# 101 Frickin’ Rawsome Recipes

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3rd Edition

The information and recipes contained within “101 Frickin’ Rawsome Recipes” is not intended to treat, cure or to diagnose any disease or illness, nor is it meant to replace your health care professional or family physicians advice, as with any major change in diet consult your doctor ﬁrst.

Having avidly studied Nutrition since 1998 and obtaining certiﬁcation from an accredited school as a Registered Holistic Nutritionist (RHN) in 2004, I have been truly walking the walk. On my journey of personal growth it has become my greatest joy to be in loving service to others on their path.

Registered Holistic Nutritionist offering 100% Raw Food and Transitional Lifestyle Coaching. It is my highest hope that you will learn how to increase your wellness in all aspects of your life; from easy weight management, increased athletic performance, enviable well being, superior resistance to colds and disease (I have not been sick in over 11 years) with increased spiritual, mental, and emotional poise. We live in a time where disease of the body and mind is rampant, misinformation is widespread without conscience, and the almighty dollar is above all. I hope to show you how to regain your God given natural state of pristine health, youthful vitality, and the security of lifelong wellness through improved diet and lifestyle. May you live free and happy without reliance on costly and dangerous pills, drugs, vitamins, “superfoods” or surgery, thriving as nature intended.

Testimonials

Dear Chris; I love your ebook! Thank you so much for all the bliss you share in your raw culinary creations! I LOVE raw noodles too! Your videos also have great humor and joy and are a blast to watch. Sending you TONS of LOVE and GRATITUDE for sharing all that you do!

—from Ruthie Dreier, Santa Rosa, California USA

In the confusion of the high fat raw food movement I ran into Chris Kendall’s ebook “101 Frickn’ Rawsome Recipes”. Clearly explaining guidelines, objective measurement of calories and easy and (most importantly) delicious recipes that I could make quickly, with little effort or pain to my wallet. This allowed me to take the notion of trying out raw seriously and so I went from practically 0% to 100% raw overnight.

Starting out at 100-105 kg at 189 cm (very overweight) to quickly dropping 5-10 kg without doing anything consciously. After 6-9 months on the diet I was down at 85 kg (ideal weight according to BMI) and feeling amazing. A weight I hadn’t had since high school, a shirt size I haven’t had since puberty and an energy and well-being I haven’t ever had.

Going raw has had effects on so many levels I cannot put it into words, thank you Chris for existing and being one of the greatest inﬂuence upon my life and getting me to health and friendships.

Eternal love and gratitude,   
Johan Agstam

I just received Chris’ wonderful recipe book “101 Fricken Rawsome Recipes” last week and I have been loving it! The recipes are simple, delicious, and properly combined for optimal digestion and maximum health! This book is a MUST HAVE for anyone on or moving towards the low fat raw vegan (LFRV) lifestyle. I have ranged from 70%-100% raw over the past 11 years, and this book has given me new ideas on how to combine foods in a way that will make it easy and enjoyable to stick with the LFRV lifestyle. Thank you Thank you Chris!!!

I really didn’t think anyone had any new ideas I hadn’t already seen. WOO HOO!

Sincerely, Janett Hoke

I just got your ebook on the weekend and tried the infamous pineapple pomegrenate & kiwi soup.... Yummy!! I would never have thought of putting these ﬂavours together :) But you made it look sooo appetizing on youtube I could not resist trying it!

I’m loving you book, best recipe book I’ve purchased on Raw Food so far :)

Thank you for sharing all your insights   
xx Patricia Samynaden

This Book is dedicated to my ma n pa   
Always showing unconditional love, support, and excitement in all I am   
I could not have hand picked better friends, role models, or more fertile soil to grow in   
I feel truly blessed and count myself the luckiest boy in the world to have you two   
I love you both

I am excited to welcome you to “The Raw Advantage Presents: 101 Frickin’ Rawsome Recipes”. This book is comprised entirely of 100% Raw, Low Fat Vegan recipes that utilize proper food combining to ensure optimal digestion, utilization and absorption. Whether you are looking to increase your general health, overcome a minor or serious health issue, or reach peak potential in any passion, mental, physical, or spiritual, you will ﬁnd this book invaluable. Having beneﬁted more than I can express from these simply made raw recipes over the last 5 years I feel compelled to bring you the best of the best. These are the recipes that I eat day in and out, that is unless I am mono eating (one food at a time, when hungry till full), or making a more gourmet dish for guests, holidays, or simply because I want to. Look for my upcoming recipe book “Low Fat Raw Gourmet; Cravings Busters Transitional Recipes”.

From my own experience as well as through meeting and talking with many other raw fooders, “gurus” and experts, I universally ﬁnd that once a low fat raw vegan program is properly applied it is found to be the most exciting, rewarding, physically, mentally and spiritually uplifting way to live possible. Truly the raw lifestyle can please all as it is ﬁlled with as much taste, texture and variety as one could wish for. Consider bananas have over 100 varieties, there are 1000’s of varieties of fruits, leafy greens, and vegetables, tonnes of different herbs, nuts, seeds, endless simply made recipes to choose from and experiment with the possibilities are nearly endless. Through utilizing soups, smoothies, salads, slaws, pasta’s, stews, and drinks, not to mention the pleasure of simply eating any fruit in its peak ripeness, all tastes and textures and indeed appetites can be satisﬁed.

Before I go on to the recipes I wish to give some basics on food combining as well as sequential eating to ensure you get the most beneﬁt from including these recipes in your improved, transitional or 100% raw lifestyle.

If you haven’t read my ﬁrst Booklet “10 Sure shot ways to Drastically Improve your Health”, you can get your free copy of this eye opening report by signing up to my bi-monthly mailing list which is ﬁlled with facts, tips, exclusive offers, videos and much more.

# Food Combining

I wish to give you a basic intro to food combining as it applies to this recipe book. I shall devote an entire chapter to this topic in my upcoming instructional book “The Raw Advantage, As a Cleanse, Transitional or 100% Raw Lifestyle”.

These recipes are designed with food combing in mind simply to ensure you get the most out of the food you eat. Digestion is more complicated than many of us pay heed, it can be easily explained through physiology and chemistry. Certain foods digest well together while others do not. This is due to the nature of the food itself as well as the different mediums and digestive juices the body uses to break down different foods. All Fresh ripe raw fruits digest best on an empty stomach.

While we have made a habit since an early age to eat all types of foods together, it is not our natural behaviour. When you watch any animal/insect/reptile in nature, one may notice, they eat the foods they are physiologically designed for, one at a time, most often exclusively until full. While one food at a time is optimal for digestion, it is understandable that we desire variety, this can be accomplished through proper food combining.

I most deﬁnitely am not trying to lay down a set of rules here, these are simply time tested and proven tools that can help you, day by day and meal by meal. If you wish to experience excellent digestion, near odourless quick and easy elimination, unrivalled nutrient absorption, and receive the surplus of energy that comes from streamlining your bodies energy expenditures, test for yourself, I dare ya to try out these guidelines :).

**1. Do not mix sweet fruit with acid fruit, e.g. bananas and oranges, lemons and dates etc.**

**2. Fatty foods do not mix well with sweet fruits, e.g. nuts or avocado with dates, raisins, bananas, etc.**

**3. Acidic fruits combine all right with fats, e.g. tomato or citrus with avocado or nuts.**

**4. Lettuce and celery combine well with anything.**

To get the most out of this book start including more fresh ripe raw organic meals into your diet. If you’re new to this, starting with breakfast and moving from there is a great start. Through enjoying the recipes within this book you will become more familiar with optimal combinations as well as get insight into making your own dishes.

**Sequential & Mono Eating**

Sequential eating breaks optimal digestion down one step further toward the ideal, mono meals (one food at a time when hungry until full). As the name suggests, sequential eating means eating foods one after another instead of mixed together. By doing so digestive energy is freed up, digestion and assimilation become more efﬁcient, while the fermentation and formation of toxins is avoided.

Think about it, every animal in nature eats this way at virtually every meal when there is adequate food in supply. This can most easily be practised by making a point to eat the foods with the highest water content ﬁrst. For example, you could eat watermelon then oranges and then nectarines, or pineapple then tomatoes followed by lettuce or a simple salad. Another example would be eating grapes then mangoes and then bananas, or pears then banana then dates and/or celery. Remember lettuce and celery digest well with everything.

Foods of completely different character are best eaten with some time elapsing, or at different meals. For example I would not recommend eating a bunch of pineapples right before a bunch of bananas or dates, nor a bunch of bananas and then avocados. It is better to eat foods similar in predominant taste and water content, with food combining in mind. One of the main reasons for this is that food with higher water content digest the fastest, while denser foods take longer, and fatty foods take the longest. Just as you wouldn’t send a turbo train down the tracks minutes after a slow passenger car, you wouldn’t want to follow a slower digesting banana with a fast digesting orange. When this scenario happens fermentation, ﬂatulence, irritability, formation of toxins and stomach upset is all too common, laying the road for more serious conditions.

We live in a time where antacids are a multibillion dollar industry being sold like candy, acid reﬂux is labelled as a disease by doctors with pharmaceuticals to ﬁx your “faulty digestive system”. It’s no wonder food combining and sequential eating isn’t given much heed, it hurts sales. When we all learn that our digestive function by in large dictates if we are sick or well, and choose to utilize these simple tools, the doctors ofﬁces will empty.

Give homage to the best chef of all, the creator. Enjoy increasing mono meals of your favourite seasonal fruits and watch your health and vigour soar. Mono meals are the surest fastest (beyond fasting) way to streamline digestion, facilitate detoxiﬁcation, and restore your bodies ﬁner senses.

When the quality is good no recipe can compare to any whole, fresh, ripe, raw, organic fruit or vegetable in season.

# Tools of the Trade

**A Good Blender:** The Almightily Vita Mix. I highly recommend anyone serious about their health invest in a Vita Mix, without a doubt the best blender and most useful tool for both a new and the seasoned raw foodist. Any texture can be easily achieved making green smoothies, sauces, soups, stews, nut butters, dips, ice creams or any desired taste, or texture, in any amount effortless. After owning one for over 9 years, often using it 3 times a day, travelling with it, lending it to family and friends, all the time recommending many others to purchase one, I decided to become an afﬁliate. With all honesty I feel my Vita Mix is the best investment I have ever made , I recommend it as a ﬁrst priority in increasing your percentage of raw foods and changing your lifestyle for the better.

**A Good Knife and Cutting Board:** I feel very Blessed to offer the best of the best in Ceramic knives, a joy to cut with. After searching around I found the “Raw Star” 6″ Black Ceramic Chef Knife w/Bamboo Handle and am able to offer it for only $60 tax/shipping included!

While A ceramic knife isn’t a must, this quality and price can’t be beat well worth the investment. [therawadvantage.com/raw-star-black-ceramic-knives](http://therawadvantage.com/raw-star-black-ceramic-knives/)

**Shredders, Slicers and Noodle Makers:** There is a variety of tools to slice, dice and make noodles. Most often a simple knife will sufﬁce but using tools can make the job faster, more uniform, providing a change in the taste, appearance and texture of a meal. A simple grater can be used normally for slaws, or used to make noodles by grating the vegetable carefully lengthways along the notches.

While a regular carrot peeler can make neat thick ﬂat noodles out of any veggie or fruit. My favourite handheld tool is a speciality peeler with small blades that makes excellent linguini noodles. Most often called a “julienne peeler” I have seen these at many a department or kitchen store. There is also the trusty mandolin, if you are comfortable with them, many different slices and noodles can be easily made.

All that Said I am so stoked to offer the Amazing Joyce Chen Spiral Slicer also known as the Saladacco Spiralizer. Having tried many noodle makers I think this is by far the best. Easily and quickly producing the thinnest most tender angel hair pasta noodles of any device anyone can make amazing raw dishes that really bring to life the taste and texture of traditional pasta. You can use zucchini, carrots, beets, hardier squash, cucumber, celeriac or any other root veggie creating the lightest most delicious nutritious noodles with the most eye popping presentation possible. [therawadvantage.com/shop/joyce-chen-spiral-slicer](http://therawadvantage.com/shop/joyce-chen-spiral-slicer/)



To watch my 1st and 2nd video blog post on December 02/09 and December 17/09 click the link below.

In the 1st video I use a Julienne peeler to make sweet and salty cucumber noodles :) in my 2nd video I make 2 recipes from this book including “Presto Sun Dried Tomato Pesto” using the angel hair noodle maker.

<http://the-raw-advantage.com/2009/12/>

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Smoothies

Smoothies really are fool proof meals. Grab 1 4 varieties of fruit similar in predominant taste (sweet, tangy or acid) and water content in equal or different quantities, blend and you’re set! You can easily change the taste, temperature and texture of any smoothie by adding 1/8 to 1/4 frozen ingredients.

Another option for something different is to add some of the ingredients at the end of blending just for a second to leave a little bit of chunks to chew. It’s always a good idea to drink smoothies slowly, even chew them, remember digestion starts in the mouth. As Ghandi wisely said “chew your drink, and drink your foods”.

These are some of my all time favourites, the options are really endless. Have fun trying these and making your own! By keeping food combining in mind while remembering simpler is often best, you wont be let down!

Side note: All Smoothie recipes are set to approximately 500 calories each for ease in understanding the different volumes needed with each food to meet your caloric intake.

**Honeydew Delight**

**1–1 ½ honeydews (3 lb / 1380 g)**

Remove seeds, scoop out ﬂesh, blend well, serve immediately and get ready to cry with delight. I could have this every day forever!

**Santa Claus Sweetness**

**1 santa clause melon (3 lb / 1380 g)**

Remove seeds, scoop out ﬂesh, blend well, serve immediately n enjoy!

**Creamy Cantaloupe**

**2–2 ½ sweet ripe cantaloupe (3.25 lb / 1495 g)**

Remove seeds, scoop out ﬂesh, blend well, serve immediately n enjoy!

**Watermelon Bliss**

**½ watermelon 9” round (3.75 lb / 1720 g)**

Blend well, (if seeded strain before serving) serve on a hot day and re-hydrate!

**The Watermelon Duet**

**3 oranges (1 lb / 460 g)**

**watermelon (6 cups / 920 g)**

Blend well, serve slightly chilled. Enjoy this is amazing smoothie, one of my favourites!

*Note: While many food combining charts say it’s optimal to eat melon alone, most people ﬁnd them to combine well with citrus/acid fruit as well.*

**Pink Lady**

**½ small pineapple (0.5 lb / 225 g)**

**strawberries (2 ½ cups / 340 g)**

**watermelon (6 cups / 920 g)**

Blend well and savour the ﬂavor. Very frothy and great!

*Note: If strawberries are organic try keeping the greens on for extra minerals, goodness n ﬁber.*

**Orange Zap**

**7 ½ 13 (navel and valencia or mandarin) oranges depending on type (2.5 3 lb / 1133 g – 1360 g) lime to taste**

Peel, cut and seed if needed, blend all well. If using navel oranges, juicing ﬁrst for thinner or blend whole for thicker if desired. Enjoy the freshness.

**Fig ‘n’ Grape.....MMMM**

**(3 ½ cups / 575 g)**

**3 fresh ﬁgs (0.33 lb / 150g** or if no fresh available soak **2 dried ﬁgs** 1-6 hours water as needed (I use very little around 1/2 cup as I like it THICK!)