

GINGERSNAPS ★ CUPCAKES ★ APPETIZERS

INSIDE:

The Upside to
Worrying

Raw Food Magazine

Issue 20 • November/December 2015

Holiday
RECIPES

Easy, Edible
Centerpieces!

Shopping
**PERFECT
GIFTS**
Guide

Best-Ever Casseroles
Celebration Sweets
Festive Cocktails

25
**Feast
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**How to
Get a
Whiter
Smile**
(in 7 days)

crazy cute

Christmas Cookies

Sharing the Gift of Raw Food This Season
with the U.K.'s Leading Raw Chef, Russell James



Contributors



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[RealFoodsWitch](#)



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[BeautifulOnRaw](#)



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[NouveauRaw](#)



Samantha Turnbull

Creator of popular blog, It Doesn't Taste Like Chicken, Sam is a vegan chef and strong believer that any recipe can be made vegan and taste even better than the original!

[ItDoesntTasteLikeChicken](#)

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ORGANIC

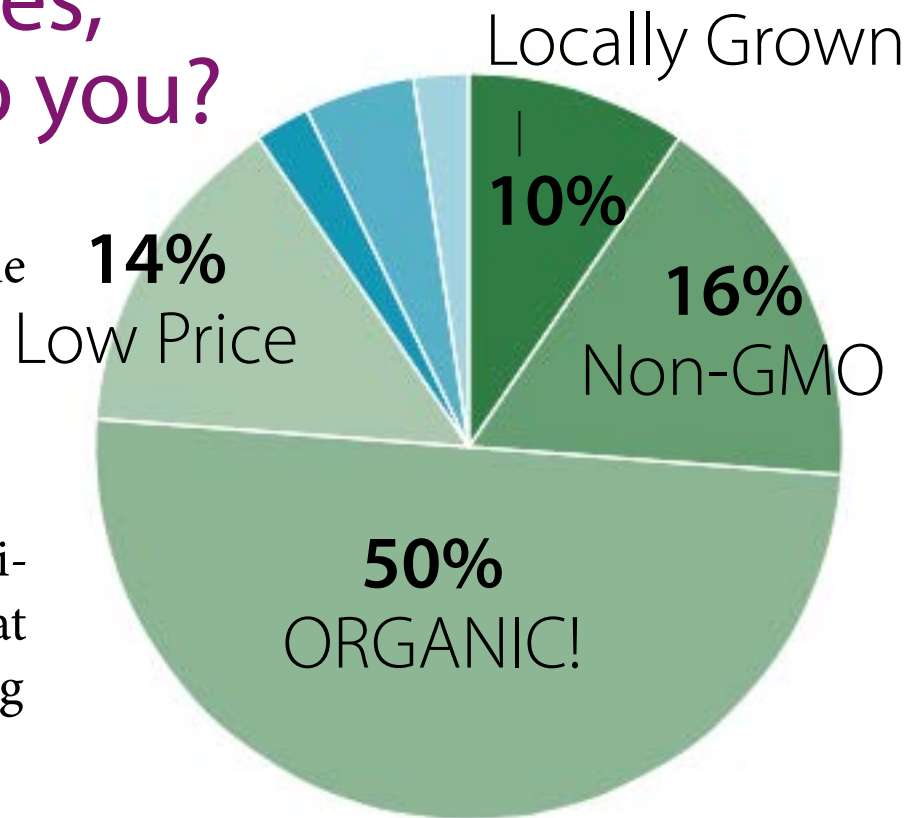
Last issue we asked:

**When you shop for groceries,
what is MOST important to you?**

Now, we always knew our readers were some of the most educated, empowered and caring people on the planet (seriously, this community is top-notch!), but this poll made us especially proud.

In light of the Environmental Working Group's annual "Dirty Dozen" report, revealing the toxicity of traditionally-grown plant foods, we love that so many of you know the importance of choosing organic produce.

Budgets are important (we have them, too), but when you can, buy organic!



If you could wave a magic wand, what would you MOST want to FEEL more of on a daily basis?

- ☐ Relaxed
- ☐ Energetic
- ☐ Clear
- ☐ Happy
- ☐ Confident
- ☐ Focused
- ☐ Other:

Vote

What are you most GRATEFUL for in your life right now?

- ☐ Amazing friends
- ☐ My wonderful family
- ☐ A job I love
- ☐ Time for my hobbies
- ☐ My home
- ☐ Having a healthy body
- ☐ The place I live
- ☐ My faith
- ☐ Other:

Vote

Readers Talk

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



This issue was just what I needed!
Now I take mason jar salads to my
office everyday and coworkers are
demanding extra dressing. Loved
the salad dressings by mood :)

*Sylvie,
New
Zealand*



My wife did all
the cooking around our house
when she was alive; and, boy, she
was good at it. My kids keep telling
me I need a new hobby and my
daughter-in-law does raw foods..so
I tried some of your recipes... they
are so easy even I can't mess them
up..now I'm on a roll, thanks. Wish
Garnet could taste this stuff.

George, USA

I want more recipes! More more
more! Can't get enough!
Marney Kate, New York

Made *dessert* for
breakfast. I'm hooked.
All energy, no crash.
Spencer, Minnesota

My friends think I'm weird until
they taste these recipes.
Makela, California

Click this bar to send us a line. We read every email!



The 10 Most Vegetarian Cities in the USA

With the increasing popularity of plant-based diet, it is no “mission impossible” to treat yourself a guilt-free, meat-free meal at any restaurant menu. However, that could mean to eat nothing but fries at McDonalds or watching your friends chow down on their steak while you’re eating a “legitimately vegetarian/vegan” dish only because they do not put any meat or fish inside. But as things are getting better for us plant-eaters, the scene has been changing slowly. You don’t need to label yourself as a vegetarian to enjoy a dinner free of meat and the number of vegetarian dishes ordered is getting higher day by day.

From analyzing the numbers of its national food delivery database, GrubHub has listed the cities that order vegetarian dishes most frequently based on orders across 100 markets over the past 365 days. And by determining the percentage of orders per city containing a vegetarian or vegan dish while comparing to the national average, what we have here is the list of the most veggielicious cities in the US. Prepare to be surprised (or maybe not) to find out which city is taking the lead in this healthy trend.

At the bottom of the list is Boulder, Colorado, America’s most educated city. A little higher up are Ann Arbor in Michigan, and Austin, Texas (who said Texas is all smoked meat?) and three cities from the state of Washington: Seattle, Tacoma and Bellevue.

Los Angeles, Long Beach, and Anaheim in California park at number six in the list, which is no surprise considering the fact that many celebrity residents pass on the pork in favor of animal-friendly and physique-friendly foods.

Skipping from San Jose, Sunnyvale and Santa Clara at number five on the list, let’s head straight to New York with Ithaca as our fourth most vegetarian city, while San Francisco claims its position at number three. Sliding in at second place, a suitable choice, is a city that has been hosting an annual vegetarian festival, Charlottesville, Virginia.

Finally, you might be surprised to find out that a city in the American South tops GrubHub’s list as the most veggielicious city in the whole country. Who would have thought that you could find a plethora of meat-free food lovers in the down n’ dirty? People from Durham and Chapel Hill, North Carolina, were 305 percent more likely to order off the vegetarian menu than the national average, which puts them on the map as GrubHub’s top vegetarian city in the USA.

Since this list is based on GrubHub data rather than a thorough national average, don’t be too peeved it omits certain veg-friendly cities like Portland, Seattle, Richmond and Chicago (which all made PETA’s top vegan-friendly cities list). If you’re living in a vegan-friendly city and it’s not on this list, well, good for you.



Police Raid Farm Looking For Weed, Instead Seize Organic Veggies

What do you expect to find at an organic farm? Organic fruits and vegetables, obviously. This is not exactly what the police department of Arlington had in mind when they raided Garden of Eden, a small organic farm in Texas, in hopes of finding illegal marijuana plants. The irony is that instead of seizing cannabis, they ended up unearthing healthy organic fruit and vegetable crops instead!

Entering with a search warrant for marijuana, police were not exactly empty-handed after a 10-hour search, though they didn't find what they were looking for. Officers seized quite the harvest in their surprise raid, ending up with 17 blackberry bushes, 15 okra plants, 14 tomatillo plants, native grasses, and sunflowers.

This owners of Garden of Eden believe the police raid might have to do with code violations rather than marijuana concerns. Weeks before the raid happened, the farm had been cited for petty violations such as grass being too tall and bushes planted too close to the street.

These violations were issued after neighbors expressed concern about the condition of the farm and how it might affect property values in the neighborhood. Speaking about violation, it is certainly amusing that the police did not produce a warrant until two hours after the raid began, during which time several people were briefly cuffed before being released to tend their garden—or what's left of their garden—after nearly 40 plants were uprooted by police!

We can only conclude that the Arlington police department is interested in establishing their own organic garden and sent a SWAT team to the local farm to confiscate starter plants. If this is the case, we wish them luck. Otherwise, be advised to trim your grass to community standards so your organic tomatillos don't end up as police booty.



Ricky Gervais's Tweet Saves 100s Of Dogs

Social media is all the rage these days. Some love to use it for fun and entertainment, others to keep in touch, and still more to elevate their businesses.

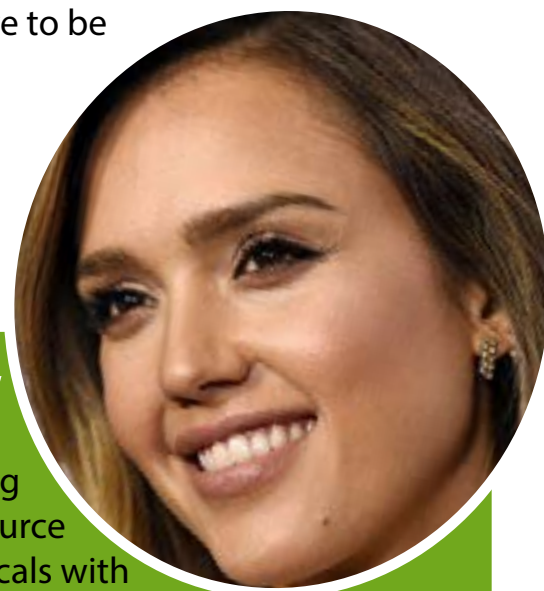
Each social platform has it's own intended use, but for Ricky Gervais, social media is meant for helping. Recently, Ricky sent a tweet on Twitter that resulted in saving hundreds of shelter dogs from starving.

Before his tweet, the situation was bad. 680 dogs arrived at a public shelter in Odai, Romania, and the shelter lacked food, bedding or even water bowls enough to accommodate them. Help was needed. Fast.

K-9 Angels, a London-based partner rescue, created a fundraising page to collect enough donations to "ease the emergency situation at the shelter." After several days they were nowhere near their goal of £30,000, with donations slowly creeping up to £4,000. While that money was enough to feed the new furry residents for about two months, they still lacked basic supplies, vaccination or labor costs needed to care for the animals.

That's where Ricky stepped in and shared a tweet on his Twitter feed, calling out for help and donations to this Romanian shelter. K-9 Angels founder Victoria Eisermann shared: "We have so far raised £18,909. Before Ricky retweeted we had only raised £4,000 so it just goes to show the power that animal loving celebs have. We are very grateful." To show their gratitude, the group called our comedian "an angel" for sharing their fundraiser page on Twitter and Facebook and even named one of the young puppies "Ricky."

With their goal reached just recently, the dogs are now starting to recover and getting the care they need before they can find new homes. Sometimes a small tweet goes a long way, (especially if you're Ricky Gervais). However, you really don't have to be a celebrity to make a positive impact on the world through social media. So go share what you love and support!



Jessica Alba Debates Tampon Safety

You probably know Jessica Alba as the actress who often tops the chart as The Most Beautiful Woman on Earth, but you may not know that she's a successful entrepreneur who co-founded The Honest Company, a company that creates and promotes non-toxic household products.

Founded in 2011, The Honest Co. exploded from a startup to a \$1 billion brand and expanded the marketplace for ethical consumerism. Recently, the grand debut of their new organic feminine hygiene products stirred up a heated debate about the issue of tampon safety.

Conventional tampons are generally considered completely safe. However, substances absorbed through the vaginal wall will pass straight into the bloodstream. This means if there are contaminants or chemicals in tampons, the user's body will also absorb them.

Tampons are generally made from cotton, rayon or blends

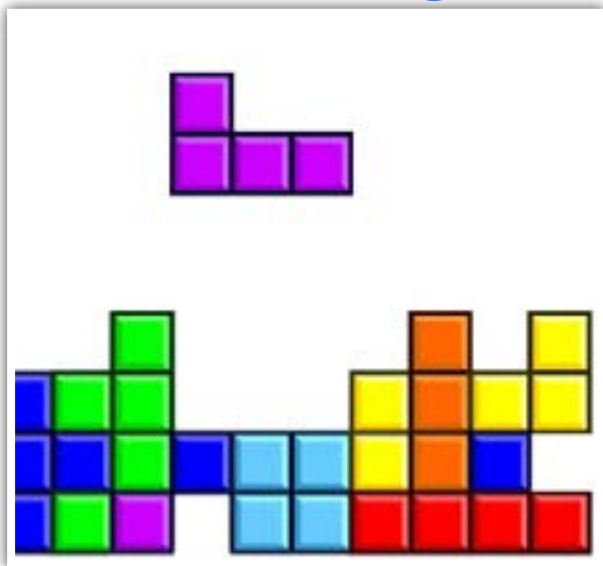
which go through a bleaching method that is a potential source of dioxins. Dioxins are chemicals with a structure similar to sex hormones and they can copy the effects of those hormones, causing or exacerbating sex-related health issues with exposure.

For a multi-billion dollar industry, little research has been done on the safety of conventional tampons. Even though tampon use brings women into direct dioxin exposure for many years of their lives, most studies on dioxin exposure were completed on men! Finally, this year, the Robin Danielson Feminine Hygiene Product Safety Act of 2015 was passed to support research on long-term impacts of using conventional tampons and other products.

Until we know for sure the long-term effects of conventional feminine hygiene products, we are grateful to Jessica Alba for bringing a certified non-toxic alternative to the marketplace.

Research Round

Play Tetris, Lose Weight



If you think playing video game is a waste of time, think again.

Especially for those who struggle with food cravings and other addictions, there is one game that can help you fight your unhealthy habits (plus, it's super simple and fun!). You probably played this game as a kid and maybe now is the right time for a flashback. Tetris, welcome back!

Research has shown that our cravings and addictions are directly related to our brain activity. Certain areas like the hippocampus, insula, and caudate are activated during cravings. Blocking opiate receptors in these regions of the brain effectively "cools down" the cravings to help combat food addiction.

So, if you're into playing games on your mobile device, Tetris is a game worth downloading. A new study has been done by monitoring levels of cravings in participants and has them play Tetris at random times throughout the day. Researchers also examined 31 undergraduate students from 18 to 27, who were prompted seven times a day by a text message

to report cravings they were feeling. Fifteen of them were told to play Tetris for three minutes before reporting their craving levels again. Not only did Tetris interfere with the participant's desires for food, but it also helped interfere with other addictions involving drugs, alcohol, coffee etc.

Researchers believe that playing Tetris activates certain regions of the brain that interfere with the brain's ability to focus on the unhealthy cravings. With just three minutes of playing Tetris, your cravings can be weakened by one-fifth! Furthermore, the effect did not appear to wear off even when you play the game on an average of 40 times.

Next time you are about to eat something unhealthy, take a three minute break to play Tetris and then see how you feel. We suspect interrupting your unhealthy habits with a different game or activity may have similar results.

Though playing Tetris may not be the ultimate solution to your problem, it is pretty darn fun.

Are you a worrier? You may be a creative genius.

Have you ever been called a worrier? Or told that you "think too much"? Or that you are indecisive?

Well, before you start getting down on yourself, read on. Being an overthinker

is not as bad as you think.

New research suggests people who worry, "over-think" things and waffle on decisions may have these traits because their minds are incredibly developed and creative.

Researchers at King's College in London found a connection between anxiety and a strong imagination. According to Dr. Adam Perkins, an expert in Neurobiology of Personality: "...if you happen to have a preponderance of negatively hued self-generated thoughts....you also have a tendency to switch to panic sooner than average people..." and therefore, experience intense negative emotions even when there's no threat present. In order to do this, a highly active imagination "which acts as a built-in threat generator" is needed.

If you look further into the history of invention, it makes sense how worry is a critical factor leading to new inventions. Many of our greatest breakthroughs were fueled by worries such as nuclear power (worry over energy), weapons (fear of invasion) and medical achievement (anxiety about death and illness).

Vivid imaginations have clearly benefited us in more ways than we can imagine. Again, Dr. Perkins says: "We have a useful sanity check for our theory because it is easy to observe



Research Round

that many geniuses seem to have a brooding, unhappy tendency that hints they are fairly high on the neuroticism spectrum. For example, think of the life stories of Isaac Newton, Charles Darwin, Vincent Van Gogh, Kurt Cobain, etc. Perhaps the link between creativity and neuroticism was summed up most succinctly of all by John Lennon when he said: 'Genius is pain.'

The 5 Seconds Rule: Debunked

To eat it or not to eat it: the debate that has gone on for as long as anyone can remember about putting food that has fallen on the floor into your mouth.

Does the 5-seconds rule really protect you and your food from dirt and germs on the floor? Or is it just another urban food myth that might cause harm to your health? A new study done by Paul Dawson, Professor of Food Science at Clemson University investigates this popular "rule."

The 5-seconds rule is widely called into effect when you drop something tasty on the floor. Supposedly, as long as you pick up the dropped food within five seconds, it is still edible and many people believe that this swiftness saves their snack from contamination by dirt or bacteria.

Is five seconds on the floor really all it takes to prevent an edible morsel from becoming a food poisoning case? It turns out the determining

factor is not the time your food lays on the floor, but the cleanliness and type of surface on which it fell.



The earliest research on the five-second rule can be traced back to Jillian Clarke, a high school student with a research apprenticeship at the University of Illinois.

After placing food on inoculated floor tiles with bacteria for varying times, it was reported that bacteria were transferred from the tile to food just within five seconds but didn't report the specific amount of bacteria that made it from the tile to the food.

Professor Dawson aimed to clarify this in his lab research by testing whether or not the length of time in contact with a contaminated surface actually affects the rate of transfer of bacteria to food.

In Dawson's study, food was placed on inoculated squares of tile, carpet or wood (contaminated with Salmonella) for periods of five, 30 or 60 seconds.

Then, researchers measured the amount of bacteria transferred to the food. The exact protocol was repeated after the bacteria had been on the surface for two, four, eight

and 24 hours. After the results came out, it was clear that the amount of bacteria transferred to the food didn't have anything to do with how long the food was in contact with the contaminated surface – be it 5 seconds or 5 hours.

What really matters is the overall amount of bacteria on the surface, which decreased over time after the initial inoculation. Obviously, the amount of bacteria on your floor counts more than the time your food comes in contact with that surface. The researchers also discovered that the type of surface made a difference as well.

Carpets seem to be a safer place for food to drop. When inoculated with Salmonella, less than 1% of the bacteria were transferred from carpet to food. But, with tile or wood, 48%-70% of bacteria made it to the food.

You may want to re-brand the 5-Seconds Rule as the Carpet Rule, though we still don't advise eating food off of the floor, regardless of the surface.

Be smart, use your common sense and learn from research that supports that the best thing to keep yourself from food poisoning is to keep it clean. Keep everything clean: your hands, utensils, and your floor!





21 DAY **Raw Food Reset**

Kickstart Your Weight Loss and Heal Your Body

Join us as we kickstart 2016 with an easy, healthy and delicious 21-day raw food detox.

For the past 8 months we have worked with Adam Graham, author of *The Complete Idiots Guide To Raw Food Detox*, top certified nutritionists, and TWO rounds of beta testers to create this one-of-a-kind program.

Though we ended up spending double the time and money to create this cleanse (we wanted it to be perfect!), it's finally ready to share with you!

Enter your email below to get first access and special “early bird” pricing when the Raw Food Reset opens.

Join The Early Bird List

How to **Stay Healthy & Happy** During The Holidays



The Holidays have a funny effect on people and food. Many foodies begin anticipating the joys of holiday feasting at the first sign of fall. A time of indulgence, decadence and rich, warming recipes. They buy up lots of pumpkin, squash, sweet potatoes and spices, stay on the lookout for outrageously yummy recipes and start planning potluck dinners.

Then, there's the nutritionistas and fitness fanatics who notice the tickle of anxiety as the leaves change colors. Americans, on average, gain 5 or more pounds between November 26 and January 1st. The thought of festive tables filled with all manner of treats and temptations can be downright terrifying for some people, those wanting to keep fit while knowing their willpower will falter.

Holiday food traditions bring us face-to-face with two critical health challenges. First, the larger portion sizes,

diminished activity levels due to reduced sunlight and weather changes, and gravitation towards rich, processed and calorie-dense foods this time of year **does** take a toll on our bodies. Secondly, the shame many people feel when they indulge, disappointment from failing to reach 2015's goals, and self-consciousness related to expanding waistlines OR contrarily saying 'no' when everyone else is saying 'yes' takes a toll on our psychological well being.

At a time of year meant for celebration, community and thanksgiving, many of our traditions don't really set us up for success. So, we reached out and asked some of the top voices in the raw food movement for their two cents and how they approach the holidays. Below are the top five tips they all agree on, and some direct messages from chefs, authors and teachers who inspire us.

Set yourself up for success this season and enjoy your holidays!



De-stress and Connect

Feeling stressed, rushed or fatigued? Don't approach the buffet table just yet. Focus first on connection—connecting with other people nourishes in a way food cannot, and can reduce the pull of emotional eating. Make it a point to have one conversation with someone at a holiday gathering before reaching for an hor d'oeuvre. After all, while food might be the focal point, the purpose of meals and holidays is bringing people together.

Use The Dessert Plate

Yes. Use the dessert plate. Use it for everything! A giant plate becomes giant portions. A tiny plate means there is only enough room for a dabble of every dish. This is not about deprivation, mind you. But, most of us tend to ingest far more food than we actually need to thrive. As a bonus, filling a small plate makes your friends and relatives more comfortable, too. Often when someone sees their friend with almost nothing on their plate, they suddenly feel self-conscious about their own heaping portions. Without all that extra white space on your platter, your relatives can stay focused on what you're saying, instead of what you are—or are not—eating.



Eat a Rainbow Breakfast

Okay, okay, so you've heard how important breakfast is a million times. Well, some things are repeated all the time because people just





like saying it, and other advice is toted again and again because it is true. This one's true. Some people tend to restrict their diets when they know a big feast is coming up. Don't do this! Instead celebrate the start of each day with an abundant, colorful, raw food breakfast! Kickstarting your day with a giant green smoothie not only feels great and gives your body a huge boost of nutrition, but it means you are more likely to choose body and soul serving foods the rest of the day. And, even if you don't, at least you did something kind to your body first thing.

Reinvent Your Cup of Christmas Cheer

Water is pretty amazing stuff. Your cells need it for absolutely every process, adequate hydration curbs your



appetite, and good ole H2O helps regulate the metabolism and flush out toxins released into the bloodstream. Everyone knows it's great to drink water, still many people complain that it's 'boring.' We know it can be a whole lot more fun to sip on pumpkin spice lattes, red wine and creative cocktails with your friends. But, not only are these beverages generally full of unhelpful ingredients, they are high in calories and devoid of fiber which makes them lethal to your weight loss goals. Luckily, there are some pretty extravagantly delicious raw vegan ways to hype up your beverage for a veritably healthy cup of Christmas Cheer. In fact, we included some of our favorite recipes in this issue. Just make sure you make extra, as your friends will want to try some!

Have Fun and Get Physical

Whether you love it or not, some of the world's most popular holidays focus on food. Society has even branded some of tradition's favorites like "Christmas Cookies" and "Thanksgiving Turkey." Hanukkah has Latkes and Kwanzaa boasts its West African stews. Well, I love great (raw vegan) food as much as the next person, but to really stay balanced, healthy and happy during the holidays, you'll need some fun physical traditions as well. Maybe it's running in the annual Thanksgiving Turkey Trot, or coming up with a Santa Skit to walk around and perform for the neighbors, or a New Year's Eve afternoon in the park, or a whole-family relay race. Holiday feasts are healthier when paired with a festive and fun physical tradition to follow.



RFM Contributors Share Their Holiday Food Philosophies



Amie Sue Oldfather
Nouveau Raw

This topic is dear to my heart. I am all too familiar with being in these tough situations and I want the best for others.

My food mindset during the holidays is the same as the rest of the year. I believe it's all about honoring my body everyday, regardless if a holiday or special occasion is attached to it.

By having a separate set of rules, I feel that we set ourselves up for failure. It's challenging enough to stay focused on self-love through what I put in my body, that if I were to change the way I approach food during one part of the year... well, it would make it all that much more difficult.

To me, it's not about having a "food label", it's all about learning how to listen to the body. We are ALL far too unique to be eating the exact same way; genetics, current health status, where we live, the time of year, you name it... there are many factors that go into how a person eats.

Regardless of how a person eats, "planning to cheat" could cause a host of issues for a person. Once the "cheat" is over (though it often feels good at the time), a person tends to look back, with that last swallow, and feel as though they failed themselves. This isn't healthy for anyone mentally or emotionally. Cheat foods could equate to foods that typically make a person feel sick, bloated, headachy, etc. Surely, we don't want to inflict this upon ourselves when we are to be enjoying those around us and all that the holidays represent!

My best advice, however a person eats, is to keep a steady course. If you want treats, learn to make them healthy and according to what will make your body feel vibrant and alive! :)

And should you "slip" and eat something you normally don't or something that made you feel ill.... well, what's done is done. There is no sense in beating oneself up over it. The main thing is not to allow it to give you the mentality of, "Well, I blew it! I might as well let go and really dig in... tomorrow I will cleanse." I think we have all been there and said something like that.

I realize some of what I shared above takes some willpower. It's a muscle that has to be exercised if you are wanting to make long life changes. I understand how difficult it can be when you are surrounded with buffet tables loaded with SAD (standard American diet) foods. For those times, bring your own platter, whether you are required to or not. Make enough for yourself and others. By sharing your healthier foods, you will help others in feeling better when partaking of your treats! Be prepared to share your recipe. :)



Jenna Davila
Live Pure Blog

I get so excited as the holiday season approaches!

I hold dear to my heart all the precious quality time I get to spend with family and friends.

Since food is such a huge component to celebrating the holidays, it is the perfect opportunity to share my love and passion of living, raw foods. I make appetizers, main dishes and desserts!

When others can experience healthy and flavorful dishes, it helps them look at food from a different perspective. Food is meant to nourish us!

Feeling tired, bloated or weighed down after a meal doesn't have to be an issue after the holidays because living plants raise our vibration through their natural life force energy.

I love being a bright light in the world and by leading by example to help those ready to take a journey towards health and healing. surrounded with buffet tables loaded with SAD (standard American diet) foods.

For those times, bring your own platter, whether you are required to or not. Make enough for yourself and others. By sharing your healthier foods, you will help others in feeling better when partaking of your treats! Be prepared to share your recipe.



2015 Holiday Gift Guide



'Tis the season of giving and receiving—also of joy, love, family, cozy jackets, poinsettias, singing songs, delicious raw hot cocoa and so many other delightful things. Here is our rundown of some of our favorite health-conscious gift ideas for your loved ones—or yourself!—this year.

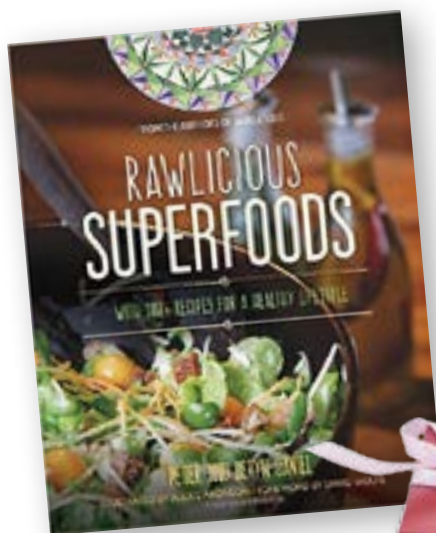
TIS THE SEASON FOR READIN'

We love our books and we love to give them away—cook books, textbooks, and just-for-fun books!

Snack Smarter

eBook by Karolina Eleonora

This radiantly beautiful eBook came out this year from Karolina at the Raw Dessert Kitchen. Her raw dessert pizza graced the cover of our very first issue, and since then, she has crafted the most beautiful, delicious, and healthy snacks that raw foodies, vegans, and even the average duck will drool over.



Rawlicious SuperFoods

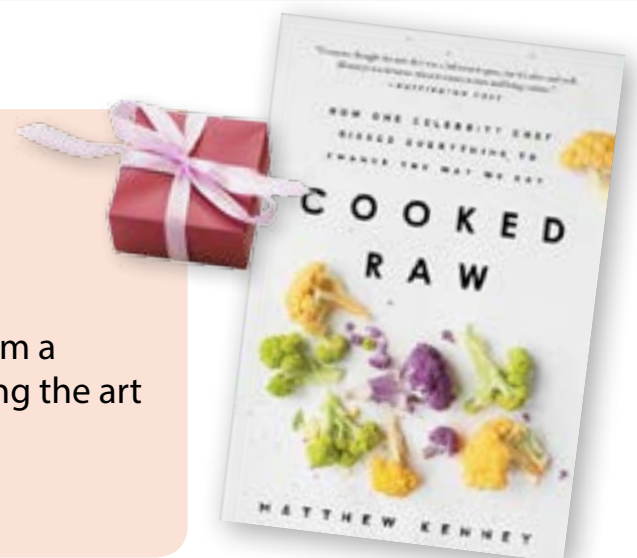
by Peter and Beryn Daniel

Part education, part recipes, this whimsically designed book is brought to you by the founders of the raw food movement in South Africa. With a foreword by David Wolf and exotic lessons on everything from cacao to camu camu, your mind will enjoy this book as much as your taste buds.

Cooked Raw

by Matthew Kenney

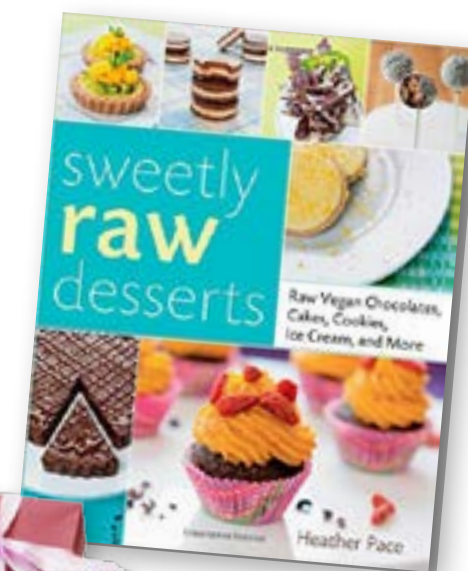
Matthew is one of our favorite Chef Spotlights from the past few years, and in this entertaining memoir he shares the challenges, triumphs and courage of going from a mainstream New York celebrity chef to standing up for healthy food and pioneering the art of gourmet plant-based cuisine.





SweetlyRaw Dessert Cookbook **by Heather Pace**

One of our dear and adorable contributing chefs, Heather from SweetlyRaw.com published perhaps our favorite raw food recipe book of the year. *Sweetly Raw Desserts* is a necessary addition to the health-conscious kitchen, full of raw vegan chocolates, cakes, cookies, ice cream and more.



Raw Food 4 Kids **by Sarah J. Quinney**

Sarah, or “the raw food mum” as she’s more tenderly known, is a leading resource and advocate for feeding children healthy, real food—and her new book makes it easier and more fun than ever! If you know any healthy moms, this book is a great addition for their shelf this holiday season.



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<http://www.rawfoodmagazine.com/raw-food-magazine-gift-program/>



HEALTHY & FUN STOCKING STUFFERS

Gift cards are great, but these fun additions are a hoot to unwrap and enjoy. We included things that smell, taste, and feel good, as well as other random goodies.

GoRaw Raw Chocolates

Regular and orange (also comes in raw mint chocolate) Chocolates in your stocking are always a wonderful surprise. But, the rich, melt-in-your mouth raw chocolates by GoRaw take it up a notch. Many of the raw chocolates we try end up tasting just a little bit like chalk. Not these. We will be buying some for our friends and family, and more for ourselves!





Two Moms in the Raw Cranberry Crush Granola Bars

Okay, it's no mystery that we love Two Moms in the Raw. They use the best ingredients, craft everything with love and are always creating new interesting raw takes on crackers, truffles, granola and more. We can hardly keep up! Their newest flavor of raw granola bars—the Cranberry Crush—just came out and we love the spunky flavor for the holidays. These are yummy, filling, and packed with nutrition. What more could we ask for?



TRUElicious Raw Food Bars

They may not taste like chocolate brownies, but they're delicious and are absolutely stuffed with the finest quality ingredients available.

<http://www.truelicious.com>

Ello Raw Cinnamon Sugar Donut Holes

Becky Holmes is a woman with a mission to make real food available to all. She crafts these simple and super tasty raw vegan energy bites by hand in Raleigh, NC.



Serenity Essential Oil

Essential oils have so many applications—medicinal, stress-reduction, weight-loss support, skin care—that they make our heads spin. We love them though, and a good essential oil is a definite crowd pleaser during the holidays. DoTerra since is certified Pure Therapeutic Grade, and we trust their quality. The Serenity Blend relaxes the mind and body, supporting healthy sleep with its soft blend of lavender, chamomile, ylang ylang, sandalwood and vanilla. We also enjoy the Balance Blend this time of year, with its warm calming aromas of spruce, frankincense and blue tansy.



Desert Essence Spicy Vanilla Chai Hand & Body Creme

Seeing aisles stuffed with every scent and style of body lotion, hand cream and other smelly, goopy concoction can be overwhelming. To help cut through the clutter, we chose the Spicy Vanilla Chai lotion by Desert Essence. Why? It's certified organic, cruelty-free, and smells like a dream. This hand cream is one of our very favorites; it hydrates with just a little dab and fills our heart with yummy scented smiles.



Personalized Mason Jars

More homes and even restaurants are choosing glass to store food and drinks because of the bountiful health benefits. We love the idea of giving personalized mason jars to our friends this Christmas. Glass with a Twist makes it easy with their online design tool, and offers both classic and handled mason jars. The bonus? Unlike most customizable containers, you don't have to order in bulk; you can order only one, and either keep it for yourself or give it away. Personalize with your giftee's name or brainstorm a catchy smoothie slogan to add to their present.

Darn Tough Vegan Socks

Many of us likely have memories for receiving socks for Christmas every single year; as anticlimactic a gift as it was, it's nice to have this classic gift to count on and look forward to every year. Socks mean warm feet in the winter, and it may mean a whole 12 months without having to buy a pair for yourself—and with a few pairs of Darn Tough socks, you can go your whole life without buying more! These socks are brilliant. Made in Vermont by a company that does nothing but socks, these come with an unparalleled full lifetime warranty. Try to wear these things out. I dare you.



Glass Smoothie Straws

Last year, we included ecoJarz mason jar lids among our fun gift ideas. We still love and use ours, but now we've added the perfect lid accessory! Glass straws are not only healthier (they don't leach harmful chemicals like cheap plastic straws), but they also look fabulous and make any drink taste better. Our favorite is the adorable sea turtle straw from Hummingbird Straws. It's eco-friendly, super durable, and safe for kids—and they always ship for free. You can also go with the Strawesome Funky Family Set; Strawesome is a completely green, family-owned and operated company that crafts these fun straws in Michigan, but ships them worldwide.



BEST GIFTS FOR THE HEALTH-CONSCIOUS KITCHEN

Healthy food goes deeper than just the produce you buy; the tools and surfaces on which you prepare it are also important. These gift ideas are perfect for any health conscious foodie, raw or not.

Bamboo Cutting Board

We featured a bamboo cutting board on last year's list, too, and here's why we still recommend it: plastic cutting boards are known to leach toxic particles into your food; wood cutting boards can be great, but sharp knives often groove them easily, and they can prove difficult to properly sanitize. Bamboo is actually a super tough grass that holds up better than wood and doesn't have any sketchy chemicals. We like the large cutting board by Bambu Home because it is made with 100 percent locally-sourced bamboo with formaldehyde-free glue. Go forth and chop your veggies in peace!



Cast Iron Pan

Yes, we're promoting a *cooking device*, and here's why: we know raw food is all about not cooking, and we still stand by this as the healthiest way to eat food—but, we also know that few people eat 100 percent raw all the time, particularly in the winter. Raw foodies also often have spouses, children, family and friends who choose to eat primarily cooked foods. We care about you and your families' health, even when you choose to cook! Unfortunately, almost all pots and pans leach dangerous substances into your food when you cook with them. We revisit this issue each year and still conclude that high-quality cast iron is the absolute safest material. Le Creuset—the gold standard when it comes to enameled cast iron—is pricey but absolutely ideal and comes with a 99-year warranty.



Farmbox Direct Organic Produce Box

Organic food delivered to your door? What better present could a health nut ask for? We have decided to give everyone at *Raw Food Magazine* the gift of a Medium Organic Box from Farmbox Direct this year. If you know anyone who would do a happy dance to receive fresh organic produce each month all winter, give them the gift of Farmbox Direct this year!



4 Easy, Festive and (mostly) Edible *Holiday Centerpieces*

By Tanya Norman



Playing host during the holidays can be lots of work, but it doesn't need to be. While food often steals the show during holiday parties, it's the table centerpiece that sets the tone for what's to come.

A fabulous, fun and entertaining centerpiece can wow your guests and spike anticipation, especially if you are serving some non-traditional foods. Edible centerpieces add another bonus, serving as both entertainment and an appetizer. Want to keep guests chatting and munching while you put the finishing touches on the main course? Try one of these simple, fun, and crowd-pleasing holiday centerpieces.





Edible Christmas Tree

Ingredients:

- 1 large, thick carrot
- 1 apple or any other hard fruit
- Assorted fruit: strawberries, pineapple chunks, grapes, kiwi fruit slices, large berries
- 1 large pineapple slice carved into the shape of a star

Directions:

Use the apple for your base. Set it on a dish so it won't topple easily (it may help if you chop the apple in half and place it, flat side down, on the plate).

Set the carrot vertically and pin it onto the apple as your tree trunk.

Arrange the rest of the fruit, except for the star-shaped pineapple slice, on toothpicks and arrange them on the carrot (this is why you want it to be nice and thick, so it will support a lot of fruit).

Top with the star-shaped pineapple slice for a totally raw and edible Christmas tree centerpiece.



Salad Turkey Centerpiece

Ingredients:

- 13 large kale leaves
- 1 medium carrot, peeled
- 7 radishes
- 2 raisins
- 2 pimiento strips
- 1 medium head cabbage
- 1 small head red cabbage
- 12 cherry tomatoes
- 18 pimiento-stuffed olives
- 2 6-ounce cans pitted ripe olives





Directions:

Carve each radish into a rose shape.

Place radishes in a bowl of water and refrigerate until they open, or about half an hour.

Line a serving platter with six kale leaves.

Cut the bottom off the medium head of cabbage so it sits flat and place it in the center of the platter.

Cut a 3.5-inch and a 1.5-inch piece from the peeled carrot (feel free to eat the rest). Make a diagonal cut at the end of each carrot piece. Make another V-shaped cut in the other

end of the small carrot piece. Use toothpicks to attach the diagonal end of the large carrot piece to the head of cabbage to serve as a neck. Attach the diagonal end of the small carrot piece to the neck to serve as a head.

Attach raisins for eyes and pimiento strips for the wattle (you might get away with using a dab of creamy peanut butter to stick them on).

Attach the remaining kale leaves on the back of the cabbage, fanned out to look like a turkey tail.

Remove eight leaves from the red cabbage and attach it in front of the kale leaves (the rest of the red cab-

bage makes a good salad base). Attach the cherry tomatoes in front of the cabbage leaves. Attach the pimiento-stuffed olives in the form of wings on each side of the cabbage and cover the rest of with the canned olives. Place the radishes around the turkey right before setting on the table.

You can carve this turkey up into a salad once everybody has taken pictures.



Fun Fall Gourds Centerpiece

What you'll need:

Assortment of small, festive gourds: pumpkins, squash, dried indian corn, etc.
Dried leaves (from your backyard or craft store)
Pinecones (from your backyard or craft store)
LED candles (open flames and dried leaves don't mix well)



Directions:

Start by scattering dry autumn leaves across the center of your table. Add groupings of pinecones and gourds. Change the elevation of gourds and pinecones by using

an upside-down vase or plate to raise some small pumpkins up and grouping others around the base. You can also add ribbon curls in red, orange or yellow. Place LED candles, spaced evenly, along the center of the table.

This centerpiece is meant to be slightly wild and orderly at the same time. Play with it and feel free to add a scarecrow, pears, twigs or other natural and beautiful additions to keep your guests enthralled.



Holiday Ivy Centerpiece

What you'll need:

Large glass vase
Assorted holiday ornaments
Ivy or other green garlands (fresh or fake)
Small wrapped raw chocolates



Directions:

Start by placing your large glass vase in the center of the table. Fill it with assorted ornaments to create an eye-catching centerpiece.

Then add greenery around the base of the vase, extending both ways along the table.

Nestle any extra ornaments in the greenery.

Take a few handfuls of wrapped raw chocolates and scatter amongst the ornaments and greens. Now your guests can admire your centerpiece and hunt for goodies!



The Best Way to Sweat?

...With Love (and lots of it!)

by Erin Stutland



Today, I want to talk to you about sweating with love. Yes, this is about exercise. And I think most people are doing it completely wrong.

Most people approach exercise and movement as a way to punish themselves for eating too much the night before. They use it in hopes of ridding the extra buldge they see when they look in the mirror.

I'll be the first to say it is absolutely OK to want to look and feel your best. This does not make you superficial. But the approach to creating change is backwards. If you're looking to make radical changes with your body,

whether it's to heal, lose weight or even train for a marathon, it starts with radical kindness and compassion.

1. Get on the love train:

We choose our thoughts. You can't get to destination I love my body, I love my life, I love what I see in the mirror, by riding the I can't stand my _____ (insert body part) train. That train ride of self criticism will only lead to one place: where it is dark and murky and the sun rarely shines.

It starts with love and absolute appreciation for what you are able to do today.



Do whatever it takes to make appreciation for what you can do your primary thoughts. You might have to slow down to access these thoughts, or you might need to ramp it up, but be determined to catch that love train.

2. Set your intention:

Instead of jumping on the treadmill or into your favorite exercise class with the intention that you have to burn off the calories you ate the day before, try something different.

Try sweating with the intention that you are going access your power. Intend that you are going to open your heart. You are going to heal. You are going to shine. You are going to become more of who you are meant to be.

This philosophy can be applied to any kind of physical activity you're doing.

The more you sweat with love, the easier it becomes to be loving even when you are not exercising. This new behavior changes your brain chemistry, which, without doubt, spills into all areas of your life.

3. Add affirmations:

I created a playlist and recorded spoken affirmations over it so that when I go for a walk, a run, or even dance around my apartment, I am moving with specific intentions.

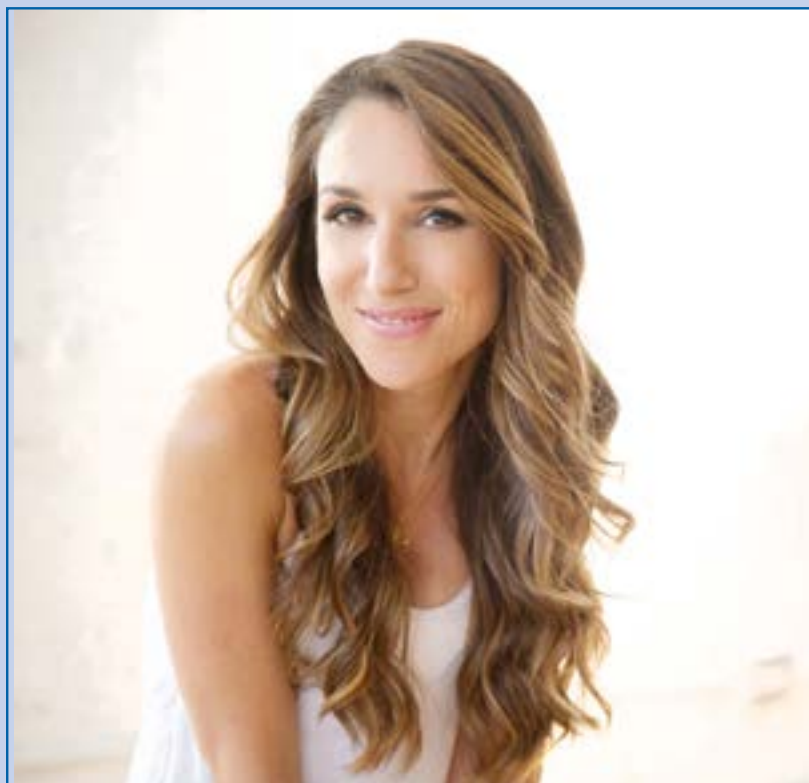
I started sharing the playlist with my clients and friends, who love to incorporate it into their workouts.

It's one thing to think affirmations. It takes it to a whole other level when you are moving and saying them to the rhythm of music. The affirmations become a part of your muscle memory, and they get embedded into your cells. This is where the real change happens.

Decide today that you are moving to celebrate your life. Cherish the body you're in and all that it does to support you. It's has taken you this far. And remember that

**MOVEMENT IN YOUR BODY
CREATES MOVEMENT IN YOUR LIFE!**

What a blessing.



Erin Stutland shows you that movement in your body creates movement in your life. If you are feeling stuck mentally, emotionally or physically she will teach you how to get unstuck, FAST. How? Psychology, movement and FUN!

Erin is the creator of Shrink Session, Sweat Therapy, a movement and fitness philosophy that combines everything from dance, kickboxing, toning and yoga with positive psychology and life coaching. She doesn't believe it takes going to extremes to get a body and a life you love. She helps you make movement ENJOYABLE so that you actually look forward to exercise.

She'll show you how to walk, dance, stretch and tone your way to a happier, healthier self in a short amount of time. If you are looking to lose weight, find your passion and gain energy, Erin's programs have the answer.

For Raw Food Magazine Subscribers, she is offering a totally free 5-minute workout full of fabulous affirmations and goodness. You will absolutely love it!

Get your free workout video from Erin here:

[**5 Min Workout With Erin**](#)

HOLIDAY BEAUTY

Survival Guide

By Tiara Butler



There's something about the holiday season that literally changes the atmosphere. All of a sudden, you start to get this warm, fuzzy feeling in the pit of your stomach; your steps get a little lighter; even the air smells sweeter this time of year. As calendar days quickly fade away, you also may begin to get a little anxious: joyful gatherings with family and friends usually means a lot of people, lots of laughs—and lots of pictures.

No one wants to be remembered for stained smiles and droopy eyes. This season, don't fret: you'd be amazed to find out how much you can rely on raw food when getting ready for your close-up. We've compiled a list of the best ways to use Nature's bounty with this handy holiday beauty survival guide. Even if you're forced to take yet another family photo in glowing reindeer sweaters, at least you'll look your very best when you see that dreaded camera flash.



A Smile White as Snow

You can tell a lot about a person just from their smile. Smiles show confidence, joy, comfort, and contentment—all things that should be abundantly present during the cheery holiday season. If your teeth aren't as white as you want them to be, your smile may be advertising the exact opposite. Rather than resulting to using harsh chemicals to bleach your teeth, we can help you whiten your chompers just by taking a brief walk to the kitchen.

All Over Oil Pulling – With just 20 minutes out of your day and a tablespoon of cold pressed coconut oil, you'll start to notice significant improvements in your teeth's appearance as soon as the first try. First thing in the morning, simply pop a spoonful into your mouth and slowly swish around for 20 minutes. This may seem like a long amount of time, but if you're really dedicated to improving your smile, it isn't as bad as it seems. Check your email, do your hair, browse around on social media – before you know it, it'll be time to spit.

Rinse (be sure to spit the oil into the toilet to avoid clogging your drains), brush and be on your way! Oil pulling has helped treat and prevent a variety of tooth and gum issues for centuries. Its benefits even offer holistic healing throughout the body. If coconuts aren't your fancy, or if you just don't have any coconut oil handy, other oils like sunflower and sesame work great as well.

Whitening Without Wasting – Who doesn't enjoy indulging in a nice juicy orange or sweet banana? Next time you've devoured a fruity snack, think twice before tossing the peelings. Rubbing the interior of orange and/or banana peels has been known to gradually eliminate



stains and discolor on the surface of teeth.

Stain-fighting Strawberries – The malic acid in strawberries serve as a natural remedy for surface stains on your teeth. Although the red color can be a bit intimidating, it won't turn your smile. In fact, the antioxidants found in the strawberries' red flesh are also known to launch attacks against bacteria in the mouth that can attract stains as they spread.

Pineapple Perfection – Bromelain is an enzyme that cleans teeth while offering anti-inflammatory benefits. The International Journal of Dental Hygiene acknowledges that bromelain is an effective ingredient used in toothpastes that fight stains. Fortunately for the raw foodie, pineapples are a natural way to reap the same benefits.

Shiitake Mushroom Smile – Say that three times fast! The lentinan in shiitake mushrooms blocks the spread of



oral bacteria and wages war on plaque buildup.

An Apple a Day – Apples are a staple in natural fall décor, but they serve a much more valuable practical purpose as well. Take a bite into your favorite type to scrub your teeth clean and strengthen your gums. Apples also encourage the mouth to produce more saliva, cleaning your teeth, eliminating stains, and destroying



bacteria in the process.

Bring On The Broccoli – Just like the other foods on this list, broccoli's natural vitamins and nutrients work wonders on your smile. In this case, iron creates a barrier on the teeth that resists acid damage. Raw broccoli protects your teeth enamel, removes stains, and prevents cavities all while polishing your teeth clean.

Carrot Cleaning – The vitamin A in carrots builds healthy tooth enamel. Carrots also encourage an increase



in saliva which cleans your teeth every time you swallow.

Snacking and Smiling – Nuts and seeds create a healthy abrasive, recommended by the American Dental Association to rub the plaque and stains off teeth. Keep Brazil nuts, walnuts and almonds handy as the holidays continue approaching.

While stocking up on teeth cleaning foods, do your best to stay away from items that will work against you. Coffee, dark tea, red wine, soy sauce, acidic food, and tobacco products are all known for staining smiles. Try to limit

your blueberry, blackberry, and cherry intake as well. You don't have to kick them to the curb completely, just be mindful of their staining potential. Keep these quick tips in mind to create the million dollar smile you want to be remembered for until the next time your loved ones get together.

Naturally Relieve Under Eye Puffiness

Puffy, baggy eyes don't scream "holiday spirit." These tips can help you look as good as you feel while creating new memories with the people closest to you.

The Salty Truth – Although you may crave an extra splash of sodium on occasion, the more salt you consume, the more water you retain. Water retention means bags and puffy eyes, whereas drinking water can keep your system flushed.

While it doesn't help your eyes when ingested, salt can serve as a quick puffiness remedy. Mix ½ teaspoon of salt into 1 quart of warm water then dip a cotton ball or facial pad into the mixture. Lay on your back and place the soaked pads on your eyelids. Stay still for at least 10 minutes before removing the pads from your eyes.

Cucumber Close-ups – Whenever someone mentions the word "facial," images of ghostly masks and cucumber dotted eyes are normally the first thing to pop into your head. Cucumbers are not just for show; they are full of flavonoids and antioxidants that actually work to reduce swelling, redness, and eye irritation. Place cooled slices over each eye and kick your feet up for 30 minutes for a relaxed renovation to your puffed appearance.



Tip: Slicing cool potatoes rather than cucumbers will keep your eyes cooled longer, and their starchy astringent properties reduce inflammation and drain water from the eyes.

A Touch of Tea – Green, black, or chamomile—it doesn't matter. Caffeinated tea constricts blood vessels, reducing swelling around the eye. Herbal teas contain anti-irritants that soothe your eyes and reverse redness or inflammation. Just steep two bags for a few minutes, allow them to cool until warm, then cover your eyes while lying on your back.



Raw Food Glow

Even out your complexion with these holiday lifesavers:

Kiwi Clean – Kiwi fruit extract decreases the body's production of tyrosinase. Studies show that it improves darkness caused by sun damage, making it a contender for battling facial scars and dark under eye circles.

Sophora Root – The roots of these trees and shrubs are deeply planted in traditional healing customs. Compounds found in sophora root also deter tyrosinase and pigment production.

Licorice Root – The roots from this cousin to the bean and pea family produce an anti-inflammatory, but they're also very good at correcting uneven complexions. Glabridin is an enzyme that protects the skin from dark spots and even lightens scars. Some

studies have proven licorice root to be more effective than chemical alternatives.

Turmeric – This super spice is just as fantastic when used on your skin as it is in your dishes. Native to Southern Asia and India, raves over turmeric led researchers to explore its benefits. As a result, we learned that it doubles as an anti-inflammatory and antioxidant, evening skin tones through reducing melanin production. Make a homemade mask by mixing it with lemon juice; apply it to the skin and wait 10 minutes before rinsing.

Now, you're officially ready for your close-up. With a bright white smile, youthful eyes, and glowing skin, the only thing you have to worry about is trying to guess your gift!

Happy holidays!



Sensitive skin may not respond well to the acidity of lemon juice. You may want to substitute almond oil when creating your mask.

Single Mom CEO



NYC mom wanted healthy food for her daughter, so she started a thriving biz!



W

elcome a warm welcome to Ashley Tyrner, a single mom raising her daughter in New York City when she decided to leave the fashion industry to focus on healthy organic produce for her and her daughter.

She founded Farmbox Direct, which now delivers boxes of farm fresh organic produce to thousands each month.

We got to ask her a few questions to get a sneak peak into her life.

First of all, Ashley, what did you have for breakfast today?

I was short of time today! I had a 6am call with an advisor and still had to get my daughter out the door SO it was a banana oatmeal smoothie morning!

Growing up, did you ever imagine yourself starting your own company?

Yeah NO! I wanted to be a lawyer... somehow I landed here!



Was food and nutrition important to you or your family as a child?

I am the farmer's daughter, so YES! I learned about compost, different types of farming (before organic was cool) and I have always actually lead a pretty healthy lifestyle.

Was there an A-Ha moment when you decided to leave your career and start Farmbox Direct?

I was a busy working mom in the fashion industry, it was fashion week and I had basically nothing in the produce section of my fridge for myself proclaimed vegan daughter, I knew I was not the only person with this problem and that's where the idea came from. I started off only offering local delivery in NYC, and Brooklyn. The idea then lead into solving the food desert problem, because I had such a demand from people to deliver to outside of my "local delivery" zone. I ran with the idea... it has not been easy that is for sure!

What is your driving vision for Farmbox Direct?

My daughter has been the main driving vision. I was abandoned by her father while I was pregnant and had to rely on food stamps. I am also very driven by the people in the food deserts that use, and need my service.

What was the biggest challenge you faced starting Farmbox Direct?

We basically pioneered shipping a CSA style produce box to your, so figuring out HOW to do that, was very hard. Starting something that no one else has, was a challenge on its own.

What is your favorite part about running your company?

Controlling my own destiny, that's a very liberating feeling.

What do you believe is the #1 thing people can do to lead healthy, happy, balanced lives?

Just stop and live in the moment. Slow down your pace. Take care of your inner self 1st.

What is your food philosophy?

If you don't understand an ingredient, your body won't either!

What is your absolute favorite fruit or vegetable?

Pumpkin! I love ALL things pumpkin!

What is your life motto?

Be firm: But Kind

What is the next step for Farmbox Direct?

We are working to be able to take food stamps online, which is a dream of mine for this company. We will continue to work to solve the food desert problem America faces...

If you would like to give or receive the gift of organic, farm-fresh produce, visit Farmbox Direct online at

www.FarmboxDirect.com



Have a *Rawsome* Holiday

with 'The Raw Chef'

Russell James

World Renowned Raw Food Chef, Russell James, shares his favorite holiday recipes and awkward moments from his youth.



Tap to Listen to 30-minute audio interview



Tap to read written interview transcript



Fun to Find and Fun to Eat

Wild Chanterelle Mushroom

By Ruth Mackenzie



The wild chanterelle mushroom, or *Cantharellus Cibarius*, is a rare species of a wild but edible mushroom. These mushrooms grow in clusters in mountainous birch forests, mossy coniferous forests, low-lying shrubs, and among grasses.

The plant is pleasantly aromatic and can be distinguished by its bright golden color, which ranges from yolk yellow and orange to a pleasant golden color that shines like a golden flower when spotted at a distance. It is uniquely identified by its meaty funnel-shaped cap. Underneath, grill-like stripes run down the stem. This beautiful species of mushroom emits a very pleasant aroma. Some say it smells like apricot, others say peach with a hint of pepper.

Chanterelle mushrooms grow in the wild in various sizes depending on their origin. The ones found in Europe and Asia are the tiniest, about the size of a thumb. In the Eastern United States, they grow to the size of a fist. The



largest chanterelles are about two hand spans in length and originate in the Western United States, and it's not uncommon for them to weigh up to 2 pounds. They are also found in other regions such as Africa.



Chanterelles date back to the 16th century and were first cooked for royalty in palace kitchens in France.

An old fairytale reflects the desirability and power of these wild mushrooms:

'There once was a very kind hearted but lonely princess. She was an only child with no friends. The princess was adorned with so much beauty that every man in her land and beyond outdid himself with the sole intention to win her heart when she attained the age for marriage. Her father hosted balls frequently in the hopes that his beautiful daughter would find her prince. After many efforts, the princess still hadn't found her suitor.'

Akila, a young yet strong farmer had had his eyes on this perfect definition of beauty for so long, but remained patient and watched everyone else tripping over himself trying to impress her. The girl had a humble soul and wished for more than the material pleasures that she was accustomed to in the palace. After much observation, Akila headed out to the fields one day and stumbled upon a unique mushroom. Unlike the rest in the field, this one was beautiful and reminded him of the princess' hair. He plucked a few and secretly presented them to the palace's cook. Some were cooked for the princess and others handed to her according to Akila's instruction.

The princess' heart was instantly melted by these flowers of nature. She loved them but never met the man behind

this well-thought gesture. One day, as he entered the palace kitchen to deliver his secret gift, he met the princess disguised as the cook. It was love at first sight for the two. She begged him to show her the source of the unique mushrooms in exchange for her hand in marriage. The two were married in the middle of the field surrounded by the beautiful wild mushrooms.'



Nutritional Benefits

Due to their fleshy nature and rich aromatic nature, these wild mushrooms have been declared a sophisticated ingredient to most meals. Their nutritional value is also worth noting.

These gifts of nature are rich in potassium, vitamin C, and vitamin D. They also contain vitamin D2 (ergocalciferol) which aids in the absorption of calcium, proteins, vitamin A, iron and amino acids. Chanterelles are also said to have insecticidal qualities that are totally harmless to humans, but help protect them from insects, slugs and other wildlife.



Tender Chanterelle Salad

Serves 2-4



Ingredients:

1 pound fresh chanterelle
3 tablespoonful extra virgin olive oil
2 tablespoonful chopped parsley
2 tablespoonful white wine vinegar
2 teaspoonful dijon mustard
1 thinly sliced shallot
1 small clove garlic, minced
Salt and black ground pepper
Fresh lemon juice



DIRECTIONS

Heat water in a pan, place the chanterelles in a steamer, and place on top of the boiling water. Do not let the mushrooms touch the water. Leave them for five minutes or until they're tender, then transfer to a casserole dish. Allow to cool.

In a separate bowl, whisk the oil, vinegar, parsley, dijon mustard, garlic and shallots. Season with pepper, salt and lemon juice. Add the mushrooms into the mixture, mix until well coated, and cover to marinate for 30 minutes. Season with more lemon juice, salt and pepper as needed before serving.

It seems like these wild delicacies bask in the glory of their worth. They refuse to be cultivated and domesticated, but instead can only grow and be sourced in the wild. This might explain why they've maintained their "wild" title. Unlike most commonly eaten mushrooms, the wild chanterelles are very expensive and very delicious. If not disturbed, the chanterelle mushrooms can grow for years in the same location. There's no turning back after tasting a chanterelle.

The Scientific Benefits to **BLESSING YOUR FOOD**

By James Bramwell

The tradition of blessing, praying over or giving thanks for a meal reaches back through history so far that it's origin is impossible to ascertain. Found in virtually every culture, religion, and territory, the ritualistic blessing of food is common practice all around the world.



Although setting an intention for our meals is widespread, the methods and motivations for this practice differ. Some spiritual groups refer to the ritual as Grace, thanking a deity for providing food and asking the food to be made whole and healthy. Other cultures give thanks

directly to the food itself, the people who grew and prepared it, or even the rains that allowed it to grow. Across all known varieties of this prayer, however, the result is the same: a positive intention released from our hearts and minds to the food we are about to consume.

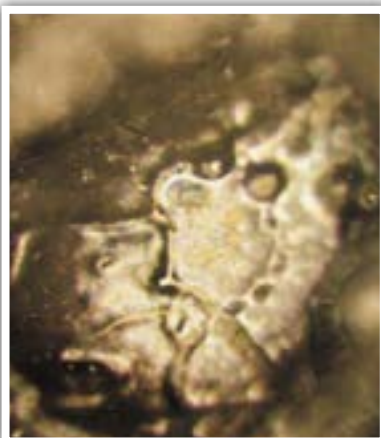
Are there any real benefits to blessing your food?

Researchers have recently provided scientific evidence that setting an intention for your meal has a positive traceable physical effect on foods and how our bodies digest them.



Dr. Masaru Emoto

Similarly, negative words and emotions projected on our foods—including guilt, stress, or anxiety about eating, weight gain or other societal pressures—can have negative effects on the food and our bodies. The power is in the transfer of energy from your mind to the food on a cellular level.



WATER CRYSTAL
Before prayer ceremony.



WATER CRYSTAL
After buddhist prayer.

By setting a positive intention before a meal, you provide a specific wavelength of energy into the environment that can be measured by its electromagnetic frequency. This energy, as proven by Dr. Masaru Emoto's experiments on water, can actually cause water molecules to restructure themselves: positive thoughts, emotions and words directed towards water create lovely, symmetrical patterns in water crystals; contrarily, negative hateful words and thoughts result in chaotic, unstructured water crystals.

These effects are the same when directed at food matter. Denser matter changes more slowly, so, water-rich foods (like raw fruits and veggies) are most easily impacted by gratitude-generated higher electromagnetic frequencies.

New studies still need to show the long-term effects of intention-setting on weight, body chemistry, and nutrient absorption, but early findings suggest blessing that your food is an easy way to boost your health and well-being. Engaging in shameful feelings, meanwhile, about the food you are eating and sitting with stress, guilt, and anger have been shown to boost hormones associated with weight-gain.

The science behind blessing your food operates much like the transference law in physics: the frequency of energy in the environment during a given mealtime is received by the food and introduced to your body. Now when you hear raw chefs referring to "high-vibrational" food or food made with love, you will know what they mean.

Don't Believe It?

If the ancient practice of blessing your food still seems a bit hokey to you, that's okay. Regardless of the physical effects of energy and intention, the psychological impact speaks for itself.

Consider the placebo effect, the scientific phenomenon in which a person's belief that a substance will have a specific effect on their body causes that effect to occur.

The placebo effect is a wonderful example of how our beliefs and our intentions affect what we experience in our lives, especially within the confines of our own bodies. By praying over and giving thanks for the food we ingest, we have the power to transfer positive energy and change the



molecular order of our food in a very real way. At the very least, we are setting a expectation that we will feel alive, energized, healthy and whole—that in itself is worth the effort.

Ways to Bless Your Food

If you don't already pray or give thanks for your food, doctors all over the world strongly recommend trying it. If you're not sure how to begin, try some of the suggestions below to get started. There are a variety of angles you can use when setting a positive intention, but the most important rule is that the prayer or message be genuine, authentic, and positive. Choose words that align with your beliefs to be authentic and have the most impact.

Grace

This is a common form of mealtime prayer or thanksgiving. It is used in religious cultures to thank a deity or other higher power for the meal before them. Example prayer:

"Bless us with the gifts which we are about to receive from thy bounty. Bless this food to our use, and us to thy service. Fill our hearts with grateful praise. Amen. Thank you for this food. Bless the hands that prepared it. Bless it to our use and us to your service, and make us ever mindful of the needs of others. Amen."

Thanksgiving

Giving thanks can be a more general message, one that is not necessarily directed at a particular being, but instead toward the food itself. Some of these variations are: We are thankful for this food. We are thankful for its

nutrition and the good health it provides us with. We give great thanks to the farmers who planted and harvested this meal, to the hands who worked to prepare it, and to our bodies that will make it whole.

We give thanks for the opportunity to eat, enjoy meals, and mealtime together. Thank you for the food on our tables.

May this food be made healthy and whole in our bodies, and may those less fortunate also have nourishment. May we have grateful hearts for all we receive.



The next time you are about to eat a meal, take a moment to say thank you. Take a moment to experience gratitude. Take a moment to visualize your food giving you energy, satisfaction and a feeling of wholeness. What do you have to lose? The benefits of gratitude have been proven over and over again. Mealtimes are perfect opportunities for being still and giving thanks however you please.



5 Eco-Friendly CHRISTMAS TREE ALTERNATIVES



Have you ever sat down and wondered what a paradox the Christmas season is? It wreaks terrible damage on nature, all in the name of goodwill and rebirth. Luckily, there are plenty of eco-friendly alternatives for celebrating the yuletide season. Let's start with the central symbol of Christmas: the tree itself.

A POTTED DEODAR CEDAR

If you're determined to showcase Christmas class with a tree, try the elegance of the deodar cedar. This alternative might not be as big as your traditional tree, but it serves its purpose quite heroically. When fully grown, it has plenty of well-spaced branches that provide adequate room for holiday ornaments.

The true beauty of the deodar cedar, however, is that it is an all-rounder. During the warmer months, it can be a beautiful patio decoration. If you are tight on space, this is the perfect fit: you can house it in the same pot for years, during which it only grows a few inches.



USE YOUR OWN TREE

If you already have trees on your compound, why bother buying a dead one? Instead, choose a particularly festive tree and adorn it with your favorite ornaments. On top of being completely eco-friendly, this approach is guaranteed to be fun for all, as you and your loved ones debate over which tree qualifies for this rare annual honor.



100 PERCENT RECYCLABLE CARDBOARD TREES

If you are saddened at the thought of felling a tree that has grown for years only to end up in the garbage dump, consider buying a tree made from 100 percent recyclable material. Some of the ingredients that go into these trees include cardboard, plywood and even bottles. As an added bonus, these trees resemble their traditional counterparts, and can be reused for years to come.



ECO-FRIENDLY TREE-FREE VARIETIES

Rather than having a Christmas tree delivered to your home, you also have the option of using several tree-free varieties. When making your choice, remember that there are plenty of environmentally detrimental tree-free options made of PVC. Instead, go for wooden alternatives such as the possibilitree. These wooden structures have adequate room for decorations and are made to last, so immediately after the festive season you can remove your ornaments and store it for next year.



RENT A TREE

To avoid the damage that Christmas trees cause the environment, consider renting a Christmas tree. There are plenty of farms that specialize leasing out potted trees for the festive season. Most of these farms make arrangements to collect their plants at the beginning of the New Year.

USE ALTERNATIVES AVAILABLE IN YOUR HOME

Do you have any structures in your home that resemble a tree? You can likely identify several plants and even non-living structures that you could use to hang decorations. Once fully decorated, this structure might turn out to be the real Christmas tree.





Must-Dos to Prepare Your Garden for WINTER

By Joanna Hoyt

As the summer harvest winds down you may be ready to breathe a sigh of relief and enjoy a break from gardening, but a little preparation now can make your next growing season easier and more productive.

Planting/Moving

Most people consider spring planting season, but some things are best planted in fall. Garlic can be planted up to a month before or two weeks after your first fall frost date. Spring-flowering bulbs can be planted in fall until the ground freezes. Some overgrown perennials are best divided and moved in fall: for more about this check out <http://www.clemson.edu/extension/hgic/plants/landscape/flowers/hgic1150.html>.

Garden Cleanup

Get diseased plants out of the garden so they don't harbor pathogens that will come back to attack your plants next year. It's especially important to get rid of tomato or potato plants affected by late blight. Don't put these plants in your compost pile; double-bag them and send



Garlic can be planted up to a month before or two weeks after your first fall frost date.

them to the dump, or pile them under black rubber or several layers of black plastic in a sunny place so the heat can sterilize them. You may also want to remove plants with serious insect infestations. Gardeners struggling with asparagus beetles should clip off the asparagus ferns just above soil level after the cold kills them.

Leave some plants, or plant parts, in the garden. Roots left in the ground provide winter shelter and food for earthworms that will loosen and fertilize your soil. Brassicas

Clean up your garden.



(broccoli, kale, brussels sprouts, cauliflower, collards, etcd) naturally release some weed- and pest-killing compounds into the soil as they decompose.

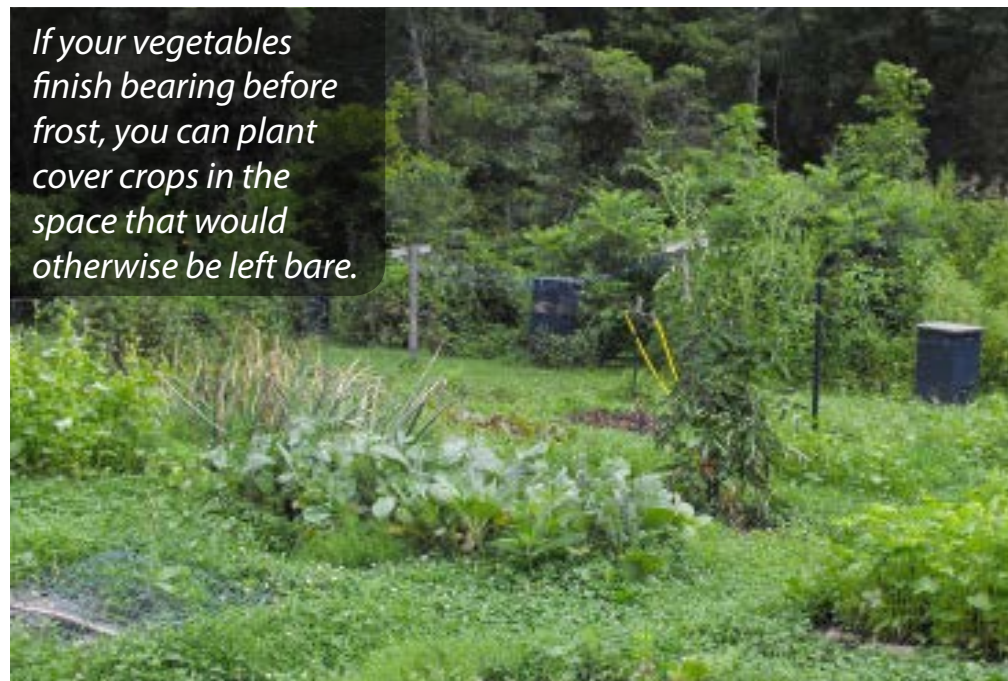
Cover Cropping

If your vegetables finish bearing before frost, you can plant cover crops in the space that would otherwise be left bare. Cover crops can help your garden in several ways. First, covered soil is less likely to freeze and thaw over and over than bare soil is; this protected environment is better for earthworms, mycorrhizal fungi (symbiots which help plants to increase yields and fight diseases), and other beneficial organisms. Thickly-growing cover crops like buckwheat and rye can also outcompete weeds. Legumes like alfalfa, clover and vetch add nitrogen to the soil. Grains and grasses tend to have fibrous root-mats that add extra organic matter to your soil.

There are several factors to think about as you choose a cover crop. First, is it frost-hardy? Tender crops like buckwheat and many clovers need to be sown at least a month before your last frost, while hardy crops like oats and brassicas will keep growing through light frosts. Some cover crops will overwinter, continuing to grow in spring. These may become weeds if you don't have a reliable way to kill and incorporate them

in spring; many home gardeners stick to varieties that winter-kill. Check whether your cover crop releases allelopathic compounds that discourage seed-growing as they decompose. If it does, be sure to remove the crop before planting seeds in spring. (Setting out seedlings is generally safe.) Also, ask local gardeners or a nearby Cooperative Extension office about cover crops that self-seed and become weeds in your area. Some gardeners avoid rye and buckwheat for this reason, or else kill or cut them before they set seed. For more information on selecting cover crops see <http://hort.uwex.edu/articles/using-cover-crops-and-green-manures-home-vegetable-garden/>.

If your vegetables finish bearing before frost, you can plant cover crops in the space that would otherwise be left bare.



Buckwheat is a great cover crop.



Mulching

Organic mulch insulates the soil against repeated freezing and thawing and also adds organic material as it decomposes. Perennial plants including asparagus, garlic and many herbs and flowers should be mulched over the winter. If you clear some beds out too late in the season for cover crops to germinate, mulching these empty beds will protect your earthworms through the winter and provide a less hospitable environment for weed seeds in spring. Here are a few commonly available organic mulches:

Grass clippings are high in soil-enriching nitrogen; they break down quickly and don't provide all-season soil protection. Never use clippings from lawns treated with herbicides or pesticides.

Pine needles are long-lasting and acidifying. Use them around acid-loving plants like blueberries and

rhododendrons, but not around plants that like a sweeter soil. Avoid needles raked up off treated lawns.

Leaves are long-lasting and weed-free. Mixing them with compost or sawdust makes them less likely to mat into a solid layer and shed rain, drying out the bed below. Avoid leaves raked off treated lawns.



Straw is long-lasting and weed-free.

Hay is long-lasting but contains weed seeds.

Sawdust is long-lasting and contains lignins that help plants fight off diseases. Mixing it with compost, leaves or other wetter, heavier material helps keep it from drying up and blowing away. Always age sawdust at least a year before putting it in your garden. Fresh sawdust takes nitrogen from your soil as it decomposes.

Compost is an excellent fertilizer and builder of soil structure. Some experts recommend spreading an inch of compost over your garden in fall; others recommend not adding it until spring.



5 Cups of Cheer

Carrot Nog
Sparkling Raw Ginger Ale
Autumn Smoothie
Matcha Cranberry Christmas
Smoothie Bowl
Raw Maca Maple
Hot Chocolate





CARROT NOG

By Lauren Goslin
Oatmealwithafork.com

Ingredients:

1/2 cup coconut milk
1/2 cup almond milk
1/3 cup fresh carrot juice
1/8 teaspoon salt
1 tablespoon maple syrup
1/8-1/4 teaspoon nutmeg (freshly ground, if possible... the pre-ground stuff is not as good)
1 tablespoon coconut oil, melted
1 1/2 teaspoons slippery elm, powdered (optional, but it adds to the sweetness and thickness)



DIRECTIONS

1. Blend everything until well combined.
2. Chill for a bit in the fridge. Enjoy with some shredded carrot, dried coconut, or some whipped coconut cream!



Lauren Goslin
Oatmeal With A Fork

Business graduate with a penchant for all things culinary. Lauren's goal is to create the healthiest recipes possible without sacrificing taste. She eats a little bit of everything, so you will find a vast variety of delicious recipes to choose from.



SPARKLING RAW GINGER ALE

By Lauren Michelle
Lmichellek.com

Ingredients:

1 inch chunk of ginger
1 liter sparkling water
½ cup filtered water
shake of stevia (~1/8 teaspoon)
or another natural sweetener
such as honey



Lauren Michelle
Lmichellek.com

My name is Lauren Michelle. Welcome to my food blog where I am inspired by simple, fresh, and whole food ingredients all while journaling the beauty of nature and various craft projects.

DIRECTIONS

1. Take chunk of ginger, stevia and 1/2 cup water and add into blender. Pulverize in a high speed blend or blender on high.
2. Take four 8oz glasses and portion concentrated ginger in the bottom of each glass evenly.
3. Carefully pour in sparkling water and you're ready to serve!





AUTUMN SMOOTHIE

By Bea
Beascookbook.com

for 1 glass

Ingredients:

1 pear, peeled, cored and chopped
2 plums, stoned, chopped
180 ml orange juice
pinch of cinnamon
1-2 tablespoons oats
1 tablespoon flaxseeds



DIRECTIONS

1. Place the ingredients in a blender and mix on high speed until smooth



Bea
Bea's Cookbook

I am an enthusiastic photographer totally and crazy in love with food. Nothing makes me happier than sharing my passion and to cook for others; there is no better way to spend time than with great food, great people and great conversations.



MATCHA CRANBERRY CHRISTMAS SMOOTHIE BOWL

By Chris
Talesofakitchen.com

Prep time: 2 mins
Serves 1



Ingredients:

1 big banana or 2 smaller ones
1 ripe peach, pitted
1/2 cup wholegrain oats
1/4 cup hemp hearts (optional)
2 tablespoons chia seeds
2 tablespoons flax meal
1 tablespoon matcha green tea
water to blend (about 1 to 1.5 cups)
Toppings: 2/3 cups cranberries (fresh or frozen), goji berries, coconut flakes, poppy seeds



Chris
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.

DIRECTIONS

1. Add all the ingredients except toppings to a blender and whiz up until thick, creamy and smooth.
2. Scoop into a bowl, add toppings and enjoy.





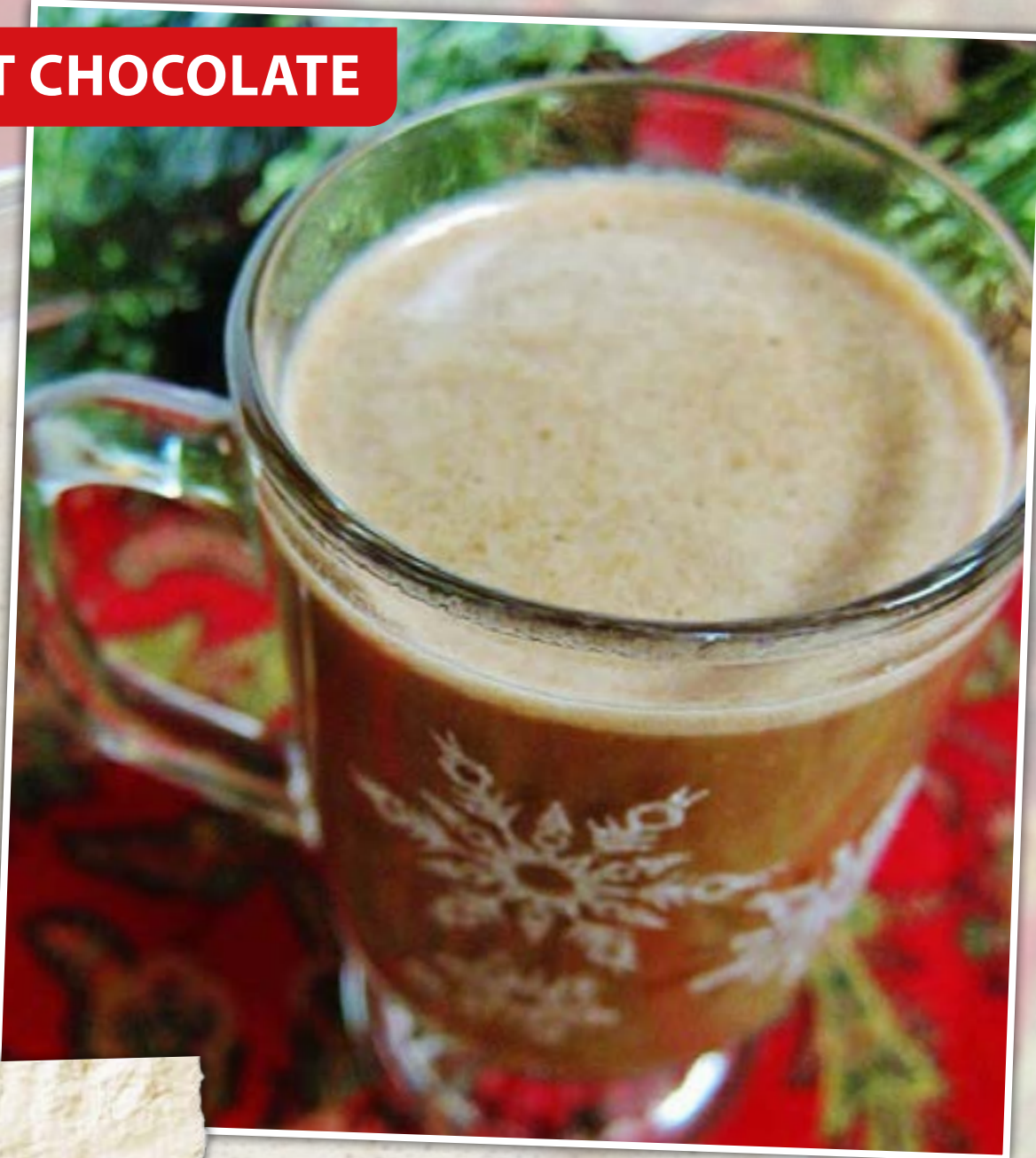
RAW MACA MAPLE HOT CHOCOLATE

By Amy Lyons
Fragrantvanilla.com

Serves 2

Ingredients:

2 cups raw coconut milk
1/4 cup raw cacao powder
2 teaspoons maca powder
1-2 tablespoons maple syrup,
depending on how sweet you like
it**
1 teaspoon pure vanilla extract
1/4 teaspoon cinnamon



DIRECTIONS

1. To make the hot chocolate, combine all ingredients in a glass measuring cup and whisk until smooth. Place in the dehydrator until warm, about 30-45 minutes.



NOTE

*Raw coconut milk:

Method 1: Blend the meat and water of 2 young thai coconuts in a high speed blender until smooth.

Method 2: Blend 1 cup finely shredded, dried coconut with 2 1/4 cups water in a high speed blender until smooth. Pour through a nut milk bag to remove any bits.

**Maple syrup is technically not raw. You can use raw coconut nectar, raw agave nectar or stevia if you wish instead.



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.

Christmas Cookies

Raw Gingerbread Cookies with Creamy Cashew Icing

Cuddly Brown Bears in Mud Puddles Cookies

Raw Snowman

Spiced Orange Holiday Balls

Raw Gingerbread Pecan Cookies



RAW GINGERBREAD COOKIES

with Creamy
Cashew Icing

By Amanda Smith
CreateNPlate.com

makes 8-10 cookies

Ingredients:

1 cup pitted dates
1/2 cup oats
2 tablespoons unsulfured
molasses
1/2 tablespoon cinnamon
2 teaspoons ginger
1 teaspoon cloves

Creamy Cashew Icing

1/2 cup cashews
2 teaspoon water
1 teaspoon lemon juice
1 teaspoon vanilla



DIRECTIONS

In a food processor blend together all ingredients to create a sticky dough. Place dough between sheets of parchment paper and roll out until they're to the thickness desired. Use a cookie cutter to make your gingerbread men. You can also just roll these into gingerbread balls if you're pressed for time or don't want to make the rolled out cookies.

Creamy Cashew Icing

In a food processor blend together ingredients until icing/a creamy mixture is created. Place in a piping bag and create your little gingerbread men however you please. These also taste pretty good if you heat them up for a few seconds. Serve, enjoy!



Amanda Smith
Create N'Plate

Amanda is the owner of Create N Plate, a healthy vegan recipe blog. She spends her free time practicing yoga, exploring nature, and creating unique vegan recipes to share.



CUDDLY BROWN BEARS

in Mud Puddles Cookies

By Amie Sue Oldfather
Nouveauraw.com

Ingredients:

yields 20 cookies

2 cups fine almond flour
6 tablespoons maple syrup or
agave
1 teaspoon vanilla or maple
extract
1 teaspoon ground Ceylon
cinnamon
20 whole almonds
Hardening chocolate (optional)

DIRECTIONS

1. In the food processor, fitted with the "S" blade, combine the almond flour, sweetener, vanilla and cinnamon. Process until the batter is smooth and starts to gather in a ball form as the blades spin.
2. Gather the dough and shape into a ball.
3. Lay a piece of parchment paper on the counter top and place the dough ball in the center. Lay another sheet of parchment paper on top. Roll out to about 1/4 inch thick. Thicker dough creates chubby bears which have more character than thin doughed ones.
4. Dip the cookie cutter into almond flour, then press into the dough.
 - If you washed the cookie cutter a few times throughout the process that it helped with the sticking issue.
 - This dough is sticky and takes a little patience in getting it out of the cookie cutter. You could use the end of a pen to push the paws out.
 - It will look a little rough at first, but just flip the cookie over and use the other side which should be plump and flawless.



Christmas Cookies

DIRECTIONS

5. Place an almond on the chest area and gather the arms around it, lightly pressing them together as though the bear is holding the almond.
6. Lift the bear into your hand and fold the bear into a sitting position. Don't be afraid to have some of them leaning to the side, more forward, etc. It gives them character.
7. After preparing the hardening chocolate, place a teaspoonfuls worth on the parchment paper and sit the bear in the center of it, pressing down lightly so some of the chocolate squishes up around the bear, giving the appearance of sitting in a mud puddle. Set aside or in the fridge for the chocolate to harden.



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 SNOWMAN

By Nathalie Lussier
Realfoodswitch.com



Ingredients:

1 1/2 cup cashews
Juice of 1 lemon
6-10 dates
Unsweetened coconut flakes

Snowman Decoration

Grape stems for the arms
Pumpkin seeds for the eyes
(substitute as necessary)
Goji berry for the nose
Chia seeds for the mouth
Mung (green) beans for the
buttons
Extra sprinkles of coconut
flakes for extra fun
Cinnamon stick to hold as a
prop

DIRECTIONS

1. Place dry cashews into a food processor, magic bullet, or high speed blender and process until it looks like flour. Or is finely chopped. It doesn't need to be perfect here. Remove from food processor and set aside in a mixing bowl.
2. In the same food processor or blender, add the lemon juice, the dates, and a few sprinkles of coconut flakes. (This is to help the machine process properly, and so that it doesn't spin with all the food under the blade.)



Christmas Cookies

DIRECTIONS

3. Put the lemon-date mixture into the cashew flour and mix together with a spoon. At this point you should have something that resembles dough.
4. Take a handful of dough and roll into a ball. Repeat for a total of three balls.
5. Take each ball and roll it in some extra coconut flakes to add that snowy white feel to it.
6. Stack the largest cashew ball on the bottom, the medium one next, and the smallest one on top.



DIRECTIONS

for decorations

1. Use grape stems for the arms, and simply push them into the sides of the trunk.
2. Place 2 seeds (pumpkin, sunflower, etc) for the eyes. Notice how this actually gives the face some depth too.
3. Add a goji berry for the nose.
4. Use chia seeds for the mouth. Use a spoon to stick the seeds in a round shape. Another idea might be to use a toothpick or fork.
5. For the buttons, push in a set of mung beans. You could use other nuts or seeds too.
6. Just for fun, add a cinnamon stick in one of the hands.



Nathalie Lussier
Real Foods Witch

Nathalie Lussier is an award-winning entrepreneur, international keynote speaker, and author who has been making websites since she was 12 years old. She graduated with a degree in Software Engineering and a job offer from Wall Street, but she turned down this job to start her own business Raw Foods Witch (now RealFoodsWitch.com) right out of college. Her bootstrapped startup AmbitionAlly, has been featured in Entrepreneur and is inspiring a culture of intuitive small business marketing software across the globe. Nathalie has been featured in Forbes, Inc., Fast Company, Success Magazine, Entrepreneur, Venture Beat, Mashable, Business Insider, Yahoo! Finance, and Under 30 CEO. She's the host of the Off The Charts business podcast, and founder of the hit 30 Day List Building Challenge.



SPICED ORANGE HOLIDAY BALLS

By Crissy Cavanaugh
Beginwithinnutrition.com

Ingredients:

1 cup oats
1/2 cup creamy natural
peanut butter
1/2 cup raisins
1/3 cup marmalade
1/4 cup sunflower seeds
1/4 teaspoon cinnamon
1/8 teaspoon cloves
1/8 teaspoon ground ginger
1/2 cup unsweetened shredded
coconut for coating

DIRECTIONS

1. In a food processor, add oats and pulse until a rough flour is formed.
2. In a large bowl, add all the ingredients and stir until well combined.
3. Using a 1/2 tablespoon scoop, scoop out dough, roll into balls and then roll in shredded coconut until well coated.
4. Place on a baking sheet lined with parchment paper. Place in the freezer to "set."



Crissy Cavanaugh
Begin Within Nutrition

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



RAW GINGERBREAD PECAN COOKIES

By Chris
Talesofakitchen.com

Prep time: 5 mins

Chill time: 20-30 minutes

+ Freezer time / Dehydration time

Makes approx 15



Ingredients:

1.5 cups cashews, made flour
1 cup pecans, made flour
0.5 cups shredded coconut, made flour
2 tablespoons linseed, ground
5 medjool dates, pitted (pick the really really soft, mushy ones)
2 tablespoons grated fresh ginger
1 teaspoon cinnamon
pinch nutmeg
pinch star anise
seeds of 2 green cardamom pods, ground

DIRECTIONS

1. Mix dry ingredients in a bowl: nuts flours, coconut, linseed, cinnamon, nutmeg, star anise and cardamom.
2. Add the dates and the fresh ginger and mix until incorporated.
3. Roll the dough into a ball, cover it with cling wrap and place it in the fridge to firm up.
4. Once firm, roll it out and use a cookie cutter to make your cookies.
5. Arrange them in a single layer in an airtight container, with baking paper in between layers if you will layer up your cookies, then store in the freezer. When ready, they should be cold, firm, yet gooey at the same time.
6. If you want to dehydrate them, after you cut out the cookies, arrange them in a single layer on a dehydrator tray and dehydrate until almost dry.
7. If you want to dip them in chocolate, do so after they firm up in the freezer or after you dehydrate them.



Chris
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.

Feel-Good Foods

Raw Vegan Cornbread

Creamy Red Pepper Cashew Dip

Fiery Onion Rings with Creamy
Garlic Aioli Dipping Sauce

Raw Fishsticks

Vegan Tiramisu



RAW VEGAN CORNBREAD

By Amanda Nicole Smith
Amandanicolesmith.com

Serves 12



Ingredients:

2 cups pumpkin seed
2 cups rolled oats
1 cup corn; approx. 2 ears
1/2 cup red bell pepper
2 tablespoons flax seed + 3
tablespoons water
1 tablespoon coconut sugar
1/4 teaspoon salt

Takes anywhere from
4-12 hours depending
on how thick your slices
are and how dry you
prefer.
If the dough is too wet
add more oat flour, if
the dough is too dry add
a little water.

DIRECTIONS

1. Mix together flax seed and water, set aside and let sit for 15-20 minutes.
2. Blend the pumpkin seeds to make pumpkin seed flour; set aside 1 cup and continue to blend the other cup until it makes a pumpkin seed butter.
3. Blend the oats to make oat flour.
4. Cut the corn off the cob and deseed the red bell pepper.
5. Toss the corn, red bell pepper, pumpkin seed butter and flax seed into the blender and blend until smooth.
6. Either hand mix all the ingredients together or throw it all into a food processor. It should form a large ball of dough, that you can shape into a loaf with your hands.
7. Put the loaf of bread onto a ventilated dehydrator screen or a baking sheet. Dehydrate at 165 degrees for 1-2 hours, then slice the bread into 12 pieces. You can cut them thinner if you plan on making sandwiches.
8. Continue to dehydrate at 115 degrees. It's done anywhere between lightly toasted and still a little soft on the inside, or heavily toasted and crunchy.



Amanda Nicole Smith
Amandanicolesmith.com

Amanda Nicole Smith is all about pure food and fitness, which make up what she calls a "Purified Lifestyle". When she's not practicing and teaching aerial acrobatics or hanging from trees, she's experimenting with raw vegan recipes, sprouting, fermenting, taking photos, and sharing all of her creations.

CREAMY RED PEPPER CASHEW DIP

By Samantha Turnbull
[Itdoesnttastelikechicken.com](http://itdoesnttastelikechicken.com)

Serves: 1 big bowl of dip

Ingredients:

1½ cups cashews (soaked for at least 3 hours)
½ a red pepper
1 cup milk of choice
1 clove of garlic
2 tablespoons of nutritional yeast
1 tablespoon lemon juice
1 teaspoon chili powder
½ teaspoon salt



Samantha Turnbull
It Doesn't Taste Like Chicken

Hi I'm Sam! I write the blog *It Doesn't Taste Like Chicken* itdoesnttastelikechicken.com I'm a strong believer that any recipe can be made vegan and taste even better than the original! I create easy, scrumptious recipes that appeal to all. I also love writing posts about vegan live other fun tidbits.



DIRECTIONS

1. Soak the cashews in a bowl of water for at least 3 hours until they are soft. Overnight works well too.
2. Add everything to a high speed blender.
3. Blend, blend, blend!
4. Serve right away with chips, veggies, or any other delicious dippy things.

FIERY ONION RINGS

with Creamy Garlic
Aioli Dipping Sauce

By Juliane Porter
Stylenectar.com

(Serves 4)



Ingredients:

Raw Vegan Fiery Onion Ring Batter

1 cup dried chickpeas soaked & sprouted
(for Express Method sub 1 cup chickpea flour)
3/4 buckwheat groats soaked & sprouted (for Express
Method 3/4 cup buckwheat flour)
6 kale stems (left over from salads/smoothies or just
use 3 whole leaves stem & all. For Express Method sub
1 1/2 tablespoons of your favorite Greens Powder)
2 medium carrots (for Express Method, sub 2
tablespoons Carrot Powder)
1 1/2 inch piece of dried chipotle pepper (or
equivalent in powder, starting with 1/2 teaspoon &
taste testing from there)
1 teeny tiny (1/2 inch long) dried habanero chili
pepper (or chili powder to taste starting with 1/2
teaspoon & taste testing batter from there)
1 tablespoon extra virgin olive oil (for Express Method
omit or substitute 5 nuts like cashews/brazil nuts/
macadamia - don't worry 5 nuts spread across the
entire recipe is not a big deal)
1 1/2 teaspoons garlic powder (or to taste)
1 teaspoon sea salt (or to taste)
1/2 tablespoon raw coconut sugar (or use raw maple
syrup crystals, stevia, raw coconut sugar or your fav
sweetener to taste adjusting to account for differences
in the strengths)
1/2 teaspoon smoked paprika (reserved for garnishing)

*Soaking & Sprouting Instructions:

Place Buckwheat and Chickpeas into
two separate bowls, top with
filtered water to 3 inches above. Let
soak 8-12 hours or overnight. Rinse
thoroughly.

To Sprout: place Buckwheat and
Chickpeas into two separate
colanders inside 2 pots, add a 1/2
inch of water to each pot, cover
with lids. Let sit for
2 to 3 days rinsing once in the am
and
pm until sprouts grow to about 1/4".
Rinse again thoroughly and they're
ready!





DIRECTIONS

Fiery Raw Vegan Onion Rings

1. Place all the Onion Ring Batter ingredients into your food processor and pulse until everything is uniformly broken down and well combined, scraping down the sides of your bowl several times. You should have a nice dough when the process is complete. You don't want huge chunks of anything. (For Express Method process ingredients into a flour and skip steps 2 and 3)
2. Spread the mixture onto a teflex sheet of your dehydrator and dehydrate at 115 F for 4 hours or until dry, checking periodically as climate/time of year/altitude etc. can vastly affect drying time. Feel free to make the Garlic Aioli at this point.
3. Once dry, break the dough into chunks and place into your food processor or high speed blender to process into a fine flour. Divide the flour between two medium bowls and set aside.
4. In a medium bowl whisk together the Onion Ring Soak ingredients.
5. Separate your extra large onion into rings.

Ingredients:

Onion Ring Soak

- 1 extra large sweet onion
- 1 1/2 cups filtered water
- 1 tablespoon raw apple cider vinegar (or sub fresh squeezed lemon juice)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon coconut nectar
- 1 teaspoon sea salt

Creamy Raw Vegan Garlic Aioli

- 1/2 cup hemp seed
- 1/4 + cup filtered water
- 2 cloves garlic (3 if you like it strong)
- 2 tablespoons apple cider vinegar (or sub fresh squeezed lemon juice)
- 1 tablespoon extra virgin olive oil
- 5 raw cashews
- a touch of raw coconut sugar, stevia or your fav sweetener (start with 1/2 tsp & adjust to taste)

It's best to do steps 1-3 the day before. Then dehydrate your onion rings the day you'll be serving or even a day ahead if you choose as they "reheat" really nicely in 45 minutes in the dehydrator.

DIRECTIONS

6. Dip each onion ring first into the Soaking Liquid, then into the Batter Flour shaking to remove excess, back into the soaking liquid and again into the Batter Flour shaking to remove excess once more. Place each battered ring on a Teflex Sheet Lined dehydrator tray.
7. Once all onions are battered, dehydrate on 135 F for 1st hour (Don't worry they'll still be raw as at this point they're throwing off water and the internal temp remains below 115) then turn down to 115F for 2 to 4 hours more, checking on them periodically, until reach desired crispness.*
8. Dust onion rings with smoked paprika to garnish.

*There is many ways as to how long you choose to dehydrate the onion rings. They're really delicious both a little moist and quite crunchy & everything in between. You could remove them when the interior is still a bit moist resembling deep-fried consistency and put the leftovers in the fridge for "reheating" them in the dehydrator the next day on 135F for 45 minutes which makes them warm and crispier allowing us to enjoy them both ways.



DIRECTIONS

Creamy Garlic Aioli

1. Place all the aioli ingredients into your high speed blender and process until smooth and creamy.
2. Taste to adjust for seasonings and, if making in advance, add 1 or 2 tablespoons extra water for it to be a bit thinner than desired consistency as it will thicken considerably in the fridge.

Enjoy!



Juliane Porter
Style Nectar

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

RAW FISHSTICKS

By Amie Sue Oldfather
Nouveauraw.com

Ingredients:

yields 20 fish sticks

1 cup raw almonds, soaked
1 cup raw sunflower seeds, soaked
1/2 cup celery, minced
1/2 cup red onion, minced
1/4 cup fresh lime juice
1 tablespoon + 1 teaspoon kelp powder
1 teaspoon Aminos or Tamari
1 teaspoon sea salt
1 teaspoon dried dill weed, or 1
tablespoon fresh dill weed
1/2 cup water

"Breading": yields 1 1/4 cups

1/2 cup raw cashews
1/4 cup ground flax seeds
1 teaspoon smoked paprika
1 teaspoon smoked sea salt
1/2 teaspoon fresh ground black pepper
1 teaspoon nutritional yeast



DIRECTIONS

1. After soaking the almonds and sunflower seeds, drain and rinse them. Place them in the food processor, fitted with the "S" blade. Process until they break down to a paste.
2. Add the celery, onion, lime juice, kelp powder, aminos, salt and dill. Process until blended together. Stop and scrape the sides down occasionally.
3. While the food processor is running, drizzle in the water – adding only enough to make the paste nice and moist. Transfer to a bowl.
4. To make the breading, grind the cashews in the food processor to a small crumb size. Don't over process, as this will start to release the oils and we don't want that.
5. Add the ground flax seeds, paprika, salt, pepper and yeast. Pulse together and pour into a rectangular container for dredging.
6. Measure out 2 tablespoons of "fish batter" and shape into a fish stick. Then coat with the breading and place on the mesh sheet that comes with your dehydrator. Continue until all the batter is used.
7. Dehydrate at 145 degrees for 1 hour then reduce heat to 115 degrees and continue drying for 4 -6 hours. Don't dry these too much that they get hard... fish sticks are moist.
8. Store leftovers in the fridge for up to 5 days. You can reheat them by placing them back in the dehydrator for a while.



Amie Sue Oldfather
Nouveauraw

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.

VEGAN TIRAMISU

By Audrey Snowe
Unconventionalbaker.com

Makes: 9" cake



Ingredients:

"Ladyfingers" Layer Ingredients:

3 cup walnuts (not soaked)
2 cups medjool dates, pre-soaked
(see notes above)
1/4 cup strong coffee
1/8 teaspoon raw ground
vanilla bean
pinch of salt

Chocolate Mousse Layer Ingredients:

1 1/2 - 2 cups medjool dates,
pre-soaked (see notes above)
1 1/2 cups raw coconut cream
1 1/2 cups walnuts, pre-soaked
1/2 cup very strong coffee
1/4 cup coconut oil, melted
1/4 cup raw cacao powder
1/2 teaspoon raw ground vanilla
pinch of salt
1/2 cup coconut water
2 tablespoons agar agar flakes

Vanilla Cream Layer Ingredients:

1 cup cashews, pre-soaked (see
notes above)
1/4 cup coconut oil
1/2 cup coconut water or water
5 tablespoons maple syrup
1/8 teaspoon raw ground vanilla
bean

Topping:
A bit of extra
raw cacao
powder for
dusting +
optional

DIRECTIONS

1. Place walnuts in a food processor and process until mixture is fine and crumbly. Add in all remaining "ladyfingers" layer ingredients and process until the mixture is more or less smooth. Transfer contents into a 9" springform pan and press base layer down evenly. Place the pan in the freezer while working on the next step.
2. Place all chocolate mousse layer ingredients, except for coconut water and agar-agar (last two ingredients) in your blender and blend until mixture is smooth. Set aside.
3. Place coconut water and agar agar in a small saucepan and warm on medium-low heat until the agar-agar flakes are dissolved, stirring occasionally. Do not overcook, and do not allow the mixture to come to a boil. Just heat until the flakes just dissolve. Add this agar-agar mixture to the blender with the chocolate mousse ingredients and blend through to incorporate the two mixtures together. Pour into the springform pan over the base layer and place back in the freezer for about an hour to chill and harden.
4. Prepare the vanilla cream layer by placing all the ingredients into a clean blender and blend until the mixture is smooth. Set aside at room temperature. Once the chocolate mousse layer has been chilled for about an hour, pour the vanilla cream layer into the pan over the chocolate mousse. Return cake to the freezer for at least 2-3 more hours.
5. Once the cake has chilled in the freezer for a total of 4 hours, remove the side of the pan and transfer cake onto a serving plate. Dust the cake with some cocoa powder. I used some cacao nibs as well for garnish. Now that the cake is ready, transfer it into the fridge and keep it refrigerated. You can serve right away as a chilled cake, but it's much more amazing after thawing out a little in the fridge as it actually becomes mousse-like. Alternatively, you can keep it frozen for longer storage.



Audrey Snowe
Unconventional Baker

Hi, I'm Audrey, the girl behind Unconventional Baker {formerly Gluten-Free Vegan Love}. I'm a baker, un-baker, blogger, photographer & food stylist, creating refined sugar-free, gluten-free, plant-fueled, often raw and always wholesome recipes I hope you enjoy this space and find something yummy to make!

Healthy Holiday Feasting

Cornbread Stuffing

Raw Sweet Potato Mash

Whimsical Turkey 'n Stuffing Salad

Raw Applesauce

Raw Miso "Roasted" Mushrooms
And Green Beans With Rich Parsnip
Puree

Raw Vegan Cinnamon Rolls





CORNBREAD STUFFING

By Elizabeth Fraser
Girlgoneraw.com

Ingredients:

Marinated veggies:

1/2 cup mushrooms, diced
2 tablespoons yellow onion, minced
1/2 red pepper, diced
2-3 tablespoons coconut aminos (soy sauce)

Stuffing Mix:

3/4 cup of sunflower seeds, chopped
3/4 cup of pumpkin seeds, chopped
2 cups corn
1 celery stalk, minced
1/2 cup of fresh cranberries cut in half
1/2 apple, diced
2 tablespoons of maple syrup, agave or honey
1/4 teaspoon sea salt or to taste
2 tablespoons cilantro, chopped
2 teaspoons parsley, chopped



Elizabeth Fraser
Girl Gone Raw

Elizabeth is a raw & living foods chef & teacher as well as an oil painter from Portland, Maine, where she lives with her partner, 2 Boston Terriers & 2 fluffy kitties. Getting creative in the kitchen & the art studio are 2 of her favorite things!
www.girlgoneraw.com

DIRECTIONS

Marinate your mushrooms, onion & red pepper for 10-15 minutes in coconut aminos & set aside. Chop nuts in food processor until a chunky flour forms then pulse chop in the 2 cups of corn. Place mixture in large bowl & add in remaining ingredients & toss. Serve as is or warm in dehydrator for 2 hours at 110.





RAW SWEET POTATO MASH

By Aubrey
Homegrownandhealthy.com

Serves: 6
Total time: 5 mins

Ingredients:

*½ cup dried, pitted dates
4 cups peeled and chopped
sweet potatoes
½ cup water
1 tablespoon vanilla
2 tablespoons almonds
2 tablespoons dried raisins*



DIRECTIONS

Put dates in food processor, pulse into small pieces
Add sweet potatoes, water, and vanilla. Blend until
desired consistency.
Top with almonds and raisins.
Enjoy!



*Aubrey
Homegrown & Healthy*

My name is Aubrey and I am a proud wife and mother three. When I started my small garden a few years ago it served as a catalyst for changing the way we live: Eating fresh, playing in the dirt, and doing crafts and DIYs that are inspired by nature. We may not be perfect, but we do the best we can. Please join me and my family as we discover recipes and explore the outdoors in our attempt to reconnect with nature.



WHIMSICAL TURKEY 'N STUFFING SALAD

By Tonya Zavasta
Beautifulonraw.com

Ingredients:

$\frac{3}{4}$ cup parsley leaves, finely chopped
1 cup cherry tomatoes, halved
1 $\frac{1}{2}$ cups zucchini, grated, and
excess juice drained
1 cup yams, peeled and grated
(can use carrots)
 $\frac{1}{2}$ cup hemp seeds
3 pears, peeled and cut into cubes
 $\frac{1}{2}$ cup pomegranate seeds
 $\frac{1}{2}$ teaspoon Celtic sea salt or to
taste
1 tablespoon fresh lemon juice
2-3 tablespoons olive oil (optional)

Ingredients for the turkey:

1 Pear
a few spinach leaves
3-4 small carrots
1 Red bell pepper
2 peppercorns



Tonya Zavasta
Beautiful On Raw

Tonya Zavasta is the author of seven pioneering books on the link between raw foods, optimal health and natural beauty. Her books, *Your Right to Be Beautiful* and *Beautiful On Raw* are about how to radically improve your life, health and appearance through raw foods. Her latest books *Quantum Eating* and *Raw Food and Hot Yoga* are an exploration of the most advanced anti-aging practices.

DIRECTIONS

In a big bowl place hemp seeds and cubed pears and stir together until pears are coated with the seeds. Add the rest of the ingredients, and gently stir together with a spoon. Sprinkle with pomegranate seeds on top. Assemble the pear turkey (see photo) and land it on top of the stuffing or in a separate little bowl next to it.



RAW APPLESAUCE

By Sarah King
Ediblyeducated.com



Ingredients:

2 apples
juice from ½ lemon
cinnamon and/or
nutmeg, to taste (use
less nutmeg than
cinnamon)



DIRECTIONS

Place the ingredients in a food processor and process with the 'S' blade until smooth.



Sarah King
Edibly Educated

Sarah King developed a strong passion for all aspects of healthy living and started the blog Edibly Educated to serve as a resource for people to educate themselves on how to make a healthy lifestyle work even with time, budget, or resource constraints.





RAW MISO "ROASTED" MUSHROOMS

And Green Beans With Rich Parsnip Puree

By Amy Lyons
Fragrantvanilla.com

Ingredients:

1/4 cup Nama Shoyu
1/4 cup olive oil
2 tablespoons white miso
1 clove garlic, minced
10 crimini mushrooms, halved
2 cups fresh green beans,
trimmed

Parsnip Puree:

4 cups parsnips
1/2 cup raw pine nuts, soaked
for 2 hours and drained
2 tablespoons nutri yeast
sea salt to taste
filtered water as needed



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.

DIRECTIONS

Whisk together the nama shoyu, oil, miso, and garlic in a small bowl. Toss the mushrooms and green beans with it, then spread out on a lined dehydrator tray and dehydrate for 3-4 hours at 115F until softened.

Meanwhile, to make the parsnip puree, combine all ingredients in a high speed blender and blend until smooth, adding a tablespoon or two of water as needed. Place in a bowl and warm in the dehydrator for 30 minutes or so if desired, and serve with the mushrooms and green beans.






RAW VEGAN CINNAMON ROLLS

Susanna Liang
Divinehealthyfood.com


Serves: 2

Ingredients:




- 1/3 cup diced red delicious apple
- 1/4 cup buckwheat flour (or groats)
- 1/4 cup instant oats
- 1/4 cup almonds
- 2 tablespoons golden flaxseeds
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon

Filling



- 1 tablespoon date paste
- 1 teaspoon ground cinnamon
- A few sprinkles Himalayan/sea salt
- 2 teaspoons unsweetened almond milk

Frosting



- 1 tablespoon coconut milk
- 1 tablespoon better than milk rice powder
- 1/2 teaspoon cornstarch



Susanna Liang
Divine Healthy Food

Divine Healthy Food is a vegan blog, focusing on plant based foods, great taste and health. Susanna's Food philosophy: Eating should be enjoyable and nourishing. We should eat for health and nothing else.

DIRECTIONS

1. Dice about 1/3 of a red delicious apple, which actually should make about 1/3 cup. Add it to the blender along with the buckwheat flour, instant oats, almonds, golden flaxseeds, olive oil, vanilla extract and ground cinnamon. Pulse and blend until the mixture is sticky and you don't see giant chunks.
2. Spoon it out onto a bowl and knead it with your hands until it forms a dough and bits and pieces don't fly everywhere.
3. Dust a flat wooden surface with a little more buckwheat flour and lay the dough on top. Use a rolling pin to make a flat rectangle (not too thin though, as it may bread).
4. Make the filling: You will need to have pre-made date paste for this, as the amount of dates probably won't blend well on a big blender. Please follow the date paste instructions below for this. Spoon a tablespoon of date paste into a small bowl, then add the cinnamon, salt and almond milk. Stir until the mixture is soft to spread.
5. Make the frosting: Combine the coconut milk with rice milk powder or coconut milk powder and cornstarch and stir until it thickens.
6. Scoop the filling onto the surface of rectangular dough and spread it out until it reaches the entire rectangle.
7. Roll the dough up from one side to the other, like the way a jelly roll looks. Be really careful because the dough is fragile and might break. Use your hands to tug at it from different directions to firm up the parts that look like it's going to break.
8. Use a knife to cut off the edges, then cut it in 5 equal sized cinnamon rolls.
9. Make the frosting: Combine the coconut milk with rice milk powder or coconut milk powder and cornstarch and stir until it thickens.
10. Drizzle the frosting over the cinnamon rolls.



Masterful Casseroles

Green Bean Casserole

Sweet Potato Casserole With
Candied Pecan Topping

Raw Mediterranean
Mushroom Casserole



GREEN BEAN CASSEROLE

Vanessa Cassani
Livesimplynatural.com

Ingredients:

2 lbs green beans
1 cup cashews
1 cup water
1/4 cup nutritional yeast
1/4 onion (chopped)
6-8 sun dried tomatoes (chopped)
6-8 mushrooms (chopped)
2 tablespoons Olive oil
2 tablespoons Apple Cider Vinegar
2 garlic cloves
2 tablespoons Himalayan sea salt
1 teaspoon black pepper

DIRECTIONS

1. Clean, trim, and cut green bean into bite size pieces. Place them in a large mixing bowl.
2. In your high speed blender combine cashews, water, nutritional yeast, olive oil, apple cider vinegar, and seasoning. Blend until smooth and creamy.
3. Combine chopped onion, mushrooms, and sun dried tomatoes into your large mixing bowl. Pour your cream sauce over green beans and toss.
4. Pour it in a serving dish. Serve at room temperature.

You could use the nutri-bullet for the making of cream sauce. Make double and get the best of both worlds. To cooking this recipe, set your oven at 350 degrees and cook for 20 min.



Vanessa Cassani
Live Simply Natural

Vanessa Cassani is a health and food enthusiast, who's focus is on whole body wellness. She is the founder of Live Simply Natural, a blog where she shares her passion, inspires others and offers nutrition advice in a back to basics style through whole foods plant-based eating.



SWEET POTATO CASSEROLE

With Candied Pecan Topping

By Tina Jo
Cheftinajo.com

Serves: 8

Ingredients:

Casserole:

4 large sweet potatoes
2 cups coconut cream (add more or less for desired thickness)
1 cup coconut nectar (or favorite sweetener)
2½ tablespoons lemon juice
1 teaspoon vanilla power
2 teaspoons pumpkin pie spice
½ teaspoon ground ginger
1/8 teaspoon pepper, or to taste
1 teaspoon Himalayan pink salt

Topping:

1 cup pecans or pieces, soaked 4 hours, drained, rinsed, dehydrated
1/2 cup maple syrup
1 teaspoon cinnamon
1/8 teaspoon nutmeg (or to taste)



Tina Jo
Cheftinajo.com

Chef Tina Jo is a highly respected Gourmet Raw Vegan Chef, Author, Speaker and Coach. She holds a certification in Plant-based Nutrition from Cornell University and is a graduate of the renowned Living Light Culinary Institute. Chef Tina Jo is known internationally for her humor and down-to-earth approach to a whole plant based foods lifestyle.

DIRECTIONS

Casserole: Wash and peel sweet potatoes, cut into small cubes place into food processor. Add all ingredients listed in casserole—except use only 1 cup of coconut cream. Process mixture until smooth and creamy. Add more coconut cream as needed for perfect texture. Place sweet potato mixture into a glass baking dish (9 x13 works well if you'll be dehydrating).

Topping: Mix together syrup, cinnamon and nutmeg. Coat the walnuts with mixture. Place topping on top of casserole and serve. For a super yummy warm casserole, cover with parchment paper and dehydrate at 105 degrees until warm and crisp—approximately 4 hours.

RAW MEDITERRANEAN MUSHROOM CASSEROLE

By Melody Rocca
Inspired by Mimi Kirk
Zesty4life.com

Ingredients:

For Casserole:

4 large Portobello mushrooms
1 medium red onion, finely chopped
½ cup pesto
½ cup nut/seed cheese
4 large ripe tomatoes, chopped
½ cup black pitted olives
¼ cup capers
Pine nuts and/or parsley for garnish

For Marinade:

½ cup cold pressed olive oil
2 tablespoons tamari
1 tablespoon Lemon

Equipment:

5 Tray or 9 Tray Dehydrator
Glass baking dish/casserole dish
(which fits into your dehydrator)



If you want to add some crunchiness after dehydration add some finely chopped celery, carrots and red capsicum

DIRECTIONS

1. Slice mushrooms then place in the baking dish and cover with olive oil, tamari and a good squeeze of lemon. Marinate for approximately 15 minutes turning twice. You'll know they are ready as the mushrooms will shrink considerably in size, then pour out excess marinade.
2. Sprinkle chopped onion across mushrooms, spoon a layer of nut cheese, followed by a layer of pesto.
3. Sprinkle with chopped tomatoes, olives and finally capers.
4. Dehydrate at 44 °C or 110 °F for 3-4 hours until the mushrooms soften slightly and the cheese and pesto melts.
5. Sprinkle with pine nuts and parsley and serve.



Melody Rocca
Zesty 4 Life

Melody is a real food maverick, advanced detox advocate and budding author sharing her extensive knowledge through real life experience. Focused on re-discovering the concept of eating real food, she is inspired by fresh living food, clean structured water and advanced detoxification protocols.



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