

# 7 DAYS RAW

with *Kazzrie*



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# My Cleansing Experience

You are about ready to embark on an amazing adventure that could change your life! Cleansing has done wonders for me and I am thrilled to share my experience with you. I personally have done countless cleanses in the past 8 years including:

- several 7, 14, 21 and 30 days of just raw foods
- 7 days of just green smoothies
- 7 days of mono-fruit meals (one kind of fruit per meal)
- 3, 7 and 14 days juice fasting

Yes, you can call me a cleansing geek. ;) What I have discovered is that every time I do a cleanse I feel so much better. I feel lighter physically and brighter mentally during the cleanse. And after each cleanse it's easier to make healthier eating choices. I have very little willpower when it comes to food so I have had to evolve my taste buds to naturally desire healthy, vibrant, fresh foods over heavier, processed, greasy foods. Cleanses have been key to changing my relationship with food over time.

And when I say I have very little will power when it comes to eating, I mean it! This may puzzle you since you can see that I've done lots of cleanses and these days I drink green smoothies every day for breakfast and often for lunch as well and I can easily say no to cooked desserts, breads and pastas which were former addictions of mine and I eat 50% to 100% raw on any given day. The only reason for this new relationship with food is because each time I do a cleanse my taste buds get reset to what is most natural for us to eat, which is real, fresh and vital foods: they just start to taste better and my body craves them!

So how on earth can someone with barely any will power with foods go on any kind of cleanse, especially a 14 day juice fast?! My secret is that I almost always do group cleanses. I've paid for many online supported group cleanses and I must say that they were worth every penny. There is something magical that happens with a group: the energy of the group lifts everyone up making it easier to stay committed. We are no longer struggling alone at home. We are all doing it together and the inspiration of the group lifts everyone up to keep moving forward. For some things in life we need the group energy and someone guiding us.

I am delighted to be your guide, cheerleader and energetic group starter during this cleanse. I wish for our time together to be one of ease, joy and scrumptious foods and that we may have a bit of self-discovery, personal transformation and lots of fun thrown into the mix.

Hugs and Happy Cleansing,

*Kazzrie*

# Choose Your Own Cleanse

You get to choose whatever level of cleanse you feel is right for YOU! You know what's going to be a challenge for you and whatever that is, we are all cheering you on!

Here are some suggestions:

## **LEVEL 1: Raw Curious – Just dipping my toes in.**

Bare minimum is to start the day with a green smoothie every day. If you do this and find recipes you love, and they become a daily habit, this will be well worth the investment in this cleanse. Greens have so many vitamins, nutrients, minerals and chlorophyll (liquid sunshine) that your body will love you for drinking your green smoothies!

At this level I would encourage you to have a little something raw at lunch and dinner. Perhaps have a small glass of green smoothie before your meals. Or have a small salad. You could even try out some of the recipes to go with your cooked meal once in a while. Perhaps you have some raw snacks on occasion. Or maybe try out a raw dessert one evening.

## **LEVEL 2: Raw Experimental – I'm ready to go half way!**

Kick it up to around 50% raw. Start your day with a green smoothie. Then enjoy and a raw lunch and cooked dinner. Maybe on some days you might even have a raw dinner too, but only if it works out with ease. You could have your cooked dinner and then if your sweet tooth is calling for something you might whip up a raw to soothe it. Or maybe you will play around with half cooked and half raw for both lunch and dinner. Whatever works for you. You might even have some days during the cleanse where you eat all raw just because you are gaining momentum and loving it and can't wait to try new recipes!

## **LEVEL 3: Raw Committed – I'm diving right in!**

**Go all out and have all your meals and snacks RAW!** If you ever wanted to do a full-on cleanse but lacked the motivation or know-how to do it, this might be just the right time to tap into the group energy and support and go for it! Is it the right time for you? Only you know. All I know is that I am going all out and I would love to have a few of you joining me and reaping the rewards of 10 days of ALL RAW!!!

***Whatever you choose to do just know that 'it's all good'.*** ANY step in a healthy direction is a good step. Do what you can. But **do challenge yourself**. I promise you that challenging yourself in a group like this will be so much easier than if you were challenging yourself alone.

***I am are cheering you on, whatever your choice!***

# What's Raw. What Isn't. Who Cares?

## And a Brief Talk About Greens

### Official 'Raw' Temperature

Raw Foods are foods that have not been heated above 40C or 105F. But for the sake of this cleanse we are not going to be too strict about this. If we all had dehydrators to keep our foods below 105F then we'd be all set but I'm guessing very few of you have a dehydrator It's still on my wish list! Plus there are a whole bunch of food items (see below) that we will use in small quantities that are not raw but these foods will make the cleanse easier to stick to.

So we will be making kale chips and pizza crust out of nuts & seeds in the oven and going over the official 'raw' limit of heat. And in my books, that is OK. It's all about being practical and doing the best we can with as much ease as possible.

### 99% Raw

It's very difficult to be 100% raw even when on a cleanse and being very conscientious and even when making a commitment to be 100% raw for 10 days. I like to be practical so I do use some 'non-raw' ingredients. Even saying it's a 99% raw cleanse might be too high of a percentage but it's not about numbers, it's just to say we need to be practical and enjoy our food and do our best to add more healthy, vibrant, fresh, colourful foods to our diets. Would you agree?

### Some Things on the Menu That Aren't Raw

most coconut oils, olive oil, spices, tahini, rice paper, vinegar, shredded coconut, nut/seed butters, nori sheets, purchased juices (I really like the PC brand in the large cartons – I just make sure there is nothing added to them but juice). To me, the most important thing is to eat as much fresh foods as possible, especially lots of fruit and lots and lots of greens so I don't ever stress about the little things that are not raw. I prefer to focus on all the good foods that I am eating.

### Greens Greens Greens!

I've included a lot of information about green smoothies from different sources. ***To me, this is one of the MOST important habits to incorporate into a healthy lifestyle.*** If you just add one green smoothie per day to your current diet, you will have taken a huge step in the right direction. Play with the recipes or just get creative and come up with your own. You will reap so many benefits from a daily green smoothie habit. I promise you! Get your greens on!

# K.I.S.S.

## Keep It Simple Sweetheart

Some of you might enjoy following the menu plan to a 'T' but for others that might be too stressful to be creating new dishes every day.

**Keep it as fun as simple as you wish.** Here are some ideas to **K.I.S.S.:**

- Repeat the same meals more often.
- Have green smoothies for more of your meals.
- Have large but simple salads more often.
- Leftovers are great. Make extra of the recipes you like and have them more often.

### K.I.S.S. Sample Menu

- **Breakfast:** Green Smoothie
- **Lunch:** Green Smoothie & Fresh Fruit & Nuts/Seeds
- **Dinner:** Large Salad with lots of toppings
- **Dessert:** Fruit
- **Snacks:** Nuts/seeds/veggie sticks

Oh, and ***please know that:***

## there are no wagons to fall off!

Be gentle on yourself. Enjoy yourself. Get creative. Eat raw foods because they taste good and because you are curious about how you will feel if you eat mostly raw for 7 days. If you eat cooked foods, don't worry about it. Just make your next meal raw. It's that simple.



# Equipment Required

## Blender

Any blender will do! When I first started out with making green smoothies I had a cheap blender. I eventually invested in a Vitamix once I knew for sure that green smoothies were here to stay in my life. I've had mine for 7 years and I use it every day so it was well worth the investment.

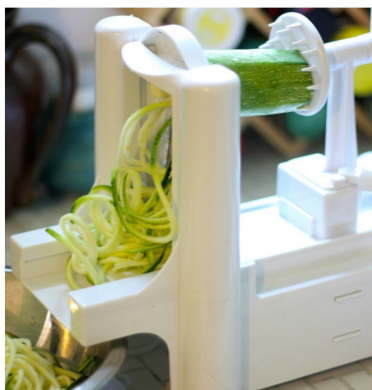
## Noodle Maker

You will need something to make your noodles with. Your options are an ***old-fashioned carrot peeler to create ribbons of pasta***. This works just fine. Another option is a julienne peeler. This looks like a carrot peeler but has a serrated blade so you end up with spaghetti sized ribbons. Another option is to purchase a spiralizer or spirooli which makes curly pasta like noodles out of zucchini. Amazon sells Spiralizers and Spiral Slicers.

**Julienne Peeler**



**Spiralizer**



**Spiral Slicer**



## Nut Milk Bag

Also known as a paint straining bag! Drop in your local paint or hardware store and they sell them for \$2.50. (or wait until you get your goody bag, you might find one in there!)

## Food Processor

If you have one, great. If you don't, you can still do this cleanse. There are a few recipes that you will not be able to make but you can easily substitute for another recipe. And if you have a few extra dollars, you might want to treat yourself to a food processor.

## Basic Kitchen Gear:

Sharp knife, carrot peeler, cutting board, mixing bowls, mason jars, muffin tins and muffin paper or a spring-form pan for cheesecake if you have one.



# Pre-Cleanse Preparation

## **Spring Clean Your Fridge & Pantry:**

The 2 days before the cleanse take some time to completely clean out your fridge and go through your pantry. Cross out all the items on the shopping list that you already have. Then go shopping.

## **Equipment Check:**

Blender, food processor, noodle maker of some kind (even a carrot peeler will do!), nut milk bag (paint straining bag), mason jars, spring-form pan (optional), pie plate, cutting board, knife. (see the sheet titled Equipment Required for more details.)

## **Food Preparation:**

Here are a few items that you could make ahead of time and have them in the fridge ready to go at anytime. You will make sauces/dips that you will use for your wraps, pasta and as dips for your veggies. And of course you will most like need some sweet treats ready at all times! My guess is that it will take approximately 3 hours to make all of the following, which will make your week much easier having these pre-prepped!

- Hummus P. 23
- Pesto P. 24 (or buy premade pesto)
- Peanut Satay Sauce P. 21
- Salad Dressing (of your choice) P. 31
- Crumble Topping (double recipe is a good idea!) P. 47
- Coconut-Cacao Haystacks P.42  
(or Peanut Butter Cups P.58)
- Soak 1 cup of Nuts/Seeds to make Nut Milk P.18
- Soak 1 cup of Cashews to make Cashew Cream P.22 (optional but super nice to have!)

## **Your Last Pre-Cleanse Meal**

Sometimes when we embark on a change of diet for a period of time we choose to splurge on foods that we think we might miss during the diet. Often, this works as a disadvantage as it makes it more difficult to start the next day. I suggest just eating like you normally do and tell yourself it's no big deal, you will just be taking 7 days off your usual eating and you can eat whatever you like the other 348 days of the year. And you just might find that you are enjoying the foods on the cleanse so much that you won't be missing too much anyway.

**Breathe. Relax. Imagine how fun this will be.**

# The Importance of Exercise During a Cleanse

When your body takes in toxins from the environment or eating processed foods, fat cells form around those toxins in your body. That stored fat can significantly hinder your attempts to lose weight. If you've decided to go on a cleanse, there is one thing that should accompany your cleanse for maximum results.

**Daily exercise** is a vital component of weight loss, but during a cleanse exercise also improves the detoxification process. When you exercise, your heart rate increases, and your heart, in turn, pumps blood through your body at a quicker rate. That increased blood flow helps move nutrients around the body, which help your muscles function properly and stay healthy. Exercise improves blood flow to the muscles, which in turn help you get the most out of your workout.

**The lymph system is crucial when it comes to flushing toxins out of the body.**

Unlike the circulatory system, which is fueled by the heart (it's pump), the lymphatic system works by muscle expansion and contraction. Simply put, if you are a couch potato doing a body cleanse, your body won't flush the toxins out effectively. In order for you to obtain maximum results from a body cleanse, the lymph system must be inspired by exercise.

**As you exercise, your body begins to sweat.** The more you sweat, the more your pores open up and allow your body to secrete the pollutants and toxins you are working to eliminate.

During your cleanse, and as you exercise, **be sure you are drinking plenty of water.**

Drinking plenty of water is absolutely essential for good health. During a cleanse, water helps the body flush out the toxins. Keep yourself hydrated so the cleanse can do its job.

A body cleanse is a great way to jump start weight loss and help you feel revitalized. Remember, to get the most out of your cleanse, maintain a daily exercise routine. You'll not only continue to burn calories, but you will help your lymphatic system flush out the toxins and pollutants that are causing your body to store fat.

**Here are some exercise principles to follow while on the cleanse:**

- Move 20-minutes a day: Stretch, dance, walk, anything to move your body.
- Move more, Eat more: If you have a day where you are very active, feel free to eat more.

Yoga, walking, swimming, dance, bicycling and rebounding are all wonderful ways to keep the body active and keep the lymph flowing which will definitely aid the cleansing process and assist our bodies in burning fat and keeping lean muscle, without adding too much stress.

By Betty Murray, CN, HHC, RYT from <http://www.thetruthaboutthin.com/>

# 25 Reasons to Go on a Raw Detox

## **Raw food can help you:**

1. To reach your natural weight
2. To feel lighter and brighter
3. To gain mental clarity
4. To feel motivated
5. To require less sleep
6. To reverse the signs of aging
7. To detoxify your body
8. To boost your immune system
9. To replenish your body's natural reserve of enzymes
10. To strengthen your connection to the earth
11. To refrain from contributing to the cruelty of animals
12. To regain your mental, physical and emotional balance
13. To rid yourself of unhealthy eating habits
14. To extend your life
15. To strengthen your intuition
16. To have clear skin, healthy nails and silky hair (that's really 3 in 1!)
17. To be more environmentally friendly
18. To function at your peak mentally, physically and emotionally
19. To feel calmer and happier
20. To reduce feeling bloated and swollen
21. To have the energy to get more accomplished in your day
22. To repair your eyesight
23. To experience the natural high raw food gives you
24. To be excited about waking up and starting your day
25. To feel better about yourself and love yourself and others more

None of these reasons really do justice the feeling of being raw – it can only be experienced!

# 10 Reasons To Drink Green Smoothies

1. By blending greens and fruit, it makes it a whole lot ***easier and quicker to consume*** a handful of spinach, kale, chard, lettuce or whatever your green fix is.
2. Greens are extremely ***alkalizing*** and help to balance the body's pH.
3. They are a super quick way to flood the body with much needed ***vitamins, minerals, phytonutrients and antioxidants***.
4. You can add all sorts of ***super-foods*** from chlorella to spirulina to maca to bee pollen.
5. By drinking green smoothies, you feel ***more energized*** as a result of drinking fresh living produce.
6. Regular consumption can assist in ***weight loss***.
7. Breaking down the cellular walls of the fruit and veg in the blender, ***lessens the load on the body's digestion*** meaning your energy can be used elsewhere to heal and repair.
8. Green leafy veg and other vegetables have an ***anti-inflammatory effect***, helping to reduce pain and inflammation in joints and on a cellular level within the body.
9. ***You can carry them with you*** in a mason jar which is much easier then scoffing down a salad when you're short on time. **Warning:** you may receive some odd stares at work, on the bus and in shops, like I often do, but it always makes for interesting conversation AND gives you an opportunity to spread the green smoothie love worldwide!
10. Green foods are ***packed full of oxygen*** which helps to oxygenate the blood and helps to prevent disease.

# Ode to Green Smoothies

by Victoria Boutenko "Green Smoothies for Life"  
(the creator of the green smoothie)



As the Russian proverb says: New- is something old, that has been long forgotten. This summer I re-discovered green smoothies. What do I mean by green smoothie? Here is one of my favorite recipes: 4 ripe pears, 1 bunch of parsley and 1 big cup of water. Blended well. This smoothie looks very green, but it tastes like fruit. I like green smoothies so much that I bought an extra blender and placed it in my office, so that I could make green smoothies throughout the day. More than half of all the food I've had in last several months have been green smoothies. I have so much more energy and clarity that I have removed green juices from my diet. (Juicing has been something that I've been doing regularly for years.) Green smoothies have numerous benefits for human health.

**Green smoothies are very nutritious.** I believe that the ratio in them is optimal for human consumption: about 60% - ripe organic fruit mixed with about 40% - organic green vegetables.

**Green smoothies are easy to digest.** When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients, the green smoothies literally start to get absorbed in your mouth.

Green smoothies, as opposed to juices, **are a complete food because they still have fiber.**

**Green smoothies belong to the most palatable dishes for all humans of all ages.** With a ratio of fruits to veggies as 60:40 the fruit taste dominates the flavor, yet at the same time the green vegetables balance out the sweetness of the fruit, adding nice zest to it. Green smoothies are simply the best tasting dishes for the majority of adults and children. I always make extra smoothie and offer it to my friends and customers. Some of them eat a standard American diet. They all finished their big cup of green smoothies with complements. They were quite surprised that something so green could taste so nice and sweet.

**By consuming two or three cups of green smoothies daily you will consume enough of greens for the day to nourish your body,** and they will be well assimilated. Many people do not consume enough of greens, even those who stay on a raw food diet. The molecule of chlorophyll has only one atom that makes it different from a molecule of human blood. According to teachings of Dr. Ann Wigmore, to consume chlorophyll is like receiving a healthy blood transfusion.

**Green smoothies are easy to make, and quick to clean up after.** Many people told me that they do not consume green juices on a regular basis because it is time consuming to prepare green juices and clean the equipment after juicing, or to drive to the juice bar.

**Green smoothies are perfect food for children of all ages,** including babies of six or more months old when introducing new food to them after mother's milk. Of course you have to be careful and slowly increase the amount of smoothies to avoid food allergies.

When you consume your greens in the form of green smoothies, **you can greatly reduce the consumption of oils and salt in your diet.**

**Regular consumption of Green smoothies forms a good habit of eating greens.**

Several people told me that after a couple of weeks of drinking green smoothies, they started to crave and enjoy eating more greens. Eating enough of green vegetable is often a problem with many people, especially in children.

I encourage the readers of this article to **start playing with green smoothies,** and to discover the many joys and benefits of this wonderful delicious and nutritious addition to the menu.

**Some of my favorite greens to add to green smoothies:** parsley, spinach, celery, kale and romaine. **My favorite fruits for green smoothies are:** pears, peaches, nectarines, bananas, mangoes and apples. Strawberries and raspberries taste superb in green smoothies, when combined with ripe bananas.

by Victoria Boutenko "Green Smoothies for Life"

# An Intro to The Recipes

I have been searching for ***easy and delicious raw recipes*** for a long time. I keep going back to a few favourites and then I discover new ones that get added to my repertoire. My criteria is that they have to be fairly quick to make, be not too high in nuts, be delicious and have ingredients that are easy to find.

I hope that you find that the recipes all meet this criteria for you and that you enjoy them as much as I do.

A great thing about raw food recipes is that ***you don't have to be very precise with the measurements*** and you can easily change some of the ingredients and omit others and even add other items not listed in the recipe. Personally, I rarely ever follow a recipe 100%. I seem to always be missing something or I may not care for a particular ingredient or I see how adding a certain something might make it better. Luckily raw recipes are very forgiving!

Some of these recipes are recipes that I copied exactly from someone else and in those cases I listed the person's name and/or their website. All the recipes that do not have another person's name associated with them are recipes I created by combining 2, 3 or 4 different recipes until I came up with something that is my own. And I encourage you to do the same if you feel inspired!

Having said that, I know that when you first get started with something new like this it's sometimes good to stick with the recipe until you get the gist of it and then you can go off and be creative. So, follow the recipes to a 'T' if you like. It's up to you!

If you do come up with some unique twists on the recipes I hope you will share with all of us in the FB group. I'm pretty sure a lot of us love to talk about food and recipes. ;)

It is my wish that you enjoy some of these recipes enough that you will take them beyond the 7 Day Raw Food Cleanse and incorporate them into your lifestyle.

***Happy creating, eating and cleansing!***



# Basic Green Smoothie Formula

This will make enough to fill a 1000 ml mason jar (4 cups).



## FRUIT

2-3 cups  
(mix them up!)

=====

bananas  
mangoes  
kiwi  
berries  
peaches  
pears  
pineapple  
apples  
avocado

## LIQUID

2 cups

=====

water  
juice  
coconut water  
herbal tea  
nut milk  
seed milk

## GREENS

1-3 cups

=====

spinach  
kale  
swiss char  
collard greens  
parsley  
romaine  
cilantro

## SUPER-FOOD OPTIONAL ADD-ONS:

maca, spirulina, cacao, hemp seeds, chia seeds

**HOW TO:** Blend the fruit and liquid first. Then add greens to suit your taste.

**BANANAS:** Always make sure to include some kind of fruit that will give it a creamy texture. Bananas are perfect for this but other options are: avocado, peach, pear and mango.

**BROWN SMOOTHIES:** If you mix blueberries or any kind of red berries with greens you will end up with a variation of blueish-brown or reddish-brown smoothies. Not so pretty to look at but still yummy!

**GREEN PUDDING:** Make a really thick smoothie with less liquid, pour it in a bowl, add some chia seeds to thicken it and then top it with sliced bananas and berries and eat it like pudding for a change.

**Mango-Cilantro**

2 large mangoes  
1 bunch cilantro  
1 banana  
water/juice

**Peach-Spinach**

6 peaches  
2 handfuls of spinach leaves  
water/juice

**Strawberry-Banana-Kale**

1-cup strawberries  
2 bananas  
4-5 leaves of kale  
water/juice

**Apple-Kale-Lemon**

4 apples  
1/2 lemon juice  
4-5 leaves of kale  
water/juice

**Kiwi-Banana-Celery**

4 very ripe kiwis  
1 ripe banana  
3 stalks of celery  
water/juice

**Pear-Kale-Mint**

4 ripe pears  
4-5 leaves of kale  
1/2 bunch of mint  
water/juice

**Cacao Mint**

2 bananas  
1 tbsp raw cacao  
2 drops peppermint essential oil  
handfuls of spinach leaves  
water/juice water

**Pear-Raspberry-Kale**

3 pears  
1 handful of  
raspberries  
4-5 leaves of kale  
water/juice water

# Nut Milks



## Ingredients:

- 1 cup raw almonds/cashew/sunflower seeds/hemp seeds soaked in water
- 2 to 3 cups filtered water
- small pinch of fine grain sea salt, to enhance the flavour

Cover almonds with water and soak 8-12 hours or overnight at room temperature. Drain almonds and rinse. Add almonds to blender with 3 cups water

Blend until smooth. Strain through nut milk bag\*, squeezing pulp thoroughly to extract as much almond milk as possible. Store in the fridge for up to 4 days.

## Sweet Milk

Add to the nut/seed milk:

- 2-4 pitted dates\*, to taste (or 1-2 tsp honey/maple syrup)
- 1/2-1 tsp vanilla extract)
- 1/4 tsp cinnamon

## Chocolate Milk:

Add to the sweet milk: 1 to 2 tbsp raw cacao or unsweetened cocoa powder

*NOTE: **Save the pulp** to make fudge or to use in cookie recipes. Keep in fridge if used within 2 days. Otherwise freeze it for use later.*

*\*you can buy an official **nut milk bag** online or in health food stores for \$10 or more, or you can go to your local paint store and buy a paint straining bag for \$1.25. It's the same thing. ;)*

# Turmeric Milk



## Ingredients

2 cups almond milk (hemp or coconut milk or any other non-dairy milk)  
1 teaspoon turmeric powder (or more!)  
2 teaspoons freshly grated ginger (or 1 teaspoon ginger powder)  
1/2 teaspoon cinnamon powder  
½ teaspoon cardamom powder (optional for some, a MUST for me!)  
2 pitted dates or 1 tablespoon maple syrup

## Instructions

Blend all ingredients together in a blender. Transfer the mixture to a small pot and warm it gently, stirring often. Best served warm but it's good cold too.

Homemade almond milk really does make this recipe special, but any non-dairy milk is fine here. And of course, you should adjust sweetness and seasoning to your taste.

**Benefits of Turmeric:** natural antiseptic, antibacterial agent, natural liver detoxifier, natural treatment for arthritis, speeds up wound healing, helps to prevent cancer, helps indigestion and weight loss, fights colds and flu, assists diabetes sufferers

# Chai Latte



## Ingredients:

- 2 cups almond milk
- 2" cinnamon stick
- 6 cardamom pods
- 1 star anise
- 1 tsp fennel seed
- a spoonful of honey

Blend everything in a blender for a couple of minutes. Strain and enjoy!

You can heat it a little bit on the stove if you want a traditional hot chai. It will no longer be officially raw but it's still way better than getting a syrup and dairy filled latte at Starbucks!

# Peanut Satay Sauce

(for Pad Thai and Thai Salad Rolls)

## Ingredients:

- 1 cup raw almond butter (or any nut or seed butter)
- 1/2 cup water
- 1 lime - grated & juiced
- 3-4 tablespoons ginger - grated
- 1/4 cup maple syrup or honey
- 3 tablespoons tamari (a gluten-free soy sauce)
- 1/8 cup sesame oil
- 2 small garlic cloves
- 1 to 2 kaffir lime leaves - soaked in hot water to soften, stem removed (optional)
- 1/2" to 1" hot pepper - finely chopped (seeds removed!)

Grate the lime before you juice it. Mix all ingredients in a blender. Add more water if you prefer a thinner dip/sauce (thicker is better for the wraps and thinner is better for the pad Thai).

This will keep in the fridge for up to 10 days.

# Cashew Cream

Cashew cream makes a fantastic base for a huge number of delicious recipes, is a cinch to make, and can even be frozen for later use. It's as easy as soak, blend, and scoop!

## Basic Cashew Cream

- 1 cup raw cashews (soaked overnight or at least 4 hours)
- ½ cup water

Blend in a blender until smooth.

Divide into 2 bowls to make a batch of each of the Savoury Cream and the Sweet Cream.

## Savory Cream (alternative to sour cream)

- ½ the Basic Cashew Cream from above
- Juice of 1/2 lemon
- Splash of Apple Cider Vinegar
- 1/2 tsp sea salt

Mix well together and adjust seasonings to your taste.

## Sweet Cream (alternative to whipped cream)

- ½ the Basic Cashew Cream from above
- 2 to 3 tbsp honey or maple syrup
- ½ tsp pure vanilla extract
- Dash salt

Mix well together and adjust seasonings to your taste.

## 6 more ways to enjoy cashew cream

### SAVORY

1. Add sun-dried tomatoes or pesto to the savoury mix and use it as a spread on wraps or crackers.
2. Use it as a base for deliciously creamy soups
3. Enjoy it on raw tacos

### SWEET

5. Blend it into decadent and healthy smoothies.
6. Top off a bowl full of berries for an instant summer treat.
7. Use it to top off any of your raw desserts such as apple Crumble, pie or cheesecakes.

Experiment with other flavours and ingredients to create your own variations.



# Raw Hummus



## Ingredients:

- 1 cup zucchini
- 1/2 cup tahini
- 2 cloves garlic
- 1 tablespoon olive oil
- 1/4 cup lemon juice
- 1 tsp ground cumin
- 1 tsp chili pepper
- Pinch salt
- dash of Bragg's Liquid Aminos (optional: if you have it, it gives it an extra kick!)

Place the zucchini in the food processor or blender and combine until broken down into small pieces. Add in the lemon juice, garlic, salt, cumin, chili pepper and olive oil and blend again. Add in the tahini and blend for a final time. You may need to scrape down the sides of the food processor to ensure that all ingredients are thoroughly incorporated. Transfer to a bowl and serve with a drizzled of olive oil and a sprinkle of chili pepper. Will keep in the fridge for 3-4 days.

Use as a dip for veggies and crackers and as a sauce for your wraps.

# Basil Pesto



## Ingredients:

- 1 cup basil leaves, packed
- 1 cup spinach leaves, packed
- 1/2 cup walnuts or pine nuts or pumpkins seeds
- 1/2 cup olive oil
- 2 to 3 cloves garlic
- 1 to 2 tbsp of lemon juice
- 1 tsp salt
- 3 tbsp nutritional yeast (for a cheesy taste)

In a food processor or blender, blend all ingredients into a chunky paste. Add a bit of water if needed to blend. Taste, adjust salt.

# Kale Chips



## Base Ingredients:

1 bunch kale, washed and dried  
1 tbsp olive oil  
pinch of salt

## Flavor Variations:

**Soy & Sesame:** 2 tbsp soy sauce + 1 1/2 tbsp sesame seeds

**Salt & Vinegar:** 1 -2 tbsp balsamic or apple cider vinegar + 2 tsp salt

**Lime & Chili:** Juice of 1 lime + 1 tsp lime zest + 2 tsp chili powder

**Balsamic Vinaigrette:** 3 tbsp balsamic vinegar + 1 tbsp Dijon mustard + 2 tsp dried herbs of choice (basil/parsley/rosemary)

**Garlic:** 3 tsp garlic salt

Wash, dry and cut into large bite-sized pieces (they will shrink so cut them larger than you think you need to). Put the kale in a large bowl. Drizzle the olive oil and add a pinch of salt then using your hands, massage the oil and salt into the kale. Once the kale has softened add whatever other ingredients tickle your fancy.

If you have a dehydrator you can dehydrate them for a few hours and they'll be 'officially raw'

Otherwise, preheat the oven to 300. Lay kale on a lined baking sheet (or one that's sprayed *lightly* with cooking spray). Pop 'em in the oven for 30 minutes or until crisp!

# Cream of Mushroom Soup



## Ingredients:

- 2 cups nut or seed milk
- 1 cup hot water
- 2 cups mushrooms (any kind – I like to use 2 large portobellos)
- 2 cloves garlic
- 1 tsp ginger (fresh & grated or powdered)
- 1 tsp cumin
- 2 tbsp tamari or Bragg's (a healthier soy sauce)
- 1/2 tsp salt
- black pepper
- 1/2 avocado (optional: for extra decadence)
- nutritional yeast (optional but yummy!)

Add all ingredients to a blender and blend on high for 1-2 minutes. The longer you blend it, the warmer it will get. If your blender isn't hot water friendly, I suggest warming your soup on the stove on low-heat until you reach a desired temperature. Keeping the temperature low will protect the nutrients from damage.

Serve immediately while it's warm. Top with: **sliced mushrooms, savory cashew cream, nutritional yeast** (not raw, but vegan), **dulse flakes** or **scallions** if desired.

If you want a stronger-tasting soup, simply reduce the volume of milk and water or add more mushrooms.

Microwave your empty bowl prior to adding your soup for some extra warmth.

# Green Mango Salad



Inspired by the popular Thai salad, this green mango salad recipe will wake up your senses. Tangy and full of texture, this salad travels well for pot lucks and makes a great starter or side to just about any meal.

## Salad Ingredients

- 2 green mangoes, sliced into long, thin strips
- 1 carrot – cut into matchsticks
- 1 sweet red pepper, thinly sliced
- ½ cup thinly sliced red onions

## Dressing Ingredients

- 2 tbsp lime juice
- 4 tsp honey or maple syrup
- 4 tsp fish sauce (optional if all raw or vegan)
- 1 tbsp sesame oil
- ¼ tsp Asian chili sauce or hot pepper sauce
- 1/4 cup cilantro (fresh, finely chopped)
- 1/8 cup mint (fresh, finely chopped)
- 1 tbsp jalapeno pepper – chopped

Whisk dressing ingredients in a bowl. Pour over salad ingredients. Toss well.

Sprinkle with chopped cashews or peanuts and extra cilantro leaves.

# Waldorf Salad



## Salad Ingredients:

- 2 apples – chopped in small chunks
- 3 celery stalks - diced
- 1/2 cup raisins or dried cranberries (soaked if they are very dry)
- 1 cup fresh fruit: any variation pineapple, green grapes , kiwi fruit
- 1/2 cup dried walnuts (or pumpkin seeds)
- 1/4 cup fresh grated carrot

## Dressing Ingredients:

- 3-4 walnuts
- 1 tablespoon mustard (or 1 tsp. dried mustard seeds)
- 2 tablespoons apple cider vinegar
- 2 tablespoon organic extra virgin olive oil (or less)
- 1 1/2 tablespoons raw honey or 2 soft dates
- 1 teaspoon sea salt

Blend dressing ingredients in a blender. A few tablespoons of water or orange juice – to get the consistency you want. Toss salad ingredients with dressing. Sprinkle with poppy seeds.

**NOTE:** I often eat this salad without a dressing and it's delicious! So if you are in a rush, don't worry about the dressing.



# Kazzrie's Simple Kale Salad



## FIRST STEP:

- 1 bunch kale, washed and dried (crucial step!)
- 1 tbsp olive oil
- pinch of salt

Wash, dry and cut kale into bite-sized pieces. Put the kale in a bowl. Drizzle the olive oil and add a pinch of salt then, using your hands, massage the oil and salt into the kale. This will break down the cell walls of the kale and make it nice and soft and easy to chew.

## TOSS IN:

- a dash of balsamic vinegar (or lemon juice)
- ¼ to ½ cup sun-dried tomatoes (soaked in hot water for 15 min then drained)
- a handful of kalamata olives
- a sprinkle of nutritional yeast

**NOTE:** You can create all kinds of variations of kale salad. Some other goodies to add or exchange for other ingredients: cranberries, pumpkin seeds, walnuts, sliced apples, shredded carrots, celery, avocado, mandarin oranges, mushrooms, radish, pine nuts, peppers, sprouts, slivered almonds, pineapple, shredded cabbage, etc.



# Curry Carrot Salad



## Salad:

- 4 cups grated carrots, (approximately 10 medium carrots, grated)
- 2 cups snow peas, sliced into 1/2-inch long pieces
- 2 cups diced fresh pineapple
- 1/2 to 1 cup raisins
- 1 bunch scallions, sliced thin

## Curry Dressing:

- 1/2 cup cashews, soaked for at least 4 hours and drained
  - 1/2 cup fresh almond milk
  - 2 teaspoons yellow curry powder
  - 1/2 teaspoon nama shoyu (or tamari or Bragg's Liquid Aminos)
  - 1 tablespoon honey or maple syrup
- Himalayan salt to taste

1. Toss carrots, snow peas, pineapple, raisins and scallions together in a large bowl.
2. Place all dressing ingredients in a high-speed blender and blend until smooth.
3. Pour dressing over salad and mix through to coat all pieces. (serves 6)

# Salad Dressings

## **Simple Olive Oil & Vinegar Dressing**

¼ cup balsamic  
¾ cup olive oil  
1 tbsp honey or maple syrup  
1 small clove of garlic, crushed  
1tsp Dijon mustard  
pinch of salt

## **Strawberry Vinaigrette**

1 cup strawberries  
¼ cup orange juice  
1 tbsp apple cider vinegar  
2 tbsp lime juice  
2 tbsp olive oil  
pinch of salt  
Add a dash of sweetness like maple syrup/honey if required

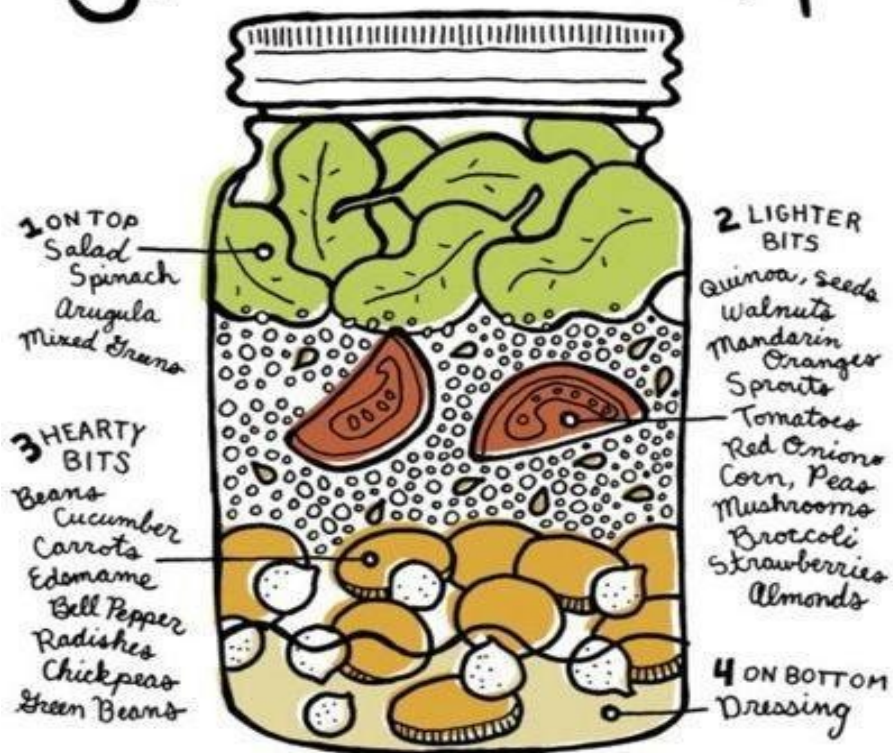
## **Avocado Cilantro Dressing**

1 avocado  
2 tbsp apple cider vinegar  
¼ cup cilantro  
½ clove garlic  
¼ cup honey or maple syrup  
pinch of salt

## **Orange Avocado Dressing**

1 avocado  
1 small orange  
¼ cup orange juice  
¼ teaspoon grated ginger  
1 tablespoon apple cider vinegar (or  
balsamic) 1 teaspoon salt  
Fresh ground pepper to taste  
1 teaspoon raw honey-optional use if you like a sweeter dressing

# SALAD *in a* JAR



# Thai Salad Rolls

Use any combination of the following vegetables. Make it colourful! Be creative!

## Fillings

- purple cabbage – shredded
- red pepper - thinly sliced
- carrot – sliced into ribbons with carrot peeler
- cucumber – cut into sticks
- zucchini – cut into sticks
- green mango
- avocado
- green onion
- fresh cilantro\*
- fresh basil\*
- sprouts

## Wrap Options:

- collard leaf (my favourite)
- romaine lettuce
- rice paper (another favourite when I'm not on an 'all raw' cleanse)

Wrap up all the ingredients in a **collard leaf** (or rice paper) and dip in **Peanut Satay Sauce (p. 21)**. If you are bringing these to a potluck and are using greens for the wrap, tie each little package with a piece of natural twine to keep them from falling apart. If you use rice paper, you will not have to do this.

\*The **basil** and **cilantro** create the authentic Thai flavour so do add them if you have them on hand and be prepared for an amazing taste sensation!

# Wraps Galore!



Wraps can taste different every day of the week by using a different dip/sauce every day!  
Here are some ideas:

## **Wrapper options:**

- nori sheets
- rice paper
- collard greens
- romaine lettuce
- butter leaf lettuce

## **Filler options:**

- purple cabbage - shredded
- red/orange/yellow pepper - thinly sliced
- carrot – sliced into ribbons with carrot peeler
- cucumber – cut into sticks
- zucchini – cut into sticks
- green mango
- avocado
- green onion
- fresh cilantro
- fresh basil
- sprouts

## **Dip/sauce options:**

- hummus
- tahini
- pesto
- marinara sauce



# Nori Rolls with Sunflower-Miso Paste



## Sunflower-Miso Paste:

- 1 cup raw sunflower seeds, soaked for at least 6 hours
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon white miso paste
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 teaspoon rice vinegar (or any vinegar)
- 1 teaspoon brown rice syrup (or honey or agave)
- 1 teaspoon toasted sesame oil

## Nori Rolls:

- nori sheets
- purple cabbage
- carrots (julienned or ribbons)
- sprouts
- zucchini
- avocado

Make the sunflower-miso paste by placing all ingredients in a food processor. Grind the ingredients together until you get a paste consistency. Spread some of the sunflower seed miso on 1/3 of the nori sheet, top with a variety of vegetables of your choice. Roll. Cut in half on a diagonal to make 2 rolls like in the picture or cut into 1" bite-sized pieces. Serve with a bowl of soy sauce/tamari with a dab of wasabi paste and pickled ginger.

## SIMPLE ALTERNATIVES

### to Sunflower Miso Paste:

1 portobello mushroom  
\*sliced and marinated in soy sauce, sesame oil, ginger and garlic for 30 minutes

or

1 avocado  
1 tbsp miso paste  
mixed together

# Pad Thai with 'Peanut' Sauce



## Zucchini Noodles:

- 1 medium size zucchini per serving

Create **zucchini noodles** using either a carrot peeler, julienne peeler or a spiralizer. Then toss with some or all of the following:

- carrots – ribbons or julienned
- green mango – julienned (optional but delicious!)
- red/yellow/orange peppers – thinly sliced

Drizzle a generous amount of the '**peanut**' **satay sauce** and sprinkle some of the following on top:

- cilantro and/or basil
- peanuts or cashews

I've served this dish to many people and everyone loves it. It's always a hit.

Enjoy!



# Pasta with Marina Sauce

## (or with Pesto Sauce)



### Ingredients:

- 2 cups of tomatoes, chopped (about 2)
- 1 small clove garlic
- 1/2 cup fresh basil leaves, loosely packed
- 1/8 to 1/4 cup extra virgin olive oil
- 1/8 cup lemon juice
- 1 pitted date (soaked)
- 1 teaspoon oregano, fresh or dried
- 1/2 teaspoon rosemary, fresh or dried
- ½ to 1 teaspoon salt
- ¼ cup sun-dried tomatoes (pre-soaked)

Blend fresh tomatoes, garlic, olive oil, lemon juice, date, oregano, rosemary, and salt until smooth.

Add the sun-dried tomatoes and blend until mixed well. The sun-dried tomatoes will absorb excess moisture and make your marinara thicker.

### Kazzrie's Notes

\*\*\*This is so delicious that I eat it as a soup! Just add a bit of water to thin it down and grab a spoon. You just might lick the bowl clean. ;)

\*\*\*Use the PESTO instead of the marinara sauce for a whole other taste sensation.

# Raw Veggie Burgers



## Patti:

1 cup Sunflower Seeds (Soaked)  
1 cup Carrot (Finely Shredded)  
3 Tbsp Ground Flax Seed  
½ cup Celery (Finely Minced)  
¼ cup Onion (Finely Minced)  
¼ Bunch Fresh Parsley (or 1 tsp dried)  
¼ Red Pepper  
1 tsp Sea Salt  
1 Tbsp Cumin  
1 Tbsp Cayenne Pepper  
¼ to ½ cup Water (or less)

## Fixings:

1 Tomato (Sliced)  
1 Onion (Sliced)  
Sprouts Avocado  
slices Dill pickles

## “Bun” Options

Green Cabbage

Romaine Lettuce

## Live Ketchup (\*optional\*)

3 Medium Tomatoes  
2.3 Tbsp Honey or  
Agave  
1 tsp Sea Salt  
¼ Onion (Finely Minced) or powder  
1-2 tsp Mesquite powder

- Pulse the Sunflower Seeds first in a food processor. Add in Carrot, Flax Seed, Celery, Onion, Parsley, Red Pepper, Sea Salt Cumin, Cayenne and add the Water a little at a time (you probably won't use all). Blend this for a while, you will most likely need to stop wipe down the sides, mix. Repeat until you get all mixed and a thick consistence.
- Form into Patties (you should get about 7-8) and lay these out on a Teflex sheet to dehydrate. Dehydrate @ 105 for 3-4 hours on each side. (NOT FULLY RAW: or heat in the oven at 185 for 2.5 hours, flipping ½ way through. Heat until they are a bit crispy on the outside but still a bit moist on the inside.)
- To make the Live Ketchup, mix all ingredients into the food processor or blender
- Now assemble your “Burgers” put down a Leaf, the Patti, Fixings, Ketchup & finish with another Leaf.

# Tacos with Mango Salsa



## 'Meat'

2 cups raw sesame seeds or walnuts  
1 tsp sea salt  
1/8 tsp cayenne  
½ tsp chili powder  
1 tbsp cumin  
tbsp lemon juice  
3 tbsp olive oil

Put sesame seeds in the blender and mix until they blend into a fine powder. Transfer to a bowl. Stir in cayenne, chili powder, salt, cumin, olive oil & lemon juice. This is your taco meat and it should be slightly moist, enough to hold together in small clumps. The cumin should be a dominant flavor.

## Taco Shells:

4 Napa Cabbage leaves, Romaine leaves or Purple Cabbage

## Put It Together:

Fill each leaf with 1/3 to ½ cup 'meat'. Top with a generous amount of salsa.

## More Toppings:

Add a dollop of Cashew Cream (if you have some already made – this is optional). Then top it off with a couple of slices of avocado or guacamole.

## Mango Salsa:

1 tomatoes -diced  
1 mango -diced  
¼ red onion or a handful of chives  
juice from ½ lime  
zest from ½ lime  
½ cup fresh cilantro – finely chopped  
1 garlic clove -finely minced  
½ cucumber (optional)

Mix all the ingredients for the mango salsa

# ULTIMATE RAW VEGAN PIZZA

## **Crust:**

3 zucchinis  
2 tomatoes (I used beefsteak)  
Juice from 1/2 lemon  
1/2 onion  
1 garlic clove  
2 dates  
2 bell peppers  
1/4 cup walnuts (or nut pulp leftover from nut mylk)

## **Sauce:**

1/2 cup sun-dried tomatoes  
1/2 cup chopped zucchini  
Juice from 1/2 lemon  
Handful fresh basil leaves  
Fresh or dried rosemary  
1 date  
1 garlic clove

## **Toppings:**

2 tomatoes (I used heirloom)  
2 cups mushrooms  
1 bell pepper  
1 teaspoon apple cider vinegar

To make the crust: slice the zucchinis into noodles with a spiral slicer, mandolin or a cheese grater. Set aside in a large bowl. Blend the rest of the ingredients until smooth, adjusting according to taste. Mix this into the noodles. You should end up with a huge bowl of really saucy noodles. Like I said, it's hard not eating all of this by itself. Spread this evenly - keepin' it thick - into a big circle on a dehydrator tray and dehydrate at 115 °F for 6 hours or so, until pliable. Flip over and do the same again. Note: you can use your oven at it's lowest temperature if you don't have a dehydrator. Keep checking on your crust as it is drying though, because everyone's will turn out different.

To make the sauce: put all the ingredients in a blender and blend until smooth. Spread on your crust. To prepare the toppings: slice all the veggies thinly, then coat in the apple cider vinegar and place in a warm spot, dehydrator or oven for around 40 minutes until they soften. Decorate your pizza with the toppings, slice, then ENJOY THE HECK OUT OF IT. Optional: add some raw vegan cheese! I also threw on some avocado, cilantro and hemp seeds.

## Raw Pizza Crust with Cauliflower & Zucchini

These raw food pizza crusts are lighter and crispier than the usual seed-based raw pizza crusts because they are made from fresh, watery vegetables. Eat these raw pizza crusts straight out of the dehydrator or store them in an airtight container in the refrigerator for up to a week.

### INGREDIENTS

- 1 cup ground flax seeds
- 2 cups roughly chopped cauliflower florets
- 2 cups roughly chopped zucchini
- 2 tablespoons freshly squeezed lemon juice
- 2 to 3 tablespoons minced fresh herbs such as basil, parsley, oregano, thyme
- 2 tablespoons nama shoyu, or substitute 1 teaspoon sea salt
- 1/4 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 tablespoons nutritional yeast
- 

Place all of the ingredients into a food processor fitted with an S blade. Process on high for about 30 seconds or until a chunky batter forms.

Use a 1/2 cup measuring cup to scoop the batter onto Teflex-lined dehydrator trays. Flatten a little bit with your hands or the bottom of a slightly oiled glass or container to form small circles. (makes 12 mini crusts)

Alternatively you can use all the batter to make 2 large pizza crusts. Dehydrate at 115°F for about 8 hours, flip over and remove the Teflex sheets. Dehydrate for an additional 8 hours or until the crusts are dry in the middles.

Or dehydrate in an oven at the lowest setting and flip when dry on one side and continue cooking until both sides are dry.

# Coconut-Cacao Haystacks



*These are always a hit with everyone!*

## **Ingredients:**

3 cups unsweetened shredded coconut  
½ cup raw cacao powder (or carob powder)  
½ to ¾ cup coconut oil  
¼ to ½ cup honey or maple syrup  
¼ tsp sea salt  
1/2 tsp vanilla

In medium mixing bowl, combine coconut and cocoa. Mix well. Add coconut oil and agave nectar and mix together completely so there aren't any dry spots. Play with the quantities of coconut oil and honey so that it's sticky and sweet enough.

Place in freeze or fridge to solidify just enough so that you can easily squeeze mixture into balls. (5 to 10 mint)

With parchment paper ready, using a tablespoon, scoop out the mixture into little mounds by squeezing it in your had.. Freeze for a minimum of 30 minutes before serving. Once they've solidified in the freezer you can move them to the fridge.

**Notes:** Play with this recipe. Add some peanut butter (or any nut butter) for a different twist. Use ½ the amount of coconut and substitute the other ½ with oats. Throw in some nuts. Add a drop of peppermint essential oil. See how many variations you can come up with!



# Lemon Drops



## Ingredients

- 2 cups shredded coconut
- ½ cup tahini
- ¼ to ½ cup maple syrup or honey
- ¼ cup coconut oil
- zest from 1 lemon
- juice from ½ lemon
- 1 tsp vanilla
- pinch of sea salt

Mix all ingredients in a bowl. Place in freeze or fridge to solidify just enough so that you can easily squeeze mixture into balls (5 to 10 min) Drop teaspoonful onto a plate. Or roll into balls and roll into sesame seeds or poppy seeds or dip into chocolate sauce.

**Note:** this recipe can also be used as a pie or cheese cake crust.

**Variations:** Use orange or lime juice and rind instead of lemon. Or use peppermint or cinnamon essential oil (just a few drops will go a long way!).

# Raw Gingerbread Cookies



## Ingredients

10 dates, pitted\*  
1 tablespoon freshly grated ginger  
3/4 cup pumpkin or almond pulp (leftover from making milk)  
2 tablespoons flax meal  
3 tablespoons black-strap molasses  
2 tablespoons honey or maple syrup  
½ teaspoon cinnamon  
1/8 tsp nutmeg  
Pinch of cardamom  
Pinch of salt  
½ to ¾ cups coconut flour or almond meal

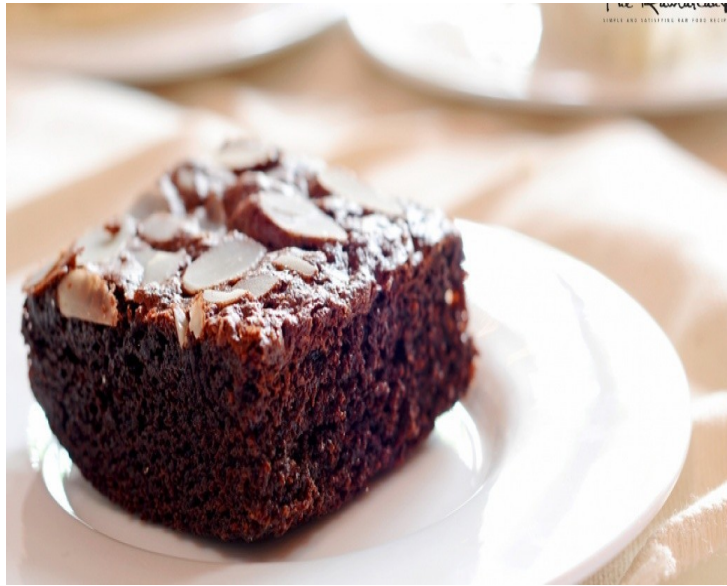
Roughly chop your dates, then add everything but the coconut or almond meal to a food processor and mix until it stick together in a clump. Add the coconut flour (or almond meal). Mix some more. If it is still a little sticky to work with, pop it in the fridge for an hour or two. Roll dough out onto wax paper. Cut little shapes out. Dehydrate at 115°. Or put in the oven on low heat. Just heat them enough to get them a bit crispy on the outside and still soft on the inside.

If your dates are dry, soften by letting them sit in warm water for 15 minutes. Make sure you drain them well before use.

Adapted from AscensionKitchen.com



# Almond Pulp Fudge



## Ingredients:

- 1/2 cup almond pulp (dry to touch)
- 1/2 cup cashews
- 1 cup dates
- 5 tablespoons cocoa powder
- 4 tablespoons dried coconut
- 2 tablespoons honey or maple syrup or agave nectar
- 1/4 teaspoon sea salt

Grind cashews in food processor until very fine.

Pit dates and add them to the cashew flour. Process until the dates are well chopped and the mixture starts sticking together.

Add the almond pulp, cacao powder, coconut, agave and salt and process until well combined. Stop while there is still texture and air left in the mix.

Transfer mixture into a brownie dish or small container and press down firmly. Add a raw cacao icing if you dare, it's already super sweet & gooey. Sprinkle with sliced almonds. Top with **Cashew Cream**. (optional). Freeze for a couple of hours, slice, and eat straight from the freezer.

From 'The Rawtarian'

# Apple Crumble



## Ingredients:

- 4 apples peeled – 2 thinly sliced and 2 cut in chunks
- 1 tablespoons fresh lemon juice
- 1/2 cup pitted dates, soaked
- 1/2 cup raisins, soaked
- 1/4 teaspoon ground cinnamon
- 1 cup Crumble Topping (next page)

Toss the thinly sliced apples with 2 tablespoons of the lemon juice and set aside.

Place the chopped apples, dates, raisins, cinnamon and remaining 1 tablespoon of lemon juice in a food processor fitted with the S blade and process until smooth. Remove from the food processor and mix with the sliced apples.

To assemble the crisp, press 1/2 cup of the **Crumble Topping** (page 42) into an 8" square glass baking dish. Spread the apple filling on top using a rubber spatula. Sprinkle another 1/2 cup (or more) of Crumble Topping on top of the apple mixture. Serve at room temperature or warm in a oven at lowest setting or dehydrator. Top with **Cashew Cream** for extra decadence! Cover with plastic wrap in the refrigerator, Apple Crumble will keep for three days. NOTE: It is quite delicious without the crumble part as well.

Modified from Jennifer Cornbleet's 'Raw Food Food Made Easy for 1 or 2'

# Crumble Topping

This is the topping for the Apple Crumble, but it is also the perfect recipe for Bliss Balls and a crust for Cheesecakes. So, make the full batch and use half of it for Apple Crumble and save the other half to make Bliss Balls or Cheesecake.

Even better, make a **double recipe** so you have lots on hand for all your recipes!

## Ingredients:

- 1 cups nuts (almonds or walnuts)
- 1 cup seeds (pumpkin, sunflower or hemp)
- 1/2 cup unsweetened shredded dried coconut
- 1/4 teaspoon salt
- 1/2 cup raisins, unsoaked
- 8 pitted dates, unsoaked
- 1 to 2 tbsp coconut oil (to help make it sticky)
- 1/2 tsp vanilla

Only put these spices if you are going to use this for Apple Crumble, ***otherwise omit these ingredients so that you can use the Crumble for cookies, pie crust and cheesecake crust.***

- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg (optional)

Place the nuts, seeds, coconut, (cinnamon, nutmeg, if making Apple Crumble) and salt in the food processor and process until coarsely ground. Add the raisins and dates and process until the mixture resembles coarse crumbs and begins to stick together. Try it. Is it sweet enough? If not, add the optional maple syrup and process briefly.

Stored in a sealed container, Crumble Topping will keep for one month in the refrigerator or three months in the freezer.

# Bliss Balls



The Crumble Topping from the Apple Crumble makes delicious cookies. You can also press the crumble into a pan, refrigerate it, then cut into energy bars. And here are a few variations to easily change the flavour:

- add dried **cranberries, grated orange peel & grated ginger** for a holiday cookie
- add **oats & raisins** and extra coconut oil for an 'oatmeal raisin' cookie
- add **raw cacao** for a chocolate flavoured cookie
- add **peanut butter** (or any nut butter) for a peanut butter cookie
- roll the cookie dough around a **soft date** for extra gooey sweetness in the center and then roll in **sesame seeds**
- make your own yummy variations and share them with the group!

# More Bliss Balls!

## **Peanut Butter Bliss Balls**

1/2 cup tahini butter  
3/4 cup peanut butter  
1/3 cup honey  
1/4 cup cocoa powder  
3/4 cup sesame seeds  
1/2 cup coconut, shredded  
3/4 cup sunflower seeds  
1/4 cup raisins  
Mix in food processor until mixed and it starts to stick together.

## **Sesame Bliss Balls**

1 cup toasted sesame seeds  
½ cup raisins  
2 teaspoons ground ginger powder  
2 inches fresh ginger root, peeled and chopped  
3 2 teaspoons ground cumin  
1½ teaspoons ground cardamon  
2½ tablespoons coconut oil  
Mix in food processor until mixed and it starts to stick together.

## **Tahini Bliss Balls**

1 cup of rolled oats  
1/2 cup of tahini  
1/2 cup of chopped walnuts  
2 – 4 tablespoons of honey  
These are one of my favourites bliss balls with a rougher surface. The best part is no blender.

## **Butterscotch – Orange Bliss Balls**

1 cup dates pitted  
½ cup cashews  
2 tablespoons orange zest  
½ cup orange juice (zest the orange skin before you juice)  
2 tablespoons raw coconut butter/oil  
1 teaspoon organic vanilla  
extract Pinch of Celtic sea salt  
Ground the cashews down to a fine powder in a food processor. Add all the other ingredients. Blend until very smooth and creamy. Roll in orange zest and coconut.

# Mango Tango Pudding



## Ingredients:

- 1 cup mango (fresh or frozen)
- 1 cup pineapple (fresh or frozen)
- ½ cup coconut milk
- 1 tbsp ginger (fresh is better)
- 1 tsp vanilla

Mix all ingredients in a blender. Serve in bowls. Top with Cashew Cream.

**Optional:** Add chia seeds after you've blended it to make a thicker pudding.

# Chocolate Pudding



## Ingredients:

- 1 avocado
- 1 banana
- 2 to 3 tbsp raw cacao powder
- 1 to 2 tbsp maple syrup or honey
- 1 tsp vanilla
- 1/8 teaspoon sea salt
- 1 small zucchini, peeled (optional)
- a dash of water or nut milk if needed to get the blender going

Mix all ingredients in the blender. Serve & enjoy!

FUN TIPS: add some sliced bananas and walnuts and you'll think you're eating a chocolate banana split! :)

VIDEO of Kazzrie making Chocolate Pudding:

<https://www.youtube.com/watch?v=iL-NXnvbjk>



# Simplest Applesauce Ever!



## Ingredients

6 apples peeled, cored and chopped  
1 tsp of cinnamon  
1/8 cup lemon juice  
3 to 4 tablespoons of maple syrup or honey  
¼ teaspoon of salt  
dash of nutmeg (optional)

Process all the ingredients in your food processor or blender until well combined.  
Enjoy!



# Salted Date Caramel Chocolate Pie



## **Crust:**

1/2 cup almonds (walnuts/pumpkin seeds/hemp seeds)  
3/4 cup shredded coconut  
1/8 tsp salt  
8 to 10 soft medjool dates  
1.5 tsp vanilla extract  
2 Tbsp maple syrup

(or use left over Crumble mix from the Apple Crumble!)

## **Salted Caramel Layer:**

1 ¼ cup dates (soaked in hot water for 15 minutes)  
2 Tbsp almond butter or other nut butter  
¼ cup coconut oil  
1/2 cup almond milk or other non dairy milk  
1/4 tsp sea salt (less for less salty caramel)

## **Chocolate Mousse layer:**

1/3 cup of cacao powder  
1/4 cup coconut oil, melted  
2 tbsp maple syrup (or honey)  
1 tsp vanilla  
pinch of salt

**Crust:**

Process the almonds until coarse meal in a food processor or blender. Add remaining ingredients blend until it starts to stick together. Press the dough onto 9" pie plate or 8" or 9" spring-form pan.

**Salted Caramel:**

Drain the soaked dates. Add almond butter, coconut oil (melted), almond milk and sea salt and mix until blended into a smooth puree. You might have to blend for a couple of cycles to break down the dates well. Taste and adjust sweet and salt. Pour onto the crust. Put into freezer to solidify before adding the chocolate layer.

**Chocolate Mousse:**

In the blender, mix the cacao, coconut oil, maple syrup and vanilla until well mixed. Pour on top of salted caramel that has already firmed up. Put back into freezer.

Freeze until set (½ hour), then slice and serve! The pie stays soft and well for weeks if kept frozen. Cover the pie pan and freeze so that the top layer doesn't dry out. When you are ready to serve it, give it 15 minutes to thaw out enough to make it soft. But don't keep it out too long because it can get too soft at room temperature.

Adapted from [www.veganricha.com](http://www.veganricha.com)

# Cheesecake

(it's dairy free, gluten-free, sugar free!!!)



# Lemon Cheesecake

## 'Cheese' Ingredients:

2 cups chopped cashews (soaked for at least 2 hours)  
1 zucchini (peeled)  
zest of 1 lemon  
½ cup lemon juice  
½ cup honey or maple syrup  
½ cup coconut oil (lightly warmed by putting jar in a bowl of hot water so it melts)  
½ teaspoon vanilla  
dash of sea salt

Blend the cashews, zucchini, lemon, honey, coconut oil, vanilla, sea salt. Adjust to taste. Pour the mixture onto the crust. Place in the freezer for 2 hours to set. Remove the whole cake from the spring-form pan while frozen and place on a serving platter. It's ready to eat right from the freezer. If you let it sit too long at room temperature it will start to go limp so eat right from freezer. Once it's set you can keep it in the fridge.

## Crust Ingredients:

1 cups raw almonds, walnuts or pumpkin seeds  
¼ cup dates  
pinch of salt  
2 tbsp dried coconut

or use left over Crumble mix from the Apple Crumble!

To make the crust, process the nuts/seeds and dates in the food processor. Sprinkle dried coconut onto the bottom of an 8 or 9 inch spring-form pan. Press crust onto the coconut. This will prevent it from sticking.

## Topping:

Make a berry coulis:

- Raspberries, blueberries or strawberries
- Something sweet: honey, maple syrup, soft dates

Blend fruit and sweet item plus just enough water to get it going in the blender.

You have a couple of options: Either pour the entire fruit topping on the cheesecake and spread it evenly before putting it in the freezer or drizzle some on each individual piece as you serve. Decorate with some whole berries around the rim.

## Variations:

- Instead of lemon juice and lemon zest, use orange or lime.
- 3 layers of colour: save ½ of the 'cheese' and blend it with the fruit topping so you have 2<sup>nd</sup> layer of cheesecake that is coloured . Then cover with berries.
- Full coloured cake: Blend some berries with the entire 'cheesecake' mixture so then entire cake has colour Top with a berry sauce or berries.
- Chocolate cheesecake: omit the citrus and add ¼ or more of raw cacao
- Make individual mini cheesecakes in tiny spring form pans or silicone muffin tins

Oh, the possibilities!!!



# Healthy Peanut Butter Cups



## Ingredients:

½ cup coconut oil

½ cup raw cacao or carob powder

½ cup natural nut or seed butter (peanut, almond, cashew, pumpkin, sunflower seed)

1 tsp vanilla

pinch of Himalayan pink salt or sea salt

¼ cup maple syrup or honey

1. Melt the coconut oil by placing the jar in a pan or dish of hot water.
2. Once melted, measure out the coconut oil and pour into a bowl with all the other ingredients. Mix until everything is blended.
3. Pour into silicone muffin forms or regular muffin pan with paper liners.
4. Place in freezer to solidify (15 minutes or longer)
5. Pop the cups out of their forms and place them in a container and keep in the fridge until you are ready to serve them. (They will start to soften and melt in a warm room so keep refrigerated.)

Yield: 24 to 30 x 1" cups