

Adventures in eating naturally in the 21'st century

The Simple Guide to Eating Raw



Sheryl & Piers Duruz and the
RawPleasure.com.au community

Second Edition

An idea grows into a magnificent vision....

On the Raw Pleasure forums we had an idea - to share our vision of how wonderful living on raw foods feels with the world! This book is the culmination of that vision. It's a gift from our hearts to yours. Pages of recipes, photos, personal stories and more to help inspire you to achieve the level of energy, joy and fulfillment you know you deserve.

This ebook is completely free – please enjoy this gift with our best wishes and share with everyone who could enjoy better health that it can be downloaded at Raw-Pleasure.com.au . Sending people to download it here makes sure they get future updates and other great free help as well as supporting Raw Pleasure to create and share more lifesaving free educational material.

This second edition has almost double the recipes and new stories of people's experiences on raw. Again it was a community effort with many recipes donated by the Raw Pleasure community and also by generous guest chefs from other well known sites. Thank you to all of you and enjoy!!

Thank You's

Firstly, a huge thank you to Australia's shining star of raw, the amazing Jennie Murphy (Jenergy on the forums) who collected the new recipes for the expanded 2nd edition and worked diligently testing and photographing the recipes. We luv ya Jen!

Thank you also to all the wonderful members on the forums at Raw-Pleasure.com.au who have freely shared their favourite recipes and stories for this ebook. Your joyful gift is appreciated by all.

Thank you to all our guest chefs, [Alissa Cohen](#), [Susan Schneck](#), the [Boutenko's](#), [Craig Sommers](#), [Carmella](#), [Storm and Jinjee](#). You all do such a wonderful job spreading the word of raw food and health and make the world a happier healthier place with every thing you do.

Finally, thank you to everyone who sees the magic and change that eating a natural and live diet brings, and your willingness and excitement in sharing the lifestyle with others. You are our proof that super-heroes and heroines are real.

Terms of Service

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Bonus Section: The REAL life examples

Prepare to have your beliefs on what's possible dramatically altered when you read the following pages. As you experience personally the stunning experiences these people have had on raw food and how it has changed literally all aspects of their lives. It gives you an idea of what's possible when you move to a natural lifestyle more compatible with the ultimate in physical experience.

Please read the following with the upmost of respect and honour for these people, and what they share with you here today.



Jennie

"My energy has improved, my eyes are clearer, my hair has gone from being lank and straight to being curly, my weight has stabilised. There are still things to work on but overall I'm a damned improvement. I'm learning to be more open. Honesty is amazing. It's not just about telling lies. It's about being strong and realising that everyone has a story. And they are all interesting. "



Jocelyn

"My doctor said that I was going to die unless I took huge quantities of cortisone to control the asthma that had dogged me all my life."



Miriam

"Doug and I decided right there and then that we could give it a go seeing as nothing else was working fast. Lillian said that she would show us what to do. "



Raw Ipharadisi aka Miss Bliss

"I have found the mental and emotional clarity within these children to be absolutely incredible, and they run rings around many adults, in terms of coherent intelligence and perceptive clarity."



Janita

"I'm happy to say since eating this way for over a year now, the difference is like night and day. I am like a different person. I am happy. I am well. My IBS is under control."



May

"In my experience, raw food is the only way to true health. And along with that came a body the size nature meant it to be and a new confidence and self-acceptance which I have never before experienced."



Gary

"The physical strength and endurance I have noticed in myself on a raw food diet astound me, and the benefits in physical appearance speak volumes for the way internal health radiates out."



Jen

"I broke down and cried, and admitted that I was at my wits end, and I was willing to try anything. I told my parents and my new partner, Gary, that I was going to eat more salads and try this new raw food thing."

Magnificent Health is Completely Natural

What if for years you had done your best to look after yourself, eat the healthiest you could, learning, studying and applying what you learnt, but ultimately missing the results you desired and - deep down - knew you were capable of. What if you knew there was a better way, but despite having tried “everything” and become a person that people came to for advice that you could feel in your body that your results weren’t walking your talk. Nothing delivered the results you craved but you don’t know what to do.

Now imagine one day coming across a secret so simple, so obvious, yet profound that the moment you read it, it just clicks. It makes sense and you can see right in front of you why and how it works. Imagine from that moment, waking up daily excited to see yourself, the person you always knew was ‘in there somewhere’, emerging like magic before your eyes, defined, sleek, powerful and alive. To feel like (to quote an unknown poet) “the fierce energy of an acorn” expanding slowly but unstoppably into a serene and mighty oak.

Suddenly exercise is powerful and life affirming, memories of effort and discomfort fading away like a distant bad dream. New experiences burst in like daylight. Where each meal is an adventure, sometimes a challenge, but where success has a view to rival the peak of Mount Everest; only this you can share with everyone in life that your heart connects with. It’s natural, exquisite, calm and electrifying at the same time. You vaguely remember addictive habits and behaviours – did they really used to be you? Weren’t you always drawn to the simplest, natural and healthy foods that your body whispered lovingly for? Why are people looking so amazed and asking you for advice, their eyes lit up with hope? Why do you keep thinking how awesome it would be to look like... well... that person in the mirror.

This is the experience we woke up to one day, after realizing that what we were doing wasn’t working. We had both separately read something on an “out there” idea, of eating plant foods only in their uncooked, natural state – raw - but it took until this moment to realize that this is what we needed – not just to try - but to enjoy.

Says Who?

We are both under 35 years on this planet, yet both of us have experienced over a decade of searching for health. For over a decade we’ve tried everything from veganism to supplements to ‘Body for Life’ to food combining. Before this we ate more vegetables than most, but not necessarily as much as we knew was optimal. We used healthier forms of cooking, however there are so many processed, denatured vegetarian options it was often easy to eat vegetarian and still not eat any natural foods.

From the day we decided to try living food the changes were undeniable. If you can imagine what it’s like to wake up one morning and realize your body is half way through healing another imperfection you had assumed was permanent and “normal” then you’re one step closer to understanding our experience, free from die-ting forever, waking up each day on a journey of discovery to find the wonderful gifts our bodies have presented us with this new day, just a couple of which we mention below.

What is Raw/Living Food?

In essence the beauty of raw is its simplicity. By and large it is a diet made up of a wide variety of whole, preferably organic, plant ingredients such as fruits, nuts, seeds, land and sea vegetables, roots, sprouted grains, pulses and legumes heated no more than around 44 degrees Celsius (112 degrees Fahrenheit) (1). At this temperature the enzymes start to be denatured. As in any area of health there are many more exclusive varieties of raw diet, all with very different results, but the experiences that we refer to all fit into the broad definition given above.

Who's Hot! (...or rather not!)

The last few decades have seen a massive gain in popularity for raw food (or living food as it's often known) as a method of improving health and healing. Celebrity enthusiasts include Woody Harrelson, Demi Moore and supermodel Carol Alt (dubbed by Playboy as "the most beautiful woman in the world"). Demi has been widely reported to have gone 100% raw for eight months to prepared for her role in "Charlie's Angels: Full Throttle", bikini clad alongside actresses born a decade later such as Cameron Diaz. Her results speak for themselves. For a long term results though it's hard to go past Dr Norman Walker who followed a living foods diet, and for this, lived to over 118 years old!

And I would want to do this...why?

So maybe you don't want to live to 118 like Norman Walker or look a decade under your age like Demi Moore, so why would you try living foods? Aside from frequent claims of chronic diseases healing and excess fat loss, eating plant based foods in their natural uncooked state just makes intuitive sense. Where else have we known chemical alteration of foods (as happens when they're cooked) to improve upon nature's original design? How many species naturally eat this way, and more interestingly when was the last time you heard of populations of wild animals coming down with degenerative diseases such as cancer? This was our personal experience:

Piers: I was stunned to see my body fat plummet from 17-19% to 11.1% while putting on muscle that definitely wasn't there before! So many small health issues we put up with I realized are unnecessary. Having my gums improve, and dry skin problems on my shoulders and legs go smooth for the first time in over 5 years was all the proof I needed that nature knew what was best!

Sheryl: I would have done anything to drop 20 kg. I can hardly believe it happened so easily, over Christmas even. Having the brown spots start disappearing from my blue eyes, and scars and adult acne I've had for years disappear was a revelation!

The shock we both got was the absolute disappearance of junk food cravings! No one told us about this, yet after only a week or two we found ourselves satisfied with foods and portions we never imagined before! What a gift to finally enjoy foods we always had to force ourselves to eat before, with clearer skin, hair and voices, recovering from workouts faster (and the muscle gain from it) and finally no more hangnails! We were hooked! Why was this happening? Here are some of the (hundreds) of facts we came across:

Cooked Cats?

Dr Francis Pottenger did a series of experiments lasting over ten years to examine the effects of raw and cooked food. Two groups of cats were raised in identical conditions except that the food was cooked for one group and raw for the other. The group fed raw food thrived healthily, breeding for generations, until the experiment was stopped. The group fed cooked food got sicker with each generation, eventually dying out, not even attempting to breed after three generations (2). If that wasn't enough of a hint– the grass under the raw cats cage grew lush and green, while the feces of the cooked food cats destroyed the grass under their cage utterly.

One possible reason for striking examples such as this is that raw food in its natural state still contains all of the enzymes essential to life. This helps chemical reactions in our body including digestion of the food we eat, preserving energy for other work. Sadly when the food is cooked these enzymes are destroyed. As you'll see below, popping an enzyme pill unfortunately doesn't provide an answer to this problem.

Save Your Immune System For When You Need It!

Early medical research showed that when people eat food there is a “normal” immune reaction called leukocytosis, where white blood cells become activated to deal with the impact of food you have eaten (3). White blood cells in the blood also increase by as much as 300%. This was believed to be a normal part of eating; however when eating raw food no meaningful immune reaction was found (4). If your immune system is being taxed fighting your food what is this likely to do to your health? Vegetable juice on the other hand (in this case carrot or tomato) drunk daily was found to significantly increase the cancer fighting ability of the immune system (5). One great tip is that if you are eating cooked food is to eat something raw first. This eliminated much of the immune response to cooked food, in tests leaving your body's resources available to build health (6).

Got Micronutrients?

As people start eating more living food (usually replacing denatured, nutrient poor food) their consumption of important micronutrients tends to increase. Many useful vitamins and minerals are found in higher concentrations in raw food. For example, most people have heard the line about cooked tomatoes being higher in lycopene than raw (by around 18%). What is invariably left out of examples like this though is that that same cooked tomato (by the same USDA figures) loses nearly half of it's vitamin A, 65% of vitamin K, 35% of beta carotene and a whopping 100% of it's alpha carotene (7). That's just on the nutrients measured! As usual nature provides us with more complete sources of nutrition anyway; for example raw seedless watermelon having 150% of the level of lycopene in cooked tomatoes without any damaged essential nutrients.

Aiming for the highest level of vitamin XYZ is not the goal. The goal is health, strength and increased energy to enjoy life! We can pop a pill for more lycopene than even the mighty watermelon; however this is the same thinking that says a bowl of styrofoam sprinkled with vitamin tablets is healthier than a fresh salad. It's the thousands of (mostly unidentified) nutrients working together that provide the benefits of living food, not just high levels of any one substance (8). To quote the Department of Food Science, and Institute of Comparative and Environmental Toxicology at Cornell University, New York “dietary supplements do not

have the same health benefits as a diverse diet rich in fruits and vegetables, because, taken alone, the individual antioxidants studied in clinical trials do not appear to have consistent preventative effects” (9).

What can I eat?

Where to start? How about... Corn chips, salsa, tapenade, gazpacho, coconut water and flesh, apple pie, herb and nut paté, nut butters, hummus, fruit salad, fresh juices, smoothies, nut milks, nut loaf, sushi, pizza, ratatouille, laksa, veggies 'n' dip, sprouts, shish kebabs, coleslaw, tabouli, Waldorf salad, borscht, creamy soups, crackers, dried fruit, pierogi's, spring rolls, dolmades, onion bhaji's, sauerkraut, gado-gado, ice cream, ginger ale, lemonade, chai, mango lassi, pad Thai, parfaits, cinnamon bread, garlic rosemary sourdough bread, tortillas (Mexican wraps), croutons, cashew yogurt, cream cheese like spreads, granola, nut bars, muesli, porridge and pesto... Phew! We can keep going but we're on a tight word limit! By blending, chopping, dehydrating, soaking, freezing, fermenting and grating it's possible to make just about anything with its nutrition intact!



We laugh when people incredulously ask us if all we eat is fruit and salads, as the variety in our diet is usually at least double theirs. The key to meeting nutritional and energetic needs is to get a wide assortment of foods regularly. Experiment and buy interesting new produce. As you adjust to eating more live foods you find you receive very clear signals about what your body needs.

Until then, you'll want to focus on three main groups:

- * Fats and proteins (nuts, seeds, avocados, coconut etc)
- * Carbohydrates (fruits and non leafy vegetables)
- * Micronutrients, minerals (dark leafy greens)

But where do I get my...?

(answering common nutritional questions for a live food lifestyle)

When you're eating a more natural diet you'll find that many people are curious and ask questions about how you meet your nutritional needs. Here are a few of the most common questions:

Protein?

What do the strongest animals like gorillas, elephants and horses eat? Not stir fry! Nuts, seeds, grasses and sprouted legumes are all awesome sources of protein! Want proof that humans can build great muscle the same way? Visit [The Garden Diet](#) to see what a 53 year old on a healthful raw lifestyle looks like! There's way more protein in sunflower seeds and sprouts than beef anyway (170% more!).

Iron?

For the record our recent iron tests showed both of us extremely healthy without supplementation (and yes one of us is a woman – no excuse!). Disorders from too much iron are far more common than deficiencies (particularly in men where excess is twice as common) (10). Many iron deficiencies may be better categorized as a seed and dark leafy green vegetable deficiency! For example pepitas (pumpkin seed kernels) which have over twenty times the iron (of a type less prone to the excess issues above) and nearly three times the protein of beef with a third less fat (11).

Calcium?

Great sources of calcium include green leafy vegetables, ground flax seeds, dried figs, almonds, papayas, oranges, sprouted legumes (beans, peas, lentils) and celery. The overall best raw vegetarian source by far though is unhulled tahini at 420mg/100g That's nearly four times the calcium of whole milk (12)!

B12?

Important although needed in only minute amounts, vitamin B12 is probably the most debated vitamin for any plant based diet. As B12 is produced by bacteria (including those found in our intestines) some say we naturally produce our own, others say that without animal products supplementation is necessary. While the debate rages on, the most predictable source for the moment though is supplementation or blood tests to ensure healthy levels. While some people (such as Storm, seen in the link under the protein section above) have gone without supplementation for many (in this case 30) years without apparent side effects, there are also many cases reported of deficiencies with unpleasant results.

The Pleasure Factor

Your long term relationship to healthy food and success with any lifestyle change depend on this factor more than any other. Trying to eat healthy is not enough! We need to enjoy doing what it takes to become healthy! When you experience pleasure your immune system gets stronger (13), while stressing about eating something you dislike lowers your immune system (14). Pleasure is self-reinforcing. Stop the guilt and enjoy your food! Everything else is a snap.

The secret key to living food success... Detox!

If you want to succeed on a living foods lifestyle, pay close attention to this section to improve your experience and results dramatically!

If you've ever cut down sharply on junk in your diet then you've probably already encountered detox. This is where the body, given a rest from the bombardment of toxins, has a chance to stop storing them for later disposal and start clearing them out NOW. Like any cleanse, when you increase the amount of living foods in your diet, chances are your body will do some spring cleaning. The combination of the temporary increase of toxins in your bloodstream (on their way out) and energy used to heal will usually create side effects you may not have asked for! These are unique to each of us (and our diets and bodies).

The key is that they should be temporary - just until the toxins are removed. When the body has healed one area, you're left feeling better than before, with a body free to clear the next

most important area and a (milder) repeat of the cycle. This is vital to understand, as toxins in the blood tend to have a tendency to bring up unbalanced emotional patterns that can leave you questioning whatever you're changing at the time. The thought process often goes like this: "I went on this (cleanse/diet/fast) to feel better and I feel worse! It must not work. I think I'll stop." followed by going back to the previous behaviour and getting the same results as always. Stick with it! We've seen periods of higher than normal irritability that disappeared two days later leaving us feeling absolutely beautiful.

To support your body in cleansing and healing faster, do things that assist in toxin elimination and require minimal energy. Get the blood moving. Try massage, rebounding, dry skin brushing, saunas and drinking pure, naturally energized water. Who knows, when you're over your detox you may want to keep doing all of these anyway!

How Far – How Fast?

Many people have asked us, just how much of their diet needs to be natural, living foods to get results? Obviously there is a sliding scale here and more is better! Has anyone not heard we need to eat more fruit and vegetables? What you do on a day to day basis matters more than the exception you make once in a blue moon. Beating yourself up for eating something less than perfect is not a long term success strategy; asking questions that remind you why you want to eat well is. Especially if you come up with positive answers instead of just what you don't want!

Many people such as Victoria Boutenko (who specializes in helping kick addictive cooked habits) point out that just as it is easier for alcoholics to quit drinking than to cut down, that it is easier to go 100% raw (at least temporarily) than to cut down on cooked food. This is true of our experience. When you tell yourself that you're raw, there is a very clear line of what you are prepared to accept and what you're not. Your friends can see if you're compromising your integrity. When you say you're 90% there is no accountability, as who will really accurately measure your percentage of cooked food?

You may ask why we recommend a minimum of 75% raw above when 100% is actually easier? We know that for many people 100% is a further stretch than they're willing to try (yet!). Far worse than eating 25% cooked food would be reading this article, going 100%, slipping up once and, despite our warnings, beating yourself up for "failing" and the feelings that accompany that.

Ultimately, we know that if you consistently get the benefits of 75%, eventually you'll want even more and better still, you'll know just how to get it! This is true freedom. Knowing that the choice for your own level of health and experience of the world is finally back where it belongs.. in your hands.

Viva La Raw!

Sheryl & Piers Duruz

Raw-Pleasure.com.au

Australia's largest raw food community

1800 729 838

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Banana Vanilla Mylk

A sweet and creamy delight! My daughter loves to have this for breakfast! ~ Jennie

Ingredients:

2 cups of almond mylk
½ whole vanilla bean, chipped
1 to 2 tablespoons of light agave
2 fresh or frozen large bananas

Method:

1. Add all ingredients to your blender and whizz until smooth. Yum.

Note: If you don't have a high speed blender you might wish to slice open your vanilla bean and scrape out the seeds. Delish!

Hazelnut Milk

A frothy delicious concoction!



Ingredients:

- 1 cup hazelnuts, soaked
- 3 cups filtered water
- 1 vanilla bean
- Small dash of raw agave nectar to taste
- ½ teaspoon ground cinnamon

Method:

1. Blend/process milk ingredients and strain through a nut milk bag to produce hazelnut milk

Durian Vanilla Smoothie

A delightful treat! ~ Miss Bliss



Ingredients:

- 1 whole durian
- flesh of ½ young coconut
- Water of 2 young coconuts
- 2 vanilla beans

Method:

1. Put all of the ingredients in a high speed blender and blend until smooth.

Note: If you don't have a high speed blender such as a Vitamix, you might wish to split your vanilla pods and scrape the seeds, instead of using the entire pod.

The first time I had this smoothie I was aghast that someone would mix durian with something else. 'What a waste' was my miserable thoughts as I watched the durian flesh being blended with the coconut and vanilla. Fortunately for me my friends have very open minds and I am in love. ~ Jennie

Hazelnut Chocolate Smoothie

Blend for an euphoric experience that is a sheer delight ~ Blue Nelly

Ingredients:

1 recipe hazelnut milk
1 small frozen banana
1 heaped tablespoon raw cacao powder
Dash of raw agave nectar to taste

Method:

1. Add banana, raw cacao powder and agave nectar and blend

"Why do I eat raw? Cos u feel like going for a jog after eating and not feelin sluggish and lazy with all that heavy food. The mind's clearer. Less thought about food. Really appreciating each moment. Feelin the connection with nature and mother earth. Just feels good " ~ 21CarrotGurl

Delightful Green Juice

This is refreshing, light, and a taste sensation! A great morning drink after my run. ~ Jennie



Ingredients:

1 pineapple
½ bunch of celery
½ a tray of wheatgrass
1 large or 2 small cucumbers

Method:

1. Put all ingredients through your juicer. Once you are done, add water. With this one I like to add about 1/3 of the amount of juice again in water. For example if there was 2 cups of juice I would add 2/3 of a cup of water. This lightens the flavour. It's delightful!

Note: Makes around 1 litre.

Change of Season Green Smoothie

I am still mourning the loss of Summer's peaches in my green smoothies, but have bravely embarked on new season variations ~ Miss Giggles

Ingredients:

Blender full of baby spinach
5 Chinese broccoli leaves
2 frozen bananas
1 new season apple cored & diced
1 pear cored and diced
1 x Valencia orange juiced

Method:

1. Fill your blender with baby spinach and broccoli leaves
2. Add up to 1 cup of filtered water
3. Blend well until the greens have broken down
4. Add the diced apple and blend well
5. Add remaining ingredients and blend
6. Add filtered water until desired (drinking) consistency is reached

Note: Green smoothies are limited only by your imagination. As the seasons change, experiment with the new fruits and greens on offer.



Bill's Power Smoothie

This smoothie has a great flavour and keeps me going for hours ~ Bill



Ingredients:

- 10 cashews
- 3 bananas
- 1 scoop of Sun Warrior Protein powder
- 3 teaspoons of mesquite
- 1 teaspoon of maca
- 2 cups of silverbeet or other mild tasting greens
- 1 cup of frozen mixed berries

Method:

1. Put all ingredients into your blender and blend until smooth.

Note: If you don't have a high speed blender it might be a good idea to soak your cashews for about an hour first.

Light and Tangy Lemonade

This is simple and everyone probably makes it different. Blend it up and share with loved ones ~ Motherwytch



Ingredients:

- ½ blender of filtered water
- 2-3 lemons, juiced
- ¼ cup raw agave nectar, or to taste

Method:

1. Juice lemons (taking care to remove seeds from juice – they are very bitter)
2. Blend water and lemon juice
3. Add agave nectar to taste

Post Workout Smoothie

After my run in the mornings I'm often famished! This smoothie satisfies my appetite and tastes beautiful too. ~ Jennie

Ingredients:

250ml pineapple and apple juice

250ml filtered water

2 medium sized bananas, fresh or frozen

1 ½ cups blueberries, fresh or frozen

1 scoop of Sun Warrior Protein powder

6 dates



Method:

1. Put all of the ingredients in a blender and blend until smooth.

Note: Pineapple and apple juice is pretty much a staple food in our house when those fruits are in season. I make some every few days using 2 pineapples and 10 medium sized apples. If you don't juice fruit, or don't have any on hand, just use water instead. Or you could blend in the apple or pineapple.

Strawberry Daiquiri

Virgin Strawberry Daiquiris were always a drink I enjoyed on holiday at the beach. They remind me of tropical holidays, blue skies and happiness! Using frozen strawberries with sugar cane juice was absolutely divine. If you don't have access to fresh sugar cane juice you can just use water and sweeten with agave nectar. Don't use raisins – they completely overpower the strawberry flavour. You could also substitute fresh fruit juice for the water – grape and apple would both be delicious. ~ Sheryl

Ingredients:

Sugar cane juice (freshly pressed)

Frozen strawberries

Lime

Method:

1. Fill your blender half full of sugar cane juice

2. Blend in frozen strawberries until you have a nice frozen drink texture

3. Add just a squeeze of lime juice to really bring out the flavour

Omega 3 Blueberry Banana Blast

This is the smoothie that got me through pregnancy #4. I had this one for breakfast every day of my last pregnancy. Usually I had to make a second batch for myself as my boys would drink it all! ~ Motherwytch



Ingredients:

- 1 cup orange juice
- 1 cup blueberries
- 1-2 bananas, peeled
- 2 tablespoons flax seed, ground

Method:

1. Blend all ingredients until smooth

Variation: This recipe is also delicious made with chia seed. Just soak the chia in the orange juice for 20-30 minutes before starting the recipe

Note: Flax seeds are also commonly called linseed. It's best to buy the whole seeds and grind them yourself as needed in a spice/coffee grinder or in your blender. That protects the oils and makes sure you get the best nutrition possible. You can pick up a basic coffee or spice grinder at department stores for about \$20.

Minty Grapefruit Refresher

This is delicious on a hot summer day ~ Sheryl

Ingredients:

- 2 grapefruits, juiced
- 2 tablespoons mint
- 6 ice cubes
- Sweetener to taste (2 tsp raw agave nectar)

Method:

1. Blend all ingredients until frothy.



Banana Mango and Orange Smoothie

Frozen banana makes a creamier smoothie ~ RawNaturopathJen



Ingredients:

3 oranges (juiced)
1 banana
1 mango

Method:

1. Blend and serve!

Note: Peeled oranges can be used in this recipe – orange juice provides a smoother drink

Rockmelon (Cantaloupe) Smoothie

This is so smooth and delicious you'd swear it was more complicated than it is. WOW!!! ~ Sheryl

Ingredients:

½ rockmelon

Method:

1. Remove skin from rockmelon
2. Blend flesh and seeds in a high speed blender until smooth (less than 30 seconds).



Note: In a regular blender you may have to remove the seeds

Brazil Nut Milk

Of all the nut milks Brazil nut milk is the richest and in my opinion the most delicious. Just try it and you'll be convinced! ~ Sheryl



Ingredients:

1 cup Brazil nuts
2-4 cups of filtered water

Method:

1. Blend until smooth
2. Strain

Note: Use less water for a thick rich nut milk, or more for a more standard milk. Sweeten with dried fruit (figs are delicious) or raw agave nectar to taste.

Super Smoothie

From Susan Schneck author of the [Live Food Factor](#). Serves 2-4.

This is the best breakfast ever! It really gets you going. Who needs a latté? This will get you through the most stressful job ever. If you live alone, save half for lunch or to get a second wind when you get home. Upon taking this drink, I have experienced being able to clean my condo or do the laundry after working 11 hours straight at a stressful job!

Ingredients:

½ bunch kale
2 cups fresh juice from sweet-tasting fruit (e.g., orange juice)
1 banana
2 teaspoons bee pollen
1 pinch cayenne (purists or those trying to heal should omit)
4 teaspoons raw cacao nibs (purists or those trying to heal should omit)

Method:

1. Blend in a Vita-Mix or K-Tec blender, adding water as needed to achieve your preferred consistency.

Carob Nut Milk

Almond milk with one banana and frozen strawberries is my favourite. Next favourite is carob thick shakes with 4 frozen bananas. I must buy some vanilla beans and try a vanilla shake too. ~ Joss

Ingredients:

- 1 cup of almonds (soaked overnight)
- 3 cups of filtered water
- 1 tablespoon raw agave nectar (or to taste)
- 2 tablespoons raw carob powder
- 1-2 frozen bananas

Method:

1. Soak almonds overnight
2. Rinse almonds and blend with 3 cups of water for a few minutes
3. Strain through a nut milk bag, making sure all of the water is out of the almond puré (this is your nut milk)
4. Blend 1½ cups of nut milk with carob, bananas and agave nectar



Post Workout Protein Surprise

By Jennie



Ingredients:

- ½ cup goji berries
- 1 tablespoon of chia seeds
- Water of one young coconut
- Flesh of one young coconut (optional)
- 5 dates

Method:

1. Blend and enjoy!

Golden Milk

Recipe by Craig Sommers, adapted from Yogi Bhanan's cooked golden milk recipe
www.rawfoods bible.com

This delicious beverage is useful as an anti-inflammatory because turmeric has powerful anti-inflammatory properties. ~ Craig Sommers, Author of Raw Foods Bible.

Ingredients:

- 2 cups pure water
- ½ cup pine nuts
- 1 tablespoon unrefined coconut oil
- 1/8 teaspoon cinnamon
- 1/8 teaspoon stevia powder, or sweetener of choice
- 1 tablespoon turmeric powder, or diced fresh root
- 1 tablespoon chopped fresh ginger root (optional)
- 1 pinch cayenne powder (optional)
- 2 tablespoons goji berries (optional)
- 1/8 teaspoon unprocessed sea salt (optional)

Method:

1. Place all ingredients in a blender and blend until smooth. If using a weak blender and solid coconut oil, liquefy oil first by placing the jar in warm water until it melts.

Yields 3 cups

"Why do I eat raw? There are so many reasons why, but simply put because I love it and it loves me back" ~ Miss Long

Recipes - Quick Snacks

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Whole Food Snack Ideas

Nothing is simpler than eating whole foods!

* Fruit

* Vegetables

Yes it's really that simple!

Eating raw is the simplest thing in the entire world! Short on time? Then just grab an apple! We've seen and personally experienced a wide range of whole food snacks, and even seen raw foodists snacking on a whole head of Romaine lettuce!

Have fun exploring your local markets or speciality foods stores. Tropical Fruit World in Australia is a key location for trying new and interesting tropical fruits. We shop there regularly. Another one we love is K&K Tropical Fruits on Spadina in Toronto Canada. Nowhere in the entire world have I seen a better variety of jackfruit than in Toronto in winter! That shop is magnificent!

If you're willing to explore a little, then try out new fruits and vegetables. Search out higher quality food than found at the local grocery store. Fresh, organic food is best. You are in for a taste sensation!

Apple Delight

Recipe created by Goji Girl from the forum at www.raw-pleasure.com.au



Apple And Cinnamon... I'm such a sucker for them. ~ Jennie

Ingredients:

3-5 apples, depending on size, grated
a handful of sultanas

1 heaped teaspoon of cinnamon

2 tablespoons of raw agave nectar or
raw honey

Method:

1. Mix together in your favourite bowl
and eat it all up!

This is one of my all time favourite dishes. I can just eat and eat and eat this. I often have this as a meal even though it's a dessert! This dish is also totally awesome with oranges. I usually use three oranges. I've used pears as well but apples and oranges are my favourites!

Custard Apple Delight

I felt like something heavier to eat for a late lunch today, after a strong workout followed by 3 hours of non stop cleaning ~ Janita

Ingredients:

2 bananas

1 very ripe custard apple (deseeded)

2 fresh dates

dash of filtered water

Method:

1. Blend all ingredients

Variation:

Add a diced fresh ripe peach and a fresh vanilla pod

Note: Custard apples are also called cherimoya in many countries including the USA and England

Mesquite Vanilla Balls

Quick to make and a wonderful treat. I've fed these to people from all walks of life who have enjoyed them immensely ~ Jennie



Ingredients:

250g macadamia nuts
500g pitted fresh dates
1 vanilla bean ground
1 ½ tablespoons of mesquite

Method:

1. Grind macadamia nuts in food processor using the 'S' blade, until like breadcrumbs. Add ground vanilla bean, mesquite and dates. Process again until the mixture forms a ball.

2. Roll into small balls using your hands.
3. Roll each ball in mesquite or sprouted dehydrated buckwheat or coconut.

Variations:

- Choc Mint balls – Omit the vanilla and mesquite and replace with 1 tablespoon of raw cacao powder and one or two drops of mint essential oil (spearmint and peppermint both work well).
- Omit the mesquite and use lucuma for a different kind of sweetness
- Replace the macadamia nuts with cashews

"I eat raw because it was the only solution available to a health crisis. Now that I've been eating raw I do so for the amazing fresh tastes of raw food, the unbelievable energy that has just started to hit me (finally!), and the peace and clarity it is giving me." ~ Miss Manda

Hearty Apple-Raisin Oatmeal

From Mama Raw of the Raw Pleasure forum

Ingredients:

1 cup soaked whole oats

¼ cup raisins, soaked overnight in just enough water to cover (reserve soak water)

¼ cup almonds, soaked overnight, drained & rinsed well

½ an apple, diced

½ an apple, sliced

water

cinnamon

Method:

1. Combine oats, almonds, and raisin soak water.
2. Blend to a chunky oatmeal consistency, adding only enough water as needed to accomplish it. Scrape the sides of the blender as needed.
3. Scoop mixture into a cereal bowl.
4. Stir in raisins and diced apple. Dust lightly with ground cinnamon, and line the inside rim of the bowl with the apple slices.
5. Serve at room temperature.

Fruitarian Yoghurt Delight

Best eaten on an empty stomach, as it's very satiating! ~ Durianrider

Ingredients:

2-3 ripe bananas

½ an avocado

¼-½ cup of sultanas

Method:

1. Blend all ingredients together
2. Spoon into a bowl and devour



Olive and Tomato Rocking Pesto

This is great spread on crackers, or with vegetable crudities. It also makes a fabulous sauce for your zucchini noodles. ~Jennie

Ingredients:

7 semi-dried roma tomatoes

(I slice them lengthways into halves or thirds, size depending, and dehydrate overnight.)

2 tablespoons of pine nuts

½ a teaspoon of Celtic sea salt

pepper to taste

10 kalamata olives

a sprig of oregano

Method:

1. Place all ingredients in a food processor and process using the 'S' blade until your desired consistency is reached.

Note: You can also use fresh roma tomatoes for this recipe. Chop 7 tomatoes and squeeze them through a nut milk bag (use the pulp and enjoy drinking the liquid). Then add the juice of ½ a lemon.

This recipe came together one night when I was dying for my pesto and lo and behold I had no basil.... just using what I had! There was loads of sauce in the bottom of my bowl when I'd finished and I poured it over my salad, I can say it makes an excellent salad dressing as well! Double usage... I love it. ~ Jennie

"I eat raw foods for the increase in energy I get when not eating cooked! Its as simple as that. To overcome chronic fatigue. Any other benefit is a bonus."

~ RawNaturopathJen

Chocolate Pudding Cup

On behalf of all chocolate lovers ~ Cee

Ingredients:

- 1 tablespoon raw tahini
- 1 tablespoon raw agave nectar
- 1 tablespoon raw carob powder or raw cacao powder
- 1 tablespoon filtered water

Method:

1. Stir in cup
2. Eat with a spoon



Note: As a raw dinner party idea, serve this pudding in individual espresso coffee cups with saucers.

Blue Nelly says:

“Delicious recipe Cee! I tried it today using raw chocolate powder instead of carob and added a generous handful of whole organic hazelnuts to it. It looked supreme with the round hazelnuts all choc coated and swimming in this pudding mixture. Now if I can get my hands on some raw cashew butter I'd like to try replacing the tahini with cashew butter for a real hazelnut praline effect.”

"I sort of stumbled into raw foods through my partner Jen (RawNaturopathJen). We started with a few extra salads and a few raw platters of veg with dips. I thought it was another kinda hippy herbal type remedy but thought I would give it a go anyway.

Then we started on smoothies and juices and before you know it we were both feeling like never before. I was amazed with the results and we kept phasing out more and more cooked and eating more and more raw. Enter green smoothies and the next pinnacle of raw. I can't wait to see where the next raw climb takes us.

To this day I am amazed about how great raw food makes my life. I am a born sceptic to anything out of the norm. Now I realise that eating as nature intended is the norm and everyone else is missing out. Eat well, train hard, love like every day is your last, and live life to the full..... on raw!"
~ Urban Forager

Sweet Pepper Cream Sauce

By Mama Raw of the Raw Pleasure forums



Ingredients:

2 large red capsicums, seeded & chopped
1 clove garlic
2 tablespoon olive oil
1 tablespoons flax oil
½ teaspoon marjoram
½ teaspoon sea salt
1/8 teaspoon black pepper, or to taste
1 cup cashews
juice of ½ a lemon

Method:

1. Blend the first 7 ingredients to a liquid.
2. Add cashews and juice, then blend until smooth.

Serve at room temperature over spiralised zucchini. This can also be used as a dip or a salad dressing.

Sunflower Herb Pate

By Storm and Jinjee of [The Garden Diet](#)

Ingredients:

2 cups sunflower and/or pumpkin seeds (soaked for 2 hours to overnight)
½ cup fresh basil leaves
1 clove of garlic (optional)
1 teaspoon grated ginger (optional)
1 tablespoon raw tahini (optional)
Juice of 1 lemon
Pinch of Celtic sea salt
Pinch of cayenne pepper
1 tablespoon vinegar
2 tablespoons flax oil or olive oil



Method:

1. Grind down in food processor with s-blade
2. Wrap in lettuce leaves, seaweed or grape leaves, or use as a dip for veggies

Note: Any other fresh or dried herbs (sage, thyme, rosemary, tarragon) can be used in this recipe. Many raw foodists choose not to use vinegar - lemon juice can be used instead.

Basic Cashew Cheeze

Serve with your favorite crackers! Amazing stuff! ~ Carmella of [The Sunny Raw Kitchen](#)

Ingredients:

3 cups cashews, soaked 12-14 hours
3 capsules probiotics
2/3 cup fresh rejuvelac

Method:

1. In high speed blender, blend the soaked cashews with probiotics and rejuvelac until smooth.
2. Line a sieve with a double thickness of cheesecloth and place over a bowl. Transfer the mixture to the sieve, drape the cheesecloth over the top, cover with a towel and leave in a warm place to ripen for 14-16 hours.^
3. Season according to one of the following recipes (or come up with your own variation!)

Note: Alternatively, shape the mixture into a round, place in a covered container, and refrigerate for at least 24 hours, or until it firms up. Store in fridge in airtight container for up to 3 or 4 days.

If you don't have time to soak the cashews grind them up finely in the Vitamix and add just a little more water.

"Well, the day has finally come. Hooray! Today is day number 30 in my raw itinerary cool and I feel sooooo good. I had no plan when I started raw, it was actually cold turkey transition and I just wanted to try it because you guys made it sound so inspirational and so well worth trying. And here I am. After 30 days I feel absolutely fabulous.

After 10 hours of work today (jewelry design) I came home so eager to keep doing something; to create further. So I took my dog for a long run. Cool! ... I cannot live without being raw. I've got so much energy that I myself cannot believe it. I guess that's what's raw is all about. Being alive and active. Fulfilled." ~Fig

Garlic and Dill Cheeze

Fermented nut cheeze... it's one of those things that may look intimidating, but is definitely worth the time and effort. The result is simply unbelievable; so similar to the 'real thing' in looks, texture and even flavor. ~ Carmella of [The Sunny Raw Kitchen](#)



Ingredients:

- 1 cup Cashew Cheeze (see recipe above)
- 1 generous teaspoon minced garlic
- 1 teaspoon minced chives
- 1 teaspoon nutritional yeast flakes
- ¼ teaspoon lemon juice
- ¼ teaspoon sea salt
- 1 teaspoon onion powder
- 1 tablespoon minced fresh dill
- Finely ground almonds, dried dill, and garlic powder for the crust

Method:

1. Combine Cashew Cheeze, chives, garlic, nutritional yeast, lemon juice and salt in a bowl. Stir until well mixed. Add fresh herbs and stir until well distributed. Taste and adjust salt, if desired.
2. Shape the Cheeze mixture into a round or press firmly into a small container, or bowl lined with plastic film. Sprinkle mixture of ground almonds, dried dill and garlic powder on top. Allow to chill for at least 12 hours or until it firms up.
3. When firm, remove from container/bowl, turn over and transfer onto a plate. Sprinkle more dried herbs on top and sides.

Store in fridge in airtight container for up to 3 or 4 days.

Red Hot Chilli Dip

This is my raw version of a dip that has Parmesan added. I tried a bit of that one and mine tastes better ~ Joss

Ingredients:

¾ cup raw cashews (ground)
½ cup sun dried tomatoes
1 red capsicum (red bell pepper)
½ red chilli (deseeded and chopped)
¼ cup olive oil

Method:

1. Blend all ingredients until smooth

Note: Try not to use too much oil, as it needs just enough to bind it all together. This is a great dip to have with cucumber rounds

Variation: For an equally delicious dip without the heat, simply leave out the chilli.

Why do I eat raw? Because I have a life worth living being raw. I have joy not depression/anxiety. I have energy not chronic fatigue. I have hormonal balance not cervical cancer and fibrous lumps in my breasts and swollen lymph glands in my groin. I have a (almost totally) painless bowel instead of chronic painful IBS. I have energy and vitality instead of debilitating chronic fatigue. I have clear skin instead of painful acne. I have a lean fit body instead of poor muscle tone and cellulite.

I now enjoy my food instead of dreading the pain that would inevitably come when I ate cooked. I now enjoy the confidence (most of the time anyway) and calmness that comes with raw instead of being stiff and self conscious and not wanting to have people look at me or talk to me. Just a few reasons I have a raw lifestyle... ~ Raw'green'Neet

Savoury Nori Snacks

These are the tastiest snacks ever!! They are modelled after our favourite raw snack in the US. Anyone with a dehydrator MUST try these - WOW!! ~ Sheryl

Ingredients:

2 cups sunflower seeds, soaked 6-10 hours
2 tablespoons lemon juice (can mix it up with lime and some orange too)
3 tablespoons sultanas/raisins/currants
2 large cloves of garlic
1 teaspoon sea salt
6 raw vegan nori sheets

Method:

1. Blend all but the Nori sheets into a thick paté
2. Lay out 1 Nori sheet and spread some paté on (about ½ cm thick).
3. Place another Nori sheet on top and press down
4. Continue until Nori/pate is finished
5. Dehydrate on a teflex sheet for 3 hours at 130 degrees °F (54 °)
6. Flip over onto a mesh sheet (dry side down) and lower temperature to 115 °F (46 °C).
7. Dry until crispy! It's easy to cut them in slices with a big pair of scissors after they have been drying a couple of hours. Cutting them up helps them dry faster too.

Variations: Other favourite spices or flavourings as desired (chilli, rosemary, basil, olives, tomatoes)

Note: It's very important for taste/texture/nutrition to soak the sunflower seeds. These aren't quick to make since they need to be dehydrated, however you can make a HUGE batch and keep them ready for snacks!

Durianrider (God of Cacao) says:

“These were so good, I learnt how to open the Excalibur tray, VERY QUIETLY...”

Omega Three Pâté

This recipe is a good source of omega 3 fatty acids because walnuts are high in omega 3
~ Craig Sommers of www.RawFoodsBible.com

Ingredients:

1 ½ cups walnut halves soaked from 4–6 hours and rinsed
(taste first to make sure the nuts are not rancid)
1 cup chopped asparagus tops
1 medium tomato (Roma tomato recommended)
½ cup chopped parsley (including stems)
2 cloves garlic or 1 teaspoon asafetida powder (garlic substitute)
4 teaspoons fresh-squeezed lemon juice
2 tablespoons unpasteurised mellow white miso

Method:

1. Place all ingredients in a food processor and process until smooth.

Use to top your favourite crackers, raw bread or vegetable crudites. It is also phenomenal spread between two sheets of nori and dehydrated.

Note: If you are not able to find unpasteurized miso substitute one teaspoon of sea salt.

This recipe was kindly donated by Craig Sommers of Raw Food Bible fame. His book can be bought in the shop at www.Raw-Pleasure.com.au

Spiced Almonds - Jordan Almonds in the Raw

The mainstream candy is a traditional Easter basket treat in my family and these make an awesome crunchy/sweet snack for watching a movie with my boys ~ Motherwytch

Ingredients:

Handful almonds
1 teaspoon (or less) agave nectar
Celtic sea salt to taste



Method:

1. Place almonds in a small mixing bowl
2. Stir through enough agave nectar to lightly coat almonds
3. Add salt seasoning to taste
4. Mix thoroughly with a spoon and gobble up with same spoon

Note: Soaking almonds (8-12 hours) in filtered water first helps remove enzyme inhibitors in the skin and makes them more digestible. You can also then dehydrate those almonds for a really crisp almond that has a similar texture to a roasted almond.

Spiced Almonds - Jamaican Me Nuts

This is as spicy and sweet as you want. Perfect when you get hit with a salt/sugar craving and don't know which way to go ~ Motherwytch

Ingredients:

Handful almonds
1 teaspoon (or less) raw agave nectar
1 teaspoon (or less) Nama Shoyu
Dry Jamaican jerk seasoning to taste

Method:

1. Place almonds in a small mixing bowl
2. Stir through enough agave nectar to lightly coat almonds
3. Add Nama Shoyu to taste
4. Add seasoning to taste
5. Mix thoroughly with a spoon

Note: If anyone has a dehydrator, I'm dying to know what these recipes are like dehydrated! Jerk seasoning is a spice mix available from many stores. If you are not able to find it you can easily substitute any other savoury seasoning you enjoy. Fresh ginger and garlic are nice too!

Ricotta Cream / Cheese

Serve cheeze with crackers, vegetable crudites and or your favourite raw bread. ~ Craig Sommers www.RawFoodsBible.com

Ingredients:

1 cup pine nuts

1 cup water

Dash of sea salt (optional)

Method:

1. Process nuts and water in a blender.

2. Pour contents of blender into a sprouting bag (a paint strainer bag works well and is available at a hardware store) and squeeze out the liquid. If nothing is left in the bag you processed the nuts too long.

The liquid is pine nut cream and is excellent on breakfast cereal. The ricotta cheese is what is left in the bag. Add salt if desired.

This recipe was kindly donated by Craig Sommers of Raw Food Bible fame. His book can be bought in the shop at www.Raw-Pleasure.com.au.

I love this recipe. I found that I really really like the pine nut cream without salt and the cheese with salt. So I mix my cheese into the pulp after I've put the mixture through my trusty nut milk bag. I loved the cheeze on a cracker with the Rocking Tomato and Olive Pesto. ~ Jennie

Flax Crackers, Pizza Flavored

Recipe by Craig Sommers, www.RawFoodsBible.com



Ingredients:

- 1 cup flax seeds (either brown, gold or a mix of both!)
- 1 ½ cups pure water
- 1 tablespoon Italian seasoning
- 1 teaspoon unprocessed sea salt (optional)

Method:

1. Soak the flax seeds in water for at least 4 hours, but not more than 8.
2. After soaking, pour off extra water and mix the gelatinous seeds with the spices

(or spices of your choice).

3. Spread the mixture out on dehydrator trays lined with parchment paper or tray liner of choice. The thickness that works best is between 1/8 and ¼ inch thick (about ½ cm).
4. Dehydrate at 38 degrees Celsius (100 degrees Fahrenheit) for about 24 hours or until crispy. I recommend flipping the crackers over when they become dry enough to do so.
5. When done cool to room temperature and store in a sealed container.

Flax crackers are so easy to make. Everyone should have some in their cupboards! ~ Jennie

"I eat raw because I understand it is my responsibility to ensure that I treat 'my vehicle' with love and respect, to nurture and nourish and in return my life is more abundant, and creative and energetic, and so much more..... Its a two way street" ~ Oksyoks

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Lemon & Garlic "Quinoa" Salad

By Mama Raw of the Raw Pleasure forum

Ingredients:

Salad

1 small head cauliflower, processed to resemble the grainy texture of quinoa

pinch sea salt

2 carrots, peeled & diced

1/3 cup parsley, minced

¼ cup sunflower seeds

Dressing

2-3 cloves garlic, minced

¼ cup lemon juice

2 tablespoons olive oil

2 tablespoons Bragg Liquid Aminos or Nama Shoyu

Method:

1. Toss all salad ingredients in a bowl.
2. Mix the dressing ingredients well and pour over the salad.

Serve at room temperature, or chill.

Quick and Easy Curried Broccoli

We made something like this for a class a few weeks ago, however did a Brazil nut pate to roll the broccoli in. This version is lighter, and in my opinion tastier too!! So simple and easy ~ Sheryl

Ingredients:

- 1 head broccoli
- 2 teaspoons coconut oil
- 1 tablespoon curry powder (home made or purchased)

Method:

1. Chop the broccoli into bite sized pieces
2. Drizzle with a little coconut oil
3. Sprinkle with curry powder
4. Massage in well (time to roll up your sleeves if you have any and get dirty!!)



Note: The oil, as little as you use, makes the broccoli start to wilt. I think in the fridge overnight it would soften beautifully. I dehydrated this for about 2 hours, and it was BEAUTIFUL. You can't imagine how delicious it was.

Janita says:

"I think I will try this Sheryl, but use a little crushed garlic instead of the curry powder, a lot of spices make me itchy, especially cumin. And I will set it out in the sunshine today, ready for my salad tonight, I think it will be very lovely. I will chop up the stalks as well, and make the broccoli into very tiny pieces. Mmm will be yummy.... I don't normally tolerate any oils, but I can have a tiny amount of the coconut oil, so I am excited to try this for sure.

Just stirred the broccoli mix and nibbled a stem...mmm it's delicious already and softening with the coconut oil...oh yay! can't wait to try this dinner tonight...mmm"

Raw Mezze Plate

If you feel like eating a little bit of this, and a little bit of that... rather than get too complicated with dinner, go for a devilishly simple and exquisitely delicious raw Mezze plate ~ Miss Giggles

Ingredients:

½ avocado
1-2 green onions chopped
Juice of ½ lime
1 yellow or red capsicum
(red or yellow bell pepper)
½ large cucumber
Sunflower Herb Paté
6-8 raw Moroccan olives



Method:

1. Make guacamole by mashing avocado and combining with green onions and lime juice
2. Remove core and pith from the capsicum and cut into 4cm pieces
3. Slice cucumber into medium slices
4. Top cucumber rounds with guacamole
5. Spoon sunflower pate onto capsicum squares
6. Add a small dish of raw olives as the centrepiece of your platter

Variations: If you can find baby yellow capsicums, use these and simply core and cut in half before topping with sunflower paté. A sunflower sprout looks beautiful placed on top of the guacamole cucumber rounds

Diabra says:

“Yum! Again I am inspired by your meal! For lunch today I did a copy of your mezze plate, a small bowl of slightly warmed olives, and a bowl of spiced up nuts and seeds for my husband. Consumed ever so quickly, and utterly delicious.”

Raw Cereal

Panda feeds a family of 6 including grand kids on raw food; this cereal is one of their morning favourites. You can make it in any size you want, with whatever ingredients you have on hand.

Ingredients:

Dried fruit - 1 cup each of the following: raisins, sultanas, dates, dried apricots (unsulphured) & dried figs

Nuts - 1 cup each of the following: cashews, pecans, walnuts, almonds, Brazil nuts, macadamia nuts & dried coconut (home made)

Seeds - 1 cup each of the following: pumpkin seeds, sunflower seeds, unhulled sesame seeds & flax seeds (linseed)

Method:

1. Mix all together and then place small amounts in food processor and process until fine or desired texture
2. Store in suitable container and eat for breakfast with water or nut milk and raw agave nectar or whatever you like. Enjoy!!!

Note: Chopped nuts are best stored cool to keep them fresh.

Refreshing Grape Mint Salad

This dish is light, easy and quick to make. It's refreshing, digests well and has been a hit everywhere I've taken it. If often have this for a light lunch. ~ Jennie



Ingredients:

- 300g of green grapes sliced or chopped
- 1 tablespoon of shredded fresh mint

Method:

1. Mix the grapes and mint together in a bowl.
2. Allow to sit for 20 minutes to allow flavours to blend. Gorgeous served on a bed of fresh greens.

Serves one as a main or two as an entrée. This is also awesome with pineapple instead of grapes.

Tasty Orange Salad

This came together one day when I had a bunch of mint, a knob of ginger, a bowl of oranges and not much else! Surprisingly this has become a favourite of mine. I can make it the night before and it's just perfect for breakfast on the beach. ~ Jennie



Ingredients:

3 sweet oranges

1 tablespoon fresh mint, shredded

½ inch of ginger, peeled and chopped finely

Method:

1. Mix all ingredients together in a bowl and allow to sit for at least 20 minutes to allow the flavours to blend and develop. Delicious!

Serves one as a main or two as a side dish.

"I have adopted the raw lifestyle to heal my body, and secondary to that, reduce my body weight. My body sure needs lots of healing after the 20 years or so of abuse with junk foods and the like. I need to reduce my body weight by about 100 kgs. But there are lots of other reasons for being raw. It opens my mind to other natural things, and more positive ways of thinking about myself and the world around me. I think it has made me a more sensitive person too, not that I would want to admit that to too many people." ~ Raw Aussie

Green Soup

Here's a gorgeous recipe from my vegan pal Esther. I've just had a big bowl for dinner, and it is scrumptious. ~ Miss Giggles

Ingredients:

3 cucumbers (peeled and juiced)

1 cucumber diced

1 large avocado

1 clove of garlic

3 tablespoons mint (chopped)

Juice of 1 lemon

Garnish - cubes/strips of red and yellow capsicum (bell pepper)



Method:

1. Peel and juice 3 of the cucumbers

2. Pour juice into the blender and add remaining ingredients

3. Blend

Variation: If you want a thicker soup, or a decadent pasta sauce, add an extra avocado

Note: It looks glorious served in a crisp white bowl, topped with slithers (or small cubes) of red and yellow capsicum

"I love my green soup
I am hopelessly addicted to it
no other cravings exist in its presence
I am in love
~ Raw Ipharadisi aka Miss Bliss"

Tabouli Bliss



Ingredients:

Salad

a large bunch of parsley, or two (the greener the better)

a large bunch of mint

4 large tomatoes, diced

2 small cucumbers or 1 large, diced

1 cup of sprouted quinoa, or sprouted amaranth, or sprouted buckwheat

Dressing

juice of 2 lemons

½ cup of good quality olive oil

2 teaspoons of sumac

½ teaspoon of asafoetida

liberal pinches of sea salt

Salad Method:

1. Finely chop the parsley and mint.
2. Put in a bowl with the tomatoes and cucumber.

Dressing Method:

1. Mix all ingredients together until well combined.
2. Pour over your salad and mix well.

Serve with nori sheets and avocado.

Variations: If you are not a fan of sprouted quinoa, amaranth or buckwheat, you can substitute with cauliflower or parsnip (parsnip was used in the photo). Asafoetida is a substitute for garlic or onion. Feel free to use either with this recipe. Both are lovely! Red onion is a gorgeous addition to this recipe.

Hint: If you put your greens in your food processor you can get them really fine using the 'S' blade. You can use the same method to finely chop the cauliflower or parsnip if using those.

Super Summer Salad

This is my favourite lunch at the moment. Taste and enjoy ~ Rabbit

Ingredients:

1-2 Roma tomatoes
1 stalk celery
½ - 1 Lebanese cucumber
1 Fuji apple
½ - 1 avocado



Method:

1. Dice all and serve on a bed of chopped lettuce or eat as is

Variation: Add 1-2 tablespoons of chopped mint

Herb Dressing

When I make this dressing I just add slurps of everything so measurements are approximations only ~ Joss

Ingredients:

Basil
Mint
Coriander (cilantro), fresh & green
1/3 red capsicum (red bell pepper)
Clove of garlic
1-2 tablespoons apple cider vinegar
Raw agave nectar to taste
2-3 tablespoons olive oil
Juice of 2-3 oranges



Method:

1. Finely chop basil, mint, coriander, red capsicum and garlic
2. Put the chopped herbs and capsicum into a beaker
3. Add apple cider vinegar, dash of agave nectar, olive oil and orange juice
4. Mix well

Note: Allow to stand for the flavours to merge before using. It can be stored in the fridge for a couple of day... if it lasts that long.

Raspberry Vinaigrette

A very fruity, colourful dressing by [Alissa Cohen](#)

Ingredients:

1¼ cups raspberries
¼ cup orange juice
2 tablespoons olive oil
½ tablespoon lemon juice
Sea salt and pepper to taste

Method:

1. Blend all ingredients in a blender until smooth



Soaked Almond Mayonnaise

This mayonnaise will keep for a few weeks in the refrigerator ~ Brett

Ingredients:

1 cup of soaked ("sprouted") almonds
2 limes
1 teaspoon apple cider vinegar (unpasteurised)
1 clove of garlic
1 cup filtered water (½ ice cubes)
1 teaspoon raw agave nectar
1 cup extra virgin, cold pressed, olive oil
1 teaspoon Celtic sea salt
Pinch of ground mustard seed and ground pepper

Method:

1. The day before, put a cup of almonds on to soak (24 hours)
2. Put a glass bowl and wire whisk in the freezer before starting
3. Blanch the almonds by dropping them into boiling water for 5-7 seconds, then immediately put them in cold water, and remove the skins (almonds will still grow after blanching if you keep it quick).
4. Put blanched almonds, and garlic in a food processor and blend with chilled filtered water and ice cubes until creamy smooth
5. With the blender still going, add the oil slowly. The mayonnaise should thicken. If it doesn't, add a couple more ice cubes
6. Slowly pour the mixture into the chilled bowl (from the freezer), and add the vinegar, lime juice, agave nectar, salt, pepper and mustard, while gently and continuously beating with the frozen wire whisk. Taste and adjust the flavours as necessary
7. Put in a jar and store in the fridge

Sweet Things Fruit Salad

For extra decadence, top with Decadent Chocolate Sauce ~ Carrotgurl (And yes people do eat fruit salad as a meal - give it a try sometime!!)



Ingredients:

Orange persimmons sliced
Lady finger bananas sliced
Sultana grapes
Flame grapes

Method:

1. Combine all ingredients
2. Eat!

Decadent Chocolate Sauce

Only the smallest touch of sauce is needed to make the fruit salad sing!

Ingredients:

1 teaspoon raw cacao powder
1 teaspoon raw tahini
½ teaspoon coconut oil
2 teaspoons raw agave nectar
Pinch of cinnamon



Method:

1. Mix all ingredients well

Note: If a thinner chocolate sauce is desired, just add a little water and blend.

Mushroom Ravioli

This is a rich recipe, so serve it with a big green salad! ~ Merridy

Ingredients:

1 avocado
2 cups fresh mushrooms
Sprig of fresh oregano to taste
Sprinkling fresh ground black pepper
Garlic and sea salt to taste (optional)
Touch of lemon juice
A few zucchinis or fresh turnips
1 batch of Sweet Tomato Chutney
Fresh basil leaves

Method:

1. Blend the first 6 ingredients until very smooth and creamy
2. Use a mandolin to slice the zucchini or turnip as thinly as possible. A spiral slicer on the widest setting also works well
3. Take a piece of zucchini or turnip, add a half spoonful of creamy mixture, and then add another piece of zucchini or turnip on top. This is your filled ravioli
4. Continue until all the mixture is used up, arranging on a large deep plate
5. Pour over the Sweet Tomato Chutney sauce. (You can layer pasta & sauce if you like, it does produce a softer ravioli)
6. Place in fridge if leaving for very long
7. Before serving garnish with basil leaves and a sprinkling of black pepper

Note: If left to stand for a while before serving, the 'pasta' will become quite soft - turnip takes a few hours, zucchini about 1 hour

Sweet Tomato Chutney



Ingredients:

2 cups ripe tomatoes
¼ - 1 cup soaked dates/raisins
1 tablespoon chives or green onion
1 tablespoon fresh basil leaves
Lemon juice to taste
Celtic sea salt

Method:

1. Blend all ingredients, tasting & adding ingredients until yummy!

Note: A combination of tomatoes & cherries/apricots or other sweet fruit may be used instead of only tomatoes. Vary amount of dates/raisins depending on how sweet you like it - with recipes like this it's always a good idea to start at the lower level and then adjust up as needed.

Soaked Seed Cheese

This mix will set firm in the fridge and will last several days ~ Brett

Ingredients:

1 cup of soaked ("sprouted") sunflower seeds
¼ cup of soaked sesame seeds
½ clove of garlic
1 small onion
Mixed dried herbs
3 medium carrots
3 tablespoons Nama Shoyu (or (much less) sea salt to taste)

Method:

1. The day before, put sesame and sunflower seeds on to soak (12 hours)
2. Rinse and mince the soaked seeds (using the blank)
3. Finely chop carrots and onion into tiny pieces (using a chopping machine). (If you don't have a chopping device and don't want to hand chop, then you can mince the carrots and onion instead, but this creates a wetter texture)
4. Mix minced seed and chopped vegetables, and add herbs, crushed garlic and Nama Shoyu to taste
5. Place mixture in a sealed container in the fridge

Note: Serve with salad

Coconut Pilaf

This was a quick & yummy dish I've made regularly over the last few weeks. Harley introduced us to the idea of having coconut as a savoury base for a salad. ~ Sheryl



Ingredients:

Flesh of a mature coconut
Onion
Black olives
Tomato
Herbs (fresh, green)
Lemon juice or Nama Shoyu to season
Bed of greens

Method:

1. Grate fresh mature coconut flesh, add to bowl
2. Add chopped onion, black olives, tomato and herbs
3. Add lemon or Nama Shoyu to season
4. Serve over greens

"So much has changed since going raw. I've seen my bodyfat drop dramatically (although interestingly my body *weight*) has stayed the same! I feel more alive, my eyes have gone clearer, it's easier to feel calm, relaxed and happy, I've had skin problems that have been with me for years clear up, my hair stays soft with no shampoo, my stamina has gone up and.. well.. let's just say I could go on and on but it's enough to say that I feel extremely grateful and fortunate to have discovered this fundamental pillar to good health and fully enjoying life.

Why doesn't everyone know this most basic of secrets that any wild animal could tell us - that food still in it's natural state = our entire body feeling GREAT!" ~ Piers of Raw Pleasure

Chunky Italian Tomato Soup

By Miss Manda of the Raw Pleasure forums

Ingredients:

6-8 Roma tomatoes
Handful basil
Handful rocket
1 tablespoon olive oil
1 cup warm water
Salt & pepper to taste

Method:

1. Chop the tomatoes roughly, reserving half
2. Blend the remaining ingredients
3. Mix in the reserved tomatoes
4. Serve



Yield: Serves 2

Spicy Corn Chowder

By Miss Manda of the Raw Pleasure forums



Ingredients:

Kernels from 2 large cobs of corn
1 large green capsicum (bell pepper)
½ cup fresh coriander leaves
1 small avocado
½ teaspoon cumin powder
½ small red chilli
1 cup warm water
Salt and pepper to taste
Coriander (cilantro) leaves for garnish

Method:

1. Blend all ingredients
2. Serve garnished with the extra coriander.

Yield: Serves 2

Instant Carrot Salad

Current favourite quick & easy salad ~ Cee

Ingredients:

Quantities to your own appetite:

Grated carrot

Freshly squeezed orange juice (enough to bind)

Avocado

Pistachio nuts, sunflower seeds or sprouted mung beans

Soaked sultanas (for sweet cravings)



Method:

1. Combine all ingredients

Blended Salad

I've been a bit suspicious/nervous about trying blended salad. I loved this one, so yummy I wanted more ~ Nikita (inspired by Frederic Patenaude)

Ingredients:

2-3 medium tomatoes, roughly chopped

2 ribs of celery

4 leaves lettuce (big)

1 big handful choi sum (dark Asian greens)

1 green onion

½ avocado

¼ cup parsley

Sea salt to taste (optional)

Water as needed

Method:

1. Blend the tomatoes together
2. Add the rest of the ingredients progressively
3. Use water only if you need to. A blended salad should be quite thick

Janita says:

"I have tried this one myself. Very good and delicious. Also really nice over spiralised zucchini (as a raw pasta sauce). I find the celery gives it a natural salt."

Quick and Easy Nori Rolls

No blending required! This is a 2 minute meal and so easy to make! ~ Sheryl

Ingredients:

Raw nori sheets
Avocado
Olives
Sunflower sprouts
Chopped tomato
Lettuce & Dark greens
Chopped onion
Herbs



Method:

1. Lay out 1 Nori sheet
2. Add a mix of any or all of the above ingredients
3. Roll until you can get a hand around it and eat!

Variation: You can rub some coconut oil on the Nori to soften it first - just half a teaspoon is enough. If you let the nori roll sit just a few minutes the vegetables will also soften the nori and make it easier to eat.

Best Ever Almond Hummus

I tried a hummus recipe with sprouted chickpeas and I wasn't too keen, and then I came across this one which I love ~ LeeR

Ingredients:

½ cup almonds (soaked overnight)
1 tablespoon raw tahini
1 clove garlic
½ teaspoon sea salt
2 tablespoons lemon juice
1/3 cup water
¼ teaspoon ground cumin (optional)



Method:

1. Soak almonds overnight, and empty out water.
2. Add almonds with rest of ingredients to blender
3. Blend well

Yield: This quantity does about 2 people for a meal
Adapted from "Rejuvenate Your Life" by Serene Allison

Creamy Green Soup

I just concocted the yummiest soup with what I had in my fridge ~ Janita

Ingredients:

1 medium avocado
1 apple chopped and cored
Large handful of baby spinach
Leek (piece approximately 4 cm (1.5 inches) in length)
1 cup filtered water
¼ cup fresh lemon juice
½ cup fresh orange juice
½ teaspoon of sea salt
1 large tomato
1 chopped cucumber

Method:

1. Blend until smooth

Mango and Berry Parfait

Here are a couple of 'winning' mango recipes - the non-raw eaters in the family really enjoyed both ~ Zeeraw

Ingredients:

3 cups mango diced
4 tablespoons coconut oil
1 teaspoon raw vanilla extract
(or 1/2 vanilla bean, ground)
2 tablespoons lime juice
1 tablespoon lime zest
½ cup raw agave nectar
Fresh berries and a sprig of mint to serve

Method:

1. Blend together all ingredients except berries
2. Refrigerate for 1-2 hours to overnight
3. Layer in cups with fresh berries. Finish with a layer of berries and a fresh sprig of mint



Mango and Tomato Salsa

I took this salad to a couple of staff parties and everyone loved it. ~ Zeeraw

Ingredients:

Mango
Tomatoes
Red onion
Coriander, fresh (cilantro)



Method:

1. Dice mango, tomatoes, a little red onion and coriander and combine

This quote was the winner of the "Why Raw" contest in 2005. With her humour and fun you can see why it won!!

"I realised after breaking my third tooth on a toffee and walking round like a blocked underground drainage system that I'd been killing myself for too long. Seeing that I weighed only a few kilograms less than I did just prior to having my baby caused me humiliation and horror. Puffing and panting to just carry my daughter from one place to the next, feeling like a great lard bottom when I thought I should be in my prime was the penultimate nail in my chubby flabby coffin.

But most of all, seeing one after another of my friends and family, of all ages 5-70, acquire cancer, and some of whom went on to die, finally woke me up. There was something I could do, I didn't have to be a statistic and there was no way my daughter was going to be one either..it was then and only then, that I knew.

RAW was what I needed...I am a believer..raw is my religion.
Praise be to carrots !" :)

~ Piggygrig31

Broccoli Soba in Spicy Almond Sauce

Pour sauce over broccoli and noodles and devour! ~ Motherwytch

Ingredients:

1 zucchini, peeled
1 yellow squash, peeled
1 carrot, peeled
1 cup broccoli florets
2 heaped tablespoons raw almond butter
2 teaspoons raw agave nectar
Curry paste to taste
2-4 tablespoons water (depending on desired consistency)
Salt (optional to taste)



Method:

1. Slice all vegetables (except broccoli) lengthwise using a mandolin with a julienne blade (stopping at seeds)
2. Put all in a bowl and toss slightly
3. Top noodles with broccoli florets and set bowl aside
4. In a small bowl or cup, mix together almond butter, agave nectar, curry paste, water and salt until creamy
5. Pour sauce over broccoli and noodles

Yield: Enough for 2 as a side dish or one for a meal

Note: 4 tablespoons of water creates a thinner sauce. Nama Shoyu may be used as a substitute for salt. If you have a high speed blender you can also use whole almonds instead of almond butter.

Variation: Top with sliced almonds for a fancier looking dish

Minty Peas



Shared with love by Merridy

Ingredients:

- 1 cup fresh peas
- 1 cucumber
- Sprig of mint
- 3 tablespoons juice from a ripe orange

Method:

1. Blend well the cucumber, mint, orange juice and 1/3 of the peas.
2. When creamy, sweet and minty, add remaining peas and serve

"As an older person I find that a raw food diet is the best way to ward off those aches and pains that are thought of as a natural part of the aging process. Twenty five years ago I was almost crippled by arthritis. Today I am pain free. Raw food was the best present that I gave my body." ~ Joss

Rawsome Bircher Muesli with Fruit Salad

Try not to eat the whole lot at once - I hope you are better at sharing than I am! ~ Karen Kitto

Ingredients (Muesli):

½ cup of each of the following soaked overnight:

Dates

Sultanas

Figs

Apricots (or other dried fruit)

Flax seeds

Sunflower seeds

Pumpkin seeds (pepitas)

Almonds

Cashews

Walnuts (or other nut)

The next day make a fruit salad. My favourite combination of fruits follows.

Ingredients (Fruit Salad):

Papaya

Apple

Pear

Mango

Custard apple

Ground vanilla bean or cinnamon

Dried coconut

Note from Karen: I usually only use three different fruits

Method:

1. Chop the fruit and nuts into smaller pieces. I suggest you cut the fruit very finely (I do it with the small shredder on my V-slicer).
2. Add fruit to the muesli
3. Sprinkle some coconut and ground vanilla bean or cinnamon to taste and mix it all together
4. Let it sit in the fridge for a little while for the flavours to intensify. It's fine to have a small bowl straight away – it's too hard not to!

Note: Top with cashew cream

Cashew Cream



Cashew cream can be made sweet to top desserts, or savoury for dips. With a high speed blender you can make a smooth cream, but it's just a delicious with a little texture too. In the photos to the left, the top one was made with a regular blender, and the bottom one was made with a Vitamix. ~ Sheryl

Ingredients:

$\frac{1}{2}$ - $\frac{3}{4}$ cup of raw cashews (soaked overnight)

$\frac{1}{2}$ cup of soaked dates or 3 tablespoons raw agave nectar

Ground vanilla bean



Method:

1. Rinse the cashews and whip together with the soaked dates or agave nectar and vanilla until completely smooth and creamy.
2. Place this cream on top of your Rawsome Bircher Muesli

Note: Orange juice goes beautifully with cashew cream too. If you need to thin it use orange juice instead of water. If you have a high speed blender you can skip soaking and just blend with enough orange juice to make a cream.

Eggplant Tacos

This recipe is based on another I know, but then I played around with it to make it my own. Try it everyone ~ Gymgal

Ingredients:

1 eggplant

Filling:

Sesame seeds

Sunflower seeds

Pecans

Raw tahini (a little)

1 clove garlic

Nama Shoyu

Filtered water

Walnuts

Toppings:

Shredded zucchini or carrot

Tomato salsa

Crushed nuts

Method:

1. Peel eggplant and slice to make thin rounds
2. Lay eggplant rounds on dehydrator trays and dehydrate until soft and pliable
3. Blend 'filling' ingredients until smooth
4. Spread it on one half of the eggplant slice
5. Top with shredded zucchini or carrot (to look like cheddar cheese)
6. Add a layer of fresh tomato salsa
7. Sprinkle with crushed nuts
8. Fold it in half to make it look like a taco
9. Return to the dehydrator until crisp on the outside

Variation: Serve with guacamole

Speedy Carrot Salad

I absolutely love this and often have it when I want something sweet at the end of my meal or by itself as a snack ~ Squidly

Ingredients:

1 carrot grated
Handful dried coconut
Handful sultanas



Method:

1. Mix together and eat!

Note: Vary the amounts to suit your taste buds

Tabouli

I have been inspired by the Storm's [Garden Diet](#) e-book to make something a bit different from my normal salads ~ Joss (Inspired by Storm)

Ingredients:

1 small gourmet cauliflower, or 250-450 gr (1/2-1 lb) of cauliflower
1 big handful of parsley
1 bunch spring/green onions
1-2 sprigs of mint
2-3 tomatoes chopped
1 small avocado chopped
1 tablespoon olive oil
Salt if used
Juice of ½ - 1 lemon
Juice of ½ orange

Method:

1. Process cauliflower to a grainy consistency, and set aside in a bowl.
2. Process together parsley, onions and mint and add to cauliflower
3. Add remaining ingredients and combine
4. Pour into serving bowl

Note: Garnish with a little grated beet, or mint sprigs. Use whatever fresh herbs you have in your garden

My Favorite Raw Salad Dressing

From Susan Schneck author of the [Live Food Factor](#)

Ingredients:

1 cup raw or extra virgin olive oil

¾ cup apple cider vinegar

½ cup Nama Shoyu

½ cup raw tahini

4 teaspoons agave

1 teaspoon garlic

¼ teaspoon basil

¼ teaspoon oregano

Method:

1. Mix everything in blender till creamy.

Kelp Noodles

From Susan Schneck, author of the [Live Food Factor](#)

In the preface of 'Live Food Factor' I explain that this single recipe was what inspired this book! Kelp contains iodine, needed by the thyroid, an important organ in metabolism. One package of these noodles contains only 18 calories!

Ingredients:

1 package kelp noodles

4 level teaspoon of raw My Favorite Raw Salad Dressing (see recipe below)

½ cup or more of cherry or grape tomatoes, cut in half

4 teaspoons parsley flakes, or fresh parsley

2-3 cloves garlic, chopped finely

¼ cup raw Parmesan cheese, or finely ground raw walnuts

Method:

1. Soak the noodles in purified water for about 20 to 30 minutes to soften, then drain.

2. Mix everything in a bowl. Serves two. Enjoy!

Kelp Noodle Pad Thai

by From Susan Schneck, author of the [Live Food Factor](#)

Ingredients:

1 package of kelp noodles
bok choy
mushrooms
shredded kale and/or cabbage
green onions
garlic
sprouted mung beans
uncooked tempeh, chopped (not raw)

Method:

1. Soak the noodles 20 minutes or so to soften them.
2. Add a mixture of nama shoyu (unpasteurized soy sauce), unpasteurized olive oil, and raw apple cider vinegar.
3. Chop up and mix in the vegetables. Add chopped uncooked tempeh for extra protein.

Cream Of Leek Soup

By Carmella of [The Sunny Raw Kitchen](#)

After months of enjoying the same tried and true soups, for no apparent reason, Don and I have recently started to crank up new recipes again. Funny how creative spurts come and go... The following emerged from one of my all time faves, Jennifer Cornbleet's Cream of Zucchini. I didn't have the garlic and dill called for in the recipe, so I did what any cook/uncook would do: I went with what I had on hand. The result reminded me of the SAD Cream of Leek I used to love. So creamy and delicious! ~ Carmella

Ingredients:

- ½ avocado
- 1 cup zucchini, chopped
- 1 stalk celery, chopped
- 1 tablespoon lemon juice
- 1 teaspoon mellow white miso
- 1" piece of leek
- ¼ teaspoon sea salt
- dash cayenne pepper
- 1 tablespoon olive oil
- handful of fresh parsley
- 1 cup water (or until preferred consistency is reached)



Method:

1. Place all of the ingredients in a high speed blender and blend until smooth.
2. If desired, warm up gently on the stove, stirring constantly.

Serves 2

Pumpkin Soup

For a long time I believed that raw pumpkin soup was not possible. 'Tis! This is one of my favourite raw dishes. Easy on the tummy, easy on the eye and a treat for the taste-buds! ~ Jennie



Ingredients:

Soup

2 cups diced butternut pumpkin, diced

½ cup of brazil nuts

½ teaspoon of salt

½ clove garlic

½ teaspoon ground cumin

1 kaffir lime leaf

1-2 cups of water, depending on how you like your consistency

Croutons

Corn kernals, off one cob

1 red or yellow capsicum, diced

1 small cucumber, diced

1 cup of mung bean sprouts

Serves Two.

Method:

1. In your high speed blender add the pumpkin, brazil nuts, salt, garlic, cumin, kaffir lime leaf and water. Blend on high until smooth.
2. Pour into a bowl and add your croutons.

Jen's Note: I like to dice in some fresh vegies for the chew factor. When we chew our mouth releases saliva which is the first stage of digestion with our food. This helps our tummy immeasurably. I've used my favourites for this recipe but you can also use carrots, celery, tomato, other greens, finely chopped nuts or seeds, parsnip, cauliflower or broccoli. When it comes to vegetable croutons you are only limited by your imagination. Go for it. Have fun!

The World's Most Beautiful Coleslaw

This is such an asthetically gorgeous salad that people have literally gasped when I've served it. The medly of colours is so pleasing to the eye! Not only is this coleslaw pretty but it tastes fabulous as well. The perfect dish! ~ Jennie

Ingredients:



Salad

- ¼ medium Chinese cabbage, shredded
- 1/8 red cabbage, shredded
- ½ carrot, grated
- ½ large red capsicum (bell pepper), diced
- 3 shallots, sliced
- 1 stalk of celery, sliced (no leaves)
- ¼ cup of fresh coriander (cilantro) or parsley

Dressing

- ¼ cup good quality organic olive oil
- ½ cup of apple cider vinegar (can be substituted with lemon juice, but test the amount)
- ½ large or 1 small clove of garlic
- 1 teaspoon of cumin
- 1 ½ teaspoons of dark agave
- ½ teaspoon of fresh ginger
- ½ teaspoon of salt
- ¼ teaspoon of cayenne pepper
- ¼ teaspoon of sesame oil

Method:

1. Toss all of the salad ingredients in a bowl.
2. Blend all of your dressing ingredients together. The Tribest Personal Blender is ideal for this but a stick blender will work wonders as well!
3. Pour dressing over salad and serve. It's nice to let it sit for an hour for all of the flavours to marry but really... who can wait?

Bitter Green Salad

I know the goodness of dandelion and other bitter greens, but I just don't like them in smoothies or in salads. Until I found this dressing. Now I can eat large amounts of bitter greens and really, really enjoy them knowing how good they are for me. ~ Jennie

Ingredients:

2-4 cups of mixed greens

eg. dandelion, sorrel, kale, collards and parsley washed and chopped

juice of one orange

pinch of salt

freshly ground black pepper

¼-½ small clove of garlic

Method:

1. Blend the juice, salt, pepper and garlic until smooth.
2. Pour over your bitter greens and herbs.

Mediterranean Cauli Cauli (Cous Cous!)

Amazing how so much flavour can come from a dish that is so quick and easy to make. ~
Jennie



Ingredients:

- 1/8 cup of olive oil
- juice of half a lime
- 1 teaspoon each of cumin and ground coriander
- ½ teaspoon of salt
- 1 clove of garlic, finely chopped
- half a small cauliflower (around 4 cups of florets), cut into chunks
- 1-2 tablespoons of chia seeds
- 8 sundried tomatoes
- 125g cherry tomatoes, diced
- 10 raw olives
- small handful each of parsley and mint
- ½ a red onion diced

Method:

1. Using the 'S' blade on your food processor, whiz your cauliflower until its grain-like. I do this in batches because my processor is so small.
2. Mix in your chia seeds. They will soak up the excess liquid.
3. Blend the olive oil, lime juice, cumin, coriander garlic and salt and set aside.
4. In a large bowl mix the cauli mix with your dressing, and the rest of the ingredients, well. Let sit for an hour before serving unless you can't help yourself!

This is also excellent filler for lettuce wraps. Oh so divine!

Variation: If you are not a fan of cauliflower, feel free to finely chop parsnip or use a sprouted grain such as quinoa or buckwheat.

Spinach & Cream Pasta Casserole

By Carmella of [The Sunny Raw Kitchen](#)

Creamy, cheezy and delicious! I am in love. This is a favourite cool weather dish of mine for sure now. ~ Jennie

Ingredients:

Pasta

2 or 3 zucchinis, peeled

Sauce

1 cup cashews and/or macadamia nuts

½ to ¾ cup water (depending on desired thickness)

1 garlic clove

¼ cup lemon juice

1 teaspoon salt



Marinated Spinach

2 cups spinach, thinly sliced (or more, to taste)

½ tablespoon olive oil

½ tablespoon oregano

1/8 teaspoon salt

Marinated Criminis

1 cup crimini mushrooms, sliced

Pine Nut Parmesan

½ cup macadamias

½ cup cashews

2 tablespoons pine nuts

1 tablespoon lemon juice

1 tablespoon flax meal

- 1 clove garlic, crushed
- 1 tablespoon nutritional yeast
- ½ teaspoon salt

Pasta Method:

1. Make linguine size pasta with the help of a spiral slicer. (Although any type/size would work well too.)

Sauce Method:

1. Grind nuts until fine, then add other ingredients and blend until smooth.

Marinated Spinach Method:

1. Place all ingredients in a bowl and massage to wilt the spinach.

Marinated Criminis Method:

1. Toss mushrooms in a little olive oil and tamari, and let marinate for at least 1 hour.

Pine Nut Parmesan Method:

1. Process macadamia nuts and cashews until ground.
2. Add the rest of the ingredients and process until well mixed. You don't want to over-process the pine nuts, as they release a lot of oil.

Assembly

1. Toss the noodles with the sauce.
2. Gently fold in the spinach and half of the marinated mushrooms (save the rest for garnish).
3. Place mixture in a dish.
4. Sprinkle with Pine Nut Parmesan.
5. Top with remaining mushrooms.
6. Dehydrate at 43 degrees Celsius (110 degrees Fahrenheit) for 1 hour (optional)

Serves 4

Carmella's Notes: You'll probably have extra sauce and Parmesan, but I'm sure you'll find some way to use the left-overs. Oh, and the Parmesan freezes really well too. Enjoy!

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Ice-Creams and Sorbets

Is there anything as fun as ice-cream in front of a movie with your loved ones? Many people who come to raw think they have to give up ice-cream forever. Not so!!! Raw vegan ice-cream is easy to make and delicious. You only need to think of your favourite flavours and they are easily recreated. Here are some of our most enjoyed ice-cream treats for you...

Chocka – Plum Ice Cream

A rich and beautifully unique chocolate ice cream with fresh chopped plums stirred through it!



Ingredients:

- 1 cup of truly raw cashews soaked 1-2 hours(measured before soaking)
- 1 cup of young coconut water
- ½ cup of young coconut flesh
- ½ cup of light agave
- ¼ cup cacao butter
- 3 tablespoons of cacao powder
- 5 plums pitted and roughly chopped

Method:

1. Strain your cashews.
2. In your blender add cashews, coconut water and flesh, agave, cacao butter and powder then blend on high until smooth.
3. Add this mix to your ice-cream maker and just prior to putting in the freezer (or when your manual suggests last minute add-ins) stir in your chopped plums. Delish!
4. Allow to soften for 15 minutes or so before scooping.

Note: If you don't have an ice-cream maker you can alternatively freeze in a mixing bowl and mix with beaters every couple of hours until it's getting quite firm. This will aerate the mixture.

Vanilla and Cookies Ice Cream



Ingredients:

- 1 cup of truly raw cashews soaked 1-2 hours(measured before soaking)
- 1 cup of young coconut water
- ½ cup of young coconut flesh
- ½ cup of agave
- ¼ cup of cacao butter
- 1 whole vanilla bean ground
- 1 raw Chocolate Fudge Bar processed into crumbs

Method:

1. In your blender add cashews, coconut water and flesh, agave, cacao butter and vanilla.
2. Blend on high until smooth.
3. Add this mix to your ice-cream maker and just prior to putting in the freezer (or when your manual suggests last minute add-ins) stir in your Choc Fudge Bar Crumbs. Delish!

Note: If you don't have an ice-cream maker you can alternatively freeze in a mixing bowl and mix with beaters every couple of hours until it's getting quite firm. This will aerate the mixture. Gently fold through your Choc Fudge Bar crumbs as late as possible.

Coconut, Pineapple and Basil Ice Cream

A perfect summer dessert, and a delightful minty green colour ~ Miss Giggles

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Ingredients:

½ sweet pineapple
½ cup raw coconut cream
½ cup loosely packed Thai basil
½ cup loosely packed spearmint
1 young coconut
lychees

Method:

1. Blend pulp of a young coconut with 1 cup of filtered water or coconut water
2. Sieve through nut milk bag - this will yield the required ½ cup of coconut cream (remember to retain the coconut pulp from the nut milk bag for use in the ice cream)
3. Peel the pineapple and juice 2/3 of it to make approximately one cup of juice (save the pineapple pulp to add to the ice cream)
4. Combine the pineapple juice, coconut cream, basil and spearmint in a blender
5. Process until smooth and slightly speckled with the green herbs
6. Transfer to plastic ice moulds and place in the freezer
7. Once frozen (this will take approximately 3 hours) return to the blender with the remaining pineapple, pineapple pulp and the flesh from the coconut
8. Process until the cubes have broken up but retain some texture from the pineapple. Serve with fresh lychees.

Note: Don't over-freeze it or it will turn out like a brick.

Frozen Banana Sorbet

When blended, frozen bananas are beautifully smooth and creamy ~ Sheryl

Ingredients:

Bananas

Method:

1. Freeze bananas
2. Blend up in a food processor, high speed blender or single/twin gear juicer

Variation: For a raw sundae, top with chopped fruit, nuts or grated coconut, and a sauce made from blended fruit with dates/agave nectar to sweeten.

Pineapple and Mint Sorbet

I can't say why this is one of my favourite recipes, it just is. Light, sweet and a hint-o-mint... divine! ~ Jennie

Ingredients:

1 ¾ cups of pineapple juice (about 1 pineapple)

¼ cup of agave

1 tablespoon of mint leaves, finely chopped

Method:

1. You can use your ice-cream maker following the manufacturers instructions to make sorbet, or pour the mixture into ice-cube trays and freeze. Once frozen blend in your blender until you have sorbet. This will break up the seeds but it's still delicious! <delete this line since there's nothing in the ingredients list that has seeds ~~Erin>

Another alternative method is to put the mixture in your freezer and give it a stir every couple of hours.

Strawberry Chia Sorbet



This is the prettiest pink strawberry sorbet, and would make the most perfect summer pudding. Totally delicious ~ Miss Giggles

Ingredients:

1 tablespoon of chia seeds

(chia soaked overnight in the juice of one orange)

6 large frozen strawberries

1 extra orange (juiced)

Method:

1. Add frozen strawberries and the juice of one orange to the blender

2. Add soaked chia mix

3. Blend until combined

Note: If using smaller strawberries, use at least double the quantity

Orange Passion Sorbet

Ingredients:

2 ½ cups of fresh orange juice

5 passion fruit

½ cup of agave

Method:

1. Put all of the ingredients in your blender and blend at the lowest speed for about 20 seconds. This will break up the passion fruit pulp without grinding the seeds. The seeds look gorgeous whole in this recipe.

You can use your ice-cream maker following the manufacturer's instructions to make sorbet or pour the mixture into ice-cube trays and freeze. Once frozen blend in your blender until you have sorbet. This will break up the seeds but it's still delicious!

Another alternative is to put the mixture in your freezer and give it a stir every couple of hours.

Hints:

- You don't need to use this much agave if you don't wish. The agave helps it from freezing completely solid as water would, making it easier to scoop and also reduces the tartness from the passion fruit.
- If you don't have a blender with a very low speed you can use a whisk to whip it up a bit.
- If you don't want the passion fruit pips in there, just strain after the low speed blending or whisking.

Chocolate Truffles

Delicious, and so dark and chocolaty! This is sinfully dark chocolate. Very fudgy and firm. The chocolate and carob balance well to create a very dark and delicious truffle ~ Sheryl

Ingredients:

- ½ cup raw cacao butter, melted
- ½ cup raw agave nectar
- ½ cup raw cacao powder
- ½ cup raw carob powder
- ½ cup raw cashews

3 tbs extra raw cacao powder (for rolling)



Method:

1. Blend melted cacao butter, agave nectar and cashews until smooth.
2. Add cacao powder and carob powder and blend until smooth.
3. Chill it in the freezer
4. When firm enough roll into balls, then coat with cacao powder.

Note: In a high speed blender like the Vitamix you can turn the cashews into a smooth silky cream. If you are using a less powerful blender you might like to soak the nuts in water for a few hours first to soften, or just decide to enjoy the extra texture some small nut pieces will add.

Variation: Miriam liked the idea of adding vanilla. I think it would be yummy with orange zest or kumquat skin!

"I honestly think that raw food found me, and not vice versa." ~ Miss Giggles

Chocka Cherries

This is a super easy and delightfully delicious dessert recipe sure to impress. Let the frozen cherries thaw before serving for a mouth watering treat.

Ingredients:

- ½ cup of shaved raw cacao butter melted
- ½ cup of cacao powder
- ¼ cup of agave
- 300g of frozen or fresh pitted cherries

Method:

1. Mix cacao butter, powder and agave well until there are no lumps.

2. Using a fork dip each cherry in the melted chocolate, then transfer to a non stick surface.

The non-stick sheets for the Excalibur Dehydrators are perfect for this.

3. Return cherries to freezer or refrigerator. Once the chocolate has set, transfer to a covered bowl and eat sparingly. (If you can, these are so delicious it's hard to have just one!)

4. You will most likely have some chocolate left over. Use chocolate molds or ice cube trays and pop your chocolate in those. You can also cover frozen banana (this is divine) or mix the chocolate with goji berries, sultanas and some soaked and dehydrated nuts for a fruit-n-nut treat.

Note: Also, if you are OK with essential oils, try adding a drop of your favourite oil such as peppermint.



Carob Cream

This tastes and looks like chocolate mousse. You won't be tempted to eat chocolate with this dessert! It can be eaten alone or used as an icing for a cake or a dip for strawberries, bananas, and so on.

1 avocado

½ cup raw carob

¼ cup raw coconut butter

½ cup unheated honey or agave

Method:

1. Blend in food processor with the 'S' blade until mixture is creamy and it looks like Hershey's chocolate.
2. If it doesn't taste sweet enough, add another tablespoon of honey. Alternatively, you can thicken this with coconut butter, or sweeten it with agave.

Serves 6-8

Easy Recipe for Carob Truffles

Even my friends who don't usually like carob treats like this one ~ Lee R

Ingredients:

1 cup almonds

½ cup dates (pitted)

1 tablespoon raw carob powder

2.5 tablespoons filtered water

Coconut to roll truffles in

Method:

1. Put almonds into food processor and process until crumbs
2. Add dates 1 at a time until mixed in
3. Add in carob powder and process again
4. Add water and process
5. Roll into balls and roll in coconut and keep in fridge or freezer

Note: I only have small food processor so find it best to do it this way, but with a good food processor, throw in almonds, dates and carob powder and process together in one hit and add water last

Easy Apple Pie

An all-American favourite, raw style! And it's a lot easier to make than the "traditional" version!
~ recipe by [Alissa Cohen](#)

Ingredients:

Crust:

2 cups sunflower seeds
1 cup raisins (soaked)
½ apple

Filling:

6 apples
8 dates (pitted and soaked)
½ cup currants or raisins
½ lemon juiced
1 teaspoon cinnamon



Method:

1. Blend crust ingredients in a food processor and form into a pie pan
2. In a food processor, blend 2 apples with the dates until smooth
3. Pour into a bowl and set aside
4. In a food processor, pulse chop 4 apples into tiny pieces
5. Remove from food processor and place in a bowl with the dates
6. To the date mixture, add the cinnamon, lemon and currants and mix well
7. Pour filling into pie crust and let stand for at least an hour

"For me, thinking about where a food came from - like a sun ripened orange that was hand picked by someone and is bursting with flavour - that's a treat. More so than a cookie that was processed in a food plant and made of chemicals.

Fresher is so much better! It's only our minds that think that "bad foods" are treats. Maybe we should work on reconfiguring our thoughts and what we think of as treats." ~ Mallory

Frozen Chocolate Banana Sticks

Any left over chocolate sauce you can eat or use to dip strawberries in. ~ Squidly

Ingredients:

5 bananas

6-8 dates

1+ tablespoon raw agave nectar (more if you like sweeter)

1+ tablespoon raw cacao powder (double if using carob)

1/2 vanilla bean, ground (or 1 teaspoon vanilla paste)

Dried coconut, sesame seeds or crushed nuts of your choice

6 paddle pop sticks (popsicle sticks)

Method:

1. In a food processor mix 2 bananas, cacao, agave nectar, dates and vanilla. Add filtered water if you want a thinner chocolate sauce
2. Cut the remaining 3 bananas either into halves or thirds depending on their size
3. Skewer each one with a paddle pop stick
4. Roll each banana in chocolate sauce and then in sprinkle with coconut, sesame seeds or crushed nuts
5. Place banana sticks in freezer and eat as you please

I am going to enjoy a truly delicious moment
of the juiciest flawlessly melt in the mouth mango.
Oh my gosh, must fly, can't wait any longer.
I hear it calling me.

~ Janita

Wedding Cake

This delicious coconut based cake take only MINUTES to make. It's delicious! Sweet coconut and tahini topped with cashew frosting by Sergei and Valya Boutenko of [Raw Family](#)

For the cake:

2 cups raw tahini
4 cups dry shredded coconut
1/2 cup raw agave nectar
1/2 teaspoon salt

For the frosting:

1 cup raw cashews
1 teaspoon mint extract
1/4 cup fresh coconut oil
2 tablespoons raw agave nectar
1/2 teaspoon salt
1/2 cup filtered water as needed

For Garnish:

Sliced fruit of your choice

Directions

To make the cake: using clean bare hands mix together the tahini, shredded coconut, agave nectar and sea salt until desired texture is achieved. For layers, add any sliced fruit of your choice.

To make the frosting: process the cashews, mint extract, coconut butter, agave nectar and sea salt; add 1/2 cup water as needed (try to use as little water as possible. The less water you use, the thicker the frosting will be).

Frost the cake and chill it in the refrigerator or freezer before serving. Note from contributors: This cake does not need to be frozen because the cake is very firm. The more coconut you add the firmer it will be.

Note: (from Raw Pleasure) We have substituted agave nectar for honey as a vegan option for sweetening this cake. Mint extract is optional - raw herb extracts are not widely available in Australia. You can purchase books by the Boutenkos in Australia through [Raw-Pleasure.com.au](#) or in the USA from [RawFamily.com](#).



Carrot Cake

This is a light cake, not too rich as many raw cakes tend to be. If you drink carrot juice this is a great use for all the leftover pulp. ~ Merridy

Ingredients:

3 cups carrot pulp (left over from juicing)
½ cup almonds, finely ground
½ cup dates, chopped coarsely
½ cup psyllium husks
1 teaspoon nutmeg
Grated rind of 1 lemon
1-2 tablespoon raw agave nectar (optional)
1 batch of icing – such as Lemon Date Icing

Method:

1. Place all ingredients in a food processor
2. Blend until well mixed
3. Knead with your hands if needed to fully integrate all ingredients
4. Press batter into a cake shape on a plate and frost
5. Keeps well for several days in the fridge if it lasts that long!

Note: If you don't have a juicer, try finely processing/shredding the carrot then straining off the liquid in a muslin bag. Fresh shredded carrot does not work; it's too moist for the cake.

Lemon Date Icing

Ingredients:

1 cup soaked dates
Juice of 1 lemon
2 teaspoons psyllium husks

Method:

1. Blend or process dates, adding psyllium & lemon gradually until desired consistency & taste are reached

Luscious Lemon Cookies

These dehydrated cookies are YUM! Beautifully zesty and delicious ~ Sheryl



Ingredients:

- 2 cups raw cashews
- 2 cups mature coconut, shredded
- $\frac{3}{4}$ cup lemon juice
- $\frac{1}{4}$ cup lemon zest
- $\frac{1}{4}$ cup raw agave nectar (or more to taste)

Method:

1. Blend well. With a high speed blender you can add all together and blend. With a regular food processor or blender you might want to grind the cashews first
2. Dehydrate in cookie shapes until firm to the touch and chewy

Note: Both fresh and dried shredded coconut will work in this recipe.

Diabra says: "First batch in the dehydrator. Even un-dried, absolutely delish. Thanks for the recipe Sheryl."

"Why do I eat raw? The reason is constantly evolving, but ultimately it doesn't matter, because it is the outcome which is important, not so much the motivation. The best reason, is to have no reason.. I just eat raw because... because why?.. just because..

Truthfully, I can say the following have been part of my motivation at one time or another:

- desire to "experiment" on my body and mind
- desire to maximise health
- desire to improve aerobic fitness
- enjoyment of the lifestyle, itself
- enjoyment of being eccentric
- desire for longevity
- fear of becoming old and decrepit
- desire to save money on medical bills (especially in old age, and in a country where publicly provided health care is no longer guaranteed
- moral obligation"

~ Brett

Raw Chocolate

This is a basic raw chocolate recipe base to which you can add whatever your heart desires. This is a superbly rich dark chocolate – all raw, as nature intended. Oh and it's good for you!
~ Miss Giggles

Ingredients:

½ cup raw cacao powder
¼ cup raw cacao butter (melted)
2 teaspoons raw agave nectar



Method:

1. Melt raw cacao butter using the bain-marie method (placing it in a bowl in a larger bowl or sink of warm water)
2. Measure cacao powder into a mixing bowl
3. Add agave nectar and half of the melted cacao butter to the cacao powder and gently combine using a pliable spatula
4. Gradually add the remaining melted cacao butter and continue blending until all ingredients are well combined
5. Pour or spoon chocolate into tiny confectionery cases, chocolate or ice cube moulds
6. Place into the freezer to set

Note: If making by hand, always add wet ingredients to dry.

If time is of the essence, you can easily mix chocolate in a high speed blender, using the steps above as a guideline. However, it must be said that blending chocolate by hand with a mortar and pestle is well worth the investment of time and is an exquisite experience in itself.

If you do not have tiny confectionery cases or ice cube moulds, simply line a small cake tin with greaseproof paper and pour the chocolate into the tin. Gently spread the chocolate until it is evenly distributed and you have a consistent depth.

You can set it in the fridge or the freezer. If you set it in the fridge it softens a little quicker when out. You can eat raw chocolate straight from the freezer, and it is always 'melt in the mouth'.

Variation: Variations to this basic chocolate recipe are limited only by your imagination. Try substituting half of the cacao butter with coconut oil for a smooth coconut chocolate. The addition of grated orange/lemon zest, mint or raw nuts is only just the beginning....

Strawberry Pie

A dish that is both colourful, attractive and tastes amazing. That's what raw food is about. Bring the colours to your palate with this gorgeous strawberry pie. ~ Jennie



Base Ingredients:

3 cups of soaked and dehydrated almonds
1 whole vanilla bean ground (I did this in my Tribest blender with the dry blade)
3 tablespoons of agave
zest of 1 lemon
water to bind, if needed.

Filling Ingredients:

2 cups of dates, soaked
500g of strawberries, washed with the greens removed
(save the greens, they are awesome in green smoothies)
1 whole vanilla bean, ground
zest of one lemon

¼ cup of cacao butter, melted

another 500g of strawberries, washed with the greens removed.

Reserve some strawberries and/or greens for garnish, halve or quarter the rest depending on the size of the strawberries.

Method:

1. Place the cacao butter in the dehydrator to melt. About 46 degrees Celsius (115 degrees Fahrenheit) is a good temperature for this. You can chop the butter, or grate it, to make this part quicker.
2. Put the dates in a bowl and cover with water. Set aside for the filling later. First we make the base!

Base Method:

1. Put your almonds in your food processor and process down to a breadcrumb like

consistency. Add the vanilla, agave and lemon zest and process again until combined. It should start to get moist and stick together, but if it doesn't then you may need to add a tablespoon of water or date-soak water from the filling.

2. Press into a pie dish. I use the palm of my hand to press from the middle of the dish to the outer edges. Set aside.

Filling Method:

1. Put 500g of strawberries into your blender. Strain your dates and put the dates into your blender on top of the strawberries. Also add the vanilla and lemon zest. Blend until smooth. Then add the cacao butter and blend again for a few seconds. I like to leave my blender running and pour the melted butter straight into the vortex but if you prefer to turn your blender off, add the melted cacao butter and then restart your blender that is perfect too.

2. Mix the chopped straw into the strawberry/date mix. Pour into the base.

3. Garnish with the reserved berries/berry greens and refrigerate for one hour.

Next step? Eat. So delish! This is great with a cashew or macadamia nut cream or raw vanilla ice-cream.

Variations:

This recipe is too easy to make. I feel so delightfully lucky that I can have this for breakfast and not feel guilty! There are of course other ways to make it... here are a few suggestions:

- Don't have cacao butter on hand? Then you could substitute with some ground psyllium husk or coconut oil to help it set.
- Strawberries not in season? No problem. I'm eagerly awaiting cherry season for this pie! Yummmmm. Bananas would also go well as would nectarines or mango. Double yummmmm.
- Don't have vanilla beans? A good vanilla extract will do. Keep in mind that these have alcohol in them though.
- Honey can be substituted for the agave in the base. You could also use a mixture of two cups of almonds with two cups of sultanas, raisins or currants. This works really well. Do remember to grind your nuts before adding your honey, agave or dried fruit.

Most of all, enjoy your pie!

Apple Cake

Recipe created by Viking Girl from the Raw Pleasure forums

This recipe is so easy to make and delicious too. People won't believe it's raw! You can serve it with a lovely cashew cream if you like, or if you want that creaminess without nuts, top it with some sliced banana. Yum! ~ Jennie

Ingredients:

Base

2 cups of walnuts, soaked overnight

½ cup of fresh dates, soaked for ½ an hour



Topping

1 cup of sultanas, soaked for one hour and drained

5 apples, peeled cored and chopped

2 tablespoons of flax seeds, ground

2 tablespoons of psyllium husks

½ - ¾ cup of shredded coconut

1 teaspoon of cinnamon

juice of 1 lemon

Method:

1. Put the base ingredients in the food processor and whiz using the 'S' blade until a ball forms. You may need to scrape the sides down a few times.
2. Put the ball on a plate and flatten into a round flat cake shape around 1cm thick.
3. Put all of the topping ingredients into your food processor with the 'S' blade. (I don't rinse my food processor between mixtures.) Whiz until medium coarseness and spread on top of the base, chill and serve.

Variations:

This recipe is also great if you omit the psyllium and flax and use 3 tablespoons of ground chia seeds instead. Simply take 2 heaped tablespoons of chia seeds and grind them in your Tribest Personal Blender or coffee grinder, then add this powder to the mixture.

Chocolate Coconut Bounty Cake

Recipe created by [Klomasius](#) from the Raw Pleasure Forums.

Ingredients:

Chocolate Fudge Layer

- 3 cups of walnuts
- 3 cups of medjool dates (pitted)
- 4 heaped tablespoons of raw cacao powder
- 2 tablespoons of maca powder (optional)



Coconut Ice Layer

- 3 cups of organic desiccated coconut
- ½ cup of coconut oil
- ½ cup of agave nectar, or other raw sweetener
- enough water to 'wet' the coconut
- pinch of finely ground celtic salt

Chocolate Frosting

- 1 cup of coconut oil
- ½ cup of raw cacao powder
- ½ cup of agave nectar, or soaked, blended medjool dates

Method:

1. To make the chocolate fudge layer, place the walnuts into the food processor, then the dates. Blend into a crumbly mixture. Stop blender and add cacao and maca powders using a spoon, to mix the powders into the walnut/date mixture. Blend again, stopping when needed to give the mixture a stir so it's being evenly blended. The fudge mixture is ready when it's doughy and all the walnut pieces have been completely blended in.
2. Take approximately 1/3 of this mixture and press it into a layer in a spring-form pan to form the bottom layer of the cake. Set the rest of the mixture aside at room temperature.
3. To make the coconut ice layer, place the desiccated coconut into a large mixing bowl and drip enough water in so that when it is stirred in, the coconut is slightly wet and becomes a little fluffier. Add the coconut oil (if room temp is cold and oil is solid, sit container in a bowl of warm water until oil is liquid or semi liquid).

4. Stir in thoroughly. Add the pinch of salt and sweetener and stir thoroughly.
5. Place spoonfuls of the coconut mixture onto the fudge layer in the spring-form pan, smoothing it down with a spatula or the back of a spoon until it is an even layer.
6. Next comes another layer of fudge, but this must be rolled to an even, flat layer before placing on top of the coconut ice layer.
7. Take two square sheets of baking paper (at least the diameter of the spring-form pan) and place another third of the fudge mixture onto the bottom layer of baking paper. Place the second layer of baking paper on top of the fudge and using a rolling pin, roll the mixture out until it's flat, roughly circular, and the same size as the spring-form pan. Take the rolled fudge layer and place gently onto the coconut layer, pressing down to set it in its place. Take a knife and cut round the edges to remove excess fudge. Add another layer of coconut ice (repeat as before) and then a final layer of fudge (repeat as before with rolling pin and baking paper).

Note: You can add as many layers as you like to achieve the required height. You could also stop at a coconut layer, though this may make it harder to frost the cake.

When finished, place the cake in the fridge.

To make the chocolate frosting, place the liquid or semi liquid coconut oil into a bowl and add the cacao powder. Stir thoroughly until all cacao powder is mixed in and the mixture is smooth and lump free. Add the agave nectar or soaked blended dates while stirring, until fully blended.

Take cake from fridge (by now it should be slightly harder and easier to handle) and take it out of spring-form pan. Place onto a decorative plate and frost with the chocolate frosting.

Decorate with fresh fruits such as strawberries, raspberries or mangoes, desiccated coconut, fresh coconut shavings or fresh flowers and place into fridge until required.

Super Caramel Chocolate Tarts

By Carmella of [The Sunny Raw Kitchen](#)

For my part, I wasn't really planning on making anything special for Easter; it just sorta happened! (Guess some things CAN'T be helped! lol) I was lingering in bed yesterday, dreaming of a sweet treat combining caramel and chocolate. After toying with the idea for some time, it finally hit me that I had created a dessert along those lines a couple of Easters ago. (So much for being original!)

The following is a richer version of my Divine Caramel Chocolate Tarts combined with a superfoods-based caramel inspired by GlimR's Ca~Raw~Mella Bars. Superbly festive and yummy!

Ingredients:

Chocolate Brownie Crust

1 ½ cups walnuts or pecans (or both!)

¼ cup soft dates

¼ cup raw cacao powder

2 tablespoons carob powder

(I used Raw Food World's wonderful Rich Carob Powder from Italy)

2 teaspoons agave nectar

1 teaspoon vanilla extract

generous pinch sea salt



Method:

1. Process nuts, cacao and carob powders and sea salt in food processor until fine.
2. Add dates, agave and vanilla extract and process until crumbly.

Super Caramel

½ cup agave nectar or raw honey

¼ cup almond butter

¼ cup + 2 tablespoons lucuma

¼ cup + 1 tablespoon mesquite (regular or Dark Argentinean)

1 tablespoon+ 1 teaspoon maca
1 teaspoon vanilla extract
3 tablespoon water
¼ cup pecans, broken into pieces

Method:

1. Mix first set of ingredients by hand in a bowl. Add more water if too thick.
2. Fold in pecan pieces.
3. Top with Dark Chocolate Ganache (recipe follows)

Dark Chocolate Ganache

Ingredients:

¾ cup cacao powder or carob powder (I used both)
¼ cup + 2 tablespoons coconut oil
3 tablespoons maple syrup
1 ½ tablespoons agave nectar
2 pinches sea salt

Method:

1. Sift cacao and/or carob powder into a bowl.
2. Add other ingredients and mix well with a spoon or whisk.

Makes 6 tarts

Carmella's Notes:

If the mixture thickens too quickly due to the agave or maple syrup being colder, no worries! Just pop the bowl in the dehydrator for a few minutes to soften it up.

As you can see in the picture below, the Chocolate Ganache topping had actually thickened up a bit by the time we were ready to assemble the tarts, but it still worked out just fine.

Strawberry Shortcake

By Carmella of [The Sunny Raw Kitchen](#), inspired by Cafe Gratitude's I Am Rapture



I've been on a cake roll these days. Guess I'm making up for lost time, lol. Being born in Summer, strawberry shortcake was my de-facto birthday treat for years. Don't ask me why I finally decided to attempt a raw version of this childhood favorite right at the end of strawberry season (at least, around here). Not great timing I know, but what can I say? Creativity has its reasons. ~ Carmella

This recipe is for a 6" diameter pan or tub.

Ingredients:

Cake

- ¾ cup well packed dates, chopped
- 1 tablespoon lemon juice
- 1 tablespoon vanilla
- pinch salt
- 1 cup loosely packed left-over nut pulp, from making milk or ground almonds
- 1 cup dried coconut
- ½ cup cashews

Method:

1. Place dates in food processor and process until a smooth paste forms. You may need to add a little water.
2. Add the rest of the ingredients and mix until smooth.

If using ground almonds instead of wet almond pulp, you might want to add a couple of teaspoons of water for moisture.

Strawberry Layer and Decoration

- 1 ½ cups strawberries, sliced

Assembly

1. Grease a spring form pan with a little coconut butter, or line a large margarine tub with plastic film.

2. Next form an even layer on the bottom of the pan with half of the cake mixture.
3. Top with ½ of the strawberries, followed by some of the whipped cream. Put in fridge to set.
4. When firm, form another cake layer. Then top with more strawberries. (Remember to save a few for decoration).
5. Again top with whipped cream and set in fridge.
6. When firm, gently remove cake from the pan or margarine tub and place on serving plate.
7. Decorate with strawberry slices and serve.

Whipped Cream

Ingredients:

- 1 cup cashews, or a mixture of cashews and macadamia nuts
- 1 cup + 2 tablespoons fresh coconut milk
(simply blend 1 part dried coconut with 3 parts water in high speed blender)
- 1/8 - ¼ cup honey or agave (depending on how sweet a tooth you have)
- 1 tablespoon lemon juice
- 1 tablespoon vanilla
- pinch of salt
- ½ cup coconut butter, melted
- 1 tablespoon lecithin* or 2 teaspoons psyllium husks (see notes)

Method:

1. Blend all ingredients except lecithin until smooth.
2. Add lecithin and blend until thoroughly mixed.
3. Set in fridge for about 1 hr.

I ended up having too much cream for the cake, and served the last of it with fresh strawberries. Soooooo good!

Note: Lecithin is derived from soybeans and acts as an emulsifier. Look for lecithin (preferably non-GMO), in granules or powdered form, at your local Health Food Store. If using granules, make sure to grind them up in a high speed blender or coffee grinder.

A Tour of Our Kitchen

I sat down to write the 'Equipment FAQ' (frequently asked questions). I had been avoiding it for weeks - I never read Equipment FAQ's so how could we expect you to? So instead I am going to take you on a tour of my kitchen instead. This is the kitchen we've set up after years of classes, dinners and retreats, and is set up by us to be the best raw food kitchen ever!

People seem to expect that we sit down and eat three gourmet meals a day; nothing could be farther from the truth! The mainstay of our kitchen is a giant bowl of fruit that sits on the centre island. The contents vary season to season and week to week. We focus most on what's in season, and try for a good variety each week. When we lived in Australia we make the extra trip down the coast to our favourite farms it fills with a bounty of tropical fruit like jackfruit, chocolate pudding fruit and more. Now that we are in Canada though the selection is a little more restricted. The bowl is one that's special to us. It came from Indonesia and looks beautiful. It's important to make the presentation of food something you enjoy.



On a daily basis we eat lots of fruit, salads, vegetable sticks & dip and smoothies. Blended vegetables made into soup is a favourite too. Or sandwiches made by rolling avocado, tomato, olives and shredded carrot into a large green leaf or sheet of nori. These meals are simple and easy, like many of them you'll find in this book. They are quick and easy to make and can often be made with ingredients already on hand. Many of our meals are prepared in minutes. This is normal for us! We also tend to eat when we're hungry, as opposed to having set schedules each day for meals.

For meals like this all you really need is a nice knife, a cutting board and a blender. How much simpler can it be!

Many on raw food also enjoy more gourmet foods. These allow you to replicate some of the tastes and textures you loved with cooked food, while still benefiting from the wonderful health and energy benefits of raw. It's takes a little more time to prepare meals like this, but the reaction you get from friends and family is so worth it. When we're at home we may make dishes like this once a week or so. We also make more complex gourmet meals for dinner parties so people can see how much is possible with raw. People that love food this type of food may make it their daily fair. We LOVE visiting people like this!

This gives you an idea of how we eat. Now I'm going to tell you a little about each of the kitchen toys we choose to have in our kitchen. We are firm believers in quality where it matters... and in buying the basics where they will do too. Our kitchen is a bit of a mix of both!

🍊 Available from [Raw Pleasure](#) in Australia and nearby countries. In the USA you can find them at [Raw Food World](#), in Canada you can find them from [Upaya Naturals](#).

Vitamix Blender (Daily) 🍊

If I had to pick one piece of equipment over all others as my favourite, and probably most used in our kitchen, it would be my Vitamix Blender. I've had it for over 18 years now (Piers jokes that this is longer than I've had him!). I just love it and we use it almost every day. Most people would think blenders are for making drinks. Not so!

We use the Vitamix for smoothies, soups, sauces, salad dressings, pate, nut butter, raw chocolate, coconut cream and more. It's the most versatile appliance we have. If you want a smooth texture there is no better tool to do so than a Vitamix blender. We have looked at alternatives, but never found one that came anywhere near performing as well as the Vitamix. If we do we will make it available through Raw Pleasure, but at this time there is no other blender we would use personally or sell.

Knives (Daily)

For pure functionality, the most important tool in the entire kitchen would be your knives and cutting boards. For knives Piers is a bit of a connoisseur and we use Global Ceramic knives (available at high end kitchen shops). They are great, but I have learned the hard way that if you drop ceramic knives they break (I have broken about \$100 worth of knives over the last two years). Ouch! The cost isn't what's most important. Just make sure the knife feels balanced in your hand, is comfortable to hold, and keep them sharp! One of my favourite knives is a \$3 knife from the grocery store. It's really strong and I can even use it to pry mature coconut flesh out of the shell.

Glass Cutting Board (Daily)

For cutting boards we prefer glass. They are easy to keep clean, and don't absorb smells and tastes of foods you cut on them. Glass cutting boards range greatly in price. The ones we are using in fact, are sold as glass place mats, and sell for less than \$10 at the grocery store!

Graters (Daily)

Vegetable graters of all shapes and sizes are useful to make interesting foods. A plain salad is dressed up with shavings of carrot, or small strips of citrus zest. At last count we had 6 different graters in the kitchen (most used at least once a week). I especially like the new microplanes available in all different grating textures. They are very easy to use and available at most speciality kitchen shops.

Large Mixing Bowls (Daily)

My favourite are glass. We also have some large stainless steel ones. Different sizes, and especially one very large one are very useful.

Food Storage (Daily)

Last year I went out and bought a box of 24 2 litre glass jars (just over 8 cups each). These are invaluable in keeping food supplies organized and are very affordable when you buy from a packaging supply company (only a few dollars each). Compare this to buying in kitchen shops where you pay \$10 - \$20 per storage container!

We buy in bulk and put everything away in glass jars, stored out of direct sunlight. For nuts we tend to keep them in the freezer if there is room to keep them fresh. Items like seeds, dried fruit, crackers, dried tomatoes (we make our own), dried herbs, wheat seed, and

sprouting suppliers are kept in these jars. It looks great when you open the cupboard doors and everything is really easy to find.

It's a good idea to keep basic stock in the items you use regularly to make sure eating healthy is an easy thing for you to do.

We also have some glass bowls with lids to store prepared foods in the fridge and some plastic containers for storing greens. I have yet to find an ideal solution for greens in the fridge that doesn't include plastic. If anyone has some ideas please stop by the Raw Pleasure forums and share them. I would so love another way to store greens and herbs.

Tribest Blender (Two to three times per week) 🍊

The Tribest Personal Blender is an essential kitchen tool in many raw foodists kitchens. You can use it to grind spices such as whole cumin, coriander or pepper, whole vanilla pods or flax down to a fine powder. I also use the Tribest when I am making a small amount of liquid such as a salad dressing or spice paste for kimchi. It's also great to make drinks when you're on the run – just pop on the cap and off you go! The Tribest Personal Blender blends straight into the jars so you can just pop a lid on for easy storage if you have made too much or want a dressing that is enough for a couple of days.

Food Processor (Weekly)

Our next used appliance would be our food processor. This is a tool we use at least a couple of times a week. You use it for foods you want to keep more texture in (as opposed to blending smooth in the Vitamix). When I use cauliflower to make sushi rice, I use the food processor. The Vitamix would turn it into soup. I've never bought a really expensive food processor. We use the Braun model one up from the basic model; it has the extra attachments for shredding and slicing. I find these tools quite useful. I may only use them a couple of times a year, but if I'm making coleslaw for 80 I don't want to grate it by hand!! The slicing tool is also great for making sweet potato chips. More on that later.

Nut Milk Bags (Weekly) 🍊

When I make nut milk, or coconut cream, I first blend the ingredients, and strain them in a nut milk bag. It's a simple little nylon bag with a draw sting, that you can pour the liquid into. Then you draw it closed, and squeeze out the liquid. Before I bought one of these I used to use a square of cheesecloth. I was constantly dropping an edge and spilling things. Having a solid bag that closes is much cleaner, and very cheap too. Cheesecloth will do though in a pinch. The nut milk bags can also be used for sprouting, or squeezing the extra juice from pulp after you finish juicing. You will be surprised how much comes out. You can even make blender juices... blend your produce with enough water to blend smooth, then strain with a nut milk bag. The resulting juice is more watered down, but takes a fraction of the time to make compared to using your juicer.

Excalibur Dehydrator (Weekly) 🍊

While dehydrated foods are not a daily item in our diet, we do enjoy them. We use it for crackers, cookies, dried fruit, dried tomatoes and more. These are the obvious uses most people read about. But did you also know you can make a layered raw lasagne with zucchini sliced into noodles with tomato sauce, pesto and marinated vegetables? You assemble it, then warm in the dehydrator for a couple of hours. Just delicious. We also do marinated and lightly dehydrated vegetables. You can literally replicate Chinese stir fry dishes and other dishes like that using the dehydrator. It's lots of fun, and give you much room to experiment

with your creativity. The Excalibur is world wide considered the best for raw foodists – it's very accurate in temperature and the only one we would consider using in Australia. In fact we now have two in our kitchen to handle the large groups we regularly entertain.

Coffee / spice grinder (Weekly)

I have a little Breville coffee / spice grinder that I bought for about \$40. We use it to grind small batches of nuts and seeds, whole vanilla beans and spices (it has never seen coffee). We can even make small batches of raw Thai curry paste in it! They are invaluable tools and I love that they are low cost and small to store too. The price range doesn't vary that greatly (\$20 - \$70 when I last looked), however the low end ones are not worth the money. I tried three before I found the one I have now. It is actually designed for nuts and seeds too. Some people actually buy two and keep one for sweet things and one for savoury. You have never tasted real cinnamon until you grind up fresh cinnamon bark yourself.

Vegetables Spiralizer or Spirooli (Weekly) 🍊

This is a handy gadget that lets you make long thin strands from hard vegetables like beet root, zucchini, carrot and sweet potato. These can be used as garnish or even as a base for vegetable pasta. I love making zucchini 'pasta' and topping it with a sauce made from really raw cashews, lemon, black olive and garlic. It's just delicious. The different settings on the spiralizer also let you make other shapes that look beautiful on salads. The primary setting we use though is the pasta one. It comes out about the size of angel hair pasta.

Recipe Books (Weekly) 🍊

A good selection is a fun addition to your kitchen and to your diet. I almost never follow recipes exactly as they say (although it's always a good idea to follow the recipe the first time). Once you get an idea for how the different recipes work you'll start to see easy variations you can make. Tasty ones too. I'm lucky being part of Raw Pleasure... and have about 20 of my favourites from the shop in my library (kept within 10 feet of the kitchen)!

Mandolin / V Slicer (Weekly)

A handy tool for slicing and grating. It is the best tool I have found so far for making thin slices of zucchini for raw lasagne. It's delicious and because the slices are so thin they soften nicely.

Green Star Juicer (Monthly) 🍊

We have had this juicer since we first met. It has served us well. I like that it's a twin gear and processes the juice at a low RPM. It's less damaging to the food than a high speed centrifugal juicer. I love it. I have to admit though that we have been more into blended smoothies and soups lately, and our juicer has not been used very often. I'd like to make more green juices too.

Champion Juicer (Yearly) 🍊

A customer wanted to upgrade their juicer and offered this one in trade. We had been told by Panda on the forums that the Champion made excellent nut butter and thought we'd give it a try. She was right! We don't use it for juicing, but it comes out a few times a year to make almond butter. It does heat the nuts up quickly though, so every few minutes we need to let it cool. In most juicers / blenders nut butters like almond without added oils come out dry. In the Champion they are smooth and creamy! For best results though I soak then dehydrate the almonds first. You get a much better almond butter that way.

The following are items we don't have in the our kitchen, but are used regularly by other forum members on the Raw Pleasure Community:

Mortar and Pestal

Handy for grinding up small batches of raw chocolate the old fashioned way, or grinding small batches of spices and seasonings.

Salad Spinner 🍊

To spin dry greens after washing (or press between a clean dry tea towel).

Thermos

A really big one for carrying around green smoothies and juices on the run

I hope you enjoyed the Raw Pleasure Kitchen Tour. I am happy to share our kitchen with you and wish you all the best in your raw food adventure.

~ Sheryl Duruz
Raw-Pleasure.com.au

"Why do we eat raw? We started introducing raw foods to our vegan diet (this being initially brought about 8 years ago due to ethical reasons) to better our health. Mainly for more energy and to feel good. Raw has met these requirements and beyond!

After much reading and thought we now feel that Raw means much more to us than our own health. Making a 'lighter footprint on the earth' by the considerably less impact on the environment and resources such a lifestyle has is of equal importance to us.

A true inspiration is Woody Harrelson's DVD 'Go Further' and we highly recommend it. Very well done; nonbeneficial preaching and judgement is thankfully cast aside. Instead important information is getting out there by presenting the bigger picture through heartfelt dedication.

We are sure many more aspects of Raw will show themselves and we look forward to every little experience with gleeful anticipation. Raw rocks on so many levels!

Stay true,
Clarissa & Angus"

10 Days to Living Foods Freedom

Now you have access to a wealth of information the likes of which we only dreamed of having when we started on raw food. Of course ideas and information are only seeds capable of growing into mighty trees, but waiting for the life bringing rain. As rain brings the seed to life, so will your actions now by starting the “10 Days to Living Foods Freedom”. This is an opportunity to start making the benefits we’ve talked about here real. No action - no results. All action - all results. It's that simple.

The guidelines are simple, the results can be profound:

1. Measure your condition at the beginning and end of your challenge (weight, rating of your energy and sleep, measurements, body fat – whatever works for you).
2. Eat a minimum of 80% living, raw, enjoyable foods; a mix of greens, vegetables, fruit and nuts/seeds (preferably soaked). If you are opting to eat any cooked foods at this time, make them lightly steamed whole foods that are unpoisoned (ie wild / organic). Experiment! We do recommend 100% raw. It's easier (when you're creative enough to find options you enjoy)and people often see results much faster. Choose what works for you.
3. Keep a daily journal of the food you eat (the forums at Raw-Pleasure.com.au are a great place for this) and the benefits you are experiencing. Go for the best food you can find and write how it makes you feel.
4. Enjoy at least 30 minutes of gentle, fun exercise every day, preferably outdoor (rebounding, walking, swimming, or cycling). It's only for 10 days...unless you want more! :)
5. When trying anything new, ask yourself what you love about doing this. Make sure you answer!

If you're looking for new and interesting recipes or support please visit the forums at Raw-Pleasure.com.au. You'll find hundreds of recipes, articles, new friends and more. There's even a section for you to journal your experiences with raw food. This is a great place to ask questions too.



Of course as with any change in diet or exercise please consult an above average health care professional to ensure these changes are suitable for your unique circumstances.

Get to Know Your Raw Food Ingredients

by 21CarrotGurl of the Raw Pleasure Forums

🍌 Available from [Raw Pleasure](#) in Australia and nearby countries. In the USA you can find them at [Raw Food World](#), in Canada you can find them from [Upaya Naturals](#).

🔍 Look closely before you buy. Usually cooked or processed using high levels of heat, even if labelled raw. Educate yourself.

⚠️ Not recommended by Raw Pleasure

Agave Nectar: 🍌🔍 Is a natural sweetener extracted from the agave cactus. It is slightly less viscous than honey (and sweeter too), lending to its ease of use. It also has a low GI rating, so is useful as a natural vegan sweetener for people careful with their blood sugar. Most agave nectars are boiled, while others are produced raw using vacuum evaporation. Used in an array of sweet raw dishes/drinks, sauces or dressings. Try drizzled on a fruit salad for a sweeter hit or combine a tablespoon of agave nectar, a tablespoon of olive oil and tablespoon of apple cider vinegar or lemon juice for a tasty salad dressing.

Apple Cider Vinegar: 🔍 Is derived from fermented apples. Many people also use citrus juice in place of vinegar, and in most recipes you can easily make this substitution.

Bragg's Liquid Amino's: ⚠️🔍 Is a soy sauce like dressing made from liquid protein concentrate derived from soy beans. Used in dressings and savoury dishes. You will find it in many raw food recipe books, however many do not believe it is raw, and consider it too processed to be a part of a raw food diet. A less processed alternative is Nama Shoyu, or consider just using salt. Or even go without. It only takes a week or two to get used to a diet low in added salt. Once you do the levels of salt you are used to eating will no longer be appealing.

Cacao Butter: 🍌🔍 Is the pure extracted oil of the cacao bean. It is what high quality white chocolate is made from. Great as an addition to smoothies or raw chocolate. Can also be used as a glorious smelling body butter. It is important to use high quality food grade cacao butter; most are processed using hexane and other chemicals.

For a white chocolate recipe using cacao butter try:

- 1 cup cacao butter, melted
- 1 cup raw cashews
- 2 tablespoons mesquite powder
- 5 tablespoons agave nectar
- 1 vanilla bean

Cacao Beans / Nibs: 🍌🔍 Nibs from the raw cacao bean, which grows on the cacao tree. The bean, once dried, breaks easily into small pieces which are called nibs. When eaten straight, tastes like crunchy, raw dark unsweetened chocolate. Great sprinkled on top of a fruit salad or

as a crunchy addition to a raw chocolate recipe. Mixed with something sweet (dried fruit, Goji berries, agave) and something rich (cashews, macadamia nuts, coconut oil) you have an original true chocolate. Traditionally cacao beans are fermented, which raises the temperature to above raw levels. However really raw cacao beans skip this process. This produces a slightly bitter and stronger chocolate flavour, which so many of us love. Beans and nibs can be eaten as is, or ground for use in recipes. Without professional equipment though it's impossible to replicate the texture of cacao powder and smooth melt in your mouth chocolate. If this is what you want you will need to use cacao powder.



Cacao Powder: 🍌🔍 A raw chocolate powder created by pressing cacao into a cake and then separating the oil from the fibre. The remaining dry powder is what you see as cacao powder. Cacao powder is great in smoothies and for making raw chocolate as it is already in powder form and mixes smooth very easily. Try adding a tablespoon next time you're mixing up some blended fruits for a smoothie for a healthy chocolate hit! A great recipe using this is the "[Decadent Chocolate Sauce](#)" in the recipe e-book under main courses. There are chocolate recipes under [desserts](#) too. Traditional cacao powder is processed at high temperatures using chemicals you'd probably rather not eat. Really raw cacao powder is now available.

Capsicum / Peppers: Plants of the nightshade family (Solanaceae). Also known as 'chilli pepper' or sweet bell pepper.

Can be obtained in green, red, yellow and orange. Add to salads, crackers, as dippers or eat as is. Mash up some avocado, add some raw corn scraped off the cob, one chopped tomato, dice one half a green capsicum and one half a red capsicum for a tasty dip. Use the rest of the capsicum as your raw dipping sticks! Many people avoid green capsicums. They are actually the under-ripe fruit picked before it is allowed to colour. For this reason the nutrient content is lower, and many find it harder to digest.

Carob Powder: 🍌🔍 Made from the pods of the carob tree. *Ceratonia siliqua* is an evergreen shrub native to the Mediterranean region. Chocolate-like in colour it can be used in similar ways as cacao (eg. smoothies, chocolates). Make sure to look for really raw carob powder. Most carob powder is heated to very high temperatures during processing. Truly raw carob powder is more granular in texture.

Chia Seeds: 🍌🔍 Is the seed of the plant (*Salvia hispanica*) a member of the mint family. The Valley of Mexico is where it originated. It is a rich source of omega 3 fatty acids (an essential fatty acid). When soaked in liquid it expands in size, making it a great high fibre addition to smoothies and puddings. It's also takes on the flavour of the liquid it is soaked in, so soaking it in juice gives it extra flavour.

Chinese Broccoli Leaves: The leaves of the Chinese broccoli vegetable. Can be obtained in some supermarkets, markets and many Asian food stores. Broccoli can be substituted in recipes. It is also called 'gai lan'.

Coconut Oil/Butter: 🍌🔍 Is the fat/oil extracted from the coconut meat. Called oil in its liquid form, butter in its solid form. It's usually solid in the fridge and liquid at room or higher temperature. Praised for its healing and healthful properties another tasty addition for your

salad, smoothie or as an ingredient in raw chocolate. If solid you can easily melt by sitting the bottle in a sink of warm water, or by placing it in your dehydrator. Always look for pure, unrefined, cold processed coconut oil. If your coconut oil has no coconut smell it's most likely to have been refined, bleached and deodorized (and is usually made from very old rancid coconut - photos available on the Raw Pleasure forum). Even better eat fresh coconut! And if you still believe the propaganda that coconut oil is bad for you because it's a saturated fat, you need to read some books by Bruce Fife, a world expert on coconut, to learn the truth.

Coconuts: 🍌 Did you know that coconuts are not a true nut, but a fibrous drupe? They grow on the coconut palm and are made up of a husk, coconut meat and water. Coconuts can be eaten at the young or mature stage. Young coconuts have either a smooth unmarked green shell or a white "husk" if the outer shell has been removed (like the imported ones from Thailand). Mature coconuts are brown and hairy! Young coconuts have more water and soft, gel-like meat, whereas mature coconuts have firm rich meat and less water. The softer young coconut flesh can be blended into smoothies and sauces. When it's a little older it gets firmer and can be cut into delicious coconut 'noodles'. When mature it can be eaten fresh, grated, in recipes and can also be made into coconut cream and coconut milk. Many mature coconuts sold in stores are rancid. For a tried and true method to find a nice fresh one please see the [Raw Pleasure forums](#).

Curry Powder: 🌿 Is a mixture of spices of widely varying composition. The main ingredients usually consist of coriander, turmeric, cumin, and fenugreek. Sometimes ginger, garlic, fennel seed, clove, mustard seed, green cardamom, black cardamom, nutmeg, red pepper, cinnamon, and black pepper are added to the blend. Some make their own fresh spice mixes, most buy spices already prepared. There are spice companies that do raw and organic spices. Many raw foodists consider that store bought spices form such a low percentage of their diet they use regular spices and don't worry about it. And yet others consider any spice at all incompatible with a truly natural diet. Just like cooked food there are many variations of how people do raw.

Dehydrating: 🍌 Is the removal of water from a food. A dehydrator is a great tool in opening up a whole new world of gourmet and simple raw food. From crackers, stir fries to cookies and everything in between, a dehydrator at it's most basic moves warmed air over and around the food, which removes the moisture, but doesn't heat the food enough to cause the same damage / nutrient loss as cooking does. The Excalibur Dehydrator is known world wide among raw foodists as the preferred dehydrator in terms of quality, convenience and ease of use. Things to look for are accurate and controllable temperature and removable trays for dehydrating larger items (like raw lasagne and warming other dishes).

Durian: Called the 'King Of Fruits'. Festivals are held in its honour, Buddha's headpiece is modelled after its prickly/knobby shell and some pursue this magical fruit for their whole lives after only one taste. The durian is the fruit of trees belonging to the genus Durio. There are currently 30 recognised durian species, all native to south-eastern Asia. At least nine species produce edible fruit. The fruit is large, ranging from yellow to green in skin colour and the skin is made of many prickles or spikes.



There is the harder outer shell, with the inside of the shell containing one or many edible

pillows. There are many ways to eat the different types of durian. Usually it requires waiting for it to truly ripen, and waiting for it to naturally crack and then open along the cracks in some way. The taste as been described as butterscotch, vanilla, strawberry, almond, banana, ice-cream and so on depending on the quality and type of durian. Definitely a must try for every raw-fooder. A few of the countries you can find them fresh in include: Thailand, Malaysia, Indonesia, and northern Australia. You can also buy whole frozen durians in many Asian grocery stores around the world (Canada, Australia, USA, UK etc.).


Flax Seed (also known as linseed): Is a member of the genus *Linum* in the family *Linaceae*. The seed comes from the fruit of the annual plant. Flax seeds can be bought whole, ground or as flax oil. Also available in brown and golden varieties. Praised for its beneficial omega 3 fatty acids and high fibre content. Ground flax seeds can be added to smoothies and salads. Whole flax seeds are great added to dehydrated crackers. The oils in flax are very sensitive and go rancid quickly. For that reason it is recommended only to buy the whole seeds and grind as needed in a spice/coffee grinder or high speed blender. Flax oil should have a really nice nutty flavour. If the flavour is in any way displeasing, or you get a burning feeling in your mouth or throat the flax oil is rancid and is not beneficial to your health. In a test done at Raw Pleasure a few years ago, all 4 brands we tested were rancid. For that reason we only use fresh whole flax.


Fruitarian: Is a small subgroup of raw food vegans who eat only the fruit of plants. The precise definition of what is a fruit varies greatly, and some also choose to include nuts, seeds and greens. This term really does not apply to people that just like to eat a lot of fruit.

Lebanese Cucumbers: Is the edible fruit of the cucumber plant, which belongs to the family *Cucurbitaceae*. Lebanese cucumbers are smaller than continental and green cucumbers with a wrinkled skin like the continental cucumber. Often referred to as the tastiest cucumber. Slice is up and throw it into your next green salad, see if you agree!

Lemon Zest: Grated skin of a lemon. Try and purchase organic lemons to avoid exposure to pesticides. Excellent in many dishes to give a strong lemon flavour, and packed with nutrients too.

Lychee Fruit: The Lychee is the sole member of the genus *Litchi* in the soapberry family *Sapindaceae*. The fruit comes from a tropical tree native to Southern China and Vietnam. The fruit is 3-4 cm long (1.5 inches) and 3 cm (1.2 inches) in diameter. The skin is a red rough textured rind that is inedible but easily removed. The flesh is a sweet, translucent and white with a similar texture to a grape.

Mesquite Powder:  *Algorroba* (*Prosopis juliflora*) is a legume plant native to South America. Indigenous populations have a long history of using the pods as a food; the pod is traditionally dried, then ground into flour or processed into a sweetener. The mesquite meal used by raw foodists is the dried, ground pod. It has a mild caramel flavour and is delicious in smoothies and desserts.

Nama Shoyu:  Double brewed, with a full bodied flavour, Nama Shoyu resembles soy sauce in taste and ingredients. Nama Shoyu is a raw vegan alternative to soy sauce, Bragg's and tamari (nama meaning raw). It does contain wheat and soy beans, so to most it is considered a transitional food on the raw food diet. Wheat free raw Tamari is also available.



Nori Sheets: 🍷 An edible seaweed species of the red alga *Porphyra*. The sheets are made by carefully cleaning, shredding and rack-drying in a process that resembles paper making. Some vegans choose not to use nori sheets, concerned that small fish and molluscs may be refined with the nori sheets. Vegan nori is now available made using careful processes that ensure the nori is clean and fish/mollusc free.

Oil: 🍷 Any extracted liquid fat. Can be obtained from olives, avocado, nuts, and seeds. Olive, hemp seed, coconut and flax seed are the most common oils used by rawfoodists. Coconut oil does have a very low melting point and is solid at room temperature for parts of the year; all other oils are usually liquid. It is important to look for oils that are cold pressed, and unrefined. Some raw foodists do not use oils, considering them a processed food.

Olives: 🍷 The fruit of the small tree in the family *Oleaceae*, native to coastal areas of the eastern Mediterranean region, from Syria and the maritime parts of Asia Minor and northern Iran at the south end of the Caspian Sea. They are picked then prepared to give them different textures and flavours. Most common olives include green, black and kalamata varieties. Most commercially sold olives are picked under-ripe and heavily processed to soften and remove bitter compounds. They are also often pasteurized. The growing popularity of raw foods have meant the introduction of excellent quality raw organic olives to the market. These premium olives are picked ripe and processed using more natural methods at low temperatures. Sun dried ripe unprocessed olives are also available.

Psyllium Husks: 🍷 Are derived from the seeds of *Plantago psyllium* or *Plantago ovata*. The husk expands and absorbs water when wet. They are considered a great source of insoluble fibre for a whole digestive system clean out, and also used as a firming agent in some raw food cakes and dips.

Sea Salt: 🍷 Is a mineral obtained from sea water or rock deposits. Whole pure unrefined salts are recommended as they are naturally dried and retain the minerals and nutrients from the sea. Salt is one of those items highly debated... is it good or not? There is evidence for both sides, and we will not attempt to give you an opinion here. It is clear though that refined purified salt is NOT good for your health. Processed white salt is refined and bleached and never recommended on a raw food diet.

Celtic sea salt is a type of salt harvested from the salt fields of Brittany, France. Obtained by evaporating seawater, its high mineral content gives it a earthier, stronger taste than regular table salt.

Sugar Cane Juice: Sugar cane can be juiced in a special press, which releases the sweet juice. Juice stalls can be found in Asian grocery stores or markets. It's the true raw soft drink and especially good with a little lime and ginger. Drink only fresh juice as the valuable nutrients and sugars degrade quickly.

Sultanas: A type of white, seedless grape of Levantine or Persian origin, as well as a type of raisin made from it. Sultana raisins are often called sultanas or golden raisins. Larger than the currants made from Zante grapes but smaller than 'normal' raisins, they are noted for their sweetness and golden colour. Go for naturally dried and organic if possible. Eat a handful or add to a salad for a sweet addition.

Tahini: 🍷 A paste made from ground sesame seeds. It can be found in cans, jars, or bulk in the health food store. You can buy it hulled (hull removed) and unhulled (hull on), in raw or roasted, and made from regular or black sesame seeds. The best bet for goodness and rawness is to go unhulled, black sesame seed tahini. Some white sesame seeds are bleached, so going for the black type can put your mind at ease. Tahini is great added to sauces, sweets or savoury dressings. Unhulled sesame seeds have more calcium as most of the calcium is found in the hull.

Tamari: 🍷 Is a fermented sauce made from soy beans, roasted grain, water and salt originating in China. It can be used in place of soy sauce in many dishes, is used by many raw foodists, but as far as we know there is no raw version available. Nama Shoyu is another similar product that is raw (see glossary listing).

Unsulphured Dried Fruit: Is fruit that hasn't been treated with sulphur (tasteless, odourless, multivalent non-metal). Sulphur has been associated with asthma and acne, so avoiding it is in a raw foodists best interests. When drying your own fruit you can dip in a bath of equal parts lemon juice and water to prevent fruit from discolouring when dried. Most commercial unsulphured dried fruit is darker than the treated version (i.e. dried apricots can appear black instead of orange).

Vanilla Paste / Bean / Extract: 🍷 There are three main commercial presentations of natural vanilla: whole bean, powder/paste and extract (alcoholic solution; per FDA requirements, at least 35% volume of alcohol). Real vanilla beans are more expensive but much tastier and better for you. Many extracts have numerous chemicals, flavourings and colours added. Vanilla paste / powder can be either whole ground bean, concentrated vanilla seeds, or a vanilla flavoured sugar. Try buying whole beans, then grind or blend to add a vanilla taste to your next creation. Traditionally most people cut open the pod and use only the small seeds inside. However many find the taste and texture of whole vanilla pods adds an extra depth of flavour (and beautiful colour too). With a high speed blender you can just blend the whole pod. Coffee / spice grinders are also effective.

Jennie

My relationship with food was unhealthy for as long as I can remember. I recall being at the dinner table and my father admonishing my mother for her eating. My memory says that not a night went past that we all ate together that he didn't harass her in some way for her eating. Little critical comments about food and her weight etched their way into my brain.

I learned early that to be overweight was to give others the right to be condescending and corrosive about appearances so I knew, stay thin and your hubby will always love you. Luckily, like my father I have a long lean body type anyhow. I do put on weight easily like my mother but I also lose it easily like my father.

I realise now that he was intensely worried about her health and he was frustrated as he didn't understand that some people do not find it easy to be slim. I think he was doing the best he could to get her healthy. Mind you my mother is rarely ill and my father is loaded with health problems. You get what you focus on yes!

But I digress... which I do often!

When I was 21 or so and getting fat I bought a copy of raw for Life. I loved the science behind it and adopted the diet. I lost 4kg in a week. Started back on the incorrectly combined foods and started smoking again. I lost all the weight and didn't really give it another thought!

A while later I gave up smoking again and tried to eat healthier so not to gain weight. I was in the health food store and I picked up a copy of The Toxicless Diet. I read it in 5 minutes, laughed at it and tossed it aside. I sold it at a garage sale about three or four years ago for 50c. OUCH! Sorry... just kicking myself again.

Eventually I kept smoking, and the eating disorders that I had picked up in the interim somewhere along the way. I'm not sure when I became aware that I was overly obsessed with thin but I do know that it was around this time. My mid to late twenties were the most depressing of my life! Talk about a misery guts.

Had kids, got weighty, miserable, drank a lot, too much! Took anti depressants and saw Juliano on Entertainment Tonight. First time I can recall the term 'raw food diet' being used. My thoughts??? 'stupidest thing I'd ever heard' and in the back of my mind an echo... "Demi Moore does it"!

I was vegetarian at the time and so I thought I was fine. I wasn't. I did lose some weight. But not all. I was still heavier than I thought I should be given my body size pre kids. Vegetarian... unhealthy. Loads of vegetarian high fat foods. Very rarely any fresh high water content foods. In the end I would eat and lie on the couch for a few hours and rock the pain away. Then I went back to meat. Yes my diet and energy improved massively but when I went back to meat I also went back to more whole foods. Cut out a lot of the cakes etc. Cut back on dairy. Still... was lethargic, moody, (scary moody, screaming and breaking things, suicidal thoughts etc)

overweight and miserable.

Then there was a huge family blowout. My mother, her sister, my two cousins... my whole support system, those I trusted most, was blown apart. Our relationships I mean. I didn't lose them to a bomb blast or anything that dramatic although it certainly felt that way at the time.

I couldn't eat. I lost 7kg in 7 days. Same thing happens to my dad when he gets stressed. He lost 16kg in 12 days when he had his nervous breakdown. But I digress! I couldn't eat at first. I would eat and it would come back up. Eventually I could eat and it stayed down but came out the other end looking... platey! The same as it went out as it did when it went in. Sorry if that is too graphic. Eventually I started to feel better. I noticed that the foods I digested were raw. I could only digest raw foods.

Eventually I could handle cooked as well but I mostly subsisted on salads and fruit and loads of nuts. Eventually I realised that I was happy. I decided to try cooked food again because there was so many things I had missed! So I did. I went back to my old diet. And that was when I'd noticed that the lifelong depression I'd had was gone. Because it came back! In full force. I put on 7kg in weeks and felt blerky again.

So I made the descision. I joined an online forum in November 06. I made the descision in late December to be high raw. I never wanted to be 100% because I felt it would inhibit my freedom. But you know, the more raw I ate, the more raw I wanted to be.

I was very high raw gourmet for a long time. These days I still enjoy my gourmet but not as much. I love large but simple salads and fruit. Or just a handful of nuts or seeds. Keep it simple is appealing now. I pushed myself to go 100% raw but ended up miserable. Whenever i set myself a boundary, the rebel in me just wants to go past it. For now I'm letting my body lead the way. I don't like meat now. Don't crave it. Don't have dairy. I do have cooked but no more than twice a week. And it's all whole foods. Very simple and always with a big salad to accompany.

Occasionally I eat something that I shouldn't and end up in the rages. The most recent time was in April. I went ballistic. A good reminder of why I need to be raw.

My energy has improved, my eyes are clearer, my hair has gone from being lank and straight to being curly, my weight has stabilised. There are still things to work on but overall I'm a damned improvement.

But raw has opened up my eyes to other things as well. Like, having boozeless fun. I stopped drinking. Fair dinkum, it was the shock of my life when I went down to the local bottle shop and didn't want anything. I just didn't want it! So I got my hubby some beers and went home. A few days later I tried again. I still didn't want anything! Can you believe it? I certainly couldn't. I tell you, if I had known that I would want to stop drinking when I went raw I would not have done it! LOL

There is other knowledge too... Fair trade, I'd never heard of it... I'm learning more all the time, organics, they are vitally important! Ethics... I knew about these I was just too into

myself to think about them applying to others. Honesty, years of alcohol, food addictions (trying not to let whoever see that I had just eaten a four course meal for 20 or puked it) taught me to be secretive. I'm learning to be more open. Honesty, is amazing. It's not just about telling lies. It's about being strong. And realising that everyone has a story. And they are all interesting.

There is so much more. My improved relations with my kids and hubby (although he may disagree after this week, we've not seen each other for ages! I'm always at the puter), passion for life, etc etc.

So that's my story. Do I recommend raw? Hell yes? To what degree? Find what works for you. No one else can tell you because we've not lived your life. Experiment. Enjoy! It's a whole new world.

I would love to hear some more stories. I could go on all night. Raw has not taught me to keep my mouth shut. I wrote a friend a letter once and she wrote me back a quick note... "can't even shut you up on paper!" LOL

xoxoxxo

PS: Sorry about my not so great quality photos. The first once was scanned. I remember seeing this photo and refused to pose for any photos again for ages. The second one I'm not really fond of either. But it does show an improvement so there you go!

UPDATE.

Not long after I wrote this I had what I call a spectacular 'down' meaning that I got so depressed I didn't want to live anymore. It kind of crept up on me. I didn't notice that I was down. There was no reason to live. I was trying to talk myself sane again but it wasn't working.

I realised that I couldn't do any cooked food any more. It was always the same. I would start out with some steamed veggies with salad, then baked, then that would go well so I would add in some lightly fried mushies and onions to my salad, then I would add some fried mushies and onion to rice or pasta and before I knew it... cooked vegetarian eater.

Because I run a raw business and I have certain expectations of myself the shame that went with this was huge. Along with the fact that depression is a place well known to me, more familiar than happiness, it was easy to go along with it.

On the 7th of June 2009 I scared myself so badly with my suicidal thoughts that I went 100% raw that day. It took three years to get to that point. It was as if someone had flipped a switch in my head. I kid you not. I have not been tempted by any cooked food at all. Nothing. I used to have a cooked meal out every now and then and be fine with that but now I just don't eat anywhere I can't get a salad if I'm hungry. Nothing tempts me.

I know why nothing tempts me too. Because I did this when I was ready. Not because an

author of a book said it would be the best thing for my health, not because people who are 100% raw said it's crazy to eat cooked food at all in any form, not because I'm the leader of a raw food business, not because I wanted to be a good example for my children... but because I was ready.

I cannot stress at all how important this is. I went raw on my own terms. Yes it took 3 years but who cares?

The funny thing is, my life is not so much about food now. I'm back to living. Well... I'm living. I don't think I really ever lived before. I just endured and existed. But I'm having a ball. I play with my kids and am connecting with them on a really deep level. I'm appreciating my hubby, I laugh a lot etc.

Will I ever eat cooked food again? Who knows. I'll never say never. Every time I say never I end up doing what I said I never would. If I do it would be a long time down the track. Right now I pair cooked food with my suicidal thoughts and I'm afraid of that now. I'm having so much fun!

Do I notice a difference between high and 100% raw? You betcha. I'll always be a dramatic person I think. Up and down. Mercurial moods a friend once called them. I had a down since 100% raw. But instead of being unable to stand human contact, of my children's voices being like nails on a blackboard, I embraced it. I didn't have death wish thoughts at all. I just cried my heart out for a few days and then felt better than ever! Might not sound that great to you but I tell you it was very therapeutic and for someone like me who has only ever cried like that before when she used to drink, it was a good experience.

So, take your time. Don't rush it. Go at your own pace. Eat what you want at first so long as it's raw and then learn to listen to your body. That's the key. Work with Nature and that includes yourself as you are a part of nature whether you want to be or not.

Enjoy every minute!

xxoo

Miriam

My husband Doug is a painter, and in late 1999 – early 2000, Doug and I were working in Sydney. On one of the jobs where Doug was working, oil-based paint was used, and the fumes from that paint made him very sick. It affected his liver to the point where a naturopath we knew said that Doug was so sick that he thought he might have to have a blood transfusion. Doug was very yellow and was passing out all over the place. Doug does not like doctors so that is why we went to a naturopath.

The naturopath prescribed natural remedies and Doug slowly got better. That was about February/March of 2000.

In July, 2000, Doug's sister-in-law Lillian and his brother Peter came over from Perth for a visit. We hadn't seen them for over 20 years. When Lillian found out that Doug was sick, she said "Why don't you go raw, I lost 61 kilos following a raw food diet and it will make you better and healthy. Doug and I decided right there and then that we could give it a go seeing as nothing else was working fast. Lillian said that she would show us what to do.

For the next three weeks, Lillian showed us what to do. It was great. Doug improved immensely and some of my ailments were disappearing too. I had a spur on my foot along with arthritis starting to come along, and osteoporosis showing signs around my body. I had a limp because of my spur which my naturopath said I would have to live with for the rest of my life. From July to December 2000 Doug and I were eating raw except for some rice and baked potatoes.

In December 2000, Doug and I went over to spend Christmas with Lillian and Peter and their family. On Christmas morning, Lillian informed us that after reading "Nature's First Law" we need to go 100% raw. From that day on, Doug and I have both lost a lot of weight.... however, I have lost a lot more than Doug. We have detoxed from time to time during this time but from information in books that I read this is normal and to be expected.

Doug and I are very happy with our lifestyle and how it makes us feel. We have no need to go to doctors (mind you we didn't go to them before this lifestyle) and should we get sick, we just rest and drink lots of water and our body does the rest. The amount of energy and clarity we have is amazing... it's wonderful to be alive and to get up every morning feeling fantastic. Doug and I are both 57 turning 58 this year. (2009)

Jen

I was born premature at 27 weeks. I feel that I was born with luck on my side, but a battle with my health. I suffered from severe croup as a toddler, and spent many a night in the bathroom with the steam on, trying to open my lungs, which were weak from being born so early. During my childhood, I was healthy. I exercised and played and had lots of energy to burn. My family always ate 'healthy' food, and we had salads with most meals. I thank my mum for doing the best that she knew how at the time.



My health problems really started when I was 16. I had a major operation (major facial reconstructive surgery, both jaws broken and wired together after). This was a total physical and emotional trauma for me, that I believe caused the beginnings of a condition known as Fibromyalgia. It took a few years to diagnose, but ever since that operation, I have battled with my health. I lost a lot of weight (about 15kg) due mainly to not being able to eat properly for months with my jaw and face in agony, but I was also secretly loving the ability to become 'skinny', as a lot of 16 year old girls fixate on. I had a major

fixation on food, but all the wrong kinds. I ate a lot of fruit, but I also counted calories, starved, and ate 'low-fat' foods that included all kinds of fake sugars and chemicals. I went through packets of Nutrasweet and Splenda etc.

After leaving high school, I became involved with the partying lifestyle, and took many things that were not good for my health, smoking, drinking and doing drugs. This dramatically accelerated my health problems, but I blindly kept doing what I was doing for the sake of having fun. I look back at this time of my life quite fondly yet it also makes me feel sick to my stomach how I wrecked my body, and my consequential health problems could have been easily avoided.

After about 4 years of heavy partying, my physical and emotional health was at an all time low. I ended up quitting my university course when I was so close to receiving my piece of paper after 3 years of hard work. I also went through a hard relationship breakup with my first love, and felt really really low. I was working in a retail job, and was calling in sick at least once a week. They thought I was a hypochondriac. I was constantly tired, dizzy, weak, and exhausted. I ate lollies and sugar daily, and was still smoking daily at that stage.

I went on the medical merry-go-round, trying to find solutions. I had iron injections for chronic anemia, buckets of multivitamins, went from specialist to specialist, even started taking anti-depressants for a week before I ended up in hospital with heart palpitations.



I ended up in a Rheumatologists office, being told I had Fibromyalgia, a form of soft-tissue rheumatism that I would have for life. My mother and grandmother also suffered from this condition, as well as other autoimmune diseases such as Lupus. The diagnosis certainly put my mind at ease at the time, realising that I now had a title for the constant sleep disorder, depression, irritable bowel, candida, muscle pains and headache that I suffered, and I felt relieved to finally have a diagnosis.

I decided enough was enough. I wanted to take action and be in charge of my health. I enrolled in Naturopathy college, and began my self-healing journey. Whilst at the college, I tested many potions, powders, tinctures, and diets on myself, with varying results. At times they worked, and at other times I felt I was right back to where I started. It was two steps forward, one step back. By the time I graduated, I was happy with the direction my life was taking, but I knew there was a better way. I began searching online for cures to Fibromyalgia and came across a depo-provera website relating fibromyalgia to raw foods. My Fibromyalgia symptoms started after the trauma of my major operation, but I also connected that it started at the time that I began taking the contraceptive pill. A light bulb went off in my head, and I knew in my heart that I had to try this.

"I broke down and cried, and admitted that I was at my wits end."

I broke down and cried, and admitted that I was at my wits end, and I was willing to try anything. I told my parents and my new partner, Gary, that I was going to eat more salads and try this new raw food thing. I didn't tell any friends at this stage. I began slowly.

I bought a lot of books online, and started reading as much information on the raw diet as possible. I became obsessed! I started eating 100% fruit smoothie blends for breakfast, salads for lunch, and either salads or cooked food for dinner. I made recipes such as raw zucchini pasta, and nut/dried fruit balls. I lost a few kilo's straight away, and felt fantastic. This feeling lasted for about the first 6-9 months. Then something happened. I began to get tired and sick again, with chronic sinusitis, candida, IBS, and muscle weakness. I reached the second time in my life where again I felt so low, physically, emotionally, and mentally. I was working in a job that went against my spiritual core, and it was wearing me down. I decided to take time out, and I quit.

I took 5 months off work, and gradually re-built my health to the level that it is at today, and I know I can never go back to where I was. A big influence in my health at this point was reading the books Sunfood Diet Success System by David Wolfe, Eco-Eating by Sapoty Brook, reading Shazzie's online journal, and reading about Natural Hygiene in Living Nutrition Magazines. The other major positive influence has been reading Victoria Boutenko's Green for Life, and I have seen a dramatic increase in my health and a decrease in my Fibromyalgia symptoms by including at least 500g of mixed greens into my daily diet. I also started occasionally doing a 24 hour water fast.

These days, I am no longer taking drugs, smoking, drinking, on the contraceptive pill, taking vitamins, medications, any of it. I am very aware of the balance that is needed by my body to remain healthy, and become who I really am meant to be. That requires daily rest, sunshine, laughter, raw foods (particularly high fruit, greens, and low fat) and a positive attitude. It also requires keeping in constant contact and receiving daily inspiration from like-minded raw foodists on the Raw Pleasure forum. Without their support and encouragement, and often

varied views on diet and lifestyle, I am sure I wouldn't have begun to thrive with this raw lifestyle, and would be floundering alone. I thank all of those people who make it easier to live the life I am destined to live. I want to especially thank my wonderful partner Gary for his endless support and encouragement, and for being there for me in my times of desperation and need.

Viva la Raw!
Jennifer Jones N.D.

Gary

My general level of health had always been good and I had never suffered from any significant illness or weight problems. In my teens all I wanted to do was go surfing and drink beer, and so long as my body could carry me from one party to the next I never gave a second thought to what I put in my mouth so long as it tasted good and filled my belly.



My 20's were a blur as I studied through my bachelor and postgraduate degrees, partied hard like most uni students do and experimented with many things that I shouldn't have. My diet improved over time to include a small amount of meat, lots of cooked vegetables, pasta and rice. All the while I felt ok except for constant acne that seemed to plague me no matter what I ate. I had really suffered during my late teens and ended up having two courses of roaccutane which has since been shown to cause all sort of nasty side effects. To this day I have a damaged tear duct in one eye due to the extreme drying effects of the drug on the body.

Once I left uni, I met my partner Jen who was a naturopath, and thereafter I began to get a new perspective on health and well-being. She got me thinking about what I was eating and what I was doing to myself physically and emotionally. It took a bit of a shift in my thought patterns because I had never given it much thought before then. After about a year we started experimenting with eating raw foods. Jen had a few of her own health problems over the years and was looking for a better alternative to the mainstream approach so I decided to support her in giving it a go. We eased into it by having lots of platters and dips for dinners, and having fruit smoothies for breakfasts.



Food combining wasn't really a concern as we ate nuts and fruit and vegetables in a random fashion. I had a lot of toxins in my body and suffered quite strong detox symptoms over the first 3 to 6 months. I laugh now when I hear about people doing a 4 day detox after experiencing the physical and emotional upheaval that a true detox entails. My physical symptoms included bad acne breakouts, foamy stools, terrible flatulence, and mild sinus problems. Emotionally I had to deal with a number of personal issues that came to the fore. Things I had buried inside for years had to be resolved once and for all.

Then it happened. Not sure exactly when or where but I started to feel really good. I mean really, really good. My friends were saying how good I was looking and when I looked in the mirror I could see clear skin. My energy was high and I was sleeping amazingly. I just couldn't believe that I had tried so many things in order to feel good over the years and suddenly I had found what I had been looking for, except now it wasn't just for a few hours or a day it was every day, and without the inevitable low that follows any high. Part of my

emotional transition was disconnecting from many of my old acquaintances, as without binge drinking and other things I didn't have a lot to share with them. It took a while and a few slips for it to really sink in. The control I felt (and still feel) over my body was amazing. I realised that if I ate rubbish I felt rubbish, and if I ate clean living foods I felt clean and alive.

I hate quoting percentage raw but I guess I fluctuate between 80% and 100%. I have never been 100% raw for an extended period of time because I still find it hard to deny myself some of the social aspects of my life, which include a few drinks with my friends when we go out, and the occasional meal at a restaurant that doesn't revolve around a big salad. But I know when enough is enough. My skin is my regulator. If I eat some cooked food and drink too much then I get a few pimples and I know that it's time to max out the raw. I suppose I am still transitioning to a degree while I refine my diet to what works best. Cooked food has been all but excluded from my diet and since discovering the sunfood triangle and the CaPNaK chart I am starting to understand why I crave certain things, and what I need to eat to get past them.

A few years ago the concept of a raw vegan would have conjured up images in my head of skinny, pale tree-hugging hippies who never washed and loathed physical activity. Now I realise that they are some of the most healthy and inspiring people on the planet. The physical strength and endurance I have noticed in myself on a raw food diet astound me, and the benefits in physical appearance speak volumes for the way internal health radiates outwards.

"I placed great faith in the mainstream medical profession. But now I understand that science and medicine are so radically off the mark when it comes to what makes us healthy."

I consider myself a skeptic of anything slightly left of the mainstream, and as a professional scientist I placed great faith in the mainstream medical profession. But now I understand that science and medicine are so radically off the mark when it comes to what makes us healthy. The poisons and diets we get prescribed from health professionals are ruining our species, and it is a crying shame that in such a golden age of enlightenment we are faced with more sickness and disease than at anytime in the last century. My gratitude will be eternal to finding this way to true health, and I just hope the example I try to set to those around me will be one which invokes their curiosity.

Gary J. Love PhD

Jocelyn



I first went raw in 1986 after being told by my doctor that I was going to die unless I took huge quantities of cortisone to control the asthma that had dogged me all my life. He told me quite candidly that nearly all of his long term asthmatics had died over the past two years. I don't know if he was trying to shock me or not. I walked out of his office and never went back.

I went straight to my health food store and grabbed nearly every book they had on their shelves. Luckily for me I found a copy of The Mucousless Diet by Arnold Ehrett. I devoured it and went on to read The Grape Cure and also some books by Norman Walker who quickly became my hero and I still have his books on my shelf today.

Then my life really took off. I did things that I never dreamt possible, especially since illness forced me to leave school at the tender age of 13. I started studying at university when I was 53 years of age.

I have been mostly raw since that day in the doctors office and amazingly I have never had a serious asthma attack since then. I have said goodbye to multiple hospital admissions and high drug usage. I briefly fell off the raw wagon after moving in with my sister in 2000. I found that it is much easier being raw in Tasmania, where I was living by myself. Tasmania is a paradise for raw vegans. Organic produce is plentiful and rather cheap. Berries and cherries abound and most every other fruits are brought in weekly from Victoria and Queensland.

It wasn't long before I went back to high raw and now I am back to 100% raw. I am 64 years old and I am feeling and looking great. My face is definitely not my fortune, but I have fewer lines than others my age. I feel fortunate to have found this way of living. I gave up using shampoo and only use it when my naturally wavy hair gets too unruly. I never use soap as it causes body roughness and dry itchy red spots.

Strangely I went back to cooked foods because I was worried about osteoporosis caused by eating low protein foods. I was tested in 2002 and found to have severe osteoporosis, not my doctor told me, due to eating raw foods, but due to the large amounts of cortisone pumped into me to combat asthma.



I love walking and I have walked over 300 kilometres loaded with an 18 kilo backpack, bushwalking from Kalamumda to Murray River and back to Dwellingup, in 2 1/2 weeks. Next year, I hope to complete my walk to Albany. I eat mostly fruit diet with a few vegetables and I try to keep my fatty foods down to around 10 -15% of my total daily food intake. Now, I hardly ever have a 'sick' day and if I do succumb to minor ailments, they clear up within a day or so. Aches and pains are a thing of the past and everyday is a joyous adventure.

That is why I went raw and I love it.
Jocelyn

Raw Ipharadisi aka Miss Bliss



Aloha!

There are so many strands weaving in and out, forming the colourful richness of the fabric of my experience, that I am not sure where or even how to begin sharing the exquisite raw magical carpet journey I AM on and within.

I have been passionately embracing a natural earth life for many years. This includes large periods of time living off the grid, in the rainforest, walking to collect water, bathing in creeks, sleeping under the stars, and on the earth, without them usual modern comforts, and spending most of my time being with nature. My diet also reflects this preference for simplistic natural life experience. I eat vegan, non processed foods that are whole, fresh and raw.

My first child was conceived when living in this way, and the whole pregnancy/birthing journey seems even more magical, fairytale like, when honouring the bodies natural wants for fresh air, sun, pure water and living foods. The immense pleasure I derived in educating myself in all

ways, as to what to expect with pregnancy and birthing, was most satisfying. This life of simple living with nature fostered a deep sense of trust for the natural processes of my physicality. Feeling full confidence in the messages received from my body, I ate only fruit in the morning (throughout the pregnancy), and other foods after midday. Being highly active and eating mostly raw I didn't feel any need to go for the usual pregnancy check-ups. So didn't!

Giving birth was the most magnificent joyful organic empowering experience with friends' present, playing didgeridoo and gently drumming, and a girlfriend murmuring poetry to me about the lotus flower opening etc. No medically trained aid, doctor or midwife was present. This was not only a non-assisted birth, it was deep in the bush, down a bush track, at my makeshift camp, it was outside, and it was a water birth. A large pool made in the earth specifically for this birth.

As my baby emerged from me, under water, I 'caught' her, and stayed in skin to skin contact for the first few weeks/months. Photos capture how mellow and joyful the birthing was. Breastfed for two years, a lovely natured child blossomed. When she completed 3 revolutions around the sun, she participated in her sister's birth. This was another natural outside water-birth in the bush, again with no medical check up, or aid during pregnancy or birthing. Hand in hand, we stayed in nature, wondrously walking through the old growth rainforest, visiting mossy caves and waterfalls etc. for the first 6 months of life. Neither of us went in a car. We stayed in nature with my first child, and animal companions. We eventually slowly integrated into travelling in a car and being in the hustle of towns, although still maintaining primarily a nature based life.

The lotus birth of my third child, in water, within a crystalline Star of David, was just as smooth

and peaceful, although this one was longer in duration, and a little more challenging since the position was posterior, i.e. baby's spine to my spine, but still it was ok.

Breastfeeding is still a tasty staple for my third child, who is nearly 20 months old. Cooked food is not a part of his reality. With the clearest

bluest eyes, and happiest disposition, he is thriving on 100% raw vegan living foods. My eldest who has been here for a decade now, has lived a lifestyle of predominantly raw, always vegan, naturally close to the earth and the earth's creatures. Knowing what it feels like when eating cooked food for a period of time, her personal food choice is raw. Despite the fact the cooked food previously eaten, was really healthy, vegan whole foods. The difference in how she feels is obvious to her. She is so pro raw! My middle



child does not live with me now, and unfortunately her circumstances mean she is eating standard fare, although her first 6 years with me, were raw vegan wholefoods. Interestingly, and yet not surprisingly, she developed all manner of minor illness and contracted chicken pox, when her diet and lifestyle changed. My experience with raw children is that they do not become ill with circulating viruses. My eldest daughter has never had any of the 'usual' childhood ills, and has always enjoyed great vibrancy of being.

My children and I have never needed any health care professional. I have tended to every injury, and they are never ill. Such strong and resilient bodies are produced living in harmony with nature. Studying, being and listening to the plants and natural world around, wise words of love, for well-being, are whispered.

It is truly incredible observing the mental and emotional clarity within these children; they tend to run rings around most adults, in terms of coherent intelligence and perceptive clarity. Often people comment on the peaceful, alert and clear nature of my family, and ask what it is that we do differently. The answer is too complex to nutshell, yet really, what is more simple than living within a premise of natural common sense?

Nature's first law of eating raw and unrefined, whole foods is truly a whole being strengthening. I did not know of a global raw movement until this past year, although I have been high raw and 100% raw vegan for years. I simply flowed where nature guided me to do. Now I am discovering, via the internet, that it is a movement starting to revolutionize health!! This is so exciting! I am usually such a private person, in sharing a part of my sacred journey; my intention is to inspire others to trust in the natural processes within and without themselves, and to empower the family unit within the global collective.

May you be blessed with all your hearts desire
on this beautiful raw journey called life,

~ Raw Ipharadisi aka Miss Bliss

Janita

All my life I had been unwell, to varying degrees. I remember waking up at ages 2 and 3, screaming with stomach pains. I was brought up on full cream milk, red meat twice a day and vegetables and roasts cooked in fat, with homemade cakes with cream, and always dessert.



I was an overweight but happy child, even though I would still get bad stomach and liver pains. After the age of 10, things really went haywire I threatened to kill myself with a knife. I don't know where I got that from, we didn't even have a TV!!

I had cellulite all over my body. I became lazy and moody, lashing out in fits of rage and torrents of abuse, for no apparent reason. I hated myself, and I always had no energy and I felt sick.

At age twelve I decided to stop eating. I knew I was fat, so I thought I'd feel better if I was thin, and people would like me more and accept me, even though I was sick all the time. From this age on eating disorders plagued my every waking moment. I would be constantly beating myself up and pinching the fat on my body and verbally abusing myself.

I went to a lot of naturopaths and

homeopaths, who never addressed my eating, but gave me loads of pills that did nothing. From age 14 I was diagnosed as coliac, and read my first book on raw food. I tried to eat raw, with no help. Because of my IBS, and because I went 100% raw immediately my body didn't cope and I didn't know any better.

At age 16 I started to get a lot of acne, so I went on the pill. It just gave me more cellulite and mood swings. Everytime I ate, my food wouldn't digest. My beautiful boyfriend at the time (who's now my husband) taught me which kinesiology points for digestion to stimulate each time I ate. This got me through every day just barely. I had constant

headaches, and I would eat up to 12 slices of bread a day. All I wanted to eat was sugar.

I was taking 4 to 6 pain pills a day, for the stomach pains and headaches. I became more ill each year, IBS, hormonal imbalances, cystic acne, inability to carry a child, suicidal tendencies, rage abusive moods, chronic fatigue, massive carb/sugar cravings and indigestion. My food wouldn't move from my stomach for up to 6-7 hours, so I would get reflux/acid and the worst stomach cramps. I would be rolling on the floor, crying in agony.

I was a complete mess, had no energy and couldn't sleep though I was so exhausted. Through this my husband stayed by my side trying to encourage me, and help me though I was a terror to live with.



In 2003 I went to a naturopath/Doctor and she helped me enormously. She looked at how I was eating, and sent me to a hormonal specialist. He put me on natural hormonal replacement therapy, but said I would not have children. I lost quite a bit of weight, but still had chronic fatigue and food wouldn't digest, and I suffered awful depression and the same suicidal tendencies.

I picked up a vegetarian magazine one day, and there was an article inside by Piers and Sheryl (of Raw Pleasure) about raw food and food combining. I'd tried food combining over the years but with cooked food (everything I ate was cooked as per the naturopaths instruction because the of the state of my bowel). I was ready to give up eating, I was so over the pain and the state of my health. After I read this article I said to my husband: "This I my last attempt. My final try".

So I started eating 75% raw, and almost immediately, I could feel the difference. When I ate raw, and combined it correctly, it would digest and I would have some energy. Then when I ate the 25% cooked it wouldn't digest.



So I left to 100% raw vegan food combining. More weight came off me, I could now do my workouts, I was actually running! After some time, and gradually everything started to fall into place. No chronic fatigue, sleeping better, less moods swings, no self loathing. And I'm happy to say since eating this way for over a year now, the difference is like night and day. I am like a different person. I am happy. I am well. My IBS is under control. My doctor is stunned by my hormonal levels. I have now been given the go ahead to have a child. It's nothing short of a miracle. I couldn't be any more different from who I use to be.

Of course there is years and years of bad eating habits to work out of my system, but things are rosy, life is beautiful. I feel beautiful. I still need to be mindful of the old mindset that triggers my eating disorder mentality. But I feel strong, to just

May

In January of 2007 I was a recently retired admin worker and full time computer addict – mother of 2 married sons (then 27 and 24), and wife of my totally adorable, cheeky husband of 32 years.

My early life was not much fun. I was the eldest child in an unhappy home, where my mother stayed ‘for the sake of the children’. That, combined with a lot of other things, meant that guilt and fear were probably the emotions that I knew how to do best. At the age of 11, I turned to food for comfort. I had sucked my thumb up until then, but had been getting smacked for that. Now, food and overeating seemed accepted in its place, and I clung to any comfort I could get. I went from 50 kgs aged 11 to 76 kgs aged 13, and from there, ever upwards, to at least 96 kgs. I think I got to 98 kgs but didn’t dare get on any scales at that time in case it was more. Besides, my husband lovingly said that if I did get on some they would probably say “Oooff, get off!!!”

Fast forward in time, but I think it’s helpful to touch on the early story for background purposes and, hopefully, for someone else to see what can be overcome.

In January 2007, my husband took a massage course and I was asked to go along to be ‘the body’ for him to practice on. While he was being instructed, the teacher came and touched the back of my neck/shoulders and asked me if I had osteoporosis. I replied confidently “No!” but she told me it was not far away, and to make the most of being symptom free. Oh!!! That suddenly reminded me of a bone density test I’d had done 6 years earlier which had not shown good results and I was supposed to have gone for further testing. So I began researching on the web to see how I could fix this naturally. I’ve never wanted to take any medications and only took mild pain killers if truly desperate. I’ve always believed health is a state of mind. The news of the osteoporosis was a bit of a shock as, after all, I’d been brought up on mega doses of cheese, milk and yogurt so this ‘shouldn’t be happening’. Or so I thought.

Very soon after that I was discussing with a friend how tired I always felt and she suggested that I get my thyroid function checked out. What? I was 50 years old and not ready for the scrap heap yet!!! Back to the web, never realising how much research I would be doing over the next 2 or 3 months. But this was all a joy as I love learning, and what I was to find completely fascinated and excited me.

I very quickly found information about raw foods and exactly how many illnesses and diseases it could cure. I have never in my life read anything which made so much sense to me. I felt instantly as if I had come home from some weird planet where they – gasp - cook their foods??? I straight away started on about 75% raw eating. Basically I only ate cooked if we went out for a meal, and I still had commercial salad dressings at home; everything else was raw. Within a very few weeks I was up to about 95% raw – just kept those salad dressings as I wasn’t ready to ditch those yet. I have not looked back since, and never want to.

Another thing I had suffered for the previous 27 years was terribly, debilitating panic attacks. They seemed to just land on me unannounced, and often without reason, but were bad enough to cause me to shake violently, vomit and have diarrhoea just through the terror that I felt during each attack. I had been put on anti-depressives for 2 or 3 years as my doctor felt this would help reduce the panic attacks. It did help a bit but it also took my memory with it. I was hard pushed to remember anything for even a few seconds and it seemed to also hinder my spoken vocabulary. I took myself off of those without asking for medical advice. Since going raw I have not had a single panic attack. On a few occasions where I've eaten mainstream meals in the past 18 months I have suddenly felt similar symptoms to the beginning of a panic attack. Although very mild because it is only a reaction to one meal, I have no doubt that it was cooked and processed foods that were causing the problems all along. What a lot of suffering because of the lack of knowledge in mainstream medicine! Further down the track I now believe that the fear I felt was through picking up on the fear hormones released by animals before they are killed and that it remains in their meat. It saddens me so much now to think that I ever ate such beautiful, defenceless creatures, but I cannot change the past.

As an added bonus to the health that I knew I was regaining, weight literally fell off me. It did slow down for a couple of weeks and I started to feel really tired too, but another raw foodist made me report what I'd been eating to her. I had not been eating nearly enough; even though I was not hungry. I trusted her very much and, with my courage in both hands as everyone knows that if you eat more you get fatter, I began to eat as much as I could. Within 2 days I had my energy back, was bouncing around like a 2 year old, and the weight started to drop again.

For exercise, pre-raw, I used to walk a couple of times a week. A 4 km walk took me an hour because my shin muscles would lock tight and burn if I walked at any speed at all. I have since found out this was caused by a magnesium deficiency. When I finished my walk, even on a cool day, I always had a bright scarlet/purple coloured face from the exertion. After going raw the muscle tightness just disappeared for the first time in my adult life and I can now comfortably walk at any speed.

My life's dream of being able to run has also come true. I do an advertising material delivery round twice a week now and cover 6 kms each time. It's a fairly hilly area and I am now running all of the downhill parts, most of the flat, and am making good progress on adding some of the uphill sections. And this is carrying a bag full of heavy brochures (though I have to admit it doesn't weigh even half of what I've lost!). When I was a plump, standard-diet-eating early teen in school I could only make it half way around the 400 metre running track no matter how much the teacher chased me. And she did!

I've walk/jogged 1,000 kms in 18 months and been told by my podiatrist that I must have very strong bones to have been able to do this at 52. He was blown away. My biggest week was 45 kms which had him laughing with glee.

My iron levels were well below normal on a 20 year vegetarian diet, yet on a raw vegan diet they are now within normal range. Still at the lower level but no longer cause for concern.

So what do I weigh now? My weight fluctuates between 68 and 72 kgs. That's the lightest I've been since I was 12 years old!!! I don't know what weight I will end up being. I definitely have more weight to lose but it doesn't matter to me. I am fit, bounding in energy, healthy, joyful and free. Not a lot like a traditional grandmother at all. (I have 4 gorgeous grandchildren.)

I didn't mean to write so much but in the end it was hard to write this little. Raw food is health. In my experience, raw food is the only way to true health. And along with that came a body the size nature meant it to be and a new confidence and self-acceptance which I have never before experienced.

Oh, and I guess you'd like to see the pictures?

September 2001 96+ kgs



May 2008 69 kgs



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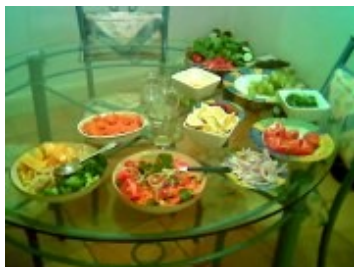
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Help yourself and others discover the absolute freedom and joy that come with eating natural raw foods.

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Things you can do right now:

1. Forward this ebook using the "Email a Friend" button above to share this revolutionary and free information with everyone you think may benefit.
2. Attend raw food picnics and dinners in your area; help to build a community to support and encourage each other.
3. Share delicious raw food with family and friends to introduce them to the idea of raw. Make it about trying new and delicious foods (not giving up things they love). You will be surprised at the results!
4. Start a raw food group. Hold a raw food potluck dinner or picnic where everyone brings a raw food dish to share. It's a simple and easy way to network with others that have a similar passion and joy for eating healthy and feeling great.
5. Go organic! Support people doing good to the earth and eat food that's healthier for you too. Remember only 50 or so years ago everything was organic! Organic is the way things are meant to be, and often much higher in nutrients too.
6. Educate yourself on raw food and health. There are many great books, CD's and seminars available around the world. This way when you talk with others new to the idea you can share your ideas in a clear and understandable way. It will make you feel better about changes you are making in your life too.
7. Ask for raw food products in your local health food store. Use your power as a consumer to make healthier products available to all.
8. Send people to your favourite raw food websites to learn more.
9. Stay excited! Remember each day how amazing life is, and how eating raw makes you feel. Be grateful for every moment.

Raw Food in Australia

Eating and health should go hand in hand, and enjoyment of delicious raw foods certainly makes eating healthy easy. That's why we named our company Raw Pleasure. We occasionally get teased for such a risqué name, but for our customers who are searching for raw food products and information, they understand our meaning and love it!

We (Sheryl and Piers) started Raw Pleasure together in 2003. Sheryl is from Canada, and Piers is from Australia. They met then discovered the raw food together when they were living in Canada. Upon return to Australia they had difficulty finding any of the raw food products they had enjoyed. A need was seen, and thus came Raw Pleasure. Since then they have provided products, education and events around Australia to bring together the raw food community and increase awareness of raw food in Australia.

In 2007 when we moved back to Canada, our good friend and fellow raw lover Jennifer Murphy took over Raw Pleasure. She has expanded the product range, and has continued to help grow the raw food scene in Australia in wonderful ways.

At Raw-Pleasure.com.au you will find:

- The Raw Pleasure Community Forum - A great place to meet others, socialize, ask questions and have fun. You will also learn about free events around Australia here.
- The Raw Food Shop - Hundreds of books, raw food equipment and raw food products to enjoy.
- Regular Raw Food News - Find new raw food recipes, articles, and forum posts on the front page every day. There is also a montly newsletter you can sign up for.