



“Gena’s on a mission to help you make raw foods a part of your life without letting them *take over* your life. No matter who you are and how you like to eat, I promise you that you’ll find something to savor in this book.”

—from the preface by
Kris Carr,
New York Times
bestselling author of
Crazy Sexy Diet

Choosing Raw

making **RAW FOODS** *part of the way you eat*



with
125
recipes



GENA HAMSHAW

photography by **HANNAH KAMINSKY**

praise for
CHOOSING RAW

“Gena’s easy-to-digest nutrition information and foolproof food preparation techniques will let you explore the world of vegan and raw foods with complete confidence.”

—Virginia Messina, MPH, RD, author of *Vegan for Her*
and *Never Too Late to Go Vegan*

“A breath of fresh air—and whiff of fresh cuisine—*Choosing Raw* is a delightful take on food as it should be: colorful, beautiful, delicious. The recipes are a joy (they work!) and the informational portions of the book are Gena Hamshaw at her smart and friendly best, replacing the confusion that so often surrounds nutrition with good sense and great food.”

—Victoria Moran, author of *Main Street Vegan*
and director, Main Street Vegan Academy

“With menus that make meal-planning a breeze and recipes that fit easily into a busy schedule, *Choosing Raw* is *the* go-to cookbook and guide for anyone interested in incorporating more raw and vegan meals into their daily routine.”

—Kathy Patalsky, author of *365 Vegan Smoothies*
and creator of Lunchboxbunch.com



Choosing Raw



Choosing Raw

*making RAW FOODS
part of the way you eat*

by **Gena Hamshaw**



A MEMBER OF THE PERSEUS BOOKS GROUP

Copyright © 2014 by Gena Hamshaw
Photos by Hannah Kaminsky
Author photograph by Jeff Skeirik

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher. Printed in the United States of America. For information, address Da Capo Press, 44 Farnsworth Street, 3rd Floor, Boston, MA 02210.

Designed by Lisa Diercks
Set in 9.5 point Tisa Sans

Cataloging-in-Publication data for this book is available from the Library of Congress.

First Da Capo Press edition 2014
ISBN: 978-0-7382-1687-4 (paperback)
ISBN: 978-0-7372-1688-1 (e-book)

Published by Da Capo Press
A Member of the Perseus Books Group
www.dacapopress.com

NOTE: The information in this book is true and complete to the best of our knowledge. This book is intended only as an informative guide for those wishing to know more about health issues. In no way is this book intended to replace, countermand, or conflict with the advice given to you by your own physician. The ultimate decision concerning care should be made between you and your doctor. We strongly recommend you follow his or her advice. Information in this book is general and is offered with no guarantees on the part of the authors or Da Capo Press. The authors and publisher disclaim all liability in connection with the use of this book.

Da Capo Press books are available at special discounts for bulk purchases in the U.S. by corporations, institutions, and other organizations. For more information, please contact the Special Markets Department at the Perseus Books Group, 2300 Chestnut Street, Suite 200, Philadelphia, PA, 19103, or call (800) 810-4145, ext. 5000, or e-mail special.markets@perseusbooks.com.

10 9 8 7 6 5 4 3 2 1

For my Mom



Contents

PREFACE: BY KRIS CARR **1**
INTRODUCTION: MY STORY **3**

PART I: THE WHY

CHAPTER 1: YOUR HEALTH **15**
CHAPTER 2: BEYOND THE
PLATE **23**

PART II: THE WHAT

CHAPTER 3: VEGAN
NUTRITION **33**
CHAPTER 4: ALL ABOUT RAW
FOOD **43**
CHAPTER 5: FREQUENTLY
ASKED QUESTIONS ABOUT
RAW AND VEGAN FOODS **47**

CHAPTER 6: MYTHS AND
MISCONCEPTIONS **51**

PART III: THE HOW

CHAPTER 7: SETTING UP **63**
CHAPTER 8: GETTING
STARTED **79**
CHAPTER 9: 21 DAYS IN
THE LIFE **83**

PART IV: THE FOOD

THE RECIPES **95**

15 Essentials

Classic Almond Milk **98**
Basic Green Smoothie **99**
Cashew Cheese **99**

Homemade Hemp Milk **101**
Nut or Seed Pâté **101**
Green Soup (Blended Salad) **102**
Herbed Flax Crackers **102**
Basic Massaged Kale Salad **103**
5-Minute Guacamole **105**
Buckwheaties **105**
Zucchini Pasta with Red or White
Sauce **107**
DIY Snack Bars **108**
Basic Chia Pudding **108**
Chocomole **110**
Banana Soft Serve **111**

5 Juices

Green Lemonade **112**
Cucumber Cooler **112**
The Veggie Bowl **114**
Spring Greens **114**
Jungle Greens **114**

10 Snacks

Easy Roasted Chickpeas (and
Variations) **115**
Nori and Pumpkin-Seed Cigars **116**
Sweet and Savory Trail Mix **119**
Hemp-Seed Power Balls **119**
Zucchini Ranch Chips **119**
No-Bake Sunflower Oat Bars **120**
Superfood Trail Mix **120**
Classic Cheesy Kale Chips **123**
Hummus Kale Chips **123**
Reinvented Ants on a Log **124**

20 Dips, Dressings, Sauces, and Spreads

Apple Cider Vinaigrette **126**
Lemon Turmeric Vinaigrette **126**
Green Herb Dressing **127**
Spicy Cilantro Vinaigrette **127**
Almond Butter and Sun-Dried Tomato
Dressing **127**
Creamy Maple Chipotle Dressing **128**
Ginger Miso Dressing **128**
Carrot Miso Dressing **129**
Multiseed Gomasio **129**
Classic Zucchini Hummus **130**
Hemp Hummus **130**
Curried Sweet Potato Hummus **131**
Red Lentil and Walnut Hummus **131**
Raw Cashew Alfredo **134**
Hemp Parmesan **135**
Raw Marinara Sauce **135**
Basic Vegan Pesto **135**
Kale and Pistachio Pesto **136**
Simple Raw Vegan Avocado
Mayonnaise **136**
Raw Corn Salsa **138**

5 Meal-Size Salads (and Meal-Size Salad How-to)

Dinosaur Kale and White Bean Caesar
Salad **141**
Kale Salad with Sweet Potato, Almonds,
and Creamy Maple Chipotle
Dressing **141**
Acorn Squash, Frisée, and Brown Rice
Salad with Toasted Hazelnuts **142**
Raw Cobb Salad **145**

Romaine, Cherry Tomato, and Arugula
Salad with Chickpeas and Raw
Parmesan **146**

LEVEL 1: TRIED AND TRUE 147

Level 1: Breakfast

Toasted Pumpkin Granola with Homemade
Hemp Milk **148**
Millet and Almond Zucchini Muffins **148**
Simple Avocado Toast **151**
Chickpea Tofu Tahini Scramble **152**
Easy Berry Breakfast Pizza **153**
Raw Vegan Bircher Muesli **155**

Level 1: Lunch

Sweet Pea Hummus Tartines with
Sunflower Sprouts **156**
Sweet Potato Salad with Miso Dressing
and Chives **156**
Apricot Quinoa and Mint Salad **158**
Asparagus Quinoa Sushi Rolls **159**
Curried Chickpea and Carrot Salad **162**
Easiest Vegan Pumpkin Soup **162**

Level 1: Dinner

Sweet Potato Black Bean Enchiladas **163**
Carrot and Millet Pilaf with Mesquite
Glazed Tempeh **165**
Quick Quinoa and Black Bean Salad with
Spicy Cilantro Vinaigrette **166**
Easy Red Lentil, Sweet Potato, and Coconut
Curry **167**

Root “Rawvioli” with Nut Cheese and
Pesto **168**
Zucchini Pasta with Quinoa Meatless
Balls **168**

LEVEL 2: SOMETHING NEW 171

Level 2: Breakfast

Plant Protein Shake **172**
Mango Coconut Chia Pudding **172**
Baked Sweet Potatoes with Vanilla Almond
Butter and Goji Berries **175**
Quinoa Breakfast Pudding **175**
Peachy Keen Smoothie **176**
Avocado Black Bean Breakfast
Scramble **179**

Level 2: Lunch

Raw Gazpacho **180**
Hemp-Seed Tabouli with Yellow Tomatoes
and Mint **180**
Nori Rolls with Gingery Almond Pâté and
Raw Veggies **182**
Collard Wraps with Hemp Hummus,
Tempeh, and Red Peppers **185**
Sprouted-Grain Wraps with Kale-Slaw
Filling **185**
Carrot, Avocado, and Turmeric Soup **187**

Level 2: Dinner

Raw Carrot Falafel with Tangy Tahini
Sauce **188**
Heat-Free Lentil and Walnut Tacos **191**
Raw Pad Thai **191**

Raw Spinach and Mushroom Burgers **192**
Pumpkin Quinoa Risotto with Pomegranate
Seeds **195**
Portobello “Steak” and Rosemary
Cauliflower Mashed Potatoes **196**

**LEVEL 3: BRAVE NEW
WORLD 199**

Level 3: Breakfast

Mocha Maca Chia Pudding **200**
Blueberry, Mint, and Kale Smoothie **200**
Chocolate Raw-Nola **202**
Cashew Banana Yogurt **203**
Banana Almond Coconut Raw-Nola **205**
Raw Banana Breakfast Wraps **207**
Almond Pulp Porridge **209**
Chocolate Açai Bowl **209**

Level 3: Lunch

Creamy Basil and Ginger Noodles **210**
Jicama Fiesta Rice Salad **210**
Raw Corn Chowder **213**
Dilly Raw Vegan Sunflower “Tuna
Salad” **214**
Zucchini Pasta with Mango, Avocado,
and Black Bean Salsa **216**
Zucchini Roll-Ups **219**

Level 3: Dinner

Mediterranean Cauliflower Rice with
Smoky Red Pepper Sauce **220**
Raw or Cooked Ratatouille **222**
Coconut Curry Kelp Noodles **223**

Raw Lasagna **224**
Un-Fried Vegetable Rice with Scallions
and Ginger **227**
Carrot and Zucchini Pappardelle with Pesto
and Peas **229**

13 Desserts for Everyone

Coconutty for Chocolate Chip Cookies **230**
Fig Bars **230**
Raw Peach Cobbler **233**
Chocolate-Covered Superfood
Clusters **235**
Raw Key Lime Pie **235**
Almost-Instant Chocolate-Covered
Strawberries **236**
Simple Raw Vanilla Macarons **237**
Blueberry Cheesecake **238**
Raw Vegan Blueberry Ginger Ice
Cream **240**
Carrot Cake Cupcakes with Cream Cheese
Frosting **240**
No-Bake Tartlets with Raw Vegan
Chocolate Ganache Filling **243**
Burnt-Sugar Coconut Ice Cream **245**
Cherry Vanilla Tahini Ice Cream **245**

METRIC CONVERSIONS 246

RECIPE LIST BY MEAL 247

RESOURCES 250

REFERENCES 253

ACKNOWLEDGMENTS 257

INDEX 260

Preface

OVER THE PAST DECADE, I'VE HELPED to guide thousands of women and men on their path to greater health and fulfillment through diet and lifestyle. As a wellness activist, best-selling author, and cancer thriver, I've witnessed and experienced the powerful ways in which whole plant foods can reignite your energy, strengthen your immunity, and support the healing process. I also know that the road to dietary transformation isn't always straight and narrow. Sometimes it's twisting, turning, and treacherous. It can be full of potholes: confusion, culinary experiments gone wrong, protocols that are either too strict or too strange. Change is powerful, but it can be daunting too.

Today, we're armed with so much information about the way certain foods—especially whole, plant-based foods—can help us to fight chronic disease, inflammation, pain, and aging. But amid all of that information, there's also a lot of confusion. There are contradictory and competing theories about

what you should eat, how much you should eat, and when you should eat. Foods that are advertised as lifesaving one day are demonized the next. Advice you get from one guru is countered by another. With all of the bickering out there in the nutrition world, it's hard to know whom to trust. It's difficult to feel confident about your food choices, even when you're trying to do everything "right."

This is where Gena Hamshaw swoops in and soulfully saves the day. A certified clinical nutritionist with a brilliant head on her shoulders, Gena is determined to take the guesswork and confusion out of eating raw and vegan food. She's on a mission to help you make raw foods a part of your life without letting them *take over* your life. Gena knows how amazing green, clean, plant-based foods can be, but she also knows that there's more to life than nutrition, that healthy food isn't worth much if it doesn't taste great, and that no amount of kale salad will help you if you're constantly stressing out about what you eat.

I met Gena Hamshaw in 2009. At the time,

she was a fledgling blogger with a small but growing nutrition practice. I was immediately struck by the depth of her knowledge, her intense curiosity about the workings of the human body, and her ability to bring critical insight to the raw food world. I appreciated the fact that she could savor her green juice along with her coffee, and that her passion for raw food was met with an equally strong sense of practicality. When she told me she was considering making wellness work her full-time career. I told her without skipping a beat that she had to do it. This is her calling, and I know she's going to make a difference.

Throughout our friendship and our professional acquaintance, I've watched Gena refine her understanding of health, wellness, and diet. I've admired her ability to reassess her opinions, even when it means calling her previous ideas into question. I've always known that I could count on her for a balanced perspective, and she's on my speed dial for reliable answers to burning health questions. In fact, Gena was one of a select handful of trusted nutrition advisers who I turned to when I wrote my first *New York Times* bestseller, *Crazy Sexy Diet*. That's how much I trust this fabulous woman!

Gena's intellect, energy, and sass have finally come together in this incredible book. Here you'll find 125 of her characteristically easy, no-fuss, and delicious recipes (along with mouthwatering photos). You'll get a healthy serving of Gena's hilarious, no-nonsense approach to nutrition science and health advice. You'll smile at her savvy (and spot on!) responses to some of the biggest

myths and misconceptions surrounding vegan and raw food. Many of the questions she addresses are the same ones I'm asked about every day from readers around the world. With good humor, insight, and authority, Gena separates fact from fiction.

Most of all, you'll be inspired by Gena's energy, and by the delight she takes in the vegan lifestyle. You may not be vegan, raw, or even a veggie lover. But no matter who you are and how you like to eat, I promise you that you'll find something to savor in this book. Maybe you'll want to try a meatless dinner now and then. Maybe you'll discover a couple of new ingredients. Maybe you'll be convinced that eating raw food doesn't have to be scary or weird or a hassle: It can be fun and refreshing. And if you've been wondering about plant-based diet but are worried about meeting your nutrient needs, let Gena walk you through a safe, realistic road map for making the transition.

Even with a growing body of evidence that points to the vital benefits of whole, plant-based food, too few people are able to make the connection between the foods they eat and the way they feel. If you've just started to realize that your diet has the power to harm or heal, then this is the moment for you to discover *Choosing Raw*. I know you'll be informed, empowered, and transformed by what you learn.

Cheers to your magnificent health and happiness!

—KRIS CARR

New York Times bestselling author,
Crazy Sexy Diet and *Crazy Sexy Kitchen*

Introduction: My Story

Welcome to Choosing Raw

EARLY IN MY CAREER AS A NUTRITIONIST, I realized that I often had a lot in common with my clients, many of whom were exploring veganism for the first time. When I asked what they were hoping to accomplish, they said that they wanted to heal digestive issues, experience abundant energy, and make peace with their bodies. They wanted to find freedom from dieting and regimentation. They wanted to eat in a way that would be sustainable long term, not endure yet another six-week reboot or a four-week fat blast or a seven-day slim-down. They were overwhelmed by all of the conflicting nutrition advice out there on the Internet: clashing dietary theories, grandiose promises from health gurus, and frightening declarations that this or that food is “the devil.” I could recognize their exasperation instantly; I had known it intimately for over thirteen years myself.

Our collective interest in wholesome nutrition has boomed in the last decade.

Americans are shifting their focus away from diets and dieting and toward food choices that are sustainable, socially responsible, and nourishing. With this shift comes a widespread interest in plant-based diets: diets that are centered around fruits, vegetables, nuts, seeds, legumes, and grains.

In this book, I’ll describe how a vegan diet—which excludes all animal foods—can be healthful, environmentally conscious, compassionate, and, most important, enjoyable. I’ll also introduce you to a particular kind of vegan dining that is near and dear to my heart: raw food. Raw food dishes haven’t undergone any cooking; they’re prepared by slicing, dicing, chopping, and arranging vegetables, fruits, nuts, and seeds in ingenious ways. While these uncooked dishes might sound foreign at first, I hope to show you that they can breathe new life into your culinary routine, help you to become less reliant on processed ingredients, and even encourage you connect more intimately your food. Vibrant raw food dishes, coupled with

a steady foundation of cooked vegan staples, can supercharge your diet with vitamins, minerals, antioxidants, color, and flavor.

As I introduce you to this fresh way of eating, I'll also try to steer you away from some of the alarmism and bad information that pervades the health food realm (raw and vegan camps included). It can be hard to ignore the voices of health personalities who are encouraging you to "detox," "cleanse," rush into elimination diets, or take a very rigid approach to what you eat. In my experience, those sorts of extremist attitudes do nothing to promote a truly healthful and joyous relationship with food. While I'm all for encouraging you to make wholesome choices, I won't ask you to give up pleasures (such as your cup of morning coffee, the odd convenience meal when you're in a rush, or every gram of sugar). Nor will I tell you that you have to become a strict raw foodist in order to be healthy: I don't think that's true, and, as you'll see, I think that a diet that's inspired by raw food techniques but inclusive of cooked foods is actually healthier than a fully raw paradigm. I'll never tell you that a particular food is evil or suggest that one morsel of some suspect ingredient will lead to your demise. The body is resilient and strong, and we have wiggle room to enjoy indulgences or less-than-ideal choices every now and then. This flexibility should be celebrated, not feared.

While I hope that this book will inspire you to consider the many benefits of a vegan lifestyle, I also welcome you to explore veganism one meal at a time. Move at a pace that will be realistic, sustainable, and enjoyable for you. Be gentle to yourself, and don't get

paralyzed by the idea of perfection (whatever that means). Vegan activist Colleen Patrick-Goudreau has a saying I love: "Don't do nothing because you can't do everything. Do something. Anything." Try one recipe, and then try two. See where your journey takes you.

My Journey

I grew up in a Greek American home, eating a pretty regular diet. There were family dinners full of fresh vegetables and rice, and there were also buttery bowls of spaghetti, Stouffer's chicken à la king, Entenmann's coffee cakes, and plenty of Häagen-Dazs in the freezer. Contrary to what you've heard about the Mediterranean diet, Greek home cooking is not all salmon and legumes and tomatoes and olive oil; it is also hunks of lamb, plenty of beef, and a lot of kasseri cheese.

When I was about eight, I saw *Bambi* for the first time. I watched, horrified, as Bambi's mother was killed by hunters. It just so happened that red meat—steak—was on the menu that evening. I stared down at the red "jus" swimming around my plate, and my stomach turned. Later that night, I asked my mother if we could eat less meat. By the time I turned thirteen, I had consciously cut red meat from my diet; between that time and the time I went vegan over a decade later, I ate it only a handful of times.

I had an enormous appetite growing up (still do) and loved to eat. Like a lot of young girls, I found myself entering an awkward phase between childhood and puberty. I gained some weight, which became an easy

source of teasing. I became self-conscious about my big appetite. The summer I turned eleven, my pediatrician suggested that I lose some weight, and my previously carefree relationship with food took a dramatic turn.

All throughout that summer and into the fall, I learned how to diet. I began hiding part of my breakfast and disposing of it when I left the house. I ate as little as I could during the day so that I could eat dinner at night and avoid raising eyebrows. It didn't take long for me to lose a significant amount of weight. By the time my pediatrician voiced his concern, I had also lost the enthusiasm and joy I'd once brought to food. I dutifully gained back the necessary pounds but remained obsessed with calorie counting, monitoring my fat intake, and skipping meals when I could. These habits followed me through the remainder of middle school and high school. Little changed when I went to college, except that I had less parental guidance, so it became easier to skip meals and fuel myself on skim lattes, cigarettes, and fat-free candy.

At some point in the middle of my junior year of college, I relapsed into the worst of my former habits. My clothes started sagging, my period stopped, and I became increasingly isolated from my friends. I was hungry all the time, and cold; stomach rumblings kept me awake at night. Concern from my friends, coupled with a family crisis, compelled me to get better for a while, but it was an uneasy truce, and I relapsed again in my early twenties. This time, I had discovered healthier eating habits—whole foods, green smoothies—but instead of using this knowledge constructively, I got sucked into

a new kind of restriction. Whereas I'd once counted calories, I now started to obsess over whether or not my food was "healthy" enough. My weight plummeted once again, my period stopped, and I found myself older, but no wiser than I had been a few years before.

The fortunate thing about this relapse was that I had more to lose, and more responsibility for my losses, than I had as a teen. I was a young assistant editor at a publishing house—a career I had always dreamed of. I was an adult, building a life of my own, and I didn't want to jeopardize my future. I began talking about food with a therapist. Eventually I was able to use the words "eating disorder" and confront the depth of the problem. I began gaining weight, pound by pound. I was lucky, all things considered, but the disorder left me with a number of health challenges, including osteopenia (premature bone thinning) and damage to my already-delicate GI system. I'd always struggled with digestive problems, but, at some point in my teenage years, I started to have strange episodes of cramping and bloating. They were intensely painful, came on suddenly, and would retreat just as mysteriously as they had arrived. For days after an "attack," which is what I called them, I'd feel sore, as though someone had punched me in the gut. My physician said it was IBS, also known as irritable bowel syndrome. I was told that it was related to stress, that there wasn't too much I could do about it, and that I should take muscle relaxants when the symptoms got really bad.

IBS is the name given to a wide smattering of symptoms, ranging from diarrhea

and bloating to constipation and cramping, that effect 10 to 15 percent of the population (though some studies put the number as high as 20 percent). Women are twice as susceptible as men. IBS doesn't cause long-term inflammation or damage, but it can dramatically impact one's quality of life, and it certainly complicates one's relationship with food. It's hard to say how much my IBS was spurred on by my years of irregular eating, or whether my history of bloating was actually a factor in my body dysmorphia, but each problem tended to intensify the other.

All throughout college and early in my career, I lived in fear of flare-ups: the anxiety, the extraordinary bloating, the pain. At one point, the cramping was so bad that I went to the emergency room thinking it might be my appendix. Rather than seeking out wholesome solutions, I tried liquid diets and "cleanses," which would only make me more irregular and miserable. I asked my physician what I should be eating to feel better, but he insisted that dietary changes probably wouldn't help, that it was all stress. I was stressed alright, but I knew that what I was experiencing wasn't all in my head. I decided to take matters into my own hands. I went shopping around for a doctor who would listen to me, and hopefully give me some dietary solutions.

After a lot of hunting, I came upon an unconventional gastroenterologist who was enrolling some of his patients in an experimental hypnotherapy protocol. I quickly offered to sign up for the study. It helped, but not as much as a few simple pieces of advice the doctor gave me: don't chew sugarless gum. Don't drink carbonated beverages. And

if you've never tried it before, see whether or not cutting out dairy gives you any relief.

This was a daunting prospect at first; fat-free Greek yogurt, skim milk lattes, and goat cheese salads were all staples in my diet. Like a lot of people, I used to say such things as "I could never live without cheese." But I was willing to try anything, so long as it would make me feel better. I bought a bunch of soy yogurts, a container of almond milk, and a package of almond cheese, and I decided to see what life without dairy was like. Much to my surprise, it was easier than I expected it to be, and, more important, the improvement I experienced was immediate and profound: more energy, better digestion, and fewer seasonal colds.

I began to wonder if veganism was a possibility for me. Now that I wasn't eating dairy, and since I didn't care much for poultry, my diet wasn't too far from vegan already. I had read about the vegan lifestyle online, and I was intrigued both by the healing narratives and by the environmental arguments. I wasn't quite ready to consider the ethics of plant-based food—like a lot of folks, I was scared by the stereotype of the "angry vegan"—but I knew there was something to the idea of forgoing foods that came at the expense of other creatures' lives. I decided to give veganism a try, and I told myself that I could always change my mind if it turned out to be too hard.

Making the jump to a vegan diet was surprisingly painless. I kept it simple: lots of salad, fruit smoothies, rice, beans, tofu stir-fries, and avocado, hummus, and tomato sandwiches. I ate soy yogurt parfaits or oatmeal for breakfast, and I often made

whole wheat pasta with steamed veggies at night. Sometimes I ate Amy's burritos or Dr. Praeger's veggie burgers. Like a lot of folks, I was worried about whether I was getting enough of this or that nutrient, but these fears faded as I grew more energetic and strong. I hadn't expected so much health improvement, but the benefits of my dietary shift were undeniable. And as I learned to consider animals and the environment more prominently in my choices, I was able to break free of some of the isolation and obsession that had defined my relationship with food for so long.

The one piece of the puzzle that I couldn't quite make fit was my digestion. I was better than I had been, but even after going vegan I struggled with bloating and irregularity. It was at this point that I started to read about raw foodism, a particular kind of diet that included no cooked food at all. Raw foodists constantly raved about their perfect digestion, their newfound energy, their deep sleep, and their robust immunity. I was intrigued, if intimidated. I decided to explore raw foods with the same attitude I'd brought to my vegan experiment: I'd try a couple of recipes, see how I liked them, and refuse to label myself as anything other than "curious."

Raw foods changed my life. They turned me into a better, more creative cook. They boosted my energy. They introduced me to textures, tastes, and preparation methods I'd never tried before. My digestion continued to improve, incrementally at first and then dramatically as time went on. The discomfort to which I'd grown so accustomed started to feel like a thing of the past.

More important, exploring raw helped to transform my relationship with food. I had taken great strides forward in my recovery, but I was still prone to anxiety at mealtime and fearful of certain foods. Going raw helped me to get comfortable with avocados, nut butters, desserts, and other foods that I'd historically deemed too caloric or fattening to enjoy. As I explored raw cuisine, I learned to trust that wholesome ingredients would nourish me, and that numbers mattered less than the quality of what I put in my body. After so many years of assessing a meal numerically, in macronutrients and calories and grams of this or that, raw foodism allowed me to pay attention to the beauty and value of my food.

That summer, I made smoothies with many different and brilliant hues. I put together artful, gigantic, and exquisite looking salads; I chopped, minced, sliced, and chiffonaded my way to a vast array of bright new dishes. I didn't set out to become a "raw foodist," but, as the weeks went by, I hardly noticed the fact that I wasn't eating much cooked food at all. I remember this "raw honeymoon" as one of the happiest times in my life. Like all honeymoon periods, though, it wasn't destined to last forever. After a year of enthusiastic raw foodism, I started to miss my cooked vegan favorites (brown rice and vegetables with tahini dressing, baked sweet potatoes with coconut butter, vegetables roasted with olive oil and sea salt). On top of that, my body was still delicate from my last eating disorder relapse, and I was having a hard time gaining the weight I needed.

Most important, I was starting to doubt some of the fundamental assumptions of

the raw foods movement. A central tenet of raw foodism is that foods cooked above a certain temperature (115°F, according to some; 105°F, according to others) lose their naturally occurring enzymes. If you eat raw food, the logic goes, the enzymes in the food will aid in the digestive process, sparing your body effort that can be directed toward healing and regeneration instead. It's a very compelling idea, but the more research I did, the more flaws I uncovered (we'll talk more about enzyme theory on page 43). I was also developing discomfort with the raw food community's emphasis on "detox," juice fasting, and other extreme diets. I'd gotten into raw food because it felt celebratory and joyous. This culture of abstinence and restriction was anything but, and it reminded me of the disordered thinking I'd worked so hard to overcome.

I took a step back—and for me, a step forward. Rather than adhering to strict raw foodism for the sake of it, I decided to refine my relationship with raw foods in a way that would make sense for me. I continued to create and savor a lot of raw meals and recipes, but I stopped identifying as a "raw foodist" (a label that had never fit me perfectly, anyway) and I welcomed more cooked vegan favorites, including more grains and legumes, back into my life. I found an effortless balance between the raw foods I so naturally gravitate toward, and the warm dishes that keep me grounded and add nourishment and heft to my diet. This is the diet that makes me thrive, and it's the diet that I continue to eat—and love—today.

At the start of this evolution with vegan and raw foods, a good friend of mine sug-

gested that I start a food blog. "You're so passionate," she said. "Why not share that?"

She had a point: I was incredibly passionate, and I was also starting to accumulate an impressive collection of recipes. I liked the idea of sharing them, and of showing others that my diet—which might seem a little "out there" at first—was actually accessible, intuitive, and fun. I thought back to how intimidated I'd felt when I first began to explore vegan cooking (and later, raw food preparation). And I realized that I had a different perspective to share: the perspective of a young, busy, working person who hadn't grown up in the kitchen and wasn't a natural chef, yet who managed to create satisfying and tasty food in spite of it all. Food that just so happened to be all vegan and mostly raw.

This was the start of my blog, *Choosing Raw*. At first, it was small and intimate, read only by family and friends. As the weeks went by, though, the blog grew, and I realized that many other men and women could relate to parts of my story. I began receiving a steady stream of e-mails, many inquiries about my diet and how I ate. An idea that had been germinating for some time—the notion to begin an education in nutrition—became more compelling. I began pursuing a clinical nutrition degree from a naturopathic school at night. It didn't take me long to fly through the coursework, and very soon I was a practicing nutritionist, working remotely with clients around the world. It was an incredibly exciting moment for me: I had a chance to put my passion for nutrition into action, and, more important, I could help others to find the balance and joy that had eluded me for so long in the realm of food.

Choosing Raw

I'm often asked "why is the title of your blog *Choosing Raw* if you eat cooked food?" In other words, what does being "raw" mean to me?

The answer is that I'm not a raw foodist, not in the traditional sense of the word. "Raw foodists" are usually people who eat 100 percent (or close to 100 percent) raw food diets, and raw food diets consist only of foods that haven't been heated above a certain temperature (105°–115°F). Since I'm a great fan of stir-fries, roasted vegetables, and cooked grains, I certainly don't meet the criteria for "raw foodist." "High raw" is a term used to describe diets that are close to all raw, but not quite; depending on who you talk to, this might mean anywhere from 75 to 95 percent raw. That term describes me a little better, but it's still not quite right, since I sometimes eat less than 75 percent raw food—especially when I'm traveling or eating out.

In the end, the easiest way to describe my relationship to raw foods is to say that I'm a raw foods enthusiast. Raw foods have helped to make my diet more nutritious and creative, and they've influenced my culinary style tremendously. But I don't adhere to any particular percentage of raw vs. cooked, and I don't eat raw foods out of a sense of obligation. For me, the words "choosing raw" signify not a 100 percent raw foods lifestyle, but an overall approach to eating. Choosing raw means eating foods that are a little closer to the earth. It means minimal food preparation. It means dishes that are simple, nourishing, and whole. It often means raw food dishes, but it doesn't have to.

I want you to approach raw foods as a choice too. One way to begin your explanation of raw food is to remember that you're probably eating quite a few of them already, even if you're not thinking about them that way. Guacamole, gazpacho, salads, slaws: These are all raw, or mostly raw, foods. You can use these recipes to whet your appetite for raw food, and, if you like the way they make you feel, then you can continue to explore new ingredients and techniques. You can enjoy a raw recipe or a green smoothie without feeling pressure to commit to a 100 percent raw foods lifestyle. Being a raw foods enthusiast isn't an all-or-nothing prospect.

In this book, you'll find 125 recipes. All of them are vegan. Some of them are raw, and some of them are cooked. Some include a mixture of raw and cooked ingredients; it's okay to mix and match warm and cool foods without feeling as if you're breaking the rules. I'll start by sharing fifteen "essentials"—recipes I return to again, again, and again, along with a sampling of juices, snacks, and dressings that are staples in my kitchen as well. Then I'll share breakfasts, lunches, and dinners that I've divided into three levels. Level 1 presents vegan interpretations of such familiar classics as enchiladas, a breakfast scramble, and a hearty curry dish. Level 2 continues to feature vegan interpretations of dishes you may know and love already, such as risotto, but it also features some raw food recipes and techniques that will help you to freshen up your meals. Level 3 presents you with a wide array of creative yet accessible raw food dishes, including carrot and zucchini "pappardelle" and

Mediterranean cauliflower “rice.” You don’t have to move from level 1 to level 3—all of the recipes in this book are wholesome and healthy. But as you progress through the recipes, I hope you’re inspired to step outside of your culinary comfort zone, to give raw food a chance, and to embrace the tremendous versatility of vegetables.

I’ve also formulated twenty-one flexible, easy-to-customize meal plans. The plans aren’t prescriptive, and I don’t intend for you to follow them to the letter. They’re meant to give you an overall sense of how you might mix and match cooked and raw vegan food to create a lifestyle that is nutritionally bal-

anced. Once you get the hang of things, I know you’ll be able to branch out and start eating intuitively, perhaps adding some of your own recipes as you go along.

Before we get to the food, I’ll walk you through the basics of healthy vegan nutrition. I’ll explain exactly what raw foods are, why I enjoy them so much, and how they differ from regular vegan cuisine. I’ll also address some of the most common myths and misconceptions surrounding vegan and raw food. I hope that you’ll feel empowered and informed by the information I share.

Without further ado, let’s start choosing raw.

Choosing Raw



PART I

The Why

THERE ARE HUNDREDS OF REASONS TO CONSIDER ADDING MORE vegan and raw foods to your diet. I tend to think of them as falling into two major categories: health and compassion. Health includes the ways in which plant foods might benefit your body and help to protect you from chronic disease. Compassion includes respect for our animal neighbors and an effort to tread lightly on mother earth.



CHAPTER 1

Your Health

IN 2009, THE AMERICAN DIETETIC Association, now the American Academy of Nutrition Dietetics, released a new position on vegan and vegetarian diets. It stated that vegetarian diets are associated with lower risk of death from ischemic heart disease (the type of heart disease that's caused by hardening of the arteries). It went on to say that vegetarians and vegans have, on average, lower LDL, lower blood pressure, and lower rates of hypertension and type II diabetes than do nonvegetarians. Vegetarians have lower overall BMIs and lower overall cancer rates.¹

This came as good news to plant-based eaters everywhere. For a long time, vegan diets had been regarded with doubt by some health practitioners, and certainly by the public at large. As recently as seven years ago, I was often told in passing that I couldn't get complete proteins as a vegan, or informed that I'd need to eat animal fats if I ever

wanted to get pregnant, because fetal brains can't develop without them. As misleading as these claims are, they have a strong hold on popular imagination. Fortunately, the new ADA position, along with increasing research on the long-term effects of veganism, are helping to change our understanding of vegan nutrition. Nowadays, we know that it's possible to be a strong, healthy vegan for life, and that a plant-based diet may offer us protection against some of Western society's gravest diseases.

Cholesterol, Saturated Fat, and Heart Disease

No matter who you are or what you eat, your life has probably been touched by heart disease. It's the leading cause of death in the United States, claiming about 600,000 people every year (about one in four deaths, according to the CDC).² There are many

factors involved in the development of heart disease, but risk factors include high blood pressure, high levels of LDL cholesterol, diabetes, and smoking. While it's possible to have a strong genetic predisposition to getting heart disease, lifestyle changes can make a big difference too.

You've probably heard that of the two types of cholesterol. LDL, or "bad," cholesterol, tends to build up on the inner walls of arteries, causing the "plaque" that can lead to a heart attack. HDL, or "good" cholesterol, on the other hand, is actually associated with a lower risk of heart attack. All cholesterol is not created equal, and in fact, very low cholesterol levels have been associated with depression and anxiety. The goal is not to make your cholesterol levels disappear, but, rather, to keep them within an advisable range and also to be sure that the ratio of total cholesterol to "good" (HDL) cholesterol is low. It's this ratio, more than any other measurement, that seems to be the best indicator of heart attack risk.

Vegans and vegetarians have, on average, lower levels of total cholesterol and LDL cholesterol than do nonvegans. And as far as that ratio of total cholesterol to LDL cholesterol goes, one examination of seventeen studies of Western populations between 1980 and 2003 showed that vegans had a better ratio than lacto-ovo vegetarians, pesco-vegetarians, and omnivores.³ The risk of death from heart disease among vegans is also lower; one study showed it to be a whole 24 percent lower.⁴ If heart disease runs in your family, adopting a whole foods, plant-centric diet is one of the most potent

choices you can make to live a long, happy, and heart-healthy life.

Heart disease often comes hand in hand with type 2 diabetes, which is another epidemic in Western nations. Type 2 diabetes is particularly responsive to lifestyle changes—in particular, dietary changes—and, as it turns out, veganism has a protective effect here too. Studies comparing Seventh-Day Adventists, who consume largely vegan diets, to lacto-ovo-vegetarians and omnivores have indicated that vegans' risk of developing Type 2 diabetes may be about one-third of omnivores'.⁵

Macronutrients, Micronutrients, and Phytonutrients

What accounts for the remarkable benefits of a plant-based diet? Is it only the fact that plant-based eaters avoid excess animal protein and fat? Or do plant-based foods also have unique properties that can enhance our health? As it turns out, vegetables, fruits, legumes, and grains, which are the foundation of plant-based diets, have plenty of health-strengthening properties. Plant foods are often spoken of as being "nutrient dense"—which is just a way of saying that a particular food has a very high concentration of nutrients. These include macronutrients (protein, carbohydrates, and fat) and micronutrients (vitamins and minerals). Plant foods are particularly rich in micronutrients. Leafy greens provide us with vitamins A and K, as well as calcium, iron, and protein. Red bell peppers and grapefruit provide us with vitamin C. Sweet potatoes are brimming with vitamins A and C, as well as vita-

min B6. Bananas are rich in potassium and magnesium, which help to keep our electrolytes balanced (and our body hydrated). Sunflower seeds and avocados are full of antioxidant vitamin E, which is a powerful anti-inflammatory agent. Quinoa—that magical grain seed so beloved in the vegan community—is rich in protein, magnesium, and folate. One would be hard-pressed to find fruits, vegetables, nuts, seeds, or whole grains that aren't rich in some essential vitamin or mineral.

Plants also boast phytonutrients, which have gotten quite a bit of attention in recent years for the role they may play in helping to reduce the risk of disease. Phytonutrients are the chemical compounds that give vibrant color to fruits and vegetables. On average, populations of people who consume a lot of phytonutrients tend to have lower rates of chronic illness than populations that don't. You've probably heard the name of a few notable phytonutrients before; lycopene, found in tomatoes, watermelon, and grapefruit, has been linked to a lower risk of prostate cancer. Lutein, found in green leafy vegetables, may help guard us against cataracts. Flavonoids, which include catechins and hesperidin, may help to guard against various kinds of cancers. Phytoestrogens in soy and flax are associated with a lowered risk of bone loss and a lower risk of endometrial cancer in women. Phytonutrients are *only* found in plant foods. The more plants you eat, the more phytonutrients you'll consume.

Among their many promising actions, phytonutrients can help to reduce bodily inflammation. While the word *inflammation*

suggests illness, it's actually a natural part of your body's own defenses. When you get a cut and notice that the skin around it becomes red and swollen, this is inflammation at work. Blood flow to the injured area has been increased, and cells that help us to defeat pathogens are being shuttled in to promote wound healing. Inflammation in response to an injury or traumatic event is known as "acute inflammation." Problems arise when the normally healthy inflammatory response outstays its welcome, a condition called chronic inflammation. It can lead to disease, compromised immunity, and chronic pain. Chronic inflammation is particularly prominent in autoimmune diseases, such as rheumatoid arthritis, Hashimoto's thyroiditis, or Crohn's disease. But it plays a role in more commonplace complaints, such as asthma and seasonal allergies too, and it has even been implicated in cancer growth and coronary disease.⁶

Scientists are still struggling to understand the origins of excessive inflammation, as well as to figure out why it's more prominent in Western nations than Eastern ones. What we do know is that nutrition plays a significant role in mitigating inflammatory responses. The foods most likely to promote inflammation are refined sugar and grains, dairy, trans fats, animal fats, foods that are excessively high in omega-6 fatty acids (more about these on page 37), caffeine, and alcohol. Meanwhile, the foods that seem to cool inflammation's fires are fruits, vegetables, nuts, seeds, olive oil, whole soy foods, and green tea—foods that are conveniently abundant in a plant-based diet.

Systemic inflammation can wreak many

kinds of havoc in the body, and one of its possible side effects is the elevation of cortisol levels. Cortisol is a glucocorticoid, a hormone that increases the amount of glucose in our blood. Glucose gives us energy when we're under stress or in a crisis; it helps us to move, react, and think quick, so we want our bodies to be able to access it quickly. The problem is that many of us are so stressed—whether from work, our personal lives, or poor diet (known as nutritional stress)—that we have continually high levels of cortisol. Chronically elevated cortisol levels can lead to fatigue, weight gain (especially around the middle), infertility, digestive disorders, and depression. Cortisol leaves you feeling “tired but wired”—dragging your feet all day, but struggling to fall asleep at night because your mind is racing.

How do we lower cortisol? Yoga, meditation, chanting, abdominal breathing, and speed walking can all help. If you can't make time for these activities, rest assured that you can still take preventive action against elevated cortisol by avoiding foods that are associated with it. These are, not surprisingly, the same foods that trigger inflammation: refined carbohydrates, foods with imbalanced fatty acid profiles, animal fats, caffeine, and alcohol. Meanwhile (and not surprisingly) phytonutrient-rich diets—full of fruits, vegetables, nuts, seeds, and legumes—are associated with lower cortisol levels.

Good for the Gut

Of all of the healing properties that plant-based diets offer, I take particular excite-

ment in their potential to help manage digestive illnesses. GI problems are by far the most common health challenge I come across as a nutritionist. In particular, I see a lot of IBS, or irritable bowel syndrome, which is the diagnosis I received as a teen. IBS is a complicated condition, and a constellation of factors are usually to blame, including bacterial imbalance, motility problems, and stress. The good news is that, while there doesn't seem to be a single dietary “cure” for IBS, vegan diets can be especially helpful. This is largely because they're high in fiber, and adequate fiber intake is crucial for managing the condition. Fiber is a dietary superstar: it's associated with a lower risk of type 2 Diabetes, obesity, and even cancer. Fiber helps to reduce plaque buildup in our arteries, sweeping through them like a broom. And of course, fiber is crucial for maintaining regularity and optimizing digestive health. The USDA recommendation for adult fiber intake is 25 grams per day for women and 38 for men, but the average American consumes only 15 grams daily. Why? Because so many foods that are common in the standard American diet, including soda, animal proteins, and refined carbohydrates, have little or no fiber at all. Transitioning to a plant-based diet—especially one that emphasizes raw food dishes—can help to flood your diet with fiber, ultimately keeping your system regular and healthy. (At first, fiber can cause a little bloating or discomfort, so start with a small increase and take it from there.)

An additional benefit of adding plant-based, fiber-rich foods to your diet is that they'll help you to maintain a healthy bal-

ance of bacteria in your gut. Our bodies are outnumbered ten to one by bacteria—a figure that may sound horrifying but is actually nothing more than a reflection of the natural symbiosis we’ve established with the microbes that surround us. We tend to think of bacteria as harmful, but the bacterial colonies that live on our skin and in our gut help to keep us healthy; they aid in digestion, detoxification, and bolstering our immunity. It’s possible, though, for nasty bugs to crowd out the good ones, and, when this happens, GI disruption is a common symptom. To keep these bacteria in balance, it’s important to eat foods that allow good bacteria to flourish and harmful bacteria to be minimized. Plant-rich diets, especially those that include the occasional helping of fermented veggies (such as kimchi, sauerkraut, or tempeh) can be helpful allies in maintaining the precious ecosystem of your digestive system.

Plant-Based Diet and Cancer

While the evidence for the advantages of a plant-based diet when it comes to gut health or protection against coronary disease is pretty well established, the relationship between plant-based diets and cancer is promising, if significantly more complex. Each type of cancer is different, so it’s impossible to lump “cancer prevention” into a single category. And while it’s tempting to believe that we can control our cancer risk altogether with lifestyle changes, cancers are deeply mysterious, and we don’t yet understand how each one of them interacts with diet. What we do know is that certain kinds of cancers certainly do seem to respond

well to wholesome dietary choices and an active lifestyle. Higher fruit and vegetable consumption is associated with a decreased risk of breast cancer—especially estrogen receptor-negative breast cancer.⁷ Red meat and processed meats are associated with a higher risk of colorectal cancer, while a Mediterranean diet—rich in legumes, vegetables, and polyunsaturated olive oil—may have a beneficial effect.⁸ Further research is needed, but some preliminary data suggests that low fat, vegan diets and reduction of refined carbohydrates may help to prevent prostate cancer, and cruciferous vegetable intake is associated with lower prostate cancer risk as well.⁹ In fact, more and more evidence seems to be pointing to phytochemicals as having a protective effect against cancers of all kinds.

A “Whole, Real Foods” Approach

All of these facts present a strong case for the benefits of vegan diets. But are *all* vegan diets healthy? Is there such a thing as an unhealthy vegan diet?

Sure. Or rather, there are vegan diets that are more wholesome or less wholesome (I hesitate to use the word *unhealthy*, which is too black and white for my liking). If you shape your diet around processed snack foods, sugary desserts, fried foods, and faux meats at the expense of fruits, vegetables, nuts, seeds, grains, and legumes, you may not experience all of the health benefits we’ve been talking about as readily. I like to encourage what’s called a “whole foods” vegan diet: a diet that’s centered around foods in their whole form. This includes

whole grains, rather than refined flours; fresh fruits and vegetables, rather than canned; homemade meals, rather than frozen dinners; whole nuts and dried fruits, rather than protein bars with thirty-odd ingredients. Eating this way will be more nourishing for your body, and it will help to reduce your taste for sugar, fat, and salt, all of which tend to be abundant in processed foods (both vegan and nonvegan).

But of course, it's important to treat the "whole foods" philosophy realistically. It's all well and good to fantasize about a world in which we all create literally everything we eat from scratch (and grow it and farm it too!). But this isn't a realistic option for most of us. Life is hectic, and we all do the best we can. Plus, how do we define a "processed food?" Is store-bought almond milk a processed food? What about commercially made hummus? Fruit and nut snack bars? BPA-free canned beans? Tempeh? A healthy, organic frozen veggie burger? These foods all make frequent appearances in my diet, and they make it a lot easier for me to eat healthily when I'm busy. If we start to eschew literally everything that's undergone processing, we'll find ourselves with no snack foods when we're on the road, no options at airports, a scant list of choices at restaurants, and nothing to help us out in the kitchen when we're in a rush.

So, while I certainly advocate an "eat real food" approach, I don't think that some processed foods or vegan treats are going to kill you. In fact, I think that certain foods, such as vegan "cheese," veggie burgers, or frozen dinners, may help you to make a successful transition into plant-based eating,

which may bring long-term benefits into your life. (For more on transition foods, see Chapter 8, "Getting Started.") The goal is simply to eat whole, plant-based foods most of the time.

This is where I tend to find raw foods particularly helpful. When I got into raw food, I learned how to create salad dressings, nut milks, dips, spreads, and many other sorts of recipes from scratch. It shifted my emphasis from products to ingredients. Of course, there are ways to explore a whole foods ethos without getting into raw. But raw foods make it easy, colorful, and fun. Vegetables often serve as the centerpiece of raw food dishes (such as cauliflower "rice" or zucchini "pasta"), which means that "uncooking" (as some people like to call raw food preparation) is a useful lesson in crowding out the refined carbs and convenience foods we all tend to get overly reliant on, and replacing them with vegetables instead.

If you do spend any time exploring raw foods, you'll notice that they're often spoken of as the ultimate solution to each and every health woe. Raw websites promise you glowing skin and lustrous hair, boundless energy and graceful aging. These promises aren't unique to raw food circles: vegan diets on the whole are too often presented as health panaceas. While I'm as enthusiastic as anyone about the health potential of a plant-based diet, I find such claims problematic. It's wonderful that we can minimize the risk of so many kinds of chronic diseases through what we eat. But no matter how hard we try, we can't turn diet into a silver bullet prescription. And in spite of the fact that veganism can be an

incredibly healthy diet, there is no conclusive evidence that it is the *only* healthy diet. Research supports the idea that a number of dietary approaches can be healthy and support longevity. But it casts a particularly favorable light on diets that are abundant

in fruits, vegetables, nuts, seeds, legumes, grains, and healthy, polyunsaturated fats. Veganism is one of them. And I believe it is the diet that best allows us to protect our health while also preserving the lives of our animal neighbors.



CHAPTER 2

Beyond the Plate

EARLY IN MY VEGAN YEARS, I MADE almost a conscious point not to identify myself with veganism from an ethical standpoint. I'd leave the ethical stuff to other people, I thought, people who had calendars of baby animals on their bedroom walls, who fostered homeless kittens and took in stray dogs. I'd leave it to the hippies and the "angry vegans." Me? I wasn't touching ethics with a 10-foot pole. I'd stick to talking about the health benefits, the glowing skin, and the delicious recipes. Not the animals.

Now that animal rights are the defining feature of my relationship with veganism, I look back on that attitude with a mixture of amusement and embarrassment. I'm not sure why it took me so long to consider animals in my food choices. Part of it was the fact that I, like a lot of people, harbored a certain stereotype of "animal rights vegans"—angry, judgy—and didn't want to be associated with it. Part of it was fear of feel-

ing like an impostor. To jump into the ethical argument after so many years of being uninterested felt odd to me, like trying on a costume.

The final reason, and the most significant one, was that I simply was not accustomed to considering other living beings in my food choices. Eating had always been so fraught with stress and anxiety; these feelings didn't leave a lot of space for overall conscientiousness about the ethical, humane, and environmental dimensions of the food I ate. Interestingly enough, it was in developing more awareness as a consumer—particularly with regard to animal welfare—that I was able to develop a joyous, meaningful, and lasting relationship with food.

If you're reading this book primarily because you want to achieve lasting health, great. That's a wonderful reason to explore vegan food, and my goal is not to force a certain ethical perspective on you (or anyone).

But my veganism became richer when I started to consider how my choices as a consumer fit into a larger web, a system of food production that stretches far beyond me and my plate. It would now be impossible for me to talk about the lifestyle without describing this shift, and why it happened.

“It’s Not All About Having a Perfect Bowel Movement”

A few years into my vegan journey, I visited the Woodstock Farm Animal Sanctuary, a place where abandoned and abused farm animals are able to live out their lives in peace and safety. I was volunteering at a fund-raising event, but I had some time to walk through the farm, observe the animals as they went about their lives, and appreciate their personalities. For the first time, the strangeness of keeping animals in captivity to produce food we don’t need to eat hit home. It was unsettling.

Later that day, Woodstock FAS’s director, Jenny Brown, gave a keynote speech as her guests dug into piping hot, fragrant plates of food. “At the end of the day,” she said, “it’s not all about having the perfect bowel movement. This is about the animals.” I chuckled. Jenny might as well have been speaking to me directly. Of course, I felt no shame that I had explored veganism for healing. But in almost consciously ignoring animal issues, I’d been keeping my heart blocked off to a kind of awareness that would ultimately enrich my experience of being vegan. Nowadays I like to say that I went vegan for my health, but I stay vegan for animals.

Funnily enough, as soon as I became a

little more open to animal rights—or simply a perspective that took animals into account—it started to feel incredibly common sense to me. You don’t have to identify as an animal activist or even an animal lover to believe that animals should be spared pain, suffering, and captivity. Animals have consciousness, the ability to feel pain, and the capacity to form social bonds. Many animals also have a sense of self-awareness, as well as the ability to imagine a future. Anyone who has spent time around animals has witnessed these qualities in action. If you’ve ever had a companion animal (such as a dog or a cat), then you know that animals can suffer just as keenly as we do. You also know that they can rejoice, experience pleasure, and form deep, loyal, and abiding attachments. The pigs, cows, goats, turkeys, and other animals we keep on farms throughout this country are no less conscious than the pets we love so dearly in our homes. So why are we so able to accept that they suffer and die in conditions we’d consider absolutely appalling—and even immoral—for dogs, cats, or horses?

A traditional response to this question would be that we need animal foods to survive. But the fact is that we don’t. Vegan diets have been shown to be completely safe, both short term and long term, so long as one has access to a B12 supplement (which we’ll discuss soon). Given this fact, and because we can see plainly that farming animals for food causes them to suffer incredibly, isn’t it our duty to respect them with our food choices?

Another way of thinking about this question is this: yes, we could eat meat. But given the world in which we live, should we?



Let's talk about that world. About 58 billion land animals die each year in factory farms and slaughterhouses. The USDA report on animal slaughter for 2012 states that 49.6 billion pounds of red meat were produced in 2012. This includes 33 million cows, 113.2 million hogs, and 2.18 million sheep.¹ And these numbers, mind you, are for the United States alone. This is a staggering amount of death for meat, a food that, eaten in excess, can increase one's likelihood of developing high blood pressure, heart disease, and type 2 diabetes. A food that we do not have to eat in order to be healthy.

The idea that animal farming is cruel is hard to accept if you grew up, as I did, with all sorts of idealized visions of what life on a farm is like. I spent my childhood summers in New Hampshire, where my father's family

lived, drinking glasses of cold milk from the dairy farm down the road. I assumed that farm animals were cozy, well fed, and that they grew to a comfortable, advanced age before they somehow, magically, became food. The fantasy, sadly, is nothing like the reality. Here's a very small glimpse of what life on an average factory farm is like for a number of different farm animals.

Pigs

The average factory farm pig is born and promptly undergoes painful procedures—such as castration or the removal of its tail—without anesthesia. It proceeds to spend life biting at the cage behind which it lives, along with hundreds of others. Pigs that don't bite at their cages often bite off each others' tails;

depressed and helpless, most pigs allow this to happen. Pregnant pigs are kept in “gestation crates,” with no more than a few millimeters in which to move before and after they give birth. Baby pigs that are sickly or weak are often clubbed to death or slammed into the ground.

Cows

Cows who are destined to be killed for beef spend their lives crowded together, up to their knees in their own excrement. Cows are ruminants, which means that their digestive system is meant to digest grass. And yet these cows are typically given a diet of soy and corn, which makes them sick. These cows typically live to the age of 24 or 36 months, at which point they’re hung on a conveyor belt and then killed with a stun gun.

As grim as the lives of the average steer is, dairy cows are arguably worse off. These cows are continually impregnated so that they can produce milk. After they give birth, they’re forcibly removed from their babies, who are then sold for veal or shipped to neighboring farms, where they will one day be slaughtered. Dairy cows are forced to produce so much milk that their udders frequently become infected and often degenerate early, at which point the cows are killed for leather or meat.

Chickens

Broiler chickens on factory farms are kept in sheds so crowded that the ammonia from their waste often burns the chickens’ eyes.

They’re given a diet that helps them to reach a mature weight in one third of their natural growing time. Rapid growth often leads to skeletal deformities, and many broiler chickens struggle to walk. At birth, their beak is seared off to prevent them from pecking at each other; this process, carried out with a hot blade or a laser, leaves the chickens in agony for weeks, and many starve to death afterward because they’re unable to eat.

Egg-laying hens are packed into tiny cages, in which they can die of asphyxiation or dehydration. If they don’t die and rot in their cages, they proceed to produce eggs at a rate so fast that their bones decline rapidly. “Spent hens,” whose bones are breaking from so much egg production, are either transported to be killed, or gassed or composted on site. In one California farm, 30,000 live hens were fed into wood chip-pers. Egg laying hens die at staggering rates; in 2012, an estimated 8,576,194 chickens were killed for food in the United States.²

Baby male chicks, who are less valuable than female chicks because they can’t produce eggs, are frequently ground up, or “masticated,” after they are hatched.

What About “Certified Humane,” Grass Fed, and Local Animal Foods?

Ten years ago, when I told people I didn’t eat meat, the usual answer was, “Yeah, I wish I could do that, but I just can’t give it up!” Today, what I usually hear is some version of, “Well, my meat is grass fed/local/certified humane, so it’s okay.”

Is it okay? Why don’t we all just boycott

factory farms and eat local, organically farmed meats, dairy, and eggs instead?

Well, to start, such labels as “humane” or “grass fed” may not tell us the whole story. Yes, you can establish a nice rapport with a farmer at the farmers’ market, but a number of individuals invariably end up caring for animals on a farm, and it’s hard to know precisely what goes on to make the operation efficient. On many so-called humane egg laying farms, male chicks are still killed or sold as broiler chickens. Additionally, such terms as “free range” are essentially meaningless; many of the eggs labeled this way come from farms where animals are still cramped into tiny spaces. While it’s nice to fantasize about dairy that’s produced without cruelty, we often forget that dairy cows are almost always sold as beef when they stop producing milk. Even if you purchase dairy that is “local and organic,” you still may be supporting slaughter with your dollar.

Beyond all this arguing about how animals die, we often lose sight of the fact that animals die. And if they don’t, they spend their natural lives in captivity, often torn from their offspring. Some farms arrange for animals to have much higher quality of life and more humane deaths than others. This is, of course, better than what happens on a factory farm in the sense that less suffering is involved. But even small farms bring animals into the world and then kill them for unnecessary human consumption. I struggle to justify eating animal food when a simple B12 vitamin ensures that we can have rich, long, healthy lives without them.

Finally, eating animal foods—even those

from more humanely oriented farms—serves to validate consumption of animals to the outside world. You may be willing to pay top dollar for grass fed, organic animal products, but that level of concern is not shared universally, and the demand for cheaper options persists. No matter how idyllic it is, the farm-to-table model, with the tiny, idealized farms it presents to our imaginations, may not be adaptable to a planet of over 7 billion people and growing. And so, for as long as we rely on animal products to sustain ourselves, there will be pressure to do it bigger and with more efficiency, which will mean more slaughter and more suffering. I’d personally rather do my part to show the world that life without any animal foods at all can be delicious, abundant, and peaceful.

The Environment

Animal suffering isn’t the only non-health-oriented reason to eschew animal foods. Plant-based diets also have the potential to lessen a lot of the depletion of global resources and the environment that’s so problematic today.

Most of us feel concern about global warming and the environment. We recycle. We use glass instead of plastic. We watch nature documentaries and donate money to organizations that protect endangered species. We ride bikes to work and organize car-pools. But there’s arguably one choice you can make that will benefit the environment far more than all of these actions taken together: switching to a plant-based diet. The food you eat is every bit as consequential to the environment as whether or not you

choose to bike or drive to work, if not more so. In 2010, the UN commissioned a report on consumption and production, which included an assessment of land use and fossil fuel consumption. One of the study's conclusions was this: "Impacts from agriculture are expected to increase substantially due to population growth, increasing consumption of animal products. Unlike [with] fossil fuels, it is difficult to look for alternatives: people have to eat. A substantial reduction of impacts would only be possible with a substantial worldwide diet change, away from animal products."

It's estimated that agriculture is responsible for over 10 percent of US energy consumption, and about 17 percent of fossil fuel use.³ Globally, it's responsible for 70 percent of freshwater consumption, 38 percent of total land use, and 14 percent of the world's greenhouse gas emissions. While plant agriculture represents a part of that figure, a very disproportionate amount of energy consumption is due to the meat, poultry, and dairy industries.⁴ Why? Because raising animals, keeping them captive, and transporting them uses up land and carbon emissions. But so does growing and transporting all of the grains—soy and other crops—that are grown to feed the animals that are slaughtered. In other words, animal agriculture is doubly expensive in its consumption of resources.

We tend to think about energy consumption in terms of fossil fuels we burn, which then lead to CO₂ emissions that destroy our ozone layer. But animal agriculture is also a culprit behind two other kinds of emissions: methane and nitrous oxide. Though

they remain in the atmosphere for less time than carbon dioxide, they are in many ways more powerful greenhouse gases. Pound for pound, methane has a twenty times greater impact on climate change than carbon dioxide over a hundred-year period,⁵ and nitrous oxide has a global warming potential that is up to 310 times greater than carbon dioxide's.

Seventy-four percent of nitrous oxide emissions come from agriculture, mainly from crop fertilizer. Rough estimates suggest that more of these emissions are from animal agriculture than plant.⁶ If you're wondering where methane emissions come from, prepare yourself for the unsavory truth: They come from the stomach of ruminants, such as cows, and from animal waste. As cows digest corn, soy, grain, and grass (yes, even grass), they emit methane by belching and passing gas. That methane emissions from agriculture in 2003 totaled 182.8 million tons of CO₂ equivalents says a lot about how many cows are held captive in factory farms. Methane and nitrous oxide are also emitted by the manure reservoirs and lagoons that result from mass-scale pork and beef production.

Critics of vegan diets often note that, if we were to phase out animal agriculture, we'd need to increase plant production, which would still consume fossil fuels. But even if we did, we wouldn't be growing any plant crops to feed to animals on factory farms. And we also wouldn't be creating enormous amounts of methane from animal waste, or using nitrous oxide to fertilize animal feed. That alone would remove a significant burden on our atmosphere.⁷ And of course, it's

worth thinking about the implications of feeding billions of pounds of grain and soy to animals, when about 870 million people—one in eight—are suffering from malnourishment. It has been estimated that 2.6 pounds of grain feed are used to produce every pound of beef. How much land and how many crops could be directed toward people, both in developed and developing countries, if they weren't bound up in animal agriculture?

It's also been estimated that, if you re-

duced the animal product intake in your diet to 20 percent (just 7.7 percent less than the national average of 27.7 percent), it would have the same environmental impact as switching from a typical sedan to a hybrid vehicle.⁸ A few meatless dinners per week alone will reduce your environmental footprint dramatically. Such small changes, when made by many people, will have a tremendous difference when it comes to the environment.



PART II

The What

THIS SECTION WILL GUIDE YOU THROUGH THE BASICS OF ADDING more vegan and raw foods to your life. In chapter 3, we'll go over the fundamentals of vegan nutrition. In chapter 4, we'll talk about raw foods, and what makes them unique. In chapters 5 and 6, I'll answer some frequently asked questions and address common myths and misconceptions surrounding plant based diets.



CHAPTER 3

Vegan Nutrition

PLANT-BASED EATING CAN FEEL LIKE A seismic shift at first, but the truth is that planning a healthy vegan diet isn't so different from planning any kind of healthy diet. You'll want to get a balance of complex carbohydrates, healthy fats, and protein. You'll need to be mindful of your calcium and iron intake, especially if you're a woman. You'll have to take a vitamin B12 supplement.

That's it. Nothing too crazy. And in fact, the only piece of advice in that list that differs from how you'd plan any kind of healthy diet is the bit about B12, which we'll get to. Vegan diets require a little bit of reading and research at the very start, but that's not because they're so much harder to manage than omnivore diets. It's only because they're new to most people.

Protein

Every vegan dreads the inevitable question: "Where do you get your protein?" As exasper-

ating as this moment can be, it's a natural inquiry. Most of us grew up associating "protein" with chicken, turkey, or meat. Where do plant foods fit into all of this?

Vegans get their protein from nuts and seeds, hemp, chia, grains, soy foods, and vegetables (which have a lot more protein than you think). Maybe you know this already, but, even if you do, you might still be wondering how much protein, exactly, you need. The AANP recommendation for protein—that's the dietetics gold standard—is that women get 0.8 grams of protein for every kilogram of body weight. That said, plant protein can be a little harder to assimilate than animal protein, which means that it's not a bad idea to go with 0.9 grams per kilogram body weight, or 0.4 grams per pound.¹ For a 145-pound woman, this would mean about 58 grams per day.

Will you wither away if you get less than this? Probably not, and, depending on your

circumstances, you may feel fine getting a bit less than the 0.9 gram guideline. But a lot of people do feel more vibrant when they get ample protein, even if they weren't aware beforehand that they weren't getting enough. Keep in mind that protein adds up quickly. Suppose you start your day with a bowl of warm quinoa (or Quinoa Breakfast Pudding, page 175), a tablespoon of peanut butter, a tablespoon of flax meal, and a ½ cup of berries. You just ate 15 grams of protein—and you probably didn't have to think that hard about it.

It's always good to get protein from whole foods sources, but a high-quality plant-based protein powder may be helpful to you for a boost. I often use protein powder—usually hemp or brown rice—in my smoothies, and consider it a convenient and easy solution when I'm busy or traveling. A lot of protein powders are stuffed with artificial colors and sweeteners, so be discerning about what you choose; hemp, yellow pea, or rice protein is best. You can find a list of my favorite protein powder brands on page 74.

What About “Complete Proteins?”

Protein is made of amino acids. There are twenty-one amino acids in the human body. Of these, we can assemble twelve biologically. The remaining nine must be obtained from food. We call foods that contain all of the essential amino acids “complete proteins.”

Animal proteins are naturally complete. For a while, it was thought that vegans and vegetarians had to make a special effort to combine different foods in order to get all

nine amino acids at each meal. (One well-known example is the combination of beans with rice). It's not a bad idea to pair these foods together; getting variety within each meal is always wise from a nutrition standpoint. But recent studies have shown that vegans don't actually need to eat all of the amino acids with every meal in order to obtain adequate amounts of complete protein. The key is to eat varied meals overall. On top of that, certain vegan foods are already complete protein sources. They include quinoa, soy, hemp, amaranth, buckwheat, and chia seeds. Combine these nutritious foods with a steady rotation of beans, grains, greens, and you'll be well on your way to healthily meeting your protein needs.

Carbs

Poor carbs. They are the bugaboo of the nutrition world nowadays. They've been vilified by Atkins, spoken of with extreme suspicion in paleo camps, and now certain health writers would have us all believe that they and they alone are what makes Americans fat and causes our brains to decline.

The truth is, of course, more complex than this. Carbohydrates are our first line of energy, so it should come as no surprise that grains and legumes are the foundation of many global diets. Grains and legumes boast protein, iron, manganese, tryptophan, and countless other nutrients. They're packed with fiber, which helps to keep our digestive tract healthy. If you choose the right grains—whole grains, or grain products that are made with discernment—they'll provide you with sustained, slow-releasing energy.

In short, there's really nothing to fear about this food group. Which begs the question: why is everyone so carb-phobic?

The main issue is that the carbs we know today often bear little or no resemblance to the carbohydrates that have helped to sustain civilization since about 7,000 BC, when flax, wheat, and millet were first cultivated around the Euphrates River. In the 1950s, wheat was bred to be shorter and hardier in an effort to combat drought and global hunger. It worked, but it also meant that the gluten content of wheat was increased. At the same time, products once made with whole grains, including breads and cereals, were developed with refined flours instead (these are what remain after wheat germ has been stripped from the grain, and it's primarily starch, minus nearly all of the grain's nutrition). Refined grains are more likely to cause rapid spikes in blood sugar, and today, they're associated with diabetes, high triglycerides, high cholesterol, obesity, and heart disease.

You, the consumer, have the ability to seek out wholesome, nourishing whole grains instead of heavily refined ones. Saying that all grains are bad because some wheat products are excessively processed or sugary is like saying that a piece of fresh fruit is as questionable as a fruit roll-up. Carbohydrates will give you energy, nutrients, and they'll help you to feel grounded and full—an important consideration if your diet contains a lot of raw foods.

What About Gluten?

Gluten seems to be on everyone's mind these days. With diagnoses of celiac disease

climbing, and wheat being named as the culprit behind inflammation, weight gain, acne, psoriasis, eczema, osteoporosis, digestive illness, and a slew of other health complaints, it's hard for us all not to wonder if we'd be better off avoiding the stuff as a matter of course.

Gluten is a protein that's found in wheat, barley, and a number of other grains. Some people cannot digest it at all, and, when they consume it, their body mounts an autoimmune response that destroys the small intestinal lining and can also impact fertility, bone health, and joints. This autoimmune response is also known as celiac disease, and strict avoidance of gluten is the only proper treatment. Some individuals don't test positive for celiac disease, but they still feel lethargic, achy, or bloated when they consume gluten, and find that removing it from their diet makes a profound difference. This is known as nonceliac gluten sensitivity, and it tends to encompass a spectrum of severity (unlike celiac disease, which is a more black-or-white diagnosis). Still other folks, including a lot of people with IBS or digestive travails, digest the sugar in wheat poorly, so they find that eliminating wheat can be helpful.

For every client of mine who has removed gluten and improved, I've also seen many who avoid it like the plague, only to confess that it hasn't really made a difference. At that point, gluten avoidance is more of a hassle than a health advantage, so it's worth approaching the choice to eliminate gluten carefully. Commercial muffins, cakes, and sugary cereals do the body no good, but that doesn't mean that all forms of gluten are

equally insidious. Barley, farro (an ancient form of wheat), bulgur wheat, and sprouted-grain products can be nutrient dense and healthful.

If you're worried about gluten, chat with a knowledgeable health-care provider about your options. The only surefire way to diagnose celiac disease is with a biopsy of the small intestine, but a number of blood tests can screen for celiac disease quite sensitively, which is a good place to start. After that, you and your health-care provider can discuss how to proceed. It's more than possible to be a vegan who avoids gluten, especially because so many wholesome grains and grain flours on the market today are gluten free. But eating gluten will extend your range of options, so it's worth gathering some information before you make the choice to eliminate it altogether.

Fats

Like carbs, fat has been at the fore of many a nutrition discussion. Dietary fat plays an important role in our well-being. It adds flavor to food, increases satiety after a meal (which prevents overeating), gives us metabolic energy, and is important for the absorption of fat-soluble vitamins A, D, E, and K. While a few important studies have established that a very low-fat diet (10 percent or less of daily calories from fats) can reverse and prevent heart disease among people who were formerly eating mainstream diets, there is little evidence to show that such an approach is unconditionally necessary for good health. Meanwhile, many studies indicate that certain kinds of fats, including

omega-3 fatty acids (which can be found in flaxseed and chia seed) and monounsaturated fats (such as olive oil and nuts) are associated with reduced inflammation, lower rates of heart disease, and reduced risk of type 2 diabetes.

Not all fats are created equal. Just as there are high-quality and low-quality carbs, there are high- and low-quality fats.

Polyunsaturated Fatty Acids (PUFAs)

Polyunsaturated fatty acids, or PUFAs, refer primarily to three types of fatty acids: omega-3, omega-6, and omega-9 fatty acids. These are known as "essential fatty acids" (EFAs) because they (like essential amino acids) can only be obtained through diet.

Omega-3 fatty acids are a hot topic these days. More and more, research suggests that omega-3s are beneficial to cardiovascular health.² They've also been shown to have anti-inflammatory effects, and they may even help to fight depression and anxiety. While fish oil supplements (one of the more reliable sources of omega-3s) aren't an option for vegans, there are a number of great, plant-based sources as well. The main ones are flaxseeds, chia seeds, and walnuts.

It gets a little more complicated, though. The foods I just mentioned contain alpha-linolenic acid, or ALA, which is just one type of omega-3 fatty acid. There are two others, EPA and DHA. The body can convert some amount of ALA into EPA and DHA, but not much. As the major dietary source of EPA and DHA is fish, vegans have been found to have relatively low DHA levels. This may be problematic, because DHA is one of the fatty

acids that can help to prevent certain cancers, improve mood and psychiatric health, and aid in fetal brain development.³

The good news is that research has shown that certain species of marine algae can be used to produce supplementary DHA. Today, you can find DHA supplements in capsule form (the Deva brand is great) or in certain protein powders that have been enriched with algae. Though some vegans, especially those who consume quite a bit of walnuts and flax seed, may not need a EPA/DHA supplement, vegan health professionals are increasingly in agreement that taking 300 mg of DHA every day or every few days is probably wise, especially for pregnant women.

The other main type of essential fatty acids, omega-6 fatty acids (also known as linoleic acid, or LA), are plentiful in sesame seeds, sunflower seeds, pumpkin seeds, canola oil, and olive oil, as well as soybean, corn, and safflower oil. Omega-6 fatty acids have become far more abundant in American diets throughout the course of the twentieth century, thanks in part to the overconsumption of soybean oil in processed food products.⁴ Some evidence suggests that omega-6 fatty acids and omega-3 fatty acids compete for the same metabolic pathways, and that eating too many omega-6 fatty acids will prevent the body from converting omega-3 fatty acids into EPA and DHA.⁵ Because omega-6 fatty acids are easy to obtain in the modern diet (through processed foods) but omega-3s are a bit harder to obtain, our ratio of omega-6 to omega-3 consumption has changed dramatically; one estimate is that it has gone from a traditional ratio of

about one or two to one to twenty or thirty to one.⁶ An ideal ratio of may be between two to one and four to one.⁷ As you get started with plant-based foods, it's wise to be mindful of this ratio. Walnuts, flax, and chia can help you to obtain more of those critical omega-3s.

Monounsaturated Fatty Acids (MUFAs)

Monounsaturated fatty acids can be found in various foods and oils, including olive oil, peanut oil, canola oil, avocados, macadamia nuts, cashews, and hemp seeds. Studies suggest that eating MUFAs can help to improve blood cholesterol and keep blood sugar even.

Saturated Fats

Overly high intake of saturated animal fat is also associated with heart disease risk and inflammation, so it's wise to consume it in moderation. Luckily, plant foods are generally low in saturated fats, and the ones they do contain may not be detrimental to health in the same way animal fat can be. The main fatty acid in coconut, called lauric acid, is nearly all saturated, but studies suggest that it isn't associated with the same harmful effects as saturated animal fats.⁸ It may also be anti-inflammatory and antifungal.

Trans Fats

Trans fats are unsaturated fatty acids that have been industrially processed to be more stable. They increase "bad" cholesterol and may contribute to inflammation as well. Whenever you see the words *partially hydrogenated*, this means that you're looking at a product that contains trans fats. Steer clear.

What About Oil?

Oil tends to get vilified in certain vegan and raw circles, but there's no substantial evidence that moderate use of oils, coupled with a wholesome and plant-centric diet, is a health risk. Oils are a part of countless traditional diets, and countries with high consumption of olive oil tend to also have lower rates of heart disease. Of course, people in these countries also tend to eat less saturated fats than Americans do, along with lots of legumes, vegetables, and fruits. It's probably these habits, not the oil, that provide most protection; no one's saying that dipping a piece of bread in a bowl of olive oil is the trick to preventing heart disease! But if olive oil were as menacing as a Big Mac, it's unlikely that so many cultures that rely on it heavily would show epidemiological advantages. A number of studies have shown that diets rich in olive oil contribute to longer lasting weight loss than do low-fat diets.⁹

Oils aren't particularly nutrient dense, but certain oils, such as flax or hemp, offer us those crucial EFAs, whereas others, such as olive oil, contain polyphenols that fight inflammation and possibly even help to manage pain.¹⁰ Because oils are so caloric, it's wise to use them with discretion. But unless you have a health condition that specifically demands it, there's no reason to avoid them. Fortunately, a small amount of oil goes a long way in cooking, so moderation is very manageable.

Calcium and Iron

Most new vegans I know spend a little too much time worrying about their protein

intake and often spend too little time thinking about calcium, a crucial mineral. And along with the dread questions about protein, some well-meaning folks may ask vegans, "How do you get enough calcium?" Or (more likely) "how do you get enough calcium without dairy?"

It's simply not true that you need dairy to get adequate calcium. Dark leafy greens are a major calcium source. Legumes, nuts, seeds, blackstrap molasses, tofu, broccoli, and fortified foods (such as commercial almond, oat, hemp, or rice milk) are also great sources of calcium. Here's a handy list of vegan foods that are calcium rich:

- Navy beans
- Black beans
- Great northern beans
- Tofu (prepared with calcium sulfate)
- Soybeans
- Tempeh
- Almond milk (fortified)
- Almonds and almond butter
- Sesame seeds
- Tahini
- Blackstrap molasses
- Dried figs
- Raisins
- Collard greens
- Broccoli
- Kale

Adult women are advised to get about 1,000 milligrams of calcium daily. If you eat the above foods on a regular basis, it will be more than possible for you to meet your needs. Unfortunately, some research suggests that vegans tend to skimp on calcium,

and that they have a higher risk of bone fracture as a result. This may be simple oversight: new vegans are inundated with advice on how to get adequate protein, but calcium may slip through the cracks. Floating around the vegan community are also some misleading ideas about calcium and its relationship to pH (I address these on page 53). But the good news is that vegans who consume as much calcium as nonvegans have the same risk of bone fracture.¹¹ So there's no need for any vegan to have compromised bone health; you simply need to be mindful of how much calcium you're getting.

One side note for raw foodies: fortified nut milks are one of the easiest ways for vegans to get calcium in their diet. If you make all of your nut milks from scratch, that's great, but, if you struggle to consume enough calcium-rich foods, you may want to consider using a mixture of homemade and commercially sold nut milk. I usually use organic, commercial, unsweetened almond, hemp, or soy milk in smoothies (or when I'm too busy to make nut milk at home), but I almost always use the homemade stuff in my raw muesli (page 155), or when I eat raw granola or fruit in the morning.

Absorption

Getting adequate calcium isn't quite as simple as eating calcium-rich foods. To absorb calcium, we need adequate amounts of vitamin D; 80–90 percent of the vitamin D we need comes from direct sunlight, but most of us wear sunscreen and work indoors. As a result, we rely on vitamin D in our diet too.

There are two forms of vitamin D: D2

(ergocalciferol) and D3 (cholecalciferol). Vitamin D3 is derived from animal sources, whereas D2 is usually made from yeast. While D3 stays active in the body longer than D2, they're both effective. It's not hard to find vegan D2 supplements, and a few vegan D3 supplements are now on the market as well. Whether or not you need to consider a vitamin D supplement is something you should chat about with your health-care provider; if your D levels are ever low or if you have a history of osteopenia or are at significant risk for it, then you may be a candidate. If so, you won't lack for vegan options.

Iron

Iron, like calcium, can be a little tricky to get a hold of as a vegan. In addition to this, the kind of iron found in plant foods (non-heme iron) isn't quite as easily absorbed by the body as is the heme iron found in animal foods. For this reason, vegans might want to get a little more iron than do nonvegans. Additionally, women need a little more iron than men because of blood loss through the menstrual cycle each month. The recommended daily iron intake is 18 milligrams daily for premenopausal women and 8 milligrams for men and postmenopausal women. Recommendations have been issued to vegetarians that are higher (1.8 times higher in one case), but if you maximize iron-rich foods in your diet and take care to avoid eating them with coffee or tea to enhance absorption, it's unlikely that such a discrepancy between plant-based and non-plant-based eaters is necessary.¹²

There are plenty of good, vegan iron

sources. Dark leafy greens—including spinach, chard, kale, bok choy, beet, and turnip greens—are rich in iron. Some of the other sources include:

Blackstrap molasses
Lentils
Soybeans
Quinoa
Tofu and tempeh
Black beans
Kidney beans
Black-eyed peas
Dried apricots
Raisins
Tahini/sesame seeds

Once again, whether or not you need to consider an iron supplement in addition to eating a variety of these iron rich foods is a conversation you should have with your health-care provider. Keep in mind too that our body absorbs iron better when we're also eating vitamin C. So it's a great idea to throw some citrus fruit or fennel into your bed of dark leafy greens!

Vitamin B12


Vitamin B12, also known as cobalamin, is the one vitamin that vegans have to supplement no matter what.

Vitamin B12 is made by bacteria. Cows and other ruminants both supply their own B12, thanks to the bacteria who live in their upper intestinal tract, and they often ingest it in the grass (and bits of soil) they eat, as do other land and marine animals. Consequently, fish, shellfish, meat, eggs,

and yogurt all contain a lot of B12. Back in an era where we didn't clean our food so thoroughly, when our soil was less sanitized, and when most human beings spent their days outside tilling the land, we may have been able to get the B12 we need through freshly picked plant foods. But in our ultra sanitary culture, we simply don't expose ourselves to enough bacteria to get B12 without eating animal products.

Non-dairy milks, nutritional yeast, and some other vegan foods are fortified with B12, but that isn't always enough to ensure adequacy. Low B12 levels can lead to depression, anemia, weakness, and GI symptoms. Taking a B12 supplement—as little as 25 to 100 micrograms daily—is most likely enough to prevent a deficiency, though larger doses (1,000 micrograms daily) are commonly recommended. B12 supplements can be labeled as cobalamin, cyanocobalamin, or methylcobalamin, and any of them will do the trick if you take them regularly, but it's thought that methylcobalamin may be the most efficiently assimilated of these three.

Vegan critics love to insist that the fact that vegans have to take B12 is evidence that our diets are fundamentally “unnatural”—that is, they're not the diet that we evolved eating. I'm more interested in the diet that makes sense for us in the context of our present world than I am in eating exactly as we did in the distant past, but, even in the context of evolutionary history, the fact that vegans have to supplement B12 isn't a reflection of how natural our diets are. Vegans have to take B12 because we live in a world in which bacteria doesn't run amok, not because vegan diets are an affront to nature.



And as it turns out, vegans are not the only people who develop B12 deficiencies in the United States. As much as 15 percent of the population have suboptimal levels of B12. Older folks are particularly susceptible—so much so that all people over the age of fifty are advised to supplement.

No matter what sort of food you like to eat, if you choose a plant-based diet, then you'll need to be mindful of the nutrients just discussed. That said, raw food diets (or diets that are inspired by raw food recipes) are a little different, and it's worth saying a few words about what makes them unique.



CHAPTER 4

All About Raw Food

RAW FOODS ARE TECHNICALLY FOODS that have not been heated above 115°F, though some people go by 105°F, others, 118°F. The idea behind this is that all foods contain naturally occurring enzymes, which are denatured (made inactive) above 115°F. Our body produces digestive enzymes of its own, but raw foodists claim that, if we preserve the naturally occurring enzymes in our food, those enzymes will assist in digestion, sparing our body stress and effort.

In theory, this all sounds so . . . right. But the reality is more complex. Enzymes from food can assist in digestion, but their role is mostly preliminary. When you chew your food, enzymes (for instance, the bromelain in fresh pineapple) are released and can help break down food. This process continues from your mouth into the upper portion of the stomach, which has a pH of about 4.5 to 5.8. As food descends into the lower portion of your stomach, however, pH lev-

els drop to about 1.8—a harshly acidic environment—and enzymes become denatured, or rendered inactive. They're then broken down and digested just like any other protein you've eaten. They may play a helpful role in the early phase of digestion, which is why people with an impaired digestive system often benefit from taking digestive enzymes with their food. But since the vast majority of digestion and assimilation takes place in the small intestine, the action of food enzymes may be less critical than raw proponents suggest.¹

In the absence of enzyme theory, it makes sense to ask why anyone would bother eating raw food. My answer is that the benefits of raw food go far beyond enzymes! Raw foods are hydrating, rich in fiber, and full of antioxidants. They're innovative, colorful, crispy, and fresh. There's a qualitative difference between raw and cooked food, which may be why many ancient traditions,

including Ayurveda and Traditional Chinese Medicine, draw a distinction between the two and their impact on the body. For all of my skepticism about some of the miraculous claims associated with enzymes, I feel differently when I eat more raw food: more energetic, more inspired by my food. From a nutrition standpoint, there is truth to the idea that certain nutrients are depleted through the cooking process. B-complex vitamins are sensitive to heat, as are some antioxidants, including vitamin C. Cruciferous vegetables, such as kale,² lose antioxidant activity, and some beta-carotene content, when they're cooked. This isn't true for all nutrients, and it's certainly not the case that all cooked food is inferior to raw. In fact, cooking can release antinutrients, such as oxalates, which block absorption of iron and calcium. It can also help to break down plant cell walls, which increases the availability of some phytochemicals. (Cooking tomatoes, for example, decreases their vitamin C content, but it also activates lycopene, which is one of their cancer fighting compounds.) So there are tradeoffs when it comes to cooking vs. not cooking, which is why it's advisable to eat a diet that includes both raw and cooked foods.

The Difference Between Vegan and Raw Foods

Of course, most of us have a lot more experience cooking our vegetables (roasting, steaming, stir-frying) than we do eating them raw. Getting into raw food taught me to flex my creative muscles, and it showed me that a lot of vegetables I only ate cooked—

including asparagus, beets, and spinach—could be absolutely delicious in their raw state. My culinary range expanded when I got into raw food, and I developed a greater appreciation of ingredients, a more sensitive approach to food preparation. There's something very powerful about consuming vegetables and herbs in their "naked" form; colors seem brighter, textures sharper, flavors more distinct. I emerged from my first few raw food experiments feeling as though I'd forged a more intimate connection with food, and that connection has lasted.

It's not always easy to discern how raw foods differ from regular vegan foods. Here's a quick list of the ingredients that comprise raw food diets:

- Raw and gently heated (<115°F) vegetables
- Sea vegetables (wakame, arame, hijiki, dulse, nori)
- Raw fruits
- Dried fruits
- Sprouted grains
- Sprouted legumes
- Nuts and seeds/nut and seed milks
- Condiments (apple cider vinegar, nama shoyu, miso, nutritional yeast, coconut aminos—not all of these are strictly raw, but they're fairly standard in raw cuisine, especially when used in moderation)

What isn't included are cooked vegetables, cooked grains, cooked legumes, or most commercial or processed foods. Sometimes this is a really good thing (for example, when it's helping us to avoid artificial sweeteners, really long ingredient lists, questionable food additives, and so on). Sometimes the

distinction makes less sense: hummus, oatmeal, vegetable soup, and baked sweet potatoes are decidedly not raw, but all of these are perfectly healthful foods. I personally find sprouted grains and legumes harder to digest than cooked ones.

Balance Is the Key

The basic principles of vegan nutrition apply to raw vegan diets as well, but there are some particular challenges involved. Without tofu or tempeh, protein options are a little more limited. While some raw foodists do eat sprouted legumes and grains, these foods are generally more sparse in raw diets, which can further limit protein and calories. If you do choose to gravitate toward more raw foods, you'll need to take care to get a lot of hemp seeds, chia seeds, nuts, and green leafy vegetables to get adequate protein. It may be helpful for you to also use a high-quality, raw vegan protein powder, such as hemp, brown rice, or sprouted pea.

Another challenge of eating a raw food diet is that it's hard to get a lot of protein without also getting a lot of fat. When nuts become your primary protein source, you have to eat quite a few of them, and, in so doing, you can easily throw your macronutrient balance a little off kilter. No matter how well your body handles ample amounts of fat (and I speak as someone who thrives off nuts, seeds, avocados, and oil), there's still something to be said for everything in moderation.

Balancing raw food with cooked food can be the answer to this dilemma. Suppose you have a breakfast that's all raw and a little

higher in delicious, healthy fat (such as my Cashew Banana Yogurt on page 203). For lunch, you might want to focus on something that's a little lower in fat and higher in protein, like a legume, grain, or soy-based meal (perhaps my Apricot Quinoa and Mint Salad on page 158, or my Easy Red Lentil, Sweet Potato, and Coconut Curry on page 167). If you serve a rich raw entrée for dinner (such as the Raw Lasagna on page 224, or Zucchini Pasta with Cashew Alfredo, page 107), you can serve it with some simple steamed greens and cooked lentils, sprinkled with lemon juice and my homemade Gomasio (page 129). This is not to suggest that you should feel squeamish about fat! But I do want you to understand how you can incorporate more of the richer raw recipes into your routine without feeling as though you've suddenly started to eat nuts for breakfast, lunch, and dinner. The meal plans on pages 85 to 89 will give you a very good sense of how to balance your plate with a combination of raw and cooked ingredients.

As with any healthy diet, folks who eat a lot of raw food need to be mindful of their calcium and iron intake. This is especially important because some raw leafy greens—prime calcium and iron sources—contain oxalic acid, which can block our body's absorption of calcium and iron. Light cooking decreases oxalic acid and therefore enhances calcium absorption, which is a good reason to consider lightly steaming some of your greens. If you prefer to eat your greens raw, seek out lower oxalate greens, such as broccoli, bok choy, dandelion greens, collard greens, kale, mustard greens, napa cabbage, turnip greens, and watercress. Raw

foodists who make all of their own nut milks should also keep in mind that fortified, commercial nut milk is an easy source of calcium on a vegan diet, and, without it, it's more important still to be mindful of calcium intake. Sesame seeds and tahini, kale, broccoli, chia seeds, dried figs, and Brazil nuts are all good raw food sources of calcium.

The True Magic of Raw Cuisine

Once you have a sense of how to approach raw food healthfully, you can begin exploring its many wonderful culinary offerings. If you ask me, the real magic of a raw food diet is in creamy, unusual dressings, dips and sauces, as well as a couple of handy preparation methods (sushi rolls, collard green wraps, slicing vegetables to look like “pasta” threads). In fact, I tend to think about raw food not in terms of “recipes” (though I do have some tried-and-true recipes that I love) but rather in terms of “templates.” There are a bunch of preparation methods that you can modify endlessly to create a surprisingly diverse array of meals. Here are the methods I rely on most when I’m making raw food at home:

- Green smoothies
- Salads
- Slaws
- Collard green wraps
- Spiralized zucchini “pasta”
- Raw sushi rolls
- Blended raw soups
- Zucchini or cucumber roll-ups (see page 219)
- Chia pudding
- Raw romaine leaf “tacos” (see page 191)

I’ll walk you through all of these techniques in my recipe section. Once you’ve mastered the basic lineup, you’ll be able to modify them in all sorts of different ways.

Naturally, raw food doesn’t have to be quite this basic. In fact, some of the most impressive raw food—the kind you can order at raw food restaurants all over the country—is quite a bit more complex. A lot of it requires the use of a dehydrator, which can extend the preparation time for a raw recipe over several days. Because a food dehydrator is a significant investment (see page 75 for my recommendations if you’re ready to take the plunge), and because I’m an impatient cook, most of my raw food recipes don’t demand the use of a dehydrator. The ones that do are typically snacks: kale chips, dehydrated fruit or veggie chips, and raw granola. If you’re inspired to make more “gourmet” raw food dishes, then there are a great many incredible resources out there. But for the most part, the food in this book will reflect the kind of simple dishes I make at home.

As you can see, I have a pretty relaxed approach to raw food. Unfortunately, there’s a lot of dogma in the raw food world, which can make such an approach nearly impossible. Try not to get overly caught up in teeny tiny details (such as whether or not your almonds are really raw), or become overly rigid about trying to eat a certain amount of raw food each day. These sorts of fixations aren’t necessary, especially since the evidence we have supports the idea that a raw/cooked balance is healthy. Instead, focus on having fun, on discovering new techniques, and on appreciating the ingenuity of raw food recipes.

CHAPTER 5

Frequently Asked Questions About Raw and Vegan Food

WE'VE ALREADY COVERED THE BASICS of raw and vegan nutrition. Here are some of the most common questions I'm asked about this lifestyle.

Do I Need Many Fancy, Expensive Kitchen Tools to Explore Raw Food?

No. You can explore vegan and raw food with nothing more than a good set of knives, an inexpensive mandoline or vegetable slicer, and an open mind. Many of my favorite vegan and raw food dishes are salads, slaws, sandwiches or wraps, and simple cooked grains. None of them require any fancy appliances.

Of course, you'll widen your range of options if you're willing to invest in a couple of

key appliances. I think that food processors, for example, are hugely helpful kitchen tools no matter what sort of diet you eat. They'll allow you to effortlessly chop and shred vegetables, puree nuts and beans (to make hummus, for example), and quickly chop up dried fruits and nuts for snack bars. Blenders can be had for a reasonable price, and they'll allow you to effortlessly make raw soups and smoothies.

Ultimately, you may become interested in a high-speed blender (such as a Vitamix) or a food dehydrator. These two gadgets can help you take raw food preparation in particular to a new level. But they're definitely not essential for exploration, and you'll still have tons of options without them.

I'm Very Active. Will Raw Foods Be Able to Support My Lifestyle?

While many athletes, yogis, and runners seem to thrive on a high raw diet, there's no reason to adhere to strict raw foodism while you train. By all means, load up on your favorite raw recipes, nutrient dense smoothies, and big salads. But you'll probably find that whole grains and legumes provide you with a lot of the energy your body needs to perform and recover too.

For guidance on athletic performance with vegan and raw food cuisine, I highly recommend *Thrive* and other titles by Brendan Brazier, a professional ironman triathlete.

I've Heard About Soaking and Sprouting Nuts and Seeds. What Is This, and Is It Hard to Do?

Nuts and seeds contain enzyme inhibitors, which can be difficult to digest. Soaking the nuts helps to neutralize these inhibitors, and it also initiates the sprouting process, which enhances the nuts' nutrition. Of course, soggy nuts are no fun to eat, so I really only recommend this if you're blending the nuts up into a nut pâté (see recipe on page 101), a pesto, or a dressing. For everyday snacking, it's fine to eat them without soaking.

What About Grains and Legumes? Do They Need to Be Soaked and Sprouted?

The good news about soaking and then sprouting grains and beans is that it enhances their nutrient density by removing certain antinutrients, which can block our absorption of the vital minerals in these nutritious foods. The bad news about eating

soaked and sprouted grains or beans, rather than cooked ones, is that they don't taste all that great (not in my opinion, anyway!). And though some folks find sprouted grains and beans easier to digest, I actually find them to be much *harder* for my delicate GI system to handle.

My solution is to soak legumes and grains, but cook them afterward. That way I can maximize nutrition while also achieving an appealing texture and taste. If you want to try soaking, sprouting, and eating them raw, go for it. A simple Google search will lead you to many handy online tutorials.

What Do You Think About Fruitarian, or Mostly Fruit Diets?

Some raw foodists, who are often known as fruitarians, consume fruit only, whereas others follow a protocol called "80-10-10," in which one gets 80 percent of calories from carbohydrates, 10 percent from protein, and 10 percent from fats. While this way of eating seems to work for some, my feeling is that fruitarianism is a very restrictive way to live. It may not provide enough of the protein and complex carbohydrates that you need to stay fueled, nor the range and variety that seems to contribute to health and longevity. If you're considering this type of diet, be sure to chat with a health-care provider first.

How Much Fat Is Too Much on a Raw Food Diet?

Because strict raw foodists consume relatively few or no grains, legumes, and soy foods, a great deal of their overall energy tends to come from nuts, seeds, oils, and

avocados. For this reason, it's not uncommon for raw foodists to get 35 to 50 percent of their caloric intake in the form of fats. This may work for you, and it may not. As you explore raw food, you can adjust the amount of fat you eat based upon what works for you.

For what it's worth, the USDA recommendation for adults (age nineteen or older) is for total fat intake to comprise 20 to 35 percent of their total calories. Less than 10 percent of calories should be from saturated fatty acids (though some health professionals have argued that this number is high). Of course, this isn't a rule: It's just a guideline, based upon what works for most people.

I've Stopped Getting My Period on a Raw Food Diet. Is This Normal?

There is nothing normal about not getting a period—unless you're pregnant or in menopause. It's not unusual to miss a month or two when you're under significant amounts of stress, but chronic amenorrhea is your body giving you a warning sign that's something's amiss, and it's definitely something to discuss with your doctor.

According to one study, a shocking 30 percent of women under the age of forty-five who were on raw food diets reported complete or partial amenorrhea. The higher raw their diets were, the more likely the amenorrhea.¹ It's likely that these women were simply not eating enough calories. They may also have been getting enough calories (from fats), but not enough variety overall. Studies like this are yet more evidence that you should consider adding raw foods to your diet without limiting yourself to them.

Do I Need to Incorporate Juicing into My Diet?

You can, but you definitely don't have to. Vegetable juice is a quick and delicious way to incorporate more greens into your routine! It makes a wonderful afternoon snack or prebreakfast drink. But since most plant-based eaters consume a ton of leafy greens already, you certainly don't have to invest in a juicer to reap the benefits of these powerful vegetables.

If you are curious about investing in a juicer, check out my recommendation on page 76, as well as my favorite juice recipes on page 112.

What's the Difference Between Blending and Juicing? Is One of Them Better for You?

There's a long-standing debate about whether blending or juicing is better for health. While the two methods are different and have different benefits, it's not necessary to choose between them.

When you juice fruits and vegetables, you remove the fiber. The advantage of this is that it makes it incredibly easy for you to digest and assimilate all of the wonderful micronutrients in the juice (vitamins, minerals, antioxidants). The downside is that fiber slows absorption of sugar into your bloodstream, so it's possible to get a little sugar spike from drinking juice, especially if it's on the sweeter side.

As with so many nutrition questions, this all comes down to personal preference and individual needs. Because juice is easy to digest and assimilate, it's a good option for

people with a delicate digestive system. For folks who have sensitive blood sugar, blending may be a smarter option. Blended drinks, such as smoothies, are also more filling than juices, so they're much more suitable as a meal replacement.

What Do You Think About Juice Fasting?

While I'm a big fan of fresh fruit and vegetable juices, I'm not a fan of juice fasting. Unless you have a health condition that requires intermittent fasting, there's nothing

you'll gain from fasting that you won't gain from eating healthfully. In the meantime, fasting can damage your metabolism, contribute to erratic eating patterns, and also start to reinforce disordered, restrictive thinking about food.

If you've been eating more than a usual amount of indulgences, and you want to give yourself a break, that's fine: Just focus on simple meals and lots of veggies for a couple of days. But depriving yourself of the food your body needs won't help you to find balance.

CHAPTER 6

Myths and Misconceptions

ANYONE WHO IS CURIOUS ABOUT NUTRITION is sure to encounter a lot of “noise” out there, online and in books. It can be hard to separate the wheat from the chaff. Here are my responses to some of the most common myths and misconceptions about vegan and raw foods.

Raw Food Detoxes

It's commonly said that, as you begin to eat a vegan diet, you'll go through a “detoxification” process, during which your body will clean the years of dairy and meat out of your system. Symptoms attributed to this “detox” include headaches, fevers, skin eruptions, and bloating. Fear not: There's no evidence whatsoever for this claim. Of course you might have some hiccups as you make the transition to a plant-based diet: at first, the

amount of fiber you're eating might lead to a little bloating or gas (this can be exacerbated by the fact that certain plant foods, such as beans or broccoli, contain sugars that are hard to break down). You may not be used to feeling lighter after meals, and that may lead you to feel hungry more often. If you haven't quite mastered how to eat adequate amounts of fat and protein with plant foods, you may feel a little sluggish, tired, or headachy.

The good news is that these problems will either normalize with time, or can be addressed with some simple dietary tweaks.

Vegan Diets Are Expensive and Difficult to Maintain

It's an unfortunate misconception that vegan diets are privileged and exceptionally expensive. In fact, veganism is what you make of it.

As with any way of eating, you can go vegan on the cheap, or you can approach it with more gourmet tastes. If you'd like to treat yourself to specialty ingredients, such as superfood powders or fancy raw chocolate, you certainly can. But the foundation of a vegan diet consists of affordable ingredients, such as whole grains, legumes, local produce, and nuts and seeds by bulk.

Sure, produce can be expensive, but it's no more expensive than high-quality fish, meat, or cheese. Plant-based proteins, including tofu, tempeh, lentils, beans, and quinoa, are far more cost efficient, per pound, than animal proteins are.

If you're exploring raw recipes and purchasing a lot of nuts and seeds, keep in mind that shopping in bulk bins at health food stores, or ordering in bulk online, can help to offset these costs substantially.

Being Vegan Is a Nice Idea, But It's Just Too Much of a Hassle in Restaurants

See page 81 for more on restaurant dining. It can be a little tough to eat vegan when you go out, but it's getting easier and easier. With a little creativity, confidence, and an open mind, you can find options on most menus.

Being Vegan Is Just Too Hard for the Average Person

It certainly doesn't have to be. Consider this:

You wake up. You make a bowl of rolled oats with some sliced banana and a scoop of peanut butter for breakfast. Or you blend up a cup of commercial almond milk, a fro-

zen banana, some almond butter, and some spinach in a blender and drink it on your way to work.

At lunchtime, you walk from your office (or your campus) to the nearest salad joint and order a big salad with lots of veggies, some black beans, some raw nuts or seeds, and vinaigrette. Or maybe you get a cup of lentil soup and a side salad. Perhaps you've brought lunch instead: a wrap (whole grain or collard leaf) with some hummus (store-bought or homemade) and veggies.

As a snack, later in the day, you have a handful or two of trail mix and a piece of fruit.

For dinner, you defrost some leftover stew from your freezer and eat it with a salad you whip up at home. Maybe you make a HLT (hummus, lettuce, and tomato) sandwich on sprouted-grain bread. Or maybe you eat another nutrient-dense salad, full of fixings. Maybe you've got some zucchini hummus and quinoa lying around, so you mush them together and add some steamed greens. Maybe you make a stir-fry with tempeh and some organic, frozen mixed vegetables (ready in less than ten minutes). A little while after dinner, you eat some dark chocolate.

There you go: that was a day in the vegan life. As you can see, it wasn't painful, and it wasn't hard. In this day and age, vegan living is accessible and fun; you simply need to open your mind to a new set of options. For more meal plans, turn to page 85.

Vegans Are Always Weak, Delicate, and Sickly

One need only take a glance around the vegan community—blogs, cookbooks, ath-

letic meetups, gyms, and potlucks—to see that the vegan community is full of individuals who are strong, fit, more than adequately nourished, and thriving. While it's true that, on average, vegans have lower BMIs than omnivores, the vegan community encompasses a wide variety of shapes and sizes.

Protein Is a Myth. Just Eat Plants, Man

The idea that we need to get enormous amounts of protein, all of it from animal sources, is a myth. And as things stand, we probably have more health problems due to excessive protein consumption in this country than we do health problems that result from a protein deficit. But protein's not an inconsequential concern, either, and as you transition to a plant-based diet you may find that you need to give a little extra thought to the amount of protein you eat. Try keeping loose track of your protein intake for a few days. If you're consistently below the recommended guidelines (covered on page 33), then go ahead and boost your intake.

If You Eat a Well-Rounded Diet, Then You Don't Need Any Supplements

It's ideal to get most of our nutrition from diet, and you shouldn't rely on supplements as a replacement for real food. Even if you're eating a well rounded diet, however, along with fortified foods, you still need to take a vitamin B12 supplement. Low B12 levels can lead to anemia, depression, and memory problems. It's a serious deficiency, and

there is no reason to put yourself at risk (see Chapter 3, page 40, for more on B12).

When it comes to other nutrients, such as omega-3 fatty acids, calcium, and magnesium, you'll need to evaluate things on a case-by-case basis. Some folks have absorption issues that make supplementation necessary. Women with histories of disordered eating or amenorrhea may want to take a calcium supplement to help protect against osteopenia (premature bone loss). No pill can stand in for the nutrition that food provides, but taking a strict antisupplement stance is short-sighted, and it may compel you to overlook important, individual needs.

Vegans Don't Need to Worry About Calcium Intake, Because They Eat a More Alkaline Diet

Perhaps you've heard that certain foods are acid forming once you digest them, and others are alkaline forming. To wrap your mind around the idea of pH, you'll need to travel back in time to high school chemistry, when you learned about the pH scale. This scale, which ranges from 0 to 14, measures how acidic or basic (alkaline) a substance is. Anything below 7 is considered acidic, and anything above 7 is basic, or alkaline. Nearly all of the enzymes that are necessary for biological function are optimally at a pH of 7.4. (Acidic digestive enzymes are an exception.) Any overall rise in bodily pH (alkalosis) or dip in pH (acidosis) is indicative of a major health crisis. Our bodies have a number of mechanisms in place to keep that pH range steady, because normal metabolic function and physical exertion can release acidic by-products.

Certain foods may also be acid-forming; these foods include meat, cheese, refined starches, coffee, alcohol, and some grains.

In the midnineties, a theory emerged that linked bone degeneration to acid-forming diets. There is some evidence that, when confronted with excess acid, our body may draw on mineral salts, including calcium, to neutralize the acid load,¹ leading to bone and muscle wasting. A number of researchers concluded that acidic diets therefore contribute to bone loss, and that vegan and vegetarian diets, which are lower in acid-forming meat and dairy, are better for bone health. The theory seemed to be validated by the fact that some studies of hip fracture showed that North Americans and Europeans (who eat more animal foods) were more at risk than Africans or Asians. Follow-up studies showed that people who consume more acid-forming diets had higher levels of calcium in their urine,² and that high-protein diets (which are presumably more acid-forming) were correlated with lower bone density.³

In recent years, however, evidence has suggested that these findings may not tell the whole story. Hip fracture rates aren't entirely conclusive (cultural factors, including balance, may impact the risk of fall), and a number of recent studies have failed to adequately establish a link between protein and bone loss.⁴ In fact, some contemporary research suggests that protein may protect the bone matrix.⁵ Because vegans do not have lower rates of bone fracture (in fact, the opposite is true), there is no reason to believe that they don't need the same amounts of dietary calcium as omnivores do.

Human Beings Were Meant to Be Vegan Because We Have a Long Digestive Tract

According to this theory, the fact that human beings have longer digestive tracts is a sign that we're natural herbivores; meat takes a long time to digest and "rots" in the gut, so carnivorous animals must have short digestive tracts, not long and windy ones. As much as I wish this were true—because let's face it, it's a fun talking point—it's not quite right. Meat can take a while to digest, because it's rich in fats, which slow down the digestion process. These fats also send signals of fullness to our brain, which is why meat can be so filling (and why people who have just switched over to a vegan diet often feel a pleasant sensation of "lightness" after they eat).

"Rot" is defined as "to undergo decomposition from the action of bacteria or fungi." Meat gets broken down by hydrochloric acid in your stomach, along with everything else you eat, which ensures that bacteria and other pathogens are killed off. Meat may feel heavy to us, but nothing is rotting in there. On top of this, most evidence suggests that human beings evolved as omnivores (though this doesn't mean that we can't thrive as vegans in the modern world).

All Vegans Eat Is "Fake Meats" and Processed Foods. It's Better to Eat "Real Food," Paleo, or the Nourishing Traditions Diet

Saying that all vegans subsist on faux meat and fake food is like saying that all omnivores eat a SAD diet: it's an unfair gener-

alization based on only a small sampling of eating habits. Some vegans enjoy faux meats, sure—along with processed snacks. But a huge number of vegans eat whole foods, minimally processed diets as well. If you want to eat processed food, you can do so no matter what sort of diet you choose; vegans are no more fond of it than is anyone else. In my whole time as a member of the vegan community, I've seen very few of the infamous "junk food vegans" that nonvegans are so fond of scapegoating.

If you want to eat a lot of processed food, you can do so no matter what sort of dietary orientation you follow. You can eat fast food hamburgers and cheese that comes out of an aerosol can, or you can eat faux chicken patties and soy cream cheese (for the record, soy cream cheese is a lot less scary than the stuff in the aerosol can). Vegans aren't any more inclined, by and large, to eat junk food than any other demographic.

Faux Meats Are Gross—And Hey, Aren't They Pretty Unhealthy Too?

Well, first let's define "faux meat." I've heard some people refer to tofu and tempeh this way, which isn't really fair. These are wholesome foods that have been cherished and prized in Asian cultures for hundreds of years (in their own right, not as a stand in for chicken or steak). Tofu is simply coagulated soy milk, which has been made from soaking, grinding, boiling, and straining dried or fresh soybeans. It's a pretty wholesome product, and nowadays it's easy to find tofu that is non-GMO, organic, and even sprouted. Tempeh is made from soy beans that have been fer-

mented, which helps to make their nutrients more bioavailable, then shaped into cakes. They're very far from Frankenfoods.

As for faux meats—vegan sausages, burgers, taco crumbles, and so on—it's important to remember that these products are intended to help spare animal lives and to provide folks who are inching toward a more plant-based diet with some familiar options. They serve a purpose that goes beyond the realm of nutrition alone. Besides, many of the current offerings are made from really high-quality plant ingredients. A new taco and burger mix, called Neat Meat, is made primarily from beans and nuts. Field Roast vegan sausage is made from seitan (a wheat product), potatoes, and spices. Wholesome veggie burgers, crafted from nuts, beans, whole grains, and even hemp seeds, are now abundant at health food stores. These products have it all: convenience, healthfulness, and a compassionate purpose.

You Can Eat as Much as You Want as Long as It's Raw, and You Won't Gain Weight

Weight loss discussions seem to be divided into two camps: those who believe that a calorie is a calorie is a calorie, and those who believe that it's what you eat, not how many calories you eat, that make you lose weight. Many conventional diet books tell us to track our calories meticulously, while raw foodists claim that you can eat whatever you want, so long as it's raw, and the pounds will melt off. Whom should we believe?

I think the truth lies in the middle of these two philosophies. If you eat a high-caloric

food, such as a pumpkin seed pâté or a handful of nuts, that also has tremendous nutrient density, you'll be more nourished than you would if you were eating a handful of potato chips or Skittles. Healthy fats will keep you full, you won't have a blood sugar spike, and you consequently won't be tempted to overeat later on, which is not the case when you eat refined sugars or many processed foods.

That said, weight loss is still a matter of calories in and calories out; if you eat far more calories than you expend, you're going to gain weight. So even if you're filling up on nutritious raw fare, that doesn't mean you can consistently eat beyond what's healthy for your appetite without seeing some weight gain.

Vegan Diets Are Loaded with Omega-6 Fatty Acids and Not Enough Omega-3s, So They Cause Inflammation and Other Health Problems

We already touched on the omega-6 to omega-3 fatty acid ratio in Chapter 3. Vegan diets are sometimes critiqued for having a particularly imbalanced ratio. The claim is that vegans consume too many omega-6 fatty acids from canola oil, safflower oil, nuts, and seeds, and that they miss out on the omega-3 fatty acids in meat and fish. This critique has always baffled me, because there's nothing essential about canola oil in a vegan diet. Coconut oil and olive oil are fine for baking, while flax and hemp oils are ideal for salads and smoothies. As far as nuts and seeds go, you can balance the omega-6

fatty acids in sesame and sunflower seeds with plenty of omega-3s from flax, chia, and walnuts. It's really not hard to get a decent omega-6 to omega-3 ratio in your diet; it simply demands a little consciousness.

An Oil-Free Vegan Diet Is the Healthiest Diet

There's no robust evidence that moderate use of oils in an otherwise healthy, plant-centric diet is harmful to health. In fact, some oils may have healthful properties. Oil can also make a tremendous difference in cooking, and it's abundant in restaurant food. Trying to avoid it entirely can be the difference between a vegan diet that feels easy and a vegan diet that feels like it's full of restrictions.

If you're trying to lose weight, it's wise to be conscious of oils, since they're very caloric. But strict avoidance may be a lot more trouble than it's worth. For more on oil, see page 71.

It's Essential to Separate Proteins and Starches, Because They Require Different Digestive Environments and Will Cause Bloating If You Eat Them Together

Food combining—the idea that proteins and starches demand different stomach environments in order to digest efficiently and that we should separate these foods temporally when we eat them—is popular in certain raw food circles.

Food combining starts with a true premise: Different enzymes and different parts

of the digestive tract are activated to digest proteins, starches, and fats. Starch digestion begins in our mouth (with salivary amylase, an enzyme that's responsible for the softening and sweetening of a bite of bread as you chew it) and is completed in the small intestine. Protein digestion begins in our stomach, where protease enzymes cleave protein molecules; these molecules are later absorbed in our small intestine. Fat digestion and absorption takes place mainly in the small intestine.

Food combining proponents go on to say that, because different areas of our digestive tract are activated to digest different food groups, we have to eat proteins, fats, and starches separately in order to avoid indigestion. This is where we move from fact to fiction. Sure, different enzymes work to digest different foods, but that doesn't mean we can't eat starches with proteins, or fruits with nuts. Let's say you eat a bite of the Quick Quinoa and Black Beans with Spicy Cilantro Vinaigrette (page 166). As you chew, salivary amylase will break down and soften the quinoa. A tiny amount of lingual lipase will act on the fat too, but not much. When the food reaches your stomach, it will start to be broken down by hydrochloric acid. As this happens, protease enzymes will start to work on the protein molecules from the black beans, cleaving them into smaller molecules that you can assimilate later on. Some of the fats from the oil in the dressing will be broken down too. All of these actions happen at once, as the food you ate gets churned into a giant ball called chyme.

When this mass reaches your small intestine, the sudden drop in pH will signal for

more amylases to be released. The duodenum—the top of your small intestine—is somewhat alkaline, so it neutralizes the acidic chyme. At this point, carbohydrates are broken down and assimilated, along with fats. The proteins that you've already broken down get absorbed as the chyme moves through the small intestine too. By the time the digestive process passes the ileum, you've absorbed most of the nutrients you need. Indigestible fibers and sugars make their way to the large intestine, where they—along with bacteria, dead cells, and water—ultimately make their way to your toilet.

This is a delicate, perfectly orchestrated ballet. It's going on all the time, as you eat, sleep, and move. Sure, different molecules will be broken down and absorbed at different times, but you don't have to eat them one at a time; your body is perfectly capable of handling everything at once. In fact, there's good reason why you shouldn't separate your food; your meals are far more likely to have complete, well-rounded nutrition if you take care to eat fat, complex carbs, and protein with every meal. If it helps you to eat simply, then by all means, do. But don't feel that you need to subscribe to the often ornate rules of food combining in order to experience optimal digestion. Food combining theory is a gross underestimation of the strength and sophistication of your digestive system!

You Should Always Eat Fruit Alone and on an Empty Stomach

The central tenet of food combining is that fruits must be consumed alone and on an empty stomach. They're "lighter" than

other foods, or so the logic goes, and if we eat them after heavier foods they won't be digested and will "ferment" in our stomach environment. Another popular theory is that fruit "spoils" when it is exposed to our stomach acid.

This premise is flawed on numerous fronts. Once again, fruit will be efficiently mixed up and digested with other food you've eaten; nothing will be forced to "wait" behind anything else. As for the fruit spoiling, it's impossible for anything to rot in the highly acidic stomach environment.

Fruit may feel "light" to us because it's so rich in water, but it's totally fine to eat it along with other foods. In fact, there may be some benefits to doing so. The vitamins in fruit can help our bodies to absorb other nutrients more efficiently: the vitamin C in an orange, for example, can help to make the iron in lentils and sautéed spinach more bioavailable. And if you eat fruit along with some protein and/or fat, the sugars will be absorbed more slowly into your bloodstream, which may be a good thing if you're sensitive to sugar.

Eating Spinach Raw Is Bad for You Because It Blocks the Absorption of Nutrients

Oxalic acid is a naturally occurring compound in leafy greens, such as spinach, kale, chard, parsley, collards, and beet greens, as well as in certain nuts, seeds, berry, and soy foods. Spinach is particularly high in oxalic acid—750 milligrams per 100-gram serving. Oxalic acid can be toxic, but it's not toxic in the amounts present in food.

When oxalic acid binds to certain minerals, such as calcium and iron, it forms salts called oxalates. These are typically passed in urine, but they can in some cases turn into kidney stones, especially for people who are predisposed to such stones in the first place. They don't pose a significant threat to most of us, but what is worth noting is that oxalates can block our absorption of calcium and iron. Spinach, beet greens, Swiss chard, okra, parsley, quinoa, soy foods, almonds, and cashews all have significant amounts of oxalates, so the amount of calcium or iron that is bioavailable from those foods may not be high.

Cooking may lower some of the oxalate content in foods, but by only 15 percent or so. It's a good rule of thumb to enjoy such foods as spinach and chard in both raw and cooked forms but also to eat a wide variety of leafy greens. Kale, collards, and mustard greens have lower oxalate content, so they're more reliable sources of calcium and iron than spinach or chard. That said, raw spinach certainly isn't "bad" for you—it simply may not deliver all of its full nutrient potential.

Soy Disrupts Hormones, Causes Breast Cancer, and Should Be Avoided

Antisoy sentiment has grown tremendously in recent years, thanks in part to the rhetoric of the paleo movement and advocates of "traditional" diets. This is unfortunate, because soy is one of the most nutrient dense foods in a plant-based diet. It's rich in calcium, complete protein, and iron. The phytoestrogens in soy are correlated with improved cholesterol levels, reduced risk of

heart disease, and reduced inflammation. How did such a healthful food develop such a controversial reputation?

The source of most soy alarmism is the fact that soy contains phytonutrients called phytoestrogens. They behave similarly to estrogen in the body, but they're much weaker than estrogen itself. This fact has made many people leery of soy, and quick to suggest that it might increase breast cancer risk, but so far the evidence fails to validate that claim. In fact, it contradicts it. Phytoestrogens may attach themselves to estrogen receptors in the female body, blocking actual estrogen from promoting tumors. This may explain why numerous studies and meta analyses have found that soy has a protective effect against breast cancer development.⁶ The protective effect is observed more strongly in Asian populations; in Western studies, soy seems to either have a modest protective effect, or no effect at all. This may be because soy is most beneficial for breast cancer development when it's consumed earlier in life.⁷ For women who have had breast cancer in the past, current research suggests that soy has no effect on recurrence—even among women who have had estrogen positive cancers.⁸ People who are at risk for breast cancer should of course avoid soy at their own discretion, but the research we have doesn't necessitate it.

Another major concern about soy is that it can impair thyroid function. Soy is a goitrogen, a food that can interfere with iodine uptake. Since iodine supports thyroid health, people who consume soy regularly may benefit from eating slightly more iodine (which is very available in seaweed, a plant-

based staple).⁹ However, studies have failed to show that soy causes hypothyroidism.¹⁰

Does it matter what type of soy you eat? Possibly. While health proponents tend to insist that fermented soy (tempeh and natto) is "safer" than tofu, neither food presents a health hazard, and they share many of the same benefits. However, soy does contain some antinutrients, called phytates, that can block our absorption of iron, zinc, manganese, and—to a lesser extent—calcium. It's unlikely that phytates pose a problem to people who eat balanced diets, and phytates have actually been shown to have some anti-inflammatory properties. But fermentation process will reduce the phytic acid in soy and make other nutrients more bioavailable, so tempeh is a good option for folks who are worried about zinc and calcium absorption.¹¹ That said, protein in soy becomes more available through processing, so tofu is a better protein source than edamame. For all of these reasons, it's wise to eat a combination of whole soy foods. Eating tofu, tempeh, or edamame along with vitamin C can aid in iron absorption too.

A final jab against soy foods is often the fact that soy is a common GMO crop. "90 percent of the soy grown in the US is genetically modified," you might be told. This is true, but it's also misleading. Most of the genetically modified soy grown in the United States is fed to animals on factory farms. It's actually much easier to find tofu and tempeh that are organic and non-GMO than it is to find tofu and tempeh that aren't. If you're eating GMO soy, it's most likely coming from either processed foods or meat, not tofu, tempeh, or edamame.



PART III

The How

THIS SECTION WILL HELP YOU EASE INTO VEGAN AND RAW foods. In chapter 7, I'll go over the essentials of grocery shopping, meal planning, stocking your pantry and fridge, and outfitting your kitchen with key appliances. In chapter 8, I'll chat about where you should begin your vegan and/or raw journey and give you tips on developing healthy, sustainable habits. Finally, in chapter 9, I'll guide you through twenty-one days of adaptable, plant-based meal plans.



CHAPTER 7

Setting Up

A WELL-STOCKED VEGAN KITCHEN IS A thing of plenty. In this chapter, we'll go over essential vegan pantry items, appliances you might find handy, and general tips for grocery shopping and meal planning.

Say What?

"Tamari," "tempeh," "aduki," "amaranth," and "nooch": as unusual as they may be now, these are all common ingredients in vegan and raw recipes. If you're new to plant-based eating, here's a short list of unusual ingredients that you'll probably discover along the way.

Açai

When açai, a fruit native to South America, hit the health food market nearly a decade ago, it was instantly catapulted to "super-food" status because of its supposedly co-

lossal antioxidant content. Recent studies, however, have shown that açai is not a better source of antioxidants than strawberries or grapes—in fact, it's a slightly *less* valuable source—and that a lot of the antioxidants are rendered inactive after digestion. This story illustrates the kind of mania that can often result when a shiny new ingredient gets a lot of buzz!

That said, there are still a lot of reasons to love açai. Açai berries have a gorgeous blue-black color and a deep, rich, almost chocolaty taste. Açai is usually sold in frozen, ready-to-blend packs, and it adds a lot of flavor to smoothies. My favorite way to prepare açai is in the açai bowl on page 209. It's a wonderful start to your day.

Agave Nectar

This is a sweet syrup made from the agave plant, which is native to Mexico and the

Southwestern United States. The nectar of the plant is extracted and commercially prepared to produce a sweetener that's mostly fructose. Agave nectar has a neutral flavor and is a suitable substitute for honey or sugar. There's been some controversy about agave's healthfulness lately, but I think that the fears are largely inflammatory. Agave nectar may not be a health food—after all, it's a concentrated sweetener—but it's fine to consume in moderation.

Almond Butter

Almond butter is like peanut butter, but it's made with raw or roasted almonds. It's delicious, protein rich, and has a slightly better fatty acid profile than peanut butter. I use it in pretty much everything (smoothies, on top of fresh fruit, spread on toast). It's readily available commercially and it's not hard to make your own, either.

Almond Flour

Almond flour is made from whole, blanched almonds. It's very fine, and it's wonderful in gluten-free baking. It can be hard to make baked goods work with almond flour exclusively, so I usually mix it with some type of whole-grain flour as well.

Amaranth

Amaranth is usually classified as a grain, but it's actually a pseudograin, or "grain seed." Cultivated in Asia and the Americas since ancient times, amaranth is rich in lysine, an essential amino acid, and it's suitable for those who avoid gluten. You can prepare it by "popping" it in a heated skillet, or you can cook it

as you would any other grain. It gets a little thick on its own, so I like to mix it with another, fluffier grain (such as quinoa or millet).

Apple Cider Vinegar

Apple cider vinegar (or ACV) is a type of vinegar made from (you guessed it) apple cider. You can purchase it in nearly any grocery store, but, if you can, it's worth purchasing unpasteurized apple cider vinegar, which contains a cloudy entity called "the mother" (really just a mass of cellulose and bacteria that develops from fermentation).

Apple cider vinegar is not only a delicious option for salad dressings but it's also a handy household cleaner. It's thought to be antifungal as well as antibacterial. No matter how you use it, it's a wise ingredient to keep in your home.

Avocado Oil

A type of oil that is pressed from avocados, avocado oil can be found in both refined and unrefined varieties. It has a high smoke point, which means that it's safe to cook with at high temperatures. This is especially true of refined avocado oil. It has a mild, nutty flavor. Great either for salads or for stir-fries, roasting, or grilling.

Barley

Barley is one of mankind's most ancient crops: it was first grown in western Asia, near the Nile River at around 7,000 BC. It is a plump, filling grain with plenty of chew. I like to eat it plain or as a breakfast cereal, but you can also toss it with vegetables and dressing to make a wonderful grain salad.

Blackstrap Molasses

Blackstrap molasses is the thick, dark syrup that remains after cane juice has been refined into sugar. It's a surprisingly nutrient-dense ingredient, featuring significant amounts of iron and calcium. You can stir it into hot cereal, snack bars, puddings, or even into mashed sweet potatoes.

Bragg's Liquid Aminos

Bragg Liquid Aminos is a salty condiment (similar to soy sauce, tamari, or nama shoyu) that's derived from soybeans. It's high in a number of essential and nonessential amino acids.

Brown Rice Protein

A protein powder derived from brown rice that has been treated with enzymes that separate the starch from the protein. Brown rice protein is easily assimilated and works well in smoothies and baked goods. It has a slightly chalky taste, so it's nice to pair with sweeter fruits and bold flavors.

Brown Rice Syrup

A thick, golden syrup derived from cooked brown rice and barley sprouts. I think that brown rice syrup tastes a bit like caramel (which is a good thing!), and it works really nicely in snack bars and granola.

Buckwheat/Flour

Buckwheat, like amaranth, is what's known as a pseudograin. It's gluten free (don't let the name confuse you!), and it's rich in fiber and minerals. It's a staple food in certain parts of China, and some suggest that it's

correlated with cardiovascular health and blood sugar control.

Buckwheat can be toasted and cooked (in this form, it's called kasha). I like to simply soak it overnight, rinse it well, and then either dehydrate or bake it (see my instructions for Buckwheaties, page 105). It's nutty, wholesome, and versatile, and it's a favorite ingredient in my raw granolas.

Finally, buckwheat flour is a great gluten-free flour to explore. It's hearty and nutty, and it adds an undeniably healthy—but not at all unpleasant—flavor to pancakes and baked goods.

Cacao/Cacao Nibs

Cacao is the raw version of cocoa. It tastes similar, but it's a little bolder, and you can use less of it to get a very dramatic, rich taste.

Cacao nibs are small, crunchy pieces of whole cacao beans. They're exceptionally high in antioxidants, and they have a subtle flavor: a little nutty, a little chocolaty, a little bitter. They add good flavor to smoothies and desserts, and they're lovely, crunchy toppings for puddings, cereals, and sliced banana.

Chia

Chia seeds (*Salvia hispanica*) grow into the chia plant, which is in the mint family. Chia is native to central and southern Mexico, and it was cultivated by the Aztecs over five centuries ago. Chia seeds plump up like tapioca when you add liquid to them, and they're exceptionally nutrient dense. They're high in protein, calcium, and omega-3 fatty acids.

The seeds can be used as pudding, or they can be ground up and used as a thickener in baking or smoothies.

Chickpea Flour

Chickpea flour is gluten free, rich in protein, and incredibly versatile. You can use it to make socca (a type of easy stove-top flatbread), in baking, to make falafel, or to make crepes. It's popular in Middle Eastern cooking in particular.

Coconut Nectar/Crystals/Flour

When coconut trees are tapped, they produce a syrup (much like maple syrup) that is sweet, low glycemic, and rich in amino acids. Coconut nectar has a caramel-like flavor, and it's very thick. It can be used in a one-to-one ratio to replace any sweetener.

Coconut crystals are derived from coconut nectar, and they share its properties. I think that coconut crystals taste like burnt sugar, and, as you'll see, I use them to flavor one decadent ice cream (page 245).

Coconut flour is a high-protein, high-fiber, and low-carbohydrate flour derived from defatted coconut. It works well in baked goods, especially when mixed with other types of flour, and it tastes, not surprisingly, like coconut. I enjoy coconut flour enough that I sometimes stir a tablespoon or two into my morning oats for added fiber and texture.

Dulse

Dulse is a type of edible seaweed, or sea vegetable, which is harvested in Canada and along coastal regions of the Atlantic. It's rich in iron and an excellent source of iodine. It is

sold both in strips and as flakes (which you can sprinkle on food in place of salt). It happens to be my favorite type of sea vegetable, in part because of its irresistibly salty flavor. I add it to salads and soups whenever I'm craving something grounding and earthy.

Farro

Farro is a versatile, chewy grain. Like barley, it's one of the oldest cultivated grains on the planet. It also happens to be relatively high in protein and in iron (12 percent of the RDA of the latter per serving). I love to mix it with roasted vegetables or add it to soup. It can also be used to make a more wholesome version of risotto!

Flax

Flaxseed is a true superfood. First cultivated in ancient Babylon, flaxseeds have been associated with reduced risk of cancer, heart disease, stroke, and diabetes. They're inexpensive, versatile, and exceptionally rich in those precious and important omega-3 fatty acids. They're rich in fiber (soluble and insoluble), and they're also full of lignans, a type of antioxidant that has the same phytoestrogenic properties as soy.

Flax seeds won't be assimilated completely in their whole form, which means that, while they're fine to enjoy in crackers or raw breads, you'll benefit even more by eating ground flax meal. You can sprinkle it into smoothies, on oatmeal, or even on top of salads. Flax meal also makes a handy replacer for eggs in baked goods. Simply mix one ground tablespoon of meal with 3 tablespoons of water, and allow it to "gel" for 20 minutes before using it to replace one egg.

Goji Berries

Goji berries were one of the first highly publicized “superfoods.” Popular in traditional Chinese medicine, these brilliantly colored, dried berries are rich in protein, vitamin A, vitamin C, iron, and antioxidants. You can enjoy them in any recipe that begs for the addition of something sweet and tart.

Hemp/Hemp Protein

Hemp seeds, as you may have guessed, come from the cannabis plant, but don't get too worried (or excited!): the plants used to harvest hemp seeds are bred for low THC content, and hemp products are processed so that THC content is literally negligible. Hemp seeds are extraordinarily nutrient dense. They're excellent sources of complete protein and have a balanced essential fatty acid profile.

Hemp protein, which is derived from hemp seeds, is probably my favorite type of protein powder. It's simple, easy to find without sweeteners or lots of added junk, and has a slightly nutty flavor.

Kelp

Kelp is another type of edible seaweed, or sea vegetable, that's notable for its mineral content. It is an excellent source of iodine, which is crucial for thyroid health.

Kelp is similar to Japanese kombu and can be purchased in a flake form. My favorite way to enjoy kelp, however, is in the form of kelp noodles. These incredible noodles are made from kelp, water, and sodium alginate (which is itself derived from brown seaweed). They're a little watery and crunchy, but, if you soak and dry them thoroughly be-

fore using them, you'll find that they're very versatile. They're a great stand in for pasta in raw food recipes, and they work well with a variety of sauces, from marinara to pesto to cashew Alfredo. Kelp noodles also happen to be an excellent source of calcium—15 percent of your daily value in one serving.

My favorite kelp noodles are made by the Sea Tangle Noodle Company. They can be purchased on Amazon, or online at <http://kelpnoodles.com>.

Kombu

Kombu is a type of kelp seaweed. It is widely eaten in East Asia, where it's sometimes used to make stock. It's also pickled, dried, and even used to make a type of seaweed tea. It's thought that cooking beans with a strip or two of kombu will help to render them more digestible. I often add kombu to pots of beans at home, as well as to miso soup.

Lucuma

Lucuma is a fruit native to Peru. It contains B vitamins and is naturally sweet; to me, it tastes faintly of vanilla. It's also frequently compared to maple syrup. You can use it in smoothies or as an alternative sweetener.

Maca

Maca is a root vegetable native to the Andes of Peru. It's what's called an “adaptogen”—a name given to ingredients that are thought to help balance hormones and stress. It's also said to boost sexual desire and improve mood. I was skeptical about all of these claims until I saw a few studies that support maca's efficacy in stabilizing depression after

menopause and increasing libido in men. Maybe there's something to all the hype!

Maca has a highly distinctive flavor, which people tend either to love or to hate. I'm not a big fan, but, when paired with the right ingredients, I can get into it. Check out my Mocha Maca Chia Pudding (page 200) or my Chocolate-Covered Superfood Clusters (page 235).

Millet (and Millet Flour)

If you've never cooked millet before, you're still probably familiar with it: it's the main ingredient in birdseed! But don't let that turn you off, because millet is wonderful. It is a small, round grain that's a major crop in Africa and southeast Asia. It's gluten free, easy to cook, slightly sweet, and rich in minerals. Millet can also be ground up into flour, and millet flour is actually one of my favorite options for gluten-free baking. It has a light texture and a subtly sweet taste. I find that it works best when used in combination with other gluten-free flours or with tapioca or potato starch.

Miso

Miso is a paste that is traditionally made from fermented soybeans and rice or barley malt. It is a staple in Japanese cooking but can add flavor to a wide variety of dressings, sauces, and soups. There are several kinds of miso, but mellow white miso, which—true to its name—is more subtle than red or brown miso, is my personal favorite.

Mulberries

Though they're not as commonplace as raisins, or as popularized as goji berries, dried mulberries are my personal favorite dried

fruit. Mulberries are grown all over the world, from North America to Asia. White mulberries, which are native to east Asia, make unbelievably sweet, delicious dried fruit and can be found from various health food brands. They're so good that I rarely put them in recipes; I prefer to snack on them as they are, so that I can savor each bite.

Nama Shoyu

Nama shoyu is a lot like soy sauce, but it's preferred among raw foodies because it's unpasteurized and fermented, thus higher in enzymes than is regular soy sauce. Many brands are gluten free as well. I tend to use nama shoyu and tamari interchangeably.

Nori

Nori may be the most well known of edible seaweeds, because sheets of nori are what's used to wrap sushi rolls. I use raw (untoasted) nori sheets to make quick and easy wraps and snack rolls. Nori can also be found in a flake form, which makes it easy to sprinkle on salads and grains.

Nutritional Yeast

Nutritional yeast, lovingly known as "nooch" by those who use it often, is a secret weapon of vegan cooking. Nutritional yeast is made from *Saccharomyces cerevisiae*, a type of yeast that's grown on molasses and then washed, dried, and heated to deactivate the yeast properties. It doesn't have the properties of live yeast, and, no, it won't cause yeast infections or overgrowth. Nooch is rich in B-vitamins, including vitamin B12, folic acid, selenium, and zinc. It's almost always gluten free, but you should check labels to be

sure it's certified if you can't consume gluten.

Nooch is famous for tasting “cheesy,” so it's a staple in vegan cheese recipes, as a pasta topper, and it's wonderful on top of salads too. It also has what's described in Japanese as *umami*—a savory flavor that's often associated with certain animal proteins. For this reason, it's a great ingredient to use as you're transitioning. Though it may taste a little strange at first, most vegans ultimately fall head-over-heels in love with nooch. I myself order it in bulk and can happily eat it with a spoon.

Oat Flour

Oat flour is, as you might expect, flour made from finely milled oats. It's thick, wholesome, and more nutritious than other whole grain flours (it's high in fiber, and fairly high in protein as well). You can use it in quick breads, pancakes, muffins, or to bind vegetable burgers.

Quinoa/Flour/Flakes

A celebrated grain among health nuts everywhere, quinoa (pronounced “keen-wah”) is famous for being a “complete protein” (that is, it contains all of the essential amino acids). It's also rich in manganese, magnesium, and folate. Quinoa is both nutritious and very light, so it's perfect for quick grain salads. It has a nutty taste, and it cooks up very quickly (15 to 20 minutes).

Quinoa flour is simply quinoa that has been finely ground. It adds nutty taste to baked goods and has a light texture, but it can be slightly bitter in large amounts, so I recommend mixing it with other gluten-free flours when you use it. Quinoa flakes are re-

ally special; they're lighter than whole quinoa but have more texture than flour, and they cook up into a nutty, delicious breakfast porridge in about a minute. They can also be used as a binder in vegetable burgers, meatless meatballs, and more.

Sacha Inchi

Sacha Inchi is a plant native to the Peruvian Amazon rain forest. Its star-shaped fruit produces an edible seed that is exceptionally rich in omega-3 fatty acids, as well as vitamins A and E. Sacha inchi seeds can be roasted at low temperatures and eaten as snacks, or they can be used to produce a delicate oil, which, much like flax or hemp oil, is perfect for salads or smoothies.

Sunflower Seed Butter

Sunflower seeds are delicious in their own right, but they're also terrific when roasted and ground up into sunflower seed butter. Sunflower seed butter is usually a little salty and a little sweet. It's a nice departure from almond or peanut butter as usual and can generally be purchased at a good price.

Tahini

Tahini is a paste made from raw or roasted sesame seeds. It's one of the primary ingredients in traditional hummus, but, aside from this, it makes a perfect base for salad dressings. I also like to eat tahini on fresh banana slices, or even to use it in smoothies. You can purchase raw tahini, but it's very expensive, so for the sake of your budget, I recommend getting organic, roasted tahini instead (which also has more depth of flavor). Tahini is a good source of calcium.

Teff (flour)

Teff is indigenous to north Africa, where it has been a staple for years. It's a tiny grain but packs a lot of nutrition, including calcium, protein, and fiber. Teff flour is the traditional ingredient in injera, the spongy bread served in Ethiopian cuisine. Teff and teff flour are gluten free, and it's well worth exploring them if you're eliminating or minimizing gluten. Like many nonglutenous flours, teff flour is often best when combined with other flours and/or starches in baking.

Young Thai Coconut

Coconut is a familiar ingredient, but young Thai coconuts are more of a novelty. These coconuts are harvested while they're still green, so they don't have the characteristic brown, hairy coating of a regular coconut. They're full of sweet, fresh coconut water and gelatinous flesh. Young coconut meat is delicious: sweet, tender, mellow, and it blends up into incredible smoothies and sauces. You can also make your own coconut milk by blending the meat with water.

Thai coconuts can be pricey, and opening them can be tough, but they're well worth the effort once you discover their versatility and flavor. You can follow my instructions for opening a Thai coconut on page 224.

Vegan Kitchen VIPs

Here's a list of the ingredients that I find to be most essential in a plant-based kitchen. You'll probably find that some of them are more useful to you than others, based on your own eating style, likes/dislikes, and circum-

stances. As always, you can take what's helpful from this list, and leave behind what isn't.

Beans

Beans are a potent and powerful superfood, providing iron, calcium, protein, and numerous vitamins in one fell swoop. It's a good idea to have a few different types of beans on hand at all times. I happen to think that soaked and freshly cooked beans taste better (and are more digestible), but BPA-free, canned beans are a lifesaver when you're short on time. I like to have a mix of:

- Chickpeas (garbanzos)
- Great northern beans (cannellini)
- Black beans
- Navy beans
- Kidney beans
- Black-eyed peas
- Lentils
- Pinto beans
- Kidney beans
- Split peas (red, yellow, and green)

Grains

Healthy whole grains and psuedograins are one of the foundations of a vegan diet. Grains provide protein and carbohydrates—the building blocks of life—along with numerous micronutrients that vary from grain to grain. Human beings have relied upon whole grains since the dawn of agriculture, 10,000 to 7,000 BC, and they remain a foundation in diets around the world. If you're used to eating more conventional grains, such as rice or oats, this is a marvelous time to expand your palate.

An asterisk (*) denotes grains and grain products that are not gluten free. If you have celiac disease or gluten sensitivity, it's essential you keep them out of your pantry. If you avoid gluten for other reasons, then you should also avoid these foods. Stick with the grains and grain products not marked with an asterisk—those are naturally gluten free.

Whole Grains to Have on Hand

Quinoa
Millet
Brown rice
Farro*
Barley*
Amaranth
Buckwheat

What if whole grains aren't quite what you're craving? Here are some refined grain products that still get bonus points for being healthful (and tasty)!

Quinoa flakes
Steel-cut oats or rolled oats*
Quinoa pasta
Brown rice pasta
Sprouted-grain bread* (I like the Ezekiel or Alvarado St. Bakery brands)

If you're a baker, you can still harness the goodness of whole grains by purchasing unique, unconventional flours made from whole grains. Working with some of these flours will take some practice, but it will be well worth it when you can create baked goods that are as wholesome and nutritious as they are appealing.

Whole-Grain Flours to Have on Hand

Whole wheat pastry flour (this is a finely ground whole wheat flour, and it's less "gritty" tasting than regular whole wheat flour)* or a gluten-free all-purpose flour mix (I like Bob's Red Mill)

Oat flour*
Millet flour
Teff flour
Quinoa flour
Chickpea flour (not actually grain based, but very handy for savory baking)
Coconut flour (also not grain based, but it can add delicious texture to baked goods, as well as to hot cereal)
Buckwheat flour

All grains can go rancid after 3 months or so, especially when it's hot outside, so be sure to buy only as much as you can use in that time frame. Refrigerate flours when it's hot.

Oils

The right oils (olive, avocado, coconut, flax, hemp, and sacha inchi) in moderation are a source of healthy fat—and often a good anti-inflammatory agent. Here's a list of my go-to oils:

Coconut oil (organic, extra-virgin)
Toasted dark sesame oil (for flavoring; not to be used in large amounts)
Extra-virgin olive oil
Avocado oil (unrefined for salads, refined for high-heat cooking)
Flax oil
Hemp oil
Sacha inchi oil

One thing to keep in mind as you select oils is that certain oils can go rancid and even release toxins at high temperatures. Delicate oils, such as flax, hemp, or sacha inchi should be consumed cold, in salads or smoothies. Olive oil can stand up to moderate heat, but for really high-heat cooking, you're better off with either refined avocado oil or my personal favorite, coconut oil, which can withstand super high temperatures without losing its structure.

Vinegars/Broths/Condiments/Toppings

A good vinegar or condiment can make a meal. These are the ones that I use to flavor grains, salads, and other dishes.

Nama shoyu/Bragg's Liquid Aminos/Tamari/Coconut Aminos (These aren't all the same—shoyu is saltier than Bragg's—but they serve the same basic function, which is to add salt. Choose whichever is your favorite and suits your health needs. Gluten-free eaters can eat tamari that is certified gluten free, while those who are allergic to soy can consume coconut aminos.)

Marinara sauce (buy organic and lower sodium if possible)

Barbecue sauce (good for last minute marinades of tofu or tempeh, as well as grilled vegetables—try to find one that's organic and relatively low in sugar)

Ketchup (shop organic, and try to buy the brand with the least added sugar)

Apple cider vinegar

Rice vinegar

Balsamic vinegar

Low sodium vegetable broth or salt-free, organic vegetable bouillon cubes

Diced, canned tomatoes (I like the organic, fire-roasted tomatoes from Muir Glen)

Tomato paste

Nutritional Yeast

Herbs and Spices

Stock up on any of the herbs and spices you like the most. My favorites (and ones you'll find in the recipes here):

Curry powder

Cumin

Turmeric

Coriander

Smoked paprika

Cinnamon

Cloves

Nutmeg

Basil

Oregano or Italian herb blend

Salt-free herb-and-spice blend

Herbamare (a wonderful salt substitute that also contains an herb blend)

Sweeteners

People have different needs when it comes to sweeteners. If you're very sensitive to sugar, you may find that dates, which contain fiber that helps to prevent blood sugar spikes, are the best option for you. If you aren't sensitive to sweeteners, you can use whichever ones work best in the recipe you're making. Brown rice syrup and coconut syrup are very thick and sticky, while maple syrup and agave nectar are lighter.

If you can't consume sugar at all, then you can use stevia, a sweetener made from stevia leaf. It's sugar free and tastes very sweet, which makes it a popular sugar substitute in

healthy eating circles. Research suggests, however, that it is in part the taste of sweetness, not only the presence of sugar itself, that raises blood sugar, so I'm generally wary of the value of artificial sweeteners, even plant-derived ones. Some folks find that stevia can cause bloating too. I tend to think it's better to use real sugar in moderation than rely on stevia too heavily.

With that, here's a list of the sweeteners I use most often:

- Pitted dates
- Agave nectar
- Blackstrap molasses
- Brown rice syrup
- Coconut syrup
- Maple syrup
- Demerara sugar, evaporated cane juice, or coconut crystals
- Stevia

Nuts, Seeds, and Nut Butters

Any of your favorite nuts and seeds should be household staples. This is especially true if you love raw food, since many raw recipes use nuts and seeds as a base. Here are my favorites. If you prefer roasted nut butters to raw ones, that's fine (roasted are usually cheaper and easier to find), but try to pick brands that are unsalted and unsweetened:

- Almonds
- Cashews
- Pumpkin seeds
- Pine nuts
- Sunflower seeds
- Sesame seeds
- Walnuts
- Chia seeds

- Hemp seeds
- Flax seeds
- Almond butter
- Sunflower seed butter
- Peanut butter
- Tahini

Note: Chia, flax, and hemp seeds must be kept in the fridge. It's not a bad idea to refrigerate other nuts as well, especially if you live in a hot environment and you're not going to use them right away. Try to choose organic when you can.

Dried Fruits

Dried fruits are the key to delicious raw desserts, and they're also great for homemade trail mix and snacking. Here are a few of the dried fruits I'm never without. When you're picking dried fruits, be sure to choose ones that are unsulfured and have no sugar added.

- Dried, unsulfured apricots
- Dried currants
- Dried cherries
- Pitted dates
- Goji berries
- Dried mulberries
- Raisins

Plant Milks

As much as I love to make my own almond and hemp milks, I also tend to have a supply of store-bought plant milks around for when I need them in a pinch or simply don't have time to make a new batch. Commercial plant milks have an bonus, which is that they're fortified with calcium and B12. A cup of almond milk contains 35 to 45 percent of your

daily recommended allowance of calcium—an easy way to squeeze in this essential nutrient! Here are my favorite plant milks.

You'll note that coconut milk is on the list. My preference is canned coconut milk, which is ideal for soups and stews. If you like, you can also pick up thinner coconut milk that comes in a carton (such as the So Delicious brand), but it won't add the same richness to food as the canned stuff.

Almond milk

Hemp milk

Full-fat coconut milk (in the can)

Light coconut milk (in the can)

Protein Powders and Superfoods

As I've mentioned, superfoods and protein powders are both optional parts of a plant-based diet. But they can be very fun to experiment with. Here is a list of the superfood ingredients that I tend to have at home:

Organic hemp protein (Navitas Naturals, Manitoba Harvest, and Nutiva are my favorite brands)

Organic brown rice protein (Sunwarrior and 22 Days Nutrition are my favorites)

Raw cacao powder (Navitas Naturals or Sunfood)

Cacao nibs

Maca powder (Navitas Naturals)

Lucuma powder (Navitas Naturals)

Your pantry doesn't need to contain all of these ingredients for you to have tremendous success with vegan and raw cooking. If you've got a couple of standard spices, some soy sauce, a good kitchen knife, and a lot of produce, you can make plant-based food. You can build your pantry slowly and gradually. It

took me a while to amass the collection of appliances, herbs, spices, superfoods, grains, flours, nuts, and seeds that I have handy now. This didn't stop me from making a lot of really wonderful vegan and raw meals.

Appliances

A ton of plant-based recipes can be made with nothing more than a sharp set of knives, but, if you want to expand your repertoire to include homemade hummus, perfectly blended smoothies and soups, vegetable "pasta," and more, you can start to think about which appliances might be most useful to you. Here are my favorites, ranked in the order of how often I put them to use.

Food Processor

My Cuisinart 10-cup food processor is the appliance I use most often in my kitchen. I use it for soups, spreads, dips, hummus, nut pâtés, pestos, all fruit ice creams, homemade nut butter, and for grinding nuts and seeds. A lot of these things can be done with a high-powered blender too, but food processors are less expensive and in some ways more versatile. Whether you're transitioning to a plant-based diet or not, a food processor is a wise and worthy kitchen investment.

A 7- or 10-cup food processor costs between \$50 and \$150. A reasonably priced, refurbished machine can be had for less on eBay. Once you have it, you'll use it all the time, and a sturdy machine will last quite a while. Stay away from mini food processors; they're great for chopping opinions, garlic, and other vegetables, but they can't do the heavy lifting.

Blender

A blender will allow you to make fruit smoothies, pureed soups, puddings, and, depending on what sort of blender you have, much more. A basic blender (usually about \$50 to \$100) is perfectly suitable for smoothies and soups. High-speed blenders, which have far more power than regular blenders, are considerably more costly, but they open up a lot of fun possibilities—especially for raw food lovers. These machines can puree nuts into creamy sauces and soft nut cheeses, blend even the hardest vegetables (such as raw beets) into soup, and even turn whole grains into flour.

My high-speed blender of choice is the Vitamix 5200. It ranges in price from \$449 to \$650 but has a seven-year warranty and lasts for ages. If you're not ready for this kind of commitment, don't worry: a conventional blender is totally sufficient for most basic recipes.

Rice Cooker

Rice cookers are a game changer. They create perfectly fluffy rice, quinoa, millet, and other grains time and time again. If you, like me, tend to forget about grains when they're on the stove, you'll never have to worry about burning them again. Rice cookers can be purchased for as little as \$25, and you can use them for lentils, oats, and steamed vegetables too.

Mandoline

Eating more vegetables means a lot more slicing, dicing, and chopping. This process is much easier if you have a mandoline on your side. It'll let you grate, chop, and slice vege-

tables into the shape you need. Mandolines are easy to use (but remember to use the protective hand guard, because the blades are sharp!) and you can find a good one online for under \$30.

Spiralizer

Spiralizers are handy little devices that will slice zucchini, beets, turnips, or carrots into perfectly shaped "noodles." They're the trick to making perfect, vegetable-based pasta dishes. The model I like best is the Joyce Chen Saladacco slicer, which retails for about \$25 online. You can also try the Paderno Spirooli slicer, which costs about the same amount. If you don't feel like purchasing a spiralizer, you can buy a julienne peeler (about \$10), or you can simply use a regular vegetable peeler to create "ribbons" of vegetables.

Dehydrator

Dehydrators warm and dry food at low temperatures (around 115°F), so they're ideal for raw food lovers who want to be able to create breads, crackers, and other kinds of snacks without using an oven. I don't use my dehydrator nearly as often as I do my processor or my blender, but I do love using it for kale chips, zucchini chips, and raw granola (raw-nola). Although many of the items I dehydrate could work in an oven as well (raw granola, for example), dehydrators create unbeatably crispy textures. They can be a little intimidating at first, but they're actually very hands off: once you turn your dehydrator on, it does the work for you.

The best dehydrator on the market is the Excalibur. It comes in a five- or nine-tray

model, both rectangularly shaped, so that you can easily create perfect, uniform sheets of raw breads or crackers. If an Excalibur is out of your reach (they retail at around \$240), you can purchase a circular dehydrator, which costs only \$40 to \$60. These are fine for kale chips, dried fruit, and raw granolas.

Juicer

I use my juicer less than most other appliances, but I'm still grateful to be able to create fresh, homemade vegetable juice when I can. There are two types of juicers: centrifugal and single auger (there are also juicers called Norwalks that actually masticate and then press your juice, but these are prohibitively expensive for any average person). Centrifugal juicers have a fast, rotating blade that instantly shreds vegetables and fruits. The force of the blade's rotation ejects the pulp into a container that's included in the appliance, and the juice is released from a small spout. These juicers aren't ideal for delicate, leafy greens, and the juice won't stay fresh for more than an hour or two, but they're extremely economical and efficient. I've had a centrifugal juicer for five years (a Breville Juice Fountain Plus) and have loved it.

Single auger juicers have a slow, rotating auger that masticates produce and then squeezes out the juice. They're much better for leafy greens or wheatgrass, and the juice you make will stay fresh overnight in the fridge, so you can prepare morning juice the evening before you want to enjoy it. You can find horizontal or upright mod-

els; I recommend the Omega or the Hurom Slow Juicer. Both are excellent investments if you want to make juicing a major part of your lifestyle.

Grocery Shopping and Meal Planning

It takes a little time to get into a grocery groove when you're new to plant-based eating. It's easy to purchase too much produce and watch some of it go bad, or to purchase too little, and find that you've run out by midweek. Over time, you'll get the hang of it. To help you get started, here's a glimpse into my grocery system.

Each week, I pick up:

- 1.** A short list of pantry items I'm running low on, plus
- 2.** Staple ingredients (things I eat every single week, including kale, lettuces, avocados, sweet potatoes, tempeh, and zucchini) plus
- 3.** Seasonal produce picks (items that I purchase occasionally or by season, including tomatoes, berries, peaches, asparagus, and more)

Common pantry items include plant milks, condiments, grains, nuts, seeds, nut butter, and dried legumes. My staple ingredients (you'll have your own list of favorites) include kale, lettuce, bananas, carrots, lemons, avocados, zucchini, broccoli, tempeh, and sweet potatoes. I also always peel and chop bananas to keep in my freezer for smoothies at a moment's notice. In the autumn, my seasonal favorites are apples, Brussels sprouts, cabbage, rutabaga, and

parsnips; in the spring and summer I love fresh herbs, asparagus, heirloom tomatoes, berries, and basil.

Keeping Produce Fresh

I always tell new clients that the single-most important gift I'm going to give them isn't a recipe or a strategy or information about dining out. It's not a weight-loss technique, a lesson in the virtues of eating locally or seasonally, or an analysis of vegan nutrition. It's a storage tip, and it's life changing:

Store your produce in resealable plastic bags (or glass containers) with a damp paper towel. As they ripen, fruits and vegetables emit ethylene gas. Damp paper towels absorb some of this gas, which slows the ripening process and keeps produce crispier and fresher. If you're sick and tired of lettuce going soggy, this tip is well worth your time. Now, I don't mean that you should transfer a drippy, soaking paper towel to your containers or bags of produce. You're aiming for damp, and nothing more. Run the paper towel under water, then squeeze out extra moisture. Add it to your vegetables, and watch in amazement as they stay fresher longer. The towel will be fine as it is for up to 4 days; after that, you may wish to replace it with a fresh damp towel.

Making Time to Save Time

At least once every week, I carve out a little time for batch cooking and food prep. Batch cooking is the secret of busy home cooks everywhere: it means prepping big portions

of grains, legumes, soups, and other dishes that can last through the week (and such things as grains and beans can stock your freezer for quick meals). I like to batch cook staples and dress them up or use them as needed. This includes:

- 1 large batch of quinoa
- 1 large batch of brown rice or barley
- 1 pot of beans
- 2 salad dressings (usually one nut/nut butter-based, one vinaigrette)
- 1 raw nut pâté
- 1 batch of raw crackers
- 1 large batch of hummus

Sometimes I substitute millet for quinoa, or a thick soup for plain beans, but you get the idea. I create basic recipes that I can mix and match together—grains that I can serve with a tahini dressing, a nut pâté that I can serve with raw crackers as a snack—as the week goes on.

The other important part of my prep process is washing, chopping, and storing veggies. As soon as I get home from a grocery haul, I stem, wash, and chop my kale, then transfer it to a plastic bag with a damp paper towel (see Keeping Produce Fresh at left). I do the same with broccoli florets and red pepper slices. Sometimes I use my food processor to grate carrots and cabbage, then store them for a couple of days. Everything else gets put away neatly. This is every bit as important as making salad dressings, grains, and beans—you can't throw together plant-based food without the plants!

If you're thinking, "that just sounds like

a lot of *work*,” consider this: to make two salad dressings and a nut pâté takes about 30 or 45 minutes—about the same amount of time you might spend waiting for takeout to show up. While that happens, you can stick some quinoa in your rice cooker or let it simmer on the stove. Soaking beans and cooking rice don’t take much effort—those things can happen while you’re studying, doing work at home, shuffling laundry around, or watching TV. And using a dehydrator is particularly good for making snacks, because it demands no vigilance

whatsoever. It’s safe to leave the machine on as you go about your business.

Stock Your Freezer

One advantage of batch cooking is that you can freeze whatever you can’t eat in a week and then have those portions at the ready when you’re in a pinch. I rely on frozen quinoa, bean, and soup dishes from my freezer all the time. Freezing isn’t great for a lot of raw food dishes, but raw dressings, marinara, and pesto all freeze very nicely.

CHAPTER 8

Getting Started

TRANSITIONING TO A VEGAN DIET doesn't have to be difficult. Here are six essential strategies that worked for me as I made the leap, and I hope they'll be helpful to you too.

1. Add First. Subtract Later

As you begin to transition over to plant-based foods, it's tempting to fixate on the stuff you can't eat. Rather than focusing on what veganism eliminates from your diet, focus on all the dishes you'll be adding. When I went vegan, I began experimenting with a lot of global cuisines I'd never tried, along with a slew of new herbs and spices and seasonings. When I went (semi) raw, I discovered many cool, innovative preparation methods that I'd never thought to try. My culinary talents grew, and my repertoire of food expanded.

For now, don't think about eliminating anything. Instead, think about adding a few

meatless, vegan, or raw meals to your preexisting rotation each week. These meals will show you that vegan food is hardly a sacrifice. As the weeks go by you can continue to swap out more of your standard fare for these exciting new options.

2. When You're Ready to Subtract, Take It Step by Step

I've definitely come across folks who made the transition from omnivore to plant-based eater overnight. More often than not, though, a more gradual transition works best. Embrace a pace that works for you. I recommend eliminating one thing first—be it red meat, chicken, dairy, or eggs—and see where that step takes you. Trust yourself as you go along. It's great to challenge yourself, but, as with any significant change, setting realistic goals is important.

If you're already vegetarian, great! You're almost there. For you, the challenge is to

find some easy and satisfying replacement for dairy and eggs. My Chickpea Tofu Tahini Scramble (page 152) can hold its own against any morning scramble, and, if you're a big fan of eggs, I welcome you to give it a try! Meanwhile, having Cashew Cheese (page 99) in your arsenal can be extremely helpful as you gradually transition away from regular cheese. Homemade almond milk (page 98) is also a wonderful culinary ally—it's so rich and delicious that you'll never miss the real stuff.

3. Keep It Simple

You may want to just jump in and make a show-stopping meal from a gourmet cookbook. But it's arguably more important that you learn how to master everyday fundamentals, as these are the recipes you'll rely on most heavily when you're coming home from a long day of work, struggling to put dinner on the table in 20 minutes or less, or packing lunch as you rush out the door.

Make a list of essential recipes that appeal to you (if you want some inspiration, the fifteen essentials on page 98 are a nice place to start). Get comfortable with them, and start to adapt them in different ways. This will give you a foundation in plant-based cooking, from which you can go on to explore more ornate dishes. You might also want to check out my tips for building a meal-size salad on page 139, since giant salads are easy to throw together according to what's in your fridge.

4. Embrace Transition Foods and Meals

Most of my recipes will help you to whip up food from scratch. But I'm certainly not opposed to using vegan substitutes in cooking.

Daiya (a melty, tasty vegan "cheese" made from tapioca starch), Earth Balance (a vegan butter substitute), commercial nut and soy milk, Field Roast sausage (which is so darn good that I've fooled omnivores with it at potlucks), and Sunshine Burgers (my favorite vegan burger, made with brown rice and sunflower seeds) were all staple foods for me as I made the switch. We're lucky to have so many great vegan products on the market these days, and it's fine to take advantage of them when you need to.

"Transition food," by the way, doesn't only have to mean something you buy at a store. It can also mean embracing vegan versions of dishes you already know, love, and take comfort in. If you love enchiladas, try my vegan enchiladas on page 163. If you love burgers, give my raw shroom burger a try (page 192). If you're a pasta fiend, check out any one of my zucchini pasta recipes (you can always skip the zucchini and use brown rice or quinoa pasta instead). One of the most enjoyable parts of exploring a new way of eating is that you'll try new foods and expand your diet, but it's also cool to "veganize" (or make a raw version of) recipes you already know and love. Sometimes, it's as easy as swapping cashew cream for dairy, or tempeh for bacon.

5. Find Community

Having support makes a big difference as you undertake any kind of lifestyle change. If you don't have friends or family members who share your interest in eating more vegan or raw food, that doesn't mean you have to set out on this journey alone. Join a vegan meet-up or find a potluck near you.

Check out Happy Cow (www.happycow.net) to find vegan-friendly restaurants in your area. Very often, the waitstaff or restaurant owner will be excited to tell you more about the local vegan or raw community. And use the Internet to your advantage: There are so many vegan and raw blogs out there, full of invaluable information and mouthwatering recipes. Many of the folks reading these blogs are just getting started too, and you may be able to encourage one another.

6. Eat Sustainably

A lot of online resources treat veganism as a kind of “detox” or slim-down plan, which means too little variety, too few hearty, satisfying foods, and too little emphasis on long-term health. Anyone can drink juice and eat salad for a couple of weeks, but, unless you take care to make your diet well rounded, you won’t be able to sustain veganism long term.

Sustainability isn’t often at the forefront of conversations about healthy living, but I think it should be. Many of us are easily seduced by dietary extremes, and their bold promises—weight loss, lightness, glow, whatever—but in the end, long-term health

is associated with consistent, wholesome, varied, and realistic food choices.

For me, sustainability means making an effort to get a healthy balance of macronutrients—protein, carbs, and fat—at each meal. This isn’t a rule, of course, but it’s a good guiding principle, since each of these three groups will contribute energy and feelings of satiety. It also means eating regular meals at regular intervals, to avoid dips in blood sugar that can make you irritable, tired, and stressed out (cortisol levels tend to go up when we’re hungry). It means avoiding calorie restricted diets that can lower your metabolism and ultimately lead to overconsumption. It means eating foods you crave: if you crave carbs, then seek out high-quality carbs (such as sweet potatoes and grains) and enjoy them. Strict avoidance of foods you really love will only create feelings of deprivation, and those feelings can prompt overeating later on. In all my years working in the nutrition world, it has been my observation that moderation—eating a little bit of everything, and indulging cravings sensibly so that they don’t take on exaggerated lives of their own—is the best way to maintain balance.



CHAPTER 9

21 Days in the Life: The Meal Plans

ALL OF THE TIPS I'VE JUST MENTIONED will come together as you begin to construct a diet that's oriented around vegan and raw food. While most of us can explore a recipe or two, it can be tricky to get into the groove of eating a plant-based diet day in and day out. To help you navigate the process, I've put together twenty-one days of wholesome vegan food for you.

As you might imagine, these meal plans are not to be followed religiously. Intuition is a big part of adopting a sustainable diet, so I welcome you to adapt the plans as needed. You can always pick and choose recipes from Part 4, and assemble them as you like. It's also important to remember that the meal plans are theoretical in the sense that you may not have time to create as many recipes in close succession as they suggest. Chances are, you'll make a bunch of the recipes, but

spend the rest of the time eating leftovers and mixing them with simple salads or vegetable dishes. To make this easy for you, I've tried to incorporate leftovers into the meal plans whenever possible. If you're cooking for more than two people and don't tend to have leftovers, you can swap in whatever new recipes suit your fancy.

You'll find three meals and two snack options for each day. This is just a broad recommendation; if eating a greater number of small meals throughout the day, or three bigger meals instead of three meals and two snacks, fits your schedule better, that's fine. Each day, I offer up fresh juice as a midmorning snack option (as well as something a little more filling).

You can also *always* swap out any one of the breakfast, lunch, or dinner recipes and replace it with one you like more. And you

can *always* trade a recipe for one of the following low-maintenance options.

Low-Maintenance Breakfasts

- Raw banana breakfast wraps with a handful of Superfood Trail Mix
- DIY Snack Bar with a banana
- Basic Green Smoothie
- Sprouted-grain toast with peanut or almond butter and sliced apple, banana, or pear
- Quick oats or quinoa flakes, cooked to your liking, with a tablespoon of almond butter and fresh berries

Low-Maintenance Lunches

- Meal-size salad of your choosing (see tips for building a meal-size salad on page 139)
- Sprouted-grain wrap with mixed veggies and hummus or nut pâté of your choice
- Collard wrap filled with veggies of choice, sliced tofu or tempeh, and your favorite dressing, dip, or spread
- A store-bought, organic, vegan soup of choice (the Pacific brand makes some great options) warmed over the stove top. Stir in some chopped kale, spinach, or collards when it's warm, along with ½ cup of lentils or beans for a quick, easy, instant "stew."
- A hearty snack plate: flax crackers, pita, sprouted-grain tortilla strips, or organic corn chips, along with a hummus or nut pâté, veggies, roasted chickpeas, and fruit for dessert

Low-Maintenance Dinners

- Leftover grain of choice with frozen (and reheated), chopped veggies or spinach mixed in, a sprinkle of hemp seeds, and a dressing of choice
- A small baked potato topped with coconut oil, cooked beans or grilled tofu, and steamed veggies of choice
- Meal-size salad of your choosing
- Sprouted-grain tortilla spread with cashew cheese or pesto, and topped with any veggies you like. Eat it just like that, or stick it in the oven for 15 to 20 minutes to soften the vegetables and warm it through. Serve with an easy side salad.
- Raw vegetable "Napoleon": create layers of heirloom tomato, zucchini, cooked sweet potato, or cooked eggplant, and your favorite pesto or nut pâté/cashew cheese. Alternate layers until it's stacked high. Serve with steamed greens.

Batch cooking and having a well-stocked freezer (especially portions of frozen grains and legumes) will be tremendously helpful to you here. Having a few cups of frozen quinoa, for instance, would let you throw together either my quinoa and black bean salad (page 166) or my quinoa salad with apricots and mint (page 158) in a moment's notice. You could also mix frozen grains into leftovers, use them to add bulk to a salad, or heat them up with almond milk for a quick breakfast. Now's the time to put that rice cooker to use!

21 Days: Meal Plans

Day 1

Breakfast: Mango Coconut Chia Seed Pudding (page 172)

Midmorning snack: Fresh juices (page 112–114) or Reinvented Ants on a Log (page 124)

Lunch: Sweet Pea Hummus Tartines (page 156) served with a salad (any greens and veggies you like) and a dressing of choice

Afternoon snack: Superfood Trail Mix (page 120)

Dinner: Raw Carrot Falafel with Tangy Tahini Sauce (page 188), served over a generous salad (any greens and veggies you like) with ½ cup of cooked lentils.

Dessert: Simple Raw Vanilla Macaroons (page 237)

Day 2

Breakfast: Leftover Mango Coconut Chia Pudding with fresh berries (page 172)

Midmorning snack: Fresh juice or leftover Sweet Pea Hummus with vegetable crudités (page 152)

Lunch: Leftover Carrot Falafel (page 188), served with Hemp-Seed Tabouli (page 180) with yellow tomatoes and mint

Afternoon snack: An apple or banana

Dinner: Raw Pad Thai (page 191) sprinkled with 2 to 3 tablespoons of chopped peanuts, served with steamed vegetables and a cooked grain or legume of choice

Dessert: Leftover Macaroons

Day 3

Breakfast: Chickpea Tofu Tahini Scramble (page 152), served with steamed or fresh greens as desired and a dressing of choice

Midmorning snack: Fresh juice or fresh fruit as desired

Lunch: Leftover pad thai served with some cooked lentils or black beans

Afternoon snack: Blueberry, Mint, and Kale Smoothie (page 200)

Dinner: Un-Fried Vegetable Rice (page 227) served with steamed vegetables or a side salad (any greens and veggies you like) and a dressing of choice

Dessert: Leftover Macaroons

Day 4

Breakfast: Easy Berry Breakfast Pizza (page 153)

Midmorning snack: Fresh juice or seasonal fruit as desired

Lunch: Mango, avocado, and black bean salad over zucchini noodles (page 107), served with a side salad (any greens and veggies you like) and a dressing of choice

Afternoon snack: Superfood Trail Mix (page 120)

Dinner: Carrot and Millet Pilaf (page 165), served with leftover Tofu Tahini Scramble (page 152) or Mesquite Glazed Tempeh (page 165) and a small side salad (any greens and veggies you like) with a dressing of choice

Dessert: Dark chocolate or any raw dessert of choice

Day 5

Breakfast: Quinoa Breakfast Pudding (page 175)

Midmorning snack: Fresh juice or vegetable crudités with any dressing or nut pâté of your choosing

Lunch: Leftover Carrot and Millet Pilaf, served with steamed veggies or a side salad (any greens and veggies you like) with 2 tablespoons of hemp seeds and dressing of choice

Afternoon snack: Roasted chickpeas (any variation you like) (page 115)

Dinner: Portobello “Steak” and Rosemary Cauliflower Mashed Potatoes (page 196), steamed greens as desired or a side salad (any greens and veggies you like) and a dressing of choice

Dessert: Chocomole (page 110)

Day 6

Breakfast: Simple Avocado Toast (page 151)

Midmorning snack: Fresh juice or leftover roasted chickpeas

Lunch: Leftover Cauliflower Mashed Potatoes and portobello steak, served with a side salad (any greens and veggies you like) and a dressing of choice

Afternoon snack: Vegetable crudités with hummus of choice

Dinner: Acorn Squash, Frisée, and Brown Rice Salad with Toasted Hazelnuts, and Lemon Turmeric Vinaigrette (page 142)

Dessert: Leftover Chocomole

Day 7

Breakfast: Baked Sweet Potatoes with Vanilla Almond Butter and Goji Berries (page 175)

Midmorning snack: Fresh juice or seasonal fruit as desired

Lunch: Nori Rolls with Gingery Almond Pâté and Raw Veggies (page 182), served with a side salad (any greens and veggies you like) and a dressing of choice

Afternoon snack: Sweet and Savory Trail Mix (page 119)

Dinner: Leftover Acorn Squash, Frisée, and Brown Rice Salad (page 142) or Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette (page 166)

Dessert: Chocolate-Covered Superfood Clusters (page 235)

Day 8

Breakfast: Mocha Maca Chia Pudding (page 200)

Midmorning snack: Fresh juice or Sweet and Savory Trail Mix (page 119)

Lunch: Sprouted-Grain Wraps with Kale-Slaw Filling (page 185)

Afternoon snack: Half of a leftover Sweet Potato with Vanilla Almond Butter from yesterday’s breakfast

Dinner: Carrot and Zucchini Pappardelle with Pesto and Peas (page 229), leftover Kale-Slaw from lunch, cooked lentils or beans of choice

Dessert: Chocolate-Covered Superfood Clusters (page 235)

Day 9

Breakfast: Leftover Mocha Maca Chia Pudding (page 200) with fresh fruit
Midmorning snack: Fresh juice or Superfood Trail Mix
Lunch: Jicama Fiesta Rice Salad with Spicy Cilantro Vinaigrette (page 210); I add either cooked tofu or black beans
Afternoon snack: Cheesy or protein-packed Hummus Kale Chips (page 123)
Dinner: Zucchini noodles with leftover pesto (from the Pappardelle), a serving of cooked lentils or beans of choice, and leftover Kale-Slaw
Chocolate-Covered Superfood Clusters (page 235)

Day 10

Breakfast: Cashew Banana Yogurt with fresh berries (page 203)
Midmorning snack: Fresh juice or Zucchini Ranch Chips (page 119)
Lunch: Apricot, Quinoa, and Mint Salad (page 158), served over a bed of fresh greens
Afternoon snack: A couple of Nori and Pumpkin-Seed Cigars (page 116)
Dinner: Dinosaur Kale and White Bean Caesar Salad (page 141), or another meal-size salad of your choosing
Dessert: Coconutty for Chocolate Chip Cookies (page 230)

Day 11

Breakfast: Leftover Cashew Banana Yogurt with fresh berries
Midmorning snack: Fresh juice or leftover Zucchini Ranch Chips

Lunch: Collard wraps with Hemp Hummus, tempeh, and red peppers (page 130), served with a side salad (any greens and veggies you like) and a dressing of choice
Afternoon snack: A couple of Nori and Pumpkin-Seed Cigars (page 116)
Dinner: Leftover Apricot, Quinoa, and Mint Salad along with leftover Dinosaur Kalte and White Bean Caesar
Dessert: Coconutty for Chocolate Chip Cookies (page 230)

Day 12

Breakfast: Raw Vegan Bircher Muesli (page 155)
Midmorning snack: Fresh juice or seasonal fruit as desired
Lunch: Sweet Potato Salad with Miso Dressing (page 156), served with a side salad (any greens and veggies you like) and a dressing of choice
Afternoon snack: Leftover tempeh from yesterday's lunch wraps
Dinner: Raw or Cooked Ratatouille (page 222), a serving of quinoa, and a side salad (any greens and veggies you like) with a dressing of choice
Dessert: Coconutty for Chocolate Chip Cookies (page 230)

Day 13

Breakfast: Chocolate Açai Bowl (page 209)
Midmorning snack: Fresh juice or Sweet and Savory Trail Mix (page 119)
Lunch: Leftover Raw or Cooked Ratatouille, sprinkled with nutritional yeast and served over a big green salad with a dressing of choice

Afternoon snack: A couple of Hemp-Seed Power Balls (page 119)
Dinner: Pumpkin Quinoa Risotto with Pomegranate Seeds (page 195), served with steamed greens or a side salad (any greens and veggies you like) and a dressing of choice
Dessert: Dark chocolate or Simple Raw Vanilla Macaroons (page 237)

Day 14

Breakfast: Blueberry, Mint, and Kale Smoothie (page 200), leftover Raw-Nola from Chocolate Açaí Bowl
Midmorning snack: Fresh juice or vegetable crudité with any dressing, dip, or hummus of choice
Lunch: Leftover Pumpkin Quinoa Risotto, served with a side salad (any greens and veggies you like) and a dressing of choice
Afternoon snack: Leftover Sweet and Savory Trail Mix
Dinner: Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan (page 146), or any other meal-size salad of choice
Dessert: Cherry Vanilla Tahini Ice Cream (page 245)

Day 15

Breakfast: Raw Banana Breakfast Wraps (page 207)
Midmorning snack: Fresh juice or roasted chickpeas (any flavor you like) (page 115)
Lunch: Leftover Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan or any meal-size salad of choice

Afternoon snack: Leftover hummus and vegetable crudité
Dinner: Easy Red Lentil, Sweet Potato, and Coconut Curry (page 167), topped with avocado or a few tablespoons of hemp seeds, served with steamed veggies or a side salad (any greens and veggies you like) and a dressing of choice
Dessert: Almost-Instant Chocolate-Covered Strawberries (page 236)

Day 16

Breakfast: No-Bake Sunflower Oat Bars, fresh fruit as desired (page 120)
Midmorning snack: Fresh juice or leftover roasted chickpeas
Lunch: Leftover red lentil curry, served with a side salad (any greens and veggies you like) and a dressing of choice
Afternoon snack: Cheesy or protein-packed Hummus Kale Chips (page 123)
Dinner: Basic Massaged Kale Salad (page 103) and Mesquite Glazed Tempeh (page 165), served with some cooked quinoa, if desired
Dessert: Almost-Instant Chocolate-Covered Strawberries (page 236)

Day 17

Breakfast: Plant Protein Shake (page 172)
Midmorning snack: Fresh juice or leftover kale chips
Lunch: Nori Rolls with Gingery Almond Pâté and Raw Veggies (page 182), served with a side salad (any greens and veggies you like) and a dressing of choice
Afternoon snack: Leftover roasted chickpeas

Dinner: Raw Cobb Salad (page 145) with leftover Mesquite Glazed Tempeh (page 165)
Dessert: Banana Soft Serve (page 111)

Day 18

Breakfast: Toasted Pumpkin Granola with Homemade Hemp Milk (page 148) and sliced apple or banana
Midmorning snack: Fresh juice or seasonal fruit as desired
Lunch: Leftover raw Cobb Salad (page 145) with leftover roasted chickpeas
Afternoon snack: Leftover Gingery Almond Pâté, vegetable crudité
Dinner: Raw mushroom burgers (page 192), served over a meal-size salad along with some quinoa or cooked lentils or beans
Dessert: Dark chocolate or any raw dessert of your choosing

Day 19

Breakfast: Leftover Toasted Pumpkin Granola with Homemade Hemp Milk (page 148) and sliced apple or banana
Midmorning snack: Fresh juice or leftover Gingery Almond Pâté with vegetable crudité
Lunch: Leftover raw mushroom burger with a meal-size salad
Afternoon snack: No-Bake Sunflower Oat Bars (page 120)
Dinner: Zucchini Pasta with Quinoa Meatless Balls (page 168), served with steamed vegetables or a side salad (any greens and veggies you like) with dressing of choice
Dessert: Chocolate-Covered Superfood Clusters (page 235)

Day 20

Breakfast: Almond Pulp Porridge (or regular oatmeal) with berries (page 209)
Midmorning snack: Fresh juice or Hummus Kale Chips (page 123)
Lunch: Easiest Vegan Pumpkin Soup (page 162) with Basic Massaged Kale Salad (page 103) or kale-slaw (page 185) and a few leftover Quinoa Meatless Balls
Afternoon snack: Leftover Toasted Pumpkin Granola
Dinner: Coconut Curry Kelp Noodles (page 223), Mesquite Glazed Tempeh (page 165), leftover kale salad from lunch
Dessert: Chocolate-Covered Superfood Clusters (page 235)

Day 21

Breakfast: Leftover Almond Pulp Porridge with fresh berries
Midmorning snack: Fresh juice or leftover Hummus Kale Chips (page 123)
Lunch: Collard wraps with Hemp Hummus (page 130), leftover Mesquite Glazed Tempeh (page 165), and red peppers, served with a side salad (any greens and veggies you like) and a dressing of choice
Afternoon snack: Leftover Easiest Vegan Pumpkin Soup
Dinner: Leftover Coconut Curry Kelp Noodles, served with steamed greens or a side salad (any greens and veggies you like) with a dressing of choice. Top the kelp noodles with roasted chickpeas or hemp seeds, if desired.
Dessert: Chocolate-Covered Superfood Clusters (page 235)

Specialized Meal Plans

Certain folks will have special needs or goals that call for particular kinds of meal planning. Below, I've tried to give you a sense of how you might modify a basic meal plan to fit a couple of special circumstances. First, a few meal plans for someone who's just getting started. These feature "tried-and-true" (level 1) recipes, and should feel familiar and accessible. Second, meal plans that place a particular focus on protein—great for those who are learning how to source adequate protein in a plant-based diet. And finally, meal plans for folks whose aim is to go high(er) raw while remaining well nourished and balanced.

Starter Meal Plans

1.

Breakfast: Simple Avocado Toast (page 151)

Midmorning snack: Seasonal fresh fruit

Lunch: Easiest Vegan Pumpkin Soup (page 162), Basic Massaged Kale Salad (page 103)

Afternoon snack: Hemp Hummus (page 130) with vegetable crudité of choice

Dinner: Sweet Potato Black Bean Enchiladas (page 163) or Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette (page 166), served with a side salad (any greens and veggies you like) and a dressing of choice

Dessert: Chocomole (page 110) or Coconutty for Chocolate Chip Cookies (page 130)

2.

Breakfast: Millet and Almond Zucchini Muffins with fresh fruit of choice (page 148)

Midmorning snack: Reinvented Ants on a Log (page 124)

Lunch: Leftover enchiladas with side salad (any vegetables, greens, and dressing you like) or Kale Salad with Sweet Potato, Almonds, and Creamy Maple Chipotle Dressing (page 141)

Afternoon Snack: Fresh juice or leftover Hemp Hummus and vegetable crudité of choice

Dinner: Easy Red Lentil, Sweet Potato, and Coconut Curry (page 167) or leftover Quick Quinoa Salad with Black Beans and Spicy Cilantro Vinaigrette, served with a side salad (any greens and veggies you like) and a dressing of choice

Dessert: Banana Soft Serve (page 111)

Higher Protein Meal Plans

1.

Breakfast: Chickpea Tofu Tahini Scramble (page 152)

Midmorning snack: Sweet and Savory Trail Mix (page 119)

Lunch: Sprouted-Grain Wraps with Kale-Slaw Filling (page 185); Easy Red Lentil, Sweet Potato, and Coconut Curry (page 167)

Afternoon snack: Plant Protein Shake (page 172)

Dinner: Pumpkin Quinoa Risotto (page 195) served with steamed greens or a side salad (any greens and veggies you like) and a dressing of choice

Dessert: Any dessert of choice, or dark chocolate

2.

Breakfast: Plant Protein Shake (page 172)

Midmorning snack: Hummus of choice with vegetable crudité

Lunch: Leftover Chickpea Tofu Tahini Scramble or Curried Chickpea and Carrot Salad (page 162) with a side salad of choice, such as my Basic Massaged Kale Salad (page 103) or Kale-Slaw (page 185)

Afternoon snack: 3 or 4 Hemp-Seed Power Balls (page 119)

Dinner: Carrot Millet Pilaf with Mesquite Glazed Tempeh (page 165) and leftover Kale-Slaw or Basic Massaged Kale topped with a couple of tablespoons of hemp seeds

Dessert: Any dessert of choice, or dark chocolate

High(er) Raw Meal Plans

1.

Breakfast: Basic Chia Pudding (page 108) with fresh berries

Midmorning snack: Cheezy (page 123) or Hummus Kale Chips (page 123)

Lunch: Raw Cobb Salad (page 145)

Afternoon snack: Plant Protein Shake (page 172)

Dinner: Heat-Free Lentil and Walnut Tacos (page 191), Basic Massaged Kale Salad (page 103)

Dessert: Any raw dessert of choice

2.

Breakfast: Almond Pulp Porridge (page 209)

Midmorning snack: Classic Zucchini Hummus (page 130) with vegetable crudité or sprouted-grain tortilla

Lunch: Creamy Basil and Ginger Noodles (page 210) with ½ cup of cooked or sprouted lentils, leftover Basic Massaged Kale Salad (page 103)

Afternoon snack: 2 Nori and Pumpkin-Seed Cigars (page 116)

Dinner: Coconut Curry Kelp Noodles (page 223) or Raw Lasagna (page 224) with side salad (any greens, veggies, and dressing you like)

Dessert: 3 to 4 Hemp-Seed Power Balls (page 119), or any raw dessert of choice



PART IV

The Food

NOW, FOR THE BEST PART: THE FOOD! IN THE FOLLOWING PAGES, you will find 125 of my favorite vegan and raw food recipes. I begin with fifteen “essentials.” These dishes have earned a time-honored status in my kitchen. They range from almond milk to raw zucchini “pasta” to a basic green smoothie. They showcase techniques that I think are essential to anyone who is exploring vegan cooking with an emphasis on raw food.

Next, I’ll share five juices, ten snacks, twenty dressings, dips, and sauces, and “meal-size salads”—salads that are nutrient dense and hearty enough to serve as a complete meal. Snacks will help you to stay fueled on the go, while the dips and sauces will allow you to dress up vegetables, grains, and salads.

Finally, we’ll launch into our three levels of vegan and raw breakfasts, lunches, and dinners. As you’ll see, the levels take you from a foundation of cooked vegan recipes to more raw food dishes. You don’t have to start with level one and make your way toward levels two and three: I’m simply presenting food in a sequence that moves from what’s probably more familiar to what’s slightly more exotic, to help you to feel more comfortable putting raw vegetables at the front and center of your diet. Feel free to take any recipes from any level and mix and match them as you please.



The Recipes

BEFORE I SAY ANYTHING ELSE ABOUT these recipes, let me say this: you are welcome—nay, encouraged—to make these recipes your own. While I can't promise you that major modifications might not be a problem, I can guarantee you that small changes, in accordance with your taste, will only enhance the recipes. Go ahead and omit herbs or spices you don't like, and replace them with ones you do. If you hate one of the vegetables, feel free to use another one that you enjoy more. If the dressing option for a salad isn't your thing, use another from the "dips, dressings, sauces, and spreads" section. Modifying a recipe is always a small gamble, but it's how you'll begin to know and trust your own tastes.

Substitutions

Part of making a recipe your own is knowing how to substitute ingredients you might not have for ones you do. Substitutions aren't

only a matter of taste or convenience: They may also be necessary for readers with various food allergies. My recipes tend to be forgiving, but not every single substitution is a guaranteed success, so here's a list of appropriate swaps:

Almonds: Replace with hazelnuts, pecans, walnuts, or cashews

Cashews: Replace with macadamia nuts or pine nuts

Walnuts: Replace with pecans, cashews, or almonds

Pecans: Replace with walnuts or almonds

Pumpkin seeds: Replace with sunflower seeds

Sunflower seeds: Replace with pumpkin seeds

Sesame seeds: Replace with hemp seeds

If you're allergic to all tree nuts: Try using legumes or hummus in place of nuts and nut pâtés. Some people with tree nut allergies can still consume seeds, so pumpkin,

sesame, and sunflower seeds will be very helpful.

If you're allergic to bananas: Try replacing bananas in these recipes with frozen mango, which is also very sweet and creamy.

If you're allergic to soy: In most of the following recipes, soy can be omitted and replaced with another plant-based protein source (such as beans, hummus, nuts, or seeds).

If you're allergic to gluten: With very few exceptions, the recipes in this book are gluten free, though people with gluten allergies should definitely be sure to purchase individual products that are certified GF and safe from cross-contamination. The only recipes that definitely have gluten are the Avocado Toast and Sweet Pea Hummus Tartines, in which you can easily substitute certified gluten-free bread.

If you don't eat beans: You can try using nuts or nut pâté in place of legumes or hummus. In general, people who don't digest beans well can replace them with tofu or tempeh for protein. Nuts and seeds will also provide protein, and some folks who don't digest most legumes well may still be able to tolerate these.

Essential Techniques

Soak your beans before cooking:

Making beans from scratch is a great habit to get into: it's cheaper than buying canned beans, it leaves you with zero risk of toxins from cans getting into your food, and home-cooked beans are simply so much tastier (especially in hummus) than canned. If you

do boil beans from scratch, soaking them beforehand may make a difference in terms of digestibility because it releases the tricky sugars that cause discomfort.

You can either do a "quick soak" or a "long soak."

For a "quick soak," rinse and pick over your beans, cover them with water (one part beans to three parts water) and boil them for 5 minutes. Let them sit for an hour after, and then cook through.

For a long soak, pick over and clean beans, cover them in water (one part beans to three parts water) and then let them soak for 8 hours, or overnight. Drain and change the water before cooking through. For most beans, this will mean about an hour of simmering.

Blending:

While blending is definitely one of the easiest techniques, there are still some essential tricks of the trade to master.

If you're using a high-speed blender, it's important to use the tamp attachment to facilitate the blending process. This is especially true if you're making something thick, such as hummus or nut pâté. If you use a regular blender, stop a few times while you're blending to mix your ingredients with a spoon, and then continue blending. Note that, in a high-speed blender, you'll need to be working with a certain amount of volume to get things blending and use the tamper—tiny batches of nut cheese or hummus, for example, won't blend smoothly. If you're considering cutting a recipe in half, you may want to simply make the whole batch and share your leftovers.

Always start your blender on the lowest setting, then gradually increase the blender speed until you reach its highest setting.

Successful Smoothies:

Whether you're using a conventional or high-speed blender, always add your liquid first—it will get things blending. Next, add your frozen fruit, then protein powders, cacao, spices, or other flavorings. Add ice last, so that it doesn't overblend and cause the smoothie to get too watery. Fresh fruits get blended in last, along with ice.

Working with a Food Processor (hummus, nut pâté, and nut cheese):

This can be a little tricky at first, but as long as you get used to stopping the processor frequently to scrape the bowl down, you'll be on your way to creamy and consistent hummus, nut pâtés, and nut cheeses. Some tips:

When blending nuts or legumes, start with a small amount of liquid to get things moving. After about 30 seconds, stop the power, scrape the bowl down, turn the motor back on, and then drizzle in the remainder of your liquid, until you have a good consistency.

Be patient. With banana soft serve, nut pâté, and hummus alike, the food processor takes a little bit of time to whip things up perfectly. The longer you're willing to wait, the more even your results will be!

I usually soak nuts or seeds before using them in the processor, but if you don't have time, you can still get great results. Simply add dry nuts or seeds to the processor first, grind them up finely, and then start adding your liquid.

Prepping vegetables:

When preparing vegetables to sauté, try to chop them into evenly sized pieces.

When adding vegetables into the blender (for a raw soup, for example), a rough chop is fine, but try to be consistent about how large the pieces are. Add liquid to the blender first.

When slicing vegetables thinly, always place the vegetable onto a flat surface.

To mince herbs, stack leaves as best you can onto a flat surface, then use a very sharp knife to cut them. For many herbs (chives, basil leaves, cilantro), it's sometimes easier simply to snip them with a knife.

Making Raw Zucchini Pasta:

While it's easiest to use a spiralizer for raw zucchini pasta (a low-cost and worthy investment), there are plenty of other ways to prepare it. You can use a julienne peeler, which creates long, thin strips of any vegetable you like. You can also lay your zucchini down on a flat surface and run a regular vegetable peeler along it lengthwise, peeling off thin ribbons as you go. You can even use a box grater to grate the zucchini, and treat it as mini noodles! Don't let not having a spiralizer stop you from enjoying the pleasures of raw pasta.

Making Raw "Rice":

Simply pulse coarsely chopped vegetables in the food processor until they're the consistency of long grain rice. The vegetables I use most often for this are parsnip, cauliflower, jicama, and carrot. The first three have the most authentic rice appearance, but they're all delicious options. Work in small batches (about 2 cups of veggies at a time) to get a consistent texture.

15 Essentials

THESE ARE FIFTEEN OF THE DISHES THAT I CAN'T LIVE WITHOUT. THEY ALSO HAPPEN to be some of the best-loved recipes from my blog. Many of these are so simple that they resemble techniques more than recipes, which is fine, because it means you can adapt them easily to suit your tastes.

CLASSIC ALMOND MILK

ALMOND MILK HAS A RICH, CREAMY texture and taste; a little vanilla and sea salt elevate it to perfection. If you've never tried homemade almond milk before, you're in for a treat.

It's easier to make almond milk in a high-speed blender, but so long as you strain it, any kind of blender will work. If you're using a regular blender, it's especially important to soak your almonds for eight hours or more beforehand. To strain the almond milk, you can use cheesecloth, a nut milk bag (available at health food stores or online) or even a paint bag from a hardware store!

MAKES 3 CUPS MILK

1 cup almonds

4 pitted dates

¼ teaspoon sea salt

1 teaspoon vanilla extract, or 1 vanilla bean, cut lengthwise down the center, seeds scraped out with a spoon

1. Soak the almonds overnight, or for at least 8 hours. Drain and rinse them.

2. Place the almonds, the dates, the sea

salt, the vanilla, and 4 cups of filtered water in a blender. Blend for at least one full minute on high speed, until the mixture looks totally uniform and creamy.

3. When it looks well blended, stop the blender. Over the mouth of a large container—a 2-quart mason jar, a large jug, or a pitcher—drape cheesecloth, folded over once to make a double layer. Secure it in place with a rubber band, so that it's fixed over the mouth of the container. I often quickly transfer my unstrained almond milk to another container, and then use the blender itself as my container in which to strain it.

4. Pour the almond milk through the cheesecloth. You may need to do this in small increments, because it takes a little while to strain. As you wait for it to strain, you can gently remove some of the almond "pulp" that is building up in the cheesecloth and set it aside.

5. When all of the almond milk has been poured through the cheesecloth, let it sit for a while to strain completely. Scoop up the pulp and reserve for use later (for example, Almond Pulp Milk Porridge [page 209]). Store the almond milk in a clean container in the fridge. It will last for 2 to 3 days.

BASIC GREEN SMOOTHIE

GREEN SMOOTHIES MAY BE EVERYONE'S favorite raw food intro recipe. They are a quick, accessible way to incorporate more greens into your diet, and the flavor combinations are endless. Here's a simple, easy-to-customize recipe that won't let you down no matter how many times you make it.

MAKES 2 SERVINGS

2 bananas, peeled, cut into rough pieces, and then frozen
1 cup frozen blueberries
1½ cups almond milk
2 tablespoons almond or peanut butter
Pinch ground cinnamon (if desired)
2 cups spinach, well rinsed

Blend all the ingredients in a blender until smooth. Serve.

CASHEW CHEESE

CASHEW CHEESE AND CASHEW CREAM are secret weapons of vegan cooking. More than any other ingredient, they add the richness that we associate with dairy to vegan dishes. Cashews are incredibly soft, mild tasting nuts, so they blend up to perfection.

This basic cashew cheese should have a texture not unlike cream cheese or spreadable goat cheese. You can, however, add

more water (up to a cup) to turn it into a thick cashew cream instead, which will have the texture of heavy whipping cream. You can add more or less water to suit your needs. The recipe is generous; once you start using cashew cheese in salads, on top of soups, or in wraps, you'll likely find that it runs out fast. But feel free to cut the recipe in half if you don't need the full yield.

MAKES 1½ CUPS CHEESE

2 cups raw cashews, soaked overnight and drained of soak water
½ teaspoon sea salt
4 tablespoons nutritional yeast
2 tablespoons freshly squeezed lemon juice
1 clove garlic, minced (optional)
Freshly ground black pepper

1. Place the cashews, salt, nutritional yeast, lemon, and garlic in a food processor fitted with the "S" blade. Pulse until the cashews are broken up well.

2. Run the motor and drizzle in ⅓ cup of water. Keep blending until the mixture is very smooth and creamy. You may need to stop a few times to scrape the bowl down—be patient! The key to perfect cashew cheese is to scrape the bowl down a lot, and also to blend for a very, very long time. Your ideal cashew cheese should be thick, but easy to spread. Add a little extra water if needed.

3. Check the cashew cheese for seasoning. Add black pepper to taste. Cashew cheese will keep in an airtight container for up to 5 days in the fridge.



HOMEMADE HEMP MILK

MAKES 4 CUPS MILK

- 1 cup shelled hemp seeds
- 4 pitted Medjool dates
- 1 pinch sea salt
- 1 vanilla bean, cut lengthwise down the center, seeds scraped out with a spoon

Blend all the ingredients, along with 3½ cups of water, in a high-speed blender until smooth. Shake before serving. Hemp milk will keep, sealed in the fridge, for 1 or 3 days.

NUT OR SEED PÂTÉ

IT MAY SOUND PECULIAR TO HEAR A vegan talking about “pâté” at all, but nut and seed pâtés are staple ingredients in my diet. Pâté is, of course, just a figure of speech. It’s made of nuts or seeds that have been soaked, softened, and blended up with seasonings and water. It has thick, spreadable texture, and it’s incredibly versatile—use it in collard wraps, with vegetables for dipping, or wrapped up into nori sheets.

MAKES 2 CUPS PÂTÉ

- 1½ cups seeds (pumpkin, sesame, or sunflower) or nuts (almonds, cashews, macadamia, walnuts, pistachios, and Brazil nuts all work)
- 1 tablespoon tamari, nama shoyu, or Bragg’s Liquid Aminos

1 tablespoon apple cider vinegar or freshly squeezed lemon juice

1 clove garlic, minced (optional)

OPTIONAL: A few tablespoons of any herbs, spices, or add-ins you like.

Rosemary, dill, basil, cumin, paprika, sun dried tomatoes, olives, and roasted red peppers all make wonderful additions.

1. Cover the nuts or seeds with enough water to submerge them by a few inches, and soak them overnight, or for 6 hours or more. In the morning (or when you’re ready) discard the soak water and rinse them a little in a colander or metal strainer.

2. Add the nuts or seeds, the tamari, the vinegar, and the garlic, if using, to the bowl of a food processor fitted with the “S” blade. Run the motor for a minute or two, until the mixture is coming together (the consistency will be coarse and wet).

3. With the motor still running, drizzle in ½ cup of water in a thin stream (if it starts to get at all watery, you can use a little less water—how much you need will depend on how much liquid your nuts/seeds absorbed). Continue blending until the mixture is thick but smooth and spreadable. Season to taste with black pepper.

Nut pâtés keep in the fridge for at least 3 to 4 days, and sometimes up to 5.

GREEN SOUP (BLENDED SALAD)

THINK OF GREEN SOUP AS THE SAVORY alternative to all of those delicious green smoothies you'll be experimenting with in your raw adventures. Though not quite as sweet as green smoothies, of course, green soups are equally nutritious, and they're a wonderful vehicle for your freshest produce. The following is a basic recipe, but you can certainly make it your own by adding different vegetables (zucchini in place of cucumber, for example) and seasonings.

MAKES 1 LITER SOUP (ABOUT 3 OR 4 SERVINGS)

1 pound cucumber, cut into sections
1 small Haas avocado, pitted and flesh scooped out
1 cup coconut water or filtered water
½ cup chopped parsley or cilantro (dill also works)
Juice of 1 lemon (about 1½ tablespoons)
½ teaspoon sea salt
2 large stalks celery, cut into quarters
1 cup spinach (optional)

TOPPINGS: Diced tomato, zucchini, cucumber, mango, avocado, fresh herbs, or any other vegetables or fruits of choice. Drizzling a few tablespoons of cashew cream into the soup is also a wonderful addition.

Blend all the ingredients in a blender until creamy and smooth. Add more water as necessary. Sprinkle with your toppings of choice, and serve.

HERBED FLAX CRACKERS

FLAX CRACKERS ARE COMMERCIALY available nowadays, but why buy them when it's incredibly easy to make your own? Note that the flax seeds need to soak for 3 hours, for a thick, spreadable texture that makes for a super crispy, savory snack.

Flax crackers can either be dehydrated or baked in the oven. If you have a dehydrator, you may find that it results in a crispier and more preferable texture. But both methods will work.

MAKES ABOUT 30 CRACKERS

½ cup dark flaxseeds
½ cup golden flaxseeds (alternatively, you can use all golden flaxseeds)
¼ cup ground flax meal
1½ tablespoons Bragg's Liquid Aminos or tamari or nama shoyu
2 tablespoons apple cider vinegar
1 tablespoon chopped fresh rosemary, or 2 teaspoons dried
2 teaspoons minced fresh thyme, or 1 teaspoon dried

1. If you're using an oven, preheat it to 350°F.

2. Mix all the ingredients in a large mixing bowl. Add 1½ cups of water. Allow the ingredients to sit for 3 hours, at which point they should thicken up completely.

3. To dehydrate: spread the mixture onto a Telfex-lined dehydrator sheet. Use a pizza dough roller to score into cracker-size squares. Dehydrate at 115°F for 8 hours or



Green Soup (Blended Salad), page 102

so. Place another Teflex-lined sheet on top of it and then flip it over. Dehydrate the other side for 2 more hours, break into crackers, and serve.

To bake: line a baking sheet with parchment. Spread the cracker mixture over it thinly (less than $\frac{1}{4}$ inch) with a spatula and score lightly with a pizza roller. Bake for 25 minutes at 350°F. If the crackers are not yet browning, return them to the oven and continue baking until they're golden brown. Remove, and allow to cool completely before breaking the crackers apart and enjoying.

Stored in an airtight container in the fridge, flax crackers will keep for up to 2 weeks.

BASIC MASSESSED KALE SALAD

TO ME, THE PHRASE MASSESSED KALE IS so ordinary and commonplace that it doesn't strike me as the slightest bit odd. But if you're wondering what it means to



“massage” a cruciferous vegetable, it simply means cutting the kale up into small pieces, and then using your hands to forcefully rub your dressing of choice into the greens. If you don’t have a dressing on hand, you can just rub some avocado and lemon into the kale—this is very delicious too!

MAKES 4 SMALL OR 2 GENEROUS SERVINGS

5 cups tightly packed kale, washed
1 cup finely shredded red cabbage
1 cup shredded carrot
2 tablespoons freshly squeezed lemon juice
2 teaspoons hemp oil
¼ teaspoon sea salt
1 teaspoon pure maple syrup
1 small avocado, chopped into 1-inch chunks

1. Place the kale, cabbage, and carrot in a large mixing bowl. Mix well.
2. Add all the remaining ingredients to the bowl. “Massage” the kale with your hands well, until the kale is wilted and creamy and the avocado is all smooshed in.

Leftover kale salad will keep overnight in the fridge.

5-MINUTE GUACAMOLE

THIS GUACAMOLE IS EASY TO MAKE, AS the title suggests, and it’s both savory and sweet (since the tomatoes and pepper add a lot of sweetness to the dish). This

guacamole is great with vegetables, mashed into salad, in wraps and burritos, and by the spoonful. There’s no wrong way to enjoy something this simple and delicious.

MAKES 2 TO 4 SERVINGS

2 large Haas avocados, peeled, pitted, and cubed
Juice of 2 limes
½ cup packed chopped fresh cilantro
1 teaspoon pure maple syrup or agave nectar
½ chop chopped red onion (optional)
½ cup seeded and finely diced red bell pepper
1 cup quartered cherry tomatoes
Sea salt and freshly ground black pepper

1. Mash the avocado, lime juice, cilantro, and maple syrup together with a fork, until it’s creamy but still has some texture.
2. Add the onion, pepper, and tomatoes. Season with salt and pepper to taste, and serve.

You can sprinkle some lemon juice on top of the guacamole and store it overnight—this will help to preserve color, and it will keep for a second day.

BUCKWHEATIES

BUCKWHEAT IS FULL OF FIBER, MINERALS, and it’s relatively high protein. My favorite way to enjoy buckwheat is to simply soak it for a day or two, then rinse it thoroughly and either dehydrate it (for a raw version) or toast it in the oven. I then add it to



Zucchini Pasta with Red or White Sauce, page 107

fresh fruit and eat it as a cereal, or I use it in one of my many delicious raw granola (raw-nola) recipes (such as my Cacao Granola and Banana Coconut Raw-Nolas on pages 202 and 205). Because it's reminiscent of cereal, many raw foodies call dehydrated buckwheat "Buckwheaties."

2 cups raw buckwheat groats

1. Place the buckwheat in a bowl and submerge it in enough water to cover it by several inches. Let it soak overnight. Rinse it thoroughly through a sieve (it will be very slimy).

2. If you're baking the buckwheat, preheat your oven to 325°F.

3. If you have a dehydrator, dehydrate the buckwheat for 6 to 8 hours at 115°F, until it's totally dry. Set aside for use. If you don't have a dehydrator, you can lay the buckwheat onto a baking sheet lined with parchment paper or foil and bake at 325°F for 35 to 40 minutes (or when the buckwheat is turning golden), stopping halfway through to move the groats around on the baking sheet a little. Allow the groats to cool completely before serving.

Dried buckwheat will keep for several weeks in an airtight container.

ZUCCHINI PASTA WITH RED OR WHITE SAUCE

ZUCCHINI PASTA IS A RAW FOOD staple. It's easy, it's fun to eat, and totally versatile. I've included here my "red sauce" (raw marinara) and my "white sauce" (a cashew-based Alfredo). Pesto is also a lovely topper, or other kind of pasta sauce, you like. If you're in a pinch, you can use your favorite canned, organic, commercially prepared marinara sauce.

If you don't have a spiralizer (see page 75), you can use a vegetable peeler to slice the zucchini into long, thin "ribbons" instead.

MAKES 4 SERVINGS

4 medium zucchini or summer squash
Raw Marinara Sauce (page 135) or Raw Cashew Alfredo (page 134)

1. Use a spiralizer to cut the four zucchini into long, thin ribbons, or use a julienne peeler to achieve the same effect. You can also use a regular vegetable peeler to slice the zucchini into long, thin ribbons.

2. To assemble your zucchini pasta, divide the zucchini noodles among four bowls. Prepare your sauce of choice, and top each bowl with a heaping $\frac{1}{4}$ cup of sauce. If you like, you can add shredded carrots, chopped cherry tomatoes, sun-dried tomatoes, mushrooms, or any other vegetables to your "pasta" bowl.

DIY SNACK BARS

THIS IS A HOMEMADE SPIN ON THE dried fruit and nut bars you might be familiar with. I'm all for purchasing a snack bar when you're in a pinch, but it's nearly as easy to make them at home—and, if you do it regularly, a whole lot cheaper and healthier. These raw bars can be easily customized however you'd like to with add-ins (see my suggestions for some ideas!).

MAKES 12 SNACK BARS

1¾ cups almonds, cashews, walnuts,

Brazil, or macadamia nuts

Pinch sea salt

2 cups pitted dates

OPTIONAL ADD-INS: ¼ cup cacao nibs,

2 tablespoons lemon or orange zest,

1 teaspoon cinnamon, ¼ cup goji

berries or mulberries, 1 teaspoon maca,

2 tablespoons raw cacao powder

1. Line an 8 by 12-inch or 9-inch square baking dish with plastic wrap or foil.

2. Place the nuts and a pinch of salt into a food processor fitted with the "S" blade and process until they are ground up (about 1 minute).

3. Add the dates and process until the mixture is uniform and the nuts and fruit are broken-down. Add any add-ins you are using, and pulse to combine. When you can squeeze some of the mixture in your hand and have it hold together, it's ready.

4. Empty the dough into the lined pan and press it down with your fingers so that

it's uniformly thick and even. Refrigerate for about 30 minutes or more.

5. Cut into ten to twelve bar shapes. Wrap individually in plastic wrap or waxed paper. Store in an airtight container for up to 2 weeks, enjoying as desired. The bars will also freeze well.

BASIC CHIA PUDDING

WHEN YOU SOAK CHIA SEEDS, THEY plump up to look like tapioca pudding, with a similar texture. I absolutely love them this way, and chia pudding is probably my favorite raw food breakfast of all time. It also makes for a great snack. Here's my basic recipe; check out my Mango Coconut Chia Pudding (page 172) and Mocha Maca Chia Pudding (page 200) as well.

One of the best things about making chia pudding is that you can mix it together in the evening, let it sit overnight, and grab it to go in the morning!

MAKES 2 SERVINGS

6 tablespoons chia seeds

2 cups homemade or store-bought almond milk

Seeds of 1 vanilla bean or 1 teaspoon vanilla extract

2 tablespoons pure maple syrup or agave nectar

1. Stir all the ingredients together in a medium-size mixing bowl. Allow the



Basic Chia Pudding, page 108



Chocomole, page 110

mixture to sit for a minute, then stir again. Continue to stir once every 8 to 10 minutes for 30 minutes.

2. Let the mixture sit for a few hours. Serve with fresh berries, if desired.

Chia pudding will keep for up to 4 days in the fridge.

CHOCOMOLE

CHOCOLATE PUDDING WITH AVOCADO, you say? Believe it. As strange as it sounds, avocado actually makes a wonderful, neutral, creamy base for this delicious raw riff on chocolate pudding. Once you experience this easy and beloved raw food dessert, you'll be hooked! Amp the flavor by adding a teaspoon of ground cinnamon and a touch of chili powder.

MAKES 2 GENEROUS SERVINGS

1 large, ripe Haas avocado, peeled and pitted
¼ cup pure maple syrup
1 teaspoon vanilla extract or one vanilla bean, sliced lengthwise and seeds scooped out with a spoon
¼ cup raw cacao powder
Pinch sea salt

1. Place all the ingredients in a food processor fitted with the “S” blade or a high-speed blender. Add ¼ cup of water and begin blending.

2. Add more water as needed, until the mixture is totally smooth and has the texture of thick chocolate pudding.

Leftovers will keep in the fridge for 2 days.

BANANA SOFT SERVE

WHEN I FIRST BEGAN MY BLOG, I posted this technique—an old trick in the raw food world—along with the title “this post will change your life.” It certainly changed mine when I first discovered it; I couldn’t believe that anything so simple could also be so hopelessly delicious. Frozen bananas processed make a texture that is divinely ice cream-like. You can make this in either a food processor or a high-speed blender. Once you get the hang of it, feel

free to chop in dried fruit, nuts, chocolate chips, nut butter, or anything else you love!

MAKES 2 SERVINGS

2 large or 3 small bananas, peeled, cut into large chunks, and frozen

OPTIONAL ADD-INS: cacao nibs, vegan dark chocolate chips, raisins, chopped dates, peanut butter, chopped nuts or seeds, fresh strawberries, crystallized ginger, etc.

1. Place the banana chunks into a food processor fitted with the “S” blade and turn machine on. Let the motor run for a couple of minutes—seriously, a full minute or two! At first, the bananas will just make a ton of noise and bounce around in the processor.

2. After a few minutes, they’ll begin to magically take on a super-creamy texture. As soon as they do, you can stop the processor and add your add-ins, if you care for any. Give the machine a few pulses to incorporate the add-ins fully. Scoop up the mixture and serve just like ice cream.

Banana soft serve is best served immediately. However, if you have some left over, you can transfer it to a freezer-safe container and freeze it. To serve again, transfer the frozen portion to your food processor and process it again, so that it takes on the creamy texture once more before you serve it.

5 Juices

JUICES ARE A QUICK LINE OF ENERGY AND A WAKE-UP CALL TO THE SENSES. THEY'RE delicious, incredibly nutrient dense, fun to make, and easy to customize. I tend to enjoy juices midmorning (*after* my morning coffee!), but I also sometimes enjoy them as an afternoon snack. I've offered juice as a midmorning snack option in my meal plans, but you can do whatever works for you.

COOK'S NOTE: Juices are easiest to prepare in a juicer (see page 76 for my recommendations). If you don't have a juicer, however, you can make most juices by blending your ingredients in a Vitamix or a regular blender and then straining them through cheesecloth or a nut milk bag. This will remove the fiber, just as a juicer will, and allow you to enjoy the sweet and nutritious liquid that remains. (Note that, unless you're working with a high-speed blender, it'll be hard to blend up harder vegetables, such as carrots and beets, so stick with cucumbers, apples, greens, and other easy-to-blend veggies and fruits.)

GREEN LEMONADE

LIKE MANY CLASSIC GREEN JUICE COMBINATIONS, this recipe combines apple, ginger, lemon, and a ton of green goodness.

Green lemonade is a wonderful way to start your day. I often enjoy it as a snack between meals, as a preworkout treat, or I sip it with my dinner if I'm craving extra greens.

MAKES 1 SERVING

- 1 green apple
- 1 (1-inch) knob fresh ginger
- 5 large stalks celery
- 1 cucumber
- 1 large handful fresh parsley
- 5 leaves kale
- 1 lemon, halved, peel cut off and discarded

Run all the ingredients through your juicer, and serve, or follow the note above about making juices in a blender.

CUCUMBER COOLER

HERE'S A CRISP, REFRESHING SUMMERTIME drink that's mildly sweet and also very hydrating. Coconut water adds a good dose of electrolytes, so I've often been known to sip this after a hot yoga class!

MAKES 1 SERVING

- 1 cucumber
- 1 large pear or 1 cup cubed pineapple
- 1 large handful (about ½ cup) fresh mint, plus a sprig, for serving
- ½ lime
- ½ cup coconut water



Green Lemonade, page 112

Run the cucumber, pear, mint, and lime through your juicer or follow the note about making juice in a blender, above. Mix the juice with the coconut water, and serve with a sprig of mint.

THE VEGGIE BOWL

THIS JUICE IS NOT FOR THE FAINT OF heart; it's brimming with veggies, and lots of them, along with a good dose of spicy ginger. But if you love vegetables, you're sure to love it too. This is a great winter juice, since it's more warming than a lot of other green juices.

MAKES 1 SERVING

- 3 large carrots
- 1 beet
- 4 large stalks celery
- 1 large handful of spinach, fresh parsley, or other dark green
- 1 small cucumber
- 1 (1-inch) knob fresh ginger

Run all the ingredients through your juicer, and serve, or follow the note about making juices in a blender (page 112).

SPRING GREENS

THIS JUICE ISN'T VERY SWEET, WHICH makes it ideal for folks who are being mindful of sugar. It's also super refreshing, and the addition of fresh dill—an unusual

herb in juices—always makes me think of springtime.

MAKES 1 SERVING

- 1 medium zucchini
- 1 medium cucumber
- 2 stalks celery
- 4 leaves Swiss chard
- 1 handful watercress
- 2 lemons
- ½ cup fresh dill

Run all the ingredients through your juicer and serve, or follow the note about making juice in a blender (page 112).

JUNGLE GREENS

THIS JUICE IS SWEET, SOUR, AND SASSY. Cilantro adds a summery kick, while pineapple and chard give you plenty of vitamins A and K. If you're not a cilantro lover, feel free to substitute parsley.

MAKES 1 SERVING

- 1½ cups cubed pineapple
- 1 cup broccoli florets
- 3 large stalks Swiss chard or kale
- 1 large handful (about ½ cup) fresh cilantro
- 1 cucumber
- 2 stalks celery

Run all the ingredients through your juicer and serve, or follow the note about making juice in a blender (page 112).



10 Snacks

SNACKING IS IMPORTANT NO MATTER WHAT SORT OF DIET YOU EAT, BUT VEGAN AND raw foods offer a ton of easy and delicious snack options. Having a dehydrator makes some of these (such as kale or zucchini chips) easier, but you certainly won't need one to make "reinvented" ants on a log, DIY Snack Bars, or salty, delicious roasted chickpeas.

EASY ROASTED CHICKPEAS

ROASTED CHICKPEAS HAVE ALL OF the crunch and saltiness you might associate with chips and other savory snacks, but they're packed with heart healthy fiber and protein.

As you'll see, this is another "template" recipe that you can customize to your heart's content. Use what you have to give these a kick of acid and salt, and feel free to experiment with some of the flavor options below.

MAKES 2 CUPS CHICKPEAS

- 2 cups cooked chickpeas
- 1 tablespoon olive or coconut oil
- 1 tablespoon tamari, nama shoyu, or Bragg's liquid aminos
- 1 tablespoon freshly squeezed lemon juice, balsamic vinegar, or apple cider vinegar

1. Preheat your oven to 375°F.
2. Mix the chickpeas, oil, tamari, and lemon. Place them on a parchment or foil-lined baking sheet and bake for about 35

minutes, stirring them around halfway through (if you like them super crunchy, you can bake them for up to 45 minutes). When they're quite nicely toasted, remove them from the oven.

You can store your roasted chickpeas in an airtight container in the fridge for up to a week.

FLAVOR OPTIONS

Cinnamon and Sugar

Before cooking for the same amount of time and at the same temperature as the original recipe, toss the chickpeas in a tablespoon of coconut oil, 3 tablespoons of coconut sugar or demerara sugar, and 1 teaspoon of ground cinnamon.

Spicy Southwestern

Before cooking for the same amount of time and at the same temperature as the original recipe, toss the chickpeas in a tablespoon of olive oil, a teaspoon of ground cumin, ½ teaspoon of ground coriander, a teaspoon of chili powder, ½ teaspoon of paprika, a pinch of cayenne pepper, and sea salt to taste.

Lemon Herb

Before cooking for the same amount of time and at the same temperature as the original recipe, toss the chickpeas in a tablespoon of olive oil, a tablespoon of chopped fresh rosemary (or a teaspoon of dried rosemary), a teaspoon of fresh thyme (or ½ teaspoon dried), a teaspoon of fresh oregano (or ½ teaspoon dried), sea salt to taste, and a clove of garlic, minced. Squeeze two lemons over the beans and mix well before roasting.

Curry Kick

Before cooking for the same amount of time and at the same temperature as the original recipe, toss the chickpeas in a tablespoon of coconut oil, a teaspoon of fresh curry powder, a pinch of cayenne, a tablespoon of tamari, and a teaspoon of pure maple syrup or agave nectar.

NORI AND PUMPKIN-SEED CIGARS

THESE TASTY AND UNUSUAL RAW snacks are inspired by Bonobo's, a restaurant that was a fixture of the New York City raw scene for a number of years before it (sadly) closed its doors a few years ago. You can choose either to serve the cigars fresh, or to dehydrate them for a slightly longer life. They're rich in minerals and healthy fat, and they're a great option when you're in the mood to snack on something savory.

MAKES 12 CIGARS

- 1¼ cup pumpkin seeds, soaked for at least 2 hours and drained
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons tahini
- 1½ tablespoons low-sodium tamari, low-sodium nama shoyu, coconut aminos, or Bragg's liquid aminos
- 1 clove small garlic, minced (optional)
- Freshly ground black pepper
- 2 scallions, green and white parts, chopped
- 6 sheets nori (toasted or untoasted is fine)

1. Place the pumpkin seeds, lemon, tahini, tamari, garlic, pepper, and scallions in a food processor fitted with the "S" blade. Pulse a few times to combine. With the motor running, drizzle in ½ cup of water, or just enough for the pâté to take on the texture of hummus (thick, but easily spreadable).

2. Cut a sheet of nori in half, vertically, down the center. Spread each half with 2 generous tablespoons of pâté.

3. Using a knife or an inverted spatula, spread the pâté in a thin, even layer over the nori sheet.

4. Roll the nori sheet up from right to left. Let it sit for a few moments. Slice the roll into bite-size pieces or leave as it is.

OPTIONAL: You can dehydrate the nori roll for 8 hours to get a dry, dehydrated snack that is great for travel and will keep for up to 2 weeks when stored in the fridge. Otherwise, the rolls will keep for 2 or 3 days in the fridge.



Easy Roasted Chickpeas, page 115



Hemp-Seed Power Balls, Sweet and Savory Trail Mix, and Zucchini Ranch Chips, page 119

SWEET AND SAVORY TRAIL MIX

THIS IS A PERFECT TRAIL MIX WHEN you want something a little more filling and substantial than the usual fruit + nut combination. Roasted chickpeas give the mix extra fiber, protein, and iron, and they add a wonderful savory touch.

MAKES 4 CUPS TRAIL MIX

1 batch roasted chickpeas (page 115)

1 cup almonds

1 cup raisins

Mix all the ingredients together. Store in an airtight container in the fridge for up to 10 days.

HEMP-SEED POWER BALLS

THESE BALLS HAVE ALL THE TASTE OF snack bars, but they're smaller, so you can pop one or two when you're in the mood for a mini snack. They've also got a nice protein boost in the form of hemp protein and seeds.

MAKES 16 BALLS

1 cup almonds

¼ teaspoon sea salt

3 tablespoons hemp protein

1 cup tightly packed, Medjool dates

½ cup shelled hemp seeds

1. Place the almonds, the sea salt, and the protein powder in a food processor fitted with the "S" blade. Process until the ingredients are loosely ground.

2. Add the Medjool dates. Keep processing until the ingredients are smooth and evenly incorporated.

3. Form the mixture into balls 1½ inches in diameter. Roll them in the shelled hemp seeds. Refrigerate for an hour prior to eating.

Stored in an airtight container in the fridge, these will keep for 2 weeks.

ZUCCHINI RANCH CHIPS

LIKE KALE CHIPS, THESE ZUCCHINI ranch chips are an easy and tasty way to get green vegetables in your diet. The recipe calls for Herbamare, which is a very delicious, organic seasoning blend. If you don't have it, sea salt on its own will do fine.

MAKES 1½ TO 1¾ CUPS ZUCCHINI CHIPS

3 medium or large zucchini, unpeeled, sliced thinly (about ¼ inch thick) on a mandoline or with a paring knife

1 tablespoon freshly squeezed lemon juice

1 tablespoon olive oil

½ teaspoon Herbamare or sea salt

1 teaspoon crushed garlic (about 1 small clove) or ½ teaspoon garlic powder

2 tablespoons finely chopped fresh dill or 2 teaspoons dried

1. If you're preparing chips in an oven, pre-heat your oven to 450°F.

2. Mix all the ingredients together with your hands in a large mixing bowl.

3. To prepare the chips in the dehydrator: Dehydrate at 115°F for 6 to 8 hours, or until they're considerably shrunken and dry, but not yet crispy. Flip the chips over, and continue to dehydrate for another 4 hours, or until they're crispy.

To prepare the chips in the oven: Bake at 450°F for about 25 minutes, or until lightly browned.

Store chips in an airtight container in the fridge for up to a week.

NO-BAKE SUNFLOWER OAT BARS

NOTHING MAKES ME HAPPIER THAN A wholesome, filling snack bar that doesn't require me to turn on my oven! These are great for when you're getting tired of the same old date and nut bars. I personally love the taste of sunflower seed butter in these bars, but peanut, almond, or cashew will work very well too (and peanut butter will give it a quintessential childhood "comfort food" taste).

MAKES 10 TO 12 BARS

2½ cups rolled oats (use certified gluten-free oats if needed)

1 cup sunflower seeds (raw or toasted)

½ cup raisins

½ cup cacao nibs

⅔ cup sunflower seed, cashew, peanut, or almond butter

6 tablespoons agave nectar or brown rice syrup

1. Line a small (7 by 11 inches, or 9-inch square) baking dish with foil or plastic wrap.

Mix oats, sunflower seeds, raisins, and cacao nibs in a large bowl.

2. Whisk together the nut butter and ½ cup of sweetener. Pour over the oat mixture, and mix well, until everything is sticky and combined. If the mixture is too dry, you can add more sweetener as needed.

3. Press the mixture into the lined baking dish. Cover with another layer of foil or plastic wrap, press well into the baking dish, and refrigerate for 4 hours. Cut into bar shapes, wrap, and keep refrigerated until ready to use. They ought to keep for 2 weeks.

SUPERFOOD TRAIL MIX

TRAIL MIX IS A FAVORITE ON-THE-GO snack. This version contains some slightly unusual ingredients, including cacao nibs, goji berries, and mulberries—all potent sources of antioxidants.

MAKES 5 CUPS TRAIL MIX

1 cup raw cashews

1 cup raw pistachios

½ cup pumpkin seeds

½ cup cacao nibs

1 cup goji berries

1 cup dried mulberries



No-Bake Sunflower Oat Bars, page 120, and DIY Raw Snack Bars, page 108



Mix all the ingredients together in a large mixing bowl. Store in an airtight container for several weeks, enjoying as desired.

CLASSIC CHEESY KALE CHIPS

KALE CHIPS ARE PROBABLY THE MOST well-known raw food snack. If you've never tasted these salty, savory, "cheesy" chips, then you're in for a major treat, and, if you have tasted them, this is your chance to create them at home.

I've tried making these in the oven many times over, without any real success; they don't quite get the crispy quality that is so essential for them to work. You can make these in either a rectangular or a low-cost, circular dehydrator. Either way, you'll be delighted as soon as you bite into your first chip. For a higher protein option, check out the Hummus Kale Chips on the right.

MAKES 4 SERVINGS

- 1 cup raw cashews, soaked for at least 2 hours (or overnight), drained, and rinsed off
- Juice of 1 lemon
- 1 small red bell pepper, seeded and chopped into rough pieces
- 1 tablespoon mellow white miso
- ¼ teaspoon salt
- ⅓ cup nutritional yeast
- 1 bunch curly kale, washed, dried, and torn into bite-size pieces (about 12 ounces, or 6 cups after prep)

1. Combine all the ingredients, except the kale, in a high-speed blender and add 2 tablespoons of water. Blend until smooth, using your tamper attachment to facilitate. Add another tablespoon or two of water if the mixture is much too thick. You can also use a food processor for this step, stopping to scrape it down frequently as you blend.

2. Place the kale pieces in a large mixing bowl and drench them in the sauce. Use your hands to mix the kale and the sauce evenly and thoroughly. It will seem like a lot of sauce, but you'll be glad for it when you have super cheezy and flavorful kale chips!

3. Place the kale onto two Teflex-lined dehydrator sheets, and dehydrate at 115°F for about 4 hours.

4. Flip the kale chips gently to expose the less dry parts, and keep dehydrating until they're totally crispy, about 4 more hours.

Store the kale chips in an airtight container in the fridge for up to 2 weeks.

HUMMUS KALE CHIPS

THESE KALE CHIPS ARE A LITTLE lower in fat and a little higher in protein than the cheesy kale chips. The addition of chickpeas adds a nutritional boost, and garlic, lemon, and tahini bring to life the flavor of fresh hummus.

MAKES 4 SERVINGS

1 cup cooked chickpeas
½ cup tahini
3 tablespoons freshly squeezed lemon juice
1 clove raw garlic, minced
1 teaspoon sea salt
1 bunch curly kale, washed, dried, and torn into bite-size pieces (about 12 ounces, or 6 cups, after prep)

1. Combine the beans, tahini, lemon juice, garlic, sea salt, and ¼ cup of water in a high-speed blender or food processor. Blend until smooth, using your tamper attachment to facilitate blending, or stopping often to scrape the bowl down. Add another tablespoon or two of water if the mixture is much too thick.

2. Place the kale pieces in a large mixing bowl and drench them in the sauce. Use your hands to mix the kale and the sauce evenly and thoroughly.

3. Place the kale onto two Teflex-lined dehydrator sheets, and dehydrate at 115°F for about 4 hours.

4. Flip the kale chips gently to expose the less dry parts, and keep dehydrating until they're totally crispy, about 4 more hours.

Store the kale chips in an airtight container in the fridge for up to 2 weeks.

REINVENTED ANTS ON A LOG

THIS IS A SLIGHTLY OFFBEAT SPIN ON A classic snack—and more sophisticated for adult palates. I use almond butter, which is a little more subtle than peanut butter, as a base, and, in place of raisins, I use goji berries, which are richer in both protein and antioxidants. You can get very creative with the dried fruit you use here. Dried pineapple, mango, mulberries, blueberries, or strawberries would all be delicious.

MAKES 2 SERVINGS

4 stalks celery, washed and dried
4 tablespoons almond or cashew butter
4 tablespoons goji berries

Trim the celery. Spread 1 tablespoon of nut butter in the groove of each stalk. Line up about a tablespoon of goji berries along the nut butter. Serve.

20 Dips, Dressings, Sauces, and Spreads

READERS OF MY BLOG OFTEN TELL ME THAT THEY ASSOCIATE ME WITH SALAD DRESSING, and I can't imagine a better compliment. Dressings, dips, and sauces will get you excited about vegetables, both raw and cooked. They can make or break a salad, liven up a boring bowl of grains, or add life to zucchini noodles or raw "rice."

APPLE CIDER VINAIGRETTE

IEAT MANY DIFFERENT TYPES OF VINAIGRETTES, made with all sorts of oils and vinegars and citrus fruits for acid. This vinaigrette, though, is a great basic to have on hand. A mixture of olive oil, raw apple cider vinegar—which is rich in enzymes, antibacterial, and may aid in fighting fungal infections—and some sweetness from maple syrup, it's universally appealing and works on a variety of different salads.

MAKES ¾ CUP DRESSING

½ cup olive oil
¼ cup apple cider vinegar
¼ to ½ teaspoon sea salt
1 tablespoon Dijon mustard
2 tablespoons pure maple syrup

Whisk all the ingredients together until smooth. You can use a blender or food processor to mix as well.

Store in an airtight container in the fridge. The dressing will keep for several weeks.

LEMON TURMERIC VINAIGRETTE

TURMERIC IS NOTABLE FOR ITS ANTI-inflammatory properties, so I try to eat a lot of it when I've been particularly active or when I'm under stress. It's not always easy to find uses for this wonderful, brilliantly colored herb, so I'm always looking for new ideas. This dressing is a perfect vehicle for turmeric and has a slightly sweet-and-sour taste.

MAKES 1 ¼ CUPS VINAIGRETTE

⅓ cup hemp, flax, or olive oil
½ fresh Haas avocado peeled and pitted
¼ cup freshly squeezed orange juice
2 tablespoons freshly squeezed lemon juice
1 teaspoon ground turmeric
½ teaspoon ground ginger, or 1 teaspoon grated fresh
1 ½ tablespoons agave nectar or pure maple syrup
¼ teaspoon sea salt, or to taste

Blend all the ingredients together in a blender or food processor.

Store in an airtight container in the fridge. The dressing will keep for a week.

GREEN HERB DRESSING

THIS IS A VERY LOOSE ADAPTATION OF the very famous Green Goddess dressing by Annie's Organic, which is beloved among hippies, healthy eaters, and foodies everywhere. My version features three different herbs—basil, parsley, and dill. You can use whichever herbs you have on hand (tarragon, chives, and thyme would also be lovely), but do be sure that they're fresh. Dried herbs don't work the same way in this recipe.

MAKES 1 ¼ CUPS DRESSING

- 1 cup packed fresh parsley
- ¼ cup fresh dill
- ½ cup packed fresh basil
- ¼ cup tahini
- ½ teaspoon Herbamare (a very delicious and healthy seasoned salt and herb mix) or sea salt
- 3 tablespoons freshly squeezed lemon juice
- ¼ cup olive oil
- 1 green onion, green part only, chopped

Blend all the ingredients, along with ½ cup of water, in a blender until smooth.

Store in an airtight container in the fridge. Dressing will keep for 5 days.

SPICY CILANTRO VINAIGRETTE

THIS TART, TANGY, AND VERSATILE vinaigrette is light and bright enough for green salads (or as an accompaniment for my Jicama Fiesta Rice (on page 210), but it also makes a fantastic marinade for vegetable kebabs or grilled tofu.

MAKES 1 SCANT CUP DRESSING

- ½ cup extra-virgin olive oil
- 4 tablespoons freshly squeezed lime juice
- 1 tablespoon agave nectar
- ½ teaspoon salt
- ½ teaspoon cumin (optional)
- ¼ teaspoon cayenne (more as desired)
- ½ cup tightly packed fresh cilantro

Blend all the ingredients together in a blender, food processor, or magic bullet.

Store in an airtight container in the fridge. The dressing will keep for a week.

ALMOND BUTTER AND SUN-DRIED TOMATO DRESSING

THERE'S SOMETHING MAGICAL ABOUT the marriage of almond butter and tomato, no matter how improbable it sounds! You can make this dressing as thick or as thin as you like. I use 1 scant cup of water for a thinner salad dressing, and just over ½ cup to make a sauce, which I then use on zucchini noodles, to dip veggies in, or in raw wraps.

For something in between—a rich, creamy salad dressing—use $\frac{3}{4}$ cup as instructed. Be sure to make this dressing when tomatoes are in season; canned tomatoes won't have as much sweetness or flavor.

MAKES 1 $\frac{3}{4}$ CUPS DRESSING (DEPENDING ON THE SIZE OF YOUR TOMATO)

- 1 medium beefsteak or Jersey tomato, quartered
- $\frac{1}{2}$ cup raw almond butter
- 6 sun-dried tomatoes, soaked for 10 minutes, water discarded
- 1 tablespoon tamari, Bragg's Liquid Aminos, or nama shoyu
- 1 pitted date

Blend all the ingredients with $\frac{3}{4}$ cup of water in a blender until smooth.

Store in an airtight container in the fridge. The dressing will keep for 4 days.

CREAMY MAPLE CHIPOTLE DRESSING

SAVORY SUN-DRIED TOMATOES, creamy cashews, and smoked paprika: When combined with sweet maple syrup, they create a spicy, sweet, and altogether scrumptious salad dressing. Use this on any salad you like, but it's particularly good with my Raw Cobb (page 145) or my kale salad with sweet potatoes and almonds (page 141).

MAKES 1 $\frac{1}{2}$ CUPS DRESSING

- 1 cup cashews, soaked in water for at least 2 hours and drained
- $\frac{1}{4}$ cup oil-packed sun-dried tomatoes,
- $\frac{1}{2}$ teaspoon smoked paprika
- 1 teaspoon chipotle powder or 2 chipotle peppers in adobo
- 1 tablespoon pure maple syrup
- 2 tablespoons apple cider vinegar

Blend the ingredients and $\frac{3}{4}$ cup of water in a high-speed blender until smooth.

Store in an airtight container in the fridge. The dressing will keep for a week.

GINGER MISO DRESSING

THIS SALTY, SWEET, AND DELICIOUS dressing features the timeless combination of miso and ginger, along with the creamy addition of tahini. I like to serve it over zucchini noodles, with steamed broccoli, or over a big salad of romaine, red bell peppers, steamed snow peas, and raw shiitake mushrooms. It's also a great topper for warm brown rice.

MAKES 1 $\frac{1}{2}$ CUPS DRESSING

- $\frac{1}{4}$ cup miso (I prefer mellow white miso, but red miso and chickpea miso are also fine)
- $\frac{1}{4}$ cup pure maple syrup or agave nectar
- $\frac{1}{2}$ cup tahini

2 tablespoons low-sodium tamari, low-sodium nama shoyu, Bragg's Liquid Aminos, or Coconut Aminos

2 tablespoons fresh, grated fresh ginger, or 1 teaspoon powdered ginger

Blend all the ingredients, along with $\frac{3}{4}$ cup of water, in a high-speed blender until smooth. Add more water if the mixture is too thick.

Store in an airtight container in the fridge. The dressing will keep for up to 10 days.

CARROT MISO DRESSING

THIS RICH DRESSING FOR SALADS, FOR dipping raw vegetables, or for slaws is lower in fat than some of my other dressings, and full of fresh, spicy flavor from the ginger.

MAKES 3 CUPS DRESSING

3 to 4 large carrots, chopped
3 tablespoons mellow white miso
1 tablespoon tamari or nama shoyu
1 tablespoon freshly squeezed lemon juice
3 large, pitted Medjool dates
1 (1-inch) knob fresh ginger, peeled
1 tablespoon toasted sesame oil

Blend all the ingredients in a high-speed blender along with 1 cup of water. You'll have to start on low and work the speed up; your machine will sound a little angry, but, once it gets blending, it'll simmer down! Add more water as needed. Dressing will keep in an airtight container for up to 6 days.

MULTISEED GOMASIO

GOMASIO IS A TRADITIONAL JAPANESE condiment made with sesame seeds, dried seaweed, and salt. It is fabulous sprinkled over a bowl of warm grains (especially rice or millet), but you can also use it to top salads, slaws, and roasted root vegetables.

I love sesame seeds, but, for an added boost of protein and zinc, I like to add hemp seeds and pumpkin seeds to my gomasio as well.

MAKES $\frac{3}{4}$ CUP GOMASIO

$\frac{1}{4}$ cup hemp seeds
 $\frac{1}{4}$ cup pumpkin seeds
 $\frac{1}{4}$ cup sesame seeds
1 tablespoon kelp or dulse granules
 $\frac{1}{2}$ teaspoon sea salt

Add all the ingredients to a food processor fitted with the "S" blade. Process until the seeds are ground up well (you can either leave a little texture, or make it powdery—it's up to you!).

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

CLASSIC ZUCCHINI HUMMUS

I SA CHANDRA MOSKOWITZ, A VEGAN CULINARY superstar and longtime activist, has said that hummus is a vegan food group. I agree wholeheartedly. I'm often asked whether or not hummus is raw, and the answer is technically "no," not if you prepare it traditionally. (Cooked chickpeas are, of course, cooked!) You can make a raw hummus using sprouted chickpeas, but I wouldn't recommend it; they tend to be incredibly bitter.

Instead, try this incredible hummus recipe, which uses zucchini as a base. It's a little thinner than some of my other hummus recipes, but it's mellow, fresh, and a suitable option for folks who have a hard time digesting beans.

MAKES 2 SCANT CUPS (ABOUT 8 SERVINGS)

4 cups (12 ounces) chopped zucchini
½ cup tahini
½ teaspoon sea salt
Freshly ground black pepper
2 tablespoons freshly squeezed lemon juice
½ teaspoon ground cumin (optional)

1. Blend all the ingredients until smooth in a high-speed blender or food processor (if using a food processor, you may need to stop a few times, scrape the bowl, and continue blending).

2. Check the hummus for seasoning. Season to taste, and serve.

Stored in an airtight container in the fridge, zucchini hummus will keep for up to 4 days.

HEMP HUMMUS

THIS RECIPE, WHICH I'VE ADAPTED from my blog, is probably my all-time favorite hummus. Hemp seeds add healthy fat and a hefty dose of protein to a classic set of hummus flavors. Feel free to add some garlic if you like, but I like to keep this one light and bright without it.

This is a dense, hearty hummus, so I enjoy serving it with light, crispy vegetables, including jicama, cucumber rounds, celery, and romaine lettuce leaves.

MAKES 6 SERVINGS

¼ cup hemp seeds
½ teaspoon sea salt
½ teaspoon ground cumin
2 cups cooked chickpeas
2 to 3 tablespoons freshly squeezed lemon juice
1 tablespoon olive oil

1. Grind the hemp seeds, sea salt, and cumin in a food processor until finely ground.

2. Add the chickpeas and lemon juice, and pulse a few times to combine.

3. Run the motor of the food processor, and, while it's running, drizzle in ¼ cup of water in a thin stream. Keep processing, stopping on occasion to scrape down the bowl, until the mixture is very smooth. Drizzle in the olive oil, allow the mixture

to process for one more moment, and then transfer to a serving bowl. Serve with a sprinkle of additional hemp seeds, if desired.

Stored in an airtight container in the fridge, this hummus will keep nicely for up to 4 days.

CURRIED SWEET POTATO HUMMUS

SWEET POTATO AND CURRY GIVE THIS hummus an exotic flavor, a wonderful, spicy fragrance, and—thanks to the curry powder—some anti-inflammatory properties too. I like to serve this hummus with slices of endive, radicchio, kale, and other, slightly bitter vegetables for a nice contrast with the sweetness of the potatoes, but you can also serve it with apple slices when you're in the mood for a sweet snack.

MAKES 6 SERVINGS

2 cups skinned, cubed sweet potato
(1-inch cubes)

2 cups cooked chickpeas

3 tablespoons almond butter

½ to 1 teaspoon toasted sesame oil

2 teaspoons curry powder

1 tablespoon apple cider vinegar

1 tablespoon tamari or nama shoyu

1. First, cook your sweet potatoes. You can either fill a medium-size pot halfway with water, add the sweet potatoes, and then boil them until they're fork tender (about 15 to 20 minutes) or you can place them in a strainer or sieve and position it

over the pot before covering it with a lid. The potatoes will take about 20 minutes to steam through. If you have a rice cooker that is also a vegetable steamer, you can steam the potatoes according to the manufacturer's instructions.

2. Place the sweet potatoes in your food processor and pulse until they're roughly mashed. Add the chickpeas, almond butter, sesame oil, curry powder, apple cider vinegar, and tamari. Pulse a few times to combine them. Scrape the sides of the processor down with a spatula.

3. With the motor running, pour ½ cup of water into the processor in a thin stream. Keep processing until the hummus is creamy. You can add a little more water as needed. You may need to scrape the bowl down a few more times.

4. Check for seasoning, and adjust to taste. Serve.

Stored in an airtight container in the fridge, this hummus will keep nicely for up to 4 days.

RED LENTIL AND WALNUT HUMMUS

THIS IS REALLY MORE A DIP THAN A hummus. While it's more time-consuming than any of my other hummus recipes, it has a depth of flavor, thanks to garlic and paprika, that's quite special. If you're short on time, you can skip toasting the walnuts (step 2), but toasting them will contribute a lot more flavor to the dish!

The hummus is great with vegetable



Classic Zucchini Hummus (page 130), Hemp Hummus (page 130), Curried Sweet Potato Hummus (page 131)



crudités (I especially like celery, button mushrooms, and broccoli), but it also works perfectly with sprouted-grain toast points or flax crackers.

MAKES 2 CUPS HUMMUS

- 1 cup dried red lentils
- ¾ cup walnuts
- 1 to 2 garlic cloves, finely chopped
- ¼ cup tahini
- 2 tablespoons freshly squeezed lemon juice, or to taste
- 1 teaspoon paprika (or ½ teaspoon smoked paprika for a “smoky” flavor)
- 1½ teaspoons sea salt
- ¼ teaspoon freshly ground black pepper

1. Bring 2 cups of water to a boil in a small saucepan. Add the lentils and reduce the heat to low. Simmer the lentils until almost all of the liquid has been absorbed and the lentils are tender, about 15 minutes. Drain the lentils through a fine-mesh strainer and let them cool to room temperature, about 20 minutes.

2. While the lentils cook, toast the walnuts. Heat a small saucepan or skillet over medium heat and add the nuts. Toast them, moving the pan around constantly, until they’re just golden brown and fragrant (2 to 3 minutes). They’ll continue to cook when you remove them from the heat, so be sure not to toast them too long. Remove them from the heat and set aside.

3. Place the lentils, walnuts, garlic, tahini, lemon, paprika, salt, and pepper in a food processor fitted with the “S” blade. Process until the mixture is very smooth, drizzling in a few tablespoons of water as needed to

achieve a perfect consistency. Stop a few times to scrape the bowl down. Serve with a sprinkle of paprika if desired.

Stored in an airtight container in the fridge, this hummus will keep nicely for up to 4 days.

RAW CASHEW ALFREDO

YOU’LL BE AMAZED THAT THERE’S NOT a drop of cream in this velvety sauce. Cashew Alfredo is great on zucchini pasta, of course, but it’s also delightful drizzled onto soup, with chili, or to thicken up other sauces.

MAKES 1½ CUPS SAUCE

- 1 cup cashews, soaked overnight and drained of water
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon agave nectar
- 1 teaspoon mellow white miso
- 1 clove garlic, minced (optional)
- Sea salt
- ¼ cup nutritional yeast

Place all the ingredients in a blender. Add ½ cup of water and blend until smooth. Add more water as needed until the sauce has the consistency of regular Alfredo sauce. Store in the fridge for up to 5 days, and enjoy over pasta, stirred into soups, or as a topping for roast vegetables.

HEMP PARMESAN

MOST RAW PARMESAN RECIPES DEMAND the use of a dehydrator. I developed this recipe as a quick, easy, and almost instant alternative. You can use the hemp Parmesan as a topping for salad or pasta dishes, or you can sprinkle it on top of steamed vegetables. It's delicious, and it's also very nutrient dense: hemp provides healthy fatty acids, while nutritional yeast provides B vitamins. Both ingredients are protein rich, so this is also a nice way to give any meal a little protein boost.

MAKES 1 SCANT CUP PARMESAN

½ cup hemp seeds
½ cup nutritional yeast
Sea salt and freshly ground black pepper

Place all the ingredients into a food processor and process until evenly mixed. Store in a glass jar in the fridge for up to 2 weeks.

RAW MARINARA SAUCE

THIS BASIC RAW MARINARA DEMANDS nothing more than the use of your blender, but it tastes as if it's been simmering on a stove top. What gives the recipe such depth is the addition of sun-dried tomatoes. I make a lot of the marinara at once, then freeze it in small batches so that I can use it on a moment's notice.

MAKES 2 CUPS SAUCE

2 cups chopped Jersey or Roma tomatoes
1 cup chopped sun-dried tomatoes,
hydrated in water and then drained
¼ teaspoon sea salt
1 tablespoon apple cider vinegar
1 tablespoon pure maple syrup
2 tablespoons fresh oregano, or 1
teaspoon dried
¼ cup chopped fresh basil, or 2 teaspoons
dried

Blend all the ingredients with 1 tablespoon of water in a high-speed blender or food processor until totally smooth. Store in the fridge for up to 5 days, or freeze.

BASIC VEGAN PESTO

IF YOU THINK PESTO WITHOUT PARMESAN is destined to be lackluster, think again. This pesto is every bit as delicious as the traditional stuff, thanks to the flavor of nutritional yeast!

Pestos are a perfect way to dress up vegetables, grains, and pasta dishes, of course. You can use a wide array of greens as a base (including kale, sage, parsley, cilantro, and arugula) and almost any nuts or seeds you like (including hemp seeds, walnuts, pumpkin seeds, pine nuts, and macadamia nuts). The kale and pistachio recipe that follows is a good example. You can make double batches of pesto and freeze as needed; I sometimes like to freeze pesto in ice cube trays, pop a single cube out, and mix it directly into warm brown rice or quinoa pasta.

MAKES 1 GENEROUS CUP PESTO

2 cups tightly packed fresh basil
½ cup walnuts, raw or toasted
1 clove garlic, roughly chopped
½ cup extra-virgin olive oil
Sea salt and freshly ground black pepper
1 tablespoon freshly squeezed lemon juice
3 tablespoons nutritional yeast

1. Place the basil, walnuts, and garlic in a food processor fitted with the “S” blade. Pulse to combine, until the mixture is coarsely ground.

2. Turn the motor on and drizzle the olive oil in a thin stream. Add the sea salt, pepper, lemon, and nutritional yeast, and pulse a few more times to combine. This will keep for 5 days in the fridge or can be frozen as needed.

KALE AND PISTACHIO PESTO

A SAVORY, NUTRITIOUS PESTO KALE gives this recipe a little bit of bitterness and bite, so I think it’s perfect served over sweet roasted root vegetables.

MAKES 1 HEAPING CUP PESTO

½ cup pistachios
¾ teaspoon sea salt
1 clove garlic, chopped
1 cup tightly packed fresh basil
2 cups loosely chopped kale
⅓ cup olive oil
1 tablespoon freshly squeezed lemon juice
3 tablespoons nutritional yeast

1. Grind the pistachios and sea salt together in a food processor fitted with the “S” blade until coarsely ground. Add the garlic, basil, and kale. Pulse a few more times to break down.

2. Turn on the motor and drizzle in the olive oil slowly. When the olive oil has been incorporated, pulse in the lemon juice and nutritional yeast. Store in a jar or other airtight container in the fridge for 5 days. You can freeze any pesto you don’t have a chance to use.

SIMPLE RAW VEGAN AVOCADO MAYONNAISE

A VOCADO CREATES THE RICH, FATTY texture of mayonnaise perfectly, and lemon and mustard give it a traditional flavor. This spread is a treat in wraps, sandwiches, or even as a thick dressing for chopped salads.

MAKES ½ TO ¾ CUPS MAYONNAISE

1 small or medium Haas avocado, cut in half and pitted
1 tablespoon freshly squeezed lemon juice
2 teaspoons Dijon mustard (optional)
⅛ to ¼ teaspoon sea salt
2 tablespoons olive oil

1. Place the avocado, lemon, mustard, if using, and salt in a food processor or high-speed blender and process until it’s blended well. Stop a few times to scrape the bowl down if need be.



5-Minute Guacamole, page 105

2. With the motor running, drizzle in your olive oil. Continue blending until the mixture has taken on a creamy, light texture.

Store in an airtight container in the fridge. Will keep for 2 days.

RAW CORN SALSA

MOST OF US KNOW HOW DELICIOUS grilled or boiled sweet corn is but are less familiar with the wonderful taste of raw corn. I like raw corn so much that I often eat it sliced straight off the cob, but this raw corn salsa is a slightly more dressed up and flavorful way to enjoy it.

MAKES 3 CUPS SALSA

1 ripe avocado, peeled, pitted, and diced into ½-inch pieces

1 ripe, seeded red tomato, diced into ½-inch pieces

2 cups shucked fresh corn

2 green onions, green parts only, chopped

½ teaspoon red chili flakes

⅓ cup chopped fresh cilantro or parsley

Sea salt and freshly ground black pepper

2 to 3 tablespoons freshly squeezed lime juice

2 tablespoons extra virgin olive oil

Mix all the ingredients in a mixing bowl and season to taste. Serve with any dish that calls for salsa. Store in the fridge for up to 3 days.

5 Meal-Size Salads (and Meal-Size Salad How-To)

ONE OF THE MOST POPULAR POSTS ON MY BLOG IS CALLED “HOW TO BUILD A MEAL-Size Salad.” The idea for the post came to me when client after client complained that salads weren’t keeping them full enough at lunchtime. When I probed a little, it became clear that their salads weren’t doing the trick because they were far too skimpy: nothing more than greens, a couple of veggies, and a vinaigrette. There’s nothing wrong with that kind of combination for a side dish, but greens and dressing do not a meal make.

Meal-size salads include all of those handy macronutrient groups we keep talking about: protein, fat, and carbs. To compose a meal-size salad, you simply need to throw together foods that are rich in these different nutrients. Here are some options:

Proteins

Tofu or tempeh
Hemp seeds
Quinoa
Nutritional yeast
Peanuts
Legumes

Complex carbs

Legumes
Whole grains
Potato (sweet or white)
Root vegetables

Fats

Avocado
High-quality oils
Nuts and seeds
Nut or seed butters

Add at least two of these to each salad, and you’ll never again complain about how salads don’t fill you up. If you want a few options, here are some of my favorites.



Dinosaur Kale and White Bean Caesar Salad, page 141

DINOSAUR KALE AND WHITE BEAN CAESAR SALAD

CREAMY AND SAVORY, THIS SPIN ON Caesar salad uses kale as the base, of course, instead of plain 'ole romaine, and features sun-dried tomatoes, which add smoky and salty flavors to the dish. Navy beans give the dish heft and a great deal of nutrition too, so you can count on this salad to fill you up!

MAKES 4 TO 6 SERVINGS

Salad Ingredients

14 ounces of dinosaur kale, stems removed, cut into thin strips
⅔ cup sun-dried tomatoes, rehydrated in hot water and sliced into narrow strips (oil soaked tomatoes are also fine, if that is what you prefer)
1½ cups cooked cannellini beans

Dressing Ingredients

½ cup raw cashews, soaked overnight and drained
¼ cup hemp seeds (substitute more cashews if you don't have hemp)
¼ cup nutritional yeast
¼ teaspoon salt
3 tablespoons freshly squeezed lemon juice
Freshly ground black pepper
2 pitted Medjool dates
1 teaspoon kelp granules (optional, but good for re-creating the anchovy taste)
1 cup chopped celery

1. Blend all the dressing ingredients, as well as ¾ cup of water, together in a blender (a high-speed blender will work best, but, if you have a regular one, that's okay).

2. Pour dressing over the kale and “massage” it with your hands, until the kale has gotten a bit soft and wilted in texture. You can start with ½ cup of the dressing and add more, until the kale is dressed to your liking. Reserve extra dressing for veggie dipping or future salads.

3. Add the tomatoes and beans, and give the salad another quick toss with your hands, so that everything is coated in dressing. Serve.

KALE SALAD WITH SWEET POTATO, ALMONDS, AND CREAMY MAPLE CHIPOTLE DRESSING

THIS SALAD TURNS KALE INTO COMFORT food, thanks to the addition of comforting sweet potatoes and a gently spiced, sweet, and creamy dressing. This is a perfect salad to make in the autumn, when both kale and sweet potatoes are in season.

If you prefer avocado to almonds, feel free to use a small, chopped Haas avocado in place of the almonds here. I like to keep the skins on my sweet potatoes, but, if you prefer to peel them before chopping, feel free!

MAKES 4 SERVINGS

2 medium sweet potatoes, cut into 1-inch cubes (about 3 cups)
2 tablespoons coconut or olive oil
Sea salt and freshly ground black pepper
1 Batch Creamy Maple Chipotle Dressing (page 128)
1 large bunch kale, stemmed, washed, dried, and cut into bite-size pieces (about 12 ounces after preparation)
1 cup red bell pepper, seeded and diced
⅓ cup sliced or slivered almonds

1. Preheat the oven to 400°F. Toss the sweet potatoes with the oil in a large mixing bowl. Transfer the potatoes to a foil or parchment-lined baking sheet and season to taste with sea salt and black pepper. Roast until potatoes are browning and tender (about 20 to 25 minutes). Allow the potatoes to cool for 15 minutes, or until you're ready to make the salad. This step can be done a day in advance.

2. In a large mixing bowl, massage ½ cup of the dressing into the raw kale until it starts to soften. Continue to add dressing as needed until the kale is well coated. Add the pepper, almonds, and sweet potato, and toss everything to combine. Serve.

ACORN SQUASH, FRISÉE, AND BROWN RICE SALAD WITH TOASTED HAZELNUTS

THIS IS THE ULTIMATE WINTER SALAD. Though fresh frisée serves as a base, it's brown rice, toasted hazelnuts, and savory winter squash that give this salad its flavor, texture, and heft. The salad makes great leftovers, and it's also a beautiful dish to plate. It's one of the salads I most enjoy serving to friends.

MAKES 4 SERVINGS

1 acorn squash (2 pounds)
2 tablespoons coconut or olive oil
Sea salt and freshly ground black pepper
½ cup hazelnuts
1 batch Lemon Turmeric Vinaigrette (page 126)
4 heaping cups frisée
1½ cups cooked brown rice

1. Preheat the oven to 400°F. Cut the acorn squash in half, remove the seeds, and cut crosswise into slices ½ inch thick. Toss the slices in coconut oil, sea salt, and pepper. Place the slices on a parchment-lined baking sheet and bake for 30 or 35 minutes, or until the slices are golden brown. Allow them to cool for 15 minutes.

2. While the squash is cooking, place the hazelnuts in a shallow baking dish or pie pan and add them to the oven for 4 or 5 minutes, or until they're just becoming fragrant. Rub



Acorn Squash, Frisée, and Brown Rice Salad with Toasted Hazelnuts, page 142



off the skins and set them aside. Prepare the vinaigrette.

3. Mix the hazelnuts, frisée, and brown rice in a mixing bowl, along with ¼ cup of vinaigrette. Divide the mixture among four plates and then top each with one quarter of the cooled squash slices. Enjoy.

RAW COBB SALAD

EGGPLANT BACON IS ONE OF MY FAVORITE vegan culinary inventions. It's easy to prepare, versatile, and, while it certainly won't fool a committed bacon lover, it's as bold and salty as any plant-based eater could hope for. Plus, it's rich in fiber, potassium, and numerous minerals—a healthier alternative to the “real stuff.”

This Cobb salad seems simple enough, but the flavors are surprisingly complex. It's hearty, full of healthy fat to keep you satisfied, and it looks really pretty too.

MAKES 4 SERVINGS

Salad Ingredients

6 cups chopped romaine lettuce,
2 cups chopped Jersey or heirloom tomatoes (½-inch dice)
1 large Haas avocado, cut into 1-inch chunks
1 cup Cashew Cheese (page 99)
1 cup diced Eggplant Bacon (recipe follows)
2 tablespoons chopped fresh chives

Eggplant Bacon Ingredients

4 tablespoons low-sodium tamari, low-sodium nama shoyu, or coconut aminos
2½ tablespoons apple cider vinegar
1 tablespoon pure maple syrup
½ teaspoon smoked paprika
1 tablespoon olive oil
1 medium eggplant, cut in half and sliced lengthwise into long strips ¼ inch thick

1. To make the eggplant bacon, mix the tamari, vinegar, maple syrup, paprika, and olive oil together. Pour the marinade into a shallow baking dish. Add the eggplant strips and allow them to marinate for at least 2 hours, or overnight.

2. Place the eggplant strips onto a Teflex-lined dehydrator sheet. Dehydrate for 6 hours. Flip the strips over and dehydrate for another 2 hours, or until crispy.

Alternatively, you can place the strips onto a parchment-lined or greased baking sheet and bake them at 400°F for 15 to 20 minutes, or until golden, flipping halfway through. They won't be super crispy, as with the dehydrator version, but they'll still taste fantastic.

3. To assemble the salad, mix all the ingredients together, or divide them evenly into fourths, and arrange them in strips on your serving plates. Dress with either Apple Cider Vinaigrette (page 126), or Creamy Maple Chipotle Dressing (page 128).



Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan, page 146

ROMAINE, CHERRY TOMATO, AND ARUGULA SALAD WITH CHICKPEAS AND RAW PARMESAN

THIS SALAD IS A PERFECT WAY TO CELEBRATE summer produce. Spicy arugula is a perfect contrast for sweet, juicy cherry tomatoes and chopped romaine. If you don't have chickpeas on hand, you can substitute lentils, black beans, or any other legume of your choosing.

MAKES 4 SERVINGS

- 3 heaping cups chopped romaine lettuce,
- 3 heaping cups arugula
- 2 cups halved cherry tomatoes
- 2 cups chickpeas
- 1 batch Apple Cider Vinaigrette (page 126), or Lemon Turmeric Vinaigrette (page 126)
- ½ cup Hemp Parmesan (page 130)

1. Mix all the ingredients except for the Hemp Parm together in a large salad bowl. Top with dressing to taste (about ⅓ or ½ cup, more as needed).

2. Divide the salad into four bowls or plates and sprinkle each with 2 tablespoons of Hemp Parm. Serve.

LEVEL 1

Tried and True

L LEVEL 1 RECIPES ARE INTENDED TO GUIDE YOU INTO THE WORLD OF VEGAN AND RAW food. A lot of these recipes may be new to you, but they'll still evoke the flavors and textures of foods that are familiar. Among these recipes, you'll find a tofu "scramble" (like scrambled eggs, but better!), toasted pumpkin granola, a curried chickpea salad (which stacks up pretty nicely to curried chicken salad, if you ask me), and scrumptious vegan enchiladas. You won't miss the meat with food this satisfying and flavorful.

Breakfast

TOASTED PUMPKIN GRANOLA WITH HOMEMADE HEMP MILK

I LOVE PUMPKIN IN ANYTHING AND EVERYTHING, but I especially love it in this delightful granola. I often create raw granolas (or raw-nolas—see page 202 for one of my favorites), but sometimes I crave the toasted flavor of a traditional recipe. When I do, this is my go-to.

MAKES 6 CUPS GRANOLA

4 cups rolled oats
¾ cup pumpkin seeds
½ cup raisins
3 tablespoons chia seeds
1 teaspoon ground cinnamon
¼ teaspoon grated nutmeg
¼ teaspoon ground cloves
2 tablespoons flax meal
½ cup pumpkin puree
2 tablespoons melted coconut oil
¼ cup almond butter
⅓ cup pure maple syrup

1. Mix the oats, seeds, raisins, chia, cinnamon, nutmeg, cloves, and flax in a large mixing bowl. Whisk together the pumpkin, coconut oil, almond butter, and maple syrup. Pour the wet ingredients over the dry and combine thoroughly.

2. Preheat the oven to 325°F. Spread the mixture onto two parchment or foil-lined baking sheets. Bake the granola for 20 minutes or so. Remove the granola from the oven and stir gently with a spoon. Bake for another 15 minutes, or until nicely toasted. Let cool completely, and serve with Homemade Hemp Milk, page 101.

MILLET AND ALMOND ZUCCHINI MUFFINS

I'VE NEVER BEEN MUCH OF A BAKER, but there's no better way to entice people into veganism than with a tray of warm, freshly baked goods. The zucchini in this recipe provides moistness, but you won't taste it at all. It's a great recipe to serve to kids (or grown-ups) who are struggling to warm up to vegetables.

Whole wheat pastry flour and spelt flour work well in most vegan baking endeavors, but, since many of my readers don't eat gluten, I try to create gluten-free goodies when I can. It's taken me a long, long time to come up with a muffin recipe that's vegan and gluten free but not loaded up with starches or gums. Gluten-free baking can be a little tricky without eggs, but, in this recipe, flax meal does the work, and the almond and millet flours create a perfect "crumb."

MAKES 6 MUFFINS



Toasted Pumpkin Granola with Homemade Hemp Milk, page 148

1 cup blanched almond flour
¾ cup + 2 tablespoons millet flour
1 teaspoon baking soda
¼ teaspoon sea salt
1 teaspoon ground cinnamon
½ cup almond milk
1 teaspoon apple cider vinegar
1 small banana
¼ cup pure maple syrup
2 tablespoons flax meal
2 tablespoons coconut oil
1 cup grated zucchini

1. Preheat your oven to 350°F. Line or grease a six-cup muffin tin.

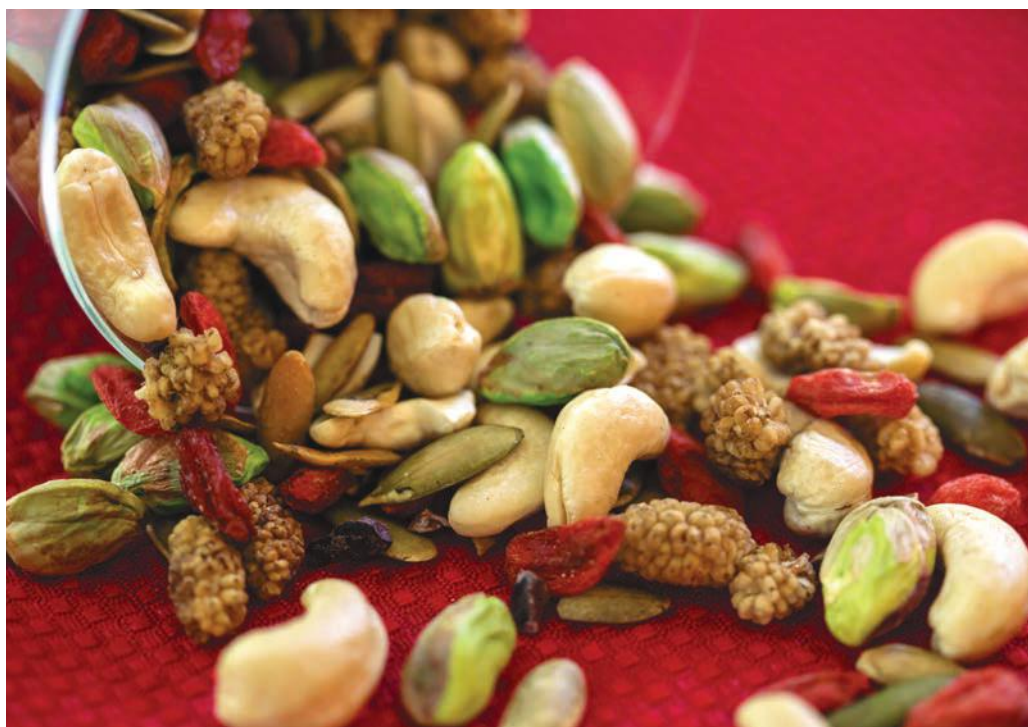
2. Whisk the flours, baking soda, sea salt, and cinnamon together in a large mixing bowl.

3. In a blender, blend the almond milk and apple cider vinegar until frothy. Add the banana, maple syrup, flax, and oil, and blend until smooth.

4. Add the wet ingredients to the dry ones, and mix until incorporated. Add the zucchini, and mix again.

5. Spoon mixture into the six prepared muffin cups. Bake for 30 to 35 minutes, or until the muffins are golden and a toothpick inserted into the center emerges clean.

These muffins are best when eaten immediately but can be stored in an airtight container for up to 2 days. Freeze any muffins you don't intend to eat quickly—they freeze very well!



Superfood Trail Mix, page 120



Simple Avocado Toast, page 151

SIMPLE AVOCADO TOAST

ONE OF MY ALL-TIME FAVORITE BREAKFASTS. If you've never tried creamy, delectable avocado "smooshed" onto crispy sprouted-grain bread, now is the time to change that. I find avocado to be a better toast topping than butter or cream cheese ever was, and it's so much richer in antioxidants and healthy, unsaturated fats.

You can dress up avocado toast however you like. Tomato, radishes with sea salt, sprouts, arugula, and sweet potato chunks are all favorite additions of mine.

MAKES 2 SERVINGS

- 4 slices sprouted-grain bread (such as Ezekiel or Alvarado St. Bakery bread)
- 1 large, ripe Haas avocado
- Sea salt and cracked black pepper
- 1 tablespoon freshly squeezed lemon or lime juice (optional)

- 1.** Toast four slices of bread until crispy.
- 2.** Cut the avocado in half and remove the pit. Then cut into quarters. Scoop out the flesh and layer one quarter onto each slice of toast. Use a fork to smoosh the avocado into the bread.
- 3.** Sprinkle each slice with sea salt and black pepper to taste. Drizzle a little lemon or lime juice on top, if desired.

CHICKPEA TOFU TAHINI SCRAMBLE

SCRAMBLE WILL TAKE ON A WHOLE new meaning when you try this egg-free breakfast dish. With a little nutritional yeast, spices, and a good block of extra firm tofu, you can create a high-protein, nourishing meal that's worthy of any fine brunch—vegan or otherwise!

This tofu scramble gets extra protein and healthy fat from the addition of chickpeas and tahini.

MAKES 4 SERVINGS

- 1 tablespoon coconut oil
- 1 cup diced onion
- 1 red bell pepper, seeded and chopped
- 1½ cups, chopped into small pieces, broccoli
- 1 block (about 16 ounces) extra-firm tofu
- 1 cup chickpeas
- 1 tablespoon low-sodium tamari
- 3 tablespoons tahini
- 1 tablespoon Dijon mustard
- 2 tablespoons nutritional yeast

1. Heat the coconut oil over medium or high heat in a large skillet. Sauté the onion and pepper in the coconut oil until they're





Easy Berry Breakfast Pizza, page 153

just getting soft (about 4 minutes). Add the broccoli and sauté for another 4 to 5 minutes.

2. Using your hands, break up the tofu into pieces. They should be bite-size, but not enormous—try to imagine that you ultimately want this to look like scrambled eggs. Add the tofu to the skillet along with the chickpeas, and heat through.

3. Whisk together the tamari, tahini, and mustard. Add them to the skillet and stir to combine everything. Finally, add the nutritional yeast and give it all a quick stir. Serve warm.

EASY BERRY BREAKFAST PIZZA

THIS BREAKFAST IS FESTIVE AND pretty but easy to prepare (hint: there's no actual pizza crust preparation involved!), and it features one of my favorite marriages: avocado and berries. The avocado spread makes a delightful pudding in its own right.

MAKES 2 INDIVIDUAL PIZZAS



Avocado Spread/Pudding Ingredients

- 1 large Haas avocado, pits removed and flesh scooped out
- 2 pitted dates or 1½ tablespoons pure maple syrup
- 1 vanilla bean, seeds scraped out
- Pinch of sea salt
- ½ cup almond milk (plus more as needed)

"Pizza" Ingredients

- 4 Ezekiel sprouted-grain tortillas (brown rice tortillas are a good option if you don't eat gluten or wheat)
- 2 cups fruit of choice (I particularly like berries, banana slices, pomegranate seeds, mango, or kiwi)
- ½ cup finely chopped and loosely packed fresh mint

1. Place all of the pudding/spread ingredients in a high-speed blender or a food processor and blend until you reach a smooth, creamy consistency. If you're using a food processor, you may want to opt for agave nectar or maple syrup instead of dates, since they'll blend up more easily.

2. Spread the avocado mixture evenly over the two tortillas. Arrange the fruit over each tortilla, then sprinkle half the mint over each. Serve.

RAW VEGAN BIRCHER MUESLI

SWISS PHYSICIAN MAXIMILIAN OSKAR Bircher-Benner is thought by some to be the father of the raw foods movement.

At his sanitarium in Zurich, Bircher-Benner encouraged his patients to eat less meat and bread and more raw fruits and vegetables, and it was he who invented muesli, a now famous morning cereal made of dry rolled oats, dried fruit, and nuts.

This Bircher muesli is made without the traditional addition of yogurt or dairy; instead, I use homemade almond milk for richness (hemp milk will work too). It's also packed with super fruits such as goji berries and mulberries, as well as chia seeds, which provide antioxidants and omega-3 fatty acids. This dish is perfectly appropriate for hot summer temperatures, but it's filling enough to hold its own in the depths of winter too.

MAKES 4 SERVINGS

- 2 cups rolled oats
- ⅔ cup slivered almonds
- 1 large Fuji or Honeycrisp apple (or apple of choice), grated with a mandoline or box grater (about 1 cup)
- ⅓ cup goji berries
- ⅓ cup dried mulberries
- 4 tablespoons chia seeds
- 3 cups homemade or store-bought almond milk (homemade will be richer)

Place all the ingredients in a large bowl and soak overnight. In the morning, you can add a little extra almond milk, if needed, before serving.

Lunch

SWEET PEA HUMMUS TARTINES WITH SUNFLOWER SPROUTS

THIS ELEGANT LUNCHTIME “TARTINE” is ideal for spring. It features sweet pea hummus, which has a lighter texture and lemony flavor. If you can’t find sunflower sprouts, you can top the tartine with any kind of sprout you like, or a simple sprinkling of raw greens, such as arugula or frisée.

You can use sprouted-grain bread, millet bread, or any commercially sold bread that suits you in this recipe.

MAKES 4 SERVINGS

- 2 cups cooked chickpeas
- 1½ cups fresh or frozen green peas, lightly steamed
- ¼ cup olive oil
- 2 to 3 tablespoons freshly squeezed lemon juice (to taste)
- ½ teaspoon sea salt
- 1 clove garlic, minced
- 2 tablespoons chopped fresh herbs (parsley, dill, or whatever you like)
- 8 slices wholesome bread of choice, toasted
- 2 cups sunflower sprouts or alfalfa or broccoli sprouts

1. Place all the ingredients except for the herbs, bread, and sprouts in a food processor or high-speed blender. Blend until creamy and smooth. Add some water if the mixture is too thick. At the end, pulse in fresh herbs, if using.

2. Spread ¼ cup of the hummus over each slice of bread. Top with ¼ cup of sprouts, and serve.

Stored in an airtight container in the fridge, the hummus will keep for up to 4 days.

SWEET POTATO SALAD WITH MISO DRESSING AND CHIVES

THIS SALAD IS SWEET, SALTY, AND filling. It’s a perfect wintertime lunch component, and the chives give it perfectly subtle seasoning.

I hate peeling and chopping potatoes, so I prefer to roast them for this recipe, then scoop out the flesh. If you would rather peel them, cut them into ¾-inch chunks, and boil or steam them. That’s fine too!

MAKES 4 SERVINGS

- 4 medium sweet potatoes (about 10 ounces each)
- 2 tablespoons mellow white miso

2 tablespoons olive oil
2 tablespoons hot water
1 tablespoon pure maple syrup or agave nectar
1 tablespoon brown rice vinegar
1 teaspoon freshly squeezed lemon juice
1 teaspoon toasted sesame oil
½ teaspoon ginger powder (if you use a high-speed blender to make this dressing, you can use ½ tablespoon grated fresh ginger instead)
½ ounce (12 grams) fresh chives

1. Preheat the oven to 400°F. Roast the potatoes until each is tender when pierced

with a fork. Remove them from the oven and let cool. Cut the potatoes in half and scoop the flesh out. Cut into ¾-inch chunks (these will be rough, because the potato is soft) and set aside.

2. Whisk together the miso, oil, water, maple syrup, vinegar, lemon, sesame oil, and ginger, or use a blender or food processor to combine them well.

3. Toss the potatoes, chives, and dressing together (you may not need to use all of the dressing) and serve.

The salad will taste even better after the flavors marry for a day or two and can be kept for up to 4 days in the fridge.



Sweet Pea Hummus Tartines with Sunflower Sprouts, page 156



Sweet Potato Salad with Miso Dressing and Chives, page 156

APRICOT QUINOA AND MINT SALAD

FRESH MINT AND DRIED APRICOTS ARE a wonderful combination, and pine nuts add a perfect amount of crunch. If you like, you can use fresh apricots instead, or you can use toasted pine nuts for a little extra flavor. While the taste of mint adds unique freshness to this recipe, you can use basil, chives, dill, or any seasonal herbs that you have handy instead.

MAKES 4 SERVINGS

- 1 cup dry quinoa
- 2 cups low sodium vegetable broth or water
- ½ cup chopped fresh mint
- ⅔ cup dried, sliced into thin pieces, unsulfured apricots
- ½ cup pine nuts
- ½ cup Apple Cider Vinaigrette (page 126)
- Sea salt and freshly ground black pepper

1. Transfer the quinoa to a metal sieve and rinse it under cold water. Transfer to a medium-size pot and add the broth. Bring the liquid to a boil, reduce the heat to a

simmer, and place a lid on the pot, leaving it slightly askew so that steam can escape as the quinoa cooks. Continue simmering until all liquid is absorbed and the quinoa is plump (20 to 25 minutes). Fluff with a fork and let sit until the quinoa has cooled (this can be done a day or two in advance).

2. When the quinoa is cool, transfer it to a large mixing bowl and add the mint, apricots, and pine nuts. Add about ½ cup of the Apple Cider Vinaigrette to the bowl, and mix well. Season to taste with salt and pepper, add more vinaigrette if needed, and serve.

ASPARAGUS QUINOA SUSHI ROLLS

QUINOA IS A FUN, FLAVORFUL, AND gluten-free alternative to traditional brown rice in sushi rolls. It can be a little hard to work with because it's less sticky than regular sushi rice, but a little practice will give you the hang of it. Part of what makes the quinoa in this recipe so tasty is the addition of mirin, a sweet rice wine that is often used in Japanese cooking. Mirin is very pricey, so, if you don't wish to use it, adding a little sweetener here will do the trick.

MAKES 4 ROLLS





Step 1: Asparagus Quinoa Sushi Rolls



Step 2: Asparagus Quinoa Sushi Rolls



Step 3: Asparagus Quinoa Sushi Rolls

- 3 cups cooked quinoa
- 2 tablespoons brown rice vinegar
- 1 teaspoon sesame oil
- 1½ tablespoons tamari, nama shoyu, Bragg's Liquid Aminos, or coconut aminos
- 1 tablespoon mirin (optional; if you don't have mirin, add 1 teaspoon sweetener of choice, such as agave nectar, pure maple syrup, or coconut sugar)
- 4 nori wrappers
- 4 large stalks asparagus, lightly steamed
- 1 small avocado, sliced into ½-inch-thick slices

1. Mix the quinoa, rice vinegar, sesame oil, tamari, and mirin (or sweetener) together in a mixing bowl.

2. Lay a sheet of nori, shiny side down, on a flat, dry surface in front of you. The

shorter end of the sheet should be facing you. Spread $\frac{3}{4}$ cup of quinoa over the sheet, starting at the bottom. Allow $\frac{1}{3}$ of the wrapper to remain bare (the third that is farthest away from you, at the top).

3. Lay an asparagus spear horizontally across the quinoa, about 2 inches from the bottom of the sheet. Top it with a few slices of avocado. Starting from the bottom, gently roll the nori up, applying pressure as you go. When you get to the top, moisten the top edge of the nori roll; this will help the roll stick together.

4. Use a very sharp knife to slice the roll into pieces (about five). Repeat with the three remaining nori sheets. Serve with tamari for dipping, or any dressing you like.

You can prepare the quinoa as instructed, and store it for up to 3 days in the fridge, rolling the sushi as desired.

CURRIED CHICKPEA AND CARROT SALAD

THIS SALAD IS REMINISCENT OF CURRIED chicken salad (which I used to love), but the fiber makes it even more satisfying. If you've tried a similar dish with mayonnaise, you'll be surprised at how well tahini works as an alternate.

I like to serve this salad with greens and veggies, and sometimes a cup of soup as well. It also works as a dinner entrée, with some quinoa and steamed veggies.

MAKES 4 SERVINGS

Salad Ingredients

3 cups cooked chickpeas
1½ cups grated carrots
½ cup currants or raisins

Dressing Ingredients

3 tablespoons tahini
1 tablespoon freshly squeezed lemon juice
1 tablespoon apple cider vinegar
2 tablespoons water
1 tablespoon tamari, nama shoyu, Bragg's Liquid Aminos, or coconut aminos
2 teaspoons pure maple syrup
1 teaspoon curry powder

1. Combine the salad ingredients in a large mixing bowl.

2. Whisk all the dressing ingredients together.

3. Dress the salad ingredients with the dressing. Serve.

The chickpea salad will keep for up to 3 days in the fridge.

EASIEST VEGAN PUMPKIN SOUP

THE TITLE PRETTY MUCH SAYS IT ALL. Using fresh puree of pumpkin will certainly enhance this soup, but, to make it true to its name, go ahead and use canned, organic pumpkin instead.

MAKES 2 SERVINGS

1 can (15 oz.) organic pumpkin puree, or 1½ cups fresh pureed pumpkin, butternut squash, or sweet potato
1¼ cups organic vegetable broth
¼ cup cashews, soaked for 2 hours and drained, or ¼ cup silken tofu, 3 tablespoons cashew butter, or 3 tablespoons tahini
1 tablespoon pure maple syrup
1 teaspoon pumpkin pie spice
1 clove garlic, minced (optional)
¼ teaspoon sea salt (or to taste—will depend on the saltiness of your vegetable broth)
Freshly ground black pepper

Blend all the ingredients in a blender until smooth. Heat gently over a stove, and serve.

The soup will keep for up to 4 days in the fridge, and it can easily be frozen.

Dinner

SWEET POTATO BLACK BEAN ENCHILADAS

THIS RECIPE IS A LOT OF WORK, BUT the labor will be well worth it when you bite into these incredibly flavorful enchiladas. They may be the most beloved cooked recipe on my blog, and I've made them for countless dinner parties, potlucks, and get-togethers.

If you're in a pinch, simply use an organic, canned tomato sauce and whisk in a teaspoon of chili powder or cumin, rather than preparing the sauce as directed. With this sweet, fragrant sweet potato and black bean filling, you can't possibly go wrong.

MAKES 4 SERVINGS

Sauce Ingredients

1 tablespoon olive oil
1 cup diced onion
2 cloves garlic, minced
½ tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon fresh oregano, or ½ teaspoon dried
1 (14-ounce) can diced tomatoes (I like Muir Glen fire roasted)
1 teaspoon pure maple syrup
Sea salt

Enchilada Ingredients

3 large sweet potatoes
1 cup yellow onion
Coconut oil
2 cups (or 1 [15-ounce] can) cooked black beans
1 tablespoon almond butter
1 tablespoon freshly squeezed lime juice
½ to 1 teaspoon salt (to taste)
1 teaspoon cumin
1½ teaspoons chili powder
Freshly ground black pepper
8 to 10 corn or whole-grain tortillas
¼ cup minced fresh curly parsley (optional)

1. Preheat the oven to 375°F.

To make the enchilada sauce, heat the olive oil in a medium-size skillet or pot. Sauté the onion for 3 minutes. Add the garlic and continue cooking for another 5 minutes, or until the onion is translucent.

2. Add the chili powder, cumin, oregano, tomatoes, maple syrup, and ⅓ cup of water. Add sea salt to taste. Cook for another minute or two, until all the ingredients are warmed through.

3. Transfer the sauce to a blender or food processor, and blend until smooth. Add water to adjust the consistency as you wish. Set the sauce aside until you're ready to use it.

4. Pierce the sweet potatoes with a fork, place them on a foil-lined baking sheet, and



Sweet Potato Black Bean Enchiladas, page 163

bake until tender (35 to 45 minutes). When the potatoes are cool enough to be handled, scoop the flesh, mash it a little with a fork, and set it aside. You can discard the skins or use them as desired.

5. Sauté the onion in the coconut oil until translucent. Add the sweet potatoes, black beans, almond butter, lime juice, salt, cumin, chili powder, and black pepper, and mix well with a wooden spoon. You can use a potato masher to get it all well combined! You want the final mixture to look like a very chunky mash.

6. Preheat the oven to 350°F.

7. Assemble your enchiladas by rolling about ¼ to ⅓ cup of the filling into each of your tortillas, and laying them side by side in a small rectangular baking dish. Cover them with all of the enchilada sauce (they're supposed to be smothered).

8. Bake for about 25 minutes, until the sauce has darkened and enchiladas are hot (if you make the filling ahead and refrigerate it, you'll maybe need a few more minutes than this). Serve, sprinkled with parsley if desired.

The enchiladas can easily be frozen and will keep for up to 4 days in the fridge.

CARROT AND MILLET PILAF WITH MESQUITE GLAZED TEMPEH

TEMPEH, LIKE TOFU, IS TREMENDOUSLY high in protein, has been associated with reduced cholesterol, and has a high calcium content. Unlike tofu, it's fermented,

which helps to make some of the nutrients, such as zinc and calcium, more bioavailable. It's also rich in vitamin B5, vitamin B6, and it boasts nearly a quarter of your daily recommended iron intake.

I use tempeh in stir-fries or on top of salads all the time. My favorite way to serve tempeh, though, is to marinate it with mesquite, and then bake or grill it. Mesquite is a legume native to northern Mexico. It's smoky, sweet, and incredibly flavorful. You can find mesquite online or in specialty shops. If you can't get your hands on it, though, the recipe will still be delicious without it.

MAKES 4 SERVINGS

Tempeh Ingredients

2 tablespoons tamari, nama shoyu, Bragg's Liquid Aminos, or coconut aminos
1½ tablespoons apple cider vinegar
1½ tablespoons pure maple syrup
2 teaspoons mesquite powder
1 teaspoon chili powder
½ teaspoon toasted sesame oil
8 ounces tempeh, sliced into ½-inch-thick slices

1. Whisk together all the ingredients, except the tempeh, in a mixing bowl. Lay the tempeh slices in a shallow, small dish (I use a 7 by 11-inch baking pan) and pour the marinade over them. Allow them to marinate for a few hours (or while you're at work, if you like).

2. Preheat your oven to 350°F. Transfer the tempeh to the oven and bake for 25 to 30 minutes, or until the tempeh is browning. Set the tempeh aside.

Pilaf Ingredients

- 1 tablespoon coconut oil
- 1 clove garlic, minced
- 1 cup chopped yellow onion
- 1 cup chopped carrot
- 1½ teaspoons mild curry powder
- ¼ teaspoon sea salt
- 1 teaspoon turmeric
- Pinch cayenne
- 1 cup millet
- 1 cup carrot juice (fresh or commercial)
- 1½ cups vegetable broth

1. Heat the coconut oil in a large pot or medium-size Dutch oven. Add the garlic and onion and sauté over medium heat for 4 to 5 minutes, or until the onion is translucent. Add the carrot and sauté for another 5 minutes.

2. Add the curry, sea salt, turmeric, and cayenne to the pot and combine with the vegetables. Add the millet and cook it for a minute or so, before adding the carrot juice and vegetable broth.

3. Bring mixture to a boil and lower the heat to a simmer. Place the lid of the pot or oven on, ajar, and simmer for 30 minutes, or until all the liquid has been absorbed. Check on it at 25 minutes, and, if it looks close to ready, remove it from the heat. Once the millet is ready, fluff it with a fork and allow it to sit for 5 minutes before serving.

4. Divide the pilaf onto four plates. Top it with a quarter of the tempeh, and serve with a fresh salad.

Tempeh will keep for up to 4 days in the fridge. Millet pilaf will keep for up to 3 days, and leftovers can be frozen.

QUICK QUINOA AND BLACK BEAN SALAD WITH SPICY CILANTRO VINAIGRETTE

THIS SALAD IS A PERFECT SOLUTION when you're short on time but hoping to impress with bold, tangy flavors. As soon as the quinoa is cooked, you can throw the dish together in minutes (and it's a perfect reason to keep some batch cooked quinoa on hand). It's one of the most popular entrées on my blog. Feel free to replace the vinaigrette with any vinaigrette of your choosing, but the spicy cilantro gives it a really nice kick.

MAKES 4 SERVINGS

- 1 cup dried quinoa, rinsed
- Dash salt
- 1 cup seeded and neatly diced cucumber
- 1 cup seeded and neatly diced red bell pepper
- 1½ cups cooked black beans, or 1 (15-ounce) can
- 10 to 15 fresh basil leaves, chopped into thin strips, plus more for garnish
- 1 batch Spicy Cilantro Vinaigrette (page 127)

1. Cook the quinoa in salted water until tender and fluffy (use a rice cooker or follow the package instructions). Remove from the heat, let cool, and place in a bowl.

2. Add the chopped vegetables, black beans, and basil to the cooked quinoa.

3. Dress the salad with ⅔ cup of the Spicy Cilantro Vinaigrette. (Add more or less of the



Carrot and Millet Pilaf with Mesquite Glazed Tempeh, page 165

dressing as desired.) Garnish with basil and serve.

The salad will keep for up to 3 days and tastes particularly nice after the flavors have mingled overnight.

EASY RED LENTIL, SWEET POTATO, AND COCONUT CURRY

HEARTY, FILLING, AND NUTRITIOUS, this curry can be prepped beforehand and warmed when you're ready to eat, but it's actually quick enough that you can make it at the last minute too. As soon as the vegetables

are chopped, the hard work is done. Red lentils have many of the same nutrients as beans (iron, protein), but their rapid cooking time makes them a convenient alternative.

MAKES 4 SERVINGS

- 1½ tablespoons coconut oil
- 1 cup diced onion
- 1 cup dried red lentils
- 1 medium sweet potato, cut into 1-inch cubes
- 1 large carrot, split lengthwise and chopped
- ½ teaspoon ground turmeric
- 1 tablespoon mild curry powder
- 1 teaspoon ginger powder
- ½ teaspoon sea salt

Freshly ground black pepper
3½ cups vegetable broth or water
½ cup coconut milk

1. Heat the oil in a large pot over medium heat. Sauté onion until it's turning a little golden. Add the lentils, potato, carrot, and spices/seasonings, and stir to combine everything.

2. Add the water or broth and bring to a boil. Reduce the heat to a simmer and cook for 25 minutes, or until the lentils and sweet potato are tender. Stir in the ½ cup of coconut milk. Serve.

Curry will keep for up to 4 days in the fridge. Leftovers can be frozen.

ROOT “RAWVIOLI” WITH NUT CHEESE AND PESTO

RAWVIOLI IS A CLASSIC RAW FOOD dish. It's usually made with beets, but turnip slices and jicama slices work very well too. Feel free to dress the rawvioli up with marinara sauce instead of pesto, or dress with cashew cream. If none of those options suit your fancy, a simple sprinkle of herbs is fine too!

MAKES 4 SERVINGS

Rawvioli Ingredients

2 large beets, scrubbed, peeled, and rinsed

Nut Cheese Ingredients

1 batch Cashew Cheese (page 99)
1 tablespoon fresh oregano, or 2 teaspoons dried

Pesto Ingredients

1 batch Kale and Pistachio Pesto (page 136).

1. Cut the beets in half through the center, horizontally (so you're separating the top half from the bottom, not the right side from the left side). Use a mandoline to slice them into very thin (almost paper thin) slices. You'll want between thirty-two and forty slices altogether (four or five rawvioli per person).

2. Prepare the Cashew Cheese. At the end, stir in the oregano.

3. Prepare the Kale and Pistachio Pesto.

4. Place four or five beet slices on a serving plate. Place a heaping tablespoon of cashew cheese on top of each slice. Place another beet slice on top of the cheese, and press down slightly to flatten the rawvioli. Top with a dollop of pesto. Repeat on the three remaining plates, and serve.

ZUCCHINI PASTA WITH QUINOA MEATLESS BALLS

THIS RECIPE TAKES TIME AND EFFORT, but they will be well worth it if you're looking to create the taste of traditional Italian comfort food with a whole foods, semiraw spin! The quinoa balls are delicious,



Root "Rawvioli" with Nut Cheese and Pesto, page 168

and you can throw them into salads or snack on them if you have leftovers. As with nearly any recipe in which I call for my raw marinara, you can use your favorite organic, store-bought marinara instead. In that case, all you'll need to do is spiralize your noodles and prepare the meatless balls.

MAKES 4 SERVINGS

Pasta Ingredients

4 small zucchini, spiralized or cut with a julienne peeler

Marinara Ingredients

Organic, store-bought marinara sauce of choice or 1 batch Raw Marinara Sauce (page 135)

Quinoa Meatless Balls Ingredients

MAKES 24 TO 30 MEATBALLS

1 tablespoon olive oil
¾ cup onion, diced
1 clove garlic, minced
1 cup chopped button or baby bella mushrooms
½ cup chopped, sun-dried tomatoes, soaked in warm water for 10 minutes or more, then drained
2 cups cooked quinoa
2 tablespoons chopped fresh oregano (or 1 teaspoon, dried)
½ cup cooked cannellini or navy beans
Sea salt and freshly ground black pepper



Zucchini Pasta with Quinoa Meatless Balls, page 168

1. Heat the olive oil in a large sauté pan over medium heat. Add the onion and garlic. Cook until the onion and garlic are translucent (5 minutes). Add the mushrooms and continue cooking until the mushrooms are tender, another 4 to 5 minutes or so.

2. Add the sun-dried tomatoes, quinoa, oregano, and beans to the pan. Stir until everything is warm and evenly mixed, about 2 minutes.

3. Transfer all the ingredients to a food processor. Pulse to combine, and then process until the ingredients are mostly uniform, about a minute.

4. Roll the ingredients into 1-inch balls.

Let them sit for 30 minutes. While you wait, preheat the oven to 400°F and line a large baking sheet with parchment. Place the balls on the baking sheet and bake for 20 to 25 minutes, or until they're lightly browned.

To assemble:

Divide the zucchini among four serving bowls. Top with $\frac{1}{3}$ to $\frac{1}{2}$ cup of marinara sauce, and a quarter of the meatballs.

Marinara sauce will keep for up to 5 days in the fridge and can be frozen. The quinoa meatballs can be frozen and will keep in the fridge for up to 4 days.

LEVEL 2

Something New

L LEVEL TWO RECIPES ARE DESIGNED TO TAKE YOU OUTSIDE YOUR COMFORT ZONE—BUT not too much. Here you'll find more raw food recipes, including a dressed up chia pudding, raw wraps made from collard leaves, and nori rolls stuffed with a savory raw nut "pâté." I'll also show you familiar dishes that have been dressed up with unconventional ingredients, like quinoa "risotto." I hope these dishes will help you to think outside the box a little, and whet your appetite for raw food.

Breakfast

PLANT PROTEIN SHAKE

THE NEXT TIME SOMEONE GIVES YOU A hard time about protein and vegan diets, you can tell them that this easy vegan smoothie has as much protein as two eggs. It also has healthy, omega-3 fatty acids, phytonutrients, magnesium, potassium, natural sugars to sustain your morning energy, and it tastes delicious. Hemp protein is probably my favorite variety of vegan protein powder; the taste takes a little getting used to, but I've come to really love it—and the many health benefits it provides.

MAKES 2 SERVINGS

2 large frozen bananas
2 tablespoons hemp seeds
4 tablespoons hemp protein
1½ cups almond or hemp milk
Seeds from ½ vanilla bean, or 1 teaspoon vanilla extract

OPTIONAL: 1 to 2 heaping cups baby spinach

OPTIONAL: 1 pitted date (if you prefer your smoothie to be sweeter)

Blend all the ingredients together in a blender and serve. Add more almond or hemp milk as needed.

MANGO COCONUT CHIA PUDDING

THIS BREAKFAST WILL BRIGHTEN YOUR morning with its tropical flavors. Sweet, juicy mango meets creamy coconut chia pudding and a hint of vanilla. You can either mix in the mango or layer it on the bottom, as shown, but it will be easier to store if you keep the components separate. The pudding should last about 3 days in the fridge.

Since coconut milk is very rich, I mix it with almond milk to avoid overpowering the pudding. Commercial almond milk works well here, since it's not quite as creamy as the coconut.

MAKES 4 SMALL OR 2 LARGE SERVINGS

½ cup coconut milk
1 cup almond milk
2 tablespoons pure maple syrup
1 teaspoon vanilla extract or the seeds of 1 vanilla bean
⅓ cup chia seeds
1½ cups diced fresh mango
¼ cup unsweetened shredded coconut

1. Whisk or blend together the coconut and almond milk, maple syrup, and vanilla.

2. Combine the liquid with the chia seeds. Stir until combined. Let the mixture sit for 5



Mango Coconut Chia Pudding, page 172



Baked Sweet Potatoes with Vanilla Almond Butter and Goji Berries, page 175

minutes, then stir again. After another few minutes, give it one final stir before allowing it to sit for an hour or more. (If you're letting it sit for more than an hour, refrigerate the pudding.)

3. Spoon a quarter of the mango into the bottom of four serving bowls or glasses. Top with a quarter of the chia pudding. Top with one tablespoon of shredded coconut. Serve.

The chia pudding will keep in the fridge for 3 days.

BAKED SWEET POTATOES WITH VANILLA ALMOND BUTTER AND GOJI BERRIES

SWEET POTATOES MAY SEEM LIKE AN odd choice for breakfast. Nevertheless, they're not only warm, grounding, and satisfying but also rich in beta-carotene, fiber, and minerals. For folks who are tired of oatmeal or other hot breakfast cereals, they'll fulfill your carb craving and add variety to your routine.

You can serve baked sweet potatoes with coconut oil and a sprinkle of granola, if you like, or even top them with black beans for a savory breakfast option. This recipe, though, is my favorite serving idea: almond butter, vanilla, and a sprinkle of nutrient-rich goji berries.

MAKES 2 SERVINGS

2 medium sweet potatoes, unpeeled
¼ cup almond butter
1 teaspoon vanilla extract
½ teaspoon ground cinnamon
1 tablespoon pure maple syrup
2 to 3 tablespoons almond milk
¼ cup goji berries

1. Preheat the oven to 375°F. Wash the sweet potatoes, then prick them with a fork. Lay them on a baking sheet and bake until they're totally tender, about 45 minutes.

2. While the potatoes are baking, mix the almond butter, vanilla, cinnamon, maple syrup, and almond milk together using a fork or a small whisk.

3. Split the potatoes open. Drizzle half of the almond butter mixture over each. Top with half of the goji berries, and serve.

The almond butter can be doubled and stored for up to 2 weeks.

QUINOA BREAKFAST PUDDING

MOST OF US ARE USED TO THINKING about quinoa in the context of savory recipes. As it turns out, this super-grain is every bit as delicious in the morning. Try replacing your standard bowl of oats with a warm bowl of quinoa. You can serve the quinoa plain and top it with some almond butter and banana, or, if you'd like to get a little fancy, give this simple, yet decadent breakfast pudding a try. Coconut milk makes the

pudding incredibly delicious and satisfying. Be sure to get full fat coconut milk; the “lite” stuff just isn’t the same!

MAKES 4 SERVINGS

- 1 cup dry quinoa**
- 1¼ cup full-fat coconut milk**
- 1 vanilla bean, split lengthwise, seeds scraped out**
- Pinch sea salt**
- 2 tablespoons pure maple syrup**
- 2 cups berries (optional)**

1. Transfer the quinoa to a sieve and run it under cold water to rinse it off. Drain the quinoa well.

2. Transfer the quinoa to a medium-size pot. Add 1 cup of the coconut milk, along with 1 cup of water. Add the vanilla bean, sea salt, and maple syrup and give it all a stir.

3. Bring the mixture to a boil, and reduce the heat to a simmer. Place the lid of the pot on, slightly ajar, so that some steam can escape. Simmer the quinoa until all of the liquid is absorbed and the quinoa is tender, about 15 or 20 minutes. Stir in the remaining ¼ cup of coconut milk.

4. Divide the pudding into four serving bowls. Top with fresh berries, if desired. Serve.

Leftover pudding will keep for a night or two in the fridge and can easily be reheated.

PEACHY KEEN SMOOTHIE

THIS SIMPLE SMOOTHIE IS A WONDERFUL way to enjoy ripe, juicy peaches in the summer (when you get tired of putting them into my Raw Peach Cobbler, page 233). If you have a high-speed blender, go ahead and use whole almonds in the recipe. If you don’t, I recommend using almond butter instead (and using almond milk, rather than coconut water). The addition of cinnamon and ginger makes this smoothie taste like dessert.

MAKES 2 TO 3 SERVINGS

- 3 cups sliced peaches, fresh or frozen**
- 2 tablespoons flax meal**
- ¼ cup almonds (or 3 tablespoons almond butter if you don’t have a high-speed blender)**
- 1 cup coconut water or almond milk**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ginger powder (or 2 teaspoons grated fresh ginger)**

Blend all the ingredients until very smooth.



Quinoa Breakfast Pudding, page 175



Avocado Black Bean Breakfast Scramble, page 179

AVOCADO BLACK BEAN BREAKFAST SCRAMBLE

THIS HASHLIKE SCRAMBLE IS BOTH filling and fresh—a perfect example of how harmoniously raw and cooked ingredients can work together! It's also rich in protein from beans and nutritional yeast and packed with fiber, which means that it's a nutritious start to your day.

MAKES 4 SERVINGS

- 2 large avocados (about 12 ounces), peeled and, pitted, and diced into $\frac{3}{4}$ -inch chunks
- 1½ tablespoons freshly squeezed lime juice
- $\frac{1}{4}$ teaspoon sea salt
- Freshly ground black pepper
- 2½ tablespoons nutritional yeast
- 1 red bell pepper, seeded and chopped
- 1 large carrot, grated (about $\frac{1}{2}$ cup)
- $\frac{1}{3}$ cup diced red onion
- $\frac{1}{2}$ cup minced fresh parsley
- 1 cup cooked black beans
- 8 lettuce or cabbage leaves
- 4 slices sprouted-grain bread (optional)

1. Place the avocados in a large mixing bowl and, using a fork, mash them lightly with the lime juice, sea salt, pepper, and nutritional yeast.

2. Add the pepper, carrot, onion, parsley, and beans. Mix well, until the avocado resembles a “scramble” and the veggies are distributed evenly.

3. Scoop into lettuce or cabbage leaves and serve (about two per person). You can also eat this piled high on sprouted-grain toast.

To keep leftovers fresh, sprinkle them with lemon juice before storing in an airtight container in the fridge. Kept this way, the hash should last for 2 days.

Lunch

RAW GAZPACHO

GAZPACHO IS ONE OF THOSE RECIPES we all know and love and eat all the time but rarely think to classify as “vegan” or “raw.” This recipe has traditional flavors, but I’ve left out the bread crumbs. Once you toss all of the ingredients into your blender, all you need to do is press a button to get a delicious, nutritious soup.

With this gazpacho, and all raw soups, I like to add a little topping for texture and variety. I suggest the corn salsa on page 138 as an accompaniment, but, if you don’t have time, you could just add some avocado chunks to the soup and start to dig in. A dollop of cashew cream is also delightful!

MAKES 4 SERVINGS

4 large vine tomatoes, quartered
¼ cup sun-dried tomatoes, soaked for at least an hour and rinsed off
1 red bell pepper, seeded and cut into chunks
1 cucumber, peeled and cut into chunks
½ white or yellow onion, roughly chopped
1 clove garlic, minced
1½ teaspoons pure maple syrup
2 tablespoons freshly squeezed lime or lemon juice
¼ teaspoon sea salt
Freshly ground black pepper
3 tablespoons extra-virgin olive oil

1. Blend all the ingredients except for the olive oil in a blender, adding ¼ cup of water or more as needed.

2. With the blender running, drizzle in the olive oil until the soup is creamy and smooth.

3. Divide the gazpacho into four serving bowls. Top with any mixed vegetables you like (cucumber, peppers, tomato, avocado) or a salsa of choice (such as my Raw Corn Salsa, page 138).

The gazpacho is best served fresh, but it will keep overnight if you don’t polish it all off at once.

HEMP-SEED TABOULI WITH YELLOW TOMATOES AND MINT

HEMP-SEED TABOULI IS ANOTHER classic raw food recipe. While I’m all for making tabouli the traditional way—with bulgur wheat, or even an unusual grain, such as quinoa or millet—tabouli takes on a whole new life when it’s created with nutrient dense, protein rich hemp seeds. In this recipe, I like to use bright green mint as well as parsley, and I love to use yellow tomatoes for a pop of unexpected color. Of course, red tomatoes will work fine if you don’t have yellow ones, and you can use all parsley if mint isn’t on hand.

MAKES 4 SERVINGS

1 cup fresh parsley
½ cup fresh mint
¼ teaspoon sea salt
4 medium yellow vine or Jersey tomatoes,
chopped
1 cup shelled hemp seeds
2 tablespoons hemp oil
2 tablespoons freshly squeezed lemon juice

1. In a food processor fitted with the “S” blade, process the parsley, mint, and sea salt until minced.

2. Transfer the herbs and salt to a large mixing bowl. Add the tomatoes, hemp seeds, hemp oil, and lemon juice. Mix well, and serve.

Stored in an airtight container in the fridge, the tabouli will keep for 2 days.

NORI ROLLS WITH GINGERY ALMOND PÂTÉ AND RAW VEGGIES

ONCE YOU’VE MASTERED THE QUINOA sushi rolls on page 159, you’ll be ready to dip your toes into the waters of raw sushi. There are many ways to make raw sushi rolls: you can fill them with raw “rice” made of parsnips or cauliflower, or you can mash up avocado as a filling and then pile them with veggies. I think the easiest raw sushi method, at least at first, is to spread a layer of nut pâté onto a nori sheet and then add veggies of your choosing, before you roll it all up to perfection.

MAKES 4 SERVINGS

Gingery Carrot Almond Pâté Ingredients

MAKES 1 ¼ CUPS PÂTÉ

1 ¼ cup almonds, soaked overnight
and drained
½ teaspoon sea salt
2 pitted dates
1 tablespoon minced or grated ginger,
or ½ teaspoon ginger powder
⅔ cup shredded carrot
½ teaspoon ground turmeric

Nori Roll Ingredients

4 raw or toasted nori sheets
1 bell pepper, cut into matchsticks
1 medium cucumber, cut into
matchsticks
1 cup spiralized jicama or zucchini

1. To make the pâté, place almonds, sea salt, dates, ginger, carrot, and turmeric in your food processor. Pulse to combine. Turn on the motor and drizzle in ¼ cup of water. Keep processing until the mixture has the texture of a rich pâté—dense, but spreadable. Add extra water as needed (you’ll probably need about ⅓ cup).

2. Lay a sheet of nori, shiny side down, on a flat, dry surface in front of you. The shorter end of the sheet should be facing you. Spread ⅓ cup of pâté over the sheet, leaving ⅓ of the sheet blank (this should be the third that is farthest away from you). Place ½ cup of the vegetables in a straight, horizontal line across the pâté, about 2 inches from the bottom of the sheet.

3. Working from the bottom end of the nori sheet (the end closest to you, with the



1



2



3



4

filling on it), roll the sheet upward. Moisten the top edge with water and be sure to hold it down for a moment or two when you've rolled the whole sheet up. Repeat with three more sheets and let the rolls soften for a few moments. Using a clean, sharp knife, cut

each roll into five or so pieces. Serve with some tamari, if desired.

The nori rolls will keep overnight in the fridge. Otherwise, the gingery carrot almond paste will keep for up to 5 days, and you can make new rolls as needed!



COLLARD WRAPS WITH HEMP HUMMUS, TEMPEH, AND RED PEPPERS

THIS IS AN EASY, ACCESSIBLE WAY TO get into collard wraps. The marriage of mesquite tempeh and tomato is reminiscent of a BLT. I love this lunch because, if you prep the components early in the week, it's easy to assemble, and also because it's incredibly high in protein.

MAKES 4 SERVINGS

4 medium collard leaves
1 batch Hemp Hummus (page 130)
1 large Jersey or heirloom tomato, cut into thick slices
1 batch Mesquite Glazed Tempeh (page 165)

1. Prepare the collard leaf according to instructions on page 184.
2. Spread about $\frac{1}{3}$ cup of hemp hummus along the center of the collard leaf. Layer a quarter of the tomato over the hummus, and top with a quarter of the hummus.
3. Roll the collard wrap up according to my tutorial (page 184). Slice the wrap in half, and serve.

Collard wraps can be kept overnight in the fridge.

SPROUTED-GRAIN WRAPS WITH KALE-SLAW FILLING

THE KALE-SLAW IN THIS RECIPE IS wonderfully versatile and tasty. If you'd rather serve it on its own or as a side dish, that's fine—no need to stuff it into a wrap! But I think it makes a great wrap filling, especially when it's topped by some creamy avocado.

MAKES 4 SERVINGS

6 cups stemmed, washed, dried, and finely chopped raw kale
1 red bell pepper, seeded and diced
1 cup shredded carrot
 $\frac{1}{2}$ cup Apple Cider Vinaigrette (page 126)
 $\frac{1}{3}$ cup golden raisins (regular is fine too)
 $\frac{1}{4}$ cup raw sunflower seeds
 $\frac{1}{4}$ cup sliced almonds
4 Ezekiel sprouted-grain tortillas (or brown rice tortillas)

1. Mix the kale, pepper, and carrots in a large mixing bowl. Add $\frac{1}{2}$ cup of the Apple Cider Vinaigrette (you can use more or less, to taste) and “massage” the kale well with your hands, until it's well coated and softened.
2. Add the raisins, seeds, and almonds. Toss the salad well to combine.
3. Stuff each tortilla with a heaping cup of kale salad. Wrap up the tortilla as you would a burrito. Repeat with the remaining wraps. Serve each with a bit of extra remaining kale-slaw.



Carrot, Avocado, and Turmeric Soup, page 187



CARROT, AVOCADO, AND TURMERIC SOUP

CARROT AND AVOCADO WAS MY FIRST ever raw soup. Nothing could be easier: Carrot juice and avocado blend up easily, so you can use a food processor, any blender, or a magic bullet. The soup is a little spicy and a little sweet, and pumpkin seeds give it the perfect hint of crunch.

MAKES 2 SERVINGS

- 2½ cups fresh carrot juice (bottled is okay if you can't get your hands on fresh)
- 1 medium or large Haas avocado peeled and pitted
- ½ teaspoon powdered ginger powder (or 1 teaspoon fresh, grated)
- ½ tablespoon tamari
- ½ teaspoon ground turmeric
- 1 tablespoon freshly squeezed lime juice
- ¼ cup pumpkin seeds

1. Blend all the ingredients except for the pumpkin seeds in a blender or food processor until rich and creamy.

2. Heat a skillet over medium heat and add the pumpkin seeds and a sprinkle of salt to the skillet. Toast the pumpkin seeds until they're just turning golden. Quickly transfer them to a cool plate.

For a raw version, you can soak the pumpkin seeds overnight and drain them. Dust them with a pinch of salt and dehydrate them at 115°F for 6 to 8 hours, or until totally dry.

3. Divide the soup into two bowls and top with the pumpkin seeds.

Dinner

RAW CARROT FALAFEL

FALAFEL IS ONE OF MY FAVORITE foods, but I often find that it's too greasy when prepared conventionally. These falafel, which I first created when I had a ton of pulp left over from making carrot juice, impart all the wonderful flavor of regular falafel, minus the deep frying.

Once you make the falafel, you can use them in pita, pile them into romaine leaves, put them on your salads, or snack on them as they are. And this is one of those recipes where there's little difference between the dehydrator version and the baked version, so no need to fear if you don't have a dehydrator at home!

MAKES 4 SERVINGS

- 1 cup sesame seeds
- ½ teaspoon sea salt
- 1½ cups carrot pulp from juicing or
 - 1½ cups finely grated carrot, squeezed firmly between paper towels to remove excess moisture
- 2 cloves garlic, minced
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon ground cumin (optional)
- 2 tablespoons flax meal
- ¼ cup fresh curly parsley

1. Grind the sesame seeds and sea salt in a food processor until finely ground.

2. Add the carrot pulp, garlic, lemon, cumin, if using, and flax, along with ⅓ cup of water. Process until the mixture is smooth.

3. Add the parsley to the processor and pulse to combine.

4. Shape the mixture into twelve small patties. Dehydrate at 115°F for 6 hours, flipping once through.

Alternatively, preheat the oven to 350°F. Bake the falafel for 15 minutes. Flip and cook for another 10 minutes, or until golden brown on both sides. Top with tangy tahini sauce, and serve.

Stored in an airtight container in the fridge, both dehydrated and baked falafel will keep for up to 4 days. They can also be frozen.

TANGY TAHINI SAUCE

MAKES 1 SCANT CUP SAUCE

- ½ cup water
- ¼ cup tahini
- ¼ teaspoon sea salt
- 3 tablespoons freshly squeezed lemon juice
- 1 clove garlic, minced
- 1 teaspoon agave nectar or pure maple syrup



Raw Carrot Falafel, page 188, and Hemp Seed Tabouli with Yellow Tomatoes and Mint, page 180



Heat-Free Lentil and Walnut Tacos, page 191

Combine all the ingredients in a blender or food processor. Blend and serve.

Tahini dressing will keep for a week in the fridge and can also be served over salads, with raw veggies, and warm grains.

HEAT-FREE LENTIL AND WALNUT TACOS

TO ME, THIS DISH EMBODIES FLEXIBLE, high raw cuisine at its finest. Using romaine leaves as a “taco” and walnut as part of the taco “meat” are standard raw foodie tricks, but the addition of cooked lentils adds extra protein, iron, and healthy complex carbs. This is a stress-free meal, easy to whip up at a moment’s notice if you have some lentils in the freezer, and you can top it however you like!

MAKES 4 SERVINGS

Taco Filling Ingredients

1 ½ cups raw walnuts
½ teaspoon sea salt (or to taste)
10 sun-dried tomatoes, soaked in warm water for 10 minutes and drained
½ teaspoon chili powder
¼ teaspoon ground cumin
¼ teaspoon ground coriander
1 cup cooked brown or green lentils

Serving Ingredients

8 large romaine leaves (cabbage, radicchio, and butter lettuce leaves also work well)
1 cup salsa of choice
1 avocado, pitted and sliced

1. Place the walnuts and sea salt in a food processor and pulse to break the nuts down until crumbly.

2. Add the tomatoes, spices, and lentils to the processor. Pulse until the mixture is well incorporated. Check for seasoning, and add additional salt, cumin, or chili as needed. Add a few tablespoons of water, if needed, to bind the mixture together.

3. Divide the filling into the romaine leaves. Top each with 2 tablespoons of salsa and a few avocado slices. Serve.

RAW PAD THAI

KELP NOODLES ARE MADE FROM KELP, a type of seaweed that’s rich in calcium, iron, and especially rich in iodine. The noodles are made with the use of sodium alginate, a type of salt, and they’re typically made without the use of heat, which is why they’re very popular with raw foodists. They’re a little bit crunchy, very light, and they make for a wonderful alternative to conventional wheat pasta. Iodine is necessary in the diet, but it’s possible to overconsume it, so I don’t recommend eating kelp noodles more than once or twice a week.

As you’ll see, I like to serve kelp noodles in a variety of ways, but this pad Thai recipe is one of my favorites. The sauce is deeply enriched by the use of tamarind paste, a specialty ingredient made from tamarind fruit that can be found at any Asian market, or through online retailers.

MAKES 4 SERVINGS

Pad Thai “Noodle” Ingredients

- 1 package (12 ounces) kelp noodles
- 1 cup carrot, julienned or peeled into slips with a vegetable peeler
- 1 cup julienned or spiralized zucchini
- 1 cup shredded red cabbage
- ½ cup chopped cilantro

Pad Thai Sauce Ingredients (makes 1 cup)

- 6 tablespoons almond butter
- 1 tablespoon tamarind paste
- 1 teaspoon toasted sesame oil
- 1 tablespoon tamari
- 1 tablespoon pure maple syrup
- ½ teaspoon powdered ginger (or 1 tablespoon grated, fresh ginger)
- ½ cup water

1. Soak the kelp noodles in warm water for 10 to 15 minutes. Shake them dry, then pat them very dry with a paper towel or kitchen towel. Use a pair of scissors to snip them into smaller pieces.

2. Blend all the sauce ingredients, along with one ½ cup of water, in a blender until smooth.

3. Mix the noodles thoroughly with the vegetables and cilantro. Add ½ cup of sauce and mix in. Add more sauce if needed, until the noodles are thoroughly coated with sauce. Serve, garnished with cilantro.

The pad Thai sauce will last for a week in the fridge. The noodle dish will keep for 2 days in the fridge.

RAW SPINACH AND MUSHROOM BURGERS

I ABSOLUTELY LOVE CREATING RAW “burgers”—it’s proof that any recipe, even one associated fundamentally with meat-eating, can be playfully created in raw vegan form. These burgers are packed with antioxidant-rich vegetables, including both spinach and mushrooms. You can either bake or dehydrate the burgers, and the leftovers are excellent.

MAKES 4 BURGERS

- 2 tablespoons low sodium tamari, low sodium nama shoyu, or coconut aminos
- 1 teaspoon smoked paprika
- 1 tablespoon pure maple syrup or agave nectar
- 1½ tablespoons apple cider vinegar
- 3 large portobello mushroom caps, cleaned and chopped
- 1¼ cups dried pumpkin seeds
- ½ cup chopped carrot (or carrot pulp left over from juicing)
- ½ cup chopped celery (or celery pulp left over from juicing)
- 1 cup baby spinach
- 1 teaspoon rosemary or thyme

1. Mix the tamari, paprika, maple syrup, and apple cider vinegar in a bowl. Add the mushrooms and mix them well into this marinade. Let them sit for about 2 hours.

2. In a food processor fitted with the “S” blade, grind the pumpkin seeds until smooth.



Raw Pad Thai, page 191

3. Remove the mushrooms from the marinade (reserving leftover marinade as you do) and add them to the processor. Process until the mixture has very little texture, but isn't as smooth or uniform as a nut pâté. If it's overly thick, add a few tablespoons of leftover marinade.

4. Add the carrot, celery, spinach, and thyme, and pulse to incorporate it all, still leaving some texture in the mixture.

5. Shape the mixture into four patties and dehydrate at 115°F for 3 hours. Flip

the burgers and continue dehydrating for another 3 or 4 hours, or until they're still a little pliant, but firm on the outside.

Alternatively, you can bake these at 325°F for 30 to 35 minutes, flipping once. Serve.

Spinach burgers, whether raw or baked, will keep in an airtight container in the fridge for up to 4 days. They can also be frozen.



Pumpkin Quinoa Risotto with Pomegranate Seeds, page 195

PUMPKIN QUINOA RISOTTO WITH POMEGRANATE SEEDS

EVERYONE LOVES CONVENTIONAL risotto, but there's no denying that it can get a little heavy—not to mention time-consuming! Quinoa risotto cooks much more quickly than a traditional risotto dish, and it boasts more complete protein and minerals. I especially love quinoa risotto when it's paired with creamy pumpkin and a surprising bite of pomegranate seeds.

As always, this recipe is customizable. Pureed butternut squash, acorn squash, or sweet potato will be fine in place of the pumpkin, and, if you don't have the pomegranate seeds, you can omit them entirely or try a sprinkle of goji berries for the same tanginess and sweetness.

MAKES 4 SERVINGS

1 tablespoon olive or coconut oil
1½ cups chopped onion
1 cup quinoa, rinsed in a sieve
2⅔ cups low sodium vegetable broth
1½ cups pumpkin or butternut squash puree
3 tablespoons nutritional yeast
1 tablespoon freshly squeezed lemon juice
¼ teaspoon sea salt (add more to taste)
½ cup pomegranate seeds

1. Heat the olive oil over medium-high heat in a large pot. Add the onion and sauté, stirring frequently, for 5 to 8 minutes, or until the onion is translucent and browning.

2. Add the quinoa and stir it in with the onion for a few minutes, to lightly toast the grain. Add 2 cups of the broth and bring to a boil. Reduce to a simmer and cook, covered, but with the lid of the pot slightly ajar.

3. When the quinoa has absorbed almost all of the liquid (15 to 18 minutes), stir in 1 cup of the pumpkin with an additional ⅓ cup of vegetable broth. Stir until the mixture has absorbed the liquid, about 3 minutes. Add the remaining ½ cup of pumpkin and ⅓ cup of broth, along with the nutritional yeast, lemon, and salt. Keep cooking until the quinoa is no longer liquidy but has the creamy texture of a risotto, about 5 minutes. Stir in the pomegranate seeds at the very end, or use them as a garnish when you plate each dish. Serve.

Leftover risotto will thicken up in the fridge, but you can reheat it with a splash of almond milk or vegetable broth. This dish will keep for 3 days. If you plan on having leftovers, you may want to sprinkle the pomegranate seeds on top of the risotto when you serve, rather than mixing them in, so that their color holds up. Leftover risotto can be frozen as well.

PORTOBELLO “STEAK” AND ROSEMARY CAULIFLOWER MASHED POTATOES

MY BEST FRIEND’S HUSBAND, WHO is by no means a raw vegan, requests these cauliflower “mashed potatoes” nearly every time I visit them. I don’t blame him—who knew that nuts, cauliflower, and seasoning could create something so delicious? The portobello “steaks” in this recipe are incredibly easy to prepare (just let them marinate), so while the meal feels like a “fancier” raw dish, it’s actually very accessible.

Serving the mashed potatoes with the steak will enhance their flavor. If you serve them on their own, you may wish to add a little nutritional yeast.

MAKES 4 SERVINGS

⅓ cup olive oil
¼ cup balsamic vinegar
¼ cup pure maple syrup
3 tablespoons tamari or nama shoyu
Pinch freshly ground black pepper
4 portobello mushroom caps, stems removed and gills scraped out (you can do this with a small spoon; simply scrape the inside of the mushroom until the dark gills come out easily)

1. Mix all the ingredients except for the mushrooms in a small casserole pan.
2. Submerge the four mushroom caps in the marinade. One hour will be enough for





Portobello "Steak" and Rosemary Cauliflower Mashed Potatoes, page 196

them to be ready, but it's even better to cover them and let them marinate overnight in the fridge. When ready to serve, pat off any excess marinade and serve with rosemary cauliflower mashed potatoes (recipe follows).

ROSEMARY CAULIFLOWER MASHED POTATOES

MAKES 4 SERVINGS

$\frac{3}{4}$ cup pine nuts or cashews
 $\frac{1}{2}$ teaspoon sea salt
1 pound (one average-size head) cauliflower, chopped
2 tablespoons nutritional yeast
 $1\frac{1}{2}$ tablespoons freshly squeezed lemon juice
 $\frac{1}{3}$ cup water
2 tablespoons chopped fresh rosemary

1. Place the pine nuts and sea salt in your food processor and process until finely ground.

2. Add half of the cauliflower and pulse until it's broken down into small pieces. Add the rest, along with the nutritional yeast, and pulse a few more times to break it down as well.

3. Turn the motor of the processor on and drizzle in the lemon and the water. You may need to stop several times to scrape the bowl down. Continue blending until the mixture is fluffy, light, and totally smooth.

4. Add the rosemary to the food processor and pulse to incorporate it. Serve the mashed potatoes with the mushrooms and a drizzle of extra marinade.

Store the mushrooms and cauliflower mashed potatoes in airtight containers in the fridge. Both will keep for 2 days.

LEVEL 3

Brave New World

L LEVEL THREE RECIPES WILL TAKE YOU DEEPER INTO RAW FOOD TECHNIQUES AND recipes. Here you'll find an exotic, chocolaty "açai bowl," a mocha maca chia pudding, jicama "rice," coconut curry kelp noodles, and even a raw ratatouille! As you explore this level, you'll meet ingredients that may be new to you (such as açai and maca), as well as unexpected flavor pairings, like basil and almond butter.

One of the best things about exploring raw foods is that you come across novel textures and flavors, and learn to be more innovative with the vegetables you already know and love. The idea of turning zucchini and carrots into "pappardelle" might sound odd at first, but, when you try it, you'll see how the idea of a pasta bowl can be given a fresh face. I hope these recipes will steer you in fun new directions, and inspire you to use fresh vegetables in creative ways.

Breakfast

MOCHA MACA CHIA PUDDING

MACA HAS A SWEET, NUTTY, AND slightly malty flavor. It tends to pair very well with sweet foods, and I enjoy it in chocolate, in puddings, and in smoothies.

In this dish, maca meets a touch of espresso and chocolate, which keeps the flavor very subtle. Because maca is gently stimulating, this dish is a fantastic morning wake-up call. If you think that the combination of maca plus espresso is too strong for you, feel free to use decaf espresso powder.

MAKES 2 SERVINGS

- 2 cups homemade almond milk
- 1 tablespoon pure maple syrup or agave nectar
- 4 tablespoons raw cacao (or unsweetened cocoa) powder
- 2 teaspoons maca
- 1 tablespoon instant espresso
- 6 tablespoons chia seeds

1. Blend the almond milk, maple syrup, cacao powder, maca, and espresso in a blender until smooth.

2. Pour the mixture over the chia seeds in a medium mixing bowl and stir. Allow the pudding to sit for a minute, then stir again. Continue to stir once every 8 to 10 minutes for 30 minutes.

3. Let the pudding sit, refrigerated, for a few hours. Serve with fresh berries.

Stored in an airtight container, the pudding will keep for up to 4 days.

BLUEBERRY, MINT, AND KALE SMOOTHIE

THIS IS A GREENER GREEN SMOOTHIE than my basic green smoothie. You'll taste the kale here, along with the refreshing mint.

This smoothie features avocado, which adds tremendous creaminess, as well as a wonderful, fluffy texture!

MAKES 4 CUPS SMOOTHIE

- 1 banana
- 2 cups frozen blueberries
- ½ Haas avocado (about 1½ ounces)
- 1 tablespoon flax meal
- 2 cups almond milk
- 2½ cups tightly packed kale
- ¼ cup tightly packed fresh mint
- 1 pitted date (2 if you prefer a bit more sweetness)

Blend all the ingredients in a high-speed blender until smooth. Serve.



Plant Protein Shake, page 172, and Blueberry, Mint, and Kale Smoothie, page 200



Chocolate Raw-Nola, page 202

CHOCOLATE RAW-NOLA

THIS RAW-NOLA IS SUPER CRISPY, IT'S not overly sweet, and it's full of chocolate. What more could a person ask for?

MAKES 2 ½ CUPS (4 TO 6 SERVINGS)

6 pitted Medjool dates
1 cup water
1 teaspoon vanilla
¼ cup cacao powder
Dash sea salt
1 ¼ cup Buckwheaties (page 105)
½ cup cacao nibs
¼ cup hemp seeds

2 tablespoons flax meal (for the oven version only)

1. Blend the dates, water, vanilla, cacao powder, and sea salt in a blender until smooth. If you don't have a high-speed blender, you may want to soak and drain the dates beforehand.

2. Mix the buckwheaties, cacao nibs, and the hemp seeds together. If you're baking the granola, add the 2 tablespoons of flax meal. Stir in ½ to ⅔ cup of the chocolate sauce—just enough to coat the groats, seeds, and nibs very generously, but not enough to drown them.

3. Transfer the granola to a dehydrator sheet lined with Teflex and dehydrate for 6 to

8 hours, stopping halfway through to gently mix up the granola and break it into pieces (unless you dehydrate it overnight, in which case you can just let it do its thing).

If you don't have a dehydrator, transfer the granola to a parchment-lined baking sheet. Set the oven to 350°F and toast for 20 minutes. Remove the granola from the oven and allow it to air dry until completely cool. Stored in a sealed container, it will keep for up to 2 weeks. It will remain extra crispy if stored in the fridge.

CASHEW BANANA YOGURT

GREEK YOGURT IS ONE OF THE LAST nonvegan foods I stopped eating, and it was one of my favorites. I've seen all sorts of super complex recipes for fermented, homemade yogurts, but this simple recipe is my go-to.

This yogurt calls for a probiotic powder. You don't have to go out and purchase one to make it. If you take any kind of probiotic





supplement, you can simply empty two to three capsules into the recipe and enjoy. If you don't want to, or don't have a probiotic powder at all, that's fine. Just go ahead and enjoy the taste of this sweet, tangy treat.

MAKES 4 SMALL OR 2 LARGE SERVINGS

- 1 cup cashews, soaked for 2 hours or more, then drained
- 2 large bananas
- 1½ tablespoons freshly squeezed lemon juice
- ⅔ cup coconut water (½ cup if you're using a food processor)
- 1 pinch sea salt
- ½ teaspoon probiotic powder (optional; you can simply open up a few probiotic capsules for this!)

Blend all the ingredients in a high-speed blender until smooth.

Alternatively, place all the ingredients, except the coconut water, in a food processor and pulse a few times to combine. Turn the motor on and drizzle in the coconut water in a thin stream. Keep processing until the mixture is very smooth.

Stored in an airtight container in the fridge, the yogurt will keep for 2 days.

BANANA ALMOND COCONUT RAW-NOLA

THIS RAW-NOLA IS SWEET, FRAGRANT, and bursting with the taste of delicious coconut.

MAKES 4 TO 6 SERVINGS

- ¼ cup almond butter
- ⅓ cup agave nectar
- 2 tablespoons melted coconut oil
- 1 small banana
- 1 tablespoon flax meal
- 1½ cups dehydrated buckwheat groats
- 1 cup sliced or slivered almonds
- 1 cup dried shredded coconut

1. Blend the almond butter, agave nectar, coconut oil, banana, and flax meal in a blender until smooth.

2. Mix the buckwheat, almonds, and coconut in a large bowl. Pour the sauce over the mixture and mix thoroughly with your hands.

3. Spread the raw-nola on a Teflex or parchment-lined dehydrator tray. Dehydrate at 115°F overnight (8 hours). Move the granola around a bit to break it up, and dehydrate for another 6 hours. Serve.

If you don't have a dehydrator, transfer the granola to a parchment-lined baking sheet. Set the oven to 350°F and toast until it's lightly browned, 20 to 25 minutes. Remove the granola from the oven and allow it to air dry until completely cool.

Stored in a sealed container, the raw-nola will keep for up to 2 weeks. It will remain extra crispy if stored in the fridge.



Step 1: Raw Banana Breakfast Wraps



Step 2: Raw Banana Breakfast Wraps



Step 3: Raw Banana Breakfast Wraps

RAW BANANA BREAKFAST WRAPS

THIS IS THE RAW FOODIE'S EQUIVALENT of a drive-in breakfast. It's one of my favorite options when I'm truly in a rush—just wrap your bananas, add some nut butter, drizzle your sweetener, and go!

The pairing of greens with banana can seem odd at first, but remember: if you've ever had a green smoothie, then you've enjoyed this combination before. I do recommend using a more mild tasting green for the wraps. Romaine, butter lettuce, and Boston lettuce are all perfect.

MAKES 2 TO 4 SERVINGS

- 4 large Boston, butter, or romaine lettuce leaves
- 6 tablespoons peanut or almond butter
- 4 large bananas
- 4 teaspoons pure maple syrup or agave nectar

1. Lay a lettuce or chard leaf on a flat, dry surface. Spread it with about a tablespoon and a half of nut butter.

2. Place the banana in the center of the leaf. Drizzle it with sweetener. Roll up the leaf around the banana, and secure it with a toothpick, if desired (I usually eat the roll before I have a chance to!). Repeat with the remaining leaves, and enjoy.



ALMOND PULP PORRIDGE

WHEN I FIRST MADE THIS RECIPE, I was hoping I could find a way to make the pulp that's left over from making almond milk (see page 98 for the recipe) salvageable. I didn't have high expectations, so you can imagine my surprise when this "porridge" turned out to be satisfying and flavorful! Feel free to add in any spices or mix-ins you like.

MAKES 4 SERVINGS

Pulp left over from 1 batch of my home-made almond milk (2 scant cups)
2 pitted dates
Seeds from ½ vanilla bean or 1 teaspoon vanilla extract
Pinch salt
2 tablespoons almond milk
1 teaspoon ground cinnamon or pumpkin pie spice
1 medium apple, cored and diced
⅓ cup raisins (substitute cacao nibs if you don't care for raisins)

1. In a food processor fitted with the "S" blade, process the pulp, dates, vanilla, salt, almond milk, and cinnamon until smooth.

2. Transfer the mixture to a bowl. Stir in the apple and raisins. Divide among the bowls, top with a little more almond milk and raisins (if desired) and serve.

The porridge is best served fresh but will keep overnight in the fridge as well.

CHOCOLATE AÇAÍ BOWL

CACAO BRINGS OUT ALL THE WONDERFUL, rich, chocolaty notes in açai berry, and this breakfast recipe, which is half smoothie, half granola bowl, celebrates the two ingredients in all of their harmony. I use any raw-nola I happen to have at home as a topper; I've included two of my favorite options here. One will complement chocolate flavor, while the other helps to highlight the tropical notes in this recipe!

SERVES 2

1 frozen açai pulp packet (the Sambazon brand is very good)
2 large frozen bananas
6 Brazil nuts
1 ¼ cups coconut water
3 tablespoons cacao powder
¾ cup raw-nola of choice

In a high-speed blender or food processor, blend all the ingredients, except the raw-nola, until smooth. Top each with half of the raw-nola, and serve.

Lunch

CREAMY BASIL AND GINGER NOODLES

THESE NOODLES HAPPENED ALMOST by accident. I was making an almond butter and ginger dressing, and I just so happened to have summer basil teeming in my fridge. I wondered if these ingredients might all taste good together, and, lo and behold, they did. Ginger and basil is now a favorite flavor combination of mine, and it's never more simple than it is in this delicious raw "noodle" dish.

MAKES 4 SERVINGS

Noodle Ingredients

- 1 package (between 12 and 16 ounces) kelp noodles
- 1 cup halved cherry tomatoes
- ¼ cup thinly sliced fresh basil

Sauce Ingredients

- ½ cup almond or cashew butter
- ½ cup water
- ¼ cup fresh basil
- ¼ teaspoon sea salt
- ½ teaspoon powdered ginger (or 2 teaspoons fresh, grated)

1. Soak the kelp noodles in warm water for 10 to 15 minutes. Shake them dry, then pat them very dry with a paper towel or kitchen

towel. Use a pair of scissors to snip them into smaller pieces.

2. Blend all the sauce ingredients together in a blender until smooth. Pour the sauce over the noodles and use your hands to mix them well. Add the tomatoes and mix well. Serve, topped with the fresh basil.

Leftover noodles will keep overnight in the fridge. The nut butter and basil sauce will keep for up to 5 days in an airtight container in the fridge.

JICAMA FIESTA RICE SALAD

RAW "RICE" CAN BE MADE BY PULSING one of your favorite, firm vegetables up in a food processor. Cauliflower, parsnip, and jicama are my favorite vegetables to use, but you can get creative and chop up beets or carrots too.

This raw "rice" features jicama, a highly underutilized vegetable. Jicama, also known as Mexican yam, has a crunchy, watery texture. It's rich in vitamin C, iron, and potassium. I like to slice jicama into matchsticks and sprinkle it with lime juice for a refreshing snack, dip it into guacamole, and, most of all, put it to use in this colorful dish.

MAKES 4 SERVINGS



2 medium or large jicama, peeled and roughly chopped (about 6 cups)
1 cup seeded and diced bell pepper
1 cup diced cucumber
1 Haas avocado, cubed
½ cup tightly packed fresh cilantro
⅔ cup Spicy Cilantro Vinaigrette (page 127)

1. Place half of the jicama into a food processor fitted with the “S” blade and pulse until it starts to look like rice (you may need to stop once or twice to mix up the jicama so

that it chops evenly). Transfer it to a bowl. Place the remaining jicama in the processor and repeat the process.

2. Use a piece of cheesecloth, a thin kitchen towel, or a nut milk bag to squeeze any excess moisture out of the jicama. It will release quite a lot of liquid, so squeeze hard!

3. Transfer the jicama to a mixing bowl and add the pepper, cucumber, avocado, and cilantro. Dress with the cilantro vinaigrette, and serve.

Leftover salad will keep, stored in an airtight container in the fridge, for 2 days.



Jicama Fiesta Rice Salad, page 210



Raw Corn Chowder, page 213

RAW CORN CHOWDER

LIKE ALL RAW SOUPS, THIS CHOWDER is super low stress—simply blend, top, and enjoy. Corn, cashews, and almond milk give you all the richness you'd expect from a chowder, while a little smoked paprika and garlic add zest to the dish. I like to top mine with tomatoes and avocado, per the instructions, but you can choose any other vegetables to chop in.

If you like, you can also blend only 3 cups of corn to make the soup, and stir in the remaining cup to give it texture. I enjoy it both ways—totally blended, and a little chunky.

MAKES 4 SERVINGS

- 4 cups raw corn kernels (if you don't have raw, or corn isn't in season, you can also use frozen and thawed kernels)
- $\frac{1}{3}$ cup cashews, soaked in water for 2 hours or more, then drained
- $\frac{1}{2}$ cup almond milk

1 red bell pepper, seeded and roughly chopped
½ teaspoons smoked paprika
½ teaspoon sea salt
1 teaspoon minced garlic
1 cup heirloom or vine tomatoes, chopped into ½-inch pieces
1 cup Haas avocado (about 1 large fruit), chopped into ½-inch pieces

1. Blend all the ingredients except for the avocados and tomatoes with 1 cup of water, in a blender until very smooth.
2. Transfer the chowder to four serving bowls. Top each bowl with ¼ cup of chopped tomatoes and ¼ cup of chopped avocado.

Stored in an airtight container in the fridge, the soup will keep for up to 2 days.

DILLY RAW VEGAN SUNFLOWER “TUNA SALAD”

CONVENTIONAL, CANNED TUNA CONTAINS mercury, is frequently subject to recalls due to contamination or leaky seals, is lousy for the environment, and is, of course, incredibly cruel to tunas. Why bother when you can make this delicious, nourishing raw food version instead?

Sunflower seeds are rich in vitamin E, an antioxidant, as well as phytosterols that may help to lower cholesterol. Paired with all the fixings of traditional tuna salad—pickle, onion, dill, lemon, and seaweed to evoke the ocean—they make this dish come alive. You can serve the tuna salad over greens for a raw meal, or you can go the traditional route, and pile it on top of some toast.

MAKES 4 SERVINGS

1 ¼ cups sunflower seeds, soaked for at least 2 hours
1 large dill pickle, chopped (about ½ cup)
½ cup chopped white onion
¼ cup tightly packed, minced fresh dill

3 tablespoons pickle juice
2 tablespoons freshly squeezed lemon juice
1 tablespoon dulse or kelp flakes
2 tablespoons finely chopped fresh dill

1. Place the sunflower seeds in a food processor fitted with the “S” blade and pulse until they’re well combined but not totally smooth.

2. Add the remaining ingredients and pulse again, until everything is broken down and uniform.

The salad will keep in an airtight container for up to 4 days.



ZUCCHINI PASTA WITH MANGO, AVOCADO, AND BLACK BEAN SALSA

MANGO AND AVOCADO SALAD IS A summertime classic. In this recipe, I take that recipe one step further by adding black beans and cilantro. I then pile it on top of spiralized zucchini for a quick, easy, and refreshing meal.

MAKES 4 SERVINGS

2 ripe Haas avocados, halved, pitted, and cut into $\frac{3}{4}$ -inch cubes

3 tablespoons freshly squeezed lime juice

2 ripe Ataulfo mangoes, peeled, pitted, and cut into $\frac{1}{2}$ -inch cubes

$\frac{1}{4}$ cup chopped fresh cilantro, plus more as garnish

$\frac{1}{2}$ teaspoon sea salt

Freshly ground black pepper

1 teaspoon agave nectar or pure maple syrup

2 tablespoons extra-virgin olive oil

1 $\frac{1}{2}$ cups cooked black beans, or 1 (14-ounce) can

4 medium zucchini, spiralized

1. Toss all the ingredients except for the zucchini in a mixing bowl. Combine well.

2. Divide the zucchini onto four plates. Top each with a quarter of the mango mixture. Sprinkle with extra cilantro, and serve.

To store, keep the zucchini pasta and the mango mixture separate. Both will keep, stored in an airtight container in the fridge, for 2 days.





Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, page 216



ZUCCHINI ROLL-UPS

ZUCCHINI ROLL-UPS ARE SO PRETTY that the first time I saw them, I assumed they must be incredibly hard to make. Actually, they're incredibly easy to make, once you get the hang of it. I'll walk you through all the steps here. In no time, you'll be on your way to creating a variety of beautiful zucchini roll-ups, filled with your favorite seasonal toppings.

One cautionary note: the roll-ups tend to get a little watery as you let them sit, so it's best to eat them right away once they're prepared. If you want to prep them in advance, simply get the filling and the strips ready beforehand, then wrap and roll when you're ready to eat.

SERVES 4

- 3 large zucchini, shaved lengthwise into long, very thin strips (about 48 strips total)
- 1 batch hummus, nut pâté, or cashew cheese of choice (I like to use my gingery almond paste, cashew cheese, or curried sweet potato hummus)
- 1 large cucumber, cut into matchsticks (about 1½ cups)
- 2 cups alfalfa or broccoli sprouts
- 1 cup fresh herbs (basil, dill, cilantro, parsley, etc.)
- Toothpicks (optional)

1. To make a roll, lay about six zucchini strips lengthways and very close together, overlapping significantly. Spread 2 tablespoons of topping (hummus, nut pâté, cashew cheese) horizontally across the bottom of the layered zucchini strips.

2. Place some cucumber matchsticks horizontally across the topping. Add a small handful of sprouts and a sprinkle of fresh herbs.

3. Roll the whole thing up, from the bottom to the top. Secure with a toothpick, if desired. Repeat until you've used up all of the zucchini. You should have eight rolls in total, two per serving.

Extra rolls will keep in the fridge overnight.

Dinner

MEDITERRANEAN CAULIFLOWER RICE WITH SMOKY RED PEPPER SAUCE

I'M HALF GREEK, AND THIS DISH EVOKES many of the Mediterranean flavors I grew up with: cumin, dill, and buttery pine nuts. It's reminiscent of the orzo bowls that were abundant in my grandmother's home, but, in place of pasta or grains, it features refreshing cauliflower "rice." The smoky red pepper sauce, by the way, is a winner in its own right. You can use it for salads, on veggie kebabs, or over quinoa. I especially like to drizzle it over grilled tofu.

MAKES 4 SERVINGS

Rice Ingredients

1½ pounds (4 scant cups) cauliflower florets
½ cup pine nuts
¼ teaspoon sea salt
Freshly ground black pepper
½ teaspoon ground cumin
¼ cup chopped fresh dill (plus more for garnish)
¼ cup dried currants

Smoky Red Pepper Sauce Ingredients

1 large red bell pepper, cut into pieces
½ cup tahini
½ cup water
½ teaspoon sea salt
½ teaspoon smoked paprika
1 tablespoon apple cider vinegar
1 pitted date

1. Place half of the cauliflower, pine nuts, sea salt, pepper, and cumin in the bowl of a food processor fitted with an "S" blade. Pulse until the cauliflower is broken into small pieces. Add the remaining cauliflower and the dill and pulse until all of the cauliflower is the size of medium grain rice.

2. Remove the cauliflower from the food processor; mix the currants into the cauliflower mixture.

3. Blend the pepper, tahini, water, salt, paprika, vinegar, and date in a blender until smooth. Divide the rice into four portions and spoon 3 to 4 tablespoons of the sauce over the rice. Garnish with dill, and serve.

Rice leftovers will keep, stored in an airtight container in the fridge, for 2 days. If stored separately, the red pepper sauce will keep for up to 5 days.



Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, page 220

RAW OR COOKED RATATOUILLE

THOUGH THE WORD “RATATOUILLE” may conjure up images of casserole dishes, roasting fragrantly in the oven, this raw spin on the French classic is surprisingly delicious. I love it without any heating at all, but I offer up a dehydrator option for gentle heating, and an oven option if you’re craving a more traditional presentation. Raw jicama or cauliflower rice make wonderful accompaniments, as does a bed of warm quinoa.

I recommend making this dish when tomatoes and zucchini are at the peak of

their season—it will make the dish so much fresher and more flavorful. I like to use oil-packed sun-dried tomatoes, but the dried ones will be fine too, so long as you soak them in warm water for 20 minutes prior to using. Pine nuts add a delightful crunch, but, if you’re craving a heartier meal, you can stir in cooked or sprouted lentils or chickpeas.

MAKES 4 SERVINGS

- 2 zucchini, halved lengthwise and cut into ¼-inch slices
- 1 large carrot, peeled and sliced thinly into coins
- 1 bell pepper, seeded and diced
- 1 large heirloom tomato, seeded and diced



Raw or Cooked Ratatouille, page 222

¼ cup minced fresh parsley
 2 teaspoons minced fresh thyme or
 1 teaspoon dried
 2 teaspoons minced fresh oregano or
 1 teaspoon dried
 1 tablespoon freshly squeezed lemon
 juice
 2 tablespoons olive oil
 ½ cup, sliced into thin strips, sun-dried
 tomatoes
 1 clove garlic, minced
 ½ teaspoon sea salt
 Freshly ground black pepper
 1 cup pine nuts, cooked or sprouted
 lentils, or chickpeas

1. Combine all the ingredients except for the pine nuts in a large mixing bowl. Adjust the seasonings to taste (you can add more herbs if you like, or more lemon for a more tart taste).

2. Let all the ingredients marinate for a few hours, so that the flavors can marry. If you're serving it cool, simply stir in the pine nuts or legumes and plate. If you're heating it, use one of the options below, and stir in the pine nuts or legumes right before serving.

OVEN OPTION: Preheat the oven to 400°F. Place the vegetables in a small casserole dish and cook for 15 minutes. Give the vegetables a stir, and cook for another 10 minutes, or until they're soft throughout.

DEHYDRATOR OPTION: Set your dehydrator to 140°F. Spread the vegetables onto two Teflex-lined dehydrator sheets, and dehydrate for an hour before serving them warm.

If you keep the dish raw, it will last overnight in the fridge. If you cook or dehydrate it, it will last for up to 3 days.

COCONUT CURRY KELP NOODLES

OPENING YOUNG THAI COCONUTS CAN be a hassle, and I admit that I don't use coconut enough for this reason. Every time I purchase one, though, I'm reminded of how delicious and versatile young coconut meat is. In this recipe, crispy kelp noodles are smothered with a sauce made of young coconut meat and seasoned with ginger and curry. It's exotic, bold, and altogether delicious. Instructions for opening a young coconut are listed below, but, if you don't feel like it, fear not: I offer an option with coconut milk instead!

MAKES 4 SERVINGS

Noodle Ingredients

1 package (12-ounce) kelp noodles, rinsed,
 drained, and patted dry
 1 cup green peas, lightly steamed or
 blanched (frozen and defrosted is
 fine too)
 1 cup thinly sliced shitake mushrooms
 1 cup grated carrot
 ⅓ cup thinly sliced fresh basil

Sauce Ingredients

Meat of 1 young Thai coconut (1 cup)
 ½ cup coconut water
 2 pitted dates
 2 tablespoons nama shoyu or tamari
 1 teaspoon ginger powder or 1 tablespoon
 grated fresh
 2 teaspoons curry powder
 1 teaspoon sesame oil
 1 tablespoon apple cider vinegar

1. Soak the kelp noodles in warm water for 10 to 15 minutes. Shake them dry, then pat them very dry with a paper towel or kitchen towel. Use a pair of scissors to snip them into smaller pieces.

2. Blend all the sauce ingredients together in a high-speed blender until smooth.

3. Mix all the noodle ingredients together in a mixing bowl. Add the sauce and use your hands to combine all the ingredients thoroughly. Serve, garnished with basil.

COOK'S NOTE: If you don't have young Thai coconut, that's fine. Omit the coconut meat and water, and replace them with $\frac{3}{4}$ cup of full-fat coconut milk.

Stored in an airtight container, the sauce will keep for 3 days in the fridge. Dressed noodles will keep for 2 days.

How to open a young Thai coconut

You'll need a flat, clean surface and either a cleaver or a really large kitchen knife with a "heel."

1. Trim away some of the exterior flesh of the coconut by working your knife around the point. The idea is to make the top a little bit flatter.

2. Put your noncleaver hand behind your back and keep it there! This is an important precaution. Next, gently tap the surface of the coconut. You'll be able to hear where it's a bit hollow sounding. You want to aim your knife blows in this area. You'll be making four cuts in a square shape around the top point of the coconut. Administer your first blow, and then take three more to connect the square.

3. Take a large kitchen knife and cut through any spots that the cleaver missed so the square comes loose.

4. Peel away the top. The coconut will be full of pure, delicious, hydrating coconut water. You'll want to save this, so pour it into a container. Then scrape out the meat with a spoon. The meat will keep for about 4 days in the fridge, and it can also be frozen. The water will keep for 3 days in the fridge.

RAW LASAGNA

ONE OF THE GREATEST RAW RESTAURANTS in the world is New York City's Pure Food and Wine. There, owner Sarma Melngailis and her team of incredible chefs turn out dishes that never cease to astound me with their creativity and elegance. The restaurant's signature dish is an heirloom tomato and basil lasagna with nut cheese and pesto. It's superb, and, while I'll never quite re-create it at home, I've certainly tried many times over.

This lasagna is my favorite homemade, raw spin on the traditional Italian dish. It's not nearly as beautiful or as complex as Sarma's, but it's pretty darn tasty. There is plenty of prep work involved—this is not an easy raw dinner—but once you've made all of the various spreads (pesto, nut cheese) it's pretty easy to assemble.

MAKES 8 SERVINGS

Lasagna Ingredients

2 to 3 large zucchini, cut in half and then lengthwise into strips ($\frac{1}{8}$ inch thick) on a mandoline

2 large heirloom tomatoes, sliced into $\frac{1}{4}$ -inch-thick rounds

Pesto Ingredients

1 batch Basic Vegan Pesto (page 135)

Cashew Cheese Ingredients

1 batch Cashew Cheese (page 99)

Marinara Ingredients

1 batch Raw Marinara Sauce (page 135)

1. Place one layer of zucchini along the bottom of a 9 by 13-inch rectangular casserole dish. Slightly overlap the edges of the zucchini pieces. Spread ½ cup of the cashew

cheese over the zucchini slices, then top that with ⅓ cup of the raw marinara.

2. Lay one layer of tomato rounds over the marinara. Spread ½ cup of pesto over the tomatoes.

3. Repeat these layers once more. After the tomato layer, add one final layer of zucchini slices. Cut into eight pieces, and serve.

The lasagna will keep for up to 3 days, covered, in the fridge. Note that some liquid will collect from the veggies as it sits, so you should occasionally pour the liquid out of the dish to keep it fresh.





Un-Fried Vegetable Rice with Scallions and Ginger, page 227

UN-FRIED VEGETABLE RICE WITH SCALLIONS AND GINGER

THERE'S CLEARLY NOTHING "FRIED" about this fried rice, but that doesn't mean it's not bursting with flavor. Scallions, ginger, and mirin (Japanese rice wine) endow this raw "rice" bowl with incredible taste. If you're craving something warm, you can use one of the two heating options listed at the end of the recipe. And if you'd prefer to use cauliflower or parsnip rice instead, go for it.

Mirin is an expensive ingredient. A little goes a long way, but, if you'd prefer not to use it, that's fine. Add a teaspoon of maple syrup to the dish instead, and add the full 2 teaspoons of vinegar.

MAKES 4 SERVINGS

- 1 large (or two smaller) jicama, peeled and turned into "rice" (per the instructions for my Jicama Fiesta Rice, page 210, be sure to squeeze off excess moisture before using)
- 1 cup broccoli, chopped into small pieces (you can use a food processor, or you can even grate the broccoli on the large setting of a box grater)
- 1 cup raw shitake mushrooms, stems removed and sliced into thin strips
- ½ cup snow peas, sliced into small pieces
- 2 scallions, green parts only, diced
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- 1 tablespoon mirin (optional)
- 1 teaspoon grated fresh ginger

1 to 2 teaspoons rice vinegar or apple cider vinegar

1 tablespoon tamari, nama shoyu, coconut aminos, or Bragg's Liquid Aminos

2 tablespoons chopped Thai or regular basil (optional)

1. Mix the jicama rice, broccoli, mushrooms, snow peas, and scallions in a large mixing bowl.

2. Whisk together the olive oil, sesame oil, mirin, ginger, vinegar, and tamari. Pour this marinade over the vegetable mixture.

3. Use your hands to mix all the ingredients together. Add in the basil if desired, and serve as is, or use one of the heated options, below.

STOVE-TOP OPTION: Heat a large frying pan or wok over low heat. Add the "rice" and heat it gently, stirring often, until it's as warm as you like it. Mix in the basil, if desired, and serve.

DEHYDRATOR OPTION: Spread the rice evenly onto two Teflex-lined dehydrator sheets and dehydrate at 140°F for 1 hour. Mix in the basil, if desired, and serve.

Leftover rice will keep, stored in an airtight container in the fridge, for 2 days. If it gets a little watery, you can use a colander to squeeze out any extra liquid before serving.



Carrot and Zucchini Pappardelle with Pesto and Peas, page 229

CARROT AND ZUCCHINI PAPPARDELLE WITH PESTO AND PEAS

THIS DISH IS LIGHT, FLAVORFUL, AND beautiful to look at. Instead of the usual zucchini “noodles,” I use a vegetable peeler to create wide, thin strips of zucchini that resemble “pappardelle” pasta. Pesto and steamed peas are the perfect way to dress it all up. This is a light, summery entrée, so feel free to serve it with something substantial, such as grilled tofu or a hearty salad.

MAKES 4 SERVINGS

4 large carrots, peeled
2 small or medium zucchini, trimmed
1 cup peas, blanched or steamed
1 batch Kale and Pistachio Pesto
(page 136)

1. First, prepare your carrot noodles. Place one of your carrots on a flat surface. Run a wide mouthed vegetable peeler along the length of the carrot to create a long, thin strip. Continue doing this until you’re down to the last of the carrot—you can save this bit for snacks. Repeat with remaining carrots. Slice the noodles in half if they’re very thick.

2. Next, make your zucchini noodles. You can use a mandoline or V-slicer to do this by putting the mandoline on its thinnest setting and running the zucchini along the mandoline lengthwise. You’ll get long, thin strips of zucchini. Stack them together and cut them in half. If one edge of your “noodle” is full of

seeds, you can slice off a strip of the seeded area, and discard it.

You can also use a vegetable peeler to make the zucchini noodles, just as you did the carrot noodles. Lay the zucchini flat on a table, trim off the ends, and then use a vegetable peeler to shave off one long, lengthwise piece. Keep working from end to end, creating long, flat noodles. Again, cut them in half and trim off any seedy parts.

3. Mix the carrot and zucchini noodles in a large mixing bowl. Add $\frac{1}{3}$ cup of the pesto and massage it into the noodles. Add more pesto as needed, until the noodles are well coated. Mix in the peas and serve.

Leftover noodles will keep in the fridge for 2 days.

13 Desserts for Everyone

DSSERT RECIPES MAY BE THE MOST CELEBRATED PART OF RAW FOOD CUISINE, AND with good reason: they deliver decadence and taste along with healthy fats, antioxidants, and natural, unrefined sugars. I often think that raw desserts taste better than the original recipe they've reinterpreted. And the fact that you don't have to turn on your oven is a great bonus!

COCONUTTY FOR CHOCOLATE CHIP COOKIES

THESE COOKIES TASTE EVERY BIT AS sweet and indulgent as a cookie should, but they're surprisingly nutritious. Walnuts contribute healthy omega-3 fatty acids, while coconut lends its anti-inflammatory properties and cacao nibs give the cookies a little antioxidant boost. Whether for the benefits or the taste, I enjoy these cookies both as midday snacks and as dessert.

MAKES 16 TO 18 COOKIES

- 2 cups walnuts
- 1 ¼ cups tightly packed, pitted Medjool dates
- 1 ½ cups unsweetened dried coconut
- 1 teaspoon coconut oil
- 3 tablespoons pure maple syrup or agave nectar
- 1 teaspoon ground cinnamon
- ⅛ teaspoon sea salt
- ⅓ cup cacao nibs

1. Place the walnuts, dates, coconut, and coconut oil in a food processor fitted with the "S" blade. Process for just under a minute, or until the mixture is starting to stick together.

2. Add the agave nectar and cinnamon. Process quickly (about 10 seconds) to combine.

3. Pulse in the cacao nibs. Roll into 1-inch balls and press down into flat, round cookies. Store in the fridge until ready to use.

Stored in an airtight container in the fridge, they'll keep for at least 2 weeks.

FIG BARS

IT'S AMAZING TO ME THAT A DESSERT this good can be free of refined flour or refined sugar. These fig bars have all of the chewiness and sweetness of traditional Fig Newton cookies, but they're made with wholesome almonds, oats, and real dried figs.

MAKES 9 BARS



Filling Ingredients

3 cups water
2 cups dried figs
1 teaspoon vanilla extract

Base Ingredients

½ cup almonds
1½ cups rolled oats
⅛ teaspoon sea salt
6 pitted Medjool dates
2 tablespoons pure maple syrup
1 tablespoon melted coconut oil

Topping Ingredients

¾ cup sliced almonds

1. Bring the water to a boil, and pour it over the figs. Let the figs soak for at least 1 hour (or for as long as 6).

2. Grind the almonds in a food processor fitted with the “S” blade until they’re relatively smooth. Add the oats and continue grinding until both are quite finely ground. Pulse in the sea salt.

3. Add the Medjool dates to the food processor, along with the maple syrup and coconut oil. Process until the mixture is evenly incorporated. Press into an 8-inch square baking dish.

4. Drain the figs, reserving the water they soaked in, and transfer them to a clean food processor. Process them with the vanilla. Add the soak water as needed, until you have the consistency of a fig jam.

5. Spread the fig mixture over the oat/almond mixture. The fig layer should be ¼ inch thick, or a little thicker. Reserve extra fig mixture to use in place of jam on your favorite toast.

6. Top the fig layer with almonds. Refrigerate the bars for a few hours, until they set. Cut into nine squares, and enjoy.

Store the fig bars in an airtight container in the fridge. They will keep for up to 2 weeks this way.

RAW PEACH COBLER

SUMMER IS THE BEST SEASON FOR RAW desserts. After all, what better way is there to show off a bounty of berries or stone fruits than in a decadent raw treat?

In this raw spin on summery fruit cobbler, juicy peaches are married with a pecan crumble topping and kissed with a hint of cinnamon and nutmeg. The recipe is easy to make and even easier to devour.

MAKES 6 TO 8 SERVINGS

Topping Ingredients

1 cup pecans
1½ cups pitted Medjool dates
⅛ teaspoon sea salt

Filling Ingredients

2 tablespoons pure maple syrup
1 teaspoon ground cinnamon
¼ teaspoon grated nutmeg
2 teaspoons freshly squeezed lemon juice
4 cups skinned, pitted, and sliced peaches

1. Whisk together the maple syrup, cinnamon, nutmeg, and lemon juice. Drizzle onto the fresh fruit, and allow it to marinate for an hour or so.



2. In a food processor fitted with the S" blade, grind the pecans until they've become a coarse meal. Add the dates and sea salt, and process until the mixture is still crumbly but sticks together easily.

3. Turn the peaches out into an 8-inch square cake pan, a pie dish, or a small, rectangular casserole dish. Sprinkle the topping over the peaches.

Leftover cobbler will keep in an airtight container in the fridge for up to 3 days.

CHOCOLATE-COVERED SUPERFOOD CLUSTERS

MAKING CHOCOLATE FROM SCRATCH sounds like a major undertaking, but it's actually incredibly easy! Once you get the hang of it, you'll be tempted to customize homemade chocolate in hundreds of different ways. In this recipe, I add a hint of maca to my standard raw chocolate mixture, which is then mixed with almonds and goji berries. The result is a delicious, anti-oxidant packed treat that's equally good as a snack or a dessert.

To make chocolate from scratch, you can use either melted coconut oil or coconut butter. For this recipe, butter works best, because the chocolate will keep its shape when it cools. Coconut butter is expensive, but a little goes a long way, and it's so fun to use in recipes that it's an ingredient well worth investing in.

MAKES 14 TO 18 CLUSTERS

6 tablespoons raw cacao powder
⅓ cup melted coconut butter
¼ cup coconut syrup or agave nectar
1 teaspoon maca powder
Pinch of sea salt
⅔ cup whole, raw almonds
½ cup goji berries

1. Use a whisk to mix the cacao, melted coconut butter, coconut syrup or agave nectar, maca, and sea salt together until it's totally smooth.

2. Add the almonds and goji berries and mix well. Line two baking sheets with parchment, and use a tablespoon to drop the mixture, heaping tablespoon by heaping tablespoon, onto the parchment. Leave about 1½ inches of space between the clusters, as they'll spread out. You should have about twenty clusters.

3. Transfer the sheets to the fridge immediately. Chill for 30 minutes or longer.

Store the clusters in the fridge. They will keep for up to 3 weeks.

RAW KEY LIME PIE

WHILE I WAS GROWING UP, KEY LIME pie was one of my favorite desserts. When I went vegan, I just assumed that it would become a fond memory, until I tried my first raw Key lime pie and was astonished at how incredibly creamy and delicious it was. This recipe uses both cashews and avocado to create a perfect filling texture and flavor.

MAKES ONE 9-INCH PIE

Crust Ingredients

2 cups cashews
½ cup shredded, unsweetened coconut
1 cup pitted dates
⅛ teaspoon sea salt

Filling Ingredients

1 large Haas avocado, pitted and peeled
1½ cups raw cashews, soaked in water for at least 2 hours and drained
½ cup melted coconut oil
¼ cup freshly squeezed lime juice
½ cup pure maple syrup or agave nectar
1 teaspoon vanilla extract
Pinch sea salt
1 tablespoon lime zest (optional)

1. To make the crust, add the cashews, coconut, pitted dates, and sea salt to your food processor, fitted with the “S” blade. Process until the ingredients are mixed and broken down well, and they stick together when you collect a small handful and squeeze.

2. Press the crust ingredients evenly into the bottom of an oiled, 9-inch springform pan.

3. Blend the filling ingredients together in a high-speed blender or food processor until silky smooth. Spread the filling over the crust and use a spatula or inverted knife to make the top very smooth.

4. Chill the pie in the freezer for an hour, then transfer it to the fridge and let it set for another 3 hours, or overnight. Cut into slices and serve.

Alternatively, you can make four tartlets in place of one pie. (See instructions for No-Bake Tartlets on page 243 for basic tips).

Cover and store the pie in the fridge for up

to 3 days, or in the freezer for up to 10. If you freeze the pie, defrost the slices in the fridge for several hours before serving.

ALMOST INSTANT CHOCOLATE- COVERED STRAWBERRIES

A PERFECT SHORTCUT FOR RAW CHOCOLATE making is to skip melting the coconut butter and simply use melted coconut oil and cacao powder instead. The chocolate is delicate (it’ll melt in warm temperatures), but it’s a perfect coating for any dessert you don’t mind keeping cool. My favorite way to use it is as a coating for plump, juicy summer strawberries.

MAKES 12 LARGE STRAWBERRIES

¼ cup melted coconut oil
2 tablespoons coconut syrup or agave nectar
¼ cup raw cacao powder
Pinch sea salt
12 large strawberries

1. Whisk together the oil, coconut syrup, and vanilla. Add them to the cacao and salt, and whisk together until smooth.

2. Dip the strawberries in the mixture until well coated, and lay on a foil or parchment-lined baking sheet.

3. Refrigerate for at least 30 minutes before serving.

The strawberries will keep in the fridge for up to 4 days.

SIMPLE RAW VANILLA MACAROONS

MACAROONS WERE ONE OF THE first raw treats I made, and they have remained a favorite ever since. These macaroons are full of vanilla and coconut flavor, all elevated with a touch of sea salt. If you don't have a dehydrator, that's fine. The macaroons will firm up well in the fridge. Be patient, though, because they'll be a little soft while you're shaping them.

MAKES 16 TO 20 MACAROONS

¾ cup raw cashews
¼ teaspoon sea salt
2 cups unsweetened shredded coconut
1 vanilla bean, cut lengthwise, seeds scraped out with a spoon (substitute 2 teaspoons vanilla extract)
1 tablespoon coconut butter
¼ cup agave nectar
1 teaspoon coconut oil

1. Grind the cashews and salt in a food processor until fairly finely ground (about a minute and a half).

2. Add all of the remaining ingredients and process until they are mixed very well.



3. Use a tablespoon measure to shape the mixture into bite-size macaroons. Place them on a Teflex-lined dehydrator sheet (or, if you don't have a dehydrator, a parchment-lined baking sheet).

4. If you have a dehydrator, dehydrate the macaroons at 115°F for 6 to 8 hours, or until they've firmed up considerably. If you don't, that's fine—you can shape them and then transfer them to the fridge for a few hours, at which point they'll be nice and firm.

Stored in an airtight container in the fridge, they'll keep for at least 2 weeks.

BLUEBERRY CHEESECAKE

IF YOU THINK AUTHENTIC CHEESECAKE flavor is impossible without the cheese, think again. Raw cheesecake happens to be one of the most authentic tasting raw desserts, thanks to the magical combination of cashews and coconut oil.

The cheesecake is easier to prepare in a high-speed blender than a food processor, but the processor can work if that's what you have. Just be sure to soak your cashews overnight! If you don't have cashews, macadamia nuts are a perfect substitute.

MAKES 1 9-INCH ROUND CAKE, OR 8 TO 10 SERVINGS

Crust Ingredients

1½ cups almonds
Pinch sea salt
2 cups pitted Medjool dates

Filling Ingredients

3 cups cashews, soaked in water overnight and drained
¼ teaspoon sea salt
⅔ cup melted coconut oil
Seeds of 1 vanilla bean, or 2 teaspoons vanilla extract
¼ cup freshly squeezed lemon juice
½ cup agave nectar

Topping Ingredients

2 cups blueberries
2 teaspoons freshly squeezed lemon juice
2 tablespoons agave nectar or pure maple syrup

1. Place the almonds and sea salt in a food processor and grind roughly. Add the dates and process until the mixture is well processed and sticks together when you squeeze a bit in the palm of your hand. Press the mixture evenly into the bottom of a 9-inch springform pan.

2. Use a high-speed blender or food processor (high-speed blender is preferable, but a food processor will work as well) to process all the filling ingredients thoroughly, until they are silky smooth. If you're working with a processor, you may need to stop often to scrape it down. Pour the mixture over the layer of crust and use an inverted knife to smooth it over. Place the cheesecake in the freezer for an hour, then transfer it to the fridge and let it set overnight.

3. When the cheesecake has set, blend 1 cup of blueberries, the lemon, and the agave nectar in a blender until smooth. Transfer to a small bowl and stir in the remaining whole blueberries. Pour the mixture over the



Blueberry Cheesecake, page 238

cheesecake (or you can spoon it over individual slices). Serve.

Cover and store the cheesecake in the fridge for up to 3 days, or in the freezer for up to 10. If you freeze the cake, defrost the slices in the fridge for several hours before serving.

RAW VEGAN BLUEBERRY GINGER ICE CREAM

THIS ICE CREAM TASTES ENTIRELY TOO delicious to be dairy free and made without an ice cream maker! Ginger and blueberries are a surprisingly harmonious combination, and the color of the finished ice cream is phenomenal. Garnish with fresh mint or a few extra blueberries before wow-ing your friends.

MAKES 4 SERVINGS

- ½ cup cashews, soaked for 2 hours or more and drained
- 4 frozen bananas
- 2 heaping cups frozen blueberries
- 1½ tablespoons fresh, grated ginger (or 1 teaspoon ginger powder if you're using a food processor)
- 1 tablespoon freshly squeezed lemon juice
- 4 tablespoons almond or hemp milk (may not be needed for the food processor version)

IF YOU'RE USING A HIGH-SPEED BLENDER: Blend all the ingredients together in a high-speed blender. Use the tamper attachment to

facilitate blending. Add a little more almond milk, if necessary, to facilitate blending.

IF YOU'RE USING A FOOD PROCESSOR: Place the cashews in a food processor and process until they're broken down. Add the bananas and let the motor run until they've turned into soft serve (instructions on page 111). When you have soft serve consistency, add the blueberries, powdered ginger, and lemon, and blend until totally smooth. Add the almond milk only if you need a thinner consistency; you may not. Serve.

Leftover ice cream can be transferred to a sealed storage container and frozen for up to a week, then reprocessed in the food processor just prior to serving.

CARROT CAKE CUPCAKES WITH CREAM CHEESE FROSTING

THEY SAY THAT NECESSITY IS THE mother of invention. I created this dessert when I had a surplus of carrot pulp leftover from juicing. I can't imagine a better way to use up a seemingly undesirable ingredient! These raw "cupcakes" are delightfully tasty, and they're full of healthful ingredients, including walnuts, raisins, and carrots, of course. And if you don't have any carrot pulp, using shredded carrots is also fine. Whether you use the pulp or the carrots themselves, be sure to squeeze them thoroughly to remove excess moisture before you blend them to create the cupcake base.

MAKES 6 CUPCAKES

Cupcake Ingredients

1 cup walnuts (not soaked)
1 cup dates
2 cups carrot pulp or grated raw carrots,
squeezed thoroughly with paper towels
or cheesecloth to remove excess
moisture
1 teaspoon ground cinnamon
½ teaspoon ginger powder
Pinch grated nutmeg
⅛ teaspoon sea salt
¾ cup raisins

Frosting Ingredients

1 cup cashews, soaked overnight and
drained
¼ cup agave nectar or pure maple syrup
Dash sea salt
1 teaspoon freshly squeezed lemon juice
2 tablespoons coconut oil

1. Process the walnuts and dates in a food processor fitted with the “S” blade until they’re crumbly.

2. Add the carrot pulp or grated carrots, cinnamon, ginger, nutmeg, and sea salt. Process until the mixture is uniform and sticking together.

3. Add the raisins and pulse to combine.

4. For the frosting, place the cashews, agave nectar, sea salt, lemon juice, and coconut oil in a high-speed blender or food

processor. Process until the mixture is broken down. Drizzle in $\frac{1}{4}$ cup of water, and then continue adding water until the mixture has the texture of a buttercream frosting ($\frac{1}{4}$ cup of water may be plenty!). Continue blending until totally smooth.

5. Pack the carrot cake dough into six muffin tins or ramekins and refrigerate for about



No-Bake Tartlets with Raw Vegan Chocolate Ganache Filling, page 243

an hour. Remove them from the fridge, and frost with the frosting mixture. Serve.

If you're not going to eat the cupcakes all at once, you can store the cakes and the frosting separately. The frosting will keep for a week in the fridge, and the cakes can be frozen for up to 3 weeks or kept in the fridge for up to 4.

NO-BAKE TARTLETS WITH RAW VEGAN CHOCOLATE GANACHE FILLING

THESE TARTLETS LOOK SO ELEGANT and enticing that anyone will think you spent a long time making them. While they're a little more complex than some of my other desserts, they're actually quite easy to prepare, and they are the very definition of rich, decadent chocolate goodness.

Try making the crust a day or two in advance of the filling to streamline the process.

MAKES 6 TARTLETS

Crust Ingredients

1½ cups raw walnuts
1½ cups pitted dates
¼ teaspoon sea salt, plus an extra pinch for the filling
3 tablespoons cacao powder (or cocoa powder)

Filling Ingredients

⅓ cup pure maple syrup
1 cup cashews, soaked overnight or for at least 4 hours and drained
¼ cup cacao (or cocoa) powder
⅓ cup coconut oil
1 teaspoon vanilla extract
Fresh raspberries or other fruit (optional)

1. To make the crust, grind the walnuts, dates, salt, and cacao powder together in a food processor until everything is well combined and sticking together.

2. Press the crust into six 4-inch tartlet shells, making sure to keep the thickness even and to get the sides nice and high. Refrigerate for 1 hour or more (up to a day or 2).

3. In a high-speed blender, blend the cashews, maple syrup, cacao powder, oil, vanilla, ¼ cup of water, and a pinch of sea salt. Let it blend for as long as necessary to make it completely, silky smooth.

4. Pour the filling into the tartlet shells and use a small knife to spread it evenly. Place the shells in the freezer for an hour, and then transfer to the fridge for at least 3 hours before serving, to let the ganache set. Top with fresh raspberries, if desired!

Stored in the fridge, with a layer of plastic wrap draped gently over them, the tartlets will keep for 5 days. They can also be frozen for up to 10 days and allowed to defrost in the fridge for several hours before serving.



BURNT-SUGAR COCONUT ICE CREAM

THIS IS THE SORT OF RECIPE THAT might give anyone the confidence to explore veganism. It's rich, decadent, and extraordinarily simple. Even die-hard ice cream lovers will go crazy for it. Quite a feat with only four ingredients!

MAKES 3 TO 4 CUPS ICE CREAM

2 cans full-fat coconut milk, chilled in the fridge overnight

$\frac{3}{4}$ cup coconut crystals or cane juice or organic sugar

Seeds of 1 vanilla bean, scraped, or 1 teaspoon vanilla extract

Pinch sea salt

1. Blend or whisk the ingredients together quickly (if you blend them for too long, they'll start to warm up, which will make freezing the ice cream harder).

2. Transfer the ingredients to an ice cream maker and freeze according to the manufacturer's instructions. Chill in the freezer for an additional hour, scoop, and serve.

Ice cream can be stored for up to a week in a sealed container in the freezer, then re churned before serving.

CHERRY VANILLA TAHINI ICE CREAM

ANOTHER EASY RAW BLENDER "ICE cream." Though bananas and tahini may sound like a highly unusual combination, they're delicious together, and the addition of cherries and vanilla makes it all sing.

MAKES 4 SERVINGS

3 large bananas, peeled, cut into pieces, and frozen

$\frac{1}{4}$ cup tahini

Seeds of 1 vanilla bean or 1 teaspoon vanilla extract

1 cup frozen cherries

2 tablespoons raw or toasted sesame seeds

1. Place the bananas, tahini, and vanilla in the bowl of a food processor or high-speed blender. Process or blend until the bananas have turned into soft serve.

2. Add the cherries and pulse until they're broken up into pieces and incorporated into the ice cream.

3. Divide the ice cream into four bowls and top with $1\frac{1}{2}$ teaspoons of sesame seeds each.

Leftover ice cream can be transferred to a sealed storage container and frozen for up to a week, then reprocessed in the food processor just prior to serving.

Metric Conversions

The recipes in this book have not been tested with metric measurements, so some variations might occur. Remember that the weight of dry ingredients varies according to the volume or density factor: 1 cup of flour weighs far less than 1 cup of sugar, and 1 tablespoon doesn't necessarily hold 3 teaspoons.

| GENERAL FORMULA FOR METRIC CONVERSION | |
|---------------------------------------|---|
| Ounces to grams | multiply ounces by 28.35 |
| Grams to ounces | multiply grams by 0.035 |
| Pounds to grams | multiply pounds by 453.5 |
| Pounds to kilograms | multiply pounds by 0.45 |
| Cups to liters | multiply cups by 0.24 |
| Fahrenheit to Celsius | subtract 32 from Fahrenheit temperature, multiply by 5, divide by 9 |
| Celsius to Fahrenheit | multiply Celsius temperature by 9, divide by 5, add 32 |

| VOLUME (LIQUID) MEASUREMENTS | | |
|------------------------------|----------------------|---------------------|
| 1 teaspoon | = 1/8 fluid ounce | = 5 milliliters |
| 1 tablespoon | = 1/2 fluid ounce | = 15 milliliters |
| 2 tablespoons | = 1 fluid ounce | = 30 milliliters |
| 1/4 cup | = 2 fluid ounces | = 60 milliliters |
| 1/3 cup | = 2 2/3 fluid ounces | = 79 milliliters |
| 1/2 cup | = 4 fluid ounces | = 118 milliliters |
| 1 cup or 1/2 pint | = 8 fluid ounces | = 250 milliliters |
| 2 cups or 1 pint | = 16 fluid ounces | = 500 milliliters |
| 4 cups or 1 quart | = 32 fluid ounces | = 1,000 milliliters |
| 1 gallon | = 4 liters | |

| WEIGHT (MASS) MEASUREMENTS | | |
|----------------------------|-------------|-------------|
| 1 ounce | = 30 grams | |
| 2 ounces | = 55 grams | |
| 3 ounces | = 85 grams | |
| 4 ounces | = 1/4 pound | = 125 grams |
| 8 ounces | = 1/2 pound | = 240 grams |
| 12 ounces | = 3/4 pound | = 375 grams |
| 16 ounces | = 1 pound | = 454 grams |

| OVEN TEMPERATURE EQUIVALENTS, FAHRENHEIT (F) AND CELSIUS (C) | |
|--|---------|
| 100°F | = 38°C |
| 200°F | = 95°C |
| 250°F | = 120°C |
| 300°F | = 150°C |
| 350°F | = 180°C |
| 400°F | = 205°C |
| 450°F | = 230°C |

| VOLUME (DRY) MEASUREMENTS | |
|---------------------------|-------------------|
| 1/4 teaspoon | = 1 milliliter |
| 1/2 teaspoon | = 2 milliliters |
| 3/4 teaspoon | = 4 milliliters |
| 1 teaspoon | = 5 milliliters |
| 1 tablespoon | = 15 milliliters |
| 1/4 cup | = 59 milliliters |
| 1/3 cup | = 79 milliliters |
| 1/2 cup | = 118 milliliters |
| 2/3 cup | = 158 milliliters |
| 3/4 cup | = 177 milliliters |
| 1 cup | = 225 milliliters |
| 4 cups or 1 quart | = 1 liter |
| 1/2 gallon | = 2 liters |
| 1 gallon | = 4 liters |

| LINEAR MEASUREMENTS | |
|---------------------|------------|
| 1/2 inch | = 1 1/2 cm |
| 1 inch | = 2 1/2 cm |
| 6 inches | = 15 cm |
| 8 inches | = 20 cm |
| 10 inches | = 25 cm |
| 12 inches | = 30 cm |
| 20 inches | = 50 cm |

Recipe List by Meal

Milks, Juices, Smoothies

Classic Almond Milk
Homemade Hemp Milk
Green Lemonade
The Veggie Bowl
Cucumber Cooler
Jungle Greens
Spring Greens
Basic Green Smoothie
Plant Protein Shake
Peachy Keen Smoothie
Blueberry, Mint, and Kale Smoothie

Breakfast

Buckwheaties
Toasted Pumpkin Granola with Homemade
Hemp Milk
Raw Vegan Bircher Muesli
Chocolate Açai Bowl
Chocolate Raw-Nola
Banana Almond Coconut Raw-Nola
Mocha Maca Chia Pudding
Cashew Banana Yogurt

Almond Pulp Porridge
Mango Coconut Chia Pudding
Quinoa Breakfast Pudding
Raw Banana Breakfast Wraps
Simple Avocado Toast
Easy Berry Breakfast Pizza
Millet and Almond Zucchini Muffins
Baked Sweet Potatoes with Vanilla Almond
Butter and Goji Berries
Chickpea Tofu Tahini Scramble
Avocado Black Bean Breakfast Scramble

Snacks

Herbed Flax Crackers
DIY Snack Bars
Reinvented Ants on a Log
Superfood Trail Mix
Sweet and Savory Trail Mix
Easy Roasted Chickpeas (and Variations)
Hemp-Seed Power Balls
No-Bake Sunflower Oat Bars
Classic Cheesy Kale Chips
Hummus Kale Chips

Zucchini Ranch Chips
Nori and Pumpkin-Seed Cigars

Lunch

Sweet Pea Hummus Tartines with
Sunflower Sprouts
Sweet Potato Salad with Miso Dressing and
Chives
Curried Chickpea and Carrot Salad
Dilly Raw Vegan Sunflower “Tuna Salad”
Apricot Quinoa and Mint Salad
Jicama Fiesta Rice Salad
Hemp-Seed Tabouli with Yellow Tomatoes
and Mint
Easiest Vegan Pumpkin Soup
Green Soup (Blended Salad)
Raw Gazpacho
Raw Corn Chowder
Carrot, Avocado, and Turmeric Soup
Asparagus Quinoa Sushi Rolls
Nori Rolls with Gingery Almond Pâté and
Raw Veggies
Collard Wraps with Hemp Hummus,
Tempeh, and Red Peppers
Sprouted-Grain Wraps with Kale-Slaw
Filling
Zucchini Roll-Ups
Zucchini Pasta with Mango, Avocado, and
Black Bean Salsa
Creamy Basil and Ginger Noodles

Dressings, Sauces, Dips, and Spreads

Apple Cider Vinaigrette
Lemon Turmeric Vinaigrette
Spicy Cilantro Vinaigrette
Carrot Miso Dressing
Green Herb Dressing
Almond Butter and Sun-Dried Tomato
Dressing

Ginger Miso Dressing
Creamy Maple Chipotle Dressing
Multiseed Gomasio
Hemp Parmesan
Raw Marinara Sauce
Raw Cashew Alfredo
Raw Corn Salsa
Basic Vegan Pesto
Kale and Pistachio Pesto
Classic Zucchini Hummus
Curried Sweet Potato Hummus
Red Lentil and Walnut Hummus
Hemp Hummus
Simple Raw Vegan Avocado Mayonnaise
Cashew Cheese
Nut or Seed Pâté
5-Minute Guacamole

Salads

Basic Massaged Kale Salad
Dinosaur Kale and White Bean Caesar Salad
Acorn Squash, Frisée, and Brown Rice
Salad with Toasted Hazelnuts
Romaine, Cherry Tomato, and Arugula
Salad with Chickpeas and Raw Parmesan
Raw Cobb Salad
Kale Salad with Sweet Potato, Almonds,
and Creamy Maple Chipotle Dressing

Dinner

Quick Quinoa and Black Bean Salad with
Spicy Cilantro Vinaigrette
Sweet Potato Black Bean Enchiladas
Raw Carrot Falafel with Tangy Tahini Sauce
Heat-Free Lentil and Walnut Tacos
Raw Spinach and Mushroom Burgers
Carrot and Millet Pilaf with Mesquite
Glazed Tempeh

Pumpkin Quinoa Risotto with Pomegranate
Seeds
Easy Red Lentil, Sweet Potato, and Coconut
Curry
Coconut Curry Kelp Noodles
Raw Pad Thai
Raw or Cooked Ratatouille
Root “Rawvioli” with Nut Cheese and Pesto
Zucchini Pasta with Red or White Sauce
Zucchini Pasta with Quinoa Meatless Balls
Un-Fried Vegetable Rice with Scallions and
Ginger
Mediterranean Cauliflower Rice with Smoky
Red Pepper Sauce
Raw Lasagna
Carrot and Zucchini Pappardelle with Pesto
and Peas
Portobello “Steak” and Rosemary
Cauliflower Mashed Potatoes

Desserts

Fig Bars
Simple Raw Vanilla Macaroons
Coconutty for Chocolate Chip Cookies
No-Bake Tartlets with Raw Vegan Ganache
Filling
Raw Peach Cobbler
Raw Key Lime Pie
Blueberry Cheesecake
Carrot Cake Cupcakes with Cream Cheese
Frosting
Chocolate-Covered Superfood Clusters
Almost-Instant Chocolate-Covered
Strawberries
Basic Chia Pudding
Chocomole
Banana Soft Serve
Raw Vegan Blueberry Ginger Ice Cream
Cherry Vanilla Tahini Ice Cream
Burnt-Sugar Coconut Ice Cream

Resources

Vegan Nutrition Information

Becoming Raw, Brenda Davis, Vesanto Melina, and Ryan Berry

Becoming Vegan, Brenda Davis and Vesanto Melina

Vegan for Life, Virginia Messina and Jack Norris

Vegan for Her, Virginia Messina with JL Fields

The Plant Powered Diet, Sharon Palmer, RD

Health and Wellness

Crazy Sexy Diet, Kris Carr

Gutbliss, Robynne Chutkan, MD

Superimmunity, Joel Fuhrman, MD

Ultrametabolism, Mark Hyman, MD

Anti-Cancer, David Servan-Schreiber, MD

Compassionate Living

Beg, Rory Freedman

Veganist, Kathy Freston

Main Street Vegan, Victoria Moran

Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism, Melanie Joy, PhD

Eating Animals, Jonathan Safran Foer

Vegan and Raw Food Cookbooks

Thrive Foods, Brendan Brazier

Let Them Eat Vegan! Dreena Burton

Eat, Drink & Be Vegan, Dreena Burton

Crazy Sexy Kitchen, Kris Carr

Raw Food for Everyone, Alissa Cohen

Practically Raw, Amber Shea Crawley

The Vegan Table, Colleen Patrick Goudreau

Everyday Raw, Matthew Kenney

How It All Vegan, Sarah Kramer

Raw Food, Real World, Sarma Melngailis

Veganomicon, Isa Chandra Moskowitz

Vegan with a Vengeance, Isa Chandra Moskowitz

Candle 79 Cookbook, Joy Pierson, Angel Ramos, and Jorge Pineda

Ani's Raw Food Kitchen, Ani Phyo

Quick Fix Vegan, Robin Robertson

Going Raw, Judita Wignall

Informative Websites

The Vegetarian Resource Group (www.vrg.org)
The Vegan Society (<http://www.vegansociety.com>)
Vegan Health (<http://www.veganhealth.org>)
Vegan Outreach (<http://www.veganoutreach.org>)
Try Veg (<http://www.tryveg.com/cfi/toc/>)

Vegan Dining and Travel

HappyCow (www.happycow.net)
Veg Dining (<http://www.veg dining.com/Home.cfm>)

Food Companies I Love

Protein Powder and Performance Products

22 Days Nutrition (<http://www.22daysnutrition.com/>)
Plant Fusion (<http://plantfusion.net/>)
Sun Warrior (<http://sunwarrior.com/>)
Vega (<http://myvega.com>)

Superfoods

Manitoba Harvest (<http://manitobaharvest.com/>)
Navitas Naturals (<http://navitasnaturals.com/>)
Nutiva (<http://nutiva.com/>)
Sun Foods (<http://www.sunfood.com/>)

Snacks and Goodies

Brad's Raw Chips (<http://www.bradsrawchips.com/>)
Go Raw (<http://www.goraw.com/>)
Livin' Spoonful (<http://livinspoonful.com/>)

Lydia's Organic (<http://www.lydiasorganics.com/welcome.html>)
Pure Bar (<http://thepurebar.com/>)

Online Grocery Storefronts

Blue Mountain Organics (<http://www.bluemountainorganics.com/store/index.htm>)
One Lucky Duck (<http://www.oneluckyduck.com>)
Nuts.com (<http://www.nuts.com>)
The Raw Food World (<http://www.therawfoodworld.com>)
Vitacost (<http://www.vitacost.com>)

Personal Care

Vegan makeup, shampoo, body lotions, facial care, and nail polish are all available. The best way to figure out which brands don't test on animals or use animal products is to do some online research. PETA (<http://peta.org/living/>) keeps an extensive and frequently updated list. Cruelty Free Face (<http://crueltyfreeface.com>) is also a great resource. When you read labels, avoid anything with lanolin, beeswax, oleic acid, allantoin, squalene, gelatin, glycerin (often animal-derived), keratin, milk protein, mink oil, or musk oil.

Clothing/Shoes

There are many hip and compassionate labels on the market these days:

Outerwear

The North Face, Land's End, and LL Bean all make parkas with Thermaloft in place of down. Check out the websites, or call the company

to get details. For high-fashion vegan coats, Vaute Couture makes beautiful, fashionable garments that are also ridiculously soft!

Clothing

The best place to start looking for vegan apparel is Etsy; not only will you find vegan options, but many of them will be budget friendly as well. Modcloth (<http://modcloth.com>), Lulus (Lulu's (<http://lulus.com>) and Piperlime (<http://piperlime.com>) always have vegan options. For all vegan shopping, check out Alternative Outfitters (<http://alternativeoutfitters.com>).

Footwear

Vegan footwear has exploded, and there's something for everyone. Classy shoe lines abound; some of my favorites are Olsen Haus (<http://olsenhaus.com>), Beyond Skin (<http://beyondskin.co.uk>), Neuaura (<http://neuraura.shoes.com>), and Novacas (<http://www.novacas.com>). A wide selection of vegan shoes can be found at MooShoes, which has a flagship location on New York's Lower East Side but also has an online store (<http://mooshoes.com>). The online retailer Zappos also offers vegan alternatives.

References

Chapter 1

1. W. J. Craig and A. R. Mangels, "Position of the American Dietetic Association: Vegetarian Diets," *Journal of the American Dietetic Association* 109 (2009): 1266–1268.
2. K. D. Kochanek, J. Xu, S. L. Murphy, A. M. Minino, and H. Kung, "Deaths: Final Data for 2009," *National Vital Statistics Reports* 60 (2011).
3. Virginia Messina and Jack Norris, *Vegan for Life* (Cambridge, MA: Da Capo, 2011), 173.
4. T. J. Key, G. E. Fraser, M. Thorogood, P. N. Appleby, V. Beral, G. Reeves, M. L. Burr, et al., "Mortality in Vegetarians and Nonvegetarians: Detailed Findings from a Collaborative Analysis of 5 Prospective Studies," *American Journal of Clinical Nutrition* 70 (1999): 516S–524S.
5. D. A. Snowdon and R. L. Phillips, "Does a Vegetarian Diet Reduce the Occurrence of Diabetes?" *American Journal of Public Health* 75 (1985): 507–512; S. Tonstad, T. Butler, R. Yan, and G. E. Fraser, "Type of Vegetarian Diet, Body Weight, and Prevalence of Type 2 Diabetes," *Diabetes Care* 32 (2009): 791–796.
6. D. B. Lowe and W. H. Storkus, "Chronic Inflammation and Immunologic-Based Constraints in Malignant Disease," *Immunotherapy* 3 (2011): 1265–1274.
7. S. Jung, D. Spiegelman, L. Baglietto, L. Bernstein, D. A. Boggs, P. A. van den Brandt, J. E. Buring, et al., "Fruit and Vegetable Intake and Risk of Breast Cancer by Hormone Receptor Status," *Journal of the National Cancer Institute* 105, no. 3 (February 2013): 219–236.
8. C. Bamia, "Mediterranean Diet and Colorectal Cancer Risk: Results from a European Cohort," *European Journal of Epidemiology* 28 (2013): 317–328.
9. J. Freedland and W. J. Aronson, "Dietary Intervention Strategies to Modulate Prostate Cancer Risk and Prognosis," *Current Opinion in Urology* 19 (2009): 263–267; G. W. Watson, L. M. Beaver, D. E. Williams, R. H. Dashwood, and E. Ho, "Phytochemicals from Cruciferous Vegetables, Epigenetics, and Prostate Cancer Prevention," *American Association of Pharmaceutical Scientists Journal* 15, no. 4 (2013): 951–961.

Chapter 2

1. USDA, National Agricultural Statistics Service, Livestock Slaughter 2012 Summary, April 2013.

2. USDA, National Agricultural Statistics Service, Livestock Slaughter 2012 Summary, February 2013.

3. L. Horrigan, R. S. Lawrence, and P. Walker, "How Sustainable Agriculture Can Address the Environmental and Human Health Harms of Industrial Agriculture," *Environmental Health Perspectives* 110 (2002): 445–456.

4. E. G. Hertwich, E. van der Voet, A. Tukker, M. Huijbregts, P. Kazmierczyk, M. Lenzen, J. McNeely, and Y. Moriguchi, "Assessing the Environmental Impacts of Consumption and Production: Priority Products and Materials" (Nairobi, Kenya: United Nations Environment Programme, 2010), 12.

5. US Environmental Protection Agency, "Methane and Nitrous Oxide Emissions from Natural Sources" (Washington, DC: Environmental Protection Agency, 2010).

6. E. Gidon and P. A. Martin, "Diet, Energy, and Global Warming," *Earth Interactions*, 10, no. 9 (2006): 1–17, 9.

7. *Ibid.*

8. *Ibid.*, 12.

Chapter 3

1. Messina and Norris, *Vegan for Life*, 1

2. S. Lorente-Cebrián, A. G. Costa, S. Navas-Carretero, M. Zabala, J. A. Martínez, and M. J. Moreno-Aliaga "Role of Omega-3 Fatty Acids in Obesity, Metabolic Syndrome, and Cardiovascular Diseases: A Review of the Evidence," *Journal of Physiology and Biochemis-*

try 69 (2013): 633–651; E. J. Chan and L. Cho, "What Can We Expect from Omega-3 Fatty Acids?" *Cleveland Clinic Journal of Medicine* 76 (2009): 245–251.

3. J. M. Bourre, "Dietary Omega-3 Fatty Acids for Women," *Biomedicine and Pharmacotherapy* 61 (2007): 105–112.

4. T. L. Blasbalg, J. R. Hibbeln, and R. R. Rawlings, "Changes in Consumption of Omega-3 and Omega-6 Fatty Acids in the United States During the 20th Century," *American Journal of Clinical Nutrition* 93 (2011): 950–962.

5. Sharon Palmer, *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today* (New York: Experiment, 2012), 168–169.

6. A. P. Simopoulos, "Essential Fatty Acids in Health and Chronic Disease," *American Journal of Clinical Nutrition* 70 (1999): 560S–569S.

7. Elson M. Haas and Buck Levin, *Staying Healthy with Nutrition: The Complete Guide to Diet and Nutritional Medicine* (Berkeley, CA: Celestial Arts, 2006), 68.

8. P. T. Voon, T. K. Ng, V. K. Lee, and K. Nesaretnam, "Diets High in Palmitic Acid (16:0), Lauric and Myristic Acids (12:0 + 14:0), or Oleic Acid (18:1) Do Not Alter Postprandial or Fasting Plasma Homocysteine and Inflammatory Markers in Healthy Malaysian Adults," *American Journal of Clinical Nutrition* 94 (2011): 1451–1457; A. B. Feranil, P. L. Duazo, C. W. Kuzawa, and L. S. Adair, "Coconut Oil Is Associated with a Beneficial Lipid Profile in Pre-Menopausal Women in the Philippines," *Asia Pacific Journal of Clinical Nutrition* 20 (2011): 190–195.

9. M. M. Flynn and S. E. Reinert, "Comparing an Olive Oil-Enriched Diet to a Standard

Lower-Fat Diet for Weight Loss in Breast Cancer Survivors: A Pilot Study," *Journal of Women's Health* 19 (2010): 1155–1161.

10. D. E. Cintra, E. R. Ropelle, J. C. Moraes, J. R. Pauli, J. Morari, C. T. Souza, R. Grimaldi, et al., "Unsaturated Fatty Acids Revert Diet-Induced Hypothalamic Inflammation in Obesity," *PLoS One* 7 (2012): e30571; A. Camargo, J. Ruano, J. M. Fernandez, L. D. Parnell, A. Jimenez, M. Santos-Gonzalez, C. Marin, et al., "Gene Expression Changes in Mononuclear Cells in Patients with Metabolic Syndrome After Acute Intake of Phenol-Rich Virgin Olive Oil," *BMC Genomics* 11 (2010): 253.

11. P. Appleby, A. Roddam, N. Allen, T. Key, "Comparative fracture risk in vegetarians and nonvegetarians in EPIC-Oxford," *European Journal of Clinical Nutrition* 61 (2007):1400–6. Epub February 2007.

12. Messina and Norris, *Vegan for Life*, 62–65.

Chapter 4

1. Davis, 218–220.

2. E. Sikora and I. Bodziarczyk, "Composition and Antioxidant Activity of Kale (*Brassica oleracea* L. var. *acephala*) Raw and Cooked," *Scientiarum Polonorum Technologia Alimentaria* 11 (2012): 239–248.

Chapter 5

1. C. Koebnick, C. Strassner, I. Hoffman, and C. Leitzmann, "Consequences of a Long-Term Raw Food Diet on Body Weight and Menstruation: Results of a Questionnaire Survey," *Annals of Nutrition and Metabolism* 43 (1999): 69–79.

Chapter 6

1. J. Dwyer, E. Foulkes, M. Evans, and L. Ausman, "Acid/Alkaline Ash Diets: Time for Assessment and Change," *Journal of the American Dietetic Association* 85 (1985): 841–845.

2. T. Remer and F. Manz, "Potential Renal Acid Load of Foods and Its Influence on Urine pH," *Journal of the American Dietetic Association* 95 (1995): 791–797; H. Macdonald, S. A. New, W. D. Fraser, M. K. Campbell, and D. Reid, "Low Dietary Potassium Intakes and High Dietary Estimates of Net Endogenous Acid Production Are Associated with Low Bone Mineral Density in Premenopausal Women and Increased Markers of Bone Resorption in Postmenopausal Women," *American Journal of Clinical Nutrition* 81 (2005): 923–933.

3. B. A. Ince, E. J. Anderson, and R. M. Neer, "Lowering Dietary Protein to U.S. Recommended Dietary Allowance Levels Reduces Urinary Calcium Excretion and Bone Resorption in Young Women," *Journal of Clinical Endocrinology and Metabolism* 89 (2004): 3801–3807; S. A. Schuette, M. B. Zemel, and H. M. Linkswiler, "Studies on the Mechanism of Protein-Induced Hypercalciuria in Older Men and Women," *Journal of Nutrition* 110 (1980): 305–315; F. Manz, T. Remer, E. Decher-Splithoff, M. Hohler, M. Kersting, C. Kunz, and B. Lausen, "Effects of a High Protein Intake on Renal Acid Excretion in Bodybuilders," *Z Ernährungswiss* 34 (1995): 10–15.

4. J. Calvez, N. Poupin, C. Chesneau, C. Lassale, and D. Tome, "Protein Intake, Calcium Balance and Health Consequences," *European Journal of Clinical Nutrition* 66 (2012): 281–295.

5. A. L. Darling, D. J. Millward, D. J. Torgerson, C. E. Hewitt, and S. A. Lanham-New,

"Dietary Protein and Bone Health: A Systematic Review and Meta-Analysis," *American Journal of Clinical Nutrition* 90 (2009): 1674–1692.

6. X. O. Shu, Y. Zheng, H. Cai, K. Gu, Z. Chen, W. Zheng, and W. Lu, "Soy Food Intake and Breast Cancer Survival," *Journal of the American Medical Association* 302 (2009): 2437–2443; L. M. Butler, A. H. Wu, R. Wang, W. P. Koh, J. M. Yuan, and M. C. Yu, "A Vegetable-Fruit-Soy Dietary Pattern Protects Against Breast Cancer Among Postmenopausal Singapore Chinese Women," *American Journal of Clinical Nutrition* 91 (2010): 1013–1019; A. H. Wu, W. P. Koh, R. Wang, H. P. Lee, and M. C. Yu, "Soy Intake and Breast Cancer Risk in Singapore Chinese Health Study," *British Journal of Cancer* 99 (2008): 196–200.

7. L. A. Korde, A. H. Wu, T. Fears, A. M. Nomura, D. W. West, L. N. Kolonel, M. C. Pike, et al., "Childhood Soy Intake and Breast Cancer

Risk in Asian American Women," *Cancer Epidemiology, Biomarkers and Prevention* 18 (2009): 1–10; X. O. Shu, F. Jin, Q. Dai, W. Wen, J. D. Potter, L. H. Kushi, Z. Ruan, et al., "Soyfood Intake During Adolescence and Subsequent Risk of Breast Cancer Among Chinese Women," *Cancer Epidemiology, Biomarkers and Prevention* 10 (2001): 483–488.

8. B. J. Caan, L. Natarajan, B. A. Parker, E. B. Gold, C. A. Thomson, V. A. Newman, C. L. Rock, et al., "Soy Food Consumption and Breast Cancer Prognosis," *Cancer Epidemiology, Biomarkers and Prevention* 20 (2011): 854–858.

9. M. Messina and G. Redmond, "Effects of Soy Protein and Soybean Isoflavones on Thyroid Function in Healthy Adults and Hypothyroid Patients: A Review of the Relevant Literature," *Thyroid* 16 (2006): 249–258.

10. Davis, 107.

11. Davis, 44.

Acknowledgments

MY FIRST EXPRESSION OF GRATITUDE goes to my mother, Rallou Hamshaw, for loving me, supporting me, and embracing me as I am. I love you, Mom.

This book would not exist without the vision and confidence of my agent, Chris Parris-Lamb. Chris, thank you for taking my writing seriously, for encouraging me to do the same, and for championing this project from start to finish. I'm so thankful for our friendship.

Kris Carr, I can't tell you how deeply I appreciate your confidence in me. Thank you for your beautiful words, for reminding me why I do what I do, and for setting such an elegant example of what it means to change the face of health and wellness. Corinne Bowen, thank you for all of your help with this book.

Renée Sedliar, thank you for being the best editor I could have imagined: intelligent, efficient, witty, and deeply attuned to my voice and my message. This book is so much better because of you. Thanks, too, to everyone at Da Capo Lifelong: Cisca Schreefel, thank you for handling the production process nimbly;

Lisa Diercks, thank you for your beautiful interior design; Alexander Camlin, thank you for making the cover come to life; and Jenna Gilligan, thanks for your expert help with publicity and promotion.

Hannah Kaminsky, you are phenomenal. Thank you for making this book come alive, for keeping me sane through the recipe testing process, and for being a true friend. I literally could not have done it without you. Jeff Skeirik, thank you for my fabulous author photo, and for being such a light in the raw foods community.

I am eternally grateful to my amazing group of recipe testers: Elizabeth Amrien, Sarah Brown, Beth Horwitz Fox, Courtney Pool, Andrea Manka, Amy Skretta, Melanie St. Ours, Hannah Terry-Whyte, Heather Waxman, Melissa Davison, and Janet Mulawney. Thank you for your hard work, and for tolerating my scattered brain with grace. Valerie Mirko, thank you for putting nearly as much work into recipe testing as I did, and for being an exceptional neighbor and friend.

A big, loving thank-you to all of the Georgetown post-bacc students whom I was lucky

for being an exceptional neighbor and friend.

A big, loving thank-you to all of the Georgetown post-bacc students whom I was lucky enough to call my peers in the last three years. I don't know what I would have done without you. Special thanks to my brothers-in-arms, Luke Nankee and David Coon. You are going to be phenomenal doctors, and I'm proud to have passed through the fire by your side. Reed Macy, thank you for being an unwavering friend and confidante. I look forward to watching you save the world.

Blanche Christerson, thank you for all of your love, support, and good counsel.

Chloe Polemis Berthelsen, thank you for being the best sister I could hope for, for always giving me space in which to grow and change, and for your extraordinary, unwavering belief in me. I love you so much.

Nelly Ward, thank you for your wise perspective, your sound advice, and your tireless wit. How lucky I am to have grown up with you. Rose Lichter-Marck, thank you for encouraging me to be courageous and authentic, and for inspiring me with your example. Christina Wilson, thank you for being my soul sister and kindred free spirit. If I could insert an emoji here, I would.

Jordan Heimer, thank you for getting it, always. Jim Rutman, thank you for your compassion, kindness, and support. Sam Douglas, thank you for your thoughtfulness, good humor, and your unfailing wisdom.

Steven, I'll be forever grateful for your curiosity about my taste in literary magazines. Thank you for your companionship, your encouragement, and for finding hundreds of different ways to make me smile.

My veganism is continually enriched by the

example set by my peers and friends in the activist and food blogging communities. JL Fields, I am so glad we decided to spend an afternoon together at the pool three years ago. I adore you. Jasmin Singer and Mariann Sullivan, thank you for encouraging me to be more confident as an activist, for your tireless work on behalf of animals, and for your remarkable friendship. Cassie Karopkin, it's because of you that I let animals into my heart. Thank you for recognizing my capacity for compassion. Heidi Kristoffer, thank you for your wise listening ear, and for helping me to embrace an uncertain future. *Om Ganesha*. Brendan Brazier, thank you for agreeing to lunch with a random blogger years ago, and for the many dinners and walks and conversations that have followed. Never balance.

Sarma Melngailis, I have you to thank for first showing me how exciting and beautiful raw food could be. Thank you, thank you. Huge thanks, too, to Mark, Joy, Bart, and Benet and the wonderful Candle Cafe community in New York.

Angela Liddon, Ashley McLaughlin, Anne Mauney, Dreena Burton, Ricki Heller, Heather Nauta, Christy Morgan, Allyson Kramer, Lisa Pitman, Nicole Axworthy, Kristy Turner, Meghan Telpner, Brittany Mullins, Jaime Karpovich, Sayward Rebhal, Jackie Sobon, Michelle and Lori Corso, Gina Harney, Evan Thomas, Abby Heugel, Janessa Philomon-Kerp, Casey Stevens, Janae Wise, Allesandra Seiter, Ela Harrison Gordon, Alicia Sokol, Elenore Bendel-Zahn, Cadry Nelson, Amanda McGuire, Emma Potts: It is an honor to inhabit the blogosphere along with you all. So much love. Melissa Davison, I owe you my entire blogging career. Thanks for encourag-

ing me to put my passion for raw food and veganism into words.

Kathy Patafsky, thank you for inspiring me with your gorgeous blog, your incredible business acumen, your sly sense of humor, and your generous heart. I love our friendship.

In the last two years I was lucky enough to find a professional mentor, colleague, and dear friend, all in the person of Robynne Chutkan. Robynne, you inspire me in more ways than you'll ever realize. I look forward to a lifetime of kale, yoga, spirited conversation, and a shared confidence that we can find new

ways to help people.

Finally, my deepest gratitude goes to the men and women who have read *Choosing Raw* over the years. Thank you for allowing me to share the food I love so much with you, for trusting me with your thoughts, words, and stories, and for engaging with my work so intelligently and critically. Thank you for allowing me to grow and evolve. You have inspired me to be more thoughtful, more conscious, and more compassionate, and I am eternally grateful. I hope you'll enjoy the book.

Index

Page numbers in italics refer to photos.

A

- Açai Bowl, Chocolate, 209
- Acorn Squash, Frisée, and Brown Rice Salad with Toasted Hazelnuts, 142–145, 144
- Alfalfa sprouts
 - Sweet Pea Hummus Tartines with Sunflower Sprouts (option), 156, 157
 - Zucchini Roll-Ups, 218, 219
- Alfredo, Raw Cashew, 134
- Almond butter
 - Almond Butter and Sun-Dried Tomato Dressing, 127–128
 - Baked Sweet Potatoes with Vanilla Almond Butter and Goji Berries, 174, 175
 - Banana Almond Coconut Raw-Nola, 204, 205
 - Creamy Basil and Ginger Noodles, 210, 211
 - No-Bake Sunflower Oat Bars, 120, 121
 - Pad Thai Sauce, 192
 - Peachy Keen Smoothie, 176
 - Raw Banana Breakfast Wraps, 206–207, 207
 - Reinvented Ants on a Log, 124, 125
 - Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149
- Almond flour, *in* Millet and Almond Zucchini Muffins, 148–150
- Almond milk
 - Basic Chia Pudding, 108–110, 109
 - Basic Green Smoothie, 99
 - Blueberry Mint and Kale Smoothie, 200, 201
 - Classic Almond Milk, 98
 - Mango Coconut Chia Pudding, 172–175, 173
 - Mocha Maca Chia Pudding, 109, 200
 - Peachy Keen Smoothie, 176
 - Plant Protein Shake, 172
 - Raw Vegan Bircher Muesli, 154, 155
- Almonds
 - Almond Pulp Porridge, 208, 209
 - Banana Almond Coconut Raw-Nola, 204, 205
 - Blueberry Cheesecake, 238–240, 239
 - Chocolate-Covered Superfood Clusters, 235
 - Classic Almond Milk, 98
 - DIY Snack Bars, 108, 121
 - Fig Bars, 230–233, 232
 - Hemp-Seed Power Balls, 119, 120
 - Kale Salad with Sweet Potato, Almonds, and Creamy Maple Chipotle Dressing, 141–142
 - Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183
 - Nut or Seed Pâté, 101
 - Peachy Keen Smoothie, 176

Raw Vegan Bircher Muesli, 154, 155
 Sprouted-Grain Wraps with Kale-Slaw Filling, 185
 substitutions, 95
 Sweet and Savory Trail Mix, 118, 119
 Almost Instant Chocolate-Covered Strawberries, 236
 Ants on a Log, Reinvented, 124, 125
 Apple Cider Vinaigrette, 126
 Apples
 Almond Pulp Porridge, 208, 209
 Cucumber Cooler, 112–114
 Green Lemonade, 112, 113
 Raw Vegan Bircher Muesli, 154, 155
 Apricot Quinoa and Mint Salad, 158–159, 159
 Arugula, *in* Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan, 146, 146
 Asparagus Quinoa Sushi Rolls, 159–162, 160–161
 Avocados
 Asparagus Quinoa Sushi Rolls, 159–162, 160–161
 Avocado Black Bean Breakfast Scramble, 178, 179
 Basic Massaged Kale Salad, 103–105, 104
 Blueberry Mint and Kale Smoothie, 200, 201
 Carrot, Avocado, and Turmeric Soup, 186, 187
 Chocomole, 109, 109
 Easy Berry Breakfast Pizza, 152–155, 153
 5-Minute Guacamole, 105
 Green Soup (Blended Salad), 102, 103
 Heat-Free Lentil and Walnut Tacos, 190, 191
 Jicama Fiesta Rice Salad, 210–212, 212
 Lemon Turmeric Vinaigrette, 126–127
 Raw Cobb Salad, 144, 145
 Raw Corn Chowder, 213, 213–214
 Raw Corn Salsa, 137, 138
 Raw Key Lime Pie, 235–236, 237
 Simple Avocado Toast, 151, 151
 Simple Raw Vegan Avocado Mayonnaise, 136–137
 Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, 216, 217

B

Baked Sweet Potatoes with Vanilla Almond Butter and Goji Berries, 174, 175
 Bananas
 Banana Almond Coconut Raw-Nola, 204, 205
 Banana Soft Serve, 94, 111
 Basic Green Smoothie, 99
 Blueberry Mint and Kale Smoothie, 200, 201
 Cashew Banana Yogurt, 203, 203–205
 Cherry Vanilla Tahini Ice Cream, 245
 Chocolate Açai Bowl, 209
 Easy Berry Breakfast Pizza, 152–155, 153
 Millet and Almond Zucchini Muffins, 148–150
 Plant Protein Shake, 172
 Raw Banana Breakfast Wraps, 206–207, 207
 Raw Vegan Blueberry Ginger Ice Cream, 240, 241
 Basic Cashew Cheese, 144, 145
 Basic Chia Pudding, 108–110, 109
 Basic Green Smoothie, 99
 Basic Massaged Kale Salad, 103–105, 104
 Basic recipes. *See* Essential recipes
 Basic Vegan Pesto, 135–136
 Basil
 Basic Vegan Pesto, 135–136
 Coconut Curry Kelp Noodles, 223–224
 Creamy Basil and Ginger Noodles, 210, 211
 Green Herb Dressing, 127
 Kale and Pistachio Pesto, 136
 Raw Marinara Sauce, 106, 135
 Zucchini Roll-Ups, 218, 219
 Batch cooking, 77–78
 Beans and legumes. *See also specific types*
 food processor technique, 97
 pantry staples, 70
 to soak, 96
 soaking and sprouting, 48
 substitutions, 96
 Beets
 Root “Rawvioli” with Nut Cheese and Pesto, 168, 169
 The Veggie Bowl, 114

- Bell peppers
- Avocado Black Bean Breakfast Scramble, 178, 179
 - Chickpea Tofu Tahini Scramble, 152, 152–153
 - Classic Cheesy Kale Chips, 122, 123
 - 5-Minute Guacamole, 105
 - Jicama Fiesta Rice Salad, 210–212, 212
 - Kale Salad with Sweet Potato, Almonds, and Creamy Maple Chipotle Dressing, 141–142
 - Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221
 - Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183
 - Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette, 166–167
 - Raw Corn Chowder, 213, 213–214
 - Raw Gazpacho, 180, 181
 - Raw or Cooked Ratatouille, 222, 222–223
 - Sprouted-Grain Wraps with Kale-Slaw Filling, 185
- Berries. *See also specific types*
- Easy Berry Breakfast Pizza, 152–155, 153
 - Quinoa Breakfast Pudding, 175–176, 177
- Beverages. *See Juices; Smoothies*
- Bircher Muesli, Raw Vegan, 154, 155
- Black beans
- Avocado Black Bean Breakfast Scramble, 178, 179
 - Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette, 166–167
 - Sweet Potato Black Bean Enchiladas, 163–165, 164
 - Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, 216, 217
- Blueberries
- Basic Green Smoothie, 99
 - Blueberry Cheesecake, 238–240, 239
 - Blueberry Mint and Kale Smoothie, 200, 201
 - Raw Vegan Blueberry Ginger Ice Cream, 240, 241
- Brazil nuts
- Chocolate Açai Bowl, 209
 - DIY Snack Bars, 108, 121
 - Nut or Seed Pâté, 101
- Breakfasts. *See also Meal plans*
- Almond Pulp Porridge, 208, 209
 - Avocado Black Bean Breakfast Scramble, 178, 179
 - Baked Sweet Potatoes with Vanilla Almond Butter and Goji Berries, 174, 175
 - Banana Almond Coconut Raw-Nola, 204, 205
 - Basic Chia Pudding, 108–110, 109
 - Blueberry Mint and Kale Smoothie, 200, 201
 - Buckwheaties, 105–107
 - Cashew Banana Yogurt, 203, 203–205
 - Chickpea Tofu Tahini Scramble, 152, 152–153
 - Chocolate Açai Bowl, 209
 - Chocolate Raw-Nola, 202, 202–203
 - Easy Berry Breakfast Pizza, 152–155, 153
 - Mango Coconut Chia Pudding, 172–175, 173
 - Millet and Almond Zucchini Muffins, 148–150
 - Mocha Maca Chia Pudding, 109, 200
 - Peachy Keen Smoothie, 176
 - Plant Protein Shake, 172
 - Quinoa Breakfast Pudding, 175–176, 177
 - Raw Banana Breakfast Wraps, 206–207, 207
 - Raw Vegan Bircher Muesli, 154, 155
 - Simple Avocado Toast, 151, 151
 - Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149
- Broccoli
- Chickpea Tofu Tahini Scramble, 152, 152–153
 - Jungle Greens, 114
 - Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227
- Broccoli sprouts
- Sweet Pea Hummus Tartines with Sunflower Sprouts (option), 156, 157
 - Zucchini Roll-Ups, 218, 219
- Buckwheat
- Banana Almond Coconut Raw-Nola, 204, 205
 - Buckwheaties, 105–107
 - Chocolate Raw-Nola, 202, 202–203
- Burgers, Raw Spinach and Mushroom, 192–193
- Burnt-Sugar Coconut Ice Cream, 244, 245
- Butternut squash
- Easiest Vegan Pumpkin Soup (option), 162
 - Pumpkin Quinoa Risotto with Pomegranate Seeds (option), 194, 195

C

Cabbage

- Avocado Black Bean Breakfast Scramble, 178, 179
- Basic Massaged Kale Salad, 103–105, 104
- Heat-Free Lentil and Walnut Tacos, 190, 191
- Raw Pad Thai, 191–192, 193

Cacao nibs

- Almond Pulp Porridge, 208, 209
- Chocolate Raw-Nola, 202, 202–203
- Coconutty for Chocolate Chip Cookies, 230, 231
- DIY Snack Bars, 108, 121
- No-Bake Sunflower Oat Bars, 120, 121
- Superfood Trail Mix, 120–123, 150

Cacao powder

- Almost Instant Chocolate-Covered Strawberries, 236
- Chocolate Açai Bowl, 209
- Chocolate-Covered Superfood Clusters, 235
- Chocolate Raw-Nola, 202, 202–203
- Chocomole, 109, 109
- Mocha Maca Chia Pudding, 109, 200
- No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243

Caesar Salad, Dinosaur Kale and White Bean, 140, 141

Calcium, 38–39, 45–46, 53–54, 58

Cancer, 19, 58–59

Carbohydrates, 34–35, 56–57

Carrots

- Avocado Black Bean Breakfast Scramble, 178, 179
- Basic Massaged Kale Salad, 103–105, 104
- Carrot, Avocado, and Turmeric Soup, 186, 187
- Carrot and Millet Pilaf with Mesquite Glazed Tempeh, 165–166, 167
- Carrot and Zucchini Pappardelle with Pesto and Peas, 228, 229
- Carrot Cake Cupcakes with Cream Cheese Frosting, 240–243
- Carrot Miso Dressing, 129
- Coconut Curry Kelp Noodles, 223–224

Curried Chickpea and Carrot Salad, 163

Easy Red Lentil Sweet Potato and Coconut Curry, 167–168

Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183

Raw Carrot Falafel, 188, 189

Raw or Cooked Ratatouille, 222, 222–223

Raw Pad Thai, 191–192, 193

Raw Spinach and Mushroom Burgers, 192–193

Sprouted-Grain Wraps with Kale-Slaw Filling, 185

The Veggie Bowl, 114

Cashew butter

Creamy Basil and Ginger Noodles, 210, 211

Easiest Vegan Pumpkin Soup, 162

No-Bake Sunflower Oat Bars, 120, 121

Reinvented Ants on a Log, 124, 125

Cashews

Blueberry Cheesecake, 238–240, 239

Cashew Banana Yogurt, 203, 203–205

Cashew Cheese (or cashew cream), 99

Classic Cheesy Kale Chips, 122, 123

Cream Cheese Frosting, 240–243

Creamy Maple Chipotle Dressing, 128

Dinosaur Kale and White Bean Caesar Salad, 140, 141

DIY Snack Bars, 108, 121

Easiest Vegan Pumpkin Soup, 162

No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243

Nut or Seed Pâté, 101

Raw Cashew Alfredo, 134

Raw Corn Chowder, 213, 213–214

Raw Key Lime Pie, 235–236, 237

Raw Vegan Blueberry Ginger Ice Cream, 240, 241

Rosemary Cauliflower Mashed Potatoes, 196, 198

Simple Raw Vanilla Macaroons, 232, 237–238

substitutions, 95

Superfood Trail Mix, 120–123, 150

Cauliflower Mashed Potatoes, Rosemary, 196, 198

- Cauliflower Rice with Smoky Red Pepper Sauce, Mediterranean, 220, 221
- Celery
 - Dinosaur Kale and White Bean Caesar Salad, 140, 141
 - Green Lemonade, 112, 113
 - Green Soup (Blended Salad), 102, 103
 - Jungle Greens, 114
 - Raw Spinach and Mushroom Burgers, 192–193
 - Reinvented Ants on a Log, 124, 125
 - Spring Greens, 114
 - The Veggie Bowl, 114
- Cheesy Kale Chips, Classic, 122, 123
- Cherry Vanilla Tahini Ice Cream, 245
- Chia seeds
 - Basic Chia Pudding, 108–110, 109
 - Mango Coconut Chia Pudding, 172–175, 173
 - Mocha Maca Chia Pudding, 109, 200
 - Raw Vegan Bircher Muesli, 154, 155
 - Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149
- Chickpeas
 - Chickpea Tofu Tahini Scramble, 152, 152–153
 - Curried Chickpea and Carrot Salad, 163
 - Curried Sweet Potato Hummus, 131, 132
 - Easy Roasted Chickpeas, 115–116, 117
 - Hemp Hummus, 130–131, 132
 - Hummus Kale Chips, 123–124
 - Raw or Cooked Ratatouille, 222, 222–223
 - Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan, 146, 146
 - Sweet Pea Hummus Tartines with Sunflower Sprouts, 156, 157
- Chipotle Dressing, Creamy Maple, 128
- Chips, Classic Cheesy Kale, 122, 123
- Chips, Hummus Kale, 123–124
- Chips, Zucchini Ranch, 119, 120–121
- Chocolate. *See* Cacao nibs; Cacao powder
- Chocolate Açai Bowl, 209
- Chocolate-Covered Superfood Clusters, 235
- Chocolate Raw-Nola, 202, 202–203
- Chocomole, 109, 109
- Cholesterol, 16
- Chowder, Raw Corn, 213, 213–214
- Cigars, Nori and Pumpkin-Seed, 116
- Cilantro
 - 5-Minute Guacamole, 105
 - Green Soup (Blended Salad), 102, 103
 - Jicama Fiesta Rice Salad, 210–212, 212
 - Jungle Greens, 114
 - Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette, 166–167
 - Raw Corn Salsa, 137, 138
 - Raw Pad Thai, 191–192, 193
 - Spicy Cilantro Vinaigrette, 127
 - Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, 216, 217
 - Zucchini Roll-Ups, 218, 219
- Cinnamon and Sugar Roasted Chickpeas, 115
- Classic Almond Milk, 98
- Classic Cheesy Kale Chips, 122, 123
- Classic Zucchini Hummus, 130, 132
- Cobb Salad, Raw, 144, 145
- Cobbler, Raw Peach, 233–235, 234
- Coconut, shredded
 - Banana Almond Coconut Raw-Nola, 204, 205
 - Coconutty for Chocolate Chip Cookies, 230, 231
 - Mango Coconut Chia Pudding, 172–175, 173
 - Raw Key Lime Pie, 235–236, 237
 - Simple Raw Vanilla Macaroons, 232, 237–238
- Coconut, young Thai, *in* Coconut Curry Kelp Noodles, 223–224
- Coconut butter or oil
 - Almost Instant Chocolate-Covered Strawberries, 236
 - Blueberry Cheesecake, 238–240, 239
 - Chocolate-Covered Superfood Clusters, 235
 - No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243
 - Raw Key Lime Pie, 235–236, 237
 - Simple Raw Vanilla Macaroons, 232, 237–238
- Coconut milk
 - Burnt-Sugar Coconut Ice Cream, 244, 245
 - Coconut Curry Kelp Noodles (option), 223–224
 - Easy Red Lentil Sweet Potato and Coconut Curry, 167–168

Mango Coconut Chia Pudding, 172–175, 173
 Quinoa Breakfast Pudding, 175–176, 177
 Collard Wraps with Hemp Hummus, Tempeh and Red Peppers, 184, 185
 Condiments. *See* Spreads, dips, and condiments
 Cookies, Coconutty for Chocolate Chip, 230, 231
 Corn Chowder, Raw, 213, 213–214
 Corn Salsa, Raw, 137, 138
 Crackers, Herbed Flax, 102, 103
 Cream Cheese Frosting, Carrot Cake Cupcakes with, 240–243
 Creamy Basil and Ginger Noodles, 210, 211
 Creamy Maple Chipotle Dressing, 128
 Cucumbers
 Cucumber Cooler, 112–114
 Green Lemonade, 112, 113
 Green Soup (Blended Salad), 102, 103
 Jicama Fiesta Rice Salad, 210–212, 212
 Jungle Greens, 114
 Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183
 Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette, 166–167
 Raw Gazpacho, 180, 181
 Spring Greens, 114
 The Veggie Bowl, 114
 Zucchini Roll-Ups, 218, 219
 Cupcakes, Carrot Cake, with Cream Cheese Frosting, 240–243
 Curried Chickpea and Carrot Salad, 163
 Curried Sweet Potato Hummus, 131, 132
 Curry, Easy Red Lentil Sweet Potato and Coconut, 167–168
 Curry Kelp Noodles, Coconut, 223–224
 Curry Kick Roasted Chickpeas, 116

D

Dates

Blueberry Cheesecake, 238–240, 239
 Carrot Cake Cupcakes with Cream Cheese Frosting, 240–243
 Chocolate Raw-Nola, 202, 202–203
 Coconutty for Chocolate Chip Cookies, 230, 231

DIY Snack Bars, 108, 121
 Fig Bars, 230–233, 232
 Hemp-Seed Power Balls, 119, 120
 No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243
 Raw Key Lime Pie, 235–236, 237
 Raw Peach Cobbler, 233–235, 234
 Desserts
 Almost Instant Chocolate-Covered Strawberries, 236
 Banana Soft Serve, 94, 111
 Blueberry Cheesecake, 238–240, 239
 Burnt-Sugar Coconut Ice Cream, 244, 245
 Carrot Cake Cupcakes with Cream Cheese Frosting, 240–243
 Cherry Vanilla Tahini Ice Cream, 245
 Chocolate-Covered Superfood Clusters, 235
 Chocomole, 109, 109
 Coconutty for Chocolate Chip Cookies, 230, 231
 Fig Bars, 230–233, 232
 No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243
 Raw Key Lime Pie, 235–236, 237
 Raw Peach Cobbler, 233–235, 234
 Raw Vegan Blueberry Ginger Ice Cream, 240, 241
 Simple Raw Vanilla Macaroons, 232, 237–238
 Detoxification, 51
 Diabetes, 16
 Digestive problems, 5–6, 7, 18–19, 43
 Dill
 Dilly Raw Vegan Sunflower “Tuna Salad,” 214, 214–215, 215
 Green Herb Dressing, 127
 Green Soup (Blended Salad), 102, 103
 Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221
 Spring Greens, 114
 Zucchini Roll-Ups, 218, 219
 Dinners. *See also* Meal plans
 Carrot and Millet Pilaf with Mesquite Glazed Tempeh, 165–166, 167
 Carrot and Zucchini Pappardelle with Pesto and Peas, 228, 229

Dinners. *See also* Meal plans (continued)
 Coconut Curry Kelp Noodles, 223–224
 Easy Red Lentil Sweet Potato and Coconut Curry, 167–168
 Heat-Free Lentil and Walnut Tacos, 190, 191
 Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221
 Portobello “Steak” and Rosemary Cauliflower Mashed Potatoes, 196–198, 197
 Pumpkin Quinoa Risotto with Pomegranate Seeds, 194, 195
 Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette, 166–167
 Raw Carrot Falafel, 188, 189
 Raw Lasagna, 224–225, 225
 Raw or Cooked Ratatouille, 222, 222–223
 Raw Pad Thai, 191–192, 193
 Raw Spinach and Mushroom Burgers, 192–193
 Root “Rawvioli” with Nut Cheese and Pesto, 168, 169
 Sweet Potato Black Bean Enchiladas, 163–165, 164
 Tangy Tahini Sauce, 188–191, 189
 Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227
 Zucchini Pasta with Quinoa Meatless Balls, 168–170, 170

Dinosaur Kale and White Bean Caesar Salad, 140, 141

Dips. *See* Spreads, dips, and condiments

DIY Snack Bars, 108, 121

Dressings
 Almond Butter and Sun-Dried Tomato Dressing, 127–128
 Apple Cider Vinaigrette, 126
for Caesar Salad, 141
 Carrot Miso Dressing, 129
 Creamy Maple Chipotle Dressing, 128
 curried, *for* Chickpea and Carrot Salad, 162
 Ginger Miso Dressing, 128–129
 Green Herb Dressing, 127
 Lemon Turmeric Vinaigrette, 126–127

miso, *for* Sweet Potato Salad, 157
 Simple Raw Vegan Avocado Mayonnaise, 136–137
 Spicy Cilantro Vinaigrette, 127

Drinks. *See* Juices; Smoothies

Dulse, *in* Multiseed Gomasio, 129

E

Easiest Vegan Pumpkin Soup, 162
 Easy Berry Breakfast Pizza, 152–155, 153
 Easy Red Lentil Sweet Potato and Coconut Curry, 167–168
 Easy Roasted Chickpeas, 115–116, 117
 Egg replacer, 66
 Eggplant Bacon, 145
 Equipment, 47–48, 74–76
 Essential recipes
 Banana Soft Serve, 94, 111
 Basic Chia Pudding, 108–110, 109
 Basic Green Smoothie, 99
 Basic Massaged Kale Salad, 103–105, 104
 Buckwheaties, 105–107
 Cashew Cheese (or cashew cream), 99
 Chocomole, 109, 109
 Classic Almond Milk, 98
 DIY Snack Bars, 108, 121
 5-Minute Guacamole, 105
 Green Soup (Blended Salad), 102, 103
 Herbed Flax Crackers, 102, 103
 Homemade Hemp Milk, 100, 101
 Nut or Seed Pâté, 101
 Zucchini Pasta with Red or White Sauce, 106, 107

Ethical concerns, 23–29

F

Fats and oils, 36–38, 56, 71, 72
 Faux meats, 54–55
 Fiber, dietary, 18, 49
 Fig Bars, 230–233, 232
 5-Minute Guacamole, 105
 Flax Crackers, Herbed, 102, 103
 Flax egg replacer, 66

Frisée, Acorn Squash, and Brown Rice Salad
with Toasted Hazelnuts, 142–145,
144
Frosting, Cream Cheese, Carrot Cake Cupcakes
with, 240–243
Fruitarian diet, 48
Fruits, 57–58. *See also specific types*

G

Ganache Filling, Raw Vegan, No-Bake Tartlets
with, 242, 243
Ginger Miso Dressing, 128–129
Gluten allergy and sensitivity, 35–36, 96
Goji berries
Baked Sweet Potatoes with Vanilla Almond
Butter and Goji Berries, 174, 175
Chocolate-Covered Superfood Clusters,
235
DIY Snack Bars, 108, 121
Raw Vegan Bircher Muesli, 154, 155
Reinvented Ants on a Log, 124, 125
Superfood Trail Mix, 120–123, 150
Gomasio, Multiseed, 129
Grains, 48, 70–71. *See also specific types*
Granola
Banana Almond Coconut Raw-Nola, 204,
205
Chocolate Raw-Nola, 202, 202–203
Toasted Pumpkin Granola with Homemade
Hemp Milk, 148, 149
Green Herb Dressing, 127
Green Lemonade, 112, 113
Green Smoothie, Basic, 99
Green Soup (Blended Salad), 102, 103
Greens. *See specific types*
Greens, Jungle, 114
Guacamole, 5-Minute, 105

H

Hamshaw, Gena, 3–10
Hazelnuts, in Acorn Squash, Frisée, and Brown
Rice Salad with Toasted Hazelnuts,
142–145, 144

Heart disease, 15–16
Heat-Free Lentil and Walnut Tacos, 190, 191
Hemp Hummus, Tempeh and Red Peppers,
Collard Wraps with, 184, 185
Hemp Milk, Homemade, 100, 101
Hemp Milk, Homemade, Toasted Pumpkin
Granola with, 148, 149
Hemp milk, in Plant Protein Shake, 172
Hemp protein
Hemp-Seed Power Balls, 119, 120
Plant Protein Shake, 172
Hemp seeds
Chocolate Raw-Nola, 202, 202–203
Dinosaur Kale and White Bean Caesar Salad,
140, 141
Hemp Hummus, 130–131, 132
Hemp Parmesan, 135
Hemp-Seed Power Balls, 119, 120
Hemp-Seed Tabouli with Yellow Tomatoes
and Mint, 180–182
Homemade Hemp Milk, 100, 101
Multiseed Gomasio, 129
Plant Protein Shake, 172
Herb Dressing, Green, 127
Herbed Flax Crackers, 102, 103
Homemade Hemp Milk, 100, 101
Hummus
Classic Zucchini Hummus, 130, 132
Curried Sweet Potato Hummus, 131, 132
food processor technique, 97
Hemp Hummus, 130–131, 132
Red Lentil and Walnut Hummus, 131–134
Sweet Pea Hummus, 156
Hummus Kale Chips, 123–124

I

Ice cream
Banana Soft Serve, 94, 111
Burnt-Sugar Coconut Ice Cream, 244, 245
Cherry Vanilla Tahini Ice Cream, 245
Inflammation, 17–18
Ingredient substitutions, 95–96
Ingredients and pantry items, 63–74
Iron, 39–40, 45, 58

J

Jicama

- Jicama Fiesta Rice Salad, 210–212, 212
- Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183
- Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227

Juice fasting, 50

Juices

- Cucumber Cooler, 112–114
- Green Lemonade, 112, 113
- juicing versus blending, 49–50
- Jungle Greens, 114
- in raw food diet, 49
- Spring Greens, 114
- The Veggie Bowl, 114

Jungle Greens, 114

K

Kale

- Basic Massaged Kale Salad, 103–105, 104
- Blueberry Mint and Kale Smoothie, 200, 201
- Classic Cheesy Kale Chips, 122, 123
- Dinosaur Kale and White Bean Caesar Salad, 140, 141
- Green Lemonade, 112, 113
- Hummus Kale Chips, 123–124
- Jungle Greens, 114
- Kale and Pistachio Pesto, 136
- Kale Salad with Sweet Potato, Almonds, and Creamy Maple Chipotle Dressing, 141–142
- Sprouted-Grain Wraps with Kale-Slaw Filling, 185

Kelp, *in* Multiseed Gomasio, 129

Kelp noodles

- Coconut Curry Kelp Noodles, 223–224
- Creamy Basil and Ginger Noodles, 210, 211
- Raw Pad Thai, 191–192, 193

Key Lime Pie, Raw, 235–236, 237

Kitchen basics

- appliances and tools, 47–48, 74–76
- essential ingredients, 70–74
- meal planning and food prep, 76–78

pantry items, 63–70

shopping, 76–77

storing produce, 77

techniques, 96–97

L

Lasagna, Raw, 224–225, 225

Lemon Herb Roasted Chickpeas, 116

Lemon Turmeric Vinaigrette, 126–127

Lemonade, Green, 112, 113

Lentils

- Easy Red Lentil Sweet Potato and Coconut Curry, 167–168
- Heat-Free Lentil and Walnut Tacos, 190, 191
- Raw or Cooked Ratatouille, 222, 222–223
- Red Lentil and Walnut Hummus, 131–134

Lettuce wraps

- Heat-Free Lentil and Walnut Tacos, 190, 191
- Raw Banana Breakfast Wraps, 206–207, 207

Level 1 recipes

- Apricot Quinoa and Mint Salad, 158–159, 159
- Asparagus Quinoa Sushi Rolls, 159–162, 160–161
- Carrot and Millet Pilaf with Mesquite Glazed Tempeh, 165–166, 167
- Chickpea Tofu Tahini Scramble, 152, 152–153
- Curried Chickpea and Carrot Salad, 163
- Easiest Vegan Pumpkin Soup, 162
- Easy Berry Breakfast Pizza, 152–155, 153
- Easy Red Lentil Sweet Potato and Coconut Curry, 167–168
- Millet and Almond Zucchini Muffins, 148–150
- Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette, 166–167
- Raw Vegan Bircher Muesli, 154, 155
- Root “Rawvioli” with Nut Cheese and Pesto, 168, 169
- Simple Avocado Toast, 151, 151
- Sweet Pea Hummus Tartines with Sunflower Sprouts, 156, 157
- Sweet Potato Black Bean Enchiladas, 163–165, 164
- Sweet Potato Salad with Miso Dressing and Chives, 156–157, 158

- Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149
- Zucchini Pasta with Quinoa Meatless Balls, 168–170, 170
- Level 2 recipes
- Avocado Black Bean Breakfast Scramble, 178, 179
 - Baked Sweet Potatoes with Vanilla Almond Butter and Goji Berries, 174, 175
 - Carrot, Avocado, and Turmeric Soup, 186, 187
 - Collard Wraps with Hemp Hummus, Tempeh and Red Peppers, 184, 185
 - Heat-Free Lentil and Walnut Tacos, 190, 191
 - Hemp-Seed Tabouli with Yellow Tomatoes and Mint, 180–182
 - Mango Coconut Chia Pudding, 172–175, 173
 - Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183
 - Peachy Keen Smoothie, 176
 - Plant Protein Shake, 172
 - Portobello “Steak” and Rosemary Cauliflower Mashed Potatoes, 196–198, 197
 - Pumpkin Quinoa Risotto with Pomegranate Seeds, 194, 195
 - Quinoa Breakfast Pudding, 175–176, 177
 - Raw Carrot Falafel, 188, 189
 - Raw Gazpacho, 180, 181
 - Raw Pad Thai, 191–192, 193
 - Raw Spinach and Mushroom Burgers, 192–193
 - Sprouted-Grain Wraps with Kale-Slaw Filling, 185
 - Tangy Tahini Sauce, 188–191, 189
- Level 3 recipes
- Almond Pulp Porridge, 208, 209
 - Banana Almond Coconut Raw-Nola, 204, 205
 - Blueberry Mint and Kale Smoothie, 200, 201
 - Carrot and Zucchini Pappardelle with Pesto and Peas, 228, 229
 - Cashew Banana Yogurt, 203, 203–205
 - Chocolate Açai Bowl, 209
 - Chocolate Raw-Nola, 202, 202–203
 - Coconut Curry Kelp Noodles, 223–224
 - Creamy Basil and Ginger Noodles, 210, 211
 - Dilly Raw Vegan Sunflower “Tuna Salad,” 214, 214–215, 215
 - Jicama Fiesta Rice Salad, 210–212, 212
 - Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221
 - Mocha Maca Chia Pudding, 109, 200
 - Raw Banana Breakfast Wraps, 206–207, 207
 - Raw Corn Chowder, 213, 213–214
 - Raw Lasagna, 224–225, 225
 - Raw or Cooked Ratatouille, 222, 222–223
 - Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227
 - Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, 216, 217
 - Zucchini Roll-Ups, 218, 219
- Lunches. *See also* Meal plans
- Apricot Quinoa and Mint Salad, 158–159, 159
 - Asparagus Quinoa Sushi Rolls, 159–162, 160–161
 - Carrot, Avocado, and Turmeric Soup, 186, 187
 - Collard Wraps with Hemp Hummus, Tempeh and Red Peppers, 184, 185
 - Creamy Basil and Ginger Noodles, 210, 211
 - Curried Chickpea and Carrot Salad, 163
 - Dilly Raw Vegan Sunflower “Tuna Salad,” 214, 214–215, 215
 - Easiest Vegan Pumpkin Soup, 162
 - Hemp-Seed Tabouli with Yellow Tomatoes and Mint, 180–182
 - Jicama Fiesta Rice Salad, 210–212, 212
 - Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183
 - Raw Corn Chowder, 213, 213–214
 - Raw Gazpacho, 180, 181
 - Sprouted-Grain Wraps with Kale-Slaw Filling, 185
 - Sweet Pea Hummus Tartines with Sunflower Sprouts, 156, 157
 - Sweet Potato Salad with Miso Dressing and Chives, 156–157, 158
 - Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, 216, 217
 - Zucchini Roll-Ups, 218, 219

M

Maca

- Chocolate-Covered Superfood Clusters, 235
- DIY Snack Bars, 108, 121
- Mocha Maca Chia Pudding, 109, 200

Macadamia nuts

- DIY Snack Bars, 108, 121
- Nut or Seed Pâté, 101

Macaroons, Simple Raw Vanilla, 232, 237–238

Macronutrients, 16

Mangoes

- Easy Berry Breakfast Pizza, 152–155, 153
- Mango Coconut Chia Pudding, 172–175, 173
- Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, 216, 217

Maple Chipotle Dressing, Kale Salad with Sweet Potato, Almonds and, 141–142

Maple syrup

- Chocomole, 109, 109
- Creamy Maple Chipotle Dressing, 128
- Ginger Miso Dressing, 128–129
- Millet and Almond Zucchini Muffins, 148–150
- No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243
- Portobello “Steak,” 196–198, 197
- Raw Key Lime Pie, 235–236, 237
- Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149

Marinara Sauce, Raw, 106, 135

Massaged Kale Salad, Basic, 103–105, 104

Mayonnaise, Simple Raw Vegan Avocado, 136–137

Meal plans

- low-maintenance options, 84
- specialized plans, 90–91
- for twenty-one days, 83–89

Meatless Balls, Quinoa, Zucchini Pasta with, 168–170, 170

Meats, faux, 54–55

Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221

Mesquite Glazed Tempeh, Carrot and Millet Pilaf with, 165–166, 167

Micronutrients, 16–17

Milk, Classic Almond, 98

Milk, Homemade Hemp, 100, 101

Millet and Almond Zucchini Muffins, 148–150

Millet and Carrot Pilaf with Mesquite Glazed Tempeh, 165–166, 167

Mint

- Apricot Quinoa and Mint Salad, 158–159, 159
- Blueberry Mint and Kale Smoothie, 200, 201
- Cucumber Cooler, 112–114
- Easy Berry Breakfast Pizza, 152–155, 153
- Hemp-Seed Tabouli with Yellow Tomatoes and Mint, 180–182

Miso Dressing, Carrot, 129

Miso Dressing, Ginger, 128–129

Miso Dressing and Chives, Sweet Potato Salad with, 156–157, 158

Mocha Maca Chia Pudding, 109, 200

Muesli, Raw Vegan Bircher, 154, 155

Muffins, Millet and Almond Zucchini, 148–150

Mulberries

- DIY Snack Bars, 108, 121
- Raw Vegan Bircher Muesli, 154, 155
- Superfood Trail Mix, 120–123, 150

Multiseed Gomasio, 129

Mushrooms

- Coconut Curry Kelp Noodles, 223–224
- Portobello “Steak,” 196–198, 197
- Raw Spinach and Mushroom Burgers, 192–193
- Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227
- Zucchini Pasta with Quinoa Meatless Balls, 168–170, 170

N

No-Bake Sunflower Oat Bars, 120, 121

No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243

Nori

- Asparagus Quinoa Sushi Rolls, 159–162, 160–161
- Nori and Pumpkin-Seed Cigars, 116
- Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183

Nut Cheese and Pesto, Root “Rawvioli” with, 168, 169
Nut or Seed Pâté, 101
Nutrition
 acid-forming diets, 53–54
 calcium, 38–39, 45–46, 53–54, 58
 carbohydrates, 34–35, 56–57
 fats and oils, 36–38, 56
 food combining, 56–58
 gluten allergy and sensitivity, 35–36, 96
 impact of cooking on, 44
 iron, 39–40, 45, 58
 phytonutrients, 16–18
 processed foods and real foods, 19–20, 54–55
 protein, 33–34, 45, 53, 56–57, 91
 vitamin B12, 40–41, 53
 vitamin D, 39
Nuts, 48, 73, 95–96, 97. *See also specific types*

O

Oats
 Fig Bars, 230–233, 232
 No-Bake Sunflower Oat Bars, 120, 121
 Raw Vegan Bircher Muesli, 154, 155
 Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149
Oils and fats, 36–38, 56, 71, 72

P

Pad Thai, Raw, 191–192, 193
Pantry items and essential ingredients, 63–74
Pappardelle, Carrot and Zucchini, with Pesto and Peas, 228, 229
Parmesan, Hemp, 135
Parsley
 Green Herb Dressing, 127
 Green Lemonade, 112, 113
 Green Soup (Blended Salad), 102, 103
 Hemp-Seed Tabouli with Yellow Tomatoes and Mint, 180–182
 The Veggie Bowl, 114
 Zucchini Roll-Ups, 218, 219
Pâté, Nut or Seed, 101

Peach Cobbler, Raw, 233–235, 234
Peachy Keen Smoothie, 176
Peanut butter
 No-Bake Sunflower Oat Bars, 120, 121
 Raw Banana Breakfast Wraps, 206–207, 207
Pear, in Cucumber Cooler, 112–114
Peas, green
 Carrot and Zucchini Pappardelle with Pesto and Peas, 228, 229
 Coconut Curry Kelp Noodles, 223–224
 Sweet Pea Hummus Tartines with Sunflower Sprouts, 156, 157
Peas, snow, in Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227
Pecans, in Raw Peach Cobbler, 233–235, 234
Pesto, Basic Vegan, 135–136
Pesto, Kale and Pistachio, 136
Pesto, Root “Rawvioli” with Nut Cheese and, 168, 169
Pesto and Peas, Carrot and Zucchini Pappardelle with, 228, 229
Pie, Raw Key Lime, 235–236, 237
Pilaf, Carrot and Millet, with Mesquite Glazed Tempeh, 165–166, 167
Pine nuts
 Apricot Quinoa and Mint Salad, 158–159, 159
 Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221
 Raw or Cooked Ratatouille, 222, 222–223
 Rosemary Cauliflower Mashed Potatoes, 196, 198
Pineapple
 Cucumber Cooler, 112–114
 Jungle Greens, 114
Pistachios
 Kale and Pistachio Pesto, 136
 Nut or Seed Pâté, 101
 Superfood Trail Mix, 120–123, 150
Pizza, Easy Berry Breakfast, 152–155, 153
Plant Protein Shake, 172
Pomegranate seeds
 Easy Berry Breakfast Pizza, 152–155, 153
 Pumpkin Quinoa Risotto with Pomegranate Seeds, 194, 195

Porridge, Almond Pulp, 208, 209
 Portobello “Steak” and Rosemary Cauliflower
 Mashed Potatoes, 196–198, 197
 Protein
 combining with starches, 56–57
 higher protein meal plans, 91
 requirements, 33–34, 45, 53
 superfood powders, 74
 Protein Shake, Plant, 172
 Puddings
 Avocado Spread Pudding, 155
 Basic Chia Pudding, 108–110, 109
 Chocomole, 109, 109
 Mango Coconut Chia Pudding, 172–175,
 173
 Mocha Maca Chia Pudding, 109, 200
 Quinoa Breakfast Pudding, 175–176, 177
 Pumpkin. *See* Winter squash
 Pumpkin seeds
 Carrot, Avocado, and Turmeric Soup, 186,
 187
 Multiseed Gomasio, 129
 Nori and Pumpkin-Seed Cigars, 116
 Nut or Seed Pâté, 101
 Raw Spinach and Mushroom Burgers,
 192–193
 substitutions, 95
 Superfood Trail Mix, 120–123, 150
 Toasted Pumpkin Granola with Homemade
 Hemp Milk, 148, 149

Q

Quinoa
 Apricot Quinoa and Mint Salad, 158–159,
 159
 Asparagus Quinoa Sushi Rolls, 159–162,
 160–161
 Pumpkin Quinoa Risotto with Pomegranate
 Seeds, 194, 195
 Quick Quinoa and Black Bean Salad with
 Spicy Cilantro Vinaigrette, 166–167
 Quinoa Breakfast Pudding, 175–176, 177
 Zucchini Pasta with Quinoa Meatless Balls,
 168–170, 170

R

Raisins
 Almond Pulp Porridge, 208, 209
 Carrot Cake Cupcakes with Cream Cheese
 Frosting, 240–243
 Curried Chickpea and Carrot Salad, 163
 No-Bake Sunflower Oat Bars, 120, 121
 Sprouted-Grain Wraps with Kale-Slaw Filling,
 185
 Sweet and Savory Trail Mix, 118, 119
 Toasted Pumpkin Granola with Homemade
 Hemp Milk, 148, 149
 Raw Banana Breakfast Wraps, 206–207, 207
 Raw Carrot Falafel, 188, 189
 Raw Cashew Alfredo, 134
 Raw Cobb Salad, 144, 145
 Raw Corn Chowder, 213, 213–214
 Raw Corn Salsa, 137, 138
 Raw foodism. *See also* Level 3 recipes
 amenorrhea, 49
 athletic performance, 48
 balance of raw and cooked foods, 8, 45–46
 benefits and health claims, 7, 20, 43
 dietary fat, 45, 48–49
 enzymes and nutrients, 8, 43–44
 frequently asked questions, 47–50
 fruitarianism, 48
 higher raw meal plans, 91
 juicing, 49
 myths and misconceptions, 51–59
 preparation methods and techniques, 46
 versus veganism, 44–45
 whole foods, 20
 Raw Gazpacho, 180, 181
 Raw Key Lime Pie, 235–236, 237
 Raw Lasagna, 224–225, 225
 Raw Marinara Sauce, 106, 135
 Raw-Nola, Banana Almond Coconut, 204, 205
 Raw-Nola, Chocolate, 202, 202–203
 Raw or Cooked Ratatouille, 222, 222–223
 Raw Pad Thai, 191–192, 193
 Raw Peach Cobbler, 233–235, 234
 Raw Spinach and Mushroom Burgers, 192–193
 Raw Vegan Bircher Muesli, 154, 155

Raw Vegan Blueberry Ginger Ice Cream, 240, 241
 “Rawvioli,” Root, with Nut Cheese and Pesto, 168, 169
 Red Lentil and Walnut Hummus, 131–134
 Red Lentil Sweet Potato and Coconut Curry, Easy, 167–168
 Reinvented Ants on a Log, 124, 125
 “Rice”
 Jicama Fiesta Rice Salad, 210–212, 212 to make, 97
 Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221
 Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227
 Rice, in Acorn Squash, Frisée, and Brown Rice Salad with Toasted Hazelnuts, 142–145, 144
 Risotto, Pumpkin Quinoa, with Pomegranate Seeds, 194, 195
 Roasted Chickpeas, Easy, 115–116, 117
 Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan, 146, 146
 Root “Rawvioli” with Nut Cheese and Pesto, 168, 169
 Rosemary Cauliflower Mashed Potatoes, 196, 198

S

Salad dressings. *See* Dressings

Salads

 Acorn Squash, Frisée, and Brown Rice Salad with Toasted Hazelnuts, 142–145, 144
 Apricot Quinoa and Mint Salad, 158–159, 159
 Basic Massaged Kale Salad, 103–105, 104
 Curried Chickpea and Carrot Salad, 163
 Dinosaur Kale and White Bean Caesar Salad, 140, 141
 filling ingredients for meal-size salads, 139
 Green Soup (Blended Salad), 102, 103
 Jicama Fiesta Rice Salad, 210–212, 212
 Kale Salad with Sweet Potato, Almonds, and Creamy Maple Chipotle Dressing, 141–142

 Quick Quinoa and Black Bean Salad with Spicy Cilantro Vinaigrette, 166–167
 Raw Cobb Salad, 144, 145
 Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan, 146, 146
 Sweet Potato Salad with Miso Dressing and Chives, 156–157, 158
 Sauces and salsas. *See also* Dressings
 Almond Butter and Sun-Dried Tomato Dressing (sauce suggestion), 127–128
 Basic Vegan Pesto, 135–136
 Black Bean Salsa, 216, 217
 for Coconut Curry Kelp Noodles, 223
 for Creamy Basil and Ginger Noodles, 210
 for Enchiladas, 163
 Kale and Pistachio Pesto, 136
 Pad Thai Sauce, 192
 Raw Cashew Alfredo, 134
 Raw Corn Salsa, 137, 138
 Raw Marinara Sauce, 106, 135
 Simple Raw Vegan Avocado Mayonnaise, 136–137
 Smoky Red Pepper Sauce, 220
 Tangy Tahini Sauce, 188–191, 189
 Scramble, Chickpea Tofu Tahini, 152, 152–153
 Seeds, 48, 73. *See also specific types*
 Sesame seeds
 Cherry Vanilla Tahini Ice Cream, 245
 Multiseed Gomasio, 129
 Nut or Seed Pâté, 101
 Raw Carrot Falafel, 188, 189
 substitutions, 95
 Shakes. *See* Smoothies
 Simple Avocado Toast, 151, 151
 Simple Raw Vanilla Macarons, 232, 237–238
 Simple Raw Vegan Avocado Mayonnaise, 136–137
 Smoothies
 Basic Green Smoothie, 99
 blending technique, 97
 Blueberry Mint and Kale Smoothie, 200, 201
 Peachy Keen Smoothie, 176
 Plant Protein Shake, 172

- Snacks
- Basic Chia Pudding, 108–110, 109
 - Classic Cheesy Kale Chips, 122, 123
 - DIY Snack Bars, 108, 121
 - Easy Roasted Chickpeas, 115–116, 117
 - Hemp-Seed Power Balls, 119, 120
 - Hummus Kale Chips, 123–124
 - No-Bake Sunflower Oat Bars, 120, 121
 - Nori and Pumpkin-Seed Cigars, 116
 - Reinvented Ants on a Log, 124, 125
 - Superfood Trail Mix, 120–123, 150
 - Sweet and Savory Trail Mix, 118, 119
 - Zucchini Ranch Chips, 119, 120–121
- Soft Serve, Banana, 94, 111
- Soups
- Carrot, Avocado, and Turmeric Soup, 186, 187
 - Easiest Vegan Pumpkin Soup, 162
 - Green Soup (Blended Salad), 102, 103
 - Raw Corn Chowder, 213, 213–214
 - Raw Gazpacho, 180, 181
- Soy foods, cancer and, 58–59
- Spicy Cilantro Vinaigrette, 127
- Spicy Southwestern Roasted Chickpeas, 115
- Spinach
- Basic Green Smoothie, 99
 - eating raw, 58
 - Green Soup (Blended Salad), 102, 103
 - Plant Protein Shake, 172
 - Raw Spinach and Mushroom Burgers, 192–193
 - The Veggie Bowl, 114
- Spreads, dips, and condiments. *See also*
- Dressings; Sauces and salsas
 - Avocado SpreadPudding, 155
 - Cashew Cheese (or cashew cream), 99
 - Classic Zucchini Hummus, 130, 132
 - Curried Sweet Potato Hummus, 131, 132
 - 5-Minute Guacamole, 105
 - Hemp Hummus, 130–131, 132
 - Hemp Parmesan, 135
 - Multiseed Gomasio, 129
 - Nut or Seed Pâté, 101
 - Red Lentil and Walnut Hummus, 131–134
 - Simple Raw Vegan Avocado Mayonnaise, 136–137
 - Sweet Pea Hummus, 156
- Spring Greens, 114
- Sprouted-Grain Wraps with Kale-Slaw Filling, 185
- Squash, summer. *See* Zucchini
- Squash, winter. *See* Winter squash
- “Steak,” Portobello, and Rosemary Cauliflower Mashed Potatoes, 196–198, 197
- Strawberries, Almost Instant Chocolate-Covered, 236
- Sun-dried tomatoes. *See* Tomatoes, sun-dried
- Sunflower seed butter, *in* No-Bake Sunflower Oat Bars, 120, 121
- Sunflower seeds
- Dilly Raw Vegan Sunflower “Tuna Salad,” 214, 214–215, 215
 - No-Bake Sunflower Oat Bars, 120, 121
 - Nut or Seed Pâté, 101
 - Sprouted-Grain Wraps with Kale-Slaw Filling, 185
 - substitutions, 95
 - Sweet Pea Hummus Tartines with Sunflower Sprouts, 156, 157
- Superfood Clusters, Chocolate-Covered, 235
- Superfood Trail Mix, 120–123, 150
- Supplements
- antisupplement stance, 53
 - DHA omega-3 fatty acid, 37
 - iron, 40
 - vitamin B12, 40–41, 53
 - vitamin D, 39
- Sushi Rolls, Asparagus Quinoa, 159–162, 160–161
- Sweet and Savory Trail Mix, 118, 119
- Sweet Pea Hummus Tartines with Sunflower Sprouts, 156, 157
- Sweet potatoes
- Baked Sweet Potatoes with Vanilla Almond Butter and Goji Berries, 174, 175
 - Curried Sweet Potato Hummus, 131, 132
 - Easiest Vegan Pumpkin Soup (option), 162

Easy Red Lentil Sweet Potato and Coconut Curry, 167–168
Kale Salad with Sweet Potato, Almonds, and Creamy Maple Chipotle Dressing, 141–142
Sweet Potato Black Bean Enchiladas, 163–165, 164
Sweet Potato Salad with Miso Dressing and Chives, 156–157, 158
Sweeteners, 72–73
Swiss chard
 Jungle Greens, 114
 Spring Greens, 114

T

Tabouli, Hemp-Seed, with Yellow Tomatoes and Mint, 180–182
Tacos, Heat-Free Lentil and Walnut, 190, 191
Tahini
 Cherry Vanilla Tahini Ice Cream, 245
 Chickpea Tofu Tahini Scramble, 152, 152–153
 Classic Zucchini Hummus, 130, 132
 Curried Chickpea and Carrot Salad, 163
 Easiest Vegan Pumpkin Soup, 162
 Ginger Miso Dressing, 128–129
 Green Herb Dressing, 127
 Hummus Kale Chips, 123–124
 Mediterranean Cauliflower Rice with Smoky Red Pepper Sauce, 220, 221
 Nori and Pumpkin-Seed Cigars, 116
 Red Lentil and Walnut Hummus, 131–134
 Tangy Tahini Sauce, 188–191, 189
Tartines, Sweet Pea Hummus, with Sunflower Sprouts, 156, 157
Tartlets, No-Bake, with Raw Vegan Ganache Filling, 242, 243
Tempeh, Hemp Hummus, and Red Peppers, Collard Wraps with, 184, 185
Tempeh, Mesquite Grilled, Carrot and Millet Pilaf with, 165–166, 167
Toast, Simple Avocado, 151, 151
Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149

Tofu
 Chickpea Tofu Tahini Scramble, 152, 152–153
 Easiest Vegan Pumpkin Soup, 162
Tomatoes. *See also* Tomatoes, sun-dried
 Almond Butter and Sun-Dried Tomato Dressing, 127–128
 Collard Wraps with Hemp Hummus, Tempeh and Red Peppers, 184, 185
 Creamy Basil and Ginger Noodles, 210, 211
 5-Minute Guacamole, 105
 Hemp-Seed Tabouli with Yellow Tomatoes and Mint, 180–182
 Raw Cobb Salad, 144, 145
 Raw Corn Chowder, 213, 213–214
 Raw Corn Salsa, 137, 138
 Raw Gazpacho, 180, 181
 Raw Lasagna, 224–225, 225
 Raw Marinara Sauce, 106, 135
 Raw or Cooked Ratatouille, 222, 222–223
 Romaine, Cherry Tomato, and Arugula Salad with Chickpeas and Raw Parmesan, 146, 146
 Sweet Potato Black Bean Enchiladas, 163–165, 164
Tomatoes, sun-dried
 Almond Butter and Sun-Dried Tomato Dressing, 127–128
 Creamy Maple Chipotle Dressing, 128
 Dinosaur Kale and White Bean Caesar Salad, 140, 141
 Heat-Free Lentil and Walnut Tacos, 190, 191
 Raw Gazpacho, 180, 181
 Raw Marinara Sauce, 106, 135
 Raw or Cooked Ratatouille, 222, 222–223
 Zucchini Pasta with Quinoa Meatless Balls, 168–170, 170
Trail Mix, Superfood, 120–123, 150
Trail Mix, Sweet and Savory, 118, 119

U

Un-Fried Vegetable Rice with Scallions and Ginger, 226, 227

V

- Vanilla Almond Butter and Goji Berries, Baked Sweet Potatoes with, 174, 175
- Vanilla Macaroons, Simple Raw, 237–238
- Veganism
 - balance of raw and cooked foods, 8, 45–46
 - benefits and health claims, 3–4, 15–21, 20–21
 - ethical concerns, 23–29
 - frequently asked questions, 47–50
 - meal plans, 83–91
 - myths and misconceptions, 51–59
 - versus raw foodism, 44–45
 - transitioning strategies, 79–81
 - whole foods vegan diet, 19–20
- Vegetable Rice with Scallions and Ginger, Un-Fried, 226, 227
- The Veggie Bowl, 114
- Vinaigrettes. *See* Dressings
- Vitamin supplements, 39, 40–41, 53

W

- Walnuts
 - Basic Vegan Pesto, 135–136
 - Carrot Cake Cupcakes with Cream Cheese Frosting, 240–243
 - Coconutty for Chocolate Chip Cookies, 230, 231
 - DIY Snack Bars, 108, 121
 - Heat-Free Lentil and Walnut Tacos, 190, 191
 - No-Bake Tartlets with Raw Vegan Ganache Filling, 242, 243
 - Nut or Seed Pâté, 101
 - Red Lentil and Walnut Hummus, 131–134
 - substitutions, 95
- Weight loss, 55–56
- White beans
 - Dinosaur Kale and White Bean Caesar Salad, 140, 141
 - Zucchini Pasta with Quinoa Meatless Balls, 168–170, 170

Winter squash

- Acorn Squash, Frisée, and Brown Rice Salad with Toasted Hazelnuts, 142–145, 144
- Easiest Vegan Pumpkin Soup, 162
- Pumpkin Quinoa Risotto with Pomegranate Seeds, 194, 195
- Toasted Pumpkin Granola with Homemade Hemp Milk, 148, 149
- Wraps, Collard, with Hemp Hummus, Tempeh and Red Peppers, 184, 185
- Wraps, Raw Banana Breakfast, 206–207, 207
- Wraps, Sprouted-Grain, with Kale-Slaw Filling, 185

Y

- Young Thai coconut, *in* Coconut Curry Kelp Noodles, 223–224

Z

Zucchini

- Carrot and Zucchini Pappardelle with Pesto and Peas, 228, 229
- Classic Zucchini Hummus, 130, 132
- Millet and Almond Zucchini Muffins, 148–150
- Nori Rolls with Gingery Almond Pâté and Raw Veggies, 182–183, 183
- Raw Lasagna, 224–225, 225
- Raw or Cooked Ratatouille, 222, 222–223
- Raw Pad Thai, 191–192, 193
- raw pasta, to make, 97
- Spring Greens, 114
- Zucchini Pasta with Mango, Avocado, and Black Bean Salsa, 216, 217
- Zucchini Pasta with Quinoa Meatless Balls, 168–170, 170
- Zucchini Pasta with Red or White Sauce, 106, 107
- Zucchini Ranch Chips, 119, 120–121
- Zucchini Roll-Ups, 218, 219