THAI CURRY SOUP
By Chef Be*Live

INGREDIENTS
• 3 ¼ cups young coconut meat, coarsely chopped
• 1½ cup truly raw soaked cashews
  (see appendix for soaking chart)
• 2 1/2 cups coconut water
• 2 ⅛ tsp curry powder
• ¼ tsp coriander
• 1 ½ tsp Sea, Celtic or Himalayan salt
• 3 Tbs agave
• 1/8 tsp cayenne (half ¼)
• ⅛ tsp garlic flakes
• ¼ tsp apple cider vinegar/coconut vinegar
• a pinch turmeric
• ½ tsp olive oil

DIRECTIONS
First, open the coconuts to remove the meat. The water can be saved for other recipes or enjoyed as a refreshing beverage. To open, shave around the top with a serrated knife till you reach the bulb inside. Pop it open with the knife. Use a rubber spatula to pry out the meat by inserting it at the rim and working it in a circle all the way around the top, turning your wrist as you go. Another option to remove the meat is to cut the coconut in half with a cleaver. Either way, be sure to remove any splinters of the husk from the meat. Remove the meat and coarsely chop.

Add all the ingredients together in the blender and blend on medium to high speed until smooth and uniform in color. Serve chilled, at room temperature or warmed in the dehydrator at 105 degrees. This soup is lovely by itself or with a salad.

A CREAMY AND SPICY MIX NO ONE CAN RESIST!
COCONUT CEVICHE
By Chef Be*Live

INGREDIENTS:
- 1 cup dry dulse
- 4 cups julienned young coconut, or about 4 coconuts
- 2 cups cubed cucumber, or about 2 cucumbers
- 2 diced tomatoes
- 2 1/2 Tbs minced (very finely chopped) fresh jalapeno
- 1 cup chopped cilantro
- 1/3 cup lime juice
- 1 Tbs lemon juice
- 1/4 tsp black pepper
- 2 tsp fine Sea, Celtic or Himalayan salt
- 1 Tbs olive oil
- 2 Tbs apple cider vinegar/coconut vinegar
- 1 tsp garlic flakes
- 2 tsp onion flakes
- 2 Tbs agave

DIRECTIONS:
First, put the dulse in a bowl with 1/2 cup water.

While it soaks, cut open the coconuts and pour the water into a large bowl. Open the coconuts by making four cuts on the top of the coconut, creating a little “door” you can remove so that the water does not spill. The meat can be removed through this opening, or cut the coconut in half for easier access. Meanwhile, store the coconut water in a large glass jar and refrigerate to drink later or for other recipes. Then, julienne the coconut meat.

Mix the coconut slivers in a large bowl with the cilantro, jalapeno, and vegetables. Add the dulse and lime juice, then sprinkle the salt in a little bit at a time, tossing the mixture each time. Add the olive oil, vinegar, garlic, onion, lemon juice, and agave. Toss again and serve. Garnish with cilantro if desired.

Serves 2-4
PESTO PASTA
By Chef Be*Live

INGREDIENTS

- 2 12 oz packages of kelp noodles, or 24 oz, softened
- 4 cups sweetened zucchini noodles, or about 4 medium-sized zucchini

Pesto Sauce

- 1 1/2 cup soaked walnuts
  (see appendix for soaking chart)
- 1 Tbs pine nuts
- 1 cup fresh basil, packed
- 3/4 cup water
- 2 Tbs olive oil
- 2 Tbs nutritional yeast
- 1 tsp fresh coarsely chopped garlic
- 1 1/2 tsp fine Sea, Celtic or Himalayan salt
- 1 Tbs lemon juice
- 1/2 tsp onion flakes
- 1/4 tsp black pepper
- 1/4 tsp apple cider vinegar/coconut vinegar

Parmesan Cheese

- 1/3 cup pine nuts
- 1/8 tsp Sea, Celtic or Himalayan salt
- 2 tsp nutritional yeast
- 1/8 tsp pepper

DIRECTIONS

To soften the kelp noodles, fill a large pot with water and add the juice of 1 lemon, 1 tsp Apple Cider/coconut vinegar, and 1 tsp Sea, Celtic or Himalayan salt. Warm the water and use a food thermometer to make sure the water does not exceed 120 degrees. While the water heats, empty the kelp noodle package into a colander and briefly run cold water over the kelp while breaking them into smaller pieces with your hands. Once the water is hot, turn off the burner and add the kelp noodles. Allow them to soak in the water for about an hour, checking them occasionally to see if they’ve softened.

Once the noodles have softened, drain the water and massage the noodles for a few minutes, making sure to squeeze out the excess water. This is an important step in order to avoid your sauce becoming watery when mixed with the noodles. Set aside.

Meanwhile, sweat the zucchini noodles. Cut off each end and peel the skin. Use a serrated peeler to make long, thin strips by running it lengthwise along the side of the zucchini. If you don’t have such a peeler, use a regular one to make fettuccine-style noodles. Place them in a large bowl and sprinkle salt over the noodles, then mix with your hands to evenly distribute the salt. Set aside and allow to drain.

After half an hour to an hour, strain the zucchini in a colander and massage the noodles, squeezing out the moisture as firmly as possible without breaking the pasta. The noodles at this point will shrink from water loss.

Pesto Sauce

Combine all ingredients in the blender and gradually increase the speed, mixing until smooth and creamy. Set aside.

Parmesan Cheese

Combine all ingredients in a coffee grinder and grind till the mixture resembles dry parmesan, a few seconds.

Finally, in a large bowl, toss the zucchini and kelp noodles together, then add the pesto and toss again. Garnish with pine nuts, parmesan “cheese” and cherry tomatoes, if desired.

Serves 2-4

SO IRRESISTIBLY DELICIOUS, THE ONLY WORD FOR THIS RECIPE IS "YUMTACULAR!"