

The Best Raw  
Food

**RECIPE**

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INCLUDING

LIST  
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ESME  
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SHOPPIN  
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# Raw Food Basics

## How To Eat Yourself Healthy

Eating food is simple. But eating simple is one of the most difficult things today. There is not enough natural spring water available to all. And we are not able to digest raw wild green grasses and plants anymore. In addition, there is temptation of cheap junk food everywhere.

Junk food is not natural. Natural alone will endure. Natural eating has endured for thousands of years. Without ever having to spend billions of dollars on marketing. Eating simple and natural is only common sense. An error does not become truth because of repeated advertising. Nor does truth become error because nobody sees it.

What you eat every day expresses your priority. Is your priority to be healthy, energetic and happy? Make the world a better place? Or do you prefer to not having to think or plan, zap TV at home, stay in your comfort zone, and be accepted and liked by others. This is what you have to ask yourself. What is your true priority? Decide and live by it.

Your priority is your goal. To remind yourself daily and motivate yourself to pursue it, write your own goal down a paper and stick it on your fridge, make it your computer password, set an alarm in your calendar to remind you regularly, post an inspiring quote or picture in your bathroom or mirror, read books about

the subject, listen to tapes, watch DVDs and go to meetings where the subject of your goal is discussed. Break your goal down in small and easy to do everyday tasks. Then just go.

To stay motivated I have a place in my kitchen with raw fast food to remind me and make it easy for me to eat this way: green powder, super food mixes, raw chocolate bar, fruit, trail mixes, energy bars, purified water. I have pictures of inspiring healthy people on my computer and in my bathroom. My computer password included the word healthy. I read books on raw food, go to raw food events, invite people over to try raw food (like juice or chocolate parties and potlucks), write on my website <http://www.thebestofrawfood.com>, do research, talk to the people in the raw food stores etc.

My priority is being healthy and happy so you can help your family, friends and other interested people to become healthy and happy too. After researching, observing and experiencing, I believe that eating a natural diet is imperative to getting there. To me a natural healthy diet is one that consists of mostly raw, plant based and nutrient dense food.

In this book you will find recipes that are made with these ingredients. Are easy to prepare for starters of a raw food diet and are incredibly delicious. This way it is easy to stay motivated and keep going.

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## What To Eat

I like to eat food uncooked because when it's raw, it is full of enzymes, easily absorbable minerals and life force.

Food is considered raw if it is never heated above 42 C/118 F degrees. In addition, I like it as fresh (and wild) as possible. And of course free of preservative, pesticides, irradiation and genetic manipulation.

### **Focus on the following food groups:**

1. Green leafy vegetables
2. Sea Vegetables (Nori, Kelp, Dulse, Irish Mosh, etc.)
3. (Wild) Herbs & Spices (e.g. Basil, Stevia, Garlic, Cilantro, Ginger, Chili Pepper, Mint)
4. Medicinal Mushrooms (e.g. Shiitake, Maitake, Reishi, Chaga)

5. Super foods (= food that nutrient dense): e.g. raw chocolate, goji berries, young coconut water, green powders.
6. Wheat grass & Sprouts
7. Seeds (flax, hemp, chia, sesame, pumpkin, sunflower).
8. Food fermented with pro-biotics: e.g. (uncooked) sauerkraut, pickles, beverages, miso.
9. Clean and superb drinking water.

In this book you will find examples on how to use these ingredients to make delicious, satiating and easy to prepare meals. Eating them will boost your energy like you have never experienced before.

Combine these foods with a relaxed lifestyle, happy thoughts and being directly grounded to the earth. Expose your skin and eyes to some direct sunlight every day and miracles might happen.

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## **How To Prepare**

You can virtually eat the same on a raw food diet as you would on a cooked diet. What is the most striking difference, besides de ingredients, is the preparation of your food. The following preparation methods are to:

1. Ensure that your food remains below 42 C/118 F degrees
2. Get a preferred consistency
3. Make your food easily absorbable and/or
4. Conserve your food

### **Preparation Methods**



Here are the most used preparation methods for making raw food dish.

1. Juicing
2. Blending
3. Dehydrating
4. Cutting

## **Juicing**

Juicing is a way to get the liquid (juice) out of a vegetable or fruit. The fiber is taken out, the juice is left. This is a way to get concentrated vitamins and minerals that are extremely easy for your body to absorb. The nutrients may enter your blood stream within 20 minutes.

There are three kind of juicers:

1. Citrus juicers (orange juice);
2. Centrifuge juicers (carrots);
3. "Slow" juicers (greens).

Citrus juicers are the ones you use for lemons and oranges. You can buy some hand juicers for about 5 USD. I have cheap glass one I use for quickly juicing lemon juice.

Centrifuge juicers are quick and easy to use. They work well for harder fruits and vegetables such as apples, carrots, cucumber, celery, ginger, beets. You can also use them for whole lemons and oranges (peeled!). You may try to put in some greens, but they don't get much juice out of them. They range in price from 50 - 500 USD. I like the Solis or Breville brand.

Slow Juicers are best used for green leafy vegetables and grasses. But they also work for apples, carrots and cucumbers. They are the most expensive, generally are more work to juice (may have to pre-cut) and to clean. But they are quiet and extract the most juice. Moreover, they generally give you the best quality juice and nutrients because of added magnets and or a gentler way to treat the produce.

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## **Blending**

Blending is a way to cut produce so small that it becomes a smooth soup, or "smoothie". High quality high speed blenders such as Blendtec and Vitamix cut the food so tiny that they the cell wall is broken. This

makes it easy for you to absorb tough vegetables. Blending uses the whole food, thus the fibre remains.

You can blend fruits, vegetables, greens, super foods, water, nuts, seeds, etc. You can make cold or warm smoothies, sweet or hearty.

Blenders are very easy in use and quick to clean. A very popular way to prepare raw food.

My first raw food year I used a hand blender (700 watt). Relatively inexpensive and it worked really well and I still use one when I travel. Obviously, it doesn't make the food as smooth (especially greens like spinach) and it won't break the cell wall of greens so it is not as easy to absorb the smoothies.

Vitamix and Blendec are the best blenders. They are quite an investment but well worth it because you will use them often.

## **Dehydrating**

Dehydrating is a way to dry your food and take the water out. Once dehydrated, you can store your food in an air tight container or plastic bag. It is also a way to make the food crunchy and often used as an alternative to conventional baking.

Since the food should remain "raw" it cannot be dehydrated in normal oven though. Best ways to dehydrate are to let the food sun dry or use a special dehydrator (i.e. Excalibur). Other ways are to use your radiator or your conventional oven on the lowest temperature.

If you would like to make gourmet food, I would certainly get one. Otherwise, this appliance wouldn't be on top of my list. It's big, expensive and dehydrating at low temperatures takes generally 6 - 24 hours for your food to be ready.

## **Cutting**

You can cut your food with sharp knives, a cutter, mandoline or food processor. Sharp knives are important when preparing raw food and of course a cutting board.

A hand cutter is easy when you need to cut many onions or nuts. Its a bit a hassle to clean them.

A food processor is nice if you want to make a pesto. Thus something not completely smooth (which it will get if you put it in your blender) or for using smaller quantities. I use my hand blender for this and pulse, or use the food processor part of my hand blender. I would only use a food processor for larger quantities. (I generally prepare raw food for just for 1 or 2 people).

A mandoline are for fun. You can make nice shapes, such as potato shapes, ribs, or very thin slices. Relatively inexpensive and nice to have, but not a must.

## What Food To Choose

In order to prepare delicious and healthy meals choose the highest quality food. This will hugely impact the success of your dish. Especially, look for organic, fresh and local if you can.

Since you are using fresh products the suggested ingredients in the ingredients list of the recipes may have to be adjusted according to the size or source of the food.

A tip: for this reason, start with only half the amount of the listed ingredients of spices that are spicy or strong such as cayenne pepper or ginger. Taste and then add more if you like. This way you avoid that you will “spoil” your dish with too much ginger or garlic.

## Food Safety

When preparing raw food it's important to be hygienic and store your edibles safely.

- Be careful with cutting boards, knives and plates and wash your hands before preparing and eating your meals.
- Buy only foods from sources you trust.
- Refrigerate your food.
- Don't leave edibles out of the fridge for more than two hours (especially the pate's, nut milks and animal foods).
- You can use food grade hydrogen peroxide to disinfect your food (1 drop is more effective than cooking).
- Don't eat in restaurants, that you don't know and where food isn't prepared before your eyes, hygiene is practiced strictly or where few people come to eat...

## The Recipes

The recipes in this book are sorted by when to eat them. Thus breakfast, lunch, dinner, snacks and drinks. (But obviously, you can have a lunch recipe for dinner or vice versa.) Start your morning with a raw food breakfast and work up until all your meals are raw!

Your body will be so grateful that it will get the fuel to heal and clean itself. Animals will thank you because you let them live a good life and the planet will appreciate you eating a raw organic (mostly) plant based diet that will actually regenerate the earth. And Ghandi would have thanked you for “Being

the change you want to see in the world”.

Thank you for reading this book. I wish you a miraculous increase in health, beauty and happiness.

*Esmé Stevens*

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**THE BEST**

# **RAW FOOD**

# **RECIPES**

## **Raw Food Breakfast**

### **Oat Meal**

Serves 2

#### **Ingredients**

2 teaspoons cinnamon purified water

#### **Directions**

1. Put the flax seeds in the purified water and let sit overnight.
2. Peel the apples and cut them into small pieces (for the blender).
3. Peel the banana en break in parts. Rinse the flax seeds.
4. Put all ingredients in a blender. This can be a hand blender or high speed blender such as *Vitamix*.

5. Add 1/4 cup water, just enough to let the mixture blend well.

6. Blend all ingredients until smooth. You may want to add a little more water if it's too thick.

**Tip.** You make this recipe even better by replacing the water with almond cream or fresh juice. You may also add a tablespoon of hemp seeds. My daughter likes to add (germinated) nuts and raisins.

• You can prepare this recipe the night before (but put the banana in there in the morning).

Especially with nuts and dried fruits in it, it will only taste better!

2

apples

1

banana

1 tablespoon golden flax seed

## Vanilla Yoghurt

Serves 1

### Ingredients

1/2 teaspoon vanilla extract

### Directions

1. Open the coconut with a cleaver.
2. Pour the coconut water in the jar of a high speed blender and some or all of the milk.
3. Blend well. You should get the consistency of yogurt.

**Tip.** You can drink it as it is or you can add a fruit of your choice. Think of peach, strawberries, mango or pear. So good!

• A fantastic replacer of yoghurt made from dairy. It's delicious as a yoghurt desert, for breakfast with granola or you can put it in your ice maker machine and you get delicious ice cream.

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1/2 cup coconut water

1 cup coconut meat

## Apple Avocado Mousse

Serves 2

### Ingredients

1/4 cup purified water

### Directions

1. Peel the apples and take out the core.
2. Take the avocado meat out of the avocado.
3. Put the two ingredients in a bowl. Mix well with a hand mixer.



## Notes

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1 avocado

2

apples

## Energy Bomb Smoothie

This is my favorite raw breakfast recipe. I drink this smoothie every morning, or a variation of it is really good and very filling! A nutritional bomb! Full of minerals, enzymes, co-factors and high quality protein.

I can only use a tiny bit of raw chocolate and I could live on just these smoothies. I drink only 2 a day and then a salad at night. The raw chocolate is a great re- placer for coffee. When you use warm

water or tea (not heated above 170 F) you have a nice warm drink.

## **Ingredients**

2 cups special warm herb tea or pure water or coconut water

## **Directions**

1. Mix all in a blender and enjoy!

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1 teaspoon of raw carob powder (or raw chocolate)

1 tablespoon goji berries

1/2 teaspoon maca  
powder

1 teaspoon bee

pollen

1 tablespoon hemp seed

1 teaspoon raw honey (or yucon root or few drops stevia)

1 teaspoon green powder (spirulina, chlorella, wheat grass)

few leafs of greens (such as spinach or dandelion)

few scoops of coconut meat (optional)

## Mango Smoothie

This mango smoothie makes a superb breakfast and gives enough energy to last a whole morning. It's raw and vegan. No added sweeteners an dairy free.

### Ingredients

ice cubes

(optional)

### Directions

1. Peel and pit the mango, cut into pieces.
2. Peel and cut the banana and orange.
3. Put all ingredients in the blender (orange first). Blend all ingredients well.

### Tips

- You may want to add a little water if it's too thick. The hemp seeds provide good fats, super protein and fibers. This smoothie is also delicious with some coconut meat or water (instead of the hemp and orange).
- I often keep frozen mango and/or banana in the fridge. This way I always have the ingredients with me for making this recipe.

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1

mango

2

bananas

1-2

oranges

dash of lemon

juice

1 tablespoon hemp seed

1/4 teaspoon green powder

## Hemp & Berry Smoothie

Serves 2

### Ingredients

1 Cup pure  
water

## Directions

1. Put all ingredients in a high speed blender.
2. Add enough water so that all ingredients are covered. Blend well. You may want to add a little more water if it's too thick. You may blend longer if you find it too cold.

**Tip.** The hemp seeds provide good fats and super protein.

- Hemp seeds are the only seeds that have no enzyme inhibitor and therefore don't have to be soaked in water before eating.
- If the berries are sour, you may add a few drops of (liquid) stevia to the smoothie to get a sweeter taste.

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1 Banana

2 Tablespoons hulled hemp  
seed

1 Bag of frozen  
berries

# Lunch

## Guacamole

Serves 3

### Ingredients

1/2 cup distilled  
water

### Directions

1. Scoop the meat from the avocado skin.
2. Cut the avocados into chunks, place in a large bowl, and mash with a spoon.
3. Gently stir in the onions, tomatoes and cilantro.
4. Squeeze in the lime juice and stir in salt to taste.

**Tip.** Absolutely lovely with (self made) flax seed crackers, sprouted bread (i.e. *Ezenkiel*) or the rosemary crackers from *Pure Food & Wine/ 1 lucky duck*.

- Great as a dip for crudité's (carrots, celery, broccoli, bell peppers)

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3 avocados, pitted

1 onion,  
diced

2 tomatoes, diced

2 sprigs fresh cilantro, finely chopped 1 lime or  
lemon

2 gloves garlic cayenne pepper to taste sea salt to taste

## Flax Seed Crackers

Serves 4

### Ingredients

1 cup water

### Directions

1. Mix all dry ingredients in a bowl.
2. Add the water. Mix again.

3. Let stand for at least 2 hours so that the sugar from the fruit can be infused and soaked by the seeds. You may want to stir occasionally to see if there is enough water. It's not absolutely necessary to soak when you used ground flax seeds (as opposed to whole flax seeds) but I find the crackers taste much better if you do.
4. Spread the batter evenly on a tray. I use oven trays with Teflon or silicon sheets, dehydrator trays with Teflon sheets, you can even use a large ceramic plate (but put some coconut oil on the bottom so it will come off easily). You can spread the batter with the back of a spoon, a spatula or with your hands.
5. Now, let's dehydrate. You can do this in a dehydrator, conventional oven at lowest setting and preferably one that can be put on dry air, direct sunlight, on top of a radiator. The key is that the temperature of the food should not be raised above 40 degrees Celsius or 115 Fahrenheit. A food thermometer (used for beef!) may help you determine this.
6. Wait until the top is dried well. In the sun and conventional oven is is about 2 hours. In the dehydrator about 4 hours, depending on how much water was added to the batter.
7. Then flip and let dehydrate for another hour.

## Tips

- You can eat the crackers warm or cold. If dried well, you can store the crackers in a container that will keep any moist out. (it's dry when there is no condense in the closed container)

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1 cup ground flax  
seed

1/4 cup sesame  
seeds

1/4 cup buckwheat

1 or 2 hand full dried fruit (raisins, goji berries, cut of  
figs)

1/2 tablespoon sea  
salt

- These crackers is that are great for lunch with avocado, pesto and tomato. You can add any other spread .

- Also great as a snack, or as chips. Just alter this basic recipe.



- What's great about these flax seed recipes with crackers is that the variations are limitless. Experiment with adding other seeds such as hemp seed, or nuts (walnut, brazil, almond).
- Or try adding other dried fruit, such as dates or apricots, even olives or dried tomatoes (cut them in small pieces and let them soak with the seeds). You may want to cut down on the salt if you use olives or dried tomatoes since they are salty by themselves.
- If you make the crackers a little thicker and eat them warm, they truly taste somewhat like bread. (but much better)

**Notes**

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# Lettuce Wraps

Serves 4

## Ingredients

Himalaya sea salt

## Directions

1. Cut the carrot into into matchstick-size pieces.
2. Cut the Mango lengthwise into strips, about 1/4 inch (1 cm) thick.
3. In a Vita-Mix or high-speed blender, purée the honey (or stevia), lemon juice, ginger, red chili, and soy sauce.
4. Add the almond butter and blend at low speed to combine. You should get a rather thick consistency. (You may add water if it needs to be thinner)
5. In a bowl, mix the almond butter dressing with the cabbage. The best and easiest way is to do this with you hands or a large wooden spoon.
6. Now you need to roll the cabbage with dressing into a "lettuce" wrap. This is kind of tricky. Place the spinach leaf on a cutting board with the underside facing up.
7. Then you put some of the cabbage mix on the leaf.

8. Add some hemp seeds, a few sticks of carrot, a few pieces of mango, and a few leaves of cilantro and, basil.
9. Try to roll up and the spinach leaf, you might need to stick a cocktail-stick in it to hold. Do this for all the other spinach leaves until the ingredients are gone.

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1/2 cup hemp  
seed  
1/2 cup lemon  
juice  
1/4 cup honey or a few drops of stevia  
(2-3)  
1 1/2 tablespoon chopped ginger  
1/2 tablespoon red  
chili  
1 tablespoon soy sauce  
1 cup raw almond  
butter  
1/2 head savoy cabbage, shredded  
6 very large wild spinach leaves  
1 carrot  
1 ripe  
mango  
1 handful cilantro leaves  
1 handful torn basil leaves

**Tip.** This is my absolute favorite lunch dish. It's an adapted and simplified version of Pure Food & Wine's "Thai Lettuce Wraps". If you ever go to NY, I highly recommend you try them in this restaurant. If you bring this dish to a lunch or potluck, you'll be wowed!

- As an alternative to putting the wraps together yourself, it's actually quite fun to let your guests put the wrap together themselves. This will save you time and it adds to a social special atmosphere of your dinner
- If you live in the US, you can also use collard greens instead of the spinach leaves, but I haven't found them in the Netherlands yet.

**Notes**

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**Tomato & Olive Salad**

Serves 4

## **Ingredients**

arugola or other greens (optional)

## **Directions**

1. Break the tomatoes so that the juice comes out (best in a cup so juice won't spill)
2. Combine the tomatoes and olives in a bowl.
3. Add the olive oil, lemon juice and pepper.
4. Toss.
5. Just before dinner, add the basil and arugola.

4 parts cherry tomatoes 1 part  
olives  
raw extra virgin olive  
oil  
lemon juice to  
taste  
sea salt and pepper to taste  
handful  
basil

## Thai Cole Salad

Serves 4

### Ingredients

Himalaya sea salt

### Directions

1. Cut the mango into small cubes.
2. Shred the cabbage and carrots.
3. In a high-speed blender, purée the honey, lemon juice, ginger, red chili and tamari.
4. Add the raw almond butter and blend at low speed to combine. To get a thick, cake batter-like consistency.

5. Add water to thin if necessary.
6. In a bowl mix the cabbage and the raw almond butter mixture really well.
7. Add the raw cashews and mango pieces.
8. Top with leafs of cilantro and basil and a few pieces of mango and or carrots for color.

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1/2 cup raw  
cashews  
1/2 cup lemon  
juice  
2 tablespoons chopped  
ginger  
1/2 tablespoon red  
chili  
1 1/2 tablespoon tamari  
1 cup raw almond or peanut  
butter  
1/2 head white cabbage,  
shredded  
1/4 cup red cabbage,  
shredded  
1/4 cup carrots,  
shredded  
1 ripe mango, cut in small  
dices  
1 handful cilantro leafs  
1 handful torn basil leafs  
2 tablespoons of honey (or replace with few drops stevia)





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1

Avocado

1 Medium carrot

1/4 Cup almond (hemp or sesame) Milk

1 Tablespoon ginger (finely  
chopped)

1/2 Lemon

2-4 Drops liquid stevia or 1 tablespoon of raw honey (optional)

Pinch cayenne pepper

## Seaweed Salad

### Ingredients

Tamari lemon  
juice

### Directions

1. For the dressing: combine stevia, oil, soy and lemon juice.
2. Mix with the seaweed.
3. Sprinkle sesame seeds on top

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Seaweed of your choice (raw, unroasted)

stevia

Raw sesame

oil

Sesame seeds

## Gazpacho

Serves 4

## Ingredients

1/4 cup mango, diced in small cubes

## Directions

1. Place the tomatoes, onion, garlic, water, vinegar, lemon juice, cucumber and cilantro in a blender and purée.
2. Strain (vegetable press is easiest) to remove any vegetable pieces and pits that are not fully liquefied. (if you have a juicer, you can also put all ingredients in the juicer, using a coarse screen).
3. Chill overnight, if time permits.
4. Before serving, sprinkle the chopped scallions, olive oil, some finely cut cilantro and
5. mango over the top of the gazpacho.

**Tip.** In stead of red bell pepper, mango and cilantro, you could also use pesto (as a topping).

1 medium white onion, diced  
2 garlic gloves, peeled and minced  
3 cups distilled  
water  
raw apple cider vinegar to taste  
lemon juice to  
taste  
1 cucumber, peeled and  
chopped  
4 tablespoons freshly chopped cilantro (optional)  
1 scallion (green part), finely chopped, for garnish  
1 red bell pepper, seeded, cored, and diced  
(optional)  
1 table spoon raw virgin olive oil

## Salsa And Afternoon Snacks

Great with flax seed crackers, Ezenkiel bread or the rosemary crackers of Pure Food & Wine. Also a wonderful dip for carrots, celery, broccoli and bell peppers.

### Salsa

Makes about 1 1/2 cups

#### Ingredients

chopped jalapeño pepper, to  
taste

#### Directions

1. Combine the pepper, tomato, onion, garlic, cilantro, lemon juice and oil in a medium

bowl, and toss to fully blend.

2. Season with salt and jalapeño to taste.

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1/2 green bell pepper, seeded, cored and diced 2  
tomatoes

1/2 onion, diced

1 garlic clove, chopped

2 sprigs fresh cilantro, chopped small

juice of 1/4

lemon

1/4 cup cold-pressed olive oil

sea salt, to taste

## **Cucumber With Goat Cheese**

### **Ingredients**

Fresh soft Goat Cheese

**Directions**

- 1. Slice the cucumber and spread with goat cheese, hummus or any of the other spreads. (Also great with smoked salmon)

**Notes**

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# Avocado Cole Slaw

Serves 4

## Ingredients

1/2 cup distilled  
water

## Directions

1. Mix the cabbage and carrot together in a large bowl.
2. Mix the avocado, mustard, garlic and lemon juice in blender until smooth.
3. Pour the dressing over the salad and toss.

**Tip.** You can prepare the cabbage & carrot in large quantity and save in the refrigerator for a few days. Then you'll always have some ready for a quick salad. To prepare, just to add a dressing.

Version 1 - Dec 8, 2011 28 <http://www.thebestofrawfood.com>

1 cup shredded red cabbage  
1 cup shredded green cabbage  
1/2 carrot, shredded  
1 lemon  
(juiced)  
1 garlic cloves,  
minced  
1 tablespoon whole grain mustard  
1 avocado, pitted.

## Tapenade

Serves 6-8

### Ingredients

juice of 1 lemon to taste



## Directions

1. Take the pits out of the olives. (if necessary)
2. Place garlic, olives, olive oil and some juice in a blender and blend. (I prefer not too fine)
3. Add salt & pepper and lemon juice to taste and add some more olive oil to make it nice and smooth.

## Notes

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Version 1 - Dec 8, 2011 29 <http://www.thebestofrawfood.com>  
1 glove  
garlic  
1 cup black olives (Natures First Law Italian)  
sea salt & pepper to  
taste



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Version 1 - Dec 8, 2011 30 <http://www.thebestofrawfood.com>

2 tablespoons pine nuts (soaked 20 min)

6 tablespoons extra virgin olive oil

3 gloves garlic,  
chopped

6 tablespoons chopped fresh  
basil

1 tablespoon chopped parsley

## Zucchini Hummus

Serves 2

### Ingredients

sea salt to taste

### Directions

1. Take the pits out of the olives (if necessary).
2. Place garlic, olives, olive oil and some juice in a blender and blend (I prefer not too fine).
3. Add salt & pepper and lemon juice to taste.

**Notes**

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*Version 1 - Dec 8, 2011 31* <http://www.thebestofrawfood.com>

- 1 zucchini, peeled and chopped (about 1 1/2 cups)
- 2 tablespoons raw tahini
- 1/2 lemon juiced
- 1 teaspoon crushed garlic (2 gloves)
- 1/4 teaspoon ground cumin
- cayenne pepper to taste

**Walnut Pate**



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Version 1 - Dec 8, 2011 32 <http://www.thebestofrawfood.com>

1 cup soaked raw walnuts  
1 tablespoon fresh lemon juice  
1 teaspoon extra-virgin olive  
oil  
1 teaspoon raw soy  
sauce  
1/4 teaspoon garlic  
powder  
dash sea  
salt  
1 tablespoon minced fresh  
parsley

## Dinner

### Pizza

Serves 4-6

#### Ingredients

*For the crust:*

Salt & pepper, oregano, cayenne pepper to  
taste

#### Directions

1. Pulse the walnuts in a food processor or chop into tiny pieces (like couscous), but not completely smooth and transfer the nuts to a large bowl.

2. Add the zucchini, flaxseed, salt and about 1/4 cup of water, stirring to combine.
3. Add more water until a sticky dough forms. You may need more or less water.
4. Divide the butter between four 14 –inch *Teflex*-lined dehydrator trays.
5. Using an offset spatula, spread the dough to the edges of the trays. The dough can be a bit gummy and sticky, so it helps to dip the spatula in water as you spread the dough (the excess water will all evaporate in the dehydrator).
6. Dehydrate the flatbread at 115 F for 6-8 hours, or overnight. When the tops are dry, flip them over and peel away the Teflex liners. Dehydrate on screens for another 2-4 hours.
7. Once both sides are dry, slide the flatbread onto a large cutting board.
8. With a large chef's knife, cut into pizza rounds of your preferred size and shape.
9. Place them back on the dehydrator trays and dehydrate another hour or more, as necessary for firm crusts.

## **Ingredients**

*For the basis:*

*Version 1 - Dec 8, 2011 33 <http://www.thebestofrawfood.com>*

4 cups walnuts, soaked 1 hour or more

4 cups zucchini, grated

1/2 cup golden flaxseed, ground

1 cup filtered water

## **Directions**

1. In a food processor, add the nuts, lemon juice, garlic, tahini, and salt.

2. Process, adding water 1/4 cup at a time until you get the smoothie, fluffy consistency of hummus.
3. You may need to add more water, or you may want to add olive oil for a richer hummus – just make sure it has enough stiffness so it will hold the toppings on the pizza without running off the sides of the crust.

## **Ingredients**

*For the topping*

1/2 cup green olives, pitted and halved

## **Directions**

1. Spread each crust with hummus and top with tomatoes, cucumber, olive tapenade and olives.

**Tip.** Instead of the hummus and topping described above, you can also spread the crust with raw goat cheese, pesto, tomato, olives, tapenade and/or sun dried tomato tapenade.

Version 1 - Dec 8, 2011 34 <http://www.thebestofrawfood.com>

4 cups hemp seeds  
1/2 cup lemon juice  
2 small cloves



garlic  
1/4 cup sesame tahini  
1 teaspoon sea  
salt

1 pint cherry tomatoes,  
halved  
1/4 of large bulb of fennel, shaved very thin on a mandolin  
1/2 English cucumber, peeled, seeded, and finely  
diced  
1/2 cup Green Olive  
Tapenade

## **Spaghetti Al Pesto Or Marinara**

Serves 4-6

### **Ingredients**

Pesto or marinara sauce:

#### *Topping*

1/4 cup red bell peppers, chopped 1/4 cup red onions,

chopped

**Directions**

1. Thinly slice the yellow squash/zucchini with a sharp knife or mandolin to create strands of "pasta". Set aside.
2. For the pesto/marinara sauce put all ingredients in a blender and blend until creamy.
3. Toss the sauce with the sliced or spiraled squash pasta and serve.

**Notes**

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Version 1 - Dec 8, 2011 35 <http://www.thebestofrawfood.com>  
3 pounds of yellow summer squash/zucchini

1/4 cup olives,  
chopped  
1/4 cup tomatoes,

chopped

## Portobello Mushroom Steak

Serves 2

### Ingredients

sea salt and pepper to taste

### Directions

1. Wipe off the mushrooms with a paper cloth or mushroom brush (don't use water).
2. Toss all ingredients together in a bowl. Mix well.
3. Let marinate for 5-10 minutes.
4. Put in a dehydrator, (hot air) oven (max 50C/120F degrees), in the sun or on your
5. (heated) radiator for about 1-2 hours or until tender.
6. Eat immediately (great when still warm)

It's that easy! Enjoy.

### Tips

- If you serve it warm, it's like having a cooked dish!
- You may serve as it is or you could add some marinated onions, chopped tomato cubes, parsley for decoration.
- Next time try adding raw tamari (gluten free soy sauce), garlic, lemon and or cayenne pepper to the marinade.

Version 1 - Dec 8, 2011 36 <http://www.thebestofrawfood.com>

2 Portobello mushroom

2 tbsp olive oil

## Mexican Meat Loaf Recipe For Tortillas

### Ingredients

handful fresh cilantro  
leafs

### Directions

1. Put all ingredients except tomato, onions and cilantro in a food processor and mix well.
2. Cut onions, tomato and cilantro in small pieces
3. Put all ingredients in a bowl. Mix with a fork until well combined.
4. Test for seasoning. Since the dried tomatoes are usually quite salty, I often don't add

extra salt. But taste before adding extra salt to make sure.

## Tips

- Great with guacamole and salsa, and tortillas for a real Mexican meal.
- If you change the seasoning and leave out the Mexican herb mixture but add pepper, you can make small meat balls.
- Great with the pasta marinara.

*Version 1 - Dec 8, 2011 37 <http://www.thebestofrawfood.com>*

1 cup walnuts - soaked for 2  
hours

1 cup sun dried tomatoes - soaked for 1 hour

Mexican herb mixture (ground cumin, cayenne  
pepper)

1 inch chili pepper (remove the seeds if you don't like it too spicy)

1 ripe  
tomato

olive oil

1 teaspoon

tamari

2 drops stevia (or 1 tbsp honey, maple  
syrup)

## Tortillas

### Ingredients

1 cup spring water

### **Directions**

1. Put the corn in a high speed blender or food processor and mix well.
2. Add to bowl with other ingredients.
3. Mix all ingredients well with a fork, spatula (or hand)
4. Spread thinly onto *teflex* sheets or baking paper and put on baking or dehydration tray.
5. Dehydrate at 115° F or 40° C in dehydrator, hot air oven or in direct sunlight for about 4-6 hours.

**Tip.** Great with guacamole or salsa!

seed

1 cup sweet corn (fresh from cob or refrozen) 1/2 teaspoon sea salt

## Raw French Fries Recipe

Serves 4

### Ingredients

1 teaspoon sea  
salt

### Directions

1. Cut the kohlrabi's like french fries (julienne). You can do this with a knife, but it's easiest with a mandolin. There are also special fries cutters you could buy if you think you'll make this a lot.
2. Put the kohlrabi's in a bowl.
3. Put the oil, curcumin and salt in a bowl.
4. Mix and pour over the fries.
5. Let sit for at least 10 min. Then drain and scoop onto some paper towels (to take off excess oil).

### *Ketchup*

1/2 cup pure water

**Tip.** Put all ingredients in a blender. On the bottom of the blender the water, lemon juice

and tomatoes, on top the dried tomatoes and dates.

- Blend well. This will be easier if you leave the sun dried tomatoes sit in water for a few hours.

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Fries

4

kohlrabi's

1/2 cups cold pressed olive or hemp seed oil

2 teaspoons curcumin

(kurkuma)

3 tomatoes

3 pieces sun dried  
tomatoes

5 dates (or 1/2 teaspoon stevia  
and

4 more sun dried  
tomatoes)

1 squeeze lemon juice



# Raw Broccoli Salad

Serves 8

## Ingredients

1 tbl spoon of tamari (optional)

## Directions

1. Slice the broccoli into thin strips as you would cabbage for cole slaw.
2. Toss the broccoli, scallions, slivered almonds and hemp seeds together in a large bowl and set aside.
3. To make the dressing, put the all ingredients in a blender and blend briefly.
4. Pour the dressing over the salad and toss to combine.

Version 1 - Dec 8, 2011 40 <http://www.thebestofrawfood.com>

1/4 pound

broccoli

1 bunch scallions (green parts only) finely chopped  
(optional)

1 cup raw slivered almonds

1 cup raw germinated hemp seed

Dressing:

1 cup sesame oil

juice of 1 lemon

1 glove of minced garlic

1 small piece of minced ginger

1/4 teaspoon stevia (or 2 tablespoons honey)

## Waldorf Salad

My mother makes the best Waldorf salad. Here's the raw and vegan version (replaces chicken, potato and mayonnaise).

serves 2-4

### Ingredients

salt & pepper to taste

### **Directions**

1. Put all ingredients except 1 avocado in a bowl and mix until well combined.
2. Let stand for about 30 minutes.
3. Add the cubes of the second avocado.
4. Serve immediately.
5. Garnish with parsley, pieces of grapefruit, tomatoes and/or lettuce.

**Tips.** If you're not completely raw, you may want to add artichoke hearts (cooked).

- I usually serve all ingredients in separate bowls. Then all family members can make their own salad and choose what they like. The kids love it this way.
- You can even add some non raw ingredients such as the artichoke hearts for "cooked" members/guests.

*Version 1 - Dec 8, 2011 41 <http://www.thebestofrawfood.com>*

2 stalks celery (cut in tiny cubes)

1/2 cup walnuts (soaked for about 2 hours), cut in  
quarts

3 apples, cut in small

cubes

2 avocados, cut in large cubes

1 grapefruit, peeled and completely stripped of all tiny skins and white pieces.

kohlrabi or jicama, in small cubes

## Lasagna

serves 2-3

### Ingredients

fresh basil, cilantro and/or spinach leaves.

### Direction

1. Using a mandolin, cheese slicer or veggie peeler cut long strips of zucchini (as if you would put them on a grill).
2. Put all zucchini strips in a bowl and add olive oil and salt and mix.
3. Let stand to marinate for about 30 minutes. This will soften the zucchini.
4. In the mean time, prepare the ketchup and vegan cheese. Make about 1/2-1 cup of each.
5. Cut the tomatoes in slices.
6. Now, take out the zucchini and put on a paper towel to drain any excessive oil or liquid.
7. In a glass or ceramic square bowl (like one you'd use for making lasagna) line the bottom with a layer of zucchini. They should overlap each other slightly so that you can scoop them out without your lasagna falling apart.
8. Then add a layer of ketchup, some slices of tomato and basil, cilantro or spinach leaves.

9. Add a thin layer or a few dots of vegan cheese.
10. Again add a layer of zucchini, ketchup, tomato, green leafs, vegan cheese.
11. Repeat one more time. Thus total of 3 layers.

*Version 1 - Dec 8, 2011 42 <http://www.thebestofrawfood.com>*

2 medium zucchinis  
2 tablespoons olive  
oil  
pinch sea salt  
3 ripe  
tomatoes

## **Fruit Pizza**

A children's favorite. Especially if you let them decorate the pizza.

serves 4

### **Ingredients**

*Crust*

Fresh fruit selection (such as bananas, kiwis, blueberries, strawberries, pineapple, pear, raspberries, etc.)

### **Directions**

1. Put all ingredients in a bowl and mix until well combined.

2. Make a ball.

3. Flatten the ball on your plate until it's nice and round like a small pizza. (You may want to put a piece of baking paper or coconut oil on your plate first to make sure you can peel off the "pizza crust" easily)

4. Add a layer of vanilla cream.

5. Decorate with the sliced fresh fruit. You can make faces or art of all kinds!

**Tips.** A really fun activity for kids.

- A most delicious dessert!
- If you're hard core raw foodist or lover of tropical fruits, you may replace the vanilla cream with cream of durian (a tropical fruit). It's my very favorite fruit and you can put the meat in a blender to make cream. To me this is true custard. But be warned. The smell of it is pretty strong and is not appreciated by all (or should I say "most"). So I recommend it only if you can prepare/serve the pizza outside and when you know, only people that love durian will be joining you for the pizza!
- For a quick crust you can also use the energy bar recipe.

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2 cups almond flour

2 tablespoons agave, maple syrup or honey, 4 drops  
liquid stevia (or to taste)

pinch sea salt

1/3 cup coconut

butter

2 Cups *Vanilla Cream* (see cookies, cake and  
desserts)

## Cookies, Cake And Dessert

### Energy Bars

Serving: About 6 bars

## Ingredients

1 cup nuts (i.e. raw cashews, almonds, pecans, or mix) pinch of salt

## Directions

1. Pit the dates and place into a bowl.
2. Turn the dates into a paste. I use a knife and cut them in small pieces. If you do it in a blender or food processor, the dates stick to the knives.
3. Place the nuts in a food processor, hand slicer or do it by hand with a sharp knife or cleaver. Process them but don't blend to a powder. The bars taste better with tiny pieces of nuts in them.
4. Add the nuts to the dates and mix. This is easiest with your hands. Mix until fully combined.
5. Take the doughy and make 2 long "snakes".
6. Flatten the top and edges with a wooden spoon.
7. Cut each "square snake" into 3-4 pieces. You may wrap each one in baking paper (or plastic wrap). You can even put stickers on the wrap or draw on the paper to really surprise yourself, partner or kids.
8. Store them in the fridge until ready to eat. They travel well, are a great afternoon snack and make happy kids if you put them in their lunch box.

**Tips.** This is just the basic recipe. Your variations are limitless.

- Mix dates with figs, apricots, dried apple, raisins, goji berries or try a different combination of nuts.





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## Dark Chocolate Sauce

### Ingredients

1/2 teaspoon of coconut oil

### Directions

1. Mix all ingredients together to form a paste. If you need it runnier, add more agave nectar.
2. If you need it creamier, add more coconut oil.
3. Wonderful on top of raw ice-cream!

**Tip.** Fantastic topping for ice cream or fresh fruit (strawberry) bowls.

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4 heaped tablespoons of chocolate powder

3 tablespoons of raw agave

nectar

## Raw Chocolate Cake

Serves 10

### Ingredients

For garnishing: strawberries, raspberries, or oranges

### Directions

#### *Crust*

1. Combine and mix all ingredients. You can best do this by hand or standing mixer). It should have a dough-like consistency.

2. Press the dough evenly into a 7 inch tart pan. (A removable bottom, a plastic cling wrap lining or one of these new flexible silicon pans are easiest.)
3. Chill in the fridge for at least an hour if you have time.

### *Filling*

1. Blend all the ingredients in a blender until very smooth.
2. Poor into the cake crust.
3. Put the cake back in the fridge and chill for at least another hour.
4. Before serving, decorate the cake with the berries, orange or other nice looking fruit.

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1/2 cup cocoa powder

1/2 cup

carob

1/2 cup finely ground almonds 1/3 cup agave  
syrup

1/4 cup coconut or cacao butter Pinch of sea salt

For the chocolate filling

2 cups cocoa powder

1 1/2 cups agave syrup

1 cup coconut or cacao  
butter

1 tablespoon Vanilla extract  
(optional)

1 tablespoon Lucuma Powder  
(optional)

1 teaspoon Maca Powder  
(optional)

# Chocolate Delight

Serve 4

## Ingredients

organic mint leaves

## Directions

1. Place coconut meat and first portion of coconut water in Vita-Mix.
2. Add the rest of the ingredients and with plunger begin to blend.
3. Slowly add water of second coconut to bring to creamy consistency... blend until smooth with texture of a crème.
4. Serve in your favorite glass and garnish with strawberries & mint leaves.
5. Let chill in fridge for 20-30 minutes and enjoy!

## Tips

You can use this recipe to make a parfait:

- Separately blend meat of two young coconuts adding coconut water slowly getting a smooth creamy texture.
- Add ground vanilla bean powder.
- 1st Layer Chocolate Crème
- 2nd Layer Vanilla Coconut Crème,

- 3rd Layer quartered organic strawberries, and begin again with Chocolate Crème until glass is filled to the brim!
- Garnish, chill, and enjoy!!!

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meat of 2 young coconuts

water of 1 young coconut (place the water of 2nd coconut to the side)

1/4 cup raw cacao powder

4 tbl raw Yacon  
powder

4 tbl raw Lacuma powder

4 tbl Irish Moss

1 tbl raw vanilla bean powder

1 tsp

cinnamon

pinch sea salt

Stevia Liquid extract to  
taste

organic quartered strawberries

## Blueberry Pie

Serves about 10

### Ingredients

#### *Crust*

large pinch of sea salt

#### *Filling*

6 cups blueberries

## Directions

1. In a medium bowl, mix together all the crust ingredients, until very thoroughly combined. Line individual tart shells with squares of plastic wrap.
2. Divide the dough between the shells and press evenly into the sides and bottom, to create an even thickness throughout.
3. Refrigerate until firm, about 1 hour or more and keep refrigerated until ready to fill.
4. In a high-speed blender, purée all the cream ingredients until completely smooth, stopping to scrape the sides as necessary. You may use a spatula to push the mix down into the blades for easier blending.
5. Add more coconut water to thin, but avoid adding too much or the cream will not stay as firm in the tart shells.
6. Fill each tart crust with the cream, creating a flat surface at the top, cover and return to the refrigerator to chill and set about 2 hours or more.

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1 1/2 cups coarse almond flour

1 1/2 cups fine almond flour

3

dates

3/4 cup raw honey or maple syrup 3/4 cup coconut butter

1 cup raw cashews, soaked for 2 hours or more 1 cup coconut meat

1/3 cup agave  
nectar  
1/4–1/2 cup distilled water at room  
temperature  
6 tablespoons coconut  
butter  
1 tablespoon plus 1 teaspoon almond extract  
seeds from 1/2 vanilla bean, or 2 teaspoons vanilla extract pinch of sea salt

7. For the serving: Remove the tarts from the refrigerator and use the overhanging edges of the plastic wrap to carefully pull the tarts from the shells (or push from the bottom if using shells with removable bottoms).
8. Arrange the blueberries on top of each and serve.

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## Macaroons

Makes 24 to 36 macaroons

### Ingredients

1/2 teaspoon sea salt

### Directions

1. In a large bowl, combine all the ingredients and stir well to combine. You can also use a standing mixer with the paddle attachment.
2. Using a big tablespoon, spoon rounds of the dough onto the dehydrator screens.
3. Dehydrate at 115 F for 12-24 hours, or until crisp on the outside and nice and chewy on the inside

### Tips

For blonde macaroons, replace the cocoa powder in the recipe above with an equal amount of fine almond flour.



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3 cups dried, unsweetened coconut flakes

1 1/2 cups raw cocoa powder (or carob powder) 1 cup maple syrup or raw honey

1/3 cup coconut

butter

1 tablespoon vanilla extract

## Apple Pie

### Ingredients

#### *Crust*

2 teaspoons psyllium or flax  
seeds

### *Filling*

2 table spoon psyllium or flax seed

### **Directions**

#### *Crust*

1. After draining the almonds, dry them with a wet towel.
2. In a food processor, chop the nuts until they're evenly ground.
3. Add the dates and process until they are finely ground.
4. Then add vanilla and cinnamon while processing.
5. The crust must appear slightly damp and must hold together before adding the psyllium or flax. Add a small amount of water, if necessary.
6. Gradually add the psyllium/flax seeds. Immediately press the mixture into a 9 inch (22,5 cm) pie pan.
7. Dehydrate the crust for 1 hour or leave it in the sun for 1-2 hrs or in a warm oven for 20 min. or use the crust immediately.

### **Directions**

#### *Filling*

1. In a heavy-duty juicer, using a blank screen, alternate putting the apples, dates and raisins through the machine and into a bowl.

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3/4 cup almonds, soaked overnight (8-12 hrs) 1 1/2 cup date pieces or chopped dates

1/2 vanilla

essence

dash

cinnamon

10-12 apples (peeled and cored), cut in chunks 2 cups dates( pitted)

1 cup

raisins

1 tablespoon of lemon juice

2 teaspoons cinnamon



2. There should be at least 6 cups of apple sauce mixture, if not, add more apples and put the mixture through the juicer again. For best results transfer the mixture to a food processor and process until very smooth.
3. Add cinnamon, process until mixed.
4. With the processor running, gradually sprinkle in the psyllium/flax seed. Process until thoroughly mixed.
5. Immediately pour the filling into the pie crust, cover and refrigerate.
6. Top with thinly sliced apples that have been dipped in lemon juice.
7. Serve as is, or with raw ice-cream or whipped cream.

## Ice Cream

serves 4

### Ingredients

dash sea  
salt

### Directions

1. Put all ingredients in a blender and blend until completely smooth.
2. Process through your ice-cream maker according to instructions (is quicker if you first cool in fridge)

### Tips

This is the basis ice-cream recipe. Your variations are limitless:

1. Add fruit of your choice such as strawberries, mango, banana, pear, blueberries.
2. Add lemon juice or raw cacao powder - and add more stevia to the recipe.
3. If you can't find coconut, you may also replace the coconut and cashews with 2 cups

fresh almond milk (or other nut milk)

*Version 1 - Dec 8, 2011 54 <http://www.thebestofrawfood.com>*

1 cup coconut meat

1 cup cashew nuts

1 teaspoon stevia (or 1/2 cup agave syrup or honey)

1 teaspoon vanilla powder or 1 vanilla bean

## Vanilla Cream

Serves 3-4

### Ingredients

1 teaspoon vanilla powder or 1 vanilla bean

### Directions

1. Put all ingredients in a blender and blend until completely smooth.

**Tip**

This cream makes a great desert with fresh fruit or as is. You may also run it in your ice cream maker for a delicious creamy ice cream.

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2 Cups Coconut Meat

1 Cup Cashew Nuts (optional )

1/2 cup Coconut

water

1 teaspoon 1/2 cup agave syrup

# Smoothie, Milks And Juices

# Carrot Juice

## Ingredients

few green leafs such as red lettuce or carrot greens 1  
apple

## Directions

1. Put all ingredients in your juicer. (a centrifuge juicer is easiest for carrots.)
2. Mix and drink immediately.

## Tips

I peel the carrot for taste (otherwise it tastes too earthy). I find this recipe sweet enough, but if you're a beginner juicer or have a sweet tooth, add an apple for extra sweetness.

The health benefits of carrot juice? It provides Vitamin A, B Vitamins, Vitamin E and many minerals (including calcium).

Great for pregnant and nursing mothers, eyesight, bones and teeth, liver and nails, skin and hair as well as helping in breast and skin cancer prevent.



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1 lbs large carrots (washed and peeled)

1/2 lemon (peeled)

## Spinach Vegetable Juice

This juice recipe is perfect for starters of veggie juicing. It's soft and sweet. Very tasty. Not bitter or strong at all.

### Ingredients

1/2 lemon, peeled  
(optional)

### Directions

Put all ingredients in your juicer. A twin gear juicer such as the Green Star Juicer or slow juicer is best for extracting greens.

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- 1 bunch spinach
- 2
- apples

**Tomato Vegetable Juice**

Are you looking for the best of all tomato juice recipes! This one is!

You can juice the tomatoes in a juicer but if you have a high speed blender - such as a *Vitamix* or

*Blendec* Blender - and you like more "body" to your juice, you might like to use the blender in stead.

## **Ingredients**

cayenne  
pepper

## **Directions**

1. Juice the tomatoes, celery, cucumber in your juicer.
2. Add drops stevia if you like a sweeter taste, salt, pepper and cayenne pepper to taste.
3. If you like you can also add a 1/4 onion, fresh oregano and basil and red bell pepper.

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3 cups chopped tomatoes

1 stalk celery

1  
cucumber  
3 drops stevia  
(optional)  
1/2 teaspoon himalaya sea salt  
pepper

## Cabbage Vegetable Juice

Cabbage juice is known for its ability to heal peptic ulcers. It is full of vitamin K, C, fiber, manganese, B6, Folic Acid, Omega 3 fatty acids, calcium, phytonutrients and anti-oxidants, and very low in calories.

### Ingredients

1 Lemon,  
peeled

### Directions

1. Take off the outer leaves.
2. Cut the head in pieces small enough to fit through your juicer
3. Run through your juicer.

### Tips

- **Cabbage is good for you!** Recent studies show that people who eat most cabbage have a significantly lower risk of colon, lung, breast and prostate cancer. Even compared to other people that eat lots of veggies.
- Red cabbage has even more nutrients and protects against Alzheimer's disease. Juicing cabbage is a superb way to get the best out of your cabbage.
- Cabbage provides anti-carcinogenic glucosinolates (anti cancer fighters).
- When you cook cabbage, you kill the special myrosinase enzyme that makes the cabbage so healing, thus making cabbage less effective as anti cancer food.
- Drinking it straight might be a little too much in the beginning. Then, simply mix it with carrot juice. Start with juicing carrots. Every day add some cabbage leafs until you're used to the taste. (the taste isn't that strong).
- You may also try other cruciferous family members of cabbage such as kale, broccoli, and collard

greens.

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1 Head cabbage (red or  
green)

2 Apples or large  
carrots

## Kale Banana Smoothie

### Ingredients

5 leafs  
kale

### Directions

1. Put all ingredients in a high speed blender.
2. Add enough water so that all ingredients are covered.
3. Blend well.

### Tips

- Add a little more water if you like your smoothie thinner.
- This is a great way to add (wild edible greens) to your raw food diet. You won't even notice it. This smoothie is full of important minerals, vitamins, healthy omega three fats, fiber, protein, enzymes, that is hydrating and easy to digest!

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2  
bananas  
2 tablespoons hulled hemp  
seed  
1 bag frozen blue  
berries  
2 1/2 cups pure  
water  
1 teaspoon super foods of choice  
(optional)

## Dandelion Apple Smoothie

This yummy recipes is another favorite of mine. It's great with spinach too. Just replace the dandelion with spinach.

## **Ingredients**

Spring or distilled  
water

## **Directions**

1. Put all ingredients in the blender.
2. Add enough pure water so all ingredients are covered.
3. You can add a banana for creaminess (optional).
4. Blend well and drink.

1 bunch dandelion greens 1 lemon (peeled)  
2 large  
apples  
1  
banana  
2 teaspoons flax seeds  
(optional)

## Arugula Lettuce Pear Smoothie

### Ingredients

liquid stevia to taste

### Directions

1. Put all ingredients in a high speed blender.
2. Add enough water so that all ingredients are covered. Blend well.

**Tip.** Arugula lettuce and pear are an excellent combination. Very delicious and nutritious smoothie.

- You might try this combination in a salad too.



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1

banana

2-3 pears

2 tablespoons hulled hemp

seed

1 bag of frozen

raspberries

2 1/2 cups pure

water

1 teaspoon super foods of choice

small bunch arugula lettuce

## Carrot Ginger Smoothie

### Ingredients

spring or distilled water

### **Directions**

1. Put all ingredients in your juicer.
2. Add clean water to cover all ingredients.
3. Blend and enjoy immediately.

1/2 lemon  
1/3 inch fresh ginger, finely cut (like  
cloves)  
pinch of sea salt and cayenne pepper

## Green Smoothie

The best green smoothie recipe is the one you make yourself. It's very easy and the options are endless. Just have a ration of about 50% fruits and 50% vegetables (or try some wild greens such as nettles) and your smoothie will always be delicious. If not sweet enough, add some liquid. You'll hardly taste the vegetables.

### Ingredients

1-2 Bananas or 1 avocado to emulsify (make creamy) ginger, lemon, parsley or stevia  
to taste

### Directions

1. Put all ingredients in your blender.
2. Add clean water to cover all ingredients.
3. Blend.
4. Drink immediately.

### Notes

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1 bunch green leafy vegetable of choice (50% of total) Fruit of choice (50% of total)

## Almond Milk

### Ingredients

nut milk bag or cheese  
cloth

### Directions

1. Let almonds soak overnight in water.(for better digestion).
2. In the morning rinse and drain the almonds.
3. Then put them in your blender or jar. Add 2 - 3 cups of clean (spring) water and a pinch of salt.
4. Blend well.
5. Poor the almond milk in the nut bag. It's easiest if you have a large bowl underneath to catch the filtered milk.
6. Now holding the bag with one hand, squeeze the milk with your other hand (see the

video of Victoria Boutenko on the website).

7. Add the other (optional) ingredients and blend briefly if needed.

## Tips

- If you dehydrate the almond pulp you can use it to make raw cakes and cookies.
- Drink the milk as is or use in smoothies, soups or other recipes. Many friends save it in the fridge for about 2 days (shake before drinking), although I prefer to drink it fresh.
- You can buy nut bags at most health stores and online. They're about 5 dollars each. You can also use nylons, cheese cloth or paint strainer.
- Going to the store to buy soy, rice, nut or cows milk takes a whole lot longer and is much more expensive than making fresh almond milk. A *Vitamix* (or any other blender) full with fresh almond milk costs you about 50 cents. You make the almond milk less than 10 minutes.

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2 cups (spring) water

1/2 cup raw almonds

pinch of  
salt

few drops or half stick vanilla  
(optional)

few drops stevia to taste  
(optional)

## Hot Chocolate

Serves 1

### Ingredients

liquid stevia to taste

### Directions

1. Blend the raw chocolate powder and honey/coconut nectar into a paste.
2. Add the almond milk and blend well. Serve immediately.

**Tip.** For hotter chocolate, make the almond milk with half the amount of water. Blend all the ingredients, then add 2 cups hot water. Whisk and serve.

## Notes

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1 cup *almond milk* made with warm water (up to 115 F or 45 C)  
4 tablespoons raw chocolate powder  
1 tablespoon honey or coconut nectar

# Alkalize For Health

How alkaline your blood is, is an easy way to measure the level of your health. A healthy person has a blood pH of 7.365. Generally, a person who is terminal ill has a pH of around 5 or lower.

## What Are Alkaline, Acid And PH?

*Alkaline foods* are foods that raise the the amount of oxygen that your blood takes in. The most alkalizing foods are RAW green leafy vegetables, non-sweet fruits and (wheat) grasses. The opposite of alkaline foods are *acid foods*.

How much oxygen your blood can absorb is measured on a **pH scale** that ranges from 0 to 14. A pH of 0 is most acidic while a pH of 14 is most alkaline.

## Alkaline Foods List

During most of your lives, the majority of the foods you eat are (highly) acidic. These make you sick and tired. By eating raw alkaline foods and drinks, you can help your body to heal itself from many chronic diseases.

As a general rule the following foods groups are alkalizing:

- Green leafy vegetables (e.g. spinach, kale);
- Wild greens (e.g., dandelion, nettles, wild grasses);
- Fresh herbs (e.g. parsley, cilantro, basil, garlic);
- Grasses (e.g. wheat, barley grass);
- Sprouts;
- Sea vegetables (e.g. kelp, nori, dulse, spirulina, blue green algae);
- Medicinal mushrooms (e.g. shiitake, maitake, reishi).

## Acid Foods List

It's too bad that *the foods you may like most* make you most acidic and thus sick:

- Junk & Processed foods;
- Sugar;
- All animal food (meat, eggs, chicken, fish, lobster, oysters);

- Grains: (white) wheat, rice, pasta, flour, bread etc.;
- Some Fruits;
- Dairy products (milk, cheese, butter);
- Bad fats;
- Peanuts, cashews.

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For more details visit [thebestofrawfood.com](http://thebestofrawfood.com): [acid alkaline food list](#).

The **best alkaline drinks** are alkaline water, young coconut water, vegetable juice and wheatgrass juice. If your very acidic you might need alkaline supplements to get you back in balance quicker.

## How Healthy Are You?

How do you know your body pH? You simply buy some [pH test strips](#) (also called litmus paper) at a health store and pee on one. The paper will tell you instantly what your pH is and thus, how alkaline or acid you are (and how healthy).

## What Is The PH Scale

PH stands for **P**otential for freeing **H**ydrogen ions. The difference between acidity and alkalinity is based on the ability to free hydrogen ions.

Very simply put, the pH scale measures the amount of oxygen in your blood. When your blood is too acid it will not carry enough oxygen. When it is too alkaline, it will carry too much.

The scale goes from 0 to 14. A pH of 7 is neutral, a pH of 0-7 is acid. A pH of 7-14 is [alkaline](#). Each unit of change represents a tenfold change in acidity or alkalinity. Thus the difference between a pH of 4 and 5 is much greater than the difference between 6 and 7.

Thus your blood is in balance when you are slightly alkaline: a pH of 7.365.



## How To Neutralize Harmful Acids

When you're just starting a raw food diet, it may be hard to become alkaline. Even if you eat raw greens all day. I find that juicing (with fruits or herbs for taste) speeds up this process tremendously, but it may still not be enough.

In that case, you may want to use some alkalizing supplements. Examples are (Himalayan) sea salt, pearl calcium, silica, pH drops, green powder, E3 Live or other [super foods](#).

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## Summary

The list of alkaline food is all that's raw and green (especially greens, sea vegetables, superfoods and herbs) and an acid food list is all animal products, grains, sugars, fats and seeds. In order to stay alkaline 80% of your food should be alkaline and 20 acidic.

To test your pH you can buy pH test strips for less than \$ 15,- (online, health store or pharmacy). The test will take 2 seconds.

## Notes

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# Raw Food Diet Conversion Chart

## Food

### Bad Better Best

#### Sugar All forms:

- Dextrose -
- Corn syrup -
- Rice syrup -
- Malt

Raw honey Raw  
Agave Maple  
syrup Raw fresh  
fruits Raisins  
Dates

Stevia Vanilla Cinnamon  
Raw honey (25g) and  
Coconut Sugar Raw fruit  
in moderation  
Stevia Vanilla Cinnamon  
Raw honey (25g) and  
Coconut Sugar Raw fruit  
in moderation  
Stevia Vanilla Cinnamon  
Raw honey (25g) and  
Coconut Sugar Raw fruit  
in moderation

#### Sweeteners All forms:

- Aspartame -
- Splenda
- Xylitol Stevia Vanilla Cinnamon

#### Salt Table salt

Iodized salt

Unrefined sea  
salt Unrefined

sea salt

Organic salt from plants:  
Celery [Seaweed](#)  
Phytoplankton  
Organic salt from plants:  
Celery [Seaweed](#)  
Phytoplankton  
Organic salt from plants:  
Celery [Seaweed](#)  
Phytoplankton

#### Flour White flours

from: -  
Wheat -  
Corn - Rice,  
etc.

ic whole  
from: -  
- Kamut -  
a -  
wheat -  
- Brown  
Other  
ored  
\*stored

Sprouted grains  
Almond flour  
Coconut flour  
Sprouted grains  
Almond flour  
Coconut flour  
Sprouted grains  
Almond flour

Coconut flour

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t free)  
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ted

Dehydrated [flax crackers](#)  
Essence bread [Lettuce wraps](#)  
Dehydrated [flax crackers](#)  
Essence bread [Lettuce wraps](#)  
Dehydrated [flax crackers](#)  
Essence bread [Lettuce wraps](#)

**Bread** From

supermarket

Home made  
Health store



**Pasta** White pasta Organic spelt or

buckwheat  
Sprouted pasta

(Raw) spaghetti made from  
squash

Vegan nut pate's Raw  
"meat" balls made from  
nuts/seeds

Vegan nut pate's Raw  
"meat" balls made from  
nuts/seeds

Vegan nut pate's Raw  
"meat" balls made from  
nuts/seeds

**Fat** Butter

Shortening  
Margarine  
Chemicals  
Trans fats  
Animal fats  
Fermented  
fats

Cold pressed  
coconut oil  
Olive oil Hemp  
seed oil Flax  
seed oil

sh Not  
gered

**Fish** Farm raised  
fish

Whole [hemp seeds](#) Whole  
organic flax Seeds Nuts  
Fresh coconut  
Whole [hemp seeds](#) Whole  
organic flax Seeds Nuts  
Fresh coconut  
Whole [hemp seeds](#) Whole  
organic flax Seeds Nuts  
Fresh coconut

Wild Alaskan fish Caught  
same day & sustainable  
Cold smoked wild Alaskan  
salmon Krill Oil  
Wild Alaskan fish Caught  
same day & sustainable  
Cold smoked wild Alaskan  
salmon Krill Oil  
Wild Alaskan fish Caught  
same day & sustainable  
Cold smoked wild Alaskan  
salmon Krill Oil

**Eggs** Conventional  
eggs

**Meat** Cold cuts

ic farm  
ggs

Processed  
meat: Hot  
dogs Bacon  
Salami, etc.

Organic raised  
Nitrites free  
E-numbers free  
(EU) MSG free,

Egg replacers: -  
Agar agar - Flax  
seed - Psyllium  
fiber  
Egg replacers: -  
Agar agar - Flax  
seed - Psyllium

fiber  
Egg replacers: -  
Agar agar - Flax  
seed - Psyllium  
fiber

ic raw  
cheese  
ic raw  
's cheese

Nut cheese  
Seed cheese  
Nut cheese  
Seed cheese  
Nut cheese  
Seed cheese

## **Cheese** Cheese

From cow  
Pasteurized  
Not organic  
Homogenized

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Organic **Milk &** Milk, yogurt

milk **Yogurt**

From cow

Raw goat's milk Pasteurized

Almond milk Homogenized

from store Rice milk Coconut milk

[Raw almond milk](#) [Raw milk from nuts](#) Raw milk from seeds & grains Home made Kefir Raw coconut juice  
& milk

## **Beverages**

### **Bad Better Best**

**Water** Water from tap Plastic bottled

water Evian, Poland Spring, Fuji Water

Distilled water Low mineral spring water Bottled in glass

**Thee** Black tea Herbal teas

**Coffee** Coffee

Decaffeinated coffee

Coffee replacer [Raw "hot" chocolate milk](#)

### **Soft Drinks**

Lemonade Jam Soft drinks Fruit juices

Organic fresh juices Flash pasteurized

Freshly squeezed juice: Fruit [juice](#) [Orange Juice](#) [Vegetable juices](#) Green powder juice Juice fresh from  
juice bar [super foods](#) drinks Coconut water (fresh) [Smoothies](#) Home made lemonade w stevia





# Condiments And Spreads

## Bad Better Best

### Tomato Ketchup

Organic, sugar free ketchup  
Home made ketchup  
Organic, sugar free ketchup  
Home made ketchup

Raw ketchup  
Raw ketchup  
Raw ketchup

### Mayonnaise From super marked

Organic, no sugar added  
Home made

Raw home made mayonnaise  
Raw mayonnaise made from avocado  
Raw mayonnaise made from nuts/seeds  
Raw home made mayonnaise  
Raw mayonnaise made from avocado  
Raw mayonnaise made from

nuts/seeds  
Raw home made mayonnaise  
Raw mayonnaise made from avocado  
Raw mayonnaise made from nuts/seeds

### Pasta Sauces

health food  
Organic made Pesto  
Tomato  
Organic  
es  
health food  
Organic made Pesto  
Tomato  
Organic  
es

Fresh raw tomato sauce  
Raw pesto Nut cheese Salsa  
Fresh raw tomato sauce  
Raw pesto Nut cheese Salsa  
Fresh raw tomato sauce  
Raw pesto Nut cheese Salsa

**Bread  
Spreads**

Organic almond  
butter Jam/Jelly  
100% fruit Raw  
honey Raw  
cheese  
Organic almond  
butter Jam/Jelly  
100% fruit Raw

Raw

Avocado [Pesto](#)  
[Tapenade](#) Salsa  
[Guacamole](#) Nut  
pates Nut  
cheeses  
Coconut butter  
Avocado [Pesto](#)  
[Tapenade](#) Salsa  
[Guacamole](#) Nut  
pates Nut  
cheeses  
Coconut butter  
Avocado [Pesto](#)  
[Tapenade](#) Salsa  
[Guacamole](#) Nut  
pates Nut  
cheeses  
Coconut butter



# Special Treats

## Bad Better Best

### Candy

Candy from  
supermarket  
Energy bars  
Diet bars  
Chips  
Cookies

Raw cookies & cakes  
[Raw cakes](#) & pies  
Dehydrated cookies  
Raw cookies & cakes  
[Raw cakes](#) & pies  
Dehydrated cookies  
Raw cookies & cakes  
[Raw cakes](#) & pies  
Dehydrated cookies

Organic from  
health store: -  
Candy - Chips  
- Cookies -  
Popcorn

Larabars Raw Cookies  
[Raw cakes](#) Fresh fruits  
Dried fruits [Dehydrated  
crackers/](#) chips  
Larabars Raw Cookies  
[Raw cakes](#) Fresh fruits  
Dried fruits [Dehydrated  
crackers/](#) chips  
Larabars Raw Cookies  
[Raw cakes](#) Fresh fruits  
Dried fruits [Dehydrated  
crackers/](#) chips

## Supplements

### Bad Better Best

### Supplements Vitamins

### Cookies, Cakes

Supplements from  
some small  
companies  
Supplements from  
some small  
companies

Organic from health  
store Home made  
cookies Home made  
cakes  
Organic from health  
store Home made  
cookies Home made  
cakes

Whole foods  
supplements  
[Super foods](#)  
Green powders  
Whole foods  
supplements  
[Super foods](#)  
Green powders

Whole foods  
supplements

Super foods  
Green powders



# General Food Guidelines

## Bad Better Best

**Resources** Grocery store Health store Home made

foods  
Green/farmer's  
market

**Grown** Conventional  
grown

Steamed  
Cooked Stir  
fried Baked at  
low  
temperatures

Organic foods  
Naturally grown  
No pesticides,  
herbicides,  
chemicals Local  
farmer's/ green  
market

Raw Juiced  
Blended  
Dehydrated  
Raw Juiced  
Blended  
Dehydrated  
Raw Juiced  
Blended  
Dehydrated

Wild Local  
and organic  
Own garden,  
sprouts  
Wild Local  
and organic  
Own garden,  
sprouts  
Wild Local  
and organic  
Own garden,  
sprouts

**Ingredients** Many ingredients

Conservatives  
Sweeteners  
Chemicals  
E-numbers  
MSG, flavor  
enhancers, etc.

**Processed** Junk

Few ingredients  
Ingredients you  
can pronounce

Pre-packaged  
Fast food  
Grilled  
Microwaved  
BBQ Fried

Home made  
All fresh  
ingredients  
Home made  
All fresh



ingredients  
Home made  
All fresh  
ingredients

# Shopping List -

## Produce

Mushrooms (Shiitake, Portobello,  
etc)

## Fruit

Young Tai Coconuts

## Herbs

Fresh Herbs (parsley, basil, etc.)

## Sweeteners

Avocado  
Broccoli  
Celery  
Carrots  
Cabbage  
Cucumber  
Green/String Beans  
Green Leafy Vegetables (Kale,  
Chard, Spinach, Lettuce, Collard  
Greens, Beet Greens, Dandelion  
Leafs, etc.)  
Seasonal Veggies (Pumpkin,  
Endive, Sweet Corn, Fennel,  
Kohlrabi, etc.)  
Tomatoes

Apples  
Bananas  
Lemons  
Seasonal Fruits (strawberries,  
tangerines, pears, cherries,  
oranges, etc)

Garlic  
Ginger  
Onions

Raw Organic Honey  
Coconut Nectar Nectar

Liquid Stevia  
100% Pure Maple Syrup  
Yukon Syrup

# Raw & Vegan

## Nuts & Seeds

Sesame Seeds  
Hemp Seeds  
Flax Seeds  
Pumpkin Seeds  
Sunflower Seeds  
Chia/Selba Seeds  
Almond Butter

Raw (Chocolate) Bars

Baby Carrots

Tahini

## Snacks

Fresh Fruit

## Sea Vegetables

Pesto

## Condiments

Almonds  
Cashews  
Brazil Nuts  
Pine Nuts

Tapenade – Black Olives  
Tapenade – Sun Dried Tomatoes  
Tapenade – Sun Dried Tomatoes  
Black Olives

Artichoke Dip

Apple Cider Vinegar  
Tamari (Fermented Soy)

Miso (unpasteurized)

Nori Sheets

Dried Kelp, Dulse etc.

Dried Kelp, Dulse etc.

Dried Fruit

Tran

Raw Salsa

Stone Ground Mustard

**Oils**

Extra Virgin Sesame Oil

**Spices/Salt**

Salt n Herb Mix (e.g. *Herbamare*)

**Grains & Pasta**

Buckwheat

**Bread (refrigerated)**

Sprouted Bagels (e.g. *Alvarado*)

**Super Foods**

Lucuma Powder

**Supplements**

Quinoa

Sprouted Bread or Tortillas (e.g. *Ezenkiel*)

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Himalaya /Celtic Sea Salt  
Raw Vanilla Beans (or powder)  
Cinnamon  
Herbs of choice (Provence, Curry)

Spelt Flour  
Spelt Pasta

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Camu Camu (Vit C)  
Raw Chocolate Powder  
E3 Live  
Goji Berries  
Super Greens (e.g. Sunwarrior)

MSM Sulfur  
Vitamin B-12 (or from E3-Live)  
Vitamin D3  
Vitamin K2  
Probiotics

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