

MORE HEALTH ARTICLES!

**INSIDE:**

Why Going Vegan Is The  
Ultimate New Year's  
Resolution

# Raw Food Magazine

Issue 39 January/February 2019

## RAW VEGAN 2019:

Exploring The Path To  
A Happier, Healthier You

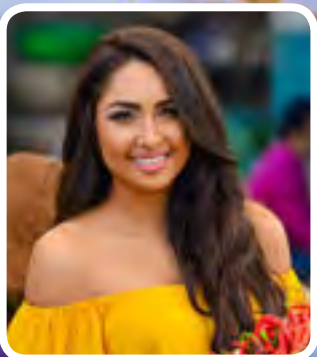
5 Best  
**RAW VEGAN**  
Retreats

*Juice Cleanse  
After The Holidays*

Ridiculously Good  
**CREPES**

**BONUS!**  
*Raw Vegan  
Ayurvedic  
Recipes*

**PREPARE FOR THE YEAR:**  
*Gardening in January and  
February*



Pave your path to *FREEDOM, JOY* and *PURPOSE*  
with **SAHARA ROSE**



# Contributors



## Chris Kendall

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 Charity, "TRA Dream"; is focused on creating donation based holistic healing, yoga, permaculture centres around the world.

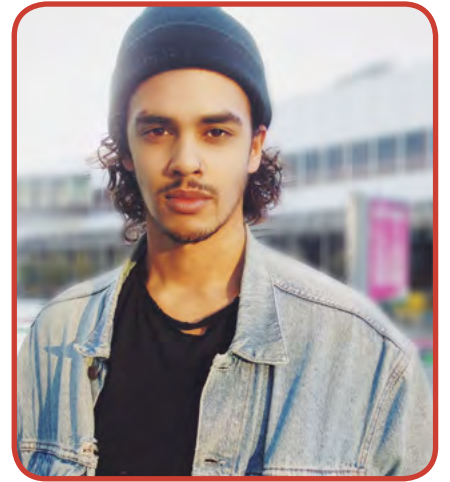
[TheRawAdvantage.com](http://TheRawAdvantage.com)



## Carrie Forrest, MBA, MPH inNutrition

Carrie Forrest is the creator of the blog, Clean Eating Kitchen, where she shares gluten-free and dairy-free recipes and tips. She also hosts the podcast, Clean Eating for Women. Carrie has masters degrees in business and public health nutrition, but, more importantly, has used a real food diet to recover from and manage multiple health conditions including PCOS, chronic migraines, anxiety, autoimmune disease, and cancer.

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



## Anarki "AJ" Tjon Affo

My name is A.J. Tjon Affo a multi cultural 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!

[www.TheIndigoKitchen.com](http://www.TheIndigoKitchen.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. Via their blog Activevegetarian.com they inspire others to live a healthy, active, plant based lifestyle.

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



## Laine Rudolfa

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

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



## Lily Kunin

Hi! I'm a plant-based cook and health coach in New York City (and sometimes LA). I'm passionate about good food that makes you feel as good as it tastes. On my site, I share my simple, mostly plant-based recipes along with my love for clean beauty, travel, and more.

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

# On the Cover...

34



Juice Cleanse  
**After The  
Holidays**

40



Ridiculously  
**Good  
Crepes**

57



**Bonus!**  
Raw Vegan  
Ayurvedic Recipes

## *Live*

**12** 5 Tips To A Zero-Waste  
Vegan Lifestyle >

**14** What too Much Salt Can  
Do to Your Brain >

**15** Is It Safe To Drink From  
Plastic Bottles >

## *Beautify*

**17** A Close Up On The  
Science Behind Face  
Massage Rollers >

**19** Chemicals In Beauty Products  
To Avoid >

## *Inspire*

**21** Pave your path to freedom, joy  
and purpose with Sahara Rose >

**25** Is beauty really in the  
'eye of the beholder'?  
Yes, and here's why >

## *Learn*

**27** Plant-based Diet: The Best  
Diet for Depression! >



# Contents



## **29 Why Going Vegan Is The Ultimate New Year's Resolution >**

*Grow*

## **31 A New Garden in the New Year: Gardening in January and February >**

## **32 Benefits of Zucchini for Skin, Health, and Hair >**

*Eat*

## **34 Juice Cleanse After The Holidays >**

Vegetable Detox Juice  
Cranberry Apple Detox Juice  
Cilantro Celery Juice  
Red Beet Detox Juice  
Carrot Cake Juice

## **40 Ridiculously Good Crepes >**

Raw Crepes With Caramel Apple Filling  
Banana Crepes with Fruit  
Raw Coconut Pear Crepes with Strawberry Sauce  
Raw Banana and Coconut Crepes

## **49 Sweets for Happiness and Love >**

Easy Raw Vegan Chocolate  
Best Vegan Chocolate Ever!  
Chocolate Power Bites  
Raw Vegan Cocoa Truffles

## **57 Bonus! Raw Vegan Ayurvedic Recipes >**

Ayurvedic Vegan Lassi  
Warming Chai Almond Milk  
Apple Spice Sauerkraut  
Raw Taco Gorilla Wraps  
Lavender Chai Tea



*Regulars 5-11*



# Joan Jett's Vegan Testimonial

**J**oan Jett has been entertaining and influencing the world for over 40 years! She is known for founding the 1970's girl-famous rock n' roll band "The Runaways", but she's also famous for her diet. In a recent interview, rock singer Joan Jett revealed that she is "very close to vegan" and never buys "new leather."

Joan Jett's love for animals led her to give meat the boot. Watch her "veggie testimonial" and consider kicking the meat habit.





# Five Top Raw *VEGAN RETREATS* for 2019



**R**aw vegan retreats are increasingly popular in today's stressed-out world. If you're feeling frazzled or drained by life's challenges, a relaxing retreat can give you the quiet you need to think and help you feel rejuvenated with thoughtfully prepared raw vegan meals.

You'll also be able to get inspiration from others following the raw vegan lifestyle, and you'll probably form new friendships that last long after the retreat ends. Whether you're looking for a rural escape or a touch of luxury, our top picks for raw vegan retreats in 2019 will help you feel fantastic throughout the new year.



## 1. Bliss Body Retreat in Ubud, Bali (multiple dates)

In this tranquil and tropical setting, you can immerse yourself in seven days of yoga and gourmet raw cooking. Guests will learn the basics of the raw vegan diet, and retreat organizers will teach more than 20 different recipes for sauces as well as dessert and main dish recipes that retreat goers can take back with them to their own kitchens. Information sessions are held to instruct guests on how to eat sustainably. This retreat is held many times throughout the year.



## 2. The Chapel Escape Retreat in Wales (March 8-10, 2019)

Ideal for a long weekend, this retreat is held at the beautifully restored 19th-century Peniel Chapel. All meals are provided, and guests can enjoy long walks on the beach and exploring the quaint nearby village. Raw vegan cooking classes are provided and are appropriate for all skill levels. Other workshops discuss the use of essential oils in cooking. Notably, this retreat includes a cacao ceremony designed to soothe and refresh visitors before their journey home.





### 3. Holistic Raw Vegan and Yoga Retreat in Crete, Greece (May 25-June 1, 2019)

This eight-day retreat pampers the mind and body with a truly holistic approach. Raw vegan meals, snacks, and herbal teas are all provided. Guests can participate in daily morning yoga sessions, and both massages and aromatherapy services are available. Social activities and hiking excursions in the Cretan mountains are part of the daily schedule, and guests will also have time for rest and leisure in the afternoons and evenings. The group size is limited to a maximum of 12 participants.

### 4. Retreat at the Tambo Ilusion Center in Tarapoto, Peru (multiple dates)

This private retreat is limited to a maximum of two participants at a time and would be ideal for raw vegan beginners or anyone who desires a highly personalized retreat experience. Joanne, the retreat organizer, will instruct guests in cooking techniques for raw food and accompany them on a trip to the local food market. Recipes and provided meals will be customized to suit guest's dietary preferences. Swimming and yoga opportunities will help guests feel restored and balanced at the conclusion of this retreat.



### 5. Sound Healing, Yoga and Reset Retreat in Maui (multiple dates)

Located in a peaceful setting in Hawaii, this retreat focuses on healing the mind and body. Sound healing, daily two-hour yoga sessions, and an intention-setting opening ceremony are all used to help guests embrace a positive mindset and release any tension in their lives. Individual healing sessions are also available, and the moon and cacao ceremony is a highlight of the retreat for many visitors. This retreat is designed for between one to six people at a time, and daily raw vegan breakfast and lunch are provided.

**We hope that 2019 brings you health and happiness!**



# Happiness Lengthens Life

Happiness does not heal, but happiness protects against falling ill. As a result, happy people live longer. The size of the effect on longevity is comparable to that of smoking or not.

**T**his is concluded from an analysis of 30 follow-up studies published in a recent issue of the Journal of Happiness Studies.

There have been more reports of happy people living longer, but for long it was unclear whether happiness causes longevity, since it can also be that good health add both to happiness and longevity.

Scientists assess causality using long-term follow-up studies, taking initial health into account. The results of such studies seemed contradictory; several studies found the expected causal effect of happiness on longevity, but other studies found no effect and some observed even earlier death among the happy. The analysis of 30 follow-up studies showed that the difference is in the people under investigation.

Happiness does not lengthen the life of seriously ill people, but it does prolong the life of healthy people. Happiness appears to protect against falling ill. One of the mecha-



nisms behind that effect seems to be that chronic unhappiness causes stress, which on its turn reduces immune response.

Another possible mechanism is that happiness adds to the chance of adopting a healthy life style.

An implication of this finding is that public health can also be promoted by policies that aim at greater happiness for a greater number.



# Seeking happiness

Remember the good times,  
forget the regrets



**P**eople who look at the past through rose-tinted glasses are happier than those who focus on negative past experiences and regrets, according to a new study published in the journal *Personality and Individual Differences*. The study helps explain why personality has such a strong influence on a person's happiness. The findings suggest that persons with certain personality traits are happier than others because of the way they think about their past, present and future.

The study examined how peoples' ratings on the "Big Five" personality traits relates to their approach to time and life

satisfaction. The "Big Five" model assesses how extraverted, neurotic, open, conscientious and agreeable a person is, and rates individuals as high or low on each personality trait rather than assigning them a personality type.

"We found that highly extraverted people are happier with their lives because they tend to hold a positive, nostalgic view of the past and are less likely to have negative thoughts and regrets. People high on the neurotic scale essentially have the exact opposite view of the past and are less happy as a result," said Ryan Howell, assistant professor of psychology at San Francisco State University, who authored the study with SF State graduating senior Jia Wei Zhang.



"This is good news because although it may be difficult to change your personality, you may be able to alter your view of time and boost your happiness," Howell said. The authors suggest that savoring happy memories or reframing painful past experiences in a positive light could be effective ways for individuals to increase their life satisfaction.

Numerous studies over the last 30 years have suggested that personality is a powerful predictor of a person's life satisfaction. These latest findings help explain the reason behind this relationship. "Personality traits influence how people look at the past, present and future and it is these different perspectives on time which drive a person's happiness," Howell said.

More than 750 participants completed surveys about their personality, life satisfaction and "time perspective" -- a concept coined by Stanford psychologist Philip Zimbardo to describe whether an individual is past, present or future orientated. To assess time perspective, participants were asked such questions as whether they enjoy reminiscing about the "good old days" or whether they believe their future is determined by themselves or by fate.

People's view of the past had the greatest effect on life satisfaction. Extraverts, who are energetic and talkative, were much more likely to remember the past positively and be happier as a result. People high on the neurotic scale, which can mean being moody, emotionally unstable and fretful, were more likely to have an anguished remembrance of the past and to be less happy.





# 5 Tips To A Zero-Waste Vegan Lifestyle

Followers of plant-based and vegan diets already cut down drastically on the waste they produce. However, there are always other ways to cut back on the amount of waste one produces. Keep reading for five easy ways you can help to live a zero-waste lifestyle.

## 1. Steer Clear of Single Use Items

While throwaway items like coffee cups, plastic utensils, and straws may be convenient in the moment, they create a lot of excess waste. Avoid using single use items by opting for a travel mug, bamboo utensils, and a mason jar to carry your leftovers in.



## 2. Start Composting Your Leftovers

Lawn and food waste adds up. Making up 25% of the waste in landfills, lawn and food waste can easily be eliminated through composting. If you have a garden, use the “trenching” method of composting. Save your scraps in a container or compost bin. Then, bury the food waste in your garden.

If you don't have a garden, consider using the same “trenching” method. Once your waste has decomposed, donate the compost to a local garden.





### 3. Buy Clothing Secondhand

Living a zero-waste lifestyle should also extend to the way you buy your clothes. Buy your clothing second-hand instead of shopping for new clothes. Moreover, keep the cycle going by donating your old clothes instead of throwing them away.



### 4. Buy Home Goods in Bulk

Going zero-waste is all about eliminating excess packaging and getting the most for your money with a single purchase. However, be sure to only purchase non-perishable items in bulk to ensure that nothing spoils before you have a chance to use it.

### 5. Use Reusable Bags

Always having reusable bags with you is a good way to eliminate waste. When going shopping, be sure to bring your own reusable bags to avoid using plastic bags.

Living a zero-waste lifestyle isn't as hard as it seems. Use these tips to make sure your vegan lifestyle is as healthy for the environment as it is for you.





# What too Much Salt Can Do to Your Brain

It isn't exactly a secret that a large number of Americans eat an unhealthy diet that is high in salt. But their poor food choices are often not intentional though. With busy lifestyles, long work hours, and families to raise, they just don't always have the time to cook, which makes the fast-food restaurants that sell salt-laden burgers and fries along their daily commutes very tempting. Unfortunately, this is putting many people at risk for the damaging effects that consuming too much salt has on the brain though.

Research has shown that when mice were fed diets that were high in salt, it impaired them cognitively to the point where it appeared that they had dementia. They could no longer remember how to build their nests daily or find their way through mazes like they used to. After their diet was switched back to include only healthy, low-sodium foods, their cognitive problems seem to disappear though. If they were given L-arginine, the recovery process took less time.

The way that an overload of salt seems to affect cognition is by causing the endothelial cells that line the blood vessels in the brain to not function like they are supposed to. But the effects on the body don't stop there. A high intake of salt can also increase a person's blood pressure, affect the good bacteria in their gastrointestinal system, and even impair the immune system. However, this doesn't mean that salt has to be avoided entirely since humans need a small amount of it in their diet in order to get enough iodine that is important for good thyroid health. The amount of sodium just has to be kept at less than 2,300 milligrams per day.





# Is It Safe To Drink From Plastic Bottles?

In addition to maintaining a raw food diet, it's important to drink plenty of water to enjoy optimal health benefits. Nowadays, many people drink water from plastic bottles instead of getting it from a tap, but there is also a concern that drinking from plastic bottles increases certain health risks. So, is it safe to drink from plastic bottles?

## What Studies Show

**S**tudies have shown that with every sip from a plastic bottle, you're likely ingesting microplastics. However, many of these microplastics along with other contaminants are also found in much of the world's drinking water. The International Bottled Water Association disputes the findings of these studies and the testing methodology.

There is also evidence that certain types of plastic are more harmful than others, but studies on these plastics have been largely inconclusive. Polyethylene terephthalate (PET) plastic may cause diarrhea, vomiting and other gastrointestinal problems when high amounts are ingested. High-density polyethylene (HDPE) plastic may increase cancer risks. There are also conflicting reports as to whether bisphenol A (BPA), which is a chemical that's used to make plastics, is dangerous to humans.





Another concern is whether plastic bottles that are exposed to hot temperatures put people at further risk. A plastic bottle that's left in a hot car or another location could leak chemicals that make the fluid less safe to drink, but many bottled water manufacturers dispute this claim.

## The Conclusion

Unfortunately, there is no definite conclusion when it comes to the safety of bottled beverages. If you're concerned about health risks, try looking for products that don't contain BPA in their packaging and making sure that you don't expose your plastic bottles to high temperatures.





# A Close Up On The Science Behind Face Massage Rollers

Facial massaging using a roller can increase skin blood flow for more than ten minutes after the massage. It can also improve vasodilation -- the widening of blood vessels, -- in the long-term, according to a study by researchers in Japan.

**B**eauty experts rave about them, and millions of us buy them, but what do scientists make of face massage rollers? Few studies have so far investigated the effects of using facial massage rollers over time.

To address this gap, Naoyuki Hayashi of the Institute for Liberal Arts, Tokyo Institute of Technology (Tokyo Tech) and colleagues at Tokyo Healthcare University and the Research and Development Center, MTG Co. Ltd., conducted short- and long-term experiments involving participation of healthy male and female volunteers to examine the effects of using a massage roller on facial skin and blood flow.







In the short-term experiment, even a five-minute massage can significantly increase facial skin blood flow in the massaged cheek, with a relative change of up to around 25%. Visualization of the change in blood flow was achieved using a non-invasive technique called laser speckle flowgraphy.

One surprising outcome was the duration of the effect immediately after the five-minute massage. "The increase in skin blood flow after applying the massage roller persisted much longer than we had expected," the researchers say in their study published in *Complementary Therapies in Medicine*. "Short-term mechanical stimulation by a facial massage roller increased skin blood flow for more than ten minutes solely in the massaged cheek."

- In the long-term experiment, the researchers examined the effects of daily massage on the right cheek over a five-week period. They also examined the reactivity of facial blood vessels to a heat stimulus, involving application of a heating probe set at 40°C, in order to test whether there were any changes in vascular dilation response.
- Findings from the long-term study suggested that using a roller improved blood flow response, or the so-called vasodilatory response, to heat stimulation. One explanation for this could be that endothelial cells in the massaged area produce more nitric oxide, which is known to be a potent vasodilator.





# Chemicals In Beauty Products To Avoid

Healthy skin is just one of the many benefits of the raw food diet. Enzymes, minerals and vitamins from uncooked vegetables have shown amazing before and after results for skin issues. Once you obtain that glow of good health be sure to avoid all hair and skincare products that contain potentially harmful chemicals.





ECO



**Below are two chemicals to specifically avoid when purchasing your brands:**

Parabens are the most recognized ingredient in skin care products. An estimated 60% of cosmetics contain this inexpensive ingredient.

What is not widely known is that this substance can also treat mold, bacteria and funguses. It's certainly not wise to apply something that is strong enough to kill parasites to your delicate skin.

Further research indicate Paraben is absorbed through the skin into the bloodstream. Tests show the chemical essentially is stored in the body, as it accumulates Parabens disrupt hormonal balance and effects overall health. The problem begins when your body mistakes the chemical for estrogen.

Perfumes are another area that bear monitoring. Aromatics blends create the distinct fragrance of each product, however, unidentified chemicals used in the process may harm your skin.

The Federal Drug Administration (FDA) has found that around 30% of allergic reactions to skin care products are caused by fragrance blends. To protect yourself, use unscented, fragrance free products.

There are many natural alternatives that will maintain the awesome improvement of your complexion as you continue to follow the raw food diet. These include rosemary extract, hemp seed oil and almond or avocado antioxidant oils.





# Pave your path to freedom, joy and purpose with Sahara Rose

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 woman - **Sahara Rose**. Sahara is the best-selling author of *Eat Feel Fresh: A Plant-Based Ayurvedic Cookbook* and *Idiot's Guide to Ayurveda*. She has been called “a leading voice for the millennial generation into the new paradigm shift” by Deepak Chopra, who wrote the foreword of both her titles. She is an Abundance Mindset Expert and guides people to pave their path to freedom, joy and purpose.

**Naida:** Hi Sahara, 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 *Eat Feel Fresh: A Contemporary Plant-Based Ayurvedic Cookbook*?

**Sahara:** Hi! I'm passionate about bridging ancient Ayurvedic healing and spiritual wisdom with modern western nutritional science and psychology and globally-inspired plant-based recipes.

*Eat Feel Fresh: A Contemporary, Plant-Based Ayurvedic Cookbook* comprises of the recipes that saved my life. They're what I call alkaline Ayurveda—the new approach to following the ancient Ayurvedic guidelines, updated for today's people.

We live in a very different world from that of ancient India and are exposed to pesticides, GMOs, chemicals, antibiotics + hormones in our foods, therefore we cannot consume the exact same diet, as the world has drastically shifted. It takes the principals of Ayurveda (eat-

ing for your Dosha, the season, time of day, six tastes, qualities), but includes superfoods + ingredients from Blue Zones (areas with the longest lifespans) around the world, for a modern approach to this healing science.

Instead of focusing on rice, ghee and heavily cooked stews, my alkaline Ayurveda approach focuses on alkaline-forming ingredients, such as organic leafy greens, bitter vegetables, fresh fruit, nuts and seeds, consumed correctly for your Dosha. [\*Eat Feel Fresh: A Contemporary Plant-Based Ayurvedic Cookbook\*](#) marries the age-old wisdom of Ayurveda with the nutritional necessity of today's people and I am so honored to share it with your community.

**Naida:** What is Ayurveda?

**Sahara:** Ayurveda is the world's oldest health system, originating in ancient India 5000 years ago and the sister science of yoga. In fact, the two were always meant to be practiced side-by-side. While yoga is for spiritual purposes, Ayurveda is for balancing the mind and



body.. because you can't really transcend the physical dimension when your mental and physical health is out of balance. Ayurveda literally means “the knowledge of life” in Sanskrit because in order to have health you must have full knowledge of your life.

**Naida:** How did you get started in Ayurveda?



**Sahara:** My own health issues brought me to Ayurveda—I don't think there is any healer out there who didn't first need the healing themselves. I suffered from chronic digestive issues (IBS-C, candida, leaky gut), hormonal imbalance (hypothalamic amenorrhea), anxiety, fatigue, hair-loss, weight-loss, dizziness, insomnia and low blood pressure.

Each doctor kept prescribing me another pill—birth control, progesterone, IBS medication, antidepressants, anti-anxiety medication, yet no Doctor asked about the root cause or other areas of my life. The gastroenterologist never asked how I was feeling or the endocrinologist never asked how my digestion was—everything was all so isolated. I knew there had to be a root cause issue all of behind this and that's when I decided to become my own investigator. I began studying various holistic healing systems, which eventually brought me to Ayurveda.

Ayurveda is based on finding the right diet and lifestyle for your unique mind-body type- in fact, according to Ayurveda, it's not you are what you eat but you are what you digest. I became fascinated by this science and ended traveling to India to study it alongside Doctors and Practitioners for over two years, later writing my book [The Idiot's Guide to Ayurveda](#) with foreword by Deepak Chopra, which became the best-selling Ayurveda book nationally, and now [Eat Feel Fresh: A Contemporary Plant-Based Ayurvedic Cookbook](#). I realize now my health issues were given to me to allow me to help heal others.

**Naida:** What do you like and don't like about Ayurveda?

**Sahara:** The world is a very different place today from that of 5000 years ago, particularly the dairy industry. For example, in ancient India, cows were treated like revered Gods and fed food

just as healthy as the humans. Today, that is unfortunately not the case.

Factory farming, antibiotic-pumping and hormonal usage is rampant in the dairy industry and whatever goes into the cows ends up in their milk. Though dairy was a good option in ancient times for those needing easily accessible fats and proteins, our world is very different today and have plant-based replacements such as almond/ flax/ coconut milk, avocado/ olive/ sesame/ grapeseed oil, with even more benefits.

Plant-based options are free of the hormones and pesticides in animal products and allow us obtain healthy fats and proteins, without the downsides. In fact, we now know dairy causes an increase in osteoporosis, rather than a decrease which we've been taught. With that knowledge and the pressing environmental issues, it's time for Ayurveda to have a modern update.

Ayurveda is a living, breathing science that has shapeshifted with the generations and I believe it's renaissance includes removing the heavy usage of dairy in the diet.

**Naida:** In your website, you mentioned about eating right for your body type, What is a body type?

**Sahara:** According to Ayurveda, we each need different diets according to our *Doshas*, or mind-body types. There are three types: Vata, Pitta and Kapha.

Vatas are cold and dry like the Fall leaves. They have dry skin and hair and often feel cold. Their appetite varies like the wind, sometimes strong and other times meek. They love movement and exercise, but can easily overwork themselves, becoming fatigued and weak. They are the most likely to suffer from anxiety, low hormones, bone density issues and insomnia. Vatas require



more warming and grounding foods to balance their weak digestion, such as soups and curries.

Pitta types contain a great deal of heat that needs to be released. You can often see the signs of fire in their body manifesting as red tones in their hair and a flushed face. They become overheated easily and cannot tolerate hot, humid days. They perspire more than the other Doshas and are naturally well-muscled. They require strenuous exercise to cool down their bodies and can become addicted to exercise. They have more oily skin and hair that is prone towards acne. Pittas need more cooling and hydrating foods to balance their overheated constitutions, such as leafy greens and juicy fruits.

Kapha types tend to overeat and are prone towards water retention, sluggish metabolism and weight-gain. It can feel impossible for them to lose the weight and even if someone else ate fries NEXT to them, they'll still feel like they're the one gaining the weight. Kapha types have cold hands and feet due to poor circulation and often suffer from water retention and puffiness. However, unlike Vata they do not have dry and rough but rather moist and soft skin. In fact, Kaphas have the best skin of the Doshas and



tend to age fantastically! (There's a good side to everything!) Kaphas need more stimulating, light and bitter foods like spiced kale, brussels sprouts and asparagus.

You can discover your Dosha with my [free quiz here](#)

**Naida:** Awesome! Will definitely try the free quiz, thank you! What about food cravings - should people trust their body?

**Sahara:** It depends on whether their body is in balance. In Ayurveda we say "like attracts like." This means a body in balance will further crave the foods that bring you back into balance and a body out of balance will crave the foods that knock you off balance.

For example, if you eat a high vibrational, prana (life-force) filled diet, you will be in-tune with your body's needs and can tell when you need something more grounding, refreshing or stimulating. However, if you're eating dead foods such as processed foods, meat, dairy and fried foods, your body is out of touch with its subtle nuances and you may crave foods that are grossly overstimulating, like those.

**Naida:** How should people deal with their desire to eat?

**Sahara:** The desire to eat is a beautiful thing that should be celebrated—it's what is keeping us alive. However, often times what we believe is the desire to eat is the desire to be loved, to rest, to be noticed, to recharge. The easiest way we believe we can get these qualities is to eat—but no amount of avocado chocolate pudding is going to feel like the hug, yoga session or walk outside that you actually really needed.

This is why I like to stick to meals instead of graze—if you find yourself constantly wanting to eat through-



out the day, there is most likely an emotion you are trying to override by distracting yourself with food.

Try taking a walk, dancing, meditating, jumping up and down, lying on the floor, calling a friend, inhaling essential oils or something else to change your state instead.

**Naida:** Would you advise people to not go on a diet? What are your thoughts on this?

**Sahara:** I think the word diet has become so politicized. Technically the word diet just means the type of foods you eat—therefore we are all on some type of diet, whether it's serving us or not.

I believe the dietary shifts we make should be gradual and lasting—there is no point on doing a crash diet and going back to eating unhealthily. That being said, there are benefits to fasting, kitchari cleanses and taking a break from the regular foods you eat.

Our diet also must shift between the seasons—more cooling + hydrating during Pitta summer season, grounding + nourishing during Vata fall season and stimulating and light during Kapha late winter/ early spring season. We should not be going on "diets" but rather consuming the diet that best serves us at the present moment.

**Naida:** What are some tips people can use to improve digestion?

**Sahara:**

1. Start your day with warm water.
2. Add more spices to your diet.
3. Sip CCF tea (cumin, coriander + fennel seeds, steeped in water.)
4. Eat for your Dosha (the imbalances that are showing up for you)
5. Adjust for the Dosha of the season

**Naida:** In Ayurveda, it says raw foods must be avoided. Do you not eat raw anymore? Do we have to avoid raw foods just because Ayurveda said so?

**Sahara:** This is one of the things I confront in Eat Feel Fresh. Ayurveda does say to avoid raw foods and when I first began studying it, I firmly listened and stopped eating all raw foods as well (and I used to be a raw vegan.) However, I then realized how much I love raw foods and how much life-force (prana) they provide me with.

I began to research where this belief came from and learned that it is because in India, where Ayurveda was created, it is not safe to eat most raw foods because of the bacteria/ amoebas (single-celled parasites) in the soil. Leafy green salads were never part of the culture for this reason (which is why I used to be called the cow when I lived in India—they had never seen anyone eat a bowl of raw greens except cows.)

However, this does not mean raw foods are not safe for everyone. There are many Blue Zones around the world, with the world's longest



“ Always listen to your body. If you’re feeling a Vata imbalance (bloating, gassy, constipated, cold, anxious, not getting your period), then add more cooked + warm foods into your diet and decrease raw until you feel balanced again. ”



lifespans, who have been eating raw foods for just as long as Ayurveda has existed. It has to do with the time and place. If you live in a place where raw foods are safe to eat, then go for it. If you live in a place where it's precautionary, then don't.

Always listen to your body. If you're feeling a Vata imbalance (bloating, gassy, constipated, cold, anxious, not getting your period), then add more cooked + warm foods into your diet and decrease raw until you feel balanced again. If you eat raw foods without an issue and are in pristine health, then keep it up! Pittas tend to do best with raw foods and Pitta season (summer) is the best time for them.

**Naida:** How much of your health would you attribute to diet?

**Sahara:** The diet is the foundation but it's not everything. It's like the base of the house. You need to have good foods coming into your body to think clear thoughts. When your body is bogging you down, you won't be your most productive, loving, empowered self. However, the diet is not the only factor to health.

In Ayurveda, we say the diet is 1/5 of your overall health. This means the other 4/5 is up to you. For me, it's my environment, my mental state, my

relationships, my sense of purpose. You can eat a lot of kale and still have a toxic mindset. It's about making adjustments in all areas of your life, which I have seen naturally happens to most who are eating a high vibrational plant-based diet.

**Naida:** What is your present state of mind?

**Sahara:** My present state of mind is to move with the Doshas. These are like seasons of our lives. In some periods, I'm more Vata, coming up with new ideas and brainstorming. In other periods, I'm more Pitta, getting things done, speaking, creating, expanding. In other periods, particularly for this holiday season, I'm more Kapha, going inwards, focusing on rest and relaxation so I can go deeper into my truth. Naturally from this place, the idea (Vata) emerges.

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

**Sahara:** Life is a canvas and I am the painter, dancing my masterpiece.

**Naida:** That's beautiful. How can our audience download/purchase your new book?

**Sahara:** Yes you can get Eat Feel Fresh on [Amazon](#), at Barnes + Nobles, your local bookstore, Target, Walmart and

anywhere books are sold! It's all shot as street photography in India and really takes you on a journey through ancient Ayurveda, paired with modern, globally-inspired recipes. If you've been interested in Ayurveda but have been looking for a way to keep it plant-based and ghee-free, this is the book for you!

**Naida:** Sounds wonderful! It's been such an honor to connect with you, Sahara. Before we go, do you have upcoming workshops scheduled from this January or February?

**Sahara:** The best place to keep up with my offerings is on my Instagram @iamsahararose and subscribing on my website [iamsahararose.com](#). I also invite readers to discover their Dosha with my [free quiz here](#). Unlike any other quiz, it separates the results between the mind and the body, plus I email you a free 3-day minicourse.

Thank you so much for having me and it was a pleasure to be interviewed by you!

**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!



# Is beauty really in the 'eye of the beholder'?

## Yes, and here's why



**M**any of us have had the experience of disagreeing with friends or family about which celebrity is more attractive. Now, researchers reporting in the Cell Press journal *Current Biology* on October 1 show in a study of twins that those differences of opinion are mostly the result of personal experiences that are unique to each individual. In other words, even identical twins don't agree.

Of course, some aspects of attractiveness are pretty universal and may even be coded into our genes, the re-

- searchers say. For example, people tend to prefer faces
- that are symmetric. Beyond such limited shared prefer-
- ences, however, people really do have different "types."
- "We estimate that an individual's aesthetic preferences for
- faces agree about 50 percent, and disagree about 50 per-
- cent, with others," write joint leaders of this project, Laura
- Germine of Massachusetts General Hospital and Harvard
- University and Jeremy Wilmer of Wellesley College. "This
- fits with the common intuition that on the one hand,
- fashion models can make a fortune with their good looks,
- while on the other hand, friends can endlessly debate
- about who is attractive and who is not."



Germine and Wilmer say that past research on the way people respond to faces has focused primarily on universal features of attraction. In the new study, however, they and their colleagues wanted to know more about where those disagreements over facial attractiveness come from.

To tackle this question, the researchers first studied the face preferences of over 35,000 volunteers who visited their science website <http://www.TestMyBrain.org> (<http://www.testmybrain.org/setup.php?b=309>); they used the insights gained to develop a highly efficient and effective test of the uniqueness of an individual's face preferences. They then tested the preferences of 547 pairs of identical twin and 214 pairs of same-sex, non-identical twins by having them rate the attractiveness of 200 faces.

Comparisons between identical and non-identical twins allowed the researchers to estimate the relative contribution of genes and environments to face preferences. Prior studies of twins and families have shown that virtually every human trait--from personality to ability to interests--is to some large degree genetically passed down from one generation to the next. Indeed, the researchers even found this in an earlier study for another aspect of face processing: the ability to recognize faces.

In contrast, they now show that the origin of the "eye of the beholder" --the uniqueness of an individual's face preferenc-

- es--is mostly based on experiences, not genes. Those experi-
- ences, moreover, are highly specific to each individual.
- 
- "The types of environments that are important are not
- those that are shared by those who grow up in the same
- family, but are much more subtle and individual, poten-
- tially including things such as one's unique, highly per-
- sonal experiences with friends or peers, as well as social
- and popular media," Germine says.
- 
- In other words, it's not about the school you went to, how
- much money your parents made, or who lived next door.
- That pretty face you see apparently has a lot more to do
- with those experiences that are truly unique to you: the
- faces you've seen in the media; the unique social inter-
- actions you have every day of your life; perhaps even the
- face of your first boyfriend or girlfriend.
- 
- The researchers say that the large impact of personal ex-
- perience on individual face preferences "provides a novel
- window into the evolution and architecture of the social
- brain." They say that future studies could look more close-
- ly at which aspects of the environment are really most
- important in shaping our preferences for certain faces
- and for understanding where our preferences for other
- things--like art or music or pets--come from.
- 
- 





# Plant-based Diet: The Best Diet for DEPRESSION!



**Y**our diet is your first line of defense against mental illness. Oftentimes, when you improve your physical health, you have more energy. This allows you to be more physically and socially active, which may improve the overall quality of your life. Our mental, emotional, and physical health are more connected than sometimes acknowledged.

## Statistics

Despite our increased connectedness via smartphones and social media, it seems loneliness and depression are actually becoming more prevalent.

- 18-44-year-olds are being prescribed antidepressants over any other prescribed medication
- as many as 11% of all Americans over the age of 12 are on antidepressants
- as many as 23% of all women between the ages of 40 and 69 on antidepressant medicine

Depression can also lead to physical health problems like obesity due to bad dietary choices. Poor lifestyle and eating choices may fuel our depression. Obesity suppresses dopamine pathways. Meaning, if you are obese, you may need more stimulus, in the form of food, to feel satisfied. Easy to eat “junk foods” may actually be involved in unhappiness and depression.





It is a vicious cycle that can be broken. Studies have shown that more plant-based diets low in meats and high-fat dairy can decrease rates of depressive episodes.

## Raw for Mental Health

These fruits and veggies may actually boost your mood and reduce depressive episodes and are best consumed raw.

- Carrots
- Dark leafy greens
- Lettuce
- Cabbage
- Red onion
- Tomato
- Mushrooms



- Celery
- Apples
- Fresh berries
- Cucumber
- Kiwi
- Grapefruit
- Citrus fruits

In general, choosing healthy, raw fruits and vegetables is the best way to stay healthy, mentally and physically. Plant-based diets high in whole grains, legumes, fish, olive oil as well as fruits and vegetables and low in dairy and meat have been linked with lower depressive episodes. If you are suffering from depression, consider making some dietary changes and shifting towards a more plant-based diet. What do you have to lose?





# Why Going Vegan Is The Ultimate New Year's Resolution



**A**s the New Year looms, there is one thing on everyone's mind: resolutions! What will you choose? While there are plenty of vices out there to give up or new habits to start, something that can benefit your entire body is veganism.

What does this mean exactly? Well, for starters, vegans cannot eat animals; this includes obvious ones like meat, poultry, and fish, but they also cannot eat anything that comes from animals, like eggs or dairy. Veganism consists

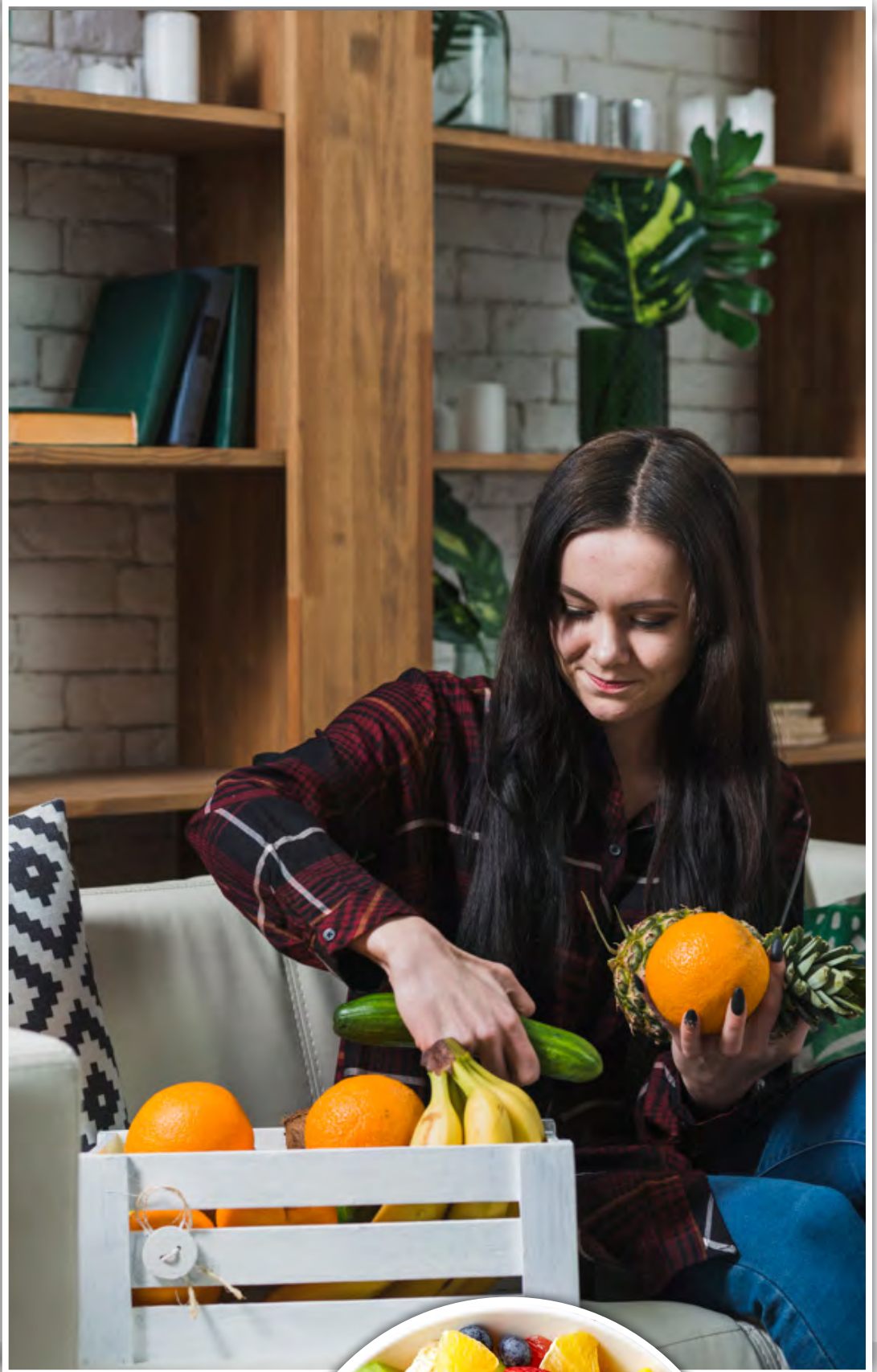
mainly of plant-derived foods, like seeds, nuts, fruits, and vegetables.

Other than helping to protect the lives of dozens of animals, vegans also have a reduced carbon footprint and reap the medical benefits of the increased intake of important nutrients like fiber, magnesium, and Vitamins A, C, and E. A reduction in calorie intake also helps vegans maintain a healthier weight, one of the biggest factors in the prevention of a score of ailments and diseases, including heart disease, high blood pressure, and stroke.



You can even take a step further by going raw vegan: not eat anything processed or cooked above 115 degrees. Raw foods lose essential nutrients through cooking; nutrients that aid in the proper digestion of food and help to promote overall good health. If this diet sounds particularly daunting, it's because it is; preparation is key and eating out can be a chore. However, there are great alternatives like juicing or dehydrating, and with the popularity of raw vegan diets rising, many restaurants now offer several options.

Going vegan or raw vegan isn't always for everyone; you should always check with your doctor before making drastic dietary changes. However, even if you cannot go full vegan, increasing the amount of vegetables and raw, unrefined, unprocessed foods in your diet will go a very long way in improving your well-being.





# A New Garden in the New Year:

## Gardening in January and February



**T**emperatures may still be freezing in January and February, but that doesn't mean you can't enjoy gardening and preparing fruit and vegetable plants for the coming growing season! Check out these tips for gardeners in those cold winter months.

**Clean up and dig around.** Get out and start enjoying your garden space. Cherish sunny days in early winter as signs of the coming spring. Planting of the first few veggies will begin in a few short months, so prepare your space. Clean up your gardening area, including your shed or other storage spaces. Dig into the soil, leaving rough chunks that will be broken down by weather in time for seed sowing. Check on tools and order anything you might need for the coming season.

**Make a plan.** Channel your excitement for a fresh start into a fresh garden plan! Include in your plan the size of your garden, what varieties of plants you may choose, and how much time you plan to devote to your garden. Make sure to rotate your plants from last year, ensuring soil fertility and crop yield. If any problems affected your crops last year, be sure to address them in your plan.

**Plant seeds or start plants indoors.** Some hardy plants can be planted during the early winter time period, while others may be started indoors and then moved outside after the frost window. February brings temperatures warm enough in much of North America for broad beans (such as fava beans), radishes, and peas. Celery, leek, sweet onion, parsley, and peppers may be started inside as seed. Transplant the started seedlings later in the spring season.



# Benefits of Zucchini

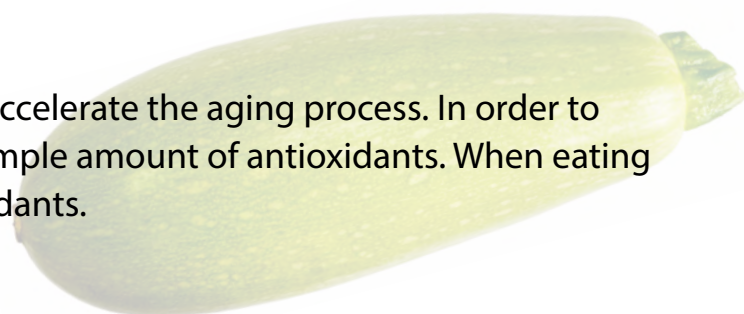
## for Skin, Health, and Hair



Zucchini is one of the most underrated vegetables. In addition to being high in fiber and water, zucchini contains a fair amount of essential nutrients and minerals that are an important part of a healthy diet. Read on to learn how zucchini benefits your health, hair, and skin.

### 1. Zucchini Help You Age Slower

All of the toxins, inflammation, and free radicals you are exposed to work to accelerate the aging process. In order to turn back time and slow down your aging, ensure your diet is filled with an ample amount of antioxidants. When eating zucchini, you'll benefit from its anti-inflammatory phytonutrients and antioxidants.







## 2. Enjoy More Energy with More Zucchini

Zucchini is high in B-vitamins like riboflavin, B6, and folate. These all help to boost the body's energy levels. Thus, eating more zucchini helps to improve your mood and reduce fatigue.

## 3. Improve Your Skin with Zucchini

The riboflavin in zucchini helps to improve the body's formation of collagen. Collagen is an important factor in helping skin to look and feel healthy. Additionally, the water found in zucchini works in tandem with the collagen to help moisturize skin.

## 4. Zucchini Promotes Hair Growth

Rich in zinc, zucchini is an excellent way to help accelerate hair growth. Additionally, as zucchini is high in vitamin C, it will help to treat split ends and dry hair. A diet that is zucchini-heavy will allow your hair to become more supple and strong.

## 5. Zucchini Enhances Your Immunity

When trying to improve your immunity, zucchini should be your go-to. All the vitamin C in zucchini will help keep illnesses at bay.

If you've ever needed a reason to add more zucchini to your diet, you now have five of them. Keep these in mind the next time you're shopping for groceries.





# *Juice Cleanse After The Holidays*





## VEGETABLE DETOX JUICE

by Carrie Forrest MBA, MPH in Nutrition  
[www.cleaneatingkitchen.com](http://www.cleaneatingkitchen.com)

### Ingredients:

- 1 bunch carrots, tops removed
- 8 celery stalks, from about 1 head of celery
- 1 red bell pepper
- 1 1-inch knob of fresh ginger
- 1 lime or lemon, skin removed
- 1 bunch flat-leaf parsley



Carrie Forrest,  
MBA, MPH in Nutrition  
[www.cleaneatingkitchen.com](http://www.cleaneatingkitchen.com)

Carrie Forrest is the creator of the blog, [Clean Eating Kitchen](http://www.cleaneatingkitchen.com), where she shares gluten-free and dairy-free recipes and tips. She also hosts the podcast, [Clean Eating for Women](http://www.cleaneatingkitchen.com). Carrie has masters degrees in business and public health nutrition, but, more importantly, has used a real food diet to recover from and manage multiple health conditions including PCOS, chronic migraines, anxiety, autoimmune disease, and cancer.

Instagram link:

<https://www.instagram.com/cleaneatingcarrie/>

Facebook page link:

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

Clean Eating Every Day e-cookbook sales page (use code CLEAN EATING for a discount):

<https://gumroad.com/l/cleaneatingeveryday>

Podcast episode index:

<https://www.cleaneatingkitchen.com/podcast/>

### INSTRUCTIONS:

1. Wash and chop vegetables so they will fit through the tube of a masticating juicer.
2. Feed in the vegetables through the tube, alternating hard and soft-textured ones to help facilitate the juicing process.
3. Enjoy immediately.







## CRANBERRY APPLE DETOX JUICE

by Jesse Lane Schelew  
[www.jesselanewellness.com](http://www.jesselanewellness.com)

### Ingredients:

1.5 cups cranberries  
1 apple  
3 celery stalks  
3 leaves of romaine lettuce  
½ thumb of ginger  
½ lemon, peeled



### INSTRUCTIONS:

Place all of the ingredients through a juicer and enjoy straight away!



Jesse Lane Schelew  
[www.jesselanewellness.com](http://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](http://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](#) @jesselwellness.



## CILANTRO CELERY JUICE

by Lily Kunin

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



### Ingredients:

- 1-inch piece of fresh ginger
- 1 bunch of cilantro
- 1 Granny Smith apple - halved, cored and cut into wedges
- 1 bunch of celery, cut into pieces if you are using a blender
- 1/2 cup of filtered water
- 2 tsp lime juice



Lily Kunin

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

Hi! I'm a plant-based cook and health coach in New York City (and sometimes LA). I'm passionate about good food that makes you feel as good as it tastes. On my site, I share my simple, mostly plant-based recipes along with my love for clean beauty, travel, and more.

**Facebook:** <https://www.facebook.com/cleanfooddirtycity/>

**Twitter:** <https://twitter.com/clnfooddirtycity>

**Instagram:** <https://www.instagram.com/cleanfooddirtycity/>

### INSTRUCTIONS:

#### Juicer Method:

1. If you are using a juicer, juice the ginger, cilantro, apple and celery. Stir in the lime juice and serve.

#### Blender Method:

1. If you are using a high speed blender, pour filtered water in the blender to cover the blades (about 1/2 cup). Add the ginger, cilantro, apple, and celery.
2. Blend then strain through a fine mesh strainer or cheesecloth. Stir in the lime juice.





## RED BEET DETOX JUICE

by Aarika Chilson  
[www.justbeetit.com](http://www.justbeetit.com)

### Ingredients:

½ inch ginger root  
½ cup raspberries  
2 beets, scrubbed  
2 apples  
½ lemon, peeled  
a few sliced raw beets for heart shapes (optional)



### INSTRUCTIONS:

1. Chop up the beets, apples and lemon into chunks that will fit into your juicer feeder.
2. Juice the ginger root and raspberries first.
3. Juice beets, apples and lemon.
4. Drink up, baby!



Aarika Chilson  
[www.justbeetit.com](http://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 at: [aarika@justbeetit.com](mailto:aarika@justbeetit.com). I cannot wait to meet you!

**Facebook:** <https://www.facebook.com/justbeetit/?ref=settings>,

**Instagram:** <https://www.instagram.com/justbeetitdotcom/>

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





## CARROT CAKE JUICE

by Amy Lyons  
[www.fragrantvanilla.com](http://www.fragrantvanilla.com)

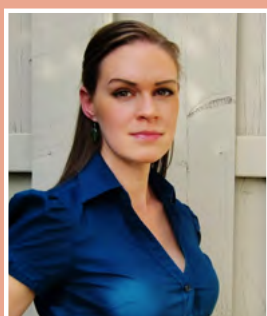
### Ingredients:

1 lb organic carrots (about  
6 medium carrots)  
1 organic apple, core  
removed  
1 small piece fresh ginger  
1 tsp cinnamon  
¼ tsp nutmeg  
¼ tsp cloves  
½ tsp cardamom



### INSTRUCTIONS:

1. Run the carrots, apple and ginger through the juicer
2. Stir in spices
3. Enjoy!



Amy Lyons  
[www.fragrantvanilla.com](http://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](https://twitter.com/vanilla_cake)

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

**Pinterest:** [https://www.pinterest.com/vanilla\\_cake/](https://www.pinterest.com/vanilla_cake/)





# Ridiculously Good Crepes





RAW CREPES WITH CARAMEL APPLE FILLING

by Heidi Turunen  
www.rawliciousdelicious.com

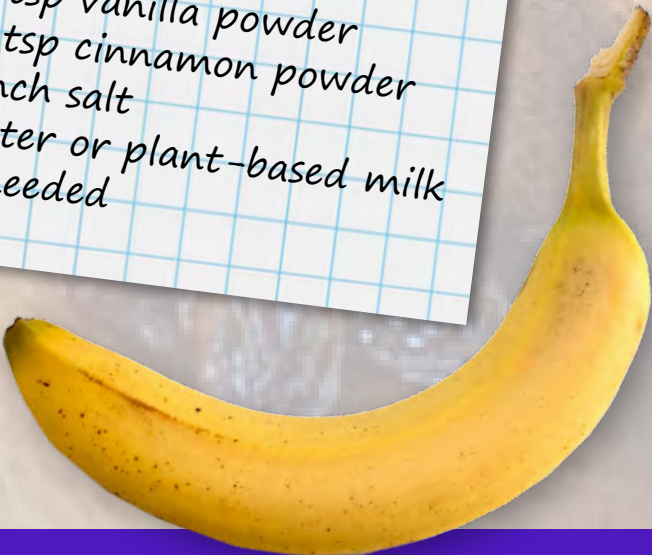
Ingredients:

- Crepes:  
4 large ripe bananas  
¼ cup flax meal  
1 tsp vanilla powder



Ingredients:

- Caramel Apple Filling:  
½ cup pitted soft dates  
1 tbsp nut butter  
1 apple, diced  
¼ cup raisins  
½ tsp vanilla powder  
½ tsp cinnamon powder  
pinch salt  
water or plant-based milk  
if needed





## INSTRUCTIONS:

1. Process all the crepe ingredients in a food processor until very smooth mixture is formed. Spread the mixture evenly on a teflex or baking paper lined dehydrator sheets. Ideally, you want to spread it relatively thin.
2. Dehydrate at 45°C or 115F for 3 hours or until you can carefully peel the crepe off the paper or teflex. The crepe should still be pliable.
3. Place dates, vanilla, cinnamon and salt in the food processor. Blend till dates are broken down. Add liquid if needed and blend till smooth caramel consistency. Add diced apple and raisins and pulse till mixed through.
4. Once the crepes are done, spread the filling on top. Best served warm, straight from the dehydrator.



Heidi Turunen

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

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

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



## BANANA CREPES WITH FRUIT

by Anya Andreeva  
www.liveloveraw.com



### Ingredients:

#### For the crepes:

6 ripe bananas or more

Optional: 1/2 tsp. cinnamon powder

#### For the filling:

Your choice of berries or cut fruit. I used mango, strawberries, blueberries and bananas

#### For the sauce:

See: [Berry jam recipe](#)

Or you can use a more creamy sauce, for example: a vanilla cashew cream, peanut butter with maple syrup or even just mix some coconut milk with your favourite sweetener and that's it!







## INSTRUCTIONS:

1. Blend the bananas in a high speed blender (I recommend the Vitamix or Blendtec) until smooth. Don't add water but feel free to add some cinnamon powder if you like.
2. Spread the mixture onto a non-stick dehydrator sheet, making sure it's about 0.5cm thick so it doesn't break when it's done.
3. Put into the dehydrator for about 6-10 hours at 42°C. For the first hour you can put the dehydrator at 60°C and then lower it – it takes some time for the food to warm up so it will still technically be raw, but it will get ready faster.
4. When that's done, cut the fruit that you like and prepare the sweet sauce according to the recipe.
5. Wrap together and enjoy.



Anya Andreeva  
[www.liveloveraw.com](http://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.

**Facebook:** <https://www.facebook.com/LiveLoveRaw>

**Twitter:** <https://twitter.com/liveloveraw>

**Instagram:** <https://www.instagram.com/liveloverawofficial/>

## Anya's tips:

- To store the wraps, roll them up in between baking sheets. Don't leave them on the dehydrator sheets, they will be difficult to take off after a day (if that happens, just dehydrate them again for 30 minutes).
- Don't keep the crepes in the fridge.
- If you over-dried them and they went too hard – don't worry! Either leave them out for a day for them to naturally soak up the moisture in the air, or spray some water on them to soften them up.





## RAW COCONUT PEAR CREPES

### with Strawberry Sauce

by Laura Dawn

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

#### Ingredients:

##### For the crepe:

2 cups young coconut meat  
3 pears  
1 banana  
1 tablespoon vanilla  
Pinch of cinnamon

##### For the Raw Strawberry Cream Sauce:

1 cup young coconut meat with  
1/2 cup of coconut water  
1/2 cup of fresh or frozen  
strawberries

Some optional ideas: Instead of strawberries you can use whatever fresh or frozen fruit you like. I think blueberries would be especially delicious with this recipe. I also didn't add any extra sweetener, but you may want to add an extra date or two to make it a little sweeter, although I did find the raw crepe to be plenty sweet.



#### INSTRUCTIONS:

##### For the crepe:

1. Blend until really smooth,
2. then spread thinly on a Teflex sheet with an angle spatula,
3. and place in your dehydrator at 150 degrees for 1 hour, then turn down to 110-115 degrees.
4. You can spread them in a circle or a square. I personally spread the raw crepe batter in a big square (to fill up the entire teflex sheet, and then cut them with scissors into 4 smaller squares, and folded them over, as shown in the image above.
5. Check on the crepes after about 1.5 to 2 hours and once you see they are dry enough, flip them over and carefully peel the teflex sheet off of the crepe. If it's still too gooey, then it's not yet ready to flip.







## INSTRUCTIONS:

6. The teflex sheet should easily peel off once it's ready to flip. Removing the teflex sheet will allow it to complete drying more quickly.
7. Once flipped, the raw crepes should be done within a couple of hours.
8. Once the raw crepes are finished, place it face open on a plate. Toss whatever fruits you like (I used bananas and pears) into a bowl with a little bit of the cream sauce.

### For the Raw Strawberry Cream Sauce:

1. Blend in high-powered blender until very smooth
2. Place a scoop of sauced up fruits in the middle of the crepe and fold over.
3. Drizzle the strawberry cream sauce over the raw crepes – and voila! An easy raw crepe recipe that even your family will love!



Laura Dawn

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

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

**Facebook:** <http://www.facebook.com/happyandraw>

**Twitter:** <http://www.twitter.com/HappyandRaw>

**Instagram:** <http://www.instagram.com/happyandraw>

**Pinterest:** <http://www.pinterest.com/happyandraw/>



## RAW BANANA AND COCONUT CREPES

by Kelly Fielding  
[www.raw-by-nature.com](http://www.raw-by-nature.com)



### Ingredients:

#### For the wrap:

2 ripe bananas  
¼ cup of almond milk  
½ teaspoon of cinnamon  
1 tablespoon of flaxseed meal

#### For the filling:

Sliced banana  
Cashew cream or coconut yogurt  
Raw chocolate spread (made by mixing equal parts of coconut nectar and tahini and adding enough cacao powder to make a chocolately paste!)

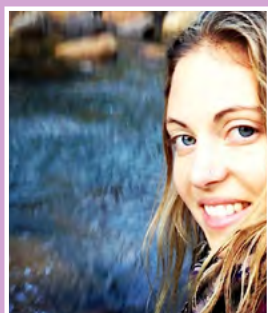






## Toppings:

Your choice of-  
Goji berries, pecans, cacao  
nibs, pumpkin seeds, shred-  
ded coconut, hempseeds.



Kelly Fielding  
[www.raw-by-nature.com](http://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.

**Facebook:** <https://www.facebook.com/KellyRawByNature/>  
**Instagram:** <http://instagram.com/bellaandbhakti>

## INSTRUCTIONS:

1. Blend all ingredients in a high speed blender until smooth.
2. Pour the batter out either in small circles or one large circle onto the teflex sheets of your dehydrator trays.
3. You can make one large one or 2-4 small ones.
4. Dry for around 8-10 hours until malleable but dry all the way through.
5. To make the pancake, lay the wrap out flat on a chopping board or plate and add your fillings and toppings!





*Sweets for  
Happiness and Love*



## EASY RAW VEGAN CHOCOLATE

by Crystal Bonnet  
www.rawrevive.com

### Ingredients:

1 cup Raw Cacao Powder  
1 cup Raw Cacao Butter  
melted  
1/3 cup liquid sweetener  
I use coconut nectar

### INSTRUCTIONS:

1. Melt the cacao butter double boiler method on the stove with the lowest heat setting.
2. Add the cacao powder and mix until smooth. Once mixed, add the liquid sweetener and mix again.
3. Place liquid mixture into a chocolate mold or a small pan lined with parchment paper.
4. Place into the freezer for minimum 1/2 hour.
5. Take out of the freezer and enjoy!
6. Store extra in the freezer.



### Crystal's tips:

Be creative! After a few minutes in the freezer the chocolate should be a little firm and you can add your favorite nuts or berries by placing them on top.



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.

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

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

**Instagram:** <http://instagram.com/rawrevive>



## BEST VEGAN CHOCOLATE EVER!

by Chris Kendall

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



### Ingredients:

1 cup grated / shredded  
Raw Cacao butter  
(100 g – .22 lb)  
3/4 cup raw Cacao  
powder (75 g – .17 lb)  
70 Dates (\*Barhi,  
Khadrawy and Halawi  
dates are my fave)  
105 raw pecans

### INSTRUCTIONS:

1. Start by grating or finely shaving some raw cacao butter until you have one full cup.
2. Next take the date of your choice and pit it tearing the date in half from the top down leaving the two halves still attached.
3. Take 1.5 pecans and place them inside of the torn open date, press the date back together so that the nut is encased in the middle.
4. Act like the hulk and squish it fairly flat between the palms of your hands or on the counter top.
5. That's one, repeat the process until all the dates and pecans are gone. (watch the video for more clarity on this process)
6. Take a medium sized pot and fill it 2/3 – 3/4 with water.
7. Find another metal or glass pot that can fit right on top of the first pot effectively creating a double broiler.
8. Warm the water on a stove to just below boiling, place the smaller pot on top of the water and add the 1 cup grated cacao butter. It will start to melt, stir it occasionally and watch that the water does not come to a boil.
9. Once it is fully melted add 3/4 cup of cacao powder to the mix and stir it up until you have a smooth chocolate sauce.
10. Alternatively you can place the cacao butter in a glass dish and put in the dehydrator at 115 until it is fully melted. Cacao butter has a melting point just above room temperature.
11. I prefer my chocolate without any sweetener as to me these are sweet enough with the date. If you wish a sweetener you can add 1 – 3 tbs of your favourite and stir it in. Some people swear by Maple syrup which isn't raw but is a good choice if that isn't a big deal to you, others swear by raw agave or coconut sugar. There is a debate over the best sweetener, again I prefer none and feel this recipe stands out more and is simpler without any.



12. Let sit 3-5 minutes off the stove and out of the water to cool. While cooling line two cookie sheets with parchment paper and set aside.
13. Once slightly cooled to thicken just a bit place the flattened date / nut rounds into the raw chocolate, make sure to coat it evenly. Give the chocolate a small shake to get excess off and place the chocolate coated date / nut onto the cookie sheet.
14. Repeat until all of the chocolate or date / nut bites are used up. I find this recipe works pretty perfectly to use both up at once.
15. If there is any extra or either get creative with a lover...
16. If you're in a rush to eat place the coated chocolates into the freezer to cool quickly for 3-5 minutes, otherwise place them in the fridge for 10-15 minutes.
17. Once the chocolate is solid they are ready to serve!!



## Chris' tips:

You can use any type of dates that you want but it is best if they are a little soft. If the dates come pre pitted this usually means that they have been steamed, aim to get dates with pits and pit them yourself for the best quality. This recipe uses mid-sized dates, if you use big med-jools you may find you can only make 45-55 chocolates.



Chris Kendall  
[www.therawadvantage.com](http://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 Charity, "TRA Dream"; is focused on creating donation based holistic healing, yoga, permaculture centres around the world.

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

**Twitter:** <http://www.twitter.com/#!/therawadvantage>

**Instagram:** <http://instagram.com/therawadvantage>

**Pinterest:** <http://pinterest.com/therawadvantage/>






## CHOCOLATE POWER BITES

by Anarki "AJ" Tjon Affo  
[www.theindigokitchen.com](http://www.theindigokitchen.com)


### Ingredients:



- 1 cup pecan nuts
- 1/4 cup sunflower seeds
- 1 tbsp chia seeds
- 1/3 cup desiccated coconut
- 1 tbsp maca powder
- 1/2 cup raw cacao powder
- 1 1/4 cup dates pitted



### INSTRUCTIONS:

- 
1. Add everything except for the dates to the food processor and pulse until the nuts are finely chopped.
  2. Now add the pitted dates and pulse until everything's combined.
  3. Form them into balls (or squares) and store in your fridge. Enjoy!



Anarki "AJ" Tjon Affo  
[www.theindigokitchen.com](http://www.theindigokitchen.com)

My name is A.J. Tjon Affo a multi cultural 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!

**Facebook:** <https://www.facebook.com/theindigokitchen>  
**Instagram:** <https://www.facebook.com/theindigokitchen>



## RASPBERRY & PEPPERMINT COCONUT BUTTER HEARTS

by Laine Rudolfa

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



### INSTRUCTIONS:

1. Let's start by making the regular base – put cashews and a pinch of salt in the food processor and process till you get a fine meal (but not flour!). Then add dates – keep processing until you get a sticky dough. Remove from the food processor and set it aside.
2. Now make the chocolate base – put cashews, salt and cacao powder in the food processor. Process until you get a fine meal (but not flour!). Then add dates – keep processing until you get a sticky dough. Remove from the food processor and set it aside.

### Ingredients:

Heart-shaped silicone molds (my mold could fit 1 tbsp of liquid per cavity; you can also use any other shape silicone molds)

#### For the regular base:

1/2 cup (75 g) cashews (or any other nuts)

1/2 heaping cup (100 g) soft dates  
a pinch of salt

#### For the chocolate base:

1/2 cup (75 g) cashews (or any other nuts)

1/2 heaping cup (100 g) soft dates  
1 tbsp cacao powder  
a pinch of salt

#### For the coconut butter glaze:

1 1/2 cup (150 g) shredded coconut  
for peppermint flavor: 1/2 tsp spirulina powder + 2 tsp pure peppermint powder\*  
for raspberry flavor: 2 tsp pure raspberry powder





## INSTRUCTIONS:

3. Lastly, it's time to make the coconut butter. Place coconut shreds into the food processor and process for about 5 to 10 minutes until you get a smooth butter (see in the photo above). It doesn't have to be perfect and each coconut shred brand will give you a slightly different result. When the butter is ready, place 4 Tbsp. (60 g) in one small bowl (for the raspberry flavor) and another 4 Tbsp. (60 g) in another bowl (for the peppermint flavor). You'll probably have a bit of coconut butter left – you can use it to make a couple of white coconut hearts.
4. In the first bowl with coconut butter, mix in 2 tsp of raspberry powder. In the other bowl with the coconut butter, mix in 1/2 tsp spirulina powder and 2 tsp peppermint powder.
5. Now it's time to fill the heart-shape molds. Fill around 1/3 of each cavity with the flavored coconut butter. Put the mold into the freezer for 5 to 10 minutes until the coconut butter gets hard. Then on top of the coconut layer, press on the cashew-date base (I used regular flavor one for raspberry and chocolate flavor for peppermint) until each cavity is filled. Place the mold into the freezer for about 2 hours (or overnight) to firm up. Then carefully press out each heart from the mold. Let the hearts defrost a bit and sit in a room temperature for about 30 minutes and enjoy!
6. It's best to store the hearts in a fridge or freezer as the coconut butter is sensitive to heat and can melt on warm summer days (when it's more than +24C).



Laine Rudolfa  
[www.thethrivingvegan.com](http://www.thethrivingvegan.com)

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

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

**Instagram:** <http://instagram.com/lainerudolfa/>

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

## Laine's tips:

*As the intensity of peppermint powder can vary, it's best to add the peppermint powder in parts and taste on the way until you get a flavor that you like.*



## RAW VEGAN COCOA TRUFFLES

by Lena Ksanti

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

### Ingredients:

½ cup almonds  
½ cup cashew  
1 cup dates, pitted  
2 tbsp chia seeds  
3 tbsp cacao powder + 1  
tbsp for rolling  
1 tsp vanilla extract  
Pinch of salt (optional)



### INSTRUCTIONS:

1. In the blender, pulse nuts.
2. Add in dates, vanilla, chia seeds, cacao powder salt and pulse until everything is incorporated and the mixture sticks together when pressed between your fingers.
3. Form the dough into 1 inch balls with your hands.
4. Sprinkle cacao powder on a flat surface.
5. Gently roll the balls in the powder until they are completely covered.
6. Place truffles in the fridge for 1 hour.
7. Share with family and friends and eat all in one go.



*Lena Ksanti*

[www.mypureveganfood.com](http://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.

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

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



# BONUS!

## *Raw Vegan Ayurvedic Recipes*





## AYURVEDIC VEGAN LASSI

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

### Ingredients:

1/2 cup coconut-almond yogurt  
(option to substitute with coconut cream)

1/2 cup of purified water  
filtered or spring

1 Medjool date pitted

pinch turmeric powder

pinch cinnamon powder

pinch cardamon powder

3 saffron stigmas optional



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

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

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

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

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

### INSTRUCTIONS:

1. Put all ingredients in a blender and mix for 1-2 minutes until smooth.
2. Adjust spices if necessary. Drink immediately.





## WARMING CHAI ALMOND MILK

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

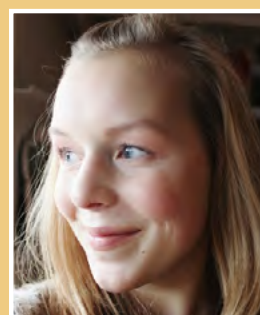


### Ingredients:

- 1/4 cup raw almonds, soaked for 8-12 hours in water then drained
- 1/2 teaspoon cinnamon powder
- 1/4 teaspoon segment of vanilla bean
- 4 cardamon pods
- 3 Medjool dates
- 1 1/2 cups hot water

### INSTRUCTIONS:

1. Throw it all in the blender until smooth.
2. Strain with a nut milk bag, sieve or cheese cloth, and sip it up.
3. Great after yoga and before or after meals. Add 2 frozen bananas to make it a chai milkshake. Life is good.



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

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

**Facebook:** <https://www.facebook.com/thisrawsomeveganlife>

**Twitter:** <https://twitter.com/rawsomevegan>

**Instagram:** <http://instagram.com/thisrawsomeveganlife>

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



## APPLE SPICE SAUERKRAUT

by Danielle Johnson  
www.fermentedfoodlab.com

### Ingredients:

- 1 head of cabbage
- 2 tablespoons of fine celtic sea salt or other high quality salt
- 3 medium apples shredded (about 3 cups)
- 1 tablespoon of fresh grated ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 1 quart sized mason jar or
- 2 small glass jars



### INSTRUCTIONS:

1. Pull 3 outer leaves off the head of cabbage and set aside. Shred the remaining cabbage in a food processor, mandolin or chop with a knife. Add it to a big bowl.
2. Sprinkle the cabbage with sea salt. Mix and massage the sea salt into the cabbage for about 5 minutes.
3. Set the cabbage aside and let it sit for 15-20 minutes so the sea salt has time to draw out the liquid and make the cabbage soft.
4. Shred the apples using a food processor or cut them into thin strips.
5. Add the shredded apples, ginger, cinnamon and cloves to the cabbage mixture.
6. Mix and squeeze the cabbage mixture with your hands or a vegetable pounder until liquid comes out when squeezed.
7. Pack the cabbage in the mason jar tightly with either your hand or a vegetable pounder. Push it all the way down until it submerges in its own juices (this is the brine).







8. Repeat this until there is about 1½ inches of space from the top of the jar.
9. Roll up the leaves and place them in the jar to push the cabbage under the brine.
10. Screw on the jar loosely so gas can escape as fermentation takes place. Set on the counter for 5-7 days in a cool, shaded place. Place a plate under the mason jar in case it bubbles over and makes a mess.
11. During fermentation the sauerkraut will bubble a little and become cloudy. If scum appears, remove it with a spoon.
12. Remove the rolled up cabbage leaves and toss in the garbage before eating.
13. Store in the fridge.



Danielle Johnson  
[www.fermentedfoodlab.com](http://www.fermentedfoodlab.com)

Hi! I'm Danielle, fermented food lover and blogger. I've been making fermented foods for about four years. My adventures into fermented foods started with coconut water kefir and eventually I got into making fermented veggies such as sauerkraut and pickles.

**Facebook:** <https://www.facebook.com/fermentedfoodlab/>  
**Twitter:** <https://twitter.com/fermentfoodlab>  
**Instagram:** <https://www.instagram.com/fermentedfoodlab/>

## Danielle's tips:

Since cabbage heads vary in size, you may fill more than one jar or less. To get the salt just right, add a little and taste the cabbage mixture. Add enough until it tastes a little salty. You can find my [3 simple steps to make perfectly salted sauerkraut every time here.](#)



## RAW TACO GORILLA WRAPS

by Akshata Sheelvant  
www.jeevalifestyle.com

### Ingredients:

1 cup soaked Walnuts  
1 cup finely shredded Cauliflower  
3-5 soaked Sun-Dried Tomatoes  
(for umami flavor)  
3 tsp Cumin powder  
2 tsp Coriander powder  
1/4 tsp Turmeric powder  
1/2 tsp Cayenne powder  
2-3 tsp homemade Salsa (have used  
pineapple-pepper salsa)  
Salt to taste



### INSTRUCTIONS:

1. Add all the ingredients (except the salsa) in a grinder and grind to a coarse consistency. This becomes the filling for the wrap.
2. Take one collard green with the dark edge facing down on your cutting board.
3. Trim off the stem and up about two inches into the leaf.
4. Place about 1/4-1/3 cup of the nut meat mixture in the middle of the leaf.
5. Top with some salsa.
6. To assemble, roll up burrito style. Fold one of the long ends in, and then both the end pieces, and then the other long way, tucking in firmly.
7. Place with the folded edge down on your cutting board, and slice firmly into two pieces on the diagonal.



Akshata Sheelvant  
www.jeevalifestyle.com

Hello and Namaste! My name is Akshata. I always had a deep quest inside me on how to bring balance in one's life and with lot of reading, researching, and contemplating came to an intuitive realization – to bring balance and moderation in life, need to tie the knot between the ancient Eastern wisdom and contemporary Western practicality. Jeeva Lifestyle is a platform that showcases my efforts in striving to bring this balance in my own life. I enjoy bringing together the best of East and the best of West in my writings and presentations on living a healthy wholesome life. My forte is crafting multi-cuisine dishes by perfectly blending them with seasonal and 'dosha' specific Ayurvedic herbs and spices. I offer customized Ayurvedic dietary recommendations according to your body type. This can be done through personal consultation or through a group webinar consultations.

**Facebook:** <https://www.facebook.com/Jeevalifestyle>

**Twitter:** <https://twitter.com/jeevalifestyle>

**Pinterest:** <https://www.pinterest.com/jeevalifestyle/>



## LAVENDER CHAI TEA

by Julie West

[www.simple-veganista.com](http://www.simple-veganista.com)

### Ingredients:

3 1/4 cups water  
3 black tea bags or 3 tablespoons loose  
1 large or 2 small cinnamon sticks  
8 whole cloves  
6 peppercorns  
1 teaspoon culinary lavender  
1/4 teaspoon dried ginger or 1/2 inch piece fresh, sliced (optional)  
1/4 teaspoon cardamom or 3 whole pods, lightly crushed (optional)  
dash of nutmeg  
2 teaspoons vanilla extract  
1/4 cup pure maple syrup



### INSTRUCTIONS:

1. Bring 3 cups water to a boil, add tea, cinnamon, cloves, peppercorns, lavender, ginger, cardamom and nutmeg, turn heat to low and simmer for 15 minutes. Turn off heat and let cool 10 minutes. Remove tea bags. Add vanilla and maple syrup, give a good stir. Strain out the large ingredients and place in container of choice.
2. In a glass or mug/cup, pour tea concentrate to about 1/3 – 1/2 full, fill remaining with water or milk.
3. Serve warm or iced.
4. Store leftover tea in the refrigerator, use within one week.
5. Makes about 4 – 6 servings.



Julie West

[www.simple-veganista.com](http://www.simple-veganista.com)

Julie began a vegan lifestyle in the early part of 2011 and since then she has become passionate about creating healthy vegan dishes, some 100% raw, and sharing in hopes to inspire others.

**Facebook:** <https://www.facebook.com/TheSimpleVeganista>

**Instagram:** <https://www.instagram.com/thesimpleveganista/>

**Twitter:** <https://twitter.com/SimpleVeganista>

### Julie's tips:

1. If you don't want to use all these ingredients, try using chai tea bags instead.
2. For the tea I used 2 black tea bags and one orange pekoe. I recommend going with the strongest black tea you can find since this is a concentrate.





# Happy New Raw Vegan Year!!!

**L**et us be a better human being, a better person and a better citizen. New Year's is a time to better ourselves for a better world. May you enjoy each day of your raw vegan adventure. We wish everyone success, a healthy long life and a fresh new start.

In health and happiness,  
Your friends from  
Raw Food Magazine





# Find Your Community



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