

SPIRULINA ★ ALOE ★ OATS

**INSIDE:**

Weight loss  
secrets

# Raw Food Magazine

Issue 33 January/February 2018

## RAW RESTART

Start The Year Right And Raw

**BREAKFAST OATS**

*Blue Recipes  
With Spirulina*

Sweet Dates

Aloe Vera Recipes



Be Inspired With Raw Food Coach **GILA LACERTE**

A Mini Garden Right In Your Kitchen



# Contributors



## Annie Markowitz

Annie is a holistic health coach, PhD student in Nutritional Sciences at the University of Texas at Austin, and a recent graduate of UT with a Pre-Med, Bachelor of Science degree in Psychology.

[Vegannie](#)



## Christine Curran

Christine Curran has been passionate about cooking since she was little and has become a self-taught Gluten-free Baker and Vegetarian Cook. She has been sharing this passion on her successful food blog since 2008.

[BuddinglotusBody](#)



## Julie Van Den Kerchove

Julie Van den Kerchove is a certified raw food chef graduated from the Living Light Culinary Institute in California & author of Vegan & Raw, Energizing Recipes from Julie's Lifestyle.

[JuliesLifeStyle](#)



## Tiasha Slana

Born and raised in Slovenia, Tiasha has been thriving on raw foods for over three years and coaches women to lose weight and get healthy in a delicious and sustainable way.

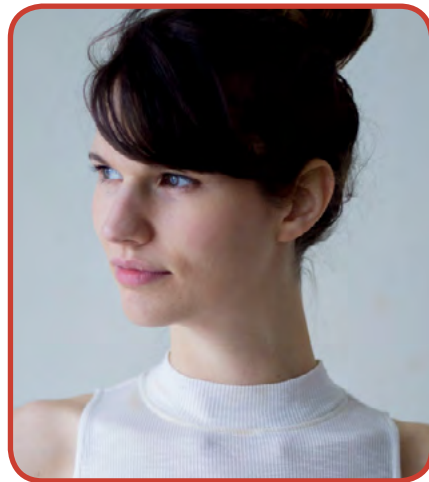
[ShineWithNature](#)



## Amie Sue Oldfather

Graduate of the Living Light Culinary institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.

[NouveauRaw](#)



## Sara Binde

Sara Binde is the nutritionist and weight loss superstar behind CarobCherub. Her 70-pound weight loss inspired her to share guilt-free recipes, nutrition tips and weight loss advice soothers can be healthy. Sara's most recent pursuit is modeling.

[CarobCherub](#)



## Aarika Chilson

A lover of life and everything beets, she is passionate about happy dance foods: healthy foods that invigorate, inspire, and make me want to shimmy with joy!

[JustBeetIt](#)



## Laura-Jane Koers

Laura-Jane the Rawtarian is a leading creator of simple, satisfying plant-based vegan recipes. She is the host of the Raw Food Podcast, author of Raw Food Favorites (2014), and a sought-after speaker in north america.

[ThisRawSomeVeganLife](#)

# On the Cover...

27



**Blue  
Spirulina  
Recipes**

41



**Raw Vegan  
Breakfast  
Oats**

58



**Recipes  
with  
Aloe Vera**

---

## *Live*

**14 3 Tips for Eating Raw Food  
on a Budget >**

**15 Thoughts That Go Through  
Your Head The First Week Of  
Your Raw Diet >**

## *Beautify*

**16 Glow From Inside Out >**

**17 How to Make A Raw Vegan  
Face Mask >**

## *Inspire*

**18 Interview >  
Gila Lacerte**

## *Learn*

**21 Tips for Having the Right  
Balance of Raw Foods in Your  
Diet >**

**22 Top Ten Tools of the Trade for  
a Raw Kitchen >**

**24 What Everybody Ought to  
Know About Fasting Cleansing  
On The Raw Food Diet >**



# Contents



## Grow

**25 A Mini Garden Right In Your Kitchen: Tips on How To Grow Sprouts And Microgreens >**

**26 Step-by-Step Guide To Growing/Sprouting Your Own Wheatgrass At Home >**

## Eat

**27 Recipes with Blue Spirulina >**

Blue Spirulina Smoothie Bowl  
Spirulina Smoothie Bowl  
Spirulina Ice Cream  
Blue Cheesecake Bars

**32 It's a date >**

Chocolate Cookie Dough Bars  
Vegan Mini Cheesecake Bites  
No Bake Red Velvet Cake Bites  
Raw Cookie Sandwich  
Red Beet, Date and Sunflower Seed Granola

**41 Raw Vegan Breakfast Oats >**

Chia Overnight Oats  
Energizing Maca Almond Butter Cacao Overnight Oats  
Warm Oatmeal Porridge  
Chocolate Honey Oatmeal Date Bars  
Overnight Apple Cinnamon Oatmeal  
Fabulous Oats with Berries and Seeds  
Fermented Mango Overnight Oats

**51 Raw Vegan Weight loss recipes >**

Tropical Cilantro Smoothie  
Beet Detox Juice  
Lemonade Smoothie  
Love Smoothie  
Cleansing Green Juice  
Sunday Juice

**58 Recipes with Aloe Vera >**

Raw Aloe Vera Brownies  
Fresh Aloe Salad With Mint



*Regulars 5-13*



# Angel physique doesn't come without some sacrifice



**V**ictoria's Secret model, Bridget Malcolm, recently shared her eating habits on her blog.

Bridget Malcolm has a rather unique way of sticking to her diet no matter where she is in the world.

Every morning, Malcolm kicks off her day by drinking two litres of water and then a vegan meal replacement shake, saying, "it helps me to feel full first thing".

"First thing I drink about two liters [sic] of water. This habit took a bit of training – but it is the best! I aim for just over one gallon of water a day, and if I hit two litres first thing, it puts me on track for the day. Plus it helps to rehydrate you after a night of sleeping. I sweat a lot during the day from my training, and make sure I get enough electrolytes through Himalayan sea salt and other foods," she wrote in her recent blog post.

If she's at home, she said she'll blend it 'with a banana and some almond milk, but if I am travelling I just mix it with water and eat it with a spoon.'

And she's just as strict when it comes when mealtime takes place, saying she adheres to intermittent fasting.

For the rest of the day, Bridget said she will space out her meals by three to four hours - making sure that in 'every meal, the hero is vegetables' - she will also snack on cherry tomatoes

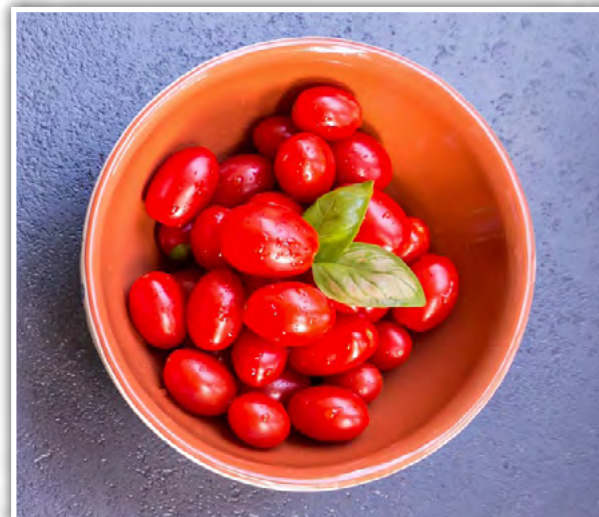
'I always carry cherry tomatoes with me. If I am hungry and food is far away, or flying, or in a non-vegan friendly environment, I make sure I have some tomatoes to eat,' she wrote.

She added, "I am not religious about this though; if I wake up ravenous/jet-lagged, I eat. Basically, if the sun is up, I eat. If it is dark, I don't."

"I always carry cherry tomatoes, nuts, vegetables and hummus with me. If I am hungry and food is far away, or flying, or in a non-vegan friendly

environment, I make sure I have some tomatoes to eat, and a Vega one-meal replacement shake. Just in case," she explained.

Like her VS colleagues, she prefers all natural, organic foods and shuns anything processed.





# How ‘Babe’ changed Farmer Hoggett’s life



**J**ames Oliver Cromwell is an American film and television actor, known for his roles in *Star Trek: First Contact*, *The Green Mile*, *LA Confidential*, *The Artist*, *American Horror Story: Asylum*, but playing the character of Farmer Hoggett in the movie *Babe* in 1995, completely changed his life. Not only did *Babe* become a blockbuster that scored Cromwell an Oscar nomination, and move his headshot to the top of central casting’s “Tall, British-Seeming Americans” pile, it was also the movie that made him a vegan.

*Babe* inspired Cromwell to take ethical actions for the rights and well-being of animals through his diet and activism.

• Cromwell told Vice.com, “That film was a turning point in my life and in my career, and in fact, it gave me a career—up until that, I had a career. So if I can trace back all the many blessings that exist in my life, it all began with that one film. It’s been 20 glorious years.”

• He holds strong views on domesticated animals and is apologetically truthful in media interviews. He told TakePart that animals “are not pets. ‘Pets’ has the connotation that we’re a superior species and they are an inferior species...they are companion animals, hopefully, if they choose to be. We certainly do not own them.”





If we look at the google trend for “vegans”, we can see that interest for this topic has grown significantly over the last 12 months. In the last 10 years the growth has seen 350% increases. There are now over 3% of US citizens that identify as vegan. In the UK there are around 600,000, just short of 1% of the population.

- Wouldn't it be great to know or track the number of people who have transitioned to a vegan lifestyle? We did our research and found [this website](#) - allows people to register as vegan and acts as a tracker, but for obvious reasons it is not yet very accurate, but ONE DAY it may serve as the most honest resource we have to track the growth of veganism.
- So whilst we can't put an exact figure on how many per day, we can say that people are going vegan at an exponential rate. This is not only for the many health benefits but also, I believe, because of the use of social media. The highest demographic of vegan people matches with the ones using Twitter, Facebook and Youtube the most, this is no coincidence.
- Raw Food Magazine had a quick chat with Bénédicte, the founder of HowManyVegans.com, and we encourage you all to register, spread love, compassion, freedom and justice:
- **Naida:** Hi Bénédicte, thank for making time to have a quick chat with us.If you could just jump right in and introduce yourself and tell us a little bit about what you do and what brought you into creating HowManyVegans.com.
- **Bénédicte:** Hello, thank you for inviting me to do this short interview. I am 32 years old and I live in Paris in France, I



work freelance as a consultant specialized in communication in the catering sector. I myself have worked as a manager in many restaurants. Shortly after becoming a vegan, I began to ask myself how many vegans there are worldwide, not only in France, where it's rather recent. I googled 'how many vegans?' and I could not find a country by country answer.



**Naida:** Thankful for giving us the chance to do this interview with you. I've asked the same question so many times until I found your website. When and why did you start HowManyVegans.com?

**Bénédict:** I really did not know many vegans and I felt a bit lonely. Annoyed at the fact that veganism is little spoken about and has had its share of criticism in France, a country of "good food". So I wanted to reframe this image, prove the growing number of vegans and show our commitments to the values disseminated by veganism.

I also wanted vegetarians or people who try would like to experiment with veganism to identify themselves too; because all of our efforts deserve to be recognized and encouraged.

I designed and launched the site in one afternoon - March 8, 2016. I explained the reasons because they were obvious to me. I also ask the site's visitors if they want to participate and translate the "why" section into their native language. The vegan movement is international but it should not only be confined to the English language.

In addition I think it's important to have a website translated into multiple languages, as it simplifies the approach to veganism and it makes people happy because they see that the effort is made to speak in their tongue. I thank the forty or so translators who collaborated to

make this possible, I still miss many translated languages, so I call for your help in making HowManyVegans.com internationally friendly. .

**Naida:** Truly is a clever idea! A lot of people like me and you would benefit and be inspired by this. You mentioned that you are a vegan as well, how or why did you decide to go vegan? How does going vegan better your health?

**Bénédict:** Yes, I've been a Vegan for almost 3 years now (December 12, 2014). The outlook on my consumption changed. I was very "cautious" before becoming vegan (I was careful of what I ate but I had not asked the question of animal fate, I had never considered the fate of animals nor the planet) working in a restaurant I was exposed to a version of "healthy" and processed foods.

For lunch, the chef would normally serve cod skrei, and one evening when I watched a documentary on the consumption fish which really upset me. The suggestion videos on youtube also gave me further insights, somehow I lived the Vegan Challenge despite me (fork over knives, cowspiracy, black fish and earthlings). The most painful thing was that I was alone at that moment, I remember having spent the night and the following day crying with sorrow as it seemed to me to have lost a loved one, many in reality, Billions...

I do not actually know what affect it has had on my health only because I have developed a bigger appetite to which I had before (I always want to taste everything). But what has changed is that it has got me more interested in natural methods to prevent or cure minor health issues of everyday life. So I now know more about plants, and all foods of vegetable origins.

My physique hasn't changed much, but the biggest change have been more spiritual, so to say. A feeling of enlightenment, tapping into this space of conscience, with no more guilt, feeling more alive and ready to face the future.

**Naida:** Spiritual enlightenment is a big deal for us, we're happy for you! Can you tell us how many vegans are there in the world and is the number growing?

**Bénédict:** Actually, on the website, the statistics on the website is only gathered by people who state that they are vegans at their discretion, so we will never really know the exact figure. The website is still growing but is no way near it's potential. There are also visitors who come across the site but do not register (as it involves leaving an email address) so the figure is still essentially unknown.



As consumers we'd be happy to give our emails to receive coupons etc but shy away from great and insightful initiatives like [howmanyvegans.com](http://howmanyvegans.com), I find this rather disheartening but paradoxically encourages me to continue to promote the goodness of veganism.

**Naida:** We are hoping to encourage more vegans to add themselves in the website. If the whole world becomes vegan, wouldn't the number of animals crucially increase?

**Bénédict:** Hypothetically speaking, should 50% of the population become vegan, the question of an increase in animal population should be brought to responsible authorities. For now, we can still observe a decrease in the craze for French animal products. We should remain aware that today, farm animals do not reproduce naturally, forcefully in fact and a lot of the killed, especially male newborns.

**Naida:** That's so true and heartbreaking. What are your thoughts on global veganism? Would it be sustainable?

**Bénédict:** I am very enthusiastic about a vegan world and I think we may be slowly getting there. Even though it may seem idealistic in imagining this version utopia, I am happy in playing my part for now.

In addition to the site, I met and made friends with a lot of young people who are vegans; and for a lot of them veganism is not just a trend or temporary choice, it's now a way of life.

Veganism promotes ethics and stability in human, animal empathy and one spiritual consciousness, compassion, freedom and justice being at the forefront of this sustainability.

**Naida:** We totally agree! Based on the number of people who registered, which country do you think we can consider as one of the most vegetarian-friendly countries in the world?

**Bénédict:** Based on the people registered, the US by far stands at the top of the table, followed by England, Australia and some countries in Northern Europe. But this may be because of many reasons, such as easier internet access. I am currently collecting data from the database to get an exact country by country figure, which should give a more clearer overview.

**Naida:** How can we encourage vegans to sign up or register to your website?

**Bénédict:** First of all, I encourage everyone to open their minds and have a look at what's going on in this connected global community. It is important to show authorities our growth, as this can positively influence on institutions like schools, hospitals, prisons. Not only focusing on food, but to better the management of our environmental resources. Registering on the site also helps to fight the mainstream idea that this is only fashion and will eventually fade.

**Naida:** How could the site evolve?

**Bénédict:** I am currently working on a database of vegan or vegan friendly businesses worldwide; which I hope will grow to be the world's largest vegan directory. Sending a request to subscribers, ask for their views on their favourite vegan businesses; this would give people a know-how of where to consume vegan friendly products. Categories important to me, beyond the restaurant sector (happy-cow having already taken this mission) can be found on the site [www.veganfriendly.co](http://www.veganfriendly.co) that I invite you to consult.

**Naida:** You are a beautiful, positive force in the world and I admire your spirit greatly! It was a pleasure having this talk with you and we wish your journey well.

**Bénédict:** Thank you so much and hope you have a lovely weekend!

**Naida:** Thank you



# How a Hong Kong **RAW VEGAN MARATHON RUNNER** Began Winning After Giving Up Meat, Eggs And Dairy

**R**is Mak, who follows 90 percent raw vegan diet, 10 percent cooked vegan diet, won a silver award at the Hong Kong 100km this year for finishing under 20 hours. Here she shares why she transitioned to her new diet and how she fuels up for a race.

A few years ago when Mak participated in a 100km race in Blue Mountain, Australia, she consumed cup noodles at the checkpoint and felt an immediate rush, but also felt sleepy afterwards.

Mak is convinced her diet helps her athletically – not only to run faster, but to recover more quickly, too.

She was first exposed to a vegetarian diet through vegetarian coach Thomas Lam, within the running community in Hong Kong. Since becoming 100 percent raw vegan, she decided to stick with a 90 per cent raw vegan, 10 per cent cooked vegan diet, to make it easier to socialise with others at the dining table.



Mak mainly gets her protein from greens, nuts, chia seeds, goji berries and hempseed which also has good omega-3 content. She also advises to consume nuts that have been soaked overnight – as this helps rid of them of the enzyme inhibitor that prevent nuts from sprouting and it makes them easier to digest.

Various experiences over the following few years – including working at a detox company, volunteering at a raw vegan kitchen, and meeting raw vegan chefs and experts – saw Mak become more interested in raw plant-based diets. But it wasn't until early 2014, when she became a chef at Greenwood's Raw Cafe in Tsim Sha Tsui – run by raw vegan expert Dr Simon SC Chau – that she decided to take the plunge herself.

Today she is an educator, chef and speaker for raw veganism, and teaches raw vegan food preparation at Greenwood's on a freelance basis.





# Essential Raw Vegan Food Groups

**W**hen looking for answers to treating chronic medical conditions, one way that people are finding consistent, lasting healing through proper nutrition is consuming raw foods. Raw foods are the new life force for a healthy life, and finding ways to incorporate more foods rich in vitamins, minerals, and other essential nutrients will ensure that you find your healthiest you.

## What are raw foods?

A raw food is, simply put, any plant based food that is unprocessed and uncooked. Although some foods may be heated, no truly “raw” foods will ever be cooked at a temperature higher than 118 degrees fahrenheit. This ensures that the healing, enzymatic properties of the food remain intact, thus giving the body essential building blocks for health and healing.

## Raw Vegan Food Groups

Leafy greens are considered an essential part of a raw diet. Most commonly used in salads, garnishes, and green smoothies, their water dense, vitamin rich texture provide enzymatic structures to rebuild cells and help regenerate damaged tissues in the body.

Fruits and vegetables are another staple of the raw vegan diet. Consuming many different varieties will ensure that

transition to a raw diet does not get boring. Adding staples in your diet such as dates, avocados, and coconuts will keep you satiated and satisfied.

Sprouts are known to be nutrition powerhouses. Rich in antioxidants and packed with protein, they enhance the flavor of raw soups, salads, and sandwich spreads.

Grains, a close cousin to sprouts, must be soaked and “sprouted” before eaten on the raw diet. Consuming sprouted grains increases the nutritional value of the grain without bringing any of the damaging chemical processes that grains normally go through before standard consumption.

Nuts, seeds, and oils are also considered essential part of raw vegan food groups. Soaking and sprouting nuts and seeds, like grains, increases their nutritional value, and adding oils rich in essential fatty acids will provide you with proper building blocks for cell regeneration and growth.

## Keys For Success In Going Raw

The main thing to remember is that small changes in diet made consistently over time will be most helpful in making the transition from cooked to raw foods. Once you start looking and feeling better, you will thank yourself for making the transition for a glowing way of life.





# Proven Benefits Of Adding Spirulina In Your Diet

A type of algae commonly found in bodies of water and harvested into a nutritional supplement can play a significant role in improving health if incorporated into our diets.

## Spirulina has been proven to:

### Contain Numerous Dietary Nutrients

Also referred to as seaweed, is rife with many vitamins and minerals that are vital to helping us maintain a balanced diet, as well as good general health. Such nutrients include protein, several Vitamin B complexes and iron.

### Spirulina Contains An Important Antioxidant

Antioxidants are crucial to the prevention of damage to our body's cells and tissues that is often the direct result of inflammation and could lead to potentially fatal illnesses like cancer. Spirulina contains the powerful antioxidant known as Phycocyanin.

### Increase Our Energy Levels

Spirulina increases energy levels by enabling our body's cells to release sugar.

### Promote Weight Loss

Spirulina's high protein content requires our bodies to utilize extra energy to metabolize it. Therefore, in the process, we burn more fat. The end result can be the shedding of excess pounds. In addition, the supplement is believed to also lessen our hunger urges.

### Lower Blood Concentrations Of Bad Cholesterol

Scientific studies conducted have shown spirulina has contributed to the reduction of LDL cholesterol and triglycerides (the "bad cholesterol" which is known to precipitate coronary artery disease (blocked heart arteries) and other serious cardiovascular conditions.

### Improve Or Eliminate Allergy Symptoms

Millions of people suffer from the effects of seasonal allergies, such as sneezing, itchy/watery eyes, a runny nose and a scratchy throat. One research project studied more than 100 people diagnosed with nasal allergies. Almost all of those who participated in the study consumed spirulina on a daily basis and reported a dramatic diminishing of their symptoms and overall discomfort levels.

### Spirulina Appears to Have Anti-Cancer Properties, Especially Against Oral Cancer

Spirulina has been particularly well studied with regard to oral cancer, which is cancer of the mouth.

It may have some anti-cancer properties, especially against a type of precancerous lesion called OSMF (oral submucous fibrosis).

At the end of the day, spirulina is incredibly healthy. It is one of the few "superfoods" that are actually worthy of that term.





# Why Drink Aloe Water

**A**loe water refers to juice obtained from a plant called aloe vera. It is also known as aloe vera juice. For many centuries, aloe vera juice has been used for medical purposes because of its health and nutritional value. Would you wish to become a fan of aloe vera juice? This article explores just a few benefits you may derive from the juice. They are as follows:

## Nutrients

Aloe water contains vitamin C, which is essential for your teeth and bone health, quick wound healing, and protection against infection. It is rich in copper, potassium, and folate, all of which help in keeping your body healthy. With aloe vera juice, you are also sure of adequate body energy thanks to its calorie content.

## Protection Against Certain Health Conditions

Are you prone to digestive problems such as constipation and inflammation? Worry not because the water from aloe vera plant is rich in anti-inflammatory properties, which prevent inflammation in your digestive system. The juice keeps the good bacteria found in the gut healthy, preventing constipation. Additionally, aloe vera juice has the ability to detoxify bowels to enhance your gastrointestinal functioning.

## Body Hydration

Do you experience dry mouth, increased thirst, dry skin, yellowish urine, and other signs of dehydration? All these

- may just mean that you need to include aloe vera juice in your diet. Drinking this juice also ensures that your body has enough water, which is essential for detoxification.
- In a nutshell, aloe water contains far-reaching nutritional and health benefits, which make it an important ingredient of your diet. However, for proper results, be sure to consult with your physician to allay any possibility of interaction with supplements, medications, or herbs in your body.
- Also, be sure to consume it in the right amounts to avoid too much of its nutrients in your body as this may harm your health.





# 3 Tips for Eating Raw Food on a Budget



**A** raw food diet has a number of health benefits for your body--and, really, your entire family. Unfortunately, committing to a raw food diet may seem incredibly expensive at first. How are you supposed to budget for healthy foods when it seems as though all you can afford are microwave meals and Ramen noodles? Fortunately, it is possible to commit to raw food on a budget, no matter how tight yours might be.

## Step One: Invest in the Right Staples

The first step in committing to raw food on a budget is investing in the right staples. Consider these raw foods that you can often pick up at your local grocery store for a reasonable price.

- Kale
- Bananas
- Apples
- Lemons
- Carrots

No matter what time of year it might be, you can usually find these staples for a decent price--and that means you can keep your pantry stocked and your diet raw and

healthy. Sunflower seeds and sesame seeds offer an inexpensive source of protein that you can keep in your pantry.

## Step Two: Go Seasonal

We live in a worldwide society where it's possible to easily acquire berries in the middle of winter. Produce that's out of season, however, is usually much more expensive than when it's in season. That doesn't mean you have to give up your raw food diet in fall and winter! Check out the fruits and veggies that are in season in your area, then create your grocery list accordingly.

## Step Three: Grow Your Own

While you may not have the space for a huge garden, you can make use of windowsills, balconies, and other small spaces to increase the stock of foods you have available. Consider starting with growing your own herbs, then gradually expand to a vegetable garden.

Keeping up with a raw food diet on a budget doesn't have to be a source of stress! By following these three key tips, you can eat a great diet with all those amazing health benefits without feeling as though you're breaking the bank every time you go to the grocery store.



# Thoughts That Go Through Your Head The First Week Of Your Raw Diet



If you have decided to try a raw diet, your first week will be filled with a number of little challenges and victories. As you take your first steps into the world of raw dieting here are some of the thoughts that will go through your head.

## **“This is so easy, I can’t believe I haven’t done this before.”**

At first you may come to the conclusion that cooking is just a waste of effort. What could be easier than eating something raw? The raw vegetables, fruits, grains, and nuts that make up your new diet need little to no preparation.

## **“This isn’t as easy as I thought, but it is well worth the effort.”**

You will soon realize that eating raw isn’t as easy as it first seemed. You’ll need to learn some new kitchen skills. You will also soon discover that eating out is quite a task. You will learn to manage these aspects of raw dieting.

## **“This is getting repetitive.”**

If you eat the same foods over and over again, cooked or raw, they will become boring. You will soon learn to seek

out new kinds of foods that can be implemented in the raw diet. You will also discover new ways to spice up your diet. Literally.

## **“I want some cooked food so badly right now.”**

You will crave cooked food. After a few days, you may begin to obsess over cheeseburgers. Fight these urges. As your body begins to adapt to the raw diet these urges will go away and you will find yourself only craving raw foods.

## **“I feel fantastic.”**

By the end of the week, you will be feeling the effects of the raw diet. You will have more energy and your thoughts will be clearer. At this point, you will likely decide that the raw diet is the right choice for you.





## How A Raw Food Diet Can Make You Feel HAPPIER And Healthier

**E**ating raw foods is the best way to get the most out of a food's nutrients. Transitioning to a diet where you eat only fresh foods will reap numerous health benefits and help you to live a happier life overall.

Only 48 hours into your raw diet, you'll begin to experience increased mental clarity and be able to articulate your thoughts more clearly. Eliminating meat from your diet and consuming only fresh fruits and vegetables will make your mind less hazy and make you more alert and focused.

Physically, you'll experience a myriad of positive effects from a raw diet. A raw diet will change your taste buds. You'll be able to taste natural sugars and acidity in the foods you eat and won't crave processed foods and drinks. In only a few days you'll likely notice smoother

- skin and a marked decrease in blemishes. Your hair and
- nails will appear stronger and healthier, and you may lose
- a few unwanted pounds. It won't take long before your
- joints are less painful and stiff. You'll be more active, and
- while you might think will experience fatigue or weak-
- ness, it's just the opposite, you'll feel energized from your
- raw diet! When embarking on a natural diet, you'll cut out
- meat, dairy, soy, wheat and sugar. Each of these foods
- acts as a poison to the body. Eliminating them will help
- you detoxify your body and discover that food intoler-
- ance you've been experiencing as a result of eating these
- toxins disappears.
- 
- 
- Going raw will allow you to learn about fruits and vegeta-
- bles and the way they make you feel when you eat them.
- With energy and endorphins flowing at newly elevated
- levels, it's no wonder you'll feel healthier and happier
- after embracing a raw fruit and vegetable diet.



# How to Make A Raw Vegan Face Mask

Raw Vegan Face Mask: The Secret to Beautiful Skin Revealed

**D**ue to rising health concerns associated with processed, unnatural foods and environmental pollution, more and more people are choosing to ride the wave of the organic, Vegan lifestyle.

The main advantages to Veganism include the following:

- Reduces the occurrence of animal cruelty and animal slaughtering
- Eliminates certain health risks associated with ingesting and digesting processed meat
- More environmentally friendly

Veganism not only involves abstaining from eating all animal products, but it also involves using organic, plant based products for aesthetic purposes.

The Raw vegan face mask is a very popular approach to skin nourishment. There are several benefits to using raw, vegan foods to create facial masks for skin nourishment:

- You are able to save money-  
Buying simple organic foods for less than \$1 each vs.

buying expensive department store moisturizers and creams that contain animal based ingredients and toxic chemicals

- There are a very few to zero health hazards associated with using vegan masks for skin care

So, How does one make a Raw Vegan Face Mask?

There are several popular DIY Raw Vegan Face Masks. Some of which include the Cool Cucumber, Aloe, Oatmeal and Chocolate Facial Pudding Mask.

Let's say that you would like to try to make the **Chocolate Facial Pudding Mask**. You would follow these simple steps:

- 1)** Gather ingredients (1 Avocado, 2 tablespoons of unsweetened cocoa powder, 1 tablespoon of agave nectar)
- 2)** Put all of the ingredients in a blender and mix until smooth and creamy
- 3)** Remove from blender and apply to face and neck



## Interview with

# Gila Lacerte

**W**elcome to another interview presentation with Raw Food Magazine. My name is Naida, and today, we are very pleased to be learning from an inspiring raw food nutritionist, lifestyle coach and mom, Gila aka Guylaine Lacerte of [www.coachgila.com](http://www.coachgila.com) from Kelowna, BC Canada.

We've followed her Raw Food journey and lifestyle. I'm sure a lot of you, like us, would love to know more about her and her work.

Most especially if you're transitioning to raw food, this one is for you.

**Naida:** Hi Gila! Thanks for making time to do this quick interview. If you could just jump right in and introduce yourself and tell us a little bit about what you do and what brought you into creating coachgila.com.

**Gila:** Hi! I'm Gila – aka Guylaine – Lacerte and I'm an expert on women's hormones, digestion, body weight and detoxification. I've been teaching nutrition classes and group programs for the last 10 years. I've even done a 6-months internship in a fasting retreat where I was in charge of people who came sick, weak and devitalized who fasted on water for a few days

to a few weeks. They recovered their health and left much happier, healthier than they arrived. It was terrific to witness such health transformation.

**Naida:** Inspiring and impressive! How did you get into this raw-food way of life?

**Gila:** In my teenage years I wanted to become a vegetarian for ethical reason. I found eating animal flesh barbaric. I finally became 100% vegetarian at 21 years young, more than 40 years ago. It has been one of the best decision in my life. I felt free, liberated and relieved. I never turned back. At this age I also discovered Natural Hygiene, and read all the books by Herbert Shelton. It was mind blowing for me. From my reading, I decided to do a long water fast on my own, starting at an ideal weight. This experience also was profound, and I've never stopped using fasting for

healing and rejuvenation.

The most impactful thing I've done for my health has been eating an abundance of fresh fruits and vegetables. I found myself in a new body, my energy soared and I like how I looked and felt. Which led me to continue my education in natural health, naturopathy, nutrition, and also spending 6-months internship at a fasting retreat in Texas in 1990. I raised two children vegetarian, without vaccinations or doctors. There was the very occasional raw organic cheese and eggs, so we were about 98% vegan.

**Naida:** Being 98% raw vegan is wonderful. What are your thoughts on cooked food and what's wrong with it?

**Gila:** I always feel better when I eat raw foods, unless it is steamed vegetables which is still great. Although I don't do as well with cooked grains, I prefer to sprout them. Sprouted buck-





wheat and green lentils are my favorite. I also like sprouted oats and farro and eat it in a muesli with almond milk and berries.

I don't eat all raw as I want to add variety to my diet. I add cooked winter squash, potatoes, and other cooked vegetables, a couple of times a week. This winter I'll try to incorporate beans into my high raw diet as beans have good resistant starch which is beneficial for the microbiome, the bacteria that live in your intestines. The greater the diversity of the microbiome the stronger is your immune system and the healthier you are. It took me a few years to transition to a high raw diet and master the art of preparing balanced and satisfying meals. It's now easy and simple to eat that way once the habits are ingrained. When I started on my healthy journey, the diet was including fruits, dried fruits, raw vegetables, cooked white potatoes and olive oil. When I transitioned to raw, my children were pre-school and we were eating two fruit meals a day – sometimes soaked dried figs- and a huge salad for dinner with nuts, seeds and avocado. I've never felt better. But the children and I were having cavities. Too many fruits and perhaps not enough greens. Then I started making blended salad or green soup and lowered the fruits to one meal and of course adopted improved oral hygiene. Later I discovered green smoothies. I really think we need more greens in our diet. They are loaded with alkaline minerals, vitamins and phytochemicals.

**Naida:** When I ran into your website, I thought WOW this lady has so much to offer the Raw Food world. Mind telling our audience what defines your raw "cooking" style?

**Gila:** I start my day with a green smoothie, including plenty of greens and 2-3 fruits including berries,

soaked flax seeds and hemp and topped with pumpkin seeds. It's super hydrating and energizing. For lunch I eat most often lentil sprouts with avocado and sauerkraut or buckwheat sprouts with greens and again avocado. I never get tired of eating avocado and sprouts. For dinner it varies. Most nights I'll have a superb salad with some kind of soft cheese like sunflower/hemp cheese or almond/sun cheese or a nut dressing. Other nights I might spiralize vegetables and eat with a pesto; I now add some black boiled bean noodles to it. I do have once a week in the fall a squash stew with some beans in it or steamed potatoes or winter squash with my salad.

I also like to create yummy cooked plant based recipes and well-designed menus for my coaching clients who want to live a healthy plant based lifestyle. First it is essential to master the basics of a whole food plant based diet and include an abundance of vegetables and fruits.

**Naida:** Why are you okay with steamed vegetables?

**Gila:** I consider steaming vegetables very healthy and healing as they're nutritious and loaded with vitamins and minerals. A high raw diet with steamed vegetables, even winter squashes and some roots and tubers are fine. These are still the best cooked foods you can eat. Grains and legumes, I can do in small quantities occasionally, with an abundance of vegetables. I'd rather eat nuts and seeds and steamed vegetables though. I digest better and just feel better that way. When I think what I'm going to eat for dinner I think vegetables as it is the base of my diet. That's what is missing in many diet,



even vegan can eat bread and hummus, pasta and tomato sauce, rice and beans but the vegetables are missing. Vegetables should cover three quarters of the plate. The rest can be whole plant food and you're good.

**Naida:** What about water?

**Gila:** We've been told to drink one liter and a half of water a day. This is good advice for people who barely eat any fruits and vegetables. But if you eat 3-5 fruits a day along with a pound of vegetables and avoid dehydrating coffee and processed foods then your water intake is largely covered as fruits and vegetables contain 90% water. I'm rarely thirsty unless it's summer and I'm sweating. I rarely sweat in my cold climate, and rarely feel the need of drinking. I go to the bathroom often enough, even at night, so I know I'm not dehydrated. The abundance of fruits and vegetables I eat supply me with pure distilled hydrating water charged with electrolytes and minerals. I found that people who are thirsty and could drink a full glass of water, unless they've been sweating profusely, they've not eaten enough fresh produce.

**Naida:** That's true for me too! What is your position on spirulina and blue green algae?

**Gila:** I do not use these algae on a daily basis. I like the taste and might eat





some chlorella or spirulina powder diluted in a bit of water as an occasional treat. I focus on green leafy vegetables to get an abundance of micronutrients. Protein comes from whole plant based foods. I supplement with vitamin B12 and vitamin D in the winter months.

**Naida:** You seem like you are in good spirits and great health. How much of that would you attribute to diet?

**Gila:** This is a good question, because it's a lifestyle and many factors come into play. Exercise and movement are especially important. If you want to be fit, then you want to exercise or do physical activities you enjoy.

For those who sit all day long then they need to get up every hour and move around. Walking is good but burst exercises are quick and efficient to bring a superior level of fitness. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

With TV, computer and internet our days, it's easy to go to bed late. Many of us don't get enough sleep. Sleep is rejuvenating for the brain.

The brain is the power for the body. Without sleep you get cravings for sweets and caffeine, you gain weight, have brain fog and low energy. It takes discipline and a 'big why' to lead a healthy lifestyle. Discipline is doing the things we don't feel like doing but we know we must do in order to reap the benefits.

**Naida:** That's true! By the way, you mentioned raising two healthy children without vaccinations and medications. Controversy over vaccine safety has achieved high visibility over the past decade. What are the effects of vaccines on the parents, clinicians and children?

**Gila:** Vaccinations contain harmful chemicals like mercury and aluminum. If we take responsibility for our health and use fasting and juicing when we're sick, then there's no need for vaccinations. Vaccination is risky, at least with the amount of vaccinations we give to our children these days. No wonder autism and auto-immune diseases are on the rise. With vaccinations and medications, we destroy enzymes and systems in our bodies which will eventually lead to chronic diseases and shorten our lives. There's no substitute for a healthy lifestyle.

**Naida:** How different of a world do you think we'd see if everybody ate raw?

**Gila:** I would say if we would eat a high-raw, plant-based lifestyle, we would decrease ADHD, and special needs for kids at school. We would diminish most of the diseases we have today. The countries would have more money for child care, education and families. It would probably reduce poverty. Citizens would be more helping each other's and be happier people. We would reduce depression. It would be a new world with a new economy run by healthy and happy people. We would save the planet and insure a future for our children and grandchildren. Even the modern diet of processed foods has been shown to reduce empathy in some people.

**Naida:** That's a wonderful answer. What is your greatest fear?

**Gila:** At the moment, it's the future of our children and grandchildren and the planet. We need to stop GMO agriculture and putting chemicals in the soil and the blood of people. I keep hope though because without hope what do we have?

**Naida:** What is your life motto?

**Gila:** Health is your best wealth. For happiness, live each day with appreciation and love.

**Naida:** We need more people like you, Gila. What is your present state of mind?

**Gila:** Everyday, I have moments when I fall in love with nature, with the people I love, and appreciation for my life. I keep positive and when negative thoughts come to me I just don't believe them. I try to laugh daily and enjoy watching comedies.

**Naida:** You are a beautiful, positive force in the world and I admire your spirit greatly! It was a pleasure having this talk with you and we wish your journey well.



# Tips for Having the RIGHT BALANCE of RAW FOODS in Your Diet

**G**etting the right balance of nutrients on a raw food diet can be confusing, especially if you're just starting out. However, it's not nearly as difficult as it may seem. Focusing on whole, raw, life-sustaining foods ensures your body can function at its best.

To see the most benefit from a raw food diet, consuming adequate protein, healthy fats, carbohydrates, vitamins, minerals and antioxidants is critical. To make sure you're getting enough, try the tips below.

## Protein

To make sure you're getting enough protein, nuts, seeds and sprouted grains should be included in your diet. Hemp seeds are an excellent source of protein and also contain heart-healthy and anti-inflammatory fats. Just be certain to soak nuts overnight for optimal protein digestion and absorption. Sprouted grains and legumes deliver a hefty dose of protein as well, just be certain to soak them properly to allow your body to digest them properly. Dark green and cruciferous vegetables also contain a surprising amount of protein per serving. In fact, just 100 calories worth of broccoli contains over eight grams of protein. These vegetables also contain protective antioxidants, along with fiber and substantial amounts of vitamins and minerals. Be sure to include several servings of dark green vegetables in your diet on a daily basis. Throw together a nutrient-dense salad with your favorite leafy greens, sprouted grains, veggies, nuts or seeds. Top it with your favorite raw dressing and you're certain to hit your protein targets for the day. Alternatively, you can eat your greens in a smoothie. Toss your favorite ingredients into your high-powered blender and create a powerhouse meal of antioxidants, fiber, protein, carbohydrates and fats. Blending your food also increases nutrient absorption, making it a great option to ensure you stay healthy.

## Carbohydrates

On a raw food diet, carbohydrates are the easiest macronutrient to obtain. They're found in all fruits and starchy vegetables and are necessary for proper



functioning of the brain, nervous system and muscles. Like dark green vegetables, fruits and starchy vegetables also contain vitamins, minerals and antioxidants essential for optimal health. Including fruit as a daily snack or dessert is a wonderful way to ensure your carbohydrate intake is sufficient. Blending fruit and greens together into a smoothie is another wonderful way to increase your daily carbohydrate, protein and fiber consumption.

## Fats

On a raw food diet, fats are essential. They are the most calorie-dense of the three macronutrients and are also necessary for proper hormone production and brain functioning. Great sources of healthy fats include hemp seeds, avocado, almonds, raw nut butters, coconuts and coconut oil. Nuts and seeds make a quick and easy snack, helping to ensure your fat intake is adequate. Grinding or blending nuts into nut butter or sauces is another great way to get more healthy fats into your diet. Coconut oil can also be used in salad dressings, smoothies and dips and adds a rich flavor to many raw dishes.

It's not difficult to achieve the right balance of nutrients on a raw food diet, but it does take a bit of planning. With the appropriate raw food combinations, you can achieve optimal health and wellness when you follow this whole, natural and life-sustaining way of eating.



# Top Ten Tools of the Trade for a RAW KITCHEN



## Discover What Every Aspiring Raw Foodist Should Have On Hand

**T**he raw food diet is based on the idea that cooking food destroys the enzymes and nutrients within it and thus makes it less nutritious. A raw food diet is typically based on fruits, vegetables, nuts and some grains. Since raw food still needs to be prepared, someone following the raw food diet will need the following implements:

### 1) Knives

Knives are the most important and commonly-used tools in the kitchen. A raw foodist should at least get a chef's knife for chopping or slicing and a paring knife for peeling.

### 2) Cutting board

Cutting boards will also get a lot of use in a raw foodist's kitchen. Hard materials like glass or stone should be avoided, for they will dull knife blades. Wood has the advantage of harboring less bacteria than materials like plastic. Some authorities recommend using separate boards for preparing meat and vegetables.

### 3) Blender

A blender will also get a lot of use, for the raw foodist can use it to make smoothies, soups and salsas. The blender will need a powerful motor.

### 4) Food processor

Food processors are useful for grating, shredding and slicing food and are particularly useful for preparing lots of food. They come in several different sizes, so people who cook for large families or for just one or two people can find a processor that suits their needs.

### 5) Dehydrator

As the name suggests, a dehydrator is used for making dried food. It can also be used to heat food to give it a softer texture.







### 6) Coffee/spice grinder

A grinder can be used to grind fresh spices, which raw foodists prefer over the pre-ground spices in stores. A grinder can also be used to grind seeds or nuts.

### 7) Juicer

Raw foodists make their own vegetable and fruit juices both to drink and to use in sauces and soups.



### 8) Glass jars

Not only can glass jars be used to store food, they can also be used to make fermented food like sauerkraut.

### 9) Mandoline slicer

What better way to add some character to your plate than with a mandoline slicer. They're cheaper than food processors and easier to clean, which makes it an essential raw food kitchen gadget to have.

### 10) Fine mesh strainer

Some recipes call for straining cheeses or sauces through a cheesecloth. A fine mesh strainer is an easier and less messy alternative.





# What Everybody Ought to Know About **FASTING / CLEANSING** On The Raw Food Diet



Committing to a raw food diet or cleanse can do wonders for the body. Many supporters of a raw diet believe that heating food above 118 degrees Fahrenheit destroys the nutrients and natural enzymes that aid in digestion and fight chronic disease. Fans profess that eating raw natural foods can fight headaches, clear up allergies, and improve arthritis, memory, and diabetes, to name just a few benefits. Because a raw diet is low in sodium, your risk of stroke, osteoporosis, certain cancers, heart failure, and kidney disease all may be lowered. With a diet rich in fresh fruits and veggies, blood pressure can be more easily regulated and type two diabetes can be managed.

Changing to a raw diet isn't for everyone and there are several cleansing tips that should first be taken into account. Many people lose weight on this diet, since

- most appropriate foods are low in calories and fat, so if
- this is your end goal, you're in luck. Some foods are also
- indigestible when they are uncooked, so you'll need to
- do your research when planning your meals. However,
- changing to this diet also eliminates the most common
- food allergens from your diet, as eggs, soy, wheat, sugar,
- and dairy do not make the cut. Plus, as your taste buds
- change, your cravings for these foods will dwindle,
- making it easier and more exciting to make healthy
- choices in the kitchen.
- A raw diet or short-term cleanse is totally doable and
- has many health benefits for those ready souls who are
- prepared to be dedicated and immerse themselves in
- the practice. Those foreign to a kitchen will need to ramp
- up their skills, planning and prepping ahead of time and
- utilizing food processors, blenders, and dehydrated to
- keep their meals creative, fulfilling, and nutritionally-
- sound.



# A Mini Garden Right In Your Kitchen:

## Tips on How To Grow Sprouts And Microgreens



**M**any health enthusiasts already incorporate sprouts and microgreens into their raw diets by adding them to green smoothies and salads. You can maximize the nutrition while saving time and money by learning to grow these delicate greens in your own kitchen. You will be ready to snip, blend, and go. Sprouts refer to the root, stem and seed leaf grown from a seed germinated in water. Microgreens, sometimes referred to as vegetable confetti, are young seedlings of leafy plants and are harvested within two weeks of germination from seeds grown in soil. Growing kits are widely available, but you can also grow your own. To grow microgreens, ideally, they need about four hours of sunlight from a south-facing window, but will grow under most conditions. Check your organic seed pack for specific instructions, but basics are simple.

- Cover the bottom of a shallow container with an inch of damp potting soil. Aluminum pie plate with holes in the bottom works well.

- Scatter seeds evenly on top and gently press them into the soil.
- Cover the planter with a clear lid.
- Use a mister once or twice daily to keep soil moist.
- Once the seeds sprout, remove cover and continue to mist twice a day.
- Harvest with scissors, snipping at the soil line, after the first set of true leaves emerge.

Sprouts are even easier. They need no direct sunlight, just water and a lot of rinsing.

- Place washed seeds in a wide-mouthed jar, add a cup of water.
- Cover jar with cheesecloth, secure with rubber band, and leave overnight.
- Drain off water, rinse sprouts and drain again. Leave jar inverted or at an angle so additional water can drain. Rinse and drain several times a day.
- They are ready to eat when seeds sprout.



# Step-by-Step Guide To Growing/Sprouting Your Own Wheatgrass At Home!



**W**heat grass has many beneficial uses. Wheat grass juice makes a great tonic for the blood. One of the best things about wheat grass-- especially if you have decided to go raw-- is how easy it is to cultivate. Follow these steps to grow your own wheat grass.

1. Sprout your wheat. Soak your wheat in two to three times the water as there is wheat. Over the next two days, rinse the seeds and replace the water every 8-12 hours. Keep wheat out of direct sunlight and at room temperature.
2. While seeds are soaking, prepare the planter. Although any number of mediums can be used, coconut coir comes highly recommended. Use 3 cups for a 10 by 10 inch tray. Make sure the growing medium is thoroughly moistened but that there is no standing water. You may need to stick your fingers in to the medium to ensure that it is moistened all the way through.
3. Once your wheat has just a hint or a tiny sprout of root, it is ready to plant. Rinse them one last time.
4. Spread the sprouted seeds evenly atop the moistened growing medium. It is okay if they overlap

a little. They may need to overlap a little to get a nice thick patch of grass. Be on the look out for mold and thin seeds if you see it.

5. Keep grass out of direct sunlight and at room temperature for the best results. It takes approximately two days to sprout seeds and six to ten days before wheat grass is ready to cut.

If you are looking for easy, low cost ways to maintain raw food diet, wheat grass is a good choice. It is easy to grow on your own. It also has some amazing health benefits.

<https://sproutpeople.org/growing-wheatgrass/>





# Recipes with Blue Spirulina





## BLUE SPIRULINA SMOOTHIE BOWL

by Melanie and Mark Sorrentino  
[www.richbitchcooking.com](http://www.richbitchcooking.com)

### Ingredients:

2 frozen bananas  
1 fresh banana, for stars and blending  
1 tablespoon agave nectar  
Coconut yogurt or vegan yogurt of choice, for topping  
3 or more blue spirulina capsules  
Blackberries, for topping  
Coconut flakes, for topping



### INSTRUCTIONS:

1. Slice a couple pieces of fresh banana and use a cookie cutter to make stars out of them.
2. Process leftover banana, frozen bananas, and agave nectar in a food processor. Once smooth, empty spirulina caps and process more.
3. Pour blue banana nice cream into a bowl. Add vegan yogurt, blackberries, banana stars, and coconut flakes.



Melanie and Mark Sorrentino  
[www.richbitchcooking.com](http://www.richbitchcooking.com)

Melanie and Mark Sorrentino are the cheap suckers behind Rich Bitch Cooking Blog. Together they've train hopped, tattoo'd their wedding rings on their fingers then moved into a 150 sqft home in the woods with no plumbing for a year. They entertain all ways to eat cheap vegan meals. Each recipe is simplified to the point of no return. These rebels do what they want including eating the best meals in the galaxy.



## SPIRULINA SMOOTHIE BOWL

by Delphine Fortin  
[www.delscookingtwist.com](http://www.delscookingtwist.com)

### Ingredients:

1 large very ripe banana  
1 cup almond milk  
2 tbsp nut butter  
(peanut or almond butter)  
2 tsp spirulina powder  
1 tsp natural sweetener  
(agave, maple syrup, fresh dates)  
Chia seed, slivered almonds and  
raspberries to top



Delphine Fortin  
[www.delscookingtwist.com](http://www.delscookingtwist.com)

I'm Del, a happy French woman, currently living Chicago. I am a passionate self-taught cook and baker, food stylist, photographer, and the author of the e-book [25 healthy everyday recipes](#), available in both English and French (as well as everything you'll find on my blog).

With Del's cooking twist, I want you to take part with me in this fabulous cooking adventure, showing you accessible recipes that everyone can make at home.

Join me on [Facebook](#), [Twitter](#), [Google +](#), [Instagram](#) and [Pinterest](#).

### INSTRUCTIONS:

1. Mix all the ingredients except the spirulina in a blender. Add the spirulina powder and mix until well combined. Adjust the milk quantity if desired.
2. Pour into a bowl, and top with chia seed, slivered almonds and raspberries.





## SPIRULINA ICE CREAM

by Miryam Quinn Doblas  
www.eatgood4life.com

### Ingredients:

14 oz coconut milk  
1/4 cup agave syrup  
or maple syrup  
1 tsp spirulina  
1 tbsp cacao nibs



### INSTRUCTIONS:

1. In a blender, mix all the ingredients except the cacao nibs. If you don't have a blender you can use a wire whisk to combine the ingredients.
2. Transfer the mixture to a bowl. Cover it and place it in the freezer for at least 3-4 hours. Before serving let the mixture thaw for 20 minutes to be able to scoop it out with a medium to large cookie scoop.
3. Sprinkle some cacao nibs on top before serving.



Miryam Quinn Doblas  
www.eatgood4life.com

Hello there. My name is Miryam and I am the clinical dietitian and future Physician Assistant behind Eat Good 4 Life. My wish is to inspire you to start cooking healthier so that you can live a longer and happier life.

Join me on [Facebook](#), [Twitter](#), [Pinterest](#) and [Instagram](#).



## BLUE CHEESECAKE BARS

by Victoria and Christopher  
[www.ehvegan.ca](http://www.ehvegan.ca)

### Ingredients:

#### For the cashew cheesecake:

1 cup soaked cashews  
1/2 cup coconut oil (melted)  
1/3 cup maple syrup  
1/8 tsp peppermint extract  
(or more to taste)  
1 tsp blue matcha  
1/2 tsp chlorophyll  
1/2 tsp blue spirulina  
1/8 tsp almond extract

#### For the base:

1 cup coconut flakes  
1/2 cup walnuts  
2 tbsp maple syrup  
1 pinch salt



Victoria and Christopher  
[www.ehvegan.ca](http://www.ehvegan.ca)

We're Vic & Chris, vegan lifestyles bloggers from Montreal, Canada. When we're not in the kitchen, we love to travel, eat all the vegan food we can find, and spend time with our husky, Blizzard. We've been vegan for two years and love making raw cashew cakes as a treat.

### INSTRUCTIONS:

1. Place all ingredients for the base in a food processor. Process until it forms a ball and can hold itself together. Add a splash of water if necessary
2. Press the base into your molds and put it in the freezer.
3. Add the ingredients for the filling to a blender and blend until smooth. Approximately 1 minute.
4. Divide your cashew filling into two or three parts. You can flavour these however you want and colour them with natural ingredients.
5. For this one we did mint chlorophyll for one. The other was almond, with blue matcha and blue spirulina layers. Feel free to get creative.
6. If you're doing 2 layers like we did here, you'll need to freeze one layer at a time for 30 minutes each.
7. Once they've solidified for 30 minutes, you're free to dig in!



# It's A Date





# CHOCOLATE COOKIE DOUGH BARS

by Krisztina Berta  
[www.deviliciouslyraw.com](http://www.deviliciouslyraw.com)

## Ingredients:

### Cookie Dough Bars:

3/4 cup gluten-free rolled  
oats, made into flour  
1/4 cup hulled hemp seeds  
1/3 cup shredded coconut  
3/4 cup soft dates  
1/2 tsp cinnamon  
2 tbsp coconut milk, home-  
made preferred  
2 tbsp cacao nibs for extra  
crunch

### Coating:

4 tbsp coconut oil, melted  
1+ 1/2 tbsp tahini, on room  
temperature







*Krisztina Berta*  
[www.deviliciouslyraw.com](http://www.deviliciouslyraw.com)

Hey there! I'm Krisztina a passionate foodie who loves creating and sharing colorful nourishing plant based recipes that satisfy the tummy and warm your soul. All my recipes are quick and easy to make, made with simple everyday ingredients that are easy to find. With my blog, Deviliciously Raw I want to show you that eating good food can also be possible in a healthy way. I hope you enjoy trying some of my recipes, and that I can help bring the same addictive passion and love for food into your kitchen.

### INSTRUCTIONS:

1. Place all ingredients into a food processor fitted with the S blade and process until you have a dough with the same texture as raw bliss balls. Add cacao nibs and pulse to combine. Remove dough from processor and roll it into a slightly flat, long log.
2. Freeze until firm and then cut up into bars.
3. In a bowl gently melt coconut oil and add the tahini/peanut butter and whisk together well.
4. Remove bars from freezer and dip each twice to create a nice thick coating. Drizzle with hemp seeds and cacao nibs. Place in the fridge to firm. Enjoy!



## VEGAN MINI CHEESECAKE BITES

by Annie Markowitz  
www.vegannie.com

\*VEGAN &  
GLUTEN-FREE\*

mini  
cheesecake  
bites

VegAnnie.com

### Ingredients:

#### For the crust:

1/2 cup macadamia nuts  
1/4 cup dates, chopped  
pinch of salt  
2 Tbsp shredded coconut



### Ingredients:

#### For the cheesecake filling:

1.5 cups cashews  
6 Tbsp lemon juice  
6 Tbsp coconut oil  
1/4 cup agave  
1/2 Tbsp vanilla extract  
up to 1/4 cup water if needed  
to facilitate blending





## INSTRUCTIONS:

1. Sprinkle shredded coconut in the bottom of each muffin tin.
2. Cut parchment paper into thin strips and place one in each muffin tin to create tabs (pictured below).
3. Combine macadamia nuts, dates, and salt in high-speed blender or food processor.
4. Place a tablespoon of the crust mixture in each muffin tin and press down until tightly packed.
5. Combine all cheesecake filling ingredients in high-speed blender or food processor and process until smooth.
6. Place a tablespoon of the cheesecake filling in each muffin tin.
7. Freeze cheesecake for 15-20 minutes, and enjoy!
8. Store these in the freezer and defrost 30 minutes before eating.



Annie Markowitz  
[www.vegannie.com](http://www.vegannie.com)

I am a holistic health coach, PhD student in Nutritional Sciences at the University of Texas at Austin, and a recent graduate of UT with a Pre-Med, Bachelor of Science degree in Psychology. During my college years I developed a passion for nutrition outside of school. Any time I wasn't stuck in the library cramming my brain with organic chemistry or physics I spent researching nutrition, recipes, and ways to become the healthiest, happiest person I could be. It did not take long to realize that the key to true health is through nutrition. I witnessed the power of nutrition firsthand, and by changing my diet to incorporate more REAL food, not only did I lose weight, but I was also able to think more clearly, have more energy, and live a more vibrant life.

I decided the best way to share my knowledge of and passion for nutrition with others is through this blog. Here you'll find healthy, budget-friendly recipes that are quick and easy to make without compromising taste. You'll also find some how-tos, vegan dog food recipes, and tips on healthy living.





# NO BAKE RED VELVET CAKE BITES

by Christine Roseberry  
[www.justglowingwithhealth.com](http://www.justglowingwithhealth.com)



## Ingredients:

1 2/3 cup beet pulp  
1/2 cup coconut flour  
1/2 cup buckwheat flour (see note below)  
2 cups pitted moist dates, (if they're not moist soak them in water until soft, about 20 minutes)  
1 tsp vanilla extract (optional)  
1/4 cup coconut flour for dusting the bites.

## INSTRUCTIONS:

1. To make the coconut flour, grind the shredded coconut in a coffee grinder or blitz them in a blender.
2. Repeat the same for the buckwheat flour.
3. Blend all the ingredients in a food processor and pulse blend until it becomes a sticky dough-like texture.
4. Scoop out tablespoon size and roll into balls. optional
5. Roll in coconut flour.



Christine Roseberry  
[www.justglowingwithhealth.com](http://www.justglowingwithhealth.com)

Christine Roseberry is a Registered Nurse and Holistic Nutrition Practitioner. She has been healing from fibromyalgia naturally through a raw food diet and healthy lifestyle. It is her hope to inspire you to take charge of your own health to create that GLOWING health from the inside out!

## Christine's tips:

I usually soak the buckwheat in pure water for 2+ hours, then drain and rinse well cause they will get a slimy coating that needs to be thoroughly rinsed off. Spread the kernels out on a teflex sheet in the dehydrator and dehydrate them for 2 hours on 105 degrees (or until crunchy). If you don't have a dehydrator you can either dry them in the oven on the lowest temperature possible or just skip the soaking step altogether. (Soaking helps increase nutritional value and digestibility).



# RAW COOKIE SANDWICH

by Tiasha Slana

[www.shinewithnature.com](http://www.shinewithnature.com)

## Ingredients:

### Cookie Dough:

2 cups dates  
1/4 cup pumpkin seeds  
3 tsp carob powder  
1/4 tsp vanilla powder

### Strawberry Filling:

100 g frozen (dethawed) or  
fresh strawberries  
1/2 cup (65 g) dates  
1/2 cup (50 g) dried apples  
1/8 tsp vanilla powder

## INSTRUCTIONS:

### Cookie Dough:

Process pumpkin seeds in a food processor until crumbly. Add dates, carob and vanilla powder and process until well combined.

Divide the mixture into 4 balls and press each ball into a cookie model.

## INSTRUCTIONS:

### Strawberry Filling:

Process dates and dried apples in a food processor until they start to stick together. Slowly start adding the strawberries and mix until smooth. Add vanilla powder and mix again.

Put the strawberry filling between two heart shaped cookies.

## Tiasha's tips:

If you don't have a small food processor, it would be wise to double the recipe. That way it will be easier to make the filling. And if you have a very powerful blender, you could also make it in the blender.



Tiasha Slana  
[www.shinewithnature.com](http://www.shinewithnature.com)

Born and raised in Slovenia, Tiasha has been thriving on raw foods for over three years and coaches women to lose weight and get healthy in a delicious and sustainable way.



# RED BEET, DATE AND SUNFLOWER SEED GRANOLA

by Aarika Chilson  
www.justbeetit.com

## Ingredients:

1 medium red beet  
6-7 large, Medjool dates  
(pitted), soaked for four  
hours or more and drained  
1 1/2 C gluten-free rolled  
oats  
1/2 C chopped pistachios or  
almonds  
1/2 C sunflower seeds, raw  
and hulled  
1/4 C hemp seeds (optional)  
1/2 C unsweetened shredded  
coconut  
1/2 C golden raisins  
1/4 raw cacao nibs  
1 tsp cinnamon  
1 tsp vanilla extract  
2 tbsp coconut oil  
1/4 cup water  
pinch of salt  
1 tsp honey (optional)

**Optional Seasonings:**  
ginger, pumpkin spice, chili  
powder, cardamon, etc.





## INSTRUCTIONS:

1. Preheat oven to 325 degrees.
2. On low heat or at room temperature, melt coconut oil and mix with honey, vanilla, and cinnamon.
3. Mix dry ingredients (oats, nuts, seeds, and salt).
4. In food processor, puree cooked beet, dates, water.
5. Pour beet, dates, and water mixture over dry ingredients.
6. Add wet mixture (oil, honey, vanilla, and cinnamon)
7. Line a baking sheet with aluminum foil. Spread with granola.
8. Dehydrate at 115 degrees for about 6-8 hours, or until totally dry and crispy.
9. Add golden raisins and shredded coconut after granola has baked or add to mixture at 30 minutes. Coconut may burn, so watch carefully.
10. After granola has cooled, add raw cacao nibs.
11. Store the cooled granola in an airtight container. Enjoy!



*Aarika Chilson*  
*www.justbeetit.com*

A lover of life and everything beets, I am passionate about happy dance foods: healthy foods that invigorate, inspire, and make me want to shimmy with joy! The extraordinary beet is one of my many "happy dance" foods. It is my goal to bring simplicity, joy, and wellness into YOUR life, changing the world one humble beet at a time. When I am not sharing the beet love, I also enjoy traveling, yoga, reading, laughing, volunteering with animal rescues, dancing, hugging trees, and eating. Yes – I love food! Are you a beet enthusiast and/or want to learn more about beets? Send me a note. I cannot wait to meet you!

Find more about me on:

Facebook: <https://www.facebook.com/just-beetit/?ref=settings>,

Instagram: <https://www.instagram.com/just-beetitdotcom/>

Twitter: [https://twitter.com/just\\_beet\\_it](https://twitter.com/just_beet_it)





# Raw Vegan Breakfast Oats





## CHIA OVERNIGHT OATS

by Lisa Dawn Angerame  
[www.lisasprojectvegan.com](http://www.lisasprojectvegan.com)

### Ingredients:

- 1 ripe banana
- 1 cup old-fashioned rolled oats
- 2 tablespoons chia seeds
- 1 cup plant milk
- 2 teaspoons maple syrup
- 1/8 teaspoon vanilla powder

### INSTRUCTIONS:

1. Mash the banana in a small bowl.
2. Add the oats, chia seeds, milk, maple syrup, and vanilla and mix well to combine.
3. Pour into 2 small jars.
4. Refrigerate overnight.

### Lisa's tips:

Personally, I think overnight oats taste better at room temperature. Mix before eating. Enjoy!



Lisa Dawn Angerame  
[www.lisasprojectvegan.com](http://www.lisasprojectvegan.com)

My name is Lisa Dawn Angerame. I have been vegan for over a decade for all the reasons - our health, the health and welfare of the animals, and that of the planet. I cook up plant-based vegan recipes for my family and write about my cooking project on my blog. I hold a Certificate in Plant Based Nutrition from eCornell and I am a Certified Plant-Based Professional through Rouxbe.com.

Follow me on Social Media:

Instagram: <https://www.instagram.com/lisasprojectvegan/>

Facebook: <https://www.facebook.com/lisasprojectvegan/>





# ENERGIZING MACA ALMOND BUTTER CACAO OVERNIGHT OATS

by Ashley Melillo  
www.blissfulbasil.com



## Ingredients:

### Maca, Almond Butter & Cacao Overnight Oats

- 1½ cups unsweetened almond milk or plant milk of choice
- 1 cup gluten-free rolled oats
- 2 tablespoons chia seeds
- 2 tablespoons pure maple syrup
- 2 tablespoons almond butter
- 1 tablespoon maca powder
- 1 tablespoon cacao powder
- 2 teaspoons pure vanilla extract

## Optional Toppings

- almond butter
- cacao nibs
- coconut flakes







## INSTRUCTIONS:

1. Combine the rolled oats, almond milk, chia seeds, maple syrup, almond butter, maca powder, cacao powder, and vanilla extract in an airtight container. Vigorously whisk until combined. Refrigerate for at least 8 hours or overnight.
2. Divide between two small jars or glasses, add toppings, and serve.
3. Refrigerate leftovers.



Ashley Melillo  
[www.blissfulbasil.com](http://www.blissfulbasil.com)

Ashley Melillo is a school psychologist and the writer, photographer, and recipe-creator behind Blissful Basil, a blog dedicated to unearthing the happiest side of life through wholesome, plant-based foods. With roots in both psychology and plant-based nutrition, Ashley is fascinated with the way that diet and lifestyle choices affect physical, cognitive, and emotional wellness. She incorporates a wide array of natural, health-enhancing ingredients into her recipes with the hope of guiding others on their path towards improved well-being all while enjoying delicious food (read: you can have your health and eat cake too!). She holds a Certificate in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies, and her recipes have been featured in Women's Health, Redbook, The Huffington Post, and Shape, among others. She lives in Chicago with her husband, Dan, and orange tabby cat, Jack.



## WARM OATMEAL PORRIDGE

by Julie Van Den Kerchove  
[www.julieslifestyle.com](http://www.julieslifestyle.com)



### Ingredients:

#### Banana Oatmeal Porridge:

$\frac{1}{2}$  cup oats, soaked overnight  
 $\frac{1}{2}$  cup non-dairy milk,  
unsweetened (rice, coconut,  
oat milk...)  
1 ripe banana, sliced  
 $\frac{1}{2}$  - 1 teaspoon cinnamon  
2 pinches of sea salt  
 $\frac{1}{2}$  - 1 teaspoon maca  
powder (optional, it adds a  
caramel flavor)

### Toppings

#### (some of my favorites):

1 large teaspoon nut or seed  
butter (almond, peanut,  
tahini...)  
2-4 tablespoons coconut  
yogurt  
2-4 tablespoons granola  
2 tablespoons toasted  
coconut flakes  
1 handful berries, fresh or  
frozen







## INSTRUCTIONS:

1. Soak your oats overnight to make them easier to digest.
2. In the morning, pour away the soaking water and rinse your oats well.
3. In a cooking pot combine the rinsed oats with the non-dairy milk, sliced banana, cinnamon and sea salt. Leave to cook on medium heat for about one to two minutes and stir frequently so it doesn't stick to the bottom of the pot.
4. Turn off the heat and stir in the maca powder.
5. Pour into a bowl and add toppings of your choice. Some of my favorites are tahini, coconut yogurt, granola, coconut flakes and berries.



Julie Van Den Kerchove  
[www.julieslifestyle.com](http://www.julieslifestyle.com)

Julie Van den Kerchove is a certified raw food chef graduated from the Living Light Culinary Institute in California & author of Vegan & Raw, Energizing Recipes from Julie's Lifestyle. You can find her on [Instagram](https://www.instagram.com/julieslifestyle) & at [www.julieslifestyle.com](http://www.julieslifestyle.com) where you can get her FREE eBook 'Julie's Top 7 Fast, Easy & Delicious Raw Smoothies & Shakes'.

## Julie's tips:

1. To add some variety to your breakfast, you can replace (part of) the oats with buckwheat or quinoa flakes.
2. I love adding ¼ teaspoon of chai or gingerbread spice too, instead of the maca powder – or how about a spoonful of cacao powder for a chocolate variation?



# CHOCOLATE HONEY OATMEAL DATE BARS

by Amie Sue Oldfather  
www.nouveauraw.com

## Ingredients:

3 cups rolled, gluten-free  
oats, soaked and dehydrated  
2 cups shredded dried coconut  
1/2 tsp Himalayan pink salt  
1/2 cup cold-pressed coconut  
oil, melted  
1/2 cup raw honey  
1/2 cup raw cacao powder  
1 cup Medjool dates, pitted



## INSTRUCTIONS:

1. Warm the coconut oil and honey to a liquid by placing jars in a large bowl and surround the jar with hot water.
2. While the coconut oil and honey are melting, put the cacao, shredded coconut, oats and salt in the food processor, fitted with the "S" blade. Process until everything is broken down and mixed together.
3. Add the melted coconut oil and honey, process until everything is mixed and then while the food processor is running, drop the dates down the chute one at a time. Keep processing until the batter forms a ball and sticks together.
4. Line an 8x8" pan with plastic wrap and place the batter on the pan. Press firmly and evenly. Cover and place in the fridge or freezer to firm.
5. Remove and cut into desired shapes and sizes.
6. Keep stored in the fridge for 7 days or several months in the freezer.



Amie Sue Oldfather  
www.nouveauraw.com

Graduate of the Living Light Culinary institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.





# OVERNIGHT APPLE CINNAMON OATMEAL

by Mariko Sakata  
[www.marikosakata.com](http://www.marikosakata.com)



## Ingredients:

1 cup rolled or steel cut oats  
1 cup water or  $\frac{1}{4}$  cup  
almond or cashew milk  
 $\frac{1}{2}$  apple  
1 Tbsp + 2 tsp maple syrup  
2 tsp apple cider vinegar  
1 tsp cinnamon  
Some sliced apples and  
cinnamon for garnish

## Mariko's tips:

You can add chia seeds to increase the nutritional value even more. Add 1 Tbsp of chia seeds and  $\frac{1}{2}$  cup of water or nut milk.

Keeps for 3 days in the refrigerator.



Mariko Sakata  
[www.marikosakata.com](http://www.marikosakata.com)

Mariko Sakata is a raw food chef with a passion for creating simple and easy recipes, which she shares on her blog at [marikosakata.com](http://marikosakata.com). Her focus is to help people enjoy the benefits of raw food.

## INSTRUCTIONS:

1. Combine the oats and water or nut milk in a bowl. Mix the maple syrup, apple cider vinegar, and cinnamon. Let it sit in the refrigerator for 4 hours to overnight.
2. Take the oatmeal out of the refrigerator. If using steel cut oats, put them in the blender and blend it until it reaches an oatmeal-like texture and consistency. Transfer it into a bowl. You do not need to blend the mix, if you are using raw rolled oats.
3. Dice the apple and stir them into the oatmeal.
4. Serving cold: Top with sliced apples and cinnamon and serve.
5. Serving warm: Put it in a sauce pan or a pot and heat on low, stirring constantly. If it gets too thick during this, add water or more nut milk to thin. Check the temperature with a candy thermometer and turn off the heat when it reaches 100 degrees. Immediately transfer into a bowl. Top with sliced apples, some cinnamon and serve.



# FABULOUS OATS WITH BERRIES AND SEEDS

by Emily Von Euw  
[www.thisrawsomeveganlife.com](http://www.thisrawsomeveganlife.com)

## Ingredients:

### Oats:

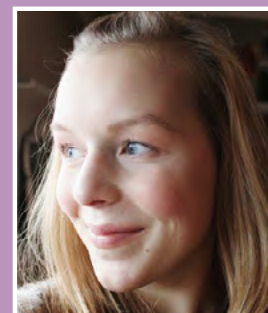
3 cups cold water  
1/8 teaspoon sea salt  
1 1/2 cups rolled oats  
1 teaspoon cinnamon powder  
1 teaspoon vanilla extract  
1 teaspoon ginger powder  
1/4 cup coconut sugar or your fave sweetener  
3-4 tablespoons almond butter or your fave nut butter  
1/2 cup cold non-dairy milk

### Toppings:

1 cup raspberries  
1 cup blackberries  
3-4 tablespoons pumpkin seeds  
3 tablespoons chia seeds  
3 tablespoons hemp seeds

## INSTRUCTIONS:

1. To make the oats: add the oats and salt to the water and bring to a boil, then bring the heat to low and add the rest of the ingredients - except the milk.
2. Once the oats are the consistency you like, take them off the heat and pour in the milk, it will cool it down so you can eat it right away and it makes the oatmeal even creamier!
3. Add more of anything you want.
4. Top with... the toppings. And enjoy! I sprinkle a lil more coconut sugar on mine because I live for sugar.



Emily Von Euw  
[www.thisrawsomeveganlife.com](http://www.thisrawsomeveganlife.com)

Creator of This Rawsome Vegan Life, a blog dedicated to sharing wholesome raw, vegan recipes and information about the lifestyle, Emily von Euw has recently released her first cookbook all about raw desserts called Raw-some Vegan Baking.



## FERMENTED MANGO OVERNIGHT OATS

by Sara Binde  
[www.carobcherub.com](http://www.carobcherub.com)

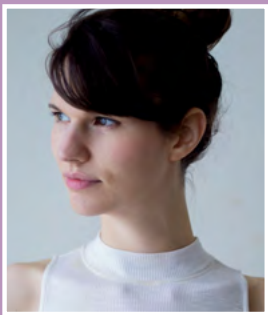


### Ingredients:

1 mango  
1 cup (100 grams) rolled oats  
50 grams coconut yogurt or  
non-dairy yogurt with live  
cultures  
150 grams water, preferably  
distilled or filtered

### Sara's tips:

Replace the mango with other fruits if you don't like mangoes or mangoes aren't in season. However, stay away from highly acidic fruits (i.e. orange, pineapple, kiwi) and frozen fruits. The acidic environment isn't ideal for the bacteria and frozen fruits slow down the fermentation process



Sara Binde  
[www.carobcherub.com](http://www.carobcherub.com)

Sara Binde is the nutritionist and weight loss super-star behind [CarobCherub](http://CarobCherub). Her 70-pound weight loss inspired her to share guilt-free recipes, nutrition tips and weight loss advice soothers can be healthy. Sara's most recent pursuit is [modeling](#). She aims to prove it's never too late to lose weight. Plus, anybody can look and feel amazing. Stay up to date with Carob Cherub by following on [Pinterest](#) or subscribing to her email list.

### INSTRUCTIONS:

1. Remove the flesh of the mango from the skin and pit.
2. Dice the mango into bite-sized pieces and place in a ceramic or glass jar or bowl. In a separate bowl mix together the oats, yogurt and water.
3. Layer the oats mixture on top of the mango and lightly cover with a cloth, stocking or cheesecloth.
4. Place the oats in a location at room temperature where they will not be disturbed overnight.
5. Enjoy your oats in the morning.
6. Refrigerate for 30 minutes or more if chilled oats are desired.





# Raw Vegan Weight loss recipes





# TROPICAL CILANTRO SMOOTHIE

by Christine Curran  
[www.buddinglotusbody.com](http://www.buddinglotusbody.com)

## Ingredients:

1.5 c Mango Passionfruit 100% Juice Blend (from Trader Joe's)  
1/2 c water  
1 c (loosly packed) raw swiss chard, chopped  
2 T cilantro, chopped  
1/2 banana  
1/4 avocado  
5 chunks of chopped mango (fresh or frozen)

### Christine's tip:

If you don't have Trader Joe's available to you, try another mango juice blend from your local grocer. It is 100% juice, but not concentrate mango which could be too rich.



Christine Curran  
[www.buddinglotusbody.com](http://www.buddinglotusbody.com)

Christine Curran has been passionate about cooking since she was little and has become a self-taught Gluten-free Baker and Vegetarian Cook. She has been sharing this passion on her successful food blog since 2008.

## INSTRUCTIONS:

1. In a blender pour 1 cup of the mango juice with the chopped cilantro and swiss chard. Blend on high until the green leaves are blended to a liquid. (Depending on your blender quality there could still be some little pieces, but it should be mostly blended.)
2. Turn off blender and add the banana, avocado and mango. Cover and blend again on high.
3. Once all the smoothie starts to thicken add the last 1/2 cup of juice and 1/2 cup of water to thin the beverage. Blend one last time to incorporate.
4. Enjoy!





## BEET DETOX JUICE

by Sonnet Lauberth  
[www.insonnetskitchen.com](http://www.insonnetskitchen.com)

### Ingredients:

- 1 small clove garlic
- 1-inch piece fresh ginger
- 5 kale leaves
- 1 lemon, peeled
- 3 medium beets and beet greens
- 2 medium carrots, tops removed



### INSTRUCTIONS:

1. Juice ingredients and enjoy immediately.



Sonnet Lauberth  
[www.insonnetskitchen.com](http://www.insonnetskitchen.com)

Sonnet Lauberth is a Certified Holistic Health Coach, food blogger, and cookbook author. She has been writing her blog since 2010 and is passionate about healthy cooking, supporting local farmers, and eating with theseasons. You can find her blog and cookbooks at [www.insonnetskitchen.com](http://www.insonnetskitchen.com) and find her on Instagram at @sonnetlauberth.





# LEMONADE SMOOTHIE

by Laura-Jane Koers  
[www.therawtarian.com](http://www.therawtarian.com)

## Ingredients:

- 1 cup water
- 1 lemon (peeled)
- 1 banana
- 1/3 cup dates
- 1/2 stalk celery



## INSTRUCTIONS:

Throw all raw lemonade smoothie ingredients in blender and blend away until smooth!

### Laura-Jane's tips:

1. Remember that you should always put the softest ingredients, such as bananas, in first. That way they're close to the blender's blade and make it easier to blend.
2. If you don't have a high-speed blender, I might leave out the celery because celery is kind of stringy if not blended well. Also, if you don't have a high-speed blender make sure your dates are soft. If you have really hard dates, soak them in warmish water for half-an-hour or so.
3. If you don't have celery, try adding a handful of fresh parsley instead!



Laura-Jane Koers  
[www.therawtarian.com](http://www.therawtarian.com)

Laura-Jane the Rawtarian is a leading creator of simple, satisfying plant-based vegan recipes. She is the host of the Raw Food Podcast, author of Raw Food Favorites (2014), and a sought-after speaker in north america. She shares 100+ free simple, satiating raw recipes with her readers.



## LOVE SMOOTHIE

by Amy Layne  
[www.damyhealth.com](http://www.damyhealth.com)

### Ingredients:

2 tsp Chia Seeds  
1 Tbsp Ground Flax  
1 Serving Protein  
Powder (I use Sun  
Warrior - Vanilla)  
1/2 Cup Raspberries  
1/2 Cup Strawberries  
1/2 Cup Beet Juice  
(fresh)  
1 Cup Coconut Water



Amy Layne  
[www.damyhealth.com](http://www.damyhealth.com)

Co-Founder of DAMYHealth.com, coach specializing in holistic nutrition, fitness, self-love, goal realization, inspiration and living your best life, Amy is also the creator of the world famous Bikini Body Program Online and Healthy Rebel eBook Cookbook.



### INSTRUCTIONS:

1. Place all ingredients into your blender and blend until smooth.
2. Serve and enjoy.





## CLEANSING GREEN JUICE

by Jenna Davila  
[www.livepureblog.com](http://www.livepureblog.com)



Jenna Davila  
[www.livepureblog.com](http://www.livepureblog.com)

Jenna Davila is a plant-based Health/Wellness Coach, Spiritual Counselor, High Raw Vegan Food Blogger and Freelance Photographer. Her mission is to illuminate the vitality of living plant-based food and share her experience to help others find authentic energetic balance and emotional, physical and mental healthy. Her passion is spreading the message of veganism and protecting and loving all living beings on the planet. Through her work, Jenna hopes to spread a message of universal oneness, unconditional love and light and conscious awareness to the world. She advocates eating organic and raw food and believes it was the catalyst in the vibrational elevation in her health and spirituality. She hopes to show people that eating more living foods can fill our souls with a sense of bliss and harmony and give us more clarity of mind. She has always been passionate about food, and wants to share her wisdom, light, and love to inspire people to become creative and self-empowered by simply finding delicious ways to add more fruit and vegetables to their diets.

### Ingredients:

- 5 Apples
- 5 Oranges
- 4 Cucumbers
- 2 Lemons
- 1 Pineapple
- 1 Fennel Bulb
- 1/2 Bunch Dandelion Greens
- 1/2 Bunch Dino Kale
- 1 Handful of Mint
- 1 Thumb of Ginger
- 1 Thumb of Turmeric

### INSTRUCTIONS:

1. Juice all ingredients starting from the turmeric and ginger up. Once juiced, strain the liquid, and drink immediately.

### Jenna's tips:

If you have a slow juicer, you can refrigerate your juice up to 24 hours. ENJOY!! Xx



## SUNDAY JUICE

by Zuzana Fajkusova and Nikki Lefler  
[www.activevegetarian.com](http://www.activevegetarian.com)

### Ingredients:

1 large organic English  
cucumber  
1/2 lemon rind removed  
1/2 lime rind removed  
1 handful cilantro sub  
flat-leaf parsley



*Zuzana Fajkusova and Nikki Lefler*  
[www.activevegetarian.com](http://www.activevegetarian.com)

Zuzana Fajkusova and Nikki Lefler are Personal Wellness Coaches, authors of The Vegan Weightloss Manifesto and all around lovers of abundance and nourishment based in Vancouver, Canada. Via their blog [Activevegetarian.com](http://Activevegetarian.com) they inspire others to live a healthy, active, plant based lifestyle.

### INSTRUCTIONS:

1. Push everything through your juicer.
2. Enjoy right away.

### Zuzana and Nikki's tips:

This is NOT a sweet juice. If you are fairly new to drinking vegetable juice you might find this combination a bit bitter. You can build your tolerance to this healthy elixir by adding 1 green apple to the mix. Another one of our go to ways to sweeten green juice it is adding a little young thai coconut water.





# Recipes with **ALOE VERA**



# RAW ALOE VERA BROWNIES

by Kyra Howearth  
[www.viedelavegan.com](http://www.viedelavegan.com)

## Ingredients:

- 1 cup sunflower seeds
- $\frac{3}{4}$  cup sultanas
- 2 tbs cacao powder
- 2 tbs aloe vera gel

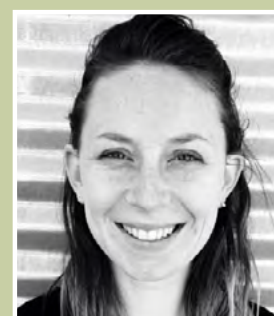


## INSTRUCTIONS:

1. In a high speed blender, blend the sunflower seeds until fine.
2. Add the remaining ingredients to the blender and blend until it clumps together in a dough.
3. Remove from blender and press into a loaf tray or small rectangle tray.
4. Slice into squares of desired size.
5. Serve immediately or store in a covered container in the fridge for a few days.

### Kyra's tips:

Use the fresh gel from the inside of an aloe vera leaf. If you don't have or don't wish to use aloe vera, replace with water.



Kyra Howearth  
[www.viedelavegan.com](http://www.viedelavegan.com)

Kyra Howearth is a vegan herbalist who is passionate about the healing powers of plants. She lives in Tamworth, Australia, and is raising her four young children as compassionate vegans. Find her kid-friendly vegan recipes at [viedelavegan.com](http://viedelavegan.com)



## FRESH ALOE SALAD WITH MINT



by Laura Dawn  
[www.happyandraw.com](http://www.happyandraw.com)



### Ingredients:

Aloe vera gel  
Organic mint leaves  
Medium sized  
tomato  
1 lemon or lime  
garlic powder  
kelp powder



### Laura's tips:

Another option, is that you can sprinkle white or black sesame seeds on top for a little extra flavoring and Asian feel.



### INSTRUCTIONS:

1. First take a large piece of aloe and fillet it, cutting off the green skin. You can do this by holding down the flatter side down on a cutting board and cutting as close to the jelly as possible. Try to keep the translucent jelly core (the insides) in one big piece. On a cutting board, with a sharp knife, cut strips of the jelly.
2. Place all the aloe pieces in a bowl and soak in purified water for 10 minutes.
3. Then place in a strainer and drain the aloe and rinse it well, then place the aloe strips in a bowl. To my surprise, once the aloe gel is soaked and rinsed, it actually doesn't taste bitter at all and has simply a mild flavor.
4. Wash and dice a small handful of organic mint leaves and add to the bowl.
5. Cut up a medium sized tomato and add to the bowl.
6. Add juice from 1 lemon or lime
7. A small dash of garlic powder
8. A small dash of kelp powder
9. Toss and serve chilled or at room temperature.



Laura Dawn  
[www.happyandraw.com](http://www.happyandraw.com)

Laura Dawn is the founder of Happy & Raw ([www.happyandraw.com](http://www.happyandraw.com)) and is a holistic health consultant, raw food chef and avid gardener where she currently resides on the Big Island of Hawaii. She is the author of "Unhooked: A Holistic Approach to Ending Your Struggle with Food" as well as "Mindful Eating for Dummies".







# Find Your Community



join **10,000+** radiant individuals  
supporting each other in healthy living







# Your opinion *matters*

Tell us what you'd love to see in future issues of Raw Food Magazine. This is YOUR resource.

**Which is your bigger weakness?**



**Take the Under-1-Minute Survey!**

