

## 1-Week Raw Challenge

Organized by [Joanna Steven](#)

### Notes:

These are all the recipes you will need for the challenge. Please read the menu over a couple of times to get comfortable with what you have to do. I have written what you need to do in advance, so you aren't caught off guard. I will post each day's menu separately with lots of information for you to read, so even if you have the menu printed out, remember to check out my [blog](#).

**Preparation work:** On the 28<sup>th</sup> or so, start making sprouts, from about 1 T dry seeds. Start soaking seeds for Rejuvelac. For detailed instructions on making rejuvelac and cashew cheese, please see Carmella's [instructions](#). I personally only make 2/3 of the recipe and use miso (2 cups cashews, 1 T miso, 1/3 cup rejuvelac made by soaking 1/4 cup sprouted wheat in a jar filled with water 1 inch above the layer of wheat.) For detailed information on sprouting, please read this [post](#) by Carmella.

Please note that the Hippocrates Institute no longer recommends Rejuvelac. For this reason, I *only* make it to make cashew cheese, and I also cover the jar loosely with a lid, to limit contamination from airborne bacteria.

If you have questions regarding any of the recipes or instructions, please post a comment on my blog. I will try my hardest to get back to you the same day, and will do what I can to hold your hand through the process. I want this 1-week Raw Challenge to be easy and enjoyable for all of you. You will come out of it knowing so many techniques, recipes and facts on the raw food diet that it will really be like a crash course (though a pleasant one, I hope!)

Just like every other crash course, things will move a little fast, but if you do the prep work and read the recipes a day or two before, it will be really easy, and not at all time consuming.

If you have any comments to make this Raw Challenge even better, please let me know. It is likely that I will hold similar Challenges again during the year, and want them to be better and better.

Here's to a wonderful new year 2010!

Joanna.

## Day 1:

**Prep work:** If using all frozen fruits, and if you don't want a cold smoothie, thaw the cherries and strawberries in the fridge overnight. In the morning, soak the nuts and seeds for the tuna pate. If using greens that aren't prewashed, you can wash them the day before and keep them in a sealed container in the fridge (or better yet, store-bought produce bags). If making crackers for Day 2, start them today. Otherwise, make sure you have some store bought raw crackers or some sprouted bread (or even whole wheat bread if it's the only option).

**- Green Juice:** Blend of choice of fresh vegetables and fruit, such as lettuce (red leaf, green leaf, romaine, etc.), celery, cucumber (with skin on), dark green vegetables (kale, parsley, chard, etc.), ginger, lemon (peeled), apple (for sweetness) etc.

**-Breakfast:** Eye Opener smoothie:

Here is a delicious smoothie from the [The Smoothies Bible](#). The recipe is available [here](#) as well.

### **Eye Opener Smoothie**

#### **Ingredients (1 serving):**

1/3 cup Orange juice

1 cup Pitted cherries (I use organic frozen cherries)

12 Strawberries

1 Orange, peeled, seeded and chopped (I skip the seeding part)

Raw Challenge addition: generous handful of baby spinach

In blender, combine orange juice, cherries, strawberries and orange. Process as directed until smooth.

**- Lunch:** Zucchini pasta and marinara sauce

#### **Ingredients (serves 2):**

- 2 zucchini, spiral sliced, shredded or cut into noodles with a vegetable peeler

- 1 medium tomato, diced

- 1/2 cup water

- 1/2 cup sun dried tomatoes, soaked for an hour or so

- 1/2 t dry basil or ~1 T fresh

- 1/2 t dry oregano

- 1/4 t dry thyme

- 1 T balsamic vinegar

- 1 garlic clove

- 1 T olive oil

- Pinch salt and pepper, or to taste

Directions:

Set the zucchini noodles on a plate.

Blend all the other ingredients until smooth, and pour the sauce over the noodles. Serve immediately.

**- Snack/Dessert:** Banana Ice-Cream with chocolate chips and walnut chunks:

*Who knew you didn't need dairy or an ice cream maker to make delicious and creamy ice cream? Frozen bananas blend up beautifully to make a firm yet creamy ice-cream, and the walnuts and chocolate chips add the finishing touches to make a wonderfully nutritious yet delectable frozen treat.*

Ingredients (serves 2):

For the ice-cream:

- 3 bananas, frozen while ripe but not too spotty
- 1/3 cup coarsely chopped walnuts

For the chocolate chips:

Ingredients (serves 3)

- 1/4 cup cacao powder, sifted
- 1/4 cup melted coconut oil (about 2 ounces)
- Pinch Celtic sea salt
- 1-2 T agave nectar

Directions

- Sift the cacao powder into a bowl, and set aside. Mix the coconut oil, salt, and agave nectar with a fork.

- Mix the coconut oil mixture with the cacao powder with a fork or whisk until smooth. Pour into chocolate molds, and set in the fridge or freezer to set. Chop when firm.

Directions:

- Blend the bananas in a food processor (not a blender) until smooth and creamy. Fold in the chocolate chips and walnut chunks. Serve immediately.

**Dinner:** "Tuna" pate and baby greens salad.

Ingredients (serves 2)

- 1/2 cup Sunflower Seeds, soaked
- 1/2 cup Raw Walnuts, soaked
- 1 T fresh squeezed Lemon juice
- 1 garlic clove

1/4 Tsp. Kelp flakes  
1Tbs. Tamari  
1/2 t paprika

In a food processor, blend seeds, nuts, lemon juice, garlic, kelp, paprika and tamari. Keep blending until the pate is very smooth. If it still has bits of seeds, it will not feel like tuna salad.

Transfer to bowl and add:

1 small Bubbies or Clausen pickle, chopped (the former is raw and unpasteurized. The latter is low temperature cooked but is pasteurized. It is less healthy, but is much easier to find.)

1/2 t apple cider vinegar

1 1/2 T pickle juice

1/2 t dried dill weed

1/4 Cup Green Onion (chopped)

1/4 Cup chopped Celery

1/8 Cup Parsley (chopped)

Stir until mixed!

Arrange baby greens on a plate, top with the pate, and enjoy :)

## Day 2:

**Prep work:** If desired, wash up all the veggies the night before. In the evening, prepare the kale chips. They will be ready for day 3. If you forget, make sure to have them in the dehydrator by 9 am, or else use your oven. You can make the Brazil nut milk the day before, or in the morning. In the morning, or the night before, make the recipe for Cultured Cashew Cheese. Place in a turned off oven all night or all day (about 15 hours) and then keep in the fridge.

**- Green Juice:** Blend of choice of fresh vegetables and fruit, such as lettuce (red leaf, green leaf, romaine, etc.), celery, cucumber (with skin on), dark green vegetables (kale, parsley, chard, etc.), ginger, lemon (peeled), apple (for sweetness) etc.

**- Breakfast:** Brazil nut superfood smoothie

Ingredients: (Servings: 2)

- 2 cups Brazil nut milk (2/3 cup Brazil nuts + 2 cups water, blended and strained)
- 3 small bananas, frozen
- 3 T raw cacao powder
- 1 T raw maca
- 1 T organic bee pollen
- 1 T raw agave nectar

Directions:

Blend all the ingredients in a high-speed blender until smooth, about 1 minute.

**- Lunch:** Spinach Apple Soup, sprouts, crackers. Recipe available on Raw Food Made Easy: For 1 or 2 People preview on [books.google.com](http://books.google.com).

Ingredients (serves 2):

- 4 cups tightly packed spinach
- 1 apple, chopped
- 1 cup water, plus a little more to thin if necessary
- 1 t fresh lemon juice, or more to taste
- Dash salt
- 1 ripe avocado, chopped

Directions:

Place the spinach, apple, lemon juice and salt in a blender and process until smooth. Add the avocado and process until smooth. Add the remaining ½ cup of water to thin, if necessary, and

blend briefly. Serve immediately. For a chilled soup, refrigerate for 2 hours before serving.

- **Snack/Dessert:** Orange Blossom scented chia pudding

For orange blossom lovers! If you are a fan of this delicate Middle Eastern ingredient, you will love this chia pudding. Soaked in a creamy cashew milk sweetened with dark agave nectar and flavored with orange blossom water, the chia seeds absorb the liquid to yield a creamy pudding. The inspiration for this recipe is the traditional Lebanese "Muhallabia" pudding, usually made with milk and rice powder.

#### Ingredients

- 1/3 cup raw cashews
- 1 cup water
- 1 T orange blossom water, available at any Middle Eastern food store
- 2 T agave nectar
- 2-4 T chia seeds, depending on how thick you want your pudding to get

#### Directions

- Blend the cashews, water, orange blossom water, and agave nectar in a blender until smooth, about 1 minute.
- Pour the milk into a bowl, and add the chia seeds. Stir until they are evenly distributed in the liquid.
- Set aside to thicken in the fridge or on the counter, stirring occasionally. If on the counter, refrigerate the pudding after about 20 minutes.

- **Dinner:** Dulse and Veggies main dish salad

*Salads shouldn't necessarily be considered side dishes. Main dish salads can be very filling, sustaining, and nutritious too. Creamy avocado, spicy sprouts and nutritious sea vegetables make this salad a regular on my dinner table.*

#### Ingredients (serves 2)

- Mixed baby greens, about 4 ounces
- 1-2 sheets sheet nori, shredded
- 1/3 - 1/2 cup packed dulse,
- 1/2 cup mixed sprouts (alfalfa, daikon radish, red clover, broccoli)
- 1/2 cup chopped cauliflower or broccoli (optional)
- 1 avocado, diced
- 1 medium tomato, chopped
- 3 T extra-virgin olive oil
- 1 1/2 T raw apple cider vinegar
- Pinch Celtic sea salt

- 1 clove garlic, crushed

Directions:

- On two plates, arrange the baby greens and top them with half of each ingredient above, except for the olive oil, apple cider vinegar, sea salt and garlic.
- Whisk these 4 ingredients until well combined, and spoon the dressing over each plate of salad.

### Day 3:

**Prep work:** In the morning, or the evening before, mix the [Cultured Cashew](#) cheese with the seasonings to make cheese for tonight's dinner. Place the dried kale chips in a bag and in the fridge so they stay crisp. If desired, you can make the cheese sauce the night before, as well as the chocolate.

**- Green Juice:** Blend of choice of fresh vegetables and fruit, such as lettuce (red leaf, green leaf, romaine, etc.), celery, cucumber (with skin on), dark green vegetables (kale, parsley, chard, etc.), ginger, lemon (peeled), apple (for sweetness) etc.

**- Breakfast:** Berry Greens Smoothie:

- 2 cups strawberries
- 1 cup cherries
- 1 cup blueberries
- 2 bananas
- Generous handful of spinach

#### **Directions:**

Blend all until smooth.

**- Lunch:** Alkalizing Nori Sandwiches with Creamy Cheese Sauce

*Nori sandwiches are so quick and easy to make, it's hard to believe they are also packed with nutrition. Seaweeds are very high in minerals, and this recipe will provide a wealth of nutrition in an easy to digest, holdable and delicious sandwich.*

#### **Ingredients (serves 1)**

- 3 nori sheets
- 1 small bowl baby greens
- 1 small bowl shredded carrots
- 1 small bowl julienned cucumbers
- 1 small bowl halved cherry tomatoes, or cubed regular tomatoes
- ½ small avocado
- ½ recipe Creamy Cheese Dipping sauce (see recipe below.) Blending a small amount of sauce is difficult. It is better to make the whole recipe and keep leftovers in the fridge.

#### **Directions:**

- On each nori sheet, spread a little avocado, and layer all the the veggies. Drizzle with Creamy Cheese Dipping Sauce and roll up tightly.

Enjoy as is, or dip the sandwich in more Creamy Cheese Dipping Sauce after each bite.



## Creamy Cheeze Dipping Sauce

*This creamy, dreamy cheese sauce is so good, you won't guess it's raw and vegan unless you know what's in it! With hemp and cashews for protein and minerals, bell pepper and nutritional yeast for vitamins, and garlic and onions to boost your immune system, cheese dips have never been so delectably healthy!*

### Ingredients

- 1/2 large red bell pepper
- 1/4 c. water
- 3/4 cup raw cashews, soaked for about 2 hours
- 1/4 cup hemp seeds
- 1 T tahini
- 2 T nutritional yeast
- 1/2 t Celtic sea salt
- 2 small green onions, roughly chopped
- 1 garlic clove, crushed
- 1 T lemon juice

### Directions

Blend everything in a high speed blender until smooth. Refrigerate for a few hours for a thicker consistency, or enjoy right away!

### **- Snack/Dessert:** Better than Cadbury Fruit and Nut bar

*if you like dark chocolate with sweet berries and crunchy nuts, you will love this bar. Loaded with minerals and healthy fatty acids, this chocolate hardens quickly in the freezer and is firmer than chocolates made with coconut oil.*

### Ingredients:

- Half a cup cacao butter (melted amount)
- Half a cup cacao powder, sifted
- 2 T agave nectar
- 1/4 cup goji berries
- 1/4 cup almonds, chopped coarsely

### Directions:

- On a 7" plate (you can use the bottom of a springform pan), arrange the almonds and goji berries so they are uniform.
- Mix the cacao butter, powder and agave nectar until smooth. Pour gently over the berries and almonds, until uniformly covered.
- Place the plate in the freezer for the chocolate to firm up, about 15 minutes.

**- Dinner:** Veggies and Cheese Sandwich, kale chips

Ingredients (serves 2):

- ¼ recipe of [Cultured Cashew Cheese](#)
- 1 bowl baby greens
- ½ red pepper, thinly sliced
- A few pieces of crackers of choice
- Sliced tomatoes, avocados etc. as desired for filling the sandwich

Directions:

Spread cheese on crackers, and garnish with veggies. Enjoy :)

Kale chips recipe:

[Chrissy's Goddess Chips](#)

2 bunches kale, broken into large pieces by hand

Dressing:

¾ cups sesame tahini

¼ cup nama shoyu

½ cup apple cider vinegar

½ cup water

2 scallion

1 clove garlic

1 lemon, juiced

¼ t. sea salt

¼ cup fresh parsley

Place kale in a large mixing bowl. Combine all ingredients in a blender and blend until smooth to get a thick consistency. You may have to add more water. Pour over kale and mix thoroughly with your hands to coat the kale. You want this mixture to be really glued onto the kale.

Place kale onto a mesh dehydrator screen, and dehydrate overnight @ 110 degrees. You'll need to use two trays. Rotate kale occasionally to dry uniformly.

The first time I made these I stood over the dehydrator and ate the chips right from the Teflex sheet. Enjoy!

## Day 4:

**Prep work:** In the morning, soak the kelp noodles in warm water. If you can, change the water regularly. For an easy version of the dish, use zucchini noodles. In the morning or the night before, prepare the chia pudding. Alternatively, use cashew milk to make everything easier (no straining of the milk required).

**- Green Juice:** Blend of choice of fresh vegetables and fruit, such as lettuce (red leaf, green leaf, romaine, etc.), celery, cucumber (with skin on), dark green vegetables (kale, parsley, chard, etc.), ginger, lemon (peeled), apple (for sweetness) etc.

**- Breakfast:** Hemp Hot Cocoa and Flax Pancakes

### Ingredients:

#### Hot cocoa:

- 1 cup hemp milk (1/3 cup hemp seeds, 1 cup water. Blend.)
- 2-3 T cacao powder
- 2 T agave nectar or maple syrup
- Pinch salt
- Optional: maca, lucuma, etc.

### Directions:

Blend everything together until frothy and warm. Alternatively, warm the mixture in a saucepan over low heat, stirring with your finger until warm but not too hot.

### Flax pancakes:

#### Ani Phyo's Coconut Breakfast Cakes:

The recipe is also available [here](#).

### Ingredients:

- 2 cups whole flax seeds, ground into meal just before making recipe
- 2 tablespoons extra virgin coconut oil (liquid)
- 1/2 cup agave nectar
- 1/2 teaspoon Celtic salt (add less, and add to taste)
- 1/4 cup filtered water

### Directions:

- Put all ingredients into bowl and mix well.
- Form into four balls and flatten into pancake shapes about 1/4 to 1/2 inch thick.
- Top with berries, maple syrup or agave, banana slices, coconut flakes etc.

**- Lunch:** Kale Chipotle Salad and cucumber soup

This mild cucumber soup goes well with the spicy chipotle salad.

### Cream of Cucumber Soup (serves 1)

#### Ingredients

4 romaine lettuce leaves, chopped (about 1 ½ cups)  
1 cucumber, about 1 cup,  
½ cup water  
1 T fresh lemon juice  
½ t crushed garlic  
¼ t salt  
½ ripe avocado, chopped  
1 T EVOO  
1 T minced fresh herbs, or 1 t dried

Place the lettuce, cucumber, water, lemon juice, garlic and salt in a blender and process until smooth. Add the avocado and olive oil and blend again until smooth. Add the herbs and blend briefly to mix. Serve immediately. For a chilled soup, refrigerate for 2 hours before serving.

### Wilted Kale Salad with a Creamy Chipotle Dressing

By [Russell James](#)

Posted on [Greenchefs](#)

Serves 4-6

#### For the wilted kale

4 heads kale (this will seem like a lot but will wilt down when the salt is added)  
2T salt  
2c baby tomatoes, sliced  
1c hulled hemp seeds

#### For the dressing

3 avocados  
2 chipotle peppers\*  
½c olive oil  
2T agave  
¼c lemon juice

\*If not using chipotle peppers, substitute with onion powder, cumin, chili powder, garlic powder and tamari/nama shoyu

\* Remove the stems and then wash and cut the kale into small pieces. Place into a bowl, add salt and start to massage the kale until it wilts and takes on a cooked texture.

\* Add the tomatoes and hemp seeds to the bowl and mix in by hand.

\* Blend all ingredients in a high-speed blender until creamy and mix into kale by hand.

### **Snack/Dessert: Not-Tella Chia Pudding**

*Chia seeds, the same seeds used to grow chia pets but for human consumption, are very high in calcium as well as omega 3 fatty acids. They are very versatile, and can be used to make crackers, puddings, refreshing drinks (such as Chia Fresca, popular in Mexico), and more . They can also be sprinkled on salads and desserts for added crunch. When soaked, they will become gelatinous, and the pudding will be similar to tapioca pudding.*

#### **Ingredients (serves 4 – divide the recipe for 1 person)**

- 1/2 cup to 1 cup chia seeds, depending on how thick you like your puddings
- 1/2 cup raw cacao powder
- 3 T + 1/2 cup agave nectar
- 1 cup raw hazelnuts
- 1 1/2 t pure vanilla extract
- 2 T raw coconut oil
- Celtic sea salt

#### **Directions**

- Blend the hazelnuts with 3 cups water and 3 T agave. Strain the liquid through a nut milk bag or cheesecloth to remove the fiber.

Mix 2 cups of hazelnut milk with the chia seeds. Let stand, stirring occasionally.

- Blend the remaining 1 cup of hazelnut milk with the cacao powder, agave nectar, vanilla extract and coconut oil, along with a dash of sea salt. Mix in the soaked chia seeds, and refrigerate.

The pudding will keep well for a week in a sealed container.

### **Dinner: Spinach and Cream Pasta Casserole**

*This recipe is from the always reliable [Raw Freedom Community](#). The RFC recipe calls for zucchini noodles, and you can definitely use that. I used kelp noodles, and it was such a comforting, yummy dish! The noodles really went soft while warming up in the D. The recipe includes a mock Parmesan I did not make. Please click the link above for the recipe. To me, this makes 2 generous servings as a main meal.*

#### **Pasta**

- 1 package kelp noodles, soaked and rinsed, or 2 medium zucchini

#### **Creamy Cashew Sauce**

1 cup cashews  
1/2 to 3/4 cup water (til desired thickness)  
1 garlic clove  
1/4 cup lemon juice  
1 tsp salt

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

#### Marinated Spinach

2 cups spinach, thinly sliced  
1/2 tbs olive oil  
1/2 tbs oregano  
1/8 tsp salt

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

#### Marinated Crimini

2 cups crimini mushrooms, sliced  
1 part olive oil  
1 part tamari  
1 tsp dried tarragon

Toss mushrooms and let marinate for at least 1 hr.

#### Directions:

Toss the noodles with the sauce. Gently fold in the spinach and 3/4 of the marinated mushrooms (save the rest for garnish). Place mixture in a dish, and top with remaining mushrooms. Dehydrate at 110 degrees for 1 hour (the noodles will get softer if left to marinate in the sauce. The first time I made this, I did not have a dehydrator. I turned on my oven at 170, place the dish in there, and turned the oven off).

## Day 5:

**Prep work:** If you don't like cold smoothies, thaw the pineapple the day before in the fridge, or use fresh pineapple. You can prepare the sunflower pate the night before, but do remember to take it out before dinner if you don't want cold rolls.

**- Green Juice:** Blend of choice of fresh vegetables and fruit, such as lettuce (red leaf, green leaf, romaine, etc.), celery, cucumber (with skin on), dark green vegetables (kale, parsley, chard, etc.), ginger, lemon (peeled), apple (for sweetness) etc.

**- Breakfast:** Pineapple Banana Green Smoothie

Ingredients (serves 2)

- 16 oz frozen pineapple
- 2 bananas
- Generous handful spinach
- Water, to thin if desired

Directions:

Blend everything until smooth.

**- Lunch:** Large veggie salad with hemp burgers

Walnut hemp burgers by Brendan Brazier (from [google.books.com](http://google.books.com)) (serves 2)

Ingredients:

1 cup walnut  
½ cup hemp seeds  
2 T ACV  
2 T EVOO  
½ t basil  
½ t oregano  
Sea salt to taste

Directions:

In a food processor, process until well blended. Form into 2 patties. Serve raw, or if you prefer to cook them, lightly fry in a non stick pan over medium heat until golden brown, flipping once.

**- Snack:** Bowl of kale chips

**Dinner:** Nori rolls

Ingredients: Serves 2

- 4-5 nori sheets

- Basic sunflower pate (like **Sunflower Garlic Spread**)

Basic Sunflower Garlic Spread, from [Raw Freedom Community](#)

- 2 cups sunflower seeds, soaked overnight
- 2 garlic cloves
- 2 tbs lemon juice (or to taste)
- Salt, tamari or [Nama Shoyu](#), to taste
- Handful dill (optional)

Place all ingredients in food processor and process until smooth.

- Veggies of choice, sprouts etc

Directions:

Spread the pate on the lower third of each nori sheet. Layer the veggies and sprouts, and roll up tightly. Moisten the end of the sheet so it sticks when you roll it up, and cut into bite sized pieces.



## Day 6:

**Prep work:** If desired, prepare the pesto and chia pudding the day before. If using frozen strawberries, thaw them in the fridge overnight for a less cold smoothie. If using frozen bananas, you don't need to use frozen strawberries (if they are frozen, thaw them).

**- Green Juice:** Blend of choice of fresh vegetables and fruit, such as lettuce (red leaf, green leaf, romaine, etc.), celery, cucumber (with skin on), dark green vegetables (kale, parsley, chard, etc.), ginger, lemon (peeled), apple (for sweetness) etc.

### **- Breakfast - Strawberry-Banana Hemp smoothie**

This recipe provides 30% of the FDA's daily protein and iron requirement, as well as more than 300% of our vitamin C needs, thus enhancing our body's ability to absorb iron. It is full of fiber and provides 25% of our daily folate requirement. Folate is an important nutrient for pregnant moms. Last, but not least it's creamy and delicious.

#### **Ingredients: (Serves 2)**

- 4 cup sliced, strawberries
- 2 large bananas, frozen\*
- ¼ cup hemp seeds
- ½ to 1 cup water
- Agave or honey to taste, depending on the fruits' sweetness

#### **Directions:**

- Blend all the ingredients until smooth.
- If using fresh bananas, add a few ice cubes for a cool, refreshing smoothie.

### **Lunch – Zucchini Pasta Al'Pesto**

#### **Ingredients (serves 2):**

##### **For the pesto sauce:**

- 2 ounces fresh basil
- 1/2 cup raw pine nuts
- 2 garlic cloves
- 2 T nutritional yeast (optional, but yummy and rich in B vitamins!)
- 1/4 cup olive oil, and more as needed
- 1/4 t salt, or to taste

##### **For the pasta:**

- 2 medium zucchini pasta

#### **Directions:**

- Spiral slice the zucchini, and arrange on 2 plates.
- In a food processor, process all the sauce ingredients together until just a little grainy. You don't want a smooth blender sauce with this recipe.
- Toss with the zucchini and serve immediately.

### **Snack-Dessert: Calcium Rich Chia Pudding**

#### **Ingredients:**

1/3 cup sesame seeds  
1 cup water  
2 T agave nectar  
Piece of vanilla bean  
2 T chia seeds

#### **Directions:**

Make sesame milk by blending up the seeds and agave and straining the liquid. Discard the pulp. Stir in the chia seeds and set aside to thicken. Top with fruits, if desired.

### **- Dinner – Cream of Zucchini Soup**

#### **Ingredients:**

- 1 zucchini, chopped, about 1 cup
- ½ cup water + ¼ cup water to thin, if necessary
- 1 stalk celery, chopped
- 1 tablespoon lemon juice
- 1 teaspoon mellow white miso
- ½ teaspoon crushed garlic (1 clove)
- ¼ teaspoon sea salt
- dash cayenne pepper
- 1 tablespoon olive oil
- ½ avocado, chopped
- 1 tablespoon fresh minced dill, or 1 tsp dried

#### **Directions:**

- Place all of the ingredients except the olive oil, avocado and dill in a blender. Blend until smooth.
- Add the olive oil and avocado and blend until smooth. Add the dill and blend briefly just to mix.

## Day 7:

**Prep work:** If desired, make the kale salad and chocolate mousse in advance. Keep in mind that the mousse needs to be chilled for about an hour prior to eating.

- **Green Juice:** Blend of choice of fresh vegetables and fruit, such as lettuce (red leaf, green leaf, romaine, etc.), celery, cucumber (with skin on), dark green vegetables (kale, parsley, chard, etc.), ginger, lemon (peeled), apple (for sweetness) etc.

- **Breakfast:** 3 cups citrus juice (use fruit of choice, such as grapefruits, tangerines, oranges etc.)

- **Lunch:** Winter holiday Salad

*This filling salad features calcium-rich kale, cleansing cranberries, nutrient dense goji berries (which are high in antioxidants and a source of complete protein), mineral-rich pistachios, and a sweet dressing. So colorful and tasty, this salad is sure to impress your non-raw friends!*

### Ingredients (serves 1)

- 3 ounces curly kale
- 1/4 t Celtic sea salt
- 1 T olive oil
- 1/3 cup dried cranberries
- 1/3 cup raw pistachios, chopped
- 1-2 T goji berries, soaked if desired for a few minutes
- 1 T agave nectar
- 1 T lemon juice
- Freshly ground pepper, to taste

### Directions

- Wash the kale, and remove the tough middle rib. Chop the leaves roughly, and set in a bowl.
- Drizzle the olive oil on the kale, and sprinkle with Celtic sea salt. With your hands, massage the kale until it turns bright green and shiny, and starts to wilt.
- In a small bowl, whisk the lemon juice and agave until combined, and drizzle on the kale.
- Add the cranberries, goji berries and pistachios, and toss well until the kale leaves are coated and the berries and pistachios are well distributed.
- Arrange in a serving dish, and either serve immediately, or leave to marinate in the fridge until you are ready to eat.

**Snack - Dessert:** Chocolate Mousse

Feel virtuous while you indulge in this decadent chocolate mousse. Loaded with antioxidants

and nutrients, your energy levels will soar with every spoonful!

Ingredients (serves 2-3)

- 2/3 cup maple syrup, agave nectar, or raw honey
- 1/2 t organic vanilla extract
- 2 ripe avocados
- 1/4 c. to 1/2 c. cacao powder
- 1/8 t. Celtic sea salt
- 1 t lucuma powder
- 2-4 T water
- 2 T goji berries

Directions

- Blend the avocados in a food processor until smooth. Add the other ingredients except for the goji berries, and keep blending until you get a uniformly colored and fluffy mousse.
- Spoon the chocolate mousse into a bowl, and refrigerate for about an hour. Sprinkle with goji berries just before serving.

Dinner: Moroccan Gazpacho by [Kristen Suzanne](#)

Ingredients:

- 1 cup water
- 4 tomatoes, chopped
- 1 tomato, diced
- 1 cucumber, peeled and chopped
- 1/3 cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 teaspoons agave nectar
- 1 teaspoon Himalayan crystal salt
- 1 teaspoon fresh ginger, peeled and grated
- 3/4 teaspoon cumin
- 3/4 teaspoon coriander
- 1/2 teaspoon cinnamon
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/4 cup fresh cilantro, chopped
- 1/4 cup pine nuts
- 1/4 cup raisins

Directions

Blend all of the ingredients, except for the 1 diced tomato, pine nuts, raisins and cilantro, until creamy. Pulse in the cilantro. Stir in the diced tomato, pine nuts and raisins.