



**Stuffed Mushroom:**

Portabello mushrooms	1c spinach
1/2c Worcestershire sauce	1t salt
1/2c Balsamic vinegar	
1/4c Agave	
2c Cashews (soaked for 2 hours)	
1 Lemon, juiced	
3 Garlic cloves	
1t Nutritional yeast	

**Instructions:**

Mix worcestershire, balsamic, and agave together and marinate mushrooms for at least 15 minutes. Strain cashews and blend them with lemon juice, garlic, nutritional yeast and salt. Cut spinach into thin ribbons and mix into cashew cream. Dehydrate marinated mushrooms at 135 degrees for 2 hours alone, then stuff with cashew cream and dehydrate an additional 2 hours.

**Brazil Nut Tart:**

2c Brazil Nuts  
 2 Bananas  
 1pkg Raspberries  
 1c Pineapple  
 10 Dates (soaked)  
 1t Cinnamon  
 1/2t Salt  
 1/4t Cayenne

In a food processor, blend Brazil Nuts until fine. Blend remaining ingredients. Spread on Teflex and dehydrate 8 hours at 135 degrees.

**Savory Sun Crackers:**

2c Sunflower seeds (soaked for 2 hrs)  
 1/2c Sprouted almonds  
 1/4c Flax  
 1 Tomato  
 1c Red pepper  
 1c zucchini  
 1/2 onion  
 1t Italian herbs  
 1/2t Trocomare

In a bullet blender, turn flax and almonds into a very fine flour. Strain sunflower seeds and blend in a food processor. Chop veggies and add to food processor along with the herbs, trocomare, and flax and almond flours -- blend until smooth. Spread on Teflex and dehydrate at 135 degrees for 8 hours.