



30 mouth-watering,  
low-fat raw vegan  
meals for colder  
times of the year.

# Lean And Healthy Raw Food Winter Recipes

Paul and Yulia Tarbath

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*Lean And Healthy Raw Winter Recipes*

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# Contents

<b>About Paul and Yulia Tarbath</b>	<b>4</b>
<b>Introduction</b>	<b>5</b>
<b>Equipment needed and serving sizes</b>	<b>7</b>
<b>Raw Winter Smoothies</b>	<b>9</b>
<b>Banana-cinnamon shake</b>	<b>9</b>
<b>Red delight</b>	<b>10</b>
<b>Smooth simplicity</b>	<b>11</b>
<b>Green cleanse smoothie</b>	<b>12</b>
<b>Merry-berry smoothie</b>	<b>13</b>
<b>Raw Winter Wraps And Dips</b>	<b>14</b>
<b>Wrap ‘n snack</b>	<b>14</b>
<b>Funky salsa chard burritos</b>	<b>16</b>
<b>Red coco dip</b>	<b>18</b>
<b>Easy zucchini hummus</b>	<b>19</b>
<b>Avocado butter</b>	<b>20</b>
<b>Raw Winter Soups</b>	<b>21</b>
<b>Noodle soup</b>	<b>21</b>
<b>Cream of kiwi soup</b>	<b>23</b>
<b>Green cherry tomato soup</b>	<b>24</b>
<b>Pink beetroot soup</b>	<b>25</b>
<b>Zesty tangerine soup</b>	<b>26</b>

<b>Raw Winter Salads And Slaws</b>	<b>27</b>
Dolce vita iceberg salad	27
Winter extravaganza salad	28
Savoury orange salad	29
Celeriac slaw	30
Purple and creamy slaw	32
<b>Raw Winter Main Courses</b>	<b>33</b>
Fat-free pizza	33
“Cheesy” baguettes	35
Creamy and zesty green spaghetti	37
Veggie rolls with rich coconut dip	38
Healthy raw pad Thai	39
Pumpkin mash with veggie bites	41
<b>Raw Winter Desserts</b>	<b>43</b>
Festive cake	43
Sweet pear pudding	45
Layered banana strudel	46
Pumpkin dream	47
<b>Special Bonuses</b>	<b>48</b>
Raw winter tips	49
Raw winter shopping list	54
Healthy replacement foods	56
Recommended raw food & health resources	58

# About Paul and Yulia Tarbath

Paul and Yulia Tarbath are qualified Nutrition and Lifestyle Coaches who enjoy living their life with raw passion. Ever since they switched to a fruit-based raw vegan lifestyle back in mid-2009, they have witnessed how their health and indeed their whole life has been transformed.

The raw plan they have been following helped Yulia to recover from a health crisis and heal Candida, chronic fatigue, digestive disorders, PMS, mental/emotional imbalances, hypoglycemia, depression and severe food cravings.

Paul healed headaches, re-occurring colds and flu. They have transformed from being weak and unfit, to experiencing boundless vitality, having sharp and clear minds and becoming athletes and parents to a young daughter being raised on a raw vegan lifestyle.

They enjoy assisting people from all around the world in switching to a diet and lifestyle that enables them to detoxify, lose weight, recover from diseases, and, most importantly, achieve their true health potential. They offer articles, educational videos, books, international talks, raw health resources and one-on-one raw food coaching, all of which is available via their website at:

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



# Introduction

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“It is winter now, so how on Earth can I remain raw in these harsh conditions?”

“Please can you help me find a solution so I can remain on my raw vegan path during the wintertime, as I find it a big challenge!”

“I am constantly hungry in the winter and I struggle with the raw food diet ... please help!”

These are just some of the concerns that we hear from people during the colder months of the year and it’s completely understandable. When it is summer, you get access to a variety of fresh seasonal produce that tastes delicious. There are peaches, apricots, figs, cherries, grapes, sun-ripened tomatoes, and much more. Being raw and eating healthy during this time of the year seems both natural and effortless.

And then winter comes along... Not only is it cold outside, the quality of produce goes down, and you begin to miss that “buzz” that you had with your diet during the summer months and which made meal times such a treat.

Well, the good thing to know is that you are not the only one who feels this way. Yet, your body still wants the best food and the best care you can give it, regardless of the time of year.

Whether it is winter, summer, autumn or spring, your body wants to receive the type of nourishment that will keep it in optimum health – raw fruits, vegetables and healthy levels of fats via modest amounts of fatty, plant-based foods like avocados, nuts or seeds.

# Introduction

CONTINUED

When we decided to create Lean And Healthy Raw Winter Recipes, we really wanted to make sure we included recipes that will be easy to make, will satisfy the diverse needs of our international audience and will help people to both create and maintain greater levels of health and vitality.

We also wanted to focus on recipes that would not include unhealthy and stimulating ingredients, or be overloaded with unhealthy levels of fat, which you will find in many raw vegan recipe books.

Our recipes do not contain substances like salt, vinegar, hot spices, garlic and onion, oils and soy products. Why would you need them anyway if there are so many healthy and tasty alternatives that you can use instead?

The 30 recipes that you will discover in this book include smoothies, wraps, dips, soups, salads, main courses and desserts. It is our greatest joy to share them with you in our desire to provide you with a tool that can help you stay raw through those long, cold winter months.

Have fun preparing, eating and sharing the recipes that you are about to discover!

*Wishing you abundant health,*

*Paul and Yulia Tarbath*

# Equipment needed and serving sizes

The serving sizes provided in this book have been designed for 1 person.

The kitchen equipment needed to make the recipes includes:

## **BLENDER**



A blender is the number one piece of equipment for raw foodists. With the help of a blender, you can make fruit or green smoothies, soups, sauces, dips, dressings and so much more! The Vitamix or Blendtec brands are simply the best blenders out there. They are durable and work both powerfully and efficiently. We recommend these two brands of blender to all of our clients. Alternatively, you can use other less expensive brands, although most people find that they don't last as long as the Vitamix or Blendtec do.

## **FOOD PROCESSOR**



Food processors will chop, slice, shred, puree, and knead a wide array of foods. From making coleslaws, cauliflower or sweet corn rice, stews and veggie burgers through to making ice creams, jams, cookies and desserts – all can easily be achieved with the help of a food processor. One of the leading brands of food processors is Cuisinart, and this is the brand that we recommend. Alternatively, you can explore other brands, such as Kenwood or Phillips.



# Equipment needed and serving sizes

CONTINUED



## **SPIRALISER**

Purchasing a spiraliser is a great investment! They are both easy and fun to use, and you can create your zucchini, cucumber, or carrot pasta/noodles in a flash! Our recommendation is the World Cuisine brand. Alternatively, you can use a julienne slicer that you can purchase from kitchen stores.

## **MANDOLINE SLICER**

A mandoline slicer is a nice compact way to slice vegetables. Mandoline slicers cut quickly and efficiently due to their sharp blade. They are easily adjustable, fit neatly into a kitchen drawer, and are ideal for making layered dishes such as raw lasagnes or pies. We recommend two brands: Benriner or Kyocera. Alternatively, you can use a very sharp knife.



## **DEHYDRATOR**

A dehydrator is a great way to make dried fruits and vegetables, as well as herbs and nuts/seeds. It is a tool that uses low temperatures and a fan to dry food. 25 out of the 30 recipes that you will find in this book do not require the use of a dehydrator at all, with just 5 recipes requiring the use of one. If you would like to invest in a dehydrator, we would recommend the Excalibur brand.



**You can order all the kitchen equipment mentioned above via our website at:**

[www.rawsomehealthy.com/products](http://www.rawsomehealthy.com/products)

# Raw Winter Smoothies

## Banana-cinnamon shake

### Ingredients:

- 5 medium, ripe bananas
- 2 cups water
- 1 teaspoon ground cinnamon

### Preparation:

1. Peel the bananas
2. Place the bananas and cinnamon into a blender; add water
3. Blend into a shake.

Calories: 525



# Raw Winter Smoothies

## Red delight

### Ingredients:

- 4 medium oranges
- 2 cups pomegranate seeds with juice sacs

### Preparation:

1. Peel the oranges and de-seed them
2. Cut the pomegranate and take the seeds out
3. Place the de-seeded oranges and pomegranate seeds into a blender
4. Blend until smooth
5. Enjoy!

Calories: 563



# Raw Winter Smoothies

## Smooth simplicity

### Ingredients:

- 3 medium, apples (sweet varieties)
- 1.5 cups spinach
- 4 medjool dates, pitted
- 1 cup water

### Preparation:

1. Deseed the apples and chop them up
2. Take the pits out of the dates
3. Place the apples, spinach and dates into a blender; add water
4. Blend until smooth.

Calories: 560



# Raw Winter Smoothies

## Green cleanse smoothie

### Ingredients:

- 5 medium oranges
- 2 medium pears
- the juice of 1 lemon
- 1 cup chopped parsley

### Preparation:

1. Peel the oranges and de-seed them
2. Peel the pears and remove the seeds
3. Place the oranges, pears, lemon juice and parsley into a blender
4. Blend together until smooth.

Calories: 581



# Raw Winter Smoothies

## Merry-berry smoothie

### Ingredients:

- 1 cup strawberries (fresh or frozen)
- 1 cup raspberries (fresh or frozen)
- 2 medium pears
- 3 medium celery stalks

### Preparation:

1. Peel the pears and slice them into pieces
2. Blend together the pears, strawberries, raspberries and celery stalks until smooth
3. Drink and enjoy - delightful!

Calories: 335



# Raw Winter Wraps And Dips

## Wrap 'n snack

### Ingredients:

- 3 medium carrots
- 1 medium parsnip
- 1 tablespoon ground flax seeds
- 1 cup pomegranate seeds with juice sacs
- 1 medium zucchini
- 1 medium tomato

### Preparation:

#### Step 1: Make the crackers

1. Peel the carrots and parsnip and roughly chop them
2. Cut the pomegranate and take the seeds out
3. Place the carrots, parsnip, flax seeds and pomegranate seeds into a blender and blend together
4. Pour the sauce into a strainer over a bowl and strain any excess water
5. Place the baking paper onto the dehydrating trays
6. Place half the quantity of this sauce onto the dehydrating trays, forming the sauce into several squares, or crackers
7. Dehydrate at 55C/110F for 5 hours on one side, then flip them over and dehydrate for 3 more hours on the other side.

Calories: 402



# Raw Winter Wraps And Dips

## WRAP 'N SNACK

### Step 2: Make the wraps

1. Peel the zucchini
2. Mandoline slice the zucchini along its length into thin pieces or cut them thinly with a knife.

### Step 3: Prepare the tomato

1. Cut the tomato into slices
2. Place each tomato slice onto the crackers that you dehydrated earlier.

### Step 4: Wrap and serve

1. Place each cracker with a tomato slice, on top of each zucchini slice and wrap
2. Serve and enjoy!



# Raw Winter Wraps And Dips

## Funky salsa chard burritos

### Ingredients:

- 3 tangerines
- ½ cup cherry tomatoes
- 1 medium carrot
- 3 Swiss chard leaves
- 1 tablespoon finely chopped dill

### Preparation:

#### Step 1: Make the salsa filling

1. Peel the tangerines and separate into pieces
2. De-seed the tangerines and chop them into halves or thirds, depending on their size
3. Chop the cherry tomatoes into halves or thirds, depending on their size
4. Place the tangerines, cherry tomatoes and chopped dill into a bowl and mix together
5. Peel the carrot and then make 2-3 thin carrot slices with a peeler for each wrap
6. Shred the rest of the carrot and reserve for decoration.

#### Step 2: Prepare the wraps

1. Cut the stems off the chard leaves
2. Place the leaves onto a plate.

Calories: 85



# Raw Winter Wraps And Dips

## FUNKY SALSA CHARD BURRITOS

### Step 3: Fill up the leaves

1. Place the salsa sauce on top of each leaf
2. Place 2-3 thin carrot slices on top of the salsa.

### Step 4: Wrapping

1. Roll the chard leaves into wraps
2. Pin each wrap with 1-2 cocktail sticks to hold them together
3. Decorate each wrap with shredded carrot
4. Enjoy!

# Raw Winter Wraps And Dips

## Red coco dip

### Ingredients:

- 3 medium tomatoes
- 1 tablespoon fresh coconut flesh
- 1 teaspoon rosemary

### Preparation:

1. Cut 1 single slice of tomato and reserve for decoration
2. Chop up the rest of the tomatoes
3. Place the tomatoes, coconut flesh and rosemary into a blender
4. Blend together until smooth
5. Pour the dip into a bowl
6. Place the single piece of sliced tomato on top of the dip for decoration.

Calories: 120



# Raw Winter Wraps And Dips

## Easy zucchini hummus

### Ingredients:

- 2 tablespoons raw tahini (salt and oil free)
- 1 medium zucchini
- 1 tablespoon lemon juice
- 1 tablespoon chopped dill

### Preparation:

1. Peel the zucchini and chop it into pieces
2. Place it into a blender
3. Add tahini and lemon juice
4. Blend together until smooth
5. Place the mixture into a dip bowl
6. Sprinkle with dill and serve as a veggie dip or spread over your favourite green salad
7. Enjoy!

Calories: 216



# Raw Winter Wraps And Dips

## Avocado butter

### Ingredients:

- ❑ 1/3 - 1/2 soft, medium avocado
- ❑ 1 cup fresh or frozen sweet corn cob (non-GMO)
- ❑ 1 medium celery stalk
- ❑ 1 small cucumber
- ❑ 2 tablespoons pure water (add slightly more or less, depending on your desired consistency)
- ❑ 1 tablespoon chopped dill
- ❑ 5 small chive stems

### Preparation:

1. Pour the water into a blender
2. Peel the cucumber and roughly chop it into chunks; add to a blender
3. If you are using frozen sweet corn, defrost it at a room temperature for 2 hours
4. Place the sweetcorn into the blender
5. Chop the celery stalk into 1-inch pieces and add to the blender
6. Add chopped dill and blend all the ingredients together until smooth
7. Place into a dish and decorate with fresh, chopped chives
8. So creamy, enjoy!

Calories: 275



# Raw Winter Soups

## Noodle soup

### Ingredients:

- 4 medium tomatoes
- 2 medium zucchinis
- 1 cup chopped pineapple
- 1 red or yellow pepper
- 2 medium celery stalks
- 1 teaspoon chopped oregano
- 5 chive stems
- 1 tablespoon chopped basil

### Preparation:

#### Step 1: Make the tomato soup base

1. Blend the tomatoes together
2. Pour the sauce into a strainer over a bowl and strain out any excess water
3. Place the tomato sauce back into the blender
4. De-seed the bell pepper and roughly chop it; add to the blender
5. Add the pineapple, 2 celery stalks and oregano to the blender and blend all the ingredients together until smooth
6. Pour the tomato mixture into the soup bowl.

#### Step 2: Make the noodles

1. Peel and spirilize/julienne slice the zucchinis

Calories: 304



# Raw Winter Soups

## NOODLE SOUP

2. Place the zucchini noodles into a soup bowl
3. Chop the chives and basil and add 1/2 of the herb mixture to the soup, reserving the other 1/2 for decoration.

### **Step 3: Serve the dish**

1. Sprinkle the remaining herbs over this delicious soup
2. Serve and enjoy!

# Raw Winter Soups

## Cream of kiwi soup

### Ingredients:

- 3 ripe kiwis
- 2 medium oranges
- 1 cup chopped kale
- 1/2 cup fresh coconut meat

### Preparation:

1. Peel the kiwis and chop them into halves
2. Peel the oranges and de-seed them
3. Place the kiwis, oranges, kale and coconut flesh into a blender
4. Blend together until smooth and creamy.
5. Pour the soup into a bowl
6. Serve and enjoy!

Calories: 353





# Raw Winter Soups

## Green cherry tomato soup

### Ingredients:

- ❑ 1 cup cherry tomatoes
- ❑ 1 cup sweetcorn (fresh or frozen, non-GMO)
- ❑ 2 medium celery stalks
- ❑ 2 cups fresh spinach
- ❑ 1/4 cup freshly chopped cilantro
- ❑ 1/4 cup freshly chopped parsley
- ❑ 1 tablespoon tahini
- ❑ 1 tablespoon shredded carrot for decoration

### Preparation:

1. Chop the celery stalks into 1-2 inch pieces
2. Place the cherry tomatoes, spinach, sweetcorn, celery, cilantro, parsley and tahini into a blender
3. Blend together until smooth
4. Pour the soup into a bowl
5. Decorate with shredded carrot and serve!

Calories: 269



# Raw Winter Soups

## Pink beetroot soup

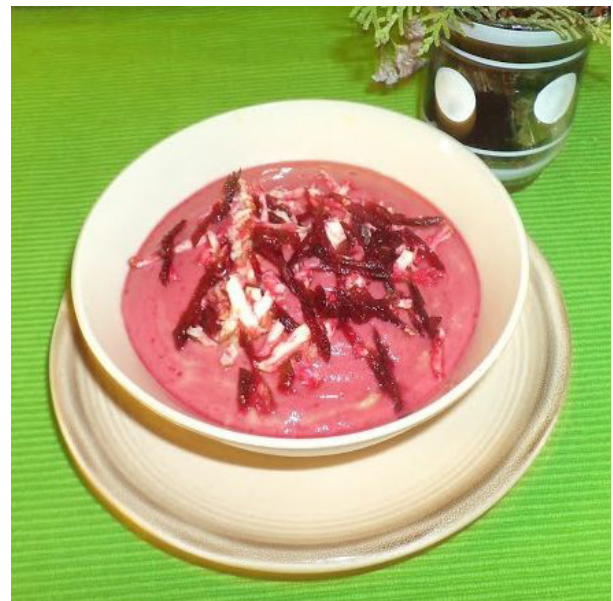
### Ingredients:

- 2 medium zucchinis
- 1 medium beetroot
- 1 tablespoon lemon or lime juice
- 1/2 teaspoon ground cumin
- 1/2 avocado

### Preparation:

1. Peel the zucchinis and beetroot
2. Shred 1/3 of the beetroot and 1/4 of zucchini for decoration
3. Place the zucchini, remaining beetroot, avocado, lemon or lime juice and cumin into a blender
4. Blend together into a creamy soup
5. Pour the soup into a bowl
6. Decorate with the shredded beetroot and zucchini
7. Enjoy this creamy creation!

Calories: 267



# Raw Winter Soups

## Zesty tangerine soup

### Ingredients:

- ❑ 2 medium tomatoes
- ❑ 3 medium tangerines
- ❑ 1 cup chopped spinach
- ❑ 1/2 red bell pepper (de-seeded)
- ❑ 1 tablespoon ground hemp seeds (optional)
- ❑ 1 tablespoon chia seeds (optional)
- ❑ 2 tablespoons chopped parsley

### Preparation:

1. Cut the tomatoes into quarters
2. Peel the tangerines
3. De-seed the tangerines
4. Place the tomatoes, tangerines, spinach, red pepper, parsley and optional chia and hemp seeds into a blender
5. Blend together until smooth
6. Pour the soup into a bowl
7. Serve and enjoy!

**Calories with the seeds: 323**

**Calories without the seeds: 218**



# Raw Winter Salads And Slaws

## Dolce vita iceberg salad

### Ingredients:

- 2 Hachiya persimmons
- 2 medium celery stalks
- 1 head iceberg lettuce

### Preparation:

#### Step 1: Make the base

1. Chop the iceberg lettuce
2. Place the chopped lettuce into a salad bowl.

#### Step 2: Make the dressing

1. Chop the celery stalks into approximately 1-inch pieces
2. Place persimmons and celery into a blender and blend together.

#### Step 3: Serve

1. Pour the dressing over the lettuce
2. Enjoy this sweet and crunchy salad!

Calories: 310



# Raw Winter Salads And Slaws

## Winter extravaganza salad

### Ingredients:

- 3 medium cucumbers
- 2 cups cherry tomatoes
- 3 medium pears
- 2 medium celery stalks
- 1 teaspoon chopped oregano

### Preparation:

#### Step 1: Make the salad base

1. Peel the cucumbers and dice them
2. Cut tomatoes into quarters, leaving one whole cherry tomato aside for decoration.

#### Step 2: Make the sauce

1. Peel and de-seed the pears
2. Chop the pears
3. Slice the celery into 1-inch pieces
4. Place the celery and pears in a blender and blend together into a sauce.

#### Step 3: Mix and serve

1. Pour the sauce over the cucumbers and tomatoes and mix it all together
2. Place the cherry tomato you set aside earlier on top for decoration
3. Sprinkle with oregano and serve.

Calories: 443



# Raw Winter Salads And Slaws

## Savoury orange salad

### Ingredients:

- 2 large cucumbers
- 2 cups chopped baby spinach
- 2 medium oranges
- 2 medium celery stalks
- 1/2 avocado
- 5 basil leaves (optional)
- 1 tablespoon dried dulse flakes (optional)

### Preparation:

1. Spiralize or julienne slice the cucumbers and place them into a salad bowl
2. Add the spinach
3. Peel and de-seed the oranges
4. Roughly chop the oranges and place into a blender
5. Cut the celery stalks into approximately 1-inch pieces and put them in the blender
6. Blend together the oranges, celery, avocado and optional basil until smooth
7. Pour the sauce over the salad
8. Add the optional dulse flakes
9. Serve and enjoy!

Calories: 406



# Raw Winter Salads And Slaws

## Celeriac slaw

### Ingredients:

- 1 medium celeriac
- 1 head butter leaf lettuce
- 1 medium zucchini
- 7 chestnuts
- 1 teaspoon rosemary

### Preparation:

#### Step 1: Make the base

1. Cut 2 thin slices off the celeriac and set aside for decoration
2. Peel and chop the remaining celeriac
3. Take 4 lettuce leaves and set aside for decoration
4. Place the chopped celeriac into a food processor and mix until a rice-like consistency is achieved
5. Roughly chop the remaining lettuce
6. Process the lettuce in a food processor
7. Place the celeriac and lettuce into a dish and mix together.

#### Step 2: Make the sauce

1. Peel the zucchini and chestnuts
2. Chop the zucchini
3. Place the zucchini, chestnuts and rosemary into a blender and blend into a thick sauce.

Calories: 339



# Raw Winter Salads And Slaws

## CELERICAC SLAW

### Step 3: Serve

1. Pour the sauce over the celeriac-lettuce mix and stir together well
2. Arrange the 4 lettuce leaves and the thin celeriac slices you set aside earlier on the edge of the dish for decoration
3. Enjoy this creamy and unique slaw!



# Raw Winter Salads And Slaws

## Purple and creamy slaw

### Ingredients:

- ❑ 3 cups finely shredded purple cabbage
- ❑ 2 cups finely shredded young carrots
- ❑ 1 cup finely chopped cucumber
- ❑ 1/3 of avocado
- ❑ the juice of 1 lemon
- ❑ 1 tablespoon finely chopped dill
- ❑ 1/2 cup water

### Preparation:

#### Step 1: Make the slaw

1. Place the shredded cabbage, carrots and cucumbers into a dish and mix together well.

#### Step 2: Make the sauce

1. Place the avocado, lemon juice and 1/2 cup of water into a blender and blend together.

#### Step 3: Serve

1. Pour the sauce over the cabbage-carrot-cucumber mix and mix it all together
2. Decorate with some chopped dill and bon appetite!

Calories: 295



# Raw Winter Main Courses

## Fat-free pizza

### Ingredients:

#### Crust:

- 2 medium carrots
- 1 medium parsnip
- 1/4 cup water

#### “Cheese”:

- 3 zucchinis

#### Sauce:

- 2 cups cherry tomatoes
- 1 small beetroot
- 1 tablespoon lemon juice
- 1 teaspoon oregano

#### Top:

- 2 medium tomatoes

### Preparation:

#### Step 1: Make the crust

1. Peel the carrots and parsnip
2. Cut them into pieces and put into a blender
3. Add water to the blender and blend together into a thick sauce

Calories: 298



# Raw Winter Main Courses

## FAT-FREE PIZZA

4. Pour the sauce into a strainer with a bowl under it and strain out any excess water
5. Place the baking sheets on dehydrator trays
6. Place the sauce on the dehydrator trays, in small, square-like shapes
7. Dehydrate them for 5 hours at 55C/110F on one side
8. Flip them over and dehydrate them on the other side for another 5 hours
9. Take them out and place them onto a plate.

### Step 2: Make the “cheese”

1. Peel the zucchinis
2. Mandoline them into thin slices
3. Cut the slices into smaller pieces and arrange them on the pizza bases.

### Step 3: Make the pizza sauce

1. Dehydrate one cup of cherry tomatoes for 3 hours at 55C/110 F
2. Peel the beetroot
3. Place fresh and dehydrated cherry tomatoes, beetroot, lemon juice and oregano into a blender
4. Blend together into a thick sauce.

### Step 4: Spread the sauce

Spread the sauce over each pizza base.

### Step 5: Decorate

Cut the tomatoes you reserved for decoration into thin slices and place 1-2 tomato slices on top of each pizza base.

# Raw Winter Main Courses

## “Cheesy” baguettes

### Ingredients:

- 3 medium marrows\*
- 5 chestnuts
- 1 red pepper
- 1 tablespoon chopped dill
- 1 head lettuce

*\* Marrows are not usually available in the US, so you can use 3 large zucchinis instead.*

### Preparation:

#### Step 1: Make the boats

1. Peel the marrows/zucchini and cut them into halves
2. Spoon out the flesh of each marrow/zucchini half
3. Place the flesh into a blender and the marrow/zucchini halves onto a dehydrator tray
4. Dehydrate for 2 hours at 55C/110F.

#### Step 2: Make the “cheese”

1. Not adding any water, blend the marrow/zucchini flesh
2. Peel the chestnuts and add them to the blender
3. Blend into a thick, white sauce
4. Pour the sauce into a bowl
5. Add the dill to the sauce.

Calories: 391



# Raw Winter Main Courses

## “CHEESY” BAGUETTES

### Step 3: Prepare the lettuce base

1. Separate the leaves from the lettuce head
2. Take the serving plate and place the lettuce leaves around the plate
3. Place the rest of the lettuce into a separate bowl.

### Step 3: Spread the “cheese”

1. Place the dehydrated marrow/zucchini boats on top of your serving plate, with the lettuce leaves underneath
2. Fill each marrow/zucchini baguette with the “cheese” sauce that you made earlier.

### Step 4: Add the bell pepper

1. Cut the bell pepper into halves and de-seed each half
2. Dice into small pieces
3. Sprinkle the diced pepper on top of the baguettes.

### Step 5: Serve

1. Serve the boats on a plate with the remaining lettuce leaves served in a separate bowl.
2. Enjoy your “cheesy” baguettes!

# Raw Winter Main Courses

## Creamy and zesty green spaghetti

### Ingredients:

- 2 medium zucchinis
- 3 tangerines
- 1/3 - 1/2 ripe avocado
- 2 Swiss chard leaves
- 5 lettuce leaves
- 2 tablespoons chopped dill

### Preparation:

#### Step 1: Make the spaghetti

1. Peel the zucchinis
2. Spiralize or julienne slice the zucchinis into spaghetti.

#### Step 2: Make the dressing

1. Chop up the Swiss chard leaves
2. Peel and de-seed the tangerines
3. Place the tangerines, chard leaves and avocado into a blender
4. Blend them into a sauce.

#### Step 3: Serve

1. Place the lettuce leaves onto a serving plate
2. Put the zucchini spaghetti on top
3. Pour the dressing over the spaghetti
4. Enjoy this creamy dish!

Calories: 360



# Raw Winter Main Courses

## Veggie rolls with rich coconut dip

### Ingredients:

- 1 medium zucchini
- 1/2 cup young coconut flesh
- 1 medium orange
- 1 cup spinach
- 8 lettuce leaves

### Preparation:

#### Step 1: Make the roll base

1. Peel the zucchini
2. Mandoline the zucchini into thin slices
3. Place the slices on a plate.

#### Step 2: Make the sauce

1. Peel the orange and de-seed it
2. Place the coconut flesh, orange and spinach into a blender
3. Blend them together into a sauce
4. Spread some of the sauce over each zucchini slice and roll them up
5. Put the extra sauce into a small bowl.

#### Step 3: Serve

1. Place the lettuce leaves on top of the serving plate
2. Place the small bowl containing the sauce on top of the plate
3. Place the veggie rolls onto the same plate
4. Enjoy!

Calories: 272



# Raw Winter Main Courses

## Healthy raw pad Thai

### Ingredients:

- 2 medium zucchinis
- 1 medium-sized cucumber
- 2 celery stalks
- 1 red pepper
- 1 cup baby spinach
- 1/2 cup chopped pineapple OR the flesh of 4 medium passion fruits\*
- 1/2 cup chopped arugula
- 10 chopped basil leaves

\* (available from supermarkets or Asian shops)

### Preparation:

#### Step 1: Make Pad Thai

1. Peel the cucumber and zucchinis
2. Spirilise or julienne slice zucchinis and the cucumber
3. Cut the bell pepper into 2 halves and de-seed each half
4. Cut 1/2 bell pepper into small chunks
5. Chop baby spinach and add arugula and basil leaves
6. Mix all the vegetables together in a salad bowl.

#### Step 2: Make the passion fruit/pineapple sauce

1. Place the passion fruit flesh into a blender together with its seeds OR place the pineapple into the blender

Calories: 192





# Raw Winter Main Courses

## HEALTHY RAW PAD THAI

2. Chop celery stalks into 1 inch pieces and add to the blender
3. Add the remaining 1/2 bell pepper
4. Blend all the ingredients together until smooth.

### Step 3: Serve

1. Pour the sauce over the Pad Thai vegetables
2. Serve and bon appetite!

# Raw Winter Main Courses

## Pumpkin mash with veggie bites

### Ingredients:

- 2 cups chopped pumpkin
- 4 medium tomatoes
- 1 celeriac
- 1 medium cucumber
- 1 medium head of lettuce (any variety)

### Preparation:

#### Step 1: Make the mashed pumpkin

1. Cut one tomato into slices and dehydrate them for 3 hours at 55C/110F
2. Chop up the other tomato
3. Place the fresh tomato, dehydrated tomato slices and pumpkin into a blender
4. Blend all the ingredients together making a puree
5. Place the pumpkin mash onto a serving plate.

#### Step 2: Make the veggie bites

1. Peel the celeriac
2. Mandoline slice celeriac, cucumber and 2 tomatoes into thin, round pieces
3. Take one piece of celeriac, then place one piece of cucumber on top of the celeriac, then one piece of tomato on top of the cucumber and lastly add a piece of cucumber on top.

Calories: 244



# Raw Winter Main Courses

## PUMPKIN MASH WITH VEGGIE BITES

### Step 3: Serve

1. Place the veggie bites next to the pumpkin mash
2. Chop the lettuce and serve in a separate bowl
3. Bon appetite!

# Raw Winter Desserts

## Festive cake

### Ingredients:

- 4 medium bananas
- 1 persimmon
- 2 tablespoon raw carob powder
- 1/2 teaspoon ground nutmeg

### Preparation:

#### Step 1: Make the crust

1. Place some baking paper on two dehydrating trays
2. Peel the bananas
3. Place 2 bananas into a blender and blend together
4. Pour the banana sauce onto one dehydrating tray, making a round shape
5. Place the remaining 2 bananas and carob powder into the blender and blend together
6. Pour the banana-carob sauce onto the second dehydrating tray, again making a round shape
7. Dehydrate both trays for 6 hours on one side at 55C/110F
8. Flip them over and dehydrate them on the other side for another 5 hours.

Calories: 569



# Raw Winter Desserts

## FESTIVE CAKE

### Step 2: Make the 1st layer

1. Place the banana-carob “crust” on a plate as the first layer.

### Step 3: Make the 2nd layer

1. Peel the persimmon and cut it into thin slices
2. Place half of the slices onto the 1st banana layer.

### Step 3: Make the 3rd layer

1. Place the banana “crust” on the persimmon layer, as the third layer.

### Step 4: Make the 4th layer

1. Place the other half of the persimmon slices onto the banana “crust”, as the fourth layer.

### Step 5: Serve

1. Add a pinch of ground nutmeg on the top of the cake
2. Either enjoy it right away or put the cake in the fridge and let it cool.

# Raw Winter Desserts

## Sweet pear pudding

### Ingredients:

- 3 medium pears
- 1/2 cup dried cranberries
- 1/2 teaspoon ground nutmeg

### Preparation:

1. De-seed the pears and cut them into pieces
2. Place the cranberries and nutmeg into a blender, setting aside 5 cranberries for decoration
3. Blend together into a pudding
4. Place the 5 cranberries you reserved earlier on top of the pudding
5. Serve in a big glass and enjoy!

Calories: 231



# Raw Winter Desserts

## Layered banana strudel

### Ingredients:

- 4 medium bananas
- 1 medium apple, peeled and de-seeded
- 4 medjool dates, pitted
- 1 tablespoon pure water
- 1/4 teaspoon cinnamon (optional)

### Preparation:

1. Cut bananas into long, thin slices using either a mandoline slicer or a knife
2. Chop up the apples and dates
3. Add 1 tablespoon of water (more or less, depending on your preferred consistency) to a food processor
4. Add the chopped dates and apple (plus optional cinnamon, if you want to use some) and process together
5. Make the pie in layers: 1st layer – banana slices; 2nd layer – apple and date sauce; 3rd layer – banana slices; 4th layer - apple and date sauce; 5th layer – banana slices
6. Serve and enjoy!

Calories: 765



# Raw Winter Desserts

## Pumpkin dream

### Ingredients:

- 2 cups pumpkin, chopped
- 1/2 cup chopped dates, pitted
- 1/2 cup coconut water
- 1/3 vanilla bean

### Preparation:

1. Peel the pumpkin and deseed it
2. Chop the pumpkin and place it into a blender
3. Add the chopped dates
4. Add the coconut water and vanilla bean
5. Blend all the ingredients together making a thick sauce
6. Pour the sauce into a bowl or a glass
7. Enjoy right away!

Calories: 262





# **Special Bonuses**

# Raw Winter Tips

## Easy tips to help you stay raw and healthy during the winter

### **Allow extra calories for the cold weather**

Do you find yourself feeling constantly hungry during the winter? This will almost certainly be because you are not consuming enough calories.

Let's consider this analogy. When your house becomes cold, you put the heating on. In order for your central heating system to work, it needs fuel (gas, electric, logs, coal). The same analogy can be used for describing the way your body works during the winter months.

During the winter months you will burn more calories, so your body will require some extra fuel to keep itself warm. That extra fuel will need to come from the extra calories that you will need to consume.

The reason why many raw foodists feel greater levels of hunger during the winter is because they do not allow for these extra calories. So adding an extra 200-300 calories from fruit can help you deal with your winter hunger!

### **Choose primarily sweet, calorie-dense fruit**

What you will find during the winter, is that your body will need more calories to sustain itself due to the lower temperatures. Eating sweet fruits like bananas, dates, mangos and persimmons are ideal as they are more calorie dense than most other fruits such as melons, grapes, oranges for example which are more water rich and lower in calories.

For example, 1 apple will provide you with approximately 60 calories. In contrast, a medium banana will provide you with approximately 105 calories, which will make it much easier for you to eat a sufficient amounts of calories.

# Raw Winter Tips

CONTINUED

So instead of struggling to get enough calories from low-calorie fruits like apples, simply mix them with bananas or eat mono fruit meals (one fruit in quantities that will satiate you and will help you meet your caloric needs).

## **Allow extra time for ripening your fruit**

Due to the lower temperatures during the winter months, fruit will take longer to ripen than it would during the warmer months. So allow yourself extra time for this and have a strategy in place that will help you to ripen your fruit quicker during the cold season.

This can be done by placing produce in closed paper/plastic bags at night and covering them with a thick blanket and ideally placing them near a heat source like a radiator. In the morning open the bag of produce and allow to air to prevent any mould from developing on it. You can even remove the produce from the bags if needed so they can dry properly. Repeat the process every day until the desired level of ripeness is achieved.

## **Have healthy levels of fat in your diet**

The 80/10/10 ratio of macro nutrients making up your diet applies to all the year round, including the winter time.

The 80/10/10 ratio means that at least 80% of your total daily calories needs to come from carbohydrates, 10% maximum need to come from protein and 10% maximum from fat.

So your intake of fat should still remain at around 10% of your total daily calorie intake, even during the winter.

Over-consumption of dietary fat, even if it is raw vegan fat, can lead to an array of health issues, from weight gain, through to blood sugar disorders (Candida, hypoglycaemia, type 2 diabetes), fatigue, depression and a lack of concentration.

# Raw Winter Tips

CONTINUED

In practice, the raw vegan 80/10/10 diet will mean that you eat fruit for breakfast, fruit with optional greens for lunch and more fruit before your evening meal of salad with just 1 source of fat (i.e. only ½ an avocado or a small fistful of nuts/seeds).

If you are experiencing cravings for fats, simply make sure that you eat enough calories from sweet fruits, which will provide you with your caloric needs. Eat fats for their nutrient value, rather than for calories.

## **Wrap up!**

Dress yourself appropriately during the winter time when both indoors and outdoors. If you are feeling cold at home, put on an extra layer. If your feet are cold – put thick, warm socks on and keep the temperature of your house or room at a comfortable level.

Always wear enough layers of suitable clothing to keep your body warm when outside. Remember you can always take layers of clothing off if you get too warm, but you cannot put more on if you are already out and about!

## **Consider supplementing your diet with barley grass and vitamin D (if you are vitamin D deficient)**

Your health is only as strong as its weakest link, so making sure you cover all your health bases is very important. During the winter months, the quality of produce goes down due to it not being freshly picked and stored for long periods. And, unfortunately, even freshly picked, organic produce can lack in some vital nutrients due to modern growing, harvesting, storing and transport practices.

This is why we recommend supplementing your diet with barley grass juice powder, which is grown for its nutrient density unlike a lot of produce you will find in general stores and markets.

# Raw Winter Tips

CONTINUED

The fruits and vegetables that you will find in supermarkets (even organic ones), are grown typically for their appearance, rather than nutrient content. So adding barley grass juice powder to your smoothies or dressings is a great addition to your diet and will help you ensure that you are obtaining all the necessary vitamins, minerals and other nutrients that your body needs for optimum health.

During the winter months in colder climates, most of us hardly ever see the sun. Our bodies are not capable of producing vitamin D during the winter months as any sun light that we do expose ourselves to during this period will be too weak.

Yet, for optimal health your body must have enough vitamin D all year round. We always encourage all our clients to keep an eye on their vitamin D levels and to test them yearly, especially during the winter months. If you find that your levels are too low, you should consider supplementing your diet with vitamin D.

## **Keep yourself active**

It's all too easy to become inactive and want to hibernate during the winter time, yet being active and exercising regularly will not only help you to maintain your physical health, but also help you to remain stable and strong both mentally and emotionally, which in turn will assist you in remaining on a raw vegan path.

Include cardio exercises (brisk walking, running, sprinting, swimming, cycling, skiing, skating) and strength training exercises (body weight exercises or weight lifting), as well exercises to help you develop balance and flexibility (yoga, pilates, tai chi, etc.).

# Raw Winter Tips

CONTINUED

## **Get out in nature**

Connecting with nature and getting out of the house will not only give you the chance to breathe fresh air and oxygenate your body, but also an opportunity to relax and unwind, which can be even more important during the winter months when most people will typically be spending the vast majority of their time indoors.

So put your thick winter hat and coat on and go outside to enjoy the fresh winter air!

## **Use coconut or sesame seed oil externally**

During the colder months of the year with the chill wind, your skin can become dryer. To counter this naturally, you can use coconut oil or sesame seed oil to moisturise your skin and so avoid having dry and flaky looking skin.

And remember, winter doesn't last forever and the wheel of Nature keeps on turning, so the warmer spring and summer months will eventually replace the cold, dark, and seemingly endless winter months!

# Raw Winter Shopping List

Here is a quick cheat sheet shopping list that you can take with you when you go shopping. Simply tick the items that you need to buy or add your own!

## Fruits:

- Bananas
- Dates
- Oranges
- Mandarins
- Berries
- Apples
- Pears
- Grapes
- Persimmons
- Kiwis
- Pineapple
- Mangoes
- Pomegranates
- Lime
- Lemon
- Other:

## Greens and herbs:

- Lettuce
- Celery
- Kale
- Chard
- Spinach
- Water spinach
- Corn salad
- Arugula
- Parsley
- Basil
- Dill
- Cilantro
- Chives
- Coriander
- Other:

# Raw Winter Shopping Cheat Sheet

CONTINUED

## Vegetables:

- Cucumber
- Tomatoes
- Zucchini
- Pumpkin
- Butternut squash
- Avocado
- Bell pepper
- Carrots
- Sweet corn
- Okra
- Fennel
- Cauliflower
- Cabbage
- Asparagus
- Celeriac
- Other:

## Nuts and seeds:

- Almonds
- Walnuts
- Pistachio nuts
- Macadamia nuts
- Pecan nuts
- Brazil nuts
- Pumpkin seeds
- Flax seeds
- Sunflower seeds
- Chia seeds
- Hemp seeds
- Sesame seeds
- Other:



# Healthy Replacement Foods

Do you want to find healthy raw food alternatives to foods from the past that you used to like? Here are some ideas:

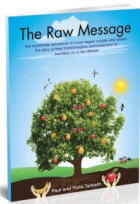
<b>Food or substance</b>	<b>Why replace?</b>	<b>Healthy alternative</b>
Raw chocolate	Stimulating, contains caffeine, drains the adrenal glands, addictive, contains theobromine, which can cause restlessness, sleeplessness, tremors and anxiety.	Carob powder
Salt	Excessive use of salt can lead to high blood pressure and water retention (hence result in weight gain). Sea salt may contain traces of heavy metals, such as lead, arsenic and mercury.	Fresh, dehydrated or sun-dried (salt-free) tomatoes, celery, celery salt, blended spinach, other green leafy vegetables
Processed sugar; syrups	Processed sugar and syrups are not whole foods and can lead to various issues from weight gain to blood sugar disorders.	Fruits, especially dried fruits

# Healthy Replacement Foods

CONTINUED

<b>Food or substance</b>	<b>Why replace?</b>	<b>Healthy alternative</b>
Pastries and cakes	Contain high levels of processed sugar, can lead to weight gain, blood sugar imbalances and other health issues.	An abundance of fruit
Hot spices	Irritating and stimulating to the body.	Spicier herbs like arugula, dill or chives. Replace chillies with red bell pepper
Vinegar	Contains acetic acid, which is a known poison.	Lemon or lime juice
Cheese and milk	Highly acidic, contains high levels of cholesterol and protein, leads to many health issues, including obesity, heart disease and cancer. Milk contains lactose and causes allergies.	Replace cheese with small quantities of nuts or seeds or small quantities of nut/seed cheeses Replace milk with raw nut or seed milk (i.e. almond or sesame milk)
Grains	Most grains are acid forming and lack in nutrients.	An abundance of sweet fruit

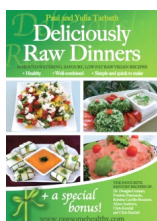
# Recommended raw food & health resources



## **THE RAW MESSAGE BY PAUL AND YULIA TARBATH.**

In this eye-opening book you will learn the secrets of implementing a successful raw food lifestyle, with all the necessary ins and outs to help you along the way. You will also discover a great level of detail about Paul and Yulia's personal raw vegan journey, what mistakes they made along the way and their world-wide travels on this lifestyle.

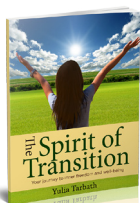
Order from: [www.rawsomehealthy.com/products](http://www.rawsomehealthy.com/products)



## **DELICIOUSLY RAW DINNERS BY PAUL AND YULIA TARBATH.**

Would you like to enjoy 36 healthy, low-fat, well combined and easy to make raw vegan savoury recipes? From mouth-watering soups, succulent salads, to delicious main courses – this book is a must have for your dinner time meals!

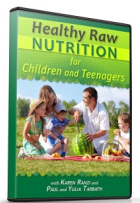
Order from: [www.rawsomehealthy.com/products](http://www.rawsomehealthy.com/products)



## **THE SPIRIT OF TRANSITION BY YULIA TARBATH.**

The Spirit of Transition brings the physical and spiritual worlds together and unities them as one. As well as gaining life-transforming inner growth tools, you will also be given clear guidance as to how you can change your diet and accelerate the healing of your body, mind and soul.

Order from: [www.rawsomehealthy.com/products](http://www.rawsomehealthy.com/products)



## **HEALTHY RAW NUTRITION FOR CHILDREN AND TEENAGERS WITH KAREN RANZI AND PAUL AND YULIA TARBATH.**

Are you a parent or a parent-to-be? Do you want to help you children realise greater levels of health with the help of raw foods? Then this specially recorded teleconference is for you! You will learn how to balance your children's nutrition, discover fun and creative ways to incorporate more raw foods into your children's diets, gain knowledge on how to avoid deficiencies, and so much more!

Order from: [www.rawsomehealthy.com/products](http://www.rawsomehealthy.com/products)

# Recommended raw food & health resources

CONTINUED



## **RAW FOOD DIET COACHING WITH PAUL OR YULIA TARBATH.**

If you are looking for one-on-one assistance with transitioning to a raw food lifestyle the right way, including how to create your own raw food diet plan that will take into consideration your own personal needs, whether it be disease recovery, weight loss, detox, fitness, or how to fit this lifestyle into a busy schedule, we are happy to offer you our assistance.

For more details, please see: [www.rawsomehealthy.com/coaching](http://www.rawsomehealthy.com/coaching)