

NEW RECIPES!

INSIDE:

The state of cancer:
Are we close
to a cure?

Raw Food Magazine

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Raw
Vegan
Christmas
2018 Gift
Ideas

Planning The Perfect Raw Vegan Christmas

Raw Vegan
BREAD

HOT
Chocolate

Side Dishes, Dips
and Spread

*How the humble cabbage
can stop cancer*

Featured Chef: **KIM-JULIE HANSEN**
And Her **Vegan Lifestyle**



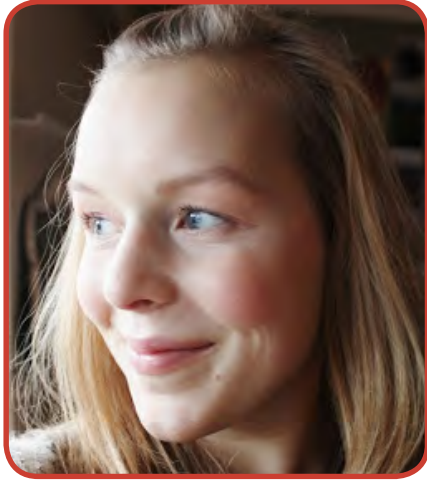
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Hey there! I'm Krisztina a passionate foodie who loves creating and sharing colorful nourishing plant based recipes that satisfy the tummy and warm your soul. All my recipes are quick and easy to make, made with simple everyday ingredients that are easy to find.

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ArtisticVegan.com
ArtisticVegan.com

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Joss Stone:

*Singer,
Songwriter,
Performer,
Vegetarian*



Who is Joss Stone? When [Joss Stone](#) burst onto the music scene, she blew everyone away with her powerful, soulful voice—a voice that Interview magazine has said “can sting like aged bourbon, or melt like strap molasses.” Belting out songs with a force unlike anyone else in her generation, Joss has sold millions of albums, been nominated for multiple Grammy Awards, and made fans of all ages across the globe. She earned a Grammy nomination for Best New Artist two years later after releasing her second studio album ‘Mind, Body & Soul,’ which comprised mostly of her own compositions including the majestic ‘Security’ and the earworm “You Had Me”. At 16, she became the youngest person nominated for the United Kingdom’s prestigious [Mercury Music Prize](#).

Besides singing, Joss has likewise already ventured herself into acting. She made her film debut in 2006 fantasy adventure film ‘[Eragon](#)’ where she played Angela -- a fortune teller. In television, Joss portrayed Anne of Cleves in the Showtime series ‘The Tudors’ in 2009.

Joss has never eaten an animal, and as a child, she used to sing “Amazing Grace” to the cows in the field. She has

- been vegetarian since birth. ‘I eat everything, I’m not fussy - as long as it hasn’t got a face.’ ‘I’m a singer, a songwriter, a performer, and a human being accepting of all sizes, shapes, colors, and species.’ ‘A wise man once said, ‘Animals are my friends, and I’m not in the habit of eating my friends.’ That is exactly how I feel’.
- She’s normally a healthy vegetarian, but admits she sometimes packs on a few extra pounds here and there.
- Blame it on the non-vegan food on tour. “In Europe, all they want to give you is bread and cheese, bread and cheese, bread and cheese” Stone said.
- Stone has taken part in various campaigns for animal rights group [PETA](#). She has made animal advocacy a part of her charity outreach (she also owns a number of rescue dogs) and has also campaigned for a vegetarian lifestyle.
- She was even once named the ‘World’s Most Famous Vegetarian.’
- Interested to know whether your favorite celebrity is following a vegan lifestyle or not? Let us know! Write to us at support@rawfoodmagazine.com. Would love to hear from you!

Will I Am: “A Plant-Based Diet Changed My Life”



The Black Eyed Peas star decided to change his lifestyle after seeing his health suffer, and now says he feels disgusted by the idea of eating meat.

He changed his routine a year ago following a lifetime of bad habits.

“I was eating bad, sleeping bad. No regiment,” Will, 43 said.

“I was going to sleep around 5:00 in the morning...I would argue with people like, ‘All I need is like two hours a day.’ Like boom a catnap and a catnap and I’m just ready to go.”

But since making the change in his lifestyle, Will.I.Am reports that there have been many improvements.

“My blood pressure and cholesterol came down without having to take medicine, my nasal drip has gone, both my nostrils are working – as I always had one nostril that didn’t work, No more nasal drip no more acid reflux.”

Will.I.Am is so enthusiastic about his new plant-based diet that he’s been sharing [Instagram](#) stories and [tweets](#) about his experience. Follow along with Will.I.Am as he documents his transition to a plant-based diet while traveling and maintaining a busy schedule!



The State of Cancer:

Are We Close to a Cure?



We are closer in 2017 to curing cancer than we ever have been before. Nevertheless, cancer remains one of the most common terminal illnesses in the United States, and we still do not have a surefire cure for it. In the last decade there have been a number of new treatments, however, and some of them seem to be more promising than the traditional routes of surgery, radiotherapy and chemotherapy.

Lately, there has been an attempt to treat cancer with low dose laser methods. In a recent study, 20 patients were treated with this method for prostate cancer, and 20% of them experienced complete remission. 35% had a partial remission. 35% of these patients experienced no further tumor growth, but were not cured. 10% of these patients experienced further tumor growth. Sufferers of malignant tumors in the US usually only have a 2.1% survival rate

- when chemotherapy is the chosen treatment. This experiment showed great success in comparison, especially since chemo comes with a host of negative long term side effects, such as cognitive decline and heart disease.
- One of the reasons that cancer is so difficult to treat is that it is incredibly adaptable. It mutates quickly and changes in response to drugs. However, there has been an attempt recently to combat this by training a patient's white blood cells to carry chemotherapy drugs directly to cancer cells according to their individual DNA. The difficulty with this method is that there are too few T cells to overcome an entire tumor, although pound for pound our white blood cells are able to defeat them with the appropriate tweaks.
- Overall, it seems there are quite a few promising cancer treatments emerging lately, and hopefully soon this disease will be curable in every case.

Changes in breakfast and dinner timings can reduce **body fat**



Modest changes to breakfast and dinner times can reduce body fat, a new pilot study in the Journal of Nutritional Sciences reports.

During a 10-week study on 'time-restricted feeding' (a form of intermittent fasting), researchers led by Dr Jonathan Johnston from the University of Surrey investigated the impact changing meal times has on dietary intake, body composition and blood risk markers for diabetes and heart disease.

- Participants were split into two groups -- those who were required to delay their breakfast by 90 minutes and have their dinner 90 minutes earlier, and those who ate meals as they would normally (the controls). Participants were required to provide blood samples and complete diet diaries before and during the 10-week intervention and complete a feedback questionnaire immediately after the study.
- Unlike previous studies in this area, participants were not asked to stick to a strict diet and could eat freely, provided it was within a certain eating window. This helped researchers assess whether this type of diet was easy to follow in everyday life.

Researchers found that those who changed their meal-times lost on average more than twice as much body fat as those in the control group, who ate their meals as normal. If these pilot data can be repeated in larger studies, there is potential for time-restricted feeding to have broad health benefits.

Although there were no restrictions on what participants could eat, researchers found that those who changed their mealtimes ate less food overall than the control group. This result was supported by questionnaire responses which found that 57 percent of participants noted a reduction in food intake either due to reduced appetite, decreased eating opportunities or a cutback in snacking (particularly in the evenings). It is currently un-

- certain whether the longer fasting period undertaken by this group was also a contributing factor to this reduction in body fat.
- Dr Jonathan Johnston, Reader in Chronobiology and Integrative Physiology at the University of Surrey, said:
- “Although this study is small, it has provided us with invaluable insight into how slight alterations to our meal times can have benefits to our bodies. Reduction in body fat lessens our chances of developing obesity and related diseases, so is vital in improving our overall health.
- “We are now going to use these preliminary findings to design larger, more comprehensive studies of time-restricted feeding.”



Meat Could Prevent A Third Of Early Deaths, Say Harvard Scientists



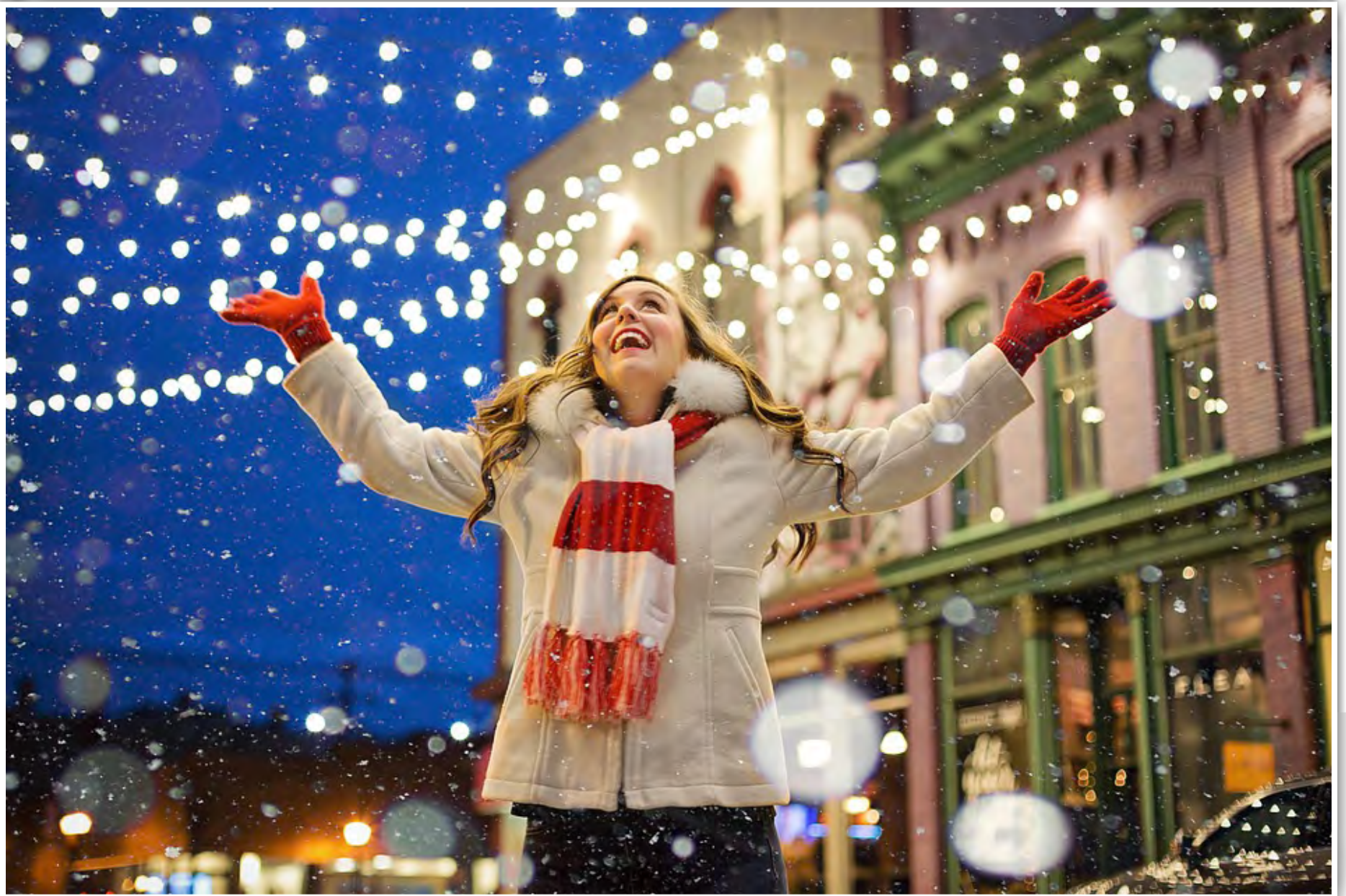
If everyone stopped eating meat, at least one-third of early deaths could be prevented, according to Harvard scientists. Doctors claimed that the positive effects of vegetarian and vegan diets have been underestimated.

According to top plant-based physician Dr. Neal Barnard - President of the Committee for Responsible Medicine - the positive effects of vegetarian and vegan diets have been underestimated, adding: "I think people imagine that a healthy diet has only a modest effect and a vege-

- tarian diet might help you lose a little bit of weight. But
- when these diets are properly constructed I think they
- are enormously powerful.
- "A low-fat vegan diet is better than any other diet I have
- ever seen for improving diabetes."
-
- "With regards to inflammatory diseases like rheumatoid
- arthritis we are seeing tremendous potential there too.
- Partly because of things we are avoiding and cholesterol
- but also because of the magical things that are in vegeta-
- bles and fruits which just aren't in spam."

Making **happiness** last longer

Goal setting strategies can influence positive emotions



For most people, the sense of happiness derived from a luxurious vacation, a good movie or a tasty dinner at a restaurant may seem short-lived, but what if it were possible to extend these feelings of enjoyment?

Researchers from the University of Minnesota and Texas A&M University decided to explore whether the way people frame their goals for an experience influences how much happiness they glean from the experience over time. They started by questioning whether the traditional

- approach to setting goals could be limiting the level of happiness for consumers, and their findings will be published in the October issue of the *Journal of Consumer Psychology*.
- Prior research has shown that people are more likely to have a sense of well-being if they set specific goals that are concrete and easy to measure -- rather than broad, general goals that may be harder to quantify and attain.
- While this approach may be effective in setting work, exercise or weight loss goals, the researchers hypothe-

sized that this may not be as beneficial when happiness is the goal. In this area of life, general goals may be an advantage because people will be open to experiencing a broader range of positive emotions.

"If people watch a movie with a specific goal like feeling excitement, then they may be less likely to remember the funny or meaningful elements of the movie," says Rohini Ahluwalia, a professor of marketing at the University of Minnesota and author of the study. "We predicted that people with general goals would engage a broader range of emotions and experience more happiness over time."

In one experiment, the researchers asked participants to describe an important purchase they had made in the past month. One group described purchases aimed at increasing their level of joy and happiness in life -- a general goal. The other two groups described purchases they had made for more specific goals: to become happier by increasing excitement or to become happier by increasing peace of mind and relaxation. Then the participants completed a survey with questions about how much initial happiness they had derived from the purchase. Two weeks later, the participants received an e-mail asking how much their purchase was contributing to their overall happiness, and how aware they were of it at that point in time. They received an e-mail with the same questions six weeks after their initial purchase.

- The results from the study showed that although the levels of happiness were equal for the three groups at the initial time of the purchase, those who had more general goals reported more happiness as time passed. The difference between the groups was the most significant six weeks later.
- "Our findings suggest that people can change the amount of happiness they get out of an experience," Ahluwalia says. "A general happiness goal can leave a longer-lasting positive emotional imprint."
- This can apply to material purchases like a new car or dress as well as experiential purchases like spending money on vacation or a new music album. Another experiment in the study showed that participants with broader happiness goals experienced more positive emotions after listening to a new song than the participants who had a specific goal of feeling excitement and energy. The participants with the broader goals were also willing to pay more for the song.
- "Although more studies are needed to confirm our findings, these initial results show that we can make small changes in our thinking patterns to help us experience more joy," Ahluwalia says.
- "Given that short-lived happiness after experiences is such a common phenomenon, this is an important step in stretching that timeline."



Raw **Vegan Christmas** 2018

Gift Ideas



Raw Vegans, vegans and health-conscious friends and family members can be difficult to find gifts for, and you might find yourself asking them every Christmas, what they wish for.

But don't worry; this year it will be much easier to find the right gift for your loved ones.

1. **Hand-held Spiralizer** - Uniform, curly vegetables noodles are just a twist away. Spiral cutters are also an indispensable kitchen utensil for people who are on a low-carb diet.

2. **Blender** - To enjoy the device for a long time, you should opt for a high-power model with high-quality blades and a container made of glass or BPA-free titanium. An absolute must-have in the kitchen - blenders make it easy to live a healthier lifestyle.

3. **Food Dehydrator** - Drying is considered to be one of the healthiest preservation methods, and it makes it easy for health enthusiasts to experiment with healthy alternatives to some more traditional sugar filled recipes.

4. **Bamboo Toothbrush** - Why fill up landfills with plastic when you don't have to? Help the environment, and feel better about your mark on this world with toothbrushes made of bamboo!
5. **Vegan statement tees** - If your vegan friend is willing to conjure up a little attention for the sake of sharing his views without calling anyone's name, this may be the perfect gift!

Gift Baskets

Ensure a memorable holiday celebration with Christmas Gift Baskets that will keep them feeling merry and bright this holiday season.

1. [Fresh and Natural Gift Basket by itsonlynaturalgifts.com](http://itsonlynaturalgifts.com)

This cheery organic cotton canvas tote contains nothing but natural, great tasting snacking goodness (gluten-free and vegan as well!).



2. [Raw Food Christmas Gift Basket Vegan & Gluten Free by Well Baskets](http://WellBaskets.com)

This incredible gift basket is raw, vegan, and gluten free! A gourmet blend of sweet and savory that's sure to please! Includes: Raw Kale Chips GoRaw Flax Snax or Cookies Raw Chocolate Truffles Laughing Giraffe or Cocoroons Raw Coconut Cookies Brad's Raw Chips Raw Nut Butter Basket or Container.





3. [Strictly Vegan Deluxe by manhattanfruitier.com](http://manhattanfruitier.com)

Strictly Vegan Deluxe includes all the components of Strictly Vegan Surprise: organic fruit, Choc-A-Bloc cookies from Sweet Leaf Bakery, and Emmy's organic cookie duo, and adds the exceptional artisanal chocolates made by Rawclates. Using organic, fair trade, non-GMO, raw, vegan and gluten free ingredients, the folks at Rawclates make the most delicious chocolate bars. In three delectable flavors that will please even the most ardent chocolate lover: Earl Grey, Matcha and Café Au Lait.

4. [The Vegan Snack Attack by thegoodnessproject](http://thegoodnessproject)

Whether it is for yourself or sending it as a gift, this beautifully packaged Large Vegan Chocolate & Snack Gift Hamper is sure to impress! Included in this hamper is a selection of sweet and savoury pleasures, from Vego's Large Hazelnut and Chocolate bar to Clearspring's morish Organic Snack pack. 25 assorted vegan snacks to discover, enjoy and to share!



5. [Personalized Wicker Hamper by planetorganic.com](http://planetorganic.com)

Get creative and customise your very own hamper. Pick your favourite products and the hamper of your choice and our little elves will pack these nice and neat for you. Otherwise, buy a hamper and add vegan cosmetics, vegan candles, and whatever vegan stuff your friend or family member might like.



Tips for **Handling Dirty Laundry** With **Natural** Ingredients

Laundry--one of our many responsibilities as humans but something we all think so little about. For many, doing laundry is as routine as throwing the clothes in the machine, pouring the detergent, then finishing in the dryer with dryer sheets. However, is it possible that beneath that fresh laundry smell, lies something more sinister?



A NATURAL LAUNDRY DAY

Believe it or not, the most common practices for doing laundry aren't as healthy as they could be. With all of the chemicals that go into detergents, spot cleaners, starches, dryer sheets, and fabric softeners, the contents of these products should really give us pause. Curious about how to give your laundry day a natural upgrade? Read on.

1. Use Vinegar as a Fabric Softener Alternative

Needing to soften your clothes but don't want to use fabric softener? Use vinegar instead. By adding a 1/2 cup of white vinegar to your wash's final rinse, you'll be able to get your laundry softer than ever.

2. Choose a "Clean" Detergent

Don't choose the first laundry detergent you see at the store. Choose a clean detergent that will be healthier for

the environment and for your health. These types of detergents are made from all natural ingredients and come in both unscented and scented form.

3. DIY Your Detergent

If you're ready to go all in with the all natural laundry routine, a DIY detergent is for you. With ingredients like washing soda, borax, and castile soap, you'll be able to easily create your own healthy form of detergent. With your own homemade detergent, you'll be eliminating the VOCs (volatile organic compounds) that are often released during a typical laundry routine.

Your laundry should do its part to save the environment. Try these three innovative ideas to make your next laundry day as environmentally friendly and as healthy as possible.

Natural Skin Care Tips for Men

with Dry, Oily, or Sensitive Skin



If you are a man with dry, oily, or sensitive skin, you might think you need to splurge on expensive products to keep your skin looking and feeling its best. While there are certainly some great professional-level products that will keep your skin healthy, you can achieve similar results with these natural skin care tips.

Know How to Shave

It may be an important part of most men's daily routines, but shaving can also be very hard on your skin if you don't do it properly. First of all, wash your face before you shave it. This will remove any dirt that may be caught in your stubble and remove the oils on your skin that can damage your blade. When you do shave, make sure you use a sharp blade and don't scrape it too hard against your skin.

Wash Your Face Daily

You need to wash your face daily, but you shouldn't use the same soap that you would use on the rest of your body. That can clog pores and lead to breakouts and uneven skin tone. If you don't want to pay for an expensive

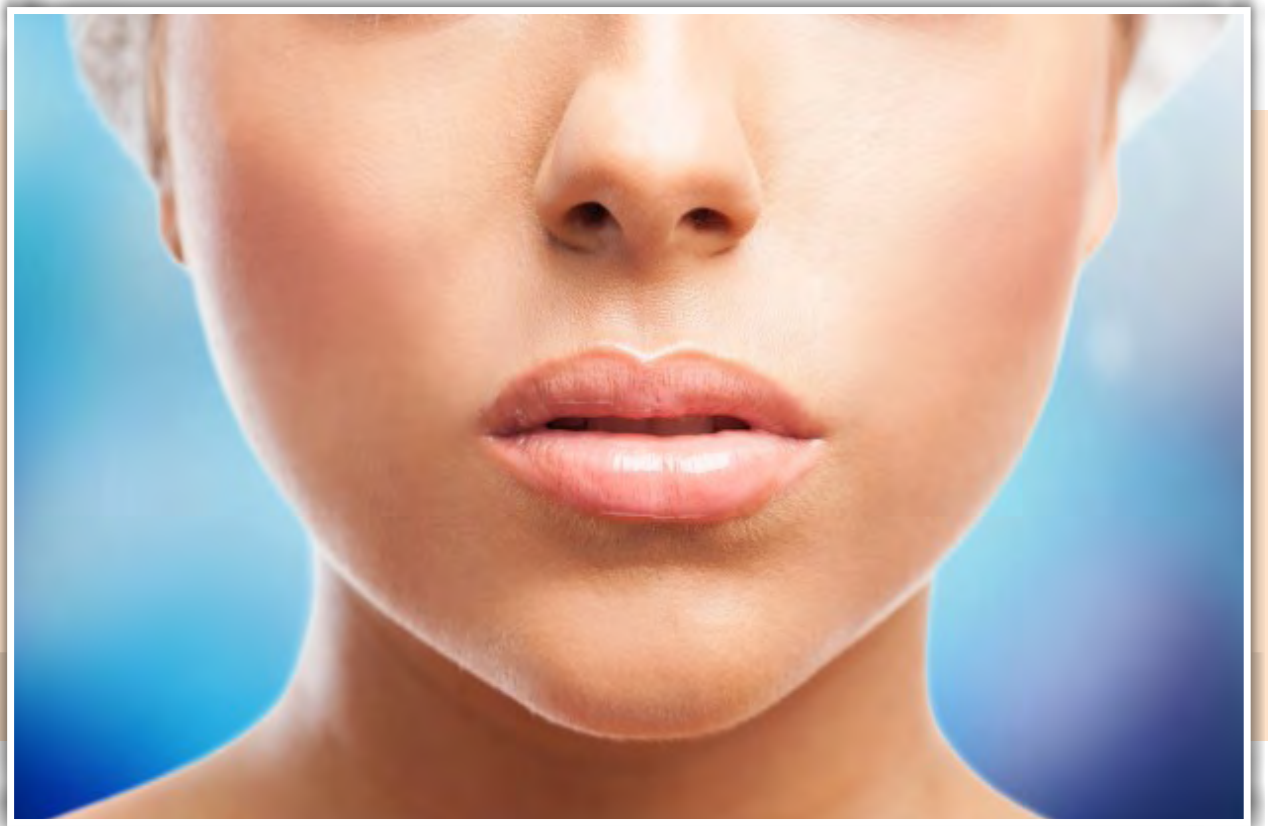
facial cleanser, try using a small amount of olive oil and castor oil on your face instead. Place the oil mixture on your dry face, and press a warm washcloth onto it until it starts to cool. Rinse out the washcloth, and gently wipe away any excess oil. It sounds strange, but olive oil and castor oil actually dissolves the oil that can clog the pores in your face.

Switch Up Your Diet

Foods that are rich in Vitamin A, Vitamin E, and Omega 3 fatty acids are great for your skin. Some of these include salmon, wheat germ, peanuts, sunflower seeds, and carrots. All of these make for some tasty snacks, so consider reaching for these instead of French fries and potato chips if you've been having problems with your skin.

How to **Heal** a ***Busted Lip*** **Home Remedies**

It's never pleasant to sustain a lip injury, but it is fairly common in adults and children that lead active lifestyles. If lip injuries aren't cared for properly, you run the risk of scarring and infection.



Natural Remedies for Lip Injuries

With the right care, lip injuries can heal quickly. Using simple home remedies, you can reduce any bleeding, swelling, and any further complications. Trying to fix a busted lip? Use these four natural remedies to help heal the lip injury.

1. Use Soap and Water

As with any injury, an injured lip should first be treated with soap and water. This will allow the area to be disinfected, ensuring that any irritants, debris, or bacteria are no longer present. Additionally, be sure to use unscented natural soap to help prevent irritation.

2. Apply a Cold Compress

Use a cold compress to help ease the pain of a lip injury. By applying the cold compress, you'll be able to numb the area and help reduce swelling. Cold compression therapy

works to stimulate the flow of blood in the lips, which will likely accelerate the recovery time.

3. Rinse with Salt Water

Used quite frequently as a healing agent for cuts and bruises, salt is one of the best natural remedies for healing a lip injury. The anti-inflammatory and antibacterial properties can be used to help clean wounds. By using salt water as a rinse, you'll be able to reduce the risk of infection.

4. Treat Lip Injuries with Baking Soda

When using a baking soda paste, you'll find that this natural remedy is able to reduce pain and swelling in the lips. Moreover, the antiseptic properties in baking soda will help to heal the injury faster.

Injuring your lips is a natural part of life--so treat it that way. By using these four proven natural remedies, you'll see results for that busted lip in no time.

Kim-Julie

And Her Vegan Lifestyle

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 your new book, *Vegan Reset: The 28-Day Plan To Kickstart Your Healthy Lifestyle*?

Kim-Julie: Sure! I'm a vegan food and lifestyle blogger and author based in NYC. I went vegan for ethical reasons in 2011 and then started exploring the benefits of a plant-based diet as well. I wrote my book as the kind of guide I wish I'd had when I first went vegan.

Naida: Can you tell us more about your book, and what can our readers expect from it that can't be found in other recipe books?

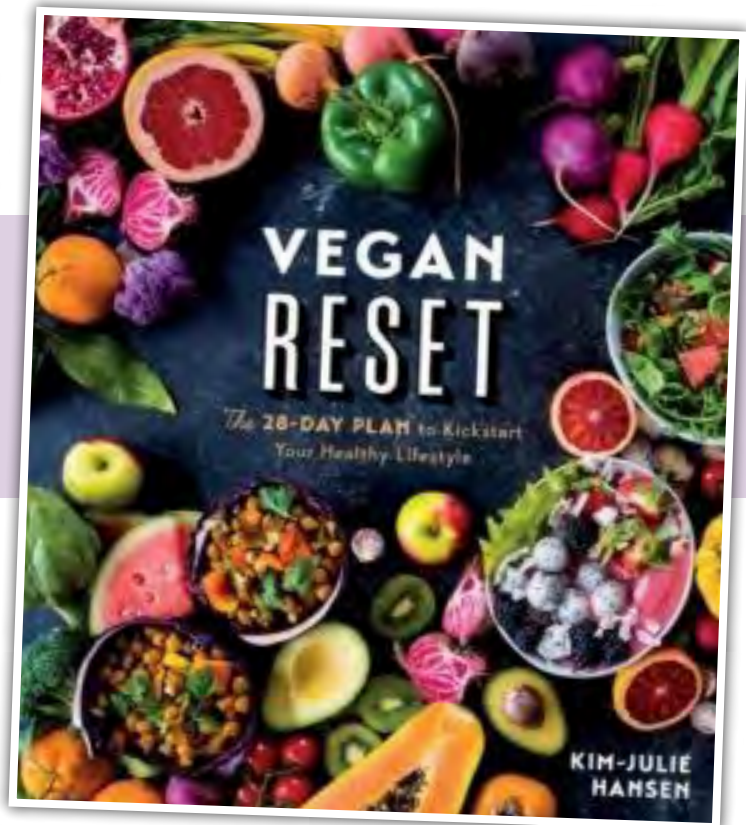
Kim-Julie: The uniqueness of *Vegan Reset* is that's it practically three books in one. You'll get a practical guide to veganism, a cookbook and a 28-day meal plan. It's written for beginners but also people who are already vegan and would like to know more about meal prepping and how to easily make healthy yet delicious recipes.

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

Kim-Julie: I believe in a holistic approach to health where food plays an essential role, but is not the only role. I think that you can eat the healthiest foods and still not *feel* healthy or be happy. For me, it's a mix of diet, meditation, movement, spirituality and rest.

Naida: What methods did you use to determine the effectiveness of going vegan?

Kim-Julie: Veganism has always been about ethics for me, so it became effective the moment I made the decision to adopt the lifestyle. In order to determine whether I'm healthy as a vegan, I go by how I feel and I also get my levels checked regularly to see if I'm getting all the



nutrients I need. Interestingly, I have less deficiencies as a vegan than I did when I still ate animal products. The last time I checked, the only deficiency I had was Vitamin D, but I've since been supplementing and also making sure I spend more time outdoors.

Naida: It was mentioned to us that you tried the Raw Vegan diet in the past, what was one of the biggest challenges that you've encountered?

Kim-Julie: I loved eating raw and actually never felt better than during that time, but the biggest challenge for me was convenience. It's quite easy to be raw, but I really enjoy going to restaurants that don't necessarily have raw options other than a juice and a side salad. I also love cooked foods and cooking in general, so it felt limiting. I will occasionally incorporate raw meals or even raw days now and I'm grateful for the experience because it's what taught me to love fruits and vegetables when I never had before.

Naida: What would you say to someone who declines going vegan or living a healthy lifestyle?

Kim-Julie: In the beginning I used to try and convince every person I met to go vegan, but I've since come to realize that you can't make anyone do anything they don't want to do and even if you're successful in pressuring them into going vegan, it probably won't last. All you can do is provide the information and lead by example. The less I try to convince people, the more open they seem. That doesn't mean I don't talk about it, I do it all the time, but I try to be inviting rather than insistent. Whenever I

meet someone who's very opposed to veganism, I try to find common ground and let them know that I understand how they feel because I used to love meat, eggs and dairy and that at one point, the idea of veganism seemed absurd and extreme to me too. You'll find that most of these people are opposed to the idea of being told what to do, but they're often open to dialogue or they might even agree with your reasoning if you listen and engage with them. I believe in encouraging people to do something, anything, even if it's just eating one vegan meal a month, rather than making them feel like it has to be an all or nothing decision right from the start.

Naida: How different of a world do you think we'd see if everybody went vegan?

Kim-Julie: Hopefully a world in which compassion trumps profit.

Naida: What's your earliest food memory?

Kim-Julie: Baking a chocolate cake with my mom.

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

Kim-Julie: I used to associate that term with any food that helped me numb whatever pain I didn't want to feel. It wasn't necessarily about the food itself, but rather how I was using it and why. Nowadays everything I eat is comfort food, because it nourishes me and I find comfort in it. On some days that's a green salad or a macro bowl and on other days it's an oat milk latte with a vegan donut. I think that the less you label some foods as "bad" or "guilty pleasures", the less likely you'll be to want to overeat on them. I do believe that some foods aren't as healthy as others, but I don't think that obsessing over excluding them is good for our mental health. And just to clarify, when I say that, I mean within veganism. Since animal products always contribute to the unnecessary suffering of animals, I no longer consider them "food".

Naida: What would be your favorite vegan or raw vegan dish, and why?

Kim-Julie: My favorite raw vegan dish is zucchini noodles with a creamy cashew sauce because it's just so delicious and my favorite vegan dish is anything that involves tempeh because I'm obsessed with tempeh and could eat it every day.

Naida: If you bring back one (unhealthy) food from your childhood into your present diet with no negative impact to your health, what would it be?



Kim-Julie: My favorite Belgian chocolate, Côte D'or. Unfortunately they don't have a dairy-free version.

Naida: What is your greatest fear?

Kim-Julie: Settling for less than what makes me happy.

Naida: What is your life motto?

Kim-Julie: Silence is complicity. Speaking out and standing up for what you believe in is more important than being liked or accepted.

Naida: What is your present state of mind?

Kim-Julie: Simplicity.

Naida: Do you have other upcoming events? Would like to tell us more about it, and invite our readers, perhaps?

Kim-Julie: I'm planning a number of workshops and events across the country. I'll announce them on kimjuliehansen.com as soon as I have the dates.

Three Inspirational People

Who Survived Cancer By Changing Their Diet

Let's look at the bright side now - the raw, organic, life-loving side. One super-powerful approach to beating cancer is choosing a raw vegan diet that alkalizes the body and fills it with nutrients so it can heal itself. Start juicing [raw](#) organic vegetables. Fast for 24 hours once a month and cleanse the blood. Make giant organic salads and green smoothies often. Exercise and get plenty of sunshine and fresh air. Don't eat anything GMO, ever. Live healthy and be a true survivor, not some lousy statistic.

There are people out there who have defeated the odds and have conquered what some believe to be the unconquerable. They beat the unbeatable, fought a true fight, and have overcome cancer, and they have done so by adopting a diet of raw and organic foods in addition to making other healthy lifestyle changes.

Our cancer survivors go to the internet to share their stories to offer a solution with the hope that their method of maintaining a good raw and organic diet may be thoroughly researched and tested as a viable treatment for cancer. They share with the hope that they can present an alternate treatment to chemotherapy and radiation therapy to those diagnosed with cancer. These survivors know that globally there are tons of different witch doctor natural methods that don't work. However, they found in their own experience that an extremely healthy raw vegan diet with high volumes of juicing to detox, while being a drastic lifestyle change to them, is not a cure for cancer but a cure for the body.

We've compiled a list of inspirational people who survived cancer:

[Janette Murray-Wakelin - Breast Cancer Survivor](#)

Janette Murray-Wakelin is a breast cancer survivor who credits a raw food diet, meditation, physical



activity, and following her intuition for her ability heal. In the early 2000s, she was diagnosed with Stage 3 breast cancer and told that she had just six months to live, without any guarantees. However, within those same six months, she was given a clean bill of health and also went on to participate in hundreds of marathons in only one year. That's right, in just one year.

[Chris Wark - Colon Cancer Survivor](#)

Diagnosed in 2003 with stage three colon cancer, Chris made a decision to not do any chemotherapy and to just go on a pure raw vegan diet. This included heavy amounts of juicing, plenty of salads, and an intense variety of fruits, and vegetables. It worked, he survived, and even ten years after his diagnosis he went on popular TV shows, including Ricki Lake, to explain his success.



[Rob Mooberry](#)

Rob Mooberry, 43, was diagnosed with stage 4 colorectal cancer in 2012. His cancer diagnosis was downgraded

to stage 3A following surgery, chemo, and radiotherapy. According to Mooberry, medics told him he may need further chemo and radiation therapy. In November 2012, after this treatment, he switched to a plant-based diet along with his wife Amanda. There was also a chance he would need a colostomy bag fitted. But when he had a scan in early 2013 he says the cancer had shrunk in size by almost 80 percent. Rob Mooberry is now celebrating five years of being cancer-free - and has since founded a small cancer charity, the [Mu Casa Moo Foundation](#).



How To Explain Your Vegan Diet To A Non Supportive Doctor



Doctors take an oath to do no harm, but that often makes them resistant to new ideas, so when you let a physician know about your vegan diet, there may be an awkward silence. Telling them it's a raw diet may even earn you a disapproving stare.

In a recent editorial for the Journal of the American Medical Association, Doctors Scott Kahan and JoAnn Manson identified a broad failure on the part of primary care physicians to discuss proper nutrition with their patients (1). In part, they blame lack of nutrition knowledge for generally poor dietary counseling. While doctors fear that patients are taking advice about what to eat from disreputable sources, they're not trained to do better. This

is when proactive patients can take the lead by sharing their nutrition awareness with non-supportive physicians.

Begin by pointing out that the principals of veganism and a raw diet correlate to doctor-approved tenets of nutrition including emphasis on fruits and vegetables. Acknowledge that some aspects of your diet are nontraditional and sound like they may be difficult to stick to, but explain how the change has improved your overall eating habits.

Finally, show off the good results. If you've been struggling with digestive issues or other ailments that haven't improved with conventional nutrition wisdom, take a stand for your approach. Doctors are outcome-oriented and disapproval is hard to maintain in the face of success.

Selenium:

What Is It and Why Do Vegans Need It?

The quota for essential vitamins and minerals is easy to hit when you are eating a whole, plant-based, vegan diet. However, selenium is one mineral that you should be mindful of.

What Is Selenium?

Selenium is a mineral that comes from the soil and can be found in a handful of foods, even as a raw vegan.

It can be hard to tell just how much selenium you are getting because there may be no way of knowing what type of soil the food has been grown in.

If the soil is rich in selenium, there is a higher chance that the food is rich in selenium (and vice versa).

Why Is Selenium Important for Vegans?

Selenium is most commonly found in fish, beef, and poultry. As a vegan, you will need to make sure you are getting selenium from plant-based sources.



Why? Because selenium is important for your metabolism, immune system, cognitive function, fertility, and other bodily functions. It also helps to form antioxidants to keep cells and tissues in the body healthy.

A deficiency in selenium could lead to increase of infection and disease, moodiness, and fertility issues.

The good news is, a little selenium goes a long way. Adults can safely ingest 400 micrograms a day, but it is recommended to that adult males ingest 75 micrograms and adult females ingest 60 micrograms daily.

The daily recommended selenium intake can be easily hit by eating the above foods, but always speak with your doctor if you have concerns. By talking with your doctor, he or she may be able to recommend a supplement if your intake is not adequate.

Foods With Selenium

Vegan foods that contain selenium include:

brazil nuts
brown lentils
sunflower seeds
brown rice
cashews
pecans
soy milk
chia seeds
flax seeds
spinach
broccoli
cabbage



Licorice Mint's Many Medicinal Uses



Licorice is mostly known for its use to sweeten beverages and candy, but most people never know about its many unbelievable health benefits. As a matter of fact, the classic black licorice candy, that so many know and love, really has only a very small amount of licorice root in it! The spice that gives it that famously unforgettable flavor is actually anise!

The name "licorice" derives from the Greek, meaning "sweet root." People have been benefiting from licorice all over the earth for thousands of years. The plant is native to Europe, Asia, and India. Through history, Greece has recognized the amazing affects that licorice root has on respiratory illnesses, while Hindus have relied on licorice for help with sexual stamina. Europe stands by it to deal with cough and cold symptoms, and Japan even uses licorice to combat against and even cure many forms of hepatitis.

- There are many health benefits from licorice and mint!
- The major benefits include detoxifying the body, aiding in respiratory distress including infections and inflammation, reducing or eliminating cough, shortening respiratory cold symptoms, stomach and menstrual discomfort, seizures, arthritis, gout, indigestion, hair loss, dandruff, and premature aging. Licorice root can also heal and strengthen the liver and adrenal gland. It is remarkably beneficial for those with thin or dull hair and also for those with problem skin.

- As a supplement, there are a few options to choose from. A powder form of licorice can be mixed with different mediums to be applied topically. This form of application is ideal for bothersome skin problems such as acne and eczema. Another way to supplement is with tea. Pre-made teas can easily be purchased through your local grocery store or if you can find them, whole licorice plant leaves can be dried and made into tea which is super beneficial to the digestive tract.

How the humble cabbage can stop cancer



If there is one food source where you can get most of your vitamins, minerals, and fiber, cabbage is the one that meets these needs. It can be consumed cooked or raw in many different recipes. Eating it raw is delicious and also a great cancer fighting vegetable.

It has been shown to stop many different types of cancer, including stomach, rectal, colon, and lung cancer. This could be an effective alternative to chemo and a lot safer with no side effects. Except for making you feel great. It has an antioxidant called anthocyanin and a high dose of vitamin K which can prevent damage of nerves in the brain and other types of dementia conditions.

It also protects your skin, eyes, and is a good way to open blood vessels wider, which will treat you with lower blood pressure. Eating raw cabbage also has anti-inflammatory properties, which is great for pain in the joints and muscles.

Cabbage contains sinigrin, luteol, and sulforaphane, all compounds of the glucoside family. These are ingredients that help stop cancer in its tracks. If you want to prevent cancer cells from forming or want an alternative to chemo, add raw cabbage to your diet. Not only is it a great cancer fighting product, it also tastes great.

Raw Vegan Bread Recipes



BEETROOT BREAD ROLL

by Krisztina Berta
www.deviliciouslyraw.com



Ingredients:

1 cup ground flax seeds
1 cup almond meal
1 cup ground, buckwheat
1/4 cup ground chia
(grind the whole almonds,
flax seeds, chia seeds and
buckwheat into fine flour by
using a high speed blender
and it's dry jug)
3 tbsp raisins paste, or date
paste
1 cup chopped beetroot
1/4 cup filtered water

INSTRUCTIONS:

1. Combine all the ingredients in the food processor fitted with the S blade and
2. process until well combined.
3. Remove dough and form into a small loaf or bread roll (longer and thinner is better so the drying process take shorter amount of time) or your preferred shape. Roll with coating of your choice, I used ground flax seeds.
4. Dehydrate at 140°F for 2 hours. Decrease heat to 115°F and continue to dehydrate about 8 -10 hours or until dry. It can also be sped up a little, to make the total time as little as 10 hours by slice the bread and place slices on dehydrator sheet.
5. This baguette is definitely best served warm, right out of the dehydrator, so enjoy it immediately.

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Krisztina Berta
www.deviliciouslyraw.com

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

RAW, GLUTEN-FREE SANDWICH BREAD

by Christa Clark
www.artisticvegan.com



Ingredients:

- ¾ cup raw almonds
- 1 Tbsp raw almonds
- ½ cup raisins
- ½ cup flaxmeal
- 2 Tbsp chia seed
- ¾ cup onion - quartered
- 2 cloves garlic
- ½ Tbsp apple cider vinegar
- 1 ½ tsp salt
- 1 Tbsp oregano
- 1 tsp onion flakes
- 1 tsp Italian seasoning



INSTRUCTIONS:

1. Place almonds and raisins in a bowl, cover with water and soak while preparing the other ingredients.
2. Add flax seed and chia seeds in a blender, food processor or Thermomix and blend for 8 seconds. Place in a bowl, set aside.
3. Put onion, garlic, vinegar, salt and any optional seasonings in blender. Mince for 7 seconds.
4. Drain the almonds and raisins, add to blender with the onion mix and mince for 10 seconds. Push down sides with a spatula and repeat.



INSTRUCTIONS:

5. Knead and work in the flax and chia seed mixture.
6. Press the dough into a large ball, press into a loaf firmly to prevent cracking. Opt to brush with raw flax oil and a sprinkle of herbs and seeds.
7. Dehydrate at 115 degrees F for 15-16 hours. If using an oven place loaf on a raised cookie rack to ventilate while baking at 200 degrees F or the lowest temperature for 3-4 hours.
8. Slice and enjoy in a number of ways!!

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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) <<http://artisticvegan.com/>> and author of "Meatless Mainstays for Modern Man" and "The Artistic Vegan Cookbook."

RAW VEGAN MOIST SPONGY LOAVES

by Laura-Jane Koers
www.therawtarian.com

Ingredients:

2 cups almonds
1 cup psyllium husk
1/2 cup flax meal
1 1/2 cups white onions
(roughly chopped)
2 cloves garlic
3 teaspoons lemon juice
1 1/2 teaspoons sea salt
1/3 cup water + 1/8 cup
water



INSTRUCTIONS:

1. Place almonds in food processor. Process until they look like slightly chunky "almond flour." REMOVE from food processor and dump into big bowl.
2. Add psyllium husk, flax and salt to bowl that contains "almond flour" that you just made.
3. Your food processor should now be empty. Add onions, garlic and lemon juice to your food processor. Process until quite liquidy, mushy and pourable.
4. Dump onion mixture into the big bowl that contains your dry ingredients.
5. Add 1/3 cup water to big bowl. Mix everything together with spoon. Add more water (1/8 cup) if necessary to get dry, doughlike texture that you can mold into loaves.
6. Mold into six small loaves.
7. Place directly onto dehydrator tray. Dehydrate at 145 degrees for 1 hour - then reduce temperature to 110 degrees. Dehydrate for another 6 hours or so. Tastes best if eaten right out of dehydrator, but can be stored in fridge for 4 days.



Laura-Jane Koers
www.therawtarian.com

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

Laura-Jane's tips:

This recipe calls for psyllium husk and works best with it. But if you must use psyllium powder and I can't stop you, note that psyllium powder equals one third the whole husks. (In other words, use 1/3 cup psyllium powder or 1 cup psyllium husk in this recipe. I recommend using psyllium husk.)

Also, if your dehydrator doesn't have enough room for the height of these raw loaves - remove the tray above it. Cover the hole from the missing tray with aluminium (tin) foil. Just tuck it in and wrap around.

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COUNTRY LIVING BANANA BREAD

by Amie Sue Oldfather
www.nouveauraw.com



Ingredients:

Dry Ingredients:

1 cup rolled oats, gluten-free oats,
soaked and dehydrated
¼ cup ground flax seeds
2 Tbsp psyllium husks, powdered
2 tsp ground Ceylon cinnamon

Wet Ingredients:

2 cups packed, moist almond pulp
2 cups mashed bananas
¼ cup date paste
3 Tbsp raw agave nectar
or maple syrup
1 tsp vanilla extract
1 cup raisins
½ cup chopped raw walnuts,
soaked and dehydrated
1 cup diced banana chunks



INSTRUCTIONS:

1. In the food processor fitted with the "S" blade, place the following ingredients: oats, flax meal, psyllium, cinnamon, salt
 - Pulse together until combined
 - Place dry ingredients in a large bowl
2. Add to the bowl the nut pulp, mashed banana, date paste, sweetener, vanilla, raisins, and chopped walnuts. Hold off on adding the diced banana chunks.
 - With your hands, blend til everything is well incorporated
3. Add the banana chunks and gently mix.
 - I didn't want you to add them in #2 because they would have turned pure mush. I want the chunks to remain in the bread
4. Shape into a loaf and place on the mesh sheet that comes with your dehydrator
5. Dehydrate at 145 degrees for 1-2 hours. This will create a crust on the outside



INSTRUCTIONS:

6. Remove from the dehydrator, place the loaf on a cutting board and slice pieces to the desired thickness.
 - I did mine at about ½"
 - Return the bread to the mesh sheet laying the pieces flat
7. Decrease the temperature to 115 degrees (F) and continue to dehydrate for about 6 hours
 - As an indicator, if it is dry enough, touch the center of the bread slices
 - You don't want it to be doughy, but you also don't want the bread to dry out too much
 - You decide on how dry you want the end result to be

Amie Sue's tips:

1. Shelf life and storage: My personal recommendation would be to store this bread in an air-tight container and in the fridge, for 3-5 days. The more moisture that is left in your bread, the shorter the shelf life. Therefore, shelf life will vary with your drying technique. Whenever I make this bread, it never lasts very long enough to spoil. Keep in mind, the whole purpose of eating a raw diet is to eat foods at their peak of freshness, so don't expect this bread to have a long shelf life
2. To warm the bread before eating, place it in the dehydrator set at 145 degrees for 5-10 minutes.



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.

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Raw Vegan Side Dishes, DIPS AND SPREADS



RAW VEGAN LETTUCE TACOS

with Chorizo, Salsa and Avocado

by Susana Liang

www.divinehealthyfood.com



Ingredients:

7 romaine lettuce leaves
(or 3-4 large romaine lettuce leaves)

Vegan chorizo:

1/3 cup sunflower seeds, pre-soaked
1/4 cup Brazil nuts
2 tablespoons walnuts
5 sundried tomatoes soaked in olive oil
1 tablespoon diced red onion
1 tablespoon nutritional yeast
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon extra virgin olive oil
1 small clove garlic
1/2 teaspoon dried oregano
1/4 teaspoon Himalayan/Sea salt
1/4 teaspoon ground cumin
A pinch of red pepper flakes
1/8 teaspoon cayenne pepper

Ingredients:

Salsa:

1 tomato, diced
1 tablespoon diced red onion
1 teaspoon lemon juice
1/2 teaspoon extra virgin olive oil
A sprinkle Himalayan/Sea salt
A few sprinkles ground black pepper

Topping:

1 avocado, sliced
Salt and pepper to taste
A few drizzles lemon juice (optional)

INSTRUCTIONS:

1. To make the Chorizo: Soak the sunflower seeds in warm water for about half an hour. During this time, get the other ingredients ready. Peel the garlic and dice the onions. Also, wash the romaine lettuce leaves well so that there's no dirt on it.
2. Add everything for the vegan chorizo into the blender, including the soaked sunflower seeds, as well as Brazil nuts, walnuts, sundried tomatoes, diced onion, nutritional yeast, paprika, garlic powder, onion powder, extra virgin olive oil, garlic clove, dried oregano, salt, cumin, red pepper flakes and cayenne pepper. Blend until most of it is smooth, you don't have to have it completely smooth. Sometimes it's nice to have some crunch. You may like to keep it totally smooth, or not smooth at all. This is completely up to you! When it's done, spoon the chorizo into a small bowl and set it aside.
3. To make the Salsa: Peel the onion and wash the tomato, then dice both into small cubes and put it in a bowl. Add the lemon juice, extra virgin olive oil, salt and pepper into that bowl and give it a good stir to mix everything in. Set that aside as well.
4. To make the Taco: Chop the avocado in half, then remove the seed. Use a spoon to scoop the flesh out and chop it sideways into small slices. Have the romaine lettuce leaf ready. If you're using a very large leaf, you will need to cut it sideways in half or three, be sure that you cut off the very hard stems. Spoon some chorizo, salsa, two slices of avocado in the center of the lettuce leaf. Finally, sprinkle a little salt and pepper to taste, and a bit of lemon juice on the avocado if desired.



Susana Liang
www.divinehealthyfood.com

Divine Healthy Food is a vegan blog, focusing on plant based foods, great taste and health. Susanna's Food philosophy: Eating should be enjoyable and nourishing. We should eat for health and nothing else.

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Youtube: <https://www.youtube.com/user/sevenofthesky>

RAW BEET CHIPS

by Laura Dawn
www.happyandraw.com

Ingredients:

12 Beets (turnips,
and yams are also
simply heavenly)
Coconut Oil
Cumin



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".

INSTRUCTIONS:

1. Simply lightly cover the beets with coconut oil (What I have started doing, because too many times I came out with too oily a chip, is I put a teeny tiny bit of oil in the palm of my hand, and then use my hands to massage the oil into the chips. I've also tried other oils, but I still find that coconut oil works the best)
2. Sprinkle a little cumin or whatever spices I want for seasoning over the beets or whatever vegetable I'm using for a chip
3. Place them on trays in the dehydrator and you can put them up to 145-150 for about 20 minutes then down to 115 for a few more hours. Depending on how thin you sliced them, these beet chips won't take too long in the dehydrator. They will also get a little crunchier if you let them cool after you remove them from the dehydrator, before you start eating them
4. Enjoy with a tasty dip like my [cilantro lime dip](#), or [raw vegan pesto](#). Don't forget to share with your partner, friends or family, you might entice them to switch over to raw root chips!

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CHIPOTLE ALMOND SPREAD

by Karielyn Tillman

www.thehealthyfamilyandhome.com

Ingredients:

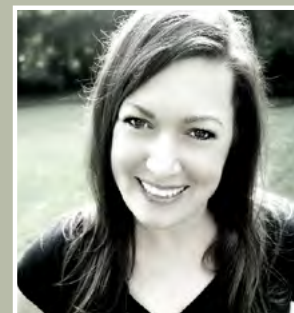
1 cup organic almonds
1/4 cup organic extra virgin olive oil
2 cloves garlic (freshly crushed)
1 tablespoon Bragg apple cider vinegar
1 organic lemon (freshly juiced)
2 tablespoons nutritional yeast
1/2 teaspoon pink himalayan salt
1/2 - 1 teaspoon organic chipotle powder

INSTRUCTIONS:

1. Put all ingredients into a food processor and process only until almonds are a "chunky" texture.
2. Serve as a spread over crackers or as a dip for veggies or atop a salad.
3. Enjoy!

Facebook:

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



Karielyn Tillman

www.thehealthyfamilyandhome.com

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

RAW FALAFELS WITH TZATZIKI SAUCE

by Tiasha Slana

www.shinewithnature.com

Ingredients:

Falafel:

2,5 cup (320 g) chopped carrots
¾ cup (70 g) celery
2 Tbsp (30 g) sunflower seeds
¼ cup chopped fresh parsley
¼ tsp cumin seeds, ground
extra ⅛ cup sesame seeds

Tzatziki Sauce:

1 cup (125 g) chopped zucchini,
peeled
1 cup (125 g) chopped cucumbers,
peeled
⅓ cup (20 g) macadamia nuts
1 Tbsp lemon juice
1 Tbsp lime juice
½ Tbsp chives, chopped
extra 1 small (100 g) cucumber,
peeled

Tahini Sauce:

½ Tbsp lemon juice
1 Tbsp water
1 Tbsp tahini or grounded sesame
seeds

Pickled Turnips:

1 large (200 g) turnip, spiralized
1 Tbsp beet juice
1 tsp lemon juice

To serve:

1 head (400 g) lettuce
7 oz (200 g) baby spinach
3 tomatoes, cubed



INSTRUCTIONS:

Falafel:

1. Coarsely chop carrots and celery.
2. Mix sunflower and sesame seeds in the food processor until ground. Add carrots and celery and process until well mixed.
3. Add chopped fresh parsley and ground cumin seeds and process.
4. Form into balls, they roll in sesame seeds.
5. (The mixture will be quite wet, so be patient with forming the balls.)
6. Transfer to the dehydrator and dehydrate for 3 - 4 hours at 115 degrees Fahrenheit (46°C).



INSTRUCTIONS:

Tzatziki Sauce:

1. Mix all the ingredients in the blender, but the extra 100 g cucumber.
2. Finely chop the extra 100 g cucumber and mix it in the sauce with the spoon.

Tahini Sauce:

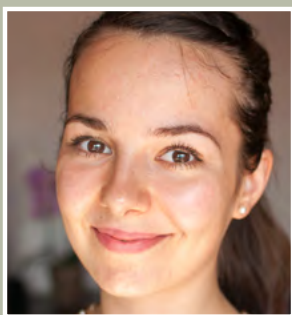
1. Mix all the ingredients together.

Pickled Turnips:

1. Spiralize turnips and mix them with lemon and beet juice.

To serve:

1. Wash lettuce and baby spinach and mix them together with tomatoes.
2. Put falafels on the bed of lettuce and pour tahini over them.
3. Put pickled turnips beside them.
4. Pour tzatziki sauce in a little bowl and put it on the plate as well.



Tiasha Plana
www.shinewithnature.com

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

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RAW VEGAN Holiday Treats



ALMOND BUTTER COOKIES

by Julie Van den Kerchove
www.julieslifestyle.com

Ingredients:

½ cup almond butter
½ cup almond flour
¼ cup coconut oil
¼ cup coconut flour
5 tablespoons date paste
20 drops pure liquid Stevia (or extra date paste)
1 teaspoon pure vanilla extract
5 drops almond extract (optional)
1/8 teaspoon Himalayan Crystal salt or sea salt



INSTRUCTIONS:

1. Warm up the coconut butter until it turns into liquid coconut oil. Remove the oil from the stove and let it cool down.
2. Combine almond butter, almond meal, coconut oil, coconut flour, date pasta, Stevia, vanilla extract, almond extract and salt in the food processor. Mix until all the ingredients turn into a big cookie dough ball.
3. Form the cookie dough into forms of your choice.
4. Place the cookies onto a dehydrator tray lined with a Teflex sheet. Dehydrate at 115°F for 20 hours or more, until they are crispy on the outside and slightly soft on the inside.





Julie's tips:

1. If the cookies are still slightly moist inside, they will stay fresh for at least 10 days in an airtight container in the refrigerator.
2. If the cookies are completely dry and crispy, you will be able to store them for at least 2 months in an airtight container in a cool, dry place.
3. Try experimenting with other types of 'butter' for different flavour variations. I'm thinking tahini, sunflower seeds, pumpkin seeds, walnuts, pecans, cashews, macadamias, hazelnuts, brazil nuts, pine nuts, pistachios...



Julie Van Den Kerchove
www.julieslifestyle.com

Julie Van den Kerchove is a plant-based chef & author with a passion for low carb high fat keto cooking. You can find her on Instagram @ rawfoodchefjulie & at www.julieslifestyle.com where you can get your FREE eBook and discover how to turn your body into a natural fat burner!

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

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

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

VEGAN WHITE CHOCOLATE TRUFFLES

by Chris Anca
www.talesofakitchen.com



Ingredients:

200g coconut cream
30g cacao butter
seeds of 1 vanilla bean
50g dessicated coconut
(plus a bit extra for coating)
30g maple syrup
4 TBSP coconut flour

INSTRUCTIONS:

1. Whisk coconut cream in a medium bowl until you get it smooth and silky.
2. Melt the cacao butter (bain marie method) and add it to the coconut cream, with the vanilla. Whisk to incorporate.
3. Add dessicated coconut, maple and coconut flour and mix well until you get a sticky, wet(ish), soft mix.
4. Form bite sized truffles.
5. Roll them in dessicated coconut and refrigerate for 20 minutes.
6. ENJOY!!! xx



Chris Anca
www.talesofakitchen.com

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

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RAW CHRISTMAS MACAROONS

by Amy Lyons

www.fragrantvanilla.com

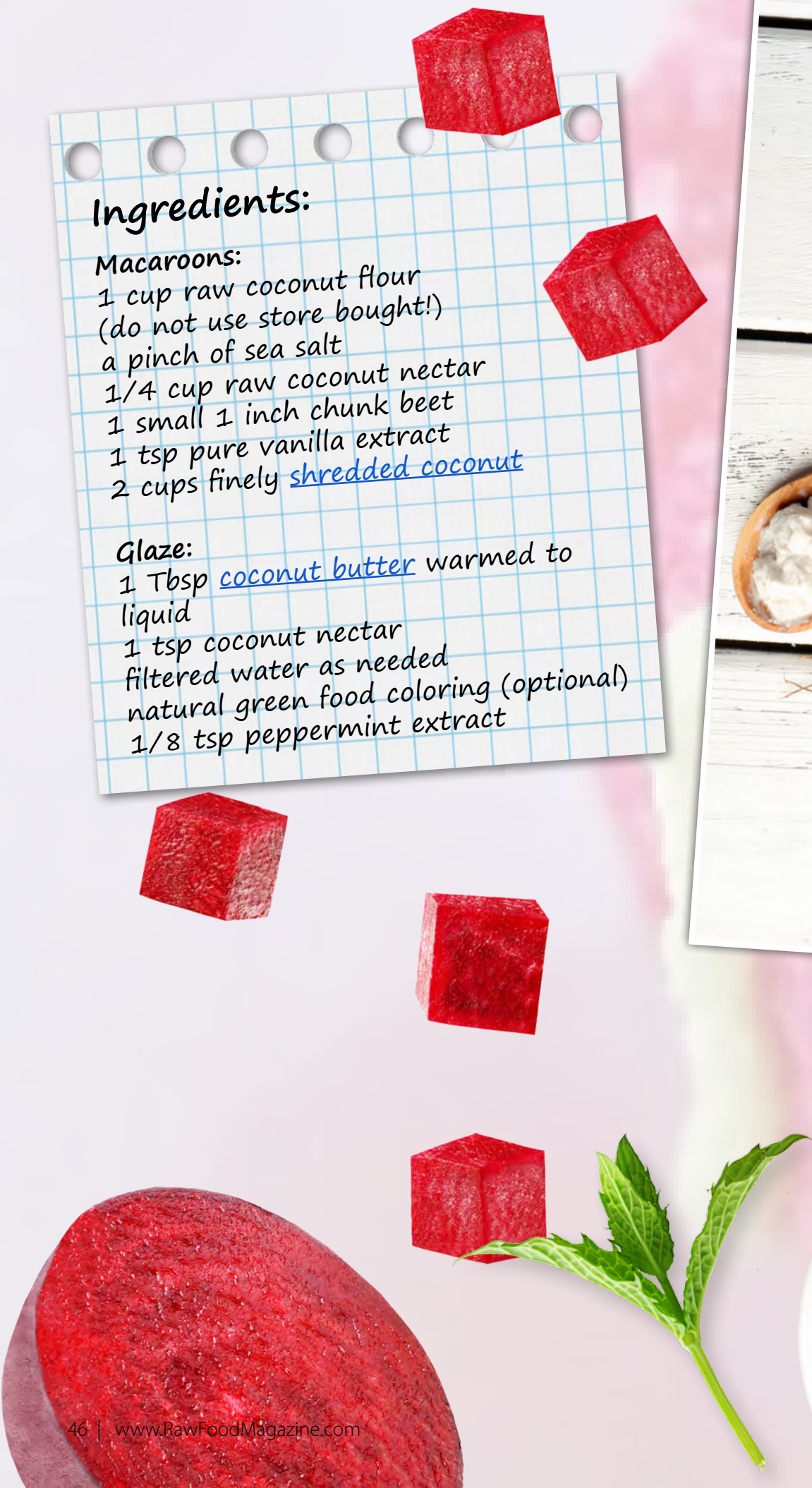
Ingredients:

Macaroons:

- 1 cup raw coconut flour
(do not use store bought!)
- a pinch of sea salt
- 1/4 cup raw coconut nectar
- 1 small 1 inch chunk beet
- 1 tsp pure vanilla extract
- 2 cups finely shredded coconut

Glaze:

- 1 Tbsp coconut butter warmed to liquid
- 1 tsp coconut nectar
- filtered water as needed
- natural green food coloring (optional)
- 1/8 tsp peppermint extract





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.

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

Twitter: https://twitter.com/vanilla_cake

Instagram: <http://instagram.com/fragrantvanillacake?ref=badge>

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

INSTRUCTIONS:

1. Place coconut flour, sea salt, nectar, beet, and vanilla in the food processor and process until well combined. Add coconut and pulse until the mixture holds together.
2. Form the mixture into 12 balls, and place on a dehydrator sheet. Dehydrate for about 6-8 hours, or until they are dried, but not so much so that they are not a little chewy in the middle.
3. To make the glaze, whisk together all ingredients until smooth, adding 1 tsp of water at a time until the mixture is a glaze consistency (not too thin though, you want to be able to pipe it).
4. Place in a plastic bag with the tip cut off or a pastry bag with a small tip, and pipe like ribbon onto the macaroons.
5. Place in the freezer when they are all done for about 10 minutes to set the frosting. Store macaroons in the fridge.

RAW CHRISTMAS FRUIT CAKE

by Heidi Turunen

www.rawliciousdelicious.com.au



Ingredients:

2 cups dates
2 cups chopped almonds
1 cup organic dried fruit mix
1/2 cup organic dried cranberries
1/2 cup shredded coconut
1/3 cup maple syrup
zest and juice of 1 lemon
zest and juice of 1 orange
1/2 cup chopped pecans
1/2 tsp vanilla powder
1 tsp ground ginger
1 tsp cinnamon powder
1/2 tsp nutmeg
pinch salt





INSTRUCTIONS:

1. Place all the ingredients, except dried fruit mix and cranberries, into a food processor and blend until well combined.
2. Add dried fruit mix and dried cranberries in the bowl with the raw Christmas fruit cake mix and mix them in by hand.
3. Firmly press the mixture into square lined cake tin and place in the fridge to set for at least two hours.
4. Once the raw Christmas fruit cake feels firm enough to cut, cut it into squares and serve. Enjoy!

Facebook: <http://www.facebook.com/rawliciousdelicious>
Instagram: <https://www.instagram.com/rawliciousdelicious/>



Heidi Turunen
www.rawliciousdelicious.com.au

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

Raw Vegan Hot Chocolate Recipes



HOT CHOCOLATE

by Emily Von Euw
www.thisrawsomeveganlife.com

Ingredients:

6 pitted medjool dates
3-4 cups nut milk
1/4 teaspoon cinnamon
1/8 teaspoon cayenne powder
(careful with this...)
1 teaspoon vanilla
2-3 tablespoons cacao powder
1 tablespoon melted coconut oil
(optional)



INSTRUCTIONS:

1. Warm the nut milk on the stove then add it and all the other ingredients to a [high speed blender](#) and blend until smooth.
2. Pour into mugs
3. Cuddle up with a loved one and enjoy!

Emily's tips:

1. The cinnamon, cayenne and vanilla are optional but i really recommend them
2. You could add some peppermint or candy canes to this too

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Pinterest: <http://pinterest.com/emilyvoneuw/rawsome-vegan-food/>



Emily Von Euw
www.thisrawsomeveganlife.com

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



INSTRUCTIONS:

1. Throw all of the ingredients (including any optional boosters) into your [KitchenAid® Pro Line® blender](#).
2. Set the blender to the Adapti-Blend™ soup program.
3. Blend until the machine turns itself off.
4. Alternatively, throw in your high-speed blender for about 5 minutes, starting on speed 1 and gradually increasing to speed 10 until hot.

Tess' tips:

If you don't have a high-speed blender yet, blast on high for about 60 seconds in your conventional blender until smooth. Then, transfer the mixture to a saucepan, and gently warm on low until hot.

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

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VEGAN HOT CHOCOLATE

by Tess Masters
www.healthyblenderrecipes.com

Ingredients:

3 cups (720ml) filtered water
1 cup (140ml) raw unsalted cashews
1/3 cup (24g) raw cacao powder or unsweetened cocoa powder
1/3 cup (55g) firmly packed chopped pitted dates (5 to 6 dates) or 3 tablespoons pure maple syrup, plus more to taste
1 teaspoon natural vanilla extract
Pinch of Celtic sea salt

Optional boosters:

1/2 teaspoon ground cinnamon, plus more to taste or
1/8 teaspoon red pepper flakes



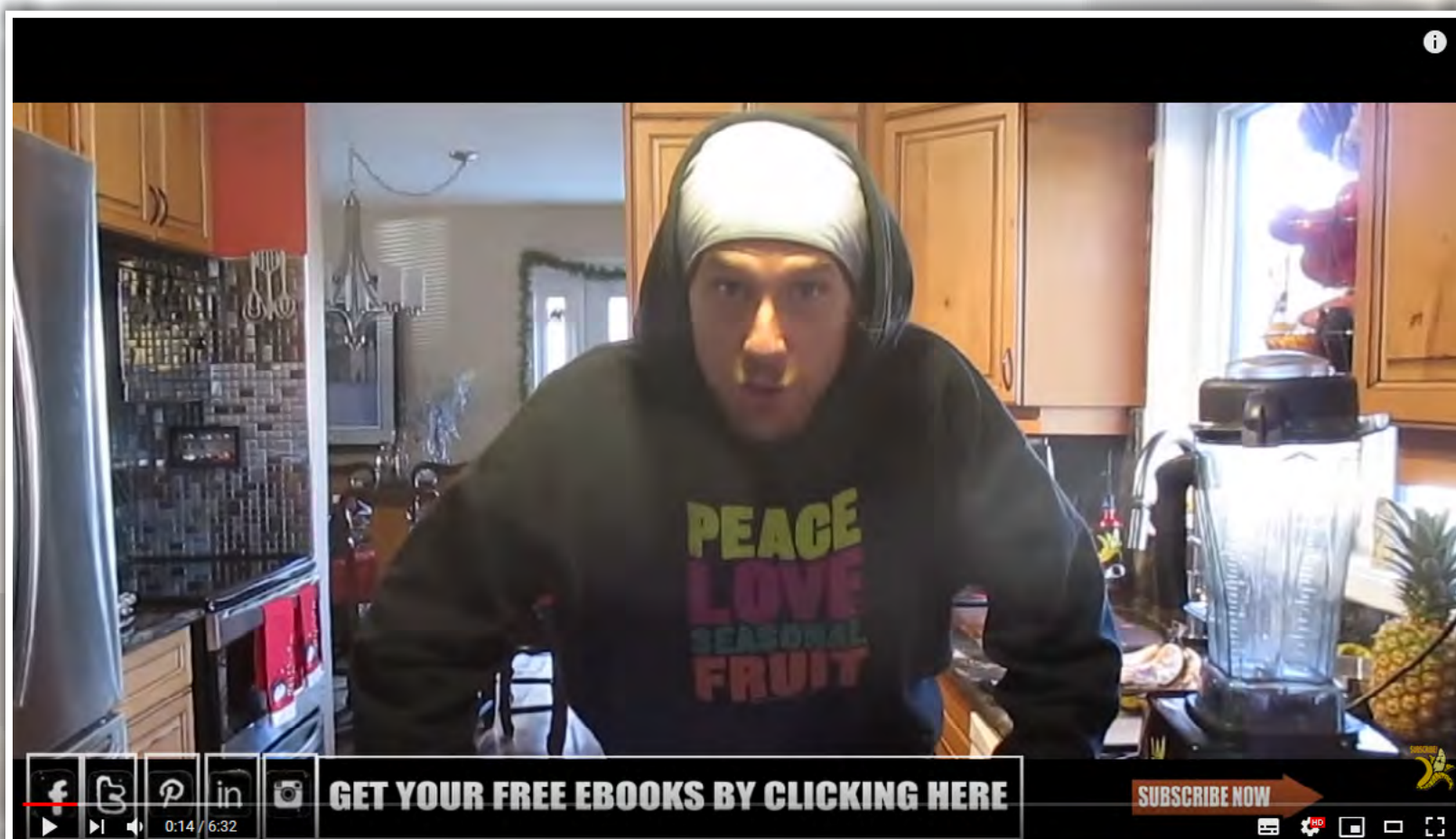
Tess Masters
www.healthyblenderrecipes.com

Widely known as "The Blender Girl", Tess is an actor, presenter and healthy recipe advocate who publishes her favorite creations on HealthyBlenderRecipes.com

RAW VEGAN HOT COCO

by Chris Kendall

www.therawadvantage.com



Ingredients:

For the marshmallows:
1- 15 bananas (any variety, I like Cavendish best)

Creamy Hot Chocolate:
1 lb dates (Barhi are my fave)
1 - 1.25 liters Hot water
2 Heaping tsp carob powder
1-2 tsp raw sesame seeds

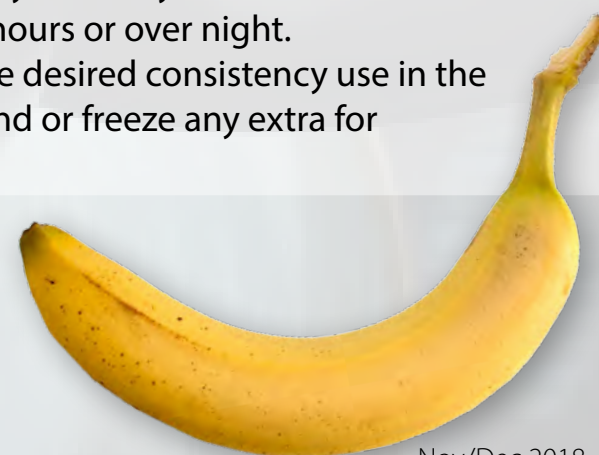


INSTRUCTIONS:

For the marshmallows:

(Make the night before, they freeze good for later use)

1. Peel and slice into 3-6 pieces that resemble large marshmallows.
2. Arrange on a dehydrator tray and set at 105-115 to dehydrate 6-10 hours or over night.
3. Once dried to the desired consistency use in the Hot Chocolate and or freeze any extra for later use.





INSTRUCTIONS:

For the Creamy Hot Chocolate:

1. Pit all dates and place in the vitamix blender. If you don't have a vitamix you may want to do this 4-6 hours in advance and soak with just enough water to cover to soften and use tahini instead of whole seeds.
2. Scoop carob and sesame seeds into blender, Heat water till steaming and add to the blender.
3. Fasten the lid tightly, very important.
4. Blend on high till very smooth, pour into a mug or thermos to enjoy now or later on a cold day!
5. PS add the marshmallows, they add a special texture and taste!

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

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Chris Kendall
www.therawadvantage.com

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

TAHINI HOT CHOCOLATE

by Anya Kassoﬀ
www.golubkakitchen.com



Ingredients:

1½ cups hot water
2 prunes or dates
1 heaping teaspoon tahini
1 heaping teaspoon almond butter
1 tablespoon raw cacao powder
1 tablespoon raw honey, or more
to taste
pinch cinnamon (optional)



INSTRUCTIONS:

Combine all ingredients in a blender until smooth and frothy.

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Anya Kassoﬀ
www.golubkakitchen.com

Anya Kassoﬀ is the author of *The Vibrant Table - Recipes from My AlwaysVegetarian, 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.



Merry Christmas From The Raw Food Team

It's beginning to look a lot like Christmas. Now that December is near, Santa Claus and his many helpers are beginning to make appearances around the world. Christmas is a time for nostalgia, but it is also a time for making new memories. Enjoy the fellowship of new friends, and cherish the company of family in this season of loving and sharing.

Have you started decorating? Have you started planning your Christmas dinner menu? Have you started wrapping gifts? We hope so! What can be better than opening presents, eating good food and singing Christmas music? Doing all those things with family.

If you'd be happy to share your Christmas stories, or your RAW FOOD JOURNEY with Raw Food Magazine, we'd be so delighted to let the world know about it. We'd be happy to include photos and letters and stories from you in one of our 2019 issues! And in exchange of your wonderful and inspirational story, a link to one free Raw Food Magazine issue of your choice! How's that for a delicious Christmas treat?





Send your stories and photos to
support@rawfoodmagazine.com.
We will only accept until the end
of December 2018!



*Spread the love, happiness
and Yuletide cheer to all
you meet. Have a rocking
Christmas and a prosperous
2019.*

*On health and happiness,
Your friends from*

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