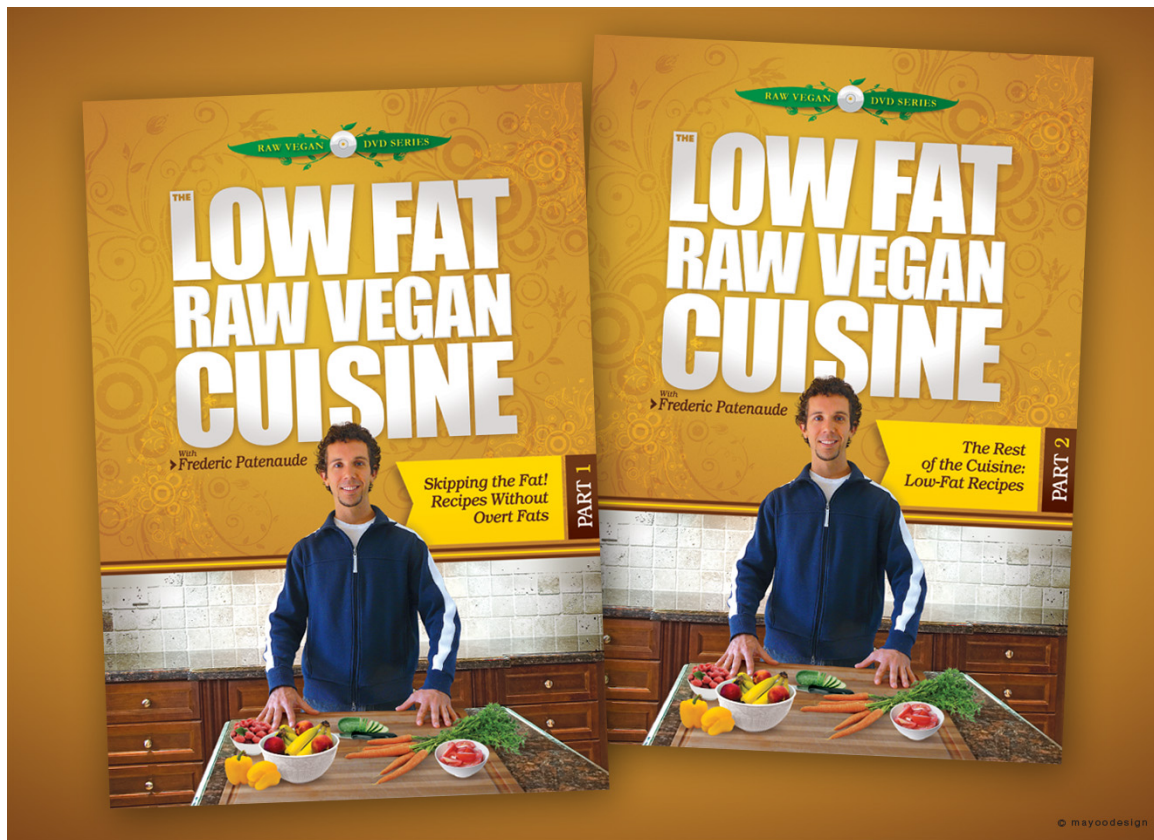


Special Bonus!

Recipes Used in the Low Fat Raw Cuisine DVD Series Part 1&2



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Smoothies

The Basic Smoothie

- 2 bananas
- ¼ cup water

Blend with more or less water for consistency.

“Sport Drink”

- 2 bananas
- 2 cups water (1 to 2 cup for each banana)

Blend and drink before or after a workout

Banana Milkshake

- 2 frozen bananas
- 1 cup water

Blend, slow it down and blend again

Smoothie With Berries

- 3 bananas
- ¼ cup blueberries
- ¼ cup blackberries (fresh or frozen)
- 1 cup water

Blend.

Mango-Based Smoothie

- 2 mangoes
- ¼ cup blueberries
- ¼ cup blackberries (fresh or frozen)

Blend.

Green Smoothies

Dark Chocolate Smoothie

- 3-4 bananas
- 1-2 cups blueberries (frozen or fresh)
- 2-4 cups baby spinach
- 1 cup celery
- 1 cup water

Blend the bananas and the blueberries then progressively add the spinach and celery.

Fruit Soups

Extraordinary Fruit Soup

- 10-20 oranges (juice of)
- 3 kiwis
- 1-2 cups blueberries
- 2 apples
- 2 cups pomelo

Cut the pomelo and keep just the pulp. Mix all the ingredients in a big bowl. Let it sit for a little while for better flavor.

Pineapple Soup

- 2 cups pineapple
- 1-2 cups blueberries
- 1-2 cups strawberries
- 2 Clementines
- 1 cup celery
- ½ cup pineapple (cut in pieces)

Blend the pineapple in a blender with ¼ cup of water to make the base of the soup. Chop the celery in very thin slices. Mix with all of the other ingredients in a bowl.

Fat free Vegetable Soup

Fruit Flavored Vegetable Soup

- 2-3 medium tomatoes
- 2 small cucumbers
- 1 mango
- 1 cup red pepper
- Fresh basil, or dill (to taste)
- Green onions or chives

Blend the tomatoes first with the cucumbers to make the base of the soup. Add the other ingredients and blend at a very low speed. Keep it chunky with pieces, not fully liquid.

Garden Vegetable Soup

- 2 medium tomatoes
- 1-2 cups spinach
- 1 cup celery
- Cherry tomatoes
- Lime
- Celery powder

Blend the tomatoes and the celery together. Add the spinach and mix. Serve in a bowl with slices of cherry tomatoes, celery powder and lime juice.

Fat-Free Salad Dressings

Mango Dressing

- 1 cup tomatoes
- 1 cup mango
- 2 tbs. balsamic vinegar (or lemon)

Blend.

Blueberry Dressing

- 1 ½ cup blueberries
- 3 dates
- ½ lemon

Blend.

Red Dressing

- 1 cup red pepper
- 1-2 tomatoes
- ½ cup strawberries
- 3 sun-dried tomatoes

Blend the tomatoes and red pepper first. Add the rest and blend again.

Salad With Mango Dressing

- Bowl of spinach
- Mango dressing
- Cherry tomatoes
- Celery or cabbage powder

Mix together.

Mango Salsa

- 1 mango
- 2-3 tomatoes
- Fresh cilantro (to taste)
- 1 slice red onion

Chop all the ingredients and mix in a bowl

Green Blueberry Salad

- Lettuce
- 3 persimmons
- 1 cup blueberries
- Chives (to taste)
- 1 carrot

Cut the ingredients and mix them in a bowl. Use the Saladacco or similar machine to spiralize the carrot.

DVD 2: The rest of the cuisine

Garden Blend Juice

- 3 stalk of celery
- 3 carrots
- 1 cup spinach
- ½ cup parsley
- ¼ lemon

In the juicer, alternate carrot and celery. Add some spinach and parsley. Serve with a zest of lemon.

Carrot Juice Soup

- 2 cups carrot juice
- 1 avocado
- ½ to 1 inch ginger
- 1 handful cilantro
- 1 cup grated zucchini (don't blend)
- 2 chopped tomatoes (don't blend)
- 1 carrot (spiralized)
- Celery powder

Blend carrot juice with the avocado and ginger. Add the cilantro and mix at a slow speed. We want that some pieces of the cilantro still be in the base of the soup. Pour in a bowl and add the chopped ingredients.

Red Soup

- 2 cups tomatoes
- 2 red bell peppers
- 1 ½ limes (juice)
- 1/2 cup almonds (soaked)
- 3 Tbs. celery powder

Start with the tomatoes and the pepper in the blender. Add the lime juice and the almond to make it creamy.

Blended Salad

- 2-3 tomatoes
- 2 ribs of celery
- 4 leaves lettuce

- handful spinach
- 2 green onions
- 1/2 avocado
- dulse flakes

Blend everything (but not the avocado) in the blender by pushing on the ingredients with the celery. At a very low speed at first and then increase the speed. Put the avocado at the very end. Pour in a bowl and add dulse or cabbage powder on top.

Creamy Salad Dressings

Cashew Dressing

- 1 cup tomatoes
- ¼ to ½ cup cashew
- Fresh dill
- Dulse powder or seasoning

Blend.

Strawberry Dressing

- 1 cup strawberries
- 2-3 tbs. tahini
- ¼ cup water
- Basil or herb of your choice

Blend.

Avocado Cucumber Dressing

- ½ avocado
- 1 cup cucumber
- Chives (to taste)
- ½ lemon
- Celery powder

Blend.

Salad Meal Idea

- Lettuce
- 1 cup oranges
- 1 cup spinach
- 1 Clementine
- Strawberry dressing
- Orange slices

Mix ingredients together.

Fennel Delights

- 2 cups fennel (thin slices)
- 1 cup parsley
- 1 orange pepper
- 1 celery rib (thin slices)
- 1/2 avocado
- 1-2 Tbs. olive oil
- 6-8 sundried tomatoes (soaked in advance, and chopped)

Mix ingredients together.

Nut Patés and Dips

Almond Pâté

- 2 cups almonds (soaked)
- 3 carrots
- ½ lemon
- 4 green onions
- dulse, seasonings

In the champion, put the carrots and the almonds. Mix the pulp and the juice together. Mix with the green onions and seasoning.

Stuffed Pepper

- Almond pâté
- Bell peppers

Stuff the bell peppers with the pâté.

Nori Rolls

- Almond pâté
- Nori
- Grated zucchini
- Sun-dried tomatoes (soaked)
- Sprouted mung bean
- Carrot (thin julienne)
- Cucumber (thin julienne)

Add a few tablespoons of the pâté onto a nori sheet. Add grated zucchini and some of the other ingredients. Roll. Wet and cut.

Special Guacamole

- 2 avocados
- ½ cup red onion
- ½ lemon
- Cumin powder or curry powder
- Sundried tomatoes 6-7 (soaked and finely chopped)

Mashed the avocado in a bowl and mix with the other ingredients. Serve in lettuce or cabbage leaves to create burritos.

Raw Spaghetti

Spaghetti sauce:

- 2 cups tomatoes
- Fresh basil (handful)
- 3 dates
- 6 sundried tomatoes
- 2 green onions or chives

Blend.

Noodles:

- Spiralized zucchini and or carrots

Mix ingredients together in a bowl. Add shredded basil if desired.

Desserts

Favorite Coconut Cream

- 2 cups young coconuts (flesh)
- ½ cup of coconut water
- 10 dates
- 2 tbs. vanilla extract (or 2 inches fresh vanilla)

Blend together.

Carrot Pudding

- 1 cup coconut cream
- 1 cup grated carrots
- ½ cup raisin (soaked)

Mix all ingredients together. Soak raisins in advance.

Durian Pudding

- 1-2 cups durian
- 1 frozen banana

Blend.

Coconut Pie

Crust:

- 1/2 cups almonds
- 1/3 cups walnuts
- 5-6 dates
- 4 Tbs. dried coconut
- ½ orange, juice of

Create the crust by processing all the above ingredients in a food processor. Spread crust onto pie container.

Create pie with following layers:

- *Bananas*
- *Dried Coconut*
- *Blubberies*

Thank you for ordering the Low Fat Raw Vegan Cuisine DVDs. For a list of other available products, go to:
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