

RAINBOW NOODLES ★ GUACAMOLE BURRITO

**INSIDE:**  
Your Global  
Impact

# Raw Food Magazine

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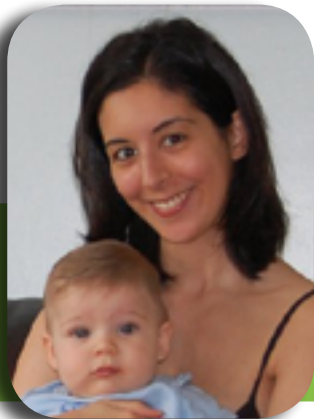
## Quick Dinners

## 30 EASY Recipes

- ▶ Hearty Mains
- ▶ Simple Soups
- ▶ Heart-warming Drinks

Truth About  
**SUPER FOODS**  
*Good or Bad?*

**3 Fat-Burning**  
Workouts



**Happy & Healthy** Pregnancy  
with Joanna Steven



*Saving Time*  
**In The Kitchen**



Tips on preparing  
and organizing



# Contributors



## Kibby Miller

Kibby turned her life and health around in 2010 by switching to a plant-based diet. Enthused by the results she saw in herself and passionate about getting the word out, she started her own blog on healthy, plant-based eating.  
[KibbysBlendedLife.com](http://KibbysBlendedLife.com)



## Nik Sharma

Nik Sharma is the cook, photographer, and writer behind A Brown Table. His work draws inspiration from the rich flavors of his Indian background, infusing them into everyday cooking.  
[ABrownTable.com](http://ABrownTable.com)



## Lisa Viger

Lisa Viger is a talented vegan artist, photographer, and avid gardener who publishes daily raw menus on \$10 a day or less  
[Rawon10.com](http://Rawon10.com)



## Sylvie Shirazi

Sylvie Shirazi is a professional food photographer and food writer. On her blog, she celebrates the joy that food brings to our lives every day. Her motto is “cook simply.”  
[GourmandeInTheKitchen](http://GourmandeInTheKitchen)



## Caitlin Cooper

Certified holistic nutrition and health coach, Caitlin brings a fresh perspective to clients on pain, weight, and stress management with her “Restorative Food Movement.” She posts anti-inflammatory, grain- and sugar-free recipes weekly.  
[TransformYourFood.com](http://TransformYourFood.com)



## Joanna Steven

Nutrition coach, mom and author, Joanna Steven has published two books on healthy raw pregnancies and breastfeeding. She also founded the Nourished Village, a supportive online community for moms everywhere.  
[JoannaSteven.com](http://JoannaSteven.com)



## Amie Sue Oldfather

Graduate of the Living Light Culinary Institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.  
[NouveauRaw.com](http://NouveauRaw.com)



## Emily Von Euw

Creator of This Rawsome Vegan Life, a blog dedicated to sharing wholesome raw, vegan recipes and lifestyle articles, Emily von Euw has recently released her first cookbook: *Rawsome Vegan Baking*.  
[ThisRawsomeVeganLife](http://ThisRawsomeVeganLife)



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# Research Round

Each year research departments at universities worldwide spend millions of hours and millions of dollars studying how our choices affects us. This year brings strong confirmations of many principles we probably already knew. But, by exposing ourselves to this information repeatedly we condition ourselves to make healthier choices for ourselves and our families each day.

## A New Medical Prescription: Unexpected Happiness?

A study published in the Proceedings of the National Academy of Sciences has shed some light on our perspective of happiness and more importantly, our overall well-being. Based on a new mathematical model of happiness, we'll be happier if there's an element of surprise to our lives instead of knowing everything ahead of time. Remember that blind date that you tried your best to avoid? Chances are it was

more fun than you imagined. Scientists are finding that surprise plays a large and positive role on our emotions. If something was unexpectedly satisfying, people feel far better than if they anticipated the good feelings.

Two factors: degree of surprise and overall expectation – are what determine our momentary well being. Although, Rutledge research found that surprise matters more. “Happiness is not about how well you’re doing in general, but rather if you’re doing better than expected,” said Rob Rutledge, neuroscientist at the Max Planck UCL Centre for Computational Psychiatry and Ageing Research. With that being said, having low expectations is not the best way to stay happy. Pessimism leads to discontentment while you wait for an outcome.



Then, what is the best way to boost our health using these two factors?

Lowering expectations (but not having low expectation) maybe the thing to do, but the study hints that despite reaching your goal, satisfaction still might not come to you. “People are always pursuing goals, and when they reach the goal, they don’t end up being as satisfied as they perceive they’d be – as if happiness is held out in front of us and we never quite achieve it,” Loewenstein said. Just like a dog chasing his tail, we seem to never be as satisfied as we want to be. Ultimate satisfaction is something that we’re always

striving for, but may never achieve. The best evidence suggests that finding ways to be grateful now and being open to little unexpected things daily will keep you smiling most consistently.

## Organic is Getting Harder to Ignore

We all know that eating organic is “better” for us. But now, it appears that organic produce brings more advantages than we had imagined. Avoiding diabetes and obesity is among those surprising benefits that we new research is beginning to reveal.

A new study published on July 30, 2014 in the journal PLUS ONE shows that exposure to DDT, a pesticide prohibited the United States in 1970, could higher the threat of developing metabolic syndrome in females. That includes conditions such as increased body fat, blood glucose and cholesterol.

Banning DDT is the appropriate choice made to protect people’s health, yet pesticide exposure is still remaining a threat as it has been linked to type 2 diabetes, weight issues and insulin resistance. Therefore, taking action to protect your health by switching to organic products is necessary to be exposure-free from harmful chemicals. Though the cost for healthy produce can be intimidating, it might likewise be the missing link in your health.



If still uncertain, a new study reported that organic tomatoes have double the level of flavonoids compared to conventional tomatoes. Flavonoids assist the body in fighting many age-related illnesses and protecting you against heart disease. Researchers from the University of California grew tomatoes in both organic fields and regular ones over a 10-year period and were surprised at the dramatic differences between crops. Not only did the organic tomatoes score better, but their flavonoid levels kept rising as well. The study also stated that flavonoids were among a group of metabolites produced by plants in part to ward off pests. So, it is possible, the researchers said, that the increased pressure on organic crops from pests could be the cause of the additional flavonoids.

Organic product is no longer a new trend. Instead, it has now evolved into a mass demand by health conscious individuals. Buying organic products may be cost more now, but can drastically lower future medical expenses as well as improve the quality of your life. Start by switching the “dirty dozen” to organic. If at risk for diabetes or obesity, studies suggest you think

seriously about switching to entirely organic produce.

## Family Dinners: Fighting Teen Depression One Plate At A Time

Our teenagers are crying for help. Ten to fifteen percent of youth in the USA are suffering from depression and 17% have even considered suicide in the past year. Depression is making its way to our children and even worse, taking away their lives.

What can be done to fight teen depression? Surprisingly, it's something that we often practice daily: family meals. A 2011 study by the University of Illinois confirmed that children who often eat meals with their families will be less likely to struggle with eating disorders, tend to eat healthier foods and have lower rates of obesity. Eating daily family meals are also correlated to boosted mental health. Eating a healthy dinner with your teenagers

can be measurable beneficial to them both mentally and physically.

Research from Cornell University concluded that families who often eat healthy meals together show a lower rate of teen depression. That means sitting together and eating a meal (without TV, phone or video games) is no longer just about family bonding, its about happiness and health. Unfortunately, according to a 2013 Gallup report, only 53% of families in the US dine together at home five to seven nights per week.

Depression often leads to high-risk behavior among teens such as consuming alcoholic beverages, unprotected sex and more. To help prevent those risky behaviors in young adults, it's important that we start to put more effort into preparing family meals. Let dinnertime be an opportunity to try new healthy foods. Try to make conversations around the table more engaging. Turn off cell phones and TVs and instead, focus on the people sitting around the table. Forget processed foods or anything that comes in a box. Positive relationships and healthy minds require effort; and, of course, the healthy meals you share with your teen.





# What's In Season?

Because the healthiest produce is fresh, local, and in season!

## Northern Hemisphere

### FRUIT

Barbados Cherries, Cactus Pear, Cranberries, Date Plum, Grapes, Guava, Huckleberries, Key Limes, Kumquats, Passion Fruit, Persimmon, Pineapple, Pomegranate, Acorn Squash, Jujube

### FRUIT

Gooseberries, Lemons, Limes, Mandarins, Mango, Mulberry, Navel Oranges, Raspberries, Strawberries, Tangelos, Passionfruit, Grapefruit, Banana

### VEGGIES

Endive, Broccoli, Brussel Sprouts, Butter Lettuce, Radish, Heart of Palm, Jalapeño Pepper, Artichoke, Mushrooms, Sweet Potatoes, Swiss Chard, Turnips, Garlic, Ginger, Cauliflower, Beets

### VEGGIES

Artichoke, Cabbage, Celery, Lettuce, Peas, Spinach, Asparagus, Broccoli, Beetroot, Parsnip, Kale, Rhubarb, Carrot

## Southern Hemisphere

# This Month's New Poll

### Which comfort foods are your favorite? (choose 2)

- ☐ Grilled cheese sandwich (really I love anything with cheese... I could just eat everyday)
- ☐ Potato something (Fries, mash potatoes etc...)
- ☐ Mexican Food (Burritos, tocos, enchiladas etc...)
- ☐ Burgers (cheese burgers, chicken burger, hamburger ect...)
- ☐ Pasta (spaghetti, mac & cheese, alfredo etc...)
- ☐ Pizza
- ☐ Bread (Baguettes, white bread, rolls, biscuits etc...)
- ☐ Dessert OR some would call it a meal (Pie, pudding, ice cream, cookies etc...)

Other:

Vote

Polldaddy.com





Where do you  
want to go  
**on vacation?**

10% Island cruising

20% Relaxing on the beach

18% Road tripping to famous landmarks

20% Adventuring in the mountains

17% Visiting historical sights and museums

16% Hanging in a lakehouse

10% Other  
European walking tours,  
extreme adventures  
and more!



# Readers Talk

Have praise or a suggestion?  
We are here to listen!

My kids adore the popsicle recipes in Raw Food Magazine. Now they like frozen green smoothies better than fudgsicles, go figure.

*Happy Mom with Healthy Kids, USA*

## **Traveling Healthy**

I used some of the tips from Raw Food Magazine's traveling raw article and they helped me stay super healthy on a road trip this summer - thx!

## **My Best Tomatos**

I consider myself a fine gardener, but I planted basil by my tomatos like you suggested and it really did make them taste better than ever.

## **What was your *favorite* part of the July/August issue?**

"Cool desserts, pun intended"

-Kent King, Canada

"The interview with Katrine Volynsky. She has such a wild story and knows so much." -Sarah Huchison, USA

"Recipes recipes recipes recipes!"

-Ellen K., New Zealand

"I thought you had a good selection of recipes, salads, mains and desserts. Nothing too crazy complicated like I have found in other raw food resources I have looked at."

-Richard Leibel



**Have something to say? We are here to listen.**  
We value your feedback and read every e-mail.





# The Largest Raw Food Festival in the World: The Woodstock Fruit Festival



**W**hen people talk about festivals, they don't think of the word "nourishing". They think of music, food and drinks (you know what kind of drinks I'm talking about here, so don't pretend). But with Woodstock Fruit Festival, things may be a little bit different from the norm. And yes, nourishing is the exact word you would say when attending the largest and most progressive raw food event on the planet! This year, the festival will be held at Camp Walden located on beautiful Trout Lake in the Southern Adirondacks, New York.

If a 24/7 fruit buffet and unlimited outdoor activities don't seem enough to keep you happy for two weeks, then how about some Latin dancing after devouring delicious food coming from the world's top raw food chefs? And, when there are people, there's romance. Spice up your dating life with the festival's Speed-dating event. If you or your partner want to eat your own makeup, it's fine, too, with the help of Edible Makeup Class. Aside from all the fruits, delicious raw dishes and fun activities, attendees also enjoy access to leaders of the raw food movement. Not "fully raw"? Not to worry, The Woodstock Fruit Festival is about celebrating health. You don't have to be 100% raw to transform your





health and enjoy this spectacular festival filled with fruits and fruits only. Where will you be next August?

## Duchess Gone Raw

The influence of raw food is spreading like wildfire and it's not going to stop anytime soon. Not only celebrities like Megan Fox and Scarlett Johansson have gone raw, now we get to welcome a royal family member to join this healthy and wholesome diet trend! Kate Middleton – that's right – the Duchess of Cambridge has gone raw!

Now, we all know that Kate's perfect figure is proof that her reasons for eating raw food are different than just losing weight. To save you time guessing, the answer is a glowing complexion and to keep in shape. Kate plans to have at least one day each week full of nothing but raw food. On the duchess's menu of raw meals? Almond milk, watermelon salads, gazpacho, goji berries and especially, one of her favorites, ceviche. We're eager to see when raw food's magic gives our Duchess the radiant skin that she's hoping for.



*Photos: Left - Victoria Arnstein, founder of the Woodstock Fruit Festival, enjoying the event with Fully Raw Kristina, founder of the largest organic co-op in Austin, Texas. Right - Kate Middleton, the Duchess of Cambridge, makes sure she eats all raw at least one day per week.*



# GLUTEN-FREE PRODUCTS: DO YOU NEED THEM?

In the past few years, people are increasingly resorting to gluten-free products in fear that they're either gluten intolerant or worse, afflicted with celiac disease. What is the reality behind gluten-free products and how can you be sure that you need them?

According to experts, only 1% of average healthy Americans are affected by celiac disease, caused by eating food that contain gluten, which triggers an abnormal immune response preventing the absorption of foods in the body. Despite this tiny percentage, 18% of Americans are buying gluten-free products while 30% of the population has plans to cut back gluten in their daily diet. Consequently, marketers are not missing on this opportunity to earn millions (or even billions). Mintel, a market research company, estimates "the [gluten-free] category will produce more than \$15 billion in annual sales in 2016."

Contributing to the growth of this popular trend are studies fueling ongoing debates between scientists and nutritionists. Two different research initiatives conducted by Peter Gibson at Monash University in 2011 and 2013 have created even more confusion, yielding different results each time. In 2011, Peter Gibson's study proved that gluten-containing diets could cause gastrointestinal distress in people without celiac disease. But, then, in his effort to study more about gluten, he conducted a 2013 study indicating that it did not matter if the diet contained gluten or not.

Scientists still continue various studies in hopes of understanding more about gluten. Hopefully, one day they'll have a final decision about whether or not a gluten-free diet is a good thing for all of us. Until then, if you're not in the 1% of people with celiac disease, maybe you can trade the gluten-free products for something even more nutritious – organic veggies, for example!





# Kale

## the superfood on your face

Kale, the incredible leafy green superfood that everybody loves, has finally made its presence in the beauty industry. From now on, the kitchen is no longer the only place this superfood belongs. From facemasks and serum to cream and nail polish, kale has made itself known as the next food beauty revolution. Now, you can finally put your morning green smoothie on your skin!



From head to toe, kale is being added to virtually every beauty product imaginable. Eminence, a Hungarian company, has decided to work with the local kale farmers for two new products: kale serum and a mask. And, if two are not enough, Alba Botanica now offers up to five kale infused products for all-natural glowing skin. Meanwhile, the first to offer kale for nails is still Nails Inc., with their new line of 12 shades named NailKale, recently released in the U.K. attacking U.S. this fall.







## New to Raw Food?

Want to *ENJOY* eating more raw food but aren't sure how to get started? Join our FREE community.

- ✓ **Expert Advice**
- ✓ **Easy Delicious Recipes**
- ✓ **Community Support**

[Join the Community!](#)



# Save Time in Your Raw Food Kitchen

Though most people find they save significant amounts of time in the kitchen by going raw (eliminating all that time they used to spend standing over the stove), there are always ways to streamline the process. Spend less time preparing food, and more time enjoying that food with the people you love.







**1** Have extra ripe fruit? When you are going to freeze extra bananas and berries, divvy them up into smaller plastic bags of mixed fruit you can easily grab and dump into a smoothie. This saves time getting out all the bags of frozen goodies when it's all there in a smoothie-sized baggie!

**2** Anytime you chop up veggies for a salad, make double. Take one salad for your meal and put the other in a glass jar and store in the refrigerator. If you chop a salad to take to work on Monday you will already have one for Tuesday, too.

**3** Clean the blender AS SOON AS you use it! A blender takes only a few seconds to rinse out right when you are done. But, a blender with dried green smoothie plastered all over it takes much longer. Doing it right away will save you a lot of time in the long run.

**4** Chop vegetables for salads and soups twice a week and store them in sealed containers in the refrigerator for quick meals. Do not pre-cut avocados, cucumbers, leafy greens, peppers, or tomatoes, as they need to be added fresh the day they're eaten.

**5** Once a month, peel garlic cloves, mince or press them, place them in a jar, and cover them with olive oil. The garlic will keep for one to two weeks. Then, you won't need to peel and chop cloves every time you want to use some fresh garlic!

**6** If you have extra lemons you need to use up, juice them and freeze it in an ice cube tray. Whenever your recipe calls for lemon juice, just grab a cube (each is about two tablespoons).

**7** Dehydrate in massive batches. If you are going to make a dehydrated granola, raw wraps, crackers, fruit chews or raw chips, double, triple or even quadruple your batch. Since you can store dehydrated foods in airtight containers for very long periods of time, save time by completely filling your dehydrator trays each time you use it.

**8** When preparing a meal, throw extra veggies and spices into the blender to make a raw soup. Keep one or two raw soups in big glass jars in the fridge. These make a grab 'n' go meal for those time crunched moments.



**9** Start a dinner swap with a friend or neighbor. You make dinner for their family one night, and they make dinner for yours another. This way, when you are preparing dinner for your family already, just double the quantity and get an entire night off during the week.

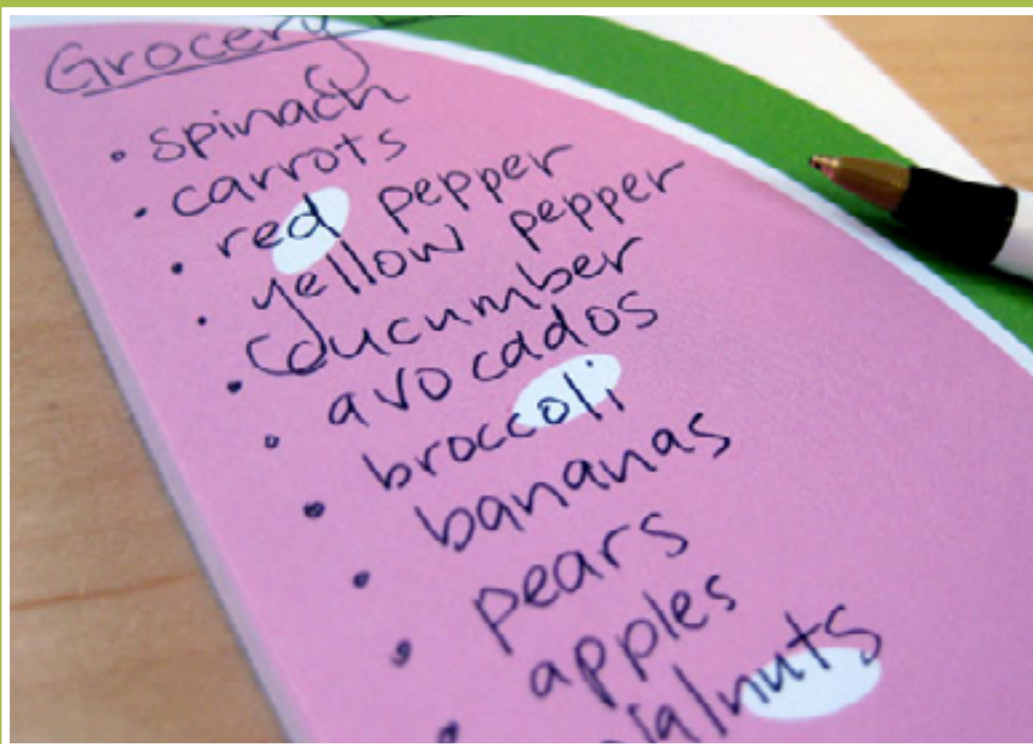
**10** Keep a big fruit bowl on the counter or kitchen table. Easy to grab snacks like fresh peel-able fruit, crackers and nuts and seeds mixes should be easily accessible. Last-minute appointment? Grab a snack from the counter so you don't go hungry or spend time searching for something to eat.

**11** Keep your blender (or favorite appliance) on the counter. This seems obvious, but so many people choose to hide their most used appliances. Not only will visually spotting your blender make it more likely you will make frequent green smoothies, the seconds saved getting and putting away your blender add up over time. Also, group all of your smoothie goodies together – coconut oil, chia seeds, almond milk, honey, powders, etc. – and keep them in a cupboard close to your blender!

**12** Invest in large, sharp cutting knives. A good knife will save you plenty of time chopping, and is actually safer than working with a dull knife!

**13** Keep it simple. Keep meals to a few ingredients – spiralized pumpkin, sundried tomatoes and spices, for example. Not only will this save time and hassle, it's easier to digest fewer healthy ingredients, can be extremely flavorful and can save you money over time as well.

**14** Make a LIST. Never, I repeat, NEVER go to the grocery store without a list. And make said list while standing in YOUR KITCHEN. The few minutes it takes taking inventory of what's missing from your pantry and refrigerator can halve the time you spend wandering the grocery store indecisively wondering *Did we still have lemons? No, no lemons. Cucumbers? I swear we had three or four. Maybe we ate them already? I should probably buy more... No. Oh, I don't know!*







# 3 Best OUTDOOR WORKOUTS

to get slim and toned

As the weather is changing, bringing cooler temperatures to the Northern Hemisphere and warmer temps to the Southern Hemisphere, it's time to get out there and move your body outdoors! Even if you just go for a walk, spending quality time outside has been shown to reduce stress, lessen depression, boost positive hormone levels in your brain and deepen the breathing! Plus, you'll be getting your daily dosage of Vitamin D.





## Hill Sprinting

Don't be frightened by the name. Hill sprinting is actually a lower-impact exercise than jogging, burns more calories and develops strength more rapidly. Hill running is a form of high-intensity interval training (HIIT), which has received plenty of media attention recently after studies suggest those who participate in just 10 minutes of daily interval training showed improved ability to metabolize glucose, plus strength and aerobic gains superior to those who jogged.

Running up hills requires changes to your running technique. Regard the hill as an interval demanding increase effort and speed. Shorten your stride considerably. Drop your shoulders to allow you to carry your arms lower. Lean slightly forward into the hill and aim for a strong, steady pace. Running the hill too slowly diminishes the benefit. Exaggerating your arm movements can help propel you forward and up the incline.

### **Equipment:**

A hill. A pair of sturdy running shoes. Determination.

### **Pros**

Builds strength and develops muscle. Lower impact than running on flat surfaces. Increases endurance, stamina and aerobic capacity.

### **Cons**

Less accessible for those who live in a desert or plains area. Can be difficult to begin for those with little to no running or jogging experience.

## Hill Sprint Workout

Warm Up with a light jog for 5-10 minutes

Then, choose hill near you that you will be able to sprint up twelve times.

12 Sprints Up a Hill:

Sprints 1-4: 50% of your intensity

Sprints 5-8: 75% of your intensity

Sprints 9-12: at 100% effort! Give it everything you've got!

Cool Down with another light jog for 5 - 20 minutes.  
You're done!





## Jumping Rope

What piece of exercise equipment sells for under \$20, fits into a briefcase, can be used by the whole family, and improves cardiovascular fitness while toning muscle at the same time? And using it for just 15-20 minutes will burn off the calories from a candy bar? Yep, a jump rope.

"It's certainly good for the heart," says Peter Schulman, MD, associate professor, Cardiology, University of Connecticut Health Center. "It strengthens the upper and lower body and burns a lot of calories in a short time." He sees rope-jumping as something fit adults can use to add spice to their exercise routine. "You're putting direct stress on knees, ankles, and hips, but if done properly it's a lower-impact activity than jogging."

Jumping rope is a great calorie-burner. You'd have to run an eight-minute mile to work off more calories than you'd burn jumping rope.

A simple jump rope can be purchased for just a few dollars. For novices, a beaded rope is recommended because it holds its shape and is easier to control than a lightweight cloth or vinyl rope. Adjust the rope by holding the handles and stepping on the rope. Shorten the rope so the handles reach your armpits. Then, jump!

### Equipment

A jump rope (can be a basic beaded rope or a weighted rope for those desiring to develop more upper body strength). Athletic shoes, preferably cross training shoes.

### Pros

Inexpensive, can do it virtually anywhere. Develops many areas of fitness including: aerobic conditioning, muscular endurance, agility, quickness, timing, and rhythm, a lot of variety. Burns a lot of calories and boosts your metabolic rate for up to hours after your workout.

### Cons

Can be higher impact for those with improper technique. Difficult to start for someone with little to no aerobic capacity already. Can be repetitive standing and jumping in one place (so choose somewhere scenic).



### Jump Rope Workout Routine Intense Home Cardio + Toning Exercises

## 20 Minute Fat-Busting and Body-Toning Jump Rope Workout

60-seconds skipping  
14 push-ups  
60 second jump rope – two foot hop  
14 toe-touch crunches  
60 seconds jump rope jogging  
14 squats  
60 seconds jump rope single foot alternating (switching feet at 30 seconds)

-40 SECONDS OF REST-

Repeat Cycle Two More Times





## Cycling

Not only is bicycling an excellent cardiovascular exercise, but you can really explore your community by cycling to different neighborhoods or in parks, bike paths, or trails. Many people cycle to commute to work.

While running tends to target the hamstrings (the muscles in the back of your thighs), cycling uses the quadriceps (the muscles on the front of the thighs) more.

TIP: Make sure you visit your local bike store and have a bike fitted properly to your body. Otherwise, you'll put too much stress on your back or knees.

"I recommend finding a bike shop or a demo program where you can try a bike out," says Tonya Laffey, a professional mountain biker and founder of MTB Chick Racing. "I would highly recommend getting a fit kit, which measures you for the bike."

When you're getting started, you want a softer seat but not one that is too wide, or you won't be able to get behind it, Laffey says. If you're a woman, try a women's racing saddle. It will be more comfortable but may take some time to get used to.

If your gym offers indoor cycling classes, they can help you prepare for biking outdoors. It's also a good idea to learn basic bike repair, Laffey says.

### Equipment:

Bike (road bike, mountain bike or hybrid), gloves (which will absorb vibration and cushion your hands in a spill) and potentially cycling shorts (padded compression shorts to keep you comfortable on long rides).

### Pros

Biking is fun, can be used as transportation, and works different muscles than walking or running. Biking can be done at your own pace and adapted to your mood and energy levels on a day-to-day basis. Biking lets you travel further distances faster. Great for building your aerobic baseline.

### Cons

Equipment can be expensive. Cycling isn't weight-bearing exercise (the type that helps build healthy bones), so you'll need to couple it with strength training or another form of weight-bearing activity for optimum fitness.




# HAPPY YOUTHFUL HANDS



Our hands work darn hard. Typing, cooking, gardening, working, crafting, gesturing . . . our hands are exposed to the elements, extreme temperatures and potentially all sorts of harsh bath and kitchen cleansers. To top it off, we start losing our collagen and our ability to regenerate the top layer of our skin in our 20s, which means that skin tends to look duller, feel drier and absorb more toxins. Collagen loss increases with age, making it ever harder for skin to repair and renew itself.





The skin on the hands is thin and is generally the first area to give away signs of age. That loss of plumpness, prominence of veins, and darkening age spots all point out the direction time is traveling. Healthy aging, though, with real food eating habits, balanced lifestyle choices and a great skincare routine can help us embrace the lines we earned without looking so old so fast. With so much attention given the face, many people forget about the importance of taking good care of your hands, too.

## Daily Routine for Healthy, Soft, Radiant Hands

1. **Exfoliate.** Exfoliation is for your hands, too! Keep skin renewed and help that process of regeneration along with a great exfoliate that will keep dry and dark spots at bay. Try mixing a bit of coarse sugar with coconut or cold-pressed olive oil and add a drop or two of your favorite essential oil for an easy, delicious hand scrub.
2. **Brighten.** Instead of a toxic brightening product, use a mixture of lemon peel, licorice, resveratrol (a plant compound found in grapes, peanuts and berries high in antioxidants and cancer-fighting properties) and vitamin C, which evens out your skin tone without harsh chemical bleaches.
3. **Hydrate.** Dehydration, besides being incredibly taxing on the body, shows first in your skin, making you look dull, shabby and flaky. Hydrate yourself internally by drinking plenty of water, fresh juices and teas and eating water-rich fruits and vegetables. This, especially eating raw foods rich in vitamin A, C, and E (try squash) is the BEST thing you can do to keep skin plump and even. To keep in the moisture, make and use a rich hand cream for soft hydrated hands. Coconut oil, shea butter, cocoa butter, beeswax and jojoba oil all make wonderful bases.



# Natural Herbal Hand Care Recipes

Keep your hands and feet soft and healthy with these herbal tips and recipes.

What do your hands reveal about you? If you work in an office, you may have frayed cuticles and chipped nails. If you're an avid gardener, you may have fingers that seem permanently soil stained. As an outdoor athlete, you may have wind-chapped or sunburned hands. Or maybe your hands and nails only reveal that you take good care of them! No matter what the state of your hands and nails, herbal care can enhance their health and appearance – making them clean, soft, smooth, and lovely.



## Lavender Hand Cleanser

Garlic lingering on your fingers? Hands discolored from gardening? This pleasant dry cleanser will help remove odors and stains while gently cleansing.

1 tablespoon baking soda  
1 tablespoon grinded oats  
1 teaspoon lemon juice  
1 tablespoon lavender flowers

Combine all ingredients in a bowl. Rub a small amount into wet hands for several minutes, then rinse well.

## Calendula Cream

Use this mixture daily for luxuriously soft hands and feet. It's also great for treating damaged cuticles.

1/2 cup calendula flowers (or your favorite blossom)  
2 tablespoons cocoa butter  
1/4 cup almond oil

Place calendula flowers in a glass jar. Combine cocoa butter and almond oil in a bowl or pan. Warm in a double boiler until cocoa butter has melted. Pour over calendula flowers. Steep for 24 hours, then strain. Pour into a clean jar and cover. Massage liberal amounts of the mixture into hands for a few minutes. Then gently wipe hands with a clean, soft cloth.



# Henna Nail Hardener

The resin in henna will strengthen and protect your nails and result in a pretty shine after buffing. The dye will tint your nails naturally. To test, try this on your toenails first.

Wash hands well and dry them. (Nails should be polish-free.)

In a glass bowl, combine henna powder with enough warm water to make a thick paste. Apply the paste to your nails with a cotton swab.

TIP: Trace a line of non-petroleum jelly around your nail first, to prevent staining of your skin. Leave on for about four to five minutes, then rinse well with warm water. Dry and buff with nail buffer or a soft cloth. Use monthly.



## HELPFUL HAND HINTS

- Make sure your nails are perfectly dry before applying polish, or you'll promote fungus.
- Always dry hands well, to help prevent chapping. Use an herbal lotion after every washing.
- Add a little oil (almond, coconut or jojoba oil) to your liquid castile hand soap for added moisturizing.
- Skin on your hands wrinkles easily because it has only a thin subcutaneous fat layer. Wear gloves to protect your hands when gardening and doing housework. Applying an herbal lotion before putting on gloves seals in the moisture while you garden.

## Ask the Experts!

**Q: Is there anything I can put on a cracked or split nail to restore it?**

**A:** You may not be able to completely repair it, but a coat of beeswax will protect the nail and keep it from tearing further. Simply combine one part beeswax with two parts of your favorite skin care oil (infuse with a favorite healing herb, if you like) and gently melt. Cool and apply to your nail. Allow it to harden. Store the extra in a covered container and reapply several times a day, as needed.

**Q: My cuticles are always rough, but I don't want to clip them. Any ideas?**

**A:** Carefully rub a mixture of cornstarch and orris root powder on your cuticles. The gently abrasive herbs will smooth out your cuticles without damaging them (as long as you use a light touch).



# Boost Your Fertility & Have a Healthy Pregnancy

with New Mom,  
Raw Food Coach,  
and Author  
Joanna Steven

Click to hear the interview.  
Play time: 60 minutes.



**H**ello and welcome to another interview presentation with Raw Food Magazine. My name is Sara Grove and today I have the great pleasure of learning from Joanna Steven, who is a nutrition coach and author and a mother to one little boy, and currently with another one on the way. I'm excited to talk to you about her books: her first called Well Rounded – The Guide to a Healthy Raw Food Pregnancy and the more recent The Milky Way – The Ultimate Guide to Breastfeeding on the Raw Food Diet.

We're going to get to hear a little bit about Joanna's story and some of the things that she's learned in her research and putting together these books – anything from boosting your fertility naturally to the challenges that new mothers face during pregnancy and after. And how to take the best care of yourself and your newborn during the pregnancy phase and after. So we're excited to get to talk to you today. Joanna, welcome!

**Joanna Steven:** Thank you, Sara, it's a pleasure.

**Sara Grove:** And so, if you could just jump right in and introduce yourself and tell us a little bit about what you do and what brought you into writing those





books?

**Joanna Steven:** Well, I have been eating a moderate Raw Diet since about 2004. This was the year that I moved to the United States because I'm French and my husband is American. And when I moved to the States, all of a sudden my health issues, which were not very strong at the time, became so much more present and I really wanted to find a way to heal myself. I had anxiety, acne, depression, and yeast infections, all kinds of things. And I felt I was eating so well. I'm a vegetarian, why am I not healthy? But first I tried to address my anxiety and depression and I started to take yoga classes for the first time ever. That really helped and led me to try weightlifting and exercise classes and that's when I made the connection with food. I thought, okay, I want to build more muscles, I want to have more endurance. What should I be eating? And I started reading all about vegetarian athletes and one interview in particular to me was so striking. It was an interview with Tonya Kay. I don't know if you know her: she's a raw vegan athlete and actress.

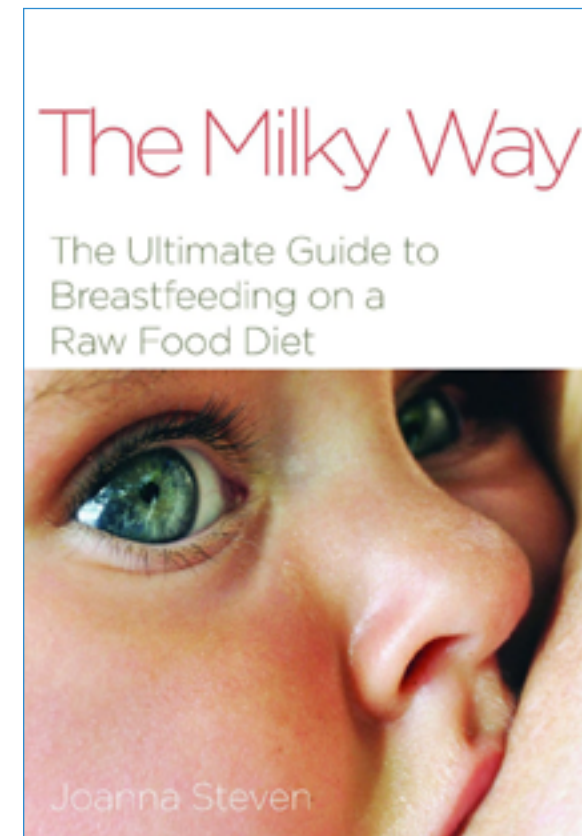
**Sara Grove:** Yes, she's done amazing things.

**Joanna Steven:** She is so healthy-looking and I saw her and she just stood out above everyone else. And I said, okay, raw foods, I guess. Let's try that. I had never heard about it before but it sounded good. I mean, fruits and vegetables and all that, why not. It made sense to me. And so at first I made the usual mistakes of not eating enough and feeling like I was always hungry but little by little, I learned so much more. Then I contacted Tonya Kay and I said, "Look, I want to know what you eat and I'm sure I'm not the only one. Let's write books together." And we actually wrote about three books together and they are no longer in print because her diet changes all the time so she found they were outdated, but we reported everything she ate. I broke down everything into vitamins and minerals, protein, all of that. And I learned so much.

Then, my diet became just so much greater than it ever was and I wasn't eating exactly like her because I also learned to trust my body, see what's worked for me like; for example, she doesn't choose household appliances, such as juicers and all that. She's actually very green. For me, the green juices and stuff like that, smoothies all the time. So it's a little different but still a raw diet. So

I did that for many years. And every year my diet changes but the raw food, the basics, the green juices, the protein shakes, the green smoothies, they're all definitely the foundation of my diet where I get the most nutrition. So, around 2010, I decided, okay, I want to get pregnant. And I looked into my diet to see, would it be good for pregnancy or not. I did a little research and I realized there is nothing out there on raw pregnancy and breastfeeding.

There are a few things: a good chapter here and there in books. But it's not really enough; I mean, I didn't feel it was enough. I wrote my books and they are both over a 100 pages long. There is so much about eating a raw diet or even just vegan and vegetarian. And so I wrote the books because I thought if I need them, somebody else is going to need them too and from this the people could learn as the research is there and the studies are there. It's possible to do it right so, let's just do it.



**Sara Grove:** And so going into your first pregnancy. Well, let me back up even further because I know a lot of people, it seems like more and more, and maybe you know a little bit more about this, but fertility issues are really huge right now. And so, there's a lot of couples that would



## Pregnancy Protein Power Smoothie

*"Packed with 15 grams of protein, plenty of zinc and iron, and other essential nutrients, this is a great smoothie especially during the third trimester when protein needs are higher."*

*Fills a 20-ounce glass, serves 1*

### Ingredients:

- 6 tablespoons hemp seeds,
- 1 1/2 cup water
- 5 medjool dates, pitted
- 1 frozen banana
- Optional: 1 teaspoon of cinnamon (I also make it with 1 1/2 tablespoons of cacao powder and 1 tablespoon of bee pollen)

### Directions:

*Place all ingredients except for the banana in a blender and let them soak for a few minutes so the dates can soften. Blend everything with the banana and add a couple of ice cubes if needed for a cold drink.*

really love to become pregnant and just aren't being successful. And so is there anything when you decided four years ago that you were ready to have a baby and kind of embarked on that exciting journey, what are some other things that you learned or did to kind of naturally make yourself more fertile or what are some things that other people could do to kind of boost their fertility if they're really trying to become pregnant?

**Joanna Steven:** Yes, okay, so there's a lot of things you can do. The problem is that sometimes people feel they're eating a well-rounded diet. And they are really missing out on key nutrients. First, you have a lot of herbs out there that will help your body be ready to carry a child. Herbs like nettles and raspberry leaf, they're very nourishing for the body and they're very good

for your reproductive system. And you can drink them before you get pregnant, while you're pregnant and when you are breastfeeding.

When you are pregnant, they will help your body stay nourished, they will help your uterus be strong and they will help with having an easier childbirth; they will help with milk production as well.

**Sara Grove:** Do you take this as a supplement or a tea or how do you prepare these herbs?

**Joanna Steven:** With my first pregnancy, I did infusions. You take a cup of nettle or raspberry leaf or both together: half cup and half cup. And you put them in a mason jar. Cover them with four cups of water, the water is hot. And let it steep and

## Sour Cream N'Onion Kale Chips

"These satisfying kale chips are both creamy and crunchy. They are great for those who aren't used to raw foods, and pack a lot of nutrition thanks to the spirulina powder and kale.

The cashews provide added minerals as well as calories for the calorie-burning breastfeeding mama!"

### Ingredients:

- 1 bunch kale, about 4-ounces, de-ribbed and torn into medium size pieces
- 1 cup cashews, soaked 2 hours
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon spirulina or chlorella

### Directions:

1. Blend everything but the kale until smooth. Pour the dressing into a bowl, add the kale, and massage together until all the kale is coated.
2. Spread over 2 dehydrator trays (you will need to give each tray the space of two trays in the dehydrator since the kale pieces are likely to be tall).
3. Dehydrate at 110 degrees until dry, about 8 hours or overnight.

get cool. Now some people do it with water that is not hot. I remember one time, Kate Magic came to my house and I asked her, okay, how do you make your tea, and she said she uses water that's warm, raw warm but not boiling. You can do it this way too if you like. That's what I did with my first pregnancy.

Now I do infusions but also I'm busy because I have a three-year-old. So what I did is I made tinctures and with the tinctures that was still raw. You just take two cups of whatever herb you choose, cover that with vodka and then steep for four to six weeks and the alcohol will extract the benefits of the herbs and then you



## Happy Pregnancy Chia Pudding

Awesome for the breastfeeding mama, this pudding provides you with a breakfast you can eat right away without any prep work, providing you have a big bowl of it in the fridge. Make extra as it will last about four days! Chia seeds are loaded with calcium, iron, and omega-3 fatty acids for rich and healthy breastmilk.

### Ingredients:

- 1/2 cup sesame seeds
- 1 1/2 cups water
- 2-4 tablespoons raw honey or coconut nectar
- 1-inch vanilla bean
- 1/4 cup chia seeds
- 1/4 teaspoon cinnamon

### INSTRUCTIONS

1. Blend the sesame seeds, water, agave, cinnamon and vanilla until smooth.
2. Strain through a nut milk bag.
3. Add more honey, if desired.
4. Sesame seeds can be a bit bitter, but as the chia seeds absorb liquid, the pudding will become creamy and mellow.
5. Stir the chia seeds into the sesame milk.
6. Drink right away or set aside until thickened.

just take a little bit. And that's really, really concentrated. These tinctures are in Chinese medicine, so that's another way to do that and also, just one thing is that, if you find those things raw, fresh, you can juice them. I used to juice nettles a lot back when I lived in Iowa because I could just go to the forest and pick them. In Oregon it's more difficult but definitely, you can make juices with them.

**Sara Grove:** And would you notice the effects of these right away or is it gradual, like what specifically are they good for?

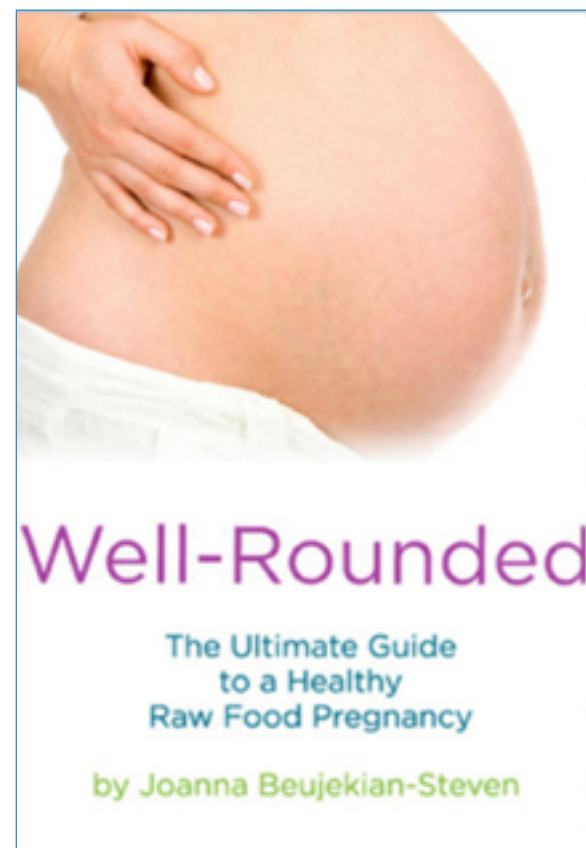
**Joanna Steven:** Well, these are really nutritious so they will provide you with a lot of minerals. It's like a

concentrated green juice. You will notice you have more energy and all that but mostly, you will see this in your appearance. Your hair will be stronger, your nails will be harder, your skin will glow, it's pretty obvious to me when I take it and people see that too. These herbs are really high in silicon, which is another foundation of your hair and skin. So you'll see that in your appearance more than anything else.

Also for fertility, fat is really important. I have had my clients come to me and say that they want to eat a low-fat raw vegan diet. The thing is even if you ask people like Douglas Wan who wrote *The Easy Test in Diets*, about low fats high pro diet. Even he will tell you

that when you're pregnant and when you're a small child, your fat needs are different. You do need more fat. So I would recommend not being afraid of fats or using the raw coconut oil – it's really amazing. Make nut milk, the sprouted nut meal, eating avocados, fat is really important for fertility. And for the brain development of the baby. Also you really need your immune system to be strong; if you're sick all the time it's so much harder to be pregnant and to carry a pregnancy to term.

So, paying attention to the health of your gut is really important. One really great raw vegan food for that is cultured food like sour roud, kimchi, things like that. They are so rich in probiotics and that's what really helps you to be stronger and your body needs to know it is healthy enough as it is to carry a pregnancy and feed the baby. If you can't feed yourself, it's harder to also feed something else inside of you. Another raw food that is great for fertility which will help with your hormones is maca root.




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[Visit Joanna online to purchase one of her ebooks or to join the Nourished Village, a supportive community of moms.](#)





# SQUASH WARS

Where do squash come from?  
Are they good for us?  
How would you eat a squash raw?  
All your squashest questions,  
answered.

## **What is a squash anyway?**

The word “squash” is derived from “askutasquash,” which literally means “a green thing eaten raw” in the language of the Nahahiganseck Sovereign Nation, a native American tribe who lived in what is now Rhode Island, Connecticut and eastern Massachusetts.

Commonly called gourds or pumpkins depending on species and variety, squash are technically any variety from the plant genus Cucurbita.

Contrary to popular belief, squash are not vegetables, they are actually fruits! Because they aren’t sweet, they are typically used like veggies, but, by botanical definition, fruits have their seeds on the inside. Squash are fruit, like tomatoes. Cucurbita plants have been an important part of the human diet for centuries and are grown for their edible fruits (squash) and seeds.

## **Did You Know?**

Every part of the squash plant can be eaten, including the seeds, leaves and tender shoots.





## Is squash good for you?

Squash is an excellent food source. It can be a caloric bargain with a nutritional bonus. Depending on the variety, a half a cup of squash ranges from 50 to 125 calories. And, in one four-ounce serving, squash provides 20% or more of your recommended daily value of magnesium, potassium, and vitamins A, C and E (vitamin E is found in the seeds). Squash is also a good plant source of calcium (about 10% of the recommended daily value). Besides being packed with good vitamins and minerals, fruits of the Cucurbita genus are also *free* of fat and cholesterol. Trade your traditional processed grain pasta for raw spiralized squash pasta for a hearty meal with fewer calories and way more nutrition.

## The Story of Squash

The story of squash was painted in native tribal paintings in Mexico and the southwestern United States more than 2,000 years ago. As far as researchers can tell, the ancestral species of Cucurbita were present in the Americas before the arrival of humans. ALL species of modern squash are native to the New World and were developed during the agricultural revolution. Modern squash varieties, however, are not found in the wild.

Evolutionarily speaking, the genus is relatively recent in origin; though, gourds were a part of the culture of almost every native group from southern South America to southern Canada. Evidence suggests squash were one of the first plants to be domesticated, predating the domestication of maize and beans by 4,000 years. The earliest evidence of domesticated Cucurbita dates back nearly 10,000 years. During a series of cave excavations in Oaxaca, Mexico in the 60s and 70s, researchers found fossilized rinds of a pumpkin variety in the walls of the cave.

Changes in the fruit shape and color throughout the fossil record suggest that native peoples began intentionally breeding these fruit very early on. Squash, followed by maize and beans are the most frequently depicted plants in the artwork of Native Americans about 2,000 years ago. Squash only made it to Europe and later Asia and Australasia after Christopher Columbus's arrival in the New World in 1492. Since then, squash have been bred in a multitude of varieties for shape, taste, durability and size.





## Winter Squash vs. Summer Squash

The fruits of the Cucurbita fall into two categories: winter squash and summer squash. The terms “summer” and “winter” only loosely refer to when the squash is harvested, as most are available year round. The terms more accurately group the squash by durability. This terminology dates back to a time when the seasons were more crucial to man’s survival than they are now. Veggies became known as winter vegetables if they would keep until December. Similarly, squash became known as winter squash if they were durable enough to last through the winter.

**Winter squash** come in shapes round and elongated, scalloped and pear-shaped with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. They take longer to mature than summer squash (three months or more) and are best harvested once the cool weather of fall sets in. Winter squash, like acorn squash, have hard, thick rinds. They are so hardy that you may find yourself needing a hammer to tap the knife’s handle when trying to cut one in half. This thick skin puts longevity on their side: you can keep winter squash fresh in cool, dark places like a basement for up to three months. Winter squash are also drier – containing less moisture – than summer squash making them slower to spoil.

**Summer squash** like zucchini are thin-skinned and bruise easily. Look for firm, blemish-free ones with taut skin. Typically, the smaller ones are sweeter and more tender. Summer squash are water-rich, though they do not last as long as winter squash. Summer squash are only good for about one week in the refrigerator before they begin to soften and wrinkle.

### Squash Storage Tips

Avoid storing squash near apples, avocados or passionfruit, all of which are natural ripening agents that release ethylene gas. While they are great to throw into a paper bag to aid the ripening process of other fruits like pears, bananas and tomatoes (and to quicken plant flowering), they only discolor and decay zucchini and other dark green squash. When storing winter squash with woody stems, such as acorn, butternut squash and pumpkins, leave a four-inch or longer stem on the fruit. Fleshy or softer stems, such as those found on banana and hubbard squash, can be cut to one one to two inches. This helps to retain moisture.



## How to eat a raw squash.

Can squash be eaten raw? Yes, of course! Summer squash types especially are delicious raw and are very refreshing due to their high water content. Chop or shred them for salads or snacks to serve alongside carrot sticks and other crudités, or add them into coleslaw and salad. Many squash varieties make a wonderful, uncooked “blender soup” when

puréed with a bit of garlic and herbs. Shave thin slices of cucumber or zucchini to wrap raw sushi rolls. Or just spiralize your favorite squash to make delicious raw pasta! When preparing to eat raw squash follow these unofficial squash laws for the best experience.

1. Keep It Seasonal. The squash must be fresh and tender to be eaten raw. A salad like this will NOT work with over-sized, out-of-season, squash.
2. Keep it Thin. Cut the squash as thin as you possibly can – if you have a mandolin, this would be a great time to pull it out. This ensures that the squash is able to soak up all the flavors.
3. Keep it Room Temperature. This is true for lots of summer produce: you will get the most flavor from your ingredients when they are at room temperature. When you eat fresh, delicate flavors cold from the fridge you lose a lot of the flavor and squash salad is no exception! Be sure to have all your ingredients at room temp and eat raw squash right away.
4. Lastly, DON'T TOSS THE SEEDS. Squash seeds make excellent snacks. Toss them in a bag and shake with spices and real salt or add them to your next raw trail mix or dehydrated granola.

Now, not every type of squash will delight your palate raw. Some will hardly be edible! To save yourself the struggle, here is our rundown of the tastiest squash varieties eaten raw:

### Best Summer Squashes to Eat Raw

Crookneck Squash  
Yellow Squash  
Zucchini

### Best Winter Squashes to Eat Raw

Butternut Squash  
Buttercup Squash  
Acorn Squash  
Kabocha







# Spice Up Your Life (and your health) with Enticing Autumn Flavors

Each season comes with its character – cherished smells, flavors and feelings we forget about the rest of the year. What triggers your excitement for fall? Is it the crispness that creeps into summer air? The boots and scarves coming out from the back of your closet? The pumpkin spice lattes and apple cider?

Though modern grocery stores provide access to virtually any food item at any time of year, there are certainly still natural associations to seasonal produce, from fruits and vegetables to the spices we use to season them. What's more, many of our rich, warming fall and winter spices are as agreeable to our health as they are to our senses!

Go ahead, bring out the cinnamon, cloves, nutmeg and more. These aromatic seeds, flowers and fruit pack fantastic flavor and potent nutritional benefits that will keep you smiling inside and out this season.



# Allspice

Allspice names the dried unripe fruit of *Pimenta dioica*, a tropical evergreen tree of the myrtle family. Growing from 22-43 feet, the aromatic trees are native to the Greater Antilles, southern Mexico, and Central America. Small, white blooms in the spring and summer are followed by clusters of pea-sized, brownish-green, spicy berries in the fall. These berries are dried and ground to produce what we know as allspice.

At first glance, one can confuse the allspice berry with a peppercorn, like early Spanish explorers did. The green berries, which contain two seeds, are slightly larger than peppercorns and have a rough dark reddish brown exterior when dried. Allspice berries are harvested and dried when they reach full size but before they mature, as they lose their flavor and aroma when fully ripe.

Allspice was named due to its aroma, reminiscent of cinnamon, nutmeg *and* cloves all in one. It's other common name, Pimento, comes from early Spanish and Portuguese explorers, who mistook the dried berries for peppercorns. The leaves, berries, and oil are all used for culinary, health and medicinal purposes.

## Benefits

Allspice can be used in a myriad of ways to address issues from flatulence to joint pain. Allspice is a natural source of beta-carotene, vitamins A, B-1, B-2, and C, niacin, thiamine, and riboflavin, along with the minerals iron, potassium, magnesium, selenium, and manganese. Another active

constituent is the phenol eugenol, which is used by dentists as an antiseptic and a local anesthetic for teeth. These berries are quite the superfood!

## Soothing Digestion

Allspice is widely used as a carminative, to prevent or relieve flatulence. It is used as both an aromatic stimulant and as a tonic for the gastro-intestinal tract and digestive system, to treat vomiting, stomachache, diarrhea and indigestion, along with digestive disorders such as dyspepsia and colic, and is known to improve the appetite.

Make an infusion of one to two teaspoons of Allspice powder in one cup of boiling water. After steeping for 15 minutes, strain through a coffee filter. May drink up to three cups per day.

## Fighting Fungal Infection

Allspice extracts have antioxidant, antiseptic and anesthetic properties, and are useful in fighting yeast and fungal infections.

## Relieving Joint Pain

When used externally, Allspice's warming effects are used to relieve chest infections, arthritis and rheumatism, bruises, and muscle aches and pains. To relieve muscle aches and pains, joint pain and arthritis, and to treat bruises: Make a poultice using Allspice powder mixed with enough water to make a paste. Spread the paste on a clean cloth, and then cover the affected area.

Throughout the years, the essential oil in Allspice has also been used as a natural herbal remedy for a variety of issues including fever, colds, flu, diabetes, menstrual cramps, and heavy menstrual bleeding.





**Great With:**



## Cloves

Cloves are the dried flower bud of a small, compact evergreen bush that thrives in humid climates. If allowed to flower, the plant produces a striking pink flower, which is then followed by purple berries.

Until the last few hundred years, cloves were only grown in the famous “spice islands,” off the coast of Indonesia. During the years of Dutch colonization, demand for the spice became rampant; however, export of cloves was tightly limited. At its peak, the sale and trade value of cloves rivaled that of oil. The flower buds of the clove plant go through several stages, and must be picked at the right time in their development in order to be useable. The buds start out a pale, milky white color, which gradually shifts to green. Just before blooming, the flowers take on a deep red color. At this deep red stage they are ready for harvesting.

The cloves are then picked and dried.

### Benefits

The clove bud contains an unusual mix of compounds found in no other plant, giving the herb its unique medicinal properties. Cloves contain a variety of beneficial flavonoids, and phenolic acids. Oil derived from cloves contains additional compounds including b-caryophyllene, eugenol, and eugenyl acetate. Dietary herbal use of cloves can aid in the relief of a wide variety of ailments, both internal and external. As a supplement, the spice can either be used in its whole form, ground form, or reduced to its essential oil.

#### Aiding Digestion

Clove use can smooth and relax the inner lining of the intestines, aiding in digestion. Clove can also act as an antimicrobial agent, killing parasites and bacteria in the digestive tract, which helps sooth digestion, relieve excessive gas bloating and quiet an upset stomach.

#### Soothing a Cough

Cloves can help the esophagus produce more phlegm, acting as an expectorant and making coughs less severe and more productive.

#### Reducing Tooth Pain

Clove has been shown to have analgesic properties. This property is particularly effective for tooth pain. Whole clove can be applied directly to the gum in problem areas. The thin skin membrane of the gums readily absorbs oil from the clove, providing topical relief from pain.

#### Lessening Seasonal Allergies

There is some evidence that compounds in clove act as antihistamines, keeping sinus passageways clear and open. Making potpourri using clove, or simmering clove and thin orange slices on the stove fills your home with delicious smells that can help open up the sinuses.



# Cardamom

Cardamom, often sold within their pods, are the aromatic seeds of a Southeast Asian plant in the ginger family. Many varieties of cardamom exist, but there are two common plants harvested today. Green or “true” cardamom is found mainly in India and used as one of the primary seasonings in the famous Garam Masala. The other variety, brown or “Java” cardamom, is commonly grown in Asia.

Cardamom grows perennially and produces vast, fleshy root structures known as rhizomes. It has large leaves, green and white flowers, an edible but slightly bitter fruit, and large seeds. The seeds of the cardamom plant contain a variety of important minerals such as calcium, sulfur, and phosphorus. They also contain volatile oil composed of acetic and formic acids. This volatile oil, which makes up about five percent of the seed’s mass, has aromatic and medicinal properties, and it is what makes cardamom so valuable.

## Benefits

Cardamom has been used as a spice and also medicinally for centuries. Cardamom contains an abundance of antioxidants, which protect the body

against aging and stress, and fight common sicknesses and bodily strife. In rat studies, cardamom has been shown to increase glutathione, an antioxidant enzyme found naturally in our bodies.

### Freshening Bad Breath

Cardamom is one of the most effective remedies against halitosis. Simply chewing on the seeds eliminates bad odors. Cardamom is even used in some chewing gums because of its effectiveness, billed as a surefire cure to the most offensive breath.

### Fighting Tooth Decay

Cardamom is widely used in South Asia to fight tooth and gum decay and disease. It can also be used to help soothe a sore throat.

### Quick Digestive Relief

The volatile oil in cardamom has been proven to soothe the stomach and intestines, making cardamom an ideal solution for a host of digestive problems, such as constipation, dysentery, and indigestion. To use cardamom for digestive problems, consume seeds alone, serve ground seed with food, or serve as a tea.

### Relieving Urinary Tract Discomfort

South Asians use cardamom’s relieving properties to help with the discomfort of passing gall and kidney stones.

Cardamom can act as a diuretic, soothing a variety of kidney, bladder, and urinary problems like nephritis, burning or painful urination, and frequent urges to urinate. The relief from uncomfortable symptoms provided through cardamom should not be considered a cure to underlying diseases and disorders.

### Aromatherapy for Depression

Cardamom oils can be added to baths as a form of aromatherapy that fights depression and reduces stress. Ground cardamom seeds can be made into a tea for similar benefits. Cardamom volatile oil has only recently come under the scrutiny of scientists curious about its therapeutic properties, but Asian and Indian cultures have reliably used it for ages as a remedy for discomfort and depression, and still rely upon it today. It is now being discovered to have amazing health benefits, and early science confirms its medicinal effectiveness.

### Cancer Prevention

Cardamom contains IC3 (indole-3-carbinol) and DIM(diindolylmethane). These phytochemicals are well-known cancer fighters, helping to specifically ward off hormone-responding cancers like breast cancer, ovarian cancer, and prostate cancer. Early research suggests that consuming cardamom regularly may help with preventing these forms of cancer.



# Cinnamon

Cinnamon is made from the peeled, dried, and rolled inner bark of a Southeast Asian tree. During the Bubonic Plague, sponges were soaked in cinnamon and cloves and placed in sick rooms. Cinnamon was the most sought after spice during explorations of the 15th and 16th centuries.

## Benefits

### Soothe an upset stomach

Cinnamon contains compounds called catechins, which help relieve nausea. The volatile oil in cinnamon bark may also help the body to process food by breaking down fats during digestion.

Cinnamon extracts have been used medically to treat gastrointestinal problems and to help calm the stomach. Cinnamon is a carminative, an agent that helps break up intestinal gas that has traditionally been used to combat diarrhea and morning sickness. Both test-tube and some animal studies have found that cinnamon may help to relieve mild abdominal discomfort caused by excess gas.

### Clear up urinary-tract infections

One German study showed that cinnamon “suppresses completely” the cause of most urinary-tract infections (*Escherichia coli* bacteria) and the fungus responsible for vaginal yeast infections (*Candida albicans*).

### Allow diabetics to use less insulin

Some studies have shown that cinnamon helps people with diabetes metabolize sugar better. In adult-onset (Type II) diabetes, the pancreas produces insulin, but the body can’t use it efficiently to break down blood sugar. Richard Anderson at the US Department of Agriculture’s Human Nutrition Research Center in Beltsville, Maryland found that cinnamon enhances the ability of insulin to metabolize glucose, helping to control blood sugar levels. It is believed that cinnamon makes fat cells much more responsive to insulin, the hormone that regulates sugar metabolism and thus controls the level of glucose in the blood.

### Kill many disease-causing fungi and viruses

Preliminary results from animal studies suggest that cinnamon oil and cinnamon extract have anti-fungal, anti-bacterial, and anti-parasitic properties. For example, cinnamon has been found to be active against *Candida albicans*, the fungus responsible for vaginal yeast infections and thrush (oral yeast infection), *Helicobacter pylori* (the bacteria that causes stomach ulcers), and even head lice.

### Relieve Colds and Flu

In both India and Europe, cinnamon has been traditionally taken as a warming herb for “cold” conditions, often in combination with ginger. The herb stimulates circulation, especially to the fingers and toes and has been used for arthritis. Cinnamon is also a traditional remedy for aching muscles and other symptoms of viral conditions such as colds and flu.



# Nutmeg

Nutmeg refers to the hard, aromatic, almost spherical seed of a tropical evergreen tree native to the Moluccas. The nutmeg tree is unusual in that it is the source of two separate spices, namely nutmeg and mace. Nutmeg is from the seed of the tree, mace is from the aril, which is the reddish seed covering. Several other commercial products are also produced from the trees, including essential oils, extracted oleoresins, and nutmeg butter. It takes seven to nine years for nutmeg trees to produce the first crop of nutmeg, and it is 20 years before the trees are at their full production.

## Benefits

### Relaxation

When mixed with warm water or a non-dairy milk, nutmeg can relax the body and help you to fall asleep more easily. This same property is why some people seek nutmeg as an aid to reduce anxiety.

### Brain Health

Nutmeg can be taken to stimulate the brain and to ward off stress and lack of energy. Nutmeg ingredient Myristicin can also be effective against Alzheimer's and other memory-related conditions.

### Pain and Inflammation

The Chinese commonly included nutmeg in medicine for patients who were suffering from pain or inflammation. Nutmeg is currently used for a variety of pain, from general aches to arthritis. Some practitioners use the essential oil for rubbing on joints or other parts of the body that are experiencing pain.

### Relieve Oral Inflammation and Sores

General gum and mouth sores or infections may be relieved with nutmeg, which is certainly more pleasant than garlic cloves! Add a bit to your toothpaste for a fresh taste and daily cleanse. The medical industry recognizes ingredients such as macelignan as effective against strep throat because it works as an antibacterial agent.

### Treating Leukemia

This same active ingredient, methanolic, it may also fight against certain leukemia cells.

### Cleansing the Kidneys

Some people also believe that nutmeg can help two other organs: the liver and kidneys. It's believed by some that nutmeg removes toxins that can build up in both areas, which occurs in both organs. Furthermore, nutmeg can help remove stubborn kidney stones, allowing you to pass them naturally.

### Treating Acne

As an essential oil, nutmeg can be applied to the skin. A lesser-known version of nutmeg products is butter, which can actually be used in place of cocoa butter in cosmetic products. Nutmeg may be mixed with other ingredients to form a paste or cream for topical use to help improve skin conditions. Nutmeg with orange lentil powder or honey creates an effective scrub that may relieve blackheads and even reduce marks from acne. Nutmeg essential oil can also be applied to the skin to help relieve skin conditions. It is usually mixed with another oil or cream first to dilute it.



# Aniseed

Aniseed literally the “seed of the anise,” a plant member of the carrot family that can grow up to three feet tall. In July and August, the plant yields umbels of dainty yellow or white flowers with a delicately sweet aroma. In late August to September, the plant produces small brown seeds known as “aniseed.” After being threshed from the plant, the seeds are dried in trays until they become greyish brown. Once dried, aniseeds can be ground into powder that has a long shelf life when stored in airtight containers in a cool space.

Throughout history, people have used aniseed to treat a variety of ailments. The seeds were a prized commodity in ancient Greece and Rome, and so valuable in the East that they were often used to pay taxes. Today, the seeds continue to help people around the world with ailments ranging from digestive issues to low libido.

## Benefits

Aniseeds are an excellent source of minerals like iron, magnesium, calcium, manganese zinc, potassium and copper. These minerals are essential to cardiac, bone and blood health and are needed by the body to turn food into energy.

The B-complex vitamins found in aniseed are essential to overall health. Loaded with riboflavin, pyridoxine, niacin

and thiamin, the seeds can contribute to healthy levels of neuro-chemicals in the brain.

### Lung Infections

The seeds and the oil they produce contain thymol, terpineol and anethole, which can be used to treat chest infections and coughs. Aniseed tea can soothe bronchial irritation. Plus, drops of aniseed oil may be used in a vaporizer to clear congestion and soothe coughing. Gargling with aniseed tea can also provide relief for sore throat, laryngitis or pharyngitis.

### Headache Relief

A paste made from the aniseeds may be applied to the forehead, neck or temples to relieve headaches and migraines. A similar paste has been used to treat lice and scabies.

### Lessening Anxiety

Some components of aniseed are known to have calming effects that can relieve anxiety and nervousness. Thymol, stigmasterol, linalol, terpineol, alpha-pineno and eugenol found in aniseed have been shown to relax the body and calm nerves.

### Boosting Libido

Aniseed is believed to contain aphrodisiac properties that can increase libido. Try drinking one glass of water infused with crushed seeds each night to see if your sex drive can benefit.





# Pumpkin Pie Spice

Pumpkin pie spice is a common ingredient in so many decadent recipes popping up this season. From cheesecakes and pies to soups, cookies and warm beverages, pumpkin pie spice adds flair and flavor. Instead of buying commercially produced pumpkin pie spice, it is super easy to make your own at home. Plus, you can customize it to your taste buds and it will be much fresher!

## Make Your Own Pumpkin Pie Spice Ingredients:

3 tablespoons ground cinnamon  
2 teaspoons ground ginger  
2 teaspoons ground nutmeg  
1 ½ teaspoons ground allspice  
1 ½ teaspoons ground cloves

Simply mix these spices together in a small bowl and take a little whiff. Divine. Store the mixture in a small glass jar or spice container and add to your savory and sweet dishes this season!

## Fall Food Challenge: Use More Spices!

These delectable spices can add variety to your palate and boost your health, so what's not to love? Leave a few shakers of your favorite spices on the counter so you remember to add a dash to your next creamy smoothie. Autumn spices also taste wonderful sprinkled atop raw granolas, buckwheat porridge or even a cup of raw hot cocoa. Love making blender soups? Nutmeg, allspice and cinnamon are a great addition to a pumpkin, parsnip or sweet potato soup. Have fun with flavors this season. Your taste buds and your body will thank you!





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# Diet for Our FUTURE

What's the impact of *your* food?

**H**ave you ever asked yourself how your diet impacts the environment? Apart from industrial activities, our eating habits also have major environmental effects from the crop processes and packaging to refrigeration, transportation, cooking and more. Embracing healthier eating habits is no longer just a personal health decision; it's an issue of ecological integrity which affects the entire planet.

Redefining "food" has become central to environmental sustainability. Research over the last decade has made it clear that certain diets, especially those high in meat consumption, are hostile to preserving our environment. What's perhaps more disturbing, though, is the trend showing that the world's demand for processed meat doesn't seem to be phased by sustainability movement.

Let's look at some global meat production figures:

1990:	170 million tons
1994:	194 million tons
1997:	210 million tons
1999:	217 million tons
2003:	253 million tons
2004:	258 million tons
2005:	267 million tons
2012:	304 million tons

These figures are expected to reach 311.8 million tons by the end of 2014 according to Global Agricultural Report.

## Why is meat such a bad thing?

Moral and nutritional issues aside, the production and consumption of large amounts of meat create numerous problems for humans, animals and the planet. Meat



production contributes to massive water consumption, unproductive land use, food waste, forest destruction, as well as acidifying soil, which bodes ill for future farmers.

“Meat is a wasteful use of water and creates a lot of greenhouse gases. It also submits to the world's resources under enormous pressure.”

Lord Stern, economist and former World Bank Vice President

## How is meat eating damaging our world?

It could sound unreal to some of us, but the amount of land needed to produce 1 kg of meat could be used to harvest an estimate of 200 kg to 160 kg of tomatoes or potatoes, in the same period of time. A large proportion of agricultural land (67% is the global average) is intended for pasture and to produce livestock feed. If you take a look around you'll see how real these figures are. From where does this 67% of land come? Well, often forestland is usurped to create feeding and grazing space. About 40%, for example, of all tropical forests of Central America have been logged or burned in the last 40 years, mainly for pasture and land to grow fodder.





## Meat, Forests and Climate Change

Forests play a vital role in stabilizing the global climate by storing large amounts of carbon that would otherwise contribute to climate change. The livestock sector of the Brazilian Amazon is one of the largest drivers of deforestation in the world, responsible for the loss of roughly one acre every eight seconds. In the time it takes you to read this article, about 75 acres of Amazon rainforest will no longer be.

According to the Brazilian government, livestock is responsible for about 80% of all deforestation in the Amazon region. Government subsidies encourage this ecological disaster. Exports and trade through multinationals make up the demand for meat and leather everywhere.

## How Much Water Did Your Hamburger Use?

Each day, an average household needs an average of two to five liters of drinking water, and 100 to 500 liters for other uses such as showering and washing. This is nothing compared to the 2,000 to 5,000 liters per day required for the production of food consumed by a family. A person could shower daily for one year with the same amount of water needed to produce one kilo of meat.

## So, how does this translate to your diet?

A diet consisting of 80% plant foods and 20% meat and other animal products (in most industrialized countries this percentage is far greater) requires 1,300 cubic meters of water a year, or about 1.3 million liters. A purely vegetarian diet requires half that amount. When 345 million people are reported without clean access to water

on the African continent alone, choosing to eat vegetables becomes not merely a decision to be healthy, but a decision to conserve water.

## Why do we feed cows when kids go hungry?

Producing meat for food actually wastes astronomically more food than it ever produces. Picture this: it takes 7-16 kg (15 to 35 pounds) of grain or soybeans to produce one kilo of meat. Plus, that kilo of meat provides a fraction of the essential nutrients that we would receive by eating the grains themselves: from feed to steak approximately 90% of the protein, 99% of the carbohydrates and 100% of the fiber are lost, among a plethora of vitamins, minerals, phytonutrients, enzymes and antioxidants.

If we go through all the trouble, we might as well use the whole animal, right? Wrong. Only a small portion of the bodies of slaughtered animals are used as meat. About 35% of the weight of a cow or a calf (excluding bones) is turned into meat for human consumption. Then, portions of the carcass are used in other products: pet food, animal feed, soap, fuel, candy, cosmetics, pharmaceuticals, and others. The remaining bits are thrown out.

To counter climate change it's very important to make changes in lifestyle. One of the most potentially beneficial changes in life would be to switch to a diet with less meat and more vegetables.

Rajendra Pachauri, chairman of the Intergovernmental Panel on Climate Change (IPCC).







From beginning to end, producing meat for human consumption taxes the environment. Even after production, meat is commonly packaged with polymers, which can pollute once rich farming land. Then, meat is shipped all over the world. The energy required to transport meat burns large amounts of fossil fuels and releases toxins into the air. The problems are many, but there may be an unintended benefit.

Small subsistence communities are scary for their susceptibility to the seasons and harvests. However, the mass production of agriculture of grains, intended for livestock, could become our environmental insurance policy. When seasons are not friendly to certain types grains, our current system of mass production would mean there would still be plenty of plant food available. Cutting down meat production but saving grains could mean surviving harsh climates and even helping prevent rapid climate change.

As consumers, we have the power of choice. We choose what we buy and what we eat. There are not simply healthy foods and unhealthy foods; we have eco-friendly foods and environmentally destructive foods. Local, seasonal fruits and vegetables are scientifically the healthiest choices leaving the smallest environmental footprint. Eating fruits and veggies is not only the healthiest for your body, but also the most loving choice for our planet.

In the USA, 80% of the national grain harvest is devoted to feed over eight billion animals. Globally, about half of the grain produced is used to feed animals for meat. For soybeans in particular, 90% of the soybean crop is used as animal feed. The system is broken. A shift in diet can address all three – world hunger, personal nutrition and environmental sustainability.

### Don't Forget About the Poop

Poop makes great fertilizer, but too much poop starts to acidify the environment and create imbalance in the atmosphere. Ammonia released into the atmosphere falls down in acid rain. Nitrogen contained in acid rain is an essential nutrient for plants, but too much causes soil saturation, damaging our forests. Emissions of ammonia (NH<sub>3</sub>), both in Europe and worldwide, are related to agriculture. Between 80 and 90 percent of the ammonia released today is due to livestock. Ammonia originates from cattle dung in pastures and by storing and spreading organic fertilizers. Modern scientists theorize that the massive ammonia release from livestock fecal matter may be a contributing cause to global climate change.

“If slaughterhouses had glass walls,  
everyone would be a vegetarian.”

Paul McCartney



*1300 cubic meters of water is about enough to cover  
a football field in 15 inches of water*



# Superfoods Under SURVEILLANCE



**W**e've all heard of them. Foods with an unfair advantage over their genus cousins. Foods that contain startling amounts of nutrients, minerals and antioxidants. Foods that are so chock full of the stuff we need.

Are so-called "superfoods" really any different than any other foods?  
Well, yes, sort of.

Modern humans tend to demand results. We want efficiency. We want superiority. We want to be better, faster and stronger and we want to become that way as fast as possible. So, it is no wonder that the marvelous idea of superfoods – foods with dramatically superior

nutrition – has become so popular. Never mind that a plethora of foods, some less than nutritious, have been given the "super" label: from everyday fruits and vegetables like apples and radishes to imported super berries like acai and exotic roots and barks. Even animal and dairy products like eggs and Greek yogurt have been acclaimed as these mystical superfoods.

We want to start clearing the dust, exposing the qualities that deem touted superfoods as being such. Each issue, we will take a few common superfoods and stack them against another comparable item. In many cases, you will find that just by going to the source and eating fresh, organic, seasonal, non-GMO raw fruits and vegetables ... well, that is where food gets its superpowers.





## Goji Berries: Superberry or Supersilly?

Goji berries are small orange-red berries native to China and Tibet – specifically the Himalayan region. They can be eaten fresh and raw, but are widely sold and shipped as dried berries or ground up into a superfood powder. Besides becoming a staple in trendy herbal teas, granolas, juices and cereal bars, goji has also made an appearance in medications and is being experimented within the creation of new vaccines! So, what's the deal with this berry?



Goji berries are famous for their high antioxidant concentration. In fact, this teeny fruit scores the top half of the list of foods with an ORAC value. ORAC, oxygen radical absorbance capacity, is a measure of total antioxidant activity in a given food resulting from the presence of a number of chemical compounds in foods that act as antioxidants. Goji berries contain specific antioxidants like carotenoids, flavonoids, and phenols. Carotenoids (especially beta-carotene and zeaxanthin) protect the eyes from macular degeneration. Flavonoids improve circulation, strengthen blood capillaries, build collagen, balance blood sugar and can help regenerate other antioxidants. Finally, phenols help prevent damage to cells from dangerous free radicals. These phenols are believed to decrease the risk of developing cancer. Besides all these winning antioxidants, goji berries are packed with standout nutrients including vitamins A, C, E, B2, calcium, potassium, zinc and iron.

Iron? Yep, this berry is one of the few fantastic plant sources of iron. Iron plays a critical role in enzymes and proteins including hemoglobin and myoglobin, which help carry oxygen in blood. Because of this, iron is an important component of muscles and helps regulate the growth of cells. What's so awesome about goji berries

is that they are also a great source of vitamin C, which facilitates the absorption of iron, and vitamin A, which helps the body use stored iron more efficiently. So, goji berries are an excellent addition to any diet, especially anemics or women during pregnancy and menstruation when iron levels may be low.

## Goji Berries Vs. Blueberries

Do you really need to go importing goji berries or buying expensive powders and supplements to get this superberry? Well, you decide. Blueberries, another "super" berry, may be a more convenient option.

Both goji and blueberries derive their amazing health benefits from the high amount of antioxidants they contain. Goji berries earn their "super" status, though, by containing on average two to four times the amount of antioxidants of blueberries. Blueberries contain particular antioxidants called anthocyanins, which neutralize harmful substances in the body by bonding to free radicals.



Both goji and blueberries are high in fiber and may help with digestive function. In the end, you will get a marvelous antioxidant boost with a handful of either of these delicious berries. In the end, the most nutritious option will be the berry you can find locally and in-season. Dried, pulverized, packaged and shipped-across-the-world goji berries will have degraded nutritionally. The closer to the bush, the better with these tasty morsels.





## Carob Powder: Chocolate-y Super Supplement?

Carob is a tropical pod that contains a sweet, edible pulp and inedible seeds. After drying, the pulp is ground into a powder that resembles cocoa powder, but does not have the same flavor and texture of chocolate.



Carob powder is now marketed as a healthier chocolate substitute and shipped all over the world. While it has a similar appearance to cacao powder – made from the beans of the cacao plant – it has a milder, sweeter taste and offers a significantly different nutritional profile. Both carob and cacao have a place in a health-conscious kitchen, but carob may not be all it's cracked up to be.

### Carob Vs. Cacao

Carob and cacao both fit well into a balanced diet. Both come from tropical tree pods and have related flavors. A two-tablespoon serving of either provides just 25 calories. Both carob and cacao also provide you with fiber: a two-tablespoon serving of carob powder boasts a fiber intake of 4.8 grams. Cacao powder contains slightly less, at 3.6 grams.

Compared with plain cocoa powder, plain carob powder is lower in fat but significantly higher in carbohydrates

and sugar. Many people prefer the natural sweetness of carob powder since even self-acclaimed chocolate lovers rarely eat unsweetened raw chocolate. However, carob's flavor is only mildly chocolate-y and may disappoint.

From a nutritional profile, however, carob fails to supersede the real deal: cacao.

Cacao is a much better source of magnesium and phosphorus (containing almost nine times more!), minerals that keep your bones strong by making up a part of your bone mineral tissue.

Cacao also contains natural mood-boosting chemicals—theobromine and caffeine. If you are trying to avoid caffeine, choose carob powder for your raw desserts and beverages! Besides different flavors and textures, carob and cacao have different overall effects on the body. Cacao is a natural stimulant and works better in breakfast recipes and midday power-packed smoothies when you need a pick-me-up. Carob, on the other hand, with its smooth sweetness, natural tannins and the polyphenol gallic acid has been shown to have soothing, calming effects on the body. Carob powder also has been seen to help metabolic syndrome, lower total and LDL cholesterol and aid digestion.

So, I guess when it all comes down to it, there's nothing wrong with a tasty cacao green smoothie in the morning and a warm cup of cinnamon-carob almond milk in the evening.







# Ultimate Guide to HARVEST SEASON

*How to pick the best produce and  
make friends with your farmers*

**L**iving in a world so far removed from the source of our food, there is something beautiful about waking up at eight a.m. to go to the farm and pick fresh produce, harvesting food straight from the source. Fruit picking has been a popular fall activity for years. Learn how to get the most out of your produce picking experience and it could become an ongoing event with friends and family.

## THE HARVEST SEASON

Fall harvest is a time of plenty. This is the time of year when nature offers its best to people and animals alike. Harvest season is traditionally a time of celebration, coming together as a community to show gratitude for nature's abundance.

In the Northern Hemisphere, September and October are when you can get the freshest apples, the best broccoli, yellow nectarines and delectable pears. Strawberries are also popular during this time of year. Picking fruits and vegetables from peaches to cabbages at their peak is a surefire way to get the best nutrition out of your food.

Fruits during their peak harvest time have the deepest color and the best state. If you take your family to the field, you put yourself into nature and gather the earth's healthiest food straight from the source.

## WHEN TO GO

The best period for buying fall produce is dependent on the climate of your particular region. Call your local farmers to enquire on the best time to harvest your favorite fruits and vegetables.

Once you have selected a date for your excursion, plan on waking up early. Eight in the morning is the best time to get started. In the morning between eight and eleven a.m. the fruits and vegetable are fresh and look yummy. By this time, the paths will be less dewy. Plus, being among the first people on the farm ensures you get first pick of the best produce.



## MAKE IT A LEARNING EXPERIENCE

While frolicking through orchards with a woven basket is fun enough for kids, visiting a farm or orchard is an amazing learning opportunity for you and your family. Encourage your family to ask about their favorite fruits and vegetables and learn, firsthand, where these tasty plants come from.

Many farmers will be delighted to answer your questions. And, they are the best source of information about their own plants.

Encourage every member of the family to ask a question. From simple questions about the color of flowers to more controversial topics of organic farming, pesticides, and GMOs.

Don't be afraid to ask how the farm handles pests and weeds, what methods they use to care for the soil and what the seed source is for their crops. Be informed about what you are eating and how farms in your area operate.

## BE PREPARED

When you are going out with your family for this excursion, ensure you drink plenty of water and carry some if you can. Dress appropriately; long pants are encouraged when foraging in the fields. Pack a hat, sunscreen, basket and a camera to capture your beautiful morning. You may also choose to carry a notebook to scribble any insights you gained from the farmers as you ask questions.

## WHAT SHOULD YOU PICK?

- Knowing the best fruit and vegetables to pick is important. Ask your local farm what is in season. Often, farm policies will only allow the public to pick certain crops at certain times of year. For most vegetables, you have to pick mature vegetables. For fruits, you can choose the fruits that are ripe and ready to eat if you are going to eat them the same day or you can choose produce that need a few more days to ripen. Always ask the farmer how long it will take for the fruit to mature and if it is ready to be picked.

- In general, fruits that have marks on their cover may be diseased. Picking the best fruit will also require that you reach further into the tree or deeper into the orchard. The fruits that are easily accessible are usually picked fast. If you go deeper into the orchards you will find fine fruits. Look for ripe fruits hiding within the bushes of the plant. They are often the best.

## POPULAR FALL FRUITS

- The best fruits and vegetable to pick are those that are known to grow better in fall. These include vegetables like turnips, sweet potatoes, squash, rutabaga, leeks and beets. Popular autumn fruits are apples, pumpkins, cranberries, grapes and pears.

## Apples

It is really hard not to love a nice, juicy apple. What is even more fun is taking a hayride out to the nearest "pick your own" orchard to pick some. The best period for picking apples is from late August all the way through to late October or early November. There are so many different varieties to choose from. One of the first things you will need to know is how to recognize a ripe apple. This is based on the variety as some ripen earlier or later in the season. Knowing the variety you need helps since most apples are ripe when red, but some are ripe when green. The ideal time to pick an apple is when it is almost ready to fall off by itself. Do not be too forceful or pull the apple from its stem. Be very gentle when picking your apples.





## Pumpkins

Contrary to popular belief, pumpkin is regarded as a fruit. Pumpkin picking is traditionally one of the most fun and family oriented pastimes during October. The best time to go out to pick pumpkins is mid-September to late October. Picking the perfect pumpkin is normally pretty easy. The first thing that you will need to do is scope out the one that is the most orange. The ones that are a bit green may not ripen anymore. The size is definitely up to the individual. Selecting one that you can manage to carry would definitely be in your best interest. The shape is not indicative of its flavor or ripeness. Funny shaped pumpkins are just as delicious as nice round ones. Be careful when carrying a pumpkin by its stem as they often break, damaging your produce when it hits the ground.



## Grapes

Grapes can be great fun to pick, often with just as many ending up in your belly as in your basket. Typically, the best period to pick grapes is from August to October. This is great family fun and not in the least exhausting. Some vineyards will allow outsiders to pick some of the grapes. Some can be picked by the bushel, however, there are some types of grapes requiring the individual ones be picked from the bunches themselves.



## Pears

Pears are a little trickier to pick, but still great fun. Arriving in late summer and growing all the way through to the end of fall, pear picking is something that you will have time to do more than once in the fall. Although most types of fruit will ripen on the vine or branch, pears have to be picked before they become ripe. If left on the tree too long, they will begin to become very mushy. A pear should be picked when it is mature but not ripe. The best way to know a pear is ready to harvest is by tilting it horizontally to see if it comes away from the branch. If it does, it is ready.





# Satisfying Soups

Marinated Mushroom Soup

Tomato Basil Avocado Soup

Raw Carrot and Sweet Potato  
Soup with Spinach

Cucumber Gazpacho

Chilled Double Tomato Soup

Raw Tortilla Soup





## MARINATED MUSHROOM SOUP

By Lisa Viger  
Rawon10.com

### Ingredients:

12 ounces mushrooms  
1 medium onion  
1 tablespoon olive oil  
1 tablespoon agave  
1 tablespoon balsamic vinegar  
1 ripe avocado  
1 tomato  
1 clove garlic, pressed  
3 tablespoons olive oil  
1 1/2 cup water to process  
salt and pepper  
1 tablespoon olive oil



### DIRECTIONS

Start by marinating and then dehydrating the mushrooms and chopped onions, though this is an optional step that makes the flavor just a little more intense. Mix together the olive oil, agave, and balsamic vinegar. Toss with the sliced mushrooms and chopped onions and spread out on a lined dehydrator sheet and dehydrate for about two to three hours.

Reserve a few mushrooms and onions for topping. In a blender, puree the remaining mushrooms and onions, avocado, tomato, garlic, and olive oil, adding about 1 1/2 cup water. Add as much water as necessary to make the right consistency.

Top with the reserved mushrooms and onions, drizzle with a teaspoon of olive oil.



*Lisa Viger*  
*Raw on 10*

Vegan artist, photographer, and gardener who publishes daily raw menus on \$10 a day or less.



## TOMATO BASIL AVOCADO SOUP

By Nancy Cockrell  
Nancycreative.com

Makes two cup-size servings (3/4 cup per serving; for two "large bowl" servings, double the recipe)



### Ingredients:

4 medium size tomatoes, cut into fourths  
1/2 of a sweet red pepper (seeds removed), chopped  
1/4 cup chopped sun-dried tomatoes  
1 clove garlic, minced  
1/4 of a medium-size yellow onion, finely chopped  
1/3 cup well-packed basil leaves, chopped  
1/2 of an avocado, cut into chunks  
dash of salt to taste (optional)  
additional basil leaves, whole or chopped, for garnish



### DIRECTIONS

Put all ingredients in a blender and pulse until ingredients are well blended and mixture is just slightly chunky (you may have to stop the blender once and help the mixture along with a spoon). Pour into soup cups or bowls, garnish with additional basil leaves, whole or chopped, and serve immediately.

Note: This soup doesn't take long to blend, especially if you have a high power blender – it just took a minute or two to blend all the ingredients. If you have a lower power blender, it may take a little longer.



*Nancy Cockrell*  
*Nancy Creative*

Nancy, a writer and designer, started NancyCreative.com about four years ago. She blogs about creative things she enjoys doing, from baking and decorating to gardening and crafting, and also shares some inspirational messages that she finds encouraging in her own life.



## RAW CARROT AND SWEET POTATO SOUP WITH SPINACH

By Katherine Kyle  
Greenthickies.com

### Ingredients:

2 cups water  
2 small sweet potatoes, peeled and chopped  
1 medium carrot, peeled and chopped  
1 Avocado  
3 small dates (or any other dried fruit which can also be pre-soaked for a smoother blend)  
½ teaspoon salt  
Pinch cinnamon or to taste  
Pinch nutmeg or to taste  
1 cup spinach, tightly packed or 2 cups loosely packed (or any other mild greens)



*Katherine Kyle*  
*Green Thickies*

Green Thickies was founded by Katherine Kyle. Katherine is an expert in weight management and promoting healthy lifestyles. Katherine's approach to diet and lifestyle helps many people to lose weight and feel a million times better.

### DIRECTIONS

Blend the ingredients in the order listed apart from the spinach. Add more water if required to thin it out. If your blender won't blend raw sweet potato you could cook it first. Blend until it gets warm. Pour half into two bowls. Blend the remainder of the soup with the spinach. Pour this into the middle of the bowls and swirl it round. If you don't have time for a two-step soup, just blend all the ingredients together. This will make a green soup but it will still taste the same.



## CUCUMBER GAZPACHO

Andrea Wyckoff  
Bettyrawker.com



### Ingredients:

#### Soup Base:

2 medium sized cucumbers (or 1 long English cuc)  
1/2 avocado (approx 1/2 cup)  
1 handful fresh basil (or baby spinach)  
1/2 cup water (or almond milk)  
1 tablespoon olive oil  
1/2 tablespoon coconut vinegar (or 1 tablespoon lime juice)  
1/2 jalapeno (adjust heat to your liking)  
small handful of or combo of: dill, cilantro, parsley, or other green herbs  
optional: 2 stalks celery (replaces need for salt)  
– Makes enough for 2 large bowls

#### Garnish for Each Bowl:

1 tablespoon hemp seeds  
1 tablespoon cold pressed oil (pumpkin, flax, olive)  
1 tablespoon fresh chopped herbs  
optional: sea salt and pepper  
optional: sunflower sprouts or microgreens



Andrea Wyckoff  
Betty Rawker

### DIRECTIONS

Blend soup ingredients together in a high speed blender. Chill for a couple hours, or eat right away. Garnish and enjoy!

"I fell head over healing in love with raw foods! Raw foods have truly helped me overcome the crippling disease of Ankylosing Spondylitis. I chose the raw food chef name "Betty Rawker" because I love making comfort foods that are truly comforting for the body."



## CHILLED DOUBLE TOMATO SOUP

A smooth and flavorful chilled tomato soup made from both fresh and sundried tomatoes for a refreshingly different way to enjoy ripe seasonal tomatoes.

Sylvie Shirazi

Gourmandeinthekitchen.com

Prep Time: 20 minutes

Total Time: 2 hours, 20 minutes

Serving Size: Serves 4



### Ingredients:

#### For the soup:

- 1 lb/450g ripe tomatoes
- 6 Olive Oil packed sundried tomatoes halves
- 2 small peeled (and grated if you don't have a high speed blender) carrots
- 5 Brazil nuts
- 2 tablespoons/30ml Extra Virgin Olive Oil
- 1/4th teaspoon red pepper flakes
- 1/2 teaspoon sea salt
- 1 cup/240ml filtered water

#### For the garnish:

- 1 large ripe tomato, seeded and finely chopped
- Extra Virgin Olive Oil
- Salt and pepper to taste

### DIRECTIONS

1. Halve the tomatoes crosswise (reserving one for garnish) and squeeze the seeds and pulp from the center of the tomatoes into a fine mesh strainer set over a medium sized bowl, letting the liquid drain into the bowl. (This separates the bitter seeds from the flavorful liquid). Press to release as much liquid as possible and discard the seeds.
2. Coarsely chop the tomato halves and transfer to a high speed blender along with the remaining ingredients and blend on high until very smooth and creamy. (Actual time will vary depending on the strength of your blender).
3. Chill until cold, about two hours to allow flavors to blend. Taste and season with additional salt or pepper as necessary if desired.
4. Divide soup among small bowls or glasses and top with finely chopped tomato and a drizzle of olive oil and serve.



Sylvie Shirazi

*Gourmande In The Kitchen*

Sylvie Shirazi is a freelance food photographer and food writer. On her blog, Gourmande in the Kitchen, she celebrates the joy that food brings to our lives every day. Her motto is "cook simply." She believes that good food should be simple, real and made with love for those we love.



## RAW TORTILLA SOUP

By Kibby Miller  
Kibbysblendedlife.com

Prep time: 10 mins  
Total time: 10 mins  
Serves: 2 – 4



### Ingredients:

2 or 3 tomatoes, coarsely chopped  
2 large red/orange/ yellow bell peppers (or mix them up), coarsely chopped  
1/4 cup sundried tomatoes, packed  
2 large stalks celery, coarsely chopped  
1/2 cup fresh cilantro, packed  
3/4 cups water  
1 tablespoon lime or lemon juice  
1 teaspoon sea salt  
1 tablespoon cumin  
1 teaspoon chili powder  
1/2 teaspoon paprika  
2 or 3 cloves garlic  
Pinch of cayenne pepper  
1/2 avocado – to thicken



### DIRECTIONS

1. Blend all ingredients (minus the avocado – you'll put that in last!) in a high speed blender until smooth.
2. Add the avocado and blend again.
3. This soup can be served room temperature or let the blender run several minutes and serve piping hot.
4. The avocado is added last so that the soup doesn't turn into a mousse.
5. Adjust seasoning and flavors to taste.
6. Pour into bowls and top with chopped veggies of choice: diced tomato, avocado, more chopped cilantro, onion, organic corn kernels and organic corn chips are just delightful!

### Notes

This soup serves two to four people depending on appetite.  
Soup is great cold too!



*Kibby Miller*  
*Kibby's Blended Life*

Kibby Miller turned her life and health around in 2010 by switching over to a plant-based diet and lifestyle. Enthused with the results she saw in herself and passionate about getting the word out, she started her own blog on healthy, plant-based eating. Her approach to healing focuses not only on the foods you put into your mouth but also incorporates the elements of body, mind, and spirit. Come visit [www.kibbysblendedlife.com](http://www.kibbysblendedlife.com) to get tons of information, recipes, and inspiration!



# Easy Crackers and Wraps



Basic Raw Cracker

Raw Carrot Cumin Wraps

Banana Hemp Crackers

Raw Za'atar Crackers

Raw Thai Wraps with Sweet  
Peanut Sauce





## Ingredients:

2 cups ground flax seeds  
2/3 cup whole flax seeds  
1 teaspoon sea salt  
1 teaspoon italian spices  
(for example, basil or oregano)  
2 2/3 cups water  
1 1/3 cups sunflower seeds  
1/2 cup sesame seeds



Laura-Jane  
The Rawtarian

Laura-Jane The Rawtarian is a leading creator of simple, satisfying plant-based vegan recipes. She is the host of The Raw Food Podcast, author of *Raw Food Favorites* (2014), and a sought-after speaker in North America. She shares 100+ free simple, satiating raw recipes with her readers.

## BASIC RAW CRACKER

By Laura-Jane  
Therawtarian.com

### DIRECTIONS

1. Mix everything together in a mixing bowl.
2. Spread batter on parchment paper or a teflex sheet. FYI: Do not use regular waxed paper. The crackers will stick to the paper and be difficult to remove. Buy parchment paper or teflex sheets. Remember that the above recipe should make two dehydrator sheets worth of crackers. Spread the batter out evenly. Using the back of a spoon works well.
3. Start dehydrating the crackers. Generally dehydrate everything at 120 degrees for the first hour, then reduce the temperature to 105 degrees for the remainder of the cooking time.
4. Score the crackers. Once the crackers are starting to harden up (four hours later), use a knife to score the crackers along wherever you want the crackers to separate. This will make them easier to break later on.
5. Remove paper or teflex. Once the crackers are holding their shape together very well (eight hours in the dehydrator), break them apart along the score lines. Remove the parchment or teflex sheets and place the crackers directly on the dehydrator tray.
6. Finish dehydrating. If you plan on keeping them for a few weeks or more in storage, then you must ensure that there is no moisture left. A good way to make sure that they are really dry and dehydrated is to pinch them hard. If all of the moisture is gone, you should not be able to feel any movement. If you pinch a cracker and it gives a little, it needs to be dehydrated longer.
7. Eat and enjoy!





## RAW CARROT CUMIN WRAPS

By Gena Hamshaw  
Choosingraw.com

Makes 6 wraps



### Ingredients:

2 cups carrot pulp OR  
grated carrot (if you  
use the latter, give it  
a quick squeeze with  
paper towel to remove  
a little excess moisture)  
1 cup flax meal  
2 cups water (+ extra  
as needed)  
1 tablespoon cumin  
1-2 tablespoon(s)  
tamari



### DIRECTIONS

1. Blend all ingredients in a high speed blender till very smooth. Add more water as needed; you want a pancake batter consistency. The moisture will vary depending on your pulp and how dry it is, so you may need to add a lot or only a little more. Use your kitchen intuition!
2. Spread wrap batter evenly onto two teflex-lined dehydrator sheets. Dehydrate at 115 degrees for about 3 1/2 hours, or until the tops are firm and you can peel the wraps away from the nonstick sheets (if they're a mess when you try to peel them off, keep dehydrating).
3. Flip your teflex sheet (with the wrap on it) upside down onto the mesh sheet beneath, and carefully peel back the teflex till the wrap has been flipped onto its other side. Continue dehydrating another 1 1/2 hours or so, checking in on the wraps every so often. You want them to ultimately be firm and sturdy, but still flexible, and you don't want the edges to start cracking too much when you bend them (they'll definitely crack a little no matter what you do).
4. When the wraps have finished dehydrating, you can use a pizza wheel or knife to cut them into six rectangles. You can also cut away some of the edges if they've gotten very hard.
5. This is important: store these overnight in a plastic bag or airtight container. This will get rid of some of the brittleness that the wraps may have taken on in the dehydrating process. When you're ready to use them, simply stuff them with fillings of choice, and get eating!



Gena Hamshaw  
Choosing Raw

Gena is passionate about vegan and raw food. In her blog, you'll find some of her favorite recipes, as well as some occasional musings about health and wellness, body image, and animal rights.



## BANANA HEMP CRACKERS

By Alison Murray  
Omnomally.com

Prep time: 5 mins  
Cook time: 15 hours  
Total time: 15 hours 5 mins

### Ingredients:

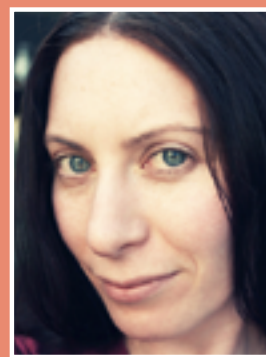
½ cup flax meal  
½ cup coconut flour  
2 tablespoons hemp protein/meal  
3 medium bananas, peeled  
2 tablespoons dessicated coconut  
¼ teaspoon vanilla powder  
1 teaspoon cinnamon powder  
6 pitted prunes

### DIRECTIONS

1. (see notes for oven instructions) Line one tray of a dehydrator with a teflex sheet or baking paper. Add all ingredients to the bowl of a blender or food processor, process until well combined.
2. Pour mixture onto prepared dehydrator tray and spread out into a ¼-inch thick rectangular shape. Dehydrate at 110°F/45°C for eight to ten hours. After time has elapsed, carefully flip mixture upside down onto another teflex-covered dehydrator tray and dehydrate for another four to five hours.
3. Score crackers into rectangular pieces and enjoy!

### Notes

You can also make these crackers in your oven, on the lowest heat setting, for the same time suggestions. Please check your crackers every few hours during the oven cooking time to avoid burning.



*Alison Murray*  
*Om Nom Ally*

Ally, Health and Wellness Coach, Spiritual Healer and naturopath in training living in Melbourne, Australia. I manage the Gluten Free Shop (Sunnybrook Health Store), working full-time, studying full-time and somehow managing to keep my family of five (myself, my partner Kam and our furbabies) alive and thriving.



## RAW ZA'ATAR CRACKERS

By Amie Sue Oldfather  
Nouveauraw.com



### Ingredients:

Yields 2 trays or 22 crackers:  
6 roma tomatoes, chopped  
3/4 teaspoon garam masala  
2 tablespoons za'atar spice mix,  
divided in half  
1 tablespoon ground cumin  
1/2 teaspoon sea salt  
1/2 cup flax meal  
1/2 cup sesame seeds  
1 cup sunflower seeds, soaked  
4–5 hours  
1 cup flax seeds, soaked 15–20  
minutes

### To make your own Za'atar Spice: yields 1/2 cup

3 tablespoons dried thyme  
2 tablespoons dried lemon peel  
1 tablespoon sesame seeds  
1/2 teaspoon dried oregano  
1/4 teaspoon sea salt

### DIRECTIONS

#### Za'atar Spice:

1. In a spice grinder, pulse the spices together a few times, just enough to mix and break up some of the seeds — there should still be many whole seeds visible.
2. Store in a cool, dark place for up to six months.

#### Cracker:

1. Blend the roma tomatoes, garam masala, 1 tablespoon za'atar spice mix, cumin, and salt in the blender; set aside.
2. In a large mixing bowl, combine the flax meal, sesame seeds, sunflower seeds, and flax seeds.
3. Add the tomato mixture to the bowl and mix until dough-like texture is achieved.
4. Spread thin layer over teflex sheet with an off-set spatula, about one and one quarter cups per sheet.
5. Score the crackers with knife or pizza cutter to desired size.
6. Sprinkle each sheet with a little of the remaining 1 tablespoon za'atar spice mix.
7. Dehydrate at 114 degrees (F) for 24–36 hours, until crackers are fully dry. Remember dry times are suggestions. It will always vary depending on the climate, altitude, machine model and how full it is.



*Amie Sue Oldfather*  
*Nouveau Raw*

Graduate of the Living Light Culinary Institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.



## Ingredients:

### Thai Sauce:

2 tablespoons olive oil  
1/2 cup cherry tomatoes  
1 teaspoon red chili paste  
2 tablespoons peanuts, raw  
1 tablespoon coconut nectar  
1 lime, squeezed  
1 tablespoon tamari

## RAW THAI WRAPS

### with Sweet Peanut Sauce

By Candace Tierney  
Rawmountainkitchen.com



## DIRECTIONS

1. Put all ingredients in food processor and blend until smooth. Set aside.  
**Peanut Wraps:**  
2 tablespoons crushed peanuts  
4 rice wraps  
**finely chopped in thin slices:**  
Tuscan Kale  
Carrot  
Red Pepper  
Cucumber
2. Finely chop however much you want of each vegetable into thin slices. You should have about a 3/4 cup of vegetables per wrap.
3. Take each rice paper wrap and put into warm water so that it softens. Place on flat surface.
4. Put vegetables and about 1 tablespoon of peanuts into center of rice wrap. Carefully roll the wrap around the vegetables, pulling in either sides halfway through. Repeat four times.



*Candace Tierney*  
*Raw Mountain*

Candace is the founder of Raw Mountain, an Ottawa-based gluten-free vegan raw snacks manufacturer. The company offers delicious snacks that help guide customers into a life of positive change and great health.



# Main Courses



Lavender Nut Chevre Stuffed Apricots

Rainbow Noodles With Spicy Jungle Peanut Sauce

Ginger, Citrus + Black Sesame Carrots with Edamame

Balsamic Beet Carpaccio with Rosemary Marinated Mushrooms

Raw Cauliflower "Rice" and Mushroom Casserole

Raw Zucchini Ribbon Salad With Olives and Minte





## LAVENDER NUT CHEVRE STUFFED APRICOTS

By Joelle Amiot  
Jarohoney.com

Serves 6



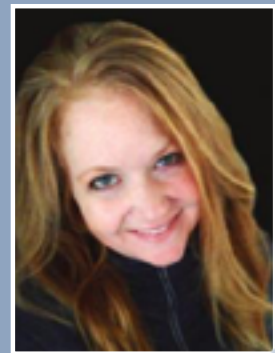
### Ingredients:

14 ripe organic apricots  
1 1/2 cups whole raw organic cashews  
1/2 cup filtered water  
1/2 teaspoon raw organic apple cider vinegar  
1 medium ripe organic lemon  
2 tablespoons fresh fine chopped organic edible lavender flowers  
1 tablespoon fresh fine chopped organic edible lavender leaves



### DIRECTIONS

In your food processor, fine grind the cashews to a fine powder. Add to a medium mixing bowl, stir in the water and blend well. Allow to rest for 15 minutes. Stir in the vinegar and mix well, allow to rest for 15 minutes. Zest and juice the lemon into the bowl and mix well; set aside. Wash your apricots well. Now halve lengthwise and pit. Fine dice two whole apricots and add this to the bowl and mix well. Add half of the chopped flowers to this mix (reserve the other half for garnish) and all of the chopped leaves to the mix; blend well – this is your chevre mix. Use a melon baller and scoop out a full melon ball of the apricot halves at the pit. Be sure not to pierce the outer skin. Fine chop the apricot meat that you have removed and reserve these pieces for garnish. Use the melon baller and scoop out a full scoop of the chevre mix and place in the hollowed out apricot halves; over fill. Evenly garnish with the reserved chopped apricot pieces and reserved chopped flowers. Serve and enjoy!



Joelle Amiot  
JarOhoney

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



## RAINBOW NOODLES

### With Spicy Jungle Peanut Sauce

By Emily Von Euw  
[Thisrawsomeveganlife.com](http://Thisrawsomeveganlife.com)



#### Ingredients:

##### Noodles:

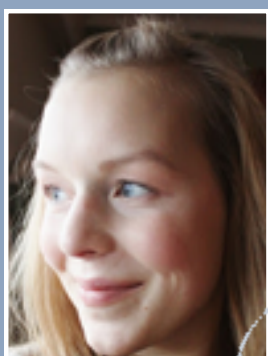
- 1 sweet red pepper
- 2 zucchinis
- 1 carrot

##### Peanut sauce:

- 1 tablespoon raw jungle peanut butter
- 1 tablespoon miso
- Juice from ½ lemon
- 2 dates
- Chili powder, to taste
- 1 garlic clove
- 1 tablespoon nutritional yeast (optional)
- 1 teaspoon black sesame seeds (optional)
- Water or orange juice, as needed

##### Garnish:

- ¼ cilantro leaves
- 6 raw olives cut in half
- 1 tablespoon hemp seeds



Emily Von Euw  
*This Rawsome Vegan Life*

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

#### DIRECTIONS

To make the noodles: cut the veggies lengthwise into thin strips on a mandolin or spiral slicer, then mix in a bowl and set aside.

To make the sauce: blend all the ingredients until smooth, adding water or orange juice as needed to make it creamy.

Assembly: pour the sauce onto the noodles and evenly coat. Give it a few minutes for the flavours to develop, and then sprinkle with hemp seeds, raw olives and cilantro leaves. Gobble it up!



## GINGER, CITRUS + BLACK SESAME CARROTS WITH EDAMAME

By Laura Wright  
Thefirstmess.com

Serves: 6-8

### Ingredients:

salad ingredients:

5-6 carrots, peeled + cut into matchsticks  
1 cup frozen shelled edamame, thawed  
1/4 cup black sesame seeds  
big handful of cilantro leaves, roughly  
chopped (mint or thai basil would also be  
delicious)

salt + pepper

1/2 ripe avocado, peeled + chopped

ginger citrus dressing:

1/4 cup fresh orange juice

juice of 1 lime

salt + pepper

1.5 tablespoons agave nectar/raw honey

1 inch piece of ginger, peeled and grated  
finely on a rasp/microplane

couple drops of toasted sesame oil

1/4-1/3 cup grapeseed or other neutral-  
tasting oil

### DIRECTIONS

Combine the carrot matchsticks, thawed edamame, sesame seeds and chopped cilantro in a large bowl. Season the whole mixture with salt + pepper and toss lightly with your hands. Set aside.

In a small-medium bowl, combine the orange juice, lime juice, salt + pepper, agave nectar, ginger and sesame oil. Whisk it all together until incorporated. While whisking with one hand, slowly drizzle in the grapeseed oil until you have a homogenous and unified dressing. Pour the dressing over the carrot + edamame mixture. Toss to combine. Top with the chopped avocado pieces. Garnish the dish with more sesame seeds and cilantro if you like.

Notes: If you want to make this more of a main event sort of thing, you could serve it with some grilled tempeh/tofu and toss a couple handfuls of greens and cooked grains into the mix. Also, this mix would be tasty rolled up into a rice paper wrap or a sheet of nori.



Laura Wright  
*The First Mess*

Recipe developer and photographer living in southern Ontario, Laura wound up in culinary school, but has spent her adult life working in restaurants and agriculture. Her blog explores natural foods, eating seasonally and gathering around a wholesome meal.



### with Rosemary Marinated Mushrooms

By Alessandra  
Cucinalibera.com

(Serves 1-2)



#### Ingredients:

1/2 Red Beet  
1 Tablespoon Organic  
Balsamic Vinegar\*  
Sea Salt to taste

#### DIRECTIONS

Shave the beet into thin slices. A wide Y-shaped peeler works best – unless you happen to have a circular slicer in your kitchen. Dissolve a pinch or two of sea salt into the vinegar, then layer the beet slices in a shallow dish, and cover with the vinegar. Make sure all the beet slices are coated. Allow the beets to marinate for 15-20 minutes, or more depending on the desired tenderness.

\*If you prefer not to use vinegar, you can make this with a mixture of equal parts fresh orange and lime juices. The flavor will be different, of course, but it will still have similar elements of sweet and tart.





## ROSEMARY MARINATED MUSHROOMS

(serves 1-2)

### Ingredients:

8oz (224g) White Button or Crimini Mushrooms  
1 Tablespoon Rosemary Leaves (fresh or dried)  
2 Tablespoons Coconut Aminos  
2-3 thin slices of Fresh Garlic  
1 teaspoon Extra Virgin Olive Oil (optional)



Alessandra  
Cucina Libera

Alessandra is a Chicago-native by way of Italy with a love of creative, tasty, healthy, vegan dishes. Her blog, Cucina Libera, is her place to share vegan, gluten-free real food recipes while spreading healthy, informed and conscious living ideas to her readers.

### DIRECTIONS

In a medium bowl, combine the coconut aminos, rosemary and garlic. Allow the aromatics to "steep", while you prepare the mushrooms.

Slice the mushrooms in quarters. If you have large mushrooms, you may want to slice them in 1/6ths.

Toss the mushrooms into coconut amino mixture, making sure they're evenly coated.

Allow the mushrooms to marinate for at least 20 minutes.

When assembling the dish, you want to remove the vegetables from their marinates, leaving the liquids behind. Otherwise, there are no hard and fast rules of assemblage. Simply arrange a few (or several) beet slices on a plate, and top with the marinated mushrooms. Garnish with some extra rosemary, if you like and serve.



## RAW CAULIFLOWER "RICE" AND MUSHROOM CASSEROLE

By Amie Sue  
Nouveauraw.com



### Ingredients: yields 4 cups

#### Cauliflower rice:

12 oz by weight (3 cups)  
cauliflower  
1/4 cup raw sunflower seeds,  
soaked and dehydrated  
1/4 cup hemp seeds  
2 teaspoons mixed spice  
1 teaspoon nutritional yeast  
1/4 cup sliced green onions  
1 cup mushroom gravy  
1 cup baby peas

#### Mushroom:

1 large portabello mushroom,  
sliced  
1 tablespoon gluten-free Tamari

#### Top crust layer:

Raw Crunchy Cauliflower  
Crust Crumbles  
Raw Brazil Nut "Cheese" Crumble

### DIRECTIONS

#### Cauliflower rice:

1. Remove the outer leaves from the cauliflower and cut away the large stem. Wash and pat dry. Rough chop and place in the food processor, fitted with the "S" blade, and pulse until the cauliflower reaches a rice-like texture. I find pulse works best because it causes the cauliflower to jump, giving it an overall, even ricing. Pour into a medium-sized bowl.
2. Wipe the food processor bowl dry and process the sunflower seeds, hemp seeds, mixed spice, and nutritional yeast. Process until the seeds reach a flour-like texture. Add to the bowl with the cauliflower rice.
3. Add the green onions, gravy and baby peas. Mix until everything is well coated.
4. Place the mixture in three large ramekins, cover and slide into the dehydrator. Warm at 115 degrees (F) for two hours or until warm.

#### Mushrooms:

Wipe the mushroom clean and sliced into long strips. Place in a glass dish and toss with the Tamari. Place in the dehydrator alongside the cauliflower, leaving them both to warm and soften.

#### Assembly:

1. Once warm and ready to eat, coat the top of the casserole dish with the Raw Crunchy Cauliflower Crust Crumbles and Raw Brazil Nut.
2. Place the mushroom slices on top of the casserole and serve.
3. Store leftovers in the fridge for two to three days.



Amie Sue Oldfather  
Nouveau Raw

Graduate of the Living Light Culinary Institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.



## RAW ZUCCHINI RIBBON SALAD

### With Olives and Mint

Sylvie Shirazi  
Gourmandeinthekitchen.com

Prep Time: 20 minutes  
Serving Size: Serves 4

#### Ingredients:

3 tablespoons/45ml olive oil  
2 tablespoons/30ml of freshly squeezed lemon juice (about half a lemon)  
1/2 teaspoon finely grated fresh lemon zest  
2 pounds medium zucchini (about 5-6)  
1/4 cup chopped fresh mint  
1/4 cup chopped black olives  
2 oz/57g mixed greens like baby spinach, and baby kale  
4 oz/113g of goat cheese  
1/4 cup/ 30g of lightly toasted pine nuts  
Sea salt and freshly ground pepper to taste



#### DIRECTIONS

1. In a large bowl, whisk the olive oil, lemon juice, and lemon zest. Season to taste with salt and pepper.
2. Trim the ends of the zucchini. With a vegetable peeler, shave lengthwise into long, wide strips about 1/16 inch thick. When you get to the center of the zucchini, turn it over and slice from the other side until you get to the center again.
3. Put the zucchini ribbons in the large bowl, add the chopped mint, olives and greens, toss gently with vinaigrette to lightly coat.
4. Top with crumbled goat cheese and toasted pine nuts. Serve immediately.



*Sylvie Shirazi*  
*Gourmande In The Kitchen*

Sylvie Shirazi is a freelance food photographer and food writer. On her blog, *Gourmande in the Kitchen*, she celebrates the joy that food brings to our lives every day. Her motto is "cook simply." She believes that good food should be simple, real and made with love for those we love.



# Tasty Morsels



Raw Carrot-Orange Cupcakes

Lemon Fig Walnut Cake

Raw Citrus Cream Cakes

Double Dipped Chocolate  
Orange

Raw Marzipan Spumoni Bites



## RAW CARROT-ORANGE CUPCAKES

By Carlota Cassou  
Carlotacassou.com

### Ingredients:

#### Base:

3 cups of finely shredded carrots  
1 cup of medjool dates  
1 cup of walnuts  
1 tablespoon vanilla extract  
Zest of one lemon  
Zest of one orange  
Juice of half a lemon  
Juice of half an orange  
Pinch of salt

#### Icing:

Juice of one lemon  
2 cups soaked cashews  
1 tablespoon vanilla extract  
3 tablespoons of coconut oil  
4-5 medjool dates



### DIRECTIONS

1. Use a food processor to mix all the base ingredients.
2. Mix the ingredients for the icing in the blender.
3. Fill the cupcake holders with the base and put the icing on top of each cupcake.
4. Serve immediately or chill in the refrigerator for a few hours..



*Carlota Cassou*

I'm Carlota, from Spain. I'm a doctor in Medicine, a Health Educator and a Raw Food Chef. I like to experiment in the kitchen creating tasty and fun recipes, which are healthy at the same time. To prepare my recipes I use ingredients from nature. I do NOT use animal products or refined and processed food. My goal is to educate people to live healthier by making small changes in diet and practicing exercise.



## LEMON FIG WALNUT CAKE

By Chris Calomine  
Talesofakitchen.com

Prep time: 10 mins  
Total time: 10 mins  
Serves: 2-4

### Ingredients:

For the base:

1/3 cup walnuts  
3 Medjool dates  
pinch sea salt

For the cake:

1 cup cashews  
1/2 cup coconut flakes  
7 tablespoons fresh lemon juice  
3 tablespoons water  
1 tablespoon liquid sweetener of choice  
(raw honey or maple syrup to make it  
vegan)  
1 tablespoon fresh thyme  
1/4 teaspoon vanilla powder  
1 tablespoons melted coconut oil

To top and serve: fresh figs (quartered)  
and extra fresh thyme



### DIRECTIONS

1. Roughly chop the walnuts and combine them with the dates and sea salt until you get a sticky dough. This can easily be done by hand.
2. Press the dough into your cake pan lined with baking paper and place it in the fridge.
3. Add all the ingredients for the cake to a blender (except the fresh thyme) and whiz until you get a smooth, thick, creamy consistency.
4. Scoop out the cake filling into a bowl and mix in the fresh thyme.
5. Layer the cake filling on top of the base and place it in the fridge to firm up. Can be ready to serve in as little as 15-20 minutes.
6. When ready to serve, top it with the quartered fresh figs and more fresh thyme.
7. Serve with even more fresh figs.

### Notes

*This recipe makes a small 9cm cake. For a larger 20cm cake, you need to at least triple the ingredients.*



*Chris Calomine*  
*Tales Of A Kitchen*

Chris is an author, recipe developer and amateur photographer behind Tales of a Kitchen. This blog is a place where she celebrates a healthy, positive lifestyle and the food she loves.



## RAW CITRUS CREAM CAKES

By Ashlae Warner  
Ohladycakes.com

Yield: 12 servings

### Ingredients:

#### Crust

1 cup raw pecans  
1/2 cup unsweetened shredded coconut  
Small pinch of Himalayan salt  
4 medjool dates, pitted and soaked 20 minutes

#### Filling

1 1/2 cups cashew pieces, soaked at least 4 hours or overnight  
3/4 cup fresh squeezed citrus juice  
Thumb-sized chunk of red beet, for color  
8 medjool dates, pitted and soaked 20 minutes

#### Topping

Flaked coconut  
Coarsely chopped pecans

### DIRECTIONS

Lightly grease a 12 cup mini cheesecake pan with coconut oil; set aside. In a food processor fitted with the "S" blade, blend the pecans, coconut, and salt into a fine meal. Add the dates and pulse until combined. The mixture should be crumbly, but should stick when pressed together. Divide the crumble between the wells and firmly press it into the bottom. Cover with plastic and refrigerate until ready to use.

In a high powered blender, blend the cashews, juice, beet, and dates on high speed until a creamy mixture forms: about one to two minutes. Divide the cream between the cheesecake wells and freeze until firm, about two hours. Remove the mini cakes from the pan and transfer to an airtight container for keeps. When ready to serve, let thaw for twenty minutes then top with flaked coconut and chopped pecans. Cakes will keep frozen for up to six weeks.



Ashlae Warner  
Oh Lady Cakes

Ashlae is a vegan baker from Denver, Colorado, and the voice behind the blog 'Oh, Ladycakes' where Ashlae documents her adventures in her Denver kitchen.



## DOUBLE DIPPED CHOCOLATE ORANGE

By Candace Tierney  
Rawmountainkitchen.com

Time to prepare:  
5 – 10 minutes

Time before you can eat:  
30 – 45 minutes

Makes enough for:  
2 large dipped oranges

### Ingredients:

2 large oranges, peeled  
chocolate sauce:  
2 tablespoons cacao nibs  
2 tablespoons almond butter  
1/3 cup coconut oil, melted  
2 teaspoons cacao powder



*Candace Tierney*  
*Raw Mountain*

Candace is the founder of Raw Mountain, an Ottawa-based gluten-free vegan raw snacks manufacturer. The company offers delicious snacks that help guide customers into a life of positive change and great health.



### DIRECTIONS

1. Put all chocolate sauce ingredients in high speed blender. Blend until smooth.
2. Dip orange slices into chocolate sauce and place on parchment paper on plate and put in freezer for 10 minutes.
3. Once chocolate is solid, remove from freezer. Now repeat step #2. Then repeat yet again if you're a chocolate fanatic. Sprinkle cacao nibs on top if you would like!
4. Once chocolate has solidified transfer to fridge until ready to eat.



By Amy Lyons

[Fragrantvanillacake.blogspot.com](http://Fragrantvanillacake.blogspot.com)

Makes 12



### Ingredients:

#### Filling:

- 3 1/4 cups finely shredded coconut
- 1/4 cup plus 2 tablespoons raw almond butter
- 3/4 cup coconut butter, warmed to liquid
- 3 tablespoons raw coconut nectar, maple syrup or raw local honey
- 1/4 teaspoon Himalayan salt
- 2 teaspoons pure almond extract
- 1 teaspoon pure vanilla extract
- 2 tablespoons filtered water
- 1 teaspoon matcha powder
- 4 fresh sweet cherries, pitted

#### Raw chocolate:

- 1/2 cup raw coconut oil, warmed to liquid
- 3/4 cup raw cacao powder
- 1/4 cup raw coconut nectar or your choice liquid raw sweetener
- a pinch sea salt

### DIRECTIONS

In a high speed blender or food processor, buzz the shredded coconut to fine flour (only about 15-30 seconds in a high speed blender, do not do it too long or you will get butter). Set three cups aside in a bowl and the rest aside in another bowl. To a food processor, add the almond butter, coconut butter, coconut nectar, sea salt, extracts, and water and blend until smooth. Add the three cups reserved coconut and process until smooth like dough. Divide the mixture into three. Roll one out 1/2-inch thick in a square on a foil-lined sheet pan. Place one back into the food processor and add the matcha. Process until incorporated, then add the pistachios and pulse until mixed in. Roll out the same as you did the bottom plain vanilla layer and place on top of the vanilla layer. Place the remaining part of the mixture back into the food processor and add the cherries and two tablespoons of the reserved coconut flour (you may need a little more, add a little if the mixture seems too sticky). Roll out as you did the other two layers, then place on top of the pistachio layer. Press them together or roll lightly (but not too hard, you don't want to squish them down) to adhere them together. Freeze until firm, about 30 minutes. Cut into small 1 1/2 inch squares.

Whisk together all chocolate ingredients until smooth, then dip each marzipan ball into the chocolate one by one, let the excess drain off and set back on the foil (I like to set them on a fork to dip them). Set in the freezer until the chocolate hardens, about five minutes.



Amy Lyons  
*Fragrant Vanilla Cake*

Amy Lyons is the blogger and recipe writer behind Fragrant Vanilla Cake, a blog featuring raw and plant-based desserts as well as savory dishes. She is also the author two cook books. She graduated from Bethel University in 2007 with a degree in Studio Art, and has a passion for creating beautiful things and helping others eat healthier.



# Easy Fall Beverages

Creamy Chai Latte

Raw Ginger Strawberry Smoothie

Apple Pear Cilantro Smoothie

Pumpkin Spice Green Smoothie

Turmeric Tummy Warmer





## CREAMY CHAI LATTE

By Julie Van den Kerchove  
Julieslifestyle.com

Serves: 1 person

Equipment: coffee grinder,  
small glass jar, blender

### Ingredients:

**Chai Spice (makes about ¼ cup)**

- 2 ½ teaspoons of cinnamon
- 2 ½ teaspoons of ginger powder
- 2 teaspoons of ground cardamom
- 1 ½ teaspoons of ground cloves
- 1 ½ teaspoons of ground coriander seed
- 1 teaspoon of ground star anise
- ½ teaspoon of ground nutmeg
- ½ teaspoon of white pepper

### Creamy Chai Latte

- 1 cup of almond milk (or other non-dairy milk of your choice)
- ½ cup of green tea
- 2 medium frozen bananas
- 3 small soft dates, pitted and roughly chopped
- ½ teaspoon of chia seeds
- ¼ teaspoon of chai spice
- 1/8 teaspoon of vanilla powder
- 2 large pinches of Himalayan crystal salt or sea salt (optional, for flavor balance)

### DIRECTIONS

#### Chai Spice

1. Grind your spices into fine flour with a coffee grinder or a high speed blender.
2. Combine cinnamon, ginger powder, cardamom, cloves, coriander, star anise, nutmeg and white pepper into a small glass jar.
3. Seal it and shake well until all herbs are well combined.
4. This chai spice blend will stay fresh for several months if you store it in an airtight container in a cool dark place.

#### Creamy Chai Latte

1. Combine almond milk, green tea, frozen banana, dates, chia seeds, chai spice, vanilla powder and salt in the blender. Blend until smooth.
2. Garnish with extra chai spice and/or cinnamon buckwheat granola crumble.



Julie Van den Kerchove  
Julie's Lifestyle

Julie Van den Kerchove is a certified Raw Food chef, coach and writer graduated from the Living Light Culinary Institute in California. You can find her on Instagram and at Julie's Lifestyle where you can get her free eBook *Julie's Top 7 Fast, Easy & Delicious Raw Smoothies & Shakes*.



## RAW GINGER STRAWBERRY SMOOTHIE

By Nik Sharma  
Abrowntable.com

Yields: 2 generous servings

### Julie's Tips & Tricks

*This Creamy Chai Latte will stay fresh for at least two days in an airtight container in the refrigerator.*

*Want to try this creamy shake with a different flavor? Replace the chai spice blend with pumpkin pie spice, apple pie spice or just plain cinnamon to taste.*

### Ingredients:

1 1/2 cups coconut milk, chilled, unsweetened, low-fat  
1/2 cup strawberries, fresh, diced in half  
1/2 teaspoon ginger root, peeled and freshly minced (minced as tiny as possible)  
2-3 teaspoons palm sugar (optional)

### DIRECTIONS

1. Add all the ingredients to a blender (you can also use an immersion blender) and mix until all the ingredients are completely combined. The sugar is optional, as the strawberries were very sweet to begin with.
2. Pour in chilled drinking glasses over ice cubes or crushed ice; serve immediately.

This is best drunk fresh as soon as it is prepared.



Nik Sharma  
A Brown Table

Nik Sharma is the cook, photographer, and writer behind A Brown Table. His work draws inspiration from the rich flavors of his Indian background, infusing them into everyday cooking. He is a graduate of Georgetown University and currently resides in Washington D.C. with his beloved dog Snoopy.




## APPLE PEAR CILANTRO SMOOTHIE

By Heather Crosby  
Yumuniverse.com

Makes: approx 4 cups  
Prep time: 5-10 minutes

Tools:  
Chef's knife  
Cutting board  
Blender

### Ingredients:



- 1 small, ripe, organic red apple of your choice
- 1 small, ripe, organic pear of your choice
- 2 large handfuls of organic cilantro leaves
- 1 large handful of organic mixed greens
- 1-2 teaspoon(s) raw, wild-harvested honey
- 2 cups pure water (can use coconut water instead for extra electrolytes)

### DIRECTIONS

1. Wash and core your apples, leaving skins intact.
2. Wash and core your pear, leaving skin intact.
3. Wash cilantro well.
4. Toss all ingredients in the blender and mix until thoroughly blended.
5. Pour into a lovely glass and enjoy. Store remaining in an airtight glass container. This smoothie is best fresh, but you can keep it in the fridge for up to two days.



Heather Crosby  
Yum Universe

Founder, recipe developer and bonafide veggie junkie, helping you become plant-powerful, one step at a time..



## PUMPKIN SPICE GREEN SMOOTHIE

By Jadah Sellner & Jen Hansard  
Simplegreensmoothies.com

Serves 2



### Ingredients:

- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 1 cup pumpkin, fresh (or canned)
- 1 large carrot
- 2 bananas
- 2 teaspoons pumpkin pie spice

### DIRECTIONS

Blend spinach, almond milk and water until smooth. Next add the remaining fruits and blend again.  
\*Use at least one frozen fruit to make the green smoothie cold.

**Tip:** To reduce the starchiness of the pumpkin, soak 1 cup raw pumpkin overnight in water and a tablespoon of lemon juice.



*Jadah & Jen  
Simple Green Smoothies*

Jadah and Jen are two friends on a mission to spread the love of green smoothies. So far, they've changed the lives of more than 500,000 people with their 30-Day Green Smoothie Challenge.



## TURMERIC TUMMY WARMER

By Caitlin Cooper  
Transformyourfood.com

Serves 4  
Aids to flush out the  
lymphatic system and  
reduce swelling.

## TURMERIC TUMMY WARMER



### Ingredients:

4 cups of water divided  
2 inch knob of ginger  
2 teaspoons turmeric powder  
pinch of cayenne  
juice of 4 lemons

Optional  
20 drops of liquid Stevia or  
maple syrup to taste

### DIRECTIONS

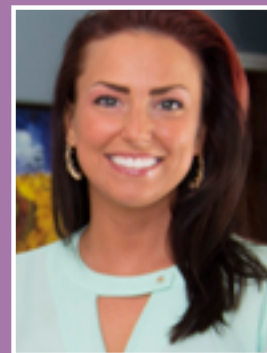
Blend all the ingredients in a high power blend and then strain the mixture.

Press the solids with the back of a spoon or spatula to pull as much juice out as possible.

Keeps for three to five days in the fridge but best if consumed immediately.

### Notes

Add as much or as little heat as you like. If you don't have cayenne pepper you can blend a 1/2" piece of your favorite pepper; just make sure you are familiar with the heat of the pepper you are using so you don't blow your head off. If you can find turmeric (use a 2" knob) in its root form and have a juicer, it is recommended to juice both the ginger and turmeric, but powdered turmeric is a perfectly acceptable substitute.



Caitlin Cooper  
Transform Your Food

Caitlin Cooper, a certified holistic nutrition & health coach, brings a unique perspective to her clients on pain, weight, and stress management with her "Restorative Food Movement". Her blog, Transform Your Food, is an extension of her practice where you can find anti-inflammatory, grain and sugar free delicious recipes weekly.



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