

CHOCOLATE FUDGE ★ SPICED DONUT HOLES

INSIDE:
3 New
Workouts!

Raw Food Magazine

Issue 8 • January/February 2014

Make 2014 your healthiest year ever!

Quick & Easy
RECIPES

7 DAY Meal Plan

- ▶ energizing breakfasts
- ▶ fresh winter salads
- ▶ warm hearty meals

Get
Your Best Sleep
naturally

Better Posture
in 8 minutes



Beginners Guide to Going Raw
with René Oswald

Truth About
SUGAR

+ world's
healthiest
sweeteners



Contributors



René Oswald

Registered Nurse and Advanced Practitioner of Health, René loves helping people simplify health in a fun and easy way! Founder of the successful “Transitioning to Living Cuisine Program,” she also continues to teach nutrition classes.

RawFoodRene.com



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WallflowerGirl.co.uk

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HOW TO STAY WARM ON RAW

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HOW TO GO RAW & LOVE IT IN 2014

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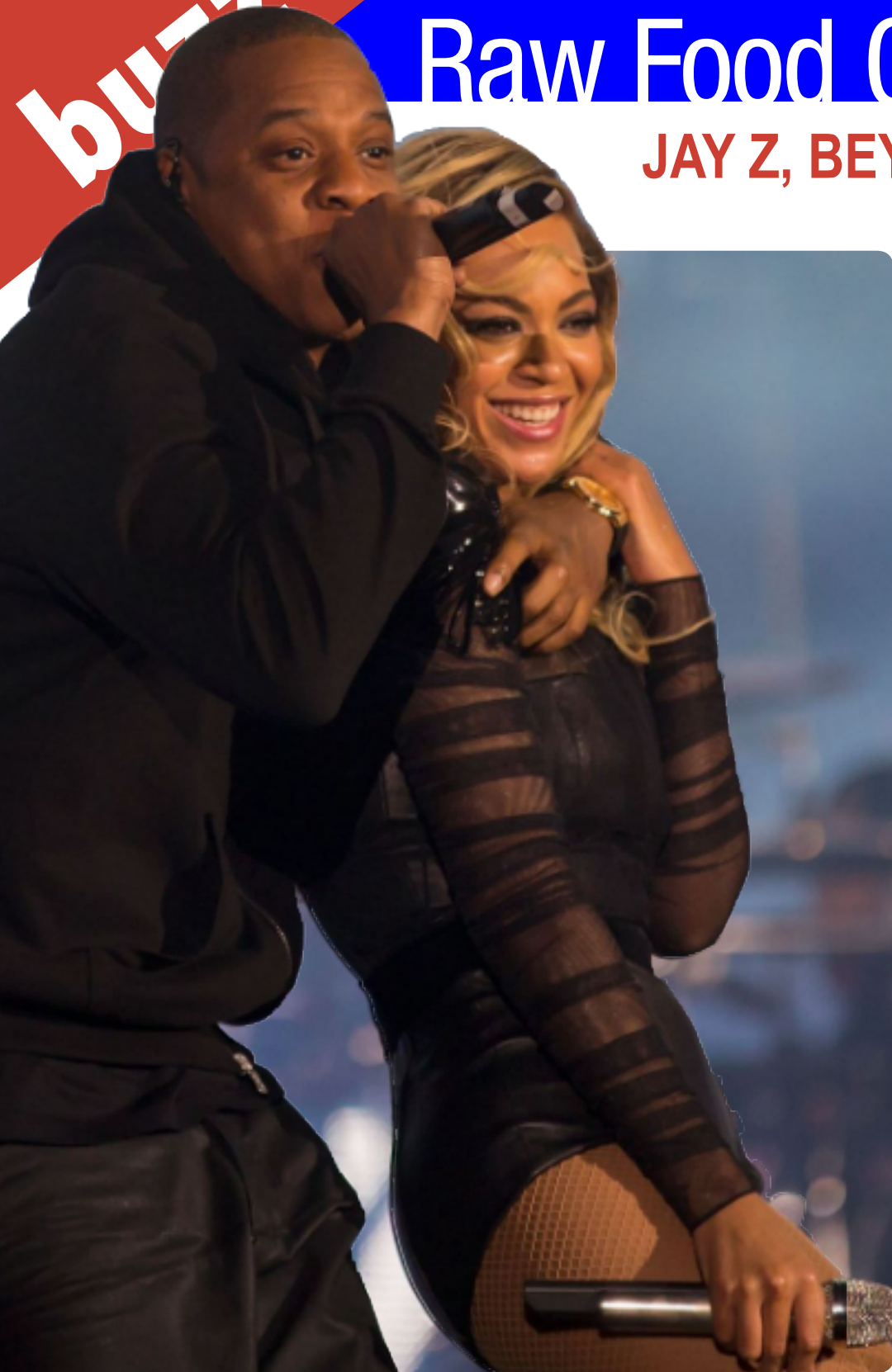
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bullet

Raw Food Goes Mainstream

JAY Z, BEYONCE LEARN SPIRITUALITY OF GOING VEGAN



Jay Z and his wife, Beyonce, sure know how to celebrate. For his 44th birthday on December 4, the power duo are going vegan for 22 days.

Explaining the need for going all plants, all the time for three weeks and a day, Jay Z blogged,

Psychologists say it takes 21 days to make or break a habit. On the 22nd day, you've found the way... Why now? There's something spiritual to me about it being my 44th birthday and the serendipity behind the number of days in this challenge; 22 (2+2=4) coupled with the fact that the challenge ends on Christmas day... It just feels right!

Jay Z has seemingly tapped into something shared by most who have successfully gone vegan or raw wholeheartedly: it is indeed spiritual. When a person is truly dialed into leading a plant-based lifestyle, she can no more forego a breakfast of living plants than can a smoker skip that morning cigarette. Hopefully, Jay Z and Beyonce will discover that being alive and healthy can become who they are, not what they do.

Beyonce has a storied history of losing weight by following strict eating regimens. Recently, she dropped 60 lbs after the birth of their daughter,

Blue Ivy, by eating a diet heavy in protein. Prior to that, the curvy songstress cut 20 lbs from her figure for her role in "Dreamgirls" by doing a Master Cleanse.

Jay Z is not looking that far ahead. Remaining focused on the goal at hand, he added to his blog:

So you can call it a spiritual and physical cleanse. I will post my progress... Any professional vegans out there that have any great food spots please help out! I don't know what happens after Christmas. A semi-vegan, a full plant-based diet? Or just a spiritual and physical challenge? We'll see...

Forbes Living TV Adds New Raw Food Diet Segments

Forbes Living TV is launching a series of segments—hosted by Forbes Riley, named "America's Most Loved Fitness Innovator"—showcasing the rise in popularity of the raw food diet along with the benefits that adherents of the diet gain. To be shown on Forbes Living TV, broadcast on ION, WE (Women's Entertainment), ABC broadcast stations, FOX, and regional news networks, the segments will feature both experts and followers of the diet who will share their stories of how going raw has helped them boost their energy, lose weight, and improve their skin conditions, allergies, chronic conditions and other ailments. A great step to spread the joy of raw food!

Forbes Riley ->



Research Round

From the goodness of nuts and berries to raw milk and the baby benefits of exercise for pregnant women, studies in 2013 have revealed many positive food habits we can incorporate into our lives in 2014. Here is a look at what recent academic studies have to say about raw food.

Snack on Nuts for Longevity and Better Health

There has been enormous evidence showing that nuts are good for you. Additional research and proof to support the ones that came before is always good to learn about. And so, *The New England Journal of Medicine* brought to light yet more proof this November that nuts bring you long life.

The studies in question are the Health Professionals Follow-Up study and the Nurses' Health Study. These two studies have been following almost 119,000 men and women for decades. The daily diets of the

participants have been recorded by both the studies. The diets were analyzed, along with the causes of death among the 27,000 plus participant deaths since the study started.

The results put nuts in a great light. It was found that the more often people ate nuts; the less likely they were to die of heart diseases and respiratory diseases or cancer. The nuts considered included cashews, pistachios, Brazil nuts, almonds, macadamias, hazelnuts, pine nuts, pecans, walnuts and peanuts.

This also does not mean that avid nut-crunchers simply die of other diseases. In fact, people who ate nuts at least seven times a week had a 20% less chance of dying between 1980 and 2010. Those who snacked on nuts less frequently were still 11% less likely to die than those who did not eat any nuts at all.

Now the natural question is what about all the calories from so many nuts? More and more studies have

been proving that people who ate more nuts tended to be leaner. Surely there is no excuse but to go and get that bag of almonds down from behind the box of diet pills!

Berries May Reduce Heart Attack Risks in Women

According to new research reported by the American Heart Association earlier in January 2013, berries like strawberries and blueberries appear to have great cardiovascular benefits for women. The study was conducted by scientists from Harvard School of Public Health and the UK's University of East Anglia and reported in *Circulation: Journal of the American Heart Association*.

The sample group was composed of 93,600 women between the ages of 25 and 42. These women were also registered



with the Nurses' Health Study II, which, like the first health study, had them write detailed reports of what the women ate on a daily basis. In the course of the research, there were 405 heart attacks among the participants. These were studied and the scientists came to a conclusion that the women who ate a lot of the berries had 32% less chance of suffering a heart attack.

In simple terms, this means that women who ate at least three servings of the berries in a week were likely to be less vulnerable to a heart attack by as much as a third. The two berries contain high levels of flavanoids, which are substances that are naturally occurring in other foods like eggplant, blackberries, wine and grapes.

A certain sub-class of these compounds, called anthocyanins, may have the ability to dilate the arteries. These may also be able to prevent the buildup of plaque. All these benefits are great news for the cardiovascular system.

Now, the scientists chose strawberries and blueberries for the study because these are the most commonly eaten berries in the US. What this means is, there may be other foods that are also able to lower the risk of heart attacks.

There is also good reason to start adding these berries into your daughters' diets from an early age. The study also concluded that girls who eat them early in life may also be less vulnerable to heart attacks when they reach adulthood.

Exercise While You Are Pregnant to Boost Your Baby's Brain Capacity

Get just 20 minutes of exercise – moderate is enough – only three times a week, and you can help to boost your unborn baby's brain power. That is the preliminary finding of a University of Montreal study that was released in the fall of 2013.

A small group of women early in their second trimester were split into two groups for the research. One group received at least twenty minutes of moderate exercise three times weekly, while the other group did not get any at all. Between the 8th and 12th days after the birth of the babies, an EEG was used to track their brain activity. The results were phenomenal. The babies whose mothers had exercised had more mature brain activity. There were far more electrical signals in the brains of these babies, which imply a more developed brain.

While the study is only a preliminary one and more research is required in this direction, top gynecologists do recommend that pregnant women without any complications should get about 30 minutes of moderate exercise most days of the week. It can help with backaches and pain due to bloating or constipation.

RAW Organic Whole Milk Contains More Healthy Fatty Acids

It is common knowledge that milk contains some fatty acids that are good for the heart, along with a whole lot more that is detrimental to the heart. But, a new study confirms that raw organic whole milk contains far more of these essential acids than regular milk. The results are important because this is the first time a study has proved that an organic food offers greater benefits in nutrition than its regular counterpart.

The cross-institutional study was funded by a farm cooperative called Organic Valley. The researchers, which included scientists from the Center for Sustaining Agriculture and Natural Resources at Washington State University, took a look at 384 samples of milk. These samples included organic unpasteurized milk as well as conventional whole milk from dairy farms across the country. The research was conducted over 18 months.

While the total amount of fat between the two was the same, the organic milk had 62% more of the good fatty acids - the omega-3 fatty acids. It also had 25% less of omega-6 fatty acids. If dairy is not your thing raw or otherwise, flaxseed is another excellent source of omega-3s.

Have a question about raw food?

Our staff would love to hunt down the answer for you in the academic literature. Just tap this box to send us your question.

Readers Talk

Magazine looks amazing and it tells you a lot about raw food. Recipes, great pictures and content are seamless! I am excited, about to begin eating raw life style foods and this magazine will help me out!

-Ender Baykal

Have praise or a suggestion for Raw Food Magazine?
We want to hear it all!



More International Recipes

I would love to see more international recipes. I am a Latina who is trying to change to a vegan diet. Raw may be an area that I need more suggestions with. I have tried to convert my cooked recipes to vegan, though with some success.

Linda Rivas, Florida

"I love the recipes!! But my favorite thing is learning about other resources - absolutely my favorite magazine!"

Jackie Chapman, Australia

Susan - we are currently working on a reference section, so we are on the same page! We really want it to be the best resource possible and aim to make the addition in the next six months. Thank you so much for your thoughtful feedback!

We asked: What would you like to see in future issues?

Explanation of what some of the raw foods are or how to properly prepare the raw foods. I'm sure it has been explained in previous magazines, but perhaps each magazine could always have a reference page at the end. ?? Also, it would be awesome to have recipes that could be prepared in 5-10 minutes! Oh, and I love photos of the recipe!

*Susan P
Wisconsin*

Great suggestion Linda! Glad to hear you are having success in the kitchen and we would love to explore some raw Latin dishes with you!

**Thanks so much! -
Thank goodness for this magazine! It is really interactive. It has lots of information for those of us who are just starting in the raw food lifestyle and urban gardening. Thanks so much!**

Ana Centeno



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

Australia on foot



Photos: Top - Janette with partner Alan and their three grandchildren; Bottom - Janette and Alan running around Australia

RAW FOOD DIET CREATES A SUPERWOMAN DOWN UNDER

Like so many, the story of 60-something-year-old Janette Murray-Wakelin begins with a medical diagnosis: breast cancer. After having surgery to remove a tumor the size of a child's fist 12 years ago, she was told that she had six months to live and could either do nothing and wait to die or go the chemotherapy and radiation route and perhaps live a full year.

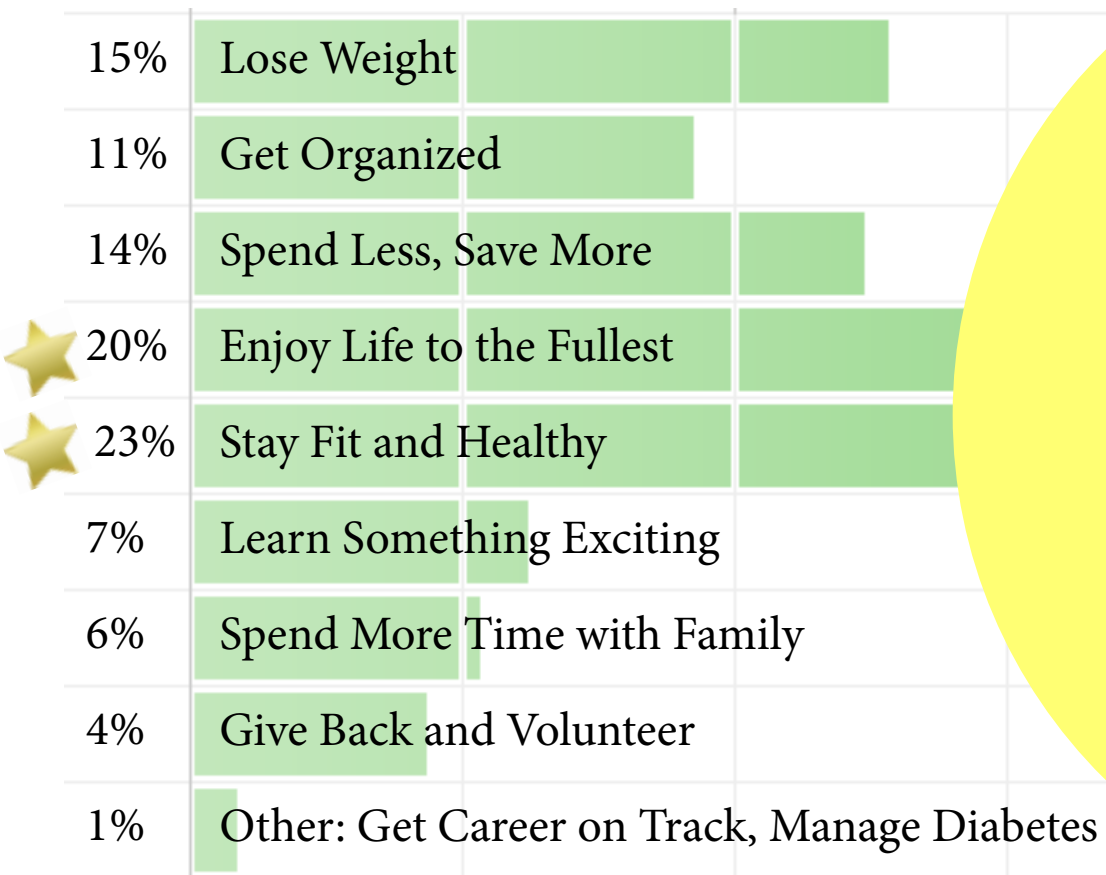
Superwoman did neither. No, the New Zealand-born gal instead went raw. "To put more poison into the body, to compromise the body with radiation doesn't make sense. I went into juice fasting and eating only raw fruits and vegetables," said Murray-Wakelin.

By going raw and meditating and visualizing, she freed her body of cancer within half a year. To prove her cynical doctors wrong, she then embarked on a journey of running a marathon, 26.2 miles, every day for an entire year around Australia with her husband by her side.

Explaining that she's also running to show people there are options to prevent ill health and to heal the body, she said, "Most people are spending the last 40 years of their life dying instead of thriving."

With 300-plus marathons already completed, their RunRAW2013 campaign will end on December 31.

What is your #1 Goal for 2014?



43 percent
of you say you want to
Stay fit and healthy
and
Enjoy life to the fullest
this year!

If you could eat one “unhealthy” food as much as you wanted for the rest of your life without having any negative effects, what would you choose?

- ☐ Baked Goods - Brownies, muffins, cinnamon rolls, cookies
- ☐ Chocolate, chocolate, chocolate!
- ☐ Ice Cream - plain or drizzled with fudge and more
- ☐ Candy - Halloween every day!
- ☐ Cheesy Italian Classics - Plizza, Pasta, Lasagna
- ☐ Salty Snacks - Chips, pretzels, crackers
- ☐ Other:

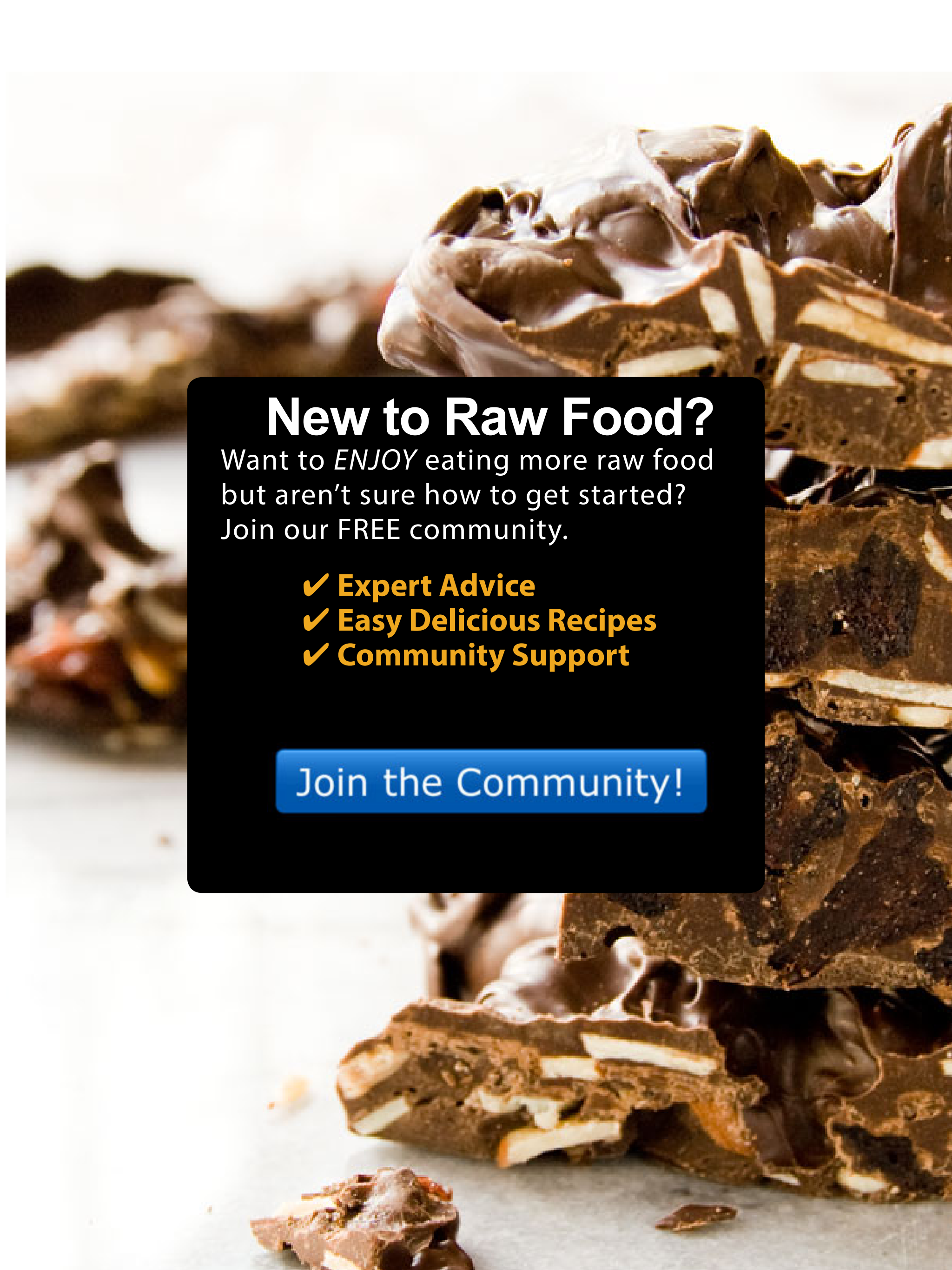
Vote

If you woke up ten years younger, what would you miss most about your current age? (Choose 2)

- ☐ My health and/or physical fitness
- ☐ The relationships I developed with my friends, family and/or kids
- ☐ Are you kidding? Nothing!
- ☐ My life perspective - education, personal development, life lessons
- ☐ Where I am in my career/my job
- ☐ My peace, self-acceptance and joy

Other:

Vote



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!

Raw Food Favorites

**Under
\$20**



Eat

Sometimes we just feel like a classic, no-hassle bowl of cereal. Berry Good by Lydia's Organics is raw, organic, grain and gluten-free, loaded with berries and absolutely delicious topped with creamy almond milk for breakfast.



To kick off the new year, here is the rundown of our favorite goodies and gadgets for 2014!

Scrub

Santa Monica Soap Co's handmade soaps are cold pressed and made with all GMO-free, organic oils. They come in many different scents, but lavender is our favorite for relaxing and recharging.



Use

We love this Kuhn Rikon julienne peeler for raw pastas, fruit peel curls or even decorative chocolate shavings. Made from stainless steel and with a blade protector, this baby is built to last.

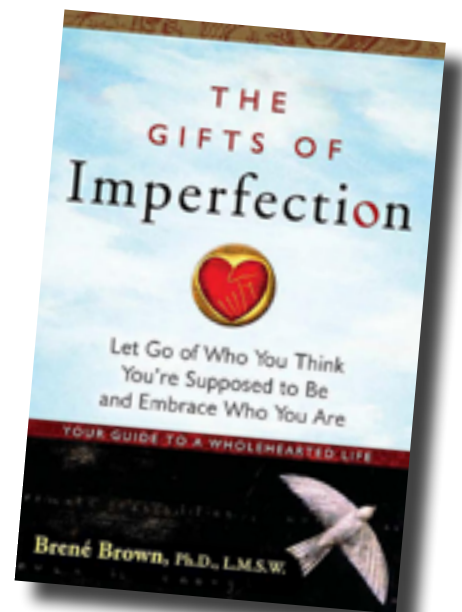
Drink

Numi is a husband-and-wife team who are devoted to sun-dried, organic and fair-trade teas from all over the world.

Drinking this calming, caffeine-free chamomile-lemon tea also supports a rural Egyptian village!

Read

We fell in love with Brené Brown's tell-it-like-it-is attitude during her TED talk on vulnerability. In *The Gifts of Imperfection*, she shares her research on how to leave behind feelings of inadequacy and live with authenticity.



Reader Stories

Brain Cancer Survivor Goes Raw

I decided to go raw less than one year ago. I have felt so much better! I enjoyed cooking, so I was really glad to see many new techniques to satisfy my creative needs. I never get bored with my new dietary choices. I occasionally eat cooked foods, or roasted nuts. This causes friends and family to say “you can’t live like that”... To this I reply **there are no food police here**, I choose to eat raw, I don’t have to. I feel so much better, and occasionally I eat cooked, but I either have no alternative choices or I feel the food in question is marginally better raw.

Your magazine and all the supportive books and websites have helped me. I am a survivor of brain cancer so I am probably a more highly motivated individual than most to live a healthier lifestyle. My healing from tumor removal has been a long one. I do not want to go through that again.

I wish everyone finds a reason for raw foods that is less devastating. I believe the more mainstream raw foods are, the more people will feel the support to try this way of life. Thanks again for producing a top notch magazine. To save my life, nerves were severed to remove the rather large tumor. I am grateful to be alive but my face has forever changed. I will decline from sending a picture.

Thank you Carol Schnedar
for having the courage to share your story with us!

Why did *you* go raw?



Please take a moment to tell us
how raw food has impacted your life.
You never know who
your words might inspire!

Share My Story



"To improve my memory"

"To extend my life span"

"I want to break my emotional attachments to foods"

"To dramatically reduce my chance of disease"

"I want to reduce my food bills"

"To improve my eyesight"

"To have shiny, glossy hair"

"Because it's delicious"

"I want to use raw eating as a tool to help me release negative emotions and blocks"

"To re-create a clean shiny new me!"

14 Reasons to Go Raw in 2014!

"To have eyes that sparkle"

"It saves time"

"I want to get back in touch with my body and myself"

We know fresh, whole fruits, vegetables, nuts and seeds are good for us. So, why don't eat more of them? With farmer's markets popping up everywhere, widespread awareness campaigns about GMOs and organic farming, and more social support than ever before, 2014 is gearing up to be a great year for raw food.

"To have unlimited energy"

So, what are you waiting for?

Here are 14 great reasons to go raw this year!

"To reach my natural weight"

"It's environmentally friendly"

"I want to meet like-minded people"

"I want to become more calm and collected"

"Because I love myself"

"To support farmers"

"To have sharper concentration"

"To lower my fuel bills!"

"I want to explore a world of taste I never knew existed before"



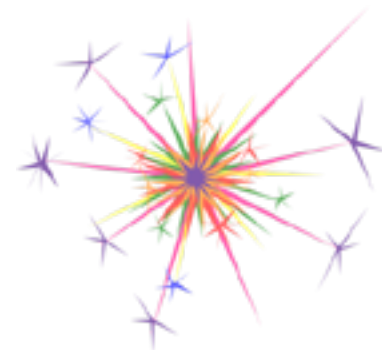


1 Finally lose that weight

Weight loss is a naturally occurring benefit when you eliminate super-processed foods from your diet and replace them with more raw foods. As our bodies become less inflamed and our digestion becomes more efficient, fat loss changes from a frustrating struggle to a natural byproduct of a healthy lifestyle.

2 Gain energy

By eating mainly raw foods, you will experience better work productivity and steadier energy levels. Memory, ability to concentrate and reason all become sharper. Rather than getting fatigued from breaking down hard-to-digest foods, enjoy the clean, lasting energy contained in fresh fruits and vegetables.

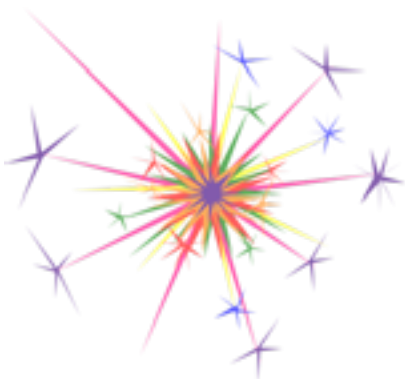


3 Have clarity and a sense of wellbeing

Living food promotes clarity and emotional stability. Chemicals and preservatives in processed foods have been linked to hormonal imbalance and menstrual irregularity. A raw food diet helps you feel emotionally balanced and joyful.

4 Clear up your skin

After your body gets a chance to rid itself of built-up toxins, you will notice your skin starting to clear, tighten and brighten. Eating only whole, fresh raw foods will clean your skin from the inside out. Say goodbye to expensive facial cleansers that use harsh chemicals like salicylic acid and benzoyl peroxide.



5 Save time

Once you get into the flow of raw food preparation, you will spend less time in the kitchen. Many raw foodies ascribe to the "5-5-5 rule" which is no more than five bucks, five minutes or five ingredients to prepare a meal. However, if you enjoy cooking, it is possible to make raw cuisine an art form that requires the same amount of time as preparing cooked meals.

6 Save money

Eating raw foods does not have to mean buying expensive, exotic "super foods" or lots of powders, supplements, and pricy dehydrated goods. Sticking with local, in-season produce can help keep your pantry budget-friendly. Not to mention the money you will save on medicine. Getting sick is expensive! By using your diet to heal and prevent disease, you will save thousands over your lifetime by avoiding doctor, dentist and dermatologist fees plus various prescriptions and pills.



7 Feel happier

When we cleanse our colons with a fiber-rich, plant-based diet we reawaken the store of serotonin receptors that line the colon. Having more active serotonin receptors means an increase in frequency and duration of NATURAL feelings of happiness and euphoria.



Go Raw in 2014

8 Heal your body

A raw food diet can help you overcome health ailments. Raw food programs have been shown to improve allergies, arthritis, asthma, high blood pressure, cancer, diabetes, digestive disturbances, diverticulitis, fibromyalgia, heart disease, weakened immunity, menstrual problems, multiple sclerosis, obesity, psoriasis, skin conditions and hormonal imbalances. No bottled supplement or prepackaged food can compare with the life force of fresh raw food.

9 Easy clean-up

Imagine never having to clean the oven! Dirty dishes can simply go in the dishwasher after a simple swoosh. No more baked-on grease requiring soaking and scrubbing! Grease won't collect on the walls, stovetop and ceiling. You'll find that gentle biodegradable cleaners really work. Never again leave the house and wonder, "Did I leave the stove on?"

10 Live longer

While no definitive study has been done on the average lifespan of raw foodies, the USDA has recognized veganism as the healthiest diet they have studied. Vegans, on average, live 6 years longer than their meat-and-dairy-eating counterparts. Dan Buettner, who studied the world's "blue zones"—those areas and cultures where the highest percentage of people lived to be over one-hundred years old—found that a plant-based diet was a common thread amongst the healthiest, happiest, longest-living people in the world.

11 Be environmentally friendly

It requires less land to produce fruits and vegetables than animal products. Animals aren't exploited when you eat a raw vegan diet. Think of all the energy saved from not cooking: less fuel, packaging and pollution! Most of what gets throw away can be composted back to the earth. Plus, in many countries, fires used for cooking food contribute to deforestation.

12 Have a clean conscience

We won't drown you with impassioned rants about animal cruelty and the widespread suffering of living creatures to produce enough eggs, dairy and meat to meet our societies insatiable cravings. The truth has been revealed time and time again whether or not we choose to turn the other cheek. A plant-rich raw foods diet means you can live knowing your choices are a vote towards kindness and freedom for all living creatures.

13 Get "the glow"

Raw foodies often talk about the "glow" – that luminous look of healthy skin, circulation and energy reminiscent of youth and vitality. Raw vegan diets have as pronounced an effect on your exterior as they do on your interior. Bad breath and body odor go away. Eyes become brighter, voices more clear. Skin and muscle tone improve. Blemishes and irritations caused by toxins go away. Body weight reaches a natural, healthy level. Overall, your body will become lighter, brighter and other people will notice.

14 Go raw for your kids!

According to the National Center for Health Statistics, childhood obesity has increased two times for 2-5 year olds and three times for 6 -11 and 12-19 year olds in the past ten years. There has been an 18% increase in food allergies in children under 18 years of age, while food allergy related hospitalizations increased by more than three and a half times. Cancer rates have also increased among children, with the highest occurrence seen in a child's *first* year.

Our children are being born sicker and growing up sicker than ever before. What better time to improve YOUR life and set the example for your children or future children. Healthier parents have healthier babies and raise happier, healthier children. What greater gift can you give to yourself or your family this year?

Want to go raw? It's easier than you think.



3 Workouts for Lasting Fitness

Wanting to “get in shape” this year? Want to mark this permanently off your yearly resolutions list? You can do it, but, according to the nation’s top fitness experts, three things may be standing in your way.

1. Droopy posture

Standing tall makes you look leaner instantly and allows uninterrupted blood flow to nourish and cleanse all parts of the body.

2. Excess belly fat

It doesn’t just hide your abs; it’s a health hazard, too.

3. Limited mobility

Let’s face it, many of us are stuck in a sitting-oriented routine: bed, car, desk, car, couch, bed, repeat.

To create lasting fitness habits for long-term health, the following videos target these three trouble areas.

Goal #1 Stand up Straight

Sitting is one of the worst things we can do for our posture. These days we do it more than ever. A Vanderbilt University medical survey found that women spend nearly eight hours a day (slightly less for men) parked on their rears, often hunched over a keyboard or slumped on the sofa. “When women do get off the couch, they spend hours working on their ‘beach’ muscles, like the chest, abs, and quads, and neglect posterior muscles, like the traps, back, hamstrings, and glutes,” says trainer and coach Kevin Buckley, owner of Dynamic Strength and Conditioning in Nashua, New Hampshire. The result is muscle imbalance that doesn’t just look bad, but also prevents your body from operating optimally.

Improve your posture with strength moves that target your upper and lower back, especially the erector spinae, which are cable-like muscles that flank your spine from pelvis to the base of your skull. They keep your vertebrae properly stacked as you bend and twist. You can do this short workout all at once or just do one or two of the exercises for a minute or two throughout the day. Standing taller will not only bring you a feeling of confidence, it is essential to lasting health and to avoid the unwanted “hunchback” as you age.

8 Minutes to Better Posture



Goal #2

Burn That Belly Fat

The average person's waist circumference has been growing for 15 years and now hovers at a dangerous 37 inches. Belly fat is more than unflattering; it is linked to heart disease, diabetes, and cancer! Carrying excess belly fat can be extremely devastating for your health.

A Canadian study found that exercisers who did 30-minute workouts comprised of short, hard efforts lost three times as much fat in 15 weeks as their peers who performed steady-paced, easier workouts for 45 minutes. "Technically, you burn more fat as fuel during low-intensity exercise," explains researcher Jason Talanian, Ph.D., who did a series of studies on interval training at the University of Guelph in Ontario. "But you become a better fat burner overall [even when resting] by raising your fitness ceiling, which you do by going fast."

Specifically, high-intensity interval training increases your cells' fat-burning ability by up to 50%. Because they're harder to do than one-speed workouts, your body takes longer to return to normal after you're done meaning you keep burning fat long after you've showered. As a bonus, vigorous exercise lowers stress and stress hormones like cortisol are a known contributor to abdominal fat.

Fat-Burning Interval Training



Goal #3 Increase Your Mobility

Many people still follow the old bodybuilder model of training—isolating individual muscles with moves like bicep curls or tricep kickbacks. They may make you look good when you stand still and flex for the mirror, but those narrow-minded moves don't help you bend and twist in ways that are actually useful. How often do you bench-press your groceries? In reality, lugging produce recruits muscles from all over your body—legs, back, shoulders—and you need to train them to work together.

Bodyweight exercises are great for imitating complex movements we use in real life. To build lean muscle, increase strength, endurance and range of motion, and stay injury-free, opt for functional-fitness moves. This workout has a range of dynamic motions sans barbells to improve strength, agility and overall athletic performance to carry into your daily life.

Bodyweight Exercises For Total Body Mobility



Featured Chef

With a Masters in Teaching, Jennifer Cornbleet decided to leave the English classroom to become a certified raw and living foods chef. She has spent the last 10 years teaching others about raw food, becoming the lead instructor at Living Light Culinary Institute and creating easy and delicious raw food recipes!

A portrait of Jenny Cornbleet, a woman with curly brown hair, smiling and wearing a teal top. The photo is slightly tilted and has a soft, warm light effect.

Jenny
Cornbleet

Former Chicagoan coming to you from Oakland, California...

Welcome Jenny!

What is your earliest food memory?

I remember eating fresh strawberries with sugar with my best friend from preschool, Dawn, in her family's kitchen. That must have gotten my sweet tooth started!

Why did you want to be a chef?

One of my favorite things to do since I was a kid was to go to a library or bookstore and spend hours browsing the cookbooks! Once I started buying cookbooks, I'd spend hours reading them cover to cover and indexing all the recipes I wanted to try. Finally it dawned on me how fun it would be to do this for a living, and create my own recipes and cookbooks!



Photos: Left - Jenny's favorite morning smoothies; Right - Jenny's comfort food is a nice hot bowl of soup!

What defines your raw cooking style?

My style has always been a flexible one, and focused on ease. I don't eat 100% raw (except for brief periods of time). I like creating easy recipes that are delicious and allow me to eat a raw breakfast, a mostly raw lunch, and a somewhat raw dinner. That's enough for me—and yet it still gets me eating over 50% raw on a regular basis.

What did you have for breakfast today?

I had what I call my “lean and green” smoothie, because it has very little fruit, and gives me that boost of green I love first thing in the morning. It had 1 granny smith apple, 1 1/2 cups water, 1/2 peeled lemon, 1/2 peeled cucumber, 2 stalks celery, 2 cups kale, and 3 cups spinach. And it made 4 cups, enough for me to have leftovers for a snack this afternoon.

What was your first kitchen memory?

Baking “cheesy onion bread” with my dad. I don't bake anymore, but that experience with my dad fostered a love of spending time in the kitchen with family.

What is the worst dish you have ever tasted?

In the raw world I have to say wheatgrass. I know it's good for you, but I just can't stand the taste! In the cooked world, I can remember a not-very-good Chinese place where everything was too salty, greasy, and sweet for me.

Describe your biggest food snafu.

In the 80s, I made a vegetarian “lentil loaf” for my first boyfriend, which tasted terrible, was heavy as a brick, and may have even turned him off to vegetarianism! Luckily my vegetarian dishes are tastier and lighter these days.

What comes to mind when you think of “comfort food”?

Hot warm miso soup. I find warm soup very comforting.

What is your most used kitchen tool?

My Vitamix Blender! I pretty much can't start the day without a green smoothie.

How about your FAVORITE kitchen tool?

The mandolin. My knife skills still aren't good enough to make paper-thin uniform slices. And I love the way super thinly sliced cucumbers, carrots, and onions look on my salad.

What would you choose as your last meal?

Probably a bowl of really good veggie Vietnamese Pho. I love the combination of savory vegetable broth, rice noodles, and steamed veggies. Sometimes I make a mostly raw version with zucchini noodles.

What's your most overused ingredient?

Kale! I have it every day in my green smoothies.

What is your motto?

Adi Da, a spiritual teacher I admire, said: “You become what you meditate on.” It's a good reminder to put more of my attention and energy towards what's really important.



“YOU BECOME WHAT YOU MEDITATE ON.” IT'S A GOOD REMINDER TO PUT MORE ENERGY TOWARD WHAT'S REALLY IMPORTANT.

What is your greatest fear?

That I'll let fear hold me back from being as happy, loving, and creative as I could be.

What is your present state of mind?

I feel pretty calm and relaxed right now. It's nice!

Current projects?

I offer an online course called

“Ready for Raw”. It's a really fun and engaging 15-session course that covers every aspect of raw food preparation.

You can find out more at www.rawfoodonlinecourse.com

Thank you Jenny!

Connect with Jenny:

www.learnrawfood.com | www.rawfoodonlinecourse.com

How to *Stay Warm* on Raw Food

Seven ways to feel warm & cozy
without cooked foods

Despite that a raw food diet will actually help you *improve* circulation, especially to the small capillaries in your hands and feet, many people claim that they would simply freeze if relegated to cold, raw foods all winter long.



If you are afraid of spending the next four months perpetually chilled, try these suggestions to keep yourself warm and cozy. Eating living foods should be about life, energy and vibrancy not misery and suffering. Eat well, stay warm, and enjoy the beauty of the season!

1. Use warming spices

Try these five wonderful spices to add a punch of flavor to your food and a kick of warmth to your body: ginger, cayenne, chili pepper, cinnamon and white pepper.

Ginger is a natural antioxidant and helps improve circulation to all parts of the body.

Cayenne helps relieve chills, coughs and congestion. Sprinkling a bit of cayenne pepper between your socks and shoes can even help warm the feet when you go outside in the cold.

Chili pepper has been shown to prevent blood clots and improve cholesterol contributing to a warm, healthy heart.

Cinnamon helps dry dampness in the body and warms people that suffer from poor circulation.

White pepper has been used for centuries in Ayurvedic medicine and Ancient Chinese medicine to relieve congestion. Its warming properties in the body are said to relieve the joint pain and stiffness that tend to worsen in the wintertime.



2. Warm your soups on the stove

Eating raw soups in the winter is just the ticket. They are hydrating against the dry air and high in nutrition keeping your body functioning efficiently. You can warm them in a high-speed blender or heat gently on the stove using a thermometer to bring your stew to 105°F. If you don't have a thermometer, just use the finger test. The soup should feel warm to the touch without causing pain.



3. Drink warm water, tea and cocoa

Drinking warm beverages not only feels comforting and relaxing, but you are saving your body the energy it normally expends trying to heat up fluids to body temperature before they can be absorbed. So enjoy your mug of creamy almond-cacao deliciousness, just try to keep the thermometer below 112°F.

4. Eat enough calories!

The number one mistake made by new raw foodies is depriving themselves of adequate calories. In colder weather, the body uses more energy all throughout the day just to stay warm. If it's early afternoon and you can't seem to stay warm reflect on what you've eaten. A few pieces of fruit and a green salad? You need calories! Warm a soup and enjoy with some flax crackers or munch on a handful of granola or dried fruit.



5. Let food reach room temperature before eating

Refrain from putting ice in your smoothies and let your salad or zucchini noodles sit on the counter for a few minutes before eating them. This makes it less taxing on the body to assimilate nutrients, but more importantly feels psychologically much better than chomping on ice-cold vegetables all winter.

6. Move your body

The fastest way to go from shivering to sweating is through mild to moderate exercise. Even 10-15 jumping jacks before you walk through the cold to your car will elevate your heart rate and circulate warmth throughout your extremities. When we feel cold, our tendency is to curl up and stop moving until our bodies force us into movement through shivering. Instead, when you feel the bite creep in, run up and down the stairs a few times, jog in place or do a few modified push-ups. You'll be shedding your jacket before you know it!



7. Add another layer to your core.

Many raw foodies experience feeling colder due to a loss in body fat. As our body fat diminishes, we lessen our ability to withstand extreme cold temperatures. Fat layers provide insulation that you will need to replace by adding a layer of clothing like a fleece or thin down jacket beneath your shell. An extra 10 pounds or an extra thermal? They both work, but one is much easier to take off in the summer.

Other Cozy Suggestions:

Find a cuddle buddy

There is nothing like snuggling together with someone you love to warm the body and the heart.



Light candles or put a log on the fire

Even just seeing open flames can give us the illusion of feeling warmer. Flickering candlelight is soothing to the eyes and mind, and relaxed muscles circulate warmth better than stiff ones.

Get outside

We know it's cold (well, for many of you), but sitting indoors staring out at the bare trees will only contribute to feeling cold and stagnate. You will realize just how quickly you warm up going for a jog in the snow or power walking around the neighborhood to enjoy the lingering Christmas lights. Back inside, the cold won't seem so daunting.

Plant flowers

There are many genera of flowers that thrive in the wintertime. Pansies are known to pop their faces out of hard, frosted ground. Whether you plant indoors or outdoors, flowers give a scientifically measurable boost to our mood and levels of happiness.



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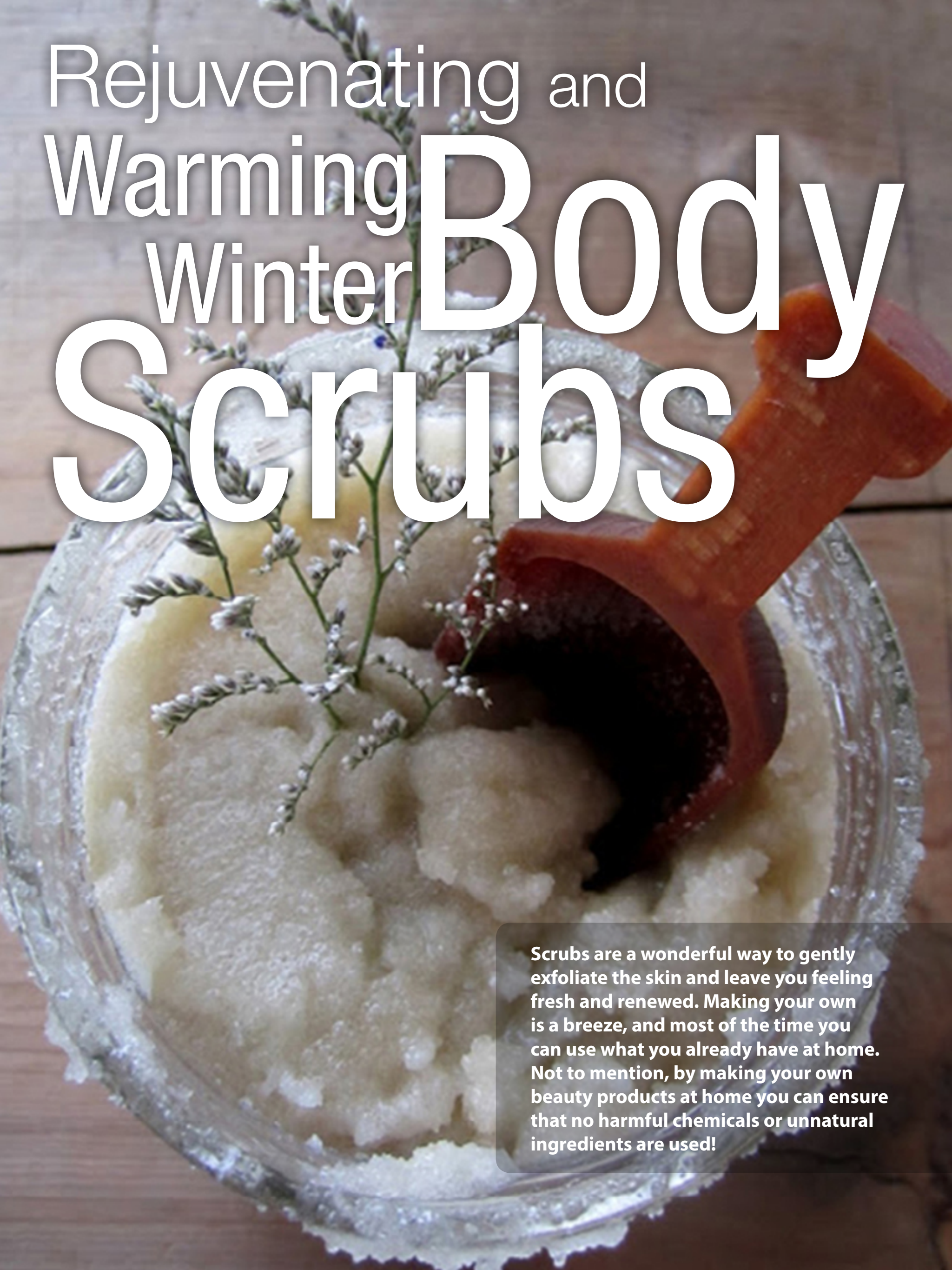
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(Your good deed of the day!)



Rejuvenating and Warming Winter Body Scrubs

Scrubs are a wonderful way to gently exfoliate the skin and leave you feeling fresh and renewed. Making your own is a breeze, and most of the time you can use what you already have at home. Not to mention, by making your own beauty products at home you can ensure that no harmful chemicals or unnatural ingredients are used!

WARMING WINTER BODY SCRUBS

THE BASICS

Four-step tutorial on how to make your own tasty, natural body scrubs at home!

Step 1

Base

A good exfoliating scrub will have an oil base. This helps the scrubbing particles glide over your skin and provides a nice lock of moisture after you wash.

This is likely a personal preference or an availability factor. Coconut, almond, and walnut oil have fragrant smells. Olive oil may smell harsh on its own, but when mixed with sugar it's actually quite pleasant. If you want no smell at all, opt for grape seed oil.

Step 2

Scrubbies

You will want some sort of abrasive particle to help scrub away dead skin cells. Most shower scrubs use sugar. Opt for raw turbinado sugar as it is generally coarser and more healthful for your skin. If all you have available is refined or brown sugar, these will also work. If you find your skin ends up red and irritated after exfoliation, you may want to use a finer grain sugar.

Salt is another option. Course sea salt and pink rock salt is great for a full body scrub and finer salt works well for the face and neck. Another alternative for a facial scrub is baking soda with olive oil. This works well for those with acne-prone skin. Epsom salts also work well.

Step 3

Combining

Start with your scrubbies of choice, putting the sugar or salt into a small container. About 1/4 cup should last for a couple of days.

Then, slowly add in the oil, stirring it together to get the right consistency. You will want the scrubbies to be fully coated but no more. You want more scrubbies than oil in the mixture. Turbinado exfoliating scrubs will likely require more oil than scrubs that use finer particles.

Step 4

Custom add-ins

You don't have to stop at just the base and the particles. Adding in essential oils, honey, citrus, and other scents is a great way to help relax your mind and heal your skin. Use one of our favorite winter formulas or experiment with one of your own!

Step 5

Scrub time!

Wash your skin thoroughly from head to toe and rinse. Apply a palm-size amount of scrub to a loofah or your hand. Gently massage scrub into the skin using a circular pattern for 30 seconds to increase circulation and remove dry, flaky skin. Continue to do this for your entire body and then rinse.

Note that you will have a small amount of oil left on your skin. This works as a moisturizer.

Happy scrubbing!

Storage Tip: If you are going to keep your body scrub in your bathroom, you may want to use a tongue depressor or spoon to scoop out your mix. If you use your hands you might consider keeping your scrub in the fridge to keep the possibility of bacteria at bay. If you use all of your scrub within a day or two this shouldn't be an issue.

Caution: When using homemade exfoliants, your shower or tub may get slippery. Be careful in the tub and make sure to wash out all oil residues so as not to injure someone else. A bath mat may prevent any accidents from happening.

Can I use this as a facial scrub?

You can certainly use a sugar or salt scrub on your face. For dry lips, dab a bit of scrub on them and rub with an old toothbrush to remove dead skin before applying lip balm.

WARMING WINTER SCRUB RECIPES

FRAGRANT VANILLA BODY SCRUB

Ingredients:

16 oz Epsom salt (no fragrance)
3/4 cup extra virgin cold pressed olive oil (or almond oil)
3 teaspoons vanilla extract (or the beans from one vanilla pod)



Mix ingredients in a mixing bowl and fill two 8-ounce Mason jars. Seal the jars and be prepared to make more upon request!

RELAXING LAVENDER SCRUB

By Carlee Scanlon
Deliciouslyorganized.com



Ingredients:

1 cup organic cane sugar
1/3 cup Celtic sea salt
1/2 cup organic coconut oil
2-3 tablespoons almond oil
1 tablespoon vitamin E extract
A few drops of lavender essential oil

Combine all ingredients in a mason jar and enjoy!

WARMING WINTER SPICE SCRUB

Ingredients:

1 teaspoon warming spice mix (ginger, cinnamon, nutmeg, clove, or a mixture of a few)
1/2 cup coconut oil
1 tbsp vitamin E oil
1/2 cup course salt



Mix together all of the ingredients into a smooth paste.

OTHER WINNING COMBINATIONS

PEPPERMINT AND ROSEMARY



For a bit of get-up-and-go (also useful for dark winter mornings)

CALENDULA AND CHAMOMILE



Soothing for sensitive skin

SAGE AND MARJORAM



For relief from aching muscles

Your Best Beauty Sleep

Why it works and how to get more of it!



Getting enough sleep is very important. Apart from the many health benefits that come with it, beauty sleep is your ticket to healthier, radiant-looking skin. If you want a more beautiful you, get more quality sleep.

Below are the many ways getting enough sleep promotes beauty and the top natural remedies to help you snooze your way to beautiful.

What does GREAT sleep mean for you?

Less wrinkles and signs of aging

Our bodies need enough sleep to function properly. Lack of it puts extreme physical stress on the body leading to hormonal imbalance and high blood pressure, which ages the arteries and puts you at a higher risk for many health conditions.

Stress causes wrinkles and is often a catalyst to many diseases that affect the quality of life. Get enough sleep to look younger and more energetic. In addition, **collagen** (essential in maintaining tight, youthful skin) production is hastened during sleep. Collagen moistens the skin leading to a youthful, supple skin.



No more dark circles

Lack of sleep causes dark circles and bags under the eyes. Your body needs enough rest for the renewal and repair of damaged skin cells. Giving your body the rest it needs helps produce the right amounts of proteins needed to improve cell growth repair. By getting adequate sleep, you are allowing your body to rejuvenate itself for gorgeous skin.

Maintain your figure

Studies show that getting enough sleep is helpful in maintaining healthy weight levels. Lack of sleep slows the metabolism resulting in weight gain. Get enough sleep to help prevent weight gain.

Healthier, happier you

Chronic lack of sleep is a large indicator of several conditions including depression, and obesity, which affects the quality of life. What's more, recent studies show that well-rested individuals earn more money throughout their lifetimes, enjoy higher marital satisfaction, live longer and are more productive during their waking hours than their less rested counterparts. Get enough sleep for a healthier, happier more productive you.

How much sleep is enough sleep?

Scientists and scholars continue to debate the question of how much sleep you *should* get every night. Eight hours? Nine hours? Twelve hours? The optimal amount of sleep varies widely between individuals and is also influenced by external conditions — age, health, diet, environmental pollutants, stress levels, activity levels, etc. Instead of searching for the magic number, listen to your body. You know when you need to rest. Do it!



I eat a largely raw foods diet, so I don't need as much sleep, right?

A popular benefit of eating raw foods is the proposed idea that raw foodies need much less sleep, only six hours per night to be exact.

This is both true and false. An individual's diet does impact the amount of sleep they need, as sleep time is your body's chance to cleanse itself and remove impurities. Eating fresh whole fruits and vegetables means your body only needs to focus on eliminating environmental toxins from air pollution, chemical cleaners, air fresheners, etc.

Most raw foodies do not experience a dramatic change in the quantity of hours they sleep each night, but rather the *quality* of their sleep. Raw foodies report feeling more energized and clear-headed upon waking, free of the groggy no-sleep-is-ever-enough feeling that drives so many to hit their "snooze" buttons again and again.

So, by eating raw foods will you magically never feel tired or need more than a few hours of sleep? Probably not. But, you will allow your body to truly rest and rejuvenate each night instead of just trying to keep up with the junk you used to fill it with every day. And, that feels *good*.

Natural Remedies for Better Beauty Sleep

Drugs, syrups, tablets and other prescription medications will definitely put you to sleep. But, what kind of sleep are you getting? Deep, restful, rejuvenating beauty sleep? Not likely.

Introducing new toxins into the body every day before bedtime is not a healthy long-term solution. Instead, try these natural techniques to create a better sleep pattern for a more rested, joyful you.

Take a Warm Bath with Lavender Oil

Studies show that lavender is calming and can help you sleep better. Soak in a tub of warm water with a few drops of lavender essential oil before going to bed. This will help relax your mind and body for better sleep. If you don't have time for a bath, mix a few drops of lavender oil into a spray bottle of water and spritz over your pillows. The soft scent will help lull you to sleep.



Create a Calming Bedtime Routine

Make an effort to unwind and relax before bed for quality deep sleep. Repeating the same calming routine sends a signal to the brain that it's time to sleep and forget the daily stresses. You can create a sleep-friendly environment by:

- Making your bed as comfortable and visually appealing as possible. Choose cozy pillows and sheets in relaxing colors like cool blues paired with cream or soft white. Your bedroom should feel clean, clutter-free, inviting and safe.
- Keeping the noise down and keeping the room cool, ideally around 64°F.
- Listening to some soft music or reading a good book. Spending five to ten minutes focused on something other than work or kids or errands helps the mind let go and silences unnecessary thoughts.
- Keep a pad or paper and pen on your bedside table. Have too many thoughts buzzing around in your head? Worried you will forget them by the morning? Write them down! Anytime a new thought or concern pops into your head, reach over and scribble it down on the paper. No sense thinking about it now, it will be there for you in the morning. If you wake up in the middle of the night with an all-important thought you can reach over and jot it down without even turning on the lamp, though you may spend a minute decoding your sleepy message in the morning.
- Remove electronics from the room. Studies have shown that the white backlight in most laptop and cell phone screens stimulates the eyes and is disrupting to sleep. Remove electronics from your bedroom and try to unplug at least 45 minutes before bedtime.



Improve your diet and perform regular exercise

Your exercise habits and the food you eat have an effect on how you sleep. Avoid strenuous exercises and heavy foods a few hours before bed. Some of the routines to try for beauty sleep include:

- Avoid alcohol and caffeine before you sleep. Alcohol reduces your sleep quality. Though it makes you fall asleep more quickly, you will have interrupted sleep throughout the night. Caffeine can keep you awake for hours, so reduce or eliminate it completely.
- Quit smoking. Nicotine stimulates the brain, which disrupts sleep, plus many smokers experience withdrawal symptoms which affects sleep.
- Don't drink too many fluids just before going to bed to avoid frequent trips to the bathroom. One glass of water or a cup of soothing chamomile tea is perfect.
- Perform simple exercises either early morning or early afternoon. Simple exercises such as swimming, walking, biking, or even gardening can help you sleep deeply. Maintain a regular exercise schedule for better sleep. Avoid exercising late in the evening to avoid stimulating your body before bed.
- Eat a high protein snack before bed to improve melatonin and production. Melatonin regulates the sleep/wake up cycle by lowering the metabolic rate, lowering the body temperature; the hormone basically puts the body into sleep mode. A handful of nuts added to your dinner salad or a scrumptious walnut-pecan brownie is just the ticket.

Have a Go-To Relaxation Technique

Relaxation is a good way to wind down as it helps calm the mind in preparation for better sleep. Some easy relaxation techniques include:

- Taking slow deep breaths
- Muscle relaxation – Tense every muscle as tight as you can, starting with your toes and working your way up, and then relax them completely. Repeat 2-3 times.
- Gently massaging your temples.
- Visualizing yourself in a relaxing place like a warm, sunny beach with a soft breeze.

Getting great sleep is the number one natural remedy for beauty. Getting enough sleep using the above techniques will help you look and feel your very best.





How to Go Raw & *Love it!*

with René Oswald

With a master's degree in teaching and a decade of raw food experience under her belt, René Oswald shares her advice from coaching hundreds of students so that your transition to raw foods can be as easy and enjoyable as possible!



Click for Audio
Play time: 50 minutes

Photo: René teaching a course in Sacramento, California, last year.

Text Version: The full text of this interview is provided online for our hearing impaired readers. Enjoy!



Want to go raw but don't want to deal with a "cleansing crisis?"

Not sure how to make raw food practical for your life?

Trying to find easy recipes that taste great and fit your budget?

Want to know what most people struggle with and how to overcome those obstacles?



In our interview, René shares her story, tips on transitioning, creating a staple stash, making raw food work for you and more!

To listen, click the play button on the previous page.
To read the Full-Text Version
Click Here

Photos: Starting bottom left & moving clockwise:
1. René with her Sacramento class, 2. Raw chocolate chip cookies with chocolate creme,
3. Raw fruit salad, 4. René preparing a green smoothie for class.



GOOD SUGAR

Know when to “YES” with no regrets.



Okay, so we know sugar is bad. Terrible! Cancer food! We get it. But, what about agave? It was the miracle sweetener, then cast out of vogue and looked down upon shamefully. Raw honey? Sweetener of the gods? Oh, but it's not vegan, which might be a problem for some people.

There are many options when it comes sating our sweet tooth. We are here to clear the noise. This is the rundown of some of the most popular natural sweeteners so saying goodbye to processed sugar will be a sweet decision!

GOOD SUGAR

In an age where diabetes – whether Type 1 or Type 2 – is sweeping the globe, the pressure to find better and healthier alternatives to sweeteners is stronger now more than ever. This generation has seen all kinds of sugar-free and low sugar products surface to fuel the buyer's passion to consume healthier food and beverages. Companies feel that by providing a sugar-free alternative, they are becoming more responsible and promoting better health. But the question we ask is this: are the artificial sweeteners in the market

doing us more harm than good?

SWEETENERS CAN PROMOTE CANCER

Research papers and medical journals are claiming that aside from diabetes, sugars may also be responsible for the spike in the incidences of cancer. A 2010 study published in the journal *Cancer Research* said that certain types of sweeteners, whether artificial or natural, could actually feed cancer cells and make them multiply much faster. Of course, this does not mean

that people should avoid sugar altogether. Besides sticking to what we all know, that moderation is key, it is also important to find better and healthier sugars that we can incorporate into our daily diets.

Raw food sweeteners must really be natural and must not be “processed” to preserve the integrity of the product. The standing debate here is that heating affects the natural fibers and composition of, say, agave nectar or honey, and the end product is no longer 100% raw.

What is raw sugar?



Raw sugar comes from sugar cane. It is, in fact, what is left after molasses has been extracted from the sugar cane and then processed to become sugar crystals. The residue is a toasty and slightly smoky substance that tastes similar to brown sugar. Raw sugar is said to be better for the body because it contains natural molds and fibers. The coarse and dry sugar from the Demerara region in Guyana is called the Demerara sugar. The moist and fine

textured counterpart is called Turbinado sugar, while the raw sugar that has been cleaned by steam is called the Barbados sugar. If you're interested to try raw food sweeteners but find it difficult to source these three kinds, there are plenty of other options that you can try.

Let's take a closer look at the other popular raw food sweeteners in the market today.

The Best Natural Sweeteners



Dates

Yummy and flavorful dates are a great way to sweeten up desserts and smoothies. They have potassium and are high in fiber. But, they are calorically dense. According to research, dates have a glycemic index score of 103 and it is naturally high in sugars. So, if you do want to use dates in your desserts, you may only want to use two or three pieces at most.

Stevia

Stevia is a medicinal herb found to have zero fat, zero calories and plenty of nutrients. Its sweetening properties were first discovered in the '90s but it was included in the banned list of imports in the United States. It is now sold in packets as a natural sweetener in most countries around the world. The one downfall of Stevia is its aftertaste. A lot of raw food advocates find that it affects the taste of desserts and dishes and refrain from using it. However, if you just need to sweeten a cup of tea or yogurt, this will do the job nicely.



Raw Honey

Honey has long been touted as a healthy food. It is naturally sweet because it comes from the nectar of flowers and is naturally harvested by honeybees. Honey has a lot of good properties that go beyond it being a sweetener. It can be used as is, or drizzled onto drinks and other desserts. Its glycemic index rating is a pretty respectable 45-85. Besides having plenty of uses, honey also possesses vitamins and minerals.



Maple Syrup

Maple syrup is not exactly raw, but it is good to use in raw cooking. The source of the syrup is the maple tree and once the sap is collected it is cooked and heat reduced. Maple syrup tastes good and contains zinc and manganese. It is a favorite accompaniment to pancakes and other desserts.



Yacon Syrup

Another new entrant in the sweetener market, Yacon syrup is also derived from natural sources. It comes from the root of the Yacon plant and is said to be taaaaa, Glucose- free! The lowly Yacon is also said to be high in inulin, which is a form of complex sugar. As you may already know, complex sugars are much slower to break down and process than simple sugars. Ultimately, it helps the human body by promoting better digestion and overall colon health. As for the taste and flavor, Yacon syrup is said to resemble molasses.

Coconut Sugar

Coconut sugar is also known as palm sugar. It is an unrefined product made of young coconut sap. Instead of being turned into wine, the sap from coconut flowers is harvested and exposed to heat. When the water has evaporated, the resulting substance is called palm sugar. Like Yacon syrup, it is also high in inulin and also contains a lot of nutrients. Coming from "The Tree of Life", coconut sugar also contains antioxidants, fatty acids and polyphenols.



All in all, one can say that there are plenty of raw food sweeteners to choose from. Many of them are actually GOOD for you. We always

recommend taking sweeteners in moderation and keeping variety in your diet. Enjoy putting the sweet spot back into your life!

Agave Nectar: What's the verdict?

Agave Nectar

There is serious argument as to whether agave nectar is really good for us since it is said to contain very high percentages of high fructose. The nectar comes from the agave plant; yes, it is the same plant which is used to make tequila—and it is processed to produce a sweet and syrupy substance. High fructose is what triggers insulin resistance and fatty liver disease. While agave nectar tastes great, experts recommend avoiding foods & beverages sweetened with it.

If you have it at home, try to use it sparingly – or not at all.

AGAVE FARMER





Walnuts vs. Pecans

Both popular ingredients in raw food desserts, which is the BEST to choose for your next raw pie or brownie base? Let's take a look at how these two tasty tree fruits break down nutritionally.

Walnuts are edible seeds enclosed in an inedible green leathery husk. Once the shell is removed, the brown seed coat, high in antioxidants, remains around the seed kernel to protect the oil-rich seed from going rancid.

There are approximately thirty different varieties of walnuts, but the most commercially grown varieties are the English walnut and black walnut. After plantation, the walnut tree takes approximately four years before producing any fruit.

Eating 25 g of walnuts each day can provide the body with 90% of the recommended daily omega-3 fatty acids. Omega-3s are important for healthy brain cells and improve one's cognitive response. Walnuts are also anti-inflammatory, reducing the risk of high blood pressure, colon and prostate cancer and coronary artery diseases.

Walnuts contain high amount of popyphenolic antioxidants and vitamin E. These help the body eliminate free radicals and protect the integrity of the cell membrane.

Compared to other tree nuts like almonds, peanuts and hazelnuts, walnuts contain the highest amount of antioxidants and protein-density.

Nutritional Breakdown

773	Calories	753
74g	Fat	78g
0mg	Chlstrl	0mg
2mg	Sodium	0mg
12g	Carbs	15g
9g	Fiber	10g
1g	Sugar	4g
30g	Protein	10g
1%	Vit A	1%
8%	Calcium	8%
4%	Vit C	2%
22%	Iron	15%

*Amounts for 110-125 grams, raw (approx 1 cup, chopped) The Black Walnut is analyzed here.

Pecans come from a species of hickory tree native to South-Central North America. Pecans are technically drupes, not nuts—a fruit with a single stone or pit surrounded by a husk.

Raw pecans have a rich buttery flavor and were well known among colonial Americans as a delicacy. However, they were not grown commercially in the US until the late 1880s. Now the United States produces upwards of 80% of the world's pecans.

Pecans are rich in vitamin B complex, which acts as a cofactor for the enzymes that regulate metabolism within the body, and is especially important for non-meat eaters who typically receive less vitamin B from their diets.

Pecans are rich in monounsaturated fatty acids and phenolic antioxidants. Adding pecans to your diet can help the body to reduce the total low-density lipoprotein (LDL) and increase high-density lipoprotein (HDL). This protects the body from strokes, high blood pressure and coronary artery diseases.

Adding a handful of pecan nuts to your diet provides essential fats, vitamins and proteins that will keep you healthy and energetic.

and the winner is...



Walnuts for snacks

Walnuts, overall, are the healthier of the two. They are an excellent source of omega-3 fatty acids and they have better fatty acid profile. Walnuts have much higher amounts of alpha-linolenic acid (ALA) than pecans. ALA is an essential fatty acid that is not produced in the body and must be retrieved through diet.

According to the FDA, eating 1.5 ounces of walnuts daily can provide your body with ample energy, low saturated fat plus low cholesterol. Walnuts are a good source of protein on a vegetarian diet and are recommended as part of a heart-healthy diet.

Pecans for desserts

When walnuts are clearly nutritionally king, why should pecans be your dessert go-to? Well, quite simply, pecans are naturally sweeter and pair well with subtle flavors in any dessert. Walnuts require stronger flavors to mask their inherent bitterness.

Pecans still pack their share of nutrition and healthy fatty acids. Plus, their flavor profile makes for decadent desserts, while walnuts add crunch to a salad or raw trail mix. Your best bet is always to choose what is most available and affordable in your area. When preparing desserts with walnuts, go for distinct flavors and extra dark chocolate!

Eat Away the Blues with Scrumptious Winter Flowers

There is a simple antidote for the winter blues. Use edible flowers in salads, snacks and desserts as a colorful and tasty ingredient.

The flowers of pansies, violas, calendulas, English daisy (*Bellis perennis*) and herbs like borage, rocket, coriander, and lavender are all edible. In frost-free areas you can add nasturtiums, pelargoniums, roses, and cornflowers to the list.

When using flowers keep the dish simple, without too many other flavors so that the delicate taste of the flower is not overpowered. That said, most herb flowers actually have a spicier taste than the herb leaf.

Gardening doesn't stop in winter and making an edible flower garden or incorporating edible flowers into the herb and vegetable patch should provide a few hours of pleasurable exercise in the mild winter sun.

Do:

- Pick the flowers in the morning when their water content is at its highest. The flowers can be kept fresh in a glass of water or kept in the glass of water overnight in the refrigerator.
- Wash the flowers before eating and check for insects among the petals!
- Pansy and viola flowers can be eaten whole but for most other flowers it is better to remove the stamens and pistils. This can be done just before eating so that the petals don't wilt.

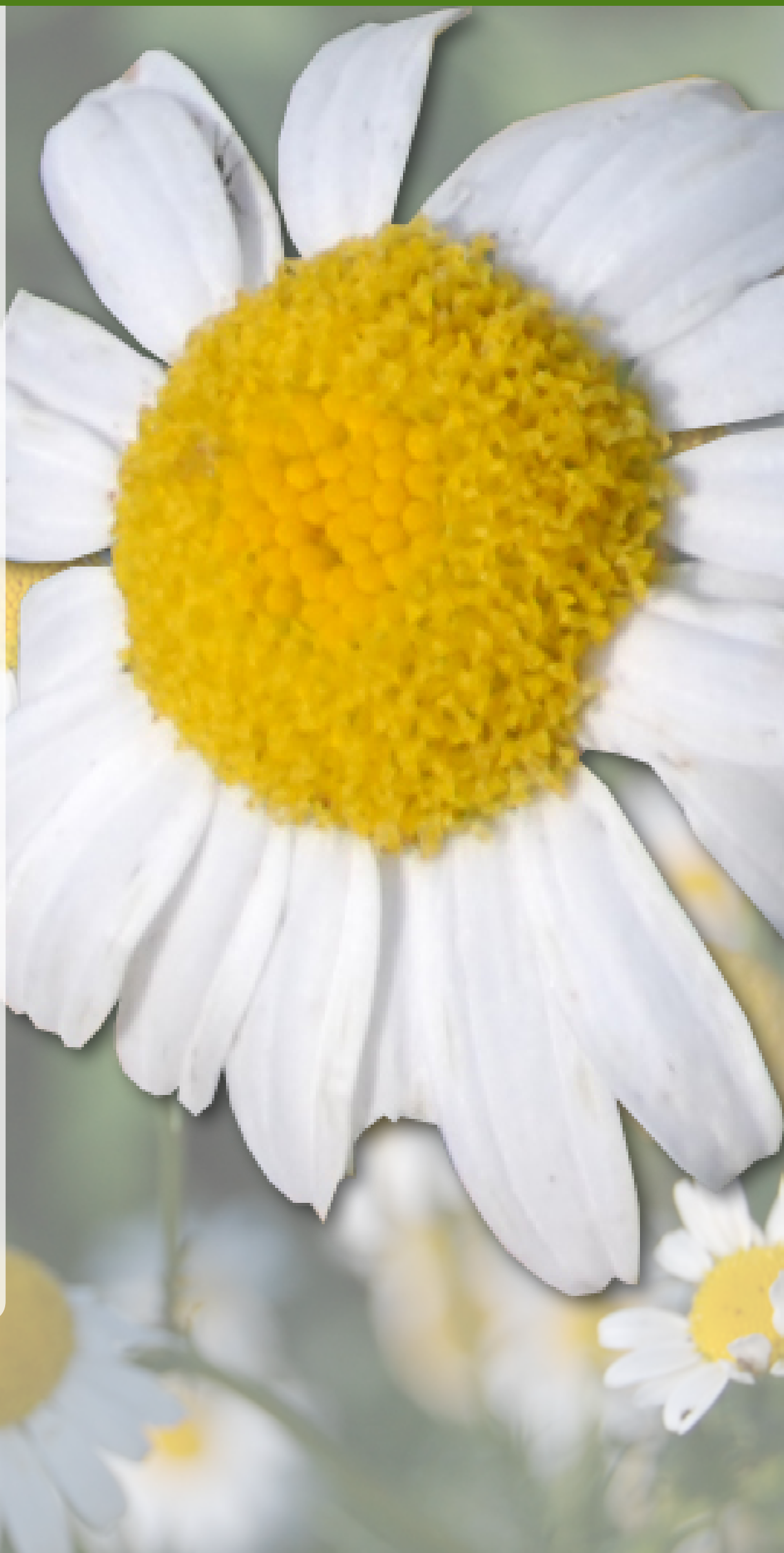
Don't:

- As with vegetables and herbs, don't use pesticides or else use products labeled for edible crops, making sure you observe the safety period.
- Don't mix edible flowers with non-edible flowers when garnishing because many people may assume that everything on the plate is edible or don't think to ask.
- Don't eat any flower or plant part that you have not properly identified as safe and edible.

Washing and preparing edible flowers

The best way to wash flowers is to put them in a strainer or sieve in a large bowl of water. Drain and dry the petals on paper towel. If allowed to dry quickly (but not in the sun) the flowers keep their color and fragrance.

Limp flowers can be quickly rejuvenated by floating them in icy water for a few minutes.



Coriander (*Coriandrum sativum*) is frost tender but does well in warm sheltered gardens. Coriander tends to flower very easily and it is worth letting some plants flower so that the small sprays of mauve-white flowers can be used to garnish salads, soups and desserts. The flowers echo the pungent taste of the leaves.



English Daisy (*Bellis perennis*) has petals with a pleasant sourish taste. The petals and young leaves can be used to flavor vinegar and the buds pickled in vinegar can be used as a substitute for capers. The plant grows in full sun to semi-shade, and does well in colder areas.



Calendula (*Officinalis*) is a sun-loving winter annual that grows in most soil types as well as in pots. Pinch out the tops to stop the plants becoming straggly and remove dead flowers to encourage more blooms. Use only the petals and discard the rest of the flower. Cut off the bitter white portion at the base of the petal where it is attached to the flower. An infusion can also be made from the petals and used to treat fungal infections.



Pansies (*Viola x wittrockiana*) and **Violas** (*Viola cornuta*) as well as the *Viola tricolor* "Heartsease" and *Viola odorata* all have edible flowers but it's the visual effect that's even more pleasing. The *Viola tricolor* "Heartsease" has healing properties and can be used to relieve coughs, colds, and indigestion as well as skin conditions if applied externally in a cream base. Being smaller the viola flowers are a more delicate garnish while the pansy flowers crystallize very well and can be eaten as sweets or used to decorate raw vegan ice cream.





Chamomile (*Matricaria recutita*), is a very attractive, low-growing perennial groundcover with fine green leaves and white daisy-like flowers with deep yellow centers. It grows in full sun and likes soil that drains well. The flowers can also be used to make a soothing tea, as chamomile helps to relieve stress, anxiety and digestive problems.

Borage (*Borago officinalis*) has small, bright blue star-shaped flowers that have a fresh, cucumber-like flavor. Borage flowers are often used to decorate drinks and in previous centuries were added to wine to prevent drunkenness. It also helps to alleviate feelings of stress, fear and anxiety. Add to salads and desserts as well. The plant has an informal growth habit, reaching a height of 60cm. It is water wise, easily growing in poor soil in a sunny spot.





Rocket (*Eruca vesicaria sativa*) is often grown in warm, frost-free gardens as a salad leaf in winter. As temperatures rise it tends to bolt into flower. The creamy beige flowers also have a strong peppery taste and can be used alongside rocket leaves in salads and snacks.

Lavender intermedia "Margaret Roberts" seem to flower off and on throughout the year. The flowers have a milder taste than the foliage but even so, only use a few for flavoring ice cream, brownies, cremes and other raw desserts. If making lavender tea, infuse for a very short time and add a teaspoon of honey.



Seven Day Meal Plan

Raw Vegan Menu

Have you ever wondered what a raw foodie eats all week to stay happy, healthy and warm in the winter? Try this seven-day meal plan packed full of scrumptious, nutrient-dense recipes. When temps are lower and the days are shorter, you can still thrive with spirits high with these tasty meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Citrus Smoothie	Apple Pie Porridge	Breakfast Crumble	Citrus Smoothie	Apple Pie Porridge	Breakfast Crumble	Brunch Pancakes!
Lunch	Parmesan Kale Salad	Butternut Squash Soup	Garden Pizza	Winter Fruit Salad	Butternut Squash Soup	Winter Fruit Salad	Parmesan Kale Salad
Snack	Handful of Raw Almonds or Walnuts	Flax Crackers	Kale Chips	Dates	Flax Crackers	Fresh Seasonal Fruit	Leftover pancakes with nut butter
Dinner	Indian Curry Soup	Garden Pizza	Veggie Chili	Veggie Chili	Spaghetti "Meatball" Marinara	Spaghetti "Meatball" Marinara	Indian Curry Soup
Dessert	Fudge	Donut Holes	Fudge	Donut Holes	Fudge	Donut Holes	Fudge

7 DAY MEAL PLAN



WINTER CITRUS SMOOTHIE

By Kristy Turner
KeepinItKind.com

Yield: One large smoothie

DIRECTIONS

Place all ingredients, except the ice cubes, in a high-speed blender (or regular blender) and blend until smooth. Add more almond milk as needed to thin it out to desired consistency. For an icier smoothie, add ice cubes and blend until smooth. Pour into a glass and enjoy!

Ingredients:

- 1/2 a grapefruit, seeds removed and peeled
- 1/2 a tangerine/tangelo type fruit, seeds removed and peeled
- 1/2 an orange, seeds removed and peeled
- 1 kiwi, peeled
- 1 cup diced frozen mango
- 2^{1/2} cups spinach, cleaned and stems removed
- 1/2 cup almond milk, plus more for thinning the smoothie out
- 1^{1/2} tablespoons hemp seeds
- 1 heaping teaspoon maca powder (optional)
- 2 ice cubes (optional)

7 DAY MEAL PLAN



BREAKFASTS

APPLE PIE PORRIDGE

By Aimee Ryan
wallflowergirl.co.uk

A warm, comforting and delicious breakfast, perfect for winter!

Total Time: 10 min

Ingredients:
120ml (1/2 cup) almond milk
2 tablespoons chia seeds
2 tablespoons almond butter
3 dates, roughly chopped
1 or 2 tablespoons coconut sugar, depending on your desired sweetness
1/2 teaspoon mixed spice
1/2 teaspoon ground cinnamon
1 green apple, peeled and cored
Handful of chopped pecans

DIRECTIONS

Mix all the ingredients, except the chopped nuts, in a blender until thick and smooth.

Transfer to a saucepan, stir and heat gently until warm. If you're on a raw food diet, you can use a thermometer to ensure it doesn't heat above 40°C (110°F)

Serve with chopped pecan nuts and grate over some fresh apple (I used leftover apple from the core).

Enjoy!





FRUIT BREAKFAST CRUMBLE

By Laura Wright
www.thefirstmess.com

serves: 4-6
(a week's worth of
undeniably fabulous
breakfast)

Notes:

If you are using a food processor for the almond cream, pulse the soaked almonds until they're about one stop short of becoming almond butter, then add the other ingredients and put it to high until the cream is as smooth as possible. Also, I painstakingly peeled all of the almonds once they were done soaking. You don't have to do this! It will taste just as good.

Ingredients:

Almond Cream
1 cup raw almonds, soaked overnight
1/2 cup water (plus extra; I needed
another tablespoon, but this could
vary)
1 tablespoon extra virgin coconut oil
1 tablespoon agave nectar (or maple
syrup, raw honey, etc.)
Seeds from 1/2 a vanilla bean
(or 1 teaspoon extract)
A teeny pinch of salt

Crumble

1 cup nuts or seeds of your
choice (I used a mix of pecans,
walnuts, almonds and
hemp seeds)
3/4 cup pitted medjool dates
1/2 teaspoon ground cinnamon
A smidgen of seeds from the
vanilla bean (or 1/4 teaspoon
vanilla extract)
Pinch of sea salt

7 DAY MEAL PLAN



Make the almond cream:

Place the soaked almonds and water in a blender. Turn the blender onto a low - medium speed to break up the nuts and stop when the pieces are starting to form a puree with the water.

Add the coconut oil, agave nectar, vanilla bean seeds, salt and more water if necessary. Turn the blender to high until the mixture is as creamy and smooth as possible. This took a couple minutes for me. Scrape almond cream into a container and chill thoroughly.

For the crumble:

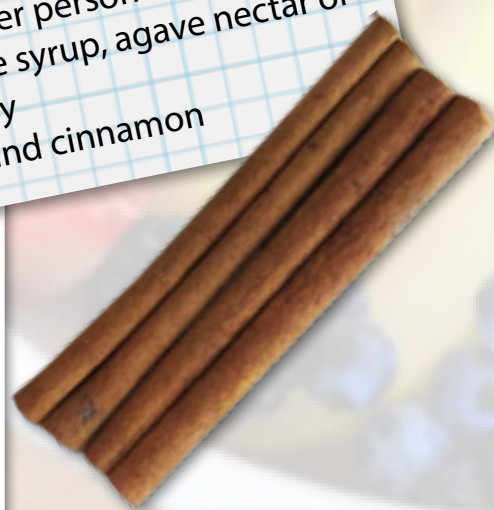
Place all of the ingredients in a food processor and pulse until the nuts become large crumbs and the mix holds together when you pinch it. Set aside or keep in the refrigerator if you're making it ahead. Also, if you press this mix into a pan it's like homemade Larabars! Awesome.

To assemble:

Place sliced/chopped fruit into a bowl and drizzle lightly with maple syrup/ agave/what have you. Sprinkle a teeny bit of cinnamon. Spoon some crumble mix evenly on top of the fruit and put a fat dollop of almond cream on there.

Assembly

1-2 cups of sliced/chopped fruit per person
maple syrup, agave nectar or honey
ground cinnamon





SUNDAY BRUNCH PANCAKES

By Golubka
www.Golubka.com

(For a vegan version, substitute the honey with your sweetener of choice.)

Ingredients:
2 cups cashews – soaked overnight
1/2 cup Irish moss – thoroughly rinsed and soaked in hot water for at least 10 minutes
1 cup water
1/2 cup raw honey
2 tablespoons maca powder
1/4 teaspoon salt
2 tablespoons sprouted pecan butter or other nut butter/oil
2 tablespoons poppy seeds – optional
2 tablespoons ground almonds
3/4 cup ground flax seeds



DIRECTIONS

In a high-speed blender mix together all but the last three ingredients until very smooth. Transfer the mixture to a bowl. Add the ground almonds, poppy and flax seeds, mix thoroughly. Spread to a desired thickness onto teflex-covered dehydrator trays. Dehydrate at 105°F for about six hours, then flip over and dehydrate for another couple of hours until the pancakes are dry enough and ready to be cut into circles. We cut out the circles by using a bowl as a template.

7 DAY MEAL PLAN



YOGURT CREAM



Ingredients:
1/2 cup macadamia nuts - soaked overnight
1/2 cup cashews - soaked overnight
1 tablespoon light agave syrup
1/4 cup water
1 tablespoon vanilla extract
1 tablespoon raw honey
zest of 1 lemon
1 tablespoon freshly squeezed lemon juice
1/4 teaspoon nutritional yeast
pinch of salt
4 tablespoons Bio-K acidophilus
1/2 cup coconut oil
1 tablespoon sunflower lecithin - optional,
really good for you

DIRECTIONS

In a high-speed blender, combine all of the ingredients until smooth and creamy.



HONEY-GLAZED APRICOTS

ASSEMBLY:

Spread the yogurt cream on each pancake, top with fruits of your choice, sprinkle with poppy seeds (optional) and enjoy. You can keep all the components separately, or in the form of a cake, like we did. Either way, it tastes great and holds well.

DIRECTIONS

Slice apricots, drizzle with raw honey mixed with small amount of coconut oil. Dehydrate at 115°F for one to two hours.



LUNCHES

SHREDDED KALE SALAD WITH PECAN PARMESAN AND CRANBERRIES

By Angela Liddon
ohsheglows.com



YIELD: 4 SMALL BOWLS
SOAK TIME: 1 HOUR
PREP TIME: 30 MINUTES
COOK TIME: 10 MINUTES



INGREDIENTS:

FOR THE SALAD AND DRESSING:

- 2 medium bunches de-stemmed lacinato/ dinosaur kale, finely chopped (8 cups chopped)
- 2 large garlic cloves
- 1/4 cup fresh lemon juice (from 1 lemon)
- 3-4 tablespoons extra virgin olive oil, to taste
- 1/4 teaspoon fine grain sea salt
- 1/4 teaspoon freshly ground black pepper
- 1-2 handfuls dried cranberries, for garnish

FOR THE PECAN PARMESAN:

- 1 cup pecan halves
- 1.5 tablespoons nutritional yeast
- 1 tablespoon extra virgin olive oil
- 2 pinches fine grain sea salt



7 DAY MEAL PLAN



DIRECTIONS:

1. Remove the stems from the kale and discard (you can save for smoothies if you are hard core!). Finely chop the kale leaves (the smaller, the better!).

2. Wash the kale and spin dry. Place dried kale into a large bowl.

3. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about one minute to ensure everything is coated perfectly.

4. For the pecan parm: Rinse out the mini processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it's a coarse crumb. Be sure not to over-process – we still want a nice crunchy texture here, not powder.

5. Sprinkle the pecan parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30-60 minutes to soften.

Note:

Instead of a mini processor, you can chop/whisk the dressing and pecan "parmesan" by hand.





RAW BUTTERNUT SQUASH SOUP RECIPE

By Chef Chelly

Photo credit:
Jennifer Dempsey

Prep time: 10 minutes
Total time: 10 minutes
Serves: 4

Ingredients:
2 cups butternut squash, cubed
3 cups water or coconut water
1 cup cashews
2 stalks celery
1/4 teaspoon sea salt
1/4 red onion
1/4 lemon with skin
2 teaspoon cinnamon
1 clove garlic



DIRECTIONS:

Blend until smooth and slightly warm. Add more liquid if needed. Garnish with chopped pistachios and dates and enjoy!



WINTER FRUIT SALAD WITH ORANGE CRANBERRY DRESSING

By Mary Banducci
SweetRoots.blogspot.com

Serves 6

INGREDIENTS:

For the salad:

- 1 pomegranate, seeds extracted
- 1 large apple, chopped
- 1 large pear, chopped
- 3/4 cup pecans
- 1/3 cup currants
- handful fresh flat leaf parsley, chopped

For the dressing:

- 2 teaspoons raw honey (or sweetener of choice)
- 1 teaspoon fresh lemon juice
- 1 teaspoon extra virgin olive oil
- 1 teaspoon balsamic vinegar

DIRECTIONS:

In a large bowl, combine pomegranate seeds, chopped apple, pear, currants, pecans, and parsley. In a small bowl, whisk together honey, lemon juice, olive oil, and balsamic vinegar to create the dressing. Pour the dressing over the fruit salad and toss until well combined. Serve immediately. You can make it up to a few hours ahead of time, but no more than that. It's best fresh.

7 DAY MEAL PLAN



DINNERS

GARDEN PIZZA BASE AND SAUCE

By Tanya Alekseeva
www.BetterRaw.com

Makes Two Pizzas

Essentials you'll need:

1. Dehydrator
2. Food processor
3. Blender
4. Spice/Coffee grinder (unless your flax seeds are already milled)

INGREDIENTS:

CRUST

5 medium carrots
2 cups whole oats
1 1/2 cups flax seeds
2/3 cups water

SAUCE

2 medium tomatoes
1 cup sun-dried tomatoes (*soaked for one hour in warm water and keep that water in case you need to add for a runnier sauce*)
1/8 red onion
1 garlic clove
1 sprig of fresh oregano
1/8 cup raw apple cider vinegar
2 medjool dates

TOPPINGS

6 - 8 collard leaves
Selection of seasonal local veggies
and sprouts



7 DAY MEAL PLAN



CRUST

It is a good idea to prepare the 'dough' the night before so it dehydrates overnight or set the dehydrator in the morning to be ready in time after work.

1. Begin by making oat flour, running your oats through a food processor.
2. Mince carrots finely in a food processor or grate by hand.
3. In a spice/coffee grinder, pulverize your flax seeds (I bought mine ready milled) and combine all the ingredients together until your pizza dough is formed.
4. Let it sit for at least 30 minutes – one hour before forming into pizza crusts.
5. Once the dough has rested, proceed by shaping it onto teflex sheets of your dehydrator, into the classic round pizza crust look. This batch will give you approximately two 10" crusts, but feel free to divide the dough into as many crusts as you prefer.

[Note how the crust goes pretty much to the edges of the dehydrator trays- this is exactly half of the dough and I wanted the base quite thin. If you prefer it chunkier, keep in mind the dehydrating process will be longer.]

6. Dehydrate at 41°C/106°F for one to two hours, peel off the teflex sheets and continue dehydrating for another 8-10 hours (overnight).

TOMATO SAUCE

To make the tomato sauce, simply combine all the ingredients in a high-speed blender and blend until smooth!

TOPPINGS

Pizza assembly is simple and encourages customization! De-stem your collards and cover the entire base of your pizza crusts. Top the collards off with your tomato sauce and your personalized selection of local, seasonal veggies and sprouts. Cut into slices and enjoy!



7 DAY MEAL PLAN



INDIAN CURRY SOUP

Prep Time: 20 minutes

Total Time: 20 minutes

Yield: 4 cups



INGREDIENTS:

- 2 cups chopped zucchini
- 1 cup chopped cucumber
- 1 cup chopped jicama
- 2 stalks celery
- 1/4 cup chopped red or yellow onion
- 2 cloves garlic
- 1 tablespoon peeled and minced ginger
- 1 tablespoon lemon juice
- 1 1/2 teaspoons curry powder
- 1 tablespoon agave nectar, optional
- 1/2 teaspoon sea salt
- 1 cup water
- 2 tablespoons nama shoyu
- 1 - 2 fresh chili peppers, or 1/2 teaspoon cayenne, optional



Note: The jicama in this recipe adds creaminess and a touch of sweetness. If you cannot find jicama you may wish to substitute a 1/2 cup of soaked cashews or macadamia nuts to make up for the rich, creamy texture.

PREPARATION:

Blend everything together on high speed for 20 seconds or until creamy. Serve immediately or store in the fridge in an airtight container.





RAW VEGGIE CHILI WITH TACO NUT MEAT

By Julie West
TheSimpleVeganista.blogspot.com

INGREDIENTS:

3 cups tomatoes (I used roma and grape)
1 small red bell pepper (orange would be great too), diced
1 large celery stalk, diced
1/2 yellow or red onion, diced
1 small zucchini, diced
1 corn off the cob
1 - 2 garlic cloves, minced
cilantro (as much as you like), chopped
1 - 2 teaspoon chili powder, to taste
1 teaspoon cumin
3/4 teaspoon oregano, fresh or dried
1/4 teaspoon sea salt, to taste

DIRECTIONS:

Prepare vegetables and combine all ingredients in large size bowl. Place 1/2 or so of the mix into a food processor and blend until pureed. Return puree to diced vegetables and toss well.

7 DAY MEAL PLAN



NUT MEAT

Ingredients:

1 cup walnuts
1 cup mushrooms
1 tablespoon cumin
2 teaspoons coriander
1 teaspoon tamari, bragg's or nama shoyu, or 1/4 teaspoon sea salt, to taste

Place all ingredients into food processor and pulse until crumbly. You don't want to over blend or it will be a paste.

To serve, place vegetable chili in bowls and top with nut meat adding any additional garnishes you like. Serves four, or two generously. Store leftovers in an airtight container in the refrigerator. Chili will last for five to six days. Nut meat will last up to two to three days, depending on the freshness of the mushrooms. Before eating, let sit at room temperature—it tastes best this way.



7 DAY MEAL PLAN



SPAGHETTI MARINARA WITH “NO MEAT” BALLS



TO MAKE RAW ZUCCHINI NOODLES

Ingredients:

6-8 raw unpeeled zucchinis

Directions:

Cut off the ends of the zucchini and make noodles using a vegetable spiralizer. OR use a simple vegetable peeler to slice fettucini-style noodles

TO MAKE MARINARA PASTA SAUCE

Ingredients:

2 cups chopped heirloom tomatoes (about 3 tomatoes)

1/2 cup sun-dried tomatoes soaked in filtered water for 15 minutes

1/2 cup sweet red bell pepper, roughly chopped

1/2 cup firmly packed fresh chopped basil leaves

1/2 cup cold-pressed extra virgin olive oil

1 tablespoon chopped red onion

1 tablespoon minced fresh garlic

1 tablespoon fresh lemon juice

1 tablespoon fresh pitted chopped dates (about 2) soaked in filtered water for 15 minutes or a few drops of stevia

1/4 teaspoon Celtic sea salt

1/4 teaspoon dried red chilli pepper flakes (optional)

Directions

Place all of the ingredients in your blender and puree until smooth and creamy.

This sauce will thicken while sitting so blend right before serving.



7 DAY MEAL PLAN



TO MAKE “NO MEAT” BALLS:

Ingredients:

1 cup raw walnuts soaked for about 4-6 hours in filtered water
1/4 cup celery, chopped finely (about 1 large rib)
1/4 cup sweet red pepper, finely diced
1/4 cup grated carrot
1/4 cup grated zucchini
1/4 cup chopped fresh flat leaf parsley
1 tablespoon cold-pressed extra virgin olive oil
1 tablespoon chopped pitted dates
1 tablespoon sun-dried tomatoes
2 tablespoons finely minced fresh garlic
1 teaspoon finely chopped red onion
1 teaspoon freshly squeezed lemon juice
1/4 teaspoon Celtic sea salt

Directions:

Place all of the ingredients in your food processor and pulse until well combined.

Scrape the sides of the carriage to get an even mix and pulse again.

Season to taste.

Form into small balls.

Makes about 20 small quarter-sized balls. You can serve them completely raw like this, or dehydrate the balls for about 8 - 12 hours for a firm, more concentrated flavor that more resembles traditional meatballs.

To Serve:

Mix the marinara sauce with the zucchini noodles until well combined.

Place in mounds on center of the plate.

Surround each pasta mound with about four meat balls.

Sprinkle each plate with freshly cut basil leaves.



7 DAY MEAL PLAN



NO COOK FUDGE

By Kate Taylor
www.CookieandKate.com

Prep time: 5 minutes
Cook time: 10 minutes
Total time: 15 minutes

The easiest, healthiest fudge you'll ever make! No thermometer, marshmallow fluff or corn syrup required. It's vegan and raw, too.



Ingredients:
1/2 cup coconut butter*
1 tablespoon raw peanut butter
(or your favorite nut butter)
2 small ripe bananas, cut into
one-inch chunks
1/4 cup raw cacao powder
3 tablespoons agave nectar
1 teaspoon vanilla extract
1/4 teaspoon cinnamon
a pinch of sea salt



DIRECTIONS:

Combine all ingredients in a food processor until smooth, roughly five minutes or so. Use a spatula to pour the mixture into a flat, sealable container.

Place the container in the freezer. The fudge needs to be super cold in order to retain its shape, so I find that it's best to store the fudge in the freezer. If you store it in the fridge, it will have a semi-solid mousse-like texture.

This fudge keeps well in the freezer for a surprisingly long time, upwards of a week. Try not to slice it until you're ready to eat a piece.

*To make your own coconut butter, pulse eight ounces of shredded, unsweetened coconut in a food processor until smooth, which will take 8 to 12 minutes. Please note that eight ounces of coconut will yield one cup of coconut butter, which is twice what you need for the recipe. I recommend eight ounces because I have not had any luck making smaller batches in my food processor; too many flakes stick to the side. Perhaps a very smaller food processor could do the job. If you make eight ounces' worth, you can save 1/2 cup of coconut butter for later or you can double the batch and toss twice the remaining ingredients into the food processor after making the coconut butter. Just pour the mixture into a bigger container and refrigerate/freeze as directed.

7 DAY MEAL PLAN



DESSERTS

PUMPKIN SPICE DONUT HOLES

By Averie Sunshine
www.AverieCooks.com

Photo credit: Amy <http://foodsforthesoul.net/2013/09/pumpkin-cookie-dough-bites/>

Five-minute Recipe
Recipe Yields 14 Balls

Ingredients

1/2 cup flax seeds

Grind well, then add the rest of the ingredients.

2 tablespoons pumpkin puree
2 tablespoons maple syrup (or agave/raw honey to preserve true raw status)
1 teaspoon pumpkin pie spice (or a blend of cinnamon, nutmeg, cardamom, and clove)
1 tablespoon coconut oil (Note: You may have to go a little over or a little under this amount. Your batter may appear a little crumbly in the blender or food processor and that's OKAY; so, be careful not to overdo it with the oil or you will suffer a bad case of Sloppy Balls.)



Other Fun Optional Tweaks:

Double the recipe to share with others. I like to make dessert recipes that don't make a ridiculous quantity so you're not tempted to eat the whole thing in a sitting! But also, smaller batches are nice because that way you get to try it, but then move onto something new and different. I need variety in my dessert life, I tell ya!

Dip in maple syrup or drizzle with raw honey.

For the coconut fiends, roll in coconut flakes.

Roll or dust with cocoa or carob powder for chocolaty donut holes.

****Or, don't make balls at all. Make four Raw Vegan Pumpkin Spice Pancakes and drizzle with maple syrup, honey or garnish with fresh fruit. Yummy fall breakfast!**

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