Juice
1 Avocado
½ c. Olive Oil
1 clove garlic
2 T fresh lemon juice
¾ t. Salt
1” fresh ginger

Cranberry Chutney

2 c. fresh cranberries (or dried)
1 large apple cored/chopped
2 T. apple Cider Vinegar
¼ raisins
10 dates
½ t. orange zest
¼ ginger
1/8 t. allspice
Pinch of cloves

(Process all ingredients until well mixed but not mushy)
Banana Walnut Pie with Carmel Sauce

**Crust**
4 c. Walnuts  
2 T. Vanilla  
½ t. Celtic sea salt  
2 Pinches of cinnamon  
8 - 12 Dates  
2 bananas

In Food Processor: Process walnuts until broken. Add dry ingredients, process. Add one pitted date at a time. When you can pinch mixture and it sticks together, put half mixture in a pie pan and press.

**Pie Filling**
Peel and thinly slice two bananas

**Topping**
Take remaining 2 cups of crust and spread on top of bananas. Lightly press to form a top crust.

**Carmel Topping**
Dates  
Vanilla  
Water

Blend until creamy.
**Tarragon Almond Bread**

2 cups Almond meal (Take the almond pulp from the I Scream)
½ c. Flax meal (ground flax seed)
¼ olive oil or until dough like texture that sticks together
½ t. sea salt, or to taste
1 ½ t. tarragon or other ingredients like onion, olive, sun dried tomatoes, parsley, mushrooms, basil etc.

Mix with your hands, place on teflex sheet from your dehydrator, and roll until 1/4” thick. Dehydrate at 105 for 6 to 8 hours. This can be made into crackers or pizza crust also. Just dehydrate longer and make thinner. If you don't have a dehydrator put into the oven on low with the door open.

**I Scream**

2 cups raw Almonds, soaked 8 hrs. or over night. Rinse.
2 cups water.

Blend in vita mix or high speed blender. Pour blended almond mixture in a nut bag (you can find them at Mississippi Market or Whole Foods. It's a cheese cloth bag) squeeze the mixture with hands over a large container. Like milking a cow. This fluid is almond milk. When you have all the liquid, pour it back into the mixer. Take the almond pulp that's in the bag and put it in a bowl. Refrigerate covered or set aside. This is for your Almond Bread

1 ½ c. raw cashews (soak 4 hours on the day you make the I Scream)
¾ c. raw agave
1 ½ t. vanilla (or more, I love vanilla) You can also add vanilla bean (center only) or vanilla powder
1 pinch sea salt

Put in blender with the almond milk and blend until smooth.

Add 2 ¼ t. Psyllium Husk and blend on slow speed.

Pour into a container and freeze 24 hours.