

MORE RECIPES

**INSIDE:**

Your Kitchen KonMari'd - The Life  
Changing Of Tidying Up

# Raw Food Magazine

Issue 41 May/June 2019

**RAW VEGAN  
SUMMER:  
A Tasty Upgrade**

*Summer  
Picnic  
Potluck*

**Satisfying  
Smoothie  
Bowls**

*Pizza  
Party*

**7 Raw Vegan  
Books We Love**

**10 VEGETABLES OF A DIFFERENT COLOR**



# Contributors

Cover Photo credit: Jenna Davila of LivePureJenna



## Anya Andreeva

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.  
[LiveLoveRaw](#)



## Emily Von Euw

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.  
[ThisRawsomeVeganLife](#)



## Jenna Davila

Jenna Davila is a plant-based Health/Wellness Coach, Spiritual Counselor, High Raw Vegan Food Blogger and Freelance Photographer. Her mission is to illuminate the vitality of living plant-based food and share her experience to help others find authentic energetic balance and emotional, physical and mental healthy.  
[LivePureJenna](#)



## Christina Ross

Christina Ross is the Author of "LOVE FED Purely Decadent Simply Raw Plant Based Desserts". She's also a dynamic conscious recipe and product creator, educator and a freelance recipe writer and blogger.  
[Love-Fed](#)



## Jasmine Briones

Hi, I'm Jasmine Briones, the Sweet Simple Vegan! I am a plant based nutritionist + health and lifestyle blogger living in Los Angeles and sharing my passion for health. What drew me to this new way of life was both the improvement of my health, and also, unfortunately, my history with anorexia and bulimic disorder.  
[SweetSimpleVegan](#)



## Tiasha Slana

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

# On the Cover...

36



## Satisfying Smoothie Bowls

41



## Pizza Party

53



## Summer Picnic Potluck

### *Live*

**17** 5 Ways To Cut Down On Sugar >

**19** Your Kitchen Konmari'd - The Life Changing Of Tidying Up >

### *Beautify*

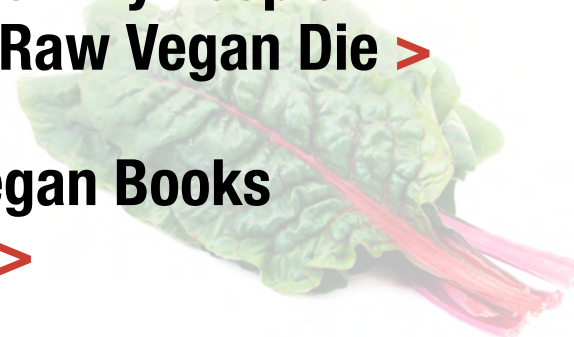
**20** A Vegan Guide to Glowing Skin >



### *Inspire*

**23** 5 Reasons Why People Fail on a Raw Vegan Die >

**25** 7 Raw Vegan Books We Love >



### *Learn*

**28** Health Benefits Of Smoothie Bowls >

**30** Is chili good for losing weigh >



# Contents



## Grow

**32 10 Fast-Growing Vegetables You Can Harvest In No Time >**

**34 10 Vegetables Of A Different Color >**

## Eat

**36 Satisfying Smoothie Bowls >**

Anti-Inflammatory Cherry Pitaya Smoothie Bowl  
Sacred Smoothie Bowl  
Pink Pitaya Smoothie Bowl  
Orange Mango Creamsicle Smoothie Bowl



**41 Pizza Party >**

Gourmet Raw Vegan Pizza  
Raw Vegan Pesto Pizza  
Raw Vegan Pizza With Eggplant Crust  
Watermelon Pizza with Nut Cheese  
Veggie Pulp Pizza Pie  
Smokey BBQ Raw Vegan Pizza

**53 Summer Picnic Potluck >**

Raw Strawberry Pie  
Raw Vegan Chipotle Almond Stuffed Brussels Sprouts  
Raw Sweet Bread  
Superfood-Packed Trail Mix  
Sun Dried Tomato, Basil and Olive Tart

**61 Summer Chili Recipes >**

Raw Vegan Spicy Pad Thai  
Vegan Cheesy Kale Chips  
Spicy Super Powered Chocolate with Raspberries



*Regulars 5-16*



# 10 Inspiring RAW VEGAN Celebrities of 2019

Are you thinking about going raw? You're not alone! Here's a list of ten influential celebrities who've improved their physique, health and wellness through juicing and raw vegan diets.



## 1. Alicia Silverstone

The *Clueless* actress was one of the earliest celebs to become a public proponent of veganism. After the birth of her son Bear, she went fully raw and has never looked back.



## 2. Woody Harrelson

The star of the *Hunger Games* franchise has also been vegan for a long time, but began to incorporate the raw diet into his lifestyle to preserve his energy and vitality.

## 3. Miranda Kerr

Just about all of us would kill for a Victoria's Secret model body, but it's not keto or animal foods that give gorgeous Miranda her results. The supermodel swears by a raw vegan diet when she's trying to tone up fast.





## 4. Freelee The Banana Girl

YouTube sensation Freelee The Banana Girl is often credited with bringing the raw food diet to a larger platform. Thanks to Freelee, more people than ever before are attempting to live raw, inspired by her flawless physique and endless energy.



## 5. Jason Mraz

The "I'm Yours" crooner says that raw veganism helped him to manage his diabetes.



## 6. Demi Moore

Demi Moore has been a sex symbol in Hollywood for decades. She continues to be a bombshell thanks to a meat- and dairy-free lifestyle centered around whole plant foods.







## 7. Joe Cross

The *Fat, Sick and Nearly Dead* documentary filmmaker embarked on a raw juicing challenge to combat his obesity and failing health. Today he's fit as a fiddle and devotes his life to spreading the wonders of juicing.



## 8. Venus Williams

If you want the energy of professional athlete and powerhouse Venus Williams, the key lies in emulating her raw vegan diet.



## 9. Sting

Musician Sting looks eternally young thanks to a longtime diet free of animal products and focused on raw fruits and vegetables.



## 10. Megan Fox

Although not fully raw, vegan bombshell Megan Fox swears that raw food and juicing is the only way to go when she needs to drop weight fast for a role.





# Vegan Summer **FOOD FESTIVAL** Around The World 2019



Although veganism is still a recent movement in history, it has already made its way to the vast corners of the earth. People around the world are being inspired to eat healthier, more ethically, and in a more environmentally conscious manner. Everyone has heard the horror stories of trying to find vegan food while traveling. You won't be having those problems during these amazing festivals. Here are some of the must-see vegan festivals in 2019.







## **1. Vegan Festival - Adelaide, Australia**

The city of Adelaide hosts a two-day vegan festival that boasts a variety of ethical sponsors, loudspeakers, and a great atmosphere. Visitors can enjoy yoga classes, cooking workshops, and many kid-friendly activities as well. Although this festival takes place late in October, the weather is still warm in this part of the country.

## **2. VegFest - Washington D.C., United States**

The United States has one of the largest vegan population in the world. There is no better place to feel the raw energy of this movement than at the VegFest in the country's capital of Washington D.C. There is no charge for admission, and the event takes place on September 2nd. With over 130 different vendors, this VegFest 2019 will be amazing.

## **3. VegFest - Hong Kong, China**

VegFest has made its way around the world to Hong Kong. The first festival was celebrated in 2013 with over 4,000 participants. It has been growing in popularity over the past few years, and 2019 is bound to be the best year yet. The event is backed by more than 70 different organizations and companies. Attendees can enjoy movie screenings, food samples, and presentations.

## **4. Vegan Fest - Montreal, Canada**

The Montreal Vegan Festival is celebrating its fourth event on November 4th and 5th in 2019. This event includes international speakers, non-profit organizations, cooking demos, and more. Although the list of speakers and screenings is still to be announced, there are over 10,000 people in attendance.



# 5 New Restaurants Around the World with *Raw Food Dishes* in their Menu

Hundreds of thousands of years ago, we mastered fire as dinosaurs roamed the earth. For raw food purists, the invention of fire is the equivalent of a comet wiping out those dinosaurs, as food preparation would be changed forever. Today, a raw food resurgence is in full swing, and people are once again eating like they did millions of years ago, before discovering fire. Here are 5 new restaurants around the world that feature raw food menus.

## SimpleRAW: Copenhagen, Denmark

The “New Nordic” food movement champions fresh, locally sourced ingredients and the intimate connection between food and nature. SimpleRAW adheres to that philosophy and takes it to the next level. It specializes in innovative, plant-based dishes that are free of preservatives, additives, coloring, sugar, gluten, dairy, and all the other man-made ingredients that destroy the natural nutrients in food.





## Plant Food + Wine:

Los Angeles,  
California

California has been a leader in the raw food movement since the day Alice Waters opened Chaz Panisse, the famed restaurant credited with starting the local-seasonal-organic craze. Plant Food + Wine, the brainchild of Matthew Kenney, one of the world's leading raw food chefs and restaurateurs, offers a menu inspired by seasonal and local produce. The colorful, plant-based cuisine is as vibrant and lush as the open-air patio where it is served.



## Wild Food Café:

London, England

London is famous for fish and chips and meat pies, but the raw food movement is bringing freshly foraged ingredients to the city's greasiest culinary corners. The Wild Food Café focuses on holistic nutrition and specializes in artisanal ingredients and slow, raw-food processes. From a Summer Goddess Bowl to watermelon gazpacho, the Wild Food Cafe does it the *wild* way.



## Raw and Roxy: Cape Town, South Africa

This hip and trendy raw food haunt debunks the idea that plant based food is as cold as a flax crust pizza with cauliflower cheese. Chef and caterer Beatrice Holst whips up a variety of succulent dishes, from zucchini pasta with capers and garlic sauce to crunchy Asian salads. She even creates a selection of “naughty” treats such as an avocado-based chocolate tart.



## Alchemy: Bali

Established in 2011, Alchemy is Bali’s first 100% raw, organic and vegan restaurant. The name of the game at Alchemy is high-vibe lifestyle choices, and the seasonally changing menu is filled with all sorts of food choices that promote well-being and happiness, from pizzas and specialty salads to smoothies and raw vegan ice creams.





# A nap a day keeps **HIGH BLOOD PRESSURE** at bay



It seems that napping may do more than just reboot our energy level and improve our mood. New research being presented at the American College of Cardiology's 68th Annual Scientific Session found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes. For example, salt and alcohol reduction can bring blood pressure levels down by 3 to 5 mm Hg," said Manolis Kallistratos, MD, cardiologist at the Asklepieion General Hospital in Voula, Greece, and one of the study's co-authors, adding that a low-dose antihypertensive medication usually lowers blood pressure levels by 5 to 7 mm Hg, on average.

- Overall, taking a nap during the day was associated with an average 5 mm Hg drop in blood pressure, which researchers said is on par with what would be expected from other known blood pressure-lowering interventions.
- In addition, for every 60 minutes of midday sleep, 24-hour average systolic blood pressure decreased by 3 mm Hg.
- "These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said. "Based on our findings, if someone has the luxury to take a nap during the day, it may also have benefits for high blood pressure. Napping can be easily adopted and typically doesn't cost anything."
- This is the first study to prospectively assess midday sleep's affect on blood pressure levels among people



“

Researchers said the findings are further bolstered because patients had similar dipping blood pressure rates at night (natural drops during nighttime sleep), meaning that any reductions in ambulatory blood pressure were separate from this phenomenon and give greater confidence that reductions in ambulatory blood pressure could be due to daytime napping.

”

whose blood pressure is reasonably controlled, according to the researchers. The same research team previously found midday naps to be associated with reduced blood pressure levels and fewer antihypertensive medications being prescribed among people with very high blood pressure readings.

“The higher the blood pressure levels, the more pronounced any effort to lower it will appear. By including people with relatively well-controlled blood pressure, we can feel more confident that any significant differences in blood pressure readings are likely due to napping,” Kallistratos said.

The study included 212 people with a mean blood pressure of 129.9 mm Hg. They were 62 years old on average and just over half were female. About 1 out of 4 participants were smokers and/or had Type 2 diabetes. The groups were similar in terms of risk factors for heart disease except there were more smokers in the napping group. Researchers assessed and recorded blood pressure for 24 hours consecutively, midday sleep time (the average duration was 49 minutes), lifestyle habits (for example, alcohol, coffee and salt consumption, physical activity levels), and pulse wave velocity, a measure of stiffness in the arteries. Participants wore an ambulatory blood pressure monitor to measure and track blood pressure at regular intervals during routine daily living, rather than just one time in the clinic. At study recruitment, participants also underwent an echocardiogram, an ultrasound of the heart that shows its structure and function.

In their analyses, researchers adjusted for factors known to influence blood pressure levels, including age, gender, lifestyle and medications. There were no differences in terms of the number of antihypertensive medications taken between the two groups, and pulse wave velocity tests and echocardiograms were also similar.

Overall, average 24-hour systolic blood pressure was 5.3 mm Hg lower among those who napped compared with

those who didn't (127.6 mm Hg vs 132.9 mm Hg). When looking at both blood pressure numbers, people who slept during the day had more favorable readings (128.7/76.2 vs 134.5/79.5 mm Hg). There also appeared to be a direct linear relationship between time asleep and blood pressure; as reported, for each hour of napping, the average 24-hour systolic blood pressure lowered by 3 mm Hg.

“We obviously don't want to encourage people to sleep for hours on end during the day, but on the other hand, they shouldn't feel guilty if they can take a short nap, given the potential health benefits,” Kallistratos said. “Even though both groups were receiving the same number of medications and blood pressure was well controlled, there was still a significant decrease in blood pressure among those who slept during midday.”

Researchers said the findings are further bolstered because patients had similar dipping blood pressure rates at night (natural drops during nighttime sleep), meaning that any reductions in ambulatory blood pressure were separate from this phenomenon and give greater confidence that reductions in ambulatory blood pressure could be due to daytime napping.

Further research is needed to validate these findings. Although it falls outside the scope of this study, researchers said one could speculate that along with the heart-healthy Mediterranean diet endemic to this region, the cultural acceptance of midday napping may also play a role in the healthier profile seen in these populations.

Nearly half of American adults have high blood pressure. Many don't know they have it because there are often no signs or symptoms; over time, high blood pressure increases the risk of both heart attack and stroke.

Kallistratos will present the study, “Mid-day Sleep Effects as Potent as Recommended Lifestyle Changes in Patients With Arterial Hypertension,” on Monday, March 18.



# A SIMPLE STRATEGY TO IMPROVE your mood in 12 minutes



**W**e all have a remedy -- a glass of wine or a piece of chocolate -- for lifting our spirits when we're in a bad mood. Rather than focusing on ways to make ourselves feel better, a team of Iowa State University researchers suggests wishing others well.

"Walking around and offering kindness to others in the world reduces anxiety and increases happiness and feelings of social connection," said Douglas Gentile, professor of psychology. "It's a simple strategy that doesn't take a lot of time that you can incorporate into your daily activities."

• Gentile, Dawn Sweet, senior lecturer in psychology; and Lanmiao He, graduate student in psychology, tested the benefits of three different techniques intended to reduce anxiety and increase happiness or well-being. They did this by having college students walk around a building for 12 minutes and practice one of the following strategies:

- Loving-kindness: Looking at the people they see and thinking to themselves, "I wish for this person to be happy." Students were encouraged to really mean it as they were thinking it.
- Interconnectedness: Looking at the people they see and thinking about how they are connected



“Students who compared themselves to others felt less empathetic, caring and connected than students who extended well wishes to others. Previous studies have shown downward social comparison has a buffering effect when we are feeling bad about ourselves. ISU researchers found the opposite.”

to each other. It was suggested that students think about the hopes and feelings they may share or that they might take a similar class.

- Downward social comparison: Looking at the people they see and thinking about how they may be better off than each of the people they encountered.

The study, published in the *Journal of Happiness Studies*, also included a control group in which students were instructed to look at people and focus on what they see on the outside, such as their clothing, the combination of colors, textures as well as makeup and accessories. All students were surveyed before and after the walk to measure anxiety, happiness, stress, empathy and connectedness.

## Love and kindness wins

The researchers compared each technique with the control group and found those who practiced loving-kindness or wished others well felt happier, more connected, caring and empathetic, as well as less anxious. The interconnectedness group was more empathetic and connected. Downward social comparison showed no benefit, and was significantly worse than the loving-kindness technique.

Students who compared themselves to others felt less empathetic, caring and connected than students who extended well wishes to others. Previous studies have shown downward social comparison has a buffering effect when we are feeling bad about ourselves. ISU researchers found the opposite.

“At its core, downward social comparison is a competitive strategy,” Sweet said. “That’s not to say it can’t have some benefit, but competitive mindsets have been linked to stress, anxiety and depression.”

The researchers also examined how different types of people reacted to each technique. They expected people who were naturally mindful might benefit more from

the loving-kindness strategy, or narcissistic people might have a hard time wishing for others to be happy. They were somewhat surprised by the results.

“This simple practice is valuable regardless of your personality type,” Lanmiao He said. “Extending loving-kindness to others worked equally well to reduce anxiety, increase happiness, empathy and feelings of social connection.”



## Social media comparisons

Social media is like a playground for comparisons: he makes more money than I; she has a nicer car. While the study did not look specifically at social media, Gentile says the results demonstrate that comparison is a risky strategy.

“It is almost impossible not to make comparisons on social media,” Gentile said. “Our study didn’t test this, but we often feel envy, jealousy, anger or disappointment in response to what we see on social media, and those emotions disrupt our sense of well-being.”

Comparison works well when we are learning something or making a choice, Gentile said. For example, as children we learn by watching others and comparing their results to ours. However, when it comes to well-being, comparison is not as effective as loving-kindness, which consistently improves happiness.



# 5 Ways To Cut Down On Sugar



**S**tudy after study finds that sugar is bad for us. Sugar is said to contribute to health issues like heart disease, diabetes, and weight gain. Sugar has also been found to be addictive – which is why it is so hard to kick the sugar habit. Follow these five tips for success at cutting sugar out of your diet.

## 1. Pre-plan meals and snacks

Make it a point to sit down each week and plan out what foods you will eat and when, then shop based on your plan. Not only will you save time throughout the week, planning ahead and taking snacks along with you will prevent you from impulsively purchasing a sugary snack or meal when you are hungry and on the go.





## 2. Stay away from canned and dried fruits

Canned fruit is often stored in syrup, and many dried fruits have sugar added. Instead, try to purchase your fruit fresh or frozen. If you must be canned or dried, look for options with no added sugar.

## 3. Season your food with herbs and spices

The flavor of food can be enhanced without sugar (or similar items like syrup, molasses, or honey.) Instead, add flavor such as cinnamon or thyme, or use stevia, a plant-based sweetener with minimal impact on blood glucose.

## 4. Use fruit to sweeten your food

There's no need for added sugar if you let the natural sweetness of fruit do the trick! Add fruits to salads or smoothies with leafy greens to enjoy all the health benefits plus the pleasure of something sweet.

## 4. Sweeten your beverages naturally

If you want to add sweetness to your drink, skip the sugar and instead infuse your drinks with flavor from fruits. For example, add berries or citrus fruits. You can also get adventurous by using herbs too, such as combining cucumber and mint.





# Your Kitchen Konmari'd

## The Life Changing Of Tidying Up



If you are switching to a raw food dietary plan, then you will want to use the Marie Kondo methods to tidy your kitchen. You likely won't need a lot of the equipment that is currently in your kitchen, and in addition, Marie Kondo stresses having spaces and things that you love. Here are some of the ways to KonMari your home's kitchen.





### Way 1:

#### Remove Everything from the Drawers and Cabinets

**M**arie Kondo suggests removing everything from a kitchen's drawers and cabinets. After you do this, you should place similar items together to determine if you have duplicate items. It is also essential to keep only the things that you love rather than keeping something that is difficult to use.

### Way 2:

#### Organize Your Kitchen's Countertops and Cabinets

It is important to organize your home's kitchen to make meal preparation easier, so you should wash the shelves and drawers to have a clean place to store plates, glassware and utensils. Don't forget to organize your refrigerator and small appliances. If you are beginning a

raw food diet, then use the tips from others who enjoy this diet to organize your kitchen.

### Way 3:

#### Clear Off the Kitchen's Countertops

An integral part of the Marie Kondo system is keeping the countertops in the kitchen as empty as possible to make cleaning easier. If you have only kept what you enjoy in your kitchen, then you won't have any problems storing the items that you need for preparing your raw fruits and vegetables.

### DAILY AND WEEKLY MAINTENANCE

With your kitchen organized with the KonMari method, it is easy to chop and serve your raw foods for breakfast, lunch and dinner. The clean countertops make it easier to wash the items in only a few minutes so that you don't need to spend several hours cleaning each week.



# A Vegan Guide to *GLOWING SKIN*



So, you've tried product after product on your skin, but you can't seem to obtain that perfect glow and acne-free look you've been waiting for? Perhaps it's time to take a look at some of the foods and products you're using for the solution.

**A** healthy, clean diet is one of the main ingredients in the formula to healthy skin, but it's so difficult nowadays to find foods that aren't loaded with oil and preservatives. So we've compiled some tips and tricks that will assist you in finding the best vegan and raw foods and products to help you find your way to clear skin in no time!

## The Grocery Store

The produce aisle can be a bit daunting at first glance, and it's easy to jump right into the frozen section, but if you're seeking that lustrous glow, better think twice! Some of the best foods to put into your body to support your skin are raw fruits and vegetable. Specifically those beautiful green vegetables! A serving of kale or spinach



does wonders for the skin, as they are jam-packed full of vitamins and minerals that help clear up oil and dryness.

Another trick is to think bright; bright foods mean brighter skin. This is important when picking fruit! Always go for the delicious strawberries, oranges, and even mangoes. These delicious fruits are packed full of Vitamin C and other essential vitamins that help your skin and also boost your immune system at the same time.

One of the best ways to keep skin clear is to also pay attention to the amount of water you're consuming. The more water you drink, and the more water in your fruits and vegetables, the clearer your skin will become!

## Always Go Natural

Of course food plays a huge part in glowing skin, but the products in your daily skin care routine make a huge difference, too. Always look for the natural products, like sugar and salt scrubs that help exfoliate away dead cells and leave skin feeling incredibly soft. To rehydrate, try an oil, such as coconut to replenish the skin. For oily skin, try using an avocado or mud mask to prevent adding any excess oils.

We hope these tips and tricks help you on the journey to a healthy lifestyle and healthy skincare. Keep to a healthy routine and diet with vegan practices and you'll be seeing a difference in your skin in no time. Clear, glowing skin awaits!





# 5 Reasons Why People Fail on a Raw Vegan



**A** raw vegan diet can be a nourishing, healing experience, beneficial in fighting the most stubborn ailment... if done correctly. Here are some possibilities as to why raw veganism might work against you:

## 1. Not Enough Research

With every popular fad diet that hits the media, it's always important to check your facts before jumping on

the bandwagon. Raw veganism can be a wonderful way of returning to your fullest health, but it's also misunderstood. Make sure you don't buy into the stereotype that raw vegans eat like rabbits. Learn more about what foods are allowed and what changes your body may undergo.

## 2. Not Enough Preparation

Making an informed decision to go raw vegan is only the first step. It's very difficult to eat raw vegan if you don't



have proper food stores. Start by clearing out your kitchen. Create a grocery list to make sure you're maximizing the diversity of your food and nutrients, and prep your food beforehand to save time and energy.

### 3. Not Enough Calories

It's very easy to under eat while raw vegan. High volume vegetables and fruit can seem more satiating than calorie-dense foods like animal protein, fats, and processed food. Due to the low calorie content of most raw foods, it takes a lot more food to reach your energy needs. You will quickly feel hungry, sick, and fatigued. Track your food to be certain that you're eating enough, and be sure to include all macronutrients by having raw nuts, seeds, and starchy fruit.

### 4. Not Enough Patience

Eating raw vegan is a huge shift from the average person's diet. Jumping straight into it overnight may sound ideal, but in reality, you become less likely to stick to the diet long-term. A slow transition, like starting with one raw vegan meal a day, can make the process easier.

### 5. Not Enough Flexibility

It can be stressful to eat raw vegan in the face of social judgement or misunderstanding. Personal values and health are important, but being too rigid on your diet can backfire. A cooked meal every now and then won't hurt, especially when enjoyed with your loved ones.





# 7 Books, Lifelong Health and Energy

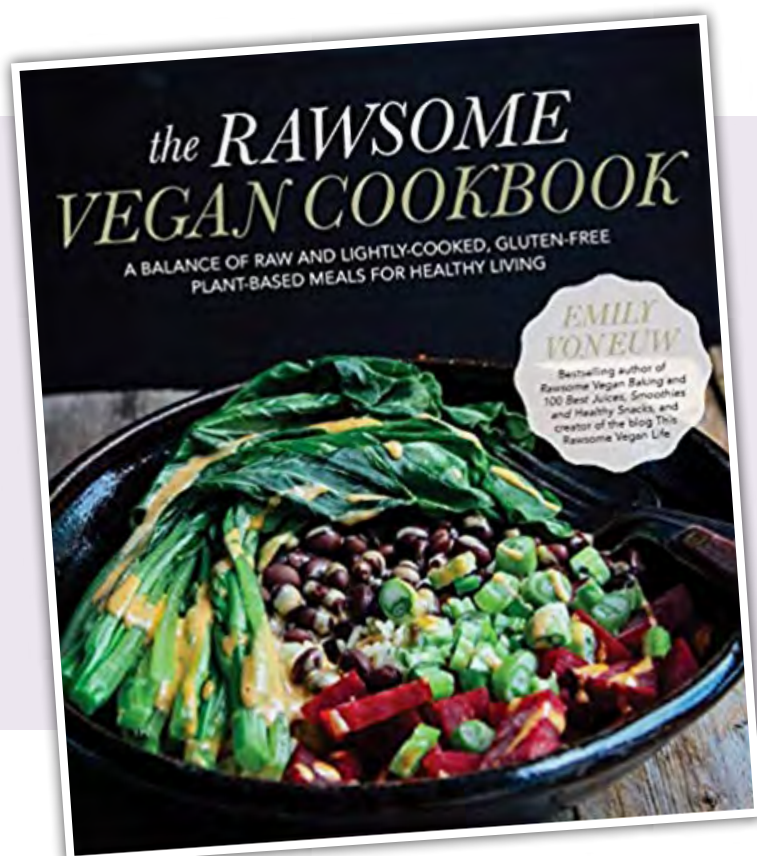
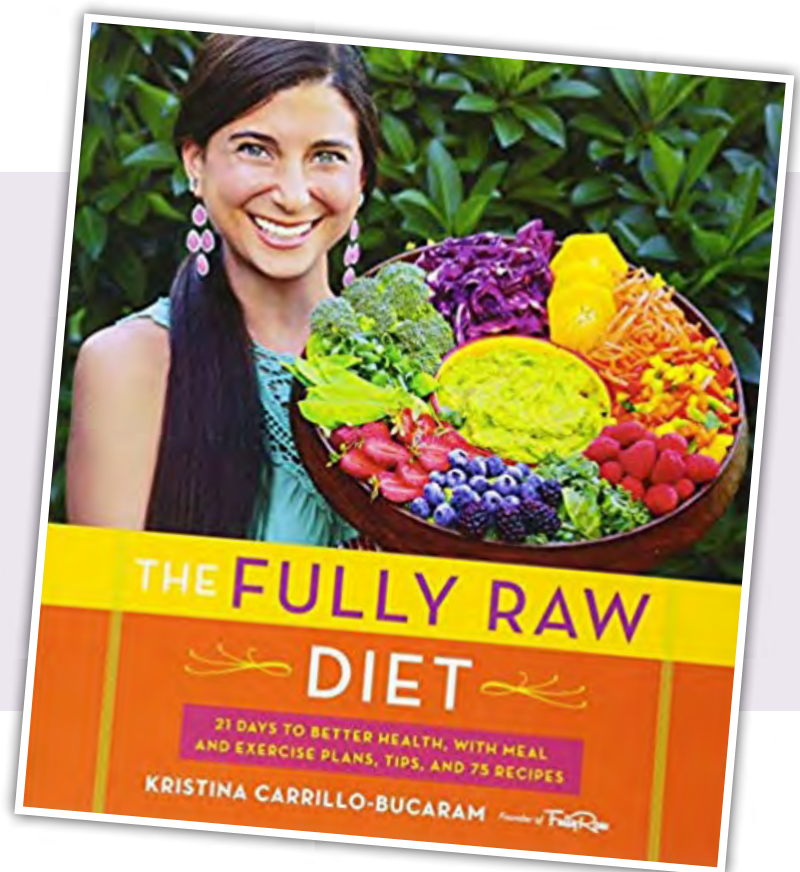
We love these raw vegan books! They provide the guidance, encouragement, and resources you need to get healthy, to look and feel great, and to live your happiest, most fulfilling life possible.



## Kristina Carrillo Bucaram

[The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes](#)

Kristina Carrillo Bucaram changed her life when she began her raw vegan diet journey ten years ago. Loaded with anecdotal advice and stories of success, her book intends help you start your journey and change your life, too.



## Emily Von Euw

[The Rawsome Vegan Cookbook: A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living](#)

Emily has been an inspiration for ages! This book is packed with healthy, simply recipes that will make you want to run to your kitchen as soon as you put the book down (but you may not want to put it down!). All of the recipes are so simple yet, like me, you would never have come up with them on your own!

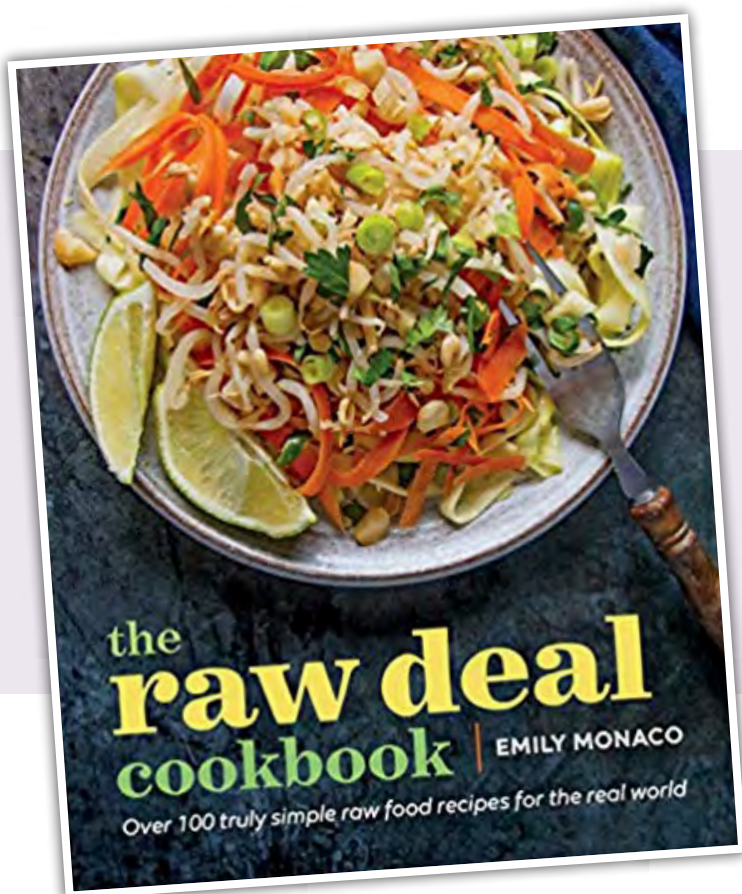
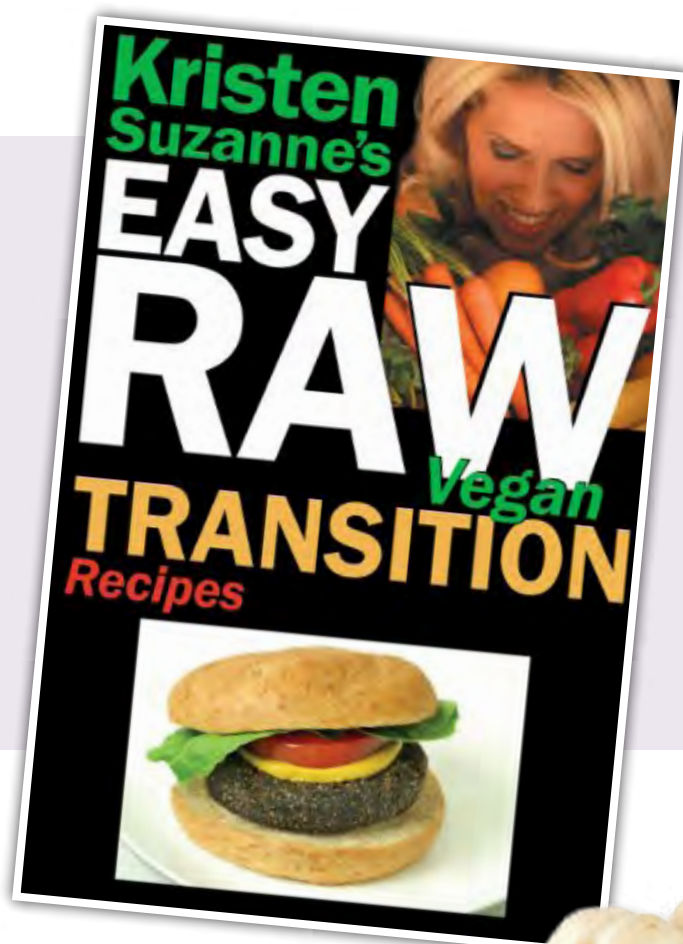




## Kristen Suzanne

[Kristen Suzanne's EASY Raw Vegan Transition Recipes: Fast, Easy, Raw and Cooked Vegan Recipes to Help You and Your Family Start Migrating Toward the World's Healthiest Diet](#)

If you're still thinking about transitioning to a raw vegan lifestyle, you might want to consider downloading a free version of this book via Kindle! This is one of the first books that got us into this rawcking lifestyle!



## Emily Monaco

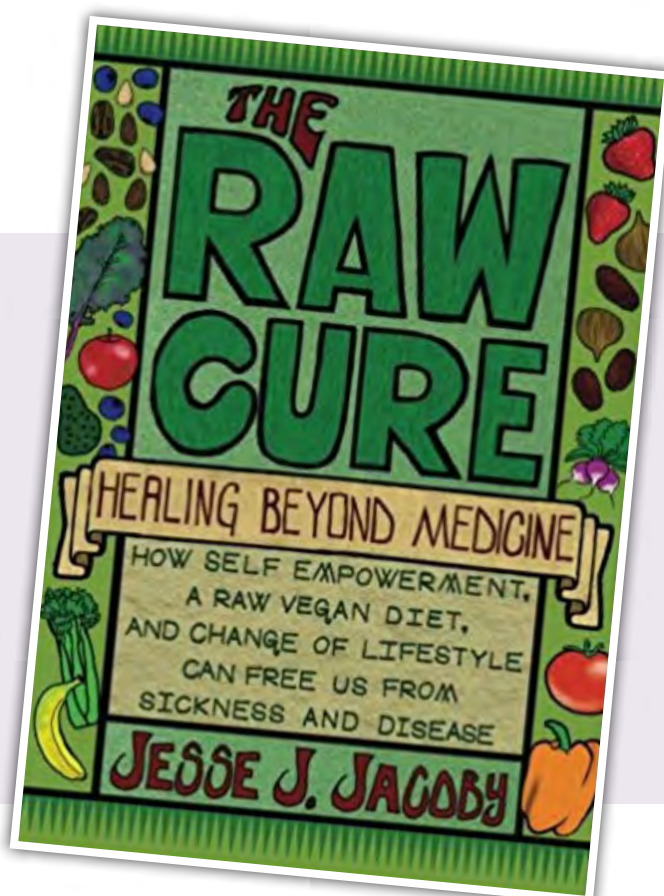
[The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes for the Real World](#)

In Raw Deal Cookbook Emily Monaco aims to encourage readers toward a raw diet by providing practical advice and recipes and by dispelling common raw and vegan myths and misunderstandings.

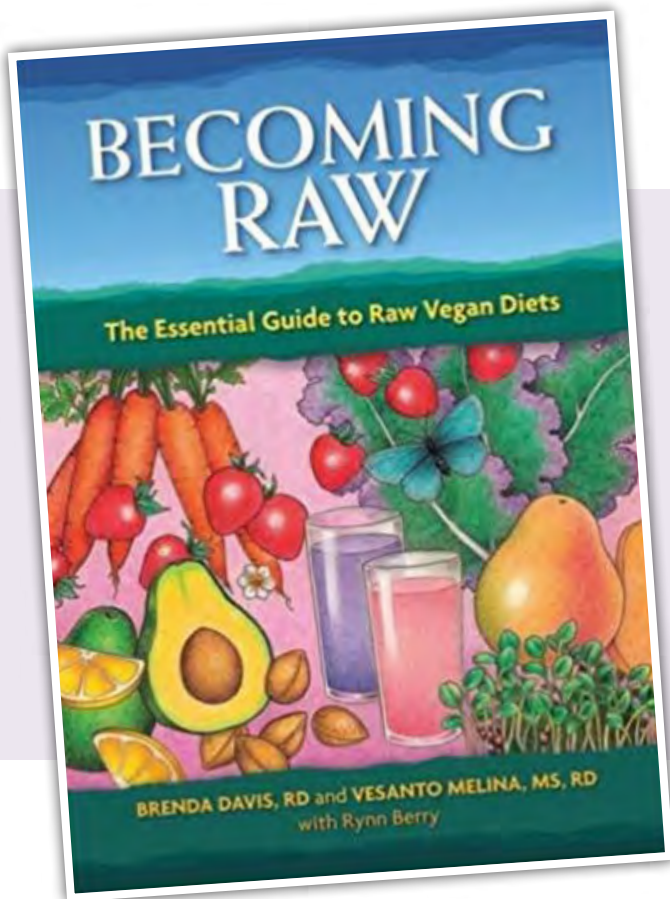
## Jesse J Jacoby

[The Raw Cure: Healing Beyond Medicine: How self-empowerment, a raw vegan diet, and change of lifestyle can free us from sickness and disease](#)

Cure your ailments naturally and live the life you want. The Raw Cure by Jesse J Jacoby is a fantastic read and resource and makes for a great guidebook on making this radically rewarding lifestyle change.







## Brenda Davis, Vesanto Melina, and Rynn Berry

[Becoming Raw: The Essential Guide to Raw Vegan Diets](#)

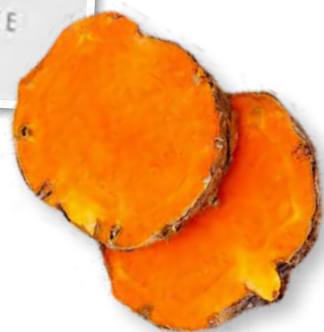
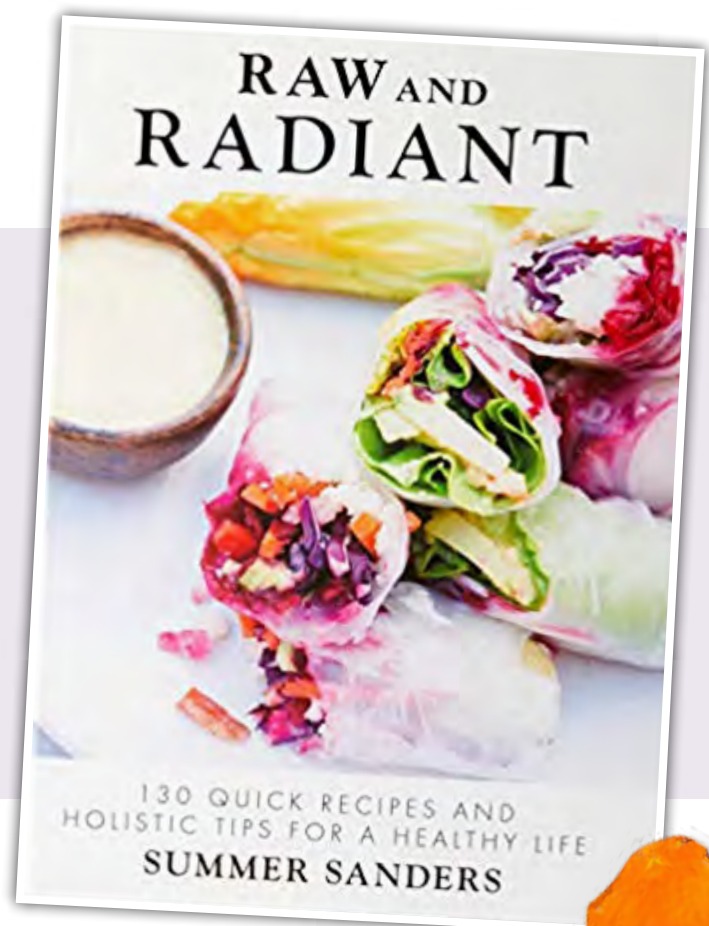
Written by nutrition experts Brenda Davis and Vesanto Melina, this book provides a wealth of knowledge and information on adapting to a raw vegan diet in a safe and healthy way.



## Summer Sanders

[Raw and Radiant: 130 Quick Recipes and Holistic Tips for a Healthy Life](#)

Summer Sanders guides readers on the journey toward adopting a raw vegan lifestyle with stunning photographs, delicious and nutritious recipes, and thoughtful tips on the growing and cultivating the mind body connection.



There are a lot of awesome raw chefs who published amazing raw vegan cookbooks that we are dying to read as well. So don't limit yourself - there's more to explore in the vegan world! Don't forget to check our [chef's page](#), and meet our inspiring chefs.



# Health Benefits OF SMOOTHIE BOWLS



## Four Health Benefits from Eating Raw Food Smoothie Bowls

**S**moothie bowls are a great new way to enjoy raw foods that are at a different temperature and that will also have an interesting texture. If you enjoy eating a raw food diet, then you should find new ways to keep your taste buds satisfied, and if you buy or make a raw food smoothie bowl oc-

asionally, then it will help you to feel satiated. The good news is that smoothie bowls can also be a healthy choice when you select the proper ingredients such as tasty vegetables and fruits. Here are some of the health benefits from smoothie bowls.

### Health Benefit 1: Minerals

Your body needs minerals such as potassium, iron or magnesium, and these nutrients are in fresh produce





such as blueberries, dark leafy greens or tomatoes. With the raw food diet plan, your vegetables and fruits are rich in minerals that haven't been destroyed with heat.

## Health Benefit 2: Fiber

It is vital to have fiber in your daily diet because it helps your body to push foods through your digestive system. With more fiber, you feel full faster, helping you to avoid eating too much food throughout the day.



## Health Benefit 3: Protein

You can garnish a smoothie bowl with protein-rich whole nuts or seeds to keep your muscles stronger and to give you more energy. Look for natural raw seeds, nuts or nut butters that have no additives such as artificial flavorings, sodium or preservatives.

## Health Benefit 4: Vitamins

A smoothie bowl is a great way to start your day because it can contain an assortment of vitamins that your body requires for mental and physical well-being. You can make a smoothie bowl for breakfast that has A, B and C vitamins so that you feel wonderful as you go to work or to school.



# Is chili good for losing weight?



**V**egetables and spices provide essential nutrients to all diets. While a raw foods diet is already lower in calories and fat, the addition of chili might boost your metabolism while providing heat and flavor to many dishes.

Chili is a broad term that means hot pepper. Jalapeno, Hungarian Wax, Fresno, and similar are all chilies that you can grow, buy fresh, and purchase in various non-raw forms. This article speaks to the healthful benefits of consuming raw chilies.

## How chili might help you lose weight

1. Capsaicin found in chilies stimulates calorie burn, which allows you to shred extra calories without additional effort. Chili revs your metabolism, which is why you might sweat after consuming them.

The amount of calories you burn might not be a lot on its own, but if you pair chili with your workout days, the results can be greater.



2. Capsaicin can reduce the amount of fat your body stores. Scientists believe the thermogenic effect is responsible for the increased burn. Animal studies showed a drop in serum triglycerides as well as fat tissue. Additional studies show decreases in abdominal fat loss and total body weight.

3. Chili helps stabilize blood sugar. Hot peppers might also promote satiety without you feeling deprived, which in turn, can stop you from overeating due to blood sugar spikes.

### Does the type of chili pepper matter?

Yes! The spicier the better too. Keep in mind that sweet peppers don't contain capsaicin. If you cannot tolerate the heat, you might be able to gradually build a tolerance.

You might experience common side effects, including cramps, diarrhea, and a burning sensation in your stomach and chest. If you experience such distress, chili pep-

pers might not be for you. However, you can try a gradual approach.

### Other benefits of adding chili to your diet

- Antioxidants
- Anti-inflammatory
- Reduced cardio-metabolic syndrome risk factors, such as obesity, diabetes, hypertension, and cardiovascular disease when you consume regularly
- Contains vitamin A, C, B6, K1, potassium, and copper

If you enjoy spicy foods, you now have more reasons to continue upping the heat. New to the world of chilies? Take it slow, and let your body (and mouth) adjust to heat and new flavors.

Whether you consume chilies for flavor or weight loss, you can enjoy the healthful benefits this wonderful spice adds to your life.





# 10 Fast-Growing Vegetables

## You Can Harvest In No Time

Fast-growing vegetables are perfect for backyard gardeners who look forward to harvesting their vegetables quickly. For them, sowing a few seeds after several days would ensure a continuous supply of fresh vegetables from the garden.



Looking to seed fast-growing vegetables for fresh produce within no time? Well, you are definitely on the right page! Here are 10 fast-growing we picked for you:

### 1. Sunflower Shoots

Sunflower sprouts can be harvested by cutting the stems soon as two leaves sprout and just before the “true leaves” show since sunflower shoots get bitter as they age.

### 2. Garden Cress

It’s not only a fast-growing vegetable but also a space-saver. A small patch supplies abundant leaves of this tangy herb.

### 3. Smooth-leaf spinach

Smooth varieties of spinach like Corvair and Space offer the least growth and maturity time. Their leaves maintain quality throughout growth and maturation. Further, their



long stems and flat leaves make harvesting and cleaning easy.

#### 4. Adelaide Carrot

This true baby carrot yields roots that are 3-4 inches when ready for harvesting. It's a rich source of vitamin A and vitamin K and is loved for its mild flavor.

#### 5. Tatsoi

A great addition to soups and salads, tatsoi is a low-growing mustard green. Its baby leaves can be harvested in 25 days while the mature leaves take up to 40 days before harvesting.

#### 6. Cherry Belle Radish

This vegetable has been a garden standard for many years. It can be eaten from top to bottom, and you can let it linger in your garden for some time for a spicier taste.

#### 7. Arugula

The peppery leaves of arugula are sure to add a zip to your salad. The gourmet green is fast-growing with its baby leaves ready three weeks after sowing.

#### 8. Leaf lettuce

You can't beat this one at the maturation speed. It comes in various leaf textures and colors, with the best bets being Black Seeded Simpson, Red Salad Bowl, and Merlot.

#### 9. Hakurei Turnip

It's one of the many fast-growing salad turnips, whose roots are delicious when eaten raw, cooked, or pickled. It's a popular dual-purpose veggie, giving delicious roots as well as tasty leaves for salads and stir-fries.

#### 10. Chinese Cabbage

It is a popular green that forms delicious and firm heads of greens. The fresh salad greens are best enjoyed during the spring and fall as the veggie is sensitive to the sun.





# 10 Vegetables Of A Different Color

In order to have the most balanced diet, you need to consume a numerous amount of vegetables. A great way to change things up a bit is by adding vegetables that are a variety of different colors. The following 10 vegetables are a great addition to a raw diet.



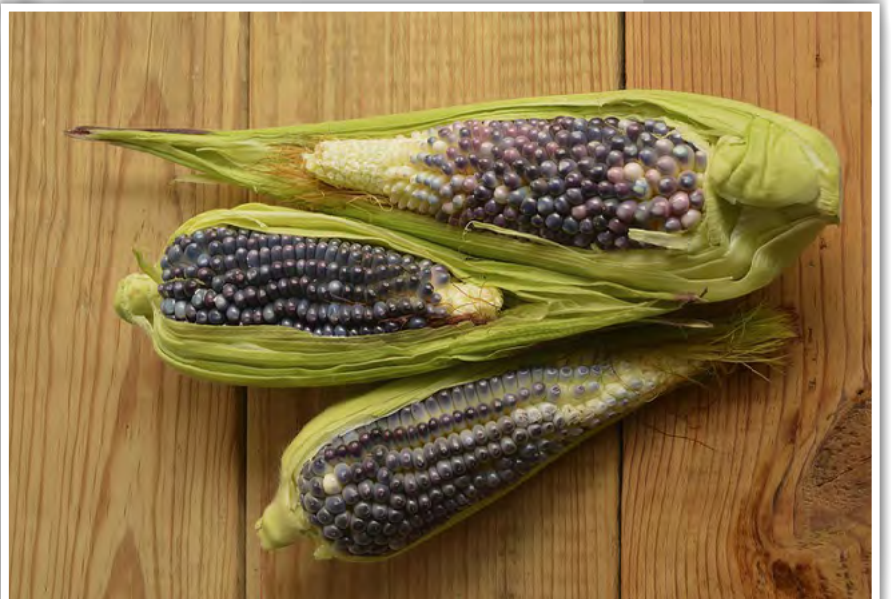
**Purple carrots** tend to be sweeter than ones of the orange variety. While they are often eaten cooked, they can be eaten fresh.



**Blue potatoes** aren't commonly found in the United States. However, they are delicious and worth trying if you happen to come across one.



**Black tomatoes** contain a high amount of anthocyanin, which gives them a fairly long shelf life. This inside of the tomatoes are dark red in color.



**Black corn** does have a rather tough hull, but still can be eaten. Just like with white or yellow corn it does have a somewhat sweet flavor.





**Orange eggplants** can grow as big as a baseball. This sweet vegetable can either be grown outdoors or indoors in containers.



**Chocolate peppers** don't taste like candy, but they do have a sweet flavor. They are a great alternative to hot peppers.



**Pink swiss chard** can add color to nearly any dish. It has somewhat of a bitter flavor and tastes similar to spinach.



**Purple asparagus** are tender throughout entire vegetable. What this means is that the whole stalk can easily be eaten, even the base.



**Golden beets** are a great alternative for those that like red beets, but don't like the way they stain everything. They also tend to have a sweet flavor.



**White sweet potatoes** have a very sweet flavor. They also have a crumbly texture, similar to that of regular potatoes.



# *Satisfying Smoothie Bowls*



## ANTI-INFLAMMATORY CHERRY PITAYA SMOOTHIE BOWL

by Christine Roseberry  
www.justglowingwithhealth.com

### Ingredients:

1 Pitaya pack,  
1/2 cup frozen cherries  
3 ripe bananas  
1/4 cup fresh cranberries  
1/4 small beet, (if organic  
no need to peel the skin)  
3/4 cup water

### INSTRUCTIONS:

1. Blend ingredients in a blender on high until creamy
2. Pour into a bowl and decorate with lots of fruit
3. Enjoy!

*I topped mine with a banana, pear, shredded coconut, cacao nibs, and sunflower seeds. Other options are: fresh fruit of choice, dried coconut, mulberries, fresh herbs like mint, cacao nibs, granola, nuts or seeds.*

### Christine's tips:

*If you don't have a pitaya pack you can use 1/2 of a fresh pitaya fruit, or substitute it with fresh or frozen berries of choice. If you don't have fresh cranberries you can use frozen. Also, if you're not a beet lover start off with a small chunk and taste before adding more, but you really don't taste the beet in this recipe.*



Christine Roseberry  
www.justglowingwithhealth.com

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

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

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

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

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

**Youtube:** <https://www.youtube.com/user/glowwithhealth>





## SACRED SMOOTHIE BOWL

by Christa Clark  
[www.artisticvegan.com](http://www.artisticvegan.com)

### Ingredients:

½ Cup Orange Juice,  
Carrot Juice or DF Milk  
1 Ripe Banana  
1 Frozen Banana  
1 cup frozen papaya  
½ cup fresh mango  
1" knob ginger  
1 tsp Turmeric Powder



Christa Clark  
[www.artisticvegan.com](http://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.”

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

**Twitter:** <https://twitter.com/ArtisticVegan1>

**Instagram:** <https://instagram.com/artisticvegan77>

**Pinterest:** <https://www.pinterest.com/clarkchrista77/>

### INSTRUCTIONS:

1. Blend ingredients.
2. Consume or place in freezer for 30 minutes for ultimate consistency.
3. Top as desired. I topped with sliced banana, mango, strawberries, crystalized ginger, coconut flakes and chia seeds.
4. Dig in!!!





## PINK PITAYA SMOOTHIE BOWL

by Kelly Fielding  
www.raw-by-nature.com

### Ingredients:

1 1/2 frozen bananas sliced  
1/2 a ripe mango chopped  
1/4 ripe avocado  
1 teaspoon chia seeds  
1 tablespoon Pink Pitaya Powder  
1/2 cup coconut or almond milk



### INSTRUCTIONS:

1. Place all ingredients in your blender and blend until smooth and creamy.
2. Pour into a bowl and top with your favourite fruit, nuts and super-foods!



Kelly Fielding  
www.raw-by-nature.com

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

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

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

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



## ORANGE MANGO CREAMSICLE SMOOTHIE BOWL

by Jenna Davila  
[www.livepurejenna.co](http://www.livepurejenna.co)

### Ingredients:

3-4 Frozen Bananas  
1 1/2 Cups Chopped Ripe Mangoes  
1 Cup Freshly Squeezed Orange Juice  
1/2 Cup Coconut Meat  
1 Teaspoon Vanilla Bean Powder or Non-Alcoholic Vanilla Extract



Jenna Davila  
[www.livepurejenna.co](http://www.livepurejenna.co)

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

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



### INSTRUCTIONS:

1. Blend together all the ingredients in a high speed blender.
2. Pour smoothie into a bowl, add your favorite toppings and enjoy!





# Pizza Party



## GOURMET RAW VEGAN PIZZA

by Krisztina Berta  
www.deviliciouslyraw.com

### Ingredients:

#### The Best Pizza Sauce:

- 1 cup sun dried tomato (soaked)
- 1/2 cup fresh tomato (chopped)
- 1/2 cup date (soaked)
- 1/4 cup apple cider vinegar
- 1/4 tsp black pepper
- 1/2 tsp pink salt
- 1/8 tsp garlic powder
- 1 tsp dried italian herbs



### Ingredients:

#### Raw Vegan Pizza:

- 3 cup zucchini (peeled, chopped)
- 1 cup corn kernel
- 1 cup sunflower seeds (soaked)
- 1 tbsp psyllium husk (optional)
- 4 tbsp olive oil
- 1 tsp pink salt
- 2 tsp dried italian herbs

### Ingredients:

#### Raw Vegan Parmesan:

- 1/2 cup macadamia nuts (soaked)
- 1/2 cup cashew (soaked)
- 1/2 cup filtered water
- 1/2 tsp pink salt
- dash nutmeg





## INSTRUCTIONS:

### The Best Pizza Sauce:

Place all the ingredients except herbs in a blender and blend until smooth. Add herbs and pulse a few times.

### Raw Vegan Parmesan:

Blend everything until smooth. Spread evenly over dehydrator sheet, dehydrate at 140°F for 1 hour, decrease heat to 118°F and continue to dehydrate until completely dry (approximately for 7 to 8 hours).

### Raw Vegan Pizza:

Place all the ingredients ( except the psyllium husk ) in the food processor fitted with the S blade and process until smooth. Add psyllium husk and whisk together until well combined.

### Preparation:

1. Spread the mixture ( over dehydrator sheets ) evenly into pizza shape about 1/4 thick. Dehydrate at 140°F about 1 and a half – 2 hours.
2. Decrease heat to 118°F and continue to dehydrate for another 12 hours.
3. Flip and remove dehydrator sheets.
4. Spread the pizza sauce over the crusts ( about 3-4 tbsp / pizza ) add toppings ( pineapple, mushrooms and tomatoes ) and continue dehydrate until dried through.
5. You can allow it to dry to your desired texture and crisp.



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

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

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

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

**Instagram:** [https://www.instagram.com/deviliciously\\_raw](https://www.instagram.com/deviliciously_raw)

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



## RAW VEGAN PESTO PIZZA

by Jennifer Rose Rossano  
[www.neuroticmommy.com](http://www.neuroticmommy.com)



### Ingredients:

#### Pesto:

- 1/3 cup fresh basil
- 1/4 cup hazelnuts
- 2 garlic cloves
- 1 cup spinach or kale, chopped
- 1/2 cup extra virgin olive oil
- 1 tbsp nutritional yeast
- 2 tsp garlic powder
- 2 tsp onion powder
- salt/pepper to taste

#### For the crust:

##### Dry Ingredients:

- 3 cups almond meal
- 1 cup flax meal
- 2 tsp nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- salt/pepper to taste

##### Wet Ingredients:

- 1/4 cup flax meal or seeds
- 1/2 cup water

##### Toppings:

- 2 large portobello mushroom caps, sliced thick
- 1-2 cups spinach or any other preferred green
- 1 red onion, sliced thin
- handful of parsley
- pesto to your liking







## INSTRUCTIONS:

### Making the pesto:

1. Place all ingredients into a high speed blender or food processor and run until everything is combined and has a runnier consistency. You will have to stop and scrape down the sides. Be sure the hazelnuts are not in big chunks.
2. Add water or oil as necessary and adjust seasonings to your liking.

### Pesto Pizza:

1. Mix 1/4 cup flaxseeds or meal with 1/2 cup water, place into the fridge for 10 minutes so it thickens up.
2. In a bowl of a stand mixer combine all dry ingredients. Once flax egg is ready, add it to the dry ingredients and run until a dough forms.
3. The dough will start out crumbly, but the more you mix the more pliable it will become.
4. Once dough is ready, roll into a large ball.
5. Deciding on which pan you'd like to use, round or rectangle, place down parchment paper, wet fingertips, and spread dough out evenly across the chosen surface, pressing down with the palms of your hand when needed.
6. Once dough is all set, add on toppings.
7. Spread as much pesto as desired across the crust. Top with remaining vegetables and place in the oven set at 118F, and let sit with the door ajar about 2 inches for 45 minutes up to an hour.
8. Once done, cut into slices, serve, and Enjoy!



Jennifer Rose Romano  
[www.neuroticmommy.com](http://www.neuroticmommy.com)

Jennifer is the creator of NeuroticMommy.com a destination for mothers with help on creating a healthy & happy plant-based lifestyle for themselves and their families. It's a safe space for moms to unite over shared desire to find balance in mommyhood, womanhood and life; and a haven for female inspiration, empowerment, and self-care.

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

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

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

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

## Jennifer Rose's Tips:

1. Dough can be cut into 4 to form 4 small round mini pizzas or you can cut the dough recipe in half and freeze the other half for a later time.
2. Water can be used in place of extra virgin olive oil.
3. If you have a dehydrator, you're more than welcome to use it for this recipe.
4. Pesto can be stored in the fridge for up to 5 days.



## RAW VEGAN PIZZA

### With Eggplant Crust

by Tracy and David Russell  
[www.davyandtracy.com](http://www.davyandtracy.com)

#### Ingredients:

##### Pizza crust and sauce:

1/2 large eggplant  
1 mushroom  
1/4 cup red onion  
1 garlic clove  
3 sprigs fresh dill  
4 Campari tomatoes  
(or 2 plum tomatoes)

##### Pizza cheese (optional):

1 cup soaked cashews  
1/3 cup filtered water  
dash of salt  
2 tablespoons cold pressed,  
extra virgin olive oil  
juice from one lime



#### INSTRUCTIONS:

##### Pizza crust and sauce:

1. The first step is to make the crust by removing the skin from the eggplant and slicing 10 pieces about 1/8 inch thick using a knife or a mandolin slicer.
2. Next, mix all the other ingredients except for the eggplant together in a blender or small food processor and process until smooth.
3. Place the eggplant slices in a large bowl (you can overlap them) and pour the mix over them. Make sure both sides of the eggplant have sauce on them. Marinate in the refrigerator for about one hour.
4. After the eggplant has marinated, remove the the slices from the refrigerator and place them in the dehydrator on teflex sheets or parchment paper and set to 115 degrees Fahrenheit. Be sure to cover the entire surface of the eggplant with the marinade sauce. Save a little of the sauce for applying it to the other side later. Dehydrate for one hour.
5. Flip the eggplant crust over and add the rest of the sauce to the other side and dehydrate for another 6 hours. You'll want to rotate the trays after about 4 hours so they dehydrate evenly.
6. The crust is done when it is crispy. If you're not going to eat it right away, make sure you put it into the refrigerator so that it stays crispy, otherwise, the crust will be slightly leathery, which isn't bad at all and you might prefer it this way.



## Pizza cheese:

1. Soak the cashews for 8 hours.
2. Put all the ingredients in the food processor except for the water. Mix for a couple of seconds.
3. Add half of the water, blend, then test the consistency. You don't want to add too much water and make the cheese too runny. I consider my cheese done when it is just creamy enough that when I put some on a spoon and turn it sideways, it slowly falls off. You can make it as creamy, smooth, thick or thin as you want. Add more water to make it thinner and creamier, less water to make it thicker with more body.



Tracy and David Russell  
[www.davyandtracy.com](http://www.davyandtracy.com)

We are Davy & Tracy Russell, the husband and wife team behind Incredible Smoothies! Our mission was (and still is) to spread the word about green smoothies and healthy eating to as many people as possible. We have recently expanded our focus beyond green smoothies and natural health because we believe that cultivating happiness and fulfillment in life is just as important as cutting processed foods and eating more fruits and veggies.

### Facebook:

<https://www.facebook.com/groups/rechargemindbodysoul/>

### Instagram:

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

## Pizza assembly:

You can add any toppings you like, but I typically start by spreading a thin layer of cashew cheese, tomato sauce, or salsa on the eggplant crust. Then I add a couple of thinly sliced pieces of avocado. Add a layer of thinly sliced mushrooms and top it off with a sun-dried tomato.



## Tracy and David's tips:

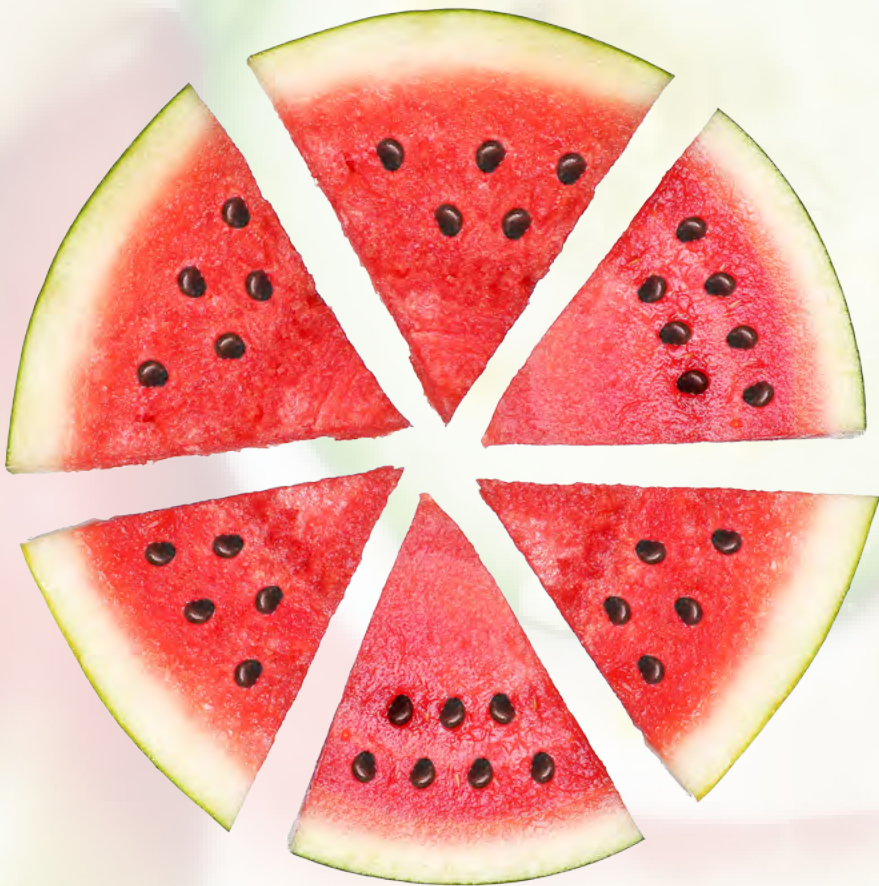
**For the pizza crust and sauce:**  
Depending on the make and model of your dehydrator, drying times will vary. I recommend using an [Excalibur dehydrator](#) set to about 118 degrees Fahrenheit.

**For the cheese:**  
If you will not be eating it right away, make it extra creamy as it will thicken up in the refrigerator.



## WATERMELON PIZZA WITH NUT CHEESE

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



### Ingredients:

Nut Cheese (adapted recipe from my cookbook [Vegan & Raw 2](#)):

- 1 ½ cup (180 g) nuts (I used cashews & macadamia nuts)
- 10 tablespoons (130 ml) water
- 4 tablespoons nutritional yeast
- 3 to 4 tablespoons lemon juice, to taste
- 1 tablespoon white shiro miso (rice-soybean paste - optional)
- 1 teaspoon Himalayan crystal salt or sea salt

### Watermelon Pizza:

- 1 small watermelon
- ½ small cucumber, sliced
- 2 handfuls of sprouts (I used alfalfa)
- 1 handful olives, pitted and sliced
- 1 handful fresh herbs: oregano, basil, mint...



## INSTRUCTIONS:

### Nut Cheese:

Blend all the ingredients into creamy nut cheese, preferably using a high-speed blender. If needed, use a rubber spatula to scrape down the sides of the blender in between mixing.

### Watermelon Pizza:

1. Using a sharp knife, cut off a slice of watermelon right down the middle, about 2-3 inches thick.
2. Cut the watermelon slice in smaller 'pizza slices'. Top each slice with a few tablespoons of nut cheese, leaving a bit of empty space at the top.
3. Layer with toppings of your choice. I used sliced cucumber, sprouts, sliced olives and fresh mint and oregano.
4. Garnish with edible flowers and seeds if desired. I used lightly toasted pine nuts, curried sunflower & pumpkin seeds (also a recipe from my book [Vegan & Raw 2](#)) and crumbled pistachio.



### Julie's tips:

1. This nut cheese will stay fresh for at least 4 days in an airtight container in the refrigerator.
2. The pizza tastes and looks best when served fresh. As soon as you add the nut cheese, the watermelon will release some of its water content because it reacts with the salt.
3. If you'd like to serve this watermelon pizza for a big crowd, it's really fun to have everyone layer their own pizza. Set out a big platter of watermelon wedges, a bowl of nut cheese and several small bowls with your toppings, and get the pizza party started :)



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

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

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

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



## VEGGIE PULP PIZZA PIE

by Christina Ross  
[www.love-fed.com](http://www.love-fed.com)



Christina Ross  
[www.love-fed.com](http://www.love-fed.com)

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

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

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

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

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

### Ingredients:

1/2 cup soaked sun dried tomatoes with the juice inside  
1 cup sunflower seeds  
1/3 cup water  
1 tsp tamari  
1/4 red bell pepper

### Toppings:

1 cup chopped pineapple chunks  
1/2 cup red bell pepper (diced)  
round slices of purple onion (thinly sliced)  
1/2 cup cilantro (chopped) stem  
green onion (chopped)



### INSTRUCTIONS:

1. Spread on dehydrator sheet creating a crust if you desire. I used my small offset spatula to achieve a raised crust.
2. Dehydrate for 15 hours or more at 115 degrees. Drying time will depend on your machine.
3. Top it all off with a hot sauce drizzle if you want an extra spicy kick!





## SMOKEY BBQ RAW VEGAN PIZZA

by Chris Kendall

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



### Ingredients:

#### Fat-free tomato crust:

- 1 3/5 lbs Tomatoes
- 1/4 cup Buckwheat
- 1/4 cup Psyllium Husk
- 1 clove of garlic

#### Smokey BBQ Sauce:

- 1 1/4 lb Tomatoes
- 4 Medjool Dates, pitted
- 1 Lemon
- 2 tsp Smoked Paprika
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Chili Powder
- 1 tsp Onion Powder
- 1 tsp Garlic Powder

#### Rawkin' Ranch Dressing:

- 1/2 lb Zucchini
- 2 Medjool Dates, pitted
- 2 Green Onions/Scallions
- 1 tbsp Lemon Juice
- 1/4 cup Hemp Seeds or Cashews
- 1 tsp Dried Parsley
- 1 tbsp Italian Seasoning

#### Toppings:

- 1/2 lb Mushrooms, sliced
- 1/2 lb Red Onion, thinly sliced
- 1/4 lb Cherry Tomatoes, sliced in half
- 1 tbsp Lemon Juice
- 1 tsp Smoked Paprika
- 1 tsp Garlic Powder

### INSTRUCTIONS:

#### To make the fat-free tomato crust:

1. Wash tomatoes well and slice into small cubes. Add to high powered blender.
2. Add buckwheat, psyllium husk and clove of garlic to the blender and blend until smooth.
3. Pour mixture in the center of a ParaFlexx sheet lined Excalibur Dehydrator tray.
4. Use a large flat knife or spatula to spread into a round pizza crust. You want the crust to be about as large as the tray and just 1/4" thick.
5. Dry in your Excalibur Dehydrator at 118 F for 4-5 hours.
6. Once the top is fully dry, flip the crust over on the tray and peel off the ParaFlexx sheet. Place the crust back into the dehydrator for 1-2 hours more until fully dry to the touch on both sides but not crispy.





## INSTRUCTIONS:

### To make the smokey BBQ sauce:

1. Wash tomatoes well and dice them.
2. Add all sauce ingredients to high-powered blender and blend until smooth.

### To make the rawkin' ranch dressing:

1. Wash and peel the zucchini, then chop into cubes.
2. Chop the bottom whites off of the green onions.
3. Add white portion of green onions, zucchini, hemp seeds/cashews, dates, and lemon juice to high speed blender. Blend until smooth.
4. Loosely chop the green onions and add to the blender along with parsley and Italian seasoning. Pulse a few times to mix well leaving small bits of green onion and herbs.

### Pizza Assembly:

1. Pour 1/2-2/3 of the Smokey BBQ sauce on top of the dried pizza crust. Spread evenly edge to edge.
2. Add the toppings (sliced tomatoes, mushrooms, and red onion) to bowl. Add lemon juice, smoked paprika and garlic powder and mix well.
3. Add the remaining Smokey BBQ sauce to the toppings and mix well.
4. Pile all of the toppings on top of the crust in an even layer.
5. Slice the pizza into 8 pieces.
6. Carefully move the pizza slices back to the Excalibur Dehydrator tray. Keep the slices separated slightly.
7. Dry at 118 F for 2-3 hours, turning the tray halfway through.
8. Slide pizza out of the dehydrator. Drizzle the with Rawkin' Ranch Sauce on top & serve.



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/>







# Summer Picnic Potluck



## RAW STRAWBERRY PIE

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

### Ingredients:

#### Base:

500 g dates  
50 g of mulberries  
50 g coconut flakes

#### Cream:

300 g strawberries  
450 g dates



### INSTRUCTIONS:

1. In a blender mix the dates, then add mulberries, coconut flakes and mix again. Arrange in a pie model.
2. Mix strawberries in a blender, then add dates and mix until smooth. Arrange on a base.
3. Garnish with strawberries.



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

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

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

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

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

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



## RAW VEGAN CHIPOTLE ALMOND STUFFED BRUSSELS SPROUTS

by Karielyn Tillman  
www.thehealthyfamilyandhome.com

### Ingredients:

15 - 20 organic brussels sprouts

#### For the stuffing:

1 cup organic almonds

1/4 cup organic extra virgin olive oil

2 cloves organic garlic

2 tablespoons organic lemon juice

2 tablespoons nutritional yeast

1 tablespoon organic apple cider vinegar

1 teaspoon organic ground chipotle

1/2 teaspoon Himalayan pink salt



### INSTRUCTIONS:

#### Prepare the brussels sprouts:

1. Cut the ends off all the brussels sprouts and slice them in half.
2. Option 1: Raw - Set aside.
3. Option 2: Blanched - Put them in a medium sized pot with [filtered/purified water](#) and quickly blanch for 1-2 minutes or until they turn bright green.
4. Strain and allow them to cool completely before preparing to add the stuffing.
5. After they are cooled, remove the inner part of the brussels sprouts until only the outer "shell" remains. Make sure you leave enough of the outer part of the brussels sprouts to support the stuffing.





## INSTRUCTIONS:

### Prepare the stuffing:

1. Add all the ingredients for the stuffing to a [food processor](#) and process until it becomes a crumbly, chunky texture. Take care not to over process, just enough to break the almonds down into tiny pieces. Adjust the seasonings to your preference.

### Assemble:

1. Add the stuffing to the insides of the brussels sprouts.
2. Option 1: Eat them raw and enjoy them immediately
3. Option 2: Sprinkle the tops with nutritional yeast and bake at 400 degrees for approximately 20 minutes, or until the tops are golden.



Karielyn Tillman

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

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

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

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

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

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



thfh



## RAW SWEET BREAD

by Laura Jane Koers  
www.therawtarian.com

### Ingredients:

1/3 cup psyllium husk  
2 tablespoons flax meal  
1 cup dates  
1/2 cup pecans  
2/3 cup raisins  
1 medium orange  
(peeled)  
1 large apple (peeled,  
cored, roughly chopped)  
1 teaspoon orange zest  
(outer orange peel)  
1 teaspoon cinnamon  
(or 3/4 teaspoon  
cinnamon + 1/4 teaspoon  
cloves)  
1/8 teaspoon sea salt  
(or less)



### INSTRUCTIONS:

1. Add all ingredients to food processor EXCEPT RAISINS, PSYLLIUM HUSK AND FLAXSEED MEAL. Process very well.
2. Add raisins. Pulse again until raisins are well distributed but raisins still looked like raisins :)
3. Transfer mixture to a bowl. Add psyllium husk and flaxseed meal. Stir well.
4. Form into two small loaves.
5. Dehydrate for 1 hour on high - then reduce to 110 degrees for another few hours (perhaps 5). These actually dehydrate pretty fast! You can nibble them as they firm up. Pull out when you want to eat them - I like them still a bit moist inside.



Laura Jane Koers  
www.rawtarian.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.

**Facebook:** <https://facebook.com/therawtarian>

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

**Instagram:** <https://instagram.com/therawtarian>

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



## SUPERFOOD-PACKED TRAIL MIX

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

### Ingredients:

**2 ounces of each:**  
Almonds  
Walnuts

**1 ounce of each:**  
Goji Berries  
Black Mulberries  
Golden Berries  
Raw Cacao Nibs



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](http://KrisCarr.com), [MindBodyGreen.com](http://MindBodyGreen.com) and *Get Naked in the Kitchen: Healthy Recipes That Are Proud To Bare It All*.

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

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

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

### INSTRUCTIONS:

1. Place all ingredients into a large jar and shake to mix.





## SUN DRIED TOMATO, BASIL AND OLIVE TART

by Anya Kassoff  
www.golubkakitchen.com

### Ingredients:

#### Crust:

2 1/2 cups almonds - soaked overnight  
2 tablespoons nutritional yeast  
1/2 cup ground golden flax seeds  
1 teaspoon sea salt  
2-3 tablespoons purified water  
5 tablespoons za'atar spice

#### Filling:

2 cups meat of fresh young Thai coconut  
1 cup water of fresh young Thai coconut  
3/4 cup coconut oil - gently warmed in warm water or the dehydrator to soften  
1/4 cup Irish moss - washed thoroughly and soaked in hot water for at least 10 minutes  
1 cup each raw macadamia and raw cashew nuts - soaked for 2-4 hours  
2 tablespoons freshly squeezed lemon juice  
2 tablespoons nutritional yeast  
1-2 teaspoons salt  
about 6 tablespoons purified water  
1 cup of chopped olives of your favourite kind (may I suggest Cerignola olives that come with pits and taste velvety)  
1 cup of chopped sun-dried tomatoes (this time I made an exception and used tomatoes preserved in olive oil instead of the dry variety)  
1 packed cup fresh basil leaves - or more to taste  
fresh red and yellow tomatoes for garnishing - optional

### INSTRUCTIONS:

#### Crust:

1. Mix all the crust ingredients in a food processor until smooth, adding more water if needed.
2. Press the dough into your tart shells, preferably with removable bottoms. Distribute the dough evenly against the sides and bottom of the shell.
3. Place the tart shell(s) in the dehydrator for 4-5 hours.
4. Gently remove the shell from the mold, and put it back onto a screen-lined dehydrator tray. Dehydrate for another 8-10 hours until completely dry and crispy.







## INSTRUCTIONS:

### Filling:

1. In a high speed blender, combine the coconut meat, water and oil with the Irish moss until very smooth.
2. In a food processor, mix together the nuts, lemon juice, yeast, salt and water until well combined and fluffy like ricotta cheese.
3. Add the basil leaves and pulse briefly.
4. In a large mixing bowl, gently fold the coconut mixture into the nut "ricotta", followed by the chopped sun-dried tomatoes and olives.
5. Pour the filling into the crusts.
6. Dehydrate at 115F for 6 hours, then refrigerate overnight.
7. Optionally, slice fresh tomatoes thinly and dehydrate on Teflex-lined dehydrator trays just to dry the surface.
8. Garnish the tarts, placing the tomatoes dry side down for the last 1-2 hours of tart dehydration.



*Anya Kasoff*  
[www.golubkakitchen.com](http://www.golubkakitchen.com)

Anya Kasoff is the author of *The Vibrant Table - Recipes from My Always Vegetarian, Mostly Vegan and Sometimes Raw Kitchen* (Roost Books, 2014). She was born in Russia and grew up in a family of passionate home cooks. While following several career paths, one passion remained steady: she ended every day in the kitchen, perfecting her cooking intuition and gaining strong interest in holistic, whole foods-focused recipes. In 2010, Anya started sharing her healthy culinary discoveries on her blog, Golubka ([golubkakitchen.com](http://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.

**Facebook:** <https://www.facebook.com/Golubka-104207682943852/>

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

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



A wooden surface with several red chili peppers and a small bowl of red chili powder. The text "Summer Chili Recipes" is overlaid in the center.

# Summer Chili Recipes





## RAW VEGAN SPICY PAD THAI

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

### Ingredients:

#### For the noodles:

- 1 zucchini
- 2 carrots
- 1/2 jicama (optional)

#### For the vegetables:

- 1 tomato
- 1/4 red pepper
- Handful of asparagus sprouts
- Sesame seeds to garnish

#### For the sauce:

- 1 cup red pepper (about half a large pepper)
- 1/4 cup peanut butter
- 1/4 cup water
- 2 tsp. tamari
- 1 tbsp. sesame oil
- 1 tbsp. onion powder
- 1 tsp. herbes de provence
- 1/4 tsp. salt
- 1/4-1/2 green chilli (to taste)

### Anya's tips:

You don't want to leave this dish in the fridge overnight, much like most raw food it will just go soggy and lose it's flavour.



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/>

**Pinterest:** <https://www.pinterest.co.uk/LiveLoveRaw/>

### INSTRUCTIONS:

1. Use a spiraliser or a julienne peeler to make noodles out of the zucchini and carrots. If you don't have either, just use a potato peeler and make the noodles wider.
2. Set that aside in a bowl.
3. Put all of the sauce ingredients in a high speed blender and blend until smooth.
4. Cut any vegetables you like into small cubes.
5. Combine all together and eat right away!



## VEGAN CHEESY KALE CHIPS

by Jasmine Briones  
www.sweetsimplevegan.com



### Ingredients:

1/2 cup sun dried tomatoes  
(no salt added)  
1/3 cup nutritional yeast  
1/2 red bell pepper  
1 1/2 cup cherry tomatoes  
1 stalk celery  
1/4 cup fresh cilantro  
3 tbsp lemon juice  
2 tbsp hemp seeds  
1-1 1/2 tsp chili powder,  
to taste  
1/2 tsp cumin  
1/2 tsp garlic powder  
Salt and pepper to taste  
3 bunches of kale (I used  
curly and lacinato)\*

### INSTRUCTIONS:

1. Wash and dry kale, remove stems if you would like (I left them on).
2. Blend all of the ingredients together except for the kale.
3. Place the kale in a large bowl and pour all of the sauce over. Massage the sauce into the kale with your hands until easily and thoroughly distributed.
4. Place in a dehydrator\* on 115-120F for 12-14 hours, checking doneness around 12 hours.



### *Jasmine's tips:*

You may break the kale up in half or thirds for bite-sized pieces, or you can dehydrate them whole as I did for larger bites.



*Jasmine Briones*  
*www.sweetsimplevegan.com*

Hi, I'm Jasmine Briones, the Sweet Simple Vegan! I am a plant based nutritionist + health and lifestyle blogger living in Los Angeles and sharing my passion for health. What drew me to this new way of life was both the improvement of my health, and also, unfortunately, my history with anorexia and bulimic disorder. Veganism allowed me to improve my relationship with food, and learn how to live for health, instead of outward appearance. I soon grew a passion for veganism not only for health, but also for ethical and environmental reasons. I discovered my new found love for this compassionate and abundant way of living, plus I found new appreciation for life, and changed for the better.

I felt it was only necessary to share my experience both as a vegan and young woman with disordered eating, to inspire others to consider taking on this beautiful lifestyle both for their health or healing, whoever they may be. My website was created to inspire others to consider a plant-based lifestyle through my simple and approachable vegan recipes. Most of my recipes contain ingredients that are available to almost all people, and have easy steps to follow. I am focused on just making any impact that I can on the lives of others and hopefully inspire them to take charge of their health.

**Facebook:** <http://facebook.com/sweetsimplevegan>  
**Twitter:** <http://www.twitter.com/sweetsimpleveg>  
**Instagram:** <http://instagram.com/sweetsimplevegan>  
**Pinterest:** <http://www.pinterest.com/sweetsimplevegan>



## SPICY SUPER POWERED CHOCOLATE

### with Raspberries

by Emily Von Euw

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

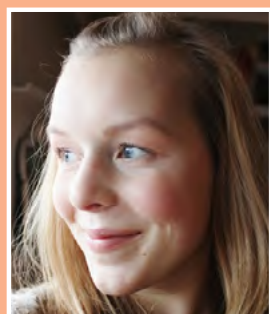
#### Ingredients:

##### Chocolate:

- 1 cup coconut oil
- 1/3 cup maple syrup
- 1/3 cup cacao powder
- 2 tablespoons ginger powder
- 1 teaspoon turmeric powder
- 1 teaspoon cinnamon powder
- 1/2 teaspoon cumin powder
- 2 tablespoons coffee powder

##### Toppings:

- 1/4 teaspoon fleur de sel
- 1/4 cup raspberries
- 1 teaspoon sesame seeds
- 2 tablespoons shredded coconut



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>

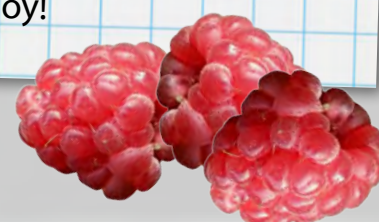
**Twitter:** <https://twitter.com/rawsomevegan>

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

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

#### INSTRUCTIONS:

1. To make the chocolate: melt the coconut oil on low in a pot, then whisk in the rest of the ingredients until the mixture becomes liquid chocolate: smooth, thick and delicious. Adjust according to taste and add whatever else you like.
2. Top with the toppings (hello) and leave in the freezer or fridge until it has hardened up, it will only take 10-15 minutes. Enjoy!







# Find Your Community



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