



un-cooked (raw) strawberry rhubarb pie

CRUST

- 2 c nuts, soaked or unsoaked
- 1 c dates (to taste)
- 1-2 T honey
- 1 t honey
- pinch cayenne
- dash salt
- ¼ c shredded coconut

FILLING

- 4 c rhubarb, peeled & chopped
- ¼ c honey, maple syrup or agave
- 2 c strawberries, chopped
- ¼ c ground flax seeds
- whole berries for garnish

Combine all crust ingredients in food processor and grind to coarse, somewhat sticky consistency. Press into pie or tart pan. Clean out processor and add rhubarb and honey. Process to a slushy consistency. Place rhubarb in bowl and add chopped strawberries and flaxseeds, mix by hand. Add filling to pie crust and chill overnight.

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8555 SW Tualatin Road, Tualatin, OR 97062



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raw green smoothie

- 1 apple
- 1 banana
- 1 orange
- 4-6 leaves kale
- 2 cups water

Add all ingredients to blender and blend to desired consistency. You may change fruits and greens and/or add ice or stevia for desired consistency and sweetness. See also our Raw Smoothies handout for more recipes.

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