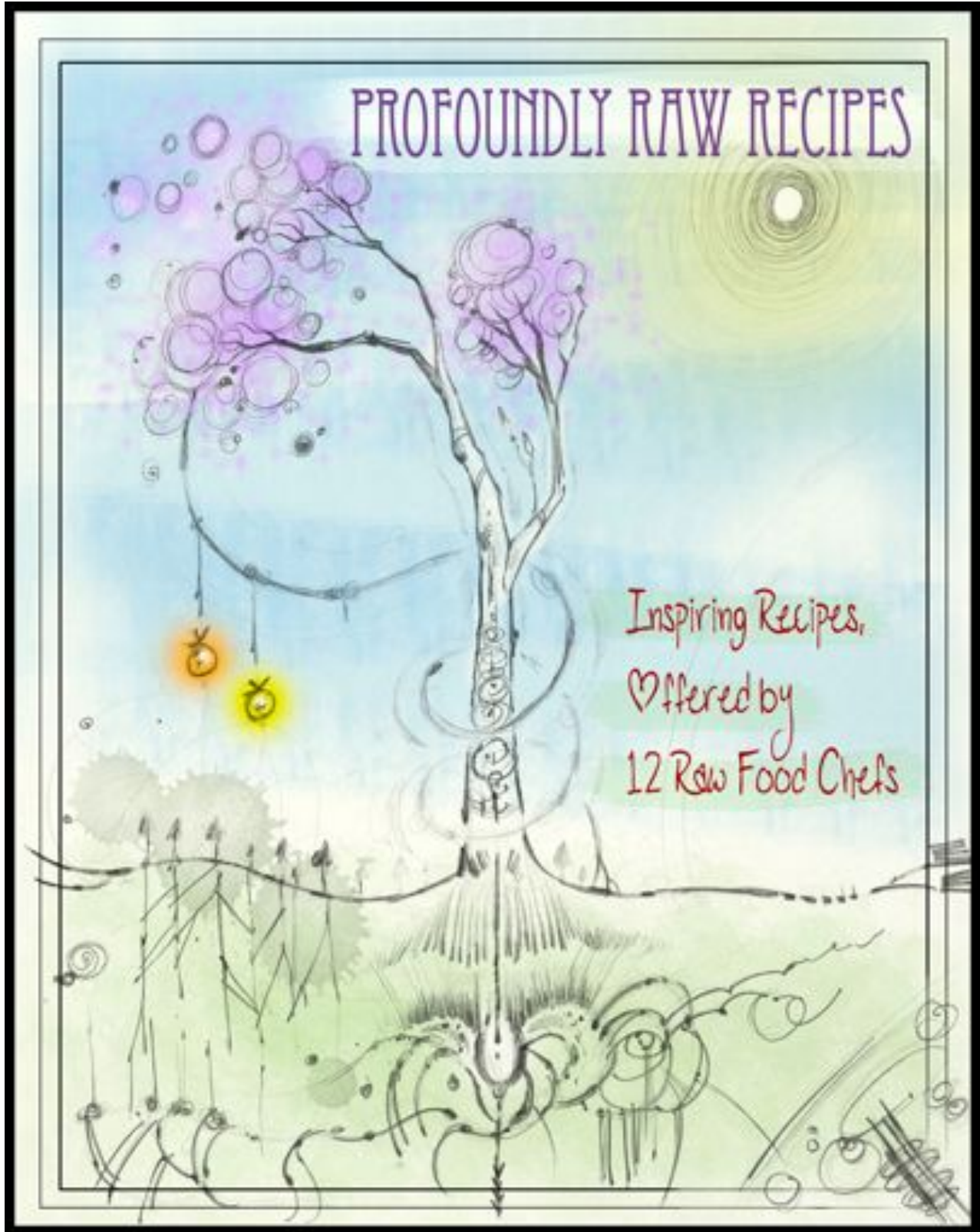


# PROFOUNDLY RAW RECIPES

Inspiring Recipes,  
Offered by  
12 Raw Food Chefs



## profoundly raw

the seedling grows so innocent and small  
that spark of life is the truth of us all

with a child's curiosity we learn through the years  
running, jumping and hugging our fears

inner strength and wisdom guides the way  
growing and learning, it's humbling each day

among purity and love there is never strife  
love is the truth to eternal life

knowing the power of the words we say  
clarity of expression will pave the way

breathe and let go, it's liberating to surrender  
our eye of awareness will help us remember

that opening our hearts will heal us all  
that's the truth of living profoundly raw

-meredith frantz  
[www.TheRawSeed.com](http://www.TheRawSeed.com)

Cover art, original drawing by Dustin Kellogg - [www.DustinKellogg.com](http://www.DustinKellogg.com)

© The recipes shared in this ebook remain the copyright property of the authors and are included here with their permission. Please do not reproduce these shared recipes without seeking permission from the authors first.

The information shared here is for education only and is not meant to diagnose, prescribe, or treat illness. It can be valuable to seek the guidance of an alternative health care professional before making any changes to your lifestyle.

# Editor's Notes

By Angela Stokes-Monarch

After the wonderful response to the first "Profoundly Raw" ebook three months ago, I was moved to reach out again to the **raw community** to co-create another shared collection of **inspiration**. This time our focus is raw **recipes**: food ideas for your *body*, rather than the mind... ;)

I'm thrilled to present to you now a collection of **outstanding recipes** submitted by 12 of today's leading **raw chefs**.

I would like to thank all of the chefs for their **generous contributions** and for all the stellar work they are sharing...

Our yummy contributors are:

**Ani Phyto, Bryan Au, Brigitte Mars, Frank Giglio, Elaina Love,  
Jeremy Safron, Meredith Frantz, Mark Reinfeld & Jennifer Murray,  
Nomi Shannon, Matt Amsden, Solla, Rod Rotondi**

As this list above reflects, the recipe contributions have been organised **alphabetically** by the first name of the author and with men and women **interlaced** one at a time, starting with ladies first ;)

Massive **kudos and gratitude** also to the super-talented Dustin and Meredith, who provided, respectively, the original **artwork** on this ebook cover and the sweet opening **poem**.

Please be aware that the recipes you see here are simple, **stripped-down**, plain text versions, whereas the books they are drawn from may have **lush pictures and photos** – this is simply a ‘sampler’ ebook...

If you **resonate** with something you read here, you might love to acquire the **complete version** of any of these books to enjoy in full. All the books included here can be purchased from [The Raw Food World](#) at **15% off** using [THIS LINK](#) – a special offer just for “Profoundly Raw Recipes” readers ;) (*See the **last page** of this ebook for special offer details.*)

If you didn't already download the first "Profoundly Raw" ebook, you can access that at [www.ProfoundlyRaw.com](http://www.ProfoundlyRaw.com)... Best wishes for your ‘Profoundly Raw’ life... ;)

All love,  
Angela. xxx

*Good Friday, April 2<sup>nd</sup>, 2010*

# Contents:

|                                 | Page: |
|---------------------------------|-------|
| Editor's Notes                  | 3     |
| Ani Phyo                        | 5-8   |
| Bryan Au                        | 9-11  |
| Brigitte Mars                   | 12-13 |
| Frank Giglio                    | 14-16 |
| Elaina Love                     | 17-23 |
| Jeremy Safron                   | 24-25 |
| Meredith Frantz                 | 26-28 |
| Mark Reinfeld & Jennifer Murray | 29-34 |
| Nomi Shannon                    | 35-36 |
| Matt Amsden                     | 37-39 |
| Solla                           | 40-42 |
| Rod Rotondi                     | 43-45 |
| Special Offers                  | 46    |

# "Ani's Raw Food Essentials" by Ani Phyo

Ani shares with us:

\*Corn Chowder

\*Brazil Nut-Banana Pancakes with Blueberry Syrup and Sliced Bananas

## Corn Chowder

Makes 4 Servings

This is a chunky soup made in your food processor. Corn is mixed with thyme and garlic to make a delicious chowder that's topped with Coconut Bacon bits and a dollop of Jalapeño-Lime Kream.

- 1 teaspoon garlic
- ½ teaspoon dried thyme
- ½ teaspoon sea salt
- 4 cups corn kernels (from about 4 ears of corn)
- ¼ cup extra-virgin olive oil
- 2 cups water
- 1 recipe Coconut Bacon (see below), diced
- 1 recipe Jalapeno-Lime Kream (see below)

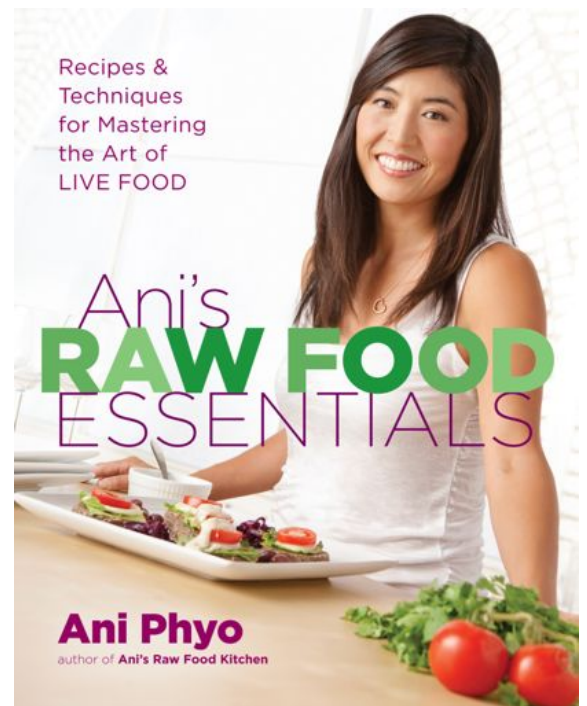
Place the garlic, thyme, and salt in a food processor, and process into small pieces. Add the corn, oil, and water and process into a chunky chowder. Divide among four serving bowls. Top each portion with diced Coconut Bacon and a dollop of Jalapeño-Lime Kream, and serve immediately.

## Coconut Bacon

Makes 4 Servings

Thai baby coconut is a favorite raw food for its electrolyte-rich living water. Plus, the inside of each coconut is lined with the coconut meat used to make this recipe.

The thickness of each coconut's meat varies from thinner, more translucent in color, and gelatinous in consistency to harder, whiter, and thicker—sometimes up to ¼ -inch thick. The thicker meats make for better bacon, only because it shrinks a lot during dehydration.



Adding a few drops of liquid smoke will give your bacon a barbecue flavor.

2 cups coconut meat (from 3 to 4 Thai baby coconuts)  
3 tablespoons Nama Shoyu or Bragg's Liquid Aminos  
2 tablespoons olive oil  
A few drops of liquid smoke flavoring (optional)



When scraping the meat out of your coconuts, try to keep pieces as large as possible. Clean the meat by running your fingers over its surface, picking off any pieces of hard husk. Rinse with filtered water as a last step, and drain well. Place the coconut meat in a mixing bowl and add the remaining ingredients. Toss to mix well. Lay the meat in a single layer on two 14-inch square Excalibur Dehydrator trays.

Dehydrate for 6 to 8 hours at 104°F. The length of time will depend on how thick your coconut meat is. Check it and dry it to your liking. Don't over-dehydrate, because the more you dry it, the more it will shrink, and you'll be left with only a small amount of bacon.

**OPTIONS:** Replace the smoke flavor with herbs and spices to make different flavors. Try chipotle powder, garlic, dill, or oregano.

## Jalapeño-Lime Kream

Makes 1 Cup

A fresh green jalapeño pepper and tart lime are blended in a cashew kream. This savory kream can top soups, pastas, or can add spice to sandwiches and wraps. For a spicier kick, leave the seeds in the jalapeño.

I use a smaller Personal Blender to make just one cup of this kream. If you're using a larger blender, you'll need to double this recipe to make sure the mixture covers the blades to blend properly. You can also use a food processor, but you won't get the same smooth texture as you would by blending.

1 cup cashews  
¼ cup seeded, chopped jalapeno pepper (about 2 whole)  
1 teaspoon lime zest  
¼ cup lime juice (from about 2 limes)

1 tablespoon extra-virgin olive oil  
½ teaspoon sea salt  
¼ cup filtered water, or as needed

Begin by grinding half of your cashews at a time into a powder. Place this powder in a 1-cup blender. Add the remaining ingredients and blend until smooth. Add only enough water as needed to produce a smooth, creamy consistency. Will keep for 3 days in the fridge.

---

## Brazil Nut-Banana Pancakes With Blueberry Syrup and Sliced Bananas

Makes 4 Servings

1 recipe Brazil Nut–Banana Pancakes (see below) (four pancakes)  
1 cup sliced banana and/or berries  
1 recipe Basic Fruit Sauce (see below) made with blueberries

Lay one pancake on each of four serving dishes and top with the fruit. Drizzle with the sauce and serve.

## Brazil Nut-Banana Pancakes

Makes 6 Pancakes

Deliciously light pancakes. Enjoy with agave syrup, maple syrup, or any Jams, Butters, or Sauces.

2 cups mashed bananas, packed (about 3 whole)  
1 cup Brazil nuts, processed into a powder  
1 cup flax meal  
2 teaspoons ground cinnamon  
1 cup filtered water, or as needed

Place the banana in the bottom of a high-speed blender. Add the processed Brazil nuts, flax meal, cinnamon, and water. Blend until smooth.

Ladle ½ cup of the mixture into six circles on two lined 14-inch-square Excalibur Dehydrator trays (four on one tray, the remaining two on the second tray). Spread into pancake shapes.

Dehydrate for 5 to 7 hours at 104°F. Flip, peel off the Paraflexx lining, and dehydrate for another 2 to 4 hours, to desired consistency.

Serve with your favorite jam, sauce, or syrup.



## Basic Fruit Sauce

Makes 1½ Cups

Make your favorite sauce with whatever fruit is in season and whatever you happen to have on hand today. Adding a brightly colored syrup is a great way to bump up the sophistication of your presentation and flavor profile.

I always prefer fresh fruit when it's in season, but you can use frozen if fresh isn't available. Just thaw before using frozen fruit in this recipe.

This basic sauce is similar to the Raspberry Sauce from *Ani's Raw Food Desserts*, but the recipe in this book will help you to create your own varieties and flavors.

2 cups fruit, such as pineapple, mango, or peaches

½ cup agave syrup

Place the ingredients in a high-speed blender and blend until smooth to make a beautiful colored sauce.

Will keep for 3 to 4 days in the fridge.

-----

If you'd love to see the rest of Ani's book "Ani's Raw Food Essentials", you can purchase copies at 15% off, [HERE](#).

-----



**Ani Phyo**, one of the USA's premier raw food chefs, has been featured in numerous magazines and TV shows. The author of *Ani's Raw Food Kitchen* and *Ani's Raw Food Desserts*, and the host of "Ani's Raw Food Kitchen Show," she lives in Los Angeles. For more information, visit [www.Aniphyo.com](http://www.Aniphyo.com).

Food photos by Tyler Golden, author photo by Seth Beck.

From the book "Ani's Raw Food Essential" by Ani Phyo.  
Excerpted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright (c) 2010.

-----



# "Raw In Ten Minutes" by Bryan Au

Bryan shares with us:

\*Thai Coconut Ginger "Rice" with Mango and Avocado

\*Chocolate Donuts

## Thai Coconut Ginger "Rice" with Mango and Avocado

This is a new fun Summer sort of side dish. It is Asian and exotic and takes some time to prepare but is worth it. Often times with many of the "rice" raw dishes a food processor and S Blade are suggested but you are getting more metal and metal ions into your food each time you do this! What to do? Well I use my 7" RAW STAR Ceramic Knife to hand chop the Daikon and Coconut.

This is more of a side dish and is very colorful, festive, it looks and tastes very fancy but is very easy to make. I suggest adding lime juice, sea salt, or other spices to liven it up because it can be bland although very delicious and refreshing.

Like all of my recipes, this one does not have cashews or nama soyu and no dehydrating.

### Ingredients:

1 Large Daikon

1 Young Thai Coconut, you can use dried shredded coconut instead or add some for more flavor

1 Avocado

1 Orange

1 Mango

Some Dill

Some Mint

Some Parsley

1 Lemon

1 Lime

1 Green Apple

Sea Salt(Optional)

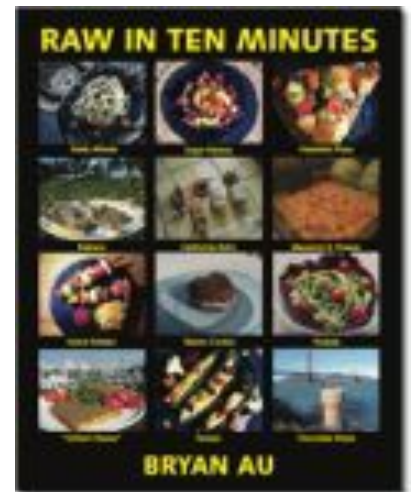
Black Sesame Seeds(Optional for garnish)

Golden Flax Seeds(Optional for garnish)

1 Red Onion

1 Small Ginger

LOVE! :o)



**Preparation:**

I chop the Daikon and Young Thai Coconut Meat by hand using my 7" RAW STAR Ceramic Knife in order to keep it fresher longer, pure, and to keep metal out of my food. Then I hand chop the other ingredients or peel them and just use my hands to mix it all together in a large bowl.

You will want to chop the daikon first, then the coconut, then hand mix these together and put into the bowl. Then peel and chop the orange, mango, avocado, (you can add some green apples for more flavor and color). Zest the orange with your knife, hand pick the dill/mint/parsley. Chop the ginger very finely and sprinkle on top. Squeeze some lime juice to add flavor, sea salt, your favorite spices or sauces to add more flavor to this colorful exotic refreshing side dish. For more coconut flavor add dried shredded coconut or more fresh coconut than daikon. You can also make a "teriyaki sauce" by blending or hand mixing dates with agave and drizzle on top. Enjoy!

## Chocolate Donuts

**Ingredients:**

2 Cups of Organic Golden Flax Seeds or you can buy cold milled Organic Golden Flax Seeds which is already grinded and cold milled so the nutrition and value lasts a lot longer and is a lot easier to use!

1 Banana

3 to 4 Tablespoons of Really Raw Agave

4 Tablespoons of Carob Powder

**Preparation:**

Grind the Golden Flax Seeds in a Blendtec Blender to make them into a perfect "powder", then put the powder into a bowl, or better yet buy some already ground flax: easier to use and convenient! Then mash by hand one banana into the ground flax. Form a small ball from the mixture then flatten with your hand and poke a hole into the middle to form a donut shape. You can also use the same "dough" to make a cupcake too - just put it into a cupcake cup.



In another bowl mix the carob powder with Really Raw Agave until well mixed and use as a frosting. Put Chocolate Frosting on top of each Donut and serve! To make a cinnamon donut just sprinkle cinnamon on top, to make a "Glazed

Donut" put coconut oil on top and drizzle with really raw agave and serve! HINT: the more Flax you use the more "fluffy" it will become, the less you use the more moist, so play with the recipe and prepare to your taste.

-----

**If you'd love to see Bryan's book "Raw in Ten Minutes",  
you can purchase copies at 15% off, [HERE](#).**

-----

Raw Organic Eco Chef Bryan Au has traveled the World and trained with outstanding chefs to bring you the best, most optimal RAW IN TEN MINUTES recipes that are fast, fun, easy and amazingly delicious. No dehydrating and all the recipes are 2 minutes, 5 minutes or only 10 minutes to make, then they're ready to serve, eat and enjoy. 100+ recipes, international menu and totally new inventions and recipes as well as easy fun techniques from Mango "Cheesecake" and Spanish Lasagna to Chocolate Cake, Eggplant Manicotti and many more to dazzle and delight you! You can also buy Bryan's ECO CHEF iPhone APP to receive ALL of his recipes, videos, DVDs and more surprises and features, updated every week!  
For more information, visit [www.RawInTenMinutes.com](http://www.RawInTenMinutes.com).



# "Rawsome" by Brigitte Mars

Brigitte shares with us:

- \*Celery Soup
- \*Asparagus Quiche
- \*Poppyseed Pastry

## Celery Soup

So simple, so satisfying.

- 4 stalks celery, chopped
- 3/4 cup water
- 1 avocado, peeled
- 1 tomato
- Juice of 1 lemon or lime
- 1/2 teaspoon Celtic salt
- A handful of cilantro

Place the celery in a bowl. Combine the remaining ingredients in a blender and puree. Pour the puree over the chopped celery. Makes 2 servings.

## Asparagus Quiche

Lovely enough to serve special guests!

### **Crust:**

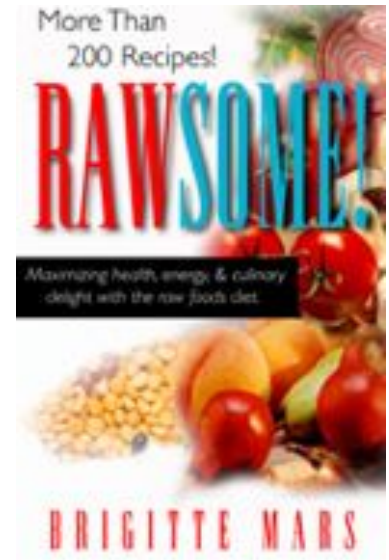
- 1 cup sunflower seeds, soaked overnight
- 1 cup flax seeds
- 1/4 cup extra virgin olive oil
- 1 teaspoon Celtic salt
- 1 small red onion, chopped fine

Puree the sunflower seeds, oil, and salt in a food processor or blender, adding a bit of water if needed. Then stir in flax seeds, and chopped onion and dehydrate in a big round on a dehydrator sheet, turning when done on one side (and removing the solid dehydrator sheet.)

When turned add the filling to the side that still is wet, spreading evenly.

### **Filling:**

- 1/2 cup pine nuts
- 1/4 cup water
- 2 tablespoons nutritional yeast (optional)
- 1/2 teaspoon Celtic salt
- 2 cups chopped asparagus



1 tablespoon paprika

Blend the pine nuts, water and salt in a blender. Stir in the chopped asparagus, pour and spread evenly on top of the crust that is now somewhat dehydrated on one side. Sprinkle with paprika. Continue dehydrating for another 6 hours or so.

## Poppyseed Pastry

You could enjoy this for a special brunch as well as dessert.

2 cups walnuts, soaked overnight, then dehydrated until crunchy (abt 12 hours)

6 pitted dates, soaked 20 minutes if hard

1 teaspoon orange peel

1/2 teaspoon Celtic salt

1 cup poppyseeds

1 cup raisins, soaked 1/2 hour

Combine the walnuts, dates, orange peel, and salt in a food processor and puree. Press the mixture into a pie pan. Combine the poppy seeds and raisins in the food processor and puree. Fill the crust with the mixture.

Makes 8 servings.

-----

**If you'd love to see the rest of Brigitte's book "Rawsome", you can purchase copies at 15% off, [HERE](#).**

-----



Brigitte Mars is a professional member of the American Herbalist Guild, a nutritional consultant working with Natural Medicine for over forty years. She teaches Herbal Medicine at Naropa University, Omega Institute, Hollyhock, Boulder College of Massage, Esalen and Bauman Holistic College of Nutrition. She blogs for Huffington Post, Care2 and My Intent. Brigitte is the author of twelve books, including *The Desktop Guide to Herbal Medicine*, *Beauty by Nature*, *Addiction Free Naturally*, *The Sexual Herbal*, *Healing Herbal Teas*, and *Rawsome!*. She has been happily married for thirty three years. For more information, see [www.BrigitteMars.com](http://www.BrigitteMars.com).

-----

# "Raw For All" by Frank Giglio

Franky G shares with us:

- \*Chunky Avocado Salad
- \*Corn "Chowda"
- \*Marinated Baby Bok Choy

## Chunky Avocado Salad

- 3 avocados, diced
- 1 small carrot, coin cut
- ½ cup purple cabbage, chopped small
- 1 clove garlic, minced
- 2T hemp seeds
- 3T fresh parsley, roughly chopped
- 1t chipotle powder
- ½ lemon or lime, juiced
- 2T hemp oil
- 2t crystal salt
- 2t fresh black pepper



Add all ingredients to a large bowl and gently toss together. This is a great topper on fresh cucumbers, beets or carrots slices.

## Corn "Chowda"

Recipe will make close to 8 cups

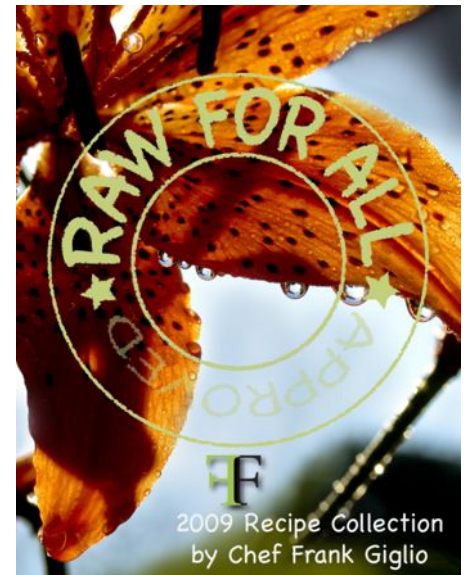
### Make Nut Mylk:

- 1c nuts, soaked, drained and rinsed (I prefer Brazil, pumpkin seeds, or almonds)
- 4c water

Blend on high, strain through a nut mylk bag. Place strained mylk back in blender.

### Add:

- 1c frozen or fresh corn kernels
- ¼c chopped celery
- ¼c chopped carrots
- 1 garlic clove



- pinch crystal salt
- pinch chipotle powder (optional)

Blend well until smooth and creamy. Place mixture in a large bowl.

**Add:**

- ½c corn kernels
- ¼c celery, dice small
- ¼c carrots, dice small
- 1-2 stalks of green onion
- 2T fresh chopped thyme
- 1T fresh chopped oregano

Enjoy!! Keeps fresh for 3-4 days



## Marinated Baby Bok Choy

Simple and basic, yet so tasty!



- 3 heads of baby bok choy
- 2T cold pressed sesame oil
- 1-2t crystal salt
- 3T black sesame seeds

Clean and wash bok choy. Separate leaves and place in a bowl. Toss with salt and oil and massage until the stems become soft and tender.

Sprinkle with sesame seeds and enjoy. To jazz up this salad, try adding fresh sliced snow peas, red onions and a julienne of red bell pepper.

-----

**If you'd love to see the rest of Franky G's book "Raw For All", you can purchase copies at 15% off, [HERE](#).**

-----

Frank Giglio is a classically trained chef from the New England Culinary Institute in Montpelier, VT and a graduate of The Institute for Integrative Nutrition in NYC. Since the age of 15, Frank has fully immersed himself into the culinary world. Young and intrigued, Frank traveled the USA learning from some of America's leading chefs and restaurateurs. This immersion created deep understanding for the creative process of working with food, as well as learning the fine art of tastes and flavors. As the years passed, Chef Giglio sought after a deeper connection to food and has come full circle in doing so. "All I really want to do, is make good food. Simple, fresh and whenever possible, local food, prepared with good intentions." Simply put, Franky is constantly seeking the best food available through local farms and high integrity importers. After changing his direction to a more plant based diet, Frank sought after education from some of the leaders in the natural food industry like Gabriel Cousens and David Wolfe. Merging classical technique with herbalism, raw + superfood nutrition and whole foods preparation, Chef Giglio now displays a cuisine that is wholesome, pure, and nourishing. For more information, visit [www.FrankGiglio.net](http://www.FrankGiglio.net).

---





# "Elaina Love's Pure Joy Kitchen Book 2" by Elaina Love

Elaina shares with us:

- \*Chili and Cornbread
- \*German Chocolate Cake
- \*Fresh Fruit Granola
- \*Rockin' Chinese "Fried" Rice

## Chili and Cornbread Heartwarming Recipes:

### Hearty Chili

Makes 6 cups

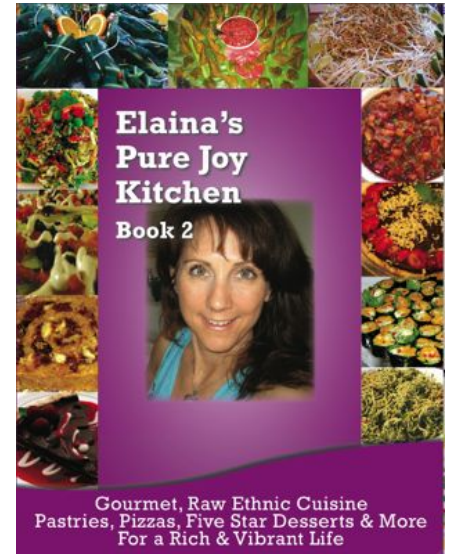
#### Step 1, Marinated Vegetables:

- 1 medium zucchini, chopped into ½" cubes
- 1 medium carrot, chopped into ¼" cubes
- ½ medium or 1 small eggplant, peeled and chopped into ½" cubes
- 1 small portabella mushroom or 5 shitake mushrooms, chopped into cubes
- 3 cloves crushed garlic
- 1 medium roma tomato, chopped into ½" chunks
- ¼ medium red onion, chopped
- 3-½ tsp Celtic sea salt
- 1 Tbs lemon juice
- 2 Tbs olive oil

Mix above ingredients together and place in a quart sized jar. Press down hard so as to cover the vegetables completely with the salt, lemon and oil. If necessary, put a small glass or jar inside to hold the vegetables down. Cover and let marinate preferably overnight, or at least 4-6 hours.

#### Step 2, The Sauce:

- 1 large tomato
- 1 cup sun-dried tomatoes, soaked with enough water to cover
- ¼ cup olive oil
- 1-1½ cups purified water
- 1 Tbs Spicy Chili Sauce (see recipe below) or 1/8 tsp cayenne pepper
- ½ tsp celery seed
- ½ tsp oregano
- ½ tsp cumin
- 1½ tsp chili powder
- 6 pieces of cornbread, chopped into 1" pieces (do not blend)





Blend above ingredients except cornbread on high until smooth.

Pour blender mixture over marinated vegetables (make sure they have marinated long enough to be soft before doing this step).

Add cornbread and mix everything together.

Serve warmed to 115 degrees and top with Cashew Sour Cream (see recipe below).

## Cashew Sour “Cream”

Meat of 1 young Thai coconut

1 cup cashews, soaked 2 or more hours

½ tsp Celtic sea salt

2 tsp raw apple cider vinegar

1 tsp lemon juice

Blend on high until creamy.

Store in a glass jar in the refrigerator for up to 2 weeks.

Serve over Hearty Chili or with Raw Tostadas.

## Corn Bread

1 ½ cups dry golden flax seeds ground into meal or soaked 4-8 hours and ground in a Vitamix blender (blend dry seeds first before getting your blender wet)

2 cups soaked raw almonds (1 ¼ cups before soaking) soaked 4-8 hours or 3 cups almond meal leftover from almond milk and ½ cup oil

2 cups raw cashews or 1 cup raw cashew butter

1 cup pine nuts

1 10oz bag of frozen corn or fresh off the cob corn

¼ cup raw honey

2 tsp Celtic Sea Salt

2 cloves Garlic

**Step 1:** Put almonds in the blender with enough water to cover, and blend until creamy. Use a celery stalk as your spatula to keep things moving in the blender.

Alternate Step 1: Put 3 cups almond meal in a large mixing bowl with ½ cup melted coconut butter or olive oil.

**Step 2:** Blend cashews as you did the almonds or add the cashew butter to the bowl.

**Step 3:** Blend pine nuts, corn and honey or maple syrup in the blender until creamy. You can stop blending while the corn is a little chunky if you like. You may need to add a little water to blend.

**Step 4:** Put all ingredients together in the bowl and mix well. Let sit for 15 minutes.

**Step 5:** Spread the batter onto a 16 x 16 dehydrator tray covered with a teflex sheet. Make the bread about ¼" thick. Score into 25 squares with the edge of your spatula or a butter knife. You should be able to fill at least 2 trays.

Dry at 105 degrees for about 3 hours. Flip the bread and take the teflex off. Dry for another 3 hours or until bread is still very moist and is easy to lift up. Store in the refrigerator for up to 1 week.

## Sweet and Spicy Chili Sauce

1 lb. red bell peppers (about 2) or fresh cayenne peppers  
4 green or red jalapenos or 1 habenero pepper  
6 medium sized soft dates, pitted  
3 medium cloves of garlic  
1 tsp Celtic sea salt  
1 tsp raw apple cider vinegar or 2 tsp lemon or lime juice

Remove the seeds from the bell peppers or cayenne peppers and chop into chunks.

Chop the jalapenos or habenero, leaving the seeds in.

Place all ingredients in a blender, and blend on high until well blended, but not completely smooth.

Pour into a pint sized glass jar, cover and store in the refrigerator for 2 or more months. Enjoy with a number of recipes as a topping or side condiment.

-----

## German Chocolate Cake

### Cake:

1 oz. or ¼ cup packed Irish moss blended with 1½ cups water until smooth  
3 loosely packed cups almond pulp (leftover from making almond milk)  
4 cups dried shredded coconut made into powder in a blender or food processor  
1/2 cup maple syrup or other liquid sweetener

3/4 cup coconut oil (soften or melt before using)  
 2 cups chopped yellow zucchini or green zucchini  
 1 tbs. vanilla extract  
 2 tsp. tamari  
 2/3 cup Rapadura ground to a powder (up to 1 cup for sweeter cake) or other powdered sweetener  
 1/16 tsp. cayenne  
 1 1/2 cup cacao powder  
 2 Tbs. psyllium husk powder (blend husks in a coffee grinder if you can't find powder)



1. Blend the zucchini with all the liquids and oils until smooth.
2. Mix everything together in a large bowl with your hands.
3. Divide the batter in half and press each half into a round 10 1/4 inch spring form pan. If you only have one pan, press the first half in, then place cheesecloth on top and press in the second half.
4. Place the cake in the refrigerator or freezer for a quick set up.

**Filling:**

|                     |  |
|---------------------|--|
| 1 cup dates         | 1 tsp. vanilla extract or 1 vanilla bean |
| 1 cup coconut water | dash of salt                             |
| 1/2 cup pine nuts   | 1 tsp. mellow white miso                 |

~Blend until smooth~

|                             |                            |
|-----------------------------|----------------------------|
| 2 Tbs. psyllium husk powder | 1/2 cup fine shred coconut |
|-----------------------------|----------------------------|

~Add and blend again~

**Coconut Frosting:**

1 cup pine nuts  
 1/2 cup maple syrup or honey  
 1/4 cup dates  
 3 Tbs. nut milk  
 2 Tbs. coconut oil  
 1 tsp. mellow white miso  
 topping: coconut chips

Blend frosting well until creamy. **Refrigerate until firm.**

### **Cake Assembly:**

- ♥ Take one of the cake halves and spread it with the filling.
- ♥ Stack the other half of the cake on top.
- ♥ Frost the cake being careful to gently spread, so as not to get cake crumbs in the frosting. Freezing the cake first will prevent this from happening.

-----

## **Fresh Fruit Granola**

Makes 5 cups

- 1 cup soaked almonds (1/2+ cup before soaking)
- 6 medium, soft dates
- 1 cup raisins/gojis
- 1 cup dried coconut
- 3 medium apples, pears, persimmons, apricots, bananas or combination of any firm fruits cut into cubes. Or 4-5 cups of berries (chop if strawberries leave other berries whole).
- ½ tsp. cinnamon
- 1/8-1/4 tsp. nutmeg

In a food processor, combine almonds, dates and seasonings. Pulse until coarsely chunked.

Add the fruit and pulse again until the mixture is still chunky, but in finer pieces. (Bananas and berries should be added in the next step).

Mix in the raisins and any soft fruit. Serve immediately with almond milk or store in a glass jar for up to 4 days.



-----

## Rockin' Chinese “Fried” Rice

### By Elaina Love

Serves 6

½ pound wild rice soaked 48 hours (*although this rice is roasted in the harvesting process, my body seems to do really well with this as the starches are not activated like they are when cooked. This rice acts as a broom in the intestines.*)

½ head green cabbage

1 red onion

3 large cloves garlic, chopped

3 Tbsp. grated ginger root

1 julienned and chopped red bell pepper

2 heads broccoli cut into small florets, stems peeled and shredded

2 carrots, shredded

1 bunch cilantro, de-stemmed and chopped

1 bunch flat leaf parsley, chopped

10 oz. frozen or fresh peas (snow, English or sugar snap)

½ cup lemon juice

¾ cup olive oil

¾ cup sesame oil

zest and juice of 1 orange

¼ cup wheat free tamari

1 ½ tsp. Celtic sea salt

¼ tsp. Ground Habanero powder (dehydrate peppers and grind in spice grinder) or ½ tsp. Cayenne pepper



1. Take the dry wild rice and puree in a food processor to make it into very small bits. This will help it absorb the water more quickly and remove some of the black color. Cover with double the amount of water and let soak for 2 days, rinsing daily.
2. Pulse the cabbage, onion, garlic and ginger in a food processor until minced.
3. Mix all ingredients together and allow it to sit for 2 or more hours, to let flavors meld.
4. This dish will keep for 1 week.

-----  
**If you'd love to see the rest of Elaina's book "Elaina Love's Pure Joy Kitchen Book 2", you can purchase copies at 15% off, [HERE](#).**  
-----



Elaina Love is a professional Chef and Instructor whose unique style of creating the best raw food and vegan cuisine ever has her highly sought after. She travels worldwide to bring delicious, wholesome foods to spas, exotic retreats and festivals. Elaina is the Owner & Director of PureJoyPlanet.com, which features certification courses, raw food recipe books, super foods and kitchen & health equipment. She is the author of 2 recipe books and 3 DVDs. Elaina creates a variety of light and hearty dishes to satisfy all ranges of tastes. You will be delighted at how tasty the food is and how great you feel after eating it! For more information, visit [www.PureJoyPlanet.com](http://www.PureJoyPlanet.com).

-----

# "The Raw Truth" by Jeremy Safron

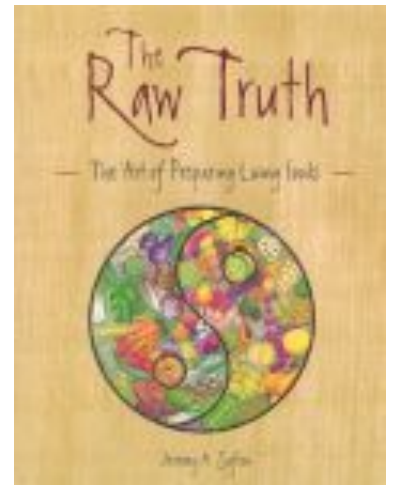
Jeremy shares with us:

\*Ginger Cured Vegetables with Saffron Hemp Rice

Serves 4 people  
Prep time 30 min  
Time til served 1-2 days

## Ginger Cured Vegetables

Curing is one of the ancient ways of preserving food for future use and also highly effective in softening and palletizing foods that would be otherwise far from tasty. Salt is often used to soften the cell wall and create an osmotic exchange between the marinade or curing substance and the internal cellular water of plants. Time and patience is all it really takes to create fabulous cured foods that will endure until eaten and taste fantastic.



### Ingredients:

- 2 medium portabella mushrooms
- 1 large bell pepper
- 1 jerusalem artichoke
- 3 inch long piece of ginger
- 4 heaping tablespoons of salt
- 3 cups of water
- 2 large lemons

Thinly slice the portabella mushrooms and place in a large mixing bowl or glass jar. Make fine strips of the bell pepper and add to the jar or bowl. Peel the jerusalem artichoke or just slice off the edges, make thin slices and add to jar or bowl. Next use a ginger juicing board or juicer to create ginger juice and add to jar or bowl. Pour in the water and add the juice of the lemons and the salt. Allow this mixture to marinade 24-72 hours before serving. When serving, drain off all of the marinade and serve on a bed of Hemp Rice (see below).

## Saffron Hemp Rice

Rice is a staple food of the Eastern world. In many places it is eaten with every meal and is a basic form of sustenance for many nations. I had heard that some of the people in the raw food chef scene were making raw rice dishes using cauliflower or radishes and had tried a few. One day



I was preparing a sumptuous Indian feast and created this simple rice from burdock, carrots and hemp seeds. I find it very versatile and use it as the base for many dishes.

**Ingredients:**

- 3 large carrots
- 1 medium burdock root
- 1 cup of shelled hemp seeds
- 2 tablespoons of olive oil
- 1/2 gram of saffron
- 1/2 teaspoon of salt

Finely grate carrot and burdock into a mixing bowl.  
Add hemp seeds, saffron, oil and salt.  
Mix well and top with well-drained Ginger Cured Vegetables.

-----  
**If you'd love to see Jeremy's book "The Raw Truth",  
you can purchase copies at 15% off, [HERE](#).**  
-----

Jeremy Safron is a renowned expert in the creation of raw foods and dietary health. As the author of The Raw Truth, The Fasting



Handbook, and The Raw Foods Resource Guide, Jeremy has been interviewed in numerous media outlets and is a featured workshop leader at events around the globe. The foundation for Jeremy's work stems from his immersion in the study of dietary health and the use of food as medicine while living with Dr. Ann Wigmore at her institute in Puerto Rico. This led him to open The Raw Experience, Maui's first raw food restaurant, where his artistic vision and relentless exploration of taste allowed him to pioneer many of the concepts and dishes that are common in raw eateries today. He has also developed some of the

most successful raw food products on the market including Powerwraps and Rawmesan.

For more information on Jeremy, visit [www.LovingFoods.com](http://www.LovingFoods.com).

# "The Magically Mysterious Raw Recipe E-Book" by Meredith Frantz

Meredith shares with us:

\*Sunflower Rye Bread

\*Fermented Nut Cheese

## Sunflower Rye Bread

3 c. sunflower seeds (soaked for 12-24 hours)

3/4 c. ground flax (golden or brown)

1/4 c. water

3 tbsp. caraway seeds (ground or whole)

3 tbsp. raw honey or agave

2 tsp. sea salt

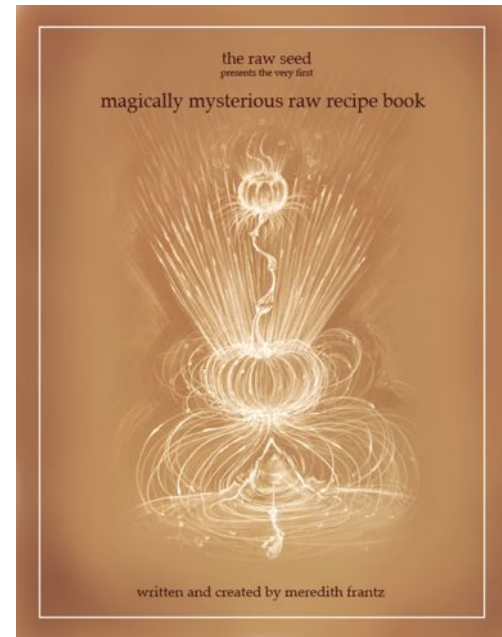
1/4 tsp. lemon juice

1. Rinse and drain the soaked sunflower seeds. Blend all ingredients in a food processor until well mixed. Add more water, if necessary, to blend evenly. The recipe yields 4 cups of "batter." Line two dehydrator trays with teflex sheets.

2. Evenly spread 2 cups of batter onto each dehydrator tray and dehydrate at 105 degrees. After dehydrating for 1 hour, score the bread to create individual slices. Continue dehydrating for 4 hours until partially dry, flip the bread onto a dehydrator screen and remove the teflex sheet. Continue dehydrating for another 12 hours or until bread reaches desired texture.

3. This bread will last for 2 weeks in an airtight container in the fridge.... enjoy!

This is my favorite raw bread... ever! I used to love eating pumpernickel rye bread sandwiches before I transitioned to raw, this reminds me of the "real thing." Since it is made with a sunflower seed base this bread is light, easily digestible, and goes great with fermented cashew cheese! One of The



Raw Seed's most popular sandwiches, "Garden Rye Sandwich," is made using Sunflower Rye Bread and Fermented Nut Cheese.\*

\*Spread a layer of Fermented Nut Cheese on two pieces of sunflower rye bread. Place assorted veggies onto the sandwich: cucumber slices, tomatoes, red bell peppers, fresh avocado... and enjoy!

## Fermented Nut Cheese

Alright, so it's not the most appetizing name..... but fermented nut cheese is a staple in my diet because it tastes like "REAL" cheese. Sometimes nuts can be harder on our digestive system; the beauty of this recipe is that the nut cheese is fermented using probiotics. This fermentation process creates vitamins and enzymes making the nuts easy on the system and oh so tasty!!!

3 c. cashews (soaked for 12-24 hours)  
1 tsp. of nutritional yeast  
8 probiotic capsules OR 2 tsp. of powdered probiotics  
1 tsp. sea salt  
1 lemon - juice only  
2 tbsp. onion powder  
1/8 tsp. cayenne pepper  
cheesecloth and fine metal strainer

1. Rinse and drain the soaked nuts, place in a high speed blender. If you do not have a high speed blender it may be easiest to blend in two batches. Along with the nuts, blend in the nutritional yeast and probiotic capsules. It may take some maneuvering with a spatula to get the mixture to be smooth and creamy. If necessary, add in a 1/4 - 1/2 cup of water and blend until smooth.

2. Line the metal strainer with a double layer of cheesecloth, be sure there is plenty of cheese cloth hanging over the sides of the strainer.

3. Pour the blended cheese mixture into the cheesecloth lined strainer. Fold the extra cheesecloth to the center covering the mound of cheese, creating a cheese "present".

4. Place in a warm place for 12-24 hours and allow to "ferment." I usually



keep this on top of a dehydrator. The mixture will develop air bubbles and cracks, it may even rise like dough.

5. Pour the cheese into a bowl. Add sea salt, lemon juice, onion powder, and cayenne and mix gently by hand. Adding an 1/8 cup of diced jalapeno gives the cheese an extra kick! Allow cheese to chill before serving. Cheese will stay fresh for 5 days in the fridge.

---

**If you'd love to see the rest of Meredith's ebook "The Magically Mysterious Raw Recipe E-Book", you can purchase copies at 15% off, [HERE](#).**

---



Meredith began her journey into the Raw World less than two years ago. She was surprised to discover how easy it was to make delicious, gourmet food with raw ingredients. Meredith's specialty is making living versions of everyone's favorite cooked meals. Her creations will fool the toughest of critics... these recipes have been kid tested and husband approved! When her trusty co-pilot, Dustin, released over 100 pounds on a 100% raw diet, it seemed obvious that this information must be shared with everyone who is willing to listen. Meredith and Dustin can be found traveling the country on their magically mysterious school bus, "Blue Bee", spreading seeds of light, creativity and expression with The Raw Seed. For more information, see [www.TheRawSeed.com](http://www.TheRawSeed.com).

---

# "The Complete Idiot's Guide to Eating Raw" by Mark Reinfeld & Jennifer Murray

Mark and Jennifer share with us:

- \*Live Moo Shu
- \*Choco Tacos
- \*Papaya-Tomato Salsa
- \*Ancho Chili Sauce
- \*Cilantro Pesto Stuffed Mushrooms

## Live Moo Shu

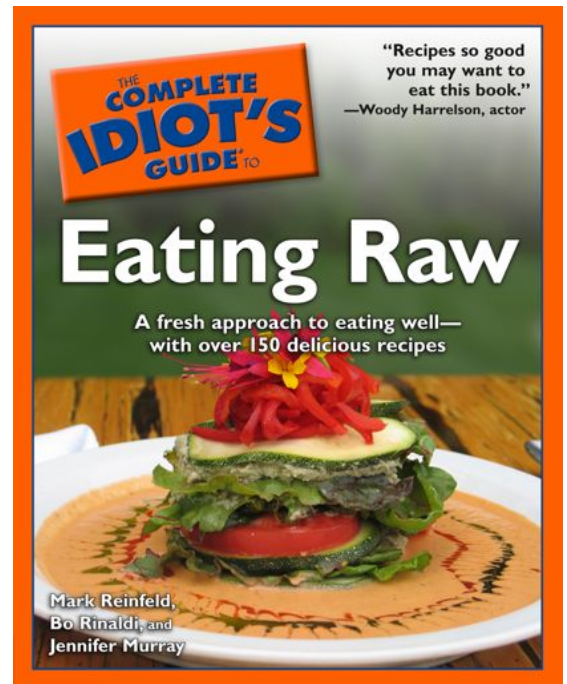
Recipe Courtesy Jennifer Murray and The Complete Idiot's Guide to Eating Raw

This flavorful combination of napa cabbage, fennel, and the sea vegetable arame is one of our all-time favorites when combined with our live hoisin sauce - a sweet and flavorful rendition of the Chinese cuisine staple.

Yield: 16 wraps plus 2 cups sauce  
Prep Time: 50 minutes  
Dehydrate Time: 45 minutes (optional)  
Serving Size: 4 wraps plus [1/4] cup sauce

Each serving has:  
250 calories  
9 g total fat  
1 g saturated fat  
7 g protein  
43 g carbohydrate  
8 g fiber  
0 mg cholesterol  
486 mg sodium

4 cups napa cabbage, sliced into [1/2]-inch strips  
1 cup carrot, peeled, and julienned or grated  
[1/2] red bell pepper, ribs and seeds removed, and julienned  
1 small shallot, thinly sliced  
2 cups shiitake mushrooms, thinly sliced, or soaked dried black mushrooms  
[1/2] large fennel bulb, julienned (optional)



2 TB. sesame oil  
 2 TB. + 2 tsp. nama shoyu  
 pinch salt  
 [1/2] cup arame or hijiki seaweed, soaked in warm water for 30 minutes  
 1 cup raisins  
 1 [1/4] cups filtered water  
 1 tsp. garlic, minced  
 1 TB. sesame oil  
 [3/4] tsp. crushed red pepper flakes, or cayenne  
 1 tsp. dulse flakes  
 [1/2] tsp. unpasteurized barley miso  
 [1/2] tsp. stone-ground mustard  
 16 leaves butterhead lettuce or 8 large chard leaves, stems removed

1. In a large mixing bowl, combine shredded cabbage, carrot, red bell pepper, shallot, mushrooms, fennel (if using), sesame oil, 1 tablespoon nama shoyu, and salt. Allow to marinate for 45 minutes.



2. If dehydrating, dehydrate at 110 degreesF for 45 minutes to soften veggies. Remove, add hijiki, and toss. Allowing the veggies to sit in the oil for 45 minutes, without dehydrating will also soften them up a bit.

3. Soak raisins in water for at least 1 hour. Place in a blender with soak water.

4. Add remaining 2 tablespoons nama shoyu, garlic, sesame oil, crushed red pepper flakes, dulse flakes, barley

miso, and mustard and blend for 30 seconds or more, going from low speed to high speed until raisins are blended smooth.

5. To serve Chinese restaurant-style, place vegetable medley on a plate. Stack cabbage leaves on another plate, and pour hoisin sauce into a small bowl. Tear off desired size of chard leaf, wrap some veggies in it, and dip in hoisin sauce.

NOTE: Photo shows how the dish was served at the Blossoming Lotus Restaurant on Kauai.

Photo credit : Jennifer Murray and Mark Reinfeld

## Choco Tacos

Recipe courtesy Jennifer Murray and The Complete Idiot's Guide to Eating Raw

A subtle hint of chocolate adds a great Mexican flair to our flax taco shells. Add in a Papaya-Tomato Salsa (see below), Perfect Guacamole, and Cashew Cheese or fixings of choice.

Makes 8 taco shells

### Taco Shells:

2 cups corn, off the cob  
1 cup tomato, chopped into small pieces  
1/2 cup flax seeds soaked in 1/2 cup water  
2 tablespoons freshly squeezed lime juice  
2 tablespoons cacao powder  
1 tablespoon nama shoyu  
1/2 tsp. garlic, minced  
1/4 tsp. sea salt  
1/4 tsp. freshly ground black pepper  
2 tsp. ground cumin  
1 tsp. chili powder  
1/4 tsp. cayenne



1. Place corn, tomato, flax seeds, lime juice, cacao powder, nama shoyu, garlic, salt, pepper, cumin, chili powder, and cayenne in a food processor fitted with an S-shaped blade. Process on high speed for 25- to 30 seconds or until mixture is a smooth consistency with as few chunks as possible. (Chunks won't spread out well on the dehydrator sheet.)

2. Spread the mixture batter across 2 Teflex-lined dehydrator sheets, sealing as many holes as possible. The batter should spread to about 1" inch from all the edges.

3. Dehydrate at 110°F for 6 hours. Flip over, remove Teflex sheets, and continue dehydrating for 1- or 2 hours. You want the taco shells to be flexible; over dehydrating will causes them to dry out and crack when bent. In this case it is time to make taco salad.

4. Remove from the dehydrator and cut each sheet into 4 equal squares. With a pair of clean scissors or a knife, cut the corners into rounded edges to form circles. Now you have perfectly flexible, round taco shells to load up with your goodies. Enjoy with all of the fixings!

## Papaya-Tomato Salsa

Courtesy of The Complete Idiot's Guide to Eating Raw

Makes 1 1/2 cups

3/4 cup tomato, chopped small  
1 cup papaya, any variety, cubed  
4 tsp. lime juice, freshly squeezed  
1 tsp. chili powder  
1 tsp. ground cumin  
1/4 tsp. cayenne  
1/4 tsp. salt or to taste  
1 tablespoon fresh cilantro, minced

Place tomato, papaya, lime juice, chili powder, cumin, cayenne, salt, and cilantro in a medium mixing bowl; stir well.

## Ancho Chili Sauce

Courtesy of The Complete Idiot's Guide to Eating Raw

Makes 2 cups

3/4 cup tomato, chopped  
1/3 cup ancho chile, soaked, and seeds removed  
2/3 cup red bell pepper, ribs and seeds removed, and chopped  
3/4 cup cashews, soaked at least 2 hours  
1 date  
4 tsp. nama shoyu  
1 tablespoon freshly squeezed lime juice, freshly squeezed  
1/4 tsp. ground cumin  
1 tablespoon fresh cilantro, minced  
1/4 tsp. cayenne or to taste  
1 tsp. paprika  
1 tsp. salt

Place tomato, ancho chile, red bell pepper, cashews, date, nama shoyu, lime juice, cumin, cilantro, cayenne, paprika, and salt in a blender and blend on high speed for 30- to 40 seconds or until smooth.

Variation: Try substituting chipotle peppers for half of the ancho chilies. This will make the sauce smoky and robust.



## ♥ Cilantro Pesto Stuffed Mushrooms

Courtesy Jennifer Murray and The Complete Idiot's Guide to Eating Raw

Makes 16 mushrooms

You'll want to use crimini mushrooms for this recipe if you like the earthy flavor of mushrooms and can find them in a large size. If you prefer a milder mushroom or cannot find large criminis, get button mushrooms. Small mushrooms work great too, just remember you'll need twice as many.

16 large crimini or button mushrooms  
1/4 cup nama shoyu  
1 1/2 cups broccoli florets  
1 cup fresh cilantro, chopped  
2 tablespoon olive oil  
2 tablespoon nutritional yeast  
1/2 cup walnuts  
3 tablespoon pine nuts  
1/4 cup red onion, peeled and chopped  
1/8 teaspoon salt (or to taste)  
3/4 teaspoon freshly ground black pepper  
1/8 teaspoon cayenne (optional)  
1/2 cup celery, cut into 1/8-inch cubes



1. Remove stems from mushroom caps and set aside.
2. Pour shoyu into a bowl and roll mushroom caps around in it to coat. Arrange caps on a plate and either set aside or, if dehydrating, put plate in a dehydrator at 105°F for 20 minutes.
3. Pour remaining shoyu into the bowl of a food processor with mushroom stems, broccoli, cilantro, olive oil, nutritional yeast, walnuts, pine nuts, onion, salt, pepper, and cayenne, (if using). Process on high speed for 40- to 60 seconds or until a uniform pate forms. (Some chunks are okay). Transfer mixture to a bowl.
4. Add celery to pate and stir well.
5. Scoop pate into mushroom caps, forming a rounded top. Serve immediately or refrigerate in a glass or plastic container with a tightly closed lid. Mushrooms will keep in the fridge refrigerator for 1 or 2 days.

---

If you'd love to see the rest of Mark's book "The Complete Idiot's Guide To Eating Raw", you can purchase copies at 15% off, [HERE](#).

---

**Mark Reinfeld** Coauthor *The 30-Minute Vegan*, *The Complete Idiot's Guide to Eating Raw*, and *Vegan Fusion World Cuisine*

Mark has been preparing inspired gourmet vegan and live food cuisine for over 15 years. He is the founding chef of Blossoming Lotus restaurant and the recipient of a Platinum Carrot Award for living foods – a national award given by the Aspen Center for Integral Health to America's 'Top Healthy Gourmet Chefs'.



**Jennifer Murray** Co-author, *The 30-Minute Vegan*, *The Complete Idiot's Guide to Eating Raw*

Jennifer Murray co-developed the original menu for the award-winning Blossoming Lotus Restaurant as well as the Lotus Root

Juice Bar & Bakery. She is currently working on her fourth cookbook due out next spring. Jennifer teaches classes nationally and internationally.

For more information, see [www.VeganFusion.com](http://www.VeganFusion.com).

---

# "The Raw Gourmet" by Nomi Shannon

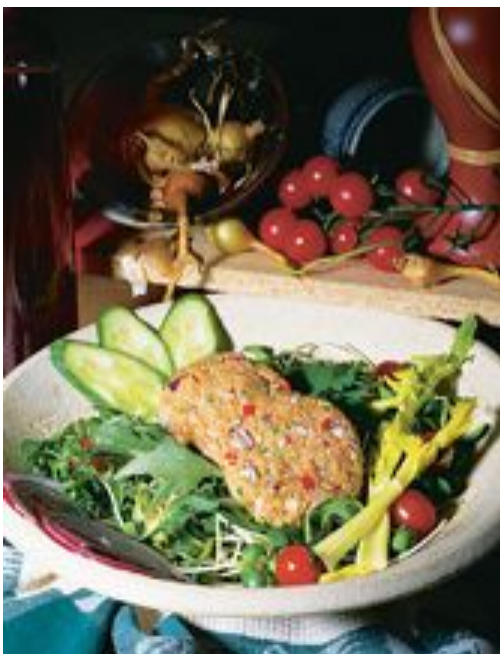
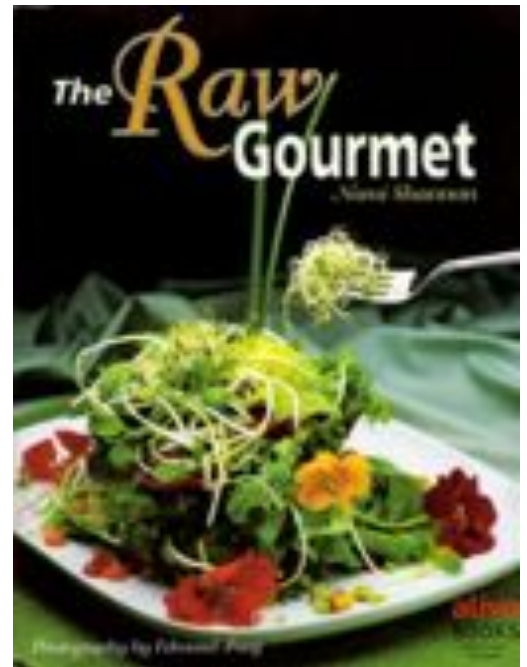
Nomi shares with us:

- \*Sun Garden Burgers
- \*Mushroom Soup (or Gravy)

## Sun Garden Burgers

These yummy burgers are delicious served with warm Mushroom gravy over them. Adapted from The Raw Gourmet by Nomi Shannon.

- 6 tablespoons (whole) flax seeds, ground
- $\frac{3}{4}$  cup water
- 2 cups carrot pulp (from making carrot juice)
- 2 cups (whole) sunflower seeds, ground
- 1 cup finely minced celery
- 4 Tablespoons finely minced parsley
- 4 Tablespoons finely minced red pepper
- 1 Tablespoon plus 1 teaspoon nama shoyu



In a blender combine the ground flax seeds and water; blend thoroughly. Immediately pour the mixture into a bowl and set aside. Rinse and wash blender container immediately before mixture left in blender hardens and becomes difficult to wash out.

In a medium sized bowl, thoroughly mix the carrot pulp, ground sunflower seeds, celery, onion, parsley, red pepper and nama shoyu. Add the flax seed mixture and mix thoroughly. Add more water in small amounts only if necessary so that the mixture can be formed into patties. Form into 12 equal size patties, or six super-sized patties. Place in dehydrator at 140 until warm on top (about two hours) then turn down to 115 and dehydrate for 6-8 hours, serve warm.

(Note: the patties will not be dehydrated through they will be 'rare' in the middle; if you want them to keep, leave in dehydrator until very dry.)

(Note: grind the flax seed and the sunflower seed in an electric coffee grinder.)

## Mushroom Soup (or Gravy)

This hearty soup is delicious served warm as a soup or a gravy over the Sun Garden Burgers. A ½ cup portion as soup is plenty if serving with other food, as it is very rich. Adapted from The Raw Gourmet by Nomi Shannon.

1 cup water  
½ cup almond butter  
4-6 cups quartered Crimini or Button mushrooms, to taste  
1 Tablespoon nama shoyu  
¼ teaspoon sea salt or more to taste  
¼ cup finely minced mushrooms  
optional: 2-3 teaspoons finely minced onion



In a blender combine the water and almond butter; blend. Add the mushrooms, nama shoyu, salt and onions if using and blend until smooth. Taste and adjust seasonings, add more mushrooms to taste. Yields 2 cups - which is four servings for soup; top with chopped mushrooms. Serves 8-10 as gravy.

-----

**If you'd love to see the rest of Nomi's book "The Raw Gourmet", you can purchase copies at 15% off, [HERE](#).**

-----



Nomi Shannon

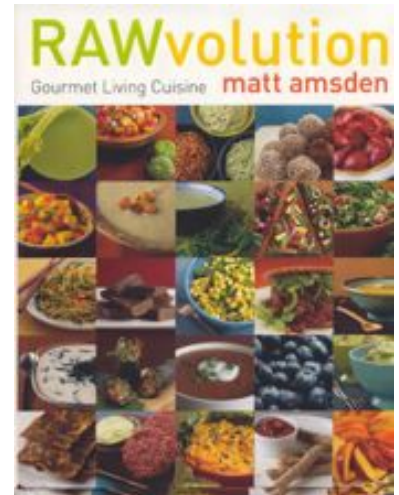
Nomi Shannon is the author of the best selling raw vegan book The Raw Gourmet, and co-author of Raw Food Celebrations (with Sheryl Duruz). A well-known proponent of natural health and healing, Nomi is an author, a raw foods chef and a Certified Hippocrates Health Educator. As a Living Foods Lifestyle Coach, she provides consultation services for individuals, restaurants and groups the world over who wish to improve their health-one bite at a time. She offers a free newsletter and 7-part email class at [www.RawGourmet.com](http://www.RawGourmet.com).

-----

# "Rawvolution" by Matt Amsden

Matt shares with us:

- \*Rawvolution's Famous Onion Bread
- \*Mock Tuna Salad



## Rawvolution's Famous Onion Bread

Yields 1 1/2 - 2 trays of 9 pieces

- 6 cups (approx 1/3 - 2 lbs.) diced yellow onions (excess liquid discarded)
- 1 3/4 cup powdered flax seeds (powdered in blender)
- 1 3/4 cup powdered sunflower seeds (powdered in blender)
- 1/2 cup nama shoyu
- 1/2 cup olive oil



1. Peel and quarter the onions. In a food processor, cut the onions using the slicing blade. Transfer the cut onions to a mixing bowl, add the remaining ingredients, and mix by hand until the ingredients are thoroughly combined.

2. Evenly spread 1 1/2 cup of the mixture on a dehydrator tray with a Teflex sheet. Dehydrate at 105° for 36 hours, removing the Teflex sheet after the first 24 hours. Once dehydrated, cut into 9 equal pieces (2 cuts horizontally; 2 cuts vertically).

## Mock Tuna Salad

**For the salad:**

- 3 cups of pre-soaked (2 to 4 hours) sunflower seeds, ground
- 3 to 4 celery stalks, diced
- 1/2 bunch green onions, diced
- 2 tablespoons dulse flakes
- 4 tablespoons dried dill

**For the dressing:**

- 1 1/2 cups Thai coconut water
- 6 garlic cloves
- 1 cup fresh lemon juice
- 1 tablespoon sea salt
- 2 1/2 cups raw macadamia nuts, cashews, pine nuts, or combination
- 1/2 cup stone ground mustard

1. In a large mixing bowl, combine all of the salad ingredients and toss to thoroughly mix.
2. In a high-speed blender, combine all of the dressing ingredients and thoroughly blend. Pour the dressing over the salad, toss to mix well, and serve.

**Serving suggestions:**

Serve as is, on a green salad, between 2 pieces of Onion Bread with stone-ground mustard, or in a collard green or romaine lettuce leaf as a wrap.

**Variations:**

For Mock Chicken Salad, replace the dulse flakes and dried dill with 2 tablespoons each of dried thyme, oregano and sage.



-----

**If you'd love to see the rest of Matt's book  
"Rawvolution", you can purchase copies at 15% off,  
[HERE.](#)**

-----



Matt Amsden has established himself as one of the world's premier raw chefs. Matt's company RAWvolution was the first of its kind, delivering prepared raw meals throughout Los Angeles and eventually, the entire United States. Matt began eating a diet of exclusively raw foods virtually overnight after hearing an interview with author David Wolfe on the radio in 1998. Matt has since opened a raw cafe with his wife in Santa Monica, California, expanded the RAWvolution delivery service to New York City and

has shared his talent with thousands including Alicia Silverstone, Cher, Susan Sarandon and super-model Carol Alt.  
For more information, see [www.Rawvolution.com](http://www.Rawvolution.com).

---

# "Raw Union Wedding Recipes" by Solla Eiriksdottir (& Angela Stokes, Chaya Ryvka)

Solla shares with us:

- \*Broccoli in Bliss Sauce
- \*The Daily Candy



## Broccoli in Bliss Sauce, 3-4 servings

*(Inspired by the 'De La Mamma' dish from Chef Ito at Au Lac restaurant)*

- 1 head broccoli, cut into florets
- 1 zucchini, cut into small cubes
- 1/2 c fresh coconut meat, cut into small cubes (optional)
- 1/2 c pistachio nuts, chopped + 1/4 c pistachios, slivered as a topping

Cut the vegetables, pour some warm/hot water over the broccoli and “squeeze” the broccoli in the water, before transferring into a beautiful bowl all the above ingredients except the pistachio topping. Pour the following Bliss Sauce over the dish and mix the ingredients together. If you'd love to enjoy this dish warm, dehydrate it for 1-2 hrs at 115°F.



### **Bliss Sauce:**

- 1/3 c cashew butter (you can use 1/2 c soaked cashews instead)
- 1/3 c coconut butter, melted
- 1 1/2 c water (use soak water from soaking the sun-dried tomatoes if possible)
- 1/4 c sun-dried tomatoes, soaked
- 2-3 pitted dates
- 2 olives, pitted
- 1 Tbsp fresh ginger
- 1 Tbsp lemon juice
- 1 clove garlic
- 1 1/2 tsp dried thyme
- 3/4 tsp curry powder



1 1/4 tsp Himalayan crystal salt

Put the cashew butter + coconut butter + water in a blender and blend until smooth. Add the sun-dried tomatoes and blend again until smooth. Add the rest of the sauce ingredients and blend until thoroughly blended and smooth. If you want the sauce thinner you can add more water, or if you want it thicker you can add more cashew butter. Pour the Bliss Sauce over the pre-prepared veggie dish above and mix the ingredients together, top with the remaining slivered pistachios and serve. If you'd love to enjoy this dish warm, dehydrate it first for 1-2 hrs at 115°F.

### **The Daily Candy** (*this is to live for ;*)\*

Makes a large batch

1/2 c sesame seeds  
1/2 c hemp seeds  
1/2 c coconut flakes  
2 Tbsp raw cacao or carob powder  
1 Tbsp maca  
1 Tbsp lucuma  
1 Tbsp green powder of your choice  
1 c dates, pitted  
1/2 c goji berries  
1/2 c freeze-dried durian (optional)  
1 Tbsp yacon syrup  
little bit of water  
cinnamon and vanilla powders to taste



Place all the ingredients in a food processor and mix until sticky (add more dates/water or yacon syrup, if it feels too dry). Shape small amounts of the mixture into tiny balls, roll them in a mixture of extra shredded coconut and hemp seeds. Store these candies in a sealed box in a fridge or freezer, enjoy as desired and have a beautiful day :)  
*(There are countless versions of this kind of 'candy' recipe; please feel free to experiment with changing ingredients, quantities and so on - play with your food ;)*

-----  
**If you'd love to see the rest of Solla's recipes in "Raw Union Wedding Recipes", you can purchase copies at 15% off, [HERE](#).**  
-----

A textile designer turned food designer. Since 1980 Solla has been passionately interested in the benefits of healthy eating. She had many allergies as a child, then moved to Copenhagen in 1978 where she changed her diet and re-gained perfect health. In the beginning Solla went into macrobiotics.



In 1996 she went to Puerto Rico to Dr. Ann Wigmore's center and she has been on the RAW path ever since. Solla was on Icelandic morning TV for over 6 years teaching people to prepare healthy food. She writes weekly articles with recipes in a printed women's magazine in Iceland and also gives a lots of raw food classes and talks. She especially loves to offer free classes with cancer groups and in prisons. In early 2010, Solla opened the first raw restaurant in Iceland, 'Glo', to wide acclaim and glowing reviews. She is the true Green Goddess of Iceland, and is now becoming well-known world-wide in the raw food and health communities, because of her endearing enthusiasm and outstanding recipes. For more information, see [www.RawSolla.com](http://www.RawSolla.com).

---

# "Raw Food For Real People" by Rod Rotondi

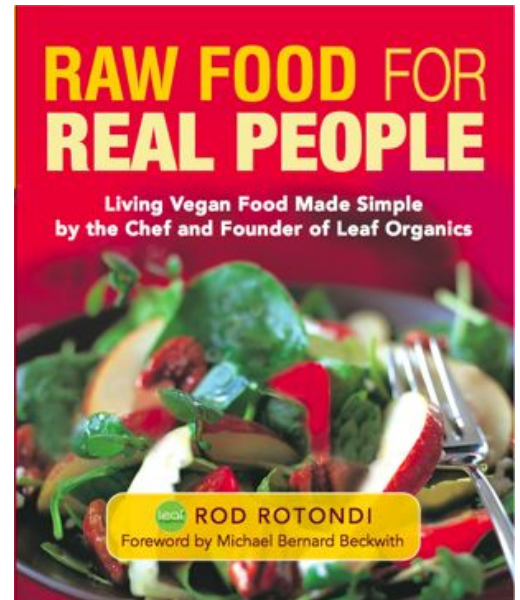
Rod shares with us:  
\*Real Deal Oatmeal

## Real Deal Oatmeal

This is so easy and so delicious. Plus it makes the best breakfast ever with unlimited options for adding superfoods and other whole food supplements!

You must use oat *groats* for this recipe. The flat little white oat wafers most people use to make oatmeal are not oat groats. Even steel-cut oats are not oat groats. Oat groats look like fat brown grains of rice. You can soak them overnight and make the oatmeal in the morning, but it's best to give them another twelve to twenty-four hours to sprout and soften before you make oatmeal, unless you like it a bit chewy. Serves 4 to 6, will keep in fridge for 2 to 3 days.

4 cups soaked and sprouted oat groats  
1 ½ tablespoons almond butter  
1 ½ medium bananas  
¾ cup raisins (soaked 1 hour and drained)  
1 tablespoon ground cinnamon  
1 tablespoon water  
½ teaspoon nutmeg  
¾ cup agave nectar (or ½ cup yacon syrup)  
1 medium apple, cored and grated (about 1 cup)  
Sliced apples and dried shredded coconut for garnishing (optional)



1. Put all the ingredients except the grated apple and garnishes in a food processor and blend well. It's always nice to have multiple textures and consistencies in your food, so one trick for achieving this is to process the mixture a little, then stop and remove half of it to a medium bowl.

Then blend the rest well, and combine the two mixtures in the bowl. This creates a creamy base with a little chunkiness.

2. Stir the grated apples into the mixture, garnish with apples and coconut if you like, and you're ready to eat!

## Variations

To take this oatmeal up a notch, you can add all kinds of superfoods and other supplements to your oatmeal to make it even more nutritious and delicious. Here is the recipe for one of my favorite superfood-supplemented oatmeals, and another that not only is nutritious and delicious but also helps wake you up. For those trying to avoid gluten (oat groats do contain some), you can make a delicious sprouted buckwheat porridge instead.

### **Emerald City Oatmeal**

Follow the directions for regular oatmeal, then stir in 1 teaspoon spirulina powder and 1 tablespoon flaxseed oil.

### **Count Choco Maca Oatmeal**

Follow the directions for regular oatmeal, then stir in 1 tablespoon cacao powder and 1 teaspoon maca powder.

### **Living Buckwheat Porridge**

Follow the directions for regular oatmeal, but substitute 2 cups soaked and sprouted buckwheat for the oat groats. To give this a different great taste, try substituting 1/2 cup yacon syrup for the agave nectar.

### **Fruity Oatmeal or Buckwheat Porridge**

To make a fruity version of oatmeal or buckwheat porridge, slice up some fresh fruit and add it over the top, or mix it in. Peaches, mangoes, blueberries, strawberries, and many other fruits work very well.

Excerpted from the book "Raw Food for Real People" ©2009 by Rod Rotondi. Printed with permission from New World Library.

-----  
**If you'd love to see the rest of Rod's book "Raw Food For Real People", you can purchase copies at 15% off, [HERE](#).**  
-----



Rod Rotondi is a raw foods chef, author, teacher, TV personality and entrepreneur. His book, "Raw Food for Real People" has a foreword by Michael Bernard Beckwith and contributions from Dr. Gabriel Cousens and Dr. Brian Clement. Rod also has an instructional DVD by the same name. Rod is the founder of Leaf Organics, a raw food restaurant and packaged foods business based in Los Angeles.

Changing the world one bite at a time is Rod's approach to social and environmental activism. For more information go to [www.RodRotondi.com](http://www.RodRotondi.com).

-----

# SPECIAL OFFERS

Get **ALL twelve** of the books mentioned in “Profoundly Raw Recipes” at **15% off**:

Ani Phyo – “Ani's Raw Food Essentials”

Bryan Au - “Raw in Ten Minutes”

Brigitte Mars- “Rawsome”

Frank Giglio – “Raw For All”

Elaina Love – “Elaina Love's Pure Joy Kitchen Book 2”

Jeremy Safron – “The Raw Truth”

Meredith Frantz – “The Magically Mysterious Raw Recipe E-Book”

Mark Reinfeld & Jennifer Murray – “The Complete Idiot's Guide to Eating Raw”

Nomi Shannon – “The Raw Gourmet”

Matt Amsden – “Rawvolution”

Solla – “Raw Union Wedding Recipes”

Rod Rotondi – “Raw Food For Real People”



Get **15% off** all twelve of these books,  
[HERE](http://TheRawFoodWorld.com) at [TheRawFoodWorld.com](http://TheRawFoodWorld.com).

Thanks for reading this ebook and **myriad blessings** to you for your own “**Profoundly Raw**” journey...

