

MORE SURPRISES!

INSIDE:

8 Relationship Survival
Tips for the
Vegan/Non-Vegan
Couple

Raw Food Magazine

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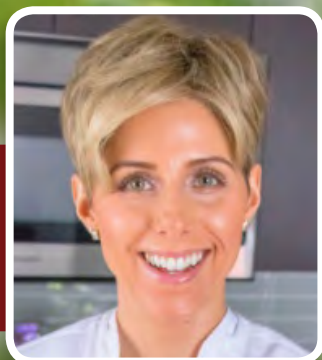
RAWSPIRATIONS:
Say, "I do" to your health!

*Wedding
Inspired
Cakes*

Parfait
Obsessions

**SPRING
SOUPS**

**Grow Edible
ROSEMARY FLOWERS**



Be Inspired With Raw Food Chef
CRYSTAL BONNET of RawRevive

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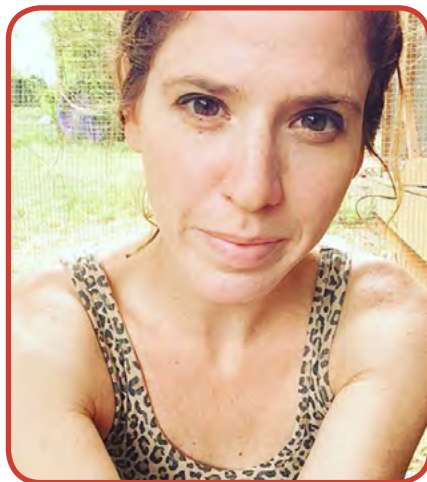
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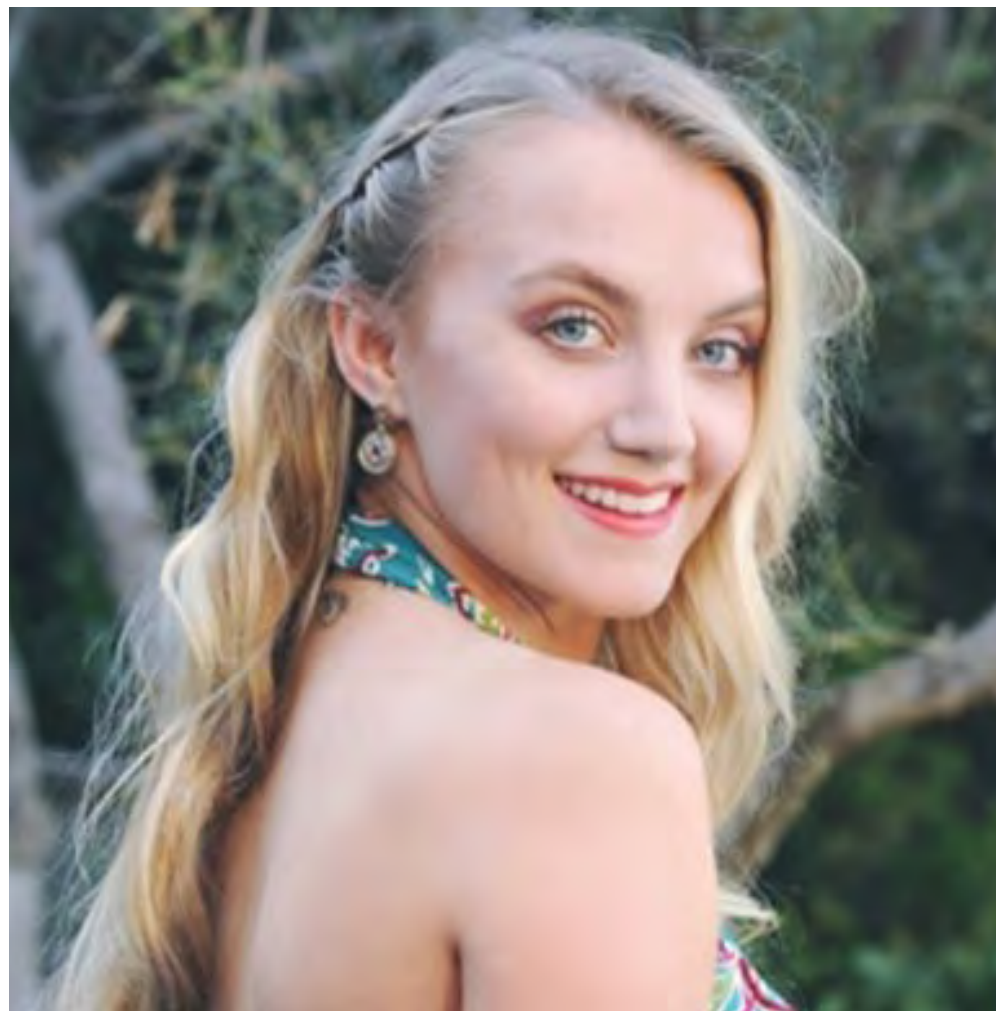
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HP's Luna Lovegood, **EVANNA LYNCH**

Speaks Of Being An Ethical Vegan



Known for her portrayal of the mysterious Luna Lovegood from J.K. Rowling's Harry Potter, Evanna Lynch is a vegan advocate who frequently speaks against the violence of the animal agriculture industry.

It is very interesting to see how similar Evanna is to her on-screen character Luna Lovegood in the Harry Potter series. While Luna was not a vegan in canon, she still had compassion for all things around her. She made it a point to accept everyone, no matter how different they were from her. This similarity in character is just another reason proving why Evanna was the perfect choice to play Luna Lovegood.

Evanna noted that she's been a vegetarian since she was 11, but that her transition to veganism didn't happen until 2015. She suffered anorexia around the same time, and found any curiosities about veganism brushed off by her cautious mother. Evanna says: 'She worried it was an eating disorder in disguise.' But since then, well-meaning Evanna has turned from troubled and confused to a wise and healthy activist we can all aspire to be like, make sure to check out her vegan podcast called The Chickpeeps.

- Adapting her life to veganism, Evanna says that professionally she's had to be very organised, but it took her awhile to open up. She says: 'At first I was in the closet. I didn't want people to judge me or make assumptions, but as soon as I became open about it I found people were curious and accommodating.'
- Having lived in the States for five years and for the beginning of her vegan journey, most of Evanna's vegan influences are American, such as the Main Street Vegan podcast which she loves. But she's been back in London and she's ready to help vegans and the veg-curious in Britain and beyond with her new venture.
- Veganism is a growing movement, not just based on food but also around compassion and love for others and the planet. As more people join this lifestyle, it is becoming more accepted, and food establishments are becoming more accommodating.

Relishing Raw Food with Carol Alt



Photo credits: www.carolalt.com

Supermodel Carol Alt's body was in need of repair. Gracing the covers of magazines, and fame was not enough when there is a lack of sleep, eating healthy, working long hours, and living on coffee and sugar. Today it's not about survival like it was two decades ago, but living. In her 20s, she believed her body could take the mornings of Scotch coffee, alcohol, sugar, not eating, sleeping, and over taking antacids without repercussions.

The moment of clarity happened in her thirties during a shoot in the Amazon when a younger model was preferred. She was tired, she felt bloated, and her hair was brittle. "I felt like a blob," the 57-year-old wrote in *A Healthy You*.

She hid behind rocks so people wouldn't notice her belly. A photographer also told the cover model that she was not in shape for the shoot.

Later, a friend called her. He was concerned about her health and encouraged her to make a change. She connected with Dr. Timothy Brantley, a naturopathic doctor—and changed her life.

He recommended to eat a raw diet of vegetables, fruits, nuts, and not to cook anything over 115 degrees.

- Her body started to recover and heal itself. We hear a lot about celebrities moving to a raw diet, but what is it really? A raw diet is natural, unprocessed, and in an uncooked state. It consists of dehydrated fruits, vegetables, nuts, sprouts, and fish.
- "When I first went raw 17 years ago, you couldn't get a raw snack, you couldn't get a raw olive, so I made most of my own foods," said the host "A Healthy You & Carol Alt" on Fox News Channel.
- Although she is armed with information, some doctors dismissed this alternative lifestyle, but Alt can battle it with any health expert.
- There is a lot of misinformation out there and after talking to health experts.



“There are many choices and changes that you can make to impact your life,” the native New Yorker explained.

“I make my choices out of education, not desperation. When you feed your body the best you can and your body is functioning optimally, it’s able to defend itself against all kinds of aggressors, whether it’s stress, bad air, bad food, bad water, or whatever it is. We can’t control a lot of that. But the one thing we can absolutely control 100 percent of the time is the food we put into our bodies.”

Carol wants to help you, and with three lifestyle books, and *A Healthy You*—anyone can make the change with her practical tips.

Not only will you get educated, take control of your life, but will just adore this humble, funny and amazing woman.

Here are Carol’s tips on getting started, if eating raw freaks you out:

- Replace chips with kale or vegetable chips.
- Replace soda with raw coconut water or KeVita
- Replace your sweets with fruit leather, it has the texture of candy and won’t spike your blood sugar
- Try raw cookie dough can be made with almond flour, honey, dates, and vanilla.
- Eat as close to nature as possible

Here’s an interview with Beth Bader of [The Cleaner Plate Club](#):

“Raw” seems like an easy diet to prepare, but some of the methods can take time and special equipment. What’s a simple starting point?

Using a blender, you can make everything from soup to dessert. Start with things like guacamole, salsa and soups. You can also use a pot and hot water (up to 115 degrees) to

warm kelp noodles to add to a blended soup. You can make a mousse from raw chocolate and avocado.

Also begin to think of a dehydrator as a crock-pot that works while you’re away. It’s a simple option once you are in the habit of using it.

Of course, you’ll want to make all kinds of fresh salads.

How do you maintain your raw food plan when you are eating out or in social settings?

I look for foods that I know will be raw. If I have any doubts, I ask the chef. If there’s any question, I just don’t eat it.

There’s a bit of discipline in this. You have to eat on a schedule and make sure you are getting the food you need. I may lunch even if I am not hungry, especially when I know I’ll be dining out later. It’s important to make sure you are not feeling deprived and hungry; otherwise you may find yourself craving things like the bread on the table.

Do you ever miss cooked foods and sometimes indulge?

My diet is 75 to 95 percent raw. When you eat raw foods, you feel so much better that you don’t want to eat anything else. My one indulgence is munching on popcorn when my favorite sports team plays.

Do you have any final advice on exploring a raw diet?

Relax and have fun trying different things. If you cheat, it’s okay. If you feel deprived in any way, go eat. Above all, enjoy the adventure.

She was asked about what inspires her, She said the testimonies she hears from people, and how she could make a difference in their lives, “that inspires, me.” That’s a true supermodel.

Click [here](#) for more information.

The Game Changers -

You'll Never
Again Wonder
Where **VEGANS**
Get Their **PROTEIN**

[The Game Changers](#) is about to (you guessed it) change the game. The new documentary is on its way into theaters across the globe and it's going to put an end to that infamous question posed to vegans everywhere: where do you get your protein?

The film has yet to announce widespread U.S. release dates, but it's premiering at international festivals across the world including Sundance in early 2019.

Directed by Louie Psihoyos and executive produced by vegan superstar James Cameron, the flick follows James Wilks, a special forces trainer, martial artist, and winner of The Ultimate Fighter, as he travels the globe looking for the truth behind the myth that eating meat is necessary for optimal performance.

The film shows him meeting incredible athletes and experts including special ops soldiers, scientists, Instagram famous celebrities, award-winning weightlifters, Olympians, and more. The flick features an array of all-star vegan athletes including Rip Esselstyn, Dotsie Bausch, Patrik Baboumian, Nimai Delgado, Kendrick Farris, and Tia Blanco, among others.

Check out some gems of wisdom from the flick's incredible cast:

- "Most guys my age can't keep up with their grandchildren. My grandchildren can't keep up with me." Lou Smith Former Cornerback, NFL
- "Someone asked me, how could you get as strong as an ox without eating any meat? And my answer was, have you ever seen an ox eating meat?" Patrik Baboumian World Record-holding Strongman
- "When I transitioned over to an entirely plant-based diet I became like a machine." Dotsie Bausch Eight-time US National Cycling Champion
- These high achievers are proof that plants have plenty of protein, and in fact that a plant-strong diet can improve athletic performance and give fitness folks an edge over their competitors. In the words of the UC Davis Integrative Medicine department: "Endurance athletes, strength athletes, runners, cyclists, fighters and more are achieving peak performance on a whole food, plant-based diet."
- Wanna learn more about a plant-strong diet and its many benefits? Check out [Seed LA's film festival night on Wednesday, May 23rd](#). Tickets are on sale now and the evening will include an array of eye-opening films about clean eating, the environment, human health, and lots of other need-to-know info.



SLEEPING

for longer leads to a healthier diet

Sleeping for longer each night is a simple lifestyle intervention that could help reduce intake of sugary foods and lead to a generally healthier diet, according to a King's College London study.

Sleep is a modifiable risk factor for various conditions including obesity and cardio-metabolic disease with some figures suggesting more than a third of adults in the UK are not getting enough sleep.

The randomised controlled trial, which is published in the American Journal of Clinical Nutrition, looked at the feasibility of increasing sleep hours in adults who typically slept for less than the recommended minimum for adults of seven hours.

Alongside this, the researchers undertook a pilot investigation that looked at the impact of increasing sleep hours on nutrient intake. They found that extending sleep patterns resulted in a 10-gram reduction in reported intake of free sugars compared to baseline levels. The researchers also noticed trends for reduced intake of total carbohydrates reported by the sleep extension group.

The principal investigator, Dr Wendy Hall, from the Department of Nutritional Sciences observed: 'The fact that extending sleep led to a reduction

in intake of free sugars, by which we mean the sugars that are added to foods by manufacturers or in cooking at home as well as sugars in honey, syrups and fruit juice, suggests that a simple change in lifestyle may really help people to consume healthier diets.'

The 21 participants allocated to the sleep extension group undertook a 45-minute sleep consultation which aimed to extend their time in bed by up to 1.5 hours per night. A further 21 control group participants received no intervention in their sleep patterns. Each participant in the sleep extension group received a list with a minimum of four appropriate sleep hygiene behaviours that were personalised to their lifestyle (such as avoiding caffeine before bed time, establishing a relaxing routine and not going to bed too full or hungry) and a recommended bedtime.

For seven days following the consultation, participants kept sleep and estimated food diaries and a wrist-worn motion sensor measured exactly how long participants were asleep for, as well as time spent in bed before falling asleep.

86 percent of those who received sleep advice increased time spent in bed and half increased their sleep duration (ranging from 52 minutes to

nearly 90 minutes). Three participants achieved a weekly average within the recommended seven to nine hours. There were no significant differences shown in the control group.

The data also suggested, however, that this extended sleep may have been of lesser quality than the control group and researchers believe that a period of adjustment to any new routine may be required.

Lead researcher, Haya Al Khatib, from the Department of Nutritional Sciences commented: 'Sleep duration and quality is an area of increasing public health concern and has been linked as a risk factor for various conditions. We have shown that sleep habits can be changed with relative ease in healthy adults using a personalised approach.

'Our results also suggest that increasing time in bed for an hour or so longer may lead to healthier food choices. This further strengthens the link between short sleep and poorer quality diets that has already been observed by previous studies.

'We hope to investigate this finding further with longer-term studies examining nutrient intake and continued adherence to sleep extension behaviours in more detail, especially in populations at risk of obesity or cardio-vascular disease.'

WHOLE FOODS MARKET hosts dream wedding



Photo Credits: Digital Spark Weddings

Whole Foods Market is great for many things – organic produce, essential oils, healthy lunch breaks. But for one food-loving couple, the sprawling grocery store was also the perfect wedding venue.

Ross and Jacqueline Aronson (formerly Troutman) built their relationship and fell in love in their Whole Foods store where they live – in New York City. They often sauntered through the market arm-in-arm, doing their shopping (Ross enjoys cooking) and taking in a free sample, or two.

Ross told Jacqueline he'd already dreamt of the ideal engagement scenario, but he popped the question when the couple moved to the college town of Chapel Hill in North Carolina.

"It was more charming and heart-meltingly romantic than I ever could have imagined," Jacqueline posted on Facebook in her wedding announcement.

Initially, the bride-to-be joked that the couple should say "I do" in that very Whole Foods. But soon, what seemed

like a “crazy idea” at first, didn’t seem that crazy after they thought it through together.

Krista Deitsch, a Whole Foods associate helped Ross execute his proposal plan in 2017. Deitsch secured site permissions and brought on Whitney Harlos from Whole Foods’ marketing department for the wedding on Feb. 24 and, as Jacqueline put it, helped “bring everything to life.” They even crafted signs throughout the store with more than 77 food/relationship puns, which Jacqueline, who works in marketing, had thought up. Among the catchiest: “dairy-tale wedding,” “cantaloupe anymore,” “rib-eye do,” and “joined in holy mackerel-mony.”

According to Chapel Hill Whole Foods manager Gonzalo Munoz, the Aronson-Troutman wedding was the store’s first.

As news of the wedding circulated social media, it appears the couple’s arrangement was spot-on with their new neighborhood, as one tweeter deemed it “the most Chapel Hill thing” ever.

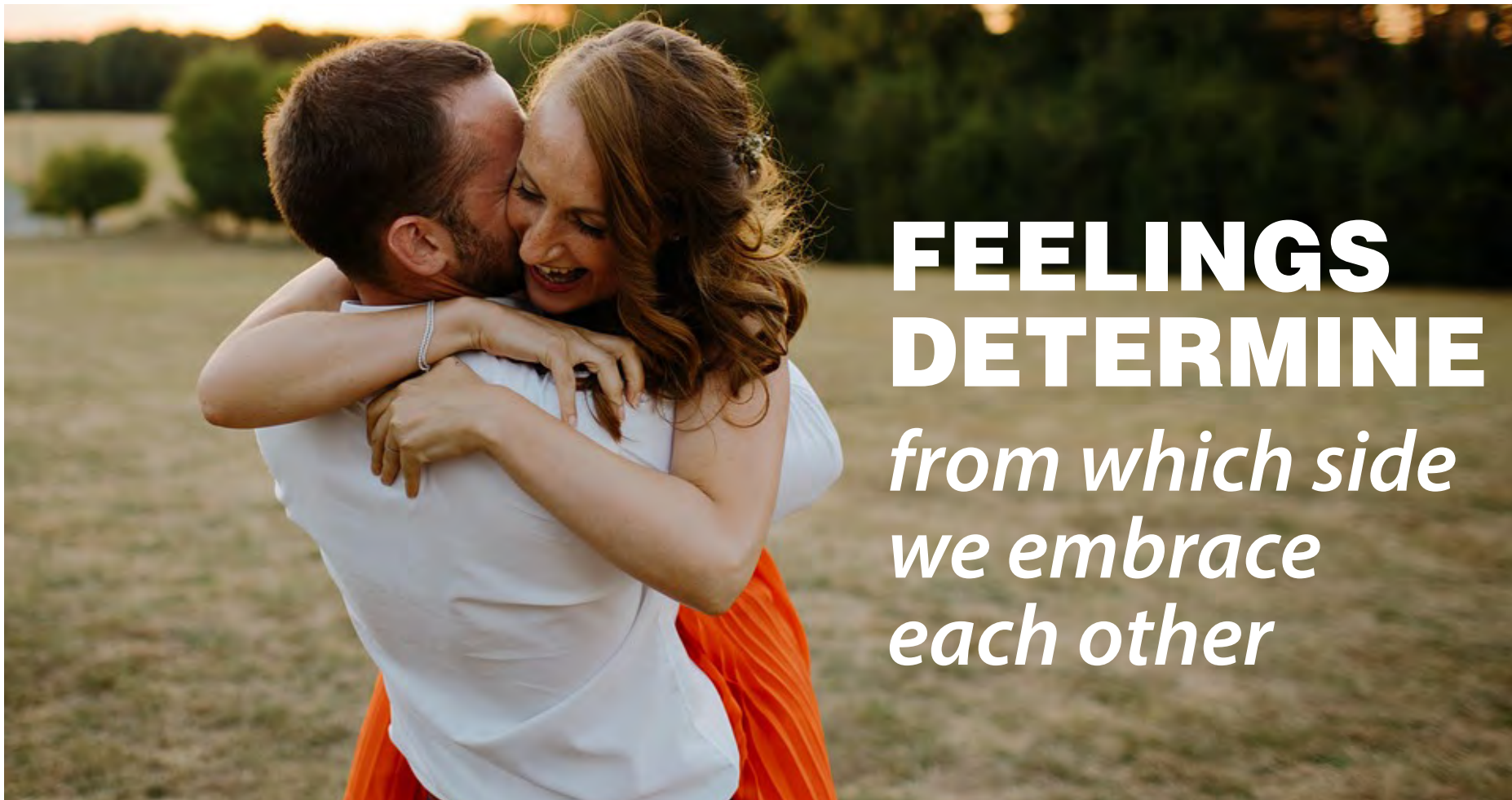
When the couple finally said “I do,” surrounded by flowers, fruits, and vegetables, guests and excited store patrons erupted in applause and praise.

After the ceremony, the couple and their guests gathered in the Whole Foods cafe area for the reception. Later that day, family gathered at the Aronson’s home for an intimate meal.

Ross did all the catering himself and sourced his ingredients from ... you guessed it, Whole Foods!



Photo Credits: Digital Spark Weddings



FEELINGS DETERMINE

*from which side
we embrace
each other*

Hugs are part of social interactions between humans since birth. They express affection and love, and they occur in both positive and neutral contexts: we

hug when we are sad or afraid, or simply when saying hello. "We wanted to know if hug-related behavior is affected by the emotional context of the give situation," explains lead author Julian Packheiser. "Moreover, we wanted to find out if motor characteristics such as handedness determine the lateralisation of the embrace."

Goodbye and aviophobia – joyful reunion and relief

To this end, the researchers studied more than 2,500 hugs. At a German airport, they evaluated approx. 1,000 embraces at the international departures and arrivals terminals each. During departure, they assumed that the people involved in the hug experienced negative emotions: first, because they say goodbye to their loved ones, and second because, according to studies, almost 40 percent of all air travellers

suffer from aviophobia -- which augments the negative effect. On arrival, on the other hand, positive emotions are generated thanks to joyful reunions and the relief experienced after the flight is finally over.

Hugs of strangers in the street

In order to study neutral embraces, the researchers made use of the video platform YouTube. Here, they found clips of actors who offered blindfolded hugs to strangers in the street. They analysed more than 500 such embraces.

Emotions are processed in the right hemisphere

Consistent with older studies, the researchers determined that most people show a preference for right-sided hugs. At the same time, it emerged that left-sided hugs occur more frequently in positive as well as negative situations. "This is because of the influence of the right hemisphere, which controls the left side of the body and processes both positive and negative emotions," explains Julian Packheiser. "When people hug, emotional and motor networks in

the brain interact and cause a stronger drift to the left in emotional contexts."

Hugging a shop window mannequin

In order to investigate the influence of handedness and footedness, the researchers subsequently asked 120 test participants to hug a mannequin after listening to various positive, negative and neutral short stories via headphones. The participants' handedness and footedness were recorded in a survey. "Handedness and footedness can indeed predict the lateralisation of an embrace," says Julian Packheiser. Right-handed people tend to hug the other person from the right side, much more often than left-handed people.

An embrace between two men is an outlier: here, the researchers observed a strong left-hand drift -- even in neutral situations. "Our interpretation is that many men consider embraces between men to be something negative; therefore, they tend to perceive hugs as negative even in a neutral situation, such as saying hello," opines Sebastian Ocklenburg. Accordingly, the right hemisphere is activated due to negative emotions and affects the motion to the left.

Stressed out? Try smelling your partner's shirt



The scent of a romantic partner can help lower stress levels, new psychology research from the University of British Columbia has found.

The study, published yesterday in the *Journal of Personality and Social Psychology*, found women feel calmer after being exposed to their male partner's scent. Conversely, being exposed to a stranger's scent had the opposite effect and raised levels of the stress hormone, cortisol.

"Many people wear their partner's shirt or sleep on their partner's side of the bed when their partner is away, but may not realize why they engage in these behaviours," said Marlise Hofer, the study's lead author and a graduate student in the UBC department of psychology. "Our findings suggest that a partner's scent alone, even without their physical presence, can be a powerful tool to help reduce stress."

For the study, the researchers recruited 96 opposite-sex couples. Men were given a clean T-shirt to wear for 24 hours, and were told to refrain from using deodorant and scented body products, smoking and eating certain foods that could affect their scent. The T-shirts

were then frozen to preserve the scent. The women were randomly assigned to smell a T-shirt that was either unworn, or had been worn by their partner or a stranger. They were not told which one they had been given. The women underwent a stress test that involved a mock job interview and a mental math task, and also answered questions about their stress levels and provided saliva samples used to measure their cortisol levels.

The researchers asked women to act as the "smellers" because they tend to have a better sense of smell than men.

They found that women who had smelled their partner's shirt felt less stressed both before and after the stress test. Those who both smelled their partner's shirt and also correctly identified the scent also had lower levels of cortisol, suggesting that the stress-reducing benefits of a partner's scent are strongest when women know what they're smelling.

Meanwhile, women who had smelled a stranger's scent had higher cortisol

levels throughout the stress test. The authors speculate that evolutionary factors could influence why the stranger's scent affected cortisol levels.

"From a young age, humans fear strangers, especially strange males, so it is possible that a strange male scent triggers the 'fight or flight' response that leads to elevated cortisol," said Hofer. "This could happen without us being fully aware of it."

Frances Chen, the study's senior author and assistant professor in the UBC department of psychology, said the findings could have practical implications to help people cope with stressful situations when they're away from loved ones.

"With globalization, people are increasingly traveling for work and moving to new cities," said Chen. "Our research suggests that something as simple as taking an article of clothing that was worn by your loved one could help lower stress levels when you're far from home."

How To **STOP SNACKING** at Night and Why You Should: **6 METHODS**



Are you one of those people who, in the middle of the night, start looking in the fridge for something to eat? You probably are, but if you're not, you should keep on reading this article and learn how to never start doing this. Still, is it really true that eating at night makes us gain more weight? It is, sadly, true. However, experts are saying that rather than the **TIME** we eat, it's also very important **WHAT** we eat and **WHY** do we feel the need to do it. There are studies according to which, evenings are the when we feel most tempted to execute a snack attack. Why? It's because we are more relaxed in the evening and feel the need to treat ourselves with something tasty and usually, not healthy.

Let's face it! Nobody likes to snack on broccoli and carrots. However, if you want to avoid gaining weight and increas-

ing your cholesterol level, you'd better stop snacking at night. It's interesting that usually, even if you had a big evening meal, chances are you might still start snacking after a few hours. So, because we understand your night-time munchies, here are a few suggestions which might help you learn how to stop snacking at night.

1. Follow a balanced meal pattern!

According to experts, if you have your breakfast, lunch and dinner at regular times during your day, you might reduce the need to snack at night. Why? It's because your body is already used to that specific pattern. So, it won't force you to eat anything else that does not fit in with it.

2. Don't miss meals!

It's very important for you to try and not miss meals or eat very small amounts of food. This won't help you lose

weight because in the evening, when you get the munchies, you will surely destroy an entire bag of chips. Also, people who don't eat too much during the day lose control over their capacity to acknowledge when they are hungry or full. So, try to avoid not eating during the day. Have regular meals and some healthy snacks in between.

3. Avoid comfort eating!

This is a big problem as many people eat for a lot of reasons. Sadly, sometimes, hunger is not one of them. Some people eat because they're lonely, others because they're sad. These types of people also secretly eat during the night when the others are already in bed. Also, when you are watching TV at night, change the channel when you see an ad for food. It's not the food in there that will get you to snack, but the advertisement itself as it reminds you of food.

4. Drink something!

Another good alternative would be to have a non-alcoholic drink instead of eating. Try having a tea, a glass of

- lemon water or a low-calorie soda. Those usually trick your body into thinking that the hunger is gone, and you will avoid snacking at night.

5. Plan your snack!

- If you know that you will feel the urge to snack later, prepare something healthy beforehand. Put a yogurt, a bowl of cereal or a small fruit nearby. It will help you greatly.

6. Guilt is not the way to go

- Many people feel guilty after eating one chip and instead of stopping, they eat the whole bag. That one chip wouldn't have done you any harm. The entire bag on the other hand... The idea is to not feel guilty about eating. If you want chocolate, eat a small bar and enjoy it! Remember: balance is key!

Wrapping up

- So, did our tips on how to stop snacking at night help you in any way? Are you more able to control your munchies now? Let us read your thoughts down below!





What Are the Symptoms of High Cholesterol?

High cholesterol can lead to cardiac and circulatory problems, and you want to be able to identify it and treat it as soon as possible. In order to do that, you will need to know what the signs of high cholesterol are and how you can fight this medical problem.

Chest pain is usually indicative of a more serious problem, such as a stroke or heart attack. In fact, chest pain could mean that you are having a heart attack and not even realizing it. Not all heart attacks are severe, but even small ones can indicate that you are suffering from high cholesterol. If it is not treated, it can worsen and create more severe strains on your heart, ending in death.

These warning signs are caused by blockages in your blood vessels, which large amounts of cholesterol can create. You can catch this problem early, however, before the stroke and heart attacks kick in if you have regular testing done on your cholesterol levels.

How to Treat It

If you suspect you have high cholesterol, you should see a doctor as soon as possible. Your doctor may recommend medicine for you as well as lifestyle changes. You can make those lifestyle changes yourself before ever seeing a doctor if you want to prevent high cholesterol or treat it once it starts to affect you.

Proper dieting is one of the best ways to fight high cholesterol. By eating foods that are low in sodium, saturated fat, sugar and other unhealthy stances, you can lower your cholesterol level and prevent them from becoming too high. Be careful about making major dietary changes without first consulting your doctor. Sudden change, even positive change, can be dangerous, especially if you have a serious medical condition.

- Exercising regularly is another great way to prevent high cholesterol. Aerobic exercise, weight training and just about any activity that gets your heart rate up and your body moving will help tremendously in preventing high cholesterol and lowering it once you have it.
- You should also make other healthy lifestyle changes, such as quitting smoking and drinking less alcohol, if you indulge in either of these vices. Both of them put a strain on your body and increase your cholesterol levels tremendously.
- Doing all of these provides you with another means to fight high cholesterol- weight loss. If you lose some weight, you will see a major difference in your cholesterol levels. This should be your goal the entire time you are trying to combat cholesterol, as losing fatty tissue provides a permanent improvement to cholesterol levels and deals with the core issue instead of just treating the symptoms or staving off an inevitable heart attack.
- Be sure to talk to your doctor about your cholesterol levels and what you can do to prevent high cholesterol and lower your current cholesterol. Follow your doctor's advice and take any prescribed medication to successfully attack high cholesterol and to get your body to a healthy state. Once you do that, you will be at much less risk for stroke, heart attacks, chest pains and other complications stemming from high cholesterol.

5 DIY Ways To Whiten Your Teeth Naturally

Are you less than impressed with your smile? Over time, even healthy raw foods and drinks can stain your teeth. If you want a Hollywood smile without the chemicals and high costs involved, try some of these natural DIY teeth whiteners:

1. Activated Charcoal Paste

Mix about a teaspoon of activated charcoal with a little water to form a paste. Gently apply the paste to your teeth with your fingertip, and keep it on for a couple of minutes. Rinse with water and brush your teeth. The charcoal powder cleanses away stain-causing bacteria.



2. Crushed strawberries

Put two or three fresh strawberries in a small container, add a teaspoon of baking powder, and mash well with a fork. Use a small soft toothbrush to apply the mix to the surface of your teeth. Rinse well after five minutes. Strawberries have a natural acid that can help lighten stains. This remedy should only be used occasionally.



3. Baking Soda & Hydrogen Peroxide

For an effective tooth whitener that you can do every three months, blend a few drops of hydrogen peroxide with a teaspoon of baking soda to form a paste. Brush your teeth with it like toothpaste. Both ingredients have natural abrasive and bleaching power to whiten your smile.



4. Coconut Oil Teeth Whitener

Put half a cup of coconut oil in a pan and melt it over low heat on the stove. Stir in about five drops of peppermint oil as a breath freshener and a natural antibacterial. Add a teaspoon of baking soda, and mix well. Brush your teeth with the coconut oil mixture, rinse, and then brush with your normal toothpaste.



5. Banana Peel

Bananas are rich in minerals that naturally whiten your teeth. After you brush your teeth at bedtime, rub a little piece of fresh banana peel across the surface of your teeth. Rinse well.



You do not need to spend a fortune to whiten your teeth. Do it at home with natural ingredients from your kitchen. Saving money and brightening your teeth give you more reasons to smile!



Take care of your feet all year-round.

Do it with our all-natural, homemade foot scrub

Take Care Of Your Feet With a Natural Raw Fruit Scrub

In addition to eating raw foods to feel more energetic each day, you can use natural foot scrubs to maintain the health of your feet. You might take your feet for granted, but when your feet hurt, your entire body begins to ache. Fortunately, you can use raw fruits and herbs to create a 100 percent natural foot scrub that will exfoliate the dry skin from the soles and toes of your feet.

Buy Fresh Fruit and Mint At a Local Supermarket

First, buy fresh pineapples, lemons and sprigs of mint to make your homemade foot scrub. Remove the fruit from the pineapple, and chop it into small pieces, or alternatively, you can use a food processor to chop the fruit. Squeeze the juice from the fresh lemons to add to the chopped pineapple. Last, you can cut the mint sprigs into tiny sections to mix with the natural foot scrub.

The Enzymes In Fruit Will Exfoliate Dry Skin

The best time to use this homemade foot scrub is right away, but you can also store it in a covered bowl in a refrigerator. You can apply the foot scrub to your feet while you are sitting on the edge of the bathtub, and the natural enzymes from the lemons and pineapple will help to exfoliate the dry skin from your feet. Rub the foot scrub vigorously on your skin before rinsing your feet with warm water.

Make This Foot Scrub Once a Week

You can also use a plastic or metal basin for your feet to keep the foot scrub from contaminating other surfaces. The cool mint in this foot scrub releases a wonderful fragrance while making your feet feel refreshed and clean. It is easy to make this homemade foot scrub from raw fruits once a week.





Be Inspired with Raw Food Chef

Crystal Bonnet

of Raw Revive

Welcome 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 chef, Crystal Bonnet of www.rawrevive.com from Edmonton, Alberta, 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 Crystal! 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 rawrevive.com

Crystal: Of course, I really appreciate this opportunity! Currently, I run and teach raw, plant-based food workshops in the city of Edmonton, Alberta, Canada, share recipes on my blog, film videos for my YouTube Channel and am writing an ebook. I started my blog three years ago as a place to share my raw food creations. Little did I know I would fall in love with food photography and Raw Revive would become my creative outlet. I also like making natural skin care products which I share on my site as well.



Naida: How did you get into this raw-food way of life, and how long have you been a chef?

Crystal: About 5 years ago when I knew I needed to include more fruits and vegetables into my diet. I thought I was eating healthy, although I was pescatarian and gluten-free I did not enjoy cooking so my meals consisted of processed packaged food and eating out a lot. I was constantly getting sick so I started doing some research online about cleanses and detox and came across a raw food meal plan. Right then, I knew “this is what I’m missing”! So I got to work, followed the meal plan and found a passion I never knew existed! I fell in love with the beauty and flavor of raw food but also how good it made me feel! I started taking raw food courses online in 2015, quit my full-time job last year and now am running my business.

I never really considered myself a “chef” until recently. Although I have not had traditional culinary training, all the training I have received has given me the skills and confidence to share my love of raw food with the world.

Naida: What is wrong with cooked food?

Crystal: I don’t eat 100% raw, about 80 to 90% and will cleanse with 100% raw food a few times a year. It’s important to include more raw food into your diet because food that has not been heated above 46 to 48 C still contain the necessary enzymes our body requires to digest and assimilate nutrients. This is why we feel lighter and energized when eating raw food. As mentioned in earlier, I don’t 100% raw; it gets REALLY cold where I live and I love to make cooked healthy plant-based meals as well. I don’t think I could ever give up baked yams or potatoes, they are my go-to comfort foods. I also love making vegetable soups in the winter.

Naida: What about steaming vegetables?

Crystal: If you are cooking vegetables, lightly steaming is the best and healthiest option and actually retains the highest amount of nutrients. I personally don’t steam vegetables very often, if I do cook them, it’s in a stir-fry or baked.

Naida: What kind of water do you drink, or do you?

Crystal: I’ve always wanted a Berkey water cooler and finally just purchased one! And yes of course, drinking good water is important!



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

Crystal: Thank you; I am human so I have my moments, especially during winter! Since switching to a 100% plant-based diet I have noticed a big difference in my health and mood. I am more spiritual and feel like I’m on a higher level of consciousness. (I know, that sounds corny, but true!) My friends and family noticed my eyes looked a lot brighter and skin is clearer. My eyesight also improved, I no longer need to wear glasses!

Naida: Wow! That’s great, Crystal! How different of a world do you think we’d see if everybody ate raw?

Crystal: If everyone just ate a plant-based diet, there would be huge positive impact on the planet. We would see a huge decrease in illness, disease, cancer, and diabetes. The environmental impact would be huge since we would be saving a lot of land and water by not raising ani-

mals for food. I would love to see everyone practicing compassion and treating other living beings as equals; the way they should be treated.

Naida: I agree. What is your greatest fear?

Crystal: Oh my, that's a tough question! I have a lot of fears. I think my greatest fear is not living a meaningful life. I want to look back at my life and know I made a difference and had a positive impact on others and the planet.

Naida: What is your life motto?

Crystal: I don't really have a "defined" motto; but I try to treat others as I would want to be treated, practice compassion to all living beings, and improve myself every day. I have come a long way and still have a lot of work to do on myself to be the person I want to be.

Naida: You're doing great, Crystal! What is your present state of mind?

Crystal: Currently, I am practicing a lot more meditation, spirituality and gratitude. Trying to get out of the winter blues haha.

Naida: I am the same! Do you have upcoming workshops or anything that we can all look forward to and benefit from?

Crystal: I am in the process of moving so I have nothing scheduled for May, but I do have my brand new E-book coming out second week of May. I am really excited about this E-Book; it contains more than just recipes, it includes information on raw food nutrition, how to stock your pantry, equipment recommendations and more! You can purchase it on my website www.rawrevive.com second week of May.

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. Thank you!

Crystal: Thank you!



My Raw Vegan Wedding



Being that June is near, another love month that we also look forward to, we are very excited to share an inspiring vegan wedding to all of you. Don't you just love weddings? We do!

Ever thought about a raw vegan wedding? Or even a simple organic vegan wedding? It's a wonderful thought, isn't it?

Here's our friend, Ciara's story:

Hello beautiful readers of Raw Food Magazine! I am Ciara and I am so happy to share my vegan wedding story (and a few tips) with you.

I must admit I feel a little vain writing about my vegan wedding. Here we go.

- Since this is a mostly raw food related magazine, my disclaimer is that my wedding was a vegan wedding. Why?
- One, since I was having a small wedding I knew that I was going to be the only raw foodie attending, and the venue I picked already had amazing organic cooked vegan food available, so I decided not to complicate things. Also, I eat cooked vegan food occasionally and since it was a special occasion, I considered it a special treat.
- Believe me, my friends and family have been exposed to raw food countless times over the years. All raw Birthdays, Thanksgivings and Christmas's, and in April 2017 we had a good sized engagement party that was mostly raw.
- We were married at Stafford Inn in California. I think when it comes to choosing the venue, it is important that we choose one where all the food served there is mostly vegan (which the one exception of being able to order eggs for breakfast, if desired) and mostly organic. They grow

a lot of their own food in their organic vegetable garden which was the location of our marriage ceremony.

Even the flowers used for the bouquets were locally grown and organic. I know some people thought I was crazy, but I gave the florist my color scheme and told her to surprise me with flowers in season. I loved the surprise factor and my bouquets were delightful.

I know that weddings can often be wasteful so to keep that in mind, I bought a dress that can be shorten and worn again to a nice party. I also wore my best shoes that I've already worn on a few occasions. No veil either, just flowers in my hair. I also asked my bridesmaids to buy a nice dress, in their budget, that looked good on them, and that they will be able to wear again as well. The good thing is, my bridesmaids were my college classmates so they know each other and surprised me with the same style of dresses but of different hues. They all looked heavenly, and that made me feel extra special.

I asked the florist for small vases and reused the bouquets as centerpieces, and then gave the vases to my bridesmaids to reuse at home. I skipped the wedding favors; I've never been a fan. I also sent out email invitations instead of paper ones. This worked because our wedding was small, but hey if it saved a little paper that's a good thing. I also asked my florist for loose flower petals that were used to throw on us, decorate the aisle, and the reception table. They looked beautiful and it just happened to be a bonus that they are also biodegradable. :)

I always do my own makeup with natural make-up that I use on a regular basis. I try to use makeup that avoids or at least minimizes the use of toxic chemicals in their formulations. My favorite makeup choices were a subtle peach lip gloss by PeaceKeeper, and a light shimmery lavender rose eye shadow by Larenim.

Since I had a small wedding, I asked for cupcakes instead of a cake, and for a little extra the baker made the cupcakes organic and vegan, using coconut milk for the creamy factor. They were decorated with organic edible Cecil Brunner roses. I passed out the leftovers to guests staying at the Inn. But of course, there's a lot of raw vegan cupcake recipes. You have a lot of options.

And I guess the number one thing I did to keep it simple was to keep the wedding intimate. Even though it was tough to not have everyone with us, it was really neat how connected everyone who attended was. We all were able to sit at one long table and this created a special atmosphere. Instead of dancing like at most weddings, the

younger crowd went to the indoor heated pool and hot tub and talked and swam late into the evening. That will always be a special memory for me.

During the reception I toasted to some heart warming speeches with some sparkling water that I flavored with some vanilla, stevia and was so pleased that everyone enjoyed their vegan fare. My dinner consisted of a coconut carrot bell pepper soup and a quinoa pilaf with a yummy cauliflower puree. Because our wedding party was so small, we were able to order whatever we wanted off the menu. Not once did anyone complain that their dinner was vegan. They did a good job.

Actually, as a kid, I've never really had a dream wedding. It was just something that I didn't have time to think about since I lost my dad at a very young age. Even until I got engaged, I had this expectation that a wedding is going to need a lot of preparations. But my husband was really supportive and he helped more in the preparations than I did.

One thing I learned from my mom is that a wedding should be a reflection of you and your other half. In our case, our wedding was simple, unpretentious, and natural. I knew that I wanted to marry him from the first moment we met. We've been together for 8 years before getting married. Our wedding really was just a formality. I am so glad that the anticipation, stress, and planning is over and that we can relax into married life.

I felt pretty and special on that day and I felt my dad's presence with me. I'm glad we had a formal ritual to symbolize such an important life passage. I'm so happy to have found my husband, my best friend, lover and life partner and I'm really glad that I got to share some of the details of our wedding with you. I hope you enjoyed it!



5 Vegan-Friendly HONEYMOON DESTINATIONS

Planning the perfect honeymoon may be daunting, especially when mixing in a raw vegan diet. Surprisingly, there are many destinations that support the vegan lifestyle. Below are five recommended honeymoon getaways.

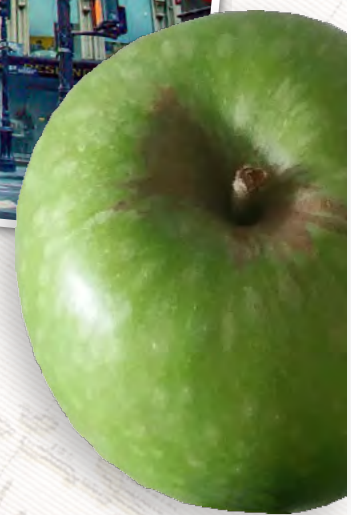
New York City

The variety of restaurant choices mixed with entertainment makes the “Big Apple” a great choice for raw vegan newlyweds. New York offers unlimited things for couples to do including sightseeing, theatre, shopping, museums, and so much more. Because New York is so diverse, it is easy to find a vegan eatery right around the corner.



Israel

Almost five percent of residents are vegan, making Israel a fantastic destination. Israel provides vegan tours of popular markets, bakeries, and bistros. While enjoying vegan cuisine, honeymooners can relish in many cultural activities. Swim in the Dead Sea, take a camel desert tour, or hike up to the Masada. The choices are endless!



Costa Rica

An abundance of veggie entrées mixed with beautiful landscapes makes Costa Rica a great getaway. Local restaurants offer a ton of options including fresh plantains, beans, salads, and tropical fruits. Costa Rica provides relaxing and adventurous honeymoon packages. Enjoy the white sandy beaches, zipline through the forest, or take an easy river boat ride.



St. Lucia

St. Lucia has many all-inclusive resorts that accommodate raw vegan dietary needs. Resorts are conveniently located just steps away from the beaches and crystal blue water. An excellent choice for those looking for a relaxing beach getaway.



Chiang Mai, Thailand

For a more exotic destination, vegans should consider Chiang Mai, Thailand. With over one-hundred vegan restaurants, Chiang Mai is arguably the most convenient for vegans. Some local restaurants even serve vegetables grown in their own farms. While honeymooning in Chiang Mia, couples can partake in elephant tours or visit one of the many temples.



8 Relationship Survival Tips for the Vegan/Non-Vegan Couple



You might have found the seemingly-perfect match for yourself. You're talking about your likes and it seems you're made for each other. Then, you get to diet. You're a vegan, but they're not. Don't despair, you can make things work. Here at eight relationship survival tips for the vegan/non-vegan couple.

1. Stand by your convictions

If you were vegan before you started dating your partner, don't let them change you. It's not right for them to attempt to influence you to change your diet to suit them.

2. Don't judge

If your partner isn't vegan, you shouldn't disparage them. You might disagree with their lifestyle, but that doesn't mean you should be cruel towards them. Let them eat what they want in peace, as long as they do the same for you.



3. Make great food

Your partner might think of vegan food as being boring. Therefore, you have the perfect opportunity to show them otherwise. Make delicious meals that both of you can enjoy together.

4. Speak up

If you feel your partner is being insensitive or callous about your lifestyle, tell them so. They shouldn't be disrespectful towards your deeply-held principles.

5. Don't make it all about veganism

You being vegan and your partner being non-vegan might be a big difference you have to deal with. However, you should also focus on similarities. After all, you wouldn't be together if you didn't have at least a few things in common, right?

6. Keep comments to yourself

You might feel occasionally more frustrated by your partner not being vegan. Think before you speak and let the frustration pass.

7. Seek counseling

If you have a difficult time with reconciling your veganism with your partner's non-veganism, you might need to seek counseling to help deal with your differences.

8. Set boundaries

Just because you tolerate your partner eating meat doesn't mean you can't make certain requests, such as them not eating certain meats around you (such as veal).



Growing Edible Rosemary Flowers - Here's How!

Rosemary tastes and smells wonderful, and it offers a wide variety of health benefits when regularly consumed. It is known for improving memory and mood, boosting the immune system, and is an antibacterial. Here's how you can grow your own rosemary at home!

From seedlings

1. Germinate your seeds- Fill seed starters with a light potting mix that does not contain soil.
2. Put 3 to 4 seedlings in each starter and lay them on top of the potting mix.
3. Use water and lightly mist the seeds.
4. Cover the seeds with a light layer of regular soil. Use water to dampen the top layer.
5. Cover your container with plastic wrap or a top (if it came with one), and put them in a warm spot with light exposure. If you're living in a colder climate a heating blanket may be necessary to keep them warm.
6. Water enough to keep moist.
7. When the seedlings reach about 3 inches in height, transplant them to your garden or pot. Make sure it's sunny!
8. Make sure your soil drains well, and water whenever the soil is dried out.

From cuttings

1. Take your rosemary cuttings and trim off the bottom leaves (about 2 inches).
2. Place the cuttings in water and change every few days. It will take a few weeks for them to grow roots.
3. Gently pot the rooted cuttings into well-draining soil.
4. Water when the soil is dry.

Important things to remember

1. Rosemary needs ample sunlight
2. Rosemary is drought resistant. Be careful not to over water it.
3. Whether germinating your own seeds or growing rosemary from cuttings, remember the beginning phases take time. Don't get discouraged!

There you have it! Enjoy fresh rosemary and its health benefits directly from your home!

Hors D'Oeuvres



CARROT FLATBREADS WITH COCONUT 'CHÈVRE'

by Amy Lyons

www.fragrantvanilla.com



Fragrant Vanilla Cake

Ingredients:

Coconut Chevre:

- 1 cup young coconut meat
- 1/3 cup coconut water
- 3/4 cup coconut butter (not oil)
- 1/8 tsp sea salt
- 1 tsp powdered probiotics

Crust:

- 1 cup ground flaxseeds
- 3/4 cup whole flaxseeds
- 4 scoops vegan protein powder (I used one with an entirely pumpkin seed base.)
- 1/2 tsp sea salt
- 1 3/4 cups filtered water

Ingredients:

Additional:

- 1 large organic carrot
- 2 tsp olive oil
- 1 Tbsp lemon juice
- sea salt
- cumin seeds
- coriander seeds
- zest of one large organic lemon
- red pepper flakes
- fresh organic baby kale

INSTRUCTIONS:

For the chèvre:

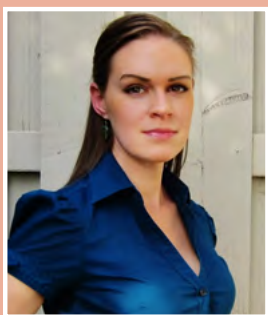
1. Combine all ingredients in a high speed blender and blend until smooth.
2. Pour into a container with a lid, and set in a warm place overnight.
3. Once it has become tangy in flavor, place in the refrigerator to chill completely.

For the crust:

1. Whisk together all ingredients in a large bowl until well blended, then spread out on a lined dehydrator tray in a big square about 1/8 inch thick.
2. Dehydrate at 115F for 2 hours, then score into 9 squares with a knife. Continue to dehydrate until completely dry, about 22 more hours.
3. Peel the carrots into strips with a vegetable peeler. Toss in a bowl with the olive oil, lemon juice and a little sea salt.

To assemble the flatbreads:

1. Spread some of the chevre onto each flatbread, sprinkle with a little of the cumin seeds, coriander seeds, red pepper flakes and lemon zest.
2. Top with the carrots, making sure they are drained well, then top with a little of the kale.
3. Serve immediately!



Amy Lyons
www.fragrantvanilla.com

Amy Lyons is the blogger and recipe writer behind Fragrant Vanilla Cake, a blog featuring raw and plant based desserts as well as savory dishes. She is also the author two cook books. She graduated from Bethel University in 2007 with a degree in Studio Art, and has a passion for creating beautiful things and helping others eat healthier.

Twitter: https://twitter.com/vanilla_cake
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RAW SUNFLOWER SEED PÂTÉ NORI ROLLS

with Spicy Mustard Dip

by Crystal Bonnet
www.rawrevive.com



Ingredients:

Sunflower Pâté:

- 1 cup raw sunflower seeds
- 1 large handful fresh dill
- 2 celery stalks, chopped
- ¼ red onion, chopped
- 4 sprigs green onion, chopped
- 2 tablespoons parsley, chopped
- 1 tablespoon coconut nectar, or any liquid sweetener
- Juice from 1 lemon
- 1 teaspoon dulse flakes (optional)
- ½ teaspoon garlic powder
- Dash of Himalayan salt

Ingredients:

Spicy Mustard Dressing:

- 1 tablespoon of your favorite mustard (I use raw soaked mustard seeds)
- 1 tablespoon coconut nectar, or any liquid sweetener
- 1 tablespoon apple cider vinegar
- 1/ teaspoon paprika
- Dash of cayenne
- Dash of Himalayan salt

Nori Rolls:

- ¼ large cucumber, julienned
- 1 carrot, shredded
- 1 handful purple cabbage, chopped
- ½ avocado, sliced
- 4 leaves of lettuce

INSTRUCTIONS:

Sunflower Seed Pâté:

1. Place all ingredients except green onion and parsley into a food processor and process until combined and texture is like a pate. You don't want to leave the mixture too chunky because you are going to spread it onto nori sheets.
2. Place pate into a bowl, add green onion and parsley and stir carefully until combined.

Spicy Mustard Dip:

1. Place all ingredients into a small bowl and whisk until combined.

Nori Rolls:

1. Place nori sheet onto a bamboo mat, spread sunflower seed pate, and add all the veggies. You can add a lot to make a big wrap (like my picture above), or add less to make sushi rolls.
2. Using the bamboo mat, carefully roll the nori roll and cut into however many servings you wish. Don't forget to dip them in the spicy mustard, sooo good!



Crystal's tips:

Refrigerate for up to 3 days. Use the extra as a dip, or on salad!



Crystal Bonnet
www.rawrevive.com

Crystal Bonnet is a Raw Vegan Food Blogger and Food Photographer at Raw Revive, featuring vegan, high-raw recipes. Her passion led her to explore education as a raw vegan chef; completing courses through the Matthew Kenney Culinary School and The Raw Chef. Crystal now works on her blog and continues to take courses.



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GREENILICIOUS HEMP SEED BASIL PESTO

by Lauren Glucina

www.ascensionkitchen.com



Ingredients:

2 cups fresh basil very tightly packed
4 tablespoons + a scant teaspoon quality extra virgin olive oil
1/4 cup hemp seeds/hemp hearts
OR 2 tablespoons raw cashews + 2 tablespoons pine nuts
4 tablespoons nutritional yeast/savoury yeast flakes
Juice of half a lemon
1 clove garlic minced
1/4 teaspoon coarse sea salt

INSTRUCTIONS:

1. Add all ingredients to a food processor and blitz till well combined and still a little chunky.



Lauren Glucina
www.ascensionkitchen.com

Lauren Glucina is creator of popular blog Ascension Kitchen, sharing recipes and educating on plant based nutrition. She is a trained Raw Foods Chef, passionate expert on plant-based whole foods, and Certified Holistic Health Coach. She is currently completing her last year toward studies in Naturopathy, Herbal and Nutritional Medicine.

HOT PINK HUMMUS

by Lena Ksanti

www.mypureveganfood.com

Ingredients:

2 cups sprouted chickpeas
(or cooked chickpeas for
cooked version)
4 tbsp tahini
or sunflowers seeds
1 medium beet or pitaya
2 garlic cloves
1 lemon juiced
1/2 tsp sea salt
1/2 tsp cayenne pepper
1 cup water



INSTRUCTIONS:

1. Blend all ingredients until smooth.
2. You will need to scrape down the sides of the bowl with a spatula from time to time.
3. Add water to thin to desired consistency.



Lena Ksanti

www.mypureveganfood.com

Lena Ksanti is a Social Media Influencer, Plant based Chef, Educator and Author specializing in living & raw cuisine. Lena inspires and motivate others to follow their passion and live a healthy and happy lifestyle. She runs classes and retreats around the world to help people become more energetic, radiant and vibrant.

Lena's tip:

Enjoy on living bread, leafy greens, with bell pepper and celery and carrot sticks.

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

Instagram: <https://instagram.com/pureveganfood>

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RED CABBAGE AND JICAMA SPRING ROLLS

by Renee Press

www.fireandearthkitchen.com



Ingredients:

- 1 package of "spring roll skin wrappers"
- 1 cup thinly sliced red (or green) cabbage
- 1 cup thinly sliced cucumber strips
- 1 cup thinly sliced jicama (or carrots, radish, or broccoli stems)
- 1 cup fresh mint leaves
- 1 cup fresh cilantro leaves
- 1 cup fresh basil leaves

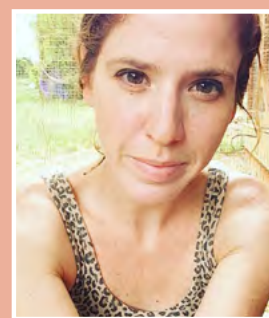


Ingredients:

- For the Peanut Dipping Sauce:**
- 1/2 cup peanut butter (creamy or crunchy)
 - 3/4 cup warm water
 - 1 Tbsp rice or white vinegar
 - 1 Tbsp sugar or agave syrup
 - 1 Tbsp coconut aminos or tamari
 - 1/2 tsp salt
 - 1 tsp fresh shallot or onion
 - 1/2 tsp (or more) fresh thai chili (optional)

INSTRUCTIONS:

1. Thinly slice all veggies into strips and place in separate clusters on large plate. Remove herbs from stems and add whole leaves to plate as well.
2. Boil water and fill very wide bowl or pie plate about half way full, let sit for a few minutes to cool ever so slightly. One at a time, soften spring roll sheets by dipping them into the hot water, using your fingers to move them around. Depending on hotness of water, it will take about 2-10 seconds for them to soften. They should be pliable but not mushy and falling apart, think al dente pasta, as they will continue to soften even out of the water. Layer two softened spring roll sheets on top of one another on cutting board (wood works well here) and fill bottom third with a bit of each veggie and herbs, do not overstuff! Less is more here. Roll up like you would a mini burrito, tucking in sides and rolling up tightly. It will conveniently stick to itself, making this very easy. Cut in half and place on serving plate.
3. In a blender combine all ingredients for peanut sauce and process 10-20 seconds until creamy. Transfer to small bowl and top with chopped scallions or additional chopped chili pepper, if desired.



Renee Press
www.fireandearthkitchen.com

Renee Press is the founder of Fire and Earth Kitchen which offers 100 percent vegan and gluten-free cooking classes, food coaching, and chef services in Seattle Washington. She's on a mission to make vegan, gluten-free cooking easy, accessible, and delicious for everyone.

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SOFT PRETZELS

by Christina Ross
www.love-fed.com



Ingredients:

Soft Pretzels:

- 1 cup sunflower seeds
- 2 tablespoons flax meal
- 4 tablespoons liquid sweetener / used (coconut nectar)
- 1/4 teaspoon sea salt

Everything Mix - for coating:

- 1 tbsp sesame seeds
- 1 tbsp poppy seeds
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp sea salt

Cinnamon Sugar Powder Mix - for coating:

- 1 1/2 tsp cinnamon
- 4 tbsp coconut crystals finely ground

Cheddar Jalapeño Flavor:

- 1 original batter mix recipe
- 1/4 cup chopped jalapeno
- 1/4 cup nutritional yeast
- 1/2 teaspoon sea salt

INSTRUCTIONS:

1. Process sunflower seeds and flax meal together until a flour forms.
2. Add in salt and while machine is spinning add in sweetener.
3. Once mixture forms into a ball stop it and remove the ball of dough. Press the dough together, roll it into a ball and cut it in quarters.
4. On a countertop lined with parchment paper roll out each quarter of dough into long strands, if dough gets to long for your surface cut it in half. Roll out the strands of dough into 1/2 inch deep by 1 foot long strands. Roll the ends of each strand a little thinner than the rest (this will create the criss cross center of the pretzel).





INSTRUCTIONS:

5. Take the strand and make a u shape bring the left strand down to connect to the bottom of the u and then cross over the right side.
6. Gently press the center to the bottom and continue making pretzel shapes with remaining dough. Will make 4 large pretzels.

Everything Mix:

1. Whisk together and coat pretzels in this mix.
2. Coat by placing pretzel face down into bowl of seasoning mix press firmly and set on plate.

Cinnamon Sugar Powder:

1. Grind down in a coffee grinder or spice mill and coat pretzels in the powder.

For the cheddar jalapeño:

1. Process with lid on until it forms into a ball aprox a few seconds.



Christina's tips:

Cheesy sauce is made from soaked cashews, red bell pepper, jalapeño, lemon juice, sea salt and nutritional yeast – simply blend and serve.



Christina Ross
www.love-fed.com

Christina Ross is the Author of [“LOVE FED Purely Decadent Simply Raw Plant Based Desserts”](#). She's also a dynamic conscious recipe and product creator, educator and a freelance recipe writer and blogger. Christina's popular blog www.Love-Fed.com is full of recipes and inspiration for living a vibrant life. Ross is also a mother to her son (Nova) and lives with her beloved (Alex) in Venice Beach, CA.



Soup



RAW ASPARAGUS SOUP

by Lisa Viger

www.rawon10.com

Ingredients:

- 12 spears asparagus
- 8 oz mushrooms
- 2 avocados
- 1 medium onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups water



INSTRUCTIONS:

1. Puree all ingredients in a blender until very smooth.
2. Garnish with a few pieces of chopped onions, mushrooms and asparagus.
3. The flavor and color of this could be intensified by first dehydrating the asparagus and mushrooms.



Lisa Viger
www.rawon10.com

Vegan artist, photographer, and gardener who publishes daily raw menus on \$10 a day or less, Rawon10.com

Twitter: <http://www.twitter.com/lisaviger>

Pinterest: <https://www.pinterest.com/lisaviger>

RAW JAPANESE CORN POTAGE SOUP

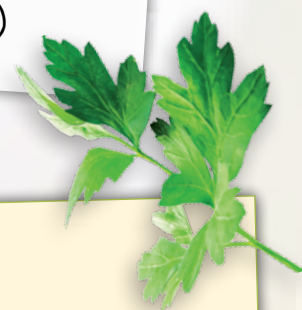
by Mariko Sakata

www.marikosakata.com



Ingredients:

4 1/2 cups fresh or frozen corn
1 cup cashews
1/4 teaspoon nutritional yeast
1/4 teaspoon onion powder
1/2 teaspoon salt
Ground pepper
1 tablespoon olive oil
2 cups water
Parsley to top (optional)



Mariko Sakata

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. Her focus is to help people enjoy the benefits of raw food.

INSTRUCTIONS:

1. Soak the cashews in water for 2-4 hours before making the soup. Drain and rinse well.
2. Set aside 1/2 cup of corn for later.
3. Add all ingredients to the blender except for the extra corn and optional parsley. Blend until smooth.
4. Transfer the corn potage to a sauce pan or small pot. Leave some corn for garnish at the end in the amount you set aside and then add the rest to the soup.
5. Heat it on the lowest flame and stir constantly.
6. Check the temperature with a cooking thermometer often.
7. Once the potage rises to about 110°F, remove from the heat.
8. Serve in bowls with garnish.

THE BEST RAW VEGAN BORSCHT



by Chris Kendall

www.therawadvantage.com



Ingredients:

Chunky Ingredients:

1/4 Red or White Cabbage (200 g / .44 lb)
1 Carrot (75 g / .17 lb)
1/2 Onion (50 g / .11 lb)
Tomatoes (115 g / .25 lb)

Broth:

Tomatoes (460 g / 1 lb)
1/2 lemon
1 Beet (115 g / .25 lb)
Handful of Fresh Dill or 1 - 2 tbsp dry
Optional
1 clove garlic
1 green onion
1 tsp black pepper

Raw Vegan Sour Creme:

Zucchini (115 g / .25 lb)
up to 1/2 Lemon
Hemp 1/8 cup



INSTRUCTIONS:

For the chunky ingredients:

1. The day before you want to make the borscht prep the first 3 ingredients. Using a mandolin, food processor or a sharp knife cut the cabbage into fine strips, place in a freezer safe bowl or bag. Grate the carrot and add to the same bowl, finely cut or mandolin the onion and also place in the bowl. Mix all well and place in the freezer for 10+ hours.
2. The above is optional but really makes the dish, I fully recommend trying this freezing method before simply making it with fresh veggies.
3. The day that you are going to make and serve the borscht take a serving of the frozen sliced veggies out of the freezer and let thaw 6-8 hours. You can alternately thaw them under warm water / place them on a dehydrator tray at 115 for a hour or in a warm oven (turn it to its lowest setting, then turn off the oven and place the veggies inside to thaw). My preferred method is to let them thaw at room temperature.
4. Once the shredded ingredients are thawed dice the tomatoes and mix into the bowl. You are now ready to make the broth.



For the broth:

1. Loose chop the tomatoes and add to your Vita-mix Blender.
2. Juice the lemon and add 1/2 to the blender.
3. Loose chop the beet and add to the blender as well. If desired add any of the optional ingredients as well. Blend till smooth and creamy, taste for tartness and add remaining lemon if desired.
4. Add the dill and pulse to leave some texture, if using dry no need to pulse much.
5. Pour the broth over the chopped and sliced veggies and your done... That is unless you want to make the Raw Vegan Sour Creme, which I recommend.

For the raw vegan sour creme:

1. Peel the zucchini and chop into a medium dice, add to a clean blender.
2. Juice 1/2 a lemon and add 1/2 of that to the blender.
3. Add 1/8th cup hero hearts (or half if lower fat is desired) to the blender and blend at high speed till creamy. You may need the tamper or even need to add a tiny bit of water, or more zucchini depending on how fresh and juicy your zucchini is.
4. Taste and add lemon to desired flavour. This is actually easier to make in a double portion but is fine depending on your blender or if you have the tamper and fresh zucchini. Play with it and get your desired consistency and flavour.



Chris' tips:

1. As a specially note for the chunky ingredients, you can do them in larger batches and freeze on a baking sheet, scoring the mixed vegetables into approximate serving sizes before freezing so that you can separate them into individual freezer bags once fully frozen. This way you can have many batches of the vegetables ready to go in a pinch for the future. Frozen veggies will stay good for weeks to a few months.
2. Pour or spoon a dollop of Sour Creme on top of your Borscht and either mix together for a pink Borscht or eat each red spoonful with a bit of sour creme on the tip of your spoon. Absolutely delicious, low fat and filling!



Chris Kendall
www.therawadvantage.com

Chris Kendall is a Registered Holistic Nutritionist (RHN), Raw Chef /Lifestyle Coach and yoga teacher. He shares his bliss through raw retreats, festivals, donation based consultation services and recipe ebooks. His 501c(3) Charity, "TRA Dream"; is focused on creating donation based holistic healing, yoga, permaculture centres around the world.

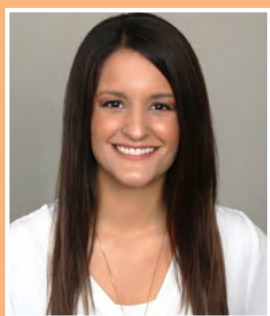
BEST RAW VEGAN VEGETABLE SOUP BROTH

by Heather Bhagat
www.therawbuzz.com



Ingredients:

1 pound celery
1/2 cup green onion
1 pound carrots,
1 pound tomatoes
1 pound green bell pepper
1/2 pound turnips
1/4 tsp of each: dried
marjoram, sage, thyme,
rosemary



Heather Bhagat
www.therawbuzz.com

Heather Bhagat, the owner of TheRawBuzz.com and author of Rawsome Vegan Holidays, a raw vegan recipe holiday book has helped heal her health issues with the power of fresh whole foods. Inspired, she wanted to share with the world how amazing raw foods can make you feel and to show people that eating raw foods does not have to be boring or bland.

INSTRUCTIONS:

1. This recipe is as simple as just Juicing all the vegetables then adding the dried herbs
2. You can add your favorite cut up vegetables, such as tomatoes, celery, bok choi, carrots, jicama, zucchini. Whatever you'd like



MUSHROOM MEDLEY SCAPE SOUP

by Joelle Amiot

www.jarohoney.com

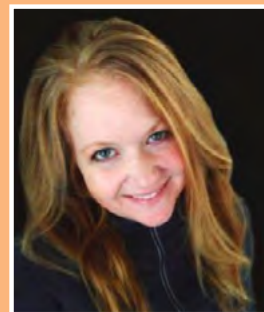
Ingredients:

1 cup whole raw organic cashews
3 1/2 cup filtered water
5 cups chunked mixed organic mushrooms (I used 2 cups white button mushrooms, and 3 cups mixed of Trumpet Royal, Forest Nameko, Velvet Pioppini and Maitake Frondosa varieties, equal parts) PS- I saved the smallest mushrooms for garnish-optional
5 raw organic garlic scapes, wash well
1 large organic cherry bomb pepper, halve, de-seed and fine chop



INSTRUCTIONS:

1. In your blender, grind the cashews to a fine meal.
2. Add 1 cup water and blend on high for 1 minute. Now add 2 cups mushrooms and blend well.
3. Add the rest of the water and mushrooms and blend on high until smooth.
4. Snap the woody ends off 4 of the garlic scapes and break them into quarters. Add to the blender and blend on high until smooth, about 2 minutes-this is your soup mixture.
5. Fine slice the 1 remaining garlic scape for garnish.
6. Heat the soup mixture on low heat until it reaches 105 degrees F [use a calibrate thermometer to be sure].
7. Place in serving bowls and garnish evenly with the scape slices, cherry bomb dices, and mini mushrooms if you saved them like I did.



Joelle Amiot
www.jarohoney.com

Raw Vegan Chef and photographer. Her first book "live eat learn RAW" is where you can learn about an avent garde and new spin on traditional recipes, tips and methods for living and eating a RAW lifestyle.

Pasta



RAW POWER ZUCCHINI PASTA

with Hemp Seed Alfredo Sauce

by Ashley Melillo

www.blissfulbasil.com

Ingredients:

For the pasta:

4 medium zucchini, ends trimmed
1 red bell pepper, seeded and julienned
2 heaping cups baby spinach, chiffonaded (very thinly sliced)
1 lemon, juiced (about 2 tablespoons)
1 Hemp Seed Alfredo Sauce
Small handful fresh basil leaves, chiffonaded (very thinly sliced)
Sea salt, to taste
Freshly ground black pepper, to taste

For the hemp seed alfredo sauce:

1/2 cup raw cashews*
1/2 cup shelled hemp seeds
1/2 cup plain unsweetened almond milk*
1/4 cup nutritional yeast
1 tablespoon fresh lemon juice
2 garlic cloves, peeled
1/2-1 teaspoon sea salt (I recommend using a full teaspoon if you are not going to salt your pasta!)
Freshly ground black pepper, to taste
Small pinch of nutmeg (optional)

INSTRUCTIONS:

For the pasta:

1. Use a spiralizer to spiralize the zucchini into pasta/noodles. Alternatively, use a vegetable peeler to shave the zucchini lengthwise, forming long, ribbon-like noodles.
2. Add the zucchini noodles, red bell pepper, and spinach to a large mixing bowl. Pour the lemon juice over the noodles and veggies and toss to coat. Let the noodles marinate for 10 minutes.
3. Meanwhile, prepare the Hemp Seed Alfredo Sauce.
4. Add the basil and pour as much of the Alfredo sauce as desired over the zucchini pasta. Toss to coat. Taste and season with sea salt and black pepper, to taste. If desired, sprinkle on a bit of vegan parmesan cheese*.
5. Divide between bowls and serve immediately.

For the hemp seed alfredo sauce:

1. Soak the cashews in warm water for at least 30 minutes to soften. Drain before using.
2. Add all ingredients to a high-powered blend and blend on high for 2 minutes or until super creamy and smooth.
3. Serve over your favorite pasta or veggies.
4. Refrigerate leftovers.



Ashley's tips:

1. You can use store-bought vegan parmesan cheese or homemade. If you opt for homemade, simply add 1/4 cup raw cashews/almonds/hemp seeds, 2 to 4 tablespoons nutritional yeast flakes, and 1/4 to 1/2 teaspoon sea salt to a food processor and process for 10 to 15 seconds or until the texture resembles grated parmesan. Sprinkle on as much as desired and refrigerate leftovers.
2. This recipe can easily be cut in half if you're looking to serve 1 to 2 people. Just remember to also cut the Hemp Seed Alfredo Sauce in half.
3. To make the hemp seed alfredo sauce nut-free, omit the raw cashews and use 1 cup shelled hemp seeds and nut-free plant-based milk.



Ashley Melillo
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.

RAW PASTA WITH SPICY ASIAN-Y SAUCE

by Emily Von Euw

www.thisrawsomeveganlife.com

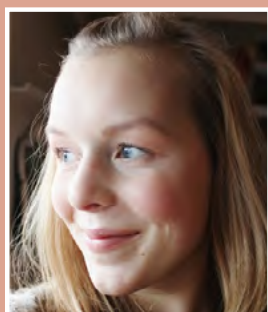
Ingredients:

For the pasta:

use any wide, fairly long vegetable – zucchini is the perfect example

For the Spicy Asian-y Sauce:

1 Tbsp mustard
1 Tbsp miso
1 Tbsp nut butter
2 Tbsp nutritional yeast
Salt & Pepper
A few drops of hot sauce
1/8 t cayenne/chili powder
I also add hemp seeds and other spices if I want



Emily Von Euw
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 Rawsome Vegan Baking.

INSTRUCTIONS:

For the pasta:

1. Slice it on your spiral slicer or mandoline, into noodles.
2. Set aside.

For the sauce:

1. Blend all the ingredients until smooth, adding water as need to make it creamy.
2. This time, I added black sesame seeds at the end to add some contrast.
3. Do whatever floats your boat!



5-MINUTE RAW VEGAN SPAGHETTI RECIPE

by Laura-Jane Koers
www.therawtarian.com



Ingredients:

For the noodles:

1 zucchini

For the spaghetti sauce:

1/2 cup fresh tomatoes (chopped)

1/2 cup sun-dried tomatoes (chopped and pre-soaked in olive oil)

1/3 cup walnuts

1/4 teaspoon sea salt



INSTRUCTIONS:

1. Add both kinds of tomatoes and the salt to your food processor. Pulse briefly to incorporate. (Do not over-process, it's nice to leave this raw recipe a bit chunky.) 5 seconds should do it.
2. Add the walnuts, and pulse very briefly again. Perhaps 8 seconds will do it! You don't want to overprocess, since you want to leave the walnuts in a small, round texture -- similar to ground round or ground beef. (Sorry!)
3. To make your noodles, peel your zucchini (remove outer green peel).
4. Use a clean vegetable peeler (or a spirali spiralizer if you have one) to slice zucchini into "noodles."
5. Assemble and enjoy!



Laura-Jane Koers
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.

ZUCCHINI PASTA

with Sun-Dried Tomato Kale Pesto

by Christine Roseberry

www.justglowingwithhealth.com

Ingredients:

2 large zucchini
1 cup sun-dried tomatoes (oil-free)
1 cup fresh basil leaves
5 kale leaves, stems removed (lacinto or dinosaur)
1 clove of garlic
1/2 cup of pine nuts (soaked overnight in purified water)
2 tbsp lemon juice
1/4 cup soak water



INSTRUCTIONS:

1. Soak the sun-dried tomatoes in filtered water for about 20 minutes, or until soft.
2. Julienne (or spiralize) the zucchini and place into a bowl.
3. Next, place the rest of the ingredients into a food processor and pulse blend until coarsely chopped, add in 1/4 cup of soak water and pulse blend until mixed in.
4. Scoop out onto the pasta, mix in well and serve on a plate with fresh basil.



Christine Roseberry
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!

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CUCUMBER MINT NOODLES WITH GINGER DRESSING

by Chris Anca

www.talesofakitchen.com

Ingredients:

For the dressing:

2 TBSP good olive oil
1 TBSP walnut oil (or more olive oil)
4-5 TBSP lemon juice
1 tsp tamari
1/2 tsp freshly grated ginger
freshly cracked black pepper, to taste
chili flakes, to taste

For the noodles:

1/2 large cucumber
handful of tightly packed fresh mint
1 green onion (only the green part), finely sliced
2 TBSP sesame seeds

INSTRUCTIONS:

1. To make the dressing, combine the ingredients in a small bowl and set aside.
2. Prepare the mint (tear it into smaller pieces) and green onion.
3. Make the noodles: you can either use a noodle maker or a veggie peeler.
4. Add the noodles, mint and green onions to a bowl and pour the dressing on top.
5. Gently toss the noodles to cover them in the dressing.
6. Top with sesame seeds and serve fresh.

Chris' tips:

If it's summer at your end, use a chilled cucumber.



Chris Anca

www.talesofakitchen.com

Hi! I'm Chris. Dedicated smoothie lovin' human. I like to laugh, run, dream up names for my plants and take photos of everything. I'm wildly in love with real food and this blog is an extension of my passion.

Parfait Obsessions



BEET ACAI SMOOTHIE & CHIA PARFAIT

by Alicia Ann Lip

www.stayingraw.com

Ingredients:

For the Chia Pudding:

4 tbsp of chia seeds
200 ml of filtered water
1 tbsp of 100% maple syrup
to sweeten

For the Beet Acai Smoothie:

1/4 cup of raw beetroots
1/2 cup of fresh pineapples
1 tsp of Organic Burst Acai powder
1/2 cup of almond milk (unsweetened)
2 frozen bananas

Ingredients:

For the Raspberry Jam Buttercream (no trans fats, no butter, no dairy)

1 tbsp of organic raspberry jam
1/2 cup of vegan shortening (organic and
non-hydrogenated)
3/4 cup + 1 tbsp of icing sugar
1 tsp of vanilla extract



INSTRUCTIONS:

For the Chia Pudding:

Stir well and set aside for 30 mins to gelatinise. The texture will be gel-like and resembles a pudding.

For the Beet Acai Smoothie:

Blend all the above ingredients until smooth in a power blender.

For the Raspberry Jam Buttercream (no trans fats, no butter, no dairy)

Use an electric mixer to combine the ingredients together. Firstly, you would need to cream the shortening until light and fluffy, then gradually add in the sugars. Mix in the rest of the ingredients and increase mixer speed to high and mix for another 5 mins.



Alicia Ann Lip
www.stayingraw.com

Alicia Ann Lip is the Founder of StayingRaw.com, a vegan website featuring raw vegan smoothies, cold-pressed juices, raw food recipes, vegan desserts, and other nutritional tips and information. Dairy-free, gluten-free, wheat-free and refined sugar-free recipes are found in her healthy recipes. Her vegan lifestyle is mainly made from fruits, vegetables, nuts, and seeds. Alicia turned vegan (high raw) seven years ago and has had a life-changing experience ever since. She is passionate about raw foods and eager to share her knowledge with others. Her regular exercise regime is dancing and brisk walking uphill to five miles a day, keeping her active. She recently launched a full vegan menu at The Aivee Cafe in Manila where dairy-free vegan smoothies, juices, gluten-free pancakes, waffles, and pasta are now available for diners. She also has a large group of followers on her Instagram and other social media channels visiting her website. Her recipe ebooks are available for purchase on her website.

SUNSET PARFAIT

by Anarki Tjon 'AJ' Affo
www.theindigokitchen.com



Ingredients:

For the Chia Pudding:
1 cup plant based milk
1/4 cup chia seeds
3 tbsp cacao powder
1 tbsp agave or more
for a sweeter pudding

For the Parfait:
2 banana
1 handful blueberries
2 ripe persimmons
2 passion fruit



Anarki Tjon 'AJ' Affo
www.theindigokitchen.com

My name is A.J. Tjon Affo a multicultural kid trying to fuse as many cultures in the kitchen while maintaining a cruelty free lifestyle. My aim is to try and show that a vegan lifestyle is delicious, healthy and accessible to anyone!

INSTRUCTIONS:

For the Chia Pudding:

To make the chia pudding simply add everything to a bowl or jar and mix well. Place it in the fridge and stir it one more time after about 15 minutes. Now let it rest overnight.

For the Parfait:

To make the parfait I first added a layer of the chia pudding in a glass, topped it with blended persimmon and a banana blueberry smoothie, which consisted of 1 bananas and a big handful frozen blueberries. I topped the parfait with some passion fruit. Enjoy.

HEALTHY BREAKFAST PARFAIT

with Banana Ice Cream,
Raspberry Chia Pudding and Coconut Yogurt

by Julie Van Den Kerchove
www.julieslifestyle.com



Ingredients:

Layer 1: Berry Ice Cream
2 cups frozen berries
4-8 tablespoons non-dairy milk,
unsweetened (I used rice coconut milk)

Layer 2: Spirulina Banana Ice Cream
3 large ripe bananas, frozen and
roughly chopped
4-8 tablespoons non-dairy milk,
unsweetened (I used rice coconut milk)
½ to 1 teaspoon spirulina powder

Layer 3:
raspberries

Ingredients:

Layer 4:
coconut yogurt with spirulina
(or other non-dairy yogurt)

Layer 5:
[raspberry chia pudding](#) - recipe from
my new book *Vegan & Raw 2*

Toppings:
berries
coconut
chia seeds

INSTRUCTIONS:

Berry Ice Cream:

1. Put the frozen berries in a food processor fitted with an S-blade. Process until finely ground.
2. Add the milk. Process until smooth, stopping occasionally to scrape down the sides of the food processor with a rubber spatula.
3. Transfer the ice cream into a large jar and put it in the freezer while you make the green ice cream, so it doesn't melt.

Spirulina Banana Ice Cream:

1. Cut the frozen bananas into smaller pieces with a sturdy knife.
2. Put the frozen banana chunks in a food processor fitted with an S-blade. Process until finely ground.
3. Add the non-dairy milk and spirulina. If you're not used to the taste, start with ½ teaspoon - I like to add 1 teaspoon at least. The bananas are more than sweet enough to balance it out.
4. Process until smooth, stopping occasionally to scrape down the sides of the food processor with a rubber spatula.

Breakfast Parfait

1. Serve the ice cream parfait in two bowls or glasses.
2. I like to start with a scoop of berry ice cream, followed by a big scoop of spirulina banana ice cream, and a nice layer of coconut yogurt with some raspberries. To give the yogurt a funky color, you can add some extra spirulina.
3. Finish with some raspberry chia pudding on top. I love serving the ice cream parfait with this [vanilla chia pudding](#) too!
4. Garnish with chia seeds, coconut flakes and berries.



Julie's tips:

1. This breakfast parfait will stay fresh for at least 2 days in the refrigerator.
2. Spirulina is really detoxifying and a great source of protein and iron - so you're basically having ice cream for breakfast that is packed with nutrients
3. You could add some maple syrup (or other sweetener) to the berry ice cream if your berries are very sour, but I usually don't add any since the chia pudding and banana ice cream are more than sweet enough.



Julie Van Den Kerchove
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](#) & at www.julieslifestyle.com where you can get her FREE eBook 'Julie's Top 7 Fast, Easy & Delicious Raw Smoothies & Shakes'.

APPLE CHIA PUDDING PARFAIT


by Jessica Meyers Altman
www.gardenfreshfoodie.com



Jessica Meyers Altman
www.gardenfreshfoodie.com

Jessica is a certified plant-based chef, and has a certification in plant-based nutrition. She is a mom of 2 awesome kids and a passionate educator. Jessica has taught science, community gardening, and food education for the last 18 years. She holds a Master's in Science Education and is a certified NYS biology teacher. Jessica now combines her passion for cooking & gardening with her passion for teaching. She writes recipes and photographs her food blog, www.gardenfreshfoodie.com, a blog devoted to plant-based, gluten free, seasonal recipes. Jessica teaches as an adjunct professor at Daemen College, as well as healthy cooking classes in the Buffalo, NY area wherever there's a table and an outlet! Her recipes are featured on the One Green Planet, Food Revolution Network (a program begun by John Robbins, of Diet for a New America & The Food Revolution) and a plant-based prepared food company called Vestro.com. Her recipes have been featured on The American Heart Association, Forks Over Knives, www.tastepotting.com, www.foodgawker.com, and www.findingvegan.com.
Facebook & Instagram: [@gardenfreshfoodie](https://www.instagram.com/gardenfreshfoodie)

Ingredients:



1½ cups almond milk
(or other non-dairy milk)
1/3 cup/2 oz. white chia seed
(I use this so my kids can't see the chia seeds, can use black)
1/2 tsp lemon zest
1/2 tsp cinnamon
1/2 tsp vanilla
3 oz. of dates (~4-5)
To assemble parfait:
2 cups apples (1 large apple, small dice/cut into bite sized pieces, no need to peel)
1 tsp cinnamon
water to sauté



INSTRUCTIONS:

1. Place all ingredients into a Vitamix and blend, except assembling ingredients
2. Sauté apples in 1 tablespoon of water (just enough to prevent sticking, but not too much to steam, add in cinnamon, cook until just softened, about 3 min)
3. Layer pudding, apples, pudding, and end with a layer of apples
4. Top with some pomegranate seeds for holiday color, granola or maple chipotle walnuts for a kick!

GREEN MOUNTAIN PARFAIT

by Anya Kassoff

www.golubkakitchen.com

Ingredients:

Light Green Layer - Avocado Ice Cream:
3 hass avocados
1 cup meat of fresh young coconut OR cashews
1/4 cup coconut oil
juice and zest of 1 1/2 limes
5 dates - pitted
1/2 vanilla bean
1/3 cup light raw agave nectar
1 cup water

Forest Green Layer:
1/3 of avocado mixture from above
fresh spinach



Ingredients:

White Layer - Vanilla Cream:
1 cup meat of young Thai coconut
1/4 cup coconut water
1/4 cup coconut oil
1/2 vanilla bean
1/4 cup light raw agave nectar
1/2 cup dry coconut flakes OR cashews

Violet Layer - Blueberry Cream:
1/3 of vanilla cream from above
fresh blueberries or blueberry powder

Mango Buckwheat Crunchies:
1 cup sprouted buckwheat
flesh of 1/2 ripe mango
2 dates - pitted

Assembly:
1-2 cups fresh cherries - pitted
1 cup fresh or freeze dried sour
cherries (optional) - pitted





INSTRUCTIONS:

Light Green Layer - Avocado Ice Cream:

1. Combine all ingredients, except the lime zest, in a high speed blender until smooth. Reserve 1/3 of the mixture for the forest green layer.
2. Chill well and put into an ice cream maker for 25 minutes or however long your brand of ice cream machine suggests. Add the lime zest directly into the ice cream machine after about 15 minutes of churning. Freeze for 1-2 hours before serving.

If you don't have an ice cream maker, there is an option to make avocado mousse instead of ice-cream. Just exclude the water and coconut meat/cashew, add about two more avocados and adjust the amount of agave to taste. Chill in the refrigerator until the mousse thickens.

Forest Green Layer:

1. In a high speed blender, combine the reserved 1/3 of avocado mixture with some fresh spinach until the desired colour is achieved.
2. Make ice cream according to the instructions above.



White Layer - Vanilla Cream:

1. Combine all the ingredients in a high speed blender until smooth. Reserve about 1/3 of the mixture for the Violet Layer. Chill in the refrigerator until the cream thickens.

Violet Layer - Blueberry Cream:

1. In a high speed blender, add fresh blueberries or blueberry powder to the reserved 1/3 of vanilla cream until the desired colour is reached. Chill in the refrigerator until the cream thickens.

Mango Buckwheat Crunchies:

1. In a blender, puree the mango flesh and dates. Transfer to a mixing bowl together with the sprouted buckwheat and mix well to coat the sprouts.
2. Spread on Teflex sheets and dehydrate overnight or until completely dry and crispy.

Assembly:

1. Cut the fresh cherries in half. Optionally, dehydrate the fresh cherries at 115F for 1-2 hours.
2. Using a piping or Ziploc bag, squeeze some avocado ice cream into a tall glass to make a first layer.
3. Follow by the forest green layer, and then more avocado ice cream mixed with cherries.
4. Sprinkle with mango buckwheat crunchies and top with blueberry and vanilla cream. You can arrange the layers in any way you want.

Aesthetically, it's nice to take care to arrange the layers unevenly to create the hilly landscape appearance.



Anya Kasoff
www.golubkakitchen.com

Anya Kasoff is the author of *The Vibrant Table - Recipes from My Always Vegetarian, Mostly Vegan and Sometimes Raw Kitchen* (Roost Books, 2014). She was born in Russia and grew up in a family of passionate home cooks. While following several career paths, one passion remained steady: she ended every day in the kitchen, perfecting her cooking intuition and gaining strong interest in holistic, whole foods-focused recipes. In 2010, Anya started sharing her healthy culinary discoveries on her blog, Golubka (golubkakitchen.com), which has since gained a worldwide following. Her recipes have appeared on Oprah.com and Guardian.com. Golubka has been a finalist for **Saveur* magazine's Best Food Blog awards twice and was cited by **Bon Appetit* magazine as one of the best vegan and gluten-free blogs. Anya now lives in Florida with her husband and younger daughter. She works in collaboration with her older daughter, Masha Davydova, who photographs all of her recipes.



Wedding Cakes



VEGAN NO BAKE CHOCOLATE CHIP CRANBERRY CHEESECAKE

by Karielyn Tillman

www.thehealthyfamilyandhome.com



Ingredients:

For the cheesecake:

2 cups organic raw cashews
1/2 cup organic maple syrup
4 tablespoons organic lemon juice
4 tablespoons organic coconut oil
1/2 teaspoon Himalayan pink salt
1 cup Enjoy Life mini chocolate chips (or sub in raw cacao nibs or raw chocolate chunks)

For the crust:

2 cups organic pecans
4 tablespoons organic cacao powder
4 tablespoons organic maple syrup
2 tablespoons organic coconut oil
1 - 2 pinch Himalayan pink salt

Ingredients:

For the topping:

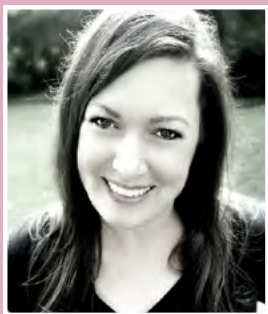
2 cups organic cranberries
1 organic green apple (diced)
12 organic medjool dates
2 tablespoons organic coconut oil
1/8 teaspoon organic ground cinnamon
1/8 teaspoon organic vanilla bean powder
1/8 teaspoon organic ground clove





Karielyn's tips:

Store in the freezer until ready to serve because it will get soft and lose its shape if left out at room temperature.



Karielyn Tillman
www.thehealthyfamilyandhome.com

My passion is creating healthier and cleaner versions of traditional recipes made with highly processed ingredients. On my website "The Healthy Family and Home", I feature organic, nutrient-dense foods and ingredients and also share easy, clean eating recipes. "Eat Like It Matters...Because It Does!"

INSTRUCTIONS:

1. Prepare the crust: Add all the ingredients for the crust to a food processor and process until it is well combined and has a wet, sticky texture.
2. Transfer the mixture to a 6-inch spring form cheesecake pan and press it evenly and firmly on the bottom of the pan.
3. Place the cheesecake pan in the freezer to firm while you make the rest of the recipe.
4. Prepare the cheesecake: Optional: Soak the cashews in a bowl of purified / filtered water for 30 - 60 minutes, then drain them prior to using. This will make them soft and the cheesecake mixture will be smooth and creamy.
5. Add all ingredients for the cheesecake (EXCEPT the chocolate chips) to a Vitamix, or high speed blender, and blend until the mixture is creamy and smooth. Use your tamper, if needed.
6. Remove the blender container from the base and make sure the contents are not warm before going to the next step. If the cheesecake mixture is warm from blending, wait until it cools off or the chocolate chips will melt.
7. Add the chocolate chips to the blender container and gently stir them in until they are evenly distributed.
8. Remove the cheesecake pan from the freezer and pour the cheesecake mixture on top of the crust, making sure it's evenly distributed.
9. Rinse out the blender container to use for the next step.
10. Prepare the topping: Add all ingredients for the topping to a Vitamix, or high speed blender, and blend until everything is well blended. Use your tamper, if needed.
11. Transfer the topping mixture on top of the cheesecake mixture and spread it evenly.
12. Optional: garnish with extra cranberries in the center of the cheesecake.
13. Place the cheesecake pan in the freezer for 1 - 2 hours, or until it hardens. Remove from the freezer and allow to thaw on the counter top 10 - 15 minutes, or until it is soft enough to slice.

RAW BLACK FOREST CAKE

by Heidi Turunen

www.rawliciousdelicious.com

Ingredients:

For the crust:

- 2 1/2 cups raw walnuts
- 1 1/2 cup pitted dates
- 1/2 tsp vanilla powder
- 1/4 cup raw cacao powder
- 2 tbsp raw cacao nibs (optional)
- pinch of salt

For the filling:

- 3 cups raw cashew nuts
- 1 can coconut cream
- 60 g chunk raw cacao butter, melted
- 1/4 cup maple syrup (or liquid sweetener of your choice)
- 1 tsp vanilla powder
- 2 tbsp lemon juice
- 1/2 cup blackberries
- 1/2 cup cherries



INSTRUCTIONS:

1. Place all the crust ingredients into a food processor and run until well combined. Spread the crust mixture in the bottom of a cake pan and set aside.
2. Melt cacao butter in a small sauce pan, placed inside of a bigger sauce pan with hot water in it.
3. Put all the filling ingredients except berries, into a food processor and run until smooth and creamy. Taste and adjust if needed.
4. Pour the filling over the crust, but leave few table-spoons of the filling aside.
5. Add blackberries and cherries into the remaining filling mixture. Add optional few tbsp of maple syrup for more sweetness.
6. Pop little dollops of berry mixture over the cake filling and use a knife to form patterns.
7. Place the cake into the freezer and let it set for at least 2 hours. Enjoy!



Heidi Turunen

www.rawliciousdelicious.com

Heidi Turunen is the founder and raw vegan chef of Rawlicious Delicious. She is passionate about real food and specialises in raw desserts. Since Heidi was a kid, she wanted to build a career, that she is passionate about, so she would never be working. And that is exactly what she did. Heidi now owns raw dessert business in Queensland Australia, supplying cafes, catering and making cakes to order, and hoping to open her own shop one day.

Facebook:

<https://www.facebook.com/rawliciousdelicious>

Instagram:

<https://instagram.com/rawliciousdelicious/>

RAW VANILLA AND CHOCOLATE CAKE

by Natalie Yonan

www.happyhealthblog.com



Ingredients:

Crust | Botten:

100 g dried coconut flakes | kokosflingor
200 g cashews | cashewnötter
4 tbsp sprouted buckwheat* | groddat bovete*
10-15 dates | dadlar
20 g raw cacao | rå kakao

Chocolate mousse layer | Chokladmousse lager:

400 g soaked cashews | blötlagda cashewnötter (4 timmar)
30 g raw cacao | rå kakao
1 cup almond milk | 2 dl mandel mjölk
0,5 cup agave or coconut nectar | 1 dl agave eller kokosnektar
3/4 cup coconut oil | 1,5 dl kokosolja

Vanilla mousse layer | Vaniljmousse lager:

400 g soaked cashews | blötlagda cashewnötter
1 tsp vanilla extract | vanilj extrakt (alt. kärna ur en vaniljstång)
0,5 cup agave | 1 dl agave
1 cup almond milk | 2 dl mandel mjölk
3/4 cup coconut oil | 1,5 dl kokosolja





INSTRUCTIONS:

1. Mix all ingredients for the cake crust in a food processor (except the buckwheat), mix until it's firm. Add more dates if necessary. Mix in buckwheat with the pulse function so that they are mixed into the dough without being crushed. Place the crust in a spring form pan. Use the back of a spoon to get nice straight edges and flat surface.
2. Mix all ingredients (except coconut oil) to the chocolate layer in a food processor. Blend until smooth. Add the coconut oil in liquid form and mix for a few minutes. Pour the chocolate mousse on top of the crust. Leave it in the freezer for at least 1 hour to settle.
3. Repeat the same procedure with the vanilla mousse layer and carefully pour over the chocolate mousse layer. Leave the cake in the freezer for at least 3 hours. Take out the cake for a few minutes until the spring form is ready to let go of the edges, use a flat knife to smooth the edges if necessary.



Natalie Yonan
www.happyhealthblog.com

Natalie Yonan is a raw chef and recipe developer, she's the blogger behind Happy Health Blog. She combines her biggest passions of healthy foods and beauty by creating delicious, stunning, healthy and easy to make dishes that inspire people to bring more plant foods into their diets. She travels the world, experiments in the kitchen, and she's started her own raw dessert company and set up workshops to share her passion for food with the world.

Natalie's tip:

The buckwheat doesn't have to be sprouted, but it does get a bit crunchier if it is. But regular buckwheat will work too.



RAW MIXED BERRY CASHEW CAKE

by Victoria and Christopher

www.ehvegan.com

Ingredients:

For the crust:

- 1/2 cup pitted dates
- 1/4 cup walnuts
- 1/4 cup pecans
- 1/4 tsp almond extract
- 1 tbsp water

For the cake:

- 2 1/2 cups raw cashews (soaked for 8 hours)
- 3/4 cup maple syrup (the real stuff)
- 1 cup mixed berries (frozen is definitely best)
- 140 g creamed coconut



Vic and Chris' tips:

You can use a mixture of raspberries, blueberries, blackberries, etc. Anything works! Creamed coconut is usually sold in small packages. It is solid at room temperature. If you don't have almond extract, you can sub for vanilla.

INSTRUCTIONS:

1. Soak the cashews overnight in water (or in boiling water for 1 hour if you're in a pinch).
2. Using a food processor, combine the dates, nuts, extract, and water. Pulse as needed to form a sticky, workable dough. This will take a few minutes.
3. Flatten the dough to fill the bottom of your can or mould (I use 6-9 inches, but you could stretch this further). Two layers of wax paper and a rolling pin work well to keep things from sticking everywhere.
4. Blend the cashew, maple syrup, berries, and creamed coconut until smooth. There should be no chunks. I leave the blender running a few minutes for good measure.
5. Pour the mixture over the crust and tap the pan to level out the mixture and remove any bubbles.
6. Freeze the cake overnight (this will take at least several hours, but I don't know the magic number). Transfer to fridge a few hours before eating or leave it at room temperature for about 20 minutes. You should not be eating this cake frozen. It should have a creamy, smooth consistency.



Victoria and Christopher
www.ehvegan.com

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.

Facebook: <http://facebook.com/ehveganofficial>

Twitter: <http://twitter.com/ehvegan>

Instagram: <http://instagram.com/ehvegan>

Pinterest: <http://pinterest.com/ehvegan>



RAW SUPERFOOD AVOCADO CAKE

by Laine Rudolfa

www.thethrivingvegan.com

Ingredients:

For the crust:

- 1 cup dates
- 1 cup almonds
- 1 tbsp coconut flakes
or shreds pinch of sea salt

For the filling:

- 4 middle size ripe avocados
- 1 ripe banana
- 1/5 cup maple syrup
- 2 tbsp melted coconut oil
- 1 tsp vanilla extract (optional)
- juice of 1 lime
- juice of 1/2 lemon
- 1 tsp of spirulina powder
(optional – mainly for color,
but also boost the nutrition)



Laine Rudolfa
www.thethrivingvegan.com

I'm a Latvian based vegan food blogger & photographer behind The Thriving Vegan. I used to be a compulsive eater always looking for drastic ways to lose weight. Veganism changed my unhealthy relationship with food and taught me how to love my body. Right now I'm inspiring others to eat plants and live healthy.

Facebook: <http://facebook.com/TheThrivingVegan>

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Pinterest: <http://pinterest.com/thethrivingvegan/>

INSTRUCTIONS:

1. Prepare the crust. Put the almonds and sea salt into a food processor and process until finely chopped (you should still be able to see bigger pieces). Then add dates and coconut flakes, blend until you get a sticky almond-date crumble. Transfer this mixture into a 17cm cake pan and press evenly into the pan. Place the pan into the freezer while you make the filling.
2. Prepare the filling. Put avocados, banana, maple syrup, melted coconut oil, vanilla extract, spirulina, lime and lemon juice into the food processor. Blend until you get a creamy and smooth mixture. Taste to see if there's any more need for sweetener or lemon juice. Transfer the mixture into the prepared crust shell. Carefully smooth out the top to even it out. Sprinkle with any decorative toppings. In my case, I used fresh blueberries and cranberries.
3. Freeze for 4-5 hours or overnight. Let it sit out for 10 – 15 minutes before serving.

ICE CREAM GODDESS CAKE

by **Nathalie Sader**

www.nathaliesader.com

Ingredients:

For the Crust:

- 1/2 cup coconut flour
- 1/2 cup raw cacao powder
- 16 dates
- 1/3 cup coconut oil
- 1 tsp of cinnamon powder
- 1 tsp vanilla extract

FOR THE ICE CREAM LAYERS:

White cream layer:

- 1 1/4 cup of soaked cashews
- 3 tbsp melted coconut oil
- 3 tbsp maple syrup
- 1/2 cup full fat coconut milk
- 1 tbsp rose water
- 1 tbsp arrowroot powder mixed with 3 tbsp cold water

Chocolate layer:

- 1 1/4 cup of soaked cashews
- 1/4 cup raw cacao powder
- 4 tbsp melted coconut oil
- 6 tbsp maple syrup
- 3/4 cup full fat coconut milk
- 1 tsp vanilla extract
- 1 tsp vanilla extract
- 1 tbsp arrowroot powder mixed with 3 tbsp of cold water

Blueberry & blackberry layer:

- 1 cup soaked cashews
- 1/2 cup coconut cream (from the fat of coconut milk can)
- 1 cup blueberries
- 1/2 cup blackberries
- 4 tbsp coconut nectar
- 3 tbsp coconut oil
- 2 tbsp arrowroot powder mixed with 4 tbsp cold water
- 1 tbsp rose water



Ingredients:

Raspberry layer:

- 1 cup soaked cashews
- 1/2 cup coconut cream (from the fat of coconut milk can)
- 1 1/2 cup raspberries
- 4 tbsp coconut nectar
- 3 tbsp coconut oil
- 2 tbsp arrowroot powder mixed with 4 tbsp cold water
- 1 tbsp rose water

For the raw choc to drizzle on top:

- 1/2 cup raw cacao powder
- 1/2 cup melted coconut oil
- 1/4 cup maple syrup
- 1 tsp vanilla extract



INSTRUCTIONS:

For the crust:

1. To make the crust, add coconut flour, cacao powder, dates, cinnamon and vanilla extract to a food processor and mix, scraping down the sides.
2. Process until crumbly.
3. Then add coconut oil little by little while processing till a soft dough forms.
4. Press it down a round 6 by 3 inch springform cake pan, using your fingers to make the surface even and smooth.

For the Ice cream layers:

1. Prepare the layers starting with vanilla, raspberry, blueberry and chocolate. no need to wash blender in between.
2. Prepare the different layers by add all the ingredients of each layer to a high speed blender and blending until smooth.
3. Pour each layer into a separate bowl and set aside until all the layers are ready, so you will end up with 4 bowls.
4. Layer your cake as you wish, you can use each color for more than one layer, the easiest way is to split each color in 2.
5. i started with white, chocolate, blueberry, raspberry, then choc, vanilla, blueberry, raspberry, chocolate.
6. Refrigerate between layers for more defined and straight layers.

For the raw choc drizzle:

1. Melt some coconut oil on low flame, then measure 1/2 cup of melted coconut oil.
2. Sift raw cacao powder over the oil, add maple syrup and vanilla and whisk by hand until smooth and chocolatey!
3. drizzle over your cake.
4. Top your cake with fresh or frozen raspberries, blueberries & blackberries.
5. Keep in freezer.
6. Take out of freezer 1 hour before serving.
7. Enjoy!

Nathalie's tips:

You will need approx 3 cups of cashews in total, and you will measure after soaking for the recipe.



Nathalie Sader
www.nathaliesader.com

Nathalie Sader is a goddess coach, a vegan chef, and food photographer. As a coach, she teaches women how to fall in love with themselves unconditionally so they can manifest their desires. As a vegan chef & food photographer, she inspires and educates thousands of people to eat healthy plant-based food with pure pleasure.

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