Deliciously Raw Dinners

30 MOUTH-WATERING, SAVOURY, LOW FAT RAW VEGAN RECIPES

- Healthy
- Well-combined
- Simple and quick to make

+ a special bonus!

www.rawsomehealthy.com
Copyright © 2016 by Rawsomehealthy

Deliciously Raw Dinners

Important notice: it is illegal to give, reprint, sell or distribute this book.

No part of this book may be reproduced or copied by any means without the prior written permission of its author—
with the exception of brief quotations for review or reference purposes.

The information provided in this book should not be used for diagnosing or treating a health problem or disease.
Each single individual deciding to change his/her dietary or lifestyle preferences carries full legal responsibility for
his/her own health. If you have or suspect you may have a health problem, you should consult your health care
practitioner.

Published by:
Yulia Tarbath
Rawsomehealthy
www.rawsomehealthy.com
Contents

About the authors p. 6

Introduction p. 7

The benefits of eating raw, plant-based food p. 9

Equipment required to make the recipes p. 11

Serving sizes p. 13

Deliciously Raw Soups p. 14

Gazpacho Soup p. 15

Italian Tomato and Mango Soup p. 16

Cool Cucumber Soup with Baby Corn p. 17

Pea and Mint Soup p. 18

Sweet Tomato and Tender Baby Spinach Soup p. 19

Sweet Corn Soup p. 20

Nectarine Ecstasy Soup p. 21

Deliciously Raw Salads p. 22

Bell Peppers Stuffed with Tomato Salsa p. 23

Greek Salad with Feta “Cheese” p. 24

Kale and Peach Salad with Citrus Dressing p. 25

Caesar-inspired Salad p. 26

Creamy Coleslaw p. 28

Asparagus and Carrot Salad with Beet Dressing p. 29
Deliciously Raw Main Courses p. 31

Spinach and Zucchini Patties with Tzatziki Sauce p. 32
Asian Dumplings with Sweet and Sour Sauce p. 33
Italian Spaghetti with Tomato Sauce and “Meat” Balls p. 35
Layered Sweet Corn Pie with Guacamole Sauce p. 37
Polenta with Olive Ragout p. 39
Raw Lasagne with Sweet Tomato Sauce p. 40
Cauliflower and Sun-dried Tomato Tabouleh p. 42
Arugula Spaghetti with Pesto Sauce p. 43
Stuffed Tomatoes with Almond Cream and Green Salad p. 44
Veggie Wraps with Creamy Corn Sauce p. 46
Undehydrated “Pizza” with Veg Topping and Salad p. 48
Pistachio Burger with Mandarin Spaghetti p. 50
Vegetable Rolls with Coriander Chutney p. 51
Stuffed Savoy Cabbage with Tangy Orange Sauce p. 54
Yellow “Rice” with Sage Veggie Balls p. 56
Okra and Watercress Stew p. 57
Special Bonus p. 59
The favourite recipes of:

Dr. Douglas Graham p. 60
Frederic Patenaude p. 62
Kristina Carrillo-Bucaram p. 63
Alison Andrews p. 65
Chris Kendall p. 67
Chris Randall p. 68
About The Authors

Paul and Yulia Tarbath are qualified Nutritionists and Lifestyle Coaches, parents, world travellers and fitness enthusiasts who enjoy assisting people from around the world in regaining their health, vibrancy and passion for life.

They switched to a fruit-based raw food lifestyle in 2009 and since then their lives have been transformed.

This lifestyle has helped Yulia recover from a health crisis and heal Candida, chronic fatigue, digestive disorders, PMS, mental/emotional imbalances, hypoglycaemia, depression, infertility, and severe food cravings.

Paul healed headaches, haemorrhoids, re-occurring colds and flu. As a result of their high-energy raw vegan lifestyle, they have transformed into vibrant and fit people who are now parents to a young daughter.

Paul and Yulia both educate and coach on the high-fruit raw food diet and health. They deliver workshops and seminars, have written numerous books, articles and have appeared in national press, various websites, magazines, radio shows and health summits. Their website is: www.rawsomehealthy.com
Introduction

For many years, we have been researching the field of health and nutrition, identifying the diet that creates the greatest benefit to people’s well-being.

Generally speaking, the raw vegan world consists of two camps: high-fat gourmet raw and low-fat raw. High-fat raw is a path that leads to health issues, just like any high-fat diets do. The majority of recipes you will find for high-fat gourmet raw are too complex for your body to digest properly. They include excessive amounts of nuts, seeds and avocado, and also contain substances like salt and vinegar that will intoxicate your bodily system.

In contrast, low-fat raw vegan cuisine is health promoting. It is simple, delicious and highly nutritious. We have been enjoying eating this way since mid-2009, whilst inspiring many people along the way and helping them to change their lives.

In the Deliciously Raw Dinners book, we share 36 low-fat raw vegan recipes that you can use in both your daily life and for special occasions. They are tasty, diverse, colourful, quick and easy to prepare, and very healthy!

Our recipes are free from stimulating and toxin-creating substances that are included in many raw vegan recipes, such as:

- Salt
- Vinegar
- Garlic and onion
- Oils
- Hot spices
- Soy products, etc.

All of our recipes are low in fat, and many of our recipes are completely fat-free – so they are great for weight loss! We created them with proper food combining principles in mind, which plays a very important part in our well-being.

 Deliciously Raw Dinners is split into three sections: soups, salads, and main courses. On top of this, the book also includes the favourite recipes of some of the
world’s leading health promoters, including: Dr. Douglas Graham; Frederic Patenaude; Christina Carillo-Bucaram; Alison Andrews; Chris Kendall; and Chris Randall.

Have fun creating and preparing low-fat raw meals, and feel free to share them with your family and friends!

Yours in health,

Paul and Yulia Tarbath
The benefits of eating raw, plant-based food

Many people experience much greater well-being, as well as the healing of many diseases and ailments when they eat a whole-food raw vegan diet. A raw food diet is the most nutritious and health-creating diet there is because it supplies our bodies with the abundance of nutrients nature has to offer, and in a balanced and unprocessed package.

When we first came across the raw food diet several years ago, we could not believe all of the positive changes that began happening to us. Yulia’s health was simply falling apart at the time, and she was experiencing Candida overgrowth, chronic fatigue, PMS, digestive problems, hypoglycaemia, depression, and severe food cravings. Within just several days of her switch to a high-fruit and low-fat raw vegan diet, she noticed how her Candida overgrowth had balanced itself.

Yulia was beginning to feel more energy, and her chronic fatigue was gradually fading away. Experiences of depression lifted, her digestion improved, PMS and hypoglycaemia were healed, and food cravings were conquered! Her skin became shiny and smooth, her mind was more focused and sharp, and her fitness levels increased. Paul noticed how his headaches and colds disappeared, and how he became a much more balanced and centred person. Both of us are completely transformed beings now, and people often make comments about us like: “Wow, you are glowing and look so healthy and fit!”

A low-fat raw vegan diet gives the human body an opportunity to repair and heal itself, without having to constantly struggle with harmful and toxic substances that are found in unnatural, processed foods and cooked foods, such as carcinogens, mutagens, and free-radicals associated with diseases like diabetes, arthritis, heart disease and cancer.

Whatever macro or micro nutrient our bodies require from fat, protein or carbohydrates, through to minerals, vitamins and phytonutrients, are all to be found in abundance in whole, ripe, raw, organic and fresh fruits, vegetables, nuts and seeds.
A raw, plant-based diet contains a complete range of valuable, life-supporting nutrients, including:

- Antioxidants, which help protect our cells from free radicals and diseases including cancer.
- Fiber, which aids in weight loss, helps to maintain a healthy digestive system, as well as healthy levels of cholesterol and blood sugar.
- Vitamins, which support energy metabolism, vision, immune system health, reproduction, cell formation, and nerve function.
- Minerals, as found in plentiful supply in fruits and especially soft leafy green vegetables, which assist in: formation of bones and teeth; transportation of oxygen; healing of wounds; and maintenance of the alkalinity of the blood.
- Water, which is the very essence of our lives and is vital to all aspects of our health, such as detoxification, body temperature regulation, organ functioning, oxygen and nutrient transportation, and healthy metabolism. Raw, plant foods contain 80-90% water, and are the most water-dense foods available on the planet. Consuming a raw plant-based diet, as well as sufficient amounts of pure drinking water, will always hydrate the body, ensuring that its health and well-being is maintained.

So, if you want to feel truly well and allow your body to function healthily, then you need to feed your body with what it really needs and what gives you endless energy, vitality, joy, and health! We have a choice in what we are made of!
Equipment required to make the recipes

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, 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.

Food processor

Food processors will chop, slice, shred, puree, and knead a wide array of foods. From making coleslaws, cauliflower or sweet corn rise, 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 Cusinart, and this is the brand that we recommend. Alternatively, you may explore other brands, such as Kenwood or Phillips.

Juicer

There are many juicers available on the market. A high-quality juicer, such as The Champion Juicer, or Omega juicer operates via a mastication process. This gives you more fiber, enzymes, vitamins and trace minerals, as well as a richer colour of juice and a sweeter, richer more full-bodied flavour.
**Spiraliser**

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 moments! Our recommendation is the World Cuisine brand. Alternatively, you can use a julienne peeler that you can purchase from any kitchen store.

**Mandoline slicer**

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 and fit easily in a kitchen drawer. Ideal for making layered dishes, such as raw lasagnes or pies. We recommend two brands: Benriner or Kyocera.

The kitchen equipment mentioned here is available via our website at:
[www.rawsomehealthy.com/products](http://www.rawsomehealthy.com/products)
Serving sizes

All of our recipes are based on a single serving. If you would like to prepare a meal for two, three or more people, simply double or triple the amount of ingredients.
Deliciously Raw Soups
Gazpacho Soup
(fat-free)

Ingredients:
- 1 red bell pepper (de-seeded)
- ½ large (approx. 1 cup) cucumber (chopped)
- 3 medium ripe tomatoes
- ½ cup ripe pineapple (optional)
- ½ cup fresh coriander or cilantro
- ½ cup fresh parsley
- 1 teaspoon lemon or lime juice

Preparation:
- Roughly chop the bell pepper, cucumber, tomatoes, pineapple and herbs.
- Place this mixture into a blender, along with the lemon or lime juice.
- Blend together until consistent and smooth.
- Serve in a soup bowl and enjoy! Mucho delicious!
Italian Tomato and Mango Soup  
(fat-free)

Ingredients:

- 1 ripe mango (peeled)
- 4 medium tomatoes (skin peeled)
- 1 yellow bell pepper (de-seeded)
- ¼ cup fresh oregano
- ⅓ cup fresh dill
- ½ tablespoon lemon juice

Preparation:

- Roughly chop the mango flesh, along with the tomatoes and bell pepper. Place this mixture into a blender.
- Add the oregano, dill, and lemon juice, and blend together until smooth.
- Pour into a serving bowl and savour the flavour!
Cool Cucumber Soup with Baby Corn
(contains avocado; fat-free version available)

Ingredients:
- 1 cup baby corn
- 1 large cucumber
- Flesh ⅓ avocado (skip for a fat-free version)
- 1 ½ cups spinach
- 10 fresh mint leaves
- ½ cup fresh parsley
- 10 fresh chive stalks
- ¼ cup pure water

Preparation:
- Roughly chop the cucumber.
- Place the water, chopped cucumber, avocado flesh, spinach, mint, and parsley into a blender, and blend together until smooth.
- Pour into a soup bowl.
- Place the baby corn and chives into a food processor and finely mix using the “S” blade.
- Mix the baby corn mixture with the soup.
- Serve and enjoy this refreshing soup!
Pea and Mint Soup

(contains avocado; fat-free version available)

Ingredients:

- 2 cups green peas (fresh or frozen. If you are using frozen peas, place 2 cups of peas in a bowl and leave to de-frost at room temperature for approx. 3-4 hours)
- ½ ripe avocado (skip for a fat-free version)
- 2 stalks celery
- 15 fresh mint leaves
- ½ cup pure water

Preparation:

- Chop celery into approx. 1 inch/2cm pieces.
- Place the water, peas, avocado, chopped celery, and mint leaves into a blender.
- Blend together until consistent and smooth.
- Pour the soup into a bowl.
- Serve and enjoy!
Sweet Tomato and Tender Baby Spinach Soup
(fat-free)

Ingredients:

- 5 medium tomatoes (preferably with their skin peeled)
- 1/3 cup dried tomatoes
- The flesh of 2 soft, medium-sized peaches (skin peeled)
- 3 medium celery stalks (without the leaves)
- 2 cups baby spinach
- 1/2 cup fresh basil
- 1 tablespoon lemon juice
- 1/4 cup pure water

Preparation:

- Roughly chop the tomatoes and peaches.
- Chop celery into approx. 1 inch/2 cm pieces.
- Place the water, fresh tomatoes, dried tomatoes, peaches, celery, 1 cup spinach, basil, and lemon juice into a blender.
- Blend together until consistent and smooth. You may need to add some more water, depending upon how thick or watery you want your soup to be.
- Chop the remaining cup of the spinach and arrange on top of the soup.
- Serve and enjoy!
Sweet Corn Soup
(fat-free)

Ingredients:

- 2 cups fresh sweet corn
- 3 medium tomatoes
- 2 medium celery stalks
- ½ cup fresh coriander

Preparation:

- Roughly chop the tomatoes and chop celery into approx. 1 inch/2cm pieces.
- Add the chopped tomatoes, celery and sweet corn to the blender.
- Thoroughly mix together until consistent and smooth.
- Pour into a serving bowl.
- Chop the coriander and sprinkle on top of the soup.
- Enjoy – it is yummy!
Nectarine Ecstasy Soup  
(fat-free)

Ingredients:
- 7 ripe nectarines (skin peeled. Reserve 1 nectarine for decoration)
- 2 cups baby spinach
- ½ cup parsley
- 2 teaspoons caraway seeds (grounded)

Preparation:
- Roughly chop 5 nectarines and parsley and place them into a blender.
- Add the baby spinach and caraway seeds and blend together until smooth.
- Pour into a serving bowl.
- Cut the reserved nectarine into wedges and arrange on top of the soup.
- Serve and enjoy!
Deliciously Raw Salads
Bell Peppers Stuffed with Tomato Salsa
(fat-free)

Ingredients:
- 5 fresh tomatoes
- 1/3 cup dried tomatoes
- 2 yellow bell peppers (de-seeded)
- 1 red bell pepper (de-seeded)
- 1 head lettuce (such as cos, iceberg, or romaine)
- 1 cup fresh rocket or arugula
- ½ cup fresh dill
- ½ cup fresh coriander
- ½ cup fresh chives
- 2 tablespoons lemon or lime juice

Preparation:

Step 1: Make the tomato salsa
- Roughly chop the tomatoes, red bell pepper, dill, coriander, and chives.
- Place the following ingredients in a food processor: fresh tomatoes, dried tomatoes, red bell pepper, dill, coriander, chives, lemon or lime juice.
- Mix together well using the “S” blade of the food processor.
- Place in a bowl and set aside.

Step 2: Make the stuffed bell peppers and salad
- Cut 2 yellow bell peppers into halves.
- Stuff the bell peppers with the tomato salsa mix.
- Put the bell peppers around a serving plate.
- Chop the lettuce, and mix together with rocket/arugula.

Step 3: Serve

- Place the lettuce onto the serving plate, next to the bell peppers.
- Serve and enjoy!
Greek Salad with Feta “Cheese”
(contains nuts)

Ingredients:
- 1 yellow bell pepper (de-seeded)
- 1 large cucumber
- 4 medium tomatoes
- ⅓ cup macadamia nuts (no need to pre-soak)
- 1 cup fresh dill (chopped)
- 3 tablespoons lemon juice
- 1 tablespoon pure water

Preparation:

Step 1: Make the feta “cheese”
- Place the water, macadamia nuts, and 2 tablespoons of lemon juice into a food processor.
- Mix together using the “S” blade of the food processor until the mixture reaches a cheese-like consistency.
- Form the nut mixture into small pieces (see the photograph above).

Step 2: Make the salad
- Cut the bell pepper, cucumber, and tomatoes into square pieces.
- Finely chop the dill. Keep approx. 1 tablespoon of dill for decoration.
- Mix the bell pepper, cucumber, tomatoes, dill, and 1 tablespoon of lemon juice together in a salad bowl. Place the salad onto a serving plate.

**Step 3: Serve**

- Place the nut “cheese” pieces on top of the salad.
- Sprinkle with the chopped dill.
- Kali orexi! (Greek for enjoy your meal!).
**Kale and Peach Salad with Citrus Dressing**  
(fat-free)

**Ingredients:**
- 1 large English cucumber
- 4 ripe peaches (skins removed)
- 1 ½ cups kale leaves (chopped)
- 2 oranges (peeled and de-seeded)
- 3 medium celery stalks (without the leaves)
- ½ cup fresh basil
- ½ cup fresh dill

**Preparation:**

**Step 1: Make the sauce**
- Chop celery into approx. 1 inch/2cm pieces.
- Blend the flesh of 2 oranges, chopped celery, and basil (keep several leaves for decoration) together until smooth.
- Pour into a bowl and set aside.

**Step 2: Make the salad**
- Spiralise or julienne slice the cucumber.
- Cut the flesh of 4 peaches into cubes.
- Chop the dill, and mix together with the kale leaves in a salad bowl.
- Add the cucumber and peaches to the salad bowl, and mix together.
- Place the salad onto a serving plate.

**Step 3: Serve**

- Pour the orange sauce over the salad, and decorate with several basil leaves.
- Bon appétite!
Caesar-inspired Salad
(contains nuts)

Ingredients:
- 1 head lettuce (such as cos, iceberg, or romaine)
- 3 medium carrots (peeled)
- 1 red or yellow bell pepper (de-seeded)
- 2 celery stalks (without the leaves)
- ⅓ cup almonds (for creating nut milk)
- ⅓ cup macadamia nuts
- ½ cup fresh rocket or arugula
- 2 tablespoons lemon juice
- 1 cup pure water

Preparation:

Step 1: Make the Caesar-like dressing

- Firstly, make the almond milk (you will have approx. 1 cup – use only ½ cup for the recipe).
- Pre-soak ½ cup of almonds in 1 cup of water for 8 hours (or overnight).
- Blend the almonds together with their water.
- Take a cheesecloth (or a nut milk bag) and place over the jar/container, allowing the strainer to drop about halfway down into the container. Next, pour the almond mixture into the container, so that it drips through the
cheesecloth and into the container below. Allow all of the liquid to strain into the container.
- Pour ½ cup of almond milk back into the blender, and add the macadamia nuts, rocket/arugula, and lemon juice. Thoroughly blend together, adding more lemon juice (if desired).
- Place into a bowl and set aside.

**Step 2: Make the salad**
- Chop the lettuce and place into a bowl.
- Slice the bell pepper into strips.
- Grate the carrots.
- Chop celery into approx. 1 inch/2cm pieces.
- Mix all of the salad ingredients together in a bowl.

**Step 3: Serve**
- Place the salad ingredients into a serving bowl or onto a serving plate.
- Pour the Caesar dressing over the salad.
- Enjoy!
Creamy Coleslaw
(contains avocado)

Ingredients:
- 1 medium head green cabbage
- 4 celery stalks (without the leaves)
- 1 small fennel bulb
- Flesh ½ medium, soft avocado (such as Florida variety)
- 6 fresh chive stalks
- 4 tablespoons fresh orange juice

Preparation:

Step 1: Make the creamy sauce
- Mix the orange juice together with avocado, and stir with a folk until consistent.

Step 2: Make the coleslaw salad
- Chop celery into approx. 1 inch/2cm pieces (keep 1 stalk of celery for decoration).
- Roughly chop the cabbage and fennel.
- Either chop the cabbage, celery and fennel finely, or place the cabbage, celery, and fennel into a food processor, and process together into fine pieces using the “S” blade.
- Place the salad onto a serving plate or bowl.
Step 3: Serve

- Pour the avocado-orange sauce over the salad, and mix together.
- Chop the chives and sprinkle on top of the salad.
- Cut the kept celery stalk into 4 pieces, and place around the coleslaw for decoration.
- Serve and enjoy the creaminess of this dish!
Asparagus and Carrot Salad with Beet Dressing
(fat-free)

Ingredients:

- 2 medium carrots (peeled)
- 2 medium beetroots (peeled)
- 2 celery stalks (without the leaves)
- 10 asparagus stalks
- 1 small gem lettuce
- 1 medium fennel bulb
- 1 cup fresh rocket or arugula
- ½ cup fresh coriander
- 2 tablespoons lemon or lime juice

Preparation:

Step 1: Make the beet dressing

- Juice the beetroots and fennel, and pour the juice into a glass.
- Add lemon or lime juice, and then mix together.

Step 2: Make the carrot salad

- Peel the carrots, and then either grate or spiralise them.
- Chop the celery into approx. 1 inch/2cm pieces
- Chop asparagus into pieces.
- Chop the rocket/arugula and coriander.
- Mix all of the salad ingredients together in a bowl.
Step 3: Serve

- Arrange the gem lettuce around a serving dish, and place the carrot salad in the middle of the dish.
- Pour the beet dressing over the salad.
- Voilà! Enjoy!
Green Power Salad with Nectarine Dressing
(fat-free)

Ingredients:
- 4 sweet, ripe nectarines (de-seeded)
- 3 medium celery stalks (without the leaves)
- 1 cup spinach
- 3 small heads gem lettuce
- 1 cup kale leaves
- ½ cup fresh rocket or arugula
- ¼ cup pure water

Preparation:

**Step 1: Make the nectarine dressing**
- Chop celery into approx. 1 inch/2cm pieces
- Roughly chop the nectarine flesh.
- Place nectarines and celery into a blender together with the rocket/arugula.
- Blend together until smooth.
- Pour into a bowl and set aside for later.

**Step 2: Make the salad**
- Chop the spinach, kale, and gem lettuce into pieces, and mix together.
  ( Alternatively, place the vegetables in a food processor and process together using the “S” blade).
- Place the salad onto a serving plate or in a bowl.

**Step 3: Serve**

- Pour the nectarine sauce over the salad.
- Serve, and enjoy this refreshing and mineralising salad!
Deliciously Raw Main Courses
Spinach and Zucchini Patties with Tzatziki Sauce

(contains nuts)

Ingredients:

- 1 medium-large zucchini
- 2 cups spinach
- ½ red bell pepper
- ½ cup macadamia nuts (no need to pre-soak)
- ¼ large English cucumber
- ½ cup fresh parsley
- 10 fresh chive stalks
- ½ cup fresh dill
- 10 fresh mint leaves
- 1 tablespoon lemon juice
- ¼ cup pure water

Preparation:

Step 1: Make the tzatziki sauce

- Place the water, macadamia nuts, cucumber, dill, mint, and lemon juice into a blender,
  and thoroughly mix together until the mixture reaches a thick, paste-like consistency.
- Place into a sauce dish and set aside.

Step 2: Make the spinach and zucchini patties
- Place the zucchini, spinach, parsley, and chives into a food processor and process together using the “S” blade.
- Using your hands, form the spinach and zucchini mix into 3-4 equal-sized balls.
- Place the patties onto a serving plate.

Step 3: Serve

- Place the tzatziki sauce next to the patties on the plate.
- Chop the bell pepper into strips, and arrange around the dish with the patties and the tzatziki sauce.
- Eat the patties together with the tzatziki sauce.
- Enjoy this incredibly delicious dish!
Asian Dumplings with Sweet and Sour Sauce
(fat-free)

Ingredients:

- 2 medium zucchinis
- 3 medium celery stalks (without the leaves)
- ½ red bell pepper
- ½ medium, ripe mango
- 2 medium plums
- 1 cup rocket or arugula
- ½ medium fennel bulb
- 1 tablespoon fresh coriander

Preparation:

Step 1: Make the sweet and sour sauce

- Blend the plums and mango together until smooth, and pour the sauce into a sauce dish.
- Decorate with chopped coriander.

Step 2: Make the dumplings

- Using a mandolin slicer, cut the zucchinis into thin strips.
- Chop celery into approx. 1 inch/2cm pieces.
- Roughly chop the fennel and bell pepper.
- Place the fennel, celery, bell pepper, and rocket/arugula into a food processor and process together using the “S” blade.
- Arrange 2-3 zucchini strips vertically on a plate, and 2-3 zucchini strips horizontally (see the photo on the left).
- Place around 1 tablespoon of the fennel-bell pepper-rocket/arugula mix in the middle of the zucchinis.
- Fold the zucchinis inwards, and place another zucchini strip around each dumpling to hold them together.

**Step 3: Serve**

- Arrange the dumplings around a serving plate, and serve with the sweet and sour sauce.
- Chic and unique, enjoy!
Italian Spaghetti with Tomato Sauce and “Meat” Balls
(contains nuts; nut/fat-free version available)

Ingredients:

- 3 medium zucchinis
- 11 medium tomatoes
- 2 celery stalks (without the leaves)
- ⅓ cup macadamia nuts (no need to pre-soak; skip the meat balls and macadamia nuts for a fat-free version)
- ¼ cup fresh oregano
- ½ cup fresh basil
- 2 tablespoons lemon juice
- 1 tablespoon pure water

Preparation:

Step 1: Make the tomato sauce

- Chop the celery stalks into approx. 1 inch/2cm pieces. Chop 10 tomatoes (set aside 1 tomato for later) into pieces and place into a bender. Thoroughly blend together.
- Place a sieve above a large bowl, and pour the tomato mixture in (see the photo on the left).
- Take a spoon and mix the tomato mixture in the sieve for approx. 3 minutes, allowing the liquid to strain from the tomatoes into the bowl so that you have a thick-ish tomato paste in the sieve.
- Once the liquid is drained, place the tomato paste into a food processor (or a blender) and add the dill, basil, and oregano (if you are making the meat balls, set aside 1 tablespoon of oregano for later).
- Thoroughly mix together, place into a bowl, and then set aside.

**Step 2: Make the zucchini spaghetti**

- Peel the zucchinis and then spiralise them. Place into a bowl.
- Stir in the tomato sauce that you made earlier and mix together well.
- Place in the middle of a serving plate.

**Step 3: Make the meat balls (optional)**

- Place the macadamia nuts, water, oregano, and lemon juice into a food processor and process together using the “S” blade.
- Take approx. 1 teaspoon of this mixture into your hands and roll into equal-sized balls.

**Step 4: Serve**

- Slice the remaining tomato and place around the spaghetti.
- Put the meat balls on top of the tomato slices.
- Serve together – bellissimo!
Layered Sweet Corn Pie with Guacamole Sauce
(contains avocado; fat-free version available)

Ingredients:
- 2 cups sweet corn (preferably garden fresh)
- 1 large English cucumber
- ½ avocado (skip for a fat-free version)
- 1 medium tomato
- 1 head lettuce (such as romaine or iceberg)
- 1 ½ cups baby spinach
- 2 celery stalks (without the leaves)
- ½ cup rocket or arugula
- ½ cup fresh parsley
- ¼ cup fresh coriander
- ½ tablespoon lemon juice

Preparation:

Step 1: Make the guacamole sauce
- Place ½ avocado (for a fat-free version, simply skip the avocado), tomatoes, coriander, and lemon juice into a food processor and process together using the “S” blade.

Step 2: Make the sweet corn pie
- Using a mandoline slicer, slice the cucumber into long strips.
- Place the sweet corn into a food processor and process into small pieces. Place onto a plate and set aside.
- Chop celery into approx. 1 inch/2cm pieces.
- Place the rocket/arugula, celery, parsley, and 1 cup of spinach into a food processor and finely process together (you will be using these mixed greens for the sweet corn pie).

- Arrange the sweet corn pie into layers on top of a serving plate (see the photo on the left):
  - 1\textsuperscript{st} layer: sliced cucumbers.
  - 2\textsuperscript{nd} layer: \(\frac{1}{2}\) the quantity of mixed greens.
  - 3\textsuperscript{rd} layer: \(\frac{1}{2}\) the quantity of guacamole sauce.
  - 4\textsuperscript{th} layer: sweet corn.

- 5\textsuperscript{th} layer: remaining mixed greens
- 6\textsuperscript{th} layer: remaining guacamole sauce.

**Step 3: Serve**

- Chop the lettuce, and place around the sweet corn pie.
- Serve and savour!
Polenta with Olive Ragout
(contains olives)

Ingredients:

- 3 cups sweet corn (preferably garden fresh)
- 1 medium tomato
- 12 medium black olives (unprocessed and raw)
- 1 medium celery stalk (without the leaves)
- 1 head lettuce (such as cos, iceberg, or romaine)
- ½ cup fresh rocket or arugula
- ½ cup fresh parsley
- ¼ cup fresh chives

Preparation:

Step 1: Make the polenta

- Place the sweet corn and rocket/arugula into a food processor, and process together into small pieces using the “S” blade.
- Place in the middle of a serving plate.

Step 2: Make the olive ragout

- Chop celery into approx. 1 inch/2cm pieces.
- Pit the olives, roughly chop the tomatoes, and then add the celery, parsley, and chives.
- Place into a food processor and mix together.

**Step 3: Serve**

- Chop the lettuce and place into a separate bowl.
- Place the olive ragout on top of the polenta.
- Serve the polenta and chopped lettuce together.
- Eat and enjoy!
Raw Lasagne with Sweet Tomato Sauce
(fat-free)

Ingredients:
- 4 medium zucchinis
- 6 medium fresh tomatoes
- 4 cherry tomatoes (for decoration)
- 1 medium mango
- 2 cups spinach
- 1 cup fresh rocket or arugula
- 1 cup fresh parsley
- ½ cup fresh oregano
- ½ cup fresh basil
- 2 tablespoons lemon or lime juice

Preparation:

This dish is made in various stages and layers.

Step 1: Make the tomato sauce
- Take 6 medium-sized fresh tomatoes and peel off their skin (for a smoother sauce consistency).
- Slice the tomatoes roughly, place into a blender and blend thoroughly.
- Place a sieve above a large bowl, and pour the tomato sauce in (see the photo on the left).
- Take a spoon and mix the tomato mixture in the sieve for approx. 3 minutes, allowing the liquid to strain from the tomatoes into the bowl so that you have a thick-ish tomato paste in the sieve.
- Peel the mango and chop its flesh into rough pieces.
- Place the tomato paste and chopped mango into a blender and blend together until smooth.
- Place in a bowl and set aside.

**Step 2: Mix the herbs**

- Place the rocket/arugula, spinach, parsley, oregano, and basil into a food processor and process together (keep several leaves of basil and parsley for decoration).
- Place the herbs into a bowl and set aside.

**Step 3: Slice the zucchinis**

- Peel the zucchinis, and slice them into long, thin strips using a mandoline slicer.
- Place into a bowl and set aside.

**Step 4: Make the lasagne layers**

- Place ½ of the amount of sliced zucchinis onto a serving plate.
- Cover the zucchinis with ½ the amount of blended herb mixture.
- Cover the herb mixture with ½ the amount of tomato sauce (see the photo on the left), spreading it around evenly.
- Place the remaining zucchinis onto the tomato sauce.
- Cover with the remaining herb mixture.
- Pour the remaining tomato sauce over the herb mixture, spreading it around evenly.

**Step 5: Serve**

- Decorate the lasagne with the cherry tomatoes, basil, and parsley.
- Incredibly luscious lasagne!
Cauliflower and Sun-dried Tomato Tabouleh
(fat-free)

Ingredients:

- 1 medium head cauliflower
- 3 fresh tomatoes
- 1/2 cup sun-dried tomatoes (pre-soaked in pure water for approx. 1 hour)
- 1 1/2 cups cucumber (cubed)
- 1/2 cup fresh parsley
- 1/2 cup fresh coriander
- 1 1/2 tablespoons lemon juice

Preparation:

Step 1: Make the tabouleh

- Cut the cauliflower florets, and put the florets it into a food processor, chopping it into very small, “rice-like” pieces. Place into a bowl.
- Add 1 tablespoon of lemon juice to the cauliflower and massage it with your hands to soften it.

Step 2: Make the sun-dried tomato mix

- Place the parsley, coriander, tomatoes (both sun-dried and fresh), and 1/2 tablespoon lemon juice into a food processor and process together.
- Mix 1/2 of this mixture with the cauliflower tabouleh.
Step 3: Serve

- Add the chopped cucumbers to the tabouleh, and mix together.
- Place the tabouleh onto a serving dish.
- Place the other ½ of the sun-dried tomato mix on top of the tabouleh.
- Serve and enjoy! Delicious!
Arugula Spaghetti with Pesto Sauce
(contains nuts)

Ingredients:
- 3 medium zucchinis
- 2 medium celery stalks (without the leaves)
- 1 head lettuce (such as cos, iceberg, or romaine)
- ¼ cup pine nuts (pre-soaked in pure water for approx. 4 hours)
- ½ cup arugula/rocket
- 1 cup fresh basil
- 2 tablespoons lemon juice
- ¼ cup of pure water

Preparation:

Step 1: Make the pesto sauce
- Chop celery into approx. 1 inch/2cm pieces.
- Blend together the water, pine nuts, 1 zucchini (set aside the remaining 2 to make the spaghetti), fresh basil, chopped celery, and lemon juice until thick and creamy.

Step 2: Make the spaghetti
- Peel 2 of the zucchinis and then spiralise them.
- Chop the lettuce and rocket/arugula.
- Mix the chopped lettuce and rocket/arugula together with the spiralised zucchinis, and place into a bowl.
Step 3: Serve

- Pour the pesto sauce over the zucchini spaghetti, and mix together.
- Place this mixture in the middle of a serving plate.
- Decorate with the basil leaves, serve, and enjoy!
Stuffed Tomatoes with Almond Cream and Green Salad
(contains nuts)

Ingredients:
- 5 medium tomatoes
- ⅓ cup almonds (pre-soaked in pure water for 8 hours or overnight)
- 1 medium celery stalk (without the leaves)
- 1 large English cucumber
- 2 cups baby spinach
- ⅛ cup fresh parsley
- 1 ½ tablespoons lemon or lime juice

Preparation:

Step 1: Make the almond cream
- Cut off the tops of the tomatoes, and scoop out the flesh using a teaspoon (see the picture on the left).
- Place the flesh of the tomatoes into a blender, and move the cored-out tomatoes onto a separate plate.
- Chop celery into approx. 1 inch/2cm pieces.
- Blend together the flesh of the tomatoes, 1 celery stalk, parsley (keep several parsley leaves for decoration), almonds, and 1 tablespoon of lemon juice until the mixture is consistent and smooth.
Step 2: Make the stuffed tomatoes and green salad

- Using a spoon, fill the cored-out tomatoes with the almond cream.
- Place the filled tomatoes around a serving plate.
- Spiralise or julienne slice the cucumber, and then add the spinach and ½ tablespoon of lemon juice and mix together.

Step 3: Serve

- Decorate the stuffed tomatoes with the parsley leaves.
- Serve the tomatoes with the cucumber-spinach salad. Truly scrumptious!
Veggie Wraps with Creamy Corn Sauce
(fat-free)

Ingredients:

- 8 wide romaine lettuce leaves
- 1 red or yellow bell pepper (de-seeded)
- ½ cup fresh sweet corn
- 2 medium tomatoes
- 10 asparagus stalks
- 3 medium carrots
- 1 cup fresh rocket or arugula
- ½ cup fresh chives
- ½ cup fresh coriander

Preparation:

Step 1: Make the lettuce wraps

- Take the lettuce leaves and chop approx. ¼ off the bottom of each leaf. Use 2 leaves per wrap.
- Cut the bell pepper into strips.
- Grate the carrots.
- Cut each asparagus stalk into 2 halves.
- Finely chop the chives.
- Arrange the bell pepper, carrot, asparagus, chives, and rocket/arugula on top of each lettuce wrap (see the photo on the left).
- Fold in and roll into a wrap (see the photo on the left).
- Make 4 wraps in total, and place onto a serving plate.

Step 2: Make the sweet corn sauce

- Roughly chop the tomatoes, and place into a blender.
- Add the sweet corn and coriander into the blender, together with the tomatoes.
- Blend together until smooth.
- Pour into a sauce dish.

Step 3: Serve

- Arrange the lettuce wraps on a serving plate, placing the sweet corn sauce in the middle of the plate.
- Serve and enjoy! Fresh and delicious!
Undehydrated “Pizza” with Veg Topping and Salad
(contains seeds)

Ingredients:
- 1 cup carrot pulp (from approx. 1kg/2lb juiced carrots)
- 1 yellow bell pepper (de-seeded)
- 12 fresh tomatoes
- 1/3 cup dried tomatoes (pre-soaked in pure water for approx. 1 hour)
- 3 tablespoons seeds (such as linseeds or hemp seeds, grounded)
- 6 asparagus stalks
- ½ large English cucumber
- 3 broccoli florets
- 1 cup fresh rocket or arugula
- ½ cup fresh chives
- ½ cup fresh oregano
- ½ cup fresh parsley
- ½ cup fresh basil
- 1 tablespoon lemon juice

Preparation:

Step 1: Make the tomato sauce

- Slice the fresh tomatoes into pieces, and place into a blender. Thoroughly blend together.
- Place a sieve above a large bowl, and pour the tomato mixture in (see the photo on the left).
- Take a spoon and mix the tomato mixture in the sieve for approx. 2 minutes, allowing the liquid to strain from the tomatoes into the bowl so that you have a thick-ish tomato paste in the sieve.
- Once the liquid is drained, place the tomato paste into a blender and add the parsley, basil, and oregano.
- Thoroughly mix together, then place into a bowl and set aside.

**Step 2: Make the “pizza”**

- Place the carrot pulp, dried tomatoes, seeds, and chives into a food processor and process together.
- Place this mixture onto a serving plate, and make it into your desired size (the photo shows a 6-inch/15cm diagonal round base).
- Spread the tomato sauce on top of the base.
- Slice the broccoli florets, and arrange on top of the tomato sauce.
- Slice ½ of the bell pepper into strips and arrange on top of the pizza.
- Arrange the asparagus on top of the pizza.

**Step 3: Make the side salad**

- Chop the cucumber into cubes.
- Chop the remaining ½ of the bell pepper into cubes.
- Place the rocket/arugula into a serving bowl, and then add the cucumber and bell pepper.
- Sprinkle with the lemon juice.

**Step 4: Serve**

- Serve the “pizza” together with the fresh salad.
- Pizza perfection!
Pistachio Burger with Mandarin Spaghetti
(contains nuts)

Ingredients:

- ⅓ cup pistachio nuts (pre-soaked in pure water for 4-6 hours)
- 2 medium fresh tomatoes
- 1/3 cup dried tomatoes (pre-soaked in pure water for approx. 1 hour)
- 2 medium-large zucchinis
- 5 medium mandarins (peeled and de-seeded)
- 2 celery stalks (without the leaves)
- 1 ½ cups spinach
- ½ cup fresh parsley
- ½ cup fresh cilantro or coriander
- 10 fresh chive stalks

Preparation:

Step 1: Make the mandarin spaghetti

- Peel the zucchinis and then spiralise them. Place into a bowl.
- Chop celery into approx. 1 inch/2cm pieces.
- Blend together 4 mandarins (keep 1 mandarin for decoration), celery, parsley, and cilantro into a sauce.
- Pour the sauce over the zucchini spaghetti, and mix together.
Step 2: Make the pistachio burger

- Drain the soak water from the pistachio nuts and dried tomatoes.
- Place the nuts, dried tomatoes, and chives into a food processor and process together using the “S” blade.
- Form this mixture into a burger using your hands.

Step 3: Serve

- Place the spaghetti onto a serving plate.
- Split the remaining mandarin into individual pieces, and decorate over the spaghetti.
- Place the spinach next to the spaghetti.
- Chop the fresh tomatoes, and place on top of the spinach.
- Place the burger on top of the chopped tomatoes, serve and enjoy!
Vegetable Rolls with Coriander Chutney
(fat-free)

Ingredients:

- 2 medium-large zucchinis
- 2 medium tomatoes
- 2 celery stalks (without the leaves)
- 1 head lettuce (such as cos, romaine, or iceberg)
- ½ ripe mango
- 2 medium plums
- ½ red bell pepper
- 1 cup fresh rocket or arugula
- ½ cup fresh coriander
- ¼ cup fresh dill
- 2 tablespoons lemon juice

Preparation:

**Step 1: Make the chutney sauce**

- Place the mango, plums, bell pepper, coriander, and lemon juice into a food processor
  and mix together using the “S” blade.
- Pour into a bowl and set aside.
Step 2: Make the zucchini rolls

- Using a mandolin slicer, cut the zucchinis into thin, long strips.
- Chop celery into approx. 1 inch/2cm pieces.
- Place the tomatoes, dill, rocket/arugula, and celery into a food processor, and process together using the “S” blade.
- Take approx. 3-4 zucchini strips and place them onto a plate, overlapping each strip over the strip next to it.
- Place approx. 1 tablespoon of the tomato-dill-rocket/arugula-celery mixture on top of the overlapped zucchini strips (see the photo on the left).
- Roll the zucchinis using your hands.

Step 3: Serve

- Chop the lettuce, and place on top of a serving plate.
- Place the zucchini rolls next to the lettuce.
- Spread the chutney sauce on top of the zucchini rolls and lettuce.
- Serve, and relish the rolls!
Stuffed Savoy Cabbage with Tangy Orange Sauce
(fat-free)

Ingredients:
- 4 medium savoy cabbage leaves
- 5 medium tomatoes
- 1 large English cucumber
- 2 oranges (peeled and de-seeded)
- 2 medium celery stalks (without the leaves)
- 6 fresh chives stalks
- ½ cup fresh coriander
- ½ cup fresh dill
- The juice of 1 lemon
- 2 cups water

Preparation:

Step 1: Make the orange sauce
- Chop 2 celery stalks into approx. 1 inch/2cm pieces.
- Roughly chop the oranges into pieces, and place into a food processor or a blender. Process using the “S” blade or blend together until consistent.
- Add the chopped celery and coriander, and blend together again until smooth.
- Pour into a bowl and set aside for later.
Step 2: Make the stuffed cabbage

- Dilute the juice of 1 lemon (keep 1 tablespoon of lemon juice for later) with 2 cups of water. Pour the water into a salad bowl.
- Place the cabbage leaves in the lemon water for approx. 30-60 minutes to soften them.
- Finely chop the chives.
- Chop the cucumber and tomatoes into cubes. Add the chopped chives and mix together.
- Place the stuffed cabbage leaves onto a serving plate.
- Arrange this mixture inside the cabbage leaves, creating equal-sized portions.

Step 3: Serve

- Pour the orange sauce over this mixture inside the cabbage leaves.
- Decorate with chopped dill. Truly scrumptious!
Yellow “Rice” with Sage Veggie Balls
(fat-free)

Ingredients:
- 2 cups fresh sweet corn
- 1 cup garden peas
- 1 small beetroot
- 3 medium carrots
- 2 cups spinach
- 1 medium celery stalk (without the leaves)
- ½ cup fresh parsley
- ½ cup fresh coriander
- 2 teaspoons fresh sage (or 1 teaspoon dried sage)
- 2 teaspoons fresh thyme (or 1 teaspoon dried thyme)

Preparation:

Step 1: Make the “rice”
- Place the sweet corn into a food processor, and process into small, fine pieces using the “S” blade.
- Add the peas to the sweet corn “rice”, mix together, and set aside in a bowl for later.
Step 2: Make the herb balls

- Peel the beetroot and carrots, and then finely grate them.
- In the food processor, chop the parsley, coriander, sage and thyme, and mix in with the grated beetroot and carrots.
- Take just under 1 tablespoon of this mixture into your hands and form into balls of equal size. There should be enough mixture to make around 8 balls.

Step 3: Serve

- Place the “rice” mix in the middle of a serving plate.
- Arrange the spinach around the rice.
- Arrange the herb balls on top of the spinach leaves.
- Slice the celery into strips, and arrange around the sage veggie balls. Serve and enjoy!
Okra and Watercress Stew
(fat-free)

Ingredients:

- 6 medium tomatoes
- 3 celery stalks (without the leaves)
- 1 yellow bell pepper (de-seeded)
- 10 medium okras
- 1 cup watercress
- ½ cup fresh dill
- ½ cup fresh coriander
- 10 fresh chive stalks
- 2 tablespoons lemon or lime juice

Preparation:

Step 1: Make the tomato soup base

- Cut the bell pepper into 2 halves. Roughly chop the tomatoes, and place into a blender.
- Chop 2 celery stalks into approx. 1 inch/2cm pieces.
- Add ½ of the bell pepper, chopped celery, 2 tablespoons of lemon or lime juice, and coriander into the blender.
- Blend together until smooth.
- Pour the tomato soup base into a serving bowl.
Step 2: Prepare the vegetables

- Chop 1 celery stalk into approx. 1 inch/2cm pieces.
- Chop the remaining ½ of bell pepper into cubes.
- Chop the okras into small pieces.
- Chop the watercress.
- Finely chop the dill and chive stalks.

Step 3: Serve

- Add all of the chopped ingredients to the tomato soup base, and mix together.
- Serve and enjoy this mineral-rich stew!
Special Bonus!

The favourite recipes of: Dr. Douglas Graham, Frederic Patenaude, Kristina Carrillo-Bucaram, Alison Andrews, Chris Randall, and Chris Kendall.
Dr. Douglas Graham

Dr. Douglas Graham, a lifetime athlete and raw foodist since 1978, is an advisor to world-class athletes, trainers, and entertainers from around the globe. He is the author of several books on health and raw food, including: The 80/10/10 Diet; The High Energy Diet Recipe Guide and Nutrition and Athletic Performance. Dr. Graham is recognised as one of the fathers of the modern raw food movement, and has served on the board of governors of the International Association of Professional Natural Hygienists and the board of directors of the American Natural Hygiene Society. Dr. Graham's website is: www.foodnsport.com

Sweet Summer Slaw
(contains avocado)

Ingredients:

If possible, the ingredients should be organic and garden-fresh.

- ¼ head red cabbage (or less, to taste)
- 1 bunch celery
- 1 English cucumber
- 1 mango
- 1 lime
- ¼ avocado (preferably Florida variety)
- 3 tomatoes
Preparation:

**Step 1: Make the salad**

- Shred the cabbage, or cut into ultra-fine slices.
- Peel and julienne slice the cucumber.
- Remove all leaves from the celery, cut into ⅛ inch pieces, and process to "rice consistency" using the "S" blade of your food processor.
- Cube the tomato into roughly thirds on all three planes.

**Step 2: Make the dressing**

- Cut off the mango cheeks, and scoop the flesh out from the peel.
- Cut the lime in half and squeeze out the juice, removing all seeds.
- Place avocado, mango and lime into a blender.
- Blend all of the dressing ingredients until smooth.

**Step 3: Serve**

- Place all of the salad and dressing ingredients into a bowl, mix thoroughly, and serve.
- To "spice up" this dish, blend ¼ to ½ teaspoon of caraway seeds into the dressing (according to taste).
- For extra added flavour and eye appeal, sprinkle ½ teaspoon of white or black sesame seeds onto the salad immediately before serving.
Frederic Patenaude

Frederic Patenaude has been working in the natural health movement for over 8 years, and has over 10 years of experience in the field of nutrition, health, and personal development. He is the author of several books, and his articles are read by tens of thousands of people every week, in various online newsletters. Frederic’s website is: www.fredericpatenaude.com

Sweet and Savoury Georgia Peach Soup
(fat-free)

Ingredients:

- 1 large (approx. 1 ½ cups) tomato
- 6 large (approx. 6 cups) white peaches (peeled)
- 2 (Persian/Iranian) seedless cucumbers (diced)
- ½ cup packed fresh dill (chopped)

Preparation:

- Add the tomato and peaches into a blender (Vitamix), and blend until combined.
  (Use a tamper if necessary to push the ingredients down into the blades.)
- Add the diced cucumbers and chopped dill, and slowly blend on 3 or 4 (medium-low), just until combined and chunky.

Variations:

- Blend 8 small, diced green onions into the soup.
- Add ½ mango and ½ peaches.

Additional tips:

- Make sure that your peaches and tomatoes are sweet, juicy, and ripe.
- Peeling the peaches makes a difference in this recipe. Peach skin can be tough, and not blend completely and add some grit to your soup, so it is best to slice off the peels.
- White peaches tend to be sweeter than yellow peaches, so they are the best for raw soup recipes, but feel free to use yellow peaches if they are very ripe and sweet.
- Do not use frozen peaches for this recipe. They are too sour and watery, and will not have the same flavour at all.
- Feel free to experiment!
Kristina Carrillo-Bucaram

Kristina Carrillo-Bucaram is the founder of Rawfully Organic, a not-for-profit organic, raw, and local produce co-operative in Houston, Texas, USA. With over 7000 participating families in the Houston area, Rawfully Organic feeds over 500 families each week, and focuses on the benefits of eating diets high in raw fruits and vegetables, whilst making organic affordable for all. A low-fat raw vegan for over 6 years, Kristina has set a mission to simply reach others with the message of raw, and she hopes to shift the mind-set of the American nation in regards to eating from local co-operative communities. Kristina’s websites are: www.rawfullyorganic.com and www.fullyraw.com

Raw Food Deep Dish Lasagne
(contains nuts)

Ingredients:

Lasagne ingredients

- 5 large zucchinis
- 2 pints cherry tomatoes
- 1 bunch spinach
- ¼ cup pine nuts (less if desired!)
- 1 bunch arugula
- 1 small green onion
- 1 small garlic clove (optional)
- 1 bunch Italian parsley
- 1 bunch cilantro

**Marinara Dip ingredients**

- 1-2 ripe tomatoes
- 3 Swiss chard stalks
- Juice ½ lemon (optional)
- ½ cup cilantro
- ½ cup fresh basil
- ¼ cup fresh oregano or thyme (optional)
- 1 bell pepper (for an added kick)

**Preparation:**

**Step 1: Make the marinara dip**

- Place all of the marinara dip ingredients in a blender, and blend until smooth.

**Step 2: Make the lasagne**

- Prepare the zucchini layers. You will need a mandoline slicer or handheld mandolin.
  This slices the zucchini into long strips so that you can use them to separate your layers.
  Use approximately 4 zucchinis for your layers, and hold onto 1 for your pine nut dressing/"cheese".
- After you lay your first layer into a deep dish, you will need a food processor to finely cut/chop a mix of the parsley, cilantro, and spinach. If you want to add the arugula and green onion in here you can as well, but I do those as another layer closer to the top of the spread. After you put them in the food processor, these pieces of greens become so tiny that you can literally sprinkle them on top of the zucchini shreds. Green snow!
- If you want to use a few of the spinach or arugula leaves as bedding also between the zucchini layers, you are welcome to do so!
- On top of the herbaceous spread of "green snow" you will now make the Marinara Dip and spread that on top. Please note: I did something different than just pouring my marinara onto the lasagne. I did not want it to become watery, so I strained the epic raw marinara dressing to make it thicker. This worked fabulously! It may take some shaking with a strainer, but it will strain. Drink the yummy tomato juice afterwards!
- After you add in the marinara, add another layer of zucchini.
- Next, in the food processor, I combined the arugula along with the green onion, and then I sprinkled that on top of the zucchini.
- Next, I made the pine nut "cheese". Blend 1 large zucchini with a small amount of pine nuts (¼ cup or less) and a clove of garlic (if you desire it for extra flavour). Spread this as the next layer in your lasagne.
- I add 1 more layer of zucchini, and then I slice up my cherry tomatoes to lay them across the top.
- Cover the cherry tomatoes with 1 last layer of zucchini. Press firmly so as to mush everything together!
- If you want to sprinkle more marinara sauce on top, ROCK IT!

Step 3: Serve

- Place the lasagne on top of a serving dish, and enjoy!
Alison Andrews

Alison Andrews is a deeply passionate vegan, originally from South Africa, but considering the world to be her oyster (or should we say banana). Nothing has created quite as big an impact in her world as turning to a vegan lifestyle – beautiful skin, slowing-down of the ageing process, balanced hormones, easy digestion, freedom from allergies and allergy medications, and LOADS more energy. Alison is the owner and creator of the popular raw vegan website: www.lovingitvegan.com

Spinach Salad

(contains avocado)

Ingredients:

- 2 cups spinach (chopped)
- ½ avocado (diced)
- 1 cucumber (diced)
- 1 fresh tomato
- 5 sun-dried tomatoes
- ½ red bell pepper

Preparation:

Step 1: Make the spinach salad
- Toss the spinach, cucumber, and \( \frac{1}{4} \) of the diced avocado in a salad bowl.

**Step 2: Make the tomato dressing**

- Place the sun-dried tomatoes, fresh tomato, and red bell pepper in a blender (do not add water) and blend until smooth.

**Step 3: Serve**

- Pour the tomato dressing onto the bed of chopped spinach and cucumber.
- Garnish with the remaining avocado and some cucumber shavings.
Chris Kendall

Flowing as a full-time 100% Raw & Transitional Lifestyle coach and Registered Holistic Nutritionist, Chris Kendall is a happy-go-lucky, skateboarding, and world-travelling raw inspiration! Chris meets his needs and buys his bananas through sharing all of his services and e-books by donation – growing with the knowing and bliss that unbiased and unlimited abundance comes with openly sharing and giving of our gifts and self. Creating the life he dreamt of, Chris now shares all he can through his website: www.the-raw-advantage.com

Nectarine Gaspaccio
(fat-free)

Ingredients:

- 6 of your favourite tomatoes (1.5lb/690g)
- 4 sweet juicy nectarines (1lb/460g)
- 4-8 celery stalks

Preparation:

- Dice ½ of the tomatoes and ½ of the nectarines.
- Blend the remaining tomatoes and nectarines, adding the celery just at the end to leave some texture.
Variations:

- Try with more nectarines (for sweeter taste), or with more tomatoes (if feeling savoury).
- As another variation, try with sweet juicy peaches – easily one of the best too!
Chris Randall

Chris Randall has lost over 150 pounds of fat by leading a low-fat, vegan/raw vegan lifestyle. The vibrant health and happiness he is experiencing through a healthful diet/lifestyle is just too good to be kept a secret! The rest of his time is spent cycling, running, hiking, playing guitar, and eating vegan foods.

Tomato-Coconut Salad Explosion
(contains coconut fat)

Ingredients:
- 1-2 large heads romaine lettuce (finely chopped)
- 1.5-3lbs/680-1300g fresh tomatoes
- 1 mango (peeled)
- meat of 1-2 fresh coconuts
- Fresh chives (to taste)
- Fresh cilantro (to taste)
Preparation:

- Place the chopped lettuce in a bowl.
- Prepare the dressing by blending together the mango, coconut flesh, chives, cilantro, and ⅓ of the tomatoes.
- Pour the dressing onto the lettuce, and garnish with the remaining ⅔ of the tomatoes and a leaf of cilantro.
- Serve and devour!