

10 Raw Food Finger Foods + 1 BONUS!

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Four of the following raw finger food recipes are from my upcoming book *Raw Vegan Recipe Fun for Families*. The beautiful photos were taken by my Ramapo College intern, Jacqueline Todaro.



Cucumber “Dogs”

These are especially nice during the warmer weather when you can grow or get local cucumbers and heirloom tomatoes.

One cucumber
One mango, diced
One tomato, diced

Slice cucumber in half lengthwise, scoop out seeds to make a hollow area in each half of the cucumber. Fill the indentation with the mango and tomato mixture.

Raw “Peanut” Butter and Jelly

Collard Leaves

Two Tablespoons raw almond butter

Large handful frozen raspberries

(I like it without extra sweetener but for those transitioning, you could blend 5 soaked dates with 3 Tablespoons hot water to also spread on sandwich.)

Blend frozen raspberries until smooth. Destem collard leaves by tearing stem out of the middle of the leaf, spread almond butter on leaves, then spread raspberry jelly and fold collard into sandwich. Date sauce is an optional addition.

This could also be made with Romaine leaves or chard leaves





Fruit Kebabs

Strawberries
Kiwis, sliced
Bananas, sliced
Mango chunks

One pint fresh blueberries
7 soaked Medjool dates

Place the fruit on kebab skewers. Blend fresh blueberries with soaked dates and pour over fruit.

Banana Splits with Strawberry Sauce

Two bananas, sliced lengthwise
One cup of fresh strawberries

Slice bananas lengthwise and place them on a plate facing up. Blend one cup of fresh strawberries to the consistency of syrup, and pour over the open-face bananas. Other treats may be added such as shredded coconut.



The Berry Leather

2 cups of berries, one type or mixed
1 cup of fresh apple juice or water

Blend two cups of fresh or frozen berries with 1 cup of fresh apple juice or water until smooth.

Pour evenly onto dehydrator sheets, and dehydrate until dry, between 15 to 20 hours.

** Experiment with other fruits to make delicious fruit leathers.*



Dinosaur Rollups

- 5 leaves lacinato or Toscano kale (Dinosaur Kale)
- 15 sun-dried tomatoes, soaked in water for 3 to 5 hours
- 1 avocado, chopped
- 7 fresh basil leaves, chopped

Place 2 pieces of avocado and 3 sun-dried tomato halves on each lacinato kale leaf. Sprinkle some fresh basil on top, roll up, and enjoy.

Stuffed Red Pepper

- 1 red pepper, cut into quarters
- 1 yellow pepper, cut into quarters
- 1 orange pepper, cut into quarters
- 1 small avocado, mashed
- ½ cup clover sprouts, chopped
- ½ cup cucumber, diced finely

Mix mashed avocado, clover sprouts and cucumber in a bowl. Spoon onto colorful pepper quarters and serve.



Zucchini and Sweet Potato "Chips"

- Zucchini
- Sweet Potatoes

Slice zucchini and sweet potato into thin ¼ inch strips. Dry these "chips" in a dehydrator such as the Excalibur at 105 degrees for 24 hours. Eat the chips with your favorite raw salsa or guacamole.



Pizzettes

1 cup macademia nuts
1 ½ cups sun-dried tomatoes, covered and soaked in water for 3 hours
2 sprigs fresh oregano
2 sprigs fresh basil
3 zucchini

Process the macademia nuts in a food processor with the S blade until smooth. Remove the sun-dried tomatoes from their soaking water, and

process with the macademia nuts. Add sun-dried tomato soak water as needed to move the mixture. Add the fresh oregano and basil, and process until thick and smooth.

Slice the zucchini lengthwise into long thin slices with a mandolin. Spread the pizza sauce on top of each zucchini slice and roll it up. Arrange on a decorative platter, garnish with basil leaves, and serve.

Avocado Chip N Dip

Two avocados, cut in half, pitted
One large lemon
Carrots slices
Red Pepper slices
Celery slices
Fresh dill, finely chopped

Mash the avocado flesh in each of the four halves. Sprinkle lemon juice into each of the four halves and mix. Sprinkle dill on top. Use carrots, red pepper and celery to scoop out the avocado dip.



Cucumber Sandwiches

One Roma tomato, cut into slices
One cucumber, sliced thinly
Raw walnut butter, raw Tahini, or raw pumpkin seed butter
Fresh basil, coarsely chopped

Spread walnut butter or tahini on thin cucumber slices. Place a slice of tomato, topped with the chopped basil, and then cover with another slice of cucumber to make a sandwich. Continue with the remainder of slices.