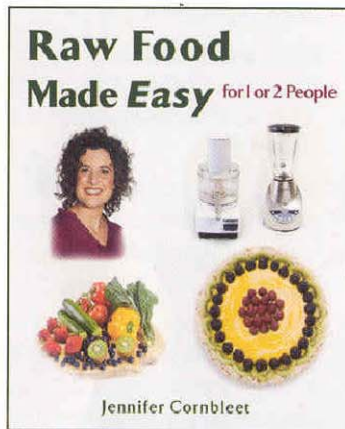


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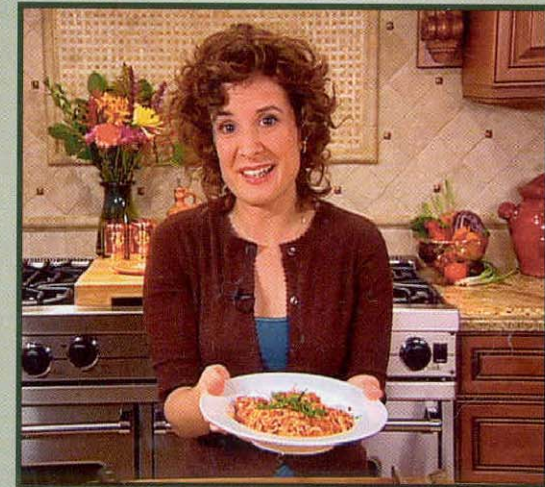
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# RAW FOOD MADE EASY *Guide* *with Jennifer Cornbleet*



**Kitchen Set-up \* Shopping  
Recipes \* Travel Tips  
\* Resources \***



Book Publishing Company  
Summertown, Tennessee

## Kitchen Setup and Shopping

Stocking your kitchen with the appropriate equipment and ingredients will make food preparation easy.

### EQUIPMENT

#### **Appliances**

blender  
food processor  
juicer

#### **Knives and Cutting Boards**

chef's knife (7-10 inch)  
serrated knife (5-inch)  
cutting board, wood or bamboo

#### **Other Tools**

bamboo sushi mat  
citrus juicer or reamer  
garlic press  
mason jars, pint-size (for storing food)  
mesh bag, for straining nut milks (optional)  
mixing bowls  
measuring cups and spoons  
peeler  
pie plate or tart pan, 9-inch  
spatula, rubber  
storage containers, plastic, in various sizes  
strainer, fine-mesh  
tongs  
vegetable spiral slicer, for making pasta (optional)

### STAPLES

*Purchase enough of these items to last a month or two.*

#### **Dried Fruits**

dates  
raisins

#### **Frozen Fruits**

blueberries

#### **Dried Herbs and Spices**

basil  
black pepper  
cayenne  
cinnamon  
garlic powder  
onion powder  
oregano  
dill

#### **Raw Nuts and Seeds**

almonds  
cashews  
coconut (shredded, dried)  
pine nuts  
sunflower seeds  
walnuts

#### **Sweeteners and Seasonings**

agave nectar  
miso, mellow white  
salt, unrefined

#### **Oils**

extra-virgin olive oil

#### **Miscellaneous**

cocoa or carob powder  
nori sheets  
olives, black  
tomatoes, sun-dried (dry or oil-packed)  
vanilla extract

### WEEKLY GROCERIES

*Purchasing these fresh ingredients will allow you to make any of the Raw Food Made Easy recipes.*

avocados  
basil, fresh  
bell peppers, red  
broccoli  
carrots  
celery  
cucumbers  
oranges  
bananas  
fruit, in season  
garlic  
gingerroot, fresh  
kale  
lemons  
lettuce, Romaine  
onions, green and/or red  
parsley  
spinach  
tomatoes, regular or cherry  
zucchini

## Recipes

### Orange and Berry Smoothie

Yield: 2 cups, 2 servings

1 orange, peeled and sectioned  
1 banana  
1/3 cup frozen blueberries  
1/2 cup water

Place all ingredients in a blender and process until smooth.

**For a green smoothie:** Add 1/2 cup chopped greens, such as kale, spinach, chard, collards, Romaine, parsley, or celery.



### Granola

Yield: 2 cups, 4 servings

1/2 cup soaked raw almonds  
1/2 cup soaked raw sunflower seeds  
1/2 cup soaked raw walnuts  
1/2 cup raisins  
1/2 teaspoon ground cinnamon  
Dash salt  
1/2 cup fresh fruit (such as apple, banana, berries, kiwifruit, mango, peach, or pineapple)  
1/2 cup Almond Milk (see p. 4)

Place the almonds, sunflower seeds, and walnuts in a food processor fitted with the S blade and pulse briefly, just until coarsely chopped. Add the raisins, cinnamon, and salt and process briefly to mix. Store in a sealed container in the refrigerator. Granola will keep for up to two days. When ready to serve, transfer to a small bowl and combine with the fruit. Serve immediately with the Almond Milk.

**For Date or Fig Granola:** Replace the raisins with 1/2 cup chopped dates or chopped dried figs.

### Green Juice

Yield: 2 cups, 1-2 servings

6 celery stalks  
6 kale or collard leaves  
1 cucumber, sliced lengthwise  
1/2 bunch parsley and/or cilantro  
1 (1/2 inch) piece fresh ginger (optional)  
1/2 lemon, peeled

Juice the celery, kale, cucumber, parsley, cilantro, lemon, and ginger, if desired. Serve immediately.

**For Sweet Green Juice:** Add 1 apple, cut into chunks.





## Almond Milk

Yield: 2½ cups, 2–4 servings

- 1½ cups soaked almonds
- 3 pitted dates, soaked, or
- 1 tablespoon agave nectar
- 2½ cups water

Place the almonds, dates, and water in a blender and process until smooth. Place a fine-mesh strainer over a mixing bowl and pour the almond mixture through it. Using a rubber spatula, stir and press the pulp that is caught in the strainer to extract as much milk as possible. Alternatively, use a mesh bag to strain the milk. Discard the pulp left in the strainer. Transfer the milk to a sealed container and store in the refrigerator. Almond Milk will keep for five days. It will separate, so shake well before using.



## Garden Vegetable Soup

Yield: 3 cups, 2 servings

- 1 zucchini, chopped (about 1 cup)
- 1 ripe tomato, chopped
- 1 celery stalk, chopped
- 1 cup chopped spinach or chard
- 6 fresh basil leaves
- 1 green onion, chopped
- 1 clove garlic
- 1 tablespoon fresh lemon juice
- 1 teaspoon mellow white miso
- Dash cayenne
- Dash salt
- ¾ cup water
- ½ ripe avocado

Place the zucchini, tomato, celery, spinach, basil, green onion, garlic, lemon juice, miso, cayenne, salt, and water in a blender and process until smooth. Add the avocado and blend until smooth. Serve immediately.

## Tomato Stacks

Yield: 1 serving

- 2 slices large ripe tomato
- 2 tablespoons Not Tuna Paté (see p. 8)
- 2 tablespoons pesto (see p. 5)
- 2 tablespoons alfalfa or clover sprouts
- 1 teaspoon sliced black olives

Place one tomato slice on a plate and spread the paté over it. Place the second tomato slice on top, and spread with the pesto. Top with the sprouts and black olives. Serve immediately.

## Pesto

Yield: 1 cup, 4 servings

- 2 cups basil leaves (stems removed), tightly packed
- ¼ cup extra-virgin olive oil
- 1 teaspoon crushed garlic (2 cloves)
- ¼ teaspoon plus ⅛ teaspoon salt
- ¼ cup raw pine nuts

Place the basil, olive oil, garlic, and salt in a food processor fitted with the S blade and process until the basil is chopped. Add the pine nuts and process until smooth. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Do not over process; you should still see flecks of pine nuts throughout. Stored in a sealed container in the refrigerator, pesto will keep for five days.

## Crudités

Yield: 2–3 servings

- 1 carrot, peeled
- 1 celery stalk
- ½ cucumber
- 1 red bell pepper
- ½ cup broccoli florets
- ½ cup cherry tomatoes

Slice the carrot, celery, and cucumber on the diagonal into chip shapes. Cut the red bell pepper into chunks. Arrange the carrot, celery, cucumber, and red bell pepper in a circle on a serving plate, and place the broccoli florets and cherry tomatoes in the center. Serve immediately or store the vegetables in a sealed container in the refrigerator. Crudités will keep for up to three days.

## Mediterranean Kale

Yield: 4–5 servings

- 2 small bunches kale, stems removed
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- 1 red bell pepper, diced
- ¼ cup raw pine nuts
- ¼ cup sliced black olives
- Dash black pepper

Stack 2 of the kale leaves with the stem end facing you. Fold in half lengthwise and roll tightly like a cigar. Slice crosswise into thin strips. Repeat with the remaining leaves. Chop the kale strips crosswise a few times, so they aren't too long. Place in a mixing bowl along with the olive oil, lemon juice, and salt. Toss well with your hands, working the dressing into the greens. Add the red bell pepper, pine nuts, and olives and toss gently. Season to taste with black pepper. Stored in a sealed container in the refrigerator, Mediterranean Kale will keep for three days. Bring to room temperature before serving.

**For Mediterranean Kale with Pine Nuts and Raisins:** Omit the red bell pepper and olives. Add ¼ cup golden raisins.



## Zucchini Pasta with Marinara Sauce

Yield: 3-4 servings

- 4 zucchini, peeled
- 1 cup Marinara Sauce (see below)

Cut the zucchini into thin noodles using a vegetable spiral slicer. Alternatively, use a vegetable peeler to create long ribbons, or "fettuccini," by drawing the peeler down all sides of the zucchini until you reach the core. Place in a medium bowl and toss with the Marinara Sauce. Serve immediately.

**For Zucchini Pasta al Pesto:** Replace the Marinara Sauce with  $\frac{1}{2}$  cup Pesto (see p. 5).

**For Zucchini Fettuccini Alfredo:** Toss zucchini ribbons with 1 cup Ranch Dressing (see next column).



Place all the ingredients in a food processor fitted with the S blade and process until smooth. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Stored in a sealer container in the refrigerator, Marinara Sauce will keep for three days.

## Marinara Sauce

Yield: 1 cup

- 1 ripe tomato, seeded and chopped (about  $\frac{1}{2}$  cup)
- $\frac{1}{2}$  cup sun-dried tomatoes, soaked or oil-packed
- $\frac{1}{2}$  red bell pepper, chopped (about  $\frac{1}{2}$  cup)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon minced fresh basil, or 1 teaspoon dried
- 1 teaspoon dried oregano
- $\frac{1}{2}$  teaspoon crushed garlic (1 clove)
- $\frac{1}{4}$  teaspoon plus  $\frac{1}{8}$  teaspoon salt
- Dash black pepper
- Dash cayenne

## Ranch Dressing

Yield: 1 cup, 4 servings

- 1 cup soaked raw cashews
  - $\frac{3}{4}$  cup water
  - 2 tablespoons fresh lemon juice
  - $\frac{1}{2}$  teaspoon garlic powder
  - $\frac{1}{2}$  teaspoon onion powder
  - $\frac{1}{4}$  teaspoon plus  $\frac{1}{8}$  teaspoon salt
  - 1 tablespoon minced fresh basil, or 1 teaspoon dried
  - 1 tablespoon minced fresh dill weed, or 1 teaspoon dried
- Place the cashews, water, lemon juice, garlic powder, onion powder, and salt in a blender and process until smooth and creamy. Add the basil and dill weed and pulse briefly, just to mix.

Stored in a sealed container in the refrigerator, Ranch Dressing will keep for five days. Serve with Romaine lettuce and chopped tomatoes, or with other salads.



## California Rolls

Yield: 2 rolls, 1 serving

- 2 nori sheets
- 2 teaspoons mellow white miso
- 1 carrot, peeled
- $\frac{1}{2}$  cucumber, peeled, seeded and cut lengthwise into thin strips
- $\frac{1}{2}$  ripe avocado, thinly sliced
- $\frac{1}{2}$  red bell pepper, cut lengthwise into thin strips
- $\frac{1}{4}$  cup Not Tuna Paté (see p. 8)
- Tamari for dipping (optional)

Make carrot ribbons, by drawing a vegetable peeler down all sides of the carrot until there is nothing left to peel. Lay one sheet of nori, shiny side down, on a bamboo sushi mat. Using the back of a teaspoon, spread 1 teaspoon of the

miso in a single horizontal strip anywhere along the bottom third of the nori. Along the edge of the nori closest to you, layer the carrot ribbons, cucumber, avocado, red bell pepper, and Not Tuna Paté.

To roll, grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers, and press the filling back toward you with your other fingers. Using the mat to help you, roll the front edge of the nori over the filling. Squeeze it with the mat; then lift and continue rolling.

Just before completing the roll, dip your index finger in water and run it along the far edge of the nori sheet. This will seal the seam of the roll. Cut the roll into 6 pieces with a serrated knife. Fill, roll, and slice the other sheet of nori the same way. Arrange on a plate and serve immediately with a small bowl of tamari for dipping, if desired.



## Not Tuna Paté

Yield: 2 cups, 4–6 servings

- 2 cups soaked raw sunflower seeds
- 1 cup soaked raw almonds
- 1/2 cup water
- 1/4 cup fresh lemon juice
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/4 cup minced fresh parsley
- 3/4 teaspoon salt

Place the sunflower seeds, almonds, water, and lemon juice in a food processor fitted with the S blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a small mixing bowl and stir in the celery, onion, parsley, and salt. Mix well. Stored in a sealed container in the refrigerator, Not Tuna Paté will keep for five days.

**For Not Salmon Paté:** Add 1 cup grated carrots to the food processor along with the almonds, sunflower seeds, water, and lemon juice. Replace the parsley with 3 tablespoons minced fresh dill weed, or 1 tablespoon dried.



## Chocolate Mousse Tart with Raspberries

Yield: one 9-inch pie or tart

- 1 recipe Coconut Crust (see p.9)
- 1 recipe Chocolate Mousse (see p. 9)
- 2 cups fresh raspberries

Scoop the crust into a pie plate or tart pan. Use a light circular motion with your palm and fingers to distribute the crumbs uniformly along the bottom and up the sides of the pan. There should be a 3/4-inch lip of crumbs along the sides. After the crumbs are evenly distributed, press the crust down on the bottom of the pan using your fingers and palm. Be sure that you press firmly where the bottom of the pan joins the sides. Then press the crust against the pan's sides, shaping it so that the edges are flush with the rim.

Spread the Chocolate Mousse over the bottom of the crust. Arrange the raspberries on top. Chill for at least 1 hour before serving. Covered with plastic wrap in the refrigerator, Chocolate Mousse Tart with Raspberries will keep for three days.

## Chocolate Mousse

Yield: 2 cups, 6 servings

- 1/2 cup pitted dates, soaked
- 1/2 cup agave nectar
- 1 teaspoon vanilla extract, optional
- 1 1/2 cups mashed avocados (3 avocados)
- 3/4 cup unsweetened cocoa or carob powder
- 1/2 cup water

Place the dates, agave nectar, and optional vanilla in a food processor fitted with the S blade and process until smooth. Add the avocado and cocoa powder and process until creamy. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Add the water and process briefly. Stored in a sealed container, Chocolate Mousse will keep for three days in the refrigerator or two weeks in the freezer. Serve chilled or at room temperature.

**For Chocolate Buttercream Frosting:** Omit the water.

**For Chocolate Sauce:** Increase the water to 1 cup.

**For Fudgicles:** Freeze the Chocolate Mousse in ice cube trays or popsicle molds for at least 4 hours.

## Coconut Crust

Yield: 3 cups, for one 9-inch pie or tart crust

- 1 1/2 cups unsweetened shredded dried coconut
- 1 1/2 cups raw walnuts or raw macadamia nuts, unsoaked
- 1/2 teaspoon salt
- 1/2 cup pitted dates, unsoaked

Place the coconut, walnuts or macadamia nuts, and salt in a food processor fitted with the S blade and process until coarsely ground. Add the dates and process until the mixture resembles coarse crumbs and begins to stick together. Don't over process. Stored in a sealed container, Coconut Crust will keep for one month in the refrigerator or three months in the freezer.



## TRAVEL TIPS

*Sticking to a healthy diet can be done while you're on the road.*

### **Equipment to Pack:**

personal blender (Tribest)  
extension cord  
chopping mat, flexible  
knife, small with sheath  
peeler  
salad spin bag  
storage container, plastic, medium-size  
resealable plastic bags  
small jar, for dressing  
fork or chopsticks

### **Ingredients to Pack:**

green powder  
almonds  
raisins  
raw almond butter  
raw food bars  
flaxseed crackers  
small bottle extra virgin olive oil  
dulse flakes  
salt, unrefined

### **Ingredients to Purchase at Your Destination:**

bottled water  
apples  
oranges  
bananas  
baby carrots  
cherry tomatoes  
cucumbers  
celery  
avocados  
guacamole (optional)  
salsa (optional)  
Romaine hearts or other lettuce  
lemons

## RESOURCES

### EQUIPMENT

*Many of the following items can be purchased at [www.learnrawfood.com](http://www.learnrawfood.com).*

#### **blenders, standard**

I recommend the Kitchen Aid KSB560MC 5-speed model, or the Osterizer Classic. Eventually, you may wish to purchase a high-speed blender such as the Vita-Mix 5000 or the BlendTec HP Total Blender ([www.blendtec.com](http://www.blendtec.com)).

#### **blenders, personal-size**

For a portable, lightweight travel blender, I recommend the Tribest Personal Blender ([www.tribest.com](http://www.tribest.com)).

#### **chopping mats**

Several brands of multicolored flexible mats are available at [www.amazon.com](http://www.amazon.com).

#### **food processors**

I recommend the Cuisinart 11-cup Pro Custom food processor.

#### **juicers**

I recommend the Tribest Green Star and Solostar juicers ([www.tribest.com](http://www.tribest.com)).

#### **chef's knives**

The MAC Professional Series (also called "MAC Mighty") knives are excellent. I like the 6½-inch Santoku and the 8½-inch French chef's knife ([www.purejoyplanet.com](http://www.purejoyplanet.com)).

#### **knives, small with sheaths (for travel)**

Messermeister picnic knives are small, lightweight, inexpensive, and come in different colors ([www.chefsresource.com](http://www.chefsresource.com)).

#### **cutting boards**

I recommend Totally Bamboo boards ([www.totallybamboo.com](http://www.totallybamboo.com)). Get one with

grooves on one side, and use that side for fruit only, to avoid mixing flavors.

#### **mesh bag, for nutmilks**

My favorite is available at [www.purejoyplanet.com](http://www.purejoyplanet.com). It's called "The Amazing Nut Milk, Juice, and Sprout Bag".

#### **peelers**

I like Oxo Good Grips.

#### **salad spin bag**

The "Spin 'N' Store" salad bag is available at [www.amazon.com](http://www.amazon.com).

#### **storage containers**

Rubbermaid Stain Shield containers are durable, come in different sizes, and stack nicely. Get the 20-pc. set and you'll have everything you need.

#### **tart pans**

Look for an 8-, 9-, or 10-inch pan with a removable bottom ([www.surlatable.com](http://www.surlatable.com)).

#### **tongs**

Oxo Good Grips are durable and comfortable to hold.

#### **vegetable spiral slicer, for pasta**

I recommend the Metro Garnishing Machine ([www.healthy-eating.com](http://www.healthy-eating.com)).

## INGREDIENTS

#### **agave nectar**

Look for raw agave nectar, such as Wholesome Sweeteners Organic Raw Blue Agave.

#### **carob powder, raw**

Raw carob powder isn't always available at grocery stores, but can be found at [www.naturalizing.com](http://www.naturalizing.com) and [www.raw-food.com](http://www.raw-food.com).

#### **cocoa powder**

Navitas Naturals makes an affordable raw cocoa powder ([www.amazon.com](http://www.amazon.com)).

#### **dulse flakes and nori sheets**

Maine Coast sea vegetables are available at most health food stores and also at [www.amazon.com](http://www.amazon.com).

#### **flax crackers**

See [www.matterofflax.com](http://www.matterofflax.com), [www.high-vibe.com](http://www.high-vibe.com), and [www.rawfood.com](http://www.rawfood.com) for several different varieties.

#### **green powders**

I like Vitamineral Green, which is available at most health food stores.

#### **herbs and spices**

[www.frontiercoop.com](http://www.frontiercoop.com) has a wide selection of organic, non-irradiated, non-heat processed herbs and spices.

#### **miso, mellow white**

I like Miso Master Mellow White Miso (natural food stores and [www.great-eastern-sun.com](http://www.great-eastern-sun.com)).

#### **nuts, seeds, and dried fruits**

[www.sunorganic.com](http://www.sunorganic.com) sells fresh, organic, high-quality products.

#### **olives**

Raw olives are available at [www.raw-food.com](http://www.raw-food.com). I especially like the Raw Power and Raw Botilla olives.

#### **olive oil, extra-virgin**

Look for estate-grown, cold-pressed, organic oil. I recommend Bariani ([www.bariani.com](http://www.bariani.com)).

#### **raw food bars**

I like Lara Bars, Organic Food Bars, and Raw Crunch Bars (natural food stores and [www.amazon.com](http://www.amazon.com)).

#### **salt, unrefined**

Celtic Sea Salt, Himalayan Crystal Salt, Real Salt, and Eden Sea Salt are all good brands.

#### **tomatoes, sun-dried**

I prefer the Sonoma brand, available at natural food stores.