

SORBET ★ LEMON SQUARES ★ TANGY SALSA

INSIDE:

Probiotics
Recipes

Raw Food

Magazine

Issue 23 • May/June 2016

Garden Fresh RECIPES!

- ✓ Slimming Eats
- ✓ Light Spring Sweets
- ✓ Bold New Flavors

Declutter!

Your home, head & heart

BONUS
Juice &
Smoothie
Guide

Essential
Oils 101

Best Seasonal Soups & Salads



Get Happy, Healthy, Whole
with Laura Bocianski

Contributors



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[LivePure](#)



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Expert and lover of fermented foods, Danielle began making fermented foods with coconut water kefir four years ago. Her adventures then led her to perfecting fermented veggies like sauerkraut and pickles..
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My initial motivation for going raw was feeling great & getting my digestion to work well. Once I went raw, there were so many additional motivations that keep me going (clear mind, cleansing my body of toxins, simpler food prep, more vitality, clear & glowing skin, enhanced spirituality, and how simpler food inspires me to a simpler life).

-Janet, Texas



Love the Raw Food Mag...
Eat fresh, Not Subway

-Cory, USA



I have heard how eating raw was healthy for you. I wanted to do some research and know exactly what that entailed. After reading the raw food magazine all my questions were answered. It even provided a guide on how to get started with shopping and recipes . Great magazine. I highly recommend it.

-Jo Ann, Pennsylvania



Great magazine. This is exactly what I needed. Love the articles and raw food recipes. Keep it up, thank you for the inspiration to eat healthy.

-Amy, UK





Last Issue We Asked:

Which character trait
do you wish you were
MORE of?

1 in 2 of you chose:
more consistent

You've seen the research. You've read
the articles on habits, rituals, repetition...

Consistency is a characteristic of top performers,
of high-achievers, of the healthiest and happiest
people on the planet.

You know what to do to feel great. Now it's time to
do it today. And tomorrow. And the next day...

**In The
Polls**

New Polls!

Click on the question to answer online.

**What period of time
would you consider
going ALL-RAW?**

1 Day
3 Days
7 Days
1 Month (30 Days)
1 Year
The rest of my life
Other: _____

[Click To Vote](#)

**What BEST describes
your relationship to
cooking/food prep?**

I LOVE cooking and recipes
It's definitely a hobby of mine
I like it sometimes...
Mostly it's a chore
I avoid cooking like the plague
Other: _____

[Click To Vote](#)



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of our **best new recipes!**

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Welcome to Omar's Rawtopia



In 2005, Omar Abou Ismail opened a restaurant that serves strictly raw, organic food and supports sustainable agricultural practices.

Omar first became intrigued in a raw food lifestyle through his work with the government. He was subcontracted to clean up practice areas for the US Navy, increasing his knowledge about the environment and benefits of eating all organic foods. Omar decided to change his life for the better by transforming his diet to 100% raw foods.

Omar opened Omar's Rawtopia on July 4, 2005 in Salt Lake City, an effort to share his passion for raw foods with the community. Omar's goal is for patrons to experience "peace through food" by consuming healthy, nutrient-rich, organic foods that boost the health of the mind, body, and soul. The restaurant prides itself on offering raw foods rather than processed foods that contain high amounts of added sugars.

By serving food in its raw, natural state, the foods retain essential vitamins, minerals,

and enzymes, allowing the body to absorb them more effectively. At Rawtopia, all of the food is prepared through the use of food processors, blenders, juicers, and dehydrators that do not surpass 118 degrees (F) in temperature, ensuring that the foods remain in their raw state.

Over the last decade, Omar's Rawtopia has been providing customers with a safe, healthy dining atmosphere as well as a menu of flavorful and unique raw foods.



5 ALBERTANS GO RAW

To Improve Their Health



In Alberta, Canada—a region that has both a great supply and consumption of animal products—five meat-eating natives were selected to take part in an experiment to test the health benefits of adopting a raw vegan diet. The participants, each regular meat-eaters with a preexisting health condition, spent 30 days on a meatless, raw vegan diet in hopes of not only losing weight, but also seeing significant improvements in their health.

Several reports have proven the link between a raw vegan diet and the reversal of major medical issues.

Those who maintain a plant-based diet lower their risk of obesity and type 2 diabetes, lower their blood pressure and cholesterol, and prevent the onset of heart disease and certain types of cancer.

The results of this experiment showed that all five Albertans saw success from cutting meat out of their diets and sticking to a raw vegan diet. Each participant lost weight and also saw improvement in their preexisting health conditions.

One participant in particular, a 55-year-old male who weighed 400

pounds at the start of the 30 days, transformed his perspective on what it means to live a healthy lifestyle. Having failed to lose weight numerous times before, including undergoing gastric-bypass surgery only to regain the lost weight once he resumed his pre-surgery diet, he was nervous about completely changing his carnivorous diet for a raw vegan one.

However, after experiencing the incredible results reflected in both his weight loss and improved health, he was convinced that converting to a raw lifestyle is the best thing for anyone.

New Raw Snacks From Saf Life

Saf Life, a brand that has been a trailblazer in the vegan and raw food industry since 2006, has developed a new, innovative range of raw, vegan, and gluten-free snacks.

Saf Raw aims to create an array of unique textures and flavor combinations in its snacks using all-natural ingredients. Snacks include coconut chips, fruity coconut pastilles, kale crisps, and nutty nori.

Each raw snack is packaged in a sleek pouch or canister that is recyclable.

The grab-and-go options allow for smart, healthy snacking.

Saf Life has created the Saf Raw brand to show the entire world how delicious raw and vegan foods can taste compared to the typical snacks on the market today that are highly processed and contain added sugars. Saf Life wants to surprise customers with creative food combinations, textures, and flavors.

With the UK market for raw, vegan, and gluten-free products increasing, Saf Raw hopes to make its mark as the

top choice for healthy snacks. Saf Raw has distributors in both Europe and the Middle East, and is available for purchase from Planet Organic.

Soon, Saf Life hopes to see its line of Saf Raw products stocked in premium department stores as well as independent whole food stores, making it a key player in the healthy snacking industry.



The Debate Is Hot Over

'Raw Blood Soup' Recipe Name



When it comes to vegetarian food dishes in Vietnam, it is fairly common to encounter dishes that sound like they contain meat. Vegan blood soup, however, has managed to push the envelope on recipe names and is upsetting several vegetarian groups.

While "blood soup" may sound like a simple recipe, it is anything but. Instead, this dish, referred to as *tiet canh* in Vietnamese, consists of raw blood from pigs, geese, or ducks, along with a sprinkling of peanuts and herbs.

Wanting to make a blood soup recipe more vegan-friendly, a local vegan food maker has received backlash from the meat-enthusiasts in Vietnam, who find it inappropriate to alter the traditional dish. The modified recipe substitutes beetroot for blood, creating a red broth that mimics the original color. Additional ingredients include 'chicken' soup powder, vegan 'gizzards', and white onions.

Raw blood soup and its counterpart have sparked a debate among readers of a Vietnamese newspaper, with some advocating that foods

containing meat should not be falsely labeled as if they are meat-free, and vice versa. One reader argues that if someone wants to truly pursue a vegan diet, they should stick to eating pure foods, such as vegetables, rather than attempting to alter meat dishes to be vegan-friendly.

Religious beliefs have also entered the controversy. Many Buddhists adhere to a vegan lifestyle to achieve a healthy soul and peaceful mind. Some have spoken out against the improper naming of a dish to be upsetting.

On the other hand, individuals who choose to be vegan solely to live a healthier lifestyle, and not because of religious beliefs, tend to find altered meat dishes less of an issue. Some even believe that by having vegan equivalents to meat dishes, the transition to living a vegan lifestyle is much easier.

How A Chef Sobered Up With **Raw Vegan Gelato**



than go home, just so that she could continue drinking.

In 2011, Susan decided that she needed to make a drastic change in order to reclaim her life and health. By this point, she had sold Sbicca, left the restaurant business, separated from her husband, was diagnosed with an autoimmune disease, and felt more depressed than ever.

Susan admitted herself into Optimum Health Institute in Lemon Grove, California for a week, where she was restricted to a raw vegan diet.

Due to her extensive background in cooking, sticking to raw foods seemed a bit extreme to Susan. Although it was difficult to adjust, Susan felt a significant improvement in her health with the raw vegan diet, especially in regard to her autoimmune disease.

Wanting to continue the raw vegan diet once she returned home, Susan began experimenting with making something she truly enjoyed: gelato. She played around with different plant-based flavor combinations,

resulting in delicious vegan recipes.

She took her raw vegan gelato to farmer's markets to share with others. Soon after, an investor took interest in Susan's product, offering her a deal with Whole Foods, and she is now looking to take her gelato production to new heights.

What helps keep Susan sober today is seeing the joy her raw vegan gelato brings to others. She also no longer uses wine or liquor in her cooking, removing the temptation to drink altogether. By sharing her story, Susan hopes to inspire others struggling with issues and motivate them to seek help and reclaim their health.



A chef for more than 35 years, Susan Sbicca was renowned for her award-winning restaurant, Sbicca. She opened Sbicca in 1998 and received numerous accolades for the restaurant and her dishes. While Susan took pride in her cooking, she also struggled to cope with the stress and pressure that came along with the job.

Susan turned to alcohol, and it didn't take long before her impulse to drink took over her entire life. Her addiction became so severe that she found herself wanting to stay at work rather



Bermuda Woman Launches 'Fresh Start' Raw Eating Program

Forty-three-year-old Seleana Abrahams realized that she needed to make a drastic change in her eating habits to get her physical and mental health back on track.

She had noticed her daily energy levels rapidly decreasing, her blood pressure rising, and an array of illnesses during the cold and flu seasons. To top it all off, her impulse to snack on sugary, processed foods had gotten out of control. While she didn't think her conditions had gotten too bad physically, she knew that she was suffering mentally from her poor diet habits.

In 2014, Seleana sought the help of a Christian organization called Hallelujah Acres, which offered a six-week online program advocating a raw vegan diet. Although it was a difficult adjustment for Seleana, she instantly saw improvements in both her physical health as well as her mental and spiritual health. Not only did the raw vegan diet lower her blood pressure and help her sleep better at night, she also felt happier and more alive than ever before.

Because Seleana received such life-changing results from adopting a raw vegan diet, she set out to share her newfound knowledge and

passion with others. She founded a program call Fresh Start, which promotes eating a diet of raw vegan foods. For two hours every other Saturday, Seleana hosts a class on the benefits of raw foods, shares delicious raw and vegan recipes, and offer supports to those seeking to change their unhealthy habits. Seleana hopes to inspire others to transform their physical, mental, and spiritual health by embracing the raw, vegan lifestyle.



EAT LIKE THIS FOR LONGEVITY

Globally, Japanese women live longer than anyone else. Researchers theorize that the Japanese diet, (which is rich in pickled vegetables, fish, and fruits) is the reason why Japanese women (and men) experience extraordinary longevity. On average, Japanese women live until they are 87 years old.

A research team conducted a 15-year study to determine how Japanese nutrition played a role in the overall health on the citizens of Japan.

Those that followed the official governmental dietary guidelines (see below for examples) experienced a 15% lower mortality rate.

Foods in the diet include buckwheat noodles, rice, pickled vegetables, seaweed, Chinese cabbage, salmon, tuna, tofu, pork, persimmons, mandarin oranges and pears.

As a nation, Japan eats very well. Their diet is mostly comprised of whole foods, a habit that Americans lack.

According to time.com, "87% of Americans don't eat the

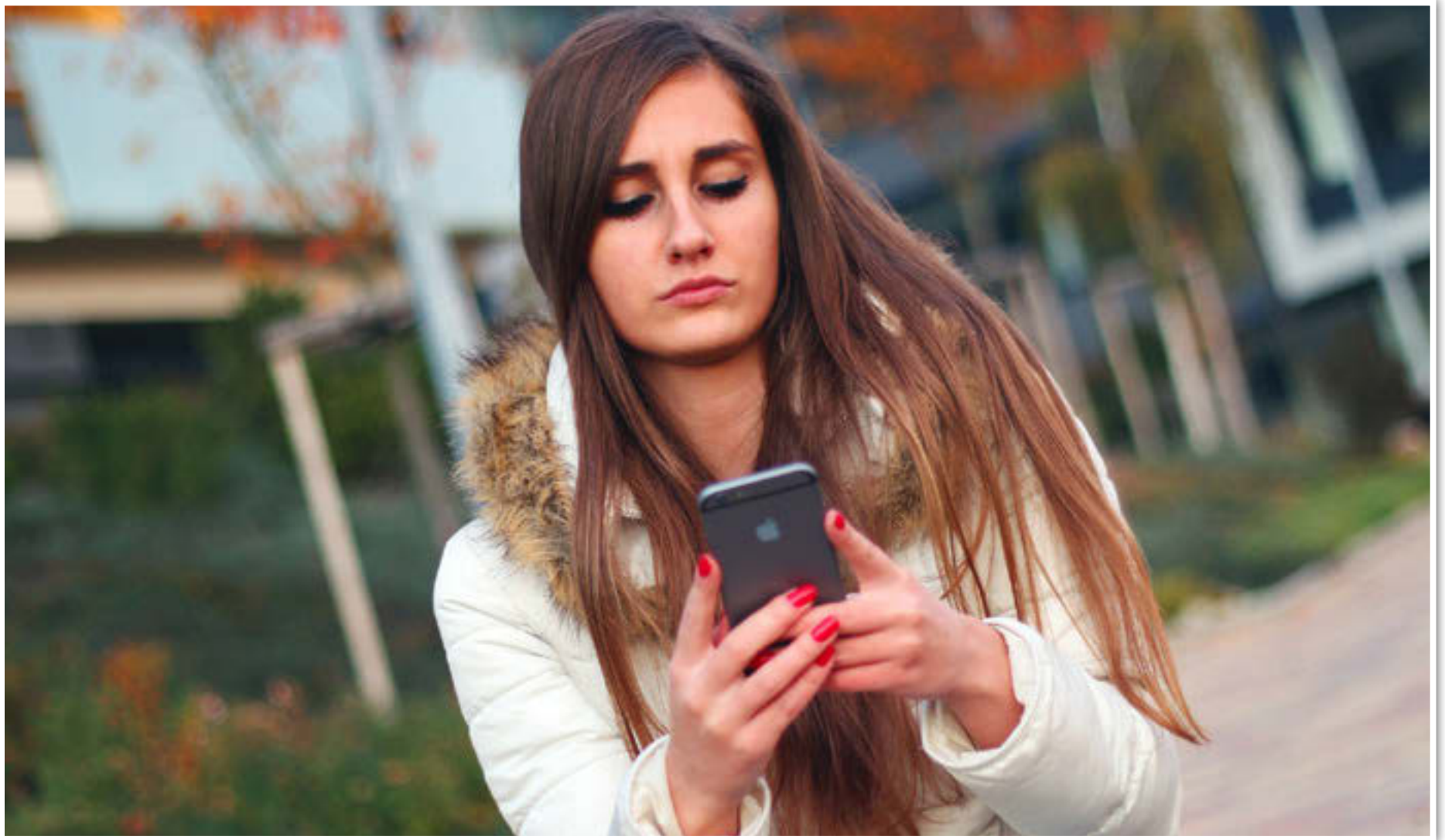
recommended amount of vegetables." Luckily, Americans have access to all sorts of international foods. Most grocery stores and health food stores are stocked with items that emulate the Japanese diet.

However, it takes more than one bite of kimchi or going out for sushi once a month to experience the full benefits of the Japanese diet.

The Japanese diet is a lifestyle and emulating their traditions in your own life may lead to a longer, healthier life.



Social Media > Sleep?



Social media is hard to avoid. Once you're in, it's difficult to escape. The constant streams of notifications send our hearts pumping with adrenaline. It's addictive and honestly, it's fun. Some of the most used social media platforms include Facebook, Twitter, Instagram, Snapchat, and Youtube.

Most of us check all of these platforms routinely throughout the day and immediately open them upon notification or update. It's the thing to do when real-life isn't entertaining enough. We can see anything or find anything we want at a moment's notice. Our phones, tablets, iPads, and even our wristwatches get the job done and get the job done quickly.

- While social media has its perks and is a fun way to kill time, there's something to be questioned about the amount of time we spend online regarding our health. In particular, regarding the way we sleep and how well we sleep.
- According to nosleeplessnights.com, researchers at the University of Pittsburgh found that 1,788 adults between ages 19 and 32 use social media for a total of 61 minutes every day. 61 minutes a day caused 30% of the 1,788 adults to experience sleep disturbance.
- Researchers aren't exactly sure why the group experienced sleep disturbance, but they hypothesize a few things may be the culprit. In particular they suspect the bright blue light emitted from devices

- and the emotional arousal received from interacting on social platforms may both prevent our minds from relaxing.
- Sleep is a vital restorative practice crucial to overall health, especially brain health. It may be in our best interest to prioritize sleep over the latest photo posted by our cousin at the beach.
- Researchers recommend turning off all screens at least 60 minutes before bed to allow your eyes and mind to relax. If you absolutely must be using a phone, tablet or computer after dark, there are free apps like f.lux that remove the blue light from your screen and gradually dim the light as you approach your pre-set bedtime. Try to get social during the daylight to get better Zzzs at night.

“New” Fruit May Prevent Alzheimer’s

A new study has been published by the University of Cincinnati Academic Health Center stating that the blueberry could be the next “superfood” in Alzheimer’s Disease prevention.

Most of us are aware that the blueberry already has a popular and positive reputation. It’s been said this little berry can lower the risk for long-term diseases like heart disease and different forms of cancer.

The most recent estimate is that Alzheimer’s disease affects 5.3 million Americans today and could triple by the year 2050.

During the study, scientists at the University of Cincinnati Academic Health Center gave 47 adults (who were already cognitively impaired therefore at risk for Alzheimer’s) dried blueberry powder equivalent to one cup of blueberries or a placebo for 16 weeks.

Researchers found that those who had the blueberry powder saw significant improvement in both brain function and in cognitive performance. MRI scans also found increased brain activity in the adults who ingested the blueberry powder.

Though it has not been confirmed that blueberries could completely prevent Alzheimer’s or other degenerative brain diseases, it is important to note the blueberry’s benefits. Including this yummy fruit in your diet, even once a week, could fortify your brain and lead to lasting benefits in your overall health.



Spring Into Color

5 IDEAS To Brighten Your World!

By Katie Peters

Despite losing an hour of sleep, there IS something positive that comes out of March's "spring forward" daylight savings time change...that's right, the season of SPRING! Because the sun sets later, we now have a longer day and more time to embrace and enjoy the daylight.

However, you don't have to be frolicking in fields of tulips to experience springtime's delight. (Even though that sounds amazing!) In fact, you can take advantage of this revitalizing season by incorporating some (or all) of these easy and inexpensive tips.

1. *Start your day with something bright.*

Try slicing up a lemon and squeezing it into a glass of chilled or warm water after waking up in the morning. The color yellow is said to be uplifting and brightening, which could be a major key in surviving another Monday at work as spring continues to bloom outside without you. Plus, it just tastes fresh and good.

Lemon water is also known to aid in digestion, clear skin, prevent wrinkles, and boost energy. These perks could be especially beneficial after a long winter. Drink up!

2. *Decorate with nature.*

Luckily there is an alternative to frolicking among tulips during the spring: fresh cut flowers. Springtime flowers typically start growing and blossoming between March and May. When they emerge from the Earth, spring flowers are normally pastel in color. Some popular flowers during spring are orchids, lilacs, peonies, cherry blossoms, tulips, and lilies. Besides the neighborhood flower shop, you can find fresh cut flowers at local farmer's markets, grocery stores, and maybe (if you've got a green thumb) your own backyard!

Instead of turning on your essential oil diffuser or lighting a candle, opt for the fresh cut flowers to freshen up your home or office instead. **Pro tip:** Trimming the stems every few days will help them last longer!



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“ Luckily there is an alternative to frolicking among tulips during the spring: fresh cut flowers. Springtime flowers typically start growing and blossoming between March and May. ”

3. Hang laundry outside to dry.

Yes – time to channel your inner Little House on the Prairie. Not only is hanging your items out to dry environmentally friendly, but your linens and clothing will literally SMELL like spring. Sun-drying clothing is also known to make your white clothing whiter and helps reduce wrinkles! Plus, you can't beat that workout. Squatting down and reaching up are two excellent examples of functional, healthy movement.



4. Open a few windows during the day.

You can get so many benefits from this small action. A great method is to open a window at the front of your home and one in the back of your home. Doing this creates a cross breeze which will keep fresh air circulating throughout the house. Also, the spring sun is less harsh than the summer sun so (depending on where you are located), opening the windows shouldn't turn your home into a sauna.

Bonus: you'll get to hear the birds chirping happily – they're excited about spring too!



5. Use essential oils to clean.

Essential oils are (rightfully) making their way around the modern health-guru's home. They are beneficial for numerous reasons and can be fun to experiment with. To brighten up your home this season, try using essential oils during your spring-cleaning routine. Scents like lemon-grass, sandalwood, tea tree, orange, eucalyptus, lavender, and peppermint are staple scents for freshening up. Also, using essential oils for cleaning is a great way to minimize and avoid the toxic chemicals contained in modern cleaning supplies.

Because these tips are inexpensive and quick, you could use all five in one day without taking too much time out of your schedule. (Unless you are spring cleaning as mentioned in tip #5!) Springtime is a great season to allow yourself to rejuvenate and brighten up your world. Be present and enjoy the season of regrowth.

STRANGE RAW FOODS

Eaten Around The World

Exotic fruits, strange sea creatures, and various types of raw meats are all part of our cross-cultural food exploration, taking us around the world. You might have seen some of these fruits in your local grocery store and wondered what they were. To try some of the other foods, you might have to travel a long way. Let's get going!

Durian

Durian is a spiky fruit with at least nine different edible varieties found in Thailand and Malaysia. Durians grow on evergreen trees. Once the fruits are ripe they fall to the ground and open up by themselves. Durian flowers are large, with a strong sour and buttery smell and produce abundant nectar. They are pollinated by bats, birds, or giant honey bees. The fruit has a strong odor that most people find offensive (to the point they are not allowed on public buses in Vietnam!). Durians are huge and can weigh up to 7 pounds. The taste is hard to describe. You either like it or hate it. The creamy coloured pulp's taste has been compared to rotten onions or vanilla and mint and everything in between. Thai varieties have less of a strong smell than Malay ones, and they also tend to taste sweeter. If you are traveling to southeast Asia, and are planning to try this exotic fruit, sometimes called 'the king of fruits', be warned, some hotels have banned it because of its strong odor. Don't eat the seeds as they are poisonous.



Cherimoya

Cherimoya or custard apple is another fruit competing for the 'king of fruits' title. It stems from South America where the Incas reserved it for royalty. It looks kind of like a green, unopened pine cone except bigger and less pointy. As the fruit ripens the skin will start to turn brown. The taste has been described as a mixture of pineapple and banana, but cherimoyas have also been compared to coconuts and mangos. If you want to experience the rich taste of cherimoyas eat them as soon as they are ripe. Alternately, you can keep them in the fridge for a few days after they ripen, but some of the flavor will be lost.



Pummelo (or pomelo)

Native to south and southeast Asia, pummelo is a citrus fruit that looks like a large grapefruit with a thicker skin. To give you an idea of its size, a pummelo can weigh up to 4.4 pounds and can have a diameter of 9.8 inches. Pummelos have a sweeter taste than grapefruits, but the nutritional value of the two fruits is very similar.



Jabuticaba

Jabuticabas grow directly on the trunk and branches of the Jabuticaba tree and that's where their other name—Brazilian tree grapes—comes from. These plum sized, deep purple fruits have a thick skin that protects the grape flavored pink or white flesh. The fruit starts to ferment within 3 to 4 days after picking, so whatever is not eaten immediately is usually made into jam. Due to its short shelf life, jabuticaba is not easy to export, so visiting Brazil may be your best bet for tracking down this fascinating fruit.



Kiwano Melon

Kiwano Melons originate from the Kalahari Desert and are also called horned melon. They are orange in color when ripe and have orange spikes. On the inside you will find a jelly-like sweet green flesh with edible seeds. Its taste resembles a mixture of cucumber, lime, and banana. Others taste a hint of kiwi along with the cucumber and banana flavors.



After all the strange delicious fruits, here are some non-vegan raw food curiosities. Many of the following foods, eaten raw in some cultures, can be appalling to our western tastes. So, if you don't have the stomach for it, do not read any further. Without going into too much gruesome details, here are more strange raw foods:

Steak Tartare

This meal served in France and some other European countries consists of raw ground beef with onions, capers, a raw egg and seasoning.



Cherry Blossom Meat

A catchy name for raw horse meat consumed in Japan. It is either served by itself or in sushi.



Shiokara

Another Japanese dish, made of the meat of different sea creatures, served in a brown, viscous sauce made of their own fermented viscera.



Sannakji

Raw tentacles of baby octopus are consumed in Korea. If you are going to try them, beware; they are still wriggling when served and there have been incidents when people choked on them.



Drunken Shrimp

This Chinese dish consists of shrimp prepared by soaking in a strong liquor (baijin) and is not without its own danger. It can cause paragonimiasis, a food-borne parasitic infection (a nasty disease that starts with diarrhea and can lead to lung problems).



Cobra Heart

In Vietnam people eat the heart of a cobra soaked in its own blood.

It is often said that dining with people is one of the best ways to get to know their culture. So when you are traveling make sure you know how far you are willing to go down experience lane. Still want to eat raw and travel?

You can always stick to fruits and veggies!



BOLD NEW ORGANIZATION TRICKS

To Save Time And Sanity At Home

Try these creative and practical ideas to organize your space in a way that will serve you best.

By Katie Peters



The arrival of spring means that it's time to recover from winter's edge and bring life back into our homes and routines. Even our most cherished spots around the home (think closets, pantries, and bathroom cabinets) can become cluttered overnight sometimes. It's time to take back control and get your space feeling great!

Now is a great opportunity to clean out and give away the nonessential and lightly used items that have been piling up around your home for months. Most of us call this "spring cleaning" but it can really be done any time of year.

Decluttering the nonessentials first makes it easier to reorganize your space as you clean. Contrary to popular belief, organizing does not have to be another chore! It can be exciting because you have the chance to create tidy spaces you love to be in!

One of the easiest (and arguably the most fun) places to organize first is the kitchen pantry. A typical pantry is home to frequently used foods and appliances. This is an important area to keep tidy. Doing so will allow you to spend less time searching for something to eat and more time enjoying nourishing and healthy foods.



Begin by eliminating any food items that are expired, close to expiration, or that you don't reach for very often. If nobody in the house likes to eat something, give it away! This step is key to the rest of the process so be sure to take the time to do it. Also, be sure to write down any items you've tossed that

need immediate replacement. Some items that we often forget to replace every six months to a year are things like baking powder, rice, lentils, ground spices, and grains. Even if you eat primarily raw foods, keeping some of the other staple items around (and fresh!) may be convenient for your family.

After taking out the trash, (you may need to make two trips!) start brainstorming what shelves will be dedicated to which pantry items. You can even sketch out your pantry on a sheet of paper and label where you'd like certain things placed. For example, imagine your pantry has six shelves. Heaviest items go on the bottom and the lightest go towards the top.

Begin with the floor and first shelf. This is best for gadgets like toasters, cast iron pans and pots, cooking and baking glassware, blenders, mixers, and other essential kitchen appliances. Again, you won't want to place heavy items on higher shelves for safety and accessibility reasons.

The next four to five shelves are the "peanut butter and jelly" of the pantry. These shelves will hold things that your household uses regularly. To better organize your space, try storing pantry items in glassware. Not only will you reduce the use of plastics in your home, but your pantry will also look sleek and tidy. Mason jars are great for storage. They're inexpensive, dishwasher safe, come

in multiple sizes and shapes, and can be found at most grocery stores.

Try dedicating each shelf to certain pantry items. For example, you could keep baking foods like dates and cacao powder together on one shelf and all oils and spices on another shelf. The order of your pantry is up to you, but be sure to organize it in a way that puts your most used items within easy reach.

The system for organizing a kitchen pantry can be applied to almost any room or closet in your house:

1. Get rid of any red flag items. Items like expired makeup or clothing that doesn't fit.
2. Plan your reorganizing "attack." You can do this by drawing the space on paper and labeling your plan.
3. Go in with mason jars, baskets, or bins and get tidying!
4. Label all containers and bins so you (and anyone else in the house) will know exactly where to return something after they use it!
5. Step back and smile at the beautiful transformation!



An organization project may seem stressful at first, but they're always worth the time. Start with something easy like a kitchen pantry and work your way towards tougher and longer projects like a bedroom closet. And remember, it's fun! Open the windows, put on some music, and celebrate the season while you organize!

How To Use Food To Build A Closer Family

By Andrea Magotsi-Nagy

We all recognize the important role family traditions play in creating meaning and connection, especially in this rushed, stressed world we live in. Celebrating in a way that is meaningful to you and that reflects your family's values may require creating new family traditions. Why not foster a sense of togetherness with some new food traditions?

Creating an Edible Mandala

Is there a family birthday coming up and you have no clue how to make it special? Why not create an edible Mandala from colorful fruits and vegetables! If you're doing this with small kids prepare the fruits and vegetables ahead of time by cutting them into bite-sized pieces. Then, all they have to do is arrange them on a big circular tray to create a beautiful design. When older kids are involved or you're just doing it with your friends you could make preparing the fruits and vegetables part of the fun. People might be tempted to snack on your artistic medium, so be sure to have extra.



Get your Kids Hooked on Raw Food - Un-cooking Together is the Best Way

Once I was invited to my sons class to talk about my profession. At the time I was working at a raw food restaurant. I brought my spiralizer, apple peeler and slicer and my dehydrator along. First we made zucchini spaghetti with the kids. They all wanted to have their turn, and when it came to trying the food, I've never seen so many children wanting to eat zucchini. Then came the apples — peeled and sliced in a jiffy. Again, every one of them lined up to help. While we were placing the apple slices on dehydrator sheets they had question upon question about raw food. Here they needed to be patient and wait for the apple slices to turn into crisp apple chips, but when I picked up my dehydrator a few days later they were all bright eyed and many of them told me they wanted to be raw food chefs.

• Grow Sprouts Together

- For children there is a certain magic in watching life
- emerge from a dormant seed. Adding the sprouts you
- grew together to your salads, soups or sandwiches not
- only adds a whole array of nutrition, but also makes your
- food look fancier. Mung beans and lentils are especially
- good seeds to start with if you're sprouting for the first
- time. They are easy to sprout and don't take long—about
- 3 to 5 days is all they need. Here's how you do it: If you
- have a dedicated sprouter or a sprouter jar feel free to use
- that, but if you don't, all you need is a wide mouthed jar
- and some cheesecloth. (Try to get unbleached cotton.)
- Soak about 1/3 cup of seeds overnight. The next day, rinse
- two or three times until the water is clear. After that all
- you need to do is rinse the sprouts twice a day and watch
- them grow. When their tails have reached about quarter
- inch in length, your sprouts are ready.





“Adding the sprouts you grew together to your salads, your soups, or your sandwiches not only adds a whole array of nutrition, but also makes your food look fancier.”

Plan Menus Together

Personally, I've never been good at creating menu plans and sticking to them, but I know the importance of routine in the life of children. Even if your menu plan is quite general, it helps kids to know that Monday is wrap day, Tuesday is soup and salad day, and so on. You can make this as creative as you'd like. If you have pictures of your favourite recipes you can glue them into your menu plan. You can also have two or three different menu plans that you can switch up for more variety. I would suggest leaving a day for trying new recipes, and of course you can always modify your plan if you're going out or there's a special occasion. If you ask your children for input they are more likely to be happy with their meals.



Family Gardening, Family Bonding

Gardening is fun for all ages. If you don't have your own garden, join a community garden or at least grow herbs in a pot on your balcony or patio. If you are gardening with children make sure you have tools for them that are their size. Planting seeds, nurturing seedlings, observing how they grow, and harvesting them from your own backyard is an experience that cultivates wonder. Don't just grow veggies, add some flowers for beauty. Gardening helps you slow down, get away from your TV or computer and connect with nature. It also teaches responsibility to your child. There are lots of great gardening books out there. Grab one and get ready. Spring is upon us, so now is the time to start.

ESSENTIAL OILS

For Your Body and Mind

The authentic aroma signature of every plant species is captured in its scented juices known as essential oils—the hyper-luxurious products plants provide us with. Although produced in very small amounts (they account for around 1% of total plant weight), essential oils serve multiple functions for plants. By releasing scent, plants are forming complex network of signals detected by various recipients: pollinators, other plant species or herbivores. Apparently,

they are not smelling great just for our satisfaction. Although not as gifted as animals in the smell department, our nose is still quite an impressive organ. The sense of smell in humans is 10,000 times more sensitive than the sense of taste, enabling us to distinguish thousands of different aromas and detect extremely small amounts of smell. Smells have an amazing ability to play with our brain, following complex pathways, evoking old memories, boosting mood, triggering relaxation, excitement, feelings



of warmth, freshness, and even easiness of breathing. We have all experienced time travel into the past after smelling a specific fragrance. Our sense of smell or olfactory sense is linked to the part of our brain that deals with emotions and memory. When we experience olfactory déjà vu, our brain recognizes the scent long before we have processed it cognitively.

The scientific community reports that smelling potential is associated with mental and physical well-being. This means the healthier you are, the more sensitive your smell is. There are strong indications that certain mental disorders are linked to olfactory deficit. So, don't take your sense of smell for granted!

Reducing Child Birth Anxiety

Besides pleasing your nose, essential oils are known to induce sedative effects. Some of them, such as the essential oil of coriander seeds, are in the range of diazepam by potency [1]. Another interesting study reveals that inhaling certain fragrances is an efficient way for women to relax during labor. Nowadays there is even a diagnosis for panicking during labor called "child birth anxiety." If you are expecting (or know someone who is), supply yourself with orange and geranium essential oils. They are very efficient in reducing child birth anxiety [2; 3].

Anti-Depression Scents

The scents of basilicum, rosemary, lavender and lemongrass have been shown to be effective sedatives and therapeutic in relieving anxiety and tension [4; 5; 6; 7]. Inhalation of certain scents can elicit antidepressant-like effect, improve memory, mood, cognitive tasks and aid prevention of neurodegenerative diseases [8; 9]. Although everyone should be guided by his or her personal preference, there are some scents that are universally pleasing like mint, thyme, grapefruit, lemongrass and lavender. Those scents, associated with increasing lightness and clarity, are great to start with if you are a beginner.

Dilute Your Essential Oils

Since they are highly concentrated and potent mixture of active compounds, essential oils should never be applied directly on the skin but always diluted in a carrier oil (jojoba, avocado, sunflower, coconut, sesame, borage, castor, sweet almond oil).

Scalp massage with essential oils

One of the best ways to use essential oils is to give yourself a scalp massage. Take 30 ml of carrier oil (we recommend sunflower or sesame oil) add 2 drops of mint and 2 drops of thyme essential oil. Massage your scalp with it for 5 minutes and you will instantly feel refreshed like you have just washed the dirt off your brain if that were possible.

Stress relief

To relieve stress with essential oils choose sage, rosemary, lemon grass and grapefruit essential oil, individually or blended. Add few drops to a candle or clay diffuser and breathe deeply. Smelling the right aroma certainly can help you relax, ease stress, avoid panic attacks and achieve comfortable breathing. Many people relate these clarifying and uplifting fragrances with the feeling of entering a crystal clear mountain lake or enjoying a spring sun.



Treating Cold Symptoms

Another way to enjoy essential oils is via inhalations, to ease the symptoms of the common cold, flu, cough or throat pain for which oregano oil has shown the most promise. Oregano oil is devilishly strong therefore 1 drop is more than enough for 1 liter of water. Oregano essential oil is extremely beneficial to your respiratory system, being among the strongest antibiotics in nature. It also has antiviral and antifungal properties.

Essential Oils For Beauty

There is no better way to enrich your beauty routine than by incorporating essential oils. These concentrates of plant-made bioactive compounds can improve your complexion, heal skin issues and slow down the aging process. They just need to be used in the right quantities and carefully chosen for your skin type.

Moisturizer For Eczema

Take 30 ml of unrefined borage oil, add 3 drops of frankincense and 3 drops of geranium essential oil. This is a win-win combination for treating redness prone skin and eczema, although normal skin types will enjoy it, too.



Anti-Aging Moisturizer For Dry Skin

Take 30 ml of unrefined sesame oil, add 3 drops of ylang ylang and 3 drops of neroli essential oil. This is an anti-aging youth elixir with incredibly complementary notes of exotic ylang ylang and vitalizing neroli.

Moisturizer For Acne And Oily Skin

Take 30 ml of jojoba oil, add 1 drop of oregano and 2 drops of tea tree oil. If used regularly it will improve your complexion significantly.

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Flawless Face Masks

for every skin type!

By Dusanka Krasic

Many hibernating animals spend early springtime searching for detoxifiers after winter months. This instinctive cleansing approach happens every year after the winter months. After inactive periods, animals tend to look for strongly scented, bitter tasting, liver-friendly herbs, which are packed with potent detoxifying compounds that have an anti-inflammatory and detoxifying effect. Many mammals eat large quantities of these detoxifying herbs for a period of time before returning to their normal diets. Let's steal a bit of Mother Nature's wisdom and include some bitter plants in healing and refreshing our faces!

BONUS: Face masks are far more effective if you steam your face prior to applying the mask. Leaning over a hot bowl of chamomile or calendula tea is an excellent choice.

FOR DRY SKIN

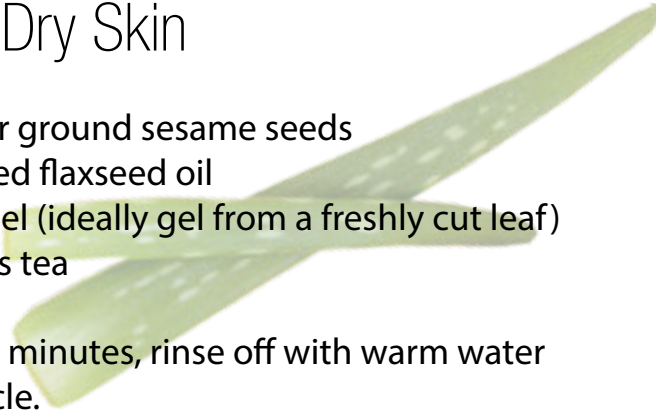
If your skin is dull, dry and flaky you need your face mask to give your skin proper nutrients and moisture. Sesame seeds contain skin-loving nutrients like magnesium, calcium, copper and manganese. They also contain zinc, which is essential for collagen synthesis and skin elasticity. In the spirit of holistic health, be free to taste some sesame as you enjoy this mask.

The key ingredient in this mask, flaxseed oil, has a surprisingly high content of omega-3 fatty acids, crucial for regulating inflammation. If you have dry skin, just dip yourself in flaxseed oil whenever possible.

Aloe vera is the absolute queen for treating skin issues. It is exceptionally hydrating and has a broad range of therapeutic benefits. Aloe fights off many types of skin inflammations and eliminates bad bacteria that grow on your skin. It is also rich in vitamin E, a famous wrinkle fighter.

Due to its sedative properties calamus root has a very calming effect on the skin, providing almost instant relief for a variety of skin conditions. No wonder, considering its reputation as a pain reliever in traditional folk medicine.

Face Mask For Dry Skin

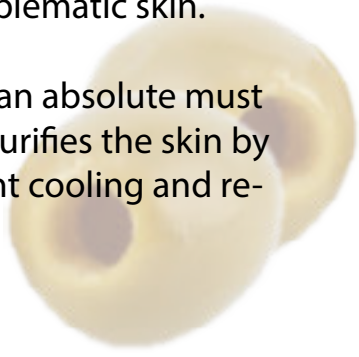
- 
- 1 teaspoon of tahini or ground sesame seeds
 - 1 teaspoon of unrefined flaxseed oil
 - 1 spoonful aloe vera gel (ideally gel from a freshly cut leaf)
 - 1 -2 spoons of calamus tea

Leave this mask for 20 minutes, rinse off with warm water and observe the miracle.

FOR OILY SKIN

Oily skin can certainly still be dehydrated. Excessively oily skin indicates that your endocrine system is disturbed or imbalanced. You definitely should take a few sips of tea while preparing your mask. This powerful face mask recipe is remarkably beneficial for oily and problematic skin.

Green clay is skin's vacuum cleaner and an absolute must in your oily skin care routine. It deeply purifies the skin by drawing out all the toxins with a pleasant cooling and re-





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Green clay is skin's vacuum cleaner and an absolute must in your oily skin care routine. It deeply purifies the skin by drawing out all the toxins with a lovely cooling and restorative effect.

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storative effect. It is a great antiseptic which does wonders against skin inflammation.

Oregano herb has the strongest known antibacterial properties of all medicinal plants. It is a very potent medicine for acute and chronic skin conditions. It is extremely pungent, thus a very mild version is recommended for topical application. Jojoba oil is one of the rare oils beneficial to oily skin. It balances out the oiliness by removing excess oils while moisturizing at the same time. Jojoba oil actually deceives the skin by signaling it has already produced enough oil.

Yarrow is quite something. It is undoubtedly a woman's herb, excellent for regulating hormonal imbalances (please sip some yarrow tea if you are a woman who experiences hormonal imbalances). Legend has it that yarrow was used by old Italian brigands for wound healing. If it was good for healing traumatic wounds, it can surely help to heal your zits. If you don't trust the brigands, yarrow's efficiency in fighting skin infections and wound healing has been validated by science [1; 2; 3; 4].

Face Mask For Oily Skin

1 teaspoon powdered green clay
1-2 spoonfuls of oregano tea (diluted)
2-3 drops of unrefined jojoba oil
1 teaspoon powdered yarrow (can grind in coffee grinder)

Leave on this mask for 10-15 minutes (don't wait for clay to completely dry), then rinse off with lukewarm water. There you go! Instantly fresh and renewed skin.

FOR NORMAL SKIN

You may think normal skin needs no special treatment, but even normal skin types react to environmental changes and need attention after sedentary periods or weather changes.

Avocado oil is a perfect moisturizer, anti-aging wonder and an excellent choice for achieving an enviable glow. Green tea is the anti-puffiness agent, antioxidant and energy boosting ingredient in this mixture. A squeeze of lemon can help in fading sun spots or freckles if you have any. Lastly, valerian! Yes, I know valerian is mostly used to treat insomnia, depression and anxiety. However, plants with a sedative effect on the brain tend to have a similarly soothing affect on your skin. Enjoy this anti-stress facial with calming valerian herb.

Face Mask For Normal Skin

1 teaspoon unrefined avocado oil
1/2 teaspoon green tea, ground
2-3 drops lemon essential oil
1 spoonful valerian herb, ground

Leave on this mask for 20 minutes, then rinse off with lukewarm water. Voila! You still have your normal skin, just an improved and more nourished version!



A portrait of Laura Bocianski, a woman with long, wavy brown hair and bangs, smiling and resting her head on her hand. She is wearing a dark blue long-sleeved shirt. The background is a blurred outdoor setting with stone steps and greenery.

From A Traumatic Brain Injury

To A Career Helping Others

Health Coach and Trainer,
Laura Bocianski shares the
lessons she learned about
health, fitness, and self-love
along the way.



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Food as Medicine

Green Garlic

By Douglass Hue

In folk and alternative medicine, garlic has earned a position of honor and is recognized as a standard for therapeutic use. Green garlic is the season's first garlic we get to munch on. It is less tangy in flavor than its mature substitute, thus can be enjoyed in larger portions.



When it comes to garlic, you are either a fan or a foe of its pungent lingering smell and flavor. If you are in the second category (called a *aliumphob*) you are missing out! There is anecdotal evidence that chewing mint leaves or sipping apple cider vinegar may help neutralize the smell of garlic. But if you really can't stand the stuff, at least mosquitos don't like it either and will stay far away.

Garlic has been called a "panacea" in the herbal medicine world, meaning "the universal medicine" or the "cure all." Garlic is known for exhibiting healing powers and has been a wildly popular plant throughout history. It is painted on the walls of Egyptian temples, was used by Hippocrates himself, by Japanese and Chinese alternative gurus, and widely used by Africans, Europeans and Indians [1; 2].

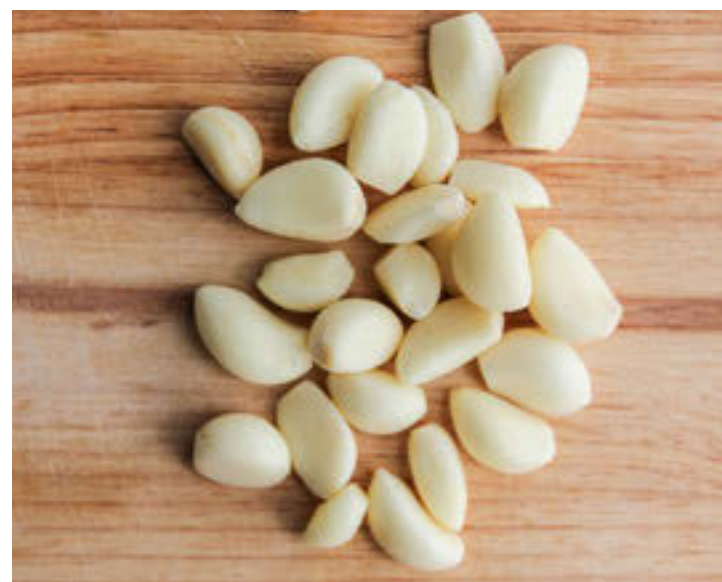
Throughout history, garlic was used to treat health conditions ranging from

athlete's foot to deadly epidemics like the plague, cholera, dysentery and tuberculosis. This ninja plant kills the vast majority of hostile microbes and modern science continues to support its use by affirming its anti-inflammatory, anti-viral, anti-fungal and anti-tumor potency [3].

In light of it's healing potential, people have started using garlic in every imaginable way. For clearing a stuffy nose and alleviating breathing distress, a clove goes up in the nostrils.

In case of an ear infection, just stick one smashed clove in the ear and leave it overnight. You will not hear a thing but once you pop it out the next morning you are cured from a painful earache.

Garlic is also used for treating vaginal infections. Yep, you guessed it. Just put a clove right up there where it is left to spend the night. For this purpose it is advisable to use a larger clove to prevent it being lost and



avoid an embarrassing trip to the gynecologist.

In case of severe intestinal candidiasis, smashed and pureed garlic is mixed with some vegetable oil and placed in the freezer in small containers. Afterwards it can be inserted in your rectum overnight. Although these traditional recipes may sound quite repulsive to you, they are really effective and scientifically supported. But, please don't go sticking garlic anywhere before consulting your doc.



One smashed clove of garlic has more flavor than 10 thermally processed cloves.

The garlic plant is believed to be an aphrodisiac. How on earth can garlic be arousing with that vampire-killing smell? Well, garlic acts as a peripheral vasodilator, increasing the blood flow to extremities making sexual arousal easier to attain. In one study, even three months after giving garlic extract to mice they had significant increases in the weight of seminal glands (where they secrete fluids which fuel the sperm), epididymis (a tube where sperm cells mature) and sperm count was increased [4]. Who says science is no fun?

In some cultures, garlic is used as a talisman due to belief it chases away evil forces. There is a saying, stay right with me, "just keep me away from the nail and I will keep you away from evil". Yes, this bizarre saying is actually all about garlic. According to the myth, garlic should never be peeled with nails as it was believed to make garlic lose its powers.

Other aboriginal groups also believed that snakes run away from the smell. Still another interesting folk belief is that babies sleep better with garlic hanging above their head. For that reason people braid necklaces out of garlic to hang above the cradle.

Now back to science. An interesting study showed that garlic is beneficial to nursing women by increasing the baby's appetite. Garlic contains around 200 active compounds with far-reaching health benefits. Its distinct smell is owed to sulfur compounds released when crushing or pressing garlic. One of these compounds, called allicin, is a major antioxidant with great antibacterial, antiviral, antiparasitic and anticancer properties. Allicin is also responsible

for reducing high blood pressure and incidences of the common cold [2]. Garlic is an excellent detoxifier known to boost the lymphatic system and accelerate the expulsion of toxins from the body. The association between garlic consumption and reduced risk of cardiovascular diseases has been confirmed [5; 6; 7].

Anti-obesity properties of garlic have also recently been confirmed [8; 9; 10]. Due to its high antioxidant makeup, garlic provides efficient protection against oxidative damage and since it



contains selenium (an element scarce in food) its an excellent anti-aging remedy.

As with most other foods, it has the best properties when eaten in a raw, unprocessed state. Garlic aids digestion, increases liver and gallbladder functions and prevents neurodegenerative diseases. It also reduces bloating and gas, so add it to all your favorite dishes!

10 Things You Didn't Know About Garlic

- 1. If you place garlic under the microscope you will notice a sterilized circle around it. Remarkable**
- 2. Garlic is much healthier when sprouted**
- 3. In ancient Greece, brides often carried flower bouquets decorated with garlic**
- 4. Garlic can prevent baldness. If you are having problems with hair loss, massage garlic oil into your scalp, leave it for at least half an hour then rinse off. Repeat 2x per week.**
- 5. Garlic is an effective remedy for ulcerative acne. Cut the garlic clove in half and touch (not rub) the peak of your acne with it.**
- 6. Garlic is an excellent pest repellent. Make a natural pesticide spray using some vegetable oil, water, liquid soap and garlic.**
- 7. One smashed clove of garlic has more flavor than 10 thermally processed cloves**
- 8. The smaller the cloves, the greater the aroma intensity**
- 9. Rub your feet with garlic in order to chase away mosquitoes. Your skin will absorb it and release the smell repulsive to them**
- 10. Garlic can chase away vampires & evil (according to some beliefs).**

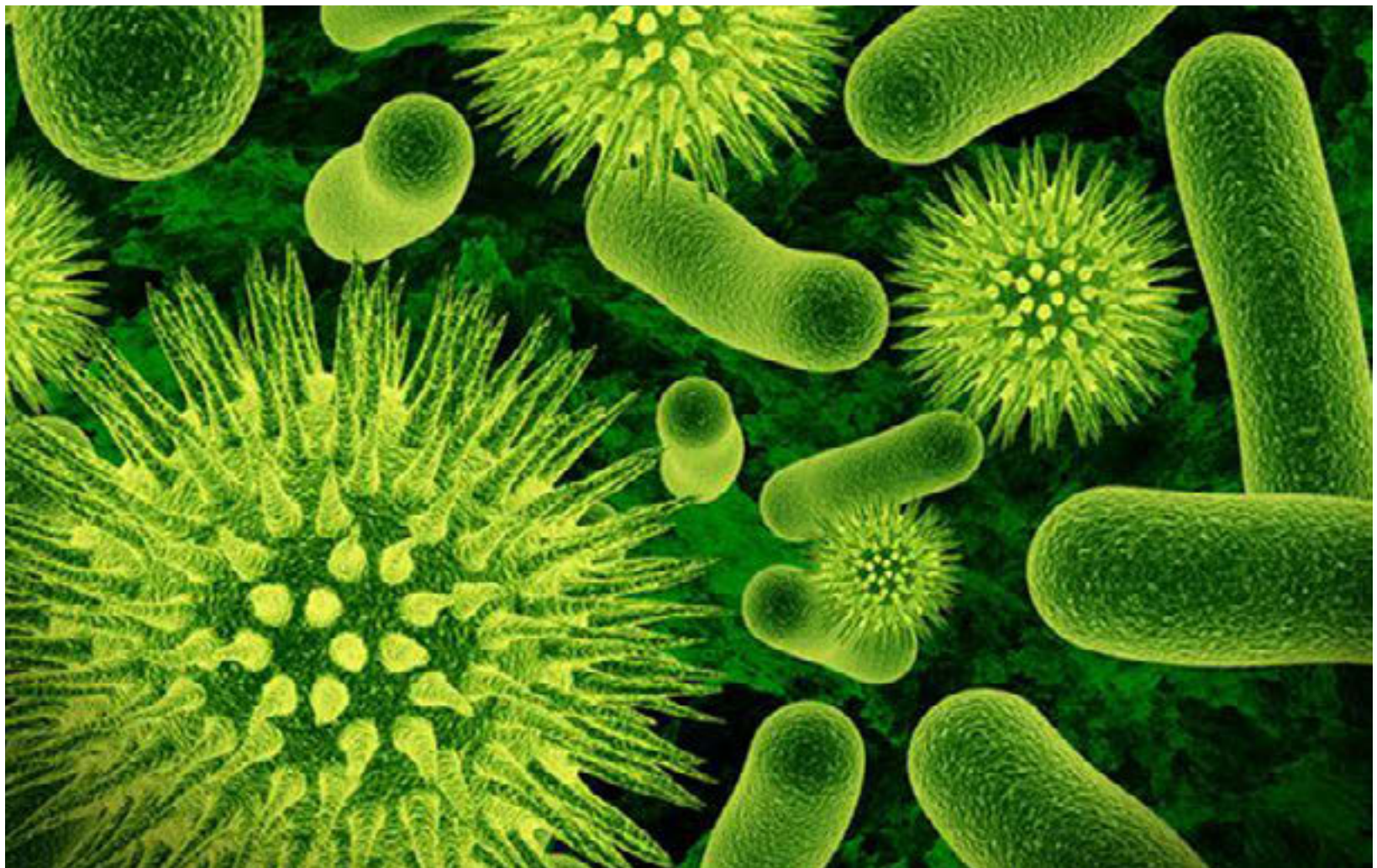


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The **FRIENDLY BACTERIA** That Supports Your Ideal Weight (+ Recipe!)

By Katie Peters



We've been taught to fear bacteria and stop it from getting in and around our bodies. So much so that you can find antibacterial "stations" featuring gels and wipes as you enter most grocery stores, malls, and doctor's offices.

While precautions like these that teach cleanliness and illness prevention are important, they can lead the to a bit of misunderstanding about bacteria.

In fact, bacteria in the body can be friendly AND can also be good for you! Our bodies need good bacteria to survive and to prevent illness.

Hippocrates stated that, "All disease begins in the gut." All things considered, the man could be onto something.

See, our gut holds most of our body's bacteria—both the good and bad kinds. But, the overpopulation of bad bacteria can cause a multitude of negative side effects such as weight gain and difficulties maintaining ideal weight.

The answer to this frustration is good bacteria, aka probiotics.

Probiotics help balance the gut and the digestive system, allowing your body to digest what is not necessary for



Keeping yourself regular with probiotic use is a manageable way to support your ideal weight.

your immune system while holding on to what your immune system needs.

The best sources of probiotics typically come from food, especially raw and fermented foods. These foods are frequently used in traditional diet cultures. Traditional diet cultures consume foods like raw and fermented sauerkraut, natural yogurts, aged cheeses, fermented vegetables like pickles, carrots and beets, and kimchi. You can also find beneficial probiotic bacteria in beverages like kombucha and milk kefir.

To further your quest for balancing your gut and supporting your ideal weight, you can supplement with probiotic capsules. Keep in mind, probiotic capsules work best in conjunction with probiotic-rich foods in your diet.

Another positive effect of eating probiotic-rich foods is that they can assist in treating digestive upset, difficult bowel movements, and help achieve regularity within the bowels. Keeping yourself regular with probiotic use is a manageable way to achieve your ideal weight.

Though it may not seem connected, an imbalance of hormones can also cause frustration and difficulties in maintaining your ideal body weight. Emphasizing probiotics within the diet can help balance the gut and prevent that yo-yo feeling of fluctuating body weight.

The bottom line is that your best asset in achieving your ideal weight may be the exact opposite of what you normally think it is—food!

Making your own versions of probiotic-rich foods like raw yogurt, kefir, or pickled veggies, is relatively easy and inexpensive.

One of the easiest recipes to begin with on your own is raw sauerkraut. Raw sauerkraut is very versatile and quick so you can make multiple jars with different flavors and still get the same probiotic benefits.

For a traditional raw sauerkraut you'll need:

cheese cloth
rubber bands
(2) 16 ounce mason jars

Make your own sauerkraut.



one medium-large head of cabbage (green or purple)
2 Tablespoons Himalayan pink salt
1 teaspoon caraway seeds
+any additional vegetables if desired
(Some good vegetables to add in are carrots and garlic.
eApple works really well in raw sauerkraut, too!)

Instructions:

Slice the entire cabbage into thin strips. Toss half of the sliced cabbage in a bowl with one Tablespoon of salt. Using your hands, begin to massage the cabbage so that water begins to release out of it.

Continue to massage and release the water while slowly adding in the rest of the cabbage, as well as any other vegetables or fruit, the rest of the salt, and the caraway seeds

Keep massaging until the liquid released is enough to cover the mixture.

When you are confident that the mixture is ready, pack the mason jars evenly leaving 1 inch of air at the top. You want to be sure that the mixture is submerged completely by water – under the water is where the fermentation takes place.

Cover jars with cheesecloth and secure with rubber bands.

Store raw sauerkraut in a dark, cool place.

Check on the raw sauerkraut everyday for at least two weeks. Again, be sure that the mixture is completely submerged in liquid for the full fermentation period.

After two weeks, the raw sauerkraut should have achieved appropriate fermentation. Now you can taste test, place a lid on the jar, and move it to the refrigerator. It will keep well for many months and will no longer ferment once it has a lid and is refrigerated.



Instant Gratification Plants

for the impatient gardener...



If you would like to try your hand at growing your own food, but don't have the patience to wait an entire season to harvest your crop, we've got just the greens for you—microgreens!

These are tiny forms of edible greens and some of them are ready to eat in as little as seven days. Most varieties will take no more than 14 days before harvest. Sprouts grow even more quickly, but sprouts are germinated seeds grown hydroponically. If you have sprouted seeds at home, it's time to take the next step, get your hands dirty and try microgreens!

First, let's take a look at these miniature edible greens. Microgreens are harvested between sprout stage and

- baby green stage. Typically their flavor resembles that of the mature plant and they are much more flavorful than sprouts. They contain, on average, about six times as much vitamin C, carotenoids, and vitamin K than the mature plant. Microgreens are also rich in chlorophyll and are an excellent source of protein.

• Which Microgreens Should I Grow?

- Sunflower shoots and pea shoots are among the most popular, fastest growing microgreens, ready in about 7 to 10 days. On the other end of the spectrum you will find carrots, dill, chives, fennel and onions. These take 4 days before you see any sign of sprouting, so they require a bit more patience on your part.



How Many Seeds Do I Need?

The best way to estimate out how many seeds you need is to spread the dry seeds evenly and densely at the bottom of the tray you will be using. Peas will yield about 1 to 2 pounds of shoots per 2 1/2 cup of seeds.

So now that you are excited about microgreens, let's get to growing them. This is what you will need:

- 2 trays with drainage (about 20 inch x 10 inch)
- Seeds of choice
- Spot with good light
- Good quality potting soil (preferably organic) or compost

How To Grow Microgreens

1. Soak seeds overnight (8-10 hours)

Some of the smaller seeds, like amaranth, radish, or arugula can be planted without soaking.

2. Strain, rinse and leave in drainer for 24 hours, until seeds start to germinate (you should see tiny white tails)
3. Fill one tray with 1-2 inches (approx. 2-5 cm) of damp soil and press it down.
4. Spread seeds evenly without letting them overlap
5. Place second tray on top to keep the moisture in
6. After 24 to 36 hours remove the top tray. By this time you should have little shoots, pale or yellowish in color.

- For stronger microgreens, try this little trick from *Rejuvenating Spring (Burlington, Ontario)*: When you are placing the second tray on top of the seeds, place some weights on top. After 24-36 hours the seeds should be pushing up and lifting the top tray. This makes for buff microgreens!
- 7. Place your tray in sunlight (or in winter in full spectrum light) and watch the shoots turn green.
- 8. Water once every day OR mist 2-3 times per day.
- Your microgreens are ready when the first set of true leaves are starting to form. That's all there is to it!
- Once you have harvested your shoots, you can store them in a ziplock bag in the fridge for 5 to 7 days.
- Spring is in the air, now is the time to start growing, but the beauty of microgreens is that you can grow them all year round. Use them in salads, on top of soups, in Nori rolls, or just graze on them. Enjoy the freshness!

Tips For Sunflower Shoots

- For the best sunflower shoots, use these tips from Lisa Mumm: If you want crunchier shoots, let the roots grow in about 1/4 inch of water. Once you are almost ready to harvest your sunflower shoots, place a sheet of plastic over them. Condensation will soften the hulls, and they will fall off by themselves. If you forgot to do this, you can always rinse the shoots in a bowl of water to remove hulls.

BOLD NEW Flavors



BRIGHT & SPICY MANGO SPREAD

By Nora Andrasi
IngeniousCooking.com



Ingredients:

100g or 3/4 cup almonds,
soaked overnight
1 mango, diced in cubes
(about 300g)
juice of 1 lime
1 teaspoon ground
turmeric
1/2 teaspoon ground cinnamon
2 Tablespoons of coconut oil
a few leaves of fresh cilantro



DIRECTIONS

Simply toss all ingredients in a food processor, pulse a few times to homogenize and mix well until fairly smooth. If your food processor is struggling, you can add an extra tablespoon of coconut oil.



Nora Andrasi
Ingeniouscooking.com

I'm Nora: creative foodie, ex-PCOS patient, mom of a little baby girl, scientist, coffee lover, avid traveller to name a few things that come to mind.

RAW THAI PINEAPPLE PARSNIP RICE

By Janet Malowany
Tastespace.wordpress.com

Adapted from Rawmazing

Ingredients:

2 large parsnips
1 large carrot
1 cup pineapple, diced
1 cup cucumber, diced
1/2 cup scallions, thinly sliced
1/4 cup dried currants
juice from 1 lime
1 Tablespoon mild curry powder
1/4 cup cashews
Salt and pepper to taste



Janet Malowany
Tastespace.wordpress.com

My name is Janet and welcome to my life, as experienced through food with a side of fitness and gardening. By day, I am a physician in Toronto after living for a year in Houston, Texas.

DIRECTIONS

Use a food processor with the S blade to finely chop the parsnips and carrots until they look like small pieces of rice. Place in a bowl. Add all remaining ingredients except for the cashews and stir to combine well. Add cashews just prior to serving.

Serves 2 as a main, 4 as a side.

JALAPEÑO CILANTRO SAUERKRAUT

By Danielle Johnson
Fermentedfoodlab.com

Ingredients:

1 head of cabbage, shredded
1 Tablespoon of sea salt
4 jalapeños, seeds removed
for a medium spice or leave
the seeds to make it spicier.
2 cloves of garlic
½ cup of cilantro
½ onion
Quart size mason jar
or fermentation crock

DIRECTIONS

Pull 3 outer leaves off the head of cabbage and set aside. Shred the remaining cabbage in a food processor, mandolin or chop with a knife. Add it to a big bowl.

Sprinkle the cabbage with sea salt and mix and massage the sea salt into the cabbage for about 5 minutes.

Set the cabbage aside and let it sit for 15-20 minutes so the sea salt has time to draw out the liquid and make the cabbage soft.

Meanwhile, remove the seeds from the jalapeños for a medium heat or leave them in for a spicier kraut and add them to a food processor. Be careful when handling the peppers, because they can burn and irritate the skin and eyes. Wear gloves when handling them and wash hands immediately after.



Add the garlic, cilantro and onion to the food processor and process until the ingredients are finely minced. If you don't have a food processor, finely chop with a knife. Set aside. Go back to the cabbage and mix and squeeze the cabbage with your hands again. If liquid comes out when squeezed then it is ready for the next step.

Add the jalapeño mixture to the cabbage and mix it all together. Use your hands only if you wear gloves, otherwise use a spoon.

Pack the cabbage in the mason jar tightly with either a gloved hand or a vegetable pounder. Push it all the way down until it submerges in its own juices (this is the brine).

Repeat this until there is about 1½ inches of space from the top of the jar.

Roll up the leaves and place them in the jar to push the cabbage under the brine.

Screw on the jar loosely so gas can escape as fermentation takes place. Set on the counter for 5-7 days in a cool, shaded place. Place a plate under the mason jar in case it bubbles over and makes a mess.

During fermentation the sauerkraut will bubble a little and become cloudy. If scum appears, remove it with a spoon.

Remove the rolled up cabbage leaves and toss in the garbage before eating.

Store in the fridge.



Notes: You can also use fermentation weights to hold the cabbage under the brine instead of the cabbage leaves.

Caution: Some people are sensitive to peppers and should handle them while wearing gloves to avoid skin irritation.

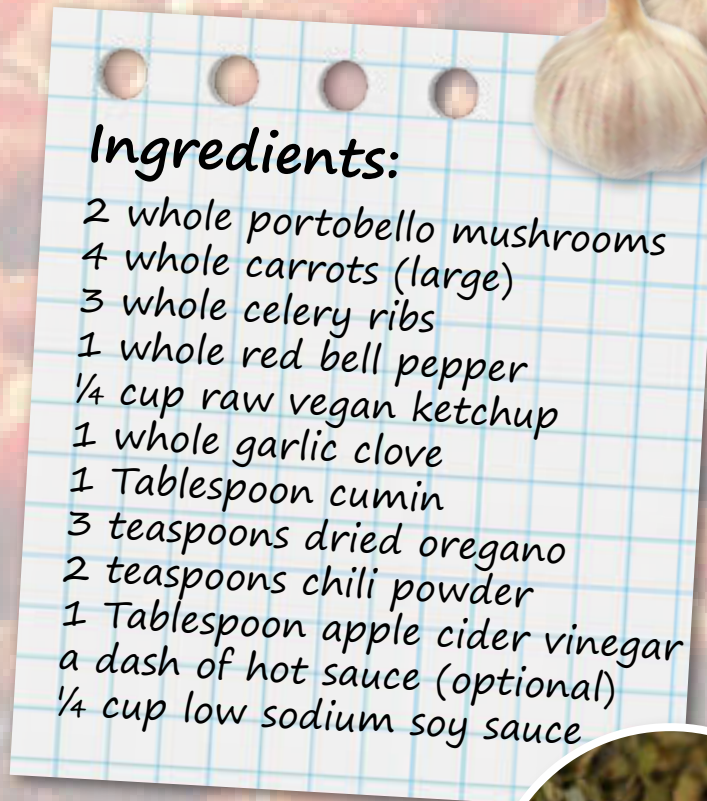


Danielle Johnson
Fermented Food Lab

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

FAT-FREE RAW CHILI

By Lindsay S. Nixon
Happyherbivore.com



DIRECTIONS

Remove bottom stems from portobellos and discard. Break mushrooms in half, or quarters and place into your food processor. Pulse roughly 25 times or until the mushrooms look like ground up meat bits.

Transfer mushroom bits to a large mixing bowl. Cut carrots in half or quarters and place in food processor. Pulse about 15 times, or until chunky. Transfer to mixing bowl. Cut celery into thirds and place in food processor. Allow motor to run until celery is completely minced. Transfer to mixing bowl.

Cut away top and seedy center of red bell pepper, then chop into four equal parts. Place in food processor and allow motor to run until completely minced. Transfer to mixing bowl. In a small food processor or blender, combine remaining ingredients with 2 tablespoons of water and allow the motor to run until it's well combined and the garlic clove is pureed (you might want to start with 1-2 tablespoon(s) soy sauce and add more to taste).

Add puree to mixing bowl and stir to combine. Taste, adding more soy sauce and/or hot sauce to taste. Serve immediately.



Lindsay S. Nixon
Happyherbivore.com

See how easy a healthy, home-cooked dinner can be with the fastest and most popular dinner recipes from Meal Mentor. Happyherbivore.com

SPICY TOM YUM COCONUT NOODLES

By Juliane Porter
StyleNectar.com

Ingredients:

2 cups "no-chicken" or vegetable stock
1 stalk fresh lemongrass, thinly sliced into rounds
1 inch piece fresh ginger root, thinly sliced
1 large clove garlic, minced
1 teaspoon thinly sliced medium-heat red chili pepper + extra for garnish (seed & devein for less heat)
12 oz kelp noodles, rinsed and drained
1 or 2 strips wakame seaweed chopped into 2 inch pieces
2 cups thinly sliced shiitake mushrooms
2 cups raw coconut milk**
1 Tablespoon raw miso paste
1 Tablespoon raw honey
1 teaspoon coconut aminos or tamari
1 1/2 - 2 Tablespoons fresh lime juice or to taste + small lime wedges for garnish (don't add lime before bringing to a simmer or it goes sour!)
4 Tablespoons freshly chopped cilantro, (1/2 RESERVED for garnish)



DIRECTIONS

In a large pot combine the first 6 ingredients (veg stock through wakame) and bring to a light steam or baby bottle temperature to keep raw. Turn off heat, cover with a tight lid and let steep for 20 minutes to allow the flavors to meld. Add shiitakes and coconut milk and bring back to a light steam/baby bottle temperature. Whisk in remaining ingredients, garnish with extra cilantro, a few slices of red chili & lime wedges and relish in comfort food bliss!

Note:**Raw Coconut Milk: Blend 2 cups raw, thai baby coconut meat with 1/2-3/4 cup (adjust depending on thickness you want) raw thai baby coconut water, 1 Tablespoon raw coconut butter & an optional 1 Tablespoon sunflower lecithin to help emulsify & voila, instant raw coconut milk. Store extra in ice-cube trays in freezer for smoothies.



Juliane Porter
Style Nectar

Juliane Porter is Fine Artist and Founder of StyleNectar.com where she shares tips on Living Beautifully via Food, Art and Holistic Lifestyle. She enjoys a gluten-free, primarily raw vegan "foodstyle" and shares beautiful recipes alongside wellness articles and her commissioned Fine Art weekly.

BLACK CHERRY TOMATO POPPERS

By Joelle Amiot
Jarohoney.com
Makes 24 Poppers
Serves 6

Ingredients:

1 cup fresh organic raw cashew cheese
24 medium to large ripe organic black cherry tomatoes
8 large organic basil leaves
1 organic red cherry bomb pepper
1 large ripe organic Meyer lemon
1 medium organic cucumber, wash well, do NOT peel, remove ends

Note: To prepare this ahead, simply cut all of the produce and refrigerate in separate containers. When you are ready to serve it, simply stuff the tomato cups, garnish and plate.



Joelle Amiot
JarOhoney

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



DIRECTIONS

Place the cashew cheese in the refrigerator for at least 30 minutes. Wash and de-stem the tomatoes. Lay them on their side and cut the top 1/3 off, reserve the tops for another recipe. Use a melon baller and gently remove the meat and seeds from the inside, be sure not to puncture the outer skin. Rinse well and drain, set aside, these are your tomato cups.

Finely chop the basil and set aside. Finely chop the pepper and set aside. Zest the lemon and set aside. Juice the lemon and set aside. Use a vegetable peeler and make long ribbons out of the cucumber. Only do the skin and flesh down to the seeds. Reserve the seed center for another recipe.

On your serving platter, arrange the ribbons into a bed to set your bombs onto. Curl them around your index finger to give them an interesting look.

Remove the cheese from the refrigerator and spoon it into the tomato cups level with the top, be sure to fill but not over pack. Reserve the remaining cheese for another recipe. Use a damp paper towel and wipe the outside and rim to clean, set on a flat surface, filled center up. Evenly sprinkle the filled cups with the chopped pepper. Now evenly sprinkle with the chopped basil. Last, evenly sprinkle with the lemon zest. Arrange on the bed of cucumber ribbons on your serving platter, nestle them to stand them up. Put 2 drops of the lemon juice on each and evenly sprinkle the remaining lemon juice over the exposed cucumber ribbons. Be sure to tell your guests that the cucumber ribbons are edible too. Serve and enjoy!!

MOROCCAN RED CABBAGE SLAW

with Mint and Hemp Seeds

By Crissy Cavanaugh
Beginwithinnutrition.com

Ingredients:

1 small head of red cabbage,
very thinly shredded
4 carrots, thinly sliced with a mandoline
½ cup fresh mint, chopped
½ cup fresh cilantro, chopped
4 scallions, chopped
½ cup walnuts
½ cup raisins
3 Tablespoons hemp seeds

For the Dressing:

¼ cup extra virgin olive oil
Juice and zest of 1 lemon
1 Tablespoon pure maple syrup
1 clove garlic, minced
½ teaspoon cinnamon
¼ teaspoon curry powder
sea salt (around ½-1 teaspoon
depending on taste)

DIRECTIONS

Add shredded cabbage, carrots, mint, cilantro, scallions, walnuts, raisins and hemp seeds in a large bowl and set aside.
Blend together dressing ingredients and pour over slaw mixture, toss to coat.
Enjoy!



Crissy Cavanaugh
Begin Within Nutrition

Crissy is a registered dietitian, wife, mom and creator of the blog Begin Within Nutrition where she shares easy-to-make, nourishing recipes for busy families. She has a passion for helping others find balanced health and wellbeing through a healing diet.

Garden Fresh Soups & Salads



WILD SPRING SALAD WITH EDIBLE FLOWERS

By Dasha Zupancic
Amazinglytasty.com

Total time: 15 Mins



Ingredients:

9 ounces (about 255g)
of dandelion
4 ounces (about 115g)
of mache salad or any
other green salad
2 ounces (about 57g) of
wild garlic
A handful of edible
flowers
Balsamic vinegar



DIRECTIONS

Wash and clean dandelion. Use just the top 4-5 inches from the green leaves and discard the stems.
Clean and wash mache salad and wash and cut any other green salad, as desired.
Add washed wild garlic leaves, mix well and decorate with edible flowers.
Season with balsamic vinegar or your favorite raw vegan salad dressing.



Dasha Zupancic
Amazinglytasty.com

Chef, food photographer and creator of simple, healthy, and delicious recipes that make your eyes and your belly feel amazing.

RAINBOW RADISH AND PURPLE KALE SALAD

By Sneh Roy
Cookrepublic.com

Prep time: 10 minutes
Serves 2

Ingredients:

2 medium sized rainbow radishes, peeled and thinly sliced
1 large stalk of purple kale, stem trimmed, roughly torn
1 Tablespoon fresh lemon juice
1 Tablespoon olive oil or sesame oil
1 Tablespoon spring onion, finely sliced
1 Tablespoon fresh coriander leaves, finely sliced
freshly ground black pepper
white sea salt flakes



Sneh Roy
Cookrepublic.com

I am Sneh and I live in gorgeous Sydney in Australia. I am a food and lifestyle photographer, cookbook author and stylist. Cook Republic is my creative playground. It is a place for my food musings, a stage for the photographs I love to shoot, where I weave words into stories that form the fabric of my life.



DIRECTIONS

Arrange the radish rounds on a plate. Fill the gaps with the purple kale. In a small bowl whisk together the lemon juice and olive oil (or sesame oil). Drizzle evenly over the radish and kale. Scatter spring onions and coriander. Finish off with a sprinkling of pepper and salt.

RAW SPRING BORSCHT

By Athena Rink
Goddessintheraw.blogspot.fr

Adapted recipe from Raw:
The UNcook Book by Juliano

Ingredients:

2-3 large beets
2 carrots
1 orange
1 inch fresh ginger
1/4 jalapeno
1/2 an apple
1/2 an avocado
A few tablespoons of leftover
beet pulp.
Fresh dill for garnish



DIRECTIONS

Juice the first 5 ingredients. Put juice in bowl and add chopped apple, avocado and beet pulp. Garnish with fresh dill. Serve immediately.



*Athena Rink
Goddess In The Raw*

Athena Rink, aka. Goddess in The Raw, is a spiritual coach and hypnotherapist. She is a self taught chef who experienced a profound physical and spiritual transformation after adopting a diet high in raw foods. She wants the world to know that raw foods are a gateway to increased bliss, radiance, and health.

THAI GARDEN SALAD

By Jenna Davila
Livepureblog.com

Serves 1-2

Ingredients:

For The Base

- 4 zucchinis, spiralized (save each end bit after spiralizing to place in dressing)
 - 4 carrots, peeled and julienned
 - 2 scallions, slice green parts only and save white parts for dressing
 - 1 -2 baby bok choys, sliced
 - 1/2 head kale, sliced
 - 1 cup broccoli, chopped
 - 1 yellow bell pepper, diced
- Place all ingredients into a large salad bowl.

For The Dressing

- Meat of one Young Thai Coconut
- 2 medjool dates, soak if not fresh
- 2 scallions (white parts only)
- 1 celery stalk
- 1 lemon, juiced
- 1/4 cup dried mango, soaked until soft (about 15 minutes)
- A thumb of fresh ginger or more to taste

DRESSING DIRECTIONS

Blend all ingredients together.
Pour as much or as little onto the base salad, mix and ENJOY!



Jenna Davila
Live Pure

Jenna is a native of New Jersey and has been active and playing sports since the age of five. She is a health and wellness coach certified in plant-based nutrition, and also spends her time as a freelance photographer and raw vegan food blogger. She aims to show how diverse and fun a raw diet can be, and hope her photography captures the vividness of these foods in their natural state.

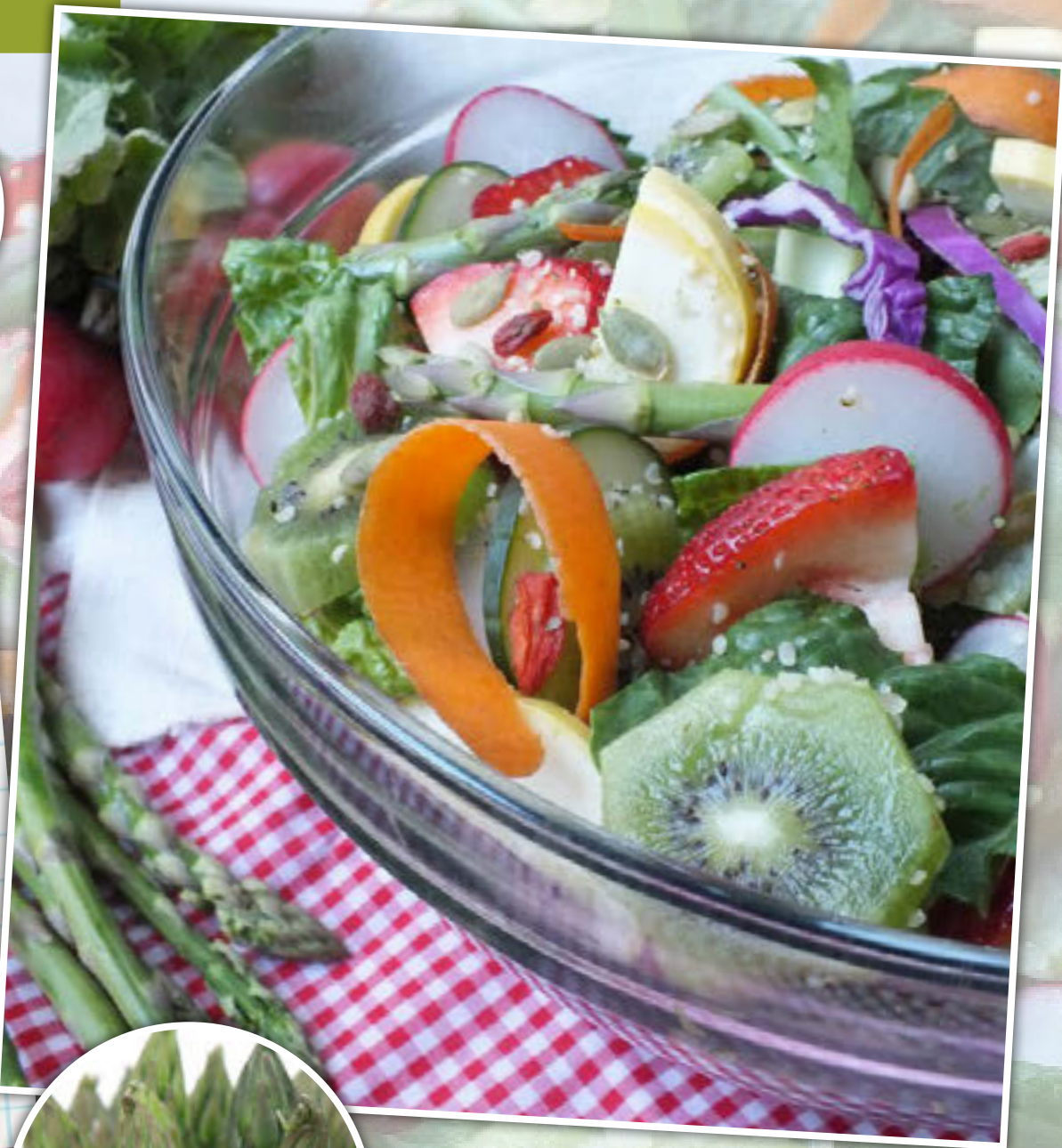
Garden Fresh Soups & Salads

CLASSIC GARDEN SALAD

By Jordan Cord
Thefitchen.com

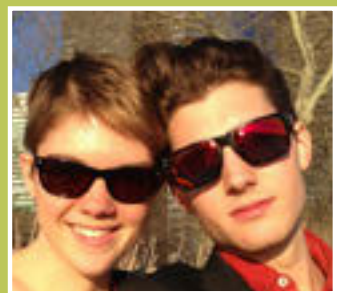
Ingredients:

(enough for 4 people)
1 head of romaine lettuce
1 cup cabbage, sliced
1 apple, grated or shredded
1 pear, chopped
2 carrots, peeled
8-10 asparagus stalks, chopped
2 celery stalks, chopped
1 yellow squash, chopped in large chunks
1 cucumber, thinly sliced
2 kiwis, sliced
1 cup strawberries, sliced
4 medium radishes, thinly sliced
3-5 Tablespoons raw sunflower seeds
2 Tablespoons hemp seeds
3 Tablespoons dried goji berries



DIRECTIONS

Prepare all ingredients as specified above, place into a large bowl, and toss them together using your hands (or salad mixers if you're fancy like that).



Jordan & 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.



CLASSIC GARDEN SOUP

By Laura Plumb
Food-alovestory.com

Serves 2



Ingredients:

1 cucumber
1/2 zucchini
2-3 tomatillos
1 handful cherry tomatoes
1 small avocado
1 few leaves of whatever green
you have on hand: kale, arugula,
sorrel, mizuna, etc.
1 handful cilantro
1 sprig of dill
1 fresh mint leaf
1 lime, juiced
1/4-1/3 cup water
Pinch of sea salt or
pink salt, to taste



Laura Plumb
Food: A Love Story

Laura is Co-Founder of Deep Yoga School of Healing Arts, Founder of The Institute of Feminine Wisdom, a Vedic Healer, Yoga Teacher, and Ayurvedic Wellness Consultant. Her blog 'Food-A Love Story' shares her recipes for cleansing, healing, restoring, and living a healthy divine life.

"Learning from Laura Plumb is to see your own empowerment to the world."

DIRECTIONS

Put everything in your blender and mix until the consistency is smooth. Serve in bowls, garnished with slices of cherry tomatoes and dill, and sprinkle with lime juice. Eat slowly so you can taste all the flavors. It is complex, subtle, and delicious!



RAW BEET SOUP

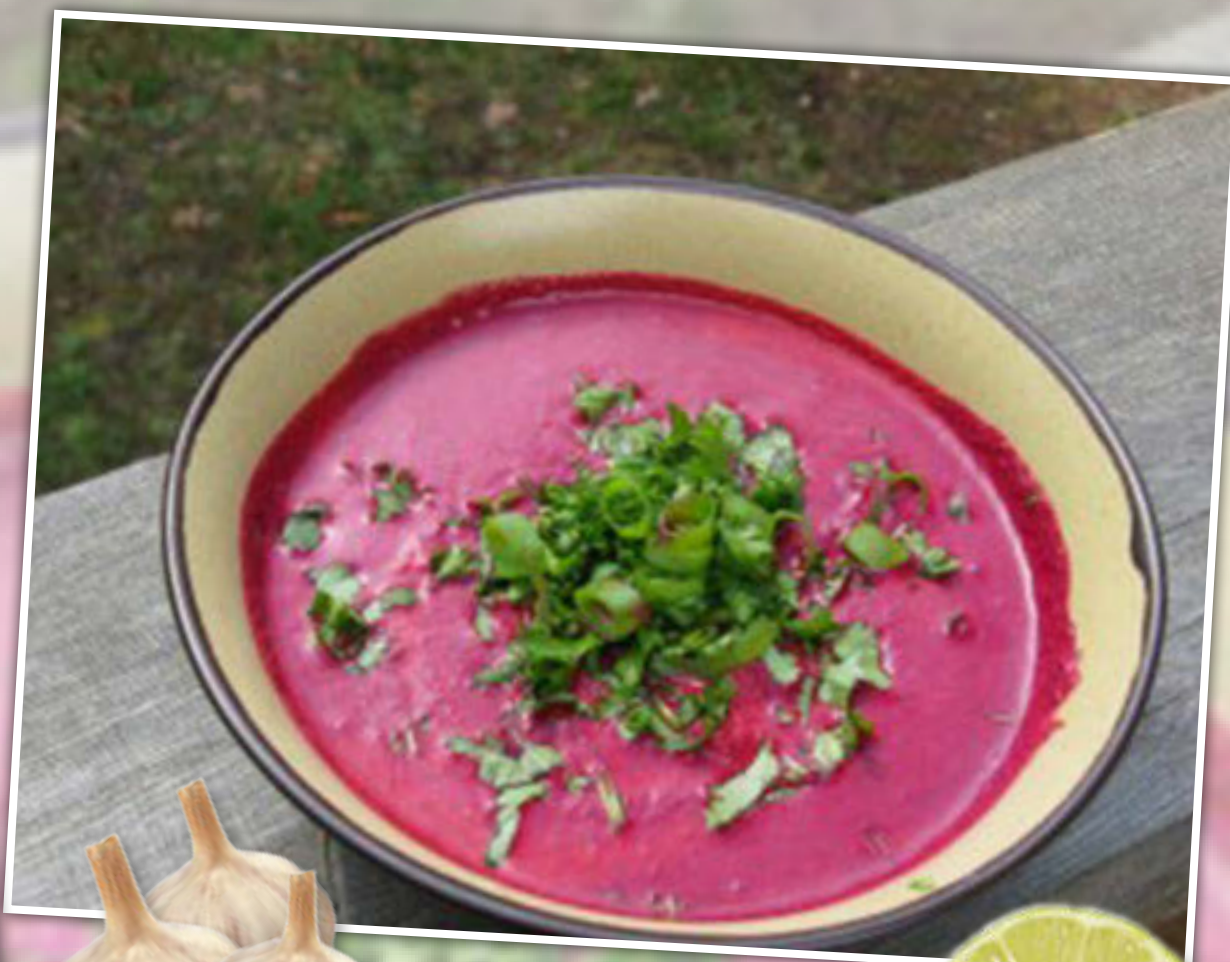
By Jodi Burke
Jodiburke.com

Ingredients:

2-3 medium size beets,
peeled
1/2 cup cashews (this will
give it a more creamy
flavor, you can omit it and
just add more water)
juice of 1/2 lemon
1 teaspoon celtic sea salt
1-2 cloves garlic
some chopped jalapeno
(optional)
3/4 cup of water (add more
depending on how thick or
thin you like your soup)

DIRECTIONS

Blend until smooth and pour into bowls
Top with with chopped parsley, cilantro and
green onion.



Jodi Burke
Jodiburke.com

Jodi is the Creator of Healthy is Cool, a Certified Raw Foods Chef, Super Foods Promoter, Author & Photographer. Her passion is for real foods & Super Foods being able to create mostly raw /vegan recipes that are easy, healthy, nutritious yet tasty helping people to make better food choices.

Light Sweet Eats



SPRING BOUQUET POPSICLES

By Marla Meridith
Marlameridith.com

Ingredients:

16 ounces cold water
1 ounce orange blossom water
1 teaspoon lemon juice
plain stevia drops or your
favorite natural sweetener to
taste (honey works great too)
a handful of organic edible
flowers, rinsed and petals
removed



DIRECTIONS

Have pop molds handy and make sure you have room in your freezer. Combine water, orange blossom water and lemon juice. Sweeten to taste. Pour mixture into molds. Freeze without sticks and petals for about 1 hour. Remove from freezer and add flower petals. You can push them into the molds with the help of a long, skinny spoon or pop stick. Make sure the flowers are scattered throughout the pops. Add popsicle sticks and freeze for 2-3 hours more until solid.

Note:

You can use dixie
cups or purchase pop molds



Marla Meridith
Marlameridith.com

I'm a mom to two children & I know what it's like to work hard and strive for quality in every part of your life. I create simple to prepare, delicious, whole food recipes. You will also find occasional indulgences, too! I want to make life super tasty for you in and out of the kitchen.

LUSCIOUS LEMON SQUARES

By Sophie MacKenzie
Wholeheartedeats.com

Ingredients:

For The Base

3/4 cup raw cashews
1/2 cup rolled oats or
buckwheat
2 medjool dates
2 Tablespoons coconut oil,
melted
pinch sea salt
splash or water as needed

For The Topping

4 Tablespoons coconut oil
2 Tablespoons cocoa butter
2 Tablespoons plus 1 tsp. liquid
sweetener (maple
syrup, honey, or agave)
2 Tablespoons lemon juice
(or to taste)
1 teaspoon lemon zest
Pinch of ground turmeric
1 Tablespoon coconut
flour to garnish (optional)

DIRECTIONS

In a food processor, combine the cashews and oats (or buckwheat), pulse until coarsely ground. Add the dates, 2 tablespoons melted coconut oil and salt in a food processor. Pulse until combined. If mixture doesn't form a ball, add water a teaspoon at a time until it sticks together but isn't wet. Press the mixture into a parchment lined bread pan using the back of a spoon to make it even.

To make the top, melt the coconut oil and cocoa butter over a bain-marie. Stir in the liquid sweetener, lemon zest, lemon juice, and a pinch of turmeric for color. Taste and add a touch more lemon juice if needed (some will like it more tart). Pour over the base and chill until set. Let the bar warm up a bit prior to slicing, or use a dry knife which has been run under hot water to prevent the top from cracking. Dust with the optional coconut flour for that "powdered sugar" look.



Sophie MacKenzie
Whole Hearted Eats

I am Sophie and I am here to share my recipes, tips, and kitchen adventures with you. This is the goal of Wholehearted Eats: to share with you easy and affordable recipes to make at home. My food philosophy is simple - eat whole and unprocessed foods whenever possible.

CHILI LIME CANTALOUPE

By Beth Moncel
Budgetbytes.com

Serves: 4

Ingredients:

½ medium cantaloupe
1½-2 tablespoons fresh lime
juice (about ½ lime)
½ Tablespoon raw honey
⅛ teaspoon salt
⅛ teaspoon crushed red pepper



DIRECTIONS

Cut the cantaloupe in half and scrape out the seeds with a spoon. Reserve half of the cantaloupe for breakfast or other meals. Take the remaining half and cut it into quarters. Using a sharp knife, carefully run the knife between the flesh and the rind. Once the rind is removed, slice the melon into thin pieces.

In a small bowl, combine the juice of half a lime (about 1.5-2 tablespoons), honey, salt, and crushed red pepper. Stir until the honey is dissolved.

Pour the dressing over the sliced cantaloupe and toss to coat the melon in the dressing. Serve immediately, or chill until ready to eat. Give the melon a brief stir before serving.



Beth Moncel
Budget Bytes

As a food lover and a number cruncher I've decided that cooking on a budget shouldn't mean canned beans and ramen noodles night after night. I keep my web log of good food cooked with little cash. My stomach is full and my wallet is, too.

STRAWBERRIES DRESSED UP

*With Walnut Cinnamon Butter
+ Chia Seeds*

By Emily Von Euw
Thisrawsomeveganlife.com

Ingredients:

- 1 pint fresh organic strawberries
- 1/4 cup creamy walnut butter
- 1 teaspoon cinnamon powder
- 1 Tablespoon maple syrup
- 3 Tablespoons chia seeds

DIRECTIONS

Wash the berries. Stir the cinnamon into the walnut butter with the maple syrup (you just made walnut-cinnamon butter). Dip the berries into the walnut-cinnamon butter, then roll around in chia seeds. Nom.

Note: If your walnut butter is way too thick, just use whatever nut or seed butter you have that IS creamy. If you just have chunky kinds, add more maple syrup and maybe some coconut oil or water. Or if you want to change up the whole game, make raw chocolate dipping sauce, too.



Emily Von Euw
This Rawsome Vegan Life

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

CUCUMBER WATERMELON SANDWICHES

By Jordan Cord
Thefitchen.com

Ingredients:

[Makes 24 mini sandwiches]

2 medium cucumbers
about 1/2 of a mini
watermelon

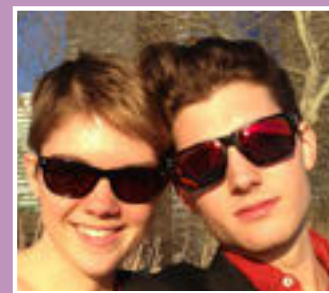


DIRECTIONS

Use a vegetable peeler to remove the cucumber's dark green skin. Slice it into 1/2 inch thick circles and then trim the circles into 1 inch x 1 inch squares.

Slice the watermelon in half and create 1/2 inch thick slices. Out of each slice, cut out 1 inch x 1 inch squares.

Create the mini sandwiches by stacking cucumber, then watermelon, then cucumber. Spear each stack with a toothpick until you're out of ingredients. It's as simple as that!



Jordan & 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.



RASPBERRY YOGURT POPSICLES

By Heidi Turunen
RawliciousDelicious.com.au

Makes 6-7 popsicles

Ingredients:

1 cup coconut yogurt
2 Tablespoons maple syrup
1 Tablespoon rose water
(optional)
splash of lemon juice
1/2 cup raspberries



Heidi Turunen
Rawlicious Delicious

Heidi Turunen is the founder and raw vegan chef of Rawlicious Delicious. She is passionate about real food and specializes in raw desserts. Heidi owns raw dessert business in Queensland Australia, supplying cafes, catering and making cakes to order, and hoping to open her own shop one day.

DIRECTIONS

Mix coconut yogurt, maple syrup, rose water and lemon juice together. Add raspberries and lightly swirl them in the yogurt mixture. Spoon the mixture into popsicle molds and pop in the freezer. Let them set for about an hour or until completely set. Remove raspberry yogurt popsicles from the freezer and enjoy!

BERRY JAM LEMONADE FREEZE

By Becky Hardin
TheCookieRookie.com

Ingredients:

16 ounces pre-made lemonade
3 ounces good quality vodka
(optional)
4 cups ice
4 Tablespoons raw strawberry
jam (can use strawberry-chia)



DIRECTIONS

Combine lemonade, vodka, and ice in a blender. Blend mixture with ice until it's the consistency you desire. Use more or less ice depending on how frozen you want your drink. Spoon two tablespoons of fresh strawberry jam into the bottom of each glass. Top with lemonade mixture. Enjoy!



Becky Hardin
The Cookie Rookie

Becky woke up on her 30th birthday and realized she couldn't cook, anything! She started her food and recipe blog, as a way to learn how to cook. She realized that succeeding in the kitchen was much easier than it looked. 3 years later, she specializes in fun and easy recipes anyone can make and everyone will love!

Juice & Smoothie Guide



ANTI-INFLAMMATORY ORANGE JUICE

By Natalie Brehm
Areyoukitchenme.com

Yield: 1 serving



Ingredients:
2 oranges
1 1-inch piece of fresh
ginger, grated
1 1-inch piece of fresh
turmeric, grated



DIRECTIONS

Add all ingredients to a high-speed blender and puree until smooth. Straining is not necessary and retains fiber but can be done for a more traditional juice texture.



Natalie Brehm
Areyoukitchenme.com

Hi! I'm Natalie- cat mom, plant lover, and writer of Are You Kitchen Me?! After 13 years of unhealthy vegetarianism, I transformed my life by getting serious and learning to cook real, whole food- no kitchen around!

STRAWBERRY JUICE

By Kanan Patel
Spiceupthecurry.com

Ingredients:

2 cups organic strawberries
(about 18-20)
1 teaspoon lemon juice
2 Tablespoons raw honey or
raw coconut sugar
A pinch of salt
2 cups of cold water



DIRECTIONS

1. Rinse the strawberries under cold water. Remove the stem and roughly chop it. Also slice a lemon.
2. Add chopped berries, lemon juice and honey to a high-speed blender. Also add salt if using.
3. Blend until you get a smooth puree of strawberries.
4. Then, add ice cubes or chilled water. Blend it again until incorporated well.
5. Pour into serving glasses. Add a few ice cubes if needed and serve. If you want smooth juice (meaning no crunchy seeds in your juice) then strain the juice using fine strainer to remove the seeds.



Kanan Patel
Spice Up The Curry

Namaste, I am Kanan and the creator of Spice Up The Curry. I do cooking, creating recipe write up, taking photos, editing, posting online. As well as technical aspects, maintenance, designing of blog, server issues all are done by me :)

CITRUS CITY JUICE

By Vanessa Cassani
Livesimplynatural.com

Ingredients:

6 oranges
2 grapefruit
1 cucumber
1 lemon

DIRECTIONS

Peel and chop produce to fit juicer.
Slowly feed ingredients into your juicer.
Strain and pour juice into a glass. 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.

APPLE, BEETROOT AND GINGER JUICE

By Rachel Smith
Rawberryfields.co.uk

This makes approximately half a liter of juice.

Ingredients:



- 3 apples
- 1 large raw beetroot (approx. 200g)
- Small piece ginger (about 2cm long)
- 1 small carrot
- Splash of fresh lemon juice
- Half a pomegranate



DIRECTIONS

Trim the ends off the beetroots before lightly peeling. Peel and core the apples and peel the carrot. Then remove the skin from the ginger.

Place the beetroots in the juicer first and blend following the manufacturer's instructions.

Then, juice the apple, the carrot, the ginger and pomegranate seeds before adding the lemon.

The juice will have a small layer of foam over the top, which tastes delicious, but you can always scoop this off if you prefer. Serve with ice.



Rachel Smith
Rawberry Fields

Hi! I'm Rachel, a chocolate obsessed raw foodie living in Bristol, UK. Rawberry Fields is a celebration of my love for decadent vegan desserts.

CREAMY MANGO APRICOT SMOOTHIE

By Christine Roseberry
Justglowingwithhealth.com

Ingredients:

1 mango peeled, seeded and chopped into large chunks
4 ripe apricots, seeded and cut in half
10-12 organic strawberries, with green tops
1 Tablespoon lemon juice
1 cup ice (optional)



Christine Roseberry
Just Glowing With Health

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

DIRECTIONS

Mix all ingredients in a blender and blend until creamy. Pour into a large glass and delight in every sip!



PEAR AVOCADO GREEN SMOOTHIE

By Shelley Alexander
Aharmonyhealing.com

Makes 2 servings

Ingredients:

3 cups young coconut water*
2 cups organic comice
pears, cored, cut into cubes
and frozen
3 cups organic green
oak leaf lettuce
1 small avocado, pitted and
peeled
1/8 cup fresh lemon juice
2 Tablespoons sprouted or
raw walnuts
1 teaspoon pure vanilla
extract
2-3 pitted medjool dates



DIRECTIONS

1. Place all ingredients in a high-speed blender and blend until smooth and creamy.
2. Drink half the smoothie for breakfast and refrigerate the remaining smoothie in a glass mason jar and enjoy for a mid-afternoon snack.

Note

*Young coconut water comes from young Thai coconuts that are white on the outside with a pointy top. If you can't find them in your area feel free to purchase packaged young coconut water or use filtered or spring water.



Shelley Alexander
A Harmony Healing

Shelley Alexander is a holistic chef, cookbook author, essential oils educator, certified healing foods specialist, recipe developer, blogger, and owner of A Harmony Healing.

COCONUT LIME CREAM SMOOTHIE

By John & Lauren
Hotforfoodblog.com



John & Lauren
Hot For Food Blog

We're Lauren and John and we're hot for food... as long as it's vegan! Together we're cooking up vegan love and bringing the increasingly popular lifestyle to food fans across the globe. We've got a knack for creating vegan versions of popular comfort foods like mac and cheese, burgers, caesar salad, and even cheesecake, bringing vegan eating into the mainstream and proving that plant based diets are far from boring.



Ingredients:

(1 serving)
1 frozen banana
2 lime leaves (fresh or frozen)
2 Tablespoons unsweetened flaked or shredded coconut
3 Tablespoons coconut cream
1 Tablespoon raw coconut butter
zest of 1/2 a lime
1 cup coconut water
1 teaspoon raw agave nectar
1 cup ice cubes

DIRECTIONS

Mix together in a high powered blender. You could top your smoothie with some hemp seed granola and a little drizzle of agave.



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We want to know everything –
the good, the bad, the tasty and
the terrible.

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