

# Transformations: Vegan Recipes You Can Live By

## Fruit Salads

### Ambrosia Salad

- 3 bananas, sliced
- 1 orange, juiced
- 1 tablespoon shredded coconut
- 1 tablespoon dates, minced
- 3 oranges, sliced
- 1/2-1 cup strawberries, hulled, washed and sliced
- 3 kiwi fruit, sliced
- 1 sprig fresh mint

Combine bananas with orange juice.

In a separate bowl, combine coconut and dates.

Moisten the bottom of a medium serving bowl with a tablespoon of orange juice. Lay a single layer of bananas on the bottom and sprinkle with a bit of coconut and date mixture. Arrange the orange slices in a pin wheel design over the bananas. Sprinkle with more orange juice and coconut-date mixture. Continue with another layer of bananas, coconut-date mixture, oranges and so on, until all the fruit is used up.

Garnish with strawberries, kiwifruit and sprig of mint.

### Apple Pie Salad

- 2 lemons, juiced
- 2 limes, juiced
- 5 apples, peeled, cored and sliced
- 1 teaspoon ground cinnamon
- 1 teaspoon apple pie spice
- 1/2 pineapple, peeled, cored and diced
- 1 pound strawberries, hulled, washed and sliced
- 3-4 kiwi fruit, peeled, quartered and sliced

Prepare apples and place in a large bowl. Add lemon and lime juice. Coat apples to retard browning.

Add cinnamon and apple pie spice. Toss to coat. Add pineapple chunks, strawberries and kiwi fruit. Toss to blend and coat all fruit with cinnamon and apple pie spice.

Cover and refrigerate to chill until ready to serve.

### Apple Salad

#### SALAD

- 3 stalks celery, finely chopped
- 1 lemon, juiced
- 1 orange, juiced

- 3 sweet apples, peeled, cored and sliced
- 1 pear, peeled, cored and sliced
- 3/4 cup seedless grapes, washed and halved
- 3 dates, chopped

#### DRESSING

- 2 oranges, juiced
- 1/2 cup pecans (any kind of nuts can be used), chopped
- leaf lettuce, washed, optional

Place celery into a medium bowl. Add citrus juice to bowl.

Combine apples and pear in bowl with lemon and orange juice. Let stand for 10 minutes and drain excess juice. Add apples and pears, grapes, dates and half of chopped pecans to celery mixture. Toss and mix ingredients.

Make a dressing by combining other half of pecans in a blender, along with the lemon and orange juice drained from the fruit, and purée into a nut butter sauce. Add sauce to salad and mix well.

Optionally, serve salad on a bed of leaf lettuce.

### Apple and Kiwi Salad§

- 6 sweet apples, peeled, cored and sliced
- 1 1/2 lemons, juiced
- 4 kiwi fruit, peeled and sliced
- 1 cup pineapple, peeled, cored and diced
- 5-6 halo or Clementine oranges, peeled and broken into sections
- 1/2 cup apple or orange juice
- 2 bananas, peeled and sliced

Put lemon juice in a large bowl.

As apples are peeled, cored and sliced, stir to coat apples.

Stir in kiwifruit, pineapple and oranges. Add the orange or apple juice. Toss to combine.

Cover and refrigerate before serving.

Right before serving, peel and slice bananas and serve on the side.

*Including bananas in the salad will seriously short this mixture's shelf life.*

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### Apple, Pear and Celery Salad

#### SALAD

- 2 medium apples, peeled, cored and sliced
- 2 medium pears, peeled, cored and sliced
- 1 stalk celery, washed and diagonally sliced

#### DRESSING

- 3 tablespoons lemon juice
- 1 tablespoon honey, optional
- 1/4 teaspoon sea salt
- 1/4 teaspoon pumpkin pie spice
- leaf lettuce, washed

Mix apples, pears and celery, together in a bowl.

Combine lemon juice, honey, salt and pumpkin pie spice in a medium bowl.

Add to fruit mixture. Toss to combine.

Optionally, cover and refrigerate at least 1 hour.

Arrange lettuce leaves on serving plates. Serve fruit mixture on lettuce leaves.

### Blueberry, Strawberry, Banana Salad

- 2 cups blueberries, thawed
- 2 cups strawberries, hulled, washed and sliced
- 3 bananas, peeled and sliced
- leaf lettuce, washed

Combine berries and bananas in a large bowl.

Place lettuce leaves on plate. Top lettuce with fruit mixture and serve.

### California Winter Fruit Salad

- 1 pear, peeled, cored and diced
- 1 apple, peeled, cored and diced
- 1/2 banana, peeled and sliced
- 1/2 lemon, juiced
- 2 oranges, peeled, seeded, and chopped
- 8-10 strawberries, hulled, washed and sliced
- 1 tablespoon walnuts or pecans, chopped
- 1 teaspoon sunflower seeds
- 1-3 bananas, peeled and sliced
- 1 tablespoon almond or peanut butter
- 1 tablespoon maple syrup

Combine the following, stirring after each addition: pear, apple, banana, lemon juice, oranges, strawberries, nuts and sunflower seeds in a bowl. Add nut butter and maple syrup.

Stir to break up nut butter and coat as much fruit as possible.

Serve.

### Chopped Fruit with Lime and Mint

- 2 tablespoons lime juice
- 1 banana, peeled and sliced
- 1 apple, peeled, cored and diced
- 1 grapefruit, peeled, seeded, and diced
- 1/2 cup grapes, washed and halved
- 1 cup any kind of melon except watermelon, seeded, peeled and diced
- 1 orange, peeled, seeded, and diced
- 1 cup pineapple, peeled, cored and diced
- 6 strawberries, hulled, washed and sliced
- 2 sprigs fresh mint, minced

Put lime juice in a large bowl. Place banana and apple in large bowl. Toss with lime juice (to minimize browning).

Add remaining fruit. Toss to combine.

Refrigerate, covered, for 1 hour.

Garnish with mint leaves to serve.

### Citrus Fruit Salad

- 1 grapefruit, peeled and cut into sections
- 2 cups pineapple, peeled and cut into cubes
- 2 orange, peeled and cut into sections
- 1 kiwi fruit, peeled and cubed
- 1 cup mango, thawed and diced
- fresh mint, up to 1 cup, to taste

Combine ingredients in a bowl.

Refrigerate to chill.

Stir before serving.

### Fresh Strawberries with 'Custard' Cream

- 2 cups strawberries, hulled, washed and sliced, keeping 1 strawberry for decoration
- 1/2 cup mango, thawed and cut into cubes
- 2 medjool dates
- 3 tablespoons shredded coconut, soaked in water for 1 hour to hydrate and drained

Chop the strawberries into chunks, and place inside a dessert bowl.

Thoroughly blend the mango, dates and coconut flesh together in a food processor. Pour this 'custard' sauce over the strawberries. Chop 1 strawberry kept from earlier into round strips and arrange on top of the custard sauce.

### Frosted Orange Ginger Fruit Salad

- 2 cups strawberries, hulled, washed and sliced
- 2 cups grapes, washed
- 1 cup apple, peeled, cored and diced

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- 3 oranges, peeled, seeded, and sliced into circles and then cut in half
- 1/2-1/4 cup orange juice
- 2 kiwi fruit, peeled and sliced
- 1/2 cup crystallized ginger root, will minced in a food processor
- 2 tablespoons dried mint
- 1 orange, peeled, seeded, sliced into wheels and then halved
- 12-15 sprigs fresh mint

Toss all the fruit together in a bowl.

In a small bowl, whisk the orange juice, ginger root, honey and dried peppermint together. Pour dressing over fruit.

Cover and refrigerated at least 2 hours.

To serve, carefully place contents in the center of a serving plate. Garnish with orange slices around center. Top with fresh mint leaves around edges and serve.

### Fruit Salad

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1162) The Experiment Kindle Edition

- 1 pint fresh strawberries, washed, hulled and sliced
- 2 pine fresh blueberries, washed
- 2 cups seedless grapes, washed, stemmed and halved
- 1 ripe pear, peeled, cored and sliced
- 2 tablespoons lemon juice
- pinch of ground cinnamon

Combine all ingredients, or any combination or quantity there in, in a bowl and mix well. Chill until ready to serve.

### Fruit with Lime, Mint and Orange Juice

- 1/2 cantaloupe and/or honeydew melon, peeled and, seeded and cubed
- 1 cup strawberries, hulled, washed and sliced
- 1 cup pineapple, peeled and cut into cubes
- 1 cup blueberries and/or raspberries, thawed
- 2 oranges, peeled and broken into sections
- 2 kiwi fruit, peeled and sliced
- 1 lime, juiced
- fresh mint, as a garnish, optional

Combine cantaloupe and/or honeydew melon, strawberries, pineapple, blueberries and/or raspberries, oranges and kiwifruit in a large bowl. Pour lime juice over salad.

Top with sprigs of fresh mint, if included to serve.

### Honolulu Tossed Salad

- 1 Mexican papaya, peeled, seeded and cut into bite sized pieces
- 1 cup pineapple, peeled and cut into bite sized pieces
- 1 cup mango, thawed and diced
- 1/4 cup raisins
- 1 apple, peeled, cored and diced
- 1 orange, peeled and cut into pieces
- 2 tablespoons lemon juice
- 1 teaspoon honey, optional
- 1 kiwi fruit, peeled and sliced
- 1 banana, peeled and sliced

Combine all ingredients except kiwifruit and banana in a large bowl. Toss to combine.

Chill for 1-2 hours.

Serve with kiwifruit and banana on the side.

### Mango, Pineapple and Papaya Salad

- 1 papaya, peeled, halved, seeded, and cubed
- 1 cup mango, thawed and cubed
- 1 small pineapple, peeled, cored, and cubed
- 3 limes, juiced

Place papaya in a bowl. Add mango, pineapple and papaya to the bowl. Stir to combine.

Top with lime juice to serve.

### Melon Berry Salad with Lime Raspberry Dressing§

#### SALAD

- 1 pounds strawberries, hulled, washed and sliced
- 1 cup raspberries, thawed
- 1 cup blueberries, thawed
- 1 cup black raspberries, thawed
- 2 cups watermelon, peeled and cubed
- 2 cups cantaloupe, peeled and cubed
- 2 kiwi fruit, peeled and sliced
- 1 cup green grapes, washed and halved

#### RASPBERRY LIME DRESSING

- 1/4 cup honey
- 1/4 cup fresh raspberries, thawed
- 2 limes, juiced

In a large bowl combine all the fruit and toss.

In a small food processor, combine the honey, 1/4 cup raspberries and lime juice. Blend for 30 seconds. Pour the dressing over the fruit salad, tossing lightly to coat.

Refrigerate for at least 30 minutes before serving.

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### Melon, Jicama and Pineapple Salad

<http://blog.williams-sonoma.com/melon-jicama-pineapple-salad/#comments>

- 1 cup seedless watermelon, peeled and cubed
- 1 cup cantaloupe, peeled and cubed
- 1 cup honeydew melon, peeled and cubed
- 1 cup heirloom melon such as Crenshaw, peeled and cubed
- 1 cup fresh pineapple, peeled and cubed
- 1 medium jicama, peeled and cut into matchstick-size pieces
- grated zest of 1 lime
- 3 limes, juiced
- 1 lemon, juiced
- 1/2 to 1 teaspoon red pepper flakes, optional
- 1/4 cup fresh cilantro, chopped

*The original recipe suggested slicing the fruit into pieces. I changed it to cubed fruit. Pretty much any kind of melon will work.*

In a large bowl, combine the melons, pineapple and jicama. In a small bowl, whisk together the lime zest, lime juice, lemon juice, red pepper flakes and salt (if used) until well blended. Drizzle over the salad and stir gently to mix.

Cover and refrigerate for 2 hours. Just before serving, gently stir in the cilantro, reserving about 1/3 for garnish.

Transfer the salad to a platter and garnish with the reserved cilantro. Serve immediately.

### Minty Fruit Salad§

- 2 cups honeydew melon, peeled and cut into cubes
- 2 cups strawberries, hulled, washed and sliced
- 1 cup bananas, peeled and sliced
- 1 cup grapefruit, peeled and diced
- 1 cup kiwi fruit, peeled and sliced
- 1 cup halo or Clementine oranges, peeled and broken into sections
- 1/2 cup cane sugar, optional
- 1/3 cup orange juice
- 1/3 cup lemon juice
- 1/8 teaspoon peppermint extract

In a large bowl, combine the fruit.

In a small bowl, combine the remaining ingredients. Pour sauce over fruit and gently stir with a wooden spoon to coat.

Cover and refrigerate at least 3 hours. Stir before serving.

### Mixed Fruit Salad

- 1 grapefruit, peeled, seeded, and sliced

- 2 cups grapes, washed and halved
- 2 oranges, peeled, seeded, and sliced
- 3 cups pineapple, peeled and cut into cubes
- 2 cups strawberries, hulled, washed and sliced

Combine grapefruit, grapes, oranges and pineapple in a large bowl. Top with lemon orange juice as a sauce.

Place strawberries in a food processor. Blend to create a purée.

Combine strawberry sauce with fruit and blend with a spatula to coat fruit before serving.

### Mojito Fruit Salad

- 1 cup watermelon, peeled and cubed
- 1 cup grapes, washed and halved
- 1 cup cantaloupe, peeled, seeded and cubed
- 1 cup strawberries, hulled, washed and sliced
- 1 cup kiwi fruit, peeled and quartered
- 1 cup blueberries, thawed
- 3 sprigs fresh mint
- 3 tablespoons lime juice

Mix the watermelon, grapes, cantaloupe, strawberries, and kiwi in a bowl with a tight-fitting lid. Top with the blueberries. Stir the mint and lime juice together in a bowl, crushing the mint with the back of a spoon while mixing to extract flavors. Pour over the fruit mixture.

Seal the bowl with lid and refrigerate at least 1 hour.

Just before serving, gently flip the sealed bowl several times to coat the fruit with the dressing.

### Nectarine and Cherry Tomato Salad

Originally "Nectarine and Cherry Tomato Soup". Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 3107-3120). Houghton Mifflin Harcourt. Kindle Edition.

- 8 nectarines or peaches, peeled, pitted and diced
- 1 pint cherry tomatoes, washed and halved
- 4 large sprigs fresh basil or mint, washed and chopped

*As described by the author, both sweet and tangy. Frozen through thawed fruit can be used though clearly fresh and seasonal is far better.*

Combine ingredients and refrigerate until ready to serve.

*Part of the finished salad can be blended to form a fruit dressing for this salad if so desired.*

### Papaya and Pineapple Salad

- 1 medium ripe Mexican papaya, peeled, seeded and diced
- 1 medium ripe pineapple, peeled, cored and cut into chunks

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Mix the 2/3 of pineapple chunks and papaya flesh together. Top with remaining pineapple.

Refrigerate any unused portion for up to several days.

### Peaches and Blueberries in a Melon Bowl

- 4 peaches, peeled, pitted and chopped
- 1 cup blueberries or raspberries, thawed
- 1 small cantaloupe, seeded, and diced
- 1-2 tablespoons fresh mint, diced

Combine peaches, berries and cantaloupe in a large bowl. Toss to combine.

Cover and chill for at least an hour.

### Pink Tropic

Originally "Pink Tropic 1". A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 19.

- 1/2 Mexican papaya, peeled, seeded and cubed
- 1/4 cup raspberries, thawed
- 1/2 cup strawberries, hulled, washed and sliced
- 2 limes, juiced

Combine papaya and berries in a medium bowl. Top with lime juice.

Toss to coat and serve.

### Quick Fruit Salad

- 1 apple, peeled, cored and chopped
- 1 orange, peeled, sectioned, and diced
- 1/2 cup seedless grapes, washed and quartered and halved
- 1 nectarine, washed and pitted and chopped
- 1/4 cup orange juice
- 6 tablespoons **Savory Cashew Cream**, optional

In a mixing bowl, combine the apple, orange, grapes and nectarine. Add orange juice to coat and prevent oxidation.

Toss and refrigerate.

Optionally, serve with **Savory Cashew Cream**.

### Rainbow Fruit Salads

- 2 ripe plums, washed, peeled, pitted and diced
- 1 ripe nectarine, washed, pitted and diced
- 2 cups strawberries, hulled, washed and sliced
- 1 cup blueberries, thawed
- 1 cup red raspberries, thawed
- 1/2 pineapple, peeled, cored and diced
- 1 orange, peeled, seeded and diced
- 1/4 cup orange juice

*For this salad, follow the basic parameters. Variety is certainly valid and almost any combination of fruit will work. The mixture makes an excellent combina-*

*tion for adding to smoothies ... to keep the fruit from going bad either as a fresh or frozen mixture. Obviously, refrigerate leftovers.*

Add plum, nectarine, strawberries, blueberries, raspberries, pineapple and orange to a large bowl. Toss to combine. Sprinkle the fruits with the 1/4 cup orange juice. Gently toss the fruits with a wooden spoon until well mixed.

Store in a covered plastic bowl and refrigerate for at least 1 hour to chill well. Stir before serving.

### Salad of the Gods

- 3 bananas, peeled and sliced
- 1 lemon, juiced
- 3 cups pineapple, peeled, cored, and diced
- 3 oranges, peeled, seeded, and diced
- 2-3 avocados, peeled, pitted and chopped
- 3 tablespoons honey
- 3 tablespoons shredded coconut
- 3 tablespoons pecans, chopped

*This mixture is highly perishable. Adjust ingredients to make only enough for current meal.*

*Coat bananas in lemon juice. Combine bananas, pineapple, oranges, avocados and honey.*

Serve in desert bowls. Top with coconut and pecans to serve.

### Sparkling Fruit Compote

- 3 medium peaches, peeled, pitted, sliced
- 2 cups strawberries, hulled, washed and sliced
- 2 cups blueberries, thawed
- 2 cups melon balls
- 3 medium bananas, peeled and sliced
- 1 bottle sparkling grape juice, chilled

Place peach slices into a bowl. Top with strawberries, blueberries and melon balls.

Cover tightly and chill.

Just before serving, slice bananas into fruit mixture. Pour grape juice over fruit.

### Strawberry Avocado Citrus Salad

#### SALAD

- 1 avocado, peeled, pitted and diced
- 1 orange, peeled and diced
- 1 pink grapefruit, peeled and diced
- 1 cup strawberries, hulled, washed and sliced

#### DRESSING

- 1 lime, juiced

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- 2 tablespoons fresh mint, chopped
- pinch of sea salt
- pepper, to taste

In a large bowl gently stir together all ingredients just until the avocado is lightly coated with the citrus juices.

Serve salad immediately.

### Summer Fruit Salad

- 2 cups peaches, peeled, pitted and sliced
- 1 cup blueberries, thawed
- 1/2 avocado, peeled, pitted and diced

Combine peaches and blueberries together in a bowl. Add avocado.

Gently toss to combine. Serve chilled.

### Super “C” Salad

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 55.

- 3 cups oranges, peeled and chopped
- 1 pound strawberries, hulled, washed and sliced
- 3 kiwi fruit, peeled and sliced
- 1 tablespoon lime juice

Combine all ingredients in a medium bowl.

Refrigerate for 1-2 hours before serving.

Stir before serving to distribute the juices.

### Tangy Poppy Seed Fruit Salad

#### SALAD

- 1 1/2 cups pineapple, peeled, cored and diced
- 1 orange, peeled and segmented
- 1 kiwi fruit, peeled and sliced
- 1 cup seedless grapes, washed and halved
- 1 cup strawberries, hulled, washed and sliced

#### SAUCE

- 1/4 cup orange or pineapple juice
- 1/4 teaspoon lime zest
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1 teaspoon poppy seeds

In a small cup or bowl, combine orange or pineapple juice, lime zest, lime juice, honey, poppy seeds. Stir well.

Add to fruit salad and toss to serve.

### Watermelon Avocado Salad

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 1072) Flatiron Books Kindle Edition

#### SALAD

- 6 cups watermelon, peeled and diced

- 2 cucumbers, peeled and diced
- 3 avocados, peeled, pitted and diced
- 1/4 cup fresh basil, chopped

#### DRESSING

- 1/4 cup lime juice
- 2 tablespoons sesame oil
- 2 tablespoons olive oil
- 1 tablespoons Bragg’s Liquid Aminos
- 1 tablespoon red pepper flakes, or to taste
- 1 inch piece of ginger root, peeled and minced
- 1 tablespoon maple syrup
- 1 tablespoon sesame seeds

*This seems like an odd mix but sounds like it would be worth a try come summer, when watermelon is abundant and the basil is freshly growing in the garden.*

Put the watermelon, cucumbers, avocados, basil, and mint in a large salad bowl.

Combine all the ingredients in the DRESSING in a blend until smooth.

Pour dressing over salad and toss.

Refrigerate until ready to serve. Stir before serving.