

Raw Reform: Recipes

by

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Containing over 150 practical, tasty, simple dishes for a healthy raw food lifestyle.



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INTRODUCTION

This e-book contains over 150 recipes to help you start and sustain a new tradition for yourself of simple raw food living. The emphasis is on creating a base of practical, familiar recipes and meal suggestions to get you started in a structured and comfortable way with this new lifestyle. No complex gourmet masterpieces, no lengthy lists of exotic ingredients and nothing too time consuming; just simple, everyday, healthy, tasty, well-combined, satisfying meals. Successfully transitioning to a high raw lifestyle is mainly a question of learning new techniques – how exactly do you make up healthy and tasty meals when you are no longer doing any of the things we're accustomed to doing in the kitchen – like boiling, baking, frying, roasting and eating out of packets? This is our shared new tradition, something to get accustomed to and feel at home with and we do not have to be alone in our experiments – there are other people out there experimenting too and even if they are not your immediate family or neighbours, there are other people to turn to for support, so get online, start up a local raw pot luck or try attending an introductory workshop for raw food preparation.

Very often in modern raw cuisine, there is an emphasis on creating beautiful, exotic, complicated recipes – this is a young and emerging area and there are some amazing experimental dishes being developed. For our purposes however, lavish recipes are not really our concern – we require simple, accessible food ideas to create a stable platform for our new raw lifestyle. This is the foundation from which other, more gourmet dishes may emerge with interest over time. There are incredible resources out there, both online and in raw recipe books for expanding and developing your raw cuisine, but for now, we are coming in at ground level.

Let's not forget that one of the main joys of a raw lifestyle is that it is about simplifying – getting back to a simple, natural way of living. Very few of us have hours to spend preparing complicated dishes and for overeaters, over-focusing on food is something we want to move away from anyway. Very often, planning a day of raw eating becomes simply about seeing which foods you have to hand and combining them together in an appetising way. Frequently, therefore, it is less a question of following a recipe, as having a good idea of what combines well together for a tasty, nourishing meal. Raw food living is much more of an art than a science, so be prepared to let your creativity flow...

Real Fast Food

When beginning to transition to raw, people often find they want to eat many more ‘heavy’ foods than they will need later on in the raw journey. This is simply part of the process of moving from a typical diet of dense animal proteins and stodgy carbohydrates to a much lighter way of living – it takes time to make the move and it is best to do it at a pace you find comfortable. There is often a tendency too in the beginning to want to make ‘replica’ meals such as raw ‘pizza’ or ‘burgers’ and so on, to replace the kinds of foods we are abstaining from. After a while though, many people find they move away from these more complex combinations towards simpler meals and then, when eating mainly fresh whole foods, we discover a new meaning for the term ‘fast food’, as nothing can be faster or simpler than eating unadulterated fruits and vegetables in their natural state. However, as this process generally happens over a number of years, rather than weeks or months, it is still a good idea to steadily build up your raw food equipment and recipe knowledge, starting now. For convenience I have tried to include a range of recipes here from very simple fruit puree blends to more complicated ‘replica’ dishes, to give a good overview of what is possible.

I have tried to only list recipes that I would make for myself – typically, recipes I have developed or come across, adapted and used over the last few years. The result is that most of the recipes here do not contain foods that I rarely eat myself, such as olives, celery, cabbage, cauliflower or very sweet foods. Another result is that the recipes listed here are generally good for an anti-candida diet and those who are hypothyroid. I have a desire to keep things simple and if a recipe looks unappealing to me due to complicated ingredients, lengthy preparation or the need for equipment I don’t own, I don’t bother with it. One of the things I really like about raw food is that ‘recipes’ so often just consist of a list of ingredients with the instruction ‘blend and enjoy’ underneath – I love the simplicity of this lifestyle and hope you will enjoy it too.

Most of the ideas presented here are for 100% raw recipes and they are all vegan. This does not imply that you ‘must’ eat 100% raw vegan - now or ever - it is just presented in this way so that you can take what you want from this new raw ‘vocabulary’ of foods and if you do not choose to eat 100% raw, you can combine these items with other foods. There are countless recipe books and resources out there for making *non*-raw foods, so I

do not feel the need to outline any such recipes here – I just want to provide raw ideas. You can use the recipes here to make a foundation for yourself of being as raw as you like and then building up from there as you desire, adding in more raw suggestions as you choose. (For those who are completely new to eating healthier dishes, try foods such as gluten-free rice cakes, rice pancakes or pumpernickel for example instead of standard wheat bread. Or try gluten-free pastas/noodles instead of normal pasta or lightly steamed root vegetables/grains like brown rice and quinoa with a salad instead of meat and so on.) In terms of equipment, try not to be intimidated away from a recipe if it says for example ‘dehydrate’ and you don’t yet own a dehydrator. Remember that there are alternatives – instead of a dehydrator, you can leave foods out in the sun, on top of radiators, in airing cupboards or in the bottom of a normal oven on the lowest setting. You also do not *have* to have a blender, food processor, hand blender and coffee grinder – often just one item will suffice if necessary, like a good food processor, which can handle most things, wet or dry. Having success with your transition to high raw is more dependent on a positive state of mind than on a kitchen full of equipment.

For convenience, I have divided the foods up into the following rough sections: breakfast items, dips/spreads/pates/toppings/sauces, lunch/dinner ideas, and then sweet dishes. For cross-referencing ease, if a recipe contains another food idea that is outlined in this e-book, I have marked the item with *italics*, so that you know that you can read how to make it elsewhere. The quantities stated in the recipes are rough guidelines of how much to use of each ingredient in proportion to the other ingredients, rather than being set in stone. With raw foods, things tend to need adjusting a bit as you go along – natural foods have distinct flavours rather than mono-flavoured, de-natured packaged foods, so play around with things until you find a balance that suits you. I decided to use cups and tablespoons as the main measuring units, as many people seem to be able to relate to these measurements. For those who do not understand cup and spoon measurements, however, here are a few simple conversions:

16tbsp = 1cup = 8ozs = approx. 240ml	1oz = 30g
2cups = approx. ½ litre = 1pint	1lb = ½kg
1 tbsp = approx 15ml	

For convenience, here is also a glossary with US-UK translations for various foodstuffs:

UK	US
Rocket	Arugula
Courgette	Zucchini
Aubergine	Egg plant
Sharon fruit	Persimmon
Coriander	Cilantro
Hazelnuts	Filbert

Combining

I have tried to focus on recipes here that I consider ‘well-combined’ in terms of general food combining rules for good digestion. Bear in mind though that there is always a little more lee-way possible when combining raw foods than with cooked foods, so a few of the ideas here may involve mixing up a few ingredients that you might not generally want to have together. For the most part however, I have avoided such recipes.

If you *are* making a recipe that involves combining together a larger number of ingredients – such as raw ‘burger’ recipes, for example, it is good to bear in mind the principle of including the five taste groups of ‘sweet, sour, salty, spicy and bitter’ for a balanced taste. Suggested ingredients include:

Sour: lemons, tomatoes, apple cider vinegar.

Sweet: dry fruit, bananas, apple juice, agave syrup etc.

Spicy: garlic, ginger, cayenne pepper, cinnamon, nutmeg.

Salty: celery, sea vegetables, Himalayan/Celtic sea salt.

Bitter: parsley, endive, onions.

Unique Umeboshi

One food I recommend to people to use is Umeboshi paste (salt pickled plums) – a versatile, tangy seasoning agent used widely in Japan and Macrobiotics. This reddish-pink paste or liquid, made simply from young plums fermented in sea salt, can be used as a replacement for salt/vinegar/other condiments in salad dressings, spreads, sauces, soups, or with rice dishes/nori rolls and so on. It has very strong balancing qualities and is regarded as a form of medicine in Japan, where it is used widely to neutralise acidity in the body. It is especially useful for those with digestive disorders and on occasions when you may feel ‘spaced out’, for instance after eating too much acid food. A little umeboshi paste - particularly when dissolved in Japanese ‘Bancha’ tea - can do wonders for redressing your pH balance. You can find Umeboshi products and bancha tea in many health food shops or Asian supermarkets.

Sweet Temptations

In modern raw cuisine, there seems to me to be a lot of interest and emphasis on desserts and sweet foods, with the number of recipes available for cakes, cookies and raw puddings somewhat disproportionate to the ideas for savoury items. Here, I have included some generic recipes for sweet foods, but have tried, as much as possible, to avoid intense raw sweeteners such as figs, dates, agave syrup, honey and maple syrup, which can all potentially trigger overeating responses due to their concentrated sweetness. Naturally, foods which trigger overeating are different for every person and you may find that you can actually handle something like dates without any problems – just remember to be honest with yourself and put your recovery first. It is also a good idea to cut out all these kinds of concentrated sweeteners to avoid feeding candida and other parasites. One of the simplest and most effective natural sweeteners available today is Stevia, which is made from an herb grown in South America. It can be found in both powdered and liquid forms and is incredibly sweet – you need only a few drops in something to completely transform the flavour. While stevia is currently becoming more wide-spread and available in the US, the UK has imposed tight regulations on the sale of this threat to the sugar-industry. It is possible to get hold of stevia in the UK, but only if labelled as ‘skin care’.

A good general tip if you want something sweet is to just mix up carob or raw cacao powder with whatever sweet stuff you have to hand – for example, bananas, nut butter or even coconut fat – and you’re likely to end up with something tasty; often a quick and simple mixture like this is all you need to satisfy a sweet tooth - there are countless possibilities, just experiment with what you have.

I’m also a fan of recipes that use up leftovers from other preparation processes – such as making carob fudge from the almond pulp leftover from making nut milk, or raw cookies from the pulp leftover from juicing carrots. If you have some leftovers such as these which you do not have an immediate use for, you can save them to either use soon in another recipe such as a cobbled-together raw soup, or freeze them down for later use.

Travelling and Eating Out

It is especially important to try to plan your foods well when you are travelling – in particular, making and taking dehydrated vegetables/fruits/crackers/patties and so on is a good way to ensure you have foods on hand which are not too heavy or awkward to carry, but are nutrient-dense and filling. A bag of dehydrated vegetable crisps can be eaten not only as they are, but also when combined with water, a little salt and seasonings, can be instantly re-hydrated into a convenient, raw vegetable soup.

Another activity that often requires some forethought and attention is dining out in restaurants. Unless you have the fortune to be attending a raw restaurant, or one that is accustomed to providing vegan/veggie meals, you may want to learn a few tips for getting a meal you actually want to eat. If you know that you are going to a more ‘mainstream’ establishment, it is a good idea to try to contact them beforehand to discuss your requirements – this can often help the process to run more smoothly. If possible, go to restaurants that have salad bars where you can make up salads for yourself, taking care to avoid foods that look very processed. Take a look through the menu, noting items that you could ask the kitchen to adapt for your needs – for instance, ask for a ‘chicken salad’ without the chicken, but with some of the guacamole that they normally serve with their nachos. In most places, the staff are happy to help and some even seem to enjoy the challenge of creating something different. Ask for simple dressings like plain olive oil and some slices of lemon if they don’t seem to have any dairy/sugar-free salad dressings.

Most restaurants offer at least a simple green salad if nothing else – at worst you can resort to this with an order of steamed vegetables or similar. Try to remember food-combining rules as best you can and help your digestion by avoiding fruit after a main meal, even if others with you are eating desserts – try to focus on your own meal and recovery, not on what anyone else is eating.

It is important to try to remain clear about what you do and don't want – you may feel awkward and embarrassed, especially in the beginning, asking for adapted meals and so on, but just remember that you are providing custom for the restaurant and that you have every right to a meal you genuinely want to eat. This is also a key time to remain focused on abstinence from overeating – mainstream restaurants are a potential mine-field for recovering overeaters, so do watch out for any creeping thoughts such as 'well, there's nothing else here, so I'll just *have* to eat this pizza/lasagne/ice cream' or 'well, a little bit of this cake just this once won't hurt – we're having a celebration after all' and so on.

BREAKFASTS

Many people find that one of the easiest ways to get into eating more raw foods is to simply adjust to only eating fruits before lunchtime. This is a great idea overall, as fruits are the cleansers of the body and are easily assimilated, which makes them easy on the digestion first thing, as well as getting the blood sugars up and running. In the beginning, this pattern also tends to be an easy one to accept psychologically, as we can bargain off the idea of fruit all morning against the thought of other 'heavier' foods later on in the day. Do be cautious however about the amount of sugars you consume if eating a lot of fruit – depending on the state of your colon, you could be doing more harm than good by eating large quantities of fruit, as you will be feeding harmful bacteria like candida. Also try to be aware of eating seasonally, to be more in tune with the world around you – in the winter-time in Britain for example a breakfast of pineapple, peaches and strawberries is not exactly natural. After eating a lot of fruit you may also find you experience a form of 'sugar blues' – if you begin to feel moody, spacey or low after fruit meals, consider alternating very fruity breakfasts, like fruit salads, smoothies and juices with some of the other heavier suggestions below. 'Heavier' breakfast suggestions include homemade

gluten-free mueslis with raw nut milk/yoghurt, along with substitutes for those accustomed to eating bread products in the mornings. There are five main ‘breakfast’ sections here – fruit salads, smoothies, juices, cereals and breads – it is a good idea to rotate your foods regularly so that you do not build up resistance to certain foods and can obtain a healthy balance of different nutrients.

Fruit Salads

The simplest way of making a fruit salad is to see what you’ve got to hand that day and, remembering to keep starchy green-ish bananas and melons separate from other fruits, for easier digestion, combine away as you like. If following the plan of just eating fruit before lunch, it is often a good idea to have a mixture of, for example, three acid or sub-acid fruits such as grapes, nectarines and raspberries for breakfast, then a snack later on in the morning of something with slower-release sugars like a banana or apple, to carry you through to lunch. This depends of course on whether or not you choose to include any snacks in your daily eating – everyone is different, so take what is useful for you from these suggestions and leave the rest.

Example fruit salad combinations:

Plum-strawberry-grape

Raspberry-blueberry-pear

Cherry-peach-apricot

Mango-blackberry-squeeze of lime

Orange-grapefruit-kiwi

The combinations and possibilities are endless – peel, core and slice the fruits as necessary and arrange in a way that pleases you before enjoying them. If you prefer to follow a more mono-diet eating pattern, then have a few pieces of just one type of fruit at a time – for example, three peaches for breakfast – this helps to speed digestion and assimilation.

Smoothies

These are thick drinks, similar to a milkshake in consistency, made typically from a combination of fruit mixed together in a blender with other things such as water, nut milks, juices, fresh young coconut water, creamed coconut, nuts or green vegetables. Smoothies have the advantage over plain juices that they retain the fibre of the foods blended, rather than squeezing all the juice out to drink and leaving the pulp behind, as occurs with juicing. The result is that smoothies are more filling and easier on your blood sugar level. They can make very satisfying and easily assimilated breakfast ‘meals’ by themselves – you can also try making up a whole batch of smoothie first thing, to have in two separate ‘hits’ during the morning, to keep you going until lunchtime. Adding in coconut fat or creamed coconut helps to make the blend especially creamy, rich and smooth. If you should find yourself with surplus smoothie mix, you can pour it into ice cube trays and leave it to freeze, to use as a snack or in a different blend some other time.

Melon Mixes

For one person, take half of any melon, such as cantaloupe, galia, honeydew or a large slice of piel de sapo or watermelon. Peel, de-seed and slice it down a bit before putting it in a blender with a handful of ice cubes and blend it until thoroughly whipped up into a creamy and delicious smoothie. You can add a touch of lemon, lime juice or ginger for more of a kick, more water to thin it down, or even a few greens if you feel like a more nourishing mix. Melon smoothies are very simple and satisfying.

Hand-juiced Citrus

A useful tip for getting the most out of citrus fruits when juicing or squeezing by hand is to roll them a little on the counter-top first, exerting pressure on them with your palm until you feel them soften slightly. The insides will then have loosened, making it easier to squeeze out the juice.

Banana Bases

Bananas make great bases for smoothies, as they are naturally so thick and creamy when blended. Many different smoothies can be made by combining sweet, well-ripened bananas with other foods. Use the bananas either fresh or frozen. If you are freezing bananas, peel them first and slice them down into chunks before freezing – this will make it much easier to use them in recipes. Another lovely thing about banana-based smoothies is that any leftovers can be put into a box in the freezer (stir a few times during the freezing process to break up ice crystals) and it comes out as delicious ice cream. Here are some example of favourite banana-based smoothies - feel free to add in other ingredients, such as fresh fruits, as you like:

Calcium Carob Hit

2 bananas

2 tbsp tahini with water to thin to desired consistency OR 1 cup *homemade sesame seed milk*

2 tbsp carob powder

Blend. The sesame seeds in this mix provide a good supply of calcium, while the carob produces a yummy chocolate flavour. Try adding in other ingredients such as vanilla, to build up more flavour.

Creamy Banana Almond

1 large Banana

1cup *homemade almond milk*

Handful of ice cubes

Blend. The natural sweetness of the almonds means you don't necessarily need so much banana.

Blanched Almonds

Some people like to remove the skins of almonds before using them in recipes – a process known as blanching. It is believed that there are some toxic substances in the skins of the nuts that we are better off not consuming. Once the nuts have been soaked for an adequate amount of time – 6-8 hours or so, it becomes quite easy to slip them out of their skins. Blanched almonds also make a much smoother milk or cream than unblanched, but it is up to you whether you choose to remove the skins or not for any of these recipes.

Healthy Hemp Smoothie

2 bananas

1 cup *homemade hemp milk*

1/3 cup soaked brazil nuts

½ cup dried apricots

Blend. Using hemp milk in smoothies is a great, easy way to get in some protein, iron and essential fatty acids.

BananaCoco

2 Bananas

Water of one fresh young coconut

Fruity Smoothies

Blend up any combination of ripe acid or sub-acid fruits that you have to hand, using water, ice cubes or freshly squeezed juices to loosen the mix. For example:

Mango-peach-raspberry-dash of lime

Orange juice-nectarines -cherries

Apple-blueberry-strawberry-blackberry crush – blend the fruits with ice cubes

Carrot juice-peeled and sliced piece of stem ginger–apple-dash of lemon juice

Green Smoothies

‘Green’ smoothies are a great way to pack in a load of green vegetables such as spinach, kale, sunflower greens, buckwheat greens, dandelion leaves, celery, parsley or lettuces into your day in a quick and easy, tasty way. If you want to include ‘superfoods’ such as aloe vera gel, green powders or spirulina for example, into your diet, green smoothies are a good place to incorporate these items. This is also an especially handy method for encouraging kids to take in greens that may not otherwise appeal to them. Try to aim at a ratio of 60% fruit to 40% greens, with water to thin it down - with the sweet fruit flavour predominating, you should have a good blend. Some nice combinations include:

PPP – pear, parsley, persimmon (creates a beautifully smooth green blend)

Sunflower greens-raspberries-apple

Banana-nut milk-spinach

Mango-blueberry-kale

Apple-plums-celery

Juices

Juices should be made fresh and drunk as soon as possible to retain maximum freshness. Fresh juices provide a ‘pre-digested’, concentrated source of nutrients that are much easier for your body to access and assimilate than digesting a whole piece of fruit or vegetable with the fibre still intact. Many people like to have juices daily, as they are a great way to squeeze a whole load of nutrients out of a pile of fruit or vegetables, directly into your body, without having to eat and digest that huge amount of produce. This tends to be particularly useful for people in terms of increasing nutrient intake from vegetables, as it’s simply easier to drink more vegetables than to eat them. There is a saying to ‘eat your fruits and juice your vegetables’, as generally people find it much more appealing to eat plain fruits than plain vegetables and fruit juices also tend to have a very high sugar content which can play havoc with blood sugar levels. A daily glass of fresh vegetable juice is therefore a highly recommended addition to any raw food lifestyle. Do note

though that many people water down juices half and half with pure water to lessen the impact of a big hit of nutrient-dense juice straight into their system.

If you want to juice, you are going to need a juicer, there's no way around it – you just can't squeeze the liquid out of many foods with your bare hands (which is one reason why some raw foodists shun juicing as 'unnatural'). In the beginning you may want to begin with a simple, less expensive juicer and if you find your interest growing, move on up to a more powerful 'masticating' model which can squeeze the juice out of almost anything for you with great efficiency. With high quality equipment, the juicing process is usually quite fast – just push the produce in one end and the juice flows out the other, while the pulp is stored in a container somewhere to be emptied out later. Cleaning the equipment afterwards can often take longer than the juicing process itself in fact, so do watch out for recommendations of user-friendly juicers (the Champion, Omega and Samson ranges are reported to be good). If you can't afford a juicer yet and are desperate to have some juice, you can try blending the produce in a normal blender and straining it through a fine-meshed cloth of some sort to separate the liquids from the solids.

You can sweeten vegetable juices by adding in some apples or a little stevia, or flavour the mix with herbs, chillies, extracts, garlic, lemon or ginger. Generally though, do try to keep fruits and vegetables separate when juicing, other than mixing in apples to vegetable juice, or you will create digestive problems for yourself. Remember to chew juices well before swallowing, to stimulate the digestive enzymes into work. Try not to rely too heavily on juices as a major component of your eating plan, as you still need to get plenty of fibre from actually eating fruits and vegetables rather than just drinking their juices – a glass a day of freshly made juice is usually about right for most people.

Juicing can be quite a wasteful process if you do not make use of all the pulp produced after the liquid is extracted, so try to acquaint yourself with some good 'recycling' recipes that you enjoy, like making soups or dehydrated crackers, so you can use up your leftovers. Some people even stir some of the pulp back into the juice after extraction, which may seem a little counter-productive, but is said to help overall with digestion, as some of the fibre is retained this way. Otherwise, make sure you have a compost heap up and running somewhere to put your scraps to good use.

Melon Juices

Simply cut any melon into chunks and run it through your juicer – you can even leave on the skin and seeds with powerful juicers. Add in lemon/ginger/a little greens if so desired.

Simple Carrot Blends

Carrot juice tends to be popular as it is a sweet vegetable, cheap, easy to juice and combines well with many different flavours. Here are some example blends:

Carrots-apples

Carrots-ginger-apple

Carrots-parsley

Carrots-cucumber-beetroot

Carrots-spinach

Carrots-celery-parsley

Carrots-cucumber

Carrot-beetroot-celery

Carrots-ginger-lemon

Carrot-beetroot-apple

Fruity Juices

Core apples before juicing, pit things like apricots, cherries and mangos and remove rind from oranges and grapefruits. Some suggested blends:

Apples-strawberries

Orange-apricot

Apples-pears

Orange-grapefruit-lemon

Apple-grapefruit

Orange-lime

Apples-grapes-lemon-ginger

Orange-kiwi

Tomato

Peach-raspberry

Apricot-pear

Nectarine-cherry

Grape-apple-lime

Mango-lime

Veggie Blends

Remember to try to keep your vegetable juices separate from your fruit juices, with the exception of apple juice. Some suggested blends:

Celery-cucumber
Celery-parsley-spinach
Cucumber-fennel-spinach
Lettuce-beetroot-celery
Alfalfa-lettuce-parsnip
Lettuce-celery-radish
Bok choy-lettuce-courgette

Cucumber-garlic-apple
Endive-cucumber-bell pepper
Asparagus-cucumber-beetroot
Courgette-garlic-apple
Artichoke-lettuce-apple
Celery-cucumber-bell pepper
Fennel-beetroot-apple

Green Juices

Juices of green vegetables such as broccoli, cabbage, dandelion, rocket (arugula), watercress, spinach, celery, lettuces and kale or wheatgrass juice tend to be very strong tasting and powerful detox tonics for the body, so it is usually best to introduce them in small quantities in the beginning. Mixing greens with other milder juices such as apple, carrots or cucumber can make them more palatable. Green juices can produce amazing healing results - whole books have been written on the benefits of drinking wheatgrass for instance, so try not to shy away from these juices completely, just use them with a little caution in the beginning.

Kale-dandelion-celery
Dandelion-broccoli-cucumber
Watercress-spinach-celery
Watercress-kale-broccoli
Broccoli-rocket-cucumber

Spinach-cabbage-rocket
Cabbage-fennel-cucumber
Watercress-garlic-broccoli
Cabbage-watercress
Kale-rocket-celery

Other Drinks

Lemon Water

First thing in the morning, a glass of pure, warm water (not boiling, not cold) with half a lemon squeezed into it is an excellent way to start the day with a boost for your liver.

Vanilla Water

A nice way to liven up your water is to grind down a vanilla pod in your coffee grinder and mix the powder with pure water in a blender. You can keep it in the fridge to drink from for a few weeks, topping up the water a little as and when necessary or alternatively freeze the mixture as ice cubes.

Breakfast Blend

A favourite morning drink is fresh carrot juice combined with sesame seed milk and a little grated ginger – very more-ish.

Nut/Seed Milks

Fresh homemade nut and seed milks are a fantastic, delicious and useful addition to any raw lifestyle. They are easy to make and so much better for you than any manufactured soya/rice alternatives or dairy milk – try to remember: ‘*nut* milk...not milk’. You can make milk from virtually any nut or seed, but the most popular ones tend to be almond, hazelnut, sesame, hemp and sunflower seeds - you can use them individually or create mixed blends.

All you do is soak the nuts or seeds overnight in pure water, then in the morning, rinse them off and put them in a blender with more fresh water. If you have a blender like the Philips ‘Cucina’ or Yaoh’s ‘raw hemp milk maker’, which have a removable central chamber to store the pulp, you can just pour the milk straight out and use it immediately, saving the pulp to use in another recipe. If you have a normal blender, just pour the thick mixture out through a piece of fine cloth, to separate the milk from the pulp - either a specially made nut milk strainer bag, a piece of muslin/cheesecloth or even a clean stocking will do. Store the pulp for another recipe such as nut burgers or fudge.

Nut and seed milks really can be an invaluable part of your new raw lifestyle, so I highly recommend getting into the habit of making up regular batches. Try to make enough for a couple of days at a time, so that you don’t have to keep making more – it will keep fine in the fridge for a day or two. The amount of water you use compared to the quantity of nuts/seeds is entirely up to you – some people like a thinner blend, or if you want a gorgeous thick ‘cream’ rather than milk, just use less water. As a general guideline for making milk, use roughly 2-3 times the amount of water to nuts/seeds. You can flavour the mix or sweeten it using dried fruit

or stevia if you desire – this may be useful for some people when acquainting themselves with sesame milk, for example, as it can tend to taste rather bitter in the beginning. Personally I found sesame milk rather strong and strange in the beginning, but have now come to love it and do not use any sweeteners with it – it is cheap and easy to make and a great source of calcium. If you’ve forgotten to soak some sesame seeds overnight, you can also just use some tahini (sesame seed butter) blended up with water instead. You also don’t always have to leave things to soak overnight – many nuts and seeds can be soaked for just a few hours before use.

Figgy Flax

One of my favourite raw tips is to prepare daily a ‘dose’ of flax seeds soaked with a dried fig. This is a really nice and tasty way to get some essential fatty acids as well as helping keep your digestion smooth and regular. Before you go to bed, simply place a dried fig in a jar or glass and cover it with flax seeds (I like golden flaxseed best), then fill the jar with pure water to about 1cm/½inch above the seeds. When you wake the next day, the seeds will have formed a lovely sweet ‘jelly’ mix with the fig. Enjoy this first thing in the morning, after refreshing yourself with some water and your intestines will thank you for it. This is the only way in which I tend to use figs – I don’t normally eat them, as I find them too sweet and problematic for my digestion in larger quantities. Be careful with this idea if having figs around or having one fig a day seems to be triggering overeating patterns for you – remember to be honest and to put your recovery first. Flaxseed simply soaked by itself in water is also great – you do not need to have any sweetener included.

Heavier Breakfasts

Many people prefer a more substantial breakfast than just fruits, so following are some ideas designed for those more accustomed to cereals or bread products in the mornings:

Muesli Blends

If you are accustomed to eating boxed cereals for breakfast with cow’s milk, this is the section for you to find a new, healthier alternative. There are various nutritious ‘muesli’ blends you

can make up and store for yourself in bulk at the start of the week, so that it is ready for you to reach for in the mornings, just like the boxed cereal used to be. Combined with the habit of regularly making your own nut/seed milk, you can easily create a delicious, filling and healthy new breakfast tradition for yourself. If you are in a more ‘transitional’ stage of eating raw, using shop-bought, sugar-free, gluten-free cereal and muesli mixes rather than homemade can also be a good option.

The principle muesli ingredients are nuts, seeds and flakes/whole grains (which are often not completely raw) such as quinoa/rice flakes, oat groats and dehydrated buckwheat. You can also add in a little dried fruit, such as sultanas, if you like, though do try to remember food combining rules and don’t combine too much fruit together with nuts. I much prefer to chop a fresh banana on top of muesli for sweetness rather than adding in dried fruit. I also don’t tend to use oats in my blends - as one would traditionally expect to find in muesli - as I try to avoid gluten. I use gluten-free options instead such as buckwheat/rice/corn/quinoa/millet flakes from health food shops. Following is a basic blend to which you can add other ingredients according to taste, availability and budget:

Generic Muesli Base

- 3 cups flakes
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 cup chopped brazil nuts

For variety, try adding in some of the following: pine nuts, linseed, dried cranberries, raisins/sultanas, chopped hazelnuts, *carob chips*, ground cacao beans, chopped almonds, *buckwheaties*, shredded coconut and so on.

Fresh Muesli

For a more ‘live’ cereal blend, simply mix the following together in a bowl:

Chopped soaked almonds, hazelnuts or brazils

Soaked sunflower seeds

Soaked pumpkin seeds
1 banana, mashed or finely chopped
1 apple, grated or finely chopped
small handful of sultanas
Nut/seed milk or cream to taste, OR 1tbsp tahini
Sprinkling of cinnamon or *carob chips* (optional)
Shredded coconut (optional)

Alternatively, for a smoother, more porridge-like texture, mix the following kinds of ingredients together in a blender:

Soaked buckwheat
Handful of macadamia nuts
One apple, cored
One banana
Shredded coconut
Sprinkling of cinnamon, nutmeg or *carob chips*

Buckwheaties

This is a simple idea I first saw in raw chef Juliano's amazing 'The UNcook Book'. Soak raw buckwheat groats overnight, then sprout them for a day or two before dehydrating until crunchy. The enzymes are awakened by the soaking and sprouting and these can then be used as lovely crunchy additions to raw muesli or other recipes.

Carob Chips

To make a batch of carob chips – like traditional 'chocolate chips' for baking/sprinkling, only much better for you - combine the following in your mixer:

Almond butter
Banana
Carob powder

Vanilla extract or powder

Put the mixture through a pastry bag fitted with a small nozzle. Pipe out carob 'chips' and either use put them on a teflex sheet for dehydrating, another surface for dehydrating with your oven/radiator/airing cupboard or put them in the freezer and use frozen as and when needed. A simpler version of this idea is to make up a paste of just carob powder with water or some other liquid to make the chips and freeze them. Peeled cacao nibs can also make lovely 'chips' for ice creams and decorations.

For those accustomed to having yoghurt in the mornings, here is a simple, generic recipe for making raw 'yoghurt':

Yoghurt

2 cups nuts (e.g. almonds, macadamias, pine nuts)

Pure water

Soak the nuts overnight in pure water. Drain, rinse, then leave to sprout for another 8-10 hours. Rinse the nuts again and put into a blender with more pure water, mixing together into a cream. Separate off the liquid from the solids with a nut milk bag/piece of muslin/cheesecloth/clean stocking. Save the solids for another recipe and put the liquid into a jar, covered with thin fabric. Leave the liquid to sit at room temperature for about 8 hours, during which time the whey will separate down from the cream at the top. Refrigerate the jar for a few hours, then when it is nicely cooled you can remove the yoghurt as required from the surface, leaving the whey underneath. This yoghurt can be served on its own for a tasty meal or with a little carefully selected fruit – like bananas - or over raw cereals.

Dry Nuts

If a recipe calls for the use of dry, rather than recently-soaked nuts, you can either use the nuts straight from the packet or otherwise soak them first, dehydrate and then use dry, as this will wake the enzymes and make them more 'alive'.
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Bread Substitutes

If you are accustomed to eating bread products in the mornings, you might find it useful to acquaint yourself with some of the following recipe ideas for raw alternatives to standard bread. Do be aware though that most recipes you'll come across for raw breads or crackers will require the use of a dehydrator or something similar to dry the mix out – these foods require preparation time, so make them up in advance in regular batches to ensure a constant supply. For those in a more 'transitional' stage of eating raw, shop-bought sprouted wheat bread, Essene bread, pumpernickel, rice cakes and so on will also provide a good stepping stone away from standard stodgy wheat products.

Both the generic bread and cracker recipes outlined here are good 'recycling' ideas as the principle ingredients are the leftovers from making either *nut/seed milks* or juices, so it is good to familiarise yourself with these versatile recipes. Experiment with different ingredients that you have to hand or enjoy, for instance, garlic, onions (remember to dehydrate these or pre-soak them in oil at least overnight if you are sensitive to them completely raw), sundried tomatoes, celery, dill, ginger, seaweed, caraway seeds, poppy seeds, 'Italian' seasonings, cayenne pepper, pumpkin seeds or even carob for a sweeter, more 'chocolatey' version.

For breakfast, you could try combining breads and crackers with spreads such as *nut butters*, coconut fat, *sunflower seed pâtés*, *seed cheese*, '*choco-nut*' spread or sweet concoctions like *fruit jams*, though do be mindful as always of general food combining issues. These recipes are also obviously by no means restricted to breakfast fare – you can use these bread substitutes any time of the day with spreads, soups, dips and so on – produced in different shapes and consistencies, these recipes can become pizza bases, 'tortilla chips', sandwich 'buns', breadsticks, croutons and so on.

Generic Bread Recipe

2 cups semi-dry nut pulp (e.g. leftovers from making *almond milk*)

½ cup freshly ground flaxseed meal

½ tsp Himalayan/Celtic sea salt/Herbamare

½ cup olive oil

½ cup fresh herbs (e.g. parsley, chives, basil, coriander)

Mix all the ingredients together and spread out on a teflex sheet or suitable container for dehydrating. It's ready when moist, or you can also leave it longer for a more cracker-like texture. Break into pieces and serve with your favourite toppings.

Generic Cracker Recipe

3 cups vegetable pulp from juicing (e.g. carrots)

1 cup ground nuts/seeds

½ tsp Himalayan/Celtic sea salt/Herbamare

½ cup fresh herbs

Mix all the ingredients together in a food processor and spread out the mixture for dehydrating. Again, try adding different ingredients and combinations for different flavours, textures and tastes. You can turn this mixture into breadsticks for dipping in sauces by rolling it out into long thin 'sausage' shapes to dehydrate.

Generic Flax Cracker Recipe

2 cups ground flax seeds

1 cup water

½ tbsp Himalayan/Celtic sea salt/ Herbamare

Mix the ingredients in a food processor and spread out for dehydrating. Many different variations on this recipe are possible.

Corn crackers

2 ears fresh corn

½ cup soaked sunflower seeds

½ onion, chopped

1 tbsp pure water

½ tsp Himalayan/Celtic sea salt/Herbamare

Cut corn from cobs and mix in food processor with other ingredients to smooth consistency. Spread out to dehydrate until crisp, scoring into triangles with a knife or pizza cutter. Experiment with alternative flavours such as garlic, chilli, tomato and so on.

DIPS, SPREADS, PÂTÉS, TOPPING, SAUCES

These items can come in handy throughout the day in all kinds of raw food meals. This section is split into sweet, savoury and sprinkling toppings and represents just a fraction of the kinds of blends you can create when your raw imagination starts flowing.

Sweet Spreads

Nut/Seed Butter

2 cups nuts/seeds (either as they are or soaked, then dehydrated to wake the enzymes)

A little oil

A touch of Himalayan/Celtic sea salt (optional)

Grind down the nuts or seeds in either a coffee grinder or food processor until they are very finely ground and start to form a paste – add a little oil (e.g. olive or coconut) as necessary to achieve the consistency you desire and a little salt for flavour. Store in the fridge and stir before use. Alternatively, shop-bought nut and seed butters are equally delicious, though it can be hard to find genuinely raw versions.

Choco-Nut Butter

2 tbsp of your favourite *nut butter* (e.g. almond)

1 tbsp carob powder or ground cacao

Liquid to thin as desired, e.g. oil, water, *nut/seed milk*

This is an all-time favourite and can be spread on almost anything – breads, crackers, slices of banana, lettuce leaves - or just eaten on its own.

Fruit 'Jam'

Desired amount of soft dried fruits (e.g. apricots, peaches, pears, plums)

Enough pure water to cover the fruit

Leave the fruit to soak in the water for a few hours, then blend the mixture together into a 'jam' paste.

Fresh Apple Sauce

2 cups fresh apples, cored and chopped

If you wish, peel the apples first before blending. You can add different flavours to this sauce, such as cinnamon, nutmeg or a little lemon juice.

Savoury Spreads

Soak Water

A good general tip is to retain the water from soaking certain foods such as sundried tomatoes or dried fruits to use in other recipes such as raw soups, dips and sauces, instead of plain water.
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Spinach dip

2 cups spinach

Flesh of ½ an avocado

½ tbsp fresh lemon juice

½ tsp Himalayan/Celtic sea salt/Herbamare

Blend all ingredients together.

Sunflower Dip

1 cup soaked and sprouted sunflower seeds

½ tbsp oil-soaked chopped garlic

½ tbsp tahini

Dash of freshly squeezed lemon juice

Dash of Tamari>Nama Shoyu

Combine all the ingredients in a food processor. Add oil or herbs/spices to taste, e.g. cumin, cayenne, basil. You can also add in different nuts or seeds to this recipe for alternative flavours.

Sunflower Pâté

1 cup soaked sunflower seeds

8-10 sundried tomatoes

½ tbsp oil-soaked chopped garlic

Small bunch of basil

Mix all the ingredients together with a hand blender or food processor.

Pumpkin Seed Pâté

1 cup soaked pumpkin seeds

½ an oil-soaked onion, with 2 tbsp of the oil

Small handful of fresh herbs such as parsley and basil

Dash of freshly squeezed lemon juice

½ tsp Himalayan/Celtic sea salt/Herbamare

Blend all the ingredients together and serve.

Soft Seed Cheese

1 cup soaked sunflower seeds

Handful fresh herbs, e.g. basil, parsley, chives

½ tbsp oil-soaked chopped garlic

½ tsp Himalayan/Celtic sea salt/Herbamare

A little water

Place the drained sunflower seeds into a blender with enough water to just cover them. Add the other ingredients and blend until creamy and smooth. Pour out into a piece of fine cloth – either some muslin/cheesecloth, a specialist nut milk bag or a clean stocking. Place the mixture, in the cloth, into a colander or sieve over a bowl to catch the whey and weigh the cheese mixture down with something heavy. Leave for at least a few hours for the whey to separate off, then open up the cloth to reveal your lovely soft seed cheese. The whey can be recycled into soups or salad dressings. You can also try using other nuts or seeds to make cheeses and experiment with many other different flavours.

Brazil Nut Pâté

1 cup Brazil nuts

½ tbsp oil-soaked chopped garlic

Himalayan/Celtic sea salt/Herbamare to taste

2 cm fresh ginger

Blend all the ingredients together until smooth, adding a little water if necessary to loosen the mixture.

Raw Hummus

1 cup chick peas, sprouted overnight

2 tbsp raw tahini or soaked sesame seeds

Juice of 1 lemon

½ tbsp oil-soaked chopped garlic

Himalayan/Celtic sea salt/Herbamare to taste

Pick your seasonings: seaweed flakes, cayenne pepper, parsley, cumin, chives, Nama Shoyu etc.

A stalwart of vegan cuisine, made raw. Blend all ingredients together in a food processor, adding water to thin the mixture to your desired consistency.

‘No-Bean’ Hummus

This is a good alternative for those who do not digest beans well or prefer not to use beans:

2 medium courgettes

3 tbsp olive oil

1 tbsp oil-soaked chopped garlic

½ tsp Himalayan/Celtic sea salt/Herbamare

Juice of half a lemon

1 cup tahini

Cayenne pepper and paprika to taste

First blend the courgettes, oil and garlic in a mixer, then add the other ingredients and process until smooth.

Guacamole

Flesh of 1 ripe avocado, chopped roughly but thoroughly

1 tsp olive oil

½ tbsp oil-soaked, chopped garlic

Himalayan/Celtic sea salt/Herbamare to taste

Finely chopped tomatoes or cherry tomatoes

Dash of fresh lemon juice

Another perennial favourite; simply mix everything together - there are countless guacamole recipes out there, so use this basic outline to start experimenting. Try adding parsley, alfalfa sprouts, lime juice, hot peppers or chopped onion if you desire.

‘Mayonnaise’

1 cup pine nuts

Flesh of 1 avocado

½ tbsp oil-soaked chopped garlic

1 tbsp lemon juice

½ tsp Himalayan/Celtic sea salt/Herbamare
2 tbsp apple cider vinegar

Blend all ingredients together until creamy and serve.

Carrot ‘Stuffing’

2 cups carrot pulp left over from juicing
¼ cup ground seeds
2 tomatoes, roughly chopped
1 tbsp oil-soaked chopped garlic
½ an onion, oil-soaked
Flesh of 1 large avocado
½ tsp Himalayan/Celtic sea salt/Herbamare
Water as required to thin mixture
Herbs such as oregano, basil, to taste

Mix the ingredients together, starting with the other vegetables, then adding the carrot pulp later. Can be used to stuff peppers, mushrooms and tomatoes, spread on other foods or even dehydrated as patties. You can add in whole, ungrounded seeds too for texture.

Walnut ‘Stuffing’

1 cup walnuts
½ cup pine nuts
½ cup olive oil
½ tbsp oil-soaked chopped garlic
Handful of basil
½ tsp Himalayan/Celtic sea salt/Herbamare

Blend all ingredients until smooth – like the *Carrot ‘Stuffing’*, this can be used to stuff various vegetables such as bell peppers, mushrooms or tomatoes, or used equally well as a spread.

Simple Carrot Spread

2 cups carrot pulp leftover from juicing

Flesh of 1 avocado

1 yellow bell pepper, de-seeded and roughly chopped

A few sundried tomatoes, roughly chopped

½ tsp Himalayan/Celtic sea salt/Herbamare

Mash the avocados into the carrot pulp, add the pepper and tomatoes and season to taste. Serve.

Parsnip ‘Rice’

2 cups chopped parsnips

½ cup pine nuts

2 tbsp olive oil

½ tsp Himalayan/Celtic sea salt/Herbamare

Small handful of fresh chives

A lovely alternative recipe used by top raw chefs such as Chad Sarno to replace rice in raw meals. Simply pulse all the ingredients together in a food processor until they have a finely minced consistency, similar to cooked rice. This is great in *Nori Rolls* or as a spread or topping for salads.

Sprinkling Toppings

Try making up some of these easy blends to sprinkle over soups, salads or cereals.

Ground Seeds

1 measure pumpkin seeds

1 measure sunflower seeds

1 measure sesame seeds

2 measures flax seeds

Mix the seeds together in a bowl using the above ratio in the quantity you require, then grind the seeds in a coffee grinder until fine. This is very nice used over salads or to thicken raw soups, but do be aware that it's better to make this fresh every day or to make enough just for a couple of days at a time, as the seeds do start to lose their freshness once milled. You can also add in some Celtic sea salt, spices, herbs, seaweed powder or Herbamare for a different flavour.

Raw 'Parmesan'

Walnuts or pine nuts

Fresh parsley/basil/oregano

Use the nuts either as they are or soak them first, dehydrate and then grind them down into a fine powder with a coffee grinder. Add herbs to taste.

Ground Coconut

Flesh of one coconut

This is a great recipe for those in Britain especially, who may not have easy access to fresh young coconuts, just the hard old brown ones in supermarkets. With this recipe you can make lovely use of the flesh inside – simply bang some holes through the 'eyes' of the coconut with a nail and hammer, drain out the 'milk' to drink and then put the coconut in a plastic bag and smash it on the floor. When the coconut is in pieces, scrape out some parts of the white flesh, chop down and then run through your coffee grinder. This produces a fine coconut 'meal' which can be sprinkled over almost any dish, sweet or savoury, or used as an ingredient in other recipes. A tasty, healthy way to get some good fats.

Edible Petals

Any amount of edible flowers such as chrysanthemum, fuchsia, geranium, gladioli, marigold, nasturtium, pansies, roses

You can use these petals to beautifully decorate any desserts or salads, but be sure to try to get them organic and not polluted with standard gardening chemicals.

Celery Salt

Sticks of celery

If you want a very natural alternative to salts, try cutting down celery stalks into thin slices and leaving them to dehydrate. When they are fully dehydrated, grind the pieces down in a coffee grinder to produce your own 'salt'.

Vegetable Powder

Vegetable pulp leftovers from juicing

Himalayan/Celtic sea salt/Herbamare to taste (optional)

Similar to the celery salt idea above, simply take any leftover vegetable pulp from juicing and lay it out to dehydrate. When fully dried out, process in a coffee grinder or similar to make a fine powder you can use as raw 'bouillon' to thicken and flavour soups and so on.

Herb Seasonings

Any amount of fresh herbs such as parsley, basil, oregano, mint, marjoram etc

Create your own dried herbal seasonings to use in recipes or sprinkled over salads, soups and so on. Simply lay out fresh herbs to dehydrate and when dried, crumble either by hand or in a coffee grinder. Store in airtight containers, away from direct sunlight. Can also be added in as flavouring for homemade *celery salt/vegetable powder*.

Flavourful Nuts and Seeds

Desired quantity of seeds or nuts

Tamari/Nama Shoyu

If you want to add to the flavour of your seeds and nuts for use on salads or in other recipes,

marinate them in Tamari>Nama Shoyu before leaving them to dehydrate. You can also add other savoury flavours such as garlic powder, cayenne pepper, turmeric, basil or chilli as well as trying sweet versions for use on cakes and so on, using *vanilla water*, cinnamon or nutmeg for example.

Veggie Crisps

Any quantity of vegetables such as courgettes, sweet potato, parsnips, carrot or aubergine

Himalayan/Celtic sea salt/Herbamare to taste

Herbs to taste

Slice the vegetables very thinly either by hand or with a food processor and leave to dehydrate, sprinkling with sea salt/Herbamare/fresh herbs as desired or alternatively marinating first before dehydrating. Use to garnish salads or soups, as dipping chips or as a snack on their own.

Home-Dried Tomatoes

Any quantity of tomatoes

Slice down tomatoes and dehydrate at home for a lovely intense ‘sundried’ tomato flavour to add to meals. Remove them from dehydrating before they are at the crispy stage for a more succulent texture. You can also try marinating the tomatoes in a mixture such as olive oil/basil/garlic before leaving them to dehydrate.

Dehydrated Berries

Any quantity of berries

This is a good way to preserve some berries for a while if you have a glut of them in the summertime – simply leave them to dehydrate and store them in air-sealed containers for use in recipes as and when needed. They can add a really lovely, intense ‘zing’ when sprinkled over dishes.

SAUCES AND DRESSINGS

Here is a selection of a few standard sauces and dressings you might like to use over salads, breads or other dishes.

Simple 'Pasta' Sauce

Fresh tomatoes

Soaked sun-dried tomatoes

Oil-soaked chopped garlic

Red peppers

Use quantities suited to your requirements and simply blend the ingredients together. Add fresh herbs such as basil, oregano, sage and thyme for a real 'Italian' flavour.

Pine Nut Pesto

1 cup soaked pine nuts

2 cups fresh basil

½ tbsp oil-soaked chopped garlic

1 tbsp olive oil

1 tbsp Nama Shoyu

½ tsp Himalayan/Celtic sea salt/Herbamare

½ cup pure water

Blend all the ingredients together.

Basic Tahini Dressing

2 tbsp raw tahini

1tbsp freshly squeezed lemon or lime juice

1 tsp oil-soaked chopped garlic

1tbsp olive oil

Pure water to thin as desired

To this basic blend you can add fresh herbs such as dill, parsley or chives, ginger, paprika or seaweeds.

Simple Lemon in Oil Dressing

½ cup olive oil

Juice of a fresh lemon

Dash of Himalayan/Celtic sea salt/Herbamare

Mix the ingredients up thoroughly with a fork until cloudy. You can add many other ingredients such as chopped garlic, apple cider vinegar, chopped onions or freshly chopped herbs.

Smooth Cashew Dressing

½ cup cashews

2 tbsp lemon/orange juice

Himalayan/Celtic sea salt/Herbamare to taste

Pure water or oil to thin as desired

Blend the ingredients with a hand blender until smooth and creamy.

Zingy Avocado

Flesh of ½ an avocado

Juice of ½ a freshly squeezed lime

Blend the two together and serve as a dressing or spread, thinning with water/oil if desired.

Magic Mango Dressing

Flesh of ½ a mango

Juice of ½ a freshly squeezed lime

Small piece of ginger, peeled and chopped

Blend the ingredients together, thin with liquid if desired and serve as a lovely exotic blend over a simple salad.

Orange and Red Pepper Dressing

Juice of 1 orange

1 red bell pepper, de-seeded

½ tsp oil-soaked chopped garlic

A little tahini to taste

Blend until smooth.

Evolving Salad Dressing

A good way to ensure you always have something tasty to hand to dress your salads is to keep slowly adding to a constantly evolving salad dressing pot. This may contain any number of ingredients – oil, apple cider vinegar, Nama Shoyu, sea salt, lemon juice, chopped garlic and onions, tahini, fresh chopped herbs and so on. The flavours will mix and mature as the dressing stands and you will always have a nice dressing available, though do try to run the pot down to empty every once in a while for good hygiene, before starting again. Similarly, ensuring that you keep some kind of nice dip/sauce available in the fridge for use over salads or on crackers, for example, can really help you to stay on the raw path, as you always have something tasty to reach for.

LUNCH/DINNER FOODS

RAW SOUPS

In the past, I never used to consider soups ‘real’ food, as there never seemed enough substance to them to satisfy me – it just seemed like having a drink. Nowadays however, blended raw soups are one of my favourite foods – they are so easy and quick to make, nourishing, filling

and easily assimilated by the body. They are especially good in the beginning for people whose current digestion and nutrition is not optimal, as they are a pre-digested food, so your body can quickly and easily absorb lots of goodness, before you may have learnt to chew your foods well. Try to aim for a balance of the following in each soup: liquid, vegetables, fat (often avocado), seasonings, salt.

Always start with the soft vegetables (such as greens, bell peppers, tomato, cucumber or courgette) and water first. Then add in the other ingredients, adjusting to taste as you go. Soups can be garnished with drizzled oil, fresh herbs, sprouts, dehydrated vegetable crisps or any of the ‘sprinkling’ toppings from the above section. Soups can be warmed slightly if desired by a number of methods – either warming directly over a stove at a very low temperature, or serving in a pre-warmed bowl or placing in a bowl which itself sits in a larger basin of hot water, transferring the heat to the soup. You can even carry soup warmed this way in a thermos.

Nut and seed milks or *creams* can be used in many soups to turn a plain soup into a ‘cream of _____’ version. Remember that vegetable juices, the water from soaking sundried tomatoes and whey left over from making *yoghurt* or *cheese* can all be used too in place of water in soup recipes. If you find yourself with soup leftovers, they can be turned either directly into little patties to dehydrate if the soup was thick, or otherwise thicken the mixture a little with something like ground flaxseed and leave to dehydrate.

How warm is too warm?

When heating raw foods - for example warming soup during winter time – you can test the temperature regularly by putting a finger into the mix – if it is too hot for you to keep your finger there, it is too hot for the enzymes and your food will be losing nutrient value. Remember that no foods should preferably be heated over 105°F/40°C.

Simple Soup

1cup greens

1cup carrots

1cup *almond milk*

Blend.

Smooth Spinach Soup

2 cups fresh spinach

Flesh of 1 ripe avocado

1 tbsp tahini

1 tbsp oil-soaked chopped garlic and onion

5-6 soaked sundried tomatoes

Pure water to thin

Blend.

Refreshing Spinach and Apple Soup

1 apple, cored, cut into chunks

2 cups fresh spinach

Pure water

Chunk of ginger, peeled and chopped down

Squeeze of lemon or lime to taste

Blend. The spinach can be replaced with other greens such as Romaine lettuce and some avocado can be added for a 'fattier' soup.

Creamy Carrot Soup

4 carrots or 2 cups carrot pulp from juicing

2 tomatoes

Flesh of ½ an avocado

Small bunch of watercress

Almond milk

1 tbsp dehydrated *vegetable powder*

Blend. Try other ingredients such as garlic, onions, ginger, tamari, cayenne pepper or dulce. Vary the texture of your soups by alternating between using carrot juice, pulp, or whole carrots.

Simple Creamy ‘Gazpacho’

2 large Cucumbers

Flesh of ½ an avocado

Squeeze of fresh lemon juice

Small bunch of fresh dill

Water to thin as desired

Blend.

Simple ‘Italian’ Soup

Flesh of 1 avocado

1 cup tomatoes, chopped

Small handful of basil

3tbsp olive oil

Blend. You can add in other ‘Italian’ herbs if desired, such as oregano or thyme.

Asparagus Soup

Approx 15 young asparagus tips

1cup carrot juice with a little pulp mixed back in

2 tbsp raw tahini

1 tbsp oil-soaked chopped garlic and onion

½ tsp Himalayan/Celtic sea salt/Herbamare

Pure water to thin as desired

Blend.

Butternut Squash Soup

2 cups butternut squash, peeled, de-seeded and chunked

1 tbsp oil-soaked chopped onion/garlic

Handful of greens e.g. spinach, rocket, romaine

1 tbsp coconut fat
½ cup peeled, cored, chopped apple
½ tsp Himalayan/Celtic sea salt/Herbamare
Liquid to thin as desired
Dash cayenne pepper

Blend.

Pesto Soup

½ cup soaked pine nuts
Flesh of 1 avocado
1 cup basil
4 tomatoes, chopped
Freshly squeezed juice of 1 lemon
Small piece of ginger, peeled and chopped
Small bunch of chives
Pure water to dilute as desired

Blend.

Cream of Tomato Soup

4 large tomatoes, chopped
½ avocado
½ tbsp oil-soaked chopped garlic/onion
½ cup basil
½ tsp Himalayan/Celtic sea salt/Herbamare
1 tbsp olive oil
Water or *nut/seed milk* to thin as desired

Blend.

Traveller's Soup

Assorted grated vegetables such as carrot, beetroot, courgette, sweet potato, squash, etc

Pure water

Seasonings to taste such as Himalayan/Celtic sea salt/Herbamare/ fresh herbs/spices etc

A lovely, practical idea that originated in The Optimum Health Institute in San Diego; simply pre-heat a thermos with hot water, then pour that water out, add the grated vegetables, pure water warmed to 105°F/40°C and any seasonings to taste. Make this up the night before you go travelling somewhere and you will have a warming, tasty, nutritious meal on hand wherever you are, which is especially nice in the colder winter months.

SALADS

Having at least one big salad a day is a good way to fill up on lots of greens and other vegetables. Salads tend to form a significant component of many peoples' raw food lifestyles and this also tends to be a real area of personal taste and creativity rather than exact science. Personally I never follow 'recipes' to make a salad – I just use whatever ingredients I have to hand which combine well together, but to get you started, or for more refined occasions, here are a few structured salad ideas:

Basilled Tomatoes

3 big ripe tomatoes

1cup basil

3 tbsp olive oil

½ tbsp oil-soaked, chopped garlic

A 'buffet' standard – thinly slice the tomatoes and arrange in nice overlapping circles on a plate. Blend together the remaining ingredients and pour the mixture over the tomatoes, leaving it all to marinate for some time if desired. For variety, you can also layer in rings of oil-soaked red onion or pieces of olive.

Simple Carrot Salad

4 grated carrots

A small quantity of raisins

Juice of ½ freshly squeezed lemon

Mix together and chill a little before serving. Also great served with a little raw tahini.

Grated Salad Platter

Carrots

Courgettes

Beetroot

Sweet potato

Butternut squash

Finely grate in a food processor the required quantities of any of the above vegetables, keeping each vegetable separate. Arrange the grated vegetables nicely on a platter and if you like, dress them with a little lemon or lime juice to stay fresh.

Sauerkraut

1 cabbage

Pure water

Sauerkraut is fermented cabbage, which is full of beneficial bacteria for your gut. It is made by finely chopping cabbage, covering it with water and leaving it somewhere warm for three days. Check it after three days and if it smells pickled and looks translucent, it is ready, if not, leave it until it appears ready and then transfer to the fridge, where it can be stored for a couple of months. Use it as a salad ingredient or in other recipes. You can also add in other vegetables or spices to the mix to get some variety.

Avocado Salad

1 avocado, peeled, stoned and thinly sliced

Thin slices of tomato

Thin strips of red bell pepper

Small handful of basil leaves

A few sliced olives to taste

Olive oil to drizzle

Arrange the sliced vegetables in an attractive pattern - such as a ring - add olive slices and pieces of shredded basil and then drizzle with olive oil.

MAIN MEALS

In this section you'll find a number of standard raw food 'main meals'. These tend to be the foods that those new to raw find most appealing, as they are identifiable alternatives to things such as pasta, pizza, burgers, falafel, sandwiches and so on. Later on in transition, many raw foodists find they move naturally away from the more complicated ideas, towards simpler foods, reserving these kinds of recipes for special occasions. Whatever use you make of these ideas is up to you and remember to experiment with flavours and build on this base to develop your own particular raw food style.

Romaine Roll-Ups

4-5 leaves of Romaine per person

Assortment of grated/chopped vegetables

Favourite dips/sauces/spreads

Seeds to sprinkle

Fresh herbs to scatter

The idea is straightforward - separate off big leaves from a head of Romaine lettuce. Use the leaves as if they were tortilla wraps, filling them with the other vegetables and dips and topping with seeds/herbs as desired. You can also use other large lettuce or cabbage leaves for roll-ups.

Marinated Vegetables

Suggested vegetables:

Sliced courgette, squash, aubergine

Chunked mushrooms

Halved asparagus tips

Possible marinade ingredients:

Olive oil

Chopped garlic/onion

Fresh lemon juice

Basil, oregano, parsley, cayenne pepper

Nama Shoyu

Organic cider vinegar

Water from soaking sundried tomatoes

Umeboshi plum paste/liquid

Himalayan/Celtic sea salt/Herbamare

This is a tasty and versatile way of preparing vegetables. There are different techniques, but the basic idea is to soak the chopped vegetables in a marinade for some time and dehydrate, either before or after marinating, or both. Slicing the vegetables and dehydrating them a little before putting them to soak will mean that they will absorb the marinade better as they will have lost some of their own moisture. It is also possible, however, to just slice the vegetables, marinate and *then* dehydrate. Sometimes you may not wish to dehydrate the vegetables at all, just marinate and serve. It's up to you how you do it.

You can make wonderful dishes with long thin, length-wise slices of courgette, squash and aubergine that have been marinated and dehydrated. You can spread them with pâtés for example and roll them up into beautiful little rolls secured with toothpicks. You can create 'stacked' meals, with layers of different marinated vegetables piled on top of each other and secured, either as they are or with sauces and spreads inbetween, like a raw 'lasagne'. Otherwise, the marinated vegetables on their own make great side-dishes and you can save the marinade for use elsewhere if there is any left.

Raw Pizza

Base:

1 cup almond pulp (leftover from making *almond milk*)

½ cup ground flaxseed

4-5 soaked sundried tomatoes

1 small courgette

2 tbsp oil-soaked chopped onion/garlic

½ tsp Himalayan/Celtic sea salt/Herbamare

Toppings:

Simple 'Pasta' Sauce

Chopped vegetables such as bell peppers, radishes, mushrooms, olives,

Raw 'Parmesan'

Blend together all the ingredients for the base of the pizza, adding in a little pure water to loosen the mix if necessary. Flatten the mixture out into desired shape and leave to dehydrate. Then cover the base in sauce, vegetables and 'cheese' as desired, or any other toppings that appeal to you. This is another very flexible recipe idea.

'Burgers'

2 cups soaked nuts/ sunflower seeds

1 cup grated carrots

1 red bell pepper, de-seeded and sliced

1 onion, chopped and oil-soaked

Small handful of raisins

1 tbsp olive oil

½ tsp Himalayan/Celtic sea salt/Herbamare

Fresh basil and parsley to taste

Blend all the ingredients together in a food processor, make into patties of desired shape – burgers, falafels, fillets - and leave to dehydrate, turning as necessary to ensure even drying.

You can thicken the mix with ground flaxseeds if necessary and try other ingredients such as cayenne pepper, lemons, garlic or celery. The resulting patties can be used in a variety of ways – sandwiched between two pieces of raw bread or crackers, like a traditional burger, stuffed into lettuce leaves like falafel or kebabs, served as a main dish with salad and so on.

‘Pasta’ Ideas

Pasta:

Desired quantity of vegetables such as courgette, carrot, cucumber, beetroot, butternut squash, or a mixture of 2 or 3

Example Sauces:

Creamy tomato – blend together nut/seed yoghurt with fresh tomatoes

Simple ‘Pasta’ Sauce – see above

Garlic-basil dressing – blend together olive oil, oil-soaked chopped garlic, fresh basil and Himalayan/Celtic sea salt/Herbamare.

Using a spiral slicer, create ‘angel hair’ pasta with the vegetables and arrange nicely on a plate. Pour a sauce of your choosing over the pasta and decorate with things such as fresh herbs, raw ‘parmesan’ or small nut/seed patties in place of meatballs.

Raw Veggie Kebabs

4 mushrooms

1 courgette

1 aubergine

2 carrots

1 onion

1 red bell pepper

3 tbsp Nama Shoyu

Finger of fresh ginger, peeled

1 tbsp oil-soaked chopped garlic

2 cups pure water or soak water from sundried tomatoes

cayenne pepper and basil to taste

Chop the vegetables into chunks and blend together the other ingredients into a marinade. Leave the vegetables to marinade in the sauce overnight, then feed them onto wooden skewers in an alternating pattern before leaving to dehydrate.

Veggie Stacks

Long, thin, lengthwise slices of fresh or marinated courgette or aubergine

OR solid slices of fresh tomato

Any pâté, pesto or sauce

Toppings such as sliced olives, sprouts, marinated seeds or ground seeds.

Build up stacks by starting with a slice of the vegetable, spreading pâté, pesto or sauce on top, covering with the next layer of vegetable and so on, building up to the top where you can add toppings or drizzle sauce over the finished masterpiece. You can experiment with stacking different vegetables together, using different spreads on alternating layers and so on. If the stack seems a bit wobbly or delicate, you can secure it with toothpicks.

You can also create ‘mini-stacks’ using small super-thin slices of courgettes, cucumbers, carrots and apple for example. Pile the pieces atop of each other, spreading a little pâté, nut butter or tahini for example between the layers and serve.

Stuffed Veggies

Red or yellow bell peppers, de-seeded and halved *or* large firm tomatoes with the top removed and de-seeded *or* de-stoned avocados

Any pâté, stuffing or spread

Toppings such as fresh herbs, sliced olives, marinated seeds, sprouts and so on.

Simply fill the shells of the peppers or tomatoes, or the hole in the de-stoned avocado with pâté or spread, decorate with garnishes and serve. The bell pepper and tomato versions can also be dehydrated a little if desired. You can also use this ‘stuffed’ theme with thick (1 inch/2cm) round slices of bell pepper – pack the holes with thick stuffing and arrange nicely on a plate.

Sprouted Wild Rice

2 cups black long grain wild rice

Plenty of pure water

Wild rice, with its unique sweet and nutty flavour, is delicious sprouted and used in salads or combined with sauces. It takes quite a while to prepare, but I think it is worth it. Soak 2 cups of the rice in plenty of pure water for up to 15 hours, then rinse and drain. Sprout it for roughly a week, rinsing regularly and watching for the appearance of a white line down the middle of the grain as it splits open, indicating it is ready to eat.

Nori Rolls

Sheets of black (therefore untoasted) nori seaweed

Pâté, spreads or fillings of your choice (e.g. *Parsnip 'Rice'*)

Very thinly sliced vegetables such as cucumber, bell peppers, carrots, avocado

1 cup alfalfa sprouts

A little water to seal the nori

Use the sheets whole if you like, or cut them down into halves, thirds or smaller strips. Lay down the sheet on top of a bamboo rolling mat if you have one and at one end, spread a little pâté first on the sheet before stacking a few vegetables on top and sprouts. Be sure not to overstuff the roll, as otherwise it will not hold well together. Roll the sheet up using the bamboo mat to keep it tight and then moisten the exposed end of the sheet so that you can stick it onto the roll. If you don't have a rolling mat, you can try rolling the sheet up by hand, experimenting with different ways to keep the fillings inside, such as cone shaped pockets, rather than rounded rolls. I prefer to stuff a whole sheet in one piece, roll it up, then slice it down into smaller pieces. If you are catering for others, an even simpler method is to just lay out all the ingredients on the table and let people fill and roll their own nori.

Raw Spinach Pie

Crust

2 cups soaked almonds

½ tbsp oil-soaked chopped garlic

6 soaked sundried tomatoes

Nama Shoyu to taste

Filling

2 cups spinach

1 cup ‘*mayonnaise*’ or any *nut/seed cheese*

1 onion, chopped and oil-soaked

3 fresh tomatoes, chopped

Juice of half a lemon

Small bunch of fresh dill or parsley

Himalayan/Celtic sea salt/Herbamare to taste

Blend together the crust ingredients in a food processor and press into a pie dish. Blend the filling ingredients together, pour over the crust and either chill the pie or dehydrate it for a while. Many different pies can be made along this theme – experiment with both different crust combinations and alternative fillings such as squash/pumpkin pie with a little nutmeg or young asparagus pie with a little avocado for creaminess.

Crudités

Chopped ‘sticks’ of carrot/courgette/cucumber/celery

Whole button mushrooms

Baby carrots/corn/mangetout

Strips of bell pepper

Wedges of tomato

Dips/spreads of your choice

Fresh herbs/sprouts etc to garnish

Another perennial, easy favourite, particularly good for shared meals. Simply arrange the vegetables in an attractive pattern, garnish with herbs/sprouts/petals and serve with a variety of dips and spreads.

SWEET DISHES

Please remember that while most sweet raw food recipes tend to involve very sweet foods such as dates, figs, honey, raisins and maple syrup, I have tried to avoid listing recipes with these kinds of ingredients, as they can be really problematic for overeaters. Anything that is very sweet has the potential to trigger sugar-addict behaviour, raising blood sugar levels and throwing your system out of balance. If you feel it is ok for you however to eat these kinds of sweeteners, in moderation, then feel free to add them into recipes, but do remember to stay honest and protect your recovery.

The number of raw recipes available for sweet foods is really enormous – there seems to be a great deal of passion in the raw food community for sweet treats, raw candies, cakes, chewy dehydrated bars and cookies, pies, ‘ice creams’ and so on. Here we will look at a few generic recipes for sweet raw foods that can be adapted to your taste.

Snacks and Desserts

Fruit Crisps

Apples, pears, very ripe bananas

Slice the fruits very thinly and spread out to dehydrate until crisp. You can also try sprinkling them with different flavours such as lemon juice, cinnamon, vanilla or nutmeg.

Banana Fingers

Any quantity of ripe but firm bananas

Chop the bananas into halves and then quarters to create ‘fingers’ which can be dehydrated until chewy. These make wonderful dippers for a carob/chocolate sauce ‘fondue’.

Fruit Leathers

Desired amount of pears/apples/bananas/berries/cherries/plums etc

Select quantity and mixture of desired fruits, e.g. apples and blackberries, pear and raspberry, apple and banana, etc. Puree the fruits together in a blender, adding in any flavours that appeal, such as vanilla, nutmeg, cinnamon, lemon etc. Pour the mixture out and leave to dehydrate. When dried out, it is like a chewy bar, depending on the degree of dehydration you allow. An excellent snack food, leathers can also be cut into little strips, spread with a sweet mixture and rolled up into pretty little tubes for presentation.

Fruit ‘Kebab’ Sticks

Small pieces of various fresh or dried fruits, e.g. grapes, quartered strawberries, apple chunks, raspberries, cherries, pear pieces, prunes, pieces of date, etc

Toothpicks/wooden skewers

Simply feed pieces of fruit onto the sticks, alternating combinations and serve, either as they are or with some dipping sauce like a runny carob ‘chocolate’ sauce or similar.

Chew Bars

Any leftover sweet smoothie/pudding mix

Ground flaxseed

Mix together the leftovers with flaxseed until it stiffens up, then lay it out to dehydrate until it has a flapjack/chew bar consistency.

Carob ‘Chocolate’ Pudding

Flesh of one avocado

1 banana

½ cup carob

‘Fake’ chocolate puddings are a raw food favourite –this is a very simple but rich and filling recipe that can be adapted by adding in a flavouring such as vanilla or made even richer with coconut fat or an intense sweetener such as dates. Leave the mixture to chill in nice glass bowls and serve with a little nut cream or topped with fresh shredded coconut for example. Thinner

versions of this kind of blend can be used as sauces to pour over other sweet dishes, whereas a version that is thickened with ground flaxseed can be used as a pie filling.

Simple Carob/Chocolate Mixes

Mix together any of the following combinations:

Carob/raw chocolate powder with nut butter (thin with a little oil/nut milk etc if necessary)

Coconut fat with carob/raw chocolate powder (and nut butter)

Mashed banana, carob/raw chocolate powder and nut butter

A little of one of these simple mixtures can make a quick and easy ‘dessert’ if you plan to eat something sweet after a meal.

Frozen Choco-Banana Mix

Very ripe bananas

Carob/raw chocolate powder

Nut milk

Blend the ingredients thoroughly together and pour into small pots and place in the freezer. It’s convenient to make up a big batch and then use them as desired. If you stir them a little while they are freezing, they will be less likely to form many ice ‘crystals’. It is best to remove them from the freezer half an hour or so before consumption, so that they soften a little. Additions such as coconut fat, vanilla, ground nuts and so on can provide variations on this idea.

Truffles

Handful of dried fruits of your choice, e.g. sultanas, apricots, cranberries

2 tbsp *almond butter*

½ cup chopped nuts of your choice, e.g. walnuts, hazelnuts, almonds, pecans

½ cup carob/raw chocolate powder

Liquid to combine – e.g. oil, *nut milk*

Combine everything in a food blender until all bound together in a big sticky lump. Divide out into small balls. Often best if left to chill in fridge for a while. Can be decorated with little pieces of nut or pine nuts for example or rolled in things like shredded coconut or carob powder – use your creativity. Add coconut fat, vanilla, other richer sweeteners and so on for variations. Can be presented in little paper cake or chocolate cases for special occasions.

Carob Fudge Squares

2 measures carob powder

1 measure almond pulp (or other nut/seed pulp leftover from making *milk*)

1 measure coconut fat/oil/creamed block coconut

½ tsp vanilla (powder or liquid)

Handful dried apricots

Handful sultanas

Flesh of one Satsuma

Blend all ingredients in a mixer until smooth, spread out in a flat dish and refrigerate so that the coconut fat hardens the mixture to a fudge-like consistency. Cut into squares, decorate with pine nuts or some other small nut/seed/fruit pieces if desired.

Banana ‘Lollipops’

Ripe bananas

Carob/raw chocolate powder

Chopped almonds

Liquid to thin, e.g. pure water or *nut milk*

This is a lovely, simple idea a friend introduced me to at a raw pot-luck – loved by kids and adults alike. In a tall pot, mix together the carob, nuts and liquid until the mixture is thick and creamy. Peel the bananas, cut them in half, insert a lollipop stick into each cut end and dip them into the carob blend. Lay them out on a surface such as waxed paper and leave to freeze.

Ice Lollies

Fresh soft fruit such as apples, oranges, berries, pears, persimmon etc

Pure water

Juice the fruits and dilute the mix one part water to two parts juice. Freeze in ice cube trays with wooden sticks inserted or in a special 'popsicle' maker.

Mango 'Sorbet'

Ripe mangoes

Peel the mangoes with a vegetable peeler, slice down and freeze. When you are ready to eat them, remove them from the freezer, allow them to thaw slightly and then puree in a blender into a delicious thick cream. Add some lime juice to the mix for an extra kick. You can also use other fruits such as cantaloupe melon, nectarines, persimmons, peaches and so on.

Mango Pudding

1 mango

Squeeze of lime juice

Peel the mango with a vegetable peeler, slice the flesh away from the pit and then blend the mango with the lime juice until smooth. Try other blends such as peach with strawberry or raspberry and grape. Combinations like this can also be mixed with water and either served fresh as 'fruit soup' or alternatively chilled for a while in the freezer for a lovely cooling drink.

Banana 'Ice Cream'

Very ripe bananas

Another raw food standard. Peel and thinly slice very ripe bananas and freeze. When you need them, remove the bananas and blend in a food processor for a long time, into a gorgeous smooth, creamy 'ice cream'. You can add many different things – e.g. *carob chips*, vanilla, ground cacao beans, chopped nuts – or make a thin carob sauce to pour over it and so on.

‘Jelly’ (US: Jell-O)

Puréed fruit of your choice, e.g. mango, blueberry, apple, pear, strawberry

Psyllium husk

Flavourings such as freshly ground cinnamon/nutmeg/vanilla if desired

Simply mix the fruit and psyllium together and leave to ‘set’ before serving. The psyllium husk absorbs liquid from the fruits and forms a gelatinous mass.

Stuffed Dates

Dates

Nuts or *nut butter*

If you eat dates, this is a very easy way of making some tasty treats – simply slice the dates down the side and fill with either a piece of nut such as walnut or pecan or a dab of *nut butter*, such as almond.

Cakes, Cookies and Pies – Raw ‘Baking’

A good general tip for any raw ‘baking’ if you intend to use cake or pie tins to form the food, is to sprinkle the base and sides of the tin with something dry before laying down the base – this will help to stop it sticking to the tin. For instance, use carob powder, ground nuts/seeds or desiccated coconut; alternatively, line the tin with greaseproof paper that can be lifted out and removed from the finished piece.

Generic Raw Cookie Recipe

2 cups nuts/seeds – e.g. almonds, pecans, macadamias, cashews, walnuts,
sunflower/sesame seeds

1 cup sweetener such as bananas, raisins, prunes or dates

Process the nuts first in a food processor until just coarsely - not finely - chopped, then add in

the sweetener and continue mixing. Transfer the mixture to a mixing bowl and add in the flavourings of your choice, such as chopped dried fruits, fresh berries, vanilla, cinnamon or nutmeg, citrus zest, shredded coconut, carob powder or chips. Form into small patties that can either be dehydrated or kept chilled in the fridge. This is just the basic idea behind raw cookies – there are endless variations possible. Some suggested varieties:

Fresh blueberry

Fresh apple and cinnamon

Dried cherry and vanilla

Dried apricot and *carob chips*

Shredded coconut and carob

Raw Carrot Cake

4 cups carrot pulp (left over from juicing)

½ cup raisins

2 bananas

2 cups soaked nuts, e.g. walnuts, almonds, cashews

1 cup freshly ground coconut

Ginger, cinnamon, orange/lemon zest and nutmeg to taste

Blend all the ingredients together in a food processor and form the mixture into your desired shape. Prepare a topping such as cashews blended with dates and lemon juice or tahini mixed with orange juice and dates and decorate the cake with the toppings or any other desired decorations, such as pieces of nut/fruit/shredded coconut/edible flowers.

Generic Pie Crust Recipe

2 cups soaked nuts/seeds – e.g. walnuts, pecans, pistachios, almonds, sunflower seeds

1 cup sweetener – e.g. banana, raisins, prunes, dates

Blend the ingredients together and press into a pie dish. Add other flavours like carob, orange

juice, coconut or cinnamon as desired. Either dehydrate crust first or simply fill with any raw pie mixture such as one of the following:

Raw Apple Pie

Filling:

3 apples, cored and roughly chopped

Cinnamon and nutmeg to taste

Juice of half a freshly squeezed lemon

Small amount of shredded coconut if desired

Create a pie crust using the above guideline. Blend together the ingredients for the filling and level out ontop of the pie crust before refrigerating. The pie can be decorated with whatever you like – coconut flakes, fresh berries, halved grapes, carob powder, pecans, etc. For another variation, try adding carob or raw chocolate powder to the base mixture.

Pear and Peach Pie

Layer

1 sliced peach

1 sliced pear

Filling

2 peaches

2 pears

Handful of pine nuts

Juice of half a freshly squeezed lemon

Dash of cinnamon

Prepare a pie crust base and layer the sliced fruits over the base in a nice spiralling pattern. Blend up the ingredients for the filling and pour into the pie crust. Leave to chill, decorate as desired.

'Chocolate' Pie

Filling

Flesh of 1 avocado

1 large banana

1 tbsp tahini

½ cup chopped almonds

1 cup carob/raw chocolate powder

1 tsp vanilla

Pure water to thin as necessary

Prepare a pie crust, blend the ingredients together in a food processor and then pour into crust. Garnish as you like and chill in fridge. You can also make delicious pies by pouring 'chocolate' blends such as this over a pie crust that has been layered with fresh sliced fruits.

Generic Layer Cake Recipe

A big quantity of any raw pie crust/cookie recipe you like

Sliced fruits – e.g. apples, bananas, pears, berries

Frosting mix of your choice, e.g. banana/carob/coconut

cashew/orange/date

avocado/lemon/orange zest

almond butter/banana/coconut

Divide the pie crust/cookie mixture into three equal balls, flatten them out into rounds and starting with one as a base, build up the cake, alternating layers of sliced fruits and 'bases'. When the stack is complete, cover it completely with the frosting of your choice and decorate as desired.

Afterword

I sincerely hope you enjoy the recipes in this book and use them as a valuable base from which to develop your own raw cuisine. There are many more resources available online too to help you on your path to a healthier way of living. Stay in contact at www.rawreform.com to share your favourite recipes with others in the forum. If you want more personal help, you can also contact consultations@rawreform.com to arrange a private session to discuss further 'un-cooking' ideas.

For now, best wishes and blessings.

Angela. x

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Front cover photos, from left to right:

Party platter: courgette veggie stacks, flax crackers, pine nut pesto, sunflower seed pate, zingy avocado dip

Raw lasagne with mixed fresh salad

Fruit salad platter

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