

# **ORGASM OF THE TASTE BUDS**

**By Chef BeLive**

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or, being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise;  
If you can dream – and not make dreams your master;  
If you can think – and not make thoughts your aim;  
If you can meet with triumph and disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to broken,  
And stoop and build 'em up with worn out tools;  
If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breath a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on";  
If you can talk with crowds and keep your virtue,  
Or walk with kings – nor lose the common touch;  
If neither foes nor loving friends can hurt you;  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run –  
Yours is the Earth and everything that's in it,  
And – which is more – you'll be a Man my son!

--Rudyard Kipling

**Brian Lucas aka Chef BeLive was executive chef and co-owner of Organica: The Living Cuisine located in San Francisco 1997–1998. Prior to Brian buying the restaurant, it was Juliano Brotman's Raw Living Foods and then Jeremy Saffron and Renee Underkoffler's Raw Experience. Organica was one of the first gourmet restaurants that was 100% Raw, 100% Vegan and 100% Organic/Wild and Biodynamic and was definitely ahead of it's time. Along with a few other raw chefs of this time, Brian is one of the pioneers of gourmet raw living cuisine.**

**Woody Harrelson, Mike D, Andy Dick, Brittany Daniel, Keenan Ivory Wayans, Sasha Spielberg, Jeremy Piven, Ammachi, Barry Zito, David Wolfe, Michael and Roxanne Klein, Michael Beckwith among others, have authentically enjoyed Brian's unique twist on truly gourmet living cuisine. Brian was one of the originators of “guest chef appearances”. He started doing such events by doing two of them while working on a film in Chicago, 1 at Cousins IV restaurant and the other at the Funky Buddha Lounge. He went on to doing more appearances at such places like Forest Whitaker & Nweena Kai's restaurant Taste of the Goddess in Hollywood, Michael Randolph and Chef Zitari's Higher Ground in North Hollywood, Chef Mellisa Mango's Terra Bella in Redondo Beach to name a few.**

**He was given the honor to be the Hugging Saint, Ammachi's, raw chef when she visited Los Angeles in 2007. He taught a couple of her chefs some of his tricks so they could travel and share living foods with others as she made appearances internationally. He specializes in gourmet flavoring and considers himself a "Transitional" Gourmet Raw Chef, making people's 1st raw experience equal to one of their favorite cooked meals. He also gives a 2<sup>nd</sup> chance to people who have been turned off to raw living foods because of a horrible flavor experience. On separate occasions 2 celebrities had eaten raw foods prior to meeting Brian and did not like it, but when they encountered his food they were so overwhelmed by the difference that they both immediately became his clients on a regular basis.**

**He has encouraged people to lose over 50 pounds by utilizing his flavorful NOT SO-secrets to enhance their transformation when having problems making their food taste good. His ultimate goal is to help people learn how to eventually taste with their 3rd eye instead of their taste buds but many people need flavor to transition into the raw lifestyle. He has a unique style that everyone should have the pleasure to experience.**

**Brian is an incredibly innovative and inspirationally intuitive individual who loves to connect with anyone that crosses his path. He's a giving person, a wonderful father with a true heart-space that is open for those who come in contact with him. He truly has high integrity and is a very compassionate and loving being. On the former menu at Organica, his motto was as follows... "Money back guarantee to give an organic orgasm of the mind, body, soul and ESPECIALLY the taste buds." His motto is still the same and has yet to be disputed.**

**Visit [www.belivelight.com](http://www.belivelight.com) for events, recipes, and services!**

## Dedication and Thanks

I dedicate this e-book to my mother Dona Sue Lucas who raised me vegetarian and helped put me on my path even though she ate meat. From the event of her death, at the age of 43 when I was 18, was one of the biggest inspirations on my raw food path. I want to also dedicate this book to my grandmother who always made me such delicious vegetarian meals even though she was making meat for the rest of the family. I love you Grandma Lucas, you're my last grandparent alive and now that you're having health issues, I am going to raise enough \$ to help get you on the raw living vegan diet since you've recently expressed interest. I also dedicate this book to Cecilia Knutsen for helping me measure these recipes, for her positive vibes and wonderful music (check out [www.ceciliasings.com](http://www.ceciliasings.com)). Another dedication goes to my brother from another mother and fellow reverend Peter Schaeffgen, who was there for me while I was processing a lot in my life and let my daughter and I stay at his house in a time of need. Thank you Andy Dick and Kai Nygard for providing a place for her and I to stay when at the time Peter was the only other person offering but we had too much stuff for the one room commune or it was too far from her school. Thank you Whitney McKinney, a great friend for life that originally turned me on to the raw living vegan food concept and baring our wonderful children whom I adore with all of my heart. Thank you Zivu A'balam Lucas and Inanna Rahsaan Jazzin Rosealee Lucas (my children), for being such angels and gracing my life with your presence, I will manifest another restaurant so you can both eat all gourmet living cuisine since I haven't been able to afford my own food for you and I. Thank you Dad for all of your love and help throughout the years. Thank you for giving my dad such love since my mothers passing Jeanette. Thanks Howie, Kenny, Al, Dave, Goody, Tina, Fred, Taft, Vivian, Jessica, Jill, Jenny, Jessica Perry and T Bill for always being there. Thanks Anya Gerashchenko for helping me understand heart felt love and my self more and for the jewelerly. Thank you Woody Harrelson for your positive vibes and times we've spent together. Thank you Juliano for inspiring me originally and putting me through some life challenges to learn from. Thanks Vitya (Victor) for telling me what was really going on. Thank you for all of the knowledge you've shared at any moment, your love and support my brother Jeremy Saffron. Thanks Lou Corona for taking me to the next level and laser fine tuning. Thank you Gina Roda for inspiring me in so many ways and getting Peter and I back on track with our

music, boy! Siri, you're an angel of light for all you SHINE and guiding Gina into my life. Thanks Phillip Kinnard for always being so sincere and of utmost trueness. Thanks Casey James Carlson for your mystery school practices and bringing the world greensociety.net and org. Thanks Robert Williams and Robert Cassar for your hardcore truth and integrity with everything you do and for Ultimate Raw Foods. My heart goes out to you Ian Clark for the support you've provided for me as a single father that had been knocked down, and giving me a hand to help me up. Thank you Jeremy Dennon, for being there for my children, when I have not been able to be there, you're awesome! Thanks both John's and Yoko's, but particularly John Raatz and his lovely partner Yoko, for believing in me and giving me such faith and good ideas. Thanks Ken G for turning me onto Ormus and Sheila G. Thanks Robert and Richard Gordon, not brothers by blood but brothers by Quantum knowledge and teachings. Thank you Kelly Lynch for our cosmic connections and synergy we share. Thank you Prasad for being who you are and you're satsang. Thanks Ranjit for your true ONENESS! Thanks Namaya for being there energetically for me, dear. Thank you introducing me to Peter, Dimas. Nadia, thanks for introducing me to Namaya and having the party that allowed me to meet Anya. Thanks Bengt for your powerful and awesome Ormes. I honor you Cipes and Amayete for the gifts you've brought to the world. Thank you Luminaries of LIGHT and the messages you recite. Thanks Anastasia, Apollo, Daniel Tovel and Anelisse for helping me when I was down and out. I love you Jesselyn. Thank you my brother Bob for continuing this new path of conscious truth and growth for humankind, God and Mother Earth. Thanks for being a bright star Mistik Steve. Thank you so much Joe Zito & Joe Hickey for being supportive of me during those tough times. Thanks Johnny and Albion for involving me with your project that is going to be a part of global change, transcendentnation.com. Jessar Nygard, you're so down to earth and a real cool cat, thank you for shinging. Thank you Lucas Dick, Lenka, Singing Bear, Erik, Silvi, Vidura, Emile, Rawsheed, Ito, Govinda, Michael & Mark Perlin (twins), Nwenna Kai, Kari Anne, Darryl Merchant, Mikki Williams, Nadia, Rainbeau Mars, Didi Street, Bill Domke, Ken Markman, Lenny Watson, Kennedy, Randy Olsen, Chris Hillman, Donny Garrett, Bobby Ronspeiz, Dawn Hoang, Gabriel Cousins, Viktoras Kulvinskas, Gregory, Michael Randolph, Zitari, Debbie Merrill, Koya Webb, London, Vili, Blythe Mandmetz, Devin Lucas, Troy Lucas, Mark and Scott Spencer and to all of my blood family. Thank you Grateful Dead, Krishna, Buddha and Yeshua (Jesus) for being catalysts in my growth. Thanks Ronny Bagdadi for getting this book in ready mode. Thank you Lane Lowry for buying my 1<sup>ST</sup>

**book ever! And thanks to ALL of the Raw Chefs, teachers, mentors and others involved on the grass roots level because we are all still on the crest of the wave and we are ALL pioneers. THANK YOU to anyone that is involved in any way right now, you are ALL pioneers in the raw living movement as well, so thanks for joining us and being here my brother and sisters. I know there are PLENTY of beautiful, incredible and wonderful people that I'm forgetting, that I break and have broken bread with and that I'm going to wish I remembered, but you ALL know that "I LOVE YOU MORE THAN WORDS CAN TELL!"**

I advocate the raw living foods vegan diet for many reasons, specifically for environmental and health reasons. I am not a scientist nor nutritionist, but through my years of experiences and lessons I've learned a bit about what is good and bad for myself and the earth so I work diligently on fine tuning my body, mind and soul so I can do my selfless service to mother earth and the inhabitants on her to make this a more balanced time, space and place.

When using agave nectar (plant-based sweetener), I only use Ultimate Raw Foods Agave because of the controversy and because they have true raw agave. I also use as much of their products as possible because of their high integrity and quality, surpassing most others in the raw living community. Here are some recipes to hold you off while I compile my over 1000 recipes into my future books for your enjoyment.

When creating the recipes in the book, you will need one or more of the following, a high power blender such as a Vita Mix or Blend Tech, a food processor, dehydrator and a juicer with a homogenization function such as a Green Star or Champion. It is always best to have a professional knife because it will be used a lot while preparing living foods, the best ones are ceramic knives. MAKE SURE you soak all raw nuts so that they will actually be living, they will be as bad as eating cooked foods if not. ALWAYS set your dehydrator no higher than 102 degrees, this is the temperature you can be definitely be safe not to destroy your enzymes at. I advocate eating cultured foods and using high potency digestive enzymes with every meal and systemically (in between meals) when needed. REMEMBER, #1 ingredient in EVERY recipe is always PURE LOVE/GOD SOURCE and NEVER forget to include it. Enjoy this book of a few tongue gifts I have channeled for you, it is only DIVINE energy coming from GOD through me and to you. Ayumpari- The SACRED exchange of SPECIAL gifts.



## Soaking & Sprouting Chart

| Nut or Seed              | Soaking time (Hrs.) | Rinses per day | Sprouting time (Days) |
|--------------------------|---------------------|----------------|-----------------------|
| Almonds                  | 12 - 24             | 2 - 3          | 0 - 2                 |
| Macadamia                | 4 - 6               | 1              | 1                     |
| Pecans                   | 6 - 12              | 2              | 1                     |
| Walnuts                  | 12 - 24             | 2 - 3          | 1                     |
| Sunflower seeds (hulled) | 4 - 6               | 2              | 0 - 4                 |
| Brown Sesame             | 4 - 6               | 2              | 2 - 3                 |
| Barley                   | 2 - 10              | 2 - 3          | 1 - 2                 |
| Buckwheat                | 6 - 8               | 2              | 2                     |
| Quinoa                   | 2 - 4               | 2 - 3          | 1 - 4                 |
| Hemp                     | 0                   | 0              | 0                     |

## **Accessories**

vegetable peeler  
avocado peeler  
apple corer  
cutting board  
spatula  
salad spinner  
peppermill  
produce brush  
melon baller  
grapefruit spoon  
colander  
mandolin  
strainer  
rasp (for zesting citrus fruit peels)  
garlic press  
knives  
citrus juicer  
spiral slicer  
sprouting lids  
mason jars  
timer

## **Appliances**

Juicer with homogenization capabilities  
High Powered Blender  
Dehydrator with tempature control  
thermometer  
water purifier (alkaline system)  
automatic sprouter  
nut/coffee grinder chili powder

## Herbs, Spices and Flavorings

cayenne pepper  
ginger  
garlic  
cinnamon  
vanilla  
paprika  
sea salt  
pepper (black, white)  
cilantro  
Lemongrass  
Galangal  
Garam masala  
cardamon  
fenugreek  
celery seed  
coriander  
cumin  
basil  
rosemary  
thyme  
savory  
oregano  
mesquite powder  
carob powder  
Lacuma  
Maca  
chlorella  
cacao beans (raw chocolate)  
nutmeg  
dill  
turmeric  
mustard  
mint  
parsley

## Oils & Sauces Vegetables Fruits

Cold-Pressed Extra Virgin Olive Oil

Sesame Oil

Sunflower Oil

Almond Oil

Flax Seed Oil

Sesame Tahini

Hemp Nut Butter

Almond Butter

Cashew Butter

Apple Cider Vinegar

Agave

Coconut Oil

onion (white, yellow, red)

chives

green bean

pea

corn

squash

sugar pea

cabbage (red, napa, white)

lettuce

daikon radish

celery

beet

cucumber

carrot

broccoli

cauliflower

asparagus

brussel sprouts

seaweed

pepper (green, red, yellow)

avocado

tomato

sun-dried tomato

orange

grapefruit  
pineapple  
pear  
banana  
mango  
papaya  
lemon  
lime  
apple  
durian  
grape  
plum  
peach  
nectarine  
quince  
melons (Watermelon, cantaloupe, honeydew)  
olive (green and black)  
coconut  
durian  
jack fruit  
lychee  
cucumber  
star fruit  
tangerine  
persimmon  
guava  
kiwi  
lychee  
dates  
raisins  
prunes  
figs  
cherries  
apricot  
pomegranate  
passion fruit  
star fruit  
cherimoya

jack fruit  
zucchini  
strawberry  
blueberry  
blackberry  
raspberry  
mulberry

## **Seeds & Grains Nuts**

Pumpkin Seed  
Sunflower Seed  
Hemp Seed  
Flax Seed  
Sesame Seed  
Millet  
Rye Grain  
Wheat Grain  
Spelt Grain  
Quinoa  
Rye Grain  
Barley Grain  
Kamut Grain  
Buckwheat Groats  
Oat Groats  
Almond  
Walnut  
Pecan  
Brazil  
Macadamia  
Cashew  
Chestnut  
Cacao  
Pistachio  
Hazelnut

## ***LIGHT CLEANSE***

***The Light Cleanse is a cleansing program that a close friend of mine Howard Krouk and I co-created, that is a living/intuitive version of the master cleanse.***

***"He's come to shed light and not to master." (Jerry Garcia /Robert Hunter)***

***When preparing for the cleanse it is highly suggested to eat 100% raw-living foods, drink lots water and fresh juice for 2-3 days to prepare your body. It is also suggested to do a colonics before and after cleanse.***

### ***HOW OFTEN?***

***Follow cleanse for a minimum of 10 days and up to 40 days. Three to four times a year will do wonders for the body.***

***Drink at least 8 or more servings per day.***

#### ***Per serving***

***12 ounces of the best water you can find***

***2 Tablespoons of lemon and/or lime juice***

***3 Tablespoons of Raw cane juice***

***INSTEAD of raw cane juice: 2 tablespoons of Yacon Syrup and 2 tablespoons of Ultimate Raw Foods Agave***

***1 pinch of cayenne pepper***

***1/4 teaspoon of dried wheat grass and/or dried barley grass***

***2 pinches of Halite Crystal Pink Salt***

***1 pinch of ground vanilla bean***

***1/4 teaspoon raw carob powder***

***1/8 teaspoon of Ionic Minerals***

***1/4 teaspoons of goji extract***

***2 ounces wheatgrass***

***1 mint leaf***

## ***MIX OR BLEND EVERYTHING TOGETHER***

*Drink at least 2 8 ounce glasses of water per day as well*

*Drink 1-2 coconuts per day*

*It is suggested that if you feel inclined to eat anything during the cleanse, instead of completely breaking it, drink vegetable juice, raw soup, fruit smoothie or make some coconut pudding. It is not recommended to do this but if you feel the serious urge than do so and then continue along with cleanse. Your body knows better than anyone else when you're listening.*

## **IMPORTANT**

*It is highly recommend to ingest 5-10 capsules of the most potent digestive enzymes you can find in the early afternoon and also 5-10 more before bed time. PREFERABLY take Natural Choice Products Multi digestive enzyme because it is the most POTENT one on the market that you don't have to be a doctor or holistic practitioner to get, it is the cheapest ones and also is the only medical grade, plant based digestive enzyme with the largest PH range of any we are aware of that is available. (Not available in stores, only at [www.1inhealth.com](http://www.1inhealth.com))*

*Take an herbal laxative tea at night an hour or 2 before bed also if you feel that it is necessary.(optional)*

*It is highly suggested to do the Classic salt water flush in the morning everyday allowing approx 1 hr to eliminate,*

*1 tablespoon pink salt to 2 quarts of the best water you can obtain.*

*When finishing with the Light Cleanse for the next 2 days drink orange juice and coconut keifer for the first day and then for the second day include drinking juices and raw soups.*



*It is suggested for 2-3 days that follow to eat a living foods diet, you might just want to continue to eat living foods predominantly if not altogether at this point. But always follow your intuition.*

*Purpose of cleanse and salt water flush:*

*To dissolve and eliminate toxins and congestion that have formed in any part of the body.*

*To eliminate mucoid plaque.*

*To cleanse the kidneys.*

*To purify the glands and cells throughout the entire body.*

*To eliminate all unusable waste and hardened material in the joints and muscles.*

*To cleanse the digestive system.*

*To relieve pressure and irritation in the nerves, arteries, and blood vessels.*

*To build a healthy blood stream.*

*To rid of parasites.*

*To keep youth and elasticity regardless no matter what age.*

*To purify mind, thoughts and to get in touch with your body and soul.*

### **WHEN TO USE IT?**

*When sickness has developed—for all acute and chronic conditions.*

*When the digestive system needs a rest and a cleansing.*

*When overweight has become a problem.*

*When better assimilation and building of body tissue is needed.*

*When you need to make an important decision.*

*When you need to have clear mind and clear thoughts.*

*When you feel like fasting.*

*What is a salt water flush? (SWF)*

*It is traditional Ayurveda intestinal and body cleanse.*

## **Pineapple Green Smoothie**

(4 servings)

### **BLEND**

**¼ cup dinosaur kale**

**¼ cup dandelion greens or red kale**

**1 avocado**

**8 cups pineapple**

**1 ½ cups spring or structured water (preferred)**

**½ cup Ultimate Raw Agave (optional)**

## **Detoxification Juice**

(4 servings)

### **JUICE**

**1 cucumber**

**1 stalk celery**

**3 lemons**

**3 limes**

**6 apples**

**1 clove garlic**

**6 pieces of ginger**

**2 cups mint**

**1 cup cilantro**

**1 cup parsley**

**½ habenero pepper or ½ teaspoon cayenne *(more or less)***

**Add ¼ teaspoon of pink salt**

**Shake/Stir.**

**Drink 1st thing in the morning and at end of the day.**

## **Vanilla Nut milk**

**(2 servings)**

### **BLEND**

**½ cup soaked ACTUAL raw cashews**

**2 cups spring or structured water (preferred)**

**3 dates of choice (Barhi suggested)**

**4 tablespoons of Ultimate Raw Agave (5 without dates)**

**If not using agave add ½ cup dates of choice**

**½ teaspoon vanilla bean or ¾ teaspoon vanilla extract**

## **For protein shake**

**(2 servings)**

**Make vanilla nut milk from above**

### **BLEND**

**2 tablespoons hemp seed**

**1 teaspoon maca powder**

**¼ teaspoon MSM**

**2 teaspoons of rice protein or ¼ cup soaked almonds**

**3 dates of choice or 1 ½ tablespoon Ultimate Raw Agave**

**3 pieces of ice if desired**

## **Pasta**

There are many different ways to make pasta. If you have a vegetable pasta maker than use I encourage you to use it, but if not you can use a vegetable peeler to create it. For Italian style pasta different types of squash such as zucchini, yellow squash, crook neck, etc make great noodles. Just create desired noodle by slicing them with peeler. A mandolin also works great, especially with lasagna style noodles. After creating your choice of pasta from squash put in bowl and sprinkle with fine pink salt. This will cause the squash to sweat, after letting sit for 15 minutes, massage the water out of it, then add olive oil to it. Now, it is ready to use. You can use same pasta for Asian, Russian and other types of noodles but you can always buy kelp noodles and use them as well. There are many ways to make different types of Noodles which I will share in future books to come.

## **Marinara Sauce**

*(4 servings)*

**BLEND**

**2 ½ cups of sugar plum tomatoes or any desired tomatoes**

**½ cup fresh basil**

**1/3 cup fresh oregano**

**2 Tablespoons Cold pressed olive oil**

**½ teaspoons Garlic powder**

**½ teaspoon dried minced onion**

**½ teaspoon dried thyme**

**¼ teaspoon dried sage**

**¾ teaspoon pink salt**

**Add on top of pasta or in lasagna or any Italian dish**

## **Pesto**

*(2 servings)*

### **IN FOOD PROCESSOR OR BLENDER**

**1 ¼ cup fresh basil**

**½ cup soaked walnuts**

**2 Tablespoons of spring or structured water (preferred)**

**3 Tablespoons of cold pressed olive oil**

**1 clove garlic**

**½ teaspoon garlic powder**

**¼ teaspoon minced onion**

**½ Tablespoon pink salt**

**Add on top of pasta marinara recipe or on pizza**

### ***For pesto sauce***

**Add ¼ cup spring or structured water (preferred)**

**¼ teaspoon garlic powder**

**¼ teaspoon pink salt**

## **Cheese**

### **BLEND**

**2 cups soaked ACTUAL raw cashews**

**½ Natural Choice Products ([www.1inhealth.com](http://www.1inhealth.com))**

**Or ¼ cup rejuvilac or kombucha tea**

**1/3 cup spring water or structured water (preferred)**

**1 ¾ teaspoons pink salt**

# **Mini Ravioli's**

*(2 servings)*

## ***Sauce***

### **BLEND**

**1 cup tomatoes**  
**¼ cup green onions**  
**¼ teaspoon dried thyme**  
**¼ teaspoon dried minced onion**  
**¼ teaspoon dried rosemary**  
**½ teaspoon dried basil**  
**1 ½ teaspoon cold pressed olive oil**  
**2 teaspoons Ultimate Raw Agave**  
**½ teaspoon pink salt**

## ***Ravioli's***

**For Ravioli noodle use zucchini or watermelon daikon radish. Use vegetable peeler or mandolin to create a layer of round slices as thin as possible.**

**Make nut cheese recipe from this book and place cheese inside zucchini and fold into half moons and shape of ravioli. After finished place on serving plates and add sauce on top.**

# **Thai nut pasta**

*(4 servings)*

## ***Sauce***

### **BLEND**

**1 ½ cups soaked ACTUAL raw cashews**

**½ cup soaked macadamia nuts**

**1 ½ cup coconut water**

**½ cup fresh basil**

**¼ teaspoon garam masala**

**½ teaspoon cayenne**

**¼ cup Ultimate Raw Foods agave**

**1 teaspoons pink salt**

**Serve over zucchini or kelp noodles.**

## **Refried Beans**

*(4 servings)*

### **BLEND**

**2 cups soaked walnuts**

**½ cup banana**

**1 avocado**

**1 ¼ teaspoon cumin**

**¼ cup spring or structured water (preferred)**

**1 ½ tablespoons cacao powder**

**1 ¾ teaspoons pink salt**

## **Taco**

*(1 serving)*

**Place moderate amount of mock refried beans at bottom of cabbage leaf.**

**Add ¼ avocado on top of mock refried beans**

**Sprinkle pink salt on avocado**

**Sprinkle small pinch of cumin on avocado**

**½ cup cilantro**

**Place ¼ chopped tomato on top of avocado**

**Sprinkle pink salt on tomato**

**Add small pinch of paprika**

**Add any amount of cayenne if desired**



## **Burrito**

*(1 serving)*

**Place moderate amount of mock refried beans on nori roll**

**Add ½ Avocado on top of mock refried beans**

**Sprinkle small amount of pink salt on top of avocado**

**¼ cup cilantro**

**¼ cup chopped tomatoes**

**Sprinkle small amount pink salt on tomatoes**

**Sprinkle black pepper on top**

**Squeeze lemon and/or lime on top**

**Desired amount cayenne or habenjero pepper (Optional)**

## **Guacamole**

*(2 servings)*

**3 avocados (mash with fork)**

**Juice from one lemon or lime**

**1 cup chopped cilantro**

**1 cup chopped tomatoes**

**¼ teaspoon black pepper**

**Add habenjero or cayenne if desired**

**1 ¾ teaspoons pink salt**

**Slice carrots at angle for carrot chips. You can also use beets and watermelon daikon radish for chips as well. There will be dehydrated chip recipes available in future books.**

## **Yucatan Wrap**

*(1 serving)*

**Use cabbage leaf as wrap**

**Put moderate amount of guacamole at bottom of cabbage leaf**

**Place red or green leaf lettuce inside**

**Add ¼ cup chopped cilantro**

**Add chopped tomatoes on top**

**Sprinkle pink salt on top of tomatoes**

**Add chopped fresh mango and pineapple on top**

## **Teriyaki Coconut Jerky**

*(4 servings)*

**Scrape 4 coconuts into strips**

### **MARINADE**

**1 ½ cups spring and structured water (preferred)**

**¼ teaspoons cayenne**

**3 ½ tablespoons Ultimate Raw Foods agave**

**¼ teaspoon cumin**

**¼ teaspoon black pepper**

**¼ teaspoon garlic powder**

**1/8 teaspoon paprika**

**1 ¾ teaspoons pink salt**

**Marinate coconut meat for 5 hours then take out and place on dehydrator. Sprinkle black pepper and pink salt on top and dehydrate 8 hrs. Flip coconut meat and sprinkle other side with pink salt and black pepper and let sit for another 8 hrs until complete. Eat or store for future.**

## **Mayonnaise**

### **BLEND**

- 1 cup soaked ACTUAL raw cashews**
- 2 Tablespoons rejuvilac or kombucha**
- 4 tablespoons spring or structured water (preferred)**
- 2 teaspoons lemon juice**
- ½ teaspoons pink salt**

**Let sit for at room temperature for least 8 hours**

## **Mock Salmon Salad**

*(4 servings)*

### **SOAK**

**Seaweed overnight in spring or structured water (preferred)**

### **JUICE**

**1 2/3 cups carrots for pulp**

### **HOMOGENIZE**

**2 cups soaked almonds in Green Star or Champion (plate instead of screen) using a little carrot juice if using Champion to avoid any heat. Add 1/3 cup fresh dill while homogenizing.**

### **MIX IN BOWL**

**Add carrot pulp and homogenized ingredients**

**3 Tablespoons seaweed water**

**½ teaspoon black pepper**

**1/3 cup mayonnaise (optional)**

**2 ½ teaspoons pink salt**

**You can use in sandwich with other chosen condiments such as mayonnaise, avocado, tomato, lettuce, red onion, etc for sandwich. Also you can add between 2 slices of tomatoes with a sprinkle of pink salt and slice of avocado and small amount of mayonnaise on top for a wonderful appetizer.**

# **Red Curry**

*(4 servings)*

## **Curry Sauce**

### **BLEND**

**6 chopped medium size tomatoes**  
**¼ cup soaked sun dried tomatoes**  
**1 cup carrots**  
**½ cup soaked ACTUAL raw cashews**  
**¼ cup red onion**  
**3 tablespoons cold pressed olive oil**  
**4 Tablespoons Garam Masala**  
**½ cup spring or structured water (preferred)**  
**¼ teaspoon cayenne (add more for spicier)**  
**1 ¼ Tablespoons pink salt**

### **BASE**

**1 chopped carrot**  
**1 cup fresh corn**  
**1 cup diced button mushroom**  
**4 ounces spinach**  
**¾ cup soaked ACTUAL raw cashews**  
**1 cup chopped cabbage**  
**3 Tablespoons sun dried tomatoes**

**Add Curry on top of Base for a dreamy Indian cuisine dish.  
Place some edible flowers on top and serve.**

# **Nut burger**

**(8 burgers)**

- 1 ¼ cup soaked Brazil nuts**
- 1 ¼ cup soaked walnuts**
- 1 ¼ cup soaked almonds**
- 1 ¼ cup soaked ACTUAL raw cashews**
- ¼ teaspoon dried fennel**
- 1 ¼ teaspoon dried minced onion**
- ½ teaspoon paprika**
- ½ teaspoon black pepper**
- ¼ cup spring or structured water (preferred)**
- 1 tablespoon cold pressed olive oil**
- ½ cup kelp noodles (optional)**
- 1 teaspoons pink salt**

**Mix in bowl then form into burger patties and place in dehydrator at 102 degrees for 5 hours, then flip over and let dehydrate 5 hours more. You can dry less or longer depending on desired consistency. These are great alone, with a salad or with bread and condiments as a burger.**

# **Mushroom Burger**

**(6 burgers)**

**HOMOGENIZE in Green Star or Champion Juicer**

**2 cups soaked or semi sprouted sunflower seeds**

**1 ½ soaked walnuts**

**1 cup shitake mushrooms**

**½ cup parsley**

**If using Champion juicer add a little spring or structured water as you homogenize to prevent from heating**

**MIX IN BOWL**

**Homogenized ingredients**

**1/3 cup green onions**

**2 ¼ teaspoons pink salt**

**Form them into burger shape and place in dehydrator at 102 degrees for 5 hours and then flip and dehydrate 5 more hour. Eat plain, add to salad or eat in burger/sandwich with chosen condiments.**

# ***Cream of Celery Soup***

*(4 servings)*

## **BLEND**

**1 ½ cup of celery**

**½ cup red onion**

**½ cup Italian or regular parsley**

**1 avocado**

**½ cup soaked ACTUAL raw cashew**

**2 cups of spring or structured water (preferred)**

**½ teaspoon dry basil**

**½ teaspoon dry fennel**

**1 teaspoon of pink salt**

**Blend until creamy consistency. You can also blend until it warms up for a soothing warm style soup.**

## *Watermelon Delight*

*(Delicious and refreshing drink or wrap material)*

*(4 servings as drink)*

*(10+ wraps for crepes)*

### **BLEND**

**8 cups watermelon**

**1 cup Ultimate Raw Foods Agave**

**½ teaspoon pink salt**

**½ cup soaked ACTUAL raw cashews**

**¼ teaspoon cinnamon**

**Pour into glass and serve. For wraps, pour onto teflex sheets making sure it is enough that when it dries it will be able to be used for a wrap material. Let it dry at 102 degrees for approximately 6 hours and when it is dry enough, flip and let dry until it is a fruit leather consistency. This is a great fruit leather treat for any child and makes an incredible wrap material for crepes.**

## *Sweet Vanilla Cream*

*(4 servings)*

### **BLEND**

**2 cups soaked ACTUAL raw cashews**

**1/3 cup spring or structured water (preferred)**

**4 Tablespoons Ultimate Raw Foods agave**

**Pinch of pink salt**

**¼ teaspoon ground vanilla bean or vanilla extract**

**Blend until creamy and then serve with desired recipe.**



# **Strawberry Crepe**

*(2 servings)*

## **Strawberry Sauce**

### **BLEND**

**1 cup strawberries**

**2 teaspoons Ultimate Raw Foods agave**

**¼ teaspoon cinnamon**

## **Base**

**1 cup chopped strawberries**

**1 cup nectarines or bananas**

**Take two 4x6 inch fruit wrap material (watermelon) and place half of fruit base and 1 ½ Tablespoon of Sweet Vanilla Cream on it and then wrap up. Pour Strawberry sauce on top of crepe and then place teaspoon of Sweet Vanilla Cream on top of crepe and cut 2 pieces of strawberries to garnish on Sweet Vanilla Cream. Enjoy this decadently scrumptious dessert-breakfast.**

**YUMMY!!!!!!**

# **Apricot Cinnamon Cookies**

*(13-15 cookies)*

## **SOAK**

**¾ cups dried apricots for 3-5 hours**

## **JUICE FOR PULP**

**4 apples**

**2 large carrots**

## **HOMOGENIZE IN GREEN STAR OR CHAMPION**

**½ cup soaked brazil nuts**

**1/3 cup ACTUAL raw cashews**

## **BLEND**

**Soaked apricots**

**1 Tablespoon apricot syrup (from soaked apricots)**

**6 Tablespoons Ultimate Raw Foods agave**

**1 teaspoon cinnamon**

## **MIX IN BOWL**

**Homogenized ingredients**

**Pulp from apple and carrot**

**Blended ingredients**

**Form cookies and place in dehydrator on teflex sheets and let sit at 102 degrees for 7 hours, flip and let sit until desired consistency.**

## **Chocolate Fudge**

*(13-15 cookies)*

### **BLEND**

**3 cups soaked walnuts**

**1 cup almonds**

**¾ Cup Ultimate Raw Foods Cacao powder (preferred)**

**2 Cups Ultimate Raw Foods agave**

**½ Tablespoon ground vanilla or 1 Tablespoon vanilla extract**

**Form in cookie shape and place on teflex sheet in dehydrator at 102 degrees and let dry for 12 hours, flip and let dry for 12 more hours or until desired consistency.**

## **Coconut Vanilla Pudding**

*(4 servings)*

### **BLEND**

**4 Cups Coconut meat**

**1 Cup Coconut water**

**3 Tablespoons Ultimate Raw Foods Agave**

**¼ teaspoon of ground vanilla or ½ teaspoon vanilla extract**

**Blend until it is a silky smooth pudding consistency. Simple and more than sweet!**

# **Rawtatouille**

## **BASE**

**Medium zucchini, Not peeled - thinly sliced**

**1 colored bell pepper, chopped**

**1 ear of corn**

**14 oz. sugarplum or cherry tomatoes, Leave whole**

**8 oz. button mushrooms, Leave no stalks**

**½ cup fresh basil, chopped**

**1/3 cup fresh oregano, chopped**

## **MARINADE**

**1 cup Cold-pressed olive oil**

**3 Tablespoons Lemon juice**

**2 clove Garlic, finely chopped or pressed**

**2 ¼ teaspoons pink salt**

**¼ cup fresh basil**

**2 Tablespoons Ultimate Raw Agave (desired taste)**

**Blend marinade ingredients at slow speed. After blended pour into bowl and add other ingredients mixing well. Place in refrigerator and let marinade for at least 12 hours but up to 24 hrs mixing every 6 hours. This is an unbelievable tasty and scrumptious raw version of Ratatouille.**

# **Mock Chicken Nuggets**

**Breading: (2 types, almond meal is best but hard to find raw)**

**2 cup Almond**

**Meal**

**2 cups Flax meal**

**½ cup finely ground macadamia nuts     none**

**1 Tablespoon. Flax seed, ground**

**same**

**Pinch**

**cumin**

**same**

**2 teaspoons**

**mustard**

**same**

**1 ¾ Tablespoons Pink**

**Salt**

**same**

**Mix together, set aside in bowl.**

**Nuggets:**

**1 Cup soaked pumpkin**

**seed**

**2 Cups Actual raw cashews**

**2 Cups kelp**

**noodles**

**1 Tablespoon Pink Salt**

**1 teaspoon mustard**

**¼ teaspoon black pepper**

**½ cup spring or structured**

**water**

**Place nugget ingredients in blender or food processor and blend. Slowly add water until it becomes a cookie dough consistency. After blended, form into balls and roll in batter.**

**Let dry in dehydrator at 102degrees for 3 hours, flip and dehydrate at 102 degrees for 12 hours, flip over and let sit for**

**approximately 10-12 hours but make sure they are still soft in the middle. Serve warm or cold. Serve with raw vegan mayo, ketchup, mustard or BBQ sauce.**

**Ketchup- Play around with tomatoes, dates, paprika, sun dried tomatoes and pink salt in blender (Recipe coming soon)**