

MORE STORIES!

INSIDE:

8 Must-Have
Vegan Summer
Beauty Essentials

Raw Food Magazine

Issue 36 July/August 2018

Your Ultimate Raw
VEGAN SUMMER

Chillin' desserts



**FRESH
SUMMER
SMOOTHIES**

Sun dried recipes
(no dehydrator no problem!)

10 CULINARY HERBS
Worth Growing In Your
Kitchen Garden



A BEETastic SUMMER with
AARIKA CHILSON *of JustBeetIt*

Contributors



Aarika Chilson

A lover of life and everything beets, I am passionate about happy dance foods: healthy foods that invigorate, inspire, and make me want to shimmy with joy! The extraordinary beet is one of my many “happy dance” foods.

Justbeetit.com



Bernardette Hernandez

I grew up in Texas and for as long as I could remember was obsessed with food. Everything around my life revolved and still revolves around trying different cuisines, traveling to new places in order to taste their food, looking for the best restaurants in town and cooking at home.

The20MinuteKitchen.com



Jesse Lane

Jesse Lane Schelew, BSc, CNP is a cheerful Holistic Nutritionist, motivating speaker, cookbook author and wellness writer.

She is the founder of JesseLaneWellness.com, a web based holistic nutrition practice and holistic recipe resource.

JesselaneWellness.com



Holly Jade

Hello I am Holly Jade & I am the owner of The Little Blog of Vegan. I post yummy recipes, advice & beauty tips daily.

Everything I talk about is vegan & cruelty-free.

I love to be as healthy as possible, but

I do love to make the odd sweet treat recipe.

TheLittleBlogOfVegan.com



Kelly Fielding

Kelly is a passionate writer and raw/vegan chef who combines her love of writing with her forays into health and wellness.

Her work is regularly published on several online journals as well as her own website Raw By Nature.

RawByNature.com



Laura Dawn

Laura Dawn is the founder of Happy & Raw and is a holistic health consultant, raw food chef and avid gardener where she currently resides on the Big Island of Hawaii. She is the author of "Unhooked: A Holistic

Approach to Ending Your Struggle with Food" as well as "Mindful Eating for Dummies".

HappyAndRaw.com



Bethanne Wanamaker

Bethanne founded Edible Goddess because she lives to inspire you to become the absolute best and healthiest expression of yourself! As a certified holistic nutrition educator, she teaches others how to activate their highest potential.

EdibleGoddess.com



Nikki and Zuzana

Zuzana Fajkusova and Nikki Lefler are Personal Wellness Coaches, authors of The Vegan Weightloss Manifesto and all around lovers of abundance and nourishment based in Vancouver, Canada.

ActiveVegetarian.com

On the Cover...

39



Fresh
**Summer
Smoothies**

52



Sun
dried recipes

62



Chillin'
Desserts

Live

16 5 Vegan-Friendly Beach Towns
Perfect for Summer >

18 7 Yoga Poses that Can
Help You Get Rid of Stress >

23 Tiny Houses
The Next “Big” Thing >

Beautify

25 8 Must-Have Vegan Summer
Beauty Essentials >

26 Homemade Anti-Aging
Cucumber Mask >

Inspire

27 A BEETastic summer with
Aarika Chilson of JustBeetIt >

Learn

30 Feeding wildlife can influence
migration, spread of disease >

32 Sea turtles use flippers to
manipulate food >

Grow

34 10 Culinary Herbs Worth
Growing In Your Kitchen
Garden >

Contents



52 Sun dried recipes (no dehydrator no problem!) >

Raw Sun dried Tomato And
Basil Cashew Cheese
Nut-free raw crackers
Raw Sun Dried Tomato Sauce
Sun dried Tomato Truffles
Sun Dried Tomato and
Zucchini Tarts
Raw Sun-Dried Tomato
Wrap Recipe
Raw Sun Dried Tomato Burgers

62 Chillin' Desserts >

CHIA Mango Softee Parfait
Spiced Apple and Blackberry
Kuchen Ice Cream
Mango Lime Sorbet with Agave
Lime Syrup
Raw Mojito Squares
Pitaya, Raspberry and Chocolate
Popsicles



Regulars 5-15

37 Fruits in Season >

Eat

39 Fresh Summer Smoothies >

Golden Beet, Orange, and
Mango Smoothie
Raw Vegan Watermelon Slushie
Pineapple & Blackberry Almond
Milk Smoothie
Make My Hormones Happy
SMOOTHIE
Watermelon Chill Drink

45 Light And Filling Salad Recipes >

Rainbow Noodle Salad with
Pesto
Raw Yam, Apple And Kale Salad
Summertime Lemon Tahini Salad
Radish, Cucumber, Apple Salad
Asian Summer Slaw with
apricots, sesame and mint

Rapper Styles P'S JUICE SHOPS are Introducing More Hip-Hop Fans to PLANT-BASED LIVING



The original gangster and gentleman is helping to make an impact on his community through the power of a Vitamix.

Whether you know him as one-third of the legendary rap trio The LOX, as a solo artist from his lyrically superior debut album *A Gangster and A Gentleman*, or as co-owner of the plant-based chain [Juices For Life](#), [Styles P](#) has been entertaining and educating fans for years. Now, with four Juices For Life locations (two in the Bronx, one in Yonkers, and one in Brooklyn), the emcee is proving that the only beef hip-hop needs is on the mic and not the plate.

He started as a vegetarian around 2003, but would break bread with his family on Thanksgiving and have a little turkey. Then, in 2013, he got sick and did a three-week cleanse and never went back. He then became plant-based and never looked back.

Styles firmly believes in the power of the plant-based message with regard to the hip-hop industry and its fans. When asked if veganism has a place in hip-hop, the rapper replied, "Hell yeah! I preach balance," he enthused.

When on the road, he still follows a plant-based lifestyle. He told VegNews, "It may have avocado, different nut

butters. Sometimes, I'll hit up a Whole Foods. The Happy Cow app is good. There's all kinds of vegetarian spots out there."

Since starting Juices For Life, the feedback from fans has been wholly positive. According to the rapper, the chain, which has two stores in the Bronx, one in Yonkers, and one in Brooklyn, helps members of the community to make healthier choices. "Surviving is gangster," the rapper said. "If the community is eating right, it leads to bright ideas, betterment, and enlightenment."

Late last year, The LOX dropped the surprise EP #4No-ReAsOn. On it, Styles was able to address veganism. He's always talking about how to heal one's self and spreading what he learned. He uses all kinds of natural things he said, like colloidal silver, oil of oregano, juices, and plants.

According to VegNews, Styles considers himself plant-based but feels that he doesn't deserve the label of vegan yet because he still wears leather, but he said that he will eventually get to that point. He said, "You know you love your dog, and a cow is no different. So, yeah, eventually I want to get to that point."

We'd Love These 5 CELEBS Even More if They Went VEGAN

If you ask us, we really hope everyone should be vegan.

If not raw vegan, at least a vegan.

However, writing a story about why every living person on this planet should give up animal products is going to need a separate magazine edition. To remedy this problem, we're highlighting 5 celebrities who we'd love even more if only they'd ditch the meat and dairy.

1. Gal Gadot

If you ask us to rewrite a great plot twist for a Justice League flick, we'd make sure that wonder woman, would be someone who follows a vegan lifestyle and has love for animals. Our wonder woman would kick all sort of meat-eating behinds to save innocent animals from death. Isn't that a movie worth watching?



2. Meghan Markle

We're not going to lie—we don't know what Meghan Markle's official title will be once she marries Prince Harry. Because of this, we figure "The Most High-Profile Vegan on the Planet" has a nice ring to it. And, according to some reports, she's more than halfway there. Meghan, if you decide to take our advice, we're more than willing to attend the ceremony ... to, you know, make sure everything is definitely vegan.

3. Howard Stern

With the mainstream popularity that Howard has, going vegan can help change people, hopefully, to making steps towards animal rights/being vegan. Imagine thousands of new vegans just because people love Howard. I think it'd be a great honor to Beth and Howard to use their love for animals to help others love ALL animals. Thank you Beth and Howard for all you do for animals and go vegan.....pleaaassssseeee!!!!



4. Channing Tatum

So here's our problem with actor Channing Tatum: as professional vegans, we can't publicly (or privately) admit that our celebrity crush isn't plant-based. And we really want Channing Tatum to be our celebrity crush. He tried to stick to a plant-based diet for 6 months but failed. So, Channing, please, try again. You can do it!

5. Stephen Fry

You know what veganism needs right now? Some fun. And you know who's fun? Stephen Fry. An English comedian, actor, writer, presenter, and activist. According to his tweet, made in October last year, it appears that he still loves his cheese and eggs. He has previously confirmed, recently, [that he is vegetarian](#). Way to go, sir!



Tesco Scraps ‘Best Before’ Dates On Fruit And Veg To Slash Food Waste

Tesco is removing “best before” dates from most of its fresh fruit and vegetable packs, leaving consumers to use common sense to decide when they are no longer fit to eat.

‘Best Before’ labels will be taken off apples, potatoes, tomatoes, onions, lemons and other citrus fruit among others.

The retailer says many consumers are confused about what they mean, and that led to Tesco deciding to ditch them. ‘Best Before’ dates mean the food is edible, but is likely past its best - unlike ‘Use By’ dates which suggest eating the food after the date could pose a safety risk.

Tesco said its decision was informed by research by the National Federation of Women’s Institutes [NFWI], which discovered that less than 50 percent of respondents knew what ‘best before’ dates means.

The average home throws away £700 of food every year, with fresh fruit and vegetables among the most commonly thrown in the bin.

Tesco’s head of food waste, Mark Little, said: “We know some customers may be confused by the difference between ‘Best Before’ and ‘Use By’ dates on food and this can lead to perfectly edible items being thrown away before they need to be discarded.

“We have made this change to fruit and vegetable packaging as they are among the most wasted foods.

“Many customers have told us that they assess their fruit and vegetables by the look of the product rather than the ‘Best Before’ date code on the packaging.”

David Moon, head of business collaboration, WRAP said: “Through the Courtauld Commitment 2025, WRAP is working with the food & drink sector to review all the evidence on date labelling for fresh produce and agree best practice.



“This change by Tesco provides a good opportunity to learn about the customer response, and we anticipate Tesco will share their findings.”

“With all fresh produce, appropriate storage including use of the refrigerator is essential in giving the customer more time to use their food, so clarity of storage advice on pack and in-store will be vital.”



8 SUPERFOODS for Weight loss this Summer

Eating raw foods is simple, refreshing and delicious. It's greatest benefit, however, is that it may improve your health, especially if you have issues with lack of energy, irritable bowel syndrome, Crohn's disease and a host of other afflictions.

Raw fruits and vegetables are powerhouses of nutrition. They are rich in vitamins, antioxidants and other micronutrients, naturally low in fat and high in fiber. Because of this they are sometimes referred to as "Superfoods".

Eating superfoods in the raw state may boost their healing qualities because cooking inactivates their nat-

urally occurring enzymes. Many believe these enzymes are critical to maximize the health effects of raw foods during the digestion process.

Here are 8 delicious superfoods that pack a powerful nutritional punch. Consider these for improved health and weight control as we move into the summer months.

Apricots

Bright-orange, velvet-skinned apricots are rich in antioxidants, vitamin A, lycopene and beta-carotene. In addition, they are high in fiber and promote intestinal health.



Avocados

Once shunned as a high-fat food, avocados are now considered a versatile superfood. Indeed, they contain fat but it is the good heart-healthy kind. In addition, avocados have high concentrations of potassium, folic acid, lutein, and vitamin E.



Blueberries

Blueberries are natural phytonutrient factories and are rich in antioxidants. These lovely purple-blue berries are low-calorie, high-fiber treats that are best eaten raw.



Carrots

It's true, eat carrots for good eye health. They have high concentrations of beta carotene (promotes vision) as well as vitamins B & K, potassium, magnesium and folate. A crunchy raw powerhouse!

Melon

Summer melons keep us cool and taste great. They are also fiber-rich, low-calorie foods rich in beta-carotene, potassium, vitamins C and folate.



Pineapple

Known as a universal sign of hospitality, pineapples are a low-calorie, tropical fruits that are rich in enzymes that promote good digestion. When you see it, eat it.

Spinach

Popeye was right. Spinach is very good for you. This dark leafy green is filled with Vitamins A, C and K. In addition, it is a rich source of calcium, magnesium, folate and manganese.



Tomatoes

Tomatoes help lower cholesterol, improve bone health and even fight some forms of cancer. They come in many colors and flavors and add value to almost any meal.



Can **Acupuncture** Help You **Lose Weight?**



You've heard this before; a great weight loss program must incorporate exercise, proper diet, and stress-reduction techniques. Losing weight and keeping it off is certainly a multi-faceted problem and a real nightmare for most people. In their struggle to shed off excess pounds and maintain their desired weight, some people are painfully spending thousands of dollars on weight loss programs. Regrettably, a majority of them fail in their quest to lose the excess pounds and maintain great shape and health. I've got good news for you; the less conventional acu-

puncture therapy can help. Let's explore the question- does acupuncture for weight loss work?

Western medicine is increasingly embracing acupuncture to help quell a host of ailments; including postoperative pain, chronic pain, addictions, high blood pressure, weight loss, nausea, and vomiting.

Combined with Chinese medicine and digestive aid exercises, Auricular acupuncture therapy is a wonder cure for weight loss and control. Apparently, a study by Korean researchers confirmed that acupuncture undertaken on five specific spots of the ear works best compared to treatment in

helping overweight people to shed excess pounds. The procedure also gave incredible results in beating midriff bulge.

Acupuncture technique involves the insertion of fine, sterile needles on specific "energy pathways" or body points. These needles stimulate the release of the body's natural "feel good" hormones called endorphins. This creates a relaxing, calming effect which counters the desire to eat excessively as a result of increased anxiety, stress, or frustration. In essence, acupuncture therapy can calm those feeling troubled and help them lose weight without using drugs, bingeing, or overeating fattening foods.

Acupuncture therapy is founded on the understanding that specific points on the body and ear represent all parts of the body; the internal organs included. This theory has been proven to underpin clinical treatment for overweight people in Korea.

Indeed, acupuncture is an effective way to lose, control, and maintain weight if one is willing to live a healthy lifestyle. When endorphins are released, they enhance the hormonal and digestive systems enabling acupuncture to rebalance other organ systems that are either moving too fast or in the case of the overweight, too slow: in other words, the will power and metabolism.

The Acupuncture Therapy

The acupuncture treatment begins by consulting an acupuncturist to first determine the ideal points for you, as well as identify any pattern of overeating and whether you are having any form of digestive difficulties. The acupuncturist will also check your pulse to help understand your overall energy state and stomach energy

health before taking a look at your tongue for peeling, cracks, puffiness around the stomach area, or thick white/yellow coating- which would reveal heat or coldness in the stomach, giving a clue to the weight gain.

The Specific Acupuncture Points

Once the acupuncturist is armed with this information, she/he will formulate a suitable treatment protocol using a winning combination of body and ear points. The Chinese discovery of acupuncture system was centered on auricular (ear) acupuncture many years ago, as it was thought to be one of the body Microsystems containing all the points representing the rest of the organs and body parts. Later, a Frenchman called Nogier discovered more specific ear acupuncture points pertaining to Western medicine; including points referred to as "Ovary", "Pituitary", "Adrenal", "FSH", "Thyroid", etc. Some of the body acupuncture points necessary for weight loss treatment include:

- Mouth – for an impulsive eater who may also smoke or talk a lot

- Thyroid – for treating slow metabolism
- Hungry – for overall appetite control
- Stomach – for those who are constantly nibbling or eating even after they're full
- Lung – for those addicted to food as well as chocolates and sweets
- Endocrine – for treating water retention known to promote weight gain
- Spleen – for hormonal disturbances and sugar imbalances
- Ovary and Adrenal – used when weight gain is a result of P.M.S or menopause
- Kidney – for nervous system, water retention, and hormonal imbalances
- Shenmen – a relaxing point, for the psychology calming patients from anger, anxiety, frustration, insecurity, etc.

An acupuncturist can use two or more of these points to treat weight loss problems based on the patient's personality and difficulties in relation to overeating.



How Acupuncture Works

Once the body points have been chosen, the initial treatments would most likely involve the “Four Gate” points (Liver3, LI 4) to calm the whole nervous system and circulate energy throughout the body.

Usually, the point where the stomach energy collects would be chosen for undertaking treatments as would the stomach that is three inches away from the eye of the knee which circulates blood and oxygen around the whole body and especially the stomach. Then depending on the diagnosis, the acupuncturist may add another master point for kidney, mucous, edema, or water retention.

The practitioner may sometimes use electro stimulation on specific acupuncture points to enhance the release of endorphin and stimulation of metabolism. The needles inserted would stay in place for about 30-45 minutes based on the amount of support the patient needs. Once the needles are removed, sticky ear tacs are placed in the same spot to carry on with the stimulation between the acupuncture treatments.

Now this is how it works: When the patient gets the urge to eat or munch, she/he rubs the point back and forth or applies mild pressure on it for 20 seconds. This acupuncture technique will stimulate the point, causing a mild release of endorphins, hence relaxing the patient and helping them to recoup their willpower or resist the desire to eat. The patient is expected to remove the tacs after three days and throw them away as soon as possible in case of any discomfort or irritation. Since an effective weight loss program involves a lifestyle change, it will require a patient using acupuncture for weight loss to stay away from a food, place, or person that triggers the breakdown of willpower or resistance to the new diet. For instance, it

would be good to distance yourself from the refrigerator or kitchen in between meals.

The Acupuncture Therapy Process

Acupuncture treatments vary for each patient and mostly depend on the patient's main objective for weight loss, the speed and period within which they want to lose, and their dedication to maintaining the weight after loss. If the patient has a severe problem of overeating, a daily treatment for the first five days is necessary and thereafter it can be every other day during the second week and every three days from the third week.

An average patient who wants to lose five to ten pounds can undertake one treatment twice a week or every three days until she/he attains their goal.

A booster treatment is appropriate once every two weeks to enhance the process.

After a couple of booster treatments, the acupuncturist and patient would mutually agree on when to reduce the frequency of the treatments and aim at performing about four times each year, especially [during seasons when energy levels become unstable](#).

Acupuncture Benefits For Weight Loss

The idea of using acupuncture therapy to reduce and control weight is based on the view that weight gain could be triggered by unstable energy flow to and from the brain's regulating center known as the hypothalamus. The hypothalamus maintains functional balance or “homeostasis,” which enables the body to perform its activities efficiently. The body's dispatch center is responsible for regulating neurochemicals and hormones, besides controlling the body temperature, thirst, and hunger as well as circadian rhythm.

In this case, acupuncture has the ability to influence hormones associated with obesity. Research evaluating the

effectiveness of using acupuncture for weight loss discovered that acupuncture treatments enhanced the release of ghrelin, a hormone that regulates meal initiation, metabolism, and fat storage.

The guiding theory is that acupuncture therapy can boost other weight control strategies by enhancing metabolism, curbing appetite, improving digestion, quelling cravings, enhancing nutrient use, and regulating hormones related to obesity.

Acupuncture is also effective in strengthening the functions of the liver; including production of important chemicals used in digestion, breaking down fats, and processing nutrients. In addition, acupuncture increases tone in the stomach's smooth muscle, helping people to feel full when they are.

A comprehensive weight loss program incorporates appropriate exercises and nutritional advice as well as a dedication to a permanent lifestyle change.

Your acupuncturist should be able to offer you nutritional counseling; including a proper diet schedule that you can adopt and maintain for a long term. A diet low in fat and high in fiber, with a moderate amount of low-fat protein and low-density carbohydrates is ideal. This kind of diet program can help a patient to avoid the temptation of yo-yo dieting or a tendency to lose weight and regain it soon after.

As with all medical conditions, you must seek the advice of a qualified doctor before you begin an acupuncture therapy. Remember, acupuncture should be considered as a support system and not the only modality. So if you are among those looking for a quick weight loss fix, acupuncture isn't magic. You still have to eat the right diet as well as exercise regularly.

As a self-motivated patient planning to use acupuncture for weight loss, taking the time to put into practice the ideas outlined in this post will give you results you will definitely be pleased with.

THE BEST FOODS FOR EVERY VITAMIN AND MINERAL

Fast facts about hitting your targets for protein, essential fats, vitamins and minerals.

While many fruits and vegetables can be eaten raw, whole grains, beans, and lean protein can't. Followers of the Raw Food Diet will, therefore, have to find substitutes for such foods to get the needed vitamins and minerals. Here are some possibilities:

Vitamins

Vitamin A– Carrots, mangoes, pumpkins, spinach, cantaloupe

Vitamin B1 (Thiamine) –Watermelon, nuts, sunflower seeds

Vitamin B2 (Riboflavin) – Spinach, broccoli, mushrooms, wheat germ

Vitamin B3 (Niacin) – Mushrooms, broccoli, tomatoes, green vegetables

Vitamin B5 (Pantothenic acid) – Avocadoes, broccoli, mushrooms, peanuts, bananas, sunflower seeds

Vitamin B6 – Bananas, walnuts, watermelon, peanuts

Vitamin B7 (Biotin) – Almonds, peanuts

Vitamin B9 (Folic Acid) – Broccoli, spinach, romaine lettuce

Vitamin B12 – Supplements or foods fortified with Vitamin B12. This vitamin has the unfortunate distinction not having a reliable plant-based source. Vitamin B12 deficiency can cause neurological problems and anemia.

Vitamin C – Strawberries, citrus fruit, bell peppers, tomatoes, spinach, broccoli, cantaloupe, kiwi

Vitamin D – Mushrooms

Vitamin E – Nuts, leafy green vegetables, avocados

Vitamin K – Kale, broccoli, cabbage, spinach

While not a food, sunlight is one of the best sources of Vitamin D available.

Minerals and Protein

Calcium – Almonds, spinach, leafy green vegetables, sesame seeds, sunflower seeds, Brazil nuts

Chromium – Apples, nuts, broccoli, mushrooms

Copper – Mushrooms, nuts, seeds

Iron – Leafy green vegetables, sesame seeds, watermelon, dried fruit, nuts

Magnesium – Peanuts, almonds, hazelnuts, bananas, avocados, seeds, spinach, broccoli

Manganese – Seeds, nuts, strawberries, avocados, pineapple

Phosphorous – Almonds, peanuts, avocados, spinach, many other vegetables

Potassium – Bananas, cantaloupe, honeydew, peaches, tomatoes, spinach, citrus fruit

Protein – Peanuts, cashews, chia seeds, pistachio nuts, pumpkin seeds, hemp seeds

Selenium – Walnuts, Shitake mushrooms, seeds, Brazil nuts

Sodium – Vegetables, soy sauce, salt

Zinc – Nuts, sunflower seeds, pumpkin seeds, spinach

5 Vegan-Friendly Beach Towns Perfect for Summer

Where better to enjoy the fruits and veggies of life than right on the beach? Catch a breeze on the shores of any of these 5 amazing beach towns and follow it up with some tasty, vegan grub!

San Diego, CA

You'll feel right at home among the vegan health nuts in San Diego. This is a hotspot for people who love to eat well and there are so many incredible vegan restaurants and cafes to match. Be sure to check out Kindred. They do health conscious dining the right way with a fully vegan cocktail bar. Some more favorites: Native Foods Cafe, Loving Hut, and Juice Bar.



Tel Aviv

If you're really looking for an adventure, head to vegan-friendly Tel Aviv. You'll be a blissful beach bum with vegan falafel around every corner. Much of the population subscribes to a vegan diet and even the local pizza shops have animal-free options. Check out Buddha Burgers for scrumptious made-to-order meatless burgers. The Bar-Kamya is the true hipster vegan hangout in Tel Aviv. Try one of their vegan shakes for a healthy treat.



Cocoa Beach, Florida

Head to the Space Coast for some fun, sun, and vegan fare. Green Room Cafe has some of the best vegan food around. You can also get your acai berry bowl fix here. The vendors here are where the real vegan food can be found. Check out Crusty Vegan Pizza for a slice of heaven.



Kapaa, Kauai, Hawaii

This tropical paradise is a vegan's dream. Not only are the beaches glorious, but the food is here is something special. Rainbow Living Foods is the best place to visit. They even offer classes on raw food cooking here. OurPlace is another vegan hub that uses produce right from their garden.



Santa Cruz, CA

Santa Cruz is a vegan beach town at it's finest. Not only will you find cute cafes serving plant-based delights, but this town is full of real vegan dining experiences. Check out Hidden Peak Teahouse for some of the best Chinese vegan food in the states followed by a healthy cup of tea.

7 Yoga Poses that Can Help You Get Rid of Stress

The origins of yoga can be traced back to thousands of years. This unique method of meditation is known for its healing and relaxing abilities. Not only is it a useful stress reliever but is also successful in easing symptoms of anxiety and tension. However, because this type of meditation has hundreds of positions that are meant to help with specific things, it is crucial that you explore the yoga poses that will help you get rid of your stress.

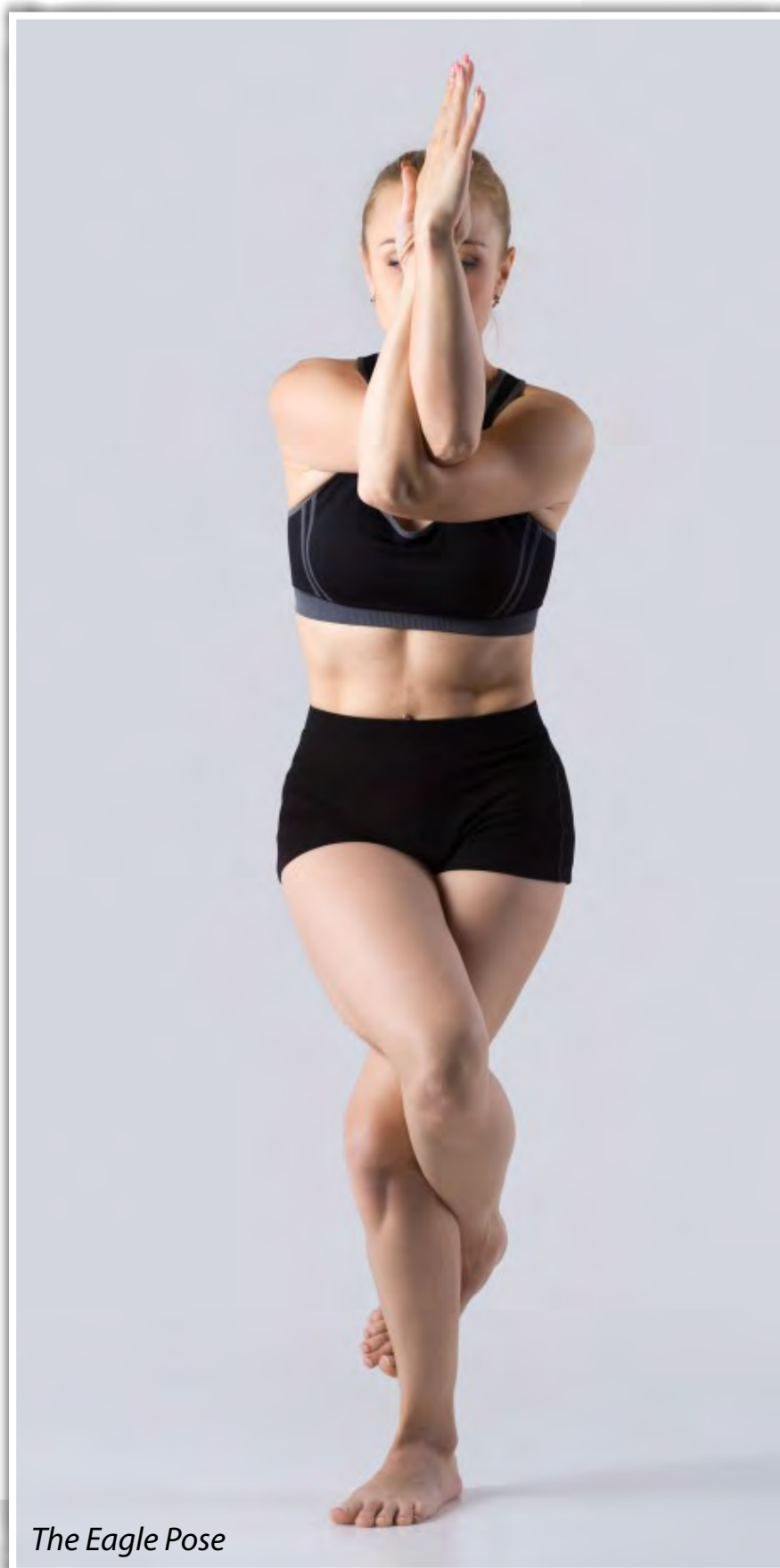
According to research and recent stats, approximately [526,000](#) people suffer from work-related stress, and this is one of the leading reasons why a lot of people have to deal with elevated blood pressure, hypertension and other such diseases.

Though your lifestyle is a significant contributing factor, you need to remember that meditation techniques such as yoga can help you improve your bodily function and take it towards better health.

Also, because yoga warrants specific breathing techniques, it helps regulate blood pressure, glucose level, and a lot of other things as well. So, without further delay, let's dive in and explore the seven yoga techniques that can help you relieve stress.

The Eagle Pose

If you're a yoga fanatic and know that it helps to ward off stress and improve balance, then you need to try this pose. The eagle pose may feel a little challenging at first, but once you get it right, you'll realize that it improves concentration and helps in opening the muscles of your shoulders, hips and upper back. Because you'll be twisting both your arms and legs together, it will aid in compressing circulation when entwined and releasing the pose will cause a flow of energy through your body.



The Eagle Pose

To get this position right, you'll need to stand straight, lift your right leg and lock it behind the left foot's shin and cross your left elbow over the right and join the palms of the hands. Align your elbow with your chin and hold for several breaths and then let go. Repeat this pose for the other side, and you'll start feeling relaxed.

The Legs Up On A Wall Pose

If you have a job that keeps you on your feet, then you need to try the 'legs up' yoga poses to relieve stress. This pose will help you release tension and fatigue in the lower body, improve circulation and relax the nervous system by allowing the body to focus its attention on the heart. The pose isn't just great for calming the mind but also helps in renewing blood and lymph drainage back to the core.

If you're new to it, you'll need to place a bolster or folded blanket a few inches from the wall and lie face up with your pelvis resting on top the bolster. Lift your legs straight up into the air and lean them against the wall.

- Extend your arms out at shoulders and bend the elbows to create a 90-degree angle. Hold this position for 3-5 minutes and release.

The Corpse Pose

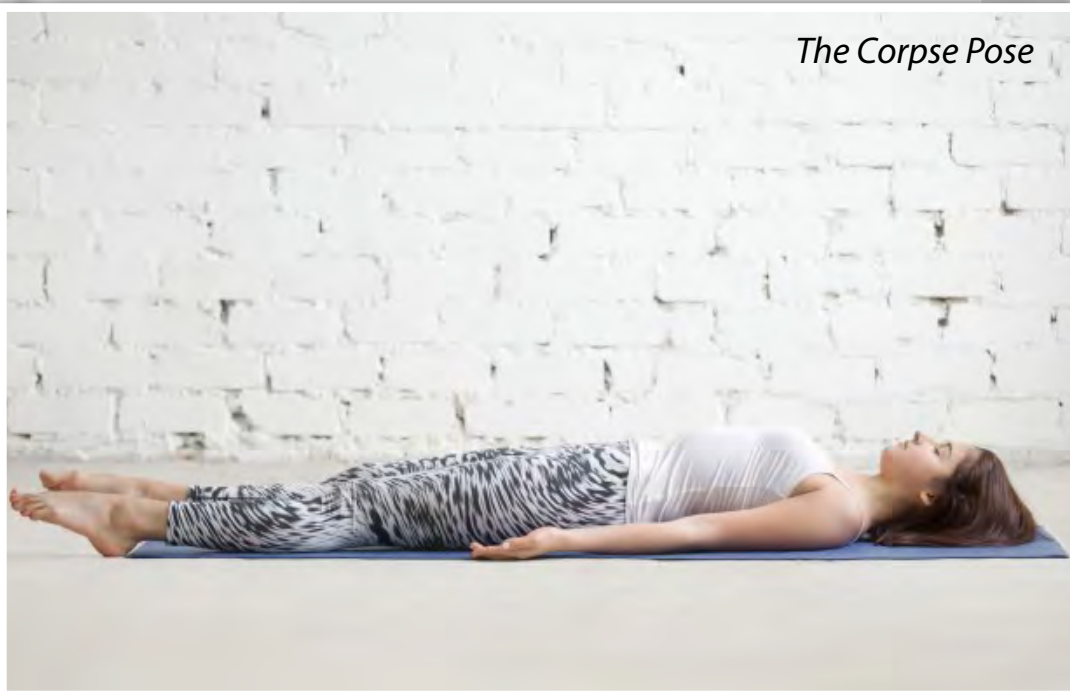
- The corpse pose, also known as the Savasana, is one that doesn't require you to do a lot but relax. This pose will send the body into total relaxation so it can take a little break before dealing with the usual stresses of the life.

- This corpse pose helps to trigger a state of total rest and can assist in lowering blood pressure, quieting the nervous system and slows breathing. Though it's easy to get into this state, it's somewhat challenging to shut everything off and focusing on bringing back the positive energy into your body.

- The corpse pose, also known as the Savasana, is one that doesn't require you to do a lot but relax. This pose will send the body into total relaxation so it can take a little break before dealing with the usual stresses of the life.



The Legs Up On A Wall Pose

The Corpse Pose

This corpse pose helps to trigger a state of total rest and can assist in lowering blood pressure, quieting the nervous system and slows breathing. Though it's easy to get into this state, it's somewhat challenging to shut everything off and focusing on bringing back the positive energy into your body.

The Child's Pose

The child's pose benefits the nervous as well as the lymphatic system and can relieve stress and anxiety symptoms within minutes. This pose is also one of the restful postures that can be sequenced between other more challenging poses such as the eagle or crow positions. The pose helps in quieting the mind and can be a proper technique when you're feeling very stressed out and want to let it all go.

- To do this pose, you'll need to kneel on a mat with your legs together and sit back on your heels. Next, once you get into the sitting position, bring your chest forward and rest it on your thighs with chin on the floor. Bring your shoulders ahead and let the palms of your hands relax next to the feet. Hold this position for at least 10-12 deep breaths and then let go.

*The Child's Pose*

The Standing Forward Bend Pose

One of the most popular yoga poses that help in stretching the muscles of the thighs and hips is the standing forward bend pose. This position doesn't just help you get rid of stress and mild depression but also allows you build strength because it requires specific balance. However, remember that this posture may be a little challenging if you're doing it for the first time because it needs practice and perseverance.

To do the standing forward bend pose, stand up with your feet and carefully fold your chest over your legs. Instead of bending your knees outward, bend them deeply, so you can feel it in the abdominal muscles. Let your arms hang down straight freely. As you inhale and exhale, you'll feel your body is releasing stress.

The Dog Down Pose

The dog down pose, also known as the downward facing dog gets your heart higher than the head and helps in blood and lymph circulation. The dog down position isn't just ideal for those who want to relieve stress but also works to stimulate digestion and tone the abdominal muscles.

Because stress is known to cause [disruptions to the digestive system](#), this position can help significantly when you're facing such issues. Other than this, this posture also helps in elongating the spine and easing the muscles in your neck, shoulders, and back.



The Standing Forward Bend Pose

The dog down pose will start with you on all your fours with the surface of your palms pressing into the floor and toes tucked underneath. Once you've achieved the position, try to slowly lift your knees and hips to straighten the legs and aim to get your heels to the ground. If you feel too tight, bend your knees only slightly. Press on your palms and feet and lift your bones as you move your thighs back. Allow your head to hang between your arms and hold the position for 5-10 breaths.



The Dog Down Pose

The Easy Pose

The Easy Pose

Finally, if you don't feel like giving it much effort or are new to the world of meditation and yoga, you can try the natural pose which is the primary yoga position. This posture helps in bringing you to a state of calm and [eliminates negative symptoms](#) of physical and mental exhaustion, tiredness, and stress. It improves you in opening your hips, lengthens your spine and increases overall tranquility.

-
-
- All you'll need to do is to sit straight and cross your legs at the shins. Next, place each foot beneath the other and fold your legs towards the torso. Place your hands on your knees and align head, neck, and spine, so everything is in perfect cohesion. Hold this position for at least 60 seconds and then change the cross over to the other side.
-
-
-

In combination with yoga and physical activity, getting into a routine and eating a healthy diet rich in leafy greens are [helpful in relieving stress](#). Yoga is excellent if you want to de-stress and it can provide a lot of help when you're trying to bring some relaxation into your life. So try these seven postures out and watch how your life and stress levels change.

Tiny Houses: The Next “Big” Thing



Living simply is something more and more people are looking to do these days. As a result, the “tiny house movement” is replacing the “McMansion expansion” of years past. Though not everyone is moving into a house that’s no bigger than some people’s bedrooms, the trend towards tiny houses and a simpler way of life is definitely on the rise.

What are Tiny Houses?

Tiny houses are the newest living trend as people reclaim a minimalist approach to life. The tiny house movement is sweeping the world by storm and replacing huge living spaces that became so popular in years past with a more simple way of living.

In 2013, the average house size was 2,598 square feet. In 1973, the average house size was 1,525 square feet. The

- typical tiny house of today? 100-400 square feet. They
- come in a huge variety of shapes and sizes. Some are mo-
- bile, some are not, but regardless, the options for design
- and function far surpass the tiny size of the house itself.
- As we progress towards more conscious ways of living,
- tiny houses are looking to be one of the top trends in
- minimalist living. As we as a culture, evolve, we are look-
- ing at new ways of living that support a new way of exis-
- tence.

Why Tiny Houses?

- While tiny houses may not be for everyone, there are
- definitely many people who see the advantages of living
- in a small space. Some of the reasons people decide to
- choose to live in a tiny house include:

- ● Reduced Carbon Footprint
- ● Simpler Way of Life

- Reduced Cost
- Lower Taxes
- Greater Mobility
- Easier Maintenance

Reducing one's environmental impact is extremely important to many people these days and tiny houses offer a way to do just that. Living in a tiny house is a big way to influence how many resources are consumed: cutting the size of one's home in half will reduce emissions by 36%!

Think of how much electricity and natural gas it takes to upkeep a "normal" sized house. A smaller space means less area to heat and cool, and will therefore drastically cut greenhouse gas emissions over its lifetime. More than 80% of a house's environmental impact over a 70-year lifespan is caused by heating and cooling. Tiny houses can do wonders for helping to protect our environment and keep it clean for future generations to come.

People are finding that when they opt to live in these smaller spaces, their overall mood improves. As the space they live in decreases, they're finding their capacity for conscious awareness increases. Living more simply may be they key to a happier state of mind!

5 Ways Tiny Houses Bring More Happiness

The world, and the way many people see it, is rapidly changing. While materialism still rules the media, there are many people who are waking up to the fact that we don't necessarily need piles of possessions to be happy.

Tiny houses offer people around the world the opportunity to learn that real happiness is not about what you have, but how you appreciate what you have. Do you really need 2,000 square feet to be happy? Oftentimes having this much space can lead to greater unhappiness as we strive to fill it with the things we think we need.

Less is definitely more when living in a tiny house. Many people who have made the switch to tiny houses express increased happiness and peace of mind. Five big ways tiny houses can offer increased happiness are:

- 1. Easier Maintenance:** A tiny house is much easier to maintain. Those long hours spent cleaning and maintaining a large house are dramatically reduced when you cut down your square footage. This means more time for you to spend doing the things you love to do.

- 2. Less Expensive:** Tiny houses are much less expensive to purchase and maintain, leaving you with more money in your pocket. While extra money certainly doesn't buy happiness, it will certainly reduce your stress levels and provide more disposable income for hobbies and adventures.
- 3. Increased Awareness:** Living in a tiny house may not turn you into a zen monk, but it will give you the opportunity to increase your awareness of your surroundings. Living in a smaller space offers greater peace of mind and conscious awareness.
- 4. Less Physical (and Emotional) Baggage:** There's something about living in a house that is as big as some people's closets that makes you drop your baggage at the door. Living in a tiny house makes you get rid of all those things you tend to carry around that you really don't need. What does this do? It leaves more room for the things you actually do need, which you'll learn aren't really "things" at all.
- 5. Increased Family Time:** Living in a big house often means living separately from the people who share the same roof. Families that live in larger houses can often be found isolated in their separate spaces. Living in a tiny house, on the other hand, increases social interaction. This is definitely something that might take some getting used to, but is a wonderful way to form irreplaceable family bonds.

The Bottom Line

Tiny houses are really are the next "big" thing in housing alternatives. While they may not be for everyone, they do offer a different lifestyle to those who are looking to change the way they live (and save some cash in the process). Simplifying our lives can be one of the biggest steps towards personal freedom and spending more time doing the things that really matter. Following our passions and embracing the true spirit of life is much easier when we've got less "stuff" to worry about.



8 Must-Have Vegan Summer Beauty Essentials



Will summer ever arrive? We keep waiting, checking the weather. And then suddenly, it's here and we are scrambling to get our beauty products ready. Here are just a few essentials that a vegan must have:

1) Self Tanner If you feel a little too pale to show off your skin or just love a brown glow without the harshness of the sun, grab a sunless tanner.

2) Shades Always protect your eyes. Not only is prolonged eye exposure dangerous, sunglasses will also help you to see better!

3) Deodorant You'll be outside more and doing more, both of these sweat-causers. Avoid embarrassing stains or odors with an effective deodorant.

4) Sunblock Don't ever head out in the sun without sunscreen. In fact, make it a habit to put it on every day, even if it's not overly sunny or you will not be in direct, prolonged sunlight.

5) Bug Spray Camping can be a lot of fun in the summer, but the accompanying insects aren't. If you plan to be in the woods, you'll need to have a good insect repellent on hand.

6) Nail Polish Don't find yourself in exposed sandals with nude, winter-worn toenails. Show your feet off with your favorite polish shade.

7) Moisturizer Summer months and temperatures are notorious for wreaking havoc on skin, which is unfortunate since these are the months your skin is most shown. Keep a good moisturizer in your arsenal.

8) Big Hat For a lot of us, even with sunblock, we don't like the sun's rays on our face. A great way to protect skin and also look stylish is by donning an oversized hat to shade your face and neck.

So what are you waiting for? Get out there and get your essentials before summer sneaks up on you! It's coming, I swear it!

Homemade Anti-Aging CUCUMBER MASK

There is a reason why cucumber masks are one of the most popular ways to treat your skin. They are a proven way to treat your skin and slow down the aging process. Whether you struggle with dry skin, acne, or sunburn, cucumber masks are one of the easiest solutions to address these problems. In this post, we're going to walk you through one of the easiest and simplest recipes to create your own anti-aging cucumber mask.

Why Cucumbers for Anti-Aging?

Why cucumbers? Cucumbers contain properties to help rejuvenate your skin as well as to boost the health of your skin cells to help maintain a healthy, wrinkle-free face. Cucumbers are additionally a great source of vitamin C as well as many other antioxidants, which also contribute to much healthier and more vibrant skin. Simply put, the cucumber mask is one of the easiest ways to treat your skin and works like a charm. We are going to walk you through an easy, step-by-step process to create your own below.

Other Important Ingredients

In addition to cucumbers, the other ingredients needed are: aloe vera, lemon juice, and rosewater. Each one helps with soothing and moisturizing your skin. Specifically, the aloe vera has a remarkable ability to help your skin heal at the cellular level. If you've ever had a bad sunburn, and used any kind of aloe vera gel, you know that this ingredient has tremendous healing properties. It is without a doubt one of the greatest plants that you can use to treat many skin conditions.

So without further ado, here are step-by-step instructions to make your own homemade cucumber face mask:

What you need:

- 1/2 cucumber
- 2 tbsp Aloe Vera gel
- 1/2 tsp of fresh lemon juice
- A little bit of rose water
- One medium sized bowl
- One kitchen knife
- One vegetable peeler
- One blender
- Measuring spoons



Required Steps:

1. Peel half of a cucumber with a vegetable peeler. You don't need too much, only half will do.
2. Chop it into chunks. They don't have to be small, just enough to fit nicely into the blender.
3. Toss the chunks into a blender. Any blender will work for this.
4. Add 2 tablespoons of aloe vera gel. You can use store-bought gel, but using the actual plant will give you the best results.
5. Add 1/2 teaspoon of freshly squeezed lemon juice. Again, using fresh lemons will get you better results than bottled lemon juice.
6. Add a few drops of pure rose water for pleasant scent.
7. Blend everything together for 2-3 minutes.

Now you're ready to go! All you have to do is clean your face with water, make sure it's dry, and then apply your creation. Make sure to let the solution stay for at least 15 minutes. Once you're done, wash your face with clean water. Make sure to apply the cucumber anti-aging mask on a regular basis, at least twice a week. You will start to see improvements almost immediately after regular use.

Thanks for reading, and try it out yourself.

A BEETastic SUMMER with Aarika Chilson

of JustBeetIt



Welcome to another interview presentation with Raw Food Magazine. My name is Naida, and today, we are very pleased to be learning from another inspiring chef, beet enthusiast and lover of nature, Aarika Chilson. We've followed her healthy journey and lifestyle. I'm sure a lot of you, like us, would love to know more about her and her work.

Naida: 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 justbeetit.com

Aarika: Thanks, Raw Food Magazine, for this wonderful opportunity to share the raw food love! My name is Aarika Chilson. I am a proclaimed beet enthusiast, hugger extraordinaire, and founder of Just Beet It.

I had been a college teacher for about ten years when I decided to start Just Beet It. My interest in nutrition (and healthy foods), fascination with beets, curiosity about web development, and fondness for Michael Jackson influenced the creation of a website and community celebrating the extraordinary and quirky root vegetable. Just Beet It also includes some non-beet nutrition details, wellness and healthy-living tips, and recipes promoting other superstar foods, but the website is almost all about the beet!

Naida: When did you start gaining an interest in beets? Why beets and not lettuce or avocados?

Aarika: Great question! To me, the beet is a superfood. Beets are nutrient-dense, versatile, and delicious. Even astronauts have munched on beets in space. The beet IS that cool! The beet can be eaten from root to leaf and is filled with amazing health benefits, such as boosting immunity, balancing blood pressure, improving circulation, detoxifying the liver and colon, decreasing inflammation, and more.

I fell in love with the beautiful beet many years ago when I regularly started juicing and blending raw fruits and vegetables, including the beet. The vibrant root vegetable has a very distinct taste, one that many people despise, but I love it. Once I started down the rabbit hole of research to fully understand the beet's incredible health benefits, I was hooked.

Naida: How long have you been a chef?

Aarika: I have been a health and food enthusiast for a long time, but my passion for developing recipes started about 7 years ago when I joined a CSA (Farm Fresh to You) that delivered fresh vegetables and fruits to my door on a weekly basis. Avoiding food waste, I started using the delivered produce in unique ways creating interestingly healthy recipes. I loved the process! I became a chef in my own kitchen developing dishes that were delicious, healthy, inspiring, and beautiful. Now I share nutrient-dense scrumptious food ideas with others, and it's so much fun!



I absolutely LOVE raw foods and eat them every single day, but Just Beet It features both raw and non-raw recipes. I believe that we all can benefit from more plant-based foods (especially raw ones), so I promote healthy eating in diverse ways, encouraging people to eat more fruits and vegetables however that looks for each person's chosen diet. The more people who eat the beet and benefit from its stellar nutrients, the better!

Not everyone is a fan of beets, and I delight in the challenge to create and feature recipes that will inspire beet loathers to become beet lovers. It is rewarding to discover interesting, unique, and tasty recipes for all types of palates.

Naida: What is your first kitchen memory?

Aarika: My earliest kitchen memory is when I was 4-years-old. I remember standing on a chair to reach the counter, so I could help my grandma and mom knead dough for bierocks, fresh bread, and pecan cookies. The dough smelled super buttery, and I enjoyed the feel of it in my hands.

Naida: Describe your biggest food snafu.

Aarika: Well- there have been many! One time, I was too busy “dancing” to music in the kitchen while cooking, and I grabbed Worcestershire sauce instead of sesame oil to mix in with a raw-slaw. Yikes! That salad was a complete disaster. Food “snafus” are all part of the cooking journey!

Naida: What is the worst dish you have ever tasted?

Aarika: Durian. I want to love Durian, but I cannot get past its distinct smell!

Naida: What comes to mind when you think of “comfort food”?

Aarika: To be candid, “comfort food” to me is bread. I often associate comfort food with carbs because my grandma was an amazing baker, and I have fond memories of her baking.

Naida: What’s your favorite summer recipe?

Aarika: One of my favorite summer recipes is Vegan Vietnamese Spring Rolls featuring fresh farmers’ markets vegetables and fruits, such as Chioggia and Golden Beets, carrots, cucumber, jicama, apple, mango, mint, cilantro, and basil. I am obsessed with basil during the summer. I could eat basil with almost anything!

Naida: What defines your “cooking” style?

Aarika: I tend to “wing it” while cooking. This style, however, proves challenging when I am supposed to be keeping track of ingredient amounts to share with others on my website.

For me, cooking is very sensory oriented. I want recipes to taste amazing, be aesthetically pleasing, and have balanced texture. It may sound silly, but mouth “feel” can

impact how someone enjoys or does not enjoy certain foods.

Naida: Aside from cooking or making delicious recipes with beets, what else do you love doing?

Aarika: When I am not dropping the “beet,” I LOVE spending time in nature. Hiking and backpacking with my husband are big passions of mine. I also enjoy traveling, reading (I’m a huge book nerd), practicing yoga (anywhere in nature), meditating, working with humanitarian outreach and animal rescues, spending time with my husband and family and friends, and hugging trees (and anything/anyone who will accept hugs).

Naida: What is your life motto?

Aarika: Be YOU and never let anyone dull your sparkle!

Naida: What is your present state of mind?

Aarika: My present state of mind is up “BEET”! I feel immense happiness and gratitude as I am so thankful to be alive experiencing this amazing life, the opportunity to love others, and the endless gift of creating and crafting my purpose.

It’s been such an honor to connect with The Raw Food Magazine, a community of people interested and excited to create and eat healthy food, to promote wellness and balance, and to passionately live life.

Thank you for taking the time to learn more about me and Just Beet It. I wish you endless love and laughter.

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



FEEDING WILDLIFE

can influence migration, spread of disease



Animal migration patterns are changing as humans alter the landscape, according to new research from the University of Georgia. Those changes can affect wildlife interactions with parasites-with potential impacts on public health and on the phenomenon of migration itself.

In a paper published in *Philosophical Transactions of the Royal Society B*, Leone Brown, a recent postdoctoral researcher at the Odum School of Ecology, and Richard Hall, a faculty member in the Odum School and the College of Veterinary Medicine's Department of Infectious Diseases-

- es, used mathematical models to explore the impacts of
- wildlife feeding on migration and disease.
- "One familiar example for that would be American robins,
- where widespread ornamental plantings of berry-bearing
- bushes in city parks and backyards means there's food for
- them in the winter, so an increasing fraction of them is
- staying north," said Hall. "That's a species that we know is
- an important host for maintaining West Nile virus in plac-
- es such as New York City."
-
- People provide food to wildlife both unintentionally-think
- of raccoons rummaging in trash cans-or purposely, as
- with bird feeders or butterfly gardens. Either way, access
- to new food resources, especially if they're available all
- year long, can cause some migratory animals to stay put.

Many animals migrate to avoid harsh winter conditions or to follow available food as the seasons change. But migration can have another important benefit. By allowing animals to escape from habitats where parasites have accumulated and by weeding out infected individuals that are not able to survive the journey, migration can reduce parasite infection in animal populations.

When human-provided food resources allow some animals to forego migration and form resident populations, the consequences can be serious. For one thing, by the time migrants return, resident individuals may already be taking up breeding territories and resources, putting the migrants at a competitive disadvantage. And many of those resident animals the migrants encounter may be infected by parasites.

“When you get resident populations forming, you might extend the parasite transmission season, and additionally if those residents are supported by food subsidies through the winter, the infected individuals might be more likely to make it through,” said Hall. “So now these migrants are returning to areas where there’s already a larger number of infected individuals, so those mechanisms for escaping parasitism become less effective.”

Another concern is that resident animal populations with supplemented diets might support more virulent parasites.

“If you think about it from the parasite’s perspective, killing too many of their hosts reduces the chances of onward transmission and could cause them to die out.”

• said Hall. “So parasites that rely on migratory animals may
• have evolved to be more benign to their hosts during
• their strenuous migratory journeys.”

• If supplemental food allows some animals to forego the
• rigors of migration and at the same time helps them
• survive infection, these resident populations might sup-
• port the transmission of parasites that are more lethal to
• migrants.

• “Migration is considered to be a threatened phenome-
• non by some because of the many barriers resulting from
• human land use and activities,” said Hall. “Providing food
• and shelter for wildlife in our backyards provides us with
• an important connection with the natural world, with
• associated benefits for our well-being and engagement
• with conservation issues. I don’t want to say to people,
• ‘Stop bird feeding,’ but rather to adopt practices to ensure
• its benefits for people and wildlife alike.”

• But there are steps people can take to minimize the unin-
• tended consequences.

• For example, people can help by planting native species
• in their yards that have a fruiting or flowering period that
• co-evolved with native birds, Hall said.

• To prevent disease, those who use bird feeders should
• regularly sweep out seed husks and clean feeders and
• birdbaths, he said. It also helps to place feeders far apart
• from each other to reduce exposure to infectious patho-
• gens.

When human-provided food resources allow some animals to forego migration and form resident populations, the consequences can be serious.



SEA TURTLES

use flippers to manipulate food

Sea turtles use their flippers to handle prey despite the limbs being evolutionarily designed for locomotion, a discovery by Monterey Bay Aquarium researchers published today in PeerJ.



The in-depth examination of the phenomenon -- Limb-use By Foraging Sea Turtles, an Evolutionary Perspective -- by authors Jessica Fujii and Dr. Kyle Van Houtan and others reveals a behavior thought to be less likely in marine tetrapods is actually widespread and that this type of exaptation of flippers may have been occurring 70 million years earlier than previously thought.

"Sea turtles don't have a developed frontal cortex, independent articulating digits or any social learning," says

- Van Houtan, Director of Science at Monterey Bay Aquarium. "And yet here we have them 'licking their fingers' just like a kid who does have all those tools. It shows an important aspect of evolution -- that opportunities can shape adaptations."
- Lead author Jessica Fujii is part of the Aquarium's sea otter research team where she specializes in ecomorphology -- the intersection of evolution, behavior and body form. Fujii's expertise in sea otter foraging and tool use behavior has influenced her recent examination of sea turtles and how they have evolved to use their limbs in novel ways.

Analysis by Fujii and Van Houtan using crowd-sourced photos and videos finds widespread examples of behaviors such as a green turtle holding a jelly, a loggerhead rolling a scallop on the seafloor and a hawksbill pushing against a reef for leverage to rip an anemone loose.

Similar behaviors have been documented in marine mammals from walruses to seals to manatees -- but not in sea turtles. The paper shows that sea turtles are similar to the other groups in that flippers are used for a variety of foraging tasks (holding, bracing, corraling).

"Sea turtles' limbs have evolved mostly for locomotion, not for manipulating prey," Fujii says. "But that they're doing it anyway suggests that, even if it's not the most efficient or effective way, it's better than not using them at all."

The finding came as a surprise to the authors, given sea turtles' ancient lineage and the fact that the reptiles are considered to have simple brains and simple flippers. The results also offer an insight into the evolution of four-limbed ocean creatures that raises questions about which traits are learned and which are hardwired.

"We expect these things to happen with a highly intelli-

gent, adaptive social animal," Van Houtan says. "With sea turtles, it's different; they never meet their parents," Kyle says. "They're never trained to forage by their mom. It's amazing that they're figuring out how to do this without any apprenticing, and with flippers that aren't well adapted for these tasks."

The study may also help inform the aquarium's ongoing sea otter research. How developmental biology predisposes animals to adopt dining strategies is of particular interest, given the aquarium's efforts to raise stranded sea otter pups and prepare them for a return to the wild. Rearing and releasing stranded pups contributes to the aquarium's work to recover California's threatened sea otter population.

Before they're released, ecologically naïve pups have to be taught foraging behaviors, be it for crabs or abalone, by adult female sea otters at the aquarium, which serve as surrogate mothers to the pups.

"What we're trying to understand is how to have the best sea otter surrogacy program," Kyle says. "This is kind of one end of the spectrum of that -- the opposite end of the spectrum."



10 Culinary Herbs Worth Growing In Your **Kitchen Garden**

Want to have access to flavor and taste improving herbs all the time? Do you enjoy gardening? If you say yes to both these questions, here is a list of top 10 must-have culinary herbs that you should grow in your herb garden indoor.



- 1. Basil** - Basil is great for cooking and lending anise-like flavor and an intense clove-like aroma to your cuisines. The herb is packed with medicinal benefits, including anti-arthritis, antioxidants, insect repellent and anti-inflammatory. The best time for growing basil is early spring. When picking leaves from your plants, be sure to remove the flower stalks from mature growth for the freshest basil leaves.



- 2. Lemon Balm** - A native of Northern Africa and Southern Europe, lemon balm can be used in place of lemon peel to flavor soups, sauces, salad dressings, seafood and many recipes. The herb is rich in antioxidants and found as a popular ingredient in many anti-aging products, herb teas, dietary supplements, and ointments.



- 3. Oregano** - Oregano is an ancient culinary herb known for its pungent, spicy, woody flavor that pairs well in many food preparations. Oregano plant grows well in containers when given enough warmth and light. You can grow it from seeds or a cutting from a healthy plant.



- 4. Parsley** - This year-round herb makes a great addition to spice up pesto, veggie dishes, salad dressings, and more. The herb retains its flavor and bright color even when pureed. Besides culinary benefits, parsley is also a powerful natural anti-bacterial, anti-inflammatory, and antioxidant that can bolster your immune system and treat bad breath.



- 5. Peppermint** - Grow peppermint in your indoor herb garden because peppermint oil is packed with medicinal values; dried peppermint leaves can give an interesting flavor to sauces and salads; chopped mint leaves make an excellent garnishing agent, and springs of peppermint make amazing garnishes for any drink.

- 6. Thyme** - This low-growing herb chases spotlight when used in combination with other herbs like parsley and rosemary leaves. You can use thyme for seasoning meat, particularly pork and poultry, but also improves the flavor of soups, stocks, tomato-based sauces, and cheese. Make sure you grow this perennial spice in a dry and warm place.



- 7. Chives** - If you are a new gardener, growing chive will boost your confidence as this herb is easy to grow. Chives possess a light onion flavor. You can use its long hollow green leaves for garnishes, salads, vegetable stocks, creamy sauces, egg dishes, potato recipes, mayonnaise sandwiches and more.

8. **Stevia** - This attractive looking plant is your best alternative to dubious store-bought artificial sweeteners. This perennial plant survives only in milder climates. You can grow Stevia in your herb garden indoor for the summer.



9. **Chamomile** - Chamomile is world's most widely consumed herbal tea ingredient that people are using for thousands of years. Coming to its medicinal values, chamomile helps to settle inflammation, treating fevers and cold, calming nerves and upset stomach due to its anti-inflammatory benefits.

10. **Rosemary** - Known for its sweet, resinous flavor, rosemary is an evergreen perennial shrub and a herb garden indoor. Its needlelike leaves feature lemon-pine flavor that enhances that taste of lots of dishes. Rosemary accentuates the taste of tomato sauce, pizza, pork, detox smoothies, and focaccia. This herb has a strong flavor, so make sure you use it light-handily.



You can grow most of these herbs from seeds and plants' stalks using your basic indoor herb garden kit.



Fruits in Season



We love shopping according to the seasons. When you buy seasonal produce, you not only save money and support local farmers, but you also prepare the best tasting meals since the ingredients are so fresh. Who doesn't love that?

If you don't have a local farmers' market near you, no problem! You can print this handy dandy list and take it into any supermarket to guide your shopping.

Below are popular fruits for both the Northern and Southern Hemispheres, and their health benefits.

Northern Hemisphere

Apricots - Rich in fiber and antioxidants, apricots are not only good for your heart and bloodstream, they also slow down the aging process.

Cherries - Also high in antioxidants, cherries prevent cancer, reduce inflammation and arthritis, and decrease fat as well as the risk of stroke. Their natural form of melatonin promotes healthy sleep patterns.

Mangoes - Packed with vitamin A, mangoes improve eyesight, prevent dry eyes and night blindness. They lower cholesterol levels, improve digestion, the immune system, and normalize insulin to fight diabetes.

Papayas - Boasting a variety of health benefits, papayas improve the immune system, digestion, and weight loss, diminish blemishes and reduce the risk of infections.

Pineapples - High in antioxidants, pineapples boost the immune system, fertility, and mental health.

Southern Hemisphere

Apples - The antioxidants and phytonutrients in apples reduce the risks of hypertension, diabetes, and heart disease, as well as lowering cholesterol and risk of dementia.

Bananas - A proponent of potassium and fiber, bananas are known for the prevention of cancer, diabetes, cardiovascular, digestive, and breathing problems.

Grapes - The polyphenols found in grapes boost memory and battle cancer, diabetes, and osteoporosis.

Oranges - Filled with vitamins B and C, oranges prevent kidney stones, arthritis, and ulcers.

Strawberries - The antioxidants in strawberries improve vision, brain function, and the immune system.



Fresh Summer Smoothies





GOLDEN BEET, ORANGE, AND MANGO SMOOTHIE

by Aarika Chilson
www.justbeetit.com

Ingredients:

1-2 small golden beets, peeled
and quartered
1 orange, peeled
1 cup coconut water
1/2 banana
1/2 cup mango (frozen or fresh)

Optional Ingredients:

handful of power greens (kale,
spinach, beet greens)
1 cup almond milk
1 scoop vanilla
Vega protein powder



Aarika Chilson
www.justbeetit.com

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

Are you a beet enthusiast and/or want to learn more about beets? Send me a note. I cannot wait to meet you!

INSTRUCTIONS:

1. Gently wash beets. Remove golden beet skins (if preferred). Beet skins are edible, but the smoothie texture may be chunky unless you use a high-powered blender like a Vita-Mix.
2. Peel orange to use orange segments.
3. In blender, add coconut water base. Add golden beets, banana, orange segments, and mango. Blend until smooth.

Aarika's tips:

Using frozen mango creates a chilled smoothie. If using fresh fruit, add 1/2 cup ice for a chilled texture and taste.



RAW VEGAN WATERMELON SLUSHIE

by Mariko Sakata

www.marikosakata.com

Ingredients:

8 cups ripe seedless watermelon

1 Tbsp lemon juice

A pinch of salt

½ cup water or more as needed

Some maple syrup to taste (optional, only if the watermelon is not sweet enough)

INSTRUCTIONS:

1. Roughly chopping up the watermelon, so it's easier to blend in the blender
2. Put the watermelon in the blender and blend until smooth
3. Place a large ziplock bag on the baking sheet and pour the watermelon juice into the bag. Tightly seal the bag and lay it flat on the baking sheet. Stick the baking sheet with the bag in the freezer overnight
4. Take out the frozen watermelon juice from the freezer. Keep the ziplock bag sealed and break up the watermelon into smaller pieces, so that it'll break down easier in the blender
5. Add the watermelon ice cubes, lemon juice, and salt into the blender, and blend until it becomes a slushie. You'll need to add some water to help it blend. Be careful not to add more than you need, as you can easily make it too thin and watery. If you don't own a high speed blender, don't add all the watermelon ice into the blender at once, do it in parts. If you have a Vitamix, use the tamper and blend it into a nice slush
6. Add maple syrup to taste, if the watermelon needs sweetening and mix well
7. Pour it into a glass and serve with a straw



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.

PINEAPPLE & BLACKBERRY ALMOND MILK SMOOTHIE

by **Bernardette Hernandez**
www.the20minutekitchen.com

Ingredients:

1 c organic pineapple chopped
1/4 c organic blackberries
1 c unsweetened almond milk
1 tbsp chia seeds



Bernardette Hernandez
www.the20minutekitchen.com

I grew up in Texas and for as long as I could remember was obsessed with food. Everything around my life revolved and still revolves around trying different cuisines, traveling to new places in order to taste their food, looking for the best restaurants in town and cooking at home. Aside from Texas I've also lived in New York City, London, Italy and currently Germany. Through my travels I try to explore the cuisine as much as possible and implement it into the kitchen. I studied hospitality management in New York City and have taken courses at the Culinary Institute of America and currently work as a digital marketing consultant. Aside from food, my hobbies include yoga, scuba diving, and reading.

INSTRUCTIONS:

Blend all ingredients until smooth.

MAKE MY HORMONES HAPPY SMOOTHIE

by **Bethanne Wanamaker**
www.ediblegoddess.com

Ingredients:

- 1 cup fresh living spring water
- 2 large frozen bananas
- 1 cup frozen blackberries
- 1+ tablespoon raw chocolate powder
- 1 teaspoon Longevity Power's Maca Bliss (black maca root extract*)
- 1 teaspoon Immortality Alchemy's Bee Mana (organic raw royal jelly)
- 1 teaspoon lucuma powder
- 1 teaspoon vanilla bean powder
- 3 medjool dates, pitted

INSTRUCTIONS:

Blend on high for 1-2 minutes until it's suuuuuper smooth. Pour into a glass where you'll be able to see the smoothie's beauty and sprinkle this fuchsia colored delight with fresh local bee pollen for a burst of B VITAMINS + some heirloom organic raw vegan chocolate chips for a natural magnesium boost!



Bethanne Wanamaker
www.ediblegoddess.com

Bethanne founded Edible Goddess because she lives to inspire you to become the absolute best and healthiest expression of yourself! As a certified holistic nutrition educator, natural beauty & conscious lifestyle expert, motivational health speaker, she teaches others how to activate their highest potential. Follow her on Social Media:

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

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

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

Bethanne's tips:

1. If you don't want to use dates, I'd suggest using organic raw coconut water as the liquid base to make up for the sweetness the dates provide.
2. For your own sake, please do not use tap water in this or any recipe. It's not a clean pure source of water and will not give you the next level health benefits you deeply desire!
3. *This smoothie will *not* taste nearly as yummy if you replace the most delicious Maca Bliss with some store-bought gritty raw maca powder. That stuff is unpalatable and will not deliver the profound results that this adrenal and kidney-restoring black maca root extract will. You want the creamy, slightly sweet, caramel-like maca that is also delicious straight by the spoonful! When you have an option of mediocre or the stellar, always go with the best!

WATERMELON CHILL DRINK

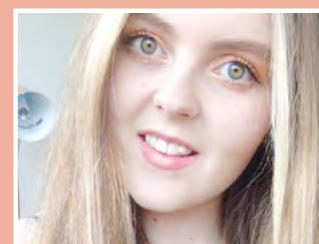
by Holly Jade

www.thelittleblogofvegan.com



Ingredients:

250g frozen watermelon chunks
120g frozen strawberries
160ml of apple juice
Mint leaves (for garnishing)



Holly Jade
www.thelittleblogofvegan.com

Hello I am Holly Jade & I am the owner of The Little Blog of Vegan. I post yummy recipes, advice & beauty tips daily. Everything I talk about is vegan & cruelty-free. I love to be as healthy as possible, but I do love to make the odd sweet treat recipe. I also love to post my own photos on Instagram, why not check it out & come on the journey with me :)

Follow her on Social Media:

Facebook: <http://www.facebook.com/littleblogofvegan>

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

Instagram: <http://www.instagram.com/thelittleblogofvegan>

INSTRUCTIONS:

1. Place the frozen watermelon, strawberries and apple juice into a juicer/blender and whizz up until smooth.
2. Serve with a sprig of fresh mint!
3. Serve immediately and enjoy.

Light And Filling Salad Recipes



RAINBOW NOODLE SALAD

with Pesto

by Julie Van den Kerchove
www.julieslifestyle.com



Ingredients:

Pea Pumpkin Seed Pesto:

1 cup peas, fresh or frozen and thawed
2 large handfuls fresh herbs (I used basil + oregano)
4 tablespoons pumpkin seeds
2 tablespoons extra virgin olive oil
1 tablespoon lime (or lemon) juice
1 tablespoon Shiro miso & nutritional yeast each (optional, for a salty 'cheesy' flavor)
½ teaspoon Himalayan crystal salt or sea salt
Black pepper & turmeric, to taste (optional)

Ingredients:

Rainbow Noodle Salad:

200g of rice or buckwheat noodles (RFR tip: or use 100% spiralized vegetables for an all-raw dish)
2 small zucchini
2 large carrots
1 large beetroot
1 large handful peas, fresh or frozen and thawed
Toppings: pumpkin seeds (raw or lightly toasted), ALL GOOD almond cashew cheese crumble, fresh herbs, edible flowers



INSTRUCTIONS:

Pea Pumpkin Seed Pesto:

1. Add your peas, herbs, pumpkin seeds, olive oil, lime juice and salt to a food processor fitted with an S-blade. Process until **creamy**.
2. I also like to add black pepper and turmeric because they have really strong anti-inflammatory properties + miso and nutritional yeast for a salty 'cheesy' flavor.

Rainbow Noodle Salad:

1. Use a spiralizer to turn your zucchini, carrots and beetroot into noodles. If you're using organic veggies, you can leave the skin on for extra minerals - just make sure to rinse them well. If not, it's best to peel the vegetables.
2. In the meantime, cook the noodles according to the package directions. (RFR tip: emit if using 100% vegetable noodles)
3. Combine the vegetables noodles in a bowl. I like to serve the pesto on the side so you can add as much or as little as you want.
4. For garnish, I used pumpkin seeds, ALL GOOD almond cashew cheese crumble, basil and oregano (the same herbs I used for the pesto) and a few edible flowers from our garden.



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'.

Julie's tips:

This pesto will stay fresh for at least 3 days in an airtight container in the fridge. Pumpkin seeds are a great source of zinc and magnesium, so they'll give you plenty of energy. Don't have any at home? You can replace them with sunflower seeds, pine nuts, cashews, walnuts... Want to add even more color to your bowl? Add purple carrots, yellow zucchini... or cook your rice noodles with a piece of beetroot to give them a soft pink color. Never used a spiralizer before? Check out this video for Zucchini Pasta with Basil Hemp Pesto where I show you more in detail how to use a spiralizer.

RAW YAM, APPLE AND KALE SALAD

by Amy Lyons

www.fragrantvanilla.com

Ingredients:

1 large bunch of kale, washed and torn into bite sized pieces

Dressing:

3 Tbsp raw hemp oil
3 Tbsp fresh lemon juice
zest of one lemon
sea salt to taste

1 large yam, peeled and cut julienne
1 large apple, thinly sliced
1/2 cup dried cranberries
1/2 cup raw almonds
1/4 cup raw shelled hemp seeds



INSTRUCTIONS:

1. Add the kale to a large bowl, then add the dressing and massage into the kale until a little softened and coated.
2. Add the remaining ingredients and toss together.
3. Serve!



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

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

Pinterest: https://www.pinterest.com/vanilla_cake/

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

SUMMERTIME LEMON TAHINI SALAD

Alkalizing Tahini Noodle Bowl

by Crystal Bonnet
www.rawrevive.com

Crystal's tips:

If you cannot find raw tahini you can make your own by blending white sesame seeds in a food processor or use roasted tahini.



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.

Follow her on Social Media:

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

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

Ingredients:

Salad:

- 1 big handful of Arugula chopped
- 1 big handful mixed greens chopped
- 1/2 zucchini spiralized
- 1/2 red pepper small diced
- 1 carrot Julienne
- 2 radishes thinly sliced
- 1 tablespoon sunflower seeds

Dressing:

- 1 tablespoon raw tahini
- 1 tablespoon of lemon juice
- 1 teaspoon apple cider vinegar
- 1 teaspoon agave
- dash of salt



INSTRUCTIONS:

Dressing:

1. Combine all ingredients in a bowl and whisk until combined,

Salad:

1. Combine all ingredients in a bowl, add two tablespoons of lemon tahini dressing and toss until evenly coated.

RADISH, CUCUMBER, APPLE SALAD

by Amie Sue Oldfather
www.nouveauraw.com

Ingredients:

2 medium organic apple,
sliced thin (3 cups)
1 bunch radishes, sliced thin
(1 ½ cups)
1 English cucumber, sliced thin
(2 ½ cups)
½ cup cherry tomatoes, sliced
3 Tbsp cold pressed olive oil
3 Tbsp raw apple cider vinegar
1 Tbsp raw honey or sweetener
1 Tbsp Sweet and Spicy Mustard
2 cloves garlic, crushed
1 tsp black pepper
¼ tsp Himalayan pink salt
Optional: garnish with white
sesame seeds

NouveauRaw
Radish, Cucumber
Apple Salad



INSTRUCTIONS:

1. Using a sharp knife or mandolin, slice the apple, radish and cucumber in thin slices
 - I left the skin on for color and added nutrients
 - Just be sure to wash them thoroughly and to use organic produce
2. In a small bowl or Magic Bullet (my preference) combine; olive oil, vinegar, sweetener, mustard, garlic, and black pepper. Whisk together and pour over the radishes, etc. Toss gently until everything is well coated
3. Leave it to chill in the fridge til you're ready to eat



Amie Sue Oldfather
www.nouveauraw.com

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



ASIAN SUMMER SLAW

with apricots,
sesame and mint

by Kelly Fielding

www.raw-by-nature.com



Ingredients:

Asian Summer Slaw:

½ a large green or purple cabbage
finely sliced
2 carrots grated
1 spring onion finely sliced
1 red capsicum finely diced
1 cucumber finely diced
2 teaspoons of sesame seeds
1 tablespoon of raisins

Apricot Sesame Dressing:

¼ cup dried apricots soaked, plus
2 tablespoons of soak water
¼ cup of tahini
2 tablespoons of tamari
1 tablespoon of fresh ginger
2 tablespoons of lemon juice
1 tablespoons of raw untoasted
sesame oil



Kelly Fielding

www.raw-by-nature.com

Kelly is a passionate writer and raw/vegan chef who combines her love of writing with her forays into health and wellness. Kelly has traveled and worked extensively across the world in health resorts, detox centers, raw food restaurants and wellness retreats, sharing ways to live simply, mindfully and sustainably. Her work is regularly published on several online journals as well as her own website 'Raw By Nature' <http://www.raw-by-nature.com/> which offers information about plant-based living, vibrant nourishing recipes as well as inspiration to encourage others to share their own passions and dreams. A gypsy heart and lover of nature, Kelly finds inspiration in the world around her and translates her visions into whimsical stories and edible creations.

INSTRUCTIONS:

1. Blend dressing ingredients until smooth, using enough of the apricot soak water to create a smooth consistency.
2. Mix the dressing through the coleslaw until well combined, massaging well with your hands.
3. Sprinkle with fresh mint and sesame seeds

Sun dried recipes

(no dehydrator no problem!)



RAW SUN DRIED TOMATO

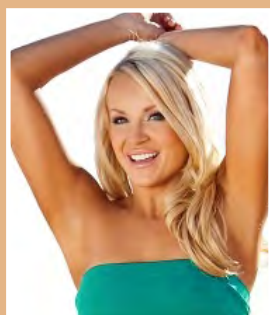
And Basil Cashew Cheese

by Amy Layne

www.damyhealth.com

Ingredients:

1 Cup Pre-Soaked (2 Hours)
Cashews
1/4 Cup Fresh Basil
5 Sundried Tomatoes
1-2 Tbsp Sriracha Hot Sauce
2 Tbsp Olive Oil



Amy Layne
www.damyhealth.com

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

Follow her on Facebook

<http://www.facebook.com/damyhealth>
and Twitter

<http://www.twitter.com/damyhealth>



INSTRUCTIONS:

1. Place drained cashews, hot sauce and olive oil into your food processor.
2. Blend until desired consistency (Pulse for a feta-like consistency).
3. Coarsely chop sun dried tomatoes and basil.
4. Add sundried tomato and basil to food processor and pulse until mixed.
5. Serve and enjoy!





NUT-FREE RAW CRACKERS

by Anya Andreeva
www.liveloveraw.com

Ingredients:

1 cup sunflower seeds
1/2 cup sesame seeds
1 shallot (tiny onion) – finely minced
1/3 cup ground flax seeds
1/2 tsp. salt
1/2 tsp. provincial herbs (mix of oregano, basil, thyme etc)
1/2 cup water
Any herbs you like to change the flavour (optional)



INSTRUCTIONS:

1. Finely chop the shallot.
2. Feel free to crush the sunflower seeds in a food processor or with a knife beforehand if you so desire, but whole ones are fine too. I wanted to make this as easy as possible, so I used them whole.
3. Just mix all of the ingredients in a large bowl and mix well with a spoon or your hands.
4. Spread the mixture over a baking sheet on top of a tray or on a non-stick dehydrator sheet, making it as thick as you like. Mine was enough for one Sedona dehydrator sheet.
5. Now you have 2 options: if you don't have a dehydrator, just leave the tray in the sun for a few hours until they are done or in a dry shady place in your house if you have no sun (this may take longer). If you have a dehydrator, then dehydrate at 42°C for 4-8 hours. Here in Spain in the summer, it's actually faster doing this under the sun!



Anya Andreeva
www.liveloveraw.com

Anya Andreeva is a raw food chef and artisan chocolatier. Her passion lies in creating dishes that not only please the eye but nourish the soul. She has published a book with tips on how to live the raw vegan lifestyle with over 120 recipes. Anya has a keen interest in tantra and mindful living.

RAW SUN DRIED TOMATO SAUCE

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

Ingredients:

1/2 cup raw cashews
4 sun dried tomatoes
1 clove garlic
1/2 juice of half a lemon
1 pinch salt (optional)
1 hot pepper (optional)



Anarki "AJ" Tjon 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:


1. Put everything in a blender and just enough warm water to cover the cashews and sun dried tomatoes. Let them soak for a couple of minutes to make the sun dried tomatoes a bit softer. Now blend until you get a nice smooth consistency (you might need to add a little splash of water) Before using it I suggest keeping it in the fridge to cool down completely.

SUN DRIED TOMATO TRUFFLES

by Chris Anca

www.talesofakitchen.com

Ingredients:



2/3 cup almonds
1/4 cup sesame seeds
1/4 cup macadamia nuts (or other
nuts of choice or more almonds)
1/4 cup linseed (flax meal)
1 tsp garlic powder
pinch of sea salt
Paprika, to taste
1 cup sun dried tomatoes
3 dates
1.5 TBSP tahini
1 TBSP chopped fresh basil
(I used Thai basil)
6 TBSP extra virgin olive oil
(I used cold pressed)
4 TBSP lemon juice
1 TBSP balsamic vinegar



INSTRUCTIONS:

1. Soak the sun dried tomatoes and dates in water for half an hour to an hour.
2. Add to a blender the first set of ingredients (the dry ones) and pulse for few seconds until finely crumbled and mixed. Don't turn it into a flour thought; leave some texture to it.
3. Drain tomatoes and add them to the blender.
4. Add the remaining ingredients and pulse until everything is incorporated and sticky.
5. Scoop out the mixture and roll the truffles into desired shapes. (I made round and square ones.)
6. Place in fridge until ready to serve.
7. 'Dip' in sesame seeds or herb mix before serving.



Chris Anca
www.talesofakitchen.com

Hi, I'm Chris. My home, my lemon tree and my kitchen are in Perth, Western Australia. I love the outdoors, mountains and snow, dogs and cats, farmers markets and cooking.

I use fresh, seasonal, local and organic produce and I enjoy making most things from scratch. This includes growing my own herbs, making my own spice mixes, preserving fruits and veggies and even making my own bread!

I write at TalesofaKitchen.com, a blog dedicated to celebrating the pleasure that real wholesome food brings to our lives.

SUN DRIED TOMATO AND ZUCCHINI TARTS

by Nathalie Fraise

www.vanilleverte.com



Ingredients:

Crust:

3 tablespoons flax seeds
1 cup raw pistachios
1 cup raw pumpkin seeds
1 tablespoon nutritional yeast
2 cups sundried tomatoes, packed in oil, somewhat drained (leave some oil) (a little less than 2 8.5 oz jars)



Ingredients:

Filling:

1 small zucchini, ends chopped, sliced thin
2 garlic cloves, minced
1/4 cup pitted black olives, finely chopped, plus more for garnish
1/2 cup packed basil leaves, finely chopped, plus more for garnish
1 tablespoon lemon juice
2 teaspoons olive oil
a couple pinches sea salt
4-5 medium heirloom tomatoes, sliced thin (about 18 slices)
black pepper
2 tablespoons pine nuts, toasted in a dry skillet, cooled *



INSTRUCTIONS:

Filling:

1. Add the zucchini, garlic, olives, basil, olive oil, lemon juice, sea salt and black pepper, to taste, to a bowl.
2. Mix thoroughly but gently until well incorporated.

Crust:

1. Grind the flax seeds in a coffee grinder dedicated to nuts and seeds.
2. Add the pistachios and pumpkin seeds to the bowl of a food processor. Process on high until finely ground, about 1 minute. Add the flax seeds, nutritional yeast, sundried tomatoes and sea salt and process again until a paste forms, about 2 minutes (if the mixture feels a little dry, add some olive oil, 1 teaspoon at a time, until the right consistency is achieved).
3. Using your fingers, evenly spread the crust onto each tart pan (about 1/3 cup per tart), coming up the sides, as well. Your fingers will be wet and sticky.
4. Add one layer of tomato slices to the bottom of the tart, then some of the zucchini mixture, then another layer of tomato slices, etc. until it reaches the top.
5. Top with extra basil, olives, and pine nuts, and serve immediately.



Nathalie Fraïse
www.vanilleverte.com

Nathalie Fraïse is a natural foods chef and recipe creator. She is the author of *The Whole Coconut Cookbook* and the *Vanille Verte* cooking app. Her blog can be found at www.vanilleverte.com.

Follow her on Social Media:

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

https://www.instagram.com/vanille_verte/

<https://www.pinterest.com/vanilleverte/>

RAW SUN-DRIED TOMATO WRAP RECIPE

by Laura Dawn
www.happyandraw.com



Ingredients:

Sun-dried tomato paste:
1.5 cups sun-dried tomatoes

Raw Organic Ingredients:

1 cup of zucchini
2 fresh tomatoes
1/2 an apple
1 stock celery
1/2 cup of fresh lemon juice
2 tablespoons of mixed herbs and seasonings. You can use whatever salt-free herb mix you like. Both times I've made it, I used different seasoning blends (first one was more of a mexican/cajun and second time around I did a fresh garden herb mix and both were delicious.)
1/2 cup of water



INSTRUCTIONS:

1. Start by soaking 1.5 cups of sun-dried tomatoes for about 20 minutes and do not discard the water.
2. Once they are soft, blend the sun-dried tomatoes with 3 dates and the water you soaked them in.
3. You can either blend then in a food processor, or if you need to, blend them in a [high-powered blender, like a Vita-mix](#) which is what I use and recommend to get them very soft.

4. In a food processor blend the following raw organic ingredients (chopped up), and added to the sun-dried tomato paste
5. As recipes will always turn out different for everyone, it's best to start paying attention to consistency, which is really one of the most important aspects of working with raw food recipes. You don't want the mixture to be too runny or too firm, just a nice spreadable batter. If you think it's looking too thick, start by adding a half a cup of water and work your way up from there.
6. It's not also uncommon that as you start spreading them, the batter thickens due to the flax absorbing the water. In this case, I would simply add a little more water to the food processor, process again and then continue spreading.
7. Spread them thin on a [Teflex dehydrator sheets](#). I use an [icing spatula](#) to spread my sun-dried tomato wraps, as well as for crackers. This is a useful and indispensable kitchen tool to keep in your raw food kitchen.
8. When spreading the batter, make sure you don't have areas that are spread too thin, so that you don't have any holes once it dries. Remember that it will get a lot thinner once it's dry.
9. Start it off at about 140 degrees, and then after about 30 minutes turn it down to 115. These won't take that long to dry since they're very thin. You should also make sure to flip them as soon as you see that the wraps are becoming dry enough to peel off the teflex sheet.
10. Most of all, have fun and experiment with recipes, take notes if you like to jot down what you like and didn't like about a particular recipe as well as to dial in recipes that you love and can keep recreating.



Laura Dawn
www.happyandraw.com

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






RAW SUN DRIED TOMATO BURGERS

by Nikki and Zuzana
www.activevegetarian.com

Ingredients:



1/2 cup sunflower seeds soaked for 8 hours or overnight
1/2 cup sprouted almonds soaked for 8 hours or overnight
1/2 cup flax seeds
1/2 cup chopped sun-dried tomatoes (not packed in oil!) soaked for 20 min
2 tbs apple cider vinegar
1/2 cup fresh cilantro chopped
1 tbs kelp flakes optional



INSTRUCTIONS:

1. Pre-soak sunflower seeds and almond in a cold water for 8 hours or overnight.
2. Pre-soak sun-dried tomatoes in a cold water for at least 20 min.
3. Drain the water from sunflower seeds, almond and sun dried tomatoes, place into a strainer and wash under cold running water.
4. Put all the burger patty ingredients in a food processor and pulse until the consistency is slightly sticky.
5. Shape into 8 smaller or 6 medium size patties and dehydrate at 115 for about 2 hours, flip, and keep dehydrating for another 3-4, or until they're the texture you like.
6. Don't own a dehydrator? No problem! Alternatively, you can dehydrate these in the oven.
7. Preheat your oven to its lowest setting (mine is 170°F). Dehydrate for about 4-5 hours or until the patties feel stiff and dry to the touch. Serve over greens, on some raw bread, or in a wrap in a nori sheet!



Nikki and Zuzana
www.activevegetarian.com

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

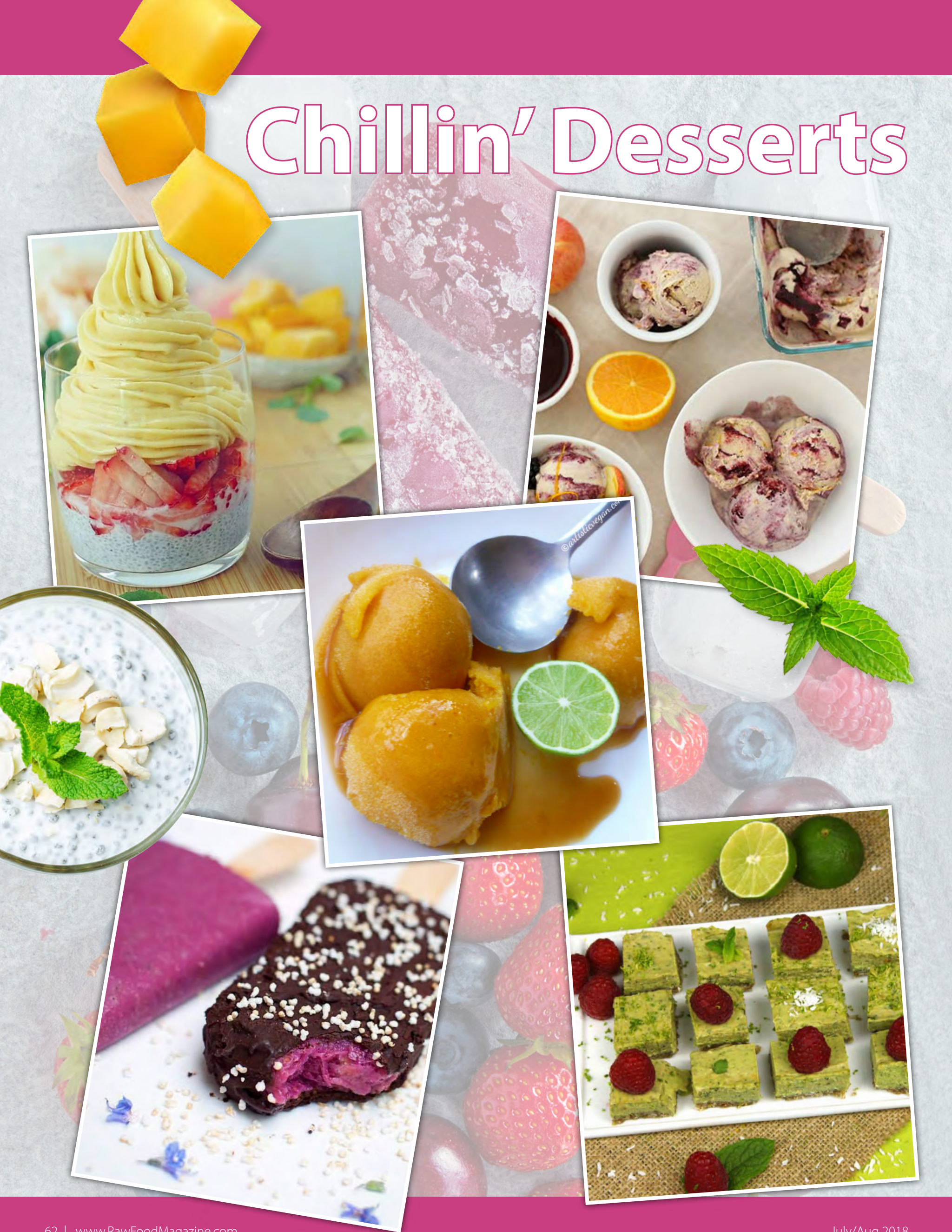
Follow them on Social Media:

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

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

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

Chillin' Desserts



CHIA MANGO SOFTEE PARFAIT

by Alicia Ann Lip

www.stayingraw.com

Ingredients:

7 tbsp of chia seeds
120ml of any nut milk
1/2 cup of sliced fresh strawberries
1/2 cup of frozen mangoes
1 cup of frozen bananas
Dash of nut milk for the softee

INSTRUCTIONS:

1. Firstly, you would need to prepare the chia pudding 30 mins in advance. Place chia seeds and nut milk in a bowl. Stir well until it is properly mixed and set aside for half an hour to thicken into a gelatin-like texture, similar to a pudding. Next, slice the strawberries and set aside. To prepare the softee (ice cream like texture), you need to do this at the very last minute.
2. Make sure to place the thickened chia pudding into a tall glass, then followed by a layer of fresh strawberries as shown in the picture above. Once you have done that, place the frozen bananas, mangoes and dash of nut milk in a blender. Blend until it is smooth and texture consistency should be like a creamy sorbet. I recommend brands like eg. Nutribullet or a Vitamix blender for the optimum "softee" texture.





3. Once blended, you can either use a ice cream scoop to scoop our your "softee" into the glass or you can place the blended softee into a piping bag with a "open star" piping tip to pipe this into the glass. Practise makes perfect to swirl without melting. So don't be disheartened if your first attempt is a result of a melted watery softee.



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.

SPICED APPLE AND BLACKBERRY KUCHEN ICE CREAM

by Anya Kassoff

www.golubkakitchen.com

Ingredients:

Blackberry Sauce:

2 cups fresh blackberries
raw honey or another sweetener of
choice – to taste

Kuchen Ice-Cream:

2 cups raw cashews – soaked overnight
2 cups meat of fresh young Thai coconut
1 cup freshly squeezed apple juice
3/4 cup agave syrup or another sweet-
ener of choice
zest of 2 oranges
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1 teaspoon ground ginger
3/4 cup coconut oil

Spiced Apples:

raw honey mixed with a couple drops of
vanilla extract
2 tablespoons freshly squeezed orange
juice
1-2 apples – thinly sliced
zest of 1 orange
sprinkle of ground cinnamon and ground
nutmeg – to taste
fresh blackberries – optional





INSTRUCTIONS:

Blackberry Sauce:

In a high speed blender, combine the berries with your sweetener of choice. Run the mixture through a fine-mesh sieve to discard the seeds.

Kuchen Ice-Cream:

In a high-speed blender, combine all the ingredients until smooth. Chill well, and process in your ice-cream maker according to the manufacturer's instructions. Pour a small amount of ice-cream into a chilled container, then spoon some blackberry sauce on top. Continue with the ice-cream, alternating with layers of blackberry sauce to get a swirled effect when you scoop. Cover the container and freeze for a couple of hours before serving.

Spiced Apples:

Whisk the vanilla infused honey and orange juice in a small mixing bowl. I didn't measure the amount of honey precisely, just eyeball it according to the amount of apples you're using. Mix the apples with orange zest and spices. Pour the honey mixture over, stirring and making sure that all of the apples are coated. Let sit for a couple of hours or while making the ice cream.

Serve the ice-cream with spiced apples, fresh blackberries, and extra blackberry sauce if you prefer.



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.

MANGO LIME SORBET

with Agave Lime Syrup

by Christa Clark

www.artisticvegan.com

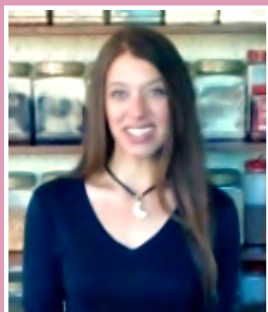
Ingredients:

Mango Lime Sorbet:

2 Cups Sweet Ripe Ataulfo
Mango - Chopped
1/8 Cup Lime Juice
1/2 tsp Salt
1/8 Cup Agave or favorite
sweetener

Agave Lime Syrup:

2 Tbsp Lime Juice
1 Tbsp Agave



Christa Clark

www.artisticvegan.com

Christa Clark has a deep passion for recipe creation, encouraging others to discover the benefits of a plant-based lifestyle where you can “count your colors and not your calories!” She is the creator of the blog ArtisticVegan.com <http://artisticvegan.com> and author of “Meatless Mainstays for Modern Man” and “The Artistic Vegan Cookbook.”

Follow her on Social Media:

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

Twitter: <http://twitter.com/artisticvegan1>

Instagram: <http://instagram.com/artisticvegan77>

INSTRUCTIONS:

Mango Lime Sorbet:

Combine the ingredients together in a bowl, marinate for 20 minutes. Blend until smooth. Pour into a freezer safe bowl, cover with plastic wrap, freeze until halfway frozen. Remove, blend, transfer back to the bowl, re-cover. Freeze until halfway frozen, repeat and then place in the freezer overnight or until solid. Serve with Agave Lime Syrup!

Agave Lime Syrup:

Combine ingredients in a measuring cup and mix together vigorously. Serve over the sorbet.

RAW MOJITO SQUARES

by Jesse Lane

www.jesselanewellness.com



Ingredients:

Zest of 2 limes
Juice of 2 limes, 6 Tbsp at room temperature
1 soft avocado, roughly diced
½ cup raw cashew butter, at room temperature
½ cup fresh mint leaves, chopped
¼ tsp powdered stevia (to taste)
1 tsp mint extract
3 Tbsp melted coconut oil, melted
1 cup raspberries
2 cup pecans, raw
½ cup shredded coconut, unsweetened
¼ tsp stevia
¼ tsp salt
½ tsp vanilla
6 Tbsp coconut oil, melted



INSTRUCTIONS:

1. Place the pecans in a food processor and pulse until finely ground.
2. Transfer to a bowl and mix in the shredded coconut, stevia and salt.
3. Add the coconut oil and vanilla and stir until mixed.
4. Press the mixture into the bottom 8x8 pan lined with wax paper and freeze until the filling is ready.
5. In a medium sized bowl, zest 2 limes and set aside 2 Tbsp of zest for garnish.
6. In a food processor process the zest, lime juice, avocado, cashew butter, mint, stevia, mint extract and coconut oil and process until silky smooth.
7. Remove the chilled crust from the freezer spread the mojito filling over the top then sprinkle with the remaining zest. Place back in the freezer and chill for 2 hours to set.
8. Before serving, place the Raw Mojito Squares on the counter for 20 minutes or in the fridge for 2 hours to soften. Then top with fresh raspberries and serve.



Jesse Lane
www.jesselanewellness.com

Jesse Lane Schelew, BSc, CNP is a cheerful Holistic Nutritionist, motivating speaker, cookbook author and wellness writer. She is the founder of JesseLaneWellness.com, a web based holistic nutrition practice and holistic recipe resource. Jesse Lane is passionate about nutrition helps positive and vibrant individuals unlock the incredible healing power of food and reclaim their health. She is a co-author of [The Holistic In the City 21 Day Smoothie Guide](#) and has contributed to recipes to KrisCarr.com, MindBodyGreen.com and Get Naked in the Kitchen: Healthy Recipes That Are Proud To Bare It All. You can connect with Jesse Lane on [Twitter](#), [Facebook](#) or [Instagram](#).

PITAYA, RASPBERRY AND CHOCOLATE POPSICLES

Ingredients:

½ red Pitaya peeled
1 cup raspberries
1 frozen banana
1 tbsp baobab powder
½ cup almond milk

Raw chocolate:

¾ cup cacao powder
⅓ cup coconut oil
¼ cup maple syrup/coconut
extract



Lena's tips:

Get creative and add your favorites to really treat your taste buds. A dash of vanilla, a pinch of sea salt, a little nut butter, goji berries or raspberries. The choices are endless!



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.

Follow her on Social Media:

Facebook: <https://www.facebook.com/MyPure-veganfood>

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

Pinterest: <https://pinterest.com/pureveganfood>

Google+: [https://plus.google.com/u/1/110780389951354753963/...](https://plus.google.com/u/1/110780389951354753963/)



INSTRUCTIONS:

1. Place ingredients in a blender, and blend.
2. Pour fruit & berry purée into molds and put them in the freezer.
3. In 15 min insert sticks.
4. Freeze until firm, several hours or overnight.
5. When ready to serve, run popsicles molds under warm water for a few seconds, then pull each one out.
6. For raw chocolate:
7. Slightly melt the coconut oil in a double boiler
Combine all your ingredients.
8. Let's cool slightly before using.
9. Dip the Popsicles into a chocolate coating.
10. Quickly sprinkle both sides with puffed amaranth.
11. Enjoy immediately!



Find Your Community



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