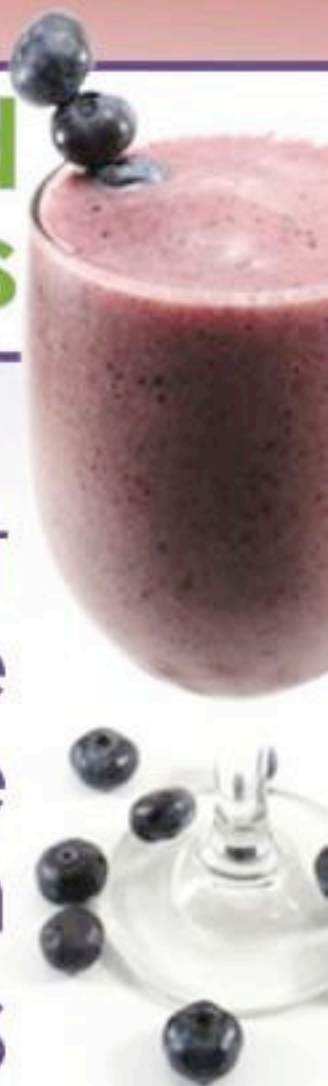


# The Raw Food Coach's **50** Quick, Easy Healthy & Delicious



## Raw Food Recipes

That  
Anyone  
Can Make  
in Less Than  
**10 Minutes**



  
karenknowler  
The Raw Food Coach™

## How to use this eBook

Welcome! What you have in your hands today are 50 raw food recipes that are everything the cover claims them to be. Not only are they quick, easy, healthy and delicious, they are also very simple. In fact some are so simple you might think they're *too* simple!

Thankfully this is not the case! I have found time and again that the most simple recipes are almost always the best. Not just at the start when you're learning because they're so easy, but also at the other end, when vibrant health is your ultimate goal and messing around with your food too much actually becomes *detrimental*.

So although many of these recipes are the ones I personally started off with over 13 years ago, they have stayed with me over all this time – while other more complicated and fancy raw dishes have come and gone, these remain among the ones I most enjoy.

So the recipes here are timeless classics; recipes that in my experience almost everyone you meet will love as much as you do. This means that these recipes are great to try out on friends, family, work colleagues and children – especially the smoothies which everyone seems to love - and you can feel confident that you now have at your disposal 50 recipes that can be whizzed up so quickly that you won't be able to believe that you just ate so fast!

## How to get the most out of your recipes

These pages have been laid out in such a way that you can punch holes down the left hand side and file them in a binder. I consider this a must, especially if you plan to collect more of the resources (many of them free) that I'll be bringing to my web site as time goes by.

I also encourage you to print one copy and save the eBook itself to your computer's hard drive. This way you have one set you can write on when you experiment in the kitchen, and, should any sheets get stained or damp, you can simply print off another and file a fresh and clean version!

You might also want to file your recipes in different sections within a binder. I have arranged these recipes so that all the drinks are together, all the main meals and heavier foods are together and all the desserts and sweets are together exactly for this reason. I have also placed a picture of the one key ingredient used in the recipe alongside each recipe so you can see at a glance what you could make if you have one particular ingredient that you want to use – or use up! Just do whatever feels fun and useful to you – just promise me you'll use them!

## How to get started

The best way to get started is simply to flick through all the recipes or their names, and pick *just one* that you feel drawn to making. This way you won't feel overwhelmed and, just as importantly, you are acting from "I want to make this" rather than "I should". Remember, this is all about fun, pleasure and enjoyment! Just make sure you have all the ingredients to hand and the relevant equipment (of which you need very little – in all of these recipes you can get away with just a food processor or blender most of the time) and then get started right away!

As there are 50 recipes here you might find it fun to set yourself the challenge of making one new recipe a week for a year. Or you might aim for 6 months completion – that's just 2 a week. Whatever you decide, keep everything in the spirit of fun and your health will benefit in more ways than one 😊.

## Introducing food to friends and family

In the early days of eating raw, when the benefits are really starting to come through, it's very tempting to want to "convert" everyone, but this rarely – *if ever* – works. You may already know this from your own experience! So while these recipes are great for sharing, I highly recommend that you "share" them in the spirit of "good healthy fresh food" without too much of an introduction, rather than fan-faring "hey, try this great raw food meal I just made – it's the best thing ever!" – the latter may just scare the pants off them, or you may turn them off simply through using the word "raw" (sad but true). It really all depends on your company, so you can be the best judge of that.

As for children, well, speaking from experience, I know that for most kids smoothies are the best route in. That and the sweet things, including the desserts and ice-creams. They also generally love fruit. Food has to be really FUN for kids to be interested a lot of the time. The good news is, at least half of the recipes you'll find in the following pages are definitely kid-friendly, so if you have children or cater for them, why not have them help you? There's no better way to get the raw nutrition into their minds as well as their bodies than to have them in charge of the blender controls! And one day when they're old enough to understand "why", and feeling and looking fitter and healthier than their friends, they're definitely going to thank you for it!

Finally, with husbands or wives who aren't quite as keen, no need to get upset about that – you're definitely not alone. Simply try to build more raw foods into their daily diet through the strategic swapping of drinks (more water, smoothies instead of coffee etc.), adding great side salads and dressings to every main meal and – if you can get away with it, bypassing the cookie shelves when shopping and replacing with raw goodies that taste even better!

## Final word...

If you're familiar with my philosophy you'll know that I encourage each person to find their own way with raw food. Sure, guidance is a great thing, but it should remain that. Ultimately you are your own best nutritionist, *you* know how it feels to be in your body and *YOU* can tell whether something agrees with you or not.

One step beyond "agreeing with", we have "thriving" – and that's what we're aiming for here. What foods, drinks and recipes make your cells sing? What feeds you at a deep level, rather than just touches the sides and acts like a quick fix? Use these recipes to discover what works for you best and what your body laps up at its deepest level.

And finally, and most importantly of all, start your journey by focussing on *yourself*. When you can understand raw food for yourself, then you're in a position to talk about it. Spend a few months getting to know your own body, what works for it, what doesn't and why *and then* if people want to join you then *great* – you can teach them all you know! But in the short term, concentrate on getting your own courage, skills and expertise up first – it's definitely worth it and in the meantime will save you hours of grief and hassle explaining yourself to the world!

Wishing you vibrant health and great joy in your life, your body and your kitchen!

*Karen x*

## Key

\* **Denotes hard to find ingredients**, all available by mail order from The Fresh Network at <http://www.freshnetworkshop.co.uk/> or call 0845 833 7017.

"**Cups**" refers to measuring cups – an American measurement becoming increasingly popular and well utilised in the UK. Measuring cups come in various sizes as a set and are available from some supermarkets, most kitchenware shops and <http://www.freshnetworkshop.co.uk/> sells a great multi-measure gadget called the Metric Wonder Cup which measures just about everything – including liquids.

**Medjool dates:** In many of my sweet recipes I recommend Medjool dates. These are the large succulent dates that are usually the freshest you can get in a supermarket (they're semi-fresh semi-dried). These are my dates of choice as they have a real depth to their flavour and make sweet dishes taste richer and also feel creamier. Normal dates will still work well, but you'll have to double the numbers (as they are usually half the size of Medjools) and soak them first in order to protect your blender!

**Agave nectar:** This is a natural sweetener extracted from the cactus plant. It comes in light and dark varieties. I don't have a preference as both types are delicious, so when making a recipe that lists this ingredient I recommend that you use whatever you have in the home (or if you have both, whichever you prefer) – unless I specifically state which type.

## Your 50 recipes

1. Mono Melon Smoothie
2. Young Coconut Smoothie
3. Summer Fruits Smoothie
4. Coconut Dream Smoothie
5. Mango and Spinach Smoothie
6. Strawberry Ice-Dream Smoothie
7. Superfood Smoothie
8. Chocolate Milk
9. Liquid Toffee
10. Vanilla and Sesame Shake
11. Sweet Comfort Milk
12. Malty Dream
13. Sweet Almond Milk
14. Maca Milk
15. Hemp Milk
16. Sweet Vanilla Pecan Milk
17. Strawberry Nut Milk
18. Fruity Fizz
19. Green Ginger Soup
20. Sue's Super Soup
21. Sweet 'n' Succulent Kale and Avocado Salad
22. Mango Salad
23. Creamy Sea Salad
24. Stuffed Bell Peppers
25. Karen's Favourite Nori Rolls
26. Mushroom "Pizzas"
27. Falafel
28. Almond Hummous
29. Spicy Salsa
30. Carrot & Almond Loaf
31. Beetroot Filling
32. Mushroom Pâté
33. "Mock Tuna"
34. Cashew & Macadamia Cheese
35. Karen's Favourite Guacamole
36. Sour Cream
37. Karen's Super-Sexy Olive Cream
38. Simple Vinaigrette
39. Raspberry Vinaigrette
40. "Taste-Bud Tantaliser" Dressing
41. Tahini Dressing
42. Veggie Spaghetti with Pesto Sauce
43. Fresh Fruit Salad with Macadamia Cream
44. Banana Split
45. Chocolate Pudding
46. Dried Fruit Compote
47. Raw Halva
48. Almond and Raisin Balls
49. Fruit and Nut Surprises
50. Date Candies



# Mono Melon Smoothie

This recipe is about as **simple** as you could get, however, **wow!** How **dreamy** it tastes! Simple yet **profound**...

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 ripe melon of your choice [Galia is my favourite melon for this recipe]



## Directions

1. Simply cut your melon in half and spoon the ripe flesh out of the skin, putting the seeds to one side. If you are serving one person, half a melon will be enough, unless that person (probably you!) is very hungry...
2. Blend your melon on high speed until no lumps remain – this is your smoothie!
3. Pour into a tall glass, find a cosy corner, relax... and sip silently – if you can!

## ☆ RAW COACH TOP TIPS

- You could try adding one other fruit to this smoothie to give it a gentle twist, such as a few strawberries, raspberries, blueberries or blackberries. This will make for a stunning looking drink as well as new tastes to delight you and your guests.
- This is a great breakfast as it is just fruit. If drinking this at any other time of day, to avoid gas and bloating you must drink on an empty stomach, as all fruits digest the quickest of all foods, but melon is the fastest –and when blended faster still! So wait at least 3 hours after eating your last meal to drink this – hence the breakfast suggestion!
- This one won't keep well in the fridge, so best to drink it as soon as possible. Why wait anyhow?!

# Young Coconut Smoothie

Young coconuts are one of my very **favourite** foods. You can buy them in oriental supermarkets in major cities, but I daresay they'll be available by mail order in the not too distant future! This recipe is simply **divine**.

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 young coconut [Also known as “green” coconuts or “jelly” coconuts]



## Directions

1. Open your coconut (carefully!). My favourite and easiest method for doing this is to peel off as much of the top white husk as I can in just one place on top of the coconut {running down from the point to the edge}. This creates a “bald spot”. Then, I take a very sharp knife – a strong one! – and stab it into the spot at an angle multiple times until it goes through and a small hole has been created. When the hole is formed, I make sure the knife has a good foothold in (this may mean stabbing it again one or two more times) and then I get a good grip and lever the knife around in a circular method as if unzipping it all the way around. Then the “lid” pops off and inside you have your coconut water and your fresh “jelly” around the inside wall.
2. So first, pour all the coconut water into your blender. To avoid any bits getting in the way you may wish to do this through a fine sieve.
3. Next, take a large spoon and scrape all the jelly off the inside and add that to your water inside the blender.
4. When everything has been removed from your coconut and is sitting inside your blender, blend your water and jelly together on high speed until you have a thick, creamy mixture with no lumps. This is your delicious smoothie!
4. Finally, pour into a tall glass grab a good book and spend the next 10 minutes in coco-heaven!

## ☆ RAW COACH TOP TIPS

- This recipe is perfect as it is, but adding a few drops of vanilla essence could take it from a 10/10 to an 11/10 for the vanilla lovers among us!
- Adding Superfood to this recipe also works really well. My Superfood of choice is Nature’s Living Superfood\* (known as Nature’s First Food or Vita Mineral Green in the US).

# Summer Fruits Smoothie

This recipe was one of those "just throw lots of **delicious** fresh fruits in a blender and it should work" kind of recipes - and it does! Try it and share the **pleasure** 😊

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 cup pure water
- 1 medium mango
- 1 nectarine
- 2 small bananas
- 3 Medjool dates



## Directions

1. Place all ingredients in your blender (no need to peel anything, apart from the bananas - and pit the dates!) and blend thoroughly until a thick but bit-free consistency is achieved. One summer fruit smoothie already!
2. Pour into a tall glass, add ice if preferred and enjoy!

## ★RAW COACH TOP TIPS

- Use frozen fruit if you prefer a much cooler drink or add ice instead of water in the original blend. If the drink is too thick for you, simply add more water until it's the way you like it!



# Coconut Dream Smoothie

If you're not able to access young coconuts easily then you can access the following **dreamy** "coconut in a carton" super-easily in selected health food shops and by mail order. This recipe is a bit like a Pina Colada taste-wise but instead it tastes quite **warming** and makes you feel comforted as if you've just drunk a **big fat hug!** Mmmm...

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 carton Dr Martin's Coco Milk\* [pictured, so you know!]
- 1 medium mango
- 4 Medjool dates
- 1 Tablespoon vanilla essence



## Directions

1. Empty your carton of coco milk into your blender, then add in your sliced mango (no skin!), your Medjool dates (pitted) and your vanilla essence.
2. Blend everything together on high speed until no lumps remain – this is your smoothie!
3. Pour into a tall glass, lay on the sofa and dream of distant shores ☺

## ☆RAW COACH TOP TIPS

- This is a great recipe for sharing, as this recipe makes two large wine glasses full of smoothie. Drinking this feels decadent and relaxing, so is really a good one to use as an "end of the day" treat. Go on, you deserve it!

# Mango and Spinach Smoothie

Are you getting your greens? One or two glasses of this a day (this recipe makes 2 pints) is going to make you look and feel **amazing**. And the good news is, it tastes truly (you're going to have to trust me on this) **dee-licious**.

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 large sweet and ripe mango (or 2 small ones)
- 5-6 large handfuls of organic spinach



## Directions

1. Chop your peeled mango into pieces and put into a blender first (it's important that you put the mango in first as it creates the juice which the spinach can be blended into).
2. Wash your spinach thoroughly and add to the blender.
3. Blend the two together thoroughly until a thick but bit-free consistency is achieved.
4. Taste-test: If it's not sweet enough for you add 1-2 dates or more mango; if it's too sweet add more spinach.
5. Finally, if you prefer your smoothie runnier, simply add water to reach desired consistency.
6. When you're happy with taste and texture, pour into a tall glass and swoon! Feel the green goodness flooding into you! You did good!

## ☆RAW COACH TOP TIPS

- I usually make 2 pints worth (the above recipe will make roughly this amount) and drink one immediately and put the other into another pint glass and keep in the fridge until later in the day. The latter makes for a great afternoon "snack" or a satiating pre-dinner filler. Two in a day? You'll be feeling marvellous in no time at all 😊

# Strawberry Ice-Dream Smoothie

For the kid in us all, this is a truly **yummy** drink that will satisfy any fast-food thick shakes cravings or the yearning for something ice-creamy. **Simple**, easy and delicious (aren't they all?) this one is just divine. You just need to make sure you have your bananas frozen a few hours first...

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 cup water
- 2 frozen bananas (peel before freezing and freeze until hard)
- A small handful of fresh strawberries
- OPTIONAL: small piece of vanilla pod OR a few drops of vanilla essence



## Directions

1. Place all ingredients into a Vita-Mix or blender (NB: If not using a Vita-Mix, allow the frozen bananas to thaw for a while first, otherwise your blender may find it too tough to handle).
2. Blend all ingredients thoroughly until thick whipped ice-cream like consistency is achieved.
3. Pour into a tall glass, serve with a strawberry on top, and savour slowly. Let the coolness transport you...

## ☆ RAW COACH TOP TIPS

- You can swap the strawberries for many other different fresh or frozen fruits, or use combinations to create your own special recipe. Mango and strawberry are lovely together. Alternatively, if you haven't had time to freeze your bananas, then use fresh ones and blend with ice instead of water.
- Makes for a lovely alternative to dessert – but always best eaten at least 2 hours after dinner for digestive reasons.

# Superfood Smoothie

If you're out of fresh greens, or simply want to round out your diet, this smoothie is a **fantastic** way to get wild greens into your diet in a very quick and **tasty** way. If you can't make a fresh green smoothie every day, then at least have one of these!

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 Tbsp of Nature's Living Superfood (or other Superfood, but this works brilliantly)
- 1 – 2 cups pure water (to desired consistency)
- 1 large or 2 small bananas
- OPTIONAL: Dates OR agave nectar\* (soaked dates are preferred if dried)



## Directions

1. Place the peeled bananas, Superfood and 1 cup of water into blender and blend until smooth.
2. Sample the smoothie – is it too thick or not sweet enough? If too thick add another cup of water to make more runny. If not sweet enough add 1 Medjool date or two small dates or a tablespoon of agave nectar.
3. Blend and taste test again, increasing water and sweetness to level desired. Note your favourite amounts of each ingredient on this page for future reference.
4. When you have your perfect blend, make a note of it on this page, then pour into a glass, smile at the colour and enjoy!

## ☆RAW COACH TOP TIPS

- This is a quick and simple way of getting some Superfoods into your daily diet and despite its “swamp-like” colour and consistency, it actually tastes lovely!
- If you make a Superfood smoothie part of your day, whether it be at breakfast, lunch or dinner or even as a snack, this will help ensure that you are getting a broad range of Superfoods into your diet with very little effort. Anyone can do this!
- Feel free to experiment and add in small amounts of other ingredients such as seeds (soaked or sprouted are best – e.g. sesame, pumpkin, sunflower, hemp), bee pollen\*, maca\* or mesquite powder\*.

# Chocolate Milk

What could be more indulgent than a creamy **soothing** chocolate drink? Not a lot! So this one's for when you want a special **treat**, to celebrate or just to taste something reeealllly good!

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1-3 cups water (depends how runny you like it)
- 1 heaped Tablespoon of almond butter\*
- 2 Tablespoons of carob powder\* OR 1 heaped Tablespoon of raw chocolate powder\*
- 1 Medjool date OR 1 Tablespoon of agave nectar\*
- OPTIONAL: 1 teaspoon vanilla essence OR ½ vanilla pod



## Directions

1. Place all ingredients into a blender and blend until you have a smooth lump-free mixture.
2. Taste test for sweetness and chocolaty-ness and add more of whatever is required if necessary. e.g. Add more dates or agave nectar if not sweet enough.
3. When completely satisfied, pour into a tall glass or a large wine goblet and find a throne to relax in for half an hour ☺

## ☆RAW COACH TOP TIPS

- This is great for kids of all ages and also can be frozen in an airtight container or put into an ice-cream maker to make fresh dairy free ice-cream!
- As cacao is a natural stimulant, this is a good one for keeping you up at night or perking you up in the day. Use wisely!

## Liquid Toffee

As the name would suggest this is **decadence** in a glass. Using mesquite [a mineral-rich superfood and low glycemic sweetener] as the all-important ingredient, this smoothie is as **nutritious** as it is delicious.

### Equipment

Blender  
OR Hand blender

### Ingredients

- 1 - 1½ cups water
- 3 large bananas
- 2 Tablespoons mesquite powder\*
- 4- 6 dates (or 2 -3 Medjool dates) OR 2 - 3 Tablespoons of agave nectar\*



### Directions

1. Place all ingredients in your blender, erring on the side of caution with your water and dates/ agave in the first blend.
2. Taste-test. Not sweet enough? Add more dates or agave. Not mesquite-y enough, add more of it to your liking.
3. When you have your perfect liquid toffee formula, make a note of it here, pull up a chair, pour a thick glass full and exhale....

### ☆RAW COACH TOP TIPS

- Try adding some ground cacao nibs\* for the equally seductive “warm chocolate” alternative.

# Vanilla and Sesame Shake

I adore vanilla, so having a shake revolve around it is definitely a good thing as far as I can see! This shake feels very **nourishing** to the soul. Its creaminess is **soothing**, its “warm” taste welcoming. Yes, this is a “pleased to see you” drink that you’ll want to welcome on a regular basis. Drink in...

## Equipment

Blender

## Ingredients

- 1 cup sesame seeds
- 2 large bananas
- 2 cups water
- 3 Medjool dates OR 3 Tablespoons agave nectar
- 1 Tbsp vanilla essence OR ½-1 vanilla pod



## Directions

1. Place all ingredients into a blender and blend on full power until all of the sesame seeds are fully broken down. [NB: Owing to the size of the seeds this may be hard to do – if you prefer no lumps at all you will need to mill the seeds in a nut mill before blending with the other ingredients.]
2. Taste test for sweetness and add more dates or agave if required.
3. When you have your perfect blend, write it down, pour it out and find a soft spot on your lounge floor. Bury yourself in cushions and sip, slurp or savour, depending on your mood.

## ☆RAW COACH TOP TIPS

- If you’d like to add more flavour to this basic mix, try playing with varying amounts of any (but not all) of the following: mesquite powder\*, coconut butter\*, cacao nibs\* or raw carob powder\*.

# Sweet Comfort Milk

So named because it has that **soothing**, relaxing, pre-bedtime feel about it. Not too heavy, not too light. It takes just one minute to make from start to finish and definitely hits a spot. A great one for moments when you want to be still, **quiet** and find comfort in a glass like a child...

## Equipment

Blender

## Ingredients

- 2 cups water
- 1 Tablespoon of raw cashew butter\*
- 3 Medjool dates OR 3 Tablespoons agave nectar\*



## Directions

1. Place all ingredients into a blender and blend on full power until you have a clean, bit-free milk consistency.
2. Taste test for sweetness and add more dates or agave if required.
3. When you're ready, pour your glass, curl up with a book or gaze at a beautiful painting for hours...

## ☆RAW COACH TOP TIPS

- This could be flavoured with just about anything along the lines of mesquite\*, cacao (raw chocolate) or other favouring in your cupboard. But try this for starters and see if you want to build on it.



# Malty Dream

This recipe reminds me of Ovaltine with its malty **earthy** taste. That said, I never did like Ovaltine but I **do love** this!

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 cup almonds OR 1 Tablespoon raw almond butter\*
- 3 cups pure water
- 2 heaped Tablespoons mesquite powder\*
- 2 Medjool dates OR 2 Tablespoons of agave nectar\*



## Directions

1. If you don't have almond butter, place your whole almonds and water in a blender and blend on high speed until nuts are completely broken and almond milk is created.
2. Strain the almond milk through a fine sieve or nut milk bag into a bowl or jug. Save pulp for a dessert recipe, for dehydrating into almond flour, or compost.
3. Rinse blender and add back in the strained nut milk. (If you do have almond butter you can skip these steps and simply add the almond butter in now, with the other ingredients).
4. Add the mesquite powder and your chosen sweetener and blend.
5. Taste test for sweetness/ strength of flavour and add more mesquite or dates or agave if required.
6. Pour yourself a tumbler full, grab a night-time read, snuggle up on the coach, sip and savour!

## ☆RAW COACH TOP TIPS

- If you are not familiar with making nut milks, do know that you can use practically any nut to make a different flavoured milk. To read about nut milks see Sweet Almond Milk recipe, next.

# Sweet Almond Milk

This recipe is an absolute **classic**. I make it and variations of it almost every day. It's so quick and easy and so **delicious**, this is one of the first ones to master and utilise ongoingly in your everyday life.

## Equipment

Blender  
[Nut milk bag/ fine sieve/strainer]

## Ingredients

- 1 cup almonds OR 1 Tablespoon raw almond butter\*
- 3 cups pure water
- 2-4 Medjool dates (to your taste)



## Directions

1. Place all ingredients in a blender and blend until smooth.
2. If you used whole almonds (and not almond butter) and therefore need to strain the milk, use a nut milk bag or very fine sieve to strain the mixture so that you separate the almond skin from the milk.
3. Taste-test the milk. If not sweet enough add more dates and blend again.
4. Discard the pulp (skins) by composting or dehydrating to make almond flour for use in a cookie or burger recipe; serve milk after straining.
5. Pour a tall glass of milk, gaze out of the window and dream your biggest dream 😊.

## ☆RAW COACH TOP TIPS

- This will keep in fridge for about 24 hours although is best drunk right away.
- This makes an excellent base for smoothies of all kinds.

## Maca Milk

Maca is one of those ingredients that is relatively new to the UK/US health food scene, but a **fantastic** discovery when you make it. It's extremely nutritious and is a "hormonal adaptogen" meaning that it balances hormones in both genders and can alleviate even the most aggressive of PMT and menopausal symptoms. As it has such a strong taste it's not to everyone's liking, but here's a recipe that will make it much more **enjoyable** – well worth trying.

### Equipment

Blender

### Ingredients

- 1 cup almonds
- 3 cups water
- 1 level Tablespoon of maca powder\*
- 2 Medjool dates OR 2 Tablespoons agave nectar



### Directions

1. Place almonds and water in a blender and blend on high speed until nuts are completely broken and almond milk is created.
2. Strain the almond milk through a fine sieve or nut milk bag into a bowl or jug. Save pulp for a dessert recipe, for dehydrating into almond flour, or compost.
3. Rinse blender and add back in the strained nut milk.
4. Add the maca powder and your chosen sweetener and blend.
5. Taste test for sweetness and add more maca or dates or agave if required.
6. When you have your perfect blend, write it down, pour it out, sip slowly ~ and prepare to feel the "maca magic"!

### ☆RAW COACH TOP TIPS

- This is a drink that's a great post breakfast drink or snack or one for late evening when it's too late to eat.
- There's lots to say about maca and I have a great article about it on my blog [here](#).

## Hemp Milk

Hemp seeds are one of nature's finest **superfoods**. Finding ways to get them in to your diet may prove challenging as the un-hulled (whole) variety have such a strong flavour that they are not to everyone's liking. Many people find that they prefer the hulled seeds which are a creamy white colour and much **sweeter** than their un-hulled brothers. You can make this recipe using either type of hemp seed, although if you choose the un-hulled version you will need to strain the milk first before serving (– unless you like the bits!).

### Equipment

Blender

### Ingredients

- 1 cup hemp seeds (hulled recommended to start – i.e. no skins)
- 3 cups pure water
- 1 Medjool date OR 1 Tablespoon of agave nectar\*
- OPTIONAL: 1 banana



### Directions

1. Place all ingredients in your blender, and blend until smooth.
2. Taste-test. Not sweet enough? Add more dates or agave. Blend again.
3. Not thick or filling enough? Add the banana.
4. When you have your perfect hemp milk formula, make a note of it here, do a few star jumps, pour a decent-sized glass full and s-t-r-e-t-c-h before drinking.... (great for body building!)

### ☆ RAW COACH TOP TIPS

- When using the hulled hemp seeds, this recipe is very versatile as the flavour is not so strong. If you'd like add more flavour to this basic mix try playing with varying amounts of any (but not all!) of the following: vanilla, mesquite powder\*, raw coconut butter\*, cacao nibs\*, raw chocolate powder\* or raw carob powder\*.

# Sweet Vanilla Pecan Milk

This recipe has become one of my **very favourites**. One client said this tasted like “liquid pralines and cream ice-cream”. Definitely worth the effort – not that there is that much involved! Step into Pecan Heaven...

## Equipment

Blender

## Ingredients

- 1 cup of pecan nuts (125g/ 4oz)
- 3 cups of pure water (app. 700ml)
- 1 teaspoon of vanilla essence (or a piece of vanilla bean)
- 2 Medjool dates
- 2 Tablespoons of dark agave nectar\* (use 2 more dates if you don't have this)



## Directions

1. Blend your pecans with the water until no pieces left, then strain into a tall jug ready for stage 2.
2. Pour the "clean" milk into the clean blender and add the vanilla, dates and/or agave nectar.
3. Blend thoroughly until all ingredients are fully combined.
4. Pour into a tall glass, think “gratitude” and slurp 😊

## ☆RAW COACH TOP TIPS

- This will keep for roughly a day in the fridge. Try making a less runny version, pour it into a Tupperware container or ice-cream maker and freeze it for a deliciously decadent ice-cream.

# Strawberry Nut Milk

Very **smooth**, **creamy** and **delicious**, this is one great example of how to flavour a basic nut milk for something a little more interesting.

## Equipment

Blender  
Nut milk bag/ fine sieve/ strainer

## Ingredients

- 1 cup almonds
- 3 cups pure water
- 4 – 8 strawberries (to your taste)
- 1 Medjool date OR 1 Tablespoon of agave nectar\*



## Directions

1. Place almonds and water in a blender and blend on high speed until nuts are completely broken and almond milk is created.
2. Strain the almond milk through a fine sieve or nut milk bag into a bowl or jug. Save pulp for a dessert recipe, for dehydrating into almond flour, or compost.
3. Rinse blender and add back in the strained nut milk.
4. Add strawberries and sweetener and blend.
5. Taste test for strength of flavour and sweetness and add more strawberries and/or sweetener if required.
6. Pour a tumbler full, pull up a chair and watch the world go by...

## ☆ RAW COACH TOP TIPS

- This mixture makes for a lovely ice-cream. Either pour into a lidded container or put into ice-cream making machine.

## Fruity Fizz

Carbonated drinks aren't the best choice of drink due to their acidifying effects, however there may be the odd occasion you quite simply **fancy** something to **tickle** your taste-buds, as I still do. Most commercial varieties are seriously unhealthy, so I make my own - here's how.

### Equipment

None

### Ingredients

- Carbonated water (Evian is good)
- Any one fruit of your choice (one is enough): Orange, lemon, lime, grapefruit, pineapple.



### Directions

1. Decide which flavour fizzy drink you desire (I make orangeade the most!).
2. Pour your glass of carbonated water until about  $\frac{3}{4}$  of the way up
3. Add in your chosen fruit juice – be careful as the two combined can create a reaction which sends your drink shooting up the glass!
4. Give it a good stir and sip, feeling like a school child ☺.

### ☆ RAW COACH TOP TIPS

- For a fruitier drink add some small whole pieces of your chosen fruit.
- Experiment by using 2 or more different juices to create something unique.
- Add some ice cubes to this, with or without frozen fruit buried inside them, and sprinkle with elderflowers to create a delectable party drink.

# Green Ginger Soup

This is a **delicious** soup, so simple to make and so **satisfying** too. Yet another great way to get greens into your diet!

## Equipment

Blender

## Ingredients

- 1 cup diced tomatoes
- ½ cup water
- 2 cups spinach
- ½ avocado
- ½" fresh ginger
- Juice of ½ lemon
- OPTIONAL: 1 Tablespoon olive oil



## Directions

1. Simply place all the ingredients into your blender, and blend until smooth.
2. Taste-test. Adjust recipe to suit you. Blend again.
3. Ready to serve? Pour into a bowl, add some chopped or grated veggies if desired and eat as is or served with flax crackers.

## ★RAW COACH TOP TIPS

- Play with different types of greens and/or veggies – you could add in some broccoli, maybe make some carrot juice, sweeten with dates if it's too savoury for you, try orange juice instead of lemon ~ the possibilities are endless!



# Sue's Super Soup

Inspired by aunty Sue, this recipe is one of those “take what you have and make a soup out of it” type affairs that has worked well for her on many “away-from-home and food-less” occasions! In spite of its humble beginnings, it *is* very very good...

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 avocado
- 2 fresh tomatoes
- 1 Tablespoons olive oil
- 1 small clove of garlic
- Juice of 1 orange
- Dash of tamari OR Himalayan Crystal Salt\*
- 2 Medjool dates



## Directions

1. Simply place all the ingredients into your blender, and blend until smooth.
2. Taste-test. Adjust recipe to suit you – you might want more salt or more sweet. Blend again.
3. When ready, spoon into a bowl, add some chopped or grated veggies if desired and eat as is or served with flax crackers.

## ☆ RAW COACH TOP TIPS

- Top with pine nuts, crushed nuts and seeds, some finely chopped red bell pepper, or anything else that appeals and makes it more filling and adds more “mouth-feel”.

# Kale and Avocado Salad

This salad is based on a recipe taught to me by top raw food chef Chad Sarno. This is one of Chad's all time favourite raw recipes and it's also one of mine too. The beauty of this meal is that it's **delicious**, **filling** and extremely **nutritious**.

## Equipment

None

## Ingredients

- 8 large handfuls of green curly kale
- Sprinkle of Celtic sea salt OR Himalayan crystal salt
- 1-2 Tablespoons of olive oil
- 1 ripe avocado
- 2 large tomatoes OR a handful of baby plum tomatoes
- 2 cups spinach
- OPTIONAL: 2 spring onions
- OPTIONAL: 8 sun dried tomatoes in oil
- DRESSING: Squeeze of fresh lemon juice



## Directions

1. Chop the kale up into tiny pieces measuring roughly 1-2cm square and put into a bowl.
2. Add 1-2 tablespoons of olive oil plus a small sprinkling of sea salt to the kale and massage well into the leaves until they are glistening and look succulent. If they need more oil, add accordingly.
3. Chop up 1 avocado into small pieces, add to the kale and massage in well, coating the leaves. It is fine to leave pieces of avocado sitting amongst the leaves as well as coating them.
4. Chop tomatoes into small cubes and add to bowl. Similarly finely slice the optional spring onions and sun dried tomatoes – both of which I personally love.
5. Mix all ingredients well by hand – a very tactile and delicious experience! Make sure that all ingredients are spread evenly through out the bowl. Sprinkle with some fresh lemon juice and serve as is or pile high on to a plate and garnish with tomatoes.

## ☆ RAW COACH TOP TIPS

- By adding the oil and salt to the leaves the kale releases some of its moisture thereby making it much juicier in both taste and appearance. This treatment of kale makes it much more delicious and palatable, making all the difference for many people who ordinarily don't like kale as is.

# Mango Salad

There's nothing more **refreshing** than a lovely summer salad made with fresh green leaves and **juicy** fruits. This one works especially well, and you're bound to have lots of lettuce and mangos laying around much of the time...

## Equipment

Blender

## Ingredients

- 1 large very ripe mango
- 1 head lettuce of your choice (Batavia, Cos or Lambs lettuce work well)
- Handful of fresh coriander (cilantro)
- OPTIONAL: 1 additional large mango plus ½ cup of water and 2 Tablespoons of hemp oil to dress



## Directions

1. Finely shred the lettuce into thin strips using a sharp knife or mandoline and place in a large bowl.
2. Chop the mangoes into thin strips or cubes and add to the bowl.
3. Finely chop the coriander and add to the bowl. Mix all ingredients well.
4. Serve as is, or top with a dressing as per the optional recipe above. Make by blending all ingredients well ensuring no lumps. Some people like to add a touch of ginger root.
5. Smile at the sweetness of this juicy summer salad that will delight all your senses.

## ☆ RAW COACH TOP TIPS

- Another great salad to make is using orange segments alongside your traditional lettuce, avocado and tomato. Orange just tastes wonderful in this particular salad.

# Creamy Sea Salad

Finding delicious recipes that include sea vegetables can sometimes be tricky. Dulse seems to be one the few sea vegetables that most people like and is **extremely** high in much needed minerals. This salad is one of those where you can feel the **goodness** pumping through your veins.

## Equipment

None

## Ingredients

- ¾ head of lettuce (any type, though you'll need 2-3 heads if using Little Gem lettuce)
- 1 ripe avocado
- 2-3 large tomatoes
- Large chunk of cucumber
- Handful of pre-soaked dulse seaweed (soak for about 15 minutes)
- DRESSING: 1 Tablespoon raw almond butter\*, the juice of ¼ lemon, ¼ cup water. Handful of fresh coriander (cilantro)



## Directions

1. Finely shred the lettuce into thin strips using a sharp knife or mandoline and place in a large bowl.
2. Dice the avocado, tomatoes and cucumber into medium sized pieces (approximately 1½ cm square) and add to bowl.
3. Tear the dulse into small pieces and add to bowl.
4. Make the dressing by blending the above ingredients and pouring over the ingredients inside the bowl. Mix everything together thoroughly.
5. Serve and enjoy!

## ☆ RAW COACH TOP TIPS

- If you don't like dulse in strips, try dulse flakes or "Atlantic Sea Salad" a sea veg mixture.

# Stuffed Bell Peppers

Stuffed or filled veggies are a **creative** way to use some good fresh veg with something a little more dense, such as a nut or seed pâté, fresh guacamole or a nut cheese. These stuffed peppers make for a **delicious** main course and are very **filling** too.

## Equipment

Blender

## Ingredients

- 1 red bell pepper
- 1 avocado
- ½ clove garlic
- 1 teaspoon curry powder
- Juice of ½ lemon
- 2 tomatoes



## Directions

1. Slice your bell pepper in half and de-seed it. You may or many not wish to leave the stalks on. Alternatively, you may wish to cut the top off the pepper, creating a red pepper “bowl” and de-seed it that way. Both ways work!
2. Take your avocado and mash it in a bowl adding in the curry powder, lemon juice and crushed garlic. Give it a good mix.
3. Then, chop your tomatoes into small cubes and add to the avocado mixture.
4. Finally, spoon the mixture into your bell pepper and top with a sprinkling of any fresh raw seeds you have to hand such as sesame, pumpkin, sunflower or hemp. Yum!

## ☆RAW COACH TOP TIPS

- Don't stop at bell peppers! You can use a number of different begins to fill in this way: Cucumbers de-seeded both ways, celery sticks, mushrooms, large “Beefsteak” tomatoes.

## Karen's Favourite Nori Rolls

This nori roll recipe is a sure-fire **winner** and a recipe that I can live on for days on end. To find a recipe that **suits** you, use your favourite raw ingredients as fillings and continue to experiment with new textures and flavours. Makes 2 rolls.

### Equipment

None

### Ingredients

- 2 nori sheets\*
- 1 large avocado
- 2 fresh tomatoes
- 1 small onion
- 10 black olives\*, pitted OR 6 sundried tomatoes in oil
- Handful of coriander, rocket or watercress



### Directions

1. Lay the nori sheet out flat on a plate or cutting board and place strips of avocado along the near edge about an inch in from the outside of the sheet.
2. Next, lay on top of the avocado some strips of tomato followed by strips of onion then topped with halved olives or the sundried tomatoes.
3. Finally top it all off with your chosen greens.
4. Roll up, either by hand or using a sushi mat, cut into small bit-sized pieces or leave as is and enjoy!

### ☆ RAW COACH TOP TIPS

- This recipe is just for starters. You can make infinite different nori roll fillings – just make sure that you have one “heavy” filling such as avocado, a pate or similar, and some wet and juicy ones like tomato, cucumber or bell pepper.
- If making a nori roll that seems too full or has too many “wet” ingredients in it, use one large lettuce leaf to top the lot and then roll your nori – this protects the nori from becoming too wet and falling apart.
- Raw nori is purpley-black in colour and toasted is dark green. (i.e. The opposite of what you would expect).

## Mushroom “Pizzas”

If you don't have pre-prepared raw pizza bases laying around (and to be honest, who does?!) this is a very **quick** way to get all of the taste of a raw pizza in a smaller, just as **tasty** version.

### Equipment

Hand blender  
OR Food processor

### Ingredients

- As many large portabella mushrooms as required (ideally 1-2 per person)
- 1 cup cashews
- 1 cup macadamia nuts
- Juice of 1 lemon
- 1 clove garlic
- Pizza toppings of your choice – suggested toppings: Tomato, fresh basil, black olives, chopped red bell pepper.



### Directions

1. Wash and/or peel your mushrooms carefully, then de-stalk them. Place them upside down on a plate.
2. Make your “cheese” by blending the nuts, lemon juice and garlic. You may wish to add a little water as you blend if this is too chunky for you.
3. Spread the cheese inside the mushroom where the stalk was before. This is your first layer and needs to fill the cup.
4. Next, chop your toppings up in such a way that they will fit on top of the cheese layer and look attractive. The idea is to cover the cheese completely with an array of different colours, tastes and textures.
5. Serve on a bed of lettuce or other sliced greens and dress with lemon juice. Enjoy!

### ☆ RAW COACH TOP TIPS

- If you don't like mushrooms you can still use the same basic idea but spread the toppings onto flax crackers, lettuce leaves or sprouted bread.

## Falafel

When you're looking for something a little bit more-ish to add to your salad or take to work, here's your answer. These great tasting raw falafel will fill any holes and accompany any salad perfectly.

### Equipment

Hand blender  
OR Food processor  
OR Champion juicer with blank plate

### Ingredients

- 2 cups almonds
- 2 cups pecans
- 3 cups tahini
- 4 Tablespoons fresh coriander, finely chopped
- 4 Tablespoons freshly minced coriander
- 1 Tablespoons freshly ground cumin
- 1 Tablespoons freshly chopped sage
- 1 Tablespoons freshly chopped oregano
- 1 Tablespoons olive oil
- 1 teaspoon Himalayan Crystal salt (to taste)
- Water as required



### Directions

1. Process all ingredients using any of the above pieces of equipment (a powerful food processor will be the quickest).
2. Taste-test. Perhaps you'd like more herbs or to add some other favouring?
3. When you have your recipe as you'd like it, roll into balls about 1" - 1.5" in diameter.
4. Serve with a large juicy salad, dress with lemon juice and give thanks for raw food!

### ★RAW COACH TOP TIPS

- You can flavour these however you wish. How about curry flavour? Or try mixing in some fresh veg or salad items such as very finely chopped tomato, red bell pepper, carrot, courgette (zucchini), celery – anything goes!



# Almond Hummous

This recipe is **inspired** by the "original" hummous, only, as some of you may know only too well, raw hummous made from sprouted chickpeas (garbanzos) is something of an acquired taste [read: usually doesn't taste that great!]. However, having something like conventional hummous to dip things into and spread around on crackers etc., is to my mind, vital! As a former cooked hummous fan, this is a great alternative. Try it for yourself!

## Equipment

Hand blender  
OR Food processor  
OR Champion juicer with blank plate

## Ingredients

- 2 cups soaked almonds (if not soaked then add  $\frac{3}{4}$  cup of water to this recipe)
- $\frac{1}{2}$  cup raw tahini\*
- 1 large garlic clove, minced
- 2 large lemons, juice of
- 1 teaspoon Celtic sea salt\* OR Himalayan Crystal Salt\* (to taste)
- 1 Tablespoon fresh chopped parsley
- 1 teaspoon chopped fresh basil



## Directions

1. Break down the almonds first in a high-powered food processor such as the Cuisinart. (This isn't strictly necessary but it makes for a better overall texture).
2. When almonds are broken down, add all the other ingredients. Try to achieve a smooth consistency. Add a little water if necessary.
3. When the texture is as you'd like it (some will prefer it chunky some more runny), transfer to a large bowl and cover. Keep in the fridge. This will keep for about a week – great news!
4. When you are ready to eat some, serve with a juicy salad, an assortment of green leafy vegetables, with crudités or spread on flax crackers.

## ☆RAW COACH TOP TIPS

- Try adding different herbs and flavourings to this mix. For instance, adding sun-dried tomatoes can work well, or red bell pepper. How about a curried version? Experiment and enjoy!

# Spicy Salsa

A great side dish, especially if you like spicy foods!

## Equipment

Hand blender  
OR Food processor  
OR Champion juicer with blank plate

## Ingredients

- 2 medium fresh tomatoes chopped
- 10 sun dried tomatoes chopped finely
- 4 Tablespoons freshly chopped coriander (cilantro)
- ½ teaspoon chilli powder OR ¼ teaspoon fresh chilli pepper
- 2 Tablespoons lemon juice
- 1 teaspoon Celtic sea salt\* OR Himalayan Crystal Salt\*



## Directions

1. Finely chop the fresh tomatoes, the sundried tomatoes and the coriander (cilantro) and mix in a bowl.
2. Add the chilli, lemon juice and salt and mix in well.
3. Serve as a side dish with a delicious guacamole and crackers.

## ★RAW COACH TOP TIPS

- There are many variations you can create to this recipe. Try adding mango for instance! Yum 😊

# Carrot & Almond Loaf

A succulent **juicy** dish that really gives you the “main meal” feel that sometimes we look for. Filling, **delicious** and keeps well in the fridge!

## Equipment

Hand blender  
OR Food processor  
OR Champion juicer with blank plate

## Ingredients

- 2 cups almonds, soaked 8-12 hours (or add pure water to get desired consistency)
- 2 large carrots
- ½ cup coarsely chopped red onion
- 1½ cups finely chopped celery
- ½ cup finely chopped parsley
- ¼ cup finely chopped spring onions
- ¼ cup lemon juice
- Pinch of Celtic sea salt\* OR Himalayan Crystal Salt\*



## Directions

1. Process the almonds, carrot and red onion in your food processor or similar.
2. Add in the other ingredients by hand and mix well.
3. Shape like a loaf or mould into burger shapes using your hands or a mould.
4. Serve with a large juicy salad of your choice. Fab meal!

## ☆ RAW COACH TOP TIPS

- You can serve this fresh as is, or dehydrate it for a few hours for a slightly crispier, warmer dish – they’ll taste quite different!
- Will keep well for about 3 days in the fridge.

## Beetroot Filling

A **sweet**, simple but **delicious** filling for nori rolls or raw food wraps or great as a spread on crackers on sprouted wheat bread.

### Equipment

Hand blender  
OR Food processor

### Ingredients

- 1 cup cashew nuts (150g)
- ½ small beetroot
- Juice of 1 small juicy lemon
- 1 fresh tomato
- ½ small red onion



### Directions

1. Process all ingredients together in your food processor.
2. This tastes great as it is, but you may wish to add something else.
3. Serve as a dip, spread or sauce within a wrap.

### ☆ RAW COACH TOP TIPS

- This is a great dip for serving with fruits as well as veggies as the beetroot is so sweet.

# Mushroom Pâté

**Mmmm.** Mushrooms! A great pâté for crackers and just good old fashioned just **dipping** into 😊.

## Equipment

Hand blender  
OR Food processor

## Ingredients

- 1 cup of sunflower seeds
- 12 medium sized Mushrooms – you can use more than one kind (e.g. Portobello, Shiitake, Crimini, white button, or any other variety that you enjoy)
- 10 halves sundried tomatoes
- To taste: Parsley



## Directions

1. Wash mushrooms with damp cloth (rather than running water as this will dilute the taste).
2. Mix the sunflower seeds, mushrooms, sundried tomatoes, and a small amount of parsley in large bowl.
3. Process until pâté consistency is achieved. (Add a little pure water if required).
4. Taste-test. Adapt as desired.
5. Transfer to a bowl. When serving garnish with fresh parsley. Beautiful!

## ☆ RAW COACH TOP TIPS

- For a heavier pâté swap half the sunflower seeds for a nut of your choice. Pecans or walnuts work well.

## “Mock Tuna”

A **classic**. There are many variations on these “mock tuna” recipes – it’s nothing like tuna in taste, but it does taste great, and that’s what matters, right?!

### Equipment

Hand blender  
OR Food processor

### Ingredients

- 3 cups almonds
- 3 cups carrots (chop first, then measure)
- ¼ - ½ medium onion
- 1 cup celery with leaves (leaves add good flavour)
- ½ cup parsley or coriander
- ½ cup fresh basil
- 1-2 garlic cloves (according to your own taste)
- Lemon juice to taste



### Directions

1. Simply process all the ingredients in a food processor or though a Champion juicer with the blank plate in place.
2. Add some pure water if the mixture is too dry.
3. Taste-test. Adapt as desired.
4. Transfer to a bowl. Garnish with almonds and herbs.

### ☆RAW COACH TOP TIPS

- You can add or omit all sorts of ingredients to this to get a slightly different flavour. Replace almonds with walnuts for example. Or swap around some of the herbs. You can make it as simple as carrots, almonds and lemon juice if required. See what you prefer.
- Keeps for 2-3 days in refrigerator.
- Goes well with crudités, spread on crackers, inside a nori roll or as a side dish to a great salad.

# Cashew & Macadamia “Cheese”

This is one of my absolute **favourite** recipes as it’s SO quick and easy to make and just 4 ingredients. When you want something quick and filling to throw together with a salad that will last for days in the fridge, this is IT!

## Equipment

Hand blender  
OR Food processor

## Ingredients

- 2 cups of raw macadamia nuts
- 2 cups of cashew nuts
- Juice of 1-2 lemons (depending on sweetness and amount of juice)
- 1 clove of garlic



## Directions

1. Simply process all the ingredients until a thick well combined mass has formed. If your lemons are not super-juicy you may need to add up to 1 cup of pure water to get it properly bound – this is fine.
2. Taste-test. Adapt as desired – you may want to add a little more garlic, lemon juice, a little salt or some seasoning.
3. Transfer to a bowl. Serve with crackers, as a side dish or mould into a large chunk and cut into cubes!

## ☆ RAW COACH TOP TIPS

- You can add all sorts of ingredients to this to get a different flavoured “cheese”. How about red bell pepper for a sweet cheese? Or sundried tomatoes for a salty one? This will carry a lot of favours really well.
- If you have a cheese addiction it may be that it’s actually a salt addiction masquerading as a cheese addiction! A lot of people love the saltiness of cheese but don’t realise this. So try adding a tiny bit of healthy salt to this recipe and see how you fare.
- Keeps for 5-7 days in refrigerator. (Keep covered).
- Add additional water to turn this from a “cheese” into a runny dressing or dip.

# Karen's Favourite Guacamole

Most people **love** guacamole, however it's made, and this one is guacamole with a **twist**. I've left out tomatoes (though you don't have to) and in comes the **magical** ingredient of cumin which makes it taste just **divine**! Mmmm. I could eat this for breakfast, lunch and dinner!

## Equipment

None

## Ingredients

- 2 ripe avocados
- 1-2 teaspoons of cumin powder (to your taste, and depends on size of avocados)
- Juice of 1-2 lemons (depending on sweetness and amount of juice)
- 1 small onion (red onion works better)



## Directions

1. Slice your avocados in half and remove the pits. (NB: It's important that they're ripe – to check, they must "give" a little when squeezed). Remove the flesh and spoon into a bowl. Mash well with a fork, adding the lemon juice if it's hard going!
2. Add in the cumin powder (err on the side of caution first and add less than you think you might need), the lemon juice and very finely chopped onion.
3. Mix all ingredients together by hand making sure the cumin and onion are spread evenly throughout the mixture.
4. Taste-test. Adapt as desired. If you like tomato in your guacamole, now's the time to add it!
5. When you're happy with your mixture, serve with crackers, as a side dish or as a filling for a wrap or roll. Yum yum 😊

## ★RAW COACH TOP TIPS

- Don't be afraid to add more ingredients to this recipe – tomato, red pepper, coriander (cilantro), basil, swap onion for garlic – it's all up to you.
- If you're making a large batch and need to keep it fresh for a few hours, put the avocado stones (pits) in the bowl with the mixture and cover well. Refrigerate. All of these things will help it stay looking and tasting good.



# Sour Cream

A great little side dish or dip for many different occasions. Mix it up or keep it simple - bring on the sour cream!

## Equipment

Hand blender  
OR Food processor

## Ingredients

- 2 cups of raw macadamia nuts
- Juice of 2 - 3 lemons
- 2 teaspoons of Celtic sea salt\* OR Himalayan Crystal Salt\*



## Directions

1. Simply process all ingredients together until a thick creamy consistency is achieved.
2. Taste-test. Adapt as desired.
3. Serve with crudité's, as a dip or thick dressing or whatever takes your fancy!

## ☆RAW COACH TOP TIPS

- This is a recipe that definitely can be played around with. Macadamias make a great base for all sorts of dips and dressings.

## Karen's Super-Sexy Olive Cream

So-called because when a friend first tried this recipe she gasped and went, "Ohhh, that's *SO sexy!*" – and well, it kind of stuck. Well, there *is* a certain something about it...

### Equipment

Hand blender  
OR Food processor

### Ingredients

- 1 avocado
- 1 fresh tomato
- 5-6 pitted black olives
- Garlic to taste



### Directions

1. Simply process all ingredients together until a thick creamy consistency is achieved.
2. Taste-test. Adapt as desired.
3. Serve with crudités, as a dip or spread on sprouted bread or crackers. *Sex-y!*

### ☆ RAW COACH TOP TIPS

- Feel free to try adding a little juice to this such as lemon, orange or pineapple – you never know what you might create!

## Simple Vinaigrette

Vinaigrettes come in a variety of forms, but essentially their raison d'être is to create a dressing that will **lift** a simple green salad and give it a bite too. I have omitted mustard in this dressing but feel free to add some if you'd like. This is a basic recipe that can be whisked up in less than a minute and **enlivens** a salad just as quickly.

### Equipment

Glass jar or shaker

### Ingredients

- 3 Tablespoons olive oil
- 2 Tablespoons water
- 1 Tablespoons apple cider vinegar
- Juice of ¼ lemon



### Directions

1. Simply pour all ingredients into a dressing shaker or jar with lid and give it a good shake!
2. Taste test before pouring over your salad. Be careful with how much you use – less is usually more. You can save the rest for another day.
3. Serve on any salad for something that's juicy and with a bite.

### ☆ RAW COACH TOP TIPS

- This is a simple recipe that can be added to in any number of ways – such as by adding a spicy salt seasoning, some fresh or dried herbs, orange juice instead of lemon juice and so on.
- If this recipe is too tart for your taste buds add a little sweetener to it in the form of agave nectar or honey.
- This will keep for about a week in the fridge, so make more if you like!

# Raspberry Vinaigrette

This dressing is a little bit different and a **refreshing** change to the slightly more obvious salad dressings.

## Equipment

Blender  
OR Hand blender

## Ingredients

- 1 handful of raspberries
- Juice of 1-2 oranges
- 1 cup of sunflower seeds



## Directions

1. Simply blend all ingredients together making sure the sunflower seeds are fully broken down.
2. Serve on any salad for something that's sweet and juicy and slightly fatty too.

## ☆RAW COACH TOP TIPS

- The secret of a good dressing is sweet + fat, so try switching one or the other around. For instance, swap the sunflower seeds for avocado or a nut like macadamia. Or swap the raspberries for tomato or strawberries.
- This will only keep for a day or two in the fridge as it's fruit based.

## “Taste-Bud Tantaliser” Dressing

This recipe is a real **humdinger** of a dressing! It **perks** up any salad and covers all of the 5 tastes – sweet, salty, sour, bitter, pungent. Yummo.

### Equipment

Glass shaker jar (for dressings)  
OR jam jar with lid

### Ingredients

- 1 cup of olive oil
- ½ cup of pure water
- 1 Tablespoon honey OR light agave nectar\*
- 2-3 Tablespoons of apple cider vinegar (to taste)
- A liberal shaking of a natural flavoured salt like Herbamare
- A small amount of crushed garlic if you haven't used a spicy salt (as per above)



### Directions

1. Simply pour all ingredients into a dressing shaker or jar with lid and give it a good hard shake!
2. Taste test before pouring over your salad. Be careful with how much you use – less is usually more. You can save the rest for another day.
3. Serve on any salad that needs a big boost!

### ☆ RAW COACH TOP TIPS

- This recipe will keep for about a week in the fridge so make lots!

# Tahini Dressing

A tahini dressing is one of the most **delicious** and **versatile** dressings of all. As tahini is made from sesame seeds, it is lighter than a nut-based dressing and is high in protein and calcium, making it a nutritional superstar. A great dressing for when you want something thick and **creamy**. Smotheringly good!

## Equipment

Blender  
OR Hand Blender

## Ingredients

- 2 Tablespoons raw sesame tahini\*
- 1 Tablespoons pure water
- 1 Medjool date
- Juice of ¼ lemon OR ¼ orange



## Directions

1. Simply blend all ingredients until the mixture is smooth and creamy.
2. Taste test before using. Add more of whatever you need according to your tastes.
3. Pour onto your salad gently – you don't want to flood it!

## ☆ RAW COACH TOP TIPS

- This recipe will keep for about 2-3 days in the fridge.

# Veggie Spaghetti with Pesto Sauce

Veggie spaghetti is a great wheat-free alternative to traditional pasta and much **lighter** too. Combine it with a **fabulously** fresh dairy-free pesto and you're in for a real treat!

## Equipment

Saladacco (Spiral slicer)  
Blender

## Ingredients

- 2-3 courgettes (zucchini) OR ½ marrow for the “spaghetti”
- ⅓ cup pine nuts or macadamia nuts (or combination of)
- ⅓ cup olive oil
- Half a handful of fresh basil
- 1 clove of garlic
- Water to taste



## Directions

### To make the spaghetti

Take your spiral slicer and set it on the fine spaghetti setting. Use any of the following vegetables to create flavoured spaghetti or your choice: Carrot; Beetroot; Courgette (zucchini); Marrow; Sweet potato/ yam. [My personal favourite for using in conjunction with a sauce is either marrow or courgette as both soak up flavours very well and have a very mild flavour themselves which doesn't interfere with the flavour of the sauce.]

### To make the pesto

1. Blend all the ingredients (apart from the courgette/marrow!) together until smooth.
2. According to your personal taste, add more nuts for a deeper/creamier flavour, more oil for an oilier texture, more basil for a stronger flavour, or more water if it's too rich.
3. Pour onto your spaghetti and toss well for even coverage then serve on a bed of green leaves topped with some olives and fresh basil.

## ☆ RAW COACH TOP TIPS

- Try this recipe with mixed spaghetti – half carrot, half marrow for example.

# Fresh Fruit Salad with Macadamia Cream

A fresh fruit salad (done correctly) is one of the best meals on earth anyway, but when it's topped with this cream it's **heaven on earth**. Yes, *really!* The best Sunday breakfast EVER!

## Equipment

Blender  
OR Hand Blender

## Ingredients

- One handful of raw macadamia nuts
- Juice of half an orange (or a whole one depending on juiciness)
- 2-4 large Medjool dates (or 4-8 smaller soaked ones)
- Small piece of vanilla bean (optional)



## Directions

1. Prepare your fruit salad using a wide range of fresh juicy fruits of your choice. A good starter mixture might be: Banana, orange, apple, strawberries, nectarines and blueberries.
2. Next, make your topping by blending all ingredients together until a thick creamy mixture is created.
3. Taste test before using. Add more of whatever you need according to your tastes. You might want to add a pinch of healthy salt just to bring out the flavours a little more.
4. Serve your fruit salad and top with a good healthy dose of the macadamia cream. I promise you'll love me forever for this!

## ☆ RAW COACH TOP TIPS

- This recipe will keep for about 2-3 days in the fridge.
- Great for topping some breakfasts for something a bit more sustaining, or why not throw a tablespoon or two in your fruit smoothie?



# Banana Split

Something for **fun!** Here's a take on the classic dessert which is good as a main meal, snack or dessert depending on your appetite.

## Equipment

Blender  
OR Homogenising juicer with blank plate

## Ingredients

- 1 large fresh banana
- 1 –2 frozen bananas
- Fresh fruits of your choice (see below for ideas)



## Directions

1. Slice one large banana in half lengthways, not quite cutting all the way through to the other side.
2. Make basic ice-cream using 1 or 2 frozen bananas put through your homogenising juicer or processed in a blender or food processor until creamy.
3. Chop up some colourful fruits of your choice (strawberries and kiwi fruits are good for this) for decorating purposes and make a small fruit salad from any fresh fruits you have to hand, such as: mango, raspberries, orange, cherries, melon.
4. Make some fruit sauce by pureeing a small amount of either or both in your blender or through your juicer with the blank screen in place.

## How to assemble

- Lay the almost-halved banana in the serving dish or bowl so that the 'hinged' part is at the base and the two halves are open face up
- Spoon in a length of ice-cream between the two halves of banana, filling the cavity.
- Between the banana and the ice-cream, slide the slices of your chosen colourful fruit, so they form a scalloped edge along each inside edge of the banana.
- Serve some fruit salad around and over the top of the ice-cream.
- Pour the fruit puree over the top of the whole dish, covering everything decoratively (not too much!)
- If desired, sprinkle top of the ice-cream with some roughly chopped nuts
- Insert spoon and indulge!

## ☆ RAW COACH TOP TIPS

- Make a flavoured ice-cream instead of plain banana.
- Add in some "chocolate pudding" mix to replace the ice-cream.
- Replace the ice-cream with a generous helping of almond butter or macadamia cream.

# Chocolate Pudding

This is a **super-quick** and easy dessert that everyone seems to love! It's great for kids as avocado is well hidden and can't be tasted and great for adults as it satisfies the sweet and chocolate tooth.

## Equipment

Blender  
OR Hand Blender

## Ingredients

- 2 avocados
- ½ cup raw carob powder\*
- 1 cup dates (Medjools ideally)



## Directions

1. Simply blend all ingredients until the mixture is smooth and creamy and no lumps.
2. Taste test before using. Add more avocado if you'd like it richer and/or creamier; add more dates for extra sweetness or add more carob for a stronger chocolate flavour.
3. Serve on its own or with raw ice-cream for the ultimate treat.

## ☆ RAW COACH TOP TIPS

- If you don't like carob then you can make this with cocoa powder or raw chocolate powder instead.
- This recipe will keep for about 2-3 days in the fridge.

## Dried Fruit Compote

This is a nice "**comforting**" breakfast that's not too heavy but not as light as fresh fruit or a smoothie - i.e. **perfect** for autumn, winter and slightly chillier starts to the day.

### Equipment

Blender

### Ingredients

- Mixed dried fruit of your choice (pre-soaked is best, but if you want something quickly you don't need to)
- 1 cup almonds (or 1Tbsp almond butter)
- 2 cups pure water



### Directions

1. Place your dried fruits into a bowl. If they are pre-soaked so much the better.
2. Prepare your almond milk (it will take just 1 minute if using almond butter, and just 3 minutes if starting from scratch) by blending your almonds with water and straining.
3. Pour on the almond milk for a deliciously filling and satisfying breakfast. Truly yummy!

### ☆RAW COACH TOP TIPS

- Always be careful when buying dried fruits. Ideally you want them with nothing extra added, especially not sulphur (E220).
- Don't limit yourself in what you could add to this dish. Try topping with cinnamon powder, coconut flakes or ground nuts and seeds. Or try the recipe with a different nut milk. Or keep things really simple and just use one type of dried fruit - it doesn't have to be mixed...

# Raw Halva

This is a very **sweet** and **filling** treat, not something you can eat in any great quantity, but delicious all the same. Shape into balls or squares.

## Equipment

Blender  
OR Food processor

## Ingredients

- 1 cup tahini
- 1 cup raisins
- ½ teaspoon of vanilla essence OR small piece of vanilla bean



## Directions

1. Simply process all ingredients together to create a thick, lump free mass that you can shape as you desire. If the mixture is a little too dry, you can always add a small amount of water to get it going again).
2. When you're happy with it, shape into squares or roll into balls.
3. Eat as a snack – great for kids of course!

## ☆ RAW COACH TOP TIPS

- For a different flavour add some raw carob powder\* to the mixture.
- These will last if you keep them in air airtight container in the fridge for a few days.

## Almond and Raisin Balls

This is a very **sweet** and filling treat, not something you can eat in any great quantity, but **delicious** all the same. Shape into balls or squares.

### Equipment

Blender  
OR Food processor

### Ingredients

- 1 cup almonds
- 1 cup raisins
- ½ teaspoon of vanilla essence OR small piece of vanilla bean



### Directions

1. Simply process all ingredients together to create a thick, lump free mass that you can shape as you desire. If the mixture is a little too dry, you can always add a small amount of water to get it going again.
2. When you're happy with it, shape into squares or roll into balls.
3. Eat as a snack – great for kids of course!

### ☆ RAW COACH TOP TIPS

- Try this recipe with any nut and dried fruits of your choice – you can make masses of different variations!
- These will keep well in an airtight container for a week or two.

## Fruit and Nut Surprises

Nothing like rocket-science but a whole lot **tastier** and a really perfect, quick snack.

### Equipment

Blender  
OR Food processor

### Ingredients

- 1 Medjool date (or as many as you want to make!)
- 1-2 almonds OR Brazil nuts



### Directions

1. Take your Medjool date, cut it in half, de-stone it and place one or two almonds between the two halves.
2. That's it! The best bit is now to come...

### ☆ RAW COACH TOP TIPS

- Try any nut in place of the almonds or Brazils.
- Great for snacks, after dinner treats, for children, for parties or for gifts.
- Go easy on these kinds of things (dried fruit and nuts) as they are not great for your teeth and can also lead to more sweet cravings.
- All that said, they are great for helping wean you off less healthy sweet things.

## Date Candies

Simple and **sweet** for when the sweet-tooth monster strikes. Make lots and thank yourself for it!

### Equipment

Blender  
OR Food processor

### Ingredients

- ½ cup sesame seeds
- 1 cup dates
- 2 tablespoons raw carob powder\*
- Water as required
- Milled coconut flakes

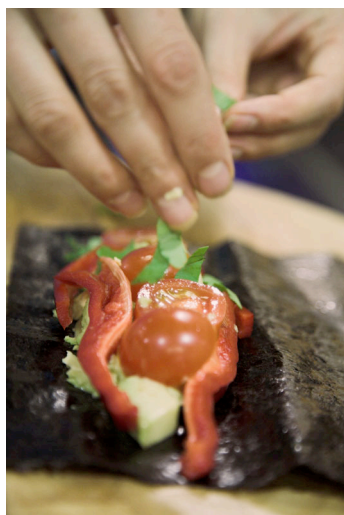


### Directions

1. Grind the sesame seeds in a grinder/ nut mill to break down into a powder, then put them in the food processor.
2. Add the dates and carob powder and process. If it's a little too dry add some water. You are aiming to create a good firm paste.
3. When you're done, pour some milled coconut onto a plate and roll walnut sized balls of the mixture in it until they are coated.

### ☆ RAW COACH TOP TIPS

- You can use all sorts of ingredients in this recipe. How about cinnamon, banana or goji berry? The possibilities are endless.
- These will keep well in an airtight container for a week or two.



## About the author

**Karen Knowler is The Raw Food Coach** and director of [The Fresh Network](#), the UK's Raw and Living Foods organisation. With over 13 years of personal experience of eating a raw food diet, Karen has been teaching, writing and coaching professionally on raw foods for eight years. Co-author of [Feel-Good Food](#) and author of the forthcoming [Raw Food for Beginners](#), Karen has lectured around the world, been seen by over 6 million viewers live on national TV, appears frequently in the national press and has coached and worked with a wide range of people including well-known celebrities.

Through her work spanning over the past decade or so, Karen has developed a unique [7-step approach to "going raw"](#) and these steps are taught at her hugely popular [Raw Food for Beginners classes](#) and [weekend workshops](#), and are explained in detail in her forthcoming book of the same name. Through her work on deeper, more emotional levels Karen has also unearthed [The 5 Stages of Transformation](#), groundbreaking work that is sure to lift the veil on why going raw has proved challenging for so many. Karen's extensive knowledge and experience of all issues relating to raw food eating, as well as her accessible, positive and inspiring take on "eating for energy" make her the most sought-after raw and living foods expert in the UK today.



**For more information, classes, courses, recipes and resources**

visit [www.TheRawFoodCoach.com](http://www.TheRawFoodCoach.com)