

SUPERFOOD BREAD ★ HEARTY SOUP ★ GRANOLA

INSIDE:
Power Up Your
Goals

Raw Food Magazine

Issue 21 • January/February 2016

How to THRIVE In 2016

**9 DAY
MEAL
PLAN**

9 Delicious Days
28 All-New Recipes
A Whole New You

**7 Surprising Ways
To Burn Fat**

**New Year,
New Snacks!**

**Soft Skin
Secrets**

How to
**HAVE
ENERGY**
All Day



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"How I Became An Anxiety-Free Happy Me"
with Julie Van den Kerchove

Contributors



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Raw Vegan Chef and photographer, Joelle's first book *Live Eat Learn RAW* is where you can learn about an avant garde spin on traditional recipes, plus tips and techniques for living a healthy and balanced raw lifestyle.

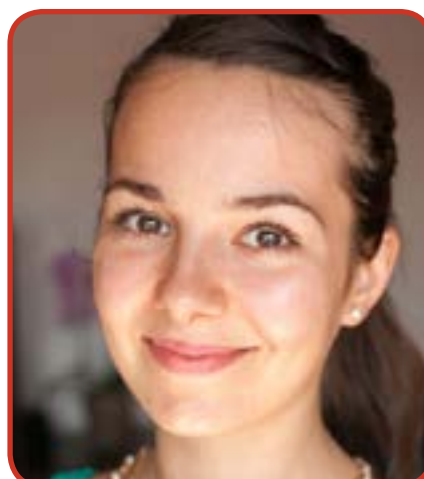
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Clark & Jordan Cord

Jordan and Clark are the dream team behind The Fitchen where they strive to eat healthy, whole foods. Their mission is to share their favorite recipes and encourage others to try their hand at healthy cooking.

[TheFitchen](#)

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Readers Talk



After being diagnosed with Celiac's and feeling awful all the time, raw foods and juices make me feel so much better! And I am finally beginning to heal AND gain some nutrients!

Have something to say?
We are here to listen!

I am so new to eating raw and gluten free and vegan... It is a bit overwhelming. Easy tips on

beginning and sticking with something so new would be helpful. Not to mention links—I would love to know where raw UNcooking classes are in my area. I just need more help and practical tips.

Rebecca, Texas

We recieved so many comments and emails after the last Holiday issue (thank you!) and we wish we could share more. But, we decided to focus on this feedback Rebecca gave in last month's survey. First, we are SO GLAD you are starting to feel better since your diagnosis! That is wonderful!

Second, feedback like this is our DREAM. We are working to create a database of raw food restaurants around the world, but we never realized how helpful it would be to compile trusted raw teachers, classes and groups around the world, too. (Until Rebecca pointed it out. Thank you!) It is now on our master list for 2016 :)

We want to support each and every one of you in feeling your absolute best. And, although we work hard and try our best, we don't always know what you need. If there is a way we could serve you and your health better, please click the bar below and let us know how. We want to help.

With gratitude, your rfm team :)

Click this bar to send us a line. We read every email!

Last Issue We Asked:

What do you want to feel
more of every day?

In The Polls

You said:

Energetic, 40%

Happy, 20%

Relaxed, 15%



Thank you for your
honest responses!

We made sure we stuffed
our editorial calendar with
content to help you make
2016 your most **energetic**,
happy and **relaxed**
year ever!

New Polls!

Click on the question to answer online.

**When are you
MOST likely to eat
something unhealthy?**

When I'm Bored

At Night

When I'm Sad or Frustrated

While Traveling

When I'm With Friends

When I go out to eat

Other: _____

[Click To Vote](#)

**If you had more
ENERGY daily, what
would you do?**

Try New Hobbies

Travel to New Places

Spend More Time With Family

Exercise More

Start a New Business

Get More Done At Work

Other: _____

[Click To Vote](#)

Research Round



Lacking This One Thing *Doubles* Your Risk Of Depression

The occurrence of depression, especially among aging adults, continues to grow each year. Prescription drugs for depression and depression-related disorders are at an all time high. While there are many contributing factors people attribute to this trend—lack of proper nutrition, sunlight, and exercise among others—researchers may have found the number one predictor of depression among older adults.

A 2015 study published in the *Journal of the American Geriatrics Society* showed that older adults who have little face-to-face contact with friends and family are twice as likely to develop depression.

While research has long supported strong social bonds for overall health, this study led by Dr. Alan Teo, professor of psychiatry at Oregon Health & Science University, demonstrates just how crucial social connection is in preventing depression.

We know social contact is important, but can't phone calls and Facebook suffice?

Not according to Dr. Teo's results. The researchers found that frequency of telephone, written letters or email contact had no effect on participants' risk for depression.

For adults ages 50-69, frequent in-person contact with friends seemed to have the biggest impact in lowering depression risk, while adults aged 70 and older experienced the greatest benefits from face-to-face contact with children and other relatives.

Researchers suggest individuals' schedule at least three times per week to interact face-to-face with friends or family members to stave off depression and boost their overall wellbeing. So, get out your phone (but don't stay on the phone) and plan a get-together today!

Research Round



Stressed Out? Wash The Dishes!

After a long day at work, not many people would look forward to a sink full of dirty dishes. Well, a recent study published in the journal, *Mindfulness*, you may want to look at that stack of dishes as an opportunity instead of a hassle.

Mindfulness is known as the ability to bring complete awareness to the present moment, through connecting to one's feelings and senses. Practicing mindfulness has powerful benefits for reducing anxiety and stress as well as lessening an individual's risk for depression.

How can washing the dishes help? Well, Adam Hanley, co-author of a mindfulness study at the University of Florida, described his mindset behind the study: "I've had an interest in mindfulness for many years, both as a contemplative practitioner

and a researcher. I was particularly interested in how the mundane activities in life could be used to promote a mindful state and, thus, increase overall sense of wellbeing." What's more mundane than washing dishes?

Hanley and his team found that participants who were primed to wash mindfully—focusing on the smell of the soap, the feel of the dishes and the warmth of the water—experienced dramatic reductions (up to 30%) in anxiety levels plus a 25% boost in creativity.

Adam Hanley sees mundane chores like dishwashing, sweeping and gardening as prime opportunities to exercise mindfulness and reap all the benefits. So, next time you see a tower of terror growing in your kitchen sink, take a deep breath, get present and start washing your worries away.

Fat On Raw Foods?

See How This Raw Entrepreneur Responds To Internet Body Shaming

Kristina Carrillo-Bucaram, popularly known for being YouTube's raw vegan princess "Fully-Raw Kristina" has been living and preaching the raw vegan lifestyle for nearly ten years.

Behind the internet sensation, Kristina is a dedicated entrepreneur, running four companies including Rawfully Organic, a Houston-based organic food co-op serving over 50,000 members.

Kristina, an avid runner and the picture of health, has been receiving criticism for her weight. She says

"Lately, I have been publicly shamed for my body, my weight gain, my eyes, etc." While many people turn to raw food as a way to healthfully lose weight, raw food can also help undernourished individuals reach their body's ideal weight.



When she turned to raw food, Bucaram describes herself as "emaciated, depressed and pre-diabetic." In a recent video Kristina shared, she addresses the hateful words coming her way by celebrating the

fact that raw food has helped her reach a healthy weight and be fitter than ever before.

So, yes, Kristina has gained weight on raw foods and couldn't be happier about it. She refuses to let a few naysayers stand in her way of spreading the joy of fruits and veggies.

Whether you are looking to lose weight, gain weight, feel happier, get energy or simply start feeling a bit better, raw foods can help. So, let's focus on the fruits and vegetables and make 2016 the year we stop body shaming, stop comparing, and start the self-love revolution.

In the News...



Who's Going Veg?

Ten years ago vegetarian and vegan diets were viewed as eccentric, extreme or fringe lifestyles (sort of like how raw food is viewed by many today). Times are changing as countries around the globe turn to plants to heal people and the environment.

In the United States alone, 7.3 million Americans report following a vegetarian diet and millions more are more apt to eat a veggie diet or meals even though they don't label their diet. The US is not alone in decreasing consumption of animal products. These 6 other countries are leading the way:

While Spanish cuisine is historically meat centric, the number of vegan restaurants in Spain has doubled in the last five years.

In the United Kingdom, latest reports show that one in eight British adults are following a vegetarian or vegan diet. Twelve percent of the population identifies themselves as vegan or veg.

Sweden is the first country contemplating a "meat tax." About ten percent of the country's population is now vegan or vegetarian, up from six percent in 2010.

Israel is unofficially the vegan capital of the world, with more people per capita consuming a plant-based diet than any other nation (which comes out to about nearly 300,000 vegans).

Palitana, a city in India, is the first all-vegetarian city in the world. After a successful hunger strike in which monks pressured the state of Gujarat to outlaw animal slaughter, the city banned animal slaughtering and outlawed the sale of meat and eggs within city limits.

The nation of beer and bratwurst, Germany, is home to 7 million vegetarians and the first all-vegan supermarket chain, *Vegan*, planning to open 60 more stores by 2020. In case you were wondering, vegan options are now offered during Oktoberfest.

Canada's numbers are impressive as well, with a 10% decrease in meat consumption since 2011 nationwide plus a 25% decline in consumption of dairy products.

As plant-based eating receives more attention worldwide as a healthful way to combat obesity, heart disease, diabetes and climate change, these trends are expected to continue. Cheers to many leaner, greener years to come!

Vegan Restaurant Opens In US's Least Healthy State



For 26 years, the United Health Foundation and the American Public Health Association have put together an annual ranking of the healthiest—and least healthy—states in the union.

For 26 years, West Virginia has been among the least healthy states in the lineup, coming in at #47 for 2015.

Besides the shocking rates of obesity, heart disease, and cancer, West Virginia is also among states with the most drug-related deaths. Plus, it is tied with Kentucky for the most smokers per capita. So, when we got wind that a raw vegan restaurant was opening its doors in this particular state, we had to know more.

It's true, Purple Sprout Cafe, founded by wife and husband team Irina Kuznetsova and Karim Raimbekov, is bringing raw and vegan cuisine to Wheeling. The couple started a successful vegan catering business in 2014 before deciding to open a brick and mortar restaurant.

Kuznetsova, mother of two, credits healthy food and her time spent in the kitchen for her excellent health and recovery from postpartum depression after her children were born.

The Purple Sprout Cafe is being welcomed with open arms by residents, startling the owners themselves. Kuznetsova says, "What surprised us is a lot of people are interested in healthy food. Even we didn't realize how much interest there was in food like this in Wheeling."

Well, we are glad to see the doors of the Purple Sprout Cafe open in West Virginia, giving local residents a place to come eat and learn about living foods.

OPENING JANUARY 12

The 2016 Raw Food **RESET**



21 Days Of Easy Raw Meals to...

- ✓ **Kickstart Your Fat Loss**
- ✓ **Reset Your Cravings**
- ✓ **Unlock Your Energy**

[Click Here To Save Your Spot](#)

Do You Have These **3 Raw Foods** In Your Kitchen?

By Ralph Miller

Three Raw Essentials For Your Healthy Kitchen



Thriving on raw food can be super simple, easy and enjoyable. Most people find that as long as they keep their favorite raw staples on hand, stock their kitchens well, and plan ahead, they can enjoy raw food throughout the day. Below are three often overlooked raw foods that you should consider making a kitchen staple. They are tasty, versatile, and excellent for a well-rounded, nutritionally complete raw lifestyle.

1. Fermented Foods

Commonly referred to as fermented, cultured foods include yogurt (raw coconut yogurt), kefir, natto, soy sauce, fermented tofu, miso, cucumbers, pickled radish, pickled beets, pickled garlic among others. Digesting these foods has been made much easier because of the fermentation process. They are a great source of probiotics and enzymes that help build immunity and increase your overall nutrient absorption. Cultured foods can be added to meals as condiments or salad and soup toppings. For a healthy raw lifestyle, we recommend having one or more fermented foods on hand at all times--just choose your favorite. Raw coconut yogurt and miso are super versatile and great for your gut.

HOW TO STORE CULTURED FOODS

Storing cultured foods isn't difficult: you just have to ferment them. Depending on the fermented food, it can keep for as long as three months. In fact, food that is properly fermented is safer than raw food, because the process forms lactic acid which kills the harmful bacteria that may be present on the food. Most vegetables can be fermented, even kale. Once the food has fermented, store in a glass jar in the refrigerator.

2. Dulse Flakes

Seaweed has been a staple in the human diet for millennia. David Wolfe considers seaweed the best source of minerals for raw foodies (and everyone else). Dulse is a red seaweed that grows wild in cold water like the Northwest Pacific Ocean and the North Atlantic, known as a high source of protein, antioxidants, iodine and potassium. Due to its mild flavor, dulse is an excellent starter seaweed to add into your raw diet. Sprinkle dulse flakes on top of a soup or salad, add to a collard wrap, or even blend into your morning smoothie.



How to Store Dulse

Dehydrated dulse flakes are widely available in health food stores. Store dehydrated dulse in an airtight container in a cool, dark place like a cupboard or pantry for two to three months.

3. Raw Cacao

Is chocolate really a raw food staple? We're talking about raw chocolate or cacao nibs here, so yes. Raw cacao is actually considered a classic superfood. Raw cacao nibs are roasted to produce the cocoa found in your standard chocolate bar, but are amazing when eaten raw. They are

loaded with magnesium that's essential for cellular energy production and also contain antioxidants that help elevate stress levels by increasing serotonin. Like any other super raw food, it should be taken in moderation to avoid weight gain. Most people find raw cacao beans bitter, but the nibs are a delightful addition to smoothies, raw desserts, or chia pudding.



Storing Cacao Beans

Cacao beans must be stored properly because they tend to absorb moisture. Keep the beans in a polythene-lined bag in a cool, dry location. A great place to store them is in a pantry with less than 70 percent humidity. The plastic lining usually helps protect the cacao beans from pests, odors, and mold. Temperatures that are higher than 77 degrees Fahrenheit make the cacao beans go rancid and often over-ferment. If done right, raw cacao beans should last up to nine months. If you see any signs of mold or pests on the cacao, consider them spoilt.

Other raw foods that you should consider keeping on-hand for a well-balanced raw lifestyle include sprouts, blueberries, bee pollen, leafy greens, and coconut.



How to Set and Reach Meaningful



By Steph Gitau



Most of us think of goal-setting like we do of a Prius: Convenient, but why bother? It's difficult enough to set a goal let alone reach one. Every New Year's Eve we promise ourselves that we'll eat better, exercise more, reconnect with old friends, but we always forget.

Goal-setting is a powerful process that motivates you to turn your vision, no matter how ridiculous or unattainable it seems, into a reality. It allows you to choose what you

want for yourself in life. Some goals can be great, others unrealistic. There is no way you're going to own a franchise while you're busy playing GTA on your couch all day, so do you want to know how to reach your goals? For real this time?

Setting meaningful goals

Meaningful goals lie somewhere between reachable and unrealistic goals. They are reachable because you have

How to Set and Reach Meaningful Goals

what you need to attain them, no matter how impossible they seem to others. The important part of a meaningful goal is that it is yours, your own; others' don't come in anywhere here. It is up to you to understand your strengths and overcome your weaknesses. What is standing in the way of you having everything you've ever wanted? Make sure you list objectives that are:

measurable

As you work your way toward reaching your objectives, measure your performance along the way.

short-term

Short-term goals help you focus and work your way toward your long-term goals. Without them you can lose sight of your long-term objectives. These goals also enhance motivation. You can set them on a weekly or daily basis. In fact, the to-do list that you probably write down or make mentally consists of short-term goals. All the things hope to achieve by the end of today are short-term goals.

achievable: difficult but realistic

Difficult goals force you perform better than easy goals do. Think about it: a gymnast will walk the steepest pole, then walk an even steeper one just for that number-one record. They have never done it before, but they believe they can regardless of how many people tell them it is has never been done. The same applies other athletes, even business

moguls. The more difficult the goal is the better, as long as it does not harm you or exceed what you are doing.

Why you don't reach your goals

Setting goals is easier said than done. A year ago today you had a different set of goals. I imagined I would be traveling the world by now, living that reckless, adventure-filled life my parents are reminiscing about at this moment. But things get in the way. A lot of people don't reach their goals because they don't want to work as hard, lack creativity, give up, or don't think they are worthy of that success. What's your big stumbling block toward reaching your goals?

How to reach your goals quickly

This is the most sought-after secret right after the elixir of life. Reaching your goals quickly is all about tricking your mind into believing what you want it to believe. There are many powerful, proven techniques to help you reach your goal fast such as:

Creative visualization

Creative visualization uses imagination to make your goals come true. Impossible right? When used the right way, creative visualization can improve your life and attract success. This concept has altered environments, caused events to happen, even attracted money. Your subconscious mind accepts that which you feed it.



How to Set and Reach Meaningful Goals

What do you keep telling yourself about your goals? Visualization activates your subconscious by helping it generate creative ideas that help you achieve your goal. It also programs your brain to easily recognize the resources you need to reach your goals as well as how to draw the resources, materials, and people you will necessary.

Using affirmations to support your visualization

An affirmation is a declaration or statement that evokes an experience of you already having that which you want. It could be anything from “I’m going to make partner in two years and have my own condo” to “I’m going to finish this cheesecake in five minutes.” Repeating an affirmation helps you focus on your goals, strengthens motivation, and programs your subconscious to get things done.

Create goal pictures

Grab a book or magazine and cut out pictures of what you want. Create a visual book of you standing next to the things you want. If you want to travel, look at travel destinations and picture of yourself there; if you want to buy a new car, go to the dealership, take pictures of it, and add them to your visual book.

What now? Take some time and think about what you need to reach your goals. Many experts urge you to list a goal in at least every area of your life, but I urge you to do goal-setting your way. List specific objectives, time limits, budget considerations, what you are willing to do, how far you are willing to go. With the right goals, the world is but your theater and all of us your thespians.



7 Surprising Ways to Boost Weight Loss (Without Changing What You Eat)

By Marija Kostic

Whether you are trying to drop a few (or more) pounds or just maintain a trim figure, science has discovered many quirky rituals that help boost an individual's weight loss. These seven little weight loss tricks don't take any extra time and have nothing to do with food or exercise — curious yet? Although a bit strange at first, they are surprisingly effective ways to curb cravings, burn fat, and support a healthy body weight.

1) Hang a Reminder by the Table or on Your Pantry Door

Little “totems” or reminders are used in goal-setting programs for business success all the time, so why not apply the same psychology toward weight loss? If you are trying to cut sugar or stop unhealthy snacking throughout the day, place a reminder on your pantry or by your dinner table. Many people find hanging a mirror on the pantry door to be effective, as it forces them look themselves in the eye before making a food decision. Participants in the 2015 Integrated Health study who did this were 85 percent more likely to choose a healthy snack. Other ideas include posting sticky notes of your goal weight wherever you keep food or hanging a bikini or dress in sight of your table.

2) Use a Blue Tablecloth

Many researchers claim that warm colors like red, orange, and yellow can make food more inviting and stimulate the need to eat. Scientists have recently discovered that the most effective craving-reducing color is blue. So the next time you set the lunch table, try making it cooler—there's no harm in trying.



3) Sit at the Corner of the Dinner Table

Psychologist Stephen Gullo, author of *The Thin Commandments*, reports that sitting at the corner of your dinner table instead of the center can reduce food intake dramatically. This is especially true for gatherings, potlucks, and family dinners. It turns out that the center of the table is where the bulk of the dishes, dips, and treats are placed during a dinner party, so sitting in that position makes you more likely to mindlessly snack and take second and third helpings. Sitting at the corner of the table means you must ask for food to be passed your way, so you will likely be actually hungry when actually mustering the energy to ask.

4) Turn Down the Thermostat at Bedtime

Experts recommend sleeping in a somewhat colder room for several reasons. First of all, we burn more calories if our body is trying to keep us warm. Also, science has shown that people sleep better when temperature is slightly lower than the usual, speeding up our metabolism to improve circulation. Turning the heat down before bed will also save energy and help you get a better rest, so it's a win-win-win.



5) End Your Shower with 20-Seconds (or more!) of Cold Water

Another low-temperature tip, cold showers are a great way to boost daily fat burning. According to a recent Wijers study, human brown body tissues increase their fat-burning rate when the body is exposed to cold water. Also, this elevated rate persists for more than an hour after the cold water stimulus has subsided. Afraid to go cold? Try gradually turning the water temperature down each day, or try 20 seconds of cold water followed by 20 seconds of warm. While the transition may be uncomfortable, most people come to love the cold shower method. Not only will your body temperature actually rise in response to the cool water, but it will leave you feeling refreshed and energized. It's also healthy for your hair and skin.

6) Burn a Vanilla Candle After Dinner

After successfully reducing serving portions, then the craving for sugars can suddenly appear. Luckily, simply taking a whiff of vanilla can help these urges subside. A study in London showed that the scent of vanilla can lessen the craving for sugars and sweet juices. Just take some vanilla-based perfume and enjoy the effect of this little trick.



7) Turn Off the TV

On average, an adult spends about five hours watching television every day. According to research about TV's impact on body weight, a person will burn more calories doing virtually anything else. Researchers used an electronic lockout system to force TV hounds to watch 50 percent less TV than normal, and each participant burned, on average, 200 more calories per day. Love your shows? Try stopping after one episode and read a book instead—your body will thank you.

Introducing some of these little tricks into your daily life will support your health and weight goals. Getting to your healthiest size doesn't have to be a struggle filled with deprivation and calorie counting. These little habits can be surprisingly effective at getting (and keeping) you where you want to be.



25 *Self-Care Secrets*

ways to treat yourself in 2016

Make 2016 the year you make loving YOU your number one priority. Self-care is more than just getting enough sleep and eating healthy foods (although those two things make a huge positive impact). Creating the space and time in your daily life to feed your soul, comfort your mind and pamper your body might seem superfluous, but it's this self-love that fills you up and gives you the energy and resilience to joyfully serve the world.

We've rounded up 25 old and new ways to totally love and pamper yourself this year! Do one today. And tomorrow. And the day after that. Choose to love yourself every single day and you will not believe how your life will expand with joy.

1. Float Tank Session

Imagine floating, totally weightless, in a pitch-black, sound-proof space, just you and your breath. Does it sound amazing? Terrifying? Sensory deprivation chambers, or "float tanks" as they are popularly known, are popping up everywhere as a new-age health phenomenon. These small, personal floating chambers are filled with body-temperature warm water and enough healthy salts and minerals

so that you can float effortlessly on your back. The chambers remove all light and sound, leaving you with your thoughts and breath for a standard 60- or 90-minute session. With numerous health benefits for relieving aches, pains, fatigue, and pregnancy-related stress, float tanks have also been shown to boost the level of theta waves in the brain, a pattern associated with deep restorative sleep. Many fans consider their float tank sessions a way to achieve deeper meditation and complete relaxation. Find a location near you to book your float!

2. Unleash Your Inner Artist

Whether you consider yourself a creative person or not, art has a profoundly soothing effect on the mind and body. Painting, drawing, singing, and dancing not only stimulate brain activity and promote healing, but they are also profound ways to explore your own emotional state. Play with art this year, any kind of creativity that calls to you. Write, doodle, craft, garden, decorate--whatever you do, just let whatever wants to come, come. Don't judge the outcome, just let yourself play and enjoy the process. You don't need to impress anybody, not even yourself!





The benefits of massage speak for themselves. Just schedule one already!

3. Laughter Yoga

Search your local paper or the Internet for a laughter yoga session in your community. These are popping up all over the world and are generally free or donation-based. In laughter yoga, people join together just to laugh, to be playful, silly, and light and to open the door for all the psychological and physical benefits of a hearty chuckle.

4. Reiki Session

Reiki is an ancient Japanese form of energy healing. During a session, the Reiki practitioner uses their hands to feel and manipulate the energy lines in and around your body to leave you feeling refreshed, whole, and deeply relaxed.

5. Light a Candle

Pick up a candle in a yummy scent you love the next time you're out shopping. Even if you only have a few minutes to yourself at home, light the candle, turn out the lights, sit, and breathe for a few minutes. Soak in the soft flickering, the cozy fragrance, the stillness. Spending a few minutes in this aromatherapy bliss before bed can really improve your sleep.

6. Power Postures

Popularized by Amy Cuddy's TED Talk on body language, power postures are proven to boost your self confidence and energy levels and change your brain chemistry in seconds. Next time you feel lethargic or catch yourself thinking something critical about yourself, take a few minutes to find a private place and stand in your version of a superhero pose--puff out your chest, hands on hips, chin elevated--then raise your arms over your head and jump around as if you just won an Olympic gold medal. Spending a few minutes putting your body in powerful positions will boost your mood and change the way others perceive you and how you perceive yourself.

7. Massage

The benefits of massage speak for themselves. Just schedule one already! You can also ask your spouse, children, or best friend for a quick neck rub. If all else fails, go to your local furniture store and try one of the display massage chairs for five minutes...or 50.

8. Love Letters to Yourself

Take five minutes to write an ooey gooey love letter on pretty paper, gushing with all the things you love

most about yourself. Can't think of many? Write down the compliments you hear from others in your life. Even better, write down how much you adore those parts of you that actually still bother you sometimes. Put them in an envelope on your bedside table so you can read it first thing in the morning to start your day with love.

7. Learn a Few Mudras

Mudras, or "hand yoga," are positionings of the hands intended to direct energy flow by activating certain body-brain connections. They can be calming and centering and help you focus on an intent, like self-love. For example, holding the Prithvi Mudra is thought to increase energy and feelings of self assurance. Form this mudra by placing the tip of each ring finger on top of the tip of the thumb of the same hand; extend all other fingers, keeping them as comfortably straight as possible.

8. Get Yourself a Small Present

What are those little indulgences you love but rarely splurge on for yourself? Do you love great loose-leaf tea, scented candles, cozy socks, or fresh-cut flowers? It's really okay to buy yourself a present. It doesn't need to be your birthday, a holiday, or a particularly bad day. Gift yourself something just to remind yourself how amazing, beautiful, and worth

it you are! Go ahead, get yourself a bouquet of flowers; you can even have it delivered with a little love note from you.

9. Take a Guilt-Free Nap

This is an age-old way to feel totally indulgent. Taking even 20 minutes in the middle of the day to go snuggle in your sheets is such an easy way to tell yourself how much you love and appreciate who you are. Take a great book or a cup of tea and surround yourself with soft, fluffy pillows.

10. DIY Facial

Whip up a quick raw food face mask (a dab of raw honey or an avocado/lemon mix are super simple options). Apply to your face and lay on the sofa for 5 or 10 minutes before rinsing it off with warm water. This is also a great time to light your aromatherapy candle!

11. Gratitude Journal

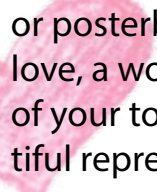
Gratitude has become a popular research topic recently. Spending a few minutes resting in gratitude can lower blood pressure, combat depression, and boost feelings of happiness. Find an old journal and write down 20 things you are grateful for in your life. Do this anytime you need an emotional tune-up or are feeling sluggish.

Gift yourself something just to remind yourself how amazing, beautiful, and worth it you are!

Pick up a collection of love poems at the bookstore — *Great Love Poems* by Shane Weller is a good place to start — or find some online.



12. Vision Board



Creating and revisiting vision boards, or dream boards, are powerful ways to visualize your goals and motivate yourself daily. Start with a blank paper or posterboard and occasionally add a quote you love, a word that represents you, or a picture of one of your top goals. Pretty soon you will have a beautiful representation of everything that is important to you.

13. Upgrade Your Undies

Underwear is important. Take a look at your undergarments drawer. Are your options old? Faded? Full of holes or stains? Throw out your old underwear and go buy some fun panties that make you feel great! They can be fun, sassy, soft, classy--whatever makes you smile to yourself when you put them on in the morning.

14. Read Love Poems Aloud

Have trouble with words? Not to worry: many amazing poets have written beautiful passages you can read aloud to yourself when you want to fill yourself with love and appreciation. Pick up a collection of love poems at the bookstore—*Great Love Poems* by Shane Weller is a good place to start--or find some

online. Use your most eloquent voice and celebrate yourself with poetry.

15. Dress Up Just Because

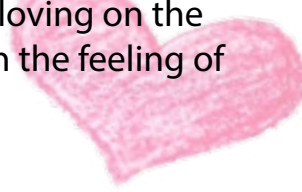
You don't need to have anyplace to go to dress up. In fact, if you normally only dress up when you are meeting friends, going out or going to work, dressing up just for yourself will tell your psyche that you are worth it. You are special and worth the effort to dress up and feel gorgeous, even if it's just to clean the dishes.

16. Cuddle a Puppy

Petting dogs and cats has a soothing effect on the mind and body, which is why dogs are often used in therapy and as comfort animals with the elderly and hospital patients. Don't have a dog? Visit with one at your local pet store or make a date to volunteer at the local dog shelter. Walking and loving on the dogs will boost your spirits along with the feeling of giving back.

17. Make a New Recipe

Tired of your same old routine? Trying a new recipe can be a great way to show yourself a little love. Whip up something healthy with your favorite in-



gredients, let yourself really taste all the different flavors, and enjoy the various textures of fresh raw food!

18. Sign Up For a New Class

There's nothing that shows self-appreciation quite like investing in yourself to learn new skill or experience new things. Sign up to learn about art, singing, exercise, or even improv. Choose something you've always had tucked in the back of your head. Ever wanted to try whittling? Quilting? Photography? Pick one and try it!

19. Take Yourself Out for Dinner and a Movie

Spending quality time with our children, significant others, families, and friends is important. But when is the last time you went out of your way to spend quality time with yourself? Put a date on the calendar with yourself. Dress up, take yourself to dinner somewhere you've wanted to try, and watch a movie (maybe one your partner would never be into). It's a good idea to schedule dates like these once a month at least.

20. Send Emails to Your Future Self

Every time you finish checking your email, write a message to your future self. Services like FutureMe.org send these "into the future" for free. Say some-

thing loving, kind, or supportive to yourself. You may completely forget about these emails until they come popping back up in your inbox just when you need them.


21. Set Your Phone or Computer Background to Something You Love

Many people never customize their phone and computer backgrounds, even though we see these surfaces throughout the day, sometimes hundreds of times. Feature a picture of your family, a flower, your pet, an inspirational quote, or anything else that makes you smile. Once you've grown accustomed to the new screen and stop noticing it, change it again.

22. At Home Foot Soak

Fill a tub with hot water and add a half cup of epsom salts, or spice things up with a few of your favorite essential oils. Three to four drops of peppermint essential oil with a drop of eucalyptus and lemon is a winning combination. Let your achy feet soak and relax and show yourself that you adore your body all the way down to your little toe.

23. Smile at Yourself in the Mirror and Say "I Love You" Over and Over Until You Really Mean It.



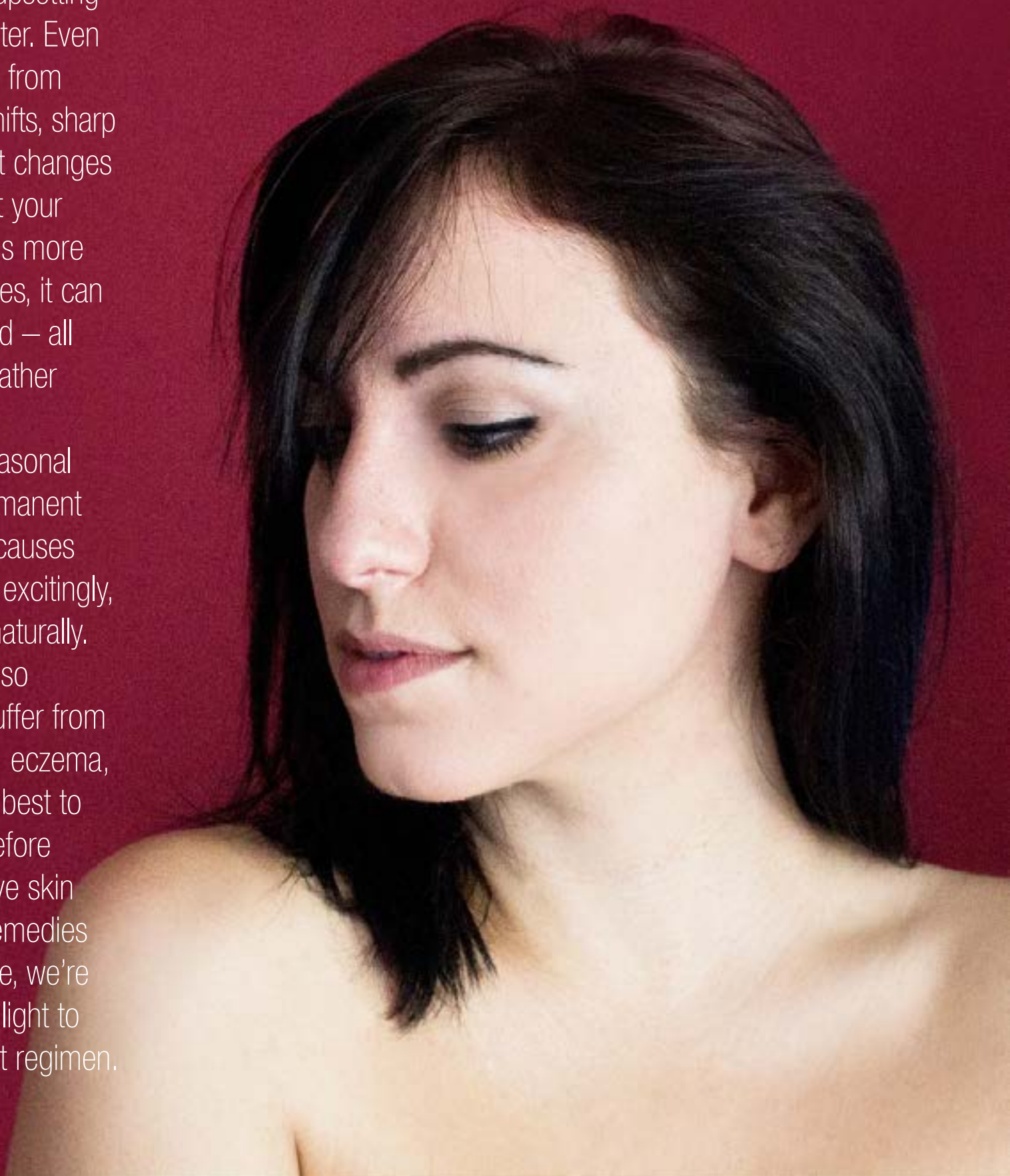
Set Your Phone or Computer Background to Something You Love.

The Dos and Don'ts of **SILKY SMOOTH SKIN** All Winter Long

By Tiara Butler

Dry skin is frustrating no matter what time of year it strikes, but it's exceptionally upsetting during the winter. Even if you don't usually suffer from skin problems, climate shifts, sharp winter sun rays, even diet changes and dehydration all affect your skin's elasticity. Dry skin is more prone to cracks and scales, it can become itchy and irritated — all things you would much rather avoid.

It's about time for this seasonal plague to come to a permanent end. We'll go over what causes dry skin and, even more excitingly, how to revive your skin naturally. These suggestions are also helpful for people who suffer from conditions like dermatitis, eczema, and psoriasis. It's always best to consult your physician before experimenting on sensitive skin but, because all of our remedies come straight from nature, we're sure you'll get the green light to start a new raw treatment regimen.



Healing From the Source

Causes behind dry skin vary from dry air to hot water, both of which can strip skin of its moisture. Winter is known for low temperatures and little to no humidity at all, and harsh winds gusting against your already drying skin just worsen things. Bundle up when heading outside and turn down the temperature when taking a shower to give your body an extra layer of protection.

Dehydration is another major player. Water is at the forefront of most people's minds in scorching summer temperatures, but a healthy dose of H2O is equally important during the winter; drink up to keep your skin glowing all year long.

Nature's Skin Nourishers

Although Mother Nature's changes can cause us some pain, she lovingly offers simple remedies as well. If you eat healthily and take precautions to protect your skin, you'll be wearing long johns and leg warmers is to keep cozy – not because you're embarrassed of what's underneath them.

Coconut – Regular consumption of coconut and coconut products offers a laundry list of benefits. Rich in healthy fats, coconut milk will keep your skin's luminescence thriving, regardless of the time of year. Coconut fat provides a natural lubricant while fighting acne and irritation with its antibacterial, anti-fungal properties. Rub its oil on your skin, eat it, drink it (or all of the above) to reap the benefits of this hydrating superfood.

Olives – Another food to keep on your grocery list this winter, the healthy fat in olives serves as a natural anti-ager. Rich in vitamin E, olives also supply your skin with an abundance of antioxidants, fiber, and protein. Your skin couldn't ask for a better recipe.



Avocados – There's almost nothing that this superfood can't do. When holding an avocado, you're gripping a

surplus of healthy vitamins and nutrients. Potassium, protein, vitamins B and E – indulging in avocado will keep your skin lubricated and radiant. It's a miraculous anti-aging food, keeping your skin hydrated, clear, and youthful. Its creamy texture makes it perfect for soups, spreads, smoothies or even a mask (keep reading!).



Leafy Greens – The benefits of adding full portions of dark, leafy vegetables to every meal goes without saying, but you can now add healing and preventing dry, winter skin to the list. Top your salads off with healthy nuts and seeds for an extra boost of fatty acids to combat winter dryness.



Kitchen Dry Skin Remedies

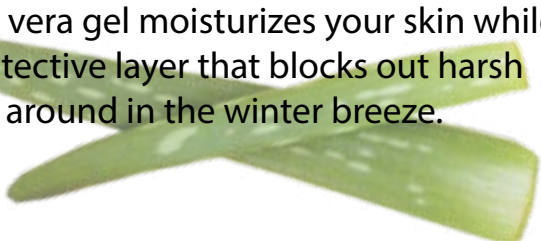
True health care starts at the table – sometimes by sitting with a fork in your hand, others, others whipping up a homemade concoction. These kitchen remedies aren't nearly as risky (or expensive) as filling prescriptions. You can even enjoy the leftovers while you're relaxing and moisturizing your skin.



Papaya and Avocado Paste – This tropical fruit swoops in to save the day when battling winter dryness. This paste is great for hydrating your skin, and it even lightens scarring. Mash together one slice of papaya, one avocado, and one banana into a paste. Spread it on your face in a thick layer and let it sit for 15 minutes. Tip: Mash even more avocados for enough paste to spread over larger areas on the body.

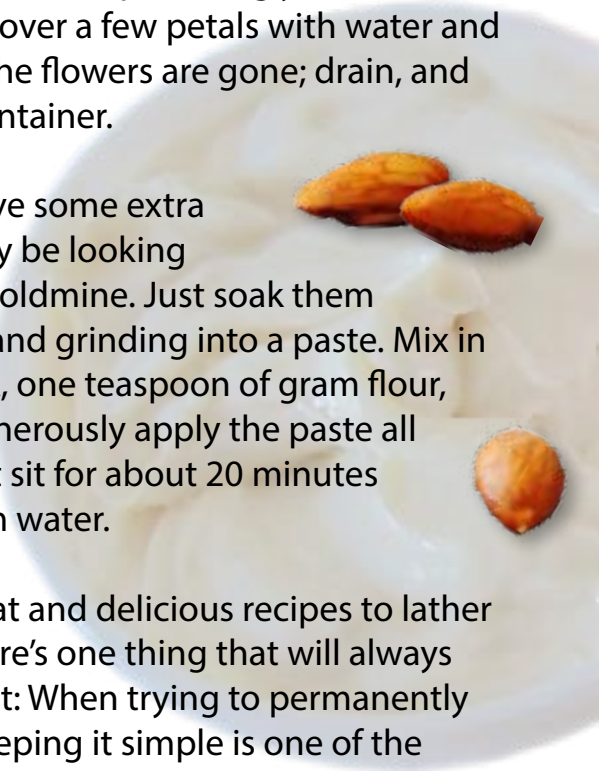
Cucumber Mask – Highly concentrated in water, cucumbers are another two-for-one moisturizer and skin lightener. Create a paste from one large mashed cucumber and one tablespoon of olive oil, apply it to the face, and wait 30 minutes before rinsing. Continue this treatment daily and you'll notice considerable improvements in just a matter of weeks.

Aloe Vera Gel – No, we don't want you to go to the store and purchase a bottle of manufactured gel; to get true hydrating benefits, it's best to go straight to the source. Just slice open an aloe vera leaf and spread it on the affected area. Aloe vera gel moisturizes your skin while covering it in a protective layer that blocks out harsh impurities floating around in the winter breeze.



Honey and Roses – Honey is a natural antioxidant and deep moisturizer. When mixed with equal parts of rose water, you'll create a face pack capable of cleansing, toning, and hydrating your skin. Tip: Making your own rose water is simple: Just cover a few petals with water and simmer until the color of the flowers are gone; drain, and store in a tightly closed container.

Almond Paste – If you have some extra almonds on hand, you may be looking at a natural moisturizing goldmine. Just soak them overnight before peeling and grinding into a paste. Mix in two teaspoons of raw milk, one teaspoon of gram flour, and some lemon juice. Generously apply the paste all around your face, letting it sit for about 20 minutes before rinsing in lukewarm water.



We've covered things to eat and delicious recipes to lather all over your body, but there's one thing that will always stand out above all the rest: When trying to permanently obliterate skin dryness, keeping it simple is one of the most effective tactics, so massage natural oils into your skin and warm them up for an even bigger impact. Play around until you find the oil that gives you the best results – olive oil, almond oil, or a coconut oil lathered into the skin for at least 10 minutes will keep your body nice and supple. Do this after a nice warm bath and you can go to sleep knowing that tomorrow you'll wake up with a refreshing glow.



From Constant Fatigue to *Unstoppable Energy*

Belgium's Top Raw Chef,

Julie Van den Kerchove

Teaches You How To Do The Same



Listen Audio Interview.

Welcome! My name is Sara Grove, co-founder of Raw Food Magazine, and today we have Julie Van den Kerchove with us all the way from Belgium, so we're so excited to have her. She is a certified raw food chef who graduated from the Living Light Culinary Institute of California, which is a very renowned raw food institution. Many of our chefs have been trained there; it's a pretty spectacular place. She has been teaching raw food for some time now and decided after healing some of her own health challenges to pursue this passion, and started her own business as a raw food chef with her partner, who is also a raw food chef. They co-founded and ran the kitchen at a restaurant called

Essen's Cuisine in Gent, and now she offers workshops and catering, and she's written so many recipe e-books at julieslifestyle.com, which is kind of her online home—I mean you are constantly updated with recipes and recipe books and many amazing things—so we are so happy to have you today Julie. Welcome.

Julie: Thank you, I'm very excited to be here and looking forward.

Sara: First of all I'd love to hear from you: when did you start gaining an interest in raw foods? How long have you been a chef?

Julie: I graduated as a raw food chef four years ago, but my interest in a healthier, plant-based lifestyle began when I was 15. That's the age when I turned vegetarian thanks to my sister, and my diet has been evolving since then.

Sara: Was it an older sister, younger sister?

Julie: A younger sister, actually. She adopted a vegetarian lifestyle because she loves animals a lot and she cares about the planet, but also because she couldn't digest meat easily, so it was a consequence of different factors.

Sara: What was your experience going vegetarian? Did you have any noticeable shifts or changes?

Julie: It's really hard for me to remember since it's been 13 years. It came really naturally to me. My mom experimented in the kitchen with macrobiotic and ayurvedic cuisine, she's a brilliant chef, so I learned a lot about her. I think the biggest difference to me was my weight didn't fluctuate any longer so I was able to maintain a healthy, stable weight and move away from the constant dieting.

Sara: That's wonderful. So from there, just bring us along the journey a little bit. Where did you go from there, from being a vegetarian?

Julie: My mom obviously cooked when I was still at home, then I moved out because I went to study at college. I wouldn't say I was lazy but I ate a lot of bread, cheese, yogurt, fruit and salad— so it was still mainly healthy, but mostly convenient and quick. It was during that period that I got a candida yeast infection, mostly because of all the pasteurized dairy I was eating, so that's when I shifted my diet. I moved away from the classic vegetarian diet that is really high in dairy; basically, I was forced to cut out all the pasteurized dairy, all grains and sweet fruits from my diet because of the candida.

Sara: Wow, was that a challenge for you?

Julie: Yes it was. I think the most difficult thing to cut out of my diet was bread. I loved bread, I had it several times a day, it's also an essential part of our culture here in Belgium, to have a lot of bread and cheese so yeah, that was quite difficult.

Sara: I was going to ask about that. Is that a typical or traditional meal that your friends or family would have?

Julie: Most Belgians start their day with bread and some sort of chocolate or gingerbread spread, marmalade, cheese, so mostly a sweet breakfast, but a lot of bread. Then for lunch, if people go to work, it's usually bread as well,

but if they stay at home and cook, a typical Belgian meal consists of potatoes, vegetables—cooked vegetables—and some kind of meat or fish, so always the combination of animal-based protein, potatoes or some kind of pasta, and vegetables. But vegetables are always the smallest portion; most of the plate is filled with potatoes and the meats.

Sara: Right, of course. So when you were cutting all these things out of your diet, the bread, the cheese, the sweet fruits, were you in college at this point?

Julie: Yes I was studying journalism at school.

Sara: What did your friends and family say about it? Were they supportive, were they worried about you?

Julie: If I'm honest, I lost a lot of friends along the way. I had the candida yeast infection then, and I also had a chronic glandular fever because of Epstein-Barr; I don't know if you know it, but it's really common, it blocks your immune system, it really eats away at your immune system and your energy. So those two things came together and I lost a lot of energy. I was always tired, and at that moment I wasn't aware that it was because of that virus, so I went from one doctor to another and I didn't have energy to go out any longer, to exercise. A lot of friends that I used to go out with didn't really understand what was happening. I was really lucky to have my sister, my mom, my boyfriend; they were really supportive and they also saw the results in my energy and my health when I did adopt my diet so yeah, they were really happy.

Sara: Yeah, I imagine that would be so emotionally challenging for you. When you didn't know why you were so tired, what was that like emotionally?

Julie: It was really hard. I had a lot of panic attacks. I even thought at one point I had depression. I felt so sad, I felt so alone as well because every doctor said "Sorry, we can't help you, we can't find a cause to your problems. You're absolutely healthy." I don't know how you say the expression in English, but in Dutch it's "between your ears, it's in your head, you're imagining things," so yeah, I cried a lot. It was a difficult phase in my life.

Sara: How did you end up finding out about the Glandular Fever?

Julie: I kept persisting, kept searching with my mom for the right doctor and we finally found him, someone who took my blood and immediately saw the virus, and that was the turning point in the whole story.

Sara: Up until then, at any point did you start thinking “oh, this must be the way I am,” or did you always know that there was something bigger going on?

Julie: I think I knew that something bigger was going on because as a teenager I exercised a lot, I had a lot of energy, I went out every weekend with my friends. I was always happy and positive and since I got ill I had a lot of doubts, a lot of anxiety, and I knew it wasn't in my head. I was convinced I would be able to find a solution, it was just a matter of time.

Sara: That is really wonderful, and I hope for people listening who might have similar symptoms, I know there is a lot of pressure on us and a lot of Americans that if you're tired or fatigued or depressed you're not trying hard enough or you just need to do more or be more—when there really could be other things going on that are affecting that, so I'm glad that you stuck to the search.

Julie: Yes, absolutely.

Sara: So initially, after you found out you had the Glandular Fever and candida, you cut out the bread, and cheese. Did you cut out all dairy at this point?

Julie: I cut out all milk by then, yes, all pasteurized dairy. Now I've incorporated a tiny bit of raw goat cheese once in awhile but not a lot; at that point, all grains and all refined sugars.

Sara: What were your most immediate results. Did you notice anything change quickly?

Julie: Yes, absolutely. The most important result I experienced was that I had more energy, a lot more energy; also improved concentration and performance, both at work, while studying, and even during exercise, so yes, a big difference. And then maintaining a healthy weight and having better sleep was a big one as well.

Sara: It's so wonderful that you had your support team of your mom and your sister and your boyfriend. Did they notice these things happening? What was their reaction?

Julie: They were really happy because they followed me throughout the whole journey and they were really supportive, but at times they felt they really couldn't help me, so they were relieved that I finally found something that worked for me—especially my boyfriend Simon, and who is still my partner; he was really amazed by the results. It was at the point that I discovered raw food and we immediately decided to go to California to become raw food chefs, so yeah, he was amazed by the results.

Sara: That's so neat. He was inspired by you so you both went and did the training together?

Julie: Yes, exactly.

Sara: That's so wonderful. Let's talk a little bit about that. So you're having these changes, cutting out processed sugar, bread and dairy. What was the next step, what made you keep searching?

Julie: Even though I was able to improve my digestion and had more energy, I still felt more tired than I should, so I basically decided to dive a little deeper and look for answers online, and that's when I discovered raw foods. I had read about it in the past but I never really considered trying it for myself, so at that point I just started to experiment, eating a lot of fresh fruits and vegetables, drinking a lot of fresh green juices. The results were amazing, and my energy levels went up, even more than before I got sick. My skin cleared up and also, what was a real turning point for me, was that I finally discovered a way to enjoy my favorite desserts and comfort foods but as a healthy alternative, without feeling guilty afterwards. I have always been, not a yo-yo dieter, but very conscious of my weight, about how I looked and about what having a dessert for instance would mean—I would have to run for 30 minutes to burn off the calories—so I was really amazed at the possibilities of raw vegan healthy desserts.



Click to read the rest of the transcript online

Connect with Julie

Julie Van den Kerchove

Website & blog: www.julieslifestyle.com

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

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

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

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

Julie's Favorite Green Smoothie (at the moment!)

WARMING WINTER GREEN SMOOTHIE

SERVES: 1 person

EQUIPMENT: blender

Ingredients:

1 cup of water
1 small ripe mango, peeled and
roughly chopped
1 medium apple, cored and
roughly chopped
1 ripe kiwi, peeled and roughly
chopped
1 teaspoon of hemp seeds
½ to 1 teaspoon of fresh ginger,
peeled
½ to 1 teaspoon of chlorella pow-
der (optional)
2-3 large handfuls of leafy greens:
spinach, kale, chard, bok choy...



DIRECTIONS:

1. Combine water, mango, apple, kiwi, hemp seeds, ginger and chlorella powder in the blender. Blend until smooth.
2. Add the leafy greens and blend again



Food As Medicine

TURMERIC ROOT



By John Kim

Turmeric is a perennial ginger plant that is grown throughout tropical regions of Asia, including India and China. The plant itself has large oblong leaves and funnels that look like muted yellow flowers and can grow to a height of 0.9 to 1.5 meters. Also known as *Curcuma longa*, turmeric grows underground but is more of a stem than a true root. It can be ground into powder or paste for various uses, ranging from medicinal to cooking. It contains beta-carotene, an ascorbic acid that contains vitamin C, fiber, zinc, iron, niacin, potassium, and other nutrients that help the body. It also has curcumin, a substance with highly touted health benefits.



Food As Medicine

TURMERIC ROOT



From Food Dye to Magic Medicine

The healing properties of turmeric have been known for centuries. The root was traditionally used as medicine in China and India and was referred to as “Indian saffron” because of its deep yellow-orange color. While originally valued as a natural food dye, the healing properties of turmeric were hard to ignore, and it quickly became an integral part of ancient Chinese and Indian medicine.

Turmeric's Medicinal Powers

Turmeric can treat a variety of illnesses. One of its components, curcumin, holds profound healing benefits for the human body. Curcumin has been shown to increase life span, kill fungus more effectively than ginger, cloves or oregano, protect the liver, oxidative stress, induce tumor cell death in the deepest parts of individual cells, kill blood cancer cells, destroy lung cancer cells, lower blood cholesterol levels, and protect against cognitive or memory defects from heavy ion irradiation.

Sound impressive? Well, with more research focusing on food-based remedies, turmeric's list of healing powers continues to grow. Turmeric has incredible benefits against depression. In one study, 60 depressed patients responded positively to the introduction of curcumin, which was found to be as effective as Prozac. As an anti-inflammatory, turmeric can also relieve numerous inflammation-related complaints including chest pains, colic, bruises, toothaches, hemorrhaging, bloody urine, jaundice, menstrual difficulties, and flatulence. Eating food spiced with turmeric can help reduce the risk of developing childhood leukemia.

Turmeric Works On The Inside AND The Outside

Besides being an ultra-healthy addition to your diet, turmeric can be used topically to treat skin infections. It helps relieve pain and can be used for ringworm, leech bites, skin conditions, and infected wounds.



Giant turmeric root



Turmeric plant



Food As Medicine

TURMERIC ROOT



Curcumin is the natural anti-inflammatory compound that helps the body fight outside aggressors and repairs damages to the body. It also plays the role of an anti-inflammatory drug, lowers the risk of heart disease, may prevent and even treat cancer by affecting cancer growth, development, and spread at the molecular level, and can reduce angiogenesis (the growth of blood vessels in tumor).

Curcumin also stimulates bile production breaks down fat, drives toxins from the body through the digestive tract, and may help delay aging and fight age-related ailments. Curcumin is also important for curing and preventing Alzheimer's disease and arthritis.

Taste and Texture of Turmeric

Turmeric comes from the root of *Curcuma longa* tree and has a strong brown outer cover and a deep orange flesh. It has a peppery, bitter taste and a mild fragrance. It is a rootlike stem although it grows underground. Turmeric is orange-yellow in color.

Preparing Turmeric

Because of its deep color, be careful to avoid stains when using turmeric. If this does happen, quickly wash the area of contact with soap and water. Below are a few quick ways you can enjoy your turmeric in meals:

Warm Turmeric Tea: Add a half teaspoon of turmeric powder, quarter teaspoon of ginger, one teaspoon of honey, and one teaspoon of cinnamon to a cup of warm almond milk or water. Stir and enjoy your warm cup of turmeric tea.

- Add it to fruit smoothies.
- Make a turmeric coconut water cocktail by mixing turmeric powder or juiced turmeric root into a cup of coconut or plain water.
- Mix it into a fresh vegetable juice. Drink the mixture right away continue three times daily. If you are new to fresh juice and roots, turmeric acts as a cleanser, so be prepared for more bathroom breaks than usual.
- Make turmeric tonic. To prepare this drink, you need fresh turmeric, one tablespoon of organic powdered ginger, three peeled lemons, raw honey, a dash cayenne, and spring water. Juice the turmeric, ginger, and lemons, then add the juice to the spring water. Add the cayenne and stir well, then store in the fridge for up to three days.

You can find turmeric root at your local grocery store or health food store and it is widely available online. Buy organic when you can, and if you are opting for powdered turmeric, read reviews and make sure you are ordering it from a trusted source. Go ahead, add it to your grocery list, because this tasty, colorful, inexpensive root makes a powerful addition to your pantry *and* your medicine cabinet!



How to Grow A Lot In A Little Space

By Joanna Hoyt



City-dwellers who want to grow their own fresh, healthy and delicious food face many challenges. City lots may not have room for large gardens, and apartment-dwellers may not have access to planting ground at all; soil may be contaminated by road runoff or by uses of the ground, such as old garage or parking lot sites or herbicided lawns.

Urban gardeners deal with these challenges in several ways. One of the simplest is container gardening. All you need is a few inexpensive materials and space—a yard, a balcony, or rooftop—that gets at least half a day of sunlight. Here's how it works:

CHOOSING CONTAINERS

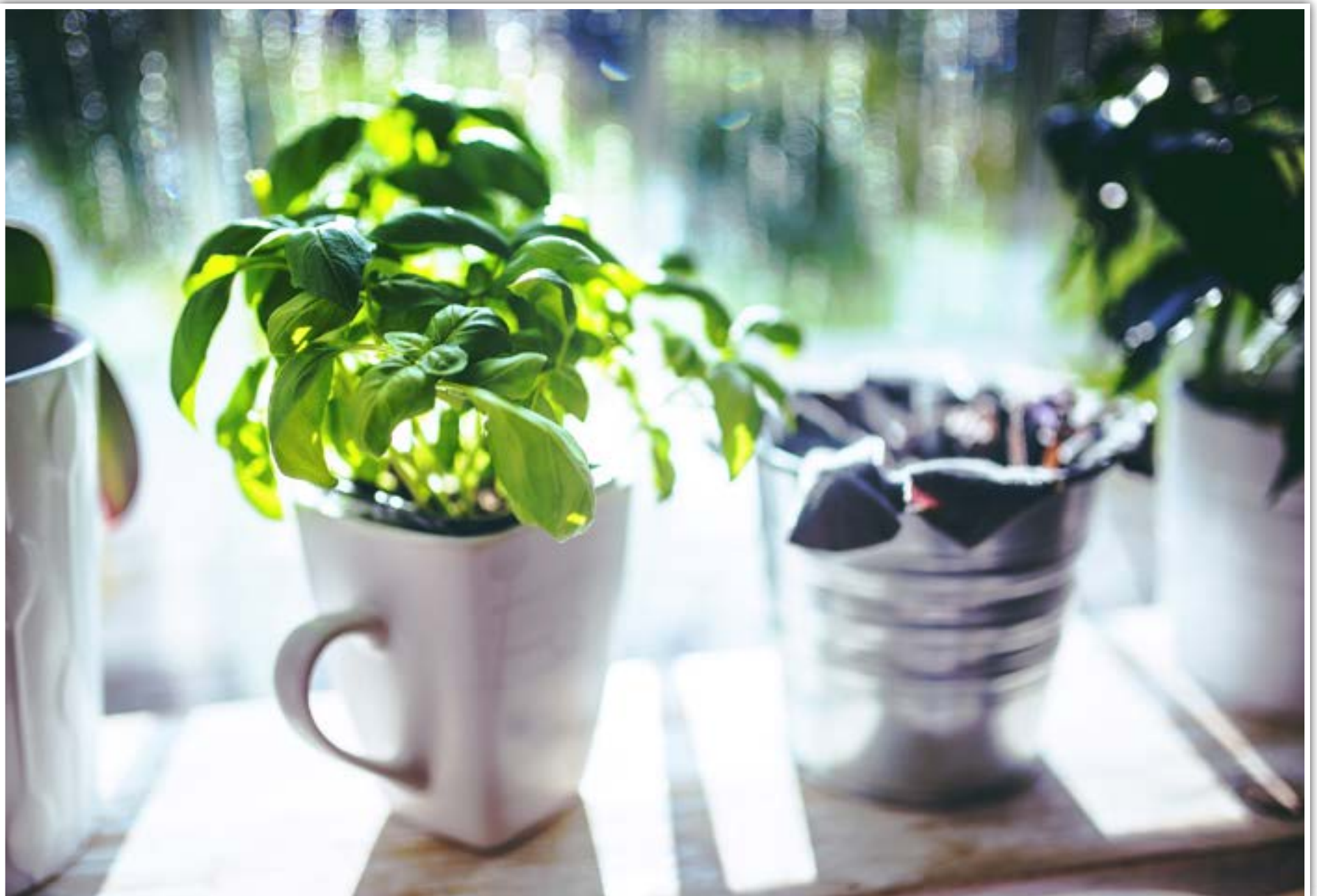
- Larger containers allow your plant to grow a better root system and increase production.
- They're also heavier once they're full of wet soil and roots. Keep your containers small enough so that you can move them without hurting your back, or else put them somewhere where they won't need to be moved until you empty them out at the end of the season.
- You can buy premade growing containers at a garden store, build your own from non-pressure-treated wood (the chemicals used in pressure-treated wood can be problematic if they leach into your soil), or use large flowerpots, plastic buckets (make sure they didn't originally contain anything toxic) or recycling bins. You'll need half-inch drainage holes in the bottoms of your containers or around the bottoms of the sides—six holes will drain a 5-gallon pail. A call to your Cooperative Extension or a quick Google search will get you instructions for building different types of containers. Avoid black or dark-colored containers, which can soak up heat on sunny days and cook the roots of your plants.

MIXING GROWING MEDIA

Your growing mix needs to hold water, retain enough air so your plants don't get waterlogged, and be light enough so you can handle and move your containers. If you're growing organically you'll also want your mixture to provide some of the nutrients your plant needs. Recipes vary. I use a 50/50 blend of a soilless seed-starting mix (mostly peat moss and perlite) and compost, with small amounts of bone meal mixed in to add phosphorus and nitrogen. James McCullagh's *Solar Greenhouse Book* recommends mixing one part loamy soil (dug from a friend's yard or bought as topsoil), one part coarse aggregate material (sand or perlite--perlite is much lighter, sand has more mineral content), and one part organic matter (compost or peat moss; compost has more nutrients but may be more likely to harbor weed seeds). One master gardener's site recommends one part coarse aggregates and one part organic matter; their full list of materials and other notes are online at <http://ucanr.edu/sites/ucmgnapa/files/153364.pdf>.

PICKING OUT PLANTS

- Here are a few commonly grown annual garden plants that thrive in containers. For more information check out <http://ucanr.edu/sites/ucmgnapa/files/153364.pdf>.
- Plants marked "frost sensitive" should not be set outside until after your area's spring frost-free date, which you can learn about from your local Cooperative Extension.
- "Heavy feeders" want extra bone meal and regular fertilization. "Light feeders" don't require supplemental fertilization, except perhaps a couple of seaweed spraying extracts to provide micronutrients. Plants without either designation are in-between.
- Basil, a light feeder, is frost-sensitive and requires full sun. Containers should be at least 12" deep.
- Bush beans are frost-sensitive and require full sun. They need soil 8-10" deep; plants should be spaced 6" apart.





Carrots require five hours of sun each day; grow round or short-rooted varieties like Gold Nugget, Ox-heart, Baby Finger Nantes or Short and Sweet. These need at least a 12" depth of soil; deeper containers are better. Space plants three inches apart.

Cucumbers, heavy feeders, are frost-sensitive and require five hours of sun each day. Each plant needs a two-gallon bucket.

Kale, a heavy feeder, requires five hours of sun each day. Each plant needs 8" of horizontal space and soil depth of at least 8".

Peppers are frost-sensitive and require full sun. Each plant needs a two-gallon bucket.

Tomatoes, heavy feeders, are frost-sensitive and require full sun. Each plant needs a five-gallon bucket or the equivalent amount of soil and space in a larger container shared with other plants.



PLANTING YOUR CONTAINERS

Mix your growing media together thoroughly and wet it until you can take a fistful in your hand, squeeze it and have it stay in a clump instead of crumbling. Try not to get it so wet that you can squeeze water out. Fill your containers to 1" from the top. If you're planting peppers or tomatoes you'll need to start by transplanting seedlings into your containers. Other crops can be direct-seeded, after the frost-free date if they're frost-sensitive. Plant more seeds than you want to have plants, since not all of them will germinate.

MAINTAINING YOUR CONTAINERS

Check your containers daily and water them if they're dry. Soil should be kept moist but not soggy. Plants in an outdoor garden can get most of their nutrients from the soil, but container plants will need some extra help. Feed weekly with a preformulated water-soluble organic fertilizer, or with seaweed extract and fish emulsion (also organic; seaweed provides micronutrients, and fish emulsion provides nitrogen and phosphorus), or with compost tea (run a Google search or contact your extension to learn how to make your own).



Day in the Life of
a Raw Foodies



Breakfast:

RAW VEGAN BREAKFAST PARFAITS

Prep time: 15 mins
Total time: 15 mins

Ingredients:

Nuts/Seeds

1 cup raw almonds
1 cup raw walnuts
1/4 cup chia seeds
1/4 cup flax seeds
1/2 cup pumpkin seeds

Cashew Cream

1 cup raw cashews
(soaked for at least 2 hours)
1/3 cup water
1½ tablespoons agave
1/2 teaspoon vanilla
1/4 teaspoon cinnamon
1/4 teaspoon salt

Fruit

Any fruit you'd like



DIRECTIONS

Nuts/Seeds

1. Put all seeds and nuts into a food processor and process for a few seconds. Don't process too much or everything will turn into a flour, which is not what you want. You still want some big chunks.

Cashew Cream

1. Add all ingredients to a high-powered blender and blend until smooth (add a bit more water if you want to thin it out some more). Putting it all together
2. Add a layer of berries, then nuts/seeds, then cashew cream, then more nuts, then a ton of fruit on top.

BIG VEGAN TACO SALAD

Prep time: 15 mins
Total time: 15 mins

Ingredients:

Creamy Green Sauce

1 cup raw cashews (soaked for at least 2 hours)
¼ cup unsweetened almond milk
¼ cup parsley (cilantro would work, too)
2 tablespoons lime juice
½ teaspoon apple cider vinegar
½ teaspoon onion powder
1 medium garlic clove
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper

Taco Meat

1 cup walnuts, soaked for at least 2 hours
½ cup sun-dried tomatoes, soaked for at least 2 hours
¼ teaspoon garlic powder
½ teaspoon cumin
½ teaspoon salt
Pinch of cayenne pepper

Taco Salad

4 cups chopped lettuce
2/3 cup quinoa
¼ cup red onion, finely chopped
¼ cup corn
¼ cup cooked black beans
¼ cup cherry tomatoes, sliced in half
½ cup salsa
Handful of crushed tortilla chips (optional)

DIRECTIONS

Creamy Green Sauce

1. Add all ingredients to a high-powered blender or food processor and blend/process until smooth and creamy. Set aside.

Taco Meat

1. Drain walnuts and sun-dried tomatoes.
2. Add all ingredients to a food processor and process until combined, and still a bit chunky. Set aside.

Taco Salad

1. On one large plate or 2 medium-sized plates, add your lettuce, quinoa, red onion, taco meat, corn, the black beans, cherry tomatoes and salsa.
2. Drizzle on a heavy amount of dressing, sprinkle with crushed tortilla chips, if desired, and dig in! If you have any left over, the dressing should last in the fridge for 4-5 days.



Dinner:

THE BIG VEGAN SALAD PLATE

With Creamy Tahini-Dill Dressing

Prep time: 25 mins

Total time: 25 mins

Ingredients:

Creamy Tahini-Dill Dressing

3 tablespoons lemon juice
2 tablespoons nutritional yeast
½ cup water
½ cup raw cashews, soaked for at least 2 hours
3 tablespoons flax or hemp oil
½ tablespoon tahini
1 teaspoon dried dill weed (or 1 tablespoon fresh)
1 small garlic clove
½ teaspoon salt
¼ teaspoon freshly ground black pepper

Salad Plate

2 cups mixed salad greens
1 small tomato, chopped into bite-size pieces
½ cup cucumber, sliced
½ tablespoon hemp seeds
½ tablespoon pumpkin seeds
1 tablespoon slivered almonds
¼ cup carrots, shredded
¼ cup beets, shredded
½ small avocado, sliced
¼ cup hummus (homemade or store-bought)
1 green onion, chopped
Poppy seeds (or black sesame seeds)



DIRECTIONS

Creamy Tahini-Dill Dressing

1. Add all ingredients into a food processor or blender and process/blend until smooth. If the dressing is not getting smooth enough, you may need to add a bit more water.

Salad Plate

1. Add a bed of salad greens to your plate, making sure to cover the plate completely.
2. Add the other ingredients, layering them nicely around the plate. Make it pretty! Pretty food is fun to eat.
3. Drizzle on a bit of the creamy tahini-dill dressing, sprinkle on some green onions and poppy seeds (or black sesame seeds) and enjoy!



Vanessa Cassani
Live Simply Natural

Vanessa Cassani is a health and food enthusiast, who's focus is on whole body wellness. She is the founder of Live Simply Natural, a blog where she shares her passion, inspires others and offers nutrition advice in a back to basics style through whole foods plant-based eating.

Breakfast:

FLUFFY RAW VEGAN PANCAKES

Ingredients:

Pancakes

3¾ cups (700 g) ripe
bananas, chopped
Coconut Cream and Fruit

Filling

1 cup (125 g) dates
1 cup (120 ml) water
½ cup (60 g) meat of a young
fresh coconut
¼ teaspoon vanilla powder
berries



DIRECTIONS:

Pancakes

1. Peel the bananas and finely chop them.
2. Do not mash them with a fork and do not mix them with any device. They should be chopped by hand.
3. Put a non-stick sheet on a dehydrator tray. You will need a 4 inch (12 cm) round cake tin.
4. For each pancake, you will need ¾ cup (140 g) of chopped bananas. Spread them evenly
5. Dry at 115°F (46°C) for 12-18 hours.
6. They will be prepared when they are soft, but dry enough so that you can easily peel them off the baking paper.

Coconut cream

1. Mix dates, water, vanilla powder and fresh young coconut meat mix in a blender.
2. Spreads the cream on the pancakes and fill with fruit.



Lunch:

RAW FRUIT PORRIDGE



DIRECTIONS:

The base:

1. Peel the apples and cut them into chunks.
2. Pulse them in the food processor until coarsely chopped.
3. Do the same with peeled bananas.

Banana milk:

1. Blend banana with water, cinnamon and vanilla powder.
2. Pour it over the base.
3. Add raisins and mix everything together.

Ingredients:

The base:
2 apples
2 bananas

Banana milk:
1 banana
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ teaspoon cinnamon powder
 $\frac{1}{4}$ teaspoon vanilla powder

Extra:
 $\frac{1}{4}$ cup raisins



Dinner:

RAW STUFFED PEPPERS

With Tomato Sauce

Ingredients:

Stuffing:

- 1 cup (150 g) carrots, roughly chopped
- 2 cups (240 g) zucchini, roughly chopped
- 1 cup (110 g) celery, roughly chopped
- 3/4 cup (70 g) red bell pepper, roughly chopped
- 1 1/2 cups (225 g) tomatoes, deseeded, roughly chopped
- 1/8 cup (12 g) walnuts, roughly chopped
- 1 tablespoon chives, chopped
- 1/2 tablespoon parsley, chopped

Sauce:

- 1 2/3 cups (250 g) tomatoes, roughly chopped
- 1 pound (500 g) tomatoes, thinly sliced or 1/2 cup dried tomatoes
- 1/2 cup (60 g) zucchini, roughly chopped
- a few small oregano leaves



DIRECTIONS:

1. Coarsely chop all the vegetables. Then in a food processor, chop walnuts. Add carrots and celery and chop again. Add zucchini, red bell peppers and tomatoes and chop. Finally, add the spices and mix again.
2. Arrange in a dehydrator for 2,5 hours on 115 degrees Fahrenheit (46 degrees Celsius).
3. Deseed the peppers and put it in the dehydrator together with the stuffing.
4. Also put 1 pound (500 g) of thinly sliced tomatoes in the dehydrator.
5. After 2.5 hours, fill the peppers with stuffing.
6. In the blender mix ingredients for the sauce.
7. Serve and enjoy.



Tiasha Slana
Shine With Nature

Hi! My name is Tiasha. I help people feel and look the best ever by teaching them about healthy lifestyle habits that will make them SHINE from the inside out.

Breakfast:

RAW CHOCOLATE HEMP MILK

Ingredients:

- 1 cup of hemp seeds
- 4 cups of purified water
- 1/4 cup of raw cocoa powder
- 1 dropper of liquid stevia
- 1 small squirt of raw agave
(for the sweeteners you can use
whatever you like)
- 1 pinch of good salt

DIRECTIONS

Put all in blender
Pour and squeeze it through a mesh nut milk bag...
You can then put in the fridge to get cold or be like me
and sip it from the container.





Lunch:

RAW CARROT FALAFEL

with Creamy Tahini Sauce

(yields 16 falafel and 1 1/2 cups sauce)



Ingredients:

For the falafel:

- 2 cups carrot pulp
- 1 cup sesame seeds, ground in a coffee or spice grinder, a magic bullet, or a food processor
- 2 tablespoons ground flaxseed
- 1 teaspoon salt
- 1 tablespoon lemon juice
- 2 1/2 tablespoons olive oil (or flaxseed oil)
- 1 stalk celery, finely chopped
- 1/4 cup Italian flat leaf parsley, chopped
- 1/4 cup cilantro, chopped
- 1 clove garlic, minced very finely (optional)
- 1/4 cup onion, minced finely (optional)

DIRECTIONS

Mix all ingredients very well by hand, as if you were making meatloaf
Roll into balls about 1 1/2-2 inches thick, flatten gently, and put on a dehydrator tray lined with a Paraflex sheet OR onto a baking sheet.
Dehydrate the falafel at 115 degrees for two hours.
Remove the Paraflex sheet, flip them over, and dehydrate for another two hours. If using an oven, bake them at 175 degrees with the oven door ajar for an hour and repeat on the other side.

Day in the Life of 9 Raw Foodies

Ingredients:

Tangy Tahini Sauce

(makes about 1 1/2 cups)

- 1/4 cup tahini
- 1 tablespoon lemon juice (note: I used 1/4 of a cup)
- 2 tablespoons water
- 1 tablespoon apple cider vinegar
- 1 tablespoon agave syrup or 1/2 packet stevia
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 2 tablespoons nama shoyu
- 1/2 large or 1 very small clove garlic, minced (optional)



DIRECTIONS

Blend all ingredients in a blender or food processor until smooth and creamy. The sauce should be super tangy and delicious!



Day in the Life of 9 Raw Foodies

Dinner:

RAW VEGAN ENCHILADA

With Spinach
And Mushroom

Ingredients:

Tortilla Wraps

4 cups of either thawed frozen
or cut fresh off the cob corn (not
canned)

Juice of 3 Limes

1/2 cup Hemp seeds

1/2 cup Pine nuts

1/2 sliced jalapeno pepper

1 tablespoon Chili powder

A handful of nutritional yeast (not
raw)

1/2 cup ground flax seeds

pinch of salt



DIRECTIONS

Mix all ingredients very well by hand, as if you were
making meatloaf

Roll into balls about 1 1/2-2 inches thick, flatten gently,
and put on a dehydrator tray lined with a Paraflex sheet OR
onto a baking sheet.

Dehydrate the falafel at 115 degrees for two hours.

Remove the Paraflex sheet, flip them over, and dehydrate
for another two hours. If using an oven, bake them at 175
degrees with the oven door ajar for an hour and repeat
on the other side.



Day in the Life of 9 Raw Foodies

Filling 1:

Marinated Spinach and Mushroom

1 bunch Spinach
1 half Onion
1 cup sliced mushrooms of choice
Flaxseed oil and gluten free soy-sauce
(not raw)

Wash spinach well and chop loosely.
Chop onion and put in bowl with
the chopped spinach and toss a few
splashes of flaxseed oil and soy sauce
with fingers. You can either place aside
or put in dehydrator.

Filling 2:

Creamy Avocado

2 Avocados
1 Bell Pepper
1/2 Onion
Handful of Cilantro
Handful of Nutritional Yeast(not raw)
Blend in food processor till creamy



TO ASSEMBLE:

When the wraps are firm but not too crisp (about 2 or so hours after being flipped) take out of dehydrator and place in front of you. Spread whatever creamy filling you decided to make across the long way and then the spinach and mushroom mixture. Then roll up and place seam side down. You can either slice and eat at this point, or placing everything in a dish, pouring the sauce on top and dehydrating for another hour or 2. You can choose to skip this or make a different kind of raw sauce. And put the rest of the spinach and mushrooms on top.

Isis
IsisDC Gone Raw

I am starting this blog as sort of a journal as many people do when they are changing their diet to consuming raw and natural foods. I think we do this partly for ourselves and partly because as we are improving our own bodies we are going to help others as well.

Breakfast:

RAW ENERGY BARS

Prep time: 15-20

Total time: 1 1/2 hours

Makes 16 bars

Ingredients:

1 cup rolled oats
3/4 cup raw almonds – roughly
chopped
1/2 cup dried blueberries
1/2 cup raw pistachios – roughly
chopped
1/3 cup raw cashews – roughly
chopped
1/3 cup raw pepitas
1/4 cup raw sunflower seeds
1/3 cup ground flax seed
1 cup raw almond butter
1/4 cup unsweetened apple sauce
[optional]
1/3 cup raw honey [or agave for
vegan]
1 teaspoon cinnamon



DIRECTIONS

Line an 8" x 8" pan with parchment and set aside. In a medium bowl, combine all of the dry ingredients and mix them together. Add honey and applesauce and start mixing with a large wooden spoon. Add almond butter and continue mixing until well combined. Empty the mixture into the baking pan and press it out using your hands. Pop the pan into the freezer for 1 hour, then remove the slab of bars by lifting the parchment. Cut into squares however large you desire. Store in a bag or glass container in the freezer until you run out! They stay good indefinitely as long as they are well sealed in a freezer bag.



Lunch:

10-MINUTE RAW VEGAN CURRY OVER ZUCCHINI NOODLES



Ingredients:

6 oz. coconut water
2 cups raw cashews
1 large garlic clove
1/8 of a large avocado
2 teaspoons curry powder
1 teaspoon red chili paste
1/4 teaspoon cayenne
1/4 teaspoon sea salt
3-4 medium zucchinis [6-8"]



Notes

To make this go further or to add some texture, add sliced cherry tomatoes, shredded carrots, or chopped nuts. The sauce will keep in the refrigerator for about 3 days. Just stir it up until smooth. Due to the avocado, the color may change slightly as well – but it's still good!

DIRECTIONS

1. Wash zucchinis and chop off the ends. Spiralize using the C-blade (the one that makes spaghetti-sized noodles).
2. In a high-speed blender, combine all other ingredients and blend on high until the sauce becomes very smooth. It should be quite thick.
3. Toss zucchini noodles with curry sauce in a large bowl until thoroughly coated. Serve and enjoy.

Day in the Life of 9 Raw Foodies

Dinner:

LEMON PARSLEY MARINATED MUSHROOMS

Ingredients:

[Makes 1 gallon bag of mushrooms]

6 cups white button mushrooms

1/2 of 1 sweet white onion

1/2 cup chopped parsley

Ingredients for marinade

1/4 cup lemon juice

1/4 cup olive oil

1/4 cup white wine vinegar

1 teaspoon sea salt [or more to taste]

1 teaspoon black pepper



DIRECTIONS

Combine the marinade ingredients in a small bowl and set aside while you work on the 'shrooms.

Chop all of the mushrooms about 1/4" thick and place into a large bowl. Add thinly sliced onion and combine with your hands.

Pour the marinade over the ingredients and mix until everything is thoroughly coated. Empty the mushrooms into a 1-gallon freezer bag and squeeze as much air out as you can.

Refrigerate the mushrooms for at least 4 hours. About once an hour, remove the bag and flip it to move the ingredients around a bit. Once enough time has passed, remove them from the fridge, serve, and enjoy.



Jordan Cord & Clark Cord
The Fitchen

Together, Jordan and Clark make up the team at The Fitchen, where they strive to eat healthy, whole foods. Organic, no chemicals, no processing, and all real. Their mission is to share the experiences with food along with their favorite recipes as well as inspire and encourage other people to try their hand at cooking.

Day 5: Jasmine Briones

Breakfast:

CARROT GINGER SMOOTHIE



Ingredients:

- 3 medium carrots, chopped (& peeled if desired)
- 2 cups coconut water
- ½ large mango
- 1 navel orange (or ½ cup orange juice)
- 2-3 tablespoons fresh parsley, chopped
- ¼-1/2" fresh ginger



DIRECTIONS

1. Wash and dry all of the ingredients.
2. Once you prepare all of the ingredients, simply place them into a blender and blend until smooth.

Day in the Life of
9 Raw Foodies

Lunch:

SPIRULINA BEET WRAPS

Ingredients:

- 1 spirulina Wrawp
- 1-2 small beets
- Shredded carrots
- 1/4 avocado
- Pea Sprouts
- Mixed baby greens
(kale, spinach and chard)
- Parsley



DIRECTIONS

1. Peel and cube beets into about 1/2" pieces or shredded
2. Slice the avocado, and place into wrap, along with the remaining ingredients + any other ingredients you wish to include in your wrap.
3. Arrange ingredients in wrap, roll up, and enjoy!



Dinner:

CHINESE ORANGE CAULIFLOWER



Ingredients:

- 1/2 medium head cauliflower
- 1/2 cup organic dried apricots, unsulphured
- 1 cup orange juice
- 2 tablespoons coconut aminos or liquid aminos (or soy sauce)
- 1 clove garlic
- 1/3" fresh ginger
- Juice of 1/2 lemon
- 1/2 bunch green onions, sliced (for garnish)
- 1/2 tbsp sesame seeds (for garnish)



DIRECTIONS

1. Wash and dry cauliflower. Remove leaves and cut into small pieces, not more than 1/2".
2. Prepare the sauce by blending all of the ingredients until smooth* then pour over the cauliflower. Allow it to marinate for about 2 hours. Place in into a dehydrator at 110 F for 2 hours to allow it to soften a bit and warm through.
3. Sprinkle with green onions and sesame seeds before serving.



Jasmine Briones
Sweet Simple Vegan

Jasmine Briones is the creator of the Sweet Simple Vegan! She is currently a Nutritional Science & Public Health student, living in Los Angeles and sharing my passion for health by living a life dedicated to promoting fitness and nutrition through sweet and simple vegan recipes.

Day 6: Heidi Turunen

Breakfast:

RAW GRANOLA

Ingredients:

1 cup raw almonds
1 cup raw walnuts
1 cup roasted & salted
macadamia nuts
½ cup raw cashew nuts
½ cup pitted dates
½ cup shredded coconut
½ cup goji berries
1/3 cup raisins
For spicing things up,
I recommend adding
cardamom and cinnamon
powder!

Other great options for your
granola: dried cranberries,
dried white mulberries, dried
blueberries, raw cacao nibs,
raw pecans.



DIRECTIONS

Chop all the nuts and dates into smaller pieces. Put all the ingredients into a container, mix, taste and marvel! Store rest for the later use if you can.

Lunch:

VEGAN SUPERFOOD BREAD

Ingredients:

1 cup oats
2 cups water
1 1/2 cups pumpkin seeds
1 cup almonds
3 tablespoons psyllium husk
2 tablespoons chia seeds
2 tablespoons Italian herb
mix (or mix of your favorite
herbs)
salt and pepper to taste



DIRECTIONS

1. Place the almonds in a food processor and run until coarse mix is formed. You don't want to blend the almonds too fine.
2. Mix the almonds with all the the remaining dry ingredients in a big mixing bowl.
3. Dehydrate for about 3 hours. You might want to form slices of bread from the mixture before dehydrating to speed up the process. Place the slices on the dehydrator sheets and dehydrate till the mixture holds together.

Day in the Life of 9 Raw Foodies

Dinner:

RAW LASAGNA

Ingredients:

3 medium sized zucchinis, sliced
2 big tomatoes, sliced
200 g baby spinach

Pesto

1 bunch fresh basil
1 garlic clove
1/2 cup cashew nuts
1/2 cup sun-dried tomatoes
(optional)
1/4 cup extra virgin olive oil
3 tablespoons nutritional yeast
salt and pepper, to taste

Cheese Sauce

3 cups cashew nuts
2 tablespoons lemon juice
1/4 cup nutritional yeast
almond milk (as much as needed for
wanted consistency)
sea salt and black pepper, to taste



DIRECTIONS

1. Make the lasagna "pasta" layers by using cheese slicer, or grate. You want to create pasta like thin slices. Place the slices over paper towels to absorb the extra liquid. Slice tomatoes thin and set aside.
2. Place all the cashew sauce ingredients, into a food processor and blend until smooth and creamy. Add almond milk little bit at a time, until wanted consistency.
4. Place all the pesto ingredients, except sun-dried tomatoes, into a food processor and blend until well combined. It's ok if it's not completely smooth. You want there to be a bit of crunch from the nuts. Add optional diced sun-dried tomatoes and pulse few times. Taste and add salt and nutritional yeast if needed, for that extra cheesiness.
5. Now you have all ready for your lasagna! Start building it by placing slices of zucchini on a plate. Start adding layers of other ingredients, placing some zucchini "pasta" layers in between the fillings. Leave some of the cashew sauce to add on top. All done! Enjoy or pop the whole thing in the oven on the lowest temperature for few minutes to heat it up a bit.



Heidi Turunen Rawlicious Delicious

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.

Breakfast:

FRUIT SALAD IN A PEAR

Makes 6 Stuffed pear halves



Ingredients:

3 large fresh organic pears (pick your favorite kind) be sure to choose pears with firm flesh, no soft spots or blemishes

1 tsp raw organic meyer lemon juice

1/4 cup whole fresh organic blueberries, cut in half

1 small organic baby jazz apple (or small organic red apple), small dice

1 fresh organic mandarin, small dice flesh, zest (see next in list) and reserve the rest of the peel for another recipe

1/4 tsp of fresh mandarin zest

4 large fresh organic mint leaves, chiffonade [stack leaves on each other, roll tightly lengthwise and thin slice the roll width-wise to make thin ribbons as shown mixed in the fruit salad above.]

DIRECTIONS

1. Cut your pears lengthwise, using a small ice cream scoop, press down on the core area with the inside of the scoop and gently cut a bowl into the flesh where the core and seeds were
2. Now brush the complete inside of the pears evenly with the lemon juice, use more if needed but just to coat. In a small mixing bowl, mix your halved blueberries, diced apples, mandarin zest, diced mandarin and chiffonade mint, this is now your fruit mix. Evenly distribute this fruit mix in the pear "bowls", they will be overfilled. Serve immediately or chill covered no more than 1 hour.

PINK OYSTER MUSHROOM ROLLS

Ingredients:

- 1 tablespoon fine minced organic ginger root
- 1/2 teaspoon fine minced organic fresh jalapeno
- 1 large ripe organic avocado
- 1 medium ripe organic lemon, zest and juice
- 1 large fresh organic green onion, remove the roots and strip lengthwise into small thin strips then cut in half lengthwise
- 1/2 cup fresh organic fresh purslane leaves, wash and spin dry
- 1 cup small organic pink oyster mushrooms, cut in half lengthwise
- 1 medium organic red bell pepper, deseeded and cut into fine strips lengthwise
- 1 small organic cucumber, do not peel, cut into matchsticks
- 4 unseasoned raw organic nori sheets
- sushi rolling mat



DIRECTIONS

1. Cut your avocado in half and pit. Scoop out the meat in a small mixing bowl. Add the minced ginger, jalapeño, lemon juice and lemon zest. Mash this well until smooth with a fork, reserve, this is your avocado mix.
2. Lay 1 nori sheet on your sushi rolling mat shiny side down and the stripes going vertical on both the nori and the mat. Evenly spread 1/4 of the avocado mix on the lower 2/3 of the nori sheet end to end.
3. Now lay a single high but 2 across row of 1/4 of the green onion strips in the middle of the avocado layer.
4. Below that add a single layer of 1/4 of the purslane leaves. Above the onion layer, add a single layer of 1/4 of the mushroom pieces. Add a single high but 3 across layer of 1/4 of the pepper strips below the purslane layer.
5. Now add a single high but 2 across layer of 1/4 of the cucumber matchsticks below that. Starting from the bottom, slowly start rolling the nori over the filling. Slowly and gently for the roll evenly side to side to make a tube. These will be thin rolls. Wet the seam with clean water on your finger and seal. Place onto a dry clean flat surface with the seam down. Repeat with the remaining ingredients.
6. While using a clean and very sharp knife, trim the ends of the roll. Now cut the roll into 6 even pieces, wipe your knife with a damp clean paper towel in between each cut for best results. Arrange on your serving plate and enjoy! No dipping sauce needed

Dinner:

MUSHROOM MEDLEY SCAPE SOUP



Ingredients:

- 1 cup whole raw organic cashews
- 3 1/2 cup filtered water
- 5 cups chunked mixed organic mushrooms
- 5 raw organic garlic scapes, wash well
- 1 large organic cherry bomb pepper, halve, deseed and fine chop



DIRECTIONS

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



Joelle Amiot
JarOhoney

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

Breakfast:

CHOCOLATE CHIA GRANOLA

Prep time: 25 mins

Total time: 25 mins

Ingredients:

- 1 ½ cup rolled oats
- ½ cup coconut flakes
- ½ cup pistachios (or any nut)
- ¼ cup chia seeds
- ¼ cup cacao nibs
- 4-6 tablespoons maple syrup
- 2-3 tablespoons cacao powder
- ½ teaspoon vanilla extract
- pinch sea salt

DIRECTIONS

1. In a large bowl, stir together oats, coconut flakes, pistachios, cacao nibs, chia seeds and salt.
2. In a medium bowl, whisk together the cacao powder, vanilla and maple syrup until smooth.
3. Pour cacao mixture over the oat mixture and stir until oats are coated. If you like your granola very clumpy, add more maple syrup.
4. Place granola mixture on a teflex tray and pat down.
5. Transfer tray to your dehydrator and dehydrate at 115 F for 10 hours or overnight, until dry.
6. Break the dried granola into chunks and store in an airtight container.



Lunch:

DEHYDRATED MUSHROOM ZUCCHINI STUFFING

Prep Time: 20 mins
Cook Time: 10 hours
Total Time: 10 hours 20 mins

Ingredients:

5 cups mushrooms, chopped
3 cups zucchini, chopped into
1/4 inch cubes.
2 apples, chopped into 1/4 inch
cubes.
3 celery sticks, chopped into
1/4 inch pieces
3 teaspoons garlic, minced
2-3 teaspoons fresh thyme,
for dried thyme double this
amount
10 fresh sage leaves, for
dried sage use
1.5 tablespoons
1 tablespoon coconut oil

DIRECTIONS

1. Combine all ingredients in a large bowl and stir until the oil and spices are mixed well.
2. Spoon mixture onto a dehydrator sheet and place in the dehydrator for 8-12 hours at 105 degrees, depending on how moist or crispy you want your stuffing.



Day in the Life of 9 Raw Foodies

Dinner:

AVOCADO CORN SALAD

Prep Time: 15 mins
Total Time: 15 mins

Ingredients:

- 2 ears sweet corn
- 1 cup heirloom tomatoes, diced
- 1 lime, juice
- 3/4 cup fresh cilantro, finely chopped
- 1 cup bell peppers
- 1/4 avocado, cubed
- 1/4 red onion, diced
- 1 teaspoon minced garlic



DIRECTIONS

1. Mix all ingredients together in a bowl and enjoy! If you enjoy a little heat in your salsa, add some jalapeno peppers to spice it up!



Amanda Le
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I'm a self-taught raw foodist thriving on an abundant life full of vibrant fruits & veggies. My instagram account inspired me to create this space to share my plant-based recipes and experiences on a low-fat high carb vegan lifestyle.

Breakfast:

RAW COCONUT
ORANGE CHIA SEED
PUDDING



Ingredients:

Coconut or nut milk. For this chia recipe, you can also use water or coconut water.
Fresh orange juice
2 teaspoons of cinnamon and 1 tablespoon vanilla.
Chia seed

DIRECTIONS

1. Add the fresh orange juice to your milk in the blender, then add cinnamon and vanilla.
2. Now you have your liquid mix, all you have to do now is add chia seeds! The ratio is roughly 4 times the amount of liquid to seeds. And you can always add more liquid when you sit down to eat your pudding to get your desired consistency.



Notes

The thing with chia seed pudding is that you need to stir it quite frequently at the beginning so that the chia seeds don't clump together. You can put the chia in a jar and then fill it with liquid and SHAKE IT!! You can also simply add the chia seeds to your blender and blend on low for a few seconds to get it going.

Chia expands quite a lot so for a single serving, you probably only need 1/4 cup of chia to about 1.5 cups coconut + orange juice. You can top it with fruit or anything that you like. You can even sprinkle it with a little raw granola.



Lunch:

PLANTAIN TORTILLAS WITH BEET AVOCADO DIP



Ingredients:

- 12-14 small ripe plantains. If you are a little short on plantains, you can always substitute a few for just regular bananas.
- 1 red onion
- 2 tablespoons garlic powder
- 1 tablespoon onion powder
- 1 tablespoon turmeric powder
- 1 tablespoon lemon pepper
- 1/2 teaspoon chilli powder (optional)
- 3/4's cup of ground flax
- 1-2 cups water

DIRECTIONS

1. Dice up 1 red onion and add it to the food processor with 1 cup of water. Process until it's as smooth as it will go.
2. Peel plantains and add them into the food processor and blend again until smoothie.
3. Then add in all your seasonings and blend again.
4. Then add in your ground flax with about 1/2 cup of water and process again.
5. Watch for consistency, you want to have a nice spreadable mix, not too thick and not too liquid. You might need to add an entire extra cup of water, depending on your plantains. Finding that balance between too thin and too thick will take a little playing around with.
6. Spread a nice thin layer (make sure it's as even as you can and also no holes) and spread on a teflex sheet from edge to edge. (From 1 full teflex sheet, I cut the tortillas into 4 separate squares, which gives me 36 tortillas when I make a full batch.)
7. Place in the dehydrator for about 3-4 hours at 120 degrees and flip as soon as it's no longer gooey, but smooth when you lift it up. You can flip by placing another dehydrator tray on top of it, flip it over and then peel the teflex sheet off of it to all it to fully dry now. They should be done within 6-8 hours.



BEET AVOCADO DIP

Ingredients:

- 1 beet
- 1 medium sized beet (about the size of a base ball)
- 2 stalks celery
- 1/2 of an apple
- 1/4 cup fresh lemon juice.
- 1 tablespoon of mixed Italian seasoning
- 1 date
- 1 avocado

DIRECTIONS

Blend all ingredients except avocado on high in a blender. Once smooth, add in avocado and blend again. Serve on plantain tortilla with lettuce, sprouts and sliced cucumber.



Day in the Life of 9 Raw Foodies

Dinner:

RAW RED PEPPER SOUP

Ingredients:

1 whole coconut, flesh and water
5 cored red bell peppers
1/2 cup of fresh spring water (again, with the liquid content, start with maybe 1/4 c of water, and work your way up. Some people may even like to add 2 or more cups of water for a more liquid soup, this really comes down to personal preference.)
1 cup nut, seed or coconut milk. If you want a really creamy soup you can skip the water and double the milk content.
1/2 to 1 cup soaked and rinsed sunflower seeds (can also use hemp seeds, pine nuts or even macadamia nuts)
2 teaspoons salt
1 teaspoon chipotle spice (you can also use chilli spice or cayenne spice. Gradually increase spice to taste.)
1 teaspoon black pepper
1 teaspoon masala spice (or other indian spices that you may like)
A dash of lemon or lime juice



DIRECTIONS

Blend up and serve warm from the vitamix. Garnish with parsley and serve with raw pumpkin seed crackers or raw onion bread.



Laura Dawn
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Laura Dawn is a holistic health consultant, raw food chef, speaker and author. She is the author of "Unhooked: A Holistic Approach to Ending Your Struggle with Food" as well as "Mindful Eating for Dummies".

She is the founder of Happy & Raw (www.happyandraw.com) and runs health retreats in Hawaii, where she resides on her organic farm.

Raw Food Reset: Bonus Snack Recipe

5 Minute Blueberry Muffin Bites

This recipe is part of Raw Food Magazine's 2016 Raw Food Reset Program.



Ingredients:

*1/4 cup oat flour (to make oat flour simply process oats in a coffee grinder)
2 Tablespoons dried blueberries
1/8 teaspoon cinnamon
pinch of sea salt
1 Tablespoon almond butter
1/2 Tablespoon honey
Almond milk, added to desired consistency*

DIRECTIONS

Place oat flour, cinnamon, blueberries and sea salt into a bowl and mix together. Then add honey and almond butter and mix until it's almost crumbly.

Add almond milk as needed to reach a nice dough texture. Roll into 1/2 inch diameter balls. Enjoy immediately or place in refrigerator to harden for 30 minutes. Eat within 5 days.

To Learn
How You Can Join
Raw Food Magazine's
2016 Raw Food Reset
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