



The Best of Raw Freedom Community



A Collection of 99 Recipes by Carmella Soleil, Heathy Pace and Friends



A FEW WORDS FIRST...

As an extension of my desire to spread the good news about raw foods, in January 2007 I started a blog, **The Sunny Raw Kitchen**. It seemed that this would be the best way to share what it's like to live 'in the raw', as well as my favorite recipes and tips. After a few months on the blogosphere, even though I was enjoying this medium a lot, I also became increasingly aware of its limitations. I mean, a blog is, after all, mostly a one-person show.

Having experienced how Internet forums/message boards can be such a fun and inspiring interface to connect with others, and not finding anywhere that felt quite like home, it became apparent that I needed to start my own. Don - with whom I have been living in a platonic and cooperative relationship for the past 8 years - actually suggested it first, and we decided to work on building one together.

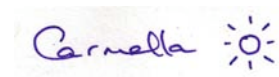
Our intention was to create a safe, relaxed and cozy place where we could get together and freely and openly share our knowledge and experiences, regardless of approaches, specific dogmas or how much raw you do or don't eat. Through the months, Raw Freedom Community (RFC) has been such a haven, but it has also evolved into way more than 'just another raw food forum'; it has become a space where we can hang out with friends and exchange about whatever is up for us, the good and the bad, trusting that we will be heard and get the support that we need.

In this short time, with Don's precious help and that of the other RFC members, we've managed to achieve what few online communities have: to create a real sense of companionship and cooperation; a 'fammunity' as Anabbytree once so rightly put it.

To celebrate RFC's first year anniversary, what better way than to shine the spotlight on its many talented recipe creators?

Hope you enjoy this collective 'work of heart' and its celebration of how delectable raw food can be!

In radiance and health,



Carmella

Slocan Valley, BC

July 2008



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Note: Photos by recipe creator unless otherwise stated.



INGREDIENTS

This is not meant as an extensive list of the ingredients used in raw food preparation, but rather a glimpse at those most frequently used. As a general rule, for maximum health benefits, whenever possible choose organic, unprocessed, raw or unpasteurized ingredients.

Cacao Beans and **Nibs** - Cacao beans are the seeds of the cacao fruit, which grows on a jungle tree in Amazonia. In their book [Naked Chocolate](#), it is David Wolfe and Shazzie's contention that raw cacao is actually a superfood. Nibs are crushed pieces of cacao beans.

Cacao Butter - This is what white chocolate is made of. Cacao butter is the pure oil of the cacao bean. It melts at approximately 90 degrees Fahrenheit, which means it is even firmer than coconut butter at room temperature. This stuff is simply a-m-a-z-i-n-g!!! Makes for absolute decadent desserts! Cacao butter usually needs to be ordered online. I buy mine from [Real Raw Food](#) (a Canadian raw food distributor) or [The Raw Food World](#).

Cacao Powder - The most common and popular form of cacao. Again, I prefer to buy online, as my local health food store sells it at an exorbitant price. You can find it at [The Raw Food World](#) in [16 oz packages for \\$19.95](#). Even Amazon carries it in its grocery section: [2 16 oz pouches for \\$26.60!](#) Great price!

Cacao Paste - This is considered to be the best form of chocolate for making chocolate treats. (It's what my friend Chantale uses for the raw chocolate bars she sells at her raw deli.) Cacao paste is raw cacao beans processed into a super smooth consistency. It naturally contains about 50% cocoa butter. Once again, I purchase mine online, either at [Real Raw Food](#) or [The Raw Food World](#).

Carob Powder - [Carob](#) has a sweet taste similar to chocolate, but with less fat and calories. It can be used as a substitute for, or in combination with, cacao powder in any recipe.

Coconut Oil - Coconut oil (sometimes referred to as 'butter') is firm at room temperature and is often used in order to harden chocolate. You can find coconut oil (make sure the label specifies that it's raw or processed at low temperatures!) at most health food stores. However, I find it can be outrageously expensive, especially when you use a lot. For my part, I prefer to order it online in pails. [The Raw Food World](#) sells Organic Extra Virgin Coconut Oil in a variety of sizes ([15 oz](#), [29 oz](#), [54 oz](#) and [1 gallon pails](#)) at super reasonable prices.

Dried Fruits: Some of the most commonly used include apricots, cherries, cranberries, dates (Medjools are especially great in desserts!) and raisins.

Extracts - Look for high quality extracts at your local health food store, such as almond, orange, hazelnut, peppermint and vanilla (which is also used in the form of [whole beans](#).)

Fo-Ti/Ho Shou Wu - a Chinese herb and can be found at health or supplements stores.

Flax Seeds - Flax seeds, ground or whole, are often called for in recipes for its binding quality, especially in breads and crackers. Golden flax seeds have a more delicate flavor than the more common brown ones.

Psyllium - Psyllium seed husks come from the seed stalk of the common plantain. Psyllium is sometimes used in recipes in order to thicken mixtures as it becomes mucilaginous when wet. It must be used with moderation, however, as it tends to lend a gelatinous texture.

Miso - Miso is a traditional Japanese thick paste produced by fermenting rice, barley and/or soybeans. Not technically raw as the grains are first cooked, but still somewhat 'alive' as new enzymes develop in the fermentation process.

[Nama Shoyu](#) - Nama Shoyu is an unpasteurized soy sauce which you can order online. I personally use organic wheat-free tamari as I can find it at my local health food store.

Nutritional Yeast - Not to be confused with brewer's yeast, nutritional yeast is an inactive yeast usually popular with vegans and the health conscious for the cheesy flavor it lends to dishes and a nutritional supplement. Not raw.

Nuts and Seeds - Whenever possible soak nuts and seeds before using them in a recipe. This removes enzyme inhibitors and makes them more digestible. If you have the extra time and energy, it's a good idea to soak and dehydrate your nuts and seeds ahead of time. That way, you're all prepared if a recipe calls for them 'dry' in order to achieve a particular texture. Some nuts and seeds commonly used in raw food prep include: almonds, cashews, hazelnuts, macadamia nuts, pecans, walnuts, buckwheat, sesame, sunflower and pumpkin seeds.

Oils - Whenever possible use high-quality, organic, cold-pressed oils. Good oil can truly make all the difference!

Probiotics - Probiotics are beneficial bacterial cultures often used in order to speed up the fermentation process while making sauerkraut or cultured nut cheeses. You can buy probiotics in most health food stores.

Salt - Salt is one of those controversial topics in health circles. According to [John T. Richter](#), "Table salt, and all other salts except those found in their organic stages in fruits and vegetables are inorganic substances which cannot be assimilated by the body." Salt has been associated with a number of health conditions, such as water retention, high blood pressure and heart disease. If possible, try to keep your salt consumption to a minimum and use natural unrefined salts, such as Celtic Sea Salt, Himalayan Salt or Real Salt.

Sea Vegetables - We love to add seaweed to our soups instead of salt. You can find a variety of sea vegetables at your local health food stores or online, such as arame, [dulse](#), [kelp](#), [nori sheets](#) (for making sushi) and wakame.

Soy Lecithin - Lecithin is derived from soybeans and, combined with oil, acts as an emulsifier. Look for lecithin (preferably non-GMO), in granules or powdered form, at your local health food store. If using granules, make sure to grind them up in a high-speed blender or coffee grinder. Soy lecithin is also available in liquid form.

Superfoods - It seems that new superfoods keep popping up on the market all the time. Some of the most commonly used in raw food prep include: [gogi berries](#), [lucuma](#) and [maca](#).

Sweeteners: Most recipes call for dried fruits, such as dates and raisins, raw (unpasteurized) honey, [agave nectar](#) or maple syrup. The latter is not raw but provides a particularly rich and voluptuous flavor.

Thai Young Coconuts - A true wonder of Nature! Not only are young coconuts delectable, but they're also super nutritious! Young coconut water is one of the purest forms of water available on the planet. It is very high in electrolytes and is a blood purifier. It is said to be identical to human blood plasma, so much so that "it has been actually used to save lives by UV in place of available blood plasma"! Thai Young Coconuts can be found at Asian markets and some large grocery stores. Find out more about this wonder food [here](#). To learn how to open young coconuts, have a look at [this picture demo](#).



EQUIPMENT

Stripped down to absolute necessity, in my opinion a raw kitchen should at least include a good knife and cutting board, a blender and a small food processor. However, acquiring the 'right' tools can make a world of difference! It sure took my raw food prep to a whole new level. Here's an article I've written on how to equip your raw kitchen.

Ultimate Guide To Equipping Your Raw Kitchen

Posted on The Sunny Raw Kitchen blog [here](#)

When embarking on a raw journey, we all have the same question on our lips: how best to equip our new kitchen? I sure would have loved some guidance on the matter when I first got started, but had to do most of the research on my own. I thought I'd share some of the info I've come upon in regards to raw equipment, and my honest thoughts about how well these are faring in my kitchen.

What follows are recommendations based on my personal experience. Please bear in mind that each person's needs/preferences may vary. Consequently, what might be a 'must have' piece of equipment for me might not be at all for you. For instance, I

LOVE food prep and concocting gourmet meals, and therefore really appreciate the flexibility that a dehydrator gives me for creating different tastes and textures. However, if you're not the culinary type and enjoy very simple and quickly prepared meals, you'll probably find that a good quality blender, a food processor, and perhaps a spiral slicer will be everything you need.

But before we take off on a shopping spree, let's stop for a moment and talk about budget.

Outfitting Your Kitchen... Without Going Broke

I most definitely didn't have a huge budget to play with, but I figured that investing in good quality tools would pay off in the long run. The process of acquiring all the equipment I was coveting spread over a period of several months, but was definitely worth the wait.

Quality and value being major concerns, I did my 'homework' and looked diligently around the net for the most reliable and cheapest sources to purchase from. In my case (as a lot of the suppliers are located in the States), it also meant one that would ship to Canada for a reasonable fee.

Additionally, I got to learn a few tricks along the way...

5 Tips To Save Money While Equipping Your Raw Kitchen:

- 1- Look for sales and rebate coupons
- 2- Look for refurbished items
- 3- Shop on [Ebay](#) - a fab place for items new or used
- 4- Look at classifieds on sites such as [Kijiji](#) and [Craig's List](#)
- 5- Browse through garage sales and thrift stores - you'd be amazed at all the cool stuff to be found!

Raw Foodies' Best Friends

Although you may find most of the tools listed in this article already lying around your kitchen, some will take on a new importance with the raw diet. There are also a few specialty items that will greatly complement your raw culinary adventure.

Blender

I feel that the best place to start is with the single most used appliance in our kitchen: the blender. It runs a minimum of 3 times a day, sometimes more if I'm making sauce, spread or dessert. For many years I had a 'regular' blender such as a Kitchen Aid or Black & Decker (shown on the right). While it would puree soft fruits and veggies, it didn't do a fantastic job at it. And with the sort of use a blender gets around here, it generally didn't have a very long life span either.

Last Spring, we decided it was time to invest in a 'real beast': a high-speed blender. Having had to replace blenders every couple of years at the most, the prospect of spending \$300 or \$400 on a machine that would last me for many years to come seemed like the way to go.

It boiled down to either the Total Blender by Blendtec or the [Vitamix](#) 5000. Both appliances are very highly rated by the raw food community.

In the end, the [Vitamix](#)'s 7 year warranty on ALL parts is what sealed it for me. Blendtec used to give 8 years on their machine, but then reduced the warranty to 2 or 3 years, and only 1 year on the carafe (the one thing that is most likely to need replacement!) Sure makes you wonder... If they had such confidence in their product, why would they REDUCE the warranty!?!

And so I went with the Vitamix 5000 and am extremely happy with my purchase. It's elegant, easy to use and reliable, and the texture of soups, smoothies, etc is just unreal! It's a wonder how I could do without it all these years!

Looking for a blender that will best suit your needs? [Here's a thread](#) you might find helpful.

Juicer

Don and I have been having a freshly made juice of carrots, apples, beets, celery and ginger first thing in the morning for years. Such a delicious, energizing way to start our day!

There are many different juicers to choose from, depending on what you're looking for, and (mostly!) what kind of budget you have. I opted for [Breville's Juice Fountain](#); a centrifugal system with pulp ejection. It has two different speeds and is super easy to clean up, which is absolutely essential, otherwise you'll find yourself not using it as much as you'd like to because it's just "too much work".

Another great feature of the Juice Fountain is it's extra wide food chute. It can even take in whole apples! This means you don't have to chop food into smaller pieces, therefore saving a LOT of prep time.

I bought mine refurbished on eBay for \$100 shipped. Couldn't beat this deal! I know there are much fancier juicers out there, but I'm really very happy with the Breville.

Amazon sells reconditioned Juice Fountain units for \$139.99 - free shipping in the US. You can have a look out [here](#).

A couple of good online sources for juicers big and small:

discountjuicers.com

[The Raw Food World](#)

Food Processor

Another 'must have' in a raw kitchen! A food processor is useful for chopping veggies in a snap and making anything from spreads to crackers, cookies, brownies and breads. Again, there are tons of models to choose from. The consensus seems to be that Cuisinart makes great, highly reliable machines. On the downside, they can also be quite pricey so it depends what you're looking for.

For my part, I have a humble 7 cup Rachael Ray, as it's the only model that was powerful enough and available in the local stores (ordering a food processor online wasn't flowing at the time). Definitely not the hottest FP on the market, that's for sure! I've heard people speak very highly of Hamilton Beach brands in the same sort of price range.

You might want to consider getting a smaller size food processor as well, super handy when you don't have a lot of food to process. I'd say that, unless I'm having a big uncooking day and cranking up the dehydrator, I'm mostly using my little [Cuisinart Mini-Prep Plus](#) that I found at the thrift store for \$3. (Gotta love used stuff!)

Dehydrator

After following a simple diet of fruit smoothies, raw soups and salads for years, Don and I started experimenting with more complex, dehydrated recipes last fall. We had a hunch that a dehydrator would greatly help us in [staying raw through the winter](#); and we were right. Not only did it allow us to create more elaborate dishes, it provided a fast and simple way to warm up our food before eating. I'm quite aware that this is just a psychological thing, but hey, it did the trick! We find that the dehydrated recipes have come to replace the cooked stuff we used to crave, and therefore haven't felt drawn towards cooked foods at all since.

I played with our neighbors' old handmade dehydrator for a while and quickly determined that it would be worthwhile investing in an [Excalibur](#). And wow, what a difference! It has made uncooking so much easier and fun!

I highly recommend the [Excalibur 9 tray](#); it is absolutely the best for the buck! You can find others for a lot cheaper, but they usually have the heat at the bottom (which means you need to rotate the food), or no fan (dehydration takes much longer with high risk of fermentation.)

The best online store we've found for the Excalibur is [The Raw Food World](#) (owned by Matt Monarch, author of Raw Spirit). Their service is really good and their prices are super competitive!

One thing to watch for is that many places don't necessarily include Teflex sheets with their Excalibur. These are what you need in order to make things that are too wet at first such as breads, crackers, fruit leathers, cookies, etc... They cost like \$10 a piece if you buy them separately. [The Raw Food World](#) includes 9 free Teflex sheets which is what makes it such a good deal.

I've heard that the price of the Excalibur is supposed to be going up. From what I see, however, [The Raw Food World](#) still has it for what I bought mine at (\$209.95). They're in the US, so you have to add shipping if you're in Canada, but it is very reasonable. Unlike some other web stores, they don't try to rip you off by overcharging you for shipping. (Shipping is free in the 48 states.)

Excalibur is also available in 5 trays, but in our experience, the trays fill up quickly so that proves to be too small. The latest Excalibur model has a timer and is quite a bit more expensive than the previous one (the ED 2900). Personally, I don't find that feature necessary, as you can pick up a little timer at the hardware store for much cheaper. (Timers are handy if your food is ready in the middle of the nite or while you're not around.)

For more general info on dehydrators and how they work, you might want to read [Karen Knowler's 'Dehydrator 101' article](#).

Spiral Slicer

Here's a little gadget that will allow you to make beautiful vegetable pasta in no time at all. You'll see many raw chefs recommend the 'saladdacco' model (shown on the right). To this day, I have to say that this is a bit of a mystery to me. There's a lot of controversy around these in the raw food community, as while the saladacco apparently does work for some, it's a hit and miss thing for many others.

The good news is that there are several spiral slicer alternatives that are much easier to use. After much research, I've opted for the Benriner Cook Help (shown on the left). It produces perfect 'pasta' every single time, and gives me the flexibility of choosing between 3 different sizes - angel hair, spaghetti size and fettucini - which is an awesome feature. Additionally, it allows you to slice vegetables, such as turnip, jicama or beet, very thinly in order to make ravioli wrappers.

I just love using this gadget! It totally brings out the child in me! lol The uniform veggie pasta it produces has made a world of difference over the grated rendition I used to make. I'd swear it does affect the taste too! And to top it all up, the Cook Help is very easy to clean, and you can purchase a new set of blades should yours become dull.

If you'd like to find out more about the Benriner Cook Help, there's excellent and helpful reviews [here](#) on Amazon. Just don't buy it there, though, as it is overpriced. I found mine used on ebay for \$36 (roughly \$10 cheaper than in most web stores). You might want to check out Quickspice.com or sharpknives.com where they offer it for a very reasonable price.

Mandoline/V-Slicer

A mandoline or V-slicer is an awesome kitchen tool that will help you create uniform veggie slices. It particularly comes in handy for making chips and zucchini noodles for lasagna, or for julienning vegetables for sushi. One of our main concerns while looking for a mandoline was safety. As you know, these babies tend to be razor sharp, and it wouldn't take much to hurt yourself unless you have a good finger guard.

I thoroughly researched which model would suit me best (and you better believe it: there's a jungle of mandolines out there! lol) In the end, I was seriously considering the [Mandoline Plus](#), but after reading rave reviews after reviews, I fell for the [Borner V-Slicer Pro \(V-4000\)](#).

This model is the next level above their previous, more common V-Slicer Plus (V-1000). Even though the latter is good, its main limitation is that it only offers thin and thick slices. The V-4000, on the other hand, comes with 3 blades, giving a possibility of 9 different cuts. (You can have a look at these [here](#).) Also included with the V-Slicer is a great big food holder so no worries there about safety (unless you don't use it of course! lol) It's sharp, easy to clean and comes with a storing device. I've read stories of people having had the older model for something like 20 years and it still works like a charm! I can tell I'll be having mine for many, many years to come as well.

As [Cutlery and More](#) didn't ship to Canada, we found an awesome source in Quebec called PaulsFinest.com. Paul is a really great guy and his service is terrific!

Again, I am totally stoked about my choice as this slicer totally rawks!

Sauerkraut Maker

Until I discovered the raw diet, I was unaware of the [numerous health benefits of consuming fermented veggies](#). If you'd like to get into making your own, I highly recommend the [Pickle, Sauerkraut and Kimchi Maker](#) sold by Mike at his [The Raw Diet Heath Store](#). It has a lot of great reviews and, best of all, is quite inexpensive (about \$30 including shipping); a much more affordable alternative than the traditional large ceramic crock pots.

RawVegan4Health has ingeniously come up with a home made version of the Sauerkraut and Kimchi maker for roughly \$9. You can have a look at [his instructions](#), posted on our forum, Raw Freedom Community.

You might also want to check out my blogpost on Sauerkraut Making [here](#).

Odds and Ends

As you know, there are all kinds of smaller gadgets and tools that are essential to any kitchen, regardless of the diet. These are the ones we find indispensable:

- Knife - A good, sharpened knife is invaluable. Russell James recently wrote a helpful article on this all-important tool here.
- Cutting Board
- Measuring cups and spoons
- Coffee Grinder - For grinding small seeds such as flax and sesame
- Garlic Press
- Grater
- Small Citrus Squeezer
- Strainer
- Peeler
- Various shape pans - For making lasagna, cobblers, pies, cupcakes, quiches, etc.
- Spring form pans or medium plastic tub - For making cakes
- Ziplock bags
- Plastic or glass storage containers

But specific to raw food prep, here's some kitchen tools that can be particularly helpful:

[Offset Spatula](#) - A gem when it comes to spreading batter for crackers, breads, wraps and the like. I'd say the best 10 bucks I ever spent in my kitchen!

Regular Spatula - To get the last scraps out of your food processor or blender

Pizza Cutter - To score breads and crackers. And yes, to cut raw pizza too!

Lettuce Spinner - "No dressing will ever taste right if tossed in wet greens." as Nomi Shannon points out.

Gallon Jars - For sprouting or making kombucha tea

Mason Jars - For storing nuts, seeds, dried fruits, etc and for sprouting

Cheese Cloth - For covering the sprouting jars

Plastic Trays - For sprouting (see [this post](#))

Nut Cracker - We've been buying fresh nuts in their shells in the fall and around Christmas and are loving them. We even have some left from last year and they're still good! Unshelled nuts are cheap and taste so much fresher than the shelled ones. The trick is to have the right tool to help you tackle them. We have the nut cracker shown on the right that we paid something like \$12 for at a local kitchen specialty store, and it works like a dream!

Nut Milk Bags - Used for separating the pulp while making nut milk, which can then be used in recipes such as breads and cookies. (Paint straining bags from a paint store or Home Depot work beautifully and are a lot cheaper!)

[Raw Recipe Books](#) - There's tons of raw recipes floating around the net, but you might also want to add a few books to your collection. Some of my favorites include:

Café Gratitude's [I Am Grateful](#)

Ani Phyto's [Raw Food Kitchen](#)

Sarma Melngalis and Matthew Kenney's [Raw Food Real World](#)

Matt Amsden's [Rawvolution](#)

And there's of course my first ebook, ["The Best of The Sunny Raw Kitchen"](#). It features 21 tried and true recipes, some of the best creations to have come out of my raw kitchen.

[MacGourmet](#) - A fantastic recipe program for Mac computers, that allows you to easily organize your recipes. Truly invaluable for me! I talk a little more about some of the fab features it offers [here](#).

A small extra freezer - Not essential, but super handy in order to store ripe bananas and other fruits (for smoothies and ice cream), nuts and dehydrated goodies like breads, cookies, pizza crusts, burgers, etc.

There's all kinds of kitchen gadgets available these days: from avocado or cherry pitters to zesters and ice cream makers; it would be impossible to name them all! But I guess I'll stop here for now, as I think I've pretty much covered the key stuff. (Do let me know if I'm forgetting anything important!)

Hope this article will prove to be of some help to anyone seeking to equip their own raw kitchen.

Happy Outfitting!



THE RECIPES

~ Drinks and Smoothies ~

Since finding out about green smoothies a couple of years ago, we've fallen into the routine of Don preparing the daily green brew with whatever fruits are on hand. As a result, I hardly ever venture to try something new in the beverage-making department. That's not to say I don't enjoy having something different every now and then... with a little help from my friends.



Vanilla Milkshake

By Fairygirl



2 large frozen bananas

2-3 teaspoons pure vanilla extract or seeds of 1 vanilla bean

2-3 cups water

4 Medjool dates or 2 tablespoons agave nectar

Blend until creamy and smooth, adding enough water for your preferred consistency.

- Chocolate milkshake - add a few teaspoons of carob or cacao powder to the vanilla milkshake.
- Strawberry - Add a handful of strawberries or other berry.
- Extra Creamy - Add a handful of cashews.

Lemon Berry Dessert Smoothie

By MaRaw

When I first put this recipe together, I got hooked - as in totally addicted! I must have made it three times a week for nearly a month. This freezes well too.



Serves 2-4 depending on the serving size

1 1/2 cup nut milk

2 cups frozen blueberries

1/4 cup coconut cream powder or 1/2 cup fresh Thai coconut

1 lemon, include juice and 1/4 of remaining seeded lemon

3 Medjool dates, pitted and soaked in water to soften

2 tablespoons raw honey

Combine all ingredients in a blender and process until smooth. Enjoy!



Sunny Raw Tip

To make almond milk, blend 1 cup almonds, soaked overnight with 3 cups water. Strain through a mesh or nut milk bag. (See p.16) Save the precious pulp to make all sorts of yummy recipes, such as those on pgs. [74](#), [96](#), [110](#) and [116](#).

The Best Coffee Ever

By Ginger

Superfood Coffee is not actual coffee, rather it reminds me of coffee! It is a synergistic blend of traditionally used therapeutic and tonic herbs and superfoods in a rich creamy milky base. It can be made vegan, low fat, low glycemic etc to suit your needs. The official drink of superheroes everywhere!



A Basic Coffee Recipe:

Grab your blender and add:

A scoop of cacao powder

A teaspoon ho shou wu (aka fo-ti)

A tablespoon of maca

A tablespoon of lucuma

A serving of medicinal mushroom extracts

Sweetener to taste

1/4 inch vanilla bean

Dash of nutmeg

Handful of cashews

Cup of ice

Cup or so of water (or tea)

...Blend and serve!

Chocolate sauce for lining the glass and topping the drink:

Cacao and a capsule of ho shou wu & a dash of sea salt mixed with agave nectar.

Carmella's Notes: When asked, "How much is a scoop?" Ginger replied: "I use 3 tablespoons cacao in certain drinks, some I use a teaspoon! Play with it and find what works for you & tastes just right at the time! I usually make a full Vitamix full and keep it in mason jars for a couple days and just drink off it all day long!"



Vanilla Nut Smoothie

By Fairygirl



- 1 cup young coconut water
- 1/2 cup packed young coconut pulp
- 1/3 cup macadamia nuts
- 1/2-3/4 cup ice
- 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon lucuma powder
- 1/8 teaspoon mesquite powder
- 3-4 drops vanilla stevia (or agave nectar to taste)

Blend all ingredients until smooth and creamy.

Drink up with a big smile on your face!

Carmella's Note: For yummylicious berry variations of this drink, simply add 1/2 cup fresh or frozen blueberries, strawberries, etc. Heavenly!

Peach Melba Smoothie

By Ingrid

Reprinted with permission from [Raw Epicurean Beverages - 101 Fresh Organic Drinks](#)

Inspired by the classic dessert and turned into this fresh silky smoothie.



Serves 1

1/4 cup raspberries

1/3 cup filtered water

2 ripe peaches [about 1 cup], pit removed, halved

1 tablespoon agave nectar

Blend raspberries and filtered water in a blender until liquefied. Strain the raspberries juice through a fine mesh sieve to remove the seeds. Rinse the blender container and replace on its base. Pour the strained raspberry juice in the blender and add the remaining ingredients. Blend until liquefied and smooth.

Serve immediately or chill the smoothie in the refrigerator for an hour or until ready to serve. Garnish with a mint sprig.



Sunny Raw Tip

To clean your blender's carafe easily and effortlessly, fill it with a few cups of water and a drop of dishwashing soap as soon as you're finished using it. Let the blender run for a few seconds, then rinse well.

Strawberry Shake

By Fairygirl

I swear I could live on smoothies. In fact, a few months ago my dad exclaimed, "Your teeth are gonna fall out of your head because you never use your teeth to chew anything. Everything you eat is blended!" Bah...I eat many unblended things, but I usually eat two or more blended things every day. If I were only allowed smoothies or other food for any period of time, I'd go for the smoothies!



- 1 cup almond milk (See Sunny Raw Tip on [p. 18](#))
- 1 cup frozen chopped strawberries
- 1/2 medium banana
- 1/2 teaspoon maca
- 1/2 teaspoon lucuma
- 2 teaspoons goji berries
- 1-2 teaspoons agave nectar, or to taste

Blend all ingredients until smooth and creamy. Garnish with a fresh strawberry and enjoy! I drizzled some strawberry sauce on top.



Basic But Tasty Cacao Mylkshake

By Eva



2 cups almond mylk (See Sunny Raw Tip on [p. 18](#))

2 tablespoons ground cacao

2 teaspoons pure vanilla extract

2 frozen bananas

10 dates soaked in 1 cup water

Date soak water

10 large pieces of ice

A pinch of sea salt

1 teaspoon cinnamon

2 teaspoons maca

Put all ingredients together in a powerful blender. Top with cinnamon powder, and put a cinnamon stick in the drink as a garnish.

If you're feeling extra spicy, munch on the softened cinnamon stick when you're finished with the mylkshake!



Berry Licious Smoothie

By Fairygirl

Nectarine and berry season is the ideal time to enjoy this delicious treat. Frosty and sweet! Nectar of the Gods and Goddesses! (No pun intended! lol)



Nectarine
Frozen mango
Frozen strawberries
Raspberries
Goji berries
Water

Blend until smooth.

Heathy's Note: I drizzled strawberry lime sauce inside the glass. Mmmmmm!

Carmella's Note: I used a mixture of frozen mango and papaya, and added a banana to sweeten it a little. Oh, and the juice of one lime instead of strawberry lime sauce.



Super Choconana Shake

By Carmella

Inspired by Ginger's fantastic Best Coffee Ever, this superfood shake is yummiily addictive. It will leave you fueled up and crying for more.



Yields about 3 cups

- 1 banana
- 2 cups almond milk (See Sunny Raw Tip on [p. 18](#))
- 1 Medjool date, soaked
- 1 tablespoon cacao powder
- 1 teaspoon carob powder
- 1 teaspoon maca
- 2 capsules Fo-Ti, also known as Ho Shou Wu (optional)
- 1/2 teaspoon pure vanilla extract
- Dash nutmeg

Blend all ingredients until smooth and frothy in high power blender.

Carmella's Notes:

- ~ If you don't have almond milk already made, you can quickly whip some up by blending 2 tablespoons of almond butter with 2 cups water.
- ~ Depending on the ripeness of your banana, you may want to add a touch of agave nectar for sweetness.
- ~ If using fo-ti, open the gel caps and empty the content (powder) into the blender.



Spinach Peach Smoothie

By Wyjoz

A beverage section just wouldn't be complete without at least one green smoothie recipe. The following 2 combinations come from Joz who happens to be friends and almost neighbors with the [Boutenkos](#) (who started 'the green smoothie revolution').

My ALL time fave! I have to force myself to alternate 'greens' as I would have spinach/peach each and every day!



Photo by Carmella

3 handfuls of spinach

3-4 large peaches

1 cup water

If it isn't sweet enough, I add 2 tablespoons agave nectar

Blend until smooth in high-speed blender.



Stinging Nettles Smoothie

By Wyjoz

3 handfuls of nettles (Use gloves! Stinging is good for acupuncture effect though!)

2 mangoes

1-2 bananas

1 cup water

Blend until smooth in high-speed blender.



Other Rawesome Smoothie & Drink Recipes

Fairygirl's [Chocolate Decadence](#)

Fairygirl's [Purple Puff](#)

Raw Family's [Green Smoothies](#)

[RFC members' fave smoothies](#)



~ Soups ~

Soups have been a staple in my and Don's diet for years. There was a time when we'd throw everything but the kitchen sink into our daily concoctions... all at once! What we've learned, however, is that simple is actually best. We enjoy raw soups lightly warmed up on the stove (while stirring constantly).



Popeye Gone Raw Cream of Spinach Soup

By Carmella

One of my favorite ways to enjoy spinach is also one of the simplest: in soup. I've been making variations of the following for months, and it always hits the spot. Try it; you might become a convert too!



Serves 2 to 3

- 1/2 avocado
- 4 cups spinach
- 2 cups cucumber
- 1 cup zucchini
- 1 cup tomato
- 1 celery stalk
- 1 garlic clove
- 1 green onion

1 tablespoon lemon juice
Handful parsley (1/4 cup)
Handful cilantro (1/4 cup)
1 teaspoon miso
Salt to taste
2 cups water, or until desired consistency is reached

Blend all ingredients in high-speed blender until smooth. If desired, warm up gently on the stove while stirring constantly.

Spinach Dill Variation

Follow recipe above, replacing parsley and cilantro with 1/4 cup fresh dill

Spinach Orange Variation

1/2 avocado
4 cups spinach
2 cups cucumber
1 cup zucchini
1 green onion
1/2 small orange, peeled and seeded
Juice of 1/2 orange (or 1 whole small orange)
Lemon juice, to taste
Handful parsley
Handful cilantro
1 teaspoon miso
Salt, to taste
Water until desired consistency is reached

Blend all ingredients in high-speed blender until smooth. If desired, warm up gently on the stove while stirring constantly.



Sunny Raw Tip

When I have a few savory things to make in the blender, I keep the soup for last. That way I get to use up whatever mixture is left on the walls of the carafe.

Corn Chowder

By WyJoz

I'm allergic to corn, so I generally stay away from it. During the peek of corn season however, I sometimes cheat a little. This recipe is by far the best raw rendition of corn chowder I've tried. It is as beautiful as it is delectable! Joz, you got yourself a winner, girl!



Photo by Carmella

2 1/2 cups almond milk (See Sunny Raw Tip on [p. 18](#))

2 cups fresh corn

1 clove garlic crushed

Handful sun dried tomatoes, soaked

Dash raw sesame oil

Dash soy sauce

1/2 teaspoon chili pepper

1/2 teaspoon cumin

Top with:

Sliced sweet onion

Mushrooms sliced

Red bell pepper, thinly sliced

Yellow squash, thinly sliced

Zucchini, thinly sliced

Finely chopped parsley

Blend well the first set of ingredients, then add the next set. Adjust seasonings to your taste. Serve with toppings.

Joz's Note: You can add 1/2 jalapeño diced if you want it spicier!

Carmella's Curry Soup

We like to begin our Indian feasts with a delicate curry soup I once made on a whim. According to Don, it's "delicious, spicy but not too much, all of the different tastes balanced to perfection, with just a hint of sweetness. One of the best soups you've made!" Well, in case you think he's bias or something (now why would you think that?), give it a try and let me know what you think!



Serves 2-3

1/2 avocado
3 " piece cucumber
2 " piece zucchini
1/4 cup red or yellow bell pepper
1 celery stalk
1 green onion
1 garlic clove
Handful dill (or 1 teaspoon dried)
Handful cilantro
A little lemon juice
3 apricots soaked in a little water until completely soft
1/2 - 3/4 teaspoon curry, or to taste
Dash cayenne
Salt, to taste
2 cups water (or more)
Apricot soak water

Blend all ingredients in high-speed blender until smooth. If desired, warm up gently on the stove while stirring constantly.

Cream of Leek

By Carmella

The following emerged from one of my all time favorite soups, Jennifer Cornbleet's Cream of Zucchini. I was missing some of the ingredients one day, so I went with what I had on hand. The result reminded me of the SAD Cream of Leek I used to love. So creamy and delicious!



Serves 2

- 1/2 avocado
- 1 cup zucchini, chopped
- 1 stalk celery, chopped
- 1 tablespoon lemon juice
- 1 teaspoon mellow white miso
- 1 " piece of leek
- 1/4 teaspoon sea salt
- Dash cayenne pepper
- 1 tablespoon cold pressed olive oil
- Handful of fresh parsley
- 1 cup water (or until preferred consistency is reached)

Blend all ingredients in high-speed blender until smooth. If desired, warm up gently on the stove while stirring constantly.



"Canh Chua" Vietnamese Sweet and Sour Soup

By Flandria

"Canh Chua" - a Vietnamese sweet and sour soup - is one of my favorite comfort foods. The original soup is made with fish or shrimp stock along with the fish or shrimp itself. The soup I made have those flavors by just using some oil, saffron and salt. It gives it a shrimp oily flavor. It's delicious!



Serves 4 people

- 2 cups coconut water
- 1 stalk of celery
- 2 teaspoons carrot juice
- 1 cup tomatoes, no skin
- 2 tablespoons lemongrass, zested, using a zester
- 1 cup cilantro
- 1 lime
- 1 teaspoon agave nectar
- 2 teaspoons Nama Shoyu
- 2 teaspoons Himalayan salt
- 1 cup fresh pineapple
- 1 teaspoon jalapeno with seeds, more for a spicier soup
- 1 tablespoon saffron
- 1 tablespoon cold pressed olive oil
- 1 teaspoon Himalayan salt

Soak the saffron in olive oil and salt. Set aside.

Blend all the other ingredients. Prepare a nut bag or cheesecloth to strain the soup. Pour the soup into the nut bag or cheesecloth then squeeze liquid.

Serve with the saffron oil made earlier. Strain the saffron oil and top the soup. You can add cilantro and mung bean sprouts, too! Enjoy!

Carmella's Note: This was absolutely lovely! I had to omit the lemongrass and saffron as I didn't have them on hand and it was still delish!

So Like Campbell's Tomato Soup

By Carmella

Remember Campbell's Cream of Tomato Soup? Sure was one of our staples when I was growing up. This next recipe sort of reminds me of it, only way better, of course!



2 cups tomatoes, roughly chopped
2 cups red peppers, roughly chopped
1/2 cup almonds or cashews, soaked
1/4 avocado
Juice of 1/2 large lime
1 teaspoon miso
Salt to taste
Fresh or dried basil (optional)
Water until desired consistency is reached

Blend until smooth, then taste. If it seems too acidic, add a little sweetener.

If desired, gently warm up on the stove, stirring constantly.

Serve with dried seaweed and avocado cubes.



Marvelous Mushroom Soup

By Carmella & Heathy

To my surprise, during Heathy's visit last fall I found out that she's never been 'the soup type'. At least, she certainly landed among the right folks to give her a taste of how delicious raw soups can be. It looks like our passion for raw soups rubbed off on her some. Together, we came up with this lovely mushroom soup. A perfect use for the left over porcini soak water from preparing Cherie Soria's amazing [Crab Cakes](#).



Serves 4

2 1/2 cups almond milk (See Sunny Raw Tip on [p. 18](#))

2 cups dried porcini soak water (or regular water)

2 cups crimini or button mushrooms

1/2 avocado

1 cup zucchini, peeled

2 celery stalks

1 teaspoon dried thyme

1 1/2 teaspoon miso

1/2 teaspoon sea salt

A few crimini or button mushrooms, sliced and marinated in a little cold pressed olive oil and tamari

Blend all the ingredients except the mushrooms until smooth.

If desired, gently warm up on the stove.

Put a generous spoonful of marinated mushrooms in a bowl and top with broth.



Creamy Spicy Broccoli & Greens Soup

By Raw Jewelrylady

For those cold winter nights when you're craving something warm and with a little kick... Warning, this is spicy!



Photo by Carmella

2-3 cups broccoli
2-3 tablespoons raw almond butter
Squirt of raw honey or agave nectar
1 or 2 tablespoons curry powder
About 1/2 tablespoon cayenne
1/2 large Jalapeño pepper~ seeds & all much needed for the warmth factor
1 or 2 tablespoons cumin
Sea salt, to taste
1/2 lemon, juiced
1 avocado
About 2 or 3 tablespoons onion
Large handful of romaine, could use kale or even spinach
Filtered water

Blend in high-speed blender.

Heat on stove until 100 degrees stirring constantly.

Place in warmed bowls & you won't believe how warm you will feel.

Carmella's Note: I made this for dinner with a few minor mods: ground sesame seeds instead of almond butter, 1 celery stalk, 2 cups spinach and less spices. Oh, and topped with a light cashew sauce. Yummo!!!

Don's Pilgrim's Soup

Here's an incredible soup Don created last spring that was intended for my "[Best Of The Sunny Raw Kitchen](#)" ebook, except Jerusalem artichokes vanished from the shelves at my local health food store before I was able to take a picture of the soup.

We've had the chance to make this soup a number of times in the past year, experimenting with different variations, and it always turns out delish. Another staple around here...



Serves 2 to 4

3 or 4 celery stalks
1/2 avocado
2 green onions
1 sm. zucchini
1 med. Jerusalem artichoke (gives it a slightly sweet and earthy taste...yum!)
Handful of parsley
Handful of cilantro
1 small tomato
1 tablespoon miso
1 tablespoon raw tahini
2 cups water

Blend all ingredients in high-speed blender until smooth. If desired, warm up gently on the stove while stirring constantly.

Variation I

Add:

2 celery stalks
2 cups spinach

Variation II

Use:

Part raw almond butter, part tahini

Part cucumber and part zucchini

Garlic clove

Carmella's Note: No need to peel the artichokes before using it; simply scrub it well under running water and cut off any dark spots.

**Szechuan Carrot Soup**

By Carmella

As you no doubt have noticed by now, I have a thing for soup. As I was whipping up an Asian dinner one evening, I took the opportunity to play with some interesting new flavors. For this variation of carrot soup, I replaced the peanuts, usually called for in Szechuan food, with a mixture of almond butter and tahini. Sure did the trick! This one got a big thumb up from everyone at the table.



Serves 4

1 cup coconut water or regular water

3/4 cup coconut milk (See Sunny Raw Tip on [p. 114](#))

1/4 cup cashews, soaked in water for at least 1 hour

1/2 avocado

1/4 cup young coconut meat

1/4 cup carrot pulp
2 small garlic cloves
1 inch piece fresh ginger root, peeled and grated
1 1/2 tablespoons raw tahini
1 1/2 tablespoons raw almond butter
1 1/2 tablespoons Nama Shoyu or tamari
1 tablespoon lemon juice
2 teaspoons raw sesame oil
2 teaspoons agave nectar
1/4 teaspoon hot red pepper flakes
1/2 teaspoon sea salt
Dash of lemon pepper

--

4 cups carrots juice

Blend all ingredients except carrot juice in a Vita-Mix or high-powered blender and process until smooth.

Add juice by hand.

Gently warm up on the stove, stirring constantly until lukewarm. If desired, top with a light cashew cream and serve.



Other Rawesome Soup Recipes

Jennifer Cornbleet's [Cream of Zucchini Soup](#)

Renee's [Cream of Tomato Soup](#)

Cynthia Beaver's [Cucumber Avocado Dill Soup](#)

[Red Pepper Curry Soup](#)

Boutenko's [Rawssian Borscht](#)

Ocean's [Thai Vege Soup](#)



~ Dressings & Dips ~

Almost as important as the salad ingredients themselves is what you're going to dress them up with. A little trick I read somewhere (and one that always comes in handy) is to experiment and find a few different dressings that you really like. That way, when the time comes to dress up your salads, you don't have to search hi and lo for something suitable.



Dill-icious Dressing By Carmella

Here's a lovely variation of my house dressing. Soooooo dill-icious!

Makes 3 cups

- 1/2 avocado
- 1/2 cup cold pressed olive oil
- 3/4 cup water (or until desired consistency is reached)
- 1/8 cup apple cider vinegar
- 1/4 cup lemon juice
- 2 or 3 garlic cloves
- 2 tablespoons raw tahini
- 1 tablespoon miso (or 2 tablespoons Nama Shoyu or tamari)
- 1 teaspoon sea salt, or to taste
- 1/4 cup fresh dill

Blend all ingredients except dill until smooth. Add dill and process briefly.

Alternatively, you could finely chop the dill and add it by hand.



Sunny Raw Tip

You may want to consider investing in a salad spinner (if you don't already have one); a cheap and useful kitchen tool that will drastically improve your success in making wonderful salads. As Nomi Shannon says: "No dressing will ever taste right if is tossed in wet greens."

Manu's Amazing Cauliflower Orange Dressing

Manu, a good friend who was trained as a chef in Germany, came up with this fantastic dressing. It instantly became a new house favorite. When he first created the recipe, Manu had to whip up 3 batches in 4 days which says it all! We would have never guessed there was cauliflower in there in a million years! A must try!



Photo by Carmella

Yields about 1 1/2 cups

1/2 cup cauliflower
1/2 cup + 1 tablespoon lightly flavored oil such as sunflower oil
1 tablespoon raw sesame oil
Juice of 3 small oranges (or 1/2 cup)
1/4 teaspoon fresh garlic
1/2 teaspoon green onion (white part)
1/4 teaspoon paprika
2 teaspoons raw tahini
2 teaspoons agave nectar
1/2 tablespoon lemon juice
Sea salt, to taste

Blend in high-speed blender until smooth.



Tomato Dressing

By Ingrid

This is one of my go to dressing, time and time again. It is so delicious. I personally love it over kale, it is equally wonderful on any type of greens or vegetable salads. Serve it as a dip, and some have even enjoyed it as a soup. For a creamy version of this dressing, add an avocado to the ingredients.



Yields about 1 cup

2 medium tomatoes, chopped
1/4 cup cold pressed extra virgin olive oil
2 tablespoons apple cider vinegar
2 cloves garlic
1 teaspoon sea salt
1 teaspoon fresh cracked pepper
1 teaspoon Hungarian paprika

Put all ingredients, except olive oil, into a blender or food processor and blend until mixed. While blender/processor is still running slowly pour in the olive oil and blend/process until the mixture is smooth.

Serve as needed. Store in the refrigerator up to 5 days. Shake or stir well before serving.

Carmella's Note: This dressing is so yummy I've been making for days!



Ranch Dressing/Dip

By Snowdrop

Here's one delectable and totally addictive recipe! I've even served it to non-rawfoodies and they agreed it was THE best dressing they had ever tasted!

I also love how versatile it is. Drizzle it on salads or zucchini pasta, use it as a spread on your favorite bread or simply as a dip. Delish, any way you have it!

For those missing that hidden valley feeling...



Photo by Carmella

Soak time: 1-2 hrs

Preparation time: 5 Minutes

Number of Servings: 24 (or 3 cups)

Ingredients

1 1/2 cups cashew or macadamia nuts (or combo) - soak them for a creamier dressing (1-2 hrs is fine, then drain)

3/4 - 1 cup filtered water for blending

3 tablespoons lemon juice (translates into approx 1/2 lemon)

1/3 cup apple cider vinegar

1/3 cup extra virgin olive oil

3 tablespoons agave nectar (or 3 soaked dates)

2 cloves garlic

1 teaspoon garlic powder

3 teaspoons onion powder

1 teaspoon fresh dill

1 tablespoon sea salt

1/2 teaspoon basil

And to add after it's done:

1/4 cup finely minced parsley

Another 1/2 teaspoon fresh dill, minced

Directions

Vitamix blend all ingredients until creamy and smooth except the last 2. Once blended, stir in the last 2 ingredients by hand.

It will thicken in the fridge.

Thin to desired consistency if using as a dressing or toss into wet lettuce leaves as is.

Carmella's Notes:

~ This yields quite a bit of dressing, so you might want to consider halving the recipe.

~ I sometimes omit the dates.



Manu's Coconut Dipping Sauce or Dressing

This is another one of Manu's creations. It doubles up as dressing and dipping sauce.

1 cup dried coconut

2 celery stalks

6 basil leaves

Small garlic clove

1 teaspoon red pepper flakes, ground

1 tablespoon sesame seeds, ground

3 tablespoons raw sesame oil

2 tablespoons raw honey

1/2 teaspoon sea salt

2 teaspoons lecithin powder

Blend in high-speed blender until smooth. Strain and serve.



Creamy Caesar Dressing

By Naomi Poe

You won't taste a more authentic Caesar dressing. This reminds me almost exactly of the creamy Caesar dressing served at Red Lobster. The secret is in the dulse flakes, which give the secret 'anchovy' taste; and in the hempseed, which works perfectly here in place of Parmesan. Your taste buds will feel guilty.

You can choose to use either water or oil. Oil will give a creamier, richer dressing, but water makes it considerably lower in fat.

To make a Salad, toss Romaine or Spinach with the dressing and top with lots of hempseed. If you're really ambitious, make some homemade croutons and toss them in, too.



Makes about 2 cups dressing

- 1 cup cultured Real Cream Cheese (See recipe on [p. 57](#))
- 1 lemon, juiced
- 2 teaspoons dulse flakes
- 2 tablespoons hempseeds
- 1 teaspoon Dijon mustard (homemade or otherwise)
- 1 1/2 teaspoons sea salt
- 1 clove garlic
- 2 tablespoons onion, minced
- 1/2 teaspoon black pepper
- 1 tablespoon agave nectar
- 1 cup either water or oil
- 1 tablespoon nutritional yeast, optional
- Hempseed for sprinkling

Whirl everything but the last set of hempseeds together in a blender until absolutely smooth. Let sit at least 1/2 hour or overnight for best flavor.

Toss with Romaine or Spinach, the extra hempseed, and homemade croutons, if desired.



Basil Vinaigrette

By Fairygirl

I can practically eat bowls of this in the summer when I make it with fresh basil from the garden.

1 cup lightly packed basil leaves

1 clove garlic

1 tablespoon chopped chives

3 tablespoons red wine vinegar

2 tablespoons apple cider vinegar

2 1/2 tablespoons maple syrup (or agave nectar, but I really like the maple flavor with the basil)

1 teaspoon mustard powder

1 teaspoon sea salt

Pepper, to taste

3/4 - 1 cup cold pressed olive oil (use 3/4 cup if you prefer a stronger taste, and more oil if you need to soften the flavors at all)

Blend all ingredients except the oil, until smooth. While the blender is running, slowly pour the oil in, until the mixture emulsifies.



Other Rawesome Salad Recipes

Kate Wood's [Sauerkraut Salad](#)

Libby's [Sudo-Burmese Salad](#)

Woody Harrelson's [Baby Spinach Salad with Bosc Pear and Pecans](#)



~ Sides & Spreads ~

In spite of sides and spreads being usually considered supplementary to the main course, many of the recipes in this section often occupy a prime spot on our raw table. Regardless of how you choose to serve the following creations, they won't fail to seduce your taste buds.



Sunflower Garlic Spread

By Carmella

I virtually always have some type of spreads ready in the fridge. They can be enjoyed on crackers, breads, nori sheets, and even lettuce or collard leaves for a makeshift wrap. I know this first spread doesn't look like much, but boy, is it ever yummy! I'm totally hooked on that stuff!

2 cups sunflower seeds, soaked overnight
2 garlic cloves
2 tablespoons lemon juice (or to taste)
Sea salt, tamari or Nama Shoyu, to taste
Handful dill (optional)
1 teaspoon onion powder (optional)

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



Sunny Raw Tip

For an awesome snack, spread a layer of Sunflower Garlic Spread on a nori . (An offset spatula works great for this! - See [p. 15](#)) Place a second nori sheet on top and press down. Apply another layer of spread and cover with a third nori sheet. Press down lightly. Carefully transfer to dehydrator tray with a mesh. Continue until the Spread is all used up. Dehydrate at 120 degrees for a couple of hours. Take out of the 'D' and cut into slices with a big pair of scissors. Return to the dehydrator, turning the temperature down to 110 degrees, until very dry. Dehydration time will depend on how thickly you apply the spread. My layers are usually about 1/8" thick. (I usually leave mine overnight.) Store in airtight container or Ziploc bags.

Oh My This Is A Tuna!

By Ocean

Here's a tuna salad recipe that will blow you away! Hands down the most 'tuna-ish' raw rendition I've tried! It's so incredibly yummy; I've been making it almost weekly for months!



- 1 cup sunflower seeds (soaked)
- 1 cup raw walnuts (soaked)
- 1/8 cup fresh squeezed lemon juice
- 1/2 teaspoon garlic (minced)
- 1/2 teaspoon kelp flakes
- 2 tablespoons Nama Shoyu or tamari
-
- 1 pickle chopped (Bubbies pickle)
- 1 teaspoon Ume Plum vinegar (or apple cider vinegar)
- 1 teaspoon Herbamare seasoning
- 3 tablespoons Bubbies pickle juice
- 1 tablespoon fresh dill weed (chopped)
- 1/4 cup onion (chopped)
- 1/4 cup chopped celery
- 1/8 cup parsley (chopped)

In food processor, blend seeds, nuts, lemon juice, garlic, kelp & Nama Shoyu or tamari. Transfer to bowl and add the rest of the ingredients. Stir until mixed!

Carmella's Note:

- ~ In case you're wondering, Bubbies pickles are unpasteurized and 100% raw.
- ~ I like to use 1 sheet of nori and 1/4 teaspoon kelp.

Ginger Un-Steamed Rice

By Carmella

There are many rawified versions of 'rice' floating around, usually calling for cauliflower. Personally, I don't care much for cauliflower on its own as I find that it quickly develops a strong flavor. If you feel the same, I came up with the following 'rice' that uses parsnip along with cauliflower, which helps take some of the 'bite' away.

Perfect for sushi, or as part of an Indian or Asian feast.

1 1/2 - 2 cups cauliflower

1 1/2 cups parsnip, roughly chopped

Sea salt or miso, to taste

2 heaping spoonfuls of raw almond butter or tahini (I used both)

1 tablespoon grated fresh ginger

A little lemon juice

Process cauliflower and parsnip in food processor until rice-size.

Mix other ingredients by hand.

Variation: Use butternut squash instead of parsnip.



Basic Cashew Cheeze

By Carmella

I had a brief stint with fermented seed and nut cheeses early on my raw journey, using mostly sunflower seeds and almonds. Neither Don nor I were really impressed at the time, so I quickly forgot about it.

Recently, my interest was rekindled when someone posted Chad Sarno's Cashew Cheese Au Poivre. I was still a little hesitant, remembering my failed experiments, but curiosity got the better of me (especially after reading how yummy it was!) I decided to take the plunge and give raw nut cheese another chance. Don't know what I was doing wrong before, or perhaps it was just a matter of what type of nuts/seeds I used, but this Cashew Cheese was a whole different story. Boy oh boy, is it ever delicious! And the texture is so like the 'real' thing!

3 cups cashews, soaked 12-14 hours

3 capsules probiotics

2/3 cup fresh rejuvelac (see instructions below)

In high-speed blender, blend the cashews with probiotics and rejuvelac until smooth.

Line a sieve with a double thickness of cheesecloth and place over a bowl. Transfer the mixture to the sieve, drape the cheesecloth over the top, cover with a towel and leave in a warm place to ripen for 14-16 hours.

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

Carmella's Notes:

- ~ You could sub the probiotics with miso; the idea is to give the culture a kick-start.
- ~ If you don't have rejuvelac, fresh water would also work.
- ~ It is key to use as little liquid as possible for best results in terms of texture.
- ~ You may want to adjust the culturing time, depending on how 'strong' you like your cheeze.

To Make Rejuvelac

Heathy was telling me the other day how she felt intimidated by the whole rejuvelac thing. I know where she's coming from as I felt exactly the same. However, there's really not much to it. Put simply, rejuvelac is obtained by soaking sprouted grains in fresh water for a couple of days, so don't let the length of these next instructions turn you off.

I'm sure there are many different ways to make rejuvelac, but here's the basic technique as described on the [Sproutpeople's site](#).

Ingredients

2 cups Rye

10 cups Water

2 Qt. Jar

Preparation

1. Soak 2 cups of Rye in your 2 quart jar. Cover with 1 quart or more of cool (60-70 °) water. Stir seeds up to assure even water contact. Soak for 8 - 12 hours.
2. Pour off water.
3. Rinse (fill Jar 3/4 full with water), twirl vigorously, pour water out, and repeat - if necessary - until water runs clear). Use cool (60-70°) water.
4. Drain thoroughly by shaking your Jar - you want as little water as possible to remain in your Jar between Rinses. Set your Jar in a low-light, room temperature (70° is best) location.
5. Rinse and Drain (repeat steps 3 + 4) again 8 - 12 hours later.
6. 8 - 12 hours later your seeds will have the beginnings of little tails (sprouts). Add 6 cups of water (spring, purified or tap - your choice) to the sprouts and place the jar in the usual low light, room temperature (70° is best) location for 2 days.
7. Pour liquid - this is your Rejuvelac - into a glass and drink some! Refrigerate the remainder until ready to drink or use in a recipe.
8. You may make more Rejuvelac by repeating step 3 and then adding 1 quart of water. Place your Jar in the usual location and culture your Rejuvelac for 1 day - then follow step 6 again.

Your sprouts are now pretty much spent, so toss 'em to the critters (squirrels, rabbits, birds and many other outdoor creatures love sprouts) or compost them - or - throw 'em in the garbage - it's nice to add a little organic matter to a landfill though, don't you think?

Carmella's Notes:

~ You can make rejuvelac out of other grains too, but wheat and rye are the most commonly used. My last batch was made with sprouted quinoa, and it turned out great.

~ If you only want rejuvelac in order to make cheese, you might want to cut the recipe way down. I'm experimenting with freezing the leftover rejuvelac for future usage. Hopefully it will still work! *fingers crossed*

Once you have your basic Cashew Cheeze ready, you then get to season it with whatever flavors you want: chive, sun dried olives and fresh basil, rosemary and thyme, or jalapeño pepper. Mmmmmmm... So many variations to play with!

For my part, I've enjoyed it in the following recipes.



Garlic Paprika Cheeze

By Carmella



1 cup basic Cashew Cheeze (See recipe on [p. 50](#))

1/4 teaspoon lemon juice

1/2 teaspoon nutritional yeast

1/4 teaspoon onion powder

3/4 teaspoon garlic powder

1/4 teaspoon sea salt

Paprika for the crust

Combine first 6 ingredients in a bowl and stir until well mixed. Taste and adjust salt, if desired.

Shape the Garlic Paprika Cheeze mixture into a round or press firmly into a small container or bowl lined with plastic film. Sprinkle paprika on top. Allow to chill for at least 12 hours or until it firms up.

When firm, de-mold, turn over and transfer onto a plate. Sprinkle more paprika on top and sides.

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



Herb Cheeze

By Carmella

Of the different variations of Cashew Cheese I've tried, this is the one I prefer.



Adapted from a recipe in Charlie Trotter's *Raw*

- 1 cup basic Cashew Cheeze (See recipe on [p. 50](#))
- 1 teaspoon minced green onion
- 1/4 teaspoon lemon juice
- 1/2 teaspoon nutritional yeast, large flakes
- 1/4 teaspoon sea salt
- 1 teaspoon chopped fresh basil (or 1/2 teaspoon dried)
- 1 teaspoon chopped fresh thyme (or 1/2 teaspoon dried)

Dried basil and thyme for the crust

Combine Cashew Cheeze, green onion, lemon juice, nutritional yeast and salt in a bowl, and stir until well mixed. Add fresh or dried herbs and stir until well distributed. Taste and adjust salt, if desired.

Shape the Cheeze mixture into a round or press firmly into a small container or bowl lined with plastic film. Sprinkle dried herbs on top. Allow to chill for at least 12 hours or until it firms up.

When firm, de-mold, turn over and transfer onto a plate. Sprinkle more dried herbs on top and sides.

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



Creamy Spinach Spread

By Carmella

This is a very delicious yet super simple recipe. I got the idea one day when I had left over 'cream cheese'.



Cream Cheese

1 1/2 cups raw cashews, soaked for 1 hour

1/2 cup water

1 teaspoon sea salt (or to taste)

1 tablespoon lemon juice

3 cups of spinach (we like it with lots of spinach but you could use less if you want)

Minced garlic, to taste

Your favorite fresh or dried herbs (optional)

Tamari, Nama Shoyu or sea salt, to taste

Prepare the cream cheese (or use some you have already made).

Chop spinach by hand or in your food processor until finely minced. (If using food processor, you don't want a green mush though!)

Gently fold the spinach, garlic and herbs into the cream cheese.

Adjust seasonings.



Tomato Rawviolis

By Carmella

Yet another gem of a recipe inspired by my good friend Joz. These Tomato Rawviolis are super easy to make, elegant and delicious. They can be served as appetizers, side dishes or even as an entrée.



For this recipe, you'll need:

- Tomatoes of choice, sliced about 1/4" thick
- Creamy Spinach Spread (See recipe on [p. 54](#))

Assembly

Put a heaping teaspoon of spinach cheese filling between 2 tomato slices.

Dehydrate overnight at about 110 degrees.

Carmella's Notes:

~ I had a batch of tomato slices dehydrating already, so I just took a few out, loaded them up with cheese, then popped them back in the D for a few hours. Worked perfectly!

~ If desired, serve as an entrée, accompanied with Pesto Mushrooms. To make them, just stuff de-stemmed button or crimini mushroom caps with a small amount of your favorite pesto. Dehydrate at 110 degrees for about 4 hours, or until soft.



Sunny Carrot Dill Spread

By Carmella

Sunflower seeds make such great inexpensive spreads. Here's yet another variation that I really enjoy.



2 cups sunflower seeds, soaked overnight
1 large carrot (about 1 cup)
2 garlic cloves
2 tablespoons lemon juice (or to taste)
Sea salt, tamari or Nama Shoyu, to taste
1/2 teaspoon onion powder
1/4 teaspoon paprika
1/4 cup fresh dill

Place all ingredients except dill in food processor and process until smooth.
Add dill and process briefly.



Real Cream Cheese

By Naomi Poe

This cream cheese actually tastes like cream cheese, feels like it, and looks like it. The secret is in the probiotics. Use it for awesome cream cheese, or serve with Bagels and Lox (see [my other recipes](#)).



Makes 4 cups

4 cups macadamia nuts

Water to cover

2 tablespoons probiotic powder, any brand

Place mac nuts in the blender. Cover with juuuuuuuust enough water to come up to level with the nuts. Add the probiotic powder. Whirl in the blender until absolutely smooth (this may take about 10 minutes, so make sure your blender doesn't get too hot). The consistency should be like cold cream.

Place in a mesh bag/cloth napkin and twist until the bag is sealed. Place in a colander and put a weight on the top. (I use a plate with a can of something). Leave in a very warm place (like your dehydrator or the radiator) for up to 48 hours. Refrigerate.

Naomi's Notes:

~ Depending on your taste, you may want to use less probiotic or ferment for less time. Our house is only about 60 degrees F, so it takes 48 hours to taste right.

~ This fermented cream can be used as the starter in place of the probiotic for your next batch. I find, though, that if you're using a starter batch of the cream cheese that you've already made, you WILL need 1/4 cup of the cream cheese. I'd use fresh every 6 batches or so.

Mushroom Byriani

By Carmella

This recipe was part of the Indian Feast we enjoyed on Heathy's last evening with us. It has a delicate and subtle flavor that complemented the other dishes beautifully.



Serves 3 or 4

1 cup button mushrooms, sliced
1 tablespoon cold pressed olive oil
1 tablespoon tamari or Nama Shoyu
1 tablespoon lemon juice
1 medium garlic clove, minced
1 teaspoon grated fresh ginger root

3 cups jicama or butternut squash cubed
1/2 cup sweet peas
1/4 cup tomato, cubed
2 tablespoons green onion, sliced
2 teaspoons fresh mint or cilantro, slivered
1 teaspoon dried coriander
1/2 teaspoon chili powder
1/2 teaspoon sea salt, or to taste
1/4 teaspoon ground cardamom

In a bowl, toss mushroom slices in marinade and let sit while working on the rest of the dish.

Process jicama or squash in food processor with the 's' blade until rice like.

Place 'rice' and other ingredients in a large bowl. Then add the marinated mushrooms and marinade.

Optional: Allow Byriani dish to warm up in the dehydrator for 1 hour or so at 110 degrees.

Serve with Richard Salome's incredible Curry Sauce or as an accompaniment to other Indian-type dishes.



Spinach Velvet Spread

By Carmella



This is one of the fillings I use for my Spinach Mini-Quiches, but it is so tasty and quickly whipped up that I serve it often as a spread.

2 avocados
4 cups spinach
1/2 cup fresh cilantro
1/2 cup fresh dill (or 1 teaspoon dried)
1 tablespoon cold pressed olive oil
3/4 cup zucchini, peeled and roughly chopped
Lemon juice, to taste
1 or 2 garlic cloves
1/2 teaspoon onion powder
1/2 teaspoon sea salt or more if needed
Pinch of nutmeg (optional)

First, process zucchini in food processor until uniform. Then add the rest of the ingredients until well mixed and smooth. Add water if too thick.

Herbed Avocado Spread

By Carmella

Another super simple avocado based spread with a lovely herb flavor. As you can see, Manu worked a bit of his presentation magic. It totally deserved it! ;-)



1/2 cup zucchini, peeled and roughly cubed
1 small avocado
1 tablespoon tamari or Nama Shoyu
1 tablespoon cold pressed olive oil
2 teaspoons lemon juice
1 teaspoon dried tarragon
1 teaspoon finely minced fresh thyme
1/2 teaspoon onion powder
Sea salt to taste
Dash cayenne

First, process zucchini in food processor until uniform. Then add the rest of the ingredients until well mixed and smooth.





Other Rawesome Side, Spread & Snack Recipes

Ani Phyo's [Brazil-Broccoli Mash and Miso Gravy](#)

Tropigal's [Chewy Crunchy Garlicky Toasts](#)

Top Raw Men's [Eggplant as Bacon](#)

Chrissy's [Goddess \(Kale\) Chips](#)

Nomi Shannon's [Pate du Soleil](#)

RawFoodRightNow's [Raw Deviled Egg-less "Egg" Spread](#)

Serene Allison's [Rich Cheddar Sauce](#)

Raw Pleasure Australia's [Savoury Nori Snacks](#)

[Zucchini Hummus](#)

Nomi Shannon and Sheryl Duruz's [Zucchini Roll-ups](#)



~ ENTRÉES ~

After following a simple, high raw diet for years, I invested in a dehydrator. This was a major factor in the transition to 100 % raw. It has also opened the way to an awesome and fun exploration, creating raw delights we never thought were possible before. One area where the 'D' has especially made a difference is entrees. We can now enjoy a variety of dishes, such as burgers, pizzas and 'stir-drieds' that are a hundred times more nourishing than the cooked stuff. But not to worry, many of the following entrees do not require the use of a dehydrator and are simple to prepare.



Pasta Primavera

By Fairygirl

Here's another one of my all time favorite dishes. I love how easy it is to assemble, and that it requires no dehydration. Perfect for those times when it's nearly lunch or dinner and you still haven't got a 'plan'. So simple and really, really yummy!



Wide zucchini noodles (just use the veggie peeler)
Fresh garden peas
Chopped red bell pepper

Small chopped carrot
Baby tomatoes, halved
Fresh shredded basil
Fresh chopped parsley
Lemon zest
Place all veggies and herbs in a large bowl.

Toss in your favorite dressing. (You might want to try [Carmella's House Dressing](#), Snowdrop's wonderful and creamy Ranch Dressing featured on [p. 43](#) or any alfredo type sauce.

Alfredo Sauce

Adapted from [Rawvolution](#)'s recipe

3/4 cup water
1/2 teaspoon raw honey
1 clove garlic
1/4 - 1/3 cup lemon juice
1 teaspoon sea salt
1 1/4 cup cashews

Blend all ingredients until smooth.

Heathy's Notes:

- ~ I found this to have a really fresh flavor, and the noodles seemed to sorta melt into the sauce.
- ~ I'd like to add marinated mushrooms and asparagus too, next time!

Carmella's Notes:

- ~ Since I don't have a garden (sigh), I sub the fresh sweet peas with frozen ones.
- ~ I like to add a thinly sliced green onion.
- ~ I always just eye the ingredients when I make it. Sometimes it turns out more pasta like, or if I don't have a lot of noodles, closer to a salad. Delish any way you have it!



Sesame Chicken

By Snowdrop

This recipe is absolutely in-cre-di-ble!!! The nuggets have a delicious, unique flavor unlike any other raw nut-based 'meat' I've ever tried. I could just keep popping 'em in! Add to that the Sweet & Sour Sauce, which you can use as a dip for the nuggets or for marinating veggies, and that's it! You're up for one exotic and yummylicious ride!



'Chicken'

2 cups walnuts soaked 4-6 hours or overnight

2 cups sunflower seeds soaked 4-6 hours or overnight

1 cup sunflower seeds, soaked 4-6 hours or overnight and then dehydrated

1 cup sundried tomatoes soaked 4-6 hours or overnight in:

1 cup orange juice

1 onion

2 cloves garlic

1/4 yellow or red bell pepper

10 fresh sage leaves or 1 tablespoon dried

1 teaspoon cumin

1/2 teaspoon turmeric

1 teaspoon garlic powder

1 teaspoon onion powder

1 tablespoon dark miso

1 tablespoon Nama Shoyu, tamari or soy sauce

1 tablespoon liquid soy lecithin* (to be stirred into batter by hand at the end)

Sesame seeds (to sprinkle on top of the nuggets)

* Liquid lecithin can be found at your local health food store

Food process the tomatoes in their liquid and blend until a paste. Add onion and garlic, blend. Add herbs and spices and blend. Finally add nuts, and process till smooth (I did it in 2 batches). Put into a bowl and stir in the lecithin.

With a coffee grinder, powder the dehydrated sunflower seeds. Stir into batter till blended.

Spoon onto Teflex sheets by the tablespoon. (I used 3 trays.)

Dehydrate 6-8 hours at 105-115 degrees. Flip half way thru drying time.

Make Sweet & Sour Sauce (see below).

Dip your chicken nuggets into the sauce and sprinkle with sesame seeds and continue dehydrating for another 4-6 hours.

Carmella's Note: I forgot to soak and dehydrate the 1 cup of sunflower seeds so I used them dry.

Sweet & Sour Sesame Sauce

3/4 cup Nama Shoyu or tamari

3/4 cup raw honey or agave nectar

2 cloves garlic

1 piece ginger as big as your thumb (approximately equal to the amount of garlic)

2 tablespoons sesame seeds

2 tablespoons melted coconut oil

1 teaspoon raw sesame oil

2 teaspoons red pepper flakes

Chop the garlic and ginger so it doesn't jam under your blades. Put all into the food processor and blend till the veggies are well pureed. The seeds will float up with the oils when left standing. That's ok, just stir when using.

In a glass pie plate: Take a nice head of broccoli and make bite sized pieces. Slice up 4-5 mushrooms. Sliver up 1/2 red pepper. Toss these in some of the Sweet & Sour Sauce and put into D till broccoli is tendered up some.

Snowdrop's Notes:

~ I made more than the sauce recipe called for because I will be using this on lots more veggies in the next couple of days, as it is mind blowing good.

~ The nuggets were a nice change from what I had been eating, but... The veggies + sauce was the finest thing I have put in my mouth in months!

Carmella's Notes:

~ Was she not kidding or what!?! This sauce is to LIVE for!



~ I replace some of the Nama Shoyu/tamari called for in the Sweet & Sour Sauce with water, as I prefer it less salty.

~ I've also tossed veggies (broccoli, mushrooms, bok choi, red pepper) in the Sweet & Sour Sauce and served them on top of Ginger Squash 'Rice'. (See recipe on [p.49](#))



Spaghetti Pie

By Beckla

This was my first take on turning a family classic into a raw dish. The way that it's made SAD, the spaghetti bakes into a pie crust. For the raw version, you may prefer to make a raw crust (with the usual ingredients of ground almonds and the likes).



Photo by Carmella

1st layer:

4-5 peeled zucchinis, spiral sliced

Place in a bowl with about 5 tablespoons nutritional yeast (the SAD recipe calls for eggs, cheese and butter to make the crust "stick" so the nutritional yeast combined with the water in the zucchinis makes for the right consistency). Set aside and allow to thicken.

2nd layer: "Ricotta"

1/2 cup almonds, soaked

1/2 cup cashews, soaked

1/2 cup macadamia nuts

2 or 3 tablespoons lemon juice

1/2 teaspoon sea salt
2/3 cup water

Place all ingredients in food processor and blend.

3rd layer: "Meat" Filling

1-2 Portobello mushrooms
1/2 cup walnuts
1 tablespoon brown miso
1 teaspoon garlic powder or fresh garlic

Blend all ingredients in food processor.

4th layer: Tomato Sauce

2 1/2 cup tomatoes
1/2 cup sundried tomatoes, soaked
1/3 cup cold pressed olive oil
Garlic to taste (I used 2 cloves)
Touch of agave nectar or 1 soaked date
Italian spices, to taste
Sea salt, to taste

Blend all ingredients in food processor.

Optional 5th Layer: Mozzarella Topping
(See recipe on [p. 93](#))



Photo by Carmella

Assembly:

Take "noodles" in nutritional yeast and form a "crust" in a 9 or 10" pie plate.

Then add layers (as numbered).

Dehydrate at 115 degrees for 3 hours.

Serve warm - or eat cold - I eat this cold like I do cold pizza.

Beckla's Note: The best part of the SAD version is when some of the noodles get crispy in the oven - really can be served as a pie slice. So I encourage you to play with this in your dehydrator to try to achieve a similar result!

Carmella's Note:

When I made this pie, I left it in the D at 115 for 5 hours total and the zucchini was still not crunchy. I find the taste had started to change a little, so I'd recommend leaving it for 3 hours max.

Wyjoz's Note: I've spiralized noodles, rinsed them in water with several drops of soy sauce and then let them drip drain 6 hours. WOW! They were just like al dente pasta!!!! This probably would be a great idea for the pie, as they were so free of liquid and might get crunchy!

Garden Quiches

By Carmella & Heathy

I love mini quiches! They make such awesome finger food! In this recipe, the shells are first layered with Basil Pesto, then filled with a veggie Cream Cheese type mixture.



Crust:

Adapted from a recipe by [Elaina Love](#)

3 cups zucchini, peeled and chopped
2 teaspoons sea salt
1 tablespoon cold pressed olive oil
1/4 avocado
1/2 cup water
3/4 cup flax seeds, ground
1/2 cup almonds, soaked for 8 hours

Blend the zucchini, sea salt and oil until smooth.

Add the almonds and continue to blend until smooth.

Pour the mixture into a bowl and add the flax meal by hand.

Now to form the shells...

- Scoop about 1 1/2 tablespoons of batter on Teflex sheets. With a wet spoon or spatula, form into uniform circles of about 3" in diameter and roughly 1/8" thick.

- Dehydrate for 3 hours or so at 110 degrees F, until the top is dry to the touch and the circles can be easily peeled.

- Gently peel a circle off onto one of your hands.
- Place on top of a muffin cup, 'wet' side up and carefully push the circle of dough onto the muffin pan, then press with a wet spoon or your fingers to even the dough out.
- Dehydrate for another 6 to 8 hours, until completely dry.

(For a visual demo of how to form the shells, see [this blog post](#).)

Carmella's Notes:

~ If the dough is too dry and difficult to manage, simply spray a little water to moisten it, wait for a few minutes for it to get absorbed then proceed. Also, if the dough breaks while shaping the shells, no worries, simply spread a little dough over the hole.

~ Alternatively, you could use one of the Pizza Crust recipes on [p. 103](#). Shape as mini-shells, as described above.

Basil Pesto

Pesto is one of those recipes that have countless variations. The following is my personal favorite.

4 cups fresh basil and spinach, packed (I like to use 1/2 of each)
2 large garlic cloves, minced
1/4 cup walnuts
1/2 teaspoon sea salt
2 tablespoons cold pressed olive oil
2 teaspoons lemon juice

Blend basil and spinach until finely chopped. Then add the rest of the ingredients and blend until smooth.

Filling:

1 cup cashews, ground
2 tablespoons cold pressed olive oil
1/4 cup lemon juice
1/8 teaspoon sea salt
1/4 cup water
1 1/2 teaspoons nutritional yeast

Blend all ingredients until smooth and creamy. Then fold in:

1 cup spinach, chopped
A few sliced mushrooms marinated in a little oil and tamari or Nama Shoyu
1/4 cup red or yellow bell pepper, finely chopped
2 tablespoons green onion, minced

Assembly:

Spread a generous layer of Basil Pesto on each crust. Top with the filling. Chill to set.

Easy Chop Suey

By Carmella

We weren't very adventurous food wise in my family's household, but the one 'exotic' dish my mom used to make regularly was Chop Suey. When I first tried a raw version, I just couldn't believe how much it resembled its SAD counterpart. Once you get the general idea, I'm sure you'll soon be coming up with countless variations of your own.



Veggies:

Baby bok choy, sliced
Broccoli florets and chopped stems
Carrots, julienned
Celery, sliced diagonally
Green onions, sliced diagonally
Mung bean sprouts, washed and drained
Mushrooms, sliced
Red or yellow peppers, sliced or chopped
Snow peas, sliced diagonally
Zucchini, julienned or cubed

Marinade Variation I:

2 tablespoons cold pressed olive oil
2 tablespoons tamari or Nama Shoyu
1 tablespoon raw tahini
1/2 lemon, juiced
1/2 orange, juiced
1 or 2 garlic cloves

1" chunk of ginger, grated
Dash of cayenne

Marinade Variation II:

1/4 cup cold pressed olive oil
2 tablespoons tamari or Nama Shoyu
1/2 lemon, juiced
1/2 lime, juiced
1/2 orange, juiced
1 or 2 garlic cloves
1 " chunk of ginger, grated
2-4 small soft dates, soaked

Assembly

Finely chop or julienne veggies of choice.

Blend marinade ingredients until smooth.

In a large bowl, toss veggies in marinade of choice. Cover and put in dehydrator for 2 hours at 105-110.

Alternatively, you can skip the last step, but leave the veggies to marinate for at least 3 hours on the counter for flavors to blend.

Serve topped with sesame seeds and/or cashew pieces.



Sunny Raw Tip

I find that taste is such a subjective thing! I highly recommend taking recipes “with a grain of salt” (no pun intended!), especially when it comes to salt/tamari, sweetener, garlic and lemon juice. It’s so much easier to put less of these ingredients and make the necessary adjustments at the end than to take them out. lol

Spinach & Cream Pasta Casserole

By Carmella

Spinach being one of my favorite greens, I was looking for a new way to serve it when I came up with the following raw rendition of a popular SAD dish. The result was way beyond anything I could imagine. It has since then become one of my absolute favorites, and gotten raving reviews from others on RFC.



Serves 3

Pasta:

2 or 3 zucchinis, peeled

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

Sauce:

1 cup cashews and/or macadamias

1/2 to 3/4 cup water (depending on desired thickness)

1 garlic clove

1/4 cup lemon juice

1 teaspoon sea salt

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

Marinated Spinach:

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

1/2 tablespoon cold pressed olive oil

1/2 tablespoon dried oregano

1/8 teaspoon sea salt

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

Marinated Criminis:

- 1 1/4 cup crimini mushrooms, sliced
- A little cold pressed olive oil and tamari
- 1 teaspoon dried tarragon

Allow mushrooms to marinate for at least 1 hour.

Pine Nut Parmesan

- 1/2 cup macadamias
- 1/2 cup cashews
- 2 tablespoons pine nuts
- 1 tablespoon lemon juice
- 1 tablespoon flax meal
- 1 garlic clove, crushed
- 1 tablespoon nutritional yeast
- 1/2 teaspoon sea salt

First briefly process macadamias and cashews in food processor. Add the rest of the ingredients and process until well mixed.

Assembly:

Toss the noodles with the sauce. Gently fold in the spinach and half of the marinated mushrooms (save the rest for garnish).

Place mixture in a dish, sprinkle with Pine Nut Parmesan and top with remaining mushrooms.

Dehydrate at 110 degrees for 1 hour (optional but yummy!)



Diva Burgers

By Carmella & Fairygirl

Heathy and I had fun coming up with our own version of burgers. We then shaped the mixture both into patties and balls (See recipe on [p. 68](#)). The burdock root gives these a subtle earthy flavor.



1 cup pecans or walnuts, soaked
1 cup sunflower seeds, soaked
1 cup packed almond pulp
1 1/2 cups Portobello mushrooms, chopped and packed
2/3 cup burdock, peeled and roughly chopped
1 cup button mushrooms, chopped and packed
1/2 cup celery, finely diced
1/3 cup red bell pepper, finely diced
1/4 cup onion, finely diced
1/3 cup parsley, chopped
3 cloves garlic, minced

In a food processor, grind the nuts and seeds.

Add the remaining ingredients and process until thoroughly mixed.

Form into patties and on Teflex sheet.

Dehydrate at 110 degrees for a couple of hours.

Flip onto mesh and continue dehydrating until desired consistency is reached (about 8 hours or so).



Nori Rolls with Ginger Sunflower Pate

By Carmella

Nori rolls can't be beat in terms of deliciousness and ease of preparation. Another great thing about them is that you can use whatever pate and veggies you have on hand. As I'm not a big fan of cauliflower-based rice, I was interested in Cafe Gratitude's recipe, which calls for parsnip. I like to keep some basic sunflower pate in the fridge so I gave the latter an Asian twist by adding a bit of garlic and horseradish.

Colorful, super quick to assemble and tasty; the perfect summer food!



Ginger Sunflower Pate

1 cup sunflower seeds, soaked overnight
1 garlic clove
1 tablespoon lemon juice
1" piece fresh ginger, grated
1/8 teaspoon grated horseradish
Sea salt or tamari, to taste

Blend until smooth in food processor.

'Rice'

Adapted from Cafe Gratitude's [I Am Grateful](#)

2 cups parsnip, roughly chopped
1 medium garlic clove
3 tablespoons pine nuts
1/2 teaspoon sea salt

Process parsnip and garlic in food processor until rice-like consistency. Add pine nuts and salt and process some more.

Toppings

Red or yellow peppers, julienned

Carrots, julienned

Cucumber, julienned

Thinly sliced avocado

A few sunflower or radish sprouts

Assembly

Place 1 or 2 tablespoons of 'rice' mixture on the nori sheet and spread evenly across the bottom third of the sheet leaving 1 inch of space exposed at the bottom.

On top of the rice, spread a little Ginger Sunflower Pate, roughly the size of a cigar.

Top with red bell pepper, carrot, cucumber and avocado slices.

Finish off with a few radish or sunflower sprouts.

Fold the bottom of the sheet up and over the filling, and roll the nori tightly using a bamboo mat or your fingers. (I like to use my fingers.)

Wet the top part of the nori sheet with a little water so as to seal the sushi.

Let the roll sit for about 5 minutes before cutting.

Using a sharp knife cut the nori roll into 5 or 6 equal parts. Use a gentle seesaw motion to make it a perfect smooth cut.

Arrange on a plate. If desired, serve with Nama Shoyu, tamari or this dipping sauce in a small bowl.

For a lighter version...

First, put a nice layer of alfalfa sprouts, covering nearly half of the nori sheet.

Spread a little Ginger Sunflower Pate, roughly the size of a cigar.

Proceed as described above.



Noodles and Not 'Meat' Balls in Mushroom Sauce

By Carmella & Fairygirl

Here's a rawified version of another childhood favorite dish of mine.



Noodles:

Zucchini, peeled and sliced in wide strips with a veggie peeler

Mushroom Sauce:

1 cup almond milk (See Sunny Raw Tip on [p. 18](#))

1 cup crimini or button mushrooms

2 tablespoons avocado

1/2 cup zucchini, peeled and roughly chopped

1 celery stalk

1 teaspoon nutritional yeast

1/2 teaspoon sea salt

1/2 teaspoon fresh thyme

Blend ingredients in high-speed blender until smooth.

Not 'Meat' Balls

Shape Diva Burger recipe on p. 74 into balls and dehydrate at 110 degrees for 6 hours.

Assembly:

Toss noodles in Mushroom Sauce. Transfer to serving plate. Top with 2 or 3 Diva Balls.

Sprinkle with finely chopped parsley.

Rice Bowl

Contributed by avrawcado

Here's an Asian dish that is simple, colorful and, most importantly, tasty.



Photo by Carmella

Grate one whole cauliflower and set aside as your rice.

Blend in your Vita-mix:

The juice of 2 lemons

A couple of sprinkles of raw sesame seeds

2 cloves of garlic

Some grated ginger, to taste

6 tablespoons Nama Shoyu or tamari

4 tablespoons raw honey

Dash of sea salt

With the blender on low, add some olive oil until the consistency is about right. Then blend on high for about 10 seconds.

In your food processor, toss in some red bell pepper, peeled pea pods, carrots, Chinese cabbage, mushrooms, and green onion. You can add broccoli and asparagus too. Pulse until the veggies are all bite size, then add the sauce and stir to coat the veggies.

Put the "rice" into a bowl and then cover with the veggies. Eat with chopsticks.

Carmella's Note: I used a mixture of parsnip and cauliflower as the rice, to which I folded in peas and pulse-chopped carrot. Instead of food processing the veggies (I used mushrooms, bok choy, celery, red pepper, broccoli and green onion), I just sliced them up, and then marinated them in the sauce.

Angel Hair Pasta In Creamy Spinach Sauce

By Carmella

Sometimes, the best creations appear in the most unlikely circumstances. Dinnertime was approaching one day, yet I was still clueless as to what to make. In the end, I opted for a simple pasta dish. As we had tons of spinach in the fridge, my original idea was to make a pesto. However, it evolved into a delicious creamy sauce with a hint of nutmeg and thyme. My Pine Nut Parmesan perfectly complements this dish.



Angel Hair Pasta

Zucchini, peeled and spiralized using the smallest setting

Creamy Spinach Sauce

4 cups spinach
1 small garlic clove
1/2 cup cashews
1/4 cup water
1 tablespoon lemon juice
1 tablespoon cold pressed olive oil
1/2 teaspoon sea salt
1/4 teaspoon nutmeg
1/4 teaspoon dried thyme

Blend in high-speed blender until very smooth.

Pine Nut Parmesan (See recipe on [p. 73](#))

Assembly

Toss the noodles with the sauce. Top with red bell pepper cubes. Sprinkle with Pine Nut Parmesan and serve.

Mini-Pockets

By Carmella & Fairygirl

During our Diva marathon, Heathy and I were especially excited about experimenting with these mini-pockets - something I'd been meaning to do for months, ever since trying Alissa Cohen's calzone.

The possibilities of fillings are endless! The key is that your ingredients aren't too wet so as to avoid the crust getting soggy. For our part, we decided to make 3 different kinds of pockets: Italian, Greek and Asian.

Regardless of which filling you decide to go with, the basic method remains the same...



For the Crusts:

Make a batch of Crust (See recipe on [p. 103](#))

Form batter into small half circles on Teflex sheets, between 1/8 and 1/4 " thick.

Dehydrate for a couple of hours at 110 degrees. Flip onto mesh, dehydrate some more until dry to the touch (another hour or so), but you still want it pliable in order to pinch the edges together.

And now for the fillings...

Asian Pockets

Veggies:

Broccoli florets
Green onion or leek
Red bell pepper, sliced
Celery, sliced diagonally
Mushrooms, sliced

Marinade:

2 tablespoons Nama Shoyu or tamari
2 tablespoons raw honey
2 teaspoons raw sesame oil
2 cloves garlic, minced
1" piece of ginger root, grated
2 tablespoons lemon juice
1/4 cup orange juice



Allow veggies to marinate for at least 1 hour. Let sit in a colander for a few minutes to allow excess liquid to drain.

Assembly:

Put a few tablespoons of filling on a half circle.

Place other half on top and carefully pinch the edges together. (You can dip your fingers in water to help the process.) You may have to wipe away any filling that is leaking out as you pinch. Just make sure to close the sides well.

Dehydrate your assembled pockets at 110 degrees for another 6 hours or so, until the crust is really dry.



Sunny Raw Tip

If the dough breaks while assembling the pockets, don't worry; patch it with a little water. It should do the trick!



Italian Pockets

For this recipe you will need:

- Vegetable Antipasti
- Basil Pesto (See recipe on [p. 69](#))
- Cheddar Sauce
- Tomato Sauce

Vegetable Antipasti

- 1/2 cup small broccoli florets
- 1/2 cup red, yellow or orange bell pepper, finely chopped
- 1/2 cup asparagus, chopped (optional)
- 3/4 cup crimini or button mushrooms, chopped
- 2 tablespoons green onion or leek, finely chopped

Marinade:

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar or apple cider vinegar
- 2 teaspoons dried oregano
- 1/2 teaspoon minced garlic
- 1/2 teaspoon agave nectar
- 1/2 teaspoon sea salt (or to taste)
- 2 pinches black pepper

Allow veggies to marinate for at least 1 hour. Let sit in a colander for a few minutes to allow excess liquid to drain.

Cheddar Sauce

Adapted from Serene Allison's recipe

- 1 large red bell pepper
- 1/4 cup water
- 1 cup cashews, sunflower seeds, or almonds, soaked overnight
- 1 tablespoon raw tahini
- 2 tablespoons nutritional yeast (optional)
- 1 1/2 teaspoons sea salt
- 1 green onion
- 1 clove garlic
- 2 tablespoons lemon juice

Blend in Vitamix or high-speed blender until creamy. Add more water until desired consistency is reached.

Tomato Sauce

- 1 cup sun-dried tomatoes, soaked
- 2 or 3 medium tomatoes
- 1 tablespoon cold pressed olive oil
- 2 soft dates, pitted and soaked for a couple of hours
- 1/2 teaspoon sea salt
- 1 clove garlic or more, to taste
- Optional but yummy: Handful parsley and dash cayenne

Drain sun-dried tomatoes well. (I usually just give them a squeeze with my hand.) Blend everything together until smooth. Adjust seasonings.

Assembly:

Spread a layer of Basil Pesto on a half circle, followed by some Cheddar Sauce.

Put a few tablespoons of Vegetable Antipasti.

Place other half on top.

Proceed as for Asian pockets on [p. 81](#).

If desired, serve topped with a fresh Tomato Sauce.

Diva Note: To make these mini-pockets more pizza like, you could try pesto, cheddar, marinated mushrooms, spinach, and a really thick sundried tomato sauce.



Greek Pockets

Although I thought that all the mini pockets turned out great, these were my personal favorites!



Filling

1 cup cashews, ground
2 tablespoons cold pressed olive oil
1/4 cup lemon juice
1/8 teaspoon sea salt
1/4 cup water
1 1/2 teaspoons nutritional yeast

Blend all ingredients until smooth and creamy.

Fold in:

1 cup spinach, chopped
A few sliced sundried black olives
1/4 cup red or yellow bell pepper, finely chopped

Assembly:

Put a few tablespoons of filling on a half circle.

Place other half on top.

Proceed as for Asian pockets on [p. 81](#).



Fajitas

By Wyjoz

Joz has been bringing these at a number of her famous raw food potlucks and they're always a hit. Truly 'tasty' out of this world!



2 portabella mushrooms, sliced
1 red, yellow, and green bell pepper, sliced
2 garlic cloves, crushed
1 Walla Walla sweet onion, sliced
1 zucchini, sliced thinly
1/4 cup Nama Shoyu or tamari
1/4 cup cold pressed olive oil
2 tablespoons chili powder
1 teaspoon cumin powder
1/4 teaspoon cayenne

Combine ingredients together in bowl and marinate 2-4 hrs. Drain in a colander.

Serve on soft tortillas/wraps (See recipe on [p. 100](#)), with sour cream, chopped cilantro and green onions and a dab of salsa.

Sour Cream

Adapted from a recipe by [Diana Stoevelaar](#)

1 1/2 cups cashews or macadamia nuts, soaked
1/2 cup water
1/2 teaspoon sea salt
1/4 cup lemon juice

Blend all the ingredients in a blender until smooth and creamy.

Spicy Noodles in Szechuan 'Peanut' Sauce

By Carmella

In this exotic dish, raw tahini and almond butter are used to recreate the peanut taste so associated with Szechuan food. Decorate with black sesame seeds for a stunning visual effect.



Serves 4

Noodles

3 or 4 zucchinis, peeled and made into angel hair with a spiral slicer. (You want roughly 1 1/2 cup pasta per serving.)

Sea salt

Sprinkle sea salt over zucchini pasta and place in a colander to allow excess water to drain.

'Peanut' Sauce

1/4 cup raw tahini

1/4 cup raw almond butter

2 garlic cloves

1 tablespoon fresh ginger root, grated

2 tablespoons Nama Shoyu or tamari

1 tablespoon raw sesame oil

1 teaspoon red chili flakes

1 tablespoon apple cider vinegar

1/2 tablespoon raw honey

Dash cayenne

Water

Blend all ingredients in high-speed blender until smooth. Add water until desired consistency is reached.

Veggies

1/2 large yellow bell pepper, julienned
1/2 large red bell pepper, julienned
2 1/2 cups mung bean sprouts
3 cups baby bok choy, sliced
2 green onions, sliced thinly
2 cups button mushrooms, sliced and marinated in:
1 tablespoon Nama Shoyu or tamari
1/2 tablespoon sesame oil
2 teaspoons lime juice

Assembly

In a large bowl, toss veggies except marinated mushrooms in some peanut sauce, cover and allow flavors to blend in the dehydrator at 110 degrees for at least an hour. (Longer if not using the D.)

Just before serving, add zucchini noodles and drained marinated mushrooms to the veggies.

Divide into 4 servings. Top with more Peanut Sauce and decorate with black sesame seeds.

**Sunny Raw Tip**

When spiralizing zucchini, I like to go through the noodles and remove the soft, 'mushy' core. This helps keep the dish drier once assembled.

Eggplant Stroggi

By Ocean

I made this for dinner one evening, and it is totally the best! It tastes like the real stroganoff! Enjoy!!!!!!



Photo by Carmella

Marinated Eggplant:

1/2 eggplant (peeled & chopped)

Cold pressed olive oil (or whatever kind you use, enough to cover all the veggies)

1 teaspoon fresh ginger (grated)

1 onion (diced)

2 cloves garlic (minced)

1-2 teaspoons Celtic sea salt (sprinkled on)

Marinate vegetables until soft (about 4 hours), drain oil and set aside.

Marinated Mushrooms:

2 small Portabella mushrooms (sliced in thin strips)

2 teaspoons cumin

1/8 teaspoon cayenne

Enough olive oil to cover

Marinate mushrooms until soft, drain oil and mix with the vegetables.

Stroganoff Sauce:

1/4 cup raw tahini

1/4 cup warm water

Juice of 1 lemon

Blend in blender.

Assembly:

Pour Sauce over the drained vegetables and stir until mixed. Mix in:

2 tablespoons fresh dill weed

1/4 teaspoon black pepper

Pinch cayenne

Garnish with 1/4 cup fresh parsley (minced)

Carmella's Notes:

~ It's the first time I found myself enjoying raw eggplant! Don was never a huge fan of stroganoff in his SAD days, but he conceded that this was the best strogi he's tasted!

~ I made this using part zucchini and part eggplant, which I soaked in a mixture of oil and water, along with the other ingredients. I also used half almond butter and half tahini, and popped the dish in the D for a half hour or so.

**Gimme More Pizza!**

By Carmella

Before discovering the dehydrator, pizza was just one of those things we had to leave behind. Boy! Were we ever wrong! For me, raw pizza has it all! It can be whipped up in no time (provided you keep a stock of dehydrated crusts in your freezer), and you can let your imagination go totally wild. Best of all, you don't have to 'pay the price' for such a tasty treat!

I came up with the following combination one afternoon, and it was so darn yummy, I just HAD to make it 2 days in a row! (For me, that's saying a lot! lol)



For this recipe you'll need:

- Pizza Crust of choice (See recipes on [p. 103](#))
- Basil Pesto (See recipe on [p. 69](#))
- Spinach leaves
- Marinated Fennel
- Marinated Portobello
- Pine Nut Parmesan (See recipe on [p. 73](#))

Marinated Fennel

1 cup fennel sliced thinly on a mandoline or V-slicer
1 tablespoon cold pressed olive oil
1 tablespoon Nama Shoyu or tamari
1 tablespoon agave nectar or raw honey

Toss fennel with the rest of the ingredients and let marinate for at least 1 hour.

Marinated Portobello

1 Portobello mushroom, chopped
1 tablespoon cold pressed olive oil
1 tablespoon Nama Shoyu or tamari
2 teaspoons dried tarragon
1 garlic clove, crushed

Toss Portobello pieces with the rest of the ingredients and let marinate for at least 1 hour.

Assembly

On a pizza crust or slice of bread, spread a generous layer of basil pesto followed by a double layer of fresh spinach leaves. Then put some marinated fennel, Portobello pieces, and finish off by crumbling Pine Nut Parmesan on top. Dehydrate for 1 hour at 110 degrees.

Then dare any cooked pizza joint to come up with something as tasty and delicious!
Enjoy!



Diva Pizza

By Carmella & Fairygirl

This was a huge hit at the raw potluck we held during Heathy's visit. In fact, the pizza vanished before we had time to put aside a piece for our supper. Ah well, we take it as a good sign.



For this recipe you will need:

- Pizza Crust on [p. 103](#)
- Basil Pesto on [p. 69](#) or Your Favorite Pesto
- Cheddar Sauce on [p. 83](#)
- Your Favorite Tomato Sauce or see recipes on [pgs. 83](#) and [92](#)
- Marinated Veggies

Marinated Veggies:

Spinach

Red and yellow bell peppers

Sliced crimini or button mushrooms

Cold pressed olive oil

Tamari or Nama Shoyu

Crushed garlic

Toss veggies roughly in equal part olive oil and tamari or Nama Shoyu, and garlic to taste. Let sit for at least 1 hour.

Assembly:

Put a generous layer of your favorite pesto on pizza crust, followed by some Cheddar Sauce and Rose Sauce. Top with marinated veggies.

Dehydrate for one hour at 110 degrees F.

Pizza Supreme

By Naomi Poe

This reminded me soooooo much of the fully loaded pizza I ate as a kid. Years ago we quit eating pork, but this sausage really tastes like the real deal! You could feel free to use some raw-cured olives for a more complete taste, but I didn't think it needed any.



Basic Pizza Crust:

This is my favorite pizza crust to make, since it doesn't compete with the sauce and toppings and is mild.

- 1 cup buckwheat, soaked
- 3/4 cup sundried tomatoes, soaked
- 1 avocado
- 1 small onion
- 1 teaspoon sea salt
- 1 cup flax meal

Process the buckwheat, tomatoes, avocado, onion, and sea salt until smooth.

Remove to a bowl and add the flax meal. Spread on two Teflex sheets until about 1/8-1/4 inch thick. Score into slices and dehydrate for 3 hours. Flip the slices, turn heat to 95 degrees and dehydrate about another 10 hours.

Pizza Sauce:

- 1/2 cup sundried tomatoes, soaked (save the soak water)
- 1 teaspoon dried oregano
- 1 very small clove garlic, minced
- 1/2 teaspoon dried basil

Blend together with just enough soak water to make a thick sauce.

Sausage:

2 Medjool dates, pitted
1 cup walnuts
1/2 teaspoon fennel
Pinch crushed red pepper flakes
Tiny pinch ground red pepper
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
1/4 teaspoon sea salt
1/4 teaspoon pepper

Process the walnuts till chopped. Add everything else, including dates, and process until it comes together but still has texture.

Mozzarella:

1 cup almonds, soaked
2 teaspoon raw tahini
1 tablespoon lemon juice
1/2 teaspoon Nama Shoyu or tamari

Blend together till smooth and let sit in fridge overnight

Assemble the pizzas in this order: Crust, Tomato Sauce, Mozzarella, Sausage, Chopped onion and Chopped green pepper.

Dehydrate at 110 degrees for about an hour or until warm.

Carmella's Notes:

I added a bit of salt and agave nectar to the tomato sauce. I didn't have tahini so I made the cheese with soaked almonds, garlic, lemon juice and salt. I topped the pizza with chopped red bell pepper and green onions. Yummo!

**Other Rawesome Entrée Recipes**

Cherie Soria's [Crab Cakes](#)

Raw Food Real World's [Spicy Peanut Coconut Noodles](#)

Russell James' [Fennel & Cherry Tomato Balsamic Tart with Macadamia Cheese](#)

Russell James' [Spinach & Wild Mushroom Quiche](#)

[Samosas and Curry Sauce](#)

Rawvolution's [Burgers](#)



~ Breads, Crackers and Wraps ~

As much as I enjoy a complex, raw gourmet meal, I often eat quite simply. For me, nothing beats a simple supper of soup, salad, and an open-faced sandwich on raw crackers or bread. Oh, and sprouts, lots and lots of sprouts! Simplicity at its best! Plus, sandwiches are always a perfect answer for those days when I don't have a great deal of time or energy to put into preparing the evening fare.



THE famous Onion bread

Contributed by Pansy

This 'bread' (Pansy once rightly pointed out that it's really more like a cracker than a bread) is a major staple in our house and is legendary in the raw virtual community.



Photo by Jaime Lynn Hagel

Try serving it as a base for a BLT sandwich... To LIVE for!

2 1/2 lbs sweet onions, peeled
 1 cup ground sunflower seeds
 1 cup ground golden flax seeds
 1/2 cup cold pressed olive oil
 3 oz. Nama Shoyu (or tamari)

Put onions in food processor with 's' blade and process until small pieces (but not mush).

Put in mixing bowl with the other ingredients and mix thoroughly. The flax will absorb liquid.

Smooth onto Teflex sheets* about 1/4" thick and place in dehydrator for 5 hours, turning over for another 3-4 hours or until dry and crispy.

Either break into pieces or cut with a pizza cutter, and store in refrigerator in an airtight container.

Pansy's Notes:

A few years ago, my husband and I started doing raw food with some other folks in Tennessee... A friend there found this recipe. Now mind you, this bread isn't for the faint of heart. Nah, just kidding...lol This recipe is awesome and has so many uses: crackers, breads, crusts, croutons...to name a few!

Carmella's Notes:

- ~ Although I really enjoy the bread with the 2 1/2 lbs onions (roughly 3 good size onions), Don finds that it tastes a little too oniony for him. So lately, I've been making the bread with only 1 medium onion and it works perfectly. (You may need to add a little extra water to make up for not using as many onions as called for.)
- ~ I tend to put a lot less Nama Shoyu/tamari as I don't like it too salty.
- ~ I like to mix 1/4 avocado, 1 or 2 tablespoons of olive oil and the Nama Shoyu/tamari in the food processor, adding water to make up the amount of oil and Nama Shoyu called for in the recipe.
- ~ I spread the batter as thin as I can with either my hands or an offset spatula. Then score it right away with a knife.
- ~ I start dehydrating the bread at about 115 degrees for a couple of hours (this helps avoid fermentation). I then transfer it onto the mesh and turn the temp down to 110 and leave it overnight.

Jaya Naga's Variation:

I make Onion Bread all the time and it does actually come out pliable, here's how: I add like 1-2 cups of sprouted buckwheat to my 2 cups ground flax, 1 cup ground sunflower seeds, 1/4 cup olive oil, 1/4 cup Nama Shoyu and 1/2 cup water. I process 1-2 sweet onions. It is yummy and soft-ish.

TIP: if you actually slice one onion and have slivers in the bread, it makes it chewy, don't know why, but it does.

**Sunny Raw Tip**

I've gotten in the routine of having a big 'D Day' every 10 days or so in order to restock on dehydrated goodies such as breads, crackers, pizza crusts, burgers, cookies, etc. I like to fill my 9 tray Excalibur right up, as I find that it saves both time and energy in the long run. I then freeze whatever I won't be consuming in the next week in a couple of layers of Ziploc baggies, which helps prevent frostbite. This also allows me to avoid a great deal of menu planning; all I need to do about an hour ahead of time is let thaw whatever I feel like eating, whip up a spread or a sauce and... voila! 'Raw fast food'!

Flax Bread

By Flandria

I made this by accident and it came out fantastic! It's pliable like bread. It was a recipe to actually attempt to make raviolis but turned out to be much better as bread. It's really very simple and great for any type of sandwiches. It tastes a bit nutty sort of like wheat bread.



1 Teflex tray or 20 bread pieces

1 cup flax seeds, ground fine and soaked in filtered water for about 30 minutes

1/2 cup water to soak flax seed

1 1/2 cups almond pulp, the remainders from making almond milk

1/2 cup almond meal

Sea salt to taste

Combine all ingredients in a bowl and mix well. Spread it out in a Teflex sheet and dehydrate for 20 hours - flipping it at the 15th hour. Enjoy!

Carmella's Notes:

~ The first time I made this, the soaked ground flax seeds turned into a blob and were difficult to work with. Since then, I've been adding water (3/4 cup or so) along with the other ingredients, until I reach a spreadable consistency.

~ I find that I prefer combining the dough in the food processor.

~ This bread requires closer to 10 - 12 hours dehydration time when I make it. This is probably due to the thickness I spread the batter (about 1/8 - 1/4 inch) and dehydration temperature I use (110 degrees).



Basic Brown Bread

By Naomi Poe

This mild bread reminds me of the brown bread you can buy in the local bakeries around here - slightly sweet and whole-grain flavored. My favorite way to eat it is as a cream cheese and 'jelly' sandwich.



Photo by Carmella

Makes 16 thickish slices or 32 very thin ones

- 1 cup water
- 1 cup sunflower seeds, hulled
- 1 apple - I prefer Rome for this
- 1 small summer squash
- 1/4 cup black sesame seeds
- 1 1/2 cups flax meal, very finely ground
- 1/2 teaspoon sea salt

In your blender, blend water and sunflower seeds until smooth. Add the apple and blend until smooth. Add the summer squash and blend until smooth. Add the sesame seeds and blend briefly.

Pour into a mixing bowl. Add the flax meal and salt.

Spread onto two Teflex sheets - I like to spread mine to 3/8th inch thick, but you could make it thinner. Score into slices.

Dehydrate at 105 degrees for 4 hours, or until the top is dry. Flip over (I separate them at this time) and dehydrate for another hour or so (you'll need a bit more time for thicker slices).



Badabing Bruschetta Bread

By RawVee

One SAD food I adore is bruschetta, so last night I made what I call Bruschetta Bread. I tend to not measure, but I'll put approximate measurements. Really, I go by taste. This "dough" was so good I was eating it as I was spreading it onto the Teflex.



Photo by Carmella

3 cups sprouted buckwheat
1 cup almonds, soaked 24 hours
1 cup flax seeds, soaked
1 whole tomato
1/2 cup sundried tomatoes, soaked
Big handful of raw cured black olives
4-5 garlic cloves to taste (I LOVE garlic, so you may want to use less!)
Cold pressed olive oil
Sea salt
Handful of fresh or 1 tablespoon dried herbs (I used rosemary, oregano, spicy basil, thyme and marjoram)

Process the tomatoes, olives, garlic, olive oil and herbs together first. Then blend in the buckwheat, flax and almonds. Otherwise things don't get mixed and chopped well enough.

I spread the mix onto Teflex sheets in a thin layer, and set them on 118 for the first 2 hours (I've noticed that buckwheat can get kinda sour tasting if in the dehydrator too long at a low temp, so I turn it up at first). I then lowered it to 104 and went to bed. I woke up 7 hours later and realized I hadn't flipped the bread, but it was still perfect (and delicious!) Makes great sandwich bread, dipping bread, etc.

Carmella's Note: This bread is soooooo good! Wow! We were totally floored! Almost tastes like Parmesan somehow! Now how could that be?

"Pajon" Bread

By Flandria

I love this "Pajon" Bread. "Pajon" is a Korean Onion/Green Onions pancakes served as an appetizer. It's delicious and I finally got to eat a raw version of it. It is so good with a big salad with a sweet oriental dressing; a great complement. If you try this, let me know what you think!



Photo by Carmella

1/2 cup almond flour, dry or dehydrated pulp
1/2 cup flax seeds, ground
2 teaspoons sea salt
1/4 cup raw sesame oil
1 teaspoon white pepper
2 teaspoons Nama Shoyu (or tamari)
1 stalks of green onions, chopped
1 bulb of shallot, sliced thin
1/4 - 1/2 cup water

Mix everything in a bowl except water, green onions and shallots. Mix well. Add 1/4 cup of water and mix. Make sure the consistency is like a soft bread batter, add more water one tablespoon at a time if needed until consistency is achieved. Soft bread batter where you can still spread the batter into the Teflex sheets about 1/8 inch thick.

Spread with a butter knife in a Teflex sheet. Dehydrate for about 4-6 hours. It should still be soft in the middle and pliable to cut into 2x2 inch squares. Serve right out of the dehydrator with salad. Enjoy!

Carmella's Notes:

~ This bread is soooooo delish!!! It's pliable, super tasty and visually beautiful. I can tell I'll be making this one a LOT!

- ~ I like to double or even triple the recipe as it is so darn yummy.
- ~ I subbed black pepper for white pepper, organic tamari for Nama Shoyu and sweet onion for shallot.
- ~ I like to use a lot less salt/tamari and closer to 3 tablespoons of oil.
- ~ The bread takes much longer to dehydrate when I make it, probably closer to 12 hours.



PepperAma Wraps

By Carmella

A couple of summers ago, my good friend and raw chef, Chantale Roy, was selling wonderful, tasty veggie wraps at the farmer's market. So light, pliable and uniquely different from anything we'd ever tried before. Months later, when I stumbled upon [Cherie Soria's](#) veggie wraps, I instantly recognized them. You'll find 3 of Cherie's recipes for soft tortillas/wraps on [this site](#). If you look closely, you'll notice that they all follow a basic formula of 10 to 12 cups of veggies, avocado, seasonings, and psyllium husk powder (to help the ingredients bind). Once you get a feel for it, you can easily adapt the wraps to suit whatever you have handy. A great way to use up those veggies that are wrinkling away in your fridge too! Here is my tweaked up version of Cherie's Salsa Wraps.



5 cups seeded and chopped red and yellow bell peppers
3 cups chopped zucchini, peeled
1 cup tomato, seeds removed
1 cup sundried tomato, soaked and drained
1 tablespoon leek (although green or red onion would work too)
2 teaspoons onion powder
1 to 2 cloves garlic, crushed
1/2 teaspoon sea salt
1 avocado, peeled, seeded, and mashed
3 tablespoons psyllium powder
1/4 cup chopped cilantro, packed (optional)

In a high-powered blender, purée the bell peppers, zucchini, tomatoes, and leek or onion until smooth. Add the onion powder, garlic, and salt, and purée again. While blender is still turning, add the avocado, and then the psyllium powder, and blend well for a few seconds.

If desired, pulse in the cilantro until it is broken into pieces. Do not fully process; the cilantro should be in small pieces.

Using 1/2 cup of the mixture for each wrap, use a flat rubber spatula to quickly form four flat disks on a dehydrator tray lined with a nonstick sheet. Each disk should be about 7 inches in diameter, and they should not quite touch each other. Spread the wraps into round disks quickly, or the mixture will thicken and become difficult to spread.

Dehydrate at 105 degrees for about 4 hours, or until you can easily remove them from the Teflex sheets.

Turn the wraps over onto mesh dehydrator screens. Place an additional mesh screen on top of each tray of wraps. This makes them flatter and easier to store. Continue dehydrating another 3 to 4 hours, until dry but still flexible.

Store in an airtight container in the refrigerator for up to two weeks, or in the freezer for up to two months.

Carmella's Note: I've also experimented with making some square wraps. It does save a little work, although you do get the hang of making the circles after a while. Just spread the batter (maybe a little over 2 cups) on an entire Teflex sheet and then score it into 4. Alternatively, you could probably cut the wraps after they're dehydrated, with scissors or pizza cutters.



Corn Bread

By Mosaica

Of all of my attempts at making raw bread, this is the one I prefer.



Fills one dehydrator tray

- 1 1/2 cups corn (frozen or fresh)
- 1 small red bell pepper
- 1 small yellow bell pepper
- 1 teaspoon Celtic sea salt
- 1 teaspoon dried oregano
- 1/2 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 3/4 cups sesame seeds
- 1/4 cup sunflower seeds

Blend all ingredients in the food processor and spread it on a Teflex sheet. Dehydrate for 3 hours, flip it and dehydrate for 3 or more hours, depending how crispy you want your bread.



Diva Pizza Crust (or Pocket dough)

By Carmella and Fairygirl

Heathy and I came up with this dough, which we used both as pizza crust and 'shell' for our mini-pockets.

4 1/2 cups sprouted buckwheat
1 1/2 cups zucchini, peeled and chopped
2 cups ground flax
1 cup carrot pulp, packed
2 tablespoons cold pressed olive oil
2 teaspoons sea salt
1 1/2 teaspoons minced garlic

Process all ingredients together until smooth.

For pizza crusts, form batter into small or one large circle(s) and dehydrate at 110 degrees until fully dried.

For mini-pockets, form batter into small half circles on Teflex sheets, between 1/8 and 1/4 " thick.

Dehydrate for a couple of hours at 110 degrees.

Flip onto mesh, dehydrate some more until dry to the touch (another hour or so). Remember that you still want it pliable in order to pinch the edges together while forming the mini-pockets (See recipes on pgs. [80-84](#)).



Herbed Pizza Crust

By Carmella

2 cups sprouted buckwheat
2 cups zucchinis, peeled and roughly chopped
1/2 cup ground golden flax
1/4 avocado
1-2 cloves garlic
2 teaspoons tamari or Nama Shoyu
2 teaspoons Italian herbs
1 teaspoon onion powder
Sea salt (adjust to taste)

Place all ingredients in food processor and process until dough-like consistency.

Form into pizza crusts (I like to make small ones of about 1/8" thick) and dehydrate at 110 degrees until fully dried.

Sunny Raw Tip

I prefer to soak buckwheat overnight rather than actually sprouting it, as it has a tendency to ferment easily. The next day, I rinse the buckwheat really well until no longer 'goeey' before using it in a recipe.



Mango Nut Bread

By Ocean

Here is something a little different... A sweet bread that is reminiscent of the 'Manna Bread' sold in health food stores. This bread is soooooooo good! I also love how it's super simple, using just a handful of ingredients. You sure were inspired with this one, Ocean!



Photo by Carmella

Makes 2 1-inch thick loaves

2 cups pecans

1 cup raisins soaked for 2 hours

1 cup dried mango soaked for 2 hours

Process the pecans in food processor until slightly ground in tiny pieces.

Add remaining ingredients (keeping out 1/2 cup raisins) until blended, leaving the dough with a few small pieces of nuts.

Transfer to a bowl, add the remaining 1/2 cup raisins and mix well.

Shape in 2 1-inch thick loaves on Teflex sheet and dehydrate 5 hours at 112 degrees.

Then flip over and dehydrate another 10 hours.

Variation:

Add 1/2 cup soaked oat groats and cinnamon along with the pecans and raisins.

Ocean's Notes:

Variation #2 is just as good! The taste is incredible!!!! When flipping over, I just kept it on the Teflex sheet (not the mesh).

Carmella's Notes:

~ Based on Ocean's suggestion, I added 1/4 cup ground oat groats and a bit of cinnamon to the other ingredients.

~ I formed half of the batter into a loaf and the other into 1/4 " 'slices', kinda based on Cafe Gratitude's Almond Toasts idea as I was concerned that the loaf would take too long to dehydrate. Both ways turned out great! The loaf totally reminded me of 'Manna Bread' while the slices were more like a cookie.

This recipe is a definite keeper! Now I can't wait to experiment with other variations too!



Other Rawesome Bread, Cracker and Wrap Recipes

Ani Phyto's [Black Sesame Sunflower Bread](#)

Café Gratitude's [Almond Toasts](#)

Carol Alt's [Zucchini Crackers](#)

Cherie Soria's [Corn Tortillas](#), [Salsa Wraps](#) and [Zucchini Pepper Wraps](#)

[Raw Cheeze Itz](#)

Russell James' [Mediterranean Almond Bread](#)



~ Desserts and Sweet Treats ~

To think that I used to not care much for desserts... hehe Once again, raw makes all the difference! When I released my first ebook, I actually had to ask Fairygirl to send some recipes my way, as I was seriously short in that department. Since then, I've been able to lay my hands on specialty ingredients, such as cacao and coconut butter, which have taken things to another level. Not to mention that I got to watch the one I've nicknamed 'The Ultimate Raw Dessert Queen' at work. Looks like some of her creative fairy dust has landed on me as I've been cranking sweet treats out like crazy! And of course, I can always count on my friends on RFC to tempt me with their scrumptious creations...



Triple Berry Cake

By Fairygirl

I thought it would be appropriate to begin this section with a dessert that Heathy has created especially in honor of RFC's first anniversary. This cake is a berry inspired version of [Café Gratitude](#)'s mudslide pie - same concept, but with different flavors.



Photo by [Alissa Barthel](#)

Crust:

1 cup walnuts

1 cup pecans

1/2 cup dates

Process the ingredients into a dough. Press into the bottom of a 6" spring form pan, or into a pie plate.

Filling:

- 1 1/4 cup almond milk (See Sunny Raw Tip on [p. 18](#))
- 1 1/2 cups cashews
- 1/3 cup agave nectar
- 2 teaspoons pure vanilla extract
- 1/4 cup melted cacao butter
- 1 tablespoon lecithin powder
- 2 cups mixed berries (raspberries, blackberries, blueberries) set aside

Blend the first four ingredients until completely smooth. Add the cacao butter and lecithin. Continue blending until incorporated. Transfer 1 cup of this mixture into a bowl.

Add the berries to the remaining cream in the blender and pulse the berries until they start to break down, keeping some texture.

Transfer the berry mixture into a bowl.

Pour half of one cream onto the crust. Pour the other half on top.

Continue, pouring the first cream on top, followed by the second.

Now, with a knife, swirl the two creams together into a pretty pattern.

Chill the cake for a few hours, or until firm.



Chocolate Mousse Cakes

By Carmella

Avocados are an integral part of our diet, providing some creaminess to both our daily smoothies and soups. We like to keep lots of avocados at various stages of ripeness on hand to ensure a constant supply. Once in a while, though, we end up with way too many of them begging to be used up all at once. I know that there's always the 'Guac Solution', but one day I felt like creating something a little more exciting.

After toying around with the idea of an avo based chocolate mousse, I came up with the following cute little cakes. I think I'm falling in love with raw cacao all over again...



Crust:

- 1 cup dried coconut
- 1 cup macadamia nuts
- 1/8-1/4 cup packed pitted dates, roughly chopped
- 1/4 teaspoon sea salt
- 1 tablespoon orange zest

Place dry coconut in food processor and blend into a fine powder. Add nuts and salt and blend until a texture of coarse meal. Add dates and orange zest and process some more until mixture is crumbly and holds together when pressed tightly.

Chocolate Mousse:

- 2 medium ripe avocados
- 1/2 cup almond milk (See Sunny Raw Tip on [p. 18](#))
- 1/4 cup + 2 tablespoons water
- 1/4 cup cacao powder
- 1 tablespoon carob powder
- 1/2 cup raw honey or agave nectar

2 tablespoons maple syrup
Seeds of 1/2 vanilla bean
Pinch sea salt
1/2 cup melted coconut oil
2 tablespoons lecithin powder

Blend all ingredients except the last two in high-speed blender until smooth. Add lecithin and coconut oil and blend some more.

Whipped Cream:

Adapted from a recipe by [Café Gratitude](#)

1 cup cashews
1 cup + 2 tablespoons coconut milk (See Sunny Raw Tip on [p. 123](#))
3 tablespoons raw honey or agave nectar
1 tablespoon lemon juice
1 tablespoon pure vanilla extract
Pinch sea salt
1/2 cup melted coconut oil
1 tablespoon lecithin powder

Blend all ingredients except lecithin and coconut oil until smooth. Add lecithin and coconut butter and blend until thoroughly mixed. Pour into a container and set aside in fridge or at room temperature until ready to assemble.

Assembly:

Press crust mixture at the bottom of silicon muffin cups. If using non-stick metal ones, line these first with plastic film for easy removal.

Pour Chocolate Mousse filling, leaving some room for the Whipped Cream.

Finish off with a layer of Whipped Cream.

Set in fridge or freezer for a few hours.

If desired, serve with orange fillets.

Carmella's Notes:

~ If you don't have access to lecithin, you can replace it with 1 tablespoon + 1 teaspoon psyllium flakes (less if you're using powder). Please note that the consistency won't be as fluffy and hold its shape as well at room temperature.

~If you prefer one large cake instead of smaller ones, simply assemble in a 7" spring form pan.

~ For a decadent chocolate pudding, make the mousse filling with the following modifications: use only 1/4 cup water, 1 1/2 tablespoons melted coconut oil and omit the lecithin. Pour into bowls and chill before serving.



Lemon Poppy Seed Cake

By WyJoz

To me, Joz's now famous Lemon Poppy Seed Cake is not only beautiful and delectable; it also embodies how we all have a creative spark awaiting to be ignited. This cake was one of Joz's first recipe creations, yet it spread like wildfire across the raw world. It was voted 'Recipe of the Month' on Raw Freedom Community last summer, was featured in [The Raw Family's](#) October 2007 Newsletter, as well as in the [Purely Delicious magazine](#). Well done, Jozzie! You RAWk girl!



Photo by Anna Tipps

Note: The following is the lightly modified version by Anna of [TheRawTable.com](#), as featured in the [Purely Delicious magazine](#) of Fall 2007

Cake:

- 2 cups jicama, peeled and cubed
- 1 green apple, peeled, seeded and chopped
- 3 cups dehydrated almond pulp from making milk or 2 cups almonds soaked, dehydrated and finely ground
- 1/4 cup golden flax seeds, finely ground
- 3/4 cup agave nectar
- 2 teaspoons pure vanilla extract
- 1 large lemon, juiced
- 2 generous teaspoons lemon zest
- 2 tablespoons psyllium husks
- 1/2 teaspoon sea salt
- 1/4 cup poppy seeds (and a bit more for garnish)

Place all ingredients in food processor and blend until everything is finely chopped and moving freely. Press one half of the mixture in the bottom of a spring form pan, smoothing edges and evening the sides as much as possible. Reserve the rest for later.

Lemon Coconut Frosting:

2 cups cashews
1 1/2 whole lemons (seeds removed)
3 or 4 tablespoons coconut butter
1 1/2 teaspoons pure vanilla extract
1/2 cup agave nectar
3-4 tablespoons water
Pinch sea salt

Place all ingredients in high-speed blender and process until smooth. Frost bottom layer of cake and allow to freeze for 4-6 hours. Top with remaining cake mixture and gently press, again smoothing edges and evening the sides. Return to freezer for an additional 2 hours. Remove from spring form pan and frost either top or sides or both with remaining frosting.

Alternatively, you could use the following frostings...

Joz's 'Just like Costo Frosting':

Beat/whip with beaters:

1 cup Omega Nutrition coconut oil (it does not smell/taste coconuty)

Add:

1/4 cup agave nectar

Juice of 1/2 lemon (If you like it more lemony, add the juice of an entire lemon and/or zest)

Whip again.

Proceed as above for frosting and assembling the cake.

Berry Glaze

(This is sooo good and simple)

1 cup fresh or frozen blueberries

1 cup fresh or frozen raspberries

1/4 cup raw honey

Place all ingredients in blender and process until smooth. Refrigerate until needed - chill for at least 2 hours. Shake or stir well before using.



Raspberry Chocolate Rhapsody Cake

By Carmella

This recipe was my first attempt at making raw cake, and I must say I was very pleased with the result. It is visually stunning, not to mention absolutely decadent!



Chocolate Brownie Layer:

2 cups walnuts
2 cups pecans
1 cup pitted dates
1/3 cup cacao powder
1/3 cup carob powder
2 teaspoons pure vanilla extract
1 1/2 tablespoons water

Place walnuts and pecans in a food processor and process until ground. Add dates, cacao, carob and vanilla extract. Process until well mixed. Add the water and process briefly.

White Chocolate-Raspberry Layer:

Adapted from Vanessa Sherwood's [White Chocolate-Strawberry Cheesecake](#)

1 cup frozen raspberries, thawed
1/2 cup cashews and/or macadamia nuts
3 tablespoons melted coconut oil
1 tablespoon melted cacao butter
2 tablespoons raw honey or agave nectar
1 teaspoon lemon juice
Pinch sea salt

Blend in Vita-mix or high-speed blender until smooth.

Coconut Vanilla Cream Topping:

1 cup young coconut meat
1/4 cup coconut or regular water
1/2 cup cashews, soaked
2 tablespoons coconut oil, melted
1 tablespoon raw honey or agave nectar
2 teaspoons pure vanilla extract
Pinch sea salt

Blend in Vita-mix or high-speed blender until smooth. Put it fridge or freezer to thicken up.

Assembly:

In a spring form pan, layer 1/2 of the chocolate mixture, followed by 1/2 of the raspberry mixture.

Put in freezer to set. Then repeat.

Again, let set in the freezer.

When the last raspberry layer has firmed up, gently transfer the cake onto a serving plate.

If desired, decorate with chocolate sauce (just mix 1 part melted coconut oil with 1 part agave or maple syrup and 1 part cacao powder). I bet fresh raspberries would work really well too.

Now close your eyes and savor how scrumptious raw desserts can be!

Carmella's Notes:

~ If you don't have a spring form pan, simply use a large plastic margarine tub lined with saran wrap.

~ The texture was awesome: firm, with a bit of a crunch due to the brownie layer. It complemented the creaminess of the raspberry layer really well. Oh, and moist too. As for the taste, well, it cannot be put into words! lol We love brownies, and we love love berry cheesecake, so the two combined... Ahhhhhhhhh!

~ I found it a tad too sweet for my taste, but I've already adjusted the measurements to reflect that. You have to keep in mind that once the 2 layers are combined, plus the icing, it all adds up. Feel free to modify to your own liking, of course.



Mango Cake

By Fairygirl

Here's another one of Heathy's scrumptious dessert creations. In fact, a bunch of folks on RFC couldn't resist trying this cake and turned it into a [Raw Around the World project](#).



Crust:

2 cups pecans

1/2 cup dates

Dash pure vanilla extract

Process the ingredients into a dough. Press dough into the bottom of an 8" cheesecake pan.

Cheesecake layer:

2 cups cashews, ground finely*

1/4 cup raw honey

1/4 cup agave nectar

Juice of 1 medium lemon

1/2 teaspoon pure vanilla extract

*Grind the cashews in a high-speed blender or food processor. This makes it easier to blend the ingredients together.

In high-speed blender, mix all ingredients until smooth. Spoon the mixture onto the nut crust.

Mango layer:

4 cups fresh or frozen mango, diced
2 dried pineapple rings, soaked 2-4 hours (apricots would work too although I personally prefer the pineapple)
1 small, really ripe banana
1 tablespoon melted coconut oil (optional)

Puree all ingredients until smooth in a food processor or blender. Pour over the cheesecake layer. Chill in the freezer to set.

A raspberry sauce compliments this nicely...and makes a great color contrast.

Raspberry sauce:

1.5 cups fresh or frozen raspberries
1-2 tablespoons agave nectar
Juice of 1/2 lemon

Blend all until smooth. Strain to remove seeds.

Heathy's Note: Add a layer of chopped mangoes in between the cheesecake and mango layer. (Optional)

**Sunny Raw Tips**

- ~ For those who, like me, are allergic to cashews, you can substitute all of part of the cashews called for in a recipe with macadamia nuts. I find that, once blended, the two have a very similar taste and creamy consistency.
- ~ When following a recipe, pay close attention to whether it calls for ingredients that need to be ground **before** or **after** measurement. For instance, 1 cup ground flax seeds vs 1 cup flax seeds, ground.

Strawberry Shortcake

By Carmella

Being born in July, strawberry shortcake was my de facto birthday treat for years. It just seemed natural that I should attempt to recreate it raw style.

This recipe has earned me the nickname 'Carmi CRAWker' on Raw Freedom Community (he he) and I must say it is one of my personal faves. In fact, for me, strawberry shortcake never tasted so good: light and creamy, and not too sweet. Yum! Yum! Yum!



Cake:

3/4 cup well packed soft dates, chopped
1 cup loosely packed leftover pulp from making milk or ground almonds
1 cup dried coconut
1/2 cup cashews
1 tablespoon lemon juice
1 tablespoon pure vanilla extract
Pinch sea salt

Place dates in food processor and process until a smooth paste forms. You may need to add a little water and scrape down the sides of the bowl a few times.

Then add the rest of the ingredients and mix until smooth.

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

Whipped Cream: See recipe on [p. 109](#)

Strawberry Layer and Decoration:

2 cups strawberries, sliced

Assembly:

Grease a 7" spring form pan with a little coconut butter or line a large margarine tub with plastic film.

Next form an even layer on the bottom with half of the cake mixture.

Top with 1/2 of the strawberries, followed by some of the whipped cream. Put in fridge or freezer to set.

When firm, form another cake layer. Then top with more strawberries. (Remember to save a few for decoration).

Again top with whipped cream and set in fridge/freezer.

When firm, gently remove cake from the pan or margarine tub and place on serving plate.

Decorate with strawberry slices and serve.

Carmella's Notes:

~ In order for each layer to retain its distinctive shape, it's key to let the whipped cream layer set in the fridge (or freezer) before patting down the cake layer. Yah, yah, I know it's just for visual purposes, but hey! Remember that we taste with our eyes first.

~ For a simpler version of this, put a cake layer, followed by strawberries. Top with whipped cream and let set in the fridge. Decorate with strawberry slices and serve. Perhaps not as impressive but definitely still as delicious!

**Sunny Raw Tips**

~ I keep most of my cakes and pies in the freezer. About one hour before serving, I take them out and let them thaw at room temperature just long enough to be easily cut into individual servings. This quickens the thawing process.

~ To help keep the layers 'clean' while cutting a cake, put your knife under running hot water then dry it with a towel. Proceed to make a cut. Repeat this step between each cut. (Yah, yah, I know it sounds like a lot of work, but hey, remember that we taste with our eyes first!)

Blonde Fruitcake

By Snowdrop

As a kid, I couldn't wait for the Holidays so that I could have fruitcake. Snowdrop sure got a bunch of us on Raw Freedom Community excited at the prospect of enjoying this favorite festive treat raw style. Have a look at some of the beautiful renditions that we have made of this cake [here](#).



Cake:

Soak 1 hour:

3/4 cup dates (packed)

1/2 lemon juiced

1/2 orange juiced

2 teaspoons almond extract

Pinch sea salt

Grind, sift, & set aside in a bowl:

1 cup almonds

1 cup dried coconut shreds

1/2 cup cashews

Fruit Filling 1:

Combine in any ratio to equal 3/4 cup total your choice of the following dried fruits: raisins, cherries apricots, pineapple, cranberry, currants, in similar size cuts.

Soak dried fruits in 1/4 cup of fruit juice of your choice (or brandy, rum...) in the dehydrator for 1 hour.

Fruit Filling 2:

1" fresh ginger root sliced & slivered

1 tablespoon lemon zest

1 tablespoon orange zest

2 tablespoons agave nectar

Put in a bowl and leave in the dehydrator for 1 hour.

Candied Nuts

1/3 cup walnut halves
1/3 cup pecan halves
2 tablespoons maple syrup
1/2 teaspoon cinnamon
Pinch sea salt

Toss in small bowl then put on Teflex sheet in dehydrator for 1 hour.

Assembly:

After the hour of soaking, take the ginger bowl and drain the juices into the dates. (Set ginger citrus zest aside.)

Take the date mixture and blend into a smooth puree.

Pour into the ground nut mixture and stir lightly until combined. Set batter aside.

Drain the fruits and put onto cake 'batter' along with the ginger citrus zest.

Set aside the nicest dozen pecan halves for the garnish and break up the rest of the nuts into the cake batter into small enough pieces. (Remember, if the nut pieces are too big, the knife will have trouble slicing the cake neatly. Ask me how I know...)

Stir the additions lightly till combined, then press into your 5-6" cake mold. (Use plastic wrap lining to make sure you can get it back out again.)

Plate your cake and decorate.

Snowdrop's Notes:

~ For the icing, I used ground coconut & lemon zest powder with a little agave and enough water and 1 tablespoon coconut oil to make it workable.

~ To make it a spiced cake, add cinnamon, nutmeg, allspice and ginger to the nut flour before adding the wet ingredients and mix thoroughly.

Carmella's Notes:

~ I used bing cherries, pineapple, raisins, currants and apricots for the fruits, and soaked them in orange juice.

~ Next time I might grate the ginger for a finer consistency.

~ I used a pan as the mould and a small plastic bottle for the 'hole'. It worked like a charm!

~ I topped the cake with a mixture of dried coconut, lemon powder, coconut oil, agave nectar, vanilla extract and water. It was a bit too liquidy so I added a spoonful of whipped cream I had already made. Perfecto!



Delight-full Chocolate Orange Cake

By Carmella

With Cafe Gratitude's amazing Mudslide Pie still fresh in my taste buds' memory, I decided to experiment with a chocolate orange version of it. The result is this beyond creamy and scrumptious melts-in-your-mouth dessert. Don was rolling around on the floor moaning in ecstasy, crying "It can't get any better, can it?"

This cake actually has caused a bit of a riot on RFC as well. (Check out [this thread](#) and you'll see what I mean. ;-)



Crust:

- 1/2 cup brazil nuts
- 1/4 cup almonds
- 1/4 cup dried coconut
- 2 Medjool dates
- 1 tablespoon cacao or carob powder
- 1 teaspoon pure vanilla extract
- Pinch sea salt
- 1 teaspoon agave nectar
- 1-2 tablespoons cacao nibs (optional)

Process first 7 ingredients in a food processor until fine. Add agave and cacao nibs if using and process some more until the mixture just starts to stick together.

Orange & White Chocolate Filling:

- 1 1/4 cups orange juice
- 1 1/4 cups cashews, soaked
- 1/4 cup agave nectar or raw honey
- 2 tablespoons pure vanilla extract

1 tablespoon orange zest
1 tablespoon + 1 teaspoon lecithin powder
1/4 cup + 1 tablespoon melted cacao butter

Blend all ingredients except lecithin and cacao butter until smooth. Add these and blend some more until well mixed. Put mixture in the fridge to set (see Notes).

Chocolate Filling:

1/2 cup almond milk (See Sunny Raw Tip on [p. 18](#))
1/4 cup agave nectar
3 tablespoons cacao powder
2 tablespoons pure vanilla extract
Pinch sea salt
2 teaspoons lecithin powder
1/4 cup melted cacao butter

Blend all ingredients except lecithin and cacao butter until smooth. Add these and blend some more until well mixed. Put in the freezer to set.

To Assemble:

Press your crust of choice into the bottom of the spring form pan.

Pour half of the White Chocolate Orange mixture on top and set in the freezer for about an hour.

Top with the Chocolate layer and return to the freezer.

Once set, pour the rest of the Chocolate Orange layer and return to freezer until ready to serve.

Decorate with dried coconut and gogi berries ground up in coffee grinder, cacao nibs and orange filets.

Close your eyes and enjoy in good company!

Carmella's Notes:

~ The different layers of this cake can be prepared quickly, but you do want to start preparing this several hours ahead to allow enough time for the different layers to set during the assembly process. (I began around noonish in order to serve it that evening.)

~ You'll notice that the Orange & White Chocolate Filling is firmer than the Dark Chocolate Filling at first. I recommend keeping it in the fridge until ready to assemble the final layer for easier spreading. If the fillings have set too much, simply melt down over a hot water bath while stirring.



Caramel Chocolate Trifle Cake

By Carmella

This cake was inspired by the conventional trifle usually made up of layers of puddings, whipped cream and cake. While preparing the different fillings, they might seem to be not sweet enough. This is to make up for the Caramel layer, which consists almost solely of dates.



Chocolate Brownie Layer

1 1/2 cups walnuts
1/4 cup + 2 tablespoons raw cacao or carob powder
1/4 cup + 2 tablespoons soft dates
Pinch sea salt

Process walnuts, cacao/carob powder and sea salt in food processor until fine. Add dates and process until crumbly.

Cheesecake Layer

3/4 cup cashews, soaked
1/4 almond milk (See Sunny Raw Tip on [p. 18](#))
1/4 cup raw honey or agave nectar
1 tablespoon lemon juice
2 teaspoons pure vanilla extract
Pinch sea salt
1/4 cup melted coconut oil
1 teaspoon lecithin powder

Blend all ingredients except lecithin and coconut oil in high-speed blender until smooth. Add these and blend some more until well mixed. Put mixture in the fridge to set.

Caramel Layer

1 cup Medjool dates
 1/2 cup almond milk (See Sunny Raw Tip on p. 18)
 1 tablespoon maple syrup or 1 teaspoon maple sugar
 Seeds of 1" vanilla bean
 Pinch sea salt

Blend all ingredients in food processor or high-speed blender until smooth.

**White Chocolate Filling**

Adapted from a recipe by [Café Gratitude](#)

1 1/4 cups coconut milk (See Sunny Raw Tip below)
 1 1/4 cups cashews, soaked
 Just a little less than 1/4 cup raw honey or agave nectar
 1 tablespoon pure vanilla extract
 1 tablespoon lecithin powder
 1/4 melted cacao butter

Blend all ingredients except lecithin and coconut oil in high-speed blender until smooth. Add these and blend some more until well mixed. Put mixture in the fridge to set.

Assembly

In a spring form pan or trifle bowl, place half of the Chocolate Brownie mixture. Follow with half of the Cheesecake mixture, then half of the Caramel mixture. Next pour half of the White Chocolate Filling. Repeat layers. Put in the freezer to set.

**Sunny Raw Tip**

To make coconut milk, blend 1 part dried coconut with 3 parts water in high-speed blender.

Layered Blueberry & Cream Cake

By Carmella

I was in the mood to get fancy one day, so I created this layered blueberry version of my Strawberry Shortcake. All I can say is "Wow!" I just LOVE the cake layer - so light and subtly flavored. Even Manu was impressed! I figured he deserved an extra big piece since he did such a good job with presentation.



This recipe is for a 7" diameter spring form pan

Cake:

3/4 cup well packed soft dates, chopped
1 cup loosely packed leftover pulp from making milk (wet pulp is fine) or ground almonds
1 cup dried coconut
1/2 cup cashews, ground
1 tablespoon lemon juice
1 tablespoon pure vanilla extract
Pinch sea salt

Place dates in food processor and process until a smooth paste forms. If necessary, add a touch of water. Then add the rest of the ingredients and mix until smooth.

Carmella's Note: If using ground almonds, you may need to add a little water for moisture.

Blueberry Layer:

1 cup fresh or frozen blueberries (See Sunny Raw Tip on [p. 126](#))
1/2 cup dry cashews, finely ground
2 tablespoons melted coconut oil

1 tablespoon melted cacao butter
1/8 cup raw honey or agave nectar (I used both)
1/2 tablespoon lemon juice
Pinch sea salt

Blend all ingredients in a high-speed blender until completely smooth. Pour into a container and set aside in fridge or at room temperature until ready to assemble.

Whipped Cream (See recipe on [p. 109](#))

Blueberry Sauce:

1 cup blueberries, fresh or frozen
3 or 4 small soft dates, soaked

Blend blueberries and dates in high-speed blender until smooth. Add soaking water until desired consistency is reached.

Assembly:

Layered cakes always look so impressive, but don't be fooled; they aren't that hard to assemble at all. All it takes is a bit of patience (and of course time) while the mixtures set in the freezer before proceeding with the next layer.

10 Easy Steps for Assembling this Layered Cake:

Step 1 - Grease a spring form pan with a little coconut oil or line a large margarine tub with plastic film.

Step 2 - Begin by evenly pressing half of the cake mixture on the bottom of the pan. (At this point, you might want to have a look at my friend Mosaica's tip to save on assembly time!)

Step 3 - Top with 1/2 of the blueberry mixture. Set in freezer.

Step 4 - When firm, pour 1/2 of the whipped cream mixture and set in freezer.

Step 5 - When completely firm, form another cake layer. (This is particularly key at this stage, as you will need to slightly press the cake batter unless you're using Mosaica's trick explained further down.)

Step 6 - Top with the rest of the blueberry mixture and set in freezer.

Step 7 - Lastly, when firm, pour the remainder of the whipped cream filling and return to freezer.

Step 8 - When the cake is set, gently remove it from the spring form pan.

Step 9 - Cut pieces with a sharp knife and place on a serving plate. (See Notes)

Step 10 - If desired, decorate with blueberry sauce and a few blueberries.

Mosaica's Tip:

My good friend, Mosaica, gave me a super trick to save on assembly time. (Thanks, dear!) Once the bottom layer (cake) has been pressed, simply loosen your pan and gently take out the cake layer. Set aside (you can wrap it in a foil and put it in the fridge). This will later become the second cake layer. Next, tighten the hinges on your pan and press the second half of the cake mixture on the bottom. Top with the blueberry and whipped cream fillings, as per the instructions. Once the latter has firmed up, you can then place the cake layer that you have already pressed on top and proceed with the rest of the cake. She says this method really cuts down on freezer time and makes the second cake layer more even.

Carmella's Notes:

- ~ Leave the mixtures in the fridge or at room temperature during the assembly process so that these can pour easily and evenly. If the fillings have set too much, simply melt down over a hot water bath while stirring.
- ~ In order to obtain distinctive layers, it's key to let each set in the freezer before applying the next layer.
- ~ For a simpler version of this, put the cake layer, followed by the blueberry layer. Let set in the freezer. When firm, top with whipped cream. (In other words, skip steps 5, 6 and 7 and use the entire mixture for each layer.) Set in the freezer until ready to serve. If desired, decorate with blueberry sauce and fresh blueberries. Perhaps not as impressive but definitely still as delicious!

**Sunny Raw Tip**

When using frozen fruit along with honey in a dessert recipe, make sure the fruits have completely thawed or the honey might seize up into a ball in the blending process.

The Perfect Chocolate Bar

By rawererin

Rawererin once shared what she thought might very well be "the perfect chocolate bar". Didn't take much convincing for me to go ahead and see for myself. And you know what? She wasn't kidding. Chocolate lovers beware... this is total heaven in your mouth!



Photo by Carmella

1/2 cup melted coconut oil
1/2 cup cacao powder
1/2 cup maple syrup (the more I use this the more I have found that it really compliments chocolate so well!)
1 teaspoon pure vanilla extract
1/2 cup chopped almonds

Blend liquid ingredients until super smooth. You can add more sweetener or more chocolate to suit your tastes.

Transfer mixture to separate bowl and stir in chopped almonds. (Feel free to add other goodies...coconut, berries, etc)

Spread on a plastic wrap lined plate or dish and place in freezer to cool.

Erin's Note: OMG - it is so good! Not too dark-chocolatey, I think this is the closest I've ever come to raw milk chocolate, sweet enough, smooth...

Carmella's Notes:

~ I used less maple syrup, as I prefer it not too sweet. Yum! Yum! Yum!

~ You can score the chocolate with a cookie or pizza cutter after about 1/2 an hour to 1 hour after it's been in the freezer or break into pieces once fully set.

Koconut Kream Kisses

By Carmella

When I told Manu about my recent chocolate experiments, he suggested a truffle with a soft coconut center. Cool idea! However, it also presented a bit of a challenge: how to form the soft center before coating it with chocolate? (Hum, kinda sounds like the old Caramilk bar secret when you think of it. lol You know... How do they manage to get the darn caramel in there?) After some trial and error, I finally came up with a solution that not only worked, but also was super easy.



For this you will need:

- Koconut Kream Filling
- Chocolate Coating

Koconut Kream Filling

Adapted from [Cafe Gratitude's](#) Live Coconut Cream Pie

1/2 cup + 2 tablespoons coconut milk (See Sunny Raw Tip on [p. 123](#))

1/4 cup + 2 tablespoons young coconut meat

1/4 cup + 2 tablespoons packed, chopped soft dates

1/4 teaspoon pure vanilla extract

Pinch sea salt

1 1/2 tablespoons lecithin powder

1/4 cup + 1 tablespoon melted coconut oil

Blend all ingredients except last two until smooth in high-speed blender.

Add lecithin and melted coconut oil and process some more.

Assembly

With a piper, form the Kokonut Kream Filling into little 'kisses' on parchment paper. Place in freezer to set.

When firm, dip each kiss into Chocolate Coating. Allow a few seconds for excess chocolate to drip, then transfer to parchment paper. Put in fridge or freezer to set.

If the Kokonut Kream Kisses are stored in the freezer, make sure to transfer them ahead of time in the fridge to allow the filling to soften up.

**Carmi's Fruit & Nut**

By Carmella

After making rawererin's wonderful Perfect Chocolate, I came up with my own chocolate treat. Oh My Goodness! It reminded me of Cadbury's Fruit & Nut bar. Mmmmmmm... I have to say that both Don and I have a soft spot for this one. The almond extract gives the chocolate a subtle and yummylicious touch.



- 1/2 cup melted coconut oil
- 1/2 cup raw cacao or carob powder (I used 3 parts cacao/1 part carob)
- 1 tablespoon maple syrup
- 1 tablespoon agave nectar
- 1 teaspoon pure vanilla extract

Blend until smooth in high-speed blender or food processor.

Transfer to a bowl, then add by hand:

A few drops pure almond extract

1/4 cup raisins

1/4 cup almonds, chopped

Spread mixture on plate or pan lined with parchment paper and set in the fridge or freezer. You can score the chocolate with a cookie or pizza cutter after a few minutes or break into pieces once fully set.

Alternatively, you can pour it in chocolate molds or little muffin pans, being careful to oil these first for easy removal.



Photo by Heathy Pace

Carmella's Notes:

~ The first time I made this, the mixture was solid enough so that I was able to drop it by the spoonful on parchment paper. Don and I had a piece after only a few minutes of it being in the freezer and the inside was still a bit soft. Good gracious! Was it ever good!!! Reminded us of Belgian chocolate.

~ The chocolate mixture can be blended with the help of a food processor, blender or even by hand. In the case of the latter, you might want to pass the cacao or carob powders through a sieve first to avoid any lumps in the mixture.



Sunny Raw Tip

When making raw chocolate, the consistency of the mixture will vary depending on the temperature of your working space. For instance, I've had chocolate nearly seize up on me one day when our house was on the cool side. If that happens to you, all you need to do is stick the mixture in the dehydrator for a few minutes.

Pecan Truffles

By Carmella

I was trying to re-create a sweet treat I've been buying at a cafe in town that sells a few raw items. While the taste was pretty darn close, the texture wasn't quite as smooth. Thankfully, Heathy came to my rescue with this one. As it turns out, I wasn't processing the nuts long enough. Girlie, I owe you one! ;-)



Photo by Heathy Pace

2 cups pecans
3/4 cup pitted soft dates, chopped
1 tablespoon + 2 teaspoons water
4 tablespoons cacao powder
1 tablespoon carob powder
1 teaspoon pure vanilla extract
1/8 teaspoon sea salt
2 teaspoons melted coconut oil

Grind pecans in food processor or coffee grinder until smooth nut butter consistency, stopping BEFORE the oils get released. Set aside.

In food processor, blend dates with water until they form a smooth paste.

Add remaining ingredients (except pecans to avoid too much more blending which releases the oils), and blend till smooth.

Lastly, add pecans and blend again until smooth.

Chill the mixture until firm enough to roll into balls.

If desired, toss in various coatings, such as lucuma, cacao or carob powder, dried coconut, and xylitol mixed with cinnamon.

Blueberry Cardamom Ice Cream

By Fairygirl

If nothing else, try this ice cream - you will be amazed!



2 cups macadamia nuts
1 1/4 cup almond milk (See Sunny Raw Tip on [p. 18](#))
1 cup blueberries
1/2 cup agave nectar
1/3 cup melted coconut oil
1 tablespoon + 1 teaspoon cardamom
1 teaspoon pure vanilla extract
1/4 teaspoon sea salt

Blend all ingredients until completely smooth and creamy. Chill and then process through an ice cream maker. Freeze.

If you do not have an ice cream maker: freeze in a bowl and stir every 30 minutes, OR freeze in an ice cube tray until solid and then process through a champion or high speed blender.

Carmella's Note:

I made this and Heathy was right! It is incredible; unlike anything I've ever tasted (thanks to the cardamom in there!)



Chocolate Mint Ice Cream

By Carmella & Fairygirl

This recipe was my very first taste of nut-based ice cream. Oh boy! Yet another new and exciting world opening up!

2 cups cashews
1 cup mint leaves, packed
1/3 cup agave nectar
2/3 cup almond milk (See Sunny Raw Tip on [p. 18](#))
2/3 cup water
1 tablespoon cacao butter, melted

Blend all but the cacao butter, until smooth and creamy. Add the butter and blend again. Chill in the fridge for a few hours and then process through an ice cream maker according to manufacturers directions OR freeze in ice cube trays.



Chocolate Cinnamon Ice Cream

By Carmella & Fairygirl

Another delicious sweet creation Heathy treated us to during her visit.

1 1/2 cup almond milk (See Sunny Raw Tip on [p. 18](#))
1/2 cup macadamia nuts or cashews
2 large frozen bananas
3 tablespoons cacao powder
2 tablespoons agave nectar
1 tablespoon carob powder
3-4 teaspoons cinnamon

Blend all ingredients until completely smooth and creamy. Chill and then process through an ice cream maker. Freeze.

If you do not have an ice cream maker: freeze in a bowl and stir every 30 minutes, OR freeze in an ice cube tray until solid and then process through a champion or high speed blender.



Peppermint Chocolate Chunk Ice Cream

By Fairygirl

Another ice cream recipe inspired by those Heathy tasted during her stay at Tree of Life over the winter.



2 cups macadamia nuts
1 cup packed young coconut meat
1 1/2 cups water
1/3 cup agave nectar
1/2 teaspoon peppermint stevia
1 teaspoon pure vanilla extract
1 teaspoon mint extract
1/4 teaspoon sea salt
1/2 cup cacao nibs or raw chocolate chunks (see Note)

Blend all but nibs until completely smooth and creamy. Chill and then process through an ice cream maker, folding the chocolate chunks in at the end. Freeze.

If you do not have an ice cream maker: freeze in a bowl and stir every 30 minutes, OR freeze in an ice cube tray until solid and then process through a champion or high speed blender. Fold in the chocolate chunks before serving.

Heathy's Note: I decided to make my own chocolate chunks with cacao powder, agave, cacao butter, coconut oil, and vanilla. It's a fun thing to do if you have the extra time, as they add a nice texture and flavor, otherwise the nibs work fine.



Mac Macaroons

By Carmella

This started off as the Mac Macs recipe in Carol Alt's [The Raw 50](#), but after some tweaking ended up as, well, a different cookie. Don and I agree these are THE best macaroons we've tasted. A-ma-zingly yummy!



Makes 36 cookies

1 1/2 cups dried coconut
1 cup macadamia nuts, roughly chopped or pulsed in the food processor
3/4 cup almond flour
1/2 cup cashew flour
1/4 cup + 1 tablespoon agave nectar
1 1/2 tablespoons pure vanilla extract
2 tablespoons melted coconut oil
1/4 teaspoon sea salt
Pinch nutmeg
Pinch cinnamon

Put all ingredients into a large bowl and mix well with a spoon or with your hands.

Form into balls, place on Teflex sheet and flatten gently.

Dehydrate at 115 degrees for about 15 hours or until desired dryness is reached. (We like them slightly moist.)



Oatmeal Raisin Cookies

By Carmella

The next two cookie recipes were inspired by Mysticat's wonderful [Chocolate Chip Cookies](#). I love how they don't require dehydration... Perfect for an instant treat! Beware, though, these are totally addictive!



3/4 cups cashew flour
3/4 cup oat groat flour (or use all cashew flour for a much sweeter dough)
1/4 cup agave nectar
2 teaspoons pure vanilla extract
1/4 cup melted coconut oil
1/4 teaspoon cinnamon
Pinch sea salt

1/4 cup + 1 tablespoon raisins

In a large bowl, mix first 6 ingredients by hand. Fold in raisins.

Drop the mixture by the spoonful on a cookie tray, lined with parchment paper.

Let set in fridge or freezer.

Carmella's Notes:

- ~ If the batter is too sweet, add more ground cashews and/or oats.
- ~ If the batter is too dry, add more coconut butter, 1/2 tablespoon at a time.



Double Chocolate Cookies

By Carmella



1 3/4 cups cashew flour
3/4 cup oat groat flour (or use all cashew flour for a much sweeter dough)
1/4 cup agave nectar
2 tablespoons maple syrup
2 teaspoons pure vanilla extract
1/4 cup melted coconut oil
1/4 cup raw cacao or carob powder
2 pinches cayenne
Pinch sea salt

1/4 cup + 1 tablespoon Chocolate Chips or cacao nibs

Chocolate Chips variation I

1/2 cup melted coconut oil
1/2 cup carob powder
1/2 cup cacao powder

Blend in high-speed blender. Put mixture in freezer, then chop into chunks.

Chocolate Chips variation II

Cacao paste, melted
Agave nectar, to taste

Mix cacao paste and agave in a bowl. Put mixture in freezer, then chop into chunks.

Assembly

In a large bowl, mix first 9 ingredients by hand.

Fold in Chocolate Chips.

Drop the mixture by the spoonful on a cookie tray, lined with parchment paper.

Let set in fridge or freezer.

Carmella's Notes:

~ If the batter is too sweet, add more ground cashews and/or oats.

~ If the batter is too dry, add more coconut butter, 1/2 tablespoon at a time.

~ Don't feel like making chocolate chips? Not a problem! You could use raw cacao nibs or omit the chocolate chips altogether.



Sunny Raw Tip

To make 'flour' out of various ingredients such as almonds, cashews or oat groats, simply grind these up very finely in your high-speed blender, food processor or coffee grinder.

Cherry Coconut Oaties

By Pansy

Pansy shared this cookie recipe on RFC as I was nearing the completion of this ebook. After reading the raving reviews it received, I thought it just ought to be included too.



Photo by Carmella

Yields about 7 ½ cups cookie dough

2 cups dry oat groats, ground into flour (yields about 3 cups ‘flour’)

1 cup dried cherries, cranberries or any dried fruit you like

9 Medjool dates or any dates you like, about ¾ cup

½ cup raisins

½ cup almonds

⅓ cup coconut

Raw honey or maple syrup as a binder

Place oat flour in large bowl. Set aside.

In a food processor, process cherries, dates, raisins, almonds and coconut until well mixed, to desired consistency.

Add mixture to the oat groat flour and mix well.

Return to the food processor and mix up thoroughly again.

Lastly, return dough to the large bowl and add honey or maple syrup until you obtain the consistency that you want.

Make any shape of cookie or bar you prefer.

Dehydrate at 90 degrees for 2 ½ or 3 hours.

Mosaica's Notes:

These are sooo yummy! I have to admit that I twisted Pansy's recipe a bit. The only dried fruit I had were some apricots, so I used those. I divided the dough and added some carob powder to one part. It turned out that those with carob are even better than the regular ones, so that's an idea to play with as well.

Here is the version I made:

1 1/2 cup dried apricots (soaked for 1 hour in warm water)
 1 cup oat groats, finely ground
 1 cup raisins
 1/2 cup shredded coconut
 1/2 cup almonds, finely ground
 2 tablespoons maple syrup
 2-3 tablespoons raw carob powder (optional)



Photo by Mosaica

Carmella's Notes:

These cookies are so versatile; so many different possibilities to play with. For my part, I used a mixture of dried apricots, cherries and cranberries. I didn't have maple syrup so I used agave nectar. I then split the basic dough in two and made the following variations:

Carob Variation:

To half of the original recipe, I added:
 2 tablespoons raw carob powder
 1 teaspoon pure vanilla extract
 1/8 teaspoon sea salt

Orange Variation:

To half of the original recipe, I added:
 1 teaspoon orange zest
 1/2 teaspoon pure vanilla extract
 1/2 teaspoon almond extract
 1/8 sea salt

I then rolled the dough into 1 1/2" diameter balls, and then placed them on a Teflex sheet on a hard surface (not on the D tray just yet as it's too springy). After that, with the bottom of a glass, I flattened the balls into 1/4" thick cookies. To prevent the batter from sticking, dip the glass in a bowl of water every few cookies. Lastly, gently slipped the Teflex sheet onto a mesh tray and off they went into the D.



Coconut Lime Macaroons

By Carmella & Fairygirl

Heathy and I were looking for a way to use up left-over pulp from making fresh coconut milk. The result was the following cookies. What a surprise! These are so light; they reminded me of lady's fingers.



3 cups dry coconut pulp (from making milk with mature coconut)
1/2 cup agave nectar or raw honey
1/3 cup melted coconut oil
1/4 cup lime juice
1 teaspoon packed lime zest
Pinch sea salt

Stir all ingredients together in a bowl until well mixed.

Form into cookies.

Dehydrate until firm and crunchy.





Fruity Tropical Macadamia Cookies

By Ingrid

Reprint with permission from [Raw Epicurean Cookies - 20 Raw Vegan Cookie Recipes](#)

These cookies are wonderful dehydrated or raw.

Yields 12 2 1/2- inch cookies or approximately 30 1-inch cookies

- 1 cup macadamia nuts, coarsely ground
- 1 cup fresh coconut, shredded, or flakes
- 2 tablespoons coconut flour
- 1/4 teaspoon fresh nutmeg, grated
- 1/4 teaspoon Himalayan crystal salt or sea salt
- 1/3 cup agave nectar
- 1/2 cup dried papaya
- 1/2 cup dried pineapple
- 2 tablespoons lemon or orange juice
- 2 teaspoons organic vanilla extract

In a food processor grind the macadamia nuts to a coarse meal. Add coconut flakes, coconut flour, nutmeg and sea salt and pulse 4 - 6 times or until ingredients are well incorporated. Add the remaining ingredients and process until it turns into a ball. Refrigerate the dough for an hour.

To dehydrate, roll out the dough with a rolling pin and use a cookie cutter to shape, or form into rounds using the palms of your hands and flatten and shape using the bottom of a glass. Place the cookies in the dehydrator. Remember to turn cookies midway through dehydrating.

Dehydrate 4 - 6 hours.

Ingrid's Note: The dried pineapple and papaya called for in this recipe can be substituted with fresh.

Gobbling Peach Cobbler

By Mishka

What better way to celebrate peach season than with a scrumptious cobbler? Beware you peach lovers! These never tasted so good!



Photo by Derek Pearson

Cobbler ingredients:

7 big peaches (skinned)
3 dashes cinnamon
3 tablespoons coconut oil
1/4 cup agave nectar
Dash sea salt

Crumble topping:

1 cup pecans
1 cup dates
2 tablespoons coconut oil
2 dashes cinnamon
1 teaspoon pure vanilla extract

Put 5 peaches and the rest of cobbler ingredients in food processor, then pour into a glass casserole dish.

Add 2 more peaches (chopped into bite size chunks) to the dish, then crumble the topping on top!

Place in dehydrator at 105 degrees for 2-3 hours. Delicioso!!!!!!!!!!!!

Mishka's Note: I have made it 2 ways now: one putting it in the dehydrator for 2-3 hours, and the other just putting it in the dehydrator for 10 minutes. My mother in law tried it both ways and she really, really liked it better with it only in the dehydrator for 10 minutes.

Carmella's Notes:

- ~ I use less coconut oil than called for in the filling.
- ~ If you find the cobbler a little too wet, simply add more peach chunks by hand before putting crumble topping.
- ~ Instead of making the cobbler in a pie plate or large dish, try using small ramekins or bowls for individual portions.

**Dazzling Hazelnut Cream Pie**

By Carmella

OK, I know you've heard it before, but what can I say... This is my best dessert creation as of yet. Actually, Manu is the one who first said so. "Fantastic!" he goes to me and, well, I'd have to agree.

**Crust:**

- 1 cup macadamia nuts
- 1/2 cup dried coconut
- 1/2 cup hazelnuts
- 1 1/2 " vanilla bean, seeds scraped
- 2 pinches sea salt
- 4 Medjool dates, chopped

Place first 5 ingredients in food processor and process until fine. Add dates and process until the dough 'sticks' together when pressed between fingers.

Press into 9" pie crust and set aside.

Filling:

3 small or 2 medium avocados
3/4 cup hazelnut milk (See Sunny Raw Tips below)
1/4 cup water
1/4 cup Medjool dates
1/4 cup + 2 tablespoons agave nectar
2 tablespoons maple syrup
1/3 cup + 1 tablespoon cacao powder
2 teaspoons pure vanilla extract
1 teaspoon pure almond extract
2 teaspoons Bamboo (coffee substitute)
1/4 teaspoon sea salt
2 tablespoons lecithin powder
1/2 cup melted coconut oil

Blend all ingredients except last two until smooth in high-speed blender.

Add lecithin and melted coconut oil and process some more.

Pour over crust and place in fridge or freezer to set.

If desired, decorate with cacao powder passed through a sieve and hazelnuts.

**Sunny Raw Tips**

- To make hazelnut milk, blend 1/2 cup hazelnuts with 1 cup water in high-speed blender. Strain.

- If you wish, you could replace the almond extract and Bamboo called for in the above recipe with hazelnut extract or liqueur.

Rich Lemon Gnash Pie

By Flandria

I went to a friend's house to drop off my raw food samples. She gave me a bag full of lemons from her Meyers lemon tree. The lemons were so good; I can't pass up making a lemon gnash pie - thick and rich lemon pie!



This will make 3-4 4 1/2-in spring form pans.

Crust

- 1 cup macadamia, unsoaked
- 1/2 cup pumpkin seeds, unsoaked
- 3 teaspoons lemon zest
- 2 tablespoons agave nectar
- 1 teaspoon pure vanilla extract

Process macadamia, pumpkin seeds, lemon zest, agave nectar and vanilla. Press into a 4 1/2 in spring form pie pan. Refrigerate while preparing filling.

Filling:

- 1 cup cashew nuts, soaked
- 2 medium sized Meyers lemons
- 1/4 cup agave nectar
- 1 teaspoon pure vanilla extract
- 1 cup almond milk (See Sunny Raw Tip on [p. 18](#))
- 2 tablespoons coconut butter
- 2 teaspoons cashew butter

Blend cashews, lemon juice, agave nectar, vanilla, almond milk until smooth. Once smooth, add coconut butter and cashew butter. Blend until smooth. If it's too thick, add a little more almond milk until smooth creamy consistency.

Assembly:

Pour the filling into the pie crust and let it set in the FREEZER for about 1 hour. Slice and serve. Deliciously lemonie!

Apricot Berry Parfaits

By Fairygirl

One evening we had a few friends over for a visit. Of course this was just an excuse to have dessert, LOL. With only a small amount of time, I whipped up two puddings and served them in martini glasses, layered with a nut crumble.



Apricot Vanilla Cream

- 1/3 cup apricots, soaked in 1 cup water
- 1 cup macadamia nuts
- 1 1/2 tablespoons raw honey
- 1 1/2 teaspoons pure vanilla extract

Blend all ingredients (including soak water) in high-speed blender until smooth. Pour Apricot Vanilla Cream in a bowl and chill in the fridge for a few hours to set.

Berry Cream

- 1 cup blueberries
- 1 cup raspberries or strawberries
- 1 cup cashews
- 2 tablespoon water
- 2 tablespoons agave nectar
- 2 tablespoons lemon juice
- 2 pinches sea salt

Blend all ingredients in high-speed blender until smooth. Pour Berry Cream in a bowl and chill in the fridge for a few hours to set.

Nut Crumble

1/2 cup almonds

1/2 cup pecans

1/8 cup soft dates

1/8 cup soft dried apricots

Process nuts and dried fruits in food processor until crumbly.

Assembly:

In Martini glasses or small glass bowls, place a layer of Nut Crumble mixture.

Follow with a few spoonfuls of Apricot Vanilla Cream, then Berry Cream.

Repeat layers.

Finish with some Nut Crumble on top.

Chill and serve.



Other Rawesome Dessert & Sweet Treat Recipes

Andy's [Vanilla Ice Cream Base Recipe](#)

Carmella's [Banana Chocolate Cream Cake](#)

Flandria's [Mango Cheesecake](#)

Jocelyn's [Choc-onut Brownie](#)

Mysticat's [Chocolate Chip Cookies](#)

[Raw Almond Joy](#)

Raw Food Real World's [Cranberry Maple Granola](#)

Rawguru's [Fave Cookie Dough Recipe](#)

Sheryl's [Orange Goji Berry White Chocolate](#)

The Raw Table's [Banana Nut Pancakes](#)

The Raw Table's [Lemon and Chocolate Chewies](#)

Vanessa Sherwood's [White Chocolate-Strawberry Cheesecake](#)



ABOUT CARMELLA AND HEATHY

Carmella

Carmella's journey to raw began back in January 2001, at a time when she desperately needed to make some serious changes in her life, including the way she treated her body. Embracing a mostly raw diet was one of the steppingstones in the recovery of her health, helping her with a number of physical and psychological conditions such as depression, vicious mood swings, insomnia, migraine headaches, lethargy, SAD (Seasonal Affective Disorder), and chronic digestive problems.



After following a simple, high raw diet for years, she invested in a dehydrator in the fall of 2006, which helped her make the jump to 100 % raw. Last summer, Carmella released her first ebook, [The Best Of The Sunny Raw Kitchen](#), featuring some of the best creations to have come out of her raw kitchen.

She lives tucked away in the Slocan Valley mountains of Southern BC, along with Don, Kylo, DaPuss and the other residents of [Ashinah](#). She spends most of her days meditatively walking with her furry friends, doing the Five Tibetans, Qi-Gong, and creating raw delights. A great deal of her time and energy is also going to her websites, [The Sunny Raw Kitchen blog](#) and **Raw Freedom Community Forum** which Don and she launched in May 2007.

Her websites:

thesunnyrawkitchen.blogspot.com

www.rawfreedomcommunity.info/forum



Fairygirl (Heathy Pace)

Heather Pace is a raw food chef and yoga instructor living in Northwestern Ontario. She has a home-based raw catering business and offers raw food classes to her local community.

She is currently working on a raw dessert book and is looking forward to more projects with Carmella.

To visit Heathy's blog:

<http://rawgoddessheathy.blogspot.com>



~ Two Raw Divas, One Kitchen ~

Carmella met her dear friend Heathy a year and a half ago on Raw Food Talk. As sometimes magically happens, they hit it off right away. Before long, she and Heathy were emailing each other and found out that they had a lot more in common than their passion for raw foods.



You wouldn't believe the number of times they've talked about how they wished they could uncook together someday.

Last November, Heathy suddenly decided she was coming to pay Carmella and Don a little visit. What ensued was a veritable raw food prep marathon which they dutifully documented daily on RFC. It truly was a magical time! They had so much fun in the kitchen, testing several of the recipes that will be featured in Heathy's upcoming raw dessert ebook.

They also came up with several original creations that have been included in the present ebook.

To find out more about their time together:

[Two Raw Divas, One Kitchen - The Adventures](#)

[Carmella's account of Two Raw Divas - Part I](#)

[Carmella's account of Two Raw Divas - Part II](#)

[Heathy's account of 2 Raw Divas](#)

ABOUT OUR OTHER CONTRIBUTORS

Avrawcado (Cheri Johnson)

Cheri started transitioning to raw foods in August 2005. Since then, an entire host of health issues have gone away, and she has lost 106 pounds. She gets particularly excited when she is able to make raw foods that her children like. In fact, her eleven-year-old daughter has recently started a blog to journal about her raw journey at: <http://rachel-singergirl.blogspot.com>.



Beckla (Becca O'Connor)

Becca spent 9 fantastic months 100% raw in 2007. Raised by a "meat and potatoes" type of family, she had a great time converting greasy, heavy family favorite recipes into delicious raw dishes. Still raw in large part but not exclusively, Becca lives with her carnivore husband in Washington, D.C.



Derek and Sara

Derek and Sara have a raw food blog at <http://www.derekandsara.com/raw>

Derek's professional photography site is <http://www.derekpearson.com>



Eva

Éva's first bout with ulcers came when she was 19 and visiting relatives in Hungary. She struggled with the pain off and on until a google search years later led her to raw food. Within days, she was free from pain, and within weeks she was surprised to suddenly be able to stop taking the ADHD medication doctors had been prescribing to her for years. Her life will never be the same.

She believes the best way to let raw food help our bodies heal or to maintain health -- is to jump right in! You can read her quirky health tips, find her recipes, and/or follow her journey at <http://www.readysetraw.com> or <http://www.readysethealthy.blogspot.com>. Her class and potluck schedule is at <http://www.rawteacher.com/eva>.



Flandria

Flandria is a bicycle racer in the SF Bay Area who has been experimenting with raw food. After six months of going 100% raw and making lots of delicious recipes, Flandria is now no longer raw for personal reasons. It's been a wonderful journey. She is back to being vegan and has incorporated more grains into her diet.

Her raw recipe book: [Vibrant!](#)

Her website: <http://cheflandria.com>



Ginger

Ginger Robinson has been on a raw path since the summer of 2002. She operates a number of websites including TheRawPath.com, SuperfoodKid.com for raising raw kids, and SuperfoodMakery.com where she will be offering a full line of prepared raw foods soon. She is also working on SuperfoodCommunity.com where she will be offering retreats, raw vacations, classes & events.



Ingrid

Ingrid's path to raw vegan food began March of 2007, and since she remains inspired by the concept of preparing wholesome, organic plant-based foods according to the raw standards.

A food writer, recipe developer, and author, Ingrid enjoys preparing nourishing eco-friendly food that sustain the mind, body, and spirit.

She is the owner of two web blogs and author of Raw Epicurean ebooks - a series of raw recipe books.

Natural Living Cuisine - <http://naturallivingcuisine.com>

Raw Epicurean - <http://rawepicurean.net>

Raw Epicurean Cookies - 20 Raw Vegan Cookie Recipes

Raw Epicurean Beverages - 101 Fresh Organic Drinks



MaRaw (Anna Sinclair Tipps)

Anna Sinclair Tipps is the Founding Publisher of Purely Delicious Magazine, and the creator of TeachMeRaw.com and TheRawTable.com. Her fascination with preparing fresh raw foods came when, after giving birth to four children in five years, she felt it

necessary to lose a few unwanted pounds. What she found instead was a dream come true - deliciously pure, healthy, organic, and freshly prepared, fruits, vegetables, nuts, and seeds in their natural state, unaltered by chemical, machine or man. She also found smoother skin, effortless energy, and of course, smaller sized clothing.

After a few years, Anna began teaching classes at her church and local YMCA, but still wanted to do more to spread the word about raw and living foods. With a professional background in graphic design and photography, she published "Beautifully Raw" in 2006 - a 12-month raw food calendar with mouthwatering and inspiring recipes and photographs. In the spring of 2007, she published the first issue of Purely Delicious Magazine (purelydelicious.net) out of a desire to create an approachable and truly useable tool for the everyday raw-foodist. In each issue are helpful articles, nutritional and organic gardening tips, book and restaurant reviews, and of course, lots of purely delicious raw recipes!

<http://www.PurelyDelicious.net>

<http://www.TeachMeRaw.com>

<http://www.TheRawTable.com>



Mishka

Mishka became a raw foodist in February 2007. She has found raw foods very healing, and has lost 95 lbs being on a 100% raw food diet. She loves experimenting with fresh food, and sharing the bounty!



Mosaica

About 2 years ago, Mosaica's husband, Pontifex, told her about an interesting man he met on another (not raw) forum who, besides having some pretty neat ideas, followed a raw vegan diet. Being open-minded, long-time vegetarians, they naturally became interested and started researching about the raw lifestyle. They gradually started incorporating more and more raw foods into their diet, and within a year, had transitioned to a high raw diet. They have been experiencing an amazing transformation since then...



Naomi Poe

Naomi is a kooky kinda gal whose professional job requires cooking LOTS of food (recipe development for a gluten free flour company), which is of course why she got into eating raw food *lol*

She's got a warped sense of humor; probably because she has two kids, both who think they're the living reincarnation of Jack Benny. And a husband who is known on her blog as The Carnivore.



Ocean (Cheryl Haynes)

Cheryl Haynes has had a love for cooking and un-cooking for 35 years. She has been Vegetarian for 10 years on and off and made a cook book for friends and family called Where's The Meat? Currently eating raw has brought the best health results, mental clarity and energy levels needed for her busy life style

She has a Chef Certification Level 1 from Alissa Cohen's Living on Live Food Certification program. She is also an Associate Chef and Instructor graduating from the Living Light Culinary Arts Institute in Fort Bragg, California which is the premier Organic Raw Vegan School in the world, taught by Cherie Soria.

She is currently taking a nine month course studying Herbalism taught by Karta Purkh Singh Khalsa which studies include Ayurvedic Herbs, Culinary Herbs, and Chinese Herbs just to name a few of the topics being studied.



Pansy (Pam Striker)

Pansy lives in Ohio with her husband and three cats. A follower of the raw food movement for some time now, she is self-employed in the healing realm (and living life), choosing to help people see their way on the path of life. Every Moment Counts...Eat Raw!!!

Visit her at:

<http://www.pamstriker.com>



Rawererin

Erin is a full time student who volunteers as a sexual assault advocate in her free time. She came across the idea of eating just raw foods about a year and a half ago. She loves that she could feel so satisfied and yet comfortable by food that really gives back to her body at the same time, Now she can't imagine her life without green smoothies and is always experimenting with recipes.



Raw Jewelrlady (Lana)

She has been in the Raw community for over 3 years. She goes by the name “Raw Jewelrlady” as she is a jewelry artist with a boutique in Northern Michigan. Her websites:

<http://www.rawjewelrlady.com>

<http://www.twistedcrystal.com>



Raw Vee

Victoria found raw when she tried out a restaurant for lunch one day. Immediately afterward, she noticed how light and full of energy she felt. She attended a raw foods talk given by Tanya Zavasta, tried her first green smoothie and was hooked. Currently a raw/vegetarian hybrid, she's transitioning back to a more fully raw lifestyle-- because it feels amazing!



Snowdrop

Snowdrop started eating a raw diet a little over a year ago and now has an improved health and weight loss to show for it. She spends the majority of her time doing volunteer work, playing in her garden and raising as much organic food as possible on her small plot. She was trained with Alissa Cohen as raw and living food chef and instructor, and hopes to make a modest living teaching others how to eat raw and eat well. She has been inspiring the virtual raw community with her mouthwatering creations and is now in the process of writing her first book of recipes "Raw Delights".

Snowdrop's websites:

<http://www.rawteacher.com/sabinanicholson/>

<http://www.adirondackrawfoodconnection.com/index.html>



Wyjoz (Josephine Lee)

Joz is the most enthusiastic person that I know about spreading the benefits of raw foods. With her generous and candid spirit, she passionately spreads her message to 'Go Raw, Go Healthy' in the Medford, Oregon area where she organizes potlucks and events with the Boutenko family. Her latest potluck in December was such a huge success that it drew over 80 attendees. Imagine the feast! (You can drool about the fantastic spread they had here.)

REFLECTING ON ONE YEAR OF FAMMUNITY

“Thank you Don & Carmella for such a unique place where we can come together and explore Love. And may this Love continue to be the heart and pulse that motivates and draws us together in deep cooperation, and in mutual support for radical health. It has been a privilege to be a part of what we call our Fam-Unity.”

~ First Garden



“Here's to you, Don and Carmella...Your loving acceptance and gentle guidance has been the anchor and strength of this community. Along with the wisdom, knowledge and experience all the members bring to this forum, making it, IMHO, THE BEST ONLINE COMMUNITY EVER.

Thank you for creating such a wonderful cyber home and thank you to all the wonderful people who make up this RFC "Fammunity".

Hats off to you all!!”

~ Peaches4Ever



“Thank you for creating such a wonderful cyber home. A 'NEST' FOR MUMBO JUMBO DODO BIRD A PLACE WHERE IT WAS/IS FUN TO BE!

In the beginning; I wrote to Carmi and told her I'll join BUT I hate to write/post! She said that's o.k. and now look at me ! Cozy in my 'big' 'nest'; after Carmi I'm the biggest 'poster': 2,776 posts! How I've changed! It's because I had FUN!

It's a pleasure to be part of this 'fammunity' Blessings to Carmi & Don and Thank You!”

~ wyjoz



“Hear....Hear!!! Blessings to Don and Carmi! Thank you so much for creating a warm and friendly space! Love to you both!”

~ Pansy



“This is such a wealth of community and information!”

~ Eva

“RFC is a special little place to come home to whether it's morning or night. It's a favorite cyber cafe for me where I am among friends, and can indulge in raw recipes, jokes, financial speculating and most anything anyone is willing to divulge.

I'm thrilled that Firstgarden introduced me to RFC, and I'm looking forward to integrating more rawness into my everyday life. Thanks Carmi and Don for hosting such a celebrated forum.”

~ Misotrue



“Yes Yes and Yes to all of the above. RFC is a refuge of sanity in an insane world. And a safe zone.” ~ Luckitri

“What more can I say but great huge thanks to Carmi and Don for putting up RFC where we can all... be open and honest.

Yes so RFC is a beautiful warm and cozy place to just be out in the raw or naked whichever suits you.... thank you for such a wonderful nest you have built here Carmi and Don.... My gratitude runneth deep”

~ aisah



“I love the Freedom. The love. The openness. The people. The food. The way of life. Thanks to everyone for making this what it is.”

~ moonstone



“I am still as happy with this 1-year relation as on the first day.”

~ Lightlover



“I simply have no words to describe, what RFC brought into my life in the past year. But I have to admit, it filled my life with hope. Hope for a better, cleaner life, and a hope that I'm not alone. I have friends. Thank you.”

~ Mosaica



“I am really glad you started this forum. It is the best place to go, in my oh so humble opinion, to talk about subjects specifically raw or subjects generally of interest to rawbies.

BTW, all my favorite recipe links over the last year have consistently been from here. This place is a true lighthouse.”

~ RawVegan4Health



“I am so happy that you created this forum. I love being able to have the freedom to discuss whatever it is I would like. I love that there isn't one right way but there are many ways and we can all get along even though we may not all eat the same. One thing we do have in common is that we do eat some percentage of raw food and that is great.

Thank you for providing a wonderful place to talk with other raw foodies and also all of the lovely recipes that are available.”

~ docsharp



“Hey all RFCer's,

It's been a wonder and mostly a joy to meet and engage with yous this past year, and the good Lord willing there will be much more to come.

This is in many ways an experiment/exploration into the possibilities of relationship in a virtual community. We both feel that it has developed far more easily and effectively than we had any right to expect, and that is surely due to the quality contributions of all its members. We feel blessed to be a part of RFC with you all.”

~ Don



RAW RESOURCES AND LINKS ON THE NET

Rawesome RFC Threads

For a list of some key RFC threads, [go here](#).

Rawesome Blogs

Adventures of Raw Goddess Heathy	http://rawgoddessheathy.blogspot.com
Rawdorable	http://rawdorable.blogspot.com
Raw Food, Right Now!	http://rawfoodrightnow.blogspot.com
The Raw Chef's Blog	http://therawchefblog.com
The Sunny Raw Kitchen	http://thesunnyrawkitchen.blogspot.com
We Like It Raw	http://www.welikeitraw.com

Rawesome Forums

Gone Raw	http://goneraw.com/forums
Raw Food Talk	http://www.rawfoodtalk.com
Raw Freedom Community	http://www.rawfreedomcommunity.info/forum

Rawesome Sites

The Boutenko Raw Family	http://www.rawfamily.com
Jenny Cornbleet	http://www.learnrawfood.com
Frederic Patenaude	http://www.fredericpatenaude.com
GLiving's Green Chefs	http://gliving.tv/greenchefs/featured-chefs.php
Karen Knowler	http://www.therawfoodcoach.com
The Rawtable.com	http://therawtable.com
Raw Food Society of BC	http://www.rawbc.org

Rawesome Stores

Rawguru.com	http://www.rawguru.com/rawfoodrecipes.html
Real Raw Food (Canada)	http://www.realrawfood.com
David Wolfe's Sunfood Nutrition	http://www.sunfood.com
The Raw Food World	http://www.rawveganbooks.com

IN GRATITUDE

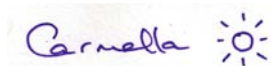
My heart-felt thanks to all my readers on the **Sunny Raw Kitchen** blog who motivated me to first open my kitchen to the bigger cyber world, and to the members of Raw Freedom Community who I've had the pleasure to brush shoulders with in the last 12 months. RFC couldn't be the warm and unique place that it is if it wasn't for you!

Heathy girl, thank you for your friendship and inspiration. I look back at our few days together as such a magical time! I swear that some of your talent has rubbed off on me. ;-)

Don, well, I know how you feel about 'thank yous' but I'd like to express my gratitude anyhow for being the multi-dimensional friend that you are, and editor to boot! (Not to mention your gift for creating raw 'in the buff'! lol) It is such a blessing to be walking the Path with you...

And lastly, special thanks to the members of our RFC fammunity who have so generously contributed their recipe creations and mouth-watering photos to this collective 'work of heart'.

In gratitude to you all,

Carmella ☀️

Carmella



WHY DONATIONS?

In general, I don't like things that are fixated... After all, it's in the nature of Life that everything changes constantly, from moment to moment. In that light, it just seemed right to allow people to give what they feel this ebook is worth to them according to their financial circumstances at the time of purchase. All profits generated from the sales of "*The Best Of Raw Freedom Community*" will go towards furthering my intention of spreading awareness of Raw and Freedom, as well as continuing to build Community.

