

GINGER SNAP COOKIES ★ MASHED POTATOES

INSIDE:
Raw Food Gift
Guide

Raw Food Magazine

Issue 14 • November/December 2014

Classic *Holiday* Recipes

- ▶ Last Minute Appetizers
- ▶ Crowd Pleasing Desserts
- ▶ Festive Cocktails

Complete
Gift Guide

5 Ancient Remedies
for a sick-free season

DIY Healthy
Homemade
Gift Jars



Mom's Miracle Becomes Family Business
with Shari Leidich



+ Favorite
Holiday
Cookies

Contributors



Amie Sue Oldfather

Graduate of the Living Light Culinary Institute, with 800+ raw recipes,

Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.

[NouveauRaw](#)



Jason Wrobel

World-renowned leader in organic raw vegan cuisine, culinary education and epicurean entertainment, Jason focuses on radical simplicity and artful presentation. His dishes are favorites among celebrity clients and regular folks alike.

[JasonWrobel](#)



Amanda Brocket

With regular raw food workshops and retreats in Sydney and Bali, Amanda offers rawsome e-Books, transformational online programs and events to educate and inspire people to incorporate plant-based living for healthier, happier lives.

[TheRawFoodKitchen](#)



Gena Hamshaw

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

[ChoosingRaw](#)



Laura-Jane

Laura-Jane, The Rawtarian, is a leading creator of simple, satisfying plant-based vegan recipes. She is the host of The Raw Food Podcast, author of *Raw Food Favorites*, and a sought after speaker in North America.

[TheRawtarian](#)



Lauren & John

Lauren and John are hot for food... as long as it's vegan! Together they're cooking up vegan love and bringing this increasingly popular lifestyle to food fans across the globe via their blog, hot for food.

[HotforFood](#)



Nadia Petrova

Nutritionist and author of *Daily Raw* and *14 Days Detox*, Nadia's life philosophy is "We are in control and we can change things. We can change the way we eat, feel, experience, and live. We decide what is best for us."

[NatureInsider](#)



Emily Von Euw

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

[ThisRawsomeVeganLife](#)

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What's In Season?

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

Northern Hemisphere

FRUIT

cranberries, persimmons, pomegranates, pears, satsumas, elderberries, tangerines, clementines, passion fruit, apples

VEGGIES

pumpkin, daikon, cabbage, broccoli, kale, cauliflower, squash, sweet potatoes, beetroot, brussel sprouts, leeks, celery, chicory, artichoke

FRUIT

banana, blood orange, cherry, cumquat, grapefruit, lemon, lychee, mango, rhubarb, watermelon, papaya, honeydew, cherry, mandarin, cucumber, tomato, zucchini

VEGGIES

asparagus, avocado, broad beans, snow peas, spinach, sugar snap peas, lettuce, silverbeet, carrots, cauliflower, leek, cabbage, potato, artichoke

Southern Hemisphere

Brand New Polls!

Which best describes your 2015 New Year's Resolutions? (choose up to 2)

- ☐ Exercise more
- ☐ Specific fitness goal (run a marathon, 50 push-ups, yoga inversion, etc.)
- ☐ Eat healthier by eliminating something (sugar, wheat, meat, cooked foods, etc.)
- ☐ Eat healthier by adding something (green smoothies, juices, vegetables, fermented foods, etc.)
- ☐ Earn more money
- ☐ Spend more time with family

Other:

Vote

What is at the TOP of your raw food wish list this year?

- ☐ Raw beauty products
- ☐ A high-speed blender (Vitamix® or Blentec®)
- ☐ Raw cacao powder (or other superfoods)
- ☐ Food processor
- ☐ High-quality chef's knife
- ☐ Dehydrator
- ☐ A new (un)cookbook!

Other:

Vote

Your favorite Comfort Foods

and satisfying raw alternatives



Webster's Dictionary defines "comfort food" (yes, it's been in the dictionary since 1972) as "food that gives a sense of emotional well-being." Last issue we asked about your go-to comfort foods. Let's look at the most popular responses, why they "work" and healthy alternatives you can enjoy instead.

#1 Dessert

One in four respondents in last month's poll reported that desserts are most comforting to them. And, it is no wonder! Sweet treats, besides being highly addictive, are biologically designed to make us feel better.

Traditionally made desserts like cookies, cakes, pies and ice cream contain large amounts of sugar. When humans eat sugar our brains absorb more of the amino acid tryptophan from our blood stream. The brain uses tryptophan to manufacture serotonin, a "feel-good" neurotransmitter responsible for elevated mood and feelings of wellbeing.

Scientists hypothesize that our biological attraction to sweet foods is what drew humans towards eating sweet fruits and berries and consequently spreading seeds through excrement which grow to become new fruit-bearing trees and plants.

Craving sweets? Eat sweet fruit!

Good news! – the mood-boosting effect is the same regardless of whether we eat luscious sweet fruits or refined sugar. When we choose fruits and berries, we avoid the dramatic shifts in blood sugar levels that contribute to insulin-resistance, diabetes and a compromised immune system, plus we gain access to great nutrients.

While fresh, water-rich fruit is healthiest, if you are looking to curb an especially strong "sweets" craving opt for a few dried figs, raisins or dates. The concentration of fruit sugar in dehydrated fruit is likely to satisfy your sweet tooth while the fiber slows its absorption into your bloodstream meaning you won't crash hard later.



#2 Bread

Twenty percent of readers in last issue's poll admitted that bread – baguettes, rolls, biscuits, heck, even toast – is their favorite comfort food. The simplest way to understand our seemingly overwhelming desire to consume processed carbs, especially when stressed, is to remember that the basic building blocks of carbohydrates are actually sugar molecules. Simple carbohydrates like white bread will have a similar effect on the brain to refined sugar.

Now, let's add stress to the mix. Stress interferes with adrenal function and can cause adrenaline to rush through the body. When the adrenaline subsides, your energy levels will be lower than ever and you may feel irritable, moody or fatigued.

So what do you do? Grab a slice of toast, a muffin or a few crackers. These foods are quickly broken into sugar molecules like glucose, creating a burst of energy likely to evaporate as quickly as it appears.

That bagel looking awfully tasty? Opt for some raw granola instead.

Sprouted granolas are easy to make or can be found at health food stores. Instead of consuming processed white flour, rice and other grains, opt for sprouted grains like buckwheat and oats, which have exponentially more available nutrients. Even better, these complex carbohydrates will satisfy your craving while providing longer, steadier energy releases helping you feel better, longer.

#3 Mexican Food

What do enchiladas, burritos, tacos, guacamole, queso and even pizza have in common? These foods are all extremely high in fat. Fats have a powerful effect on the human brain. A study at the Centre for Human Nutrition in the UK demonstrated that volunteers who had eaten a high-fat meal had greater reduction in pain reception in the following cold-induced pain tolerance test. This basically means a high-fat intake can essentially help us feel less pain up to several hours after ingesting the fat.

Another reason greasy fatty food can be so satisfying is the increased

amount of Cholecystokinin (CCK) released after eating high-fat foods. CCK slows stomach emptying and triggers feelings of satiety. In short, fats help us feel fuller, longer.

Eyeing that greasy burrito? Eat a heaping spoonful of your favorite nut butter instead.

Nut butters deliver a large quantity of healthy fats, triggering the same CCK release as those enchiladas. Raw nut and seed butters – almond butter, peanut, pumpkin, or even raw vegan nutella (recipe in this issue!) – are a healthy alternative that deliver feelings of fullness and satisfaction.



#4 Potatoes...

Ever wonder why fries, potato chips and even hash browns are so appealing when you're stressed? A new study suggests it's not the potato but the salt we find so hard to resist. Elevated levels of salt in the body actually lower stress levels and raise levels of oxytocin, a hormone popularly linked to love and connection.

An experiment in the Journal of Neuroscience showed that rats' responses to a being tied down depended on the level of salt in their systems. Hypernatremic rats showed significantly reduced activity in their brain's stress systems compared to rats

with normal salt levels. The "salty" rats also had higher levels of oxytocin in their bloodstream.

Want a salty snack? Opt for raw veggie chips, seaweed, or salted nuts.

Next you feel the hankering for potato chips, look for some raw veggie chips seasoned with real salt like sea salt or Himalayan pink salt. Salt that occurs naturally in nature is real salt. Dehydrated veggies like kale, carrot slices, and even green beans sprinkled with sea salt are a great way to satisfy your craving. Seaweed is also rich in naturally-occurring salts, and lightly salted nuts will do the trick, too.

Readers Talk

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



Full of useful information
-- love it!
Akawai, Greece

This mag makes my life better

I really love raw food magazine. It's beautiful and the stories and recipes always lift me up and encourage me to make better choices. I always learn a something new and get excited for every issue.

-Judy K, USA



Have something to say?

We value your feedback and read every e-mail.

My favorite issue yet. *Ethan, New Zealand*

Biking Across the US...

I have been biking across the US and during it I read every raw food magazine issue. I feel like it's shifted my perspective on food to a much better view. Bottom line, I would strongly suggest learning about raw food and choose to eat living foods, it will do wonders for your health and happiness.

Beck, USA

I just love raw food! I'm a Raw Coach/Chef living in France. Here, they don't know anything about raw food. I love this magazine! It Keeps me posted!

Mariam Bah,
France

Thank you for the outpouring of love over our last issue! We work every day to create not just a magazine, but a positive and supportive community of people trying to live and feel their very best. Thank you for joining us.

We also get excited about constructive criticism so we can make Raw Food Magazine the best resource we can for you. So, if you've never taken the survey at the end of each issue, please flip to the last page and let us know what you think.
-your rfm team :)

A close-up photograph of several Easter eggs decorated with white and brown icing. Some eggs have intricate swirls, while others have a crisscross pattern. The background is dark and out of focus.

New to Raw Food?

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

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

[Join the Community!](#)

Demi Moore's Fountain Of Youth

It is common knowledge that Demi Moore will always be one of the most attractive women you've ever laid eyes on, whether you're a fan or not. The famous actress, now at the age of 51, is still as appealing as ever with a body that looks absolutely nothing like her age. So, just what is it that keeps this 51-year-old beautiful, fit and radiant? The answer is closer than you expect, given that you're reading this magazine. Any clue yet?

Although most of us would like to believe in the Fountain of Youth, let's cut to the chase and debunk expensive "beauty secrets" and treatments from all over the internet. Tips for looking like Demi Moore, when you're her age, will not require millions of dollars in your bank account or invasive procedures. Promoting rapid, healthy cell regeneration for radiant young looks has everything to do with food, the fuel for cellular reproduction in our bodies. You'll only be spending as much as you should on a healthy diet and balanced lifestyle. To achieve the age-defying physique, all you need to do is eat well and do regular exercise. Yes, exercise! Don't worry! Nobody is expecting you to start running marathons (unless that's your thing).

In Demi Moore's case, that means following a raw food diet and doing yoga/pilates. While pilates and yoga are said to be outstanding anti-aging exercises, which help you build strong and lean muscle as well as reduce stress, a plant-based diet like raw food will promote easy weight loss and slow down the aging process. A perfect combination for a 'not-looking-your-age' (in a good way) physique.



Top dieting trends that stand above them all

The circle of weight loss/weight gain is probably one of the most frustrating things about being a woman. Not only it is irritating, but the circle also keeps recurring no matter how much you try to avoid it. And so, women seek help from various diet plans in order to shed that hateful extra weight. However, to be less obvious, we try to live a healthier lifestyle so don't you dare judge!

Just like our weight, diet trends follow the same patterns of up and down. Upon searching Google for the ideal diet, which may or may not help you shed some weight, you might be bewildered by all the options you come across. However, according to a recent report we should be able to narrow the top list of diets down to 8 choices. These diets are not only the most popular but they're also the ones people tend to go back to if, by any chance, they've entered the endless circle of weight loss/weight gain again. The list includes: The Atkins Diet, The Zone Diet, a Vegetarian Diet, a Vegan Diet, Weight Watchers, The South Beach Diet, The Mediterranean Diet and last but not least, the Raw Food diet. While it is exciting to see raw food is a trend that is not fading away, be wary of the word "diet." Adding raw, wholesome foods into your diet is not a weight loss gimmick or fad diet, it's a lifelong nourishing food habit that continues to provide benefits the longer you live in this new way!



Natasha blogs at NutritiouslyNatasha.com and you can follow her on Instagram @nutritiouslynatasha.

Photographer Instagrams Her Way Back Into Health

Posting your meals on Instagram is nothing new. We all do it at some point. However, the story behind the daily updates of this 25-year-old food blogger is more than just letting the world know what she had for lunch today. Instead of Starbucks cups or fancy drinks on a rooftop bar, Natasha Lipman blogs her way through the world of healthy eating on her journey to wellness.

Born with Ehlers-Danlos syndrome, Lipman's joints are often dislocated, which causes her discomfort on a regular basis. On top of

that, she has also developed two additional chronic conditions. Lipman has PoTS, which stops the body from regulating itself properly and histamine intolerance which causes her to have severe allergies to foods. The symptoms from these conditions affect her to the point of not being able to go to work or even leave the house.

In 2014, after suffering from all the side effects and symptoms, Natasha decided to look into what she eats more seriously. She spent a month researching the internet to find out how the foods she eats can affect her recovery. From there, she started a healthier journey by turning toward plant-based foods instead of animal products. So, how did that work for Natasha? Amazingly, Natasha no longer needs to take medication. She works full-time from home and is busy making friends on Instagram, with whom she can share her food talk all day, just as she shared her story on BBC.



Year Of The Vegan

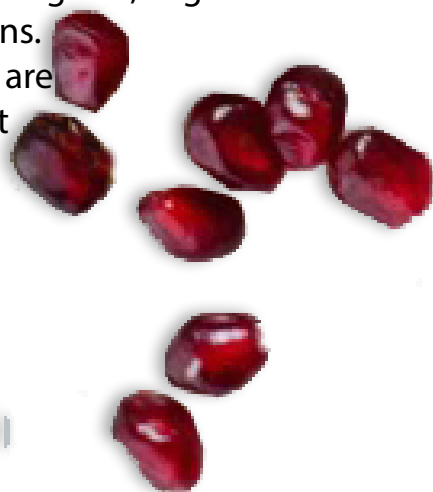
Believe it or not, 5% of our population in the USA are currently Vegan or Vegetarian! Now, 5% doesn't sound like a big fat victory, considering that the rest of our 100% is still eating animal products every day. However, when compared to the tiny one percent of vegan and vegetarian reported in 2009, we can proudly claim that the rates are on the climb! Veggies will take even more percentage in the years to come. So what's the deal behind millions of people going veg every year?

The cause for our 5% population, within the US, to turn their heads away from animal products is a plural

decision. Besides some individual's simple preference of vegetables, there is a mix of incentives for Americans to reduce or eliminate their meat consumption. The largest influence probably comes from the knowledge we've acquired about commercial farming and animal treatment over the last five years. 69% of people following a plant-based diet, admit that they chose this lifestyle not just based on health awareness, but because of their wish to support ethical treatment of animals.

Nowadays, it is easier than ever for plant-based diet enthusiasts to pursue their chosen lifestyle due to the fact that more restaurants are providing

vegan options and grocery stores are stocking more organic, vegan and raw options. While women are still the largest adopters of raw and vegan diets, an increasing number of men are choosing an eating conversion to meat-free diets in the last five years. We know one thing for sure, veggies aren't going anywhere.



Eat your way out of hair loss

It's amazing to know the real power of garlic, behind its economical price tag. Though there are many studies backing up its fantastic benefits, garlic is not what people would always remember to mention in their discussion about superfoods. Kale? Amazing. Blueberry? Love it. Garlic? Mixed feelings. Raw, sauteed or roasted; garlic always tastes good! However, garlic breath is the last thing you want to have, that's for sure.

There's plenty of research being done every year to prove that garlic is astonishing. It is undeniable that garlic has become known for its healing properties with conditions relating to heart health, cholesterol levels, cold, flu and etc. 'Garlic and health benefits' is an understood statement just like 'bread and butter.' However, did you know that fighting hair loss is also one of many reasons to love this extremely low-cost superfood?

A recent study, carried out by Mazandaran University of Medical Sciences, has tested the effect of garlic with alopecia. Alopecia is also known as hair loss. In this study, garlic gel was applied on the scalp twice a day. They discovered that garlic, "significantly added to the therapeutic benefits addressing the improvement of alopecia." Along with onion,

garlic contains a compound sulfur which proves to be very effective in hair loss treatment. Interesting!

What exactly is the steps for hair loss treatment using garlic? There are many options to choose from. If you favor a simple approach, it's best to rub sliced cloves of garlic directly on your scalp. Be sure to squeeze out the juice of the garlic to reap the most benefits. Another way to use garlic for hair loss treatment is to infuse an oil with garlic and massage the oil into the scalp. What type of oil? Coconut oil has been confirmed to be highly efficient in enhancing hair cuticle, scalp wellness, and for repairing hair damage; therefore, this seems a no-brainer! It would make perfect sense to infuse garlic with coconut oil. Also, to naturally thicken your hair and stop hair loss, start adding rosemary essential oil into your shampoo along with the above treatments for an ideal outcome.

So if you don't mind having garlic breath or a garlic smell in your hair, let's head to the mall. Or perhaps you could search the fridge and see if there's still some garlic left after last night meal. Maybe you've already been eating your way out of hair loss, without even knowing it. Hail to garlic!



Strong Teeth vs. Exercise

Who would have guessed?

For as long as we know, there's never been a bad time to exercise. You've not been exercising? Start now! Doing it daily? Okay, you're officially my role model. Now you may think, "So exercise is all about goodness huh?" Guess what, now there's finally one thing about exercise that is neither good nor healthy. It's true that exercise is beneficial to our body, but not for every part of it.

According to this new study, exercise could benefit almost every part of your body, except the teeth. Wait... What? Published in *The Scandinavian Journal of Medicine & Science in Sports*, the study points out that excessive exercise may affect your oral wellness in more unexpected ways than you may think.

Hints from the past have also confirmed that athletes tend to have a higher risk of tooth cavities or dental issues. In a study published last year, 278 athletes in the 2012 London Summer Olympics were examined by dentists and found a remarkable discovery. A majority of these athletes had "poor oral health" with high levels of tooth decay, gum disease and erosion of tooth enamel. Despite the fact that most of them had access to good dentistry, many had not visited a dentist as often as they should have. Furthermore, the study depicted that it didn't matter whether they came from a developed or less-developed country. A typical assumption might be construed that the reason for those athletes' high risk of dental problems was due to sugary sports drinks and bars. However, other studies have found little connection between consuming sports drinks and developing cavities. So what is the actual reason?

Researchers, at a dental school in Germany, decided to do a more indepth research on the subject. They wanted to better understand what's happening inside the mouth of competitive triathletes versus healthy, normal people. During the study, saliva was collected from a group of non-athletes, who had been sitting quietly for 35 minutes. Saliva was also collected from the triathletes who had been running for 35 minutes outside. Their saliva had been collected several times within that duration. Next, the saliva from the two groups was compared. It was noted that the longer an athlete trains, the more likely it



is for that athlete to have cavities. Diets and consuming sports drinks; surprisingly, has no link to an athlete's oral health. What occurs during the athlete's workout is the real attribute to their dental issue. While exercising, the amount of saliva produced is lessened. However, excessive amounts of alkaline in saliva could often contribute to tooth problems and would continue to grow more as the workout continues. With its protective function to our teeth, just a small change in the saliva's chemical structure could be enough of a problem for us.

For now, you may have one reason to stop exercising too much. However, the athletes in this study had a prolonged training period by which normal people would call hard-core. So if you're not an athlete with insane training hours, don't fret too much. Thus, if you want your teeth to remain as healthy as the rest of your body, take some precautions whether you're an athlete or not. Be sure to drink water during workouts, brush and floss as much as you should and most importantly, don't forget to visit your beloved dentist twice a year for a regular check-up.

It might take some courage; but still, it's a lot better than showing up with cavities in your mouth.



Vegan Everyday

To Chase Your Cancers Away

A new study, announced by The Physician's Committee for Responsible Medicine, has shown that men who follow a vegan diet not only benefit from weight loss but also have the risk of getting several types of cancers reduced dramatically. Consumption of 35 grams per day, of animal protein, could raise the risk of having cancer to 32%. In addition, those who drink 2 glasses of milk each day would also be in danger of developing prostate cancer. Now, the risk is increased to 60%. Also, if your breakfast typically consists of a whole sausage link or two slices of bacon, get ready for this...Your chance of having colorectal cancer just increased an additional 21%. Insulin growth factors (also known as IGF-1) found in animal products, such as dairy, can boost the growth of cancer. Amino acids, along with acidic properties in meat, can also be linked with producing the same result. Fish and eggs, with their protein and cholesterol, have also been found to increase the risk for prostate and breast cancer.

However, there's a way to turn things upside down and reduce your risk of developing colorectal, lung, and

stomach cancer. Be a vegan! Eat more fruits, vegetables and focus on cruciferous vegetables. To fight cancer, start including more of the following fruits and vegetables into your diet: Tomatoes, kale, garlic, onions, sweet potatoes, butternut squash, pumpkin, strawberries, broccoli, cauliflower, brussels sprouts, mushrooms, watermelon, papaya, and leafy greens...

Too many things to remember? No need to make a list. Eating to prevent cancer requires no fancy method. All you need to remember is to follow a plant-based diet and try to consume whole foods as much as possible. With no toxic wastes or harmful proteins and full of good nutrients; whole foods are what a health conscious person would need for their diet. Dr. Joel Fuhrman, expert on eating an anti-cancer diet and author of *Eat to Live*, also advises us to refrain from consuming any kind of sugar, white flour, refined grains and processed foods. These foods have not only been associated with diabetic issues; but also; have been discovered to fuel cancer development.



Featured Chef

Jason Wrobel



My name is Jason Wrobel. I was born in Detroit and am currently living in California. I am a vegan and a lover of raw foods. I wasn't always particular about my food choices, I loved pizza and Mac N' Cheese like everyone else. Like many, I began my journey into adulthood as an actor and a musician. However, when that didn't pan out for me, I decided to go to culinary school in 2005. When I graduated from the Living Light Culinary Arts Institute and received my national certification as a Raw Food Chef and Instructor, I began my apprenticeship with the most talented chefs in New York and Detroit. Life didn't stop there! I continued my love of raw food while working in Santa Cruz, California as the Head Raw Food Chef at the award winning Cafe La Vie. I have had many accomplishments in my life as a Raw Food Chef including; winning the first World's Best Raw Ice Cream Competition in Los Angeles, the first vegan chef to attend the Pebble Beach Food and Wine festival as well as the Los Angeles Food and Wine festival and have taught thousands of consumers how to prepare nutritious raw food meals with my DVD titled *Simple Vegan Classics*. I especially enjoy hosting the *How To Live To 100* Tv series on The Cooking Channel and my very own *J-Wro Show* on YouTube. There you can find tips, plant-based recipes and plenty of entertainment. In 2015, I plan to release my book on vegan recipes and lifestyle. Stay tuned!

What is your earliest food memory?

Eating delicious homemade Polish and Puerto Rican foods that my Grandma Rose and my Mom, Susan, would make. Those two powerhouse women are my original culinary inspiration. They both put so much love and intention into their cooking. It shaped my lifelong fascination and appreciation for food.

What made you decide to be a chef?

I've always loved the art of food preparation and have been a foodie my whole life. When I moved out to Los Angeles 9 years ago, I discovered the thriving raw vegan food scene out here. I was inspired to attend the Living Light Culinary Arts Academy, where I graduated from their chef's training program. I've been working professionally ever since.

What defines your raw "cooking" style?

Definitely comfort foods with a healthy dose of superfood infusions. I specialize in making familiar foods that everyone can enjoy while "sneaking" in the nutrient-dense superfood ingredients so that even kids and picky eaters can enjoy my recipes.

What did you have for breakfast today?

A superfood green smoothie consisting of fresh hemp, pumpkin seed milk, mango, blueberries, strawberries, kale, superfood green powder, Sunwarrior Warrior Blend protein, baobab powder, camu camu, Holy Basil and liquid stevia. That's my typical morning to-go smoothie!

What is your first kitchen memory?

Standing, mesmerized, in my Grandmother's kitchen watching her whip up dozens of dishes for Christmas. She had such skill, such love and so much devotion to feeding our family. It continues to inspire me to this day; the joy and delight of truly nourishing others through food.

Describe your biggest food snafu.

HA HA HA! That's probably the time in my high school home economics class where I mistakenly used 1 cup of salt instead of 1 cup of sugar in the cake mix. Needless to say, I failed the baking test with flying colors. You should've seen the look on all of our faces when we had the first bite! I'm still not a great baker to this day. It's something I have been meaning to work on in order to improve my overall skills as a chef.

What is the worst dish you have ever tasted?

Other than my high school chocolate salt cake? I've had some pretty awful meals at vegetarian restaurants back in the '90s when I first became vegan. Let's just say things have greatly progressed in the plant-based culinary world within the past 16 years.

What comes to mind when you think of "comfort food"?

Mac n' cheese, cheesecake, apple fritters, mashed potatoes with gravy and deep dish pizza. Oh jeez, now I'm REALLY hungry! Luckily, I've made raw food versions of all those dishes and enjoy the heck out of them.



Cooking is like love. It should be entered into with abandon or not at all.

~ Harriet Van Horne

What is your most used kitchen tool?

Hands-down, my Blendtec Designer Series high-speed blender.

What is your favorite kitchen tool? (even if you hardly use it)

My Blendtec. Second place goes to my Wusthof chef's knife.

What is your favorite form of exercise?

I love a good combination of yoga, pilates, hiking and swimming. On occasion, the weight training bug will bite me, but I always go back to my basics.

What would you choose as your last meal?

A butternut squash mac n' cheese burger on a coconut-oil buttered croissant with a mint chocolate chip ice cream sundae and a glass of pineapple coconut lime kefir to wash it all down.

What's your most overused ingredient?

Hemp seeds. Without a doubt! HA HA HA! I'm surprised the FDA hasn't sent me a letter by this point.
If you were to incorporate one (unhealthy) food from your childhood into your present diet, with no negative impact to your health, what would it be?
Chocolate eclairs. I haven't had one in decades.

What is your life motto?

Life is always giving you exactly what you need for growth and evolution. Trust the Universe and trust yourself.

What is your greatest fear?

To die alone, regretting the decision to not take more risks in life or to truly follow my heart.

What is your present state of mind?

Very positive! I feel incredibly blessed for the prosperity, opportunities and for deeply loving people in my life. It's an honor, as well as a gift, to be able to share food and nourish others for a living.

What inspired you to become a raw food chef?

I was vegan for almost 8 years when I started eating primarily raw foods. I couldn't deny how amazing, light and energized I felt. When I moved to Los Angeles in 2005, I wasn't making much money as an actor or a musician. So I thought "Well, I'm a pretty good cook. What if I became a great chef?" That's when I went to culinary school and carved out a new path for myself.

Now I'm truly blessed to be able to do it all; food, acting and music. I'm grateful to be utilizing all my talents to inspire people to live healthier, happier and more joyful lives!

*Much love,
Jason*

Jason Andrew Wrobel

Cooking Channel TV Host
Health & Wellness Edutainer
Certified Raw Vegan Chef & Instructor

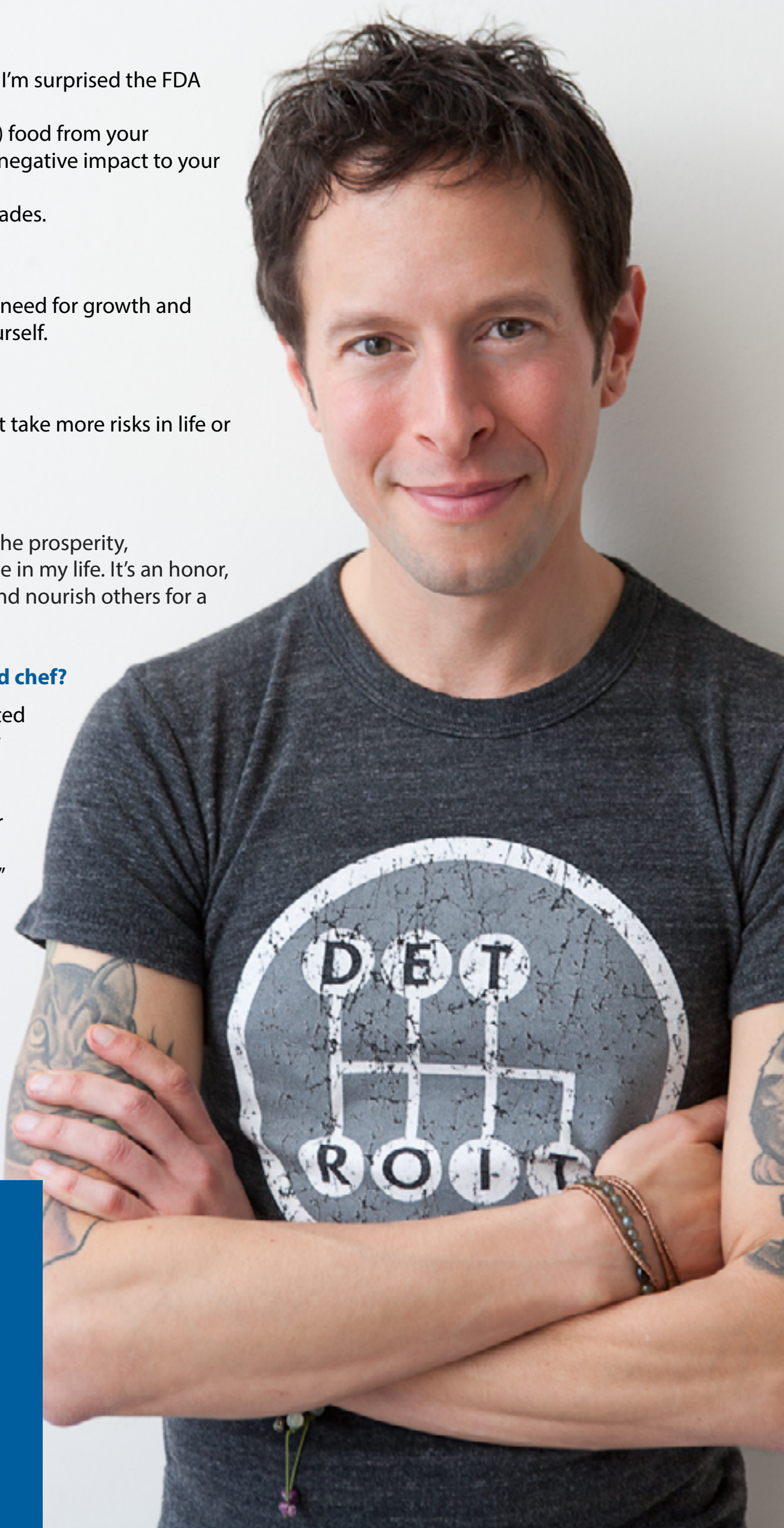
Web: JasonWrobel.com

Twitter: [JasonWrobel](https://twitter.com/JasonWrobel)

Instagram: [JasonWrobel](https://www.instagram.com/JasonWrobel)

Youtube: [JasonWrobelTV](https://www.youtube.com/JasonWrobelTV)

Facebook: [JasonWrobelLiving](https://www.facebook.com/JasonWrobelLiving)



7 Reasons to Start Exercising Before January 1st

Ever find yourself saying, “I just need to get through the holidays...” or “I’m just so busy, come January I can begin to exercise...?” Perhaps you could just use a little extra motivation to get up and move. Whatever the reason, read on for 10 compelling reasons to start your exercise habit NOW and not wait for the New Year to put your sneakers on.

Okay, okay, so you *know* exercise is good for you. But, psychologically we humans create absurd amounts of internal resistance to things we think we *should* do. Our species crave freedom and control over our own lives. So, while it may seem silly, a simple shift from “I *should* exercise” to “I *choose* to exercise because...” can have a massive impact on your ability to follow through.

While we know exercising regularly can prevent diabetes, heart disease, obesity, and other chronic conditions which are plaguing our species; sometimes this is not compelling enough to create motivation

because these things may not be affecting us right now. Charles Duhigg, author of *The Power of Habit*, calls exercising a “keystone” habit. This refers to one of a few special habits which seem to set in motion a chain of positive psychological and biological changes that improves many areas of life. Want a more peaceful mindset? Better relationships? More ease in eating healthy? It’s a great idea to start with exercise.

So, what are we waiting for? Here are seven compelling reasons to help you fill in the blank in our empowering statement of “I choose to begin exercising now (not wait until January) because I want to...”



1. Escape Cold and Flu Season Unscathed

Getting sick is never fun; but, being sick during your favorite holidays can be even more of a bummer. Changing weather, increased stress and greater social contact all contribute to the spread of colds and the flu this time of year. Research has uncovered a link between moderate, consistent exercise and a strong immune system. Exercise increases the production of macrophages, the cells that attack bacteria, and cause virus-fighting cells to circulate more rapidly through the body, allowing them to respond to invading cells more rapidly. Dr. David Nieman, PhD., conducted a study where he found that individuals who simply walked briskly for 30-40 minutes per day took half as many sick days due to colds or sore throats than those who did not walk. While moderate exercise boosts the immune system, periods of intense physical exercise can actually damage your defenses. Extended periods of exercise, especially at high intensity, releases cortisol and adrenaline which make athletes more susceptible to illness up to 72 hours later. So, definitely move your body, but also be kind to yourself and you can avoid the next bug that's going around.



2. Ignite the Romance in Your Relationship

For both men and women, regular physical activity boosts libido and self-esteem. Improved circulation combats erectile dysfunction in men and can improve skin tone and quality in both men and women. Not only will increased confidence make you more likely to engage romantically and freely with your partner, exercising actually makes you more attractive to your significant other, and not just in the ways you think. Flushed cheeks from increased circulation, even skin tone from opening pores through perspiration, and clear eyes (reduced puffiness and redness) by better lymphatic flow all shout “reproductive fitness” on a biological level to the subconscious of your partner. We are evolutionarily programmed to become more aroused by someone who exercises. Not to mention, exercising *with* a partner increases feelings of closeness, intimacy and love. So, what's not to love?



3. Fall Asleep Like a Baby

Lack of melatonin in the winter from less sun exposure makes it biologically more difficult to become sleepy. Your kids might stay up all night waiting for Santa while you are laying awake all night waiting to feel drowsy. Exercising early in the day, especially outdoors, spikes the metabolism and kicks your body's natural circadian rhythms into gear so you can be better rested during the holidays. Feel free to exercise in the afternoon, but try and avoid intense exertion before bed as this will have the opposite effect, energizing your body and keeping you restless.



4. De-Stress and Prevent SAD (Seasonal Affect Disorder)

While these months are filled with joyful holidays and family gatherings, they can also harbor increased work and life stress. If left unaddressed, little stressors, less physical movement and limited sun exposure can result in full blown depression. This type of depression is often referred to as Seasonal Affect Disorder, come January and February. With the days (in the Northern Hemisphere at least) getting shorter and colder, it will be physiologically more difficult to exercise. Starting now while the vitamin D levels and hormone balance of your body is in your favor, increases the likelihood that you will follow through with an exercise regimen in 2015.

5. Boost Your Confidence Before that Holiday Party

A study in the *Journal of Pediatric Psychology* found that less than an hour of daily exercise can boost the self-esteem of both overweight and average middle schoolers. Similar studies have replicated results with adults, confirming that confidence boosts can arise even before any weight loss or visible results have occurred. Engaging in activities like biking, jogging, playing sports or chasing your kids around, will spike your heart rate and trigger the release of feel-good endorphins which lead to a positive emotional response. People who exercise regularly tend to be more social, more confident and feel more accomplished than sedentary peers.



6. Remember the Names of Your Extended Family

You know that feeling of clarity that comes after exercising? When the mental fog has lifted? Well, that mental boost is a result of increased blood flow and oxygen to the brain which also has other positive side effects. The increased vascular activity in the brain has a measurable impact on the brain's ability to create new memories and recall information. So, doing some jumping jacks or skipping around the block will increase the likelihood you will remember that distant Aunt's name at the family reunion.

7. Ensure You Are Around For More Holidays to Come

You probably already know that you can live longer if you follow a healthy lifestyle, but the extent to which exercise affects life expectancy may surprise you. Research suggests you can improve your life expectancy by exercising just the same as if you were a smoker who decided to quit smoking. Why would you wait until January to start adding years to your life?

While you might not be rushing to get "bikini" ready and are looking forward to cozying up in layers of puffy warm clothes this season, forming an exercise habit now can have a transformative effect on not only your appearance, but your confidence, mindset, relationships and happiness.



Acro yoga is a great way to get active and have fun with a partner

Quick Tips for Establishing a Lasting Exercise Habit

1. Make it Sustainable

Choose something you can easily sustain for 3 weeks. This is the minimum time frame researchers suggest which is necessary to create a new habit.

Hint: Sometimes it's easier to do something for a shorter time with higher frequency. For example, instead of committing to doing a 45-minute interval training workout three times per week, try committing to walking or jogging for just 10 minutes every single morning.

2. Make it Predictable

Do your new exercise or activity at the same time and in the same way every day. Habits are more successful when they have a predictable "trigger." Deciding to go on a walk everyday will be less sustainable than choosing to walk for ten minutes every morning after waking up. Some other quick and easy ideas include doing ten squats every time you go to the bathroom, doing five sun salutations before getting in your car or even fifty jumping jacks during your lunch break.

3. Reward Yourself

Giving yourself a positive reward immediately upon completing your new habit reinforces the positive neural pathways that lead you to start looking forward to exercising. How can you reward yourself? Well, think of simple ways to make yourself feel good about your accomplishment.

Here are some reward ideas: Walking every morning? When you get back, make your favorite breakfast smoothie. Doing squats or push-ups in the bathroom? When you finish, look at yourself in the mirror, raise your arms in the air and celebrate, telling yourself (out loud) how marvelous you are! However you choose to celebrate; make it quick, easy and something that feels really good.



Top Secret Tricks

From Professional Food Stylists

Create an awe-inspired traffic jam around the buffet with these mouthwatering food presentation tricks

Whether it's serving Thanksgiving dinner, hosting a potluck or just packing your child's lunchbox, presentation really does matter. Research shows that the way we present food can affect people's willingness to try something new and even improve the way people rate it's taste! Want your new appetizer or dessert to be a big hit? Try one (or all) of these expert tips to sweeten the odds of your specialty becoming the social rave.

The Plate Is A Chef's Easel... Tips From The Experts

Think of the plate like a clock face.

Place the main entrée at six o'clock, meaning that the diner will be directly presented with the most important part of the meal. Then place your sides at three and nine o'clock. It's hard to go wrong with this design since it encourages balance and makes the meal appear complete.

Circle! Square! Rectangle! Use a variety of shapes.

Try to avoid a plate full of circles (like peas, potatoes and brussel sprouts). Some vegetables, such as carrots, can be cut into almost any shape to complement your presentation. In regards to fresh fruit, it can be fun to use



Even this lunchbox presentation is stunning using the principles of color, texture, shape and number

cookie cutters to make melon stars or even hearts to decorate a raw food dessert.

Let's be odd! Never even...

Although it may seem counterintuitive, odd numbers actually create balance. When the eye encounters a central object with an equal number of objects on each side, the eye knows exactly where to go. This basic rule of composition means a perfect plate has two sides to support a meal, not three. Furthermore, if you create a cherry tomato or carrot flower garnish be sure to create five "petals" instead of four or six. Putting raspberries atop your raw cheesecake? That's right! Either place one, three or even five raspberries atop your dessert. Two just looks...wrong!



If you have an even number, adding a third object to your display will be more pleasing to the eye

Top That! Contrast your food colors and your textures.

The more dramatically we contrast colors, textures and even geometric layout; the more tantalizing the dish will be to the eye. If you make a





big green
salad; top it
with beet shavings.

Pureeing a nice creamy sweet potato soup? Top it with a bright green sprig of oregano or even an edible flower, like a smiling pansy.

Choose the best plate for your dish or no plate at all.

When serving food to guests, your plate is your canvas. The following chef's tricks will help you stun your guests:

- Use white plates and bowls. While you might be tempted by brightly colored or intricately patterned dishes and china, white is the ultimate fall-back plan. Almost any dish will look great on white, and white won't compete or steal attention from the main attraction!
- Leave 3-5 inches of clean space around the plate. Space frames your dish, draws in the eye and eliminates visual clutter.
- Serve cold on cold and hot on hot. When serving a cold dish, chill the plate beforehand. For warm soups, cookies or stews add warmth (and keep the dish warm longer) by warming the plates in your oven on the lowest heat.
- Go for no plate. You can really stun your audience of eager eaters by restructuring dishes in a surprising way. Pineapple baskets, stuffed red peppers, zucchini boats and even fruit skewers are unexpected delights.
- Not too big, not too small. Big plates make portions look small and small plates make the plate look crowded. Opt for dishes that frame, but don't overshadow, your food.



Garnish like a pro.

A garnish provides a professional finishing touch to your dish and it should not be chosen at random! Garnish thoughtfully to accentuate a characteristic of your dish; cucumber balls to emphasize freshness, dash of herbs for an earthy touch, or a sprig of lavender for originality. Use your garnish to even out any imbalances in color or to add a new shape. Make sure your garnish is edible and use sparingly so you don't distract from the dish. Creatively cut veggies, fruits, herbs and edible flowers add beauty to a plate and entice the diner.



Clean your plate!

Professional chefs *always* use a clean dish towel to wipe spills or splatters from the edges of plates before sending them out to the dining floor. While a seemingly inconsequential detail, the clean frame around your food makes a huge difference in the overall expert impression of your appetizer.

Plate Presentation Bonus: Tools of the Trade

If you would like to take your food presentation to the next level, you can use a few simple kitchen tools to achieve exquisite results. The fancy tricks many expert chefs use, often involve very simple tools and techniques. Read on to learn how any novice chef can use cooking ring towers, melon ballers and squeeze bottles to impress guests at their next dinner party:

Classy Cooking Ring Towers

Gourmet food always seems to take advantage of three dimensions. Now you can achieve those impressive vertical towers of tantalizing dishes. Chefs achieve this effect using cooking rings, which look like tall cookie cutters. These rings



can be round or square and add a professional appearance to your next dish.

Magical Melon Baller Mounds

Melon, ice cream and other scoopers make perfect mounds of fruit, grains, truffles or stuffing. Experiment with different size scoops to see what you like best.



Use a melon ball scooper for beautiful raw truffles



Simply Beautiful Squeeze Bottle Sauces

We expect gourmet dishes to come with a delicious drizzle of sauce or a splash of elegant color. You can achieve the same result at home very easily. You can use a basting brush (or a new, unused paint brush) to generously brush the sauce on the plate for a swept look. Also, you can use an eyedropper for perfect little circles. Simple squeeze bottles work wonders for adding some pizzazz to your plate. Pour your raw dressings or sauces into squeeze bottles and then you can make polka-dots, diagonal lines, swirls or even a smiley face.

If you put the time into creating a delicious meal to share, do yourself a favor and put the extra five minutes in to make your presentation stunning. The oohs and ahhs and gaping mouths will be a satisfying reward! Healthy food can be as beautiful to our eyes as it is for your body. Plus, the more appetizing it looks; the more likely people will try it and love it!



2014 Holiday Gift Guide

Heading into this holiday season it appears that health is no longer just a trend, but a full blown revolution. Even if the loved ones on your gift list aren't full-blown raw foodies, there are many gifts on this list which will delight even the most stubborn palate. From chocolate-y stocking stuffers to luxurious beauty balms and even home decor, find the perfect gift for the foodie, athlete, super mom or do-gooder in your life!

Stocking Stuffers Everyone Will Love

Whether you are tucking a few goodies into your family's stockings (or your own), taking a housewarming treat to a holiday party or sending something sweet to your child's classroom, these yummy treats are our absolute favorite stocking stuffers this year.

Two Moms in the Raw Cayenne Cacao Truffles

This powerful flavor combo is a new release from Two Moms in the Raw and is a sensory delight. Indulge your palate without really indulging with these delicious truffles. Did you know that cayenne pepper is great for the cardiovascular system? Packed with vitamins and goodness, this tasty snack is perfect for 'on-the-go' and they even make great energy bites for athletes.



Hurraw Moon Lip Balm

Ever wake up with dry, cracked lips? Apply this lip balm, nightly, and moisturize your lips for the whole night. This balm is, not only pleasantly thick and creamy, but also has a beautifully blue tint. The oils, such as Rosehip Seed and Meadowfoam Seed, in this balm are known for their rejuvenating properties. A relaxing vanilla and balsam scent lulls you to sleep. Plus, all Hurraw! Lip Balms are made from raw, organic, fair trade ingredients and are cruelty-free!



PlantLife Cinnamon Spice Essential Oil Candle

Allow the holidays to spring to life with the scent of this sweet and spicy candle! The aroma will warm your heart and welcome your guests. While traditional wax candles with metal-lined wicks (to keep them standing up straight) are known to emit toxic fumes and even lead gases when the burn, PlantLife candles are made from plant waxes and have a pure cotton wick for clean burning, toxin-free aroma. Feeling stressed? Grab a cup of hot tea, light your candle and breathe in some clean aromatherapy.

Coco Polo Vegan Dark Chocolate with Coconut

There's nothing to feel guilty about when enjoying this chocolate bar. The rich, sweet taste is entirely all natural and is sweetened with Stevia, a natural plant-based sweetener. We were skeptical of this bar, as many stevia-sweetened products just don't satisfy the palate quite the same. Coco Polo, though, manages to deliver a creamy, rich dark chocolate with just enough sweetness. While not certified raw, this chocolate bar is the perfect stocking stuffer for the health-conscious chocoholic in your family and even safe for diabetics.



UberChef Stainless Steel Julienne Vegetable Peeler

This holiday season, wow your friends and family with stunning food presentations. This multipurpose tool serves as a vegetable peeler and a Julienne peeler, perfect for creating veggie noodles without a spiralizer. With this pocket-sized tool we were able to whip up a beautiful bowl of yellow zucchini and carrot "pasta" in minutes! The stainless steel blade is the sharpest blade in the market; yet, it is also dishwasher safe.



For the Kitchen Fiend

While you may not want to splurge on high-ticket items like high-speed blenders, food processors or dehydrators for your foodie friends; these handy kitchen editions are sure to please every cooking cognoscente, whether they use heat or not.

Williams Sonoma Paderno Spiralizer 3-Blade

This handy little machine is the perfect gift for friends, family and fellow foodies. The 3 stainless steel blades can be used to cut firm fruits and veggies into long thin spaghetti shaped noodles, long thick noodles and long ribbon-like noodles. Add texture to any pasta, salad or stir fry by slicing up some carrots, cucumbers, zucchini, potatoes and much more. Kids seem to especially love spiralized foods making it a great tool to help the little ones get their veggies. This amazing little machine comes with a storage compartment for the blades, sturdy suction cups for the legs, and is dishwasher safe.



Bamboo Style's 3-Piece Eco-Friendly Bamboo Cutting Boards

Cutting boards tend to splinter, warp and crack within a short amount of time (especially for fruits and veggie enthusiasts like us who use our boards multiple times per day). This eco-friendly cutting board is made out of thick Moso Bamboo and can provide years of chopping and slicing. It is FDA approved and comes with a 100% money back guarantee. We like the bamboo cutting boards for their sturdiness and portability. While flimsy, flexible cutting boards can be convenient at times, we aren't afraid to hack open a coconut or damage our countertops with this bamboo boards.





Pottery Barn Cuisine Tablet Recipe Stand

This recipe stand has all the charm of a vintage breadboard with the added appeal of modern technology. If you like to try out recipes you find online (or, ahem, in Raw Food Magazine!), save those kinks in your neck and get your tablet out of the splash zone with this handy stand. Just fold out the easel to prop your tablet up. With your recipe in easy eyesight you won't have to keep leaning over risking dripping ingredients on the screen. This tablet stand is made with mango wood and presents with a rustic finish.

Hamilton Beach Immersion Blender

The makers of this kitchen tool had the right idea – who has time to wash an awkward, old fashion blender? This multi-purpose blender mixes, blends, whips, purees, and chops right in the bowl. It is easily storable and comes with a blending wand, whisk and a chopping bowl which are all dishwasher safe. Especially with cooler weather headed our way, we love our immersion blenders for creating creamy raw soups. We were surprised at how well we can mince veggies for a quick raw salsa, too, with the chopping bowl extension. All-in-all we think its a great tool for people without an expensive high-speed blender.



Rawsome Vegan Baking by Emily Von Euw

Cooking raw may not seem too complicated; however, baking delicious raw, vegan and gluten-free desserts may baffle your brain. Where to begin? Emily has been a repeated contributor to Raw Food Magazine and her creations are tantalizing and satisfying. Her photography along with her first (un)cookbook worth the



buy, delighting the reader with breathtaking displays of cookies, cakes, cupcakes and other tasty treats. For friends that love to bake, even by traditional methods, this book will be a delicious, creative journey!

Soup's On! by Mark Reinfeld

With winter approaching, warmth in our food can be particularly comforting. Around the office, salad lunches give way to soups, and after checking out Chef Mark Reinfeld's *Soup's On!* we couldn't be more excited about it. Renowned chef and founder of Vegan Fusion, we have loved Mark's creations for years, but he especially rocks it in this cookbook. There is an entire section of completely raw soups (delicious) as well as tasty options for vegans and others who may prescribe to a high-raw routine. Our favorite part of the book, and what we believe makes it a must-have, is his in-depth analysis of "The Art of Soup Creation," plus handy quick reference guides including conversion charts, growing calendars and soaking times.



All 100 easy vegan soup recipes take a mere 30 minutes or less to create. And, after reading through his introduction, you will have the tools to start playing and creating your own amazing soups. As the title of the book says, Soup's On!

For the Beauty Maven

Have a friend or relative that just loves primping and looking her best? These gifts are perfect for those who enjoy being pampered and want to let their natural beauty shine through. One of these wholesome, delicious products may show your done-up diva friend that there are delectable alternatives to her chemically-laden commercial products.

Shea Yeleen Lavender Honeysuckle Body Butter

Give a gift of luxury with this unrefined, ultra-hydrating Shea body butter. Better yet, treat *yourself* to this amazing, daily moisturizer. The lavender scent will bring a sensational aroma to your body while the honeysuckle oil will cause your skin to feel smooth and healthy. This is the perfect gift for someone who may not get excited about the idea of lathering on pure coconut oil after their shower. This natural moisturizer feels a little bit more luxurious (we think).



Parson's Pomegranate-Pear Handmade Soap

Lather yourself with the elegant scent of pears and pomegranate as you wash your day away, as well as your dry skin. This sweet smelling all natural soap, is made with olive oil, shea butter and blueberry seeds to exfoliate the skin. It is GMO-free and is made in the beautiful Tennessee countryside.



Living Libations All-In-One The Best Skin Ever

No need to purchase separate facial/body cleansers and moisturizing products! This one bottle contains everything you need. This 'all-in-one' product cleanses, exfoliates and moisturizes not only your face but your body as well. Even better, all ingredients are organic and/or wildcrafted. While we are fans of Living Libations in general, this product is one of our favorites.



100% Pure Cherry Pigmented Lip & Cheek Stain

Put a little color in your cheeks and perhaps your lips too! Perfect fruit and vegetable pigment to bring some color to your face without making you look like you're wearing makeup. This all natural tint withstands sweat, oils and can be applied in layers for a more acute shade. Since it is natural, light and tinted with organic fruit, this lip stain doesn't feel lumpy or leave a sticky residue. Beautiful, natural and totally kissable.



For the Trendy Urbanite or College Student

These gifts make healthy living cool. They are perfect for students and urban dwellers who need healthy habits to be convenient, cool and compatible with their space and lifestyles.

EcoJarz Lids

On-the-go or around the house, think of this lid as a sippy cup for adults. This stainless steel lid is perfect for any mason jar, wide mouth, canning jar or even certain salsa and almond butter jars. A great way to recycle those old jars into reusable hot or cold cups! EcoJarz lids are not made with BPA, chemical leach or phthalates.



Love With Food's Monthly Taste Box

Food boxes are a blooming fad, and we know why – how fun is it to receive a surprise package of goodies? Vegan-Cuts has the largest circulation and NatureBox is quite popular as well. Why do we like Love With Food's box? Well, for less than \$10.00 a month, 8 delicious, yet, surprise snacks will come to your door in a box. Each snack is organic, gluten- and GMO-free, and contains no artificial ingredients. What's even better than that? With each purchased box, one meal will be donated to organizations that feed hungry children. While no fully-raw subscription box exists to-date, Love With Food is a great service that gives back. This may be a great way to introduce a junk food fiend in your life to some healthier snacks.



Sprout People's Beginners Sprouting Kit

Interested in sprouting sprouts but are not sure how to begin? Or, perhaps a friend would like to learn? This beginner Sprouting Kit includes everything you will need to grow a variety of 10 sprouts. The kit allows you to grow 5 pounds of sprouts and to continue growing sprouts, of your choice, within the containers thereafter. This kit makes it easy and fun to get started sprouting, and they can even be grown in a dorm room!



So Well Fair Trade Himalayan Salt Lamp (with USB plugin)

Even if you've never worried about the electromagnetic fields (EMFs) which come from our computers and wireless devices, salt lamps are a delightful and beautiful gift. Their main purpose, though, is to bind with the harmful EMF emissions of electronics, particularly computers, to produce healthy negative ions. Did you know that natural salt lamps produce a similar frequency as humans? These lamps are perfect for dorm rooms as they plug into your USB and are easily totable. Not only that, they never lose their ability to produce negative ions; thus, you will only need to replace a bulb every once in a while. Made from pure, food-grade Himalayan salt, these lamps can be enjoyed solely for their relaxing amber glow OR you can even chip off bits to season your food.



For the Super Mom (or Dad)

For those doting mothers and fathers in your life who live for their children, what better gift to give than ensuring the health of their most precious relationship? These gifts help busy moms and dads on-the-go stay sane and raise healthy, happy kids.

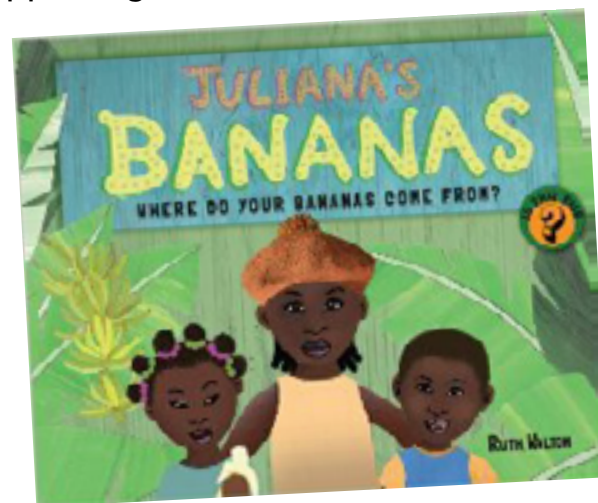
Lunch Bot's Duo Dots Stainless Steel Lunch Box

These handy containers are perfect for lunches, snacks, food storage and on-the-go. Each stainless steel container has dual compartments and a colorful snap on lid. Choose your color and bring fun to your child's lunch box. Both the container and lid is dishwasher safe and contains no BPA. We love the different compartments for packing healthy raw lunches.



Juliana's Bananas Children's Book by Ruth Walton

Come tour the Windward Islands and farm bananas with us! This heart-warming story explores the world of fair trade with an author who spent time on a banana farm with her two young children. The book explains, in kid-friendly language, how bananas grow, are picked, transported and processed before appearing in the local grocery store. We love supporting children's books with positive, educational lessons. Plus, we learned a few things from this book, too!



Gift card to a local grocery store, health food store, raw restaurant, or massage parlor!

Traditional gifts work for some people on the gift list; however, everyone is not 'one gift fits all.' For that hard to buy person, we suggest giving a gift card to a local healthfood store, raw restaurant or massage parlor. Especially for those who tend to budget, give them an excuse to splurge on their own health and wellbeing with a specific gift card.

Subscription to Your Local CSA

Community Supported Agriculture is a way in which the world can support local farms and farmers. Fresh fruits and veggies from the local farms are a vital part of our economy. Busy parents may not be able to aid in the development and duties involved in farming but can assist by subscribing to the CSA. If you live in the USA, you can find your local CSA by visiting this website: www.local-harvest.org. Giving the gift of a produce subscription to families on your list is a positive and practical way to make them feel loved this holiday season.



For the Health-Conscious Athlete

Athletes in any discipline generally strive for peak performance, whether in running, climbing, swimming, lifting, biking, yoga, or more traditional sports like soccer and basketball. Diet plays a major role in athletic performance, affecting stamina, endurance, recovery time, inflammation and even mental focus. These gifts will benefit the athlete in your life and help them achieve their best performance.

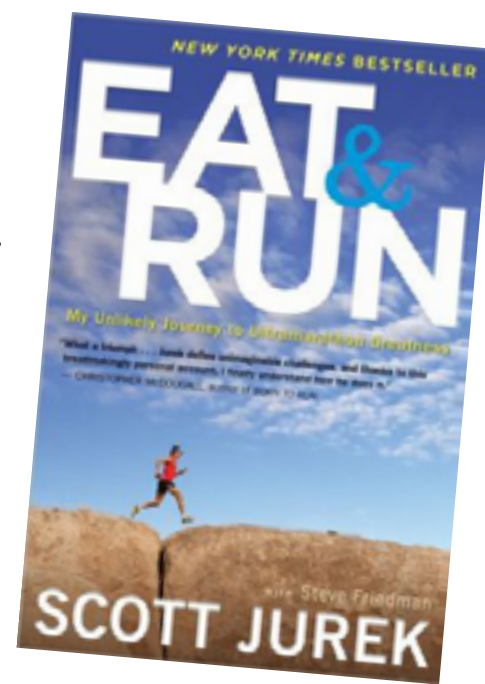
Warrior Blend Vanilla Protein

Protein shakes have become the latest rave among athletes. For the sports nut in your life, give them the best raw, plant-based protein mix available. The cold extraction process, which they use for this product makes it uniquely superior to other protein powders. It is easily digestible and makes a great protein addition for anyone's diet, even those who are not such raw foodies as you are.



Eat and Run by Scott Jurek

An inspiring story of the journey of one man's career as a champion athlete. His discussion of his life as an ultrarunner and a vegan will motivate even a couch potato to want to move. For the avid athlete, this book is not only an entertaining read, but inspires us to look more closely at how our lifestyle choices affect our ability to perform and reach our greatest potential.



Hydro's Filtering Water Bottle

After having so many glass bottles shatter on us, we looked for an alternative to either buying bottled water and polluting the earth with plastic bottles or always remembering to bring filtered water from home with us everywhere we go. These Hydro's filtering water bottles clean water from chlorine and harmful particles anywhere! These refillable, self-filtering water bottles are a great gift for anyone. Hydro's bottles are BPA free, dishwasher safe, and implanted with a natural antimicrobial, which helps to avert odor-causing bacteria. Now, no matter where you run out of water, you can fill up your bottle from a tap, sink or even river and not worry about ingesting harmful chemicals.

Box of Larabars

Packed with protein, these delicious bars of goodness are sure to make you second guess their nature. With traditional protein bars comes all the added flavors and sugars but you won't find that here. Don't do so well with dairy? These tasty treats are dairy-free, gluten-free and contain no genetically modified ingredients. In a recent Twitter poll, the most common raw foodie response to "What would you love for Christmas?" was simply a big box of scrumptious Larabars.



For the Raw Aficionado

Do you have raw or vegan friends? Only raw foodies are likely to appreciate the incredible delight it is to be gifted certain superfoods and raw staples they may not normally splurge on for themselves. The following items we would love to receive and know your other raw-friendly friends will drool over as well.

True Vibe Fair-Trade 100% Raw Cacao Powder

Criollo cocoa is the highest quality and most rare cocoa in the world. This cocoa powder contains over 300 compounds including protein, fiber, iron, calcium and many vitamins and minerals. It is definitely considered a superfood when it can boost your mood as well as assist with cardiovascular health by improving circulation and raising energy levels. This amazing chocolate powder does not contain sugars or milk and is perfect for making scrumptious smoothies, raw cakes and pies.



A Year of Raw Food Magazine

Do you enjoy reading each issue of Raw Food Magazine? Well, now you can gift a year of inspiring stories, educational articles and delicious recipes to a friend or family member this holiday season!

Simply click this paragraph or visit us online to give the gift of healthy inspiration to someone you love.



4 Date Sampler Gift Box from the Date People

Did you know that dates are considered fruits? These raw, vegan dates are never frozen, heated or modified in any way. Dates are very nutritional and have been called “nature’s perfect food.” We don’t know about perfect, but they are pretty delicious and possibly the healthiest option to naturally sweeten raw food desserts. The 4 date sampler from The Date People comes in 5, 11 or 15 lb boxes.



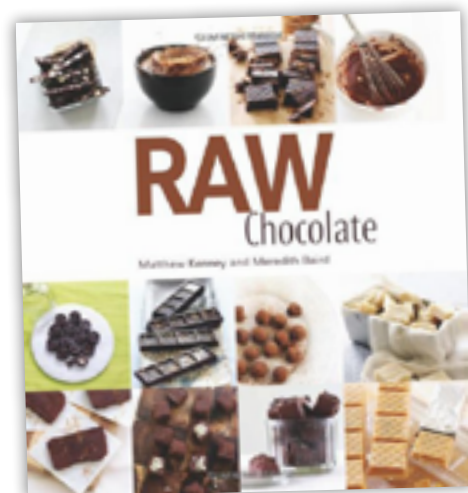
Sunfood's Raw Organic Dried Goji Berries (or other superfoods from Sunfood)

Also known as Wolfberries, these berries are one of the most nutritional fruits on Earth. They are harvested then sun dried to preserve their raw properties such as iron, calcium, fiber, vitamins and potassium. What do they taste like? They taste like a delicious blend of cranberries and cherries! At least for us at the office, Goji berries are one thing we love to eat but never buy for ourselves. Gifting this tasty superfood to your best raw foodie friends will be sure to delight! (And, maybe they'll even make something delicious with them for you to try).



Raw Chocolate by Matthew Kenney

Whoever said that chocolate is bad for you? Raw chocolate, without the added cream and sugar of commercial chocolate, is actually packed with healthy antioxidants. Learn how to make chocolate-y snacks without the guilt (or sugar). With this awesome book from one of our previous Featured Chefs, you can make delicious truffles, rich fudge, sinful smoothies and much more. A great combo gift could be a copy of Raw Chocolate paired with some raw cacao butter and cacao powder. Now your giftee is all set to make delicious chocolate creations.



For the Do-Gooder

Instead of gifts, you may choose to give donations on behalf your friends and family. This growing trend of “charitable Christmas” is a great idea for the social workers and do-gooders on your gift list. For those friends and family who don’t want to receive gifts and prefer to give their time and resources away, there’s no better way to show your love and support than by donating your time or money on their behalf! Knowing they inspired you to take action and make the world a better place will be all the gift they need.

Help Create Sustainable Communities with EcoTrust

The world is changing and everyday challenges demand a higher outcome.

EcoTrust strives to find unconventional solutions to today’s challenges, creating sustainable solutions to environmental challenges. We love EcoTrust for their dedication to solutions that last. This is not a one-hit wonder kind of charity. They get in there to help shape and support community initiatives for the long-term.



Support Healthier Schools with Edible Schoolyard

Home economics is a common concept for schools. However, teaching children about the land, nutrition and preparing healthy meals in this unusual way is a new concept. This program allows children to experience farming their own land, growing natural crops and preparing wholesome meals. Support a local Edible Schoolyard to provide culture, science and humanity in a new way.



Bring Clean Water to Developing Nations

Go in the kitchen and turn on your water. What do you see? Even today, there are countries with filthy water; now ask yourself, would you drink that? Donations to Clean Water go towards the installation of filtering devices in suffering nations like Ethiopia as well as education and training to local leaders and communities so they continue to monitor their water and maintain their filtering systems.



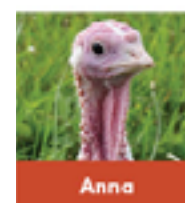
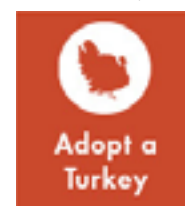
Promote Sustainable Feminine Hygiene with Days For Girls

Global educational needs are not just for classroom supplies. Women and girls all over the world miss weeks of school or work due to not having proper feminine hygiene products. Many girls are using leaves, corn husks, newspapers and mattress stuffing. What’s more, cultural beliefs in many regions cause girls to feel ashamed of their natural cycles. Could you imagine being kept home from school or work or being isolated from others every time you were on your period? These absences have long-term affects on women not receiving the education, work, money or emotional support they need to succeed. After Raw Food Magazine’s editor participated in a Days For Girls’ even in Morocco, she has wanted to help spread the word about this beautiful organization anyway she can. Donating to Days For Girls give the gift of self-love and self-care to women and young girls all over the world.



Adopt a Farm Animal

This charitable gift may ring especially poignant for the vegan in your life. Farm animals often suffer malnutrition and are subjected to cruel treatment. Farm Sanctuary rescues many of these animals from the harshest conditions, but the new rescues are in need of an ‘adoptive’ family to support the cost of ongoing care. Your monetary donation can feed, shelter and provide veterinary costs toward a special animal of your choice. Upon donation, your new “pet” will receive much needed care and you will receive a color photo of your adoptee as well as visitation options. Start this month by adopting a turkey and saving one bird from becoming family dinner!



There are so many other amazing organizations doing incredible things around the world. Pick something that speaks to you and go for it! These are truly the gifts that keep on giving.



DIY Healthy Holiday Food Gifts

Five tasty gift jar ideas that everyone will love

Edible gifts are a holiday staple. Who doesn't love to receive homemade goodies from their friends and neighbors? Holiday gift jars are simple, quick to make, inexpensive and can be made by the dozens. They are the perfect gift idea for those of you with gift lists, a mile long.

Typically, the food gifts we receive are full of unhealthy; yet, tasty treats such as traditional fudge, brownie mixes, and peppermint bark. Why do we assume our friends and family want to eat junk? These five fantastic food gifts will show your friends, neighbors and loved ones how delicious healthy food can be!

Start with a jar (or many)

To make a beautiful holiday gift jar, you will need small or medium sized glass jars. You can use any type of jar. There are no perfect size or shape jars and you don't even need to have the lids! You can use recycled food jars from jams, sauces, sauerkraut or anything else you buy. Otherwise, you can pick up a box of inexpensive mason jars at your local craft store. Prepare your jars by thoroughly washing them in warm, soapy water. Then rinse and leave them to dry.

How to remove pesky labels and glue

If your jars still have labels, you will want to remove those as well. Follow these simple steps to remove those pesky labels without harsh chemicals:

1. Submerge jars in hot soapy water for several minutes. For some jars, this will be enough to gently remove the labels.
2. For the stubborn labels, mix together equal parts of oil (olive oil is fine) and baking soda. Make it into a paste and spread it all over the label and glue residue on your jars. Leave it set for a few minutes (you can start preparing one of the delicious jar fillers!)
3. Then, take a clean cloth and start wiping away the paste. The label and glue should come off with it! If you need a bit more abrasiveness, use the backside (green, abrasive side) of a sponge to wipe the exterior of the jar.

Voila! Now you have sparkling clean jars and you don't have to worry if you've poisoned yourself with fingernail polish remover, glue-b-gone or other harsh chemicals.

Labeling Your Jar

Now that you have an assortment of squeaky clean jars, you will want to clearly label the jar. You want your gift recipients to know what's inside and how they can best enjoy it!

Cute labeling ideas include:

1. Shipping labels decorated with the name and instructions.
2. Gold sharpies to write directly on the glass.
3. Gift tags glued to the jar or hung on festive ribbon.
4. Painting the lids and using a sharpie to label.

It is a good idea to include a list of the ingredients (in case someone has allergies and so they can recreate the recipe), instructions (How to prepare... What goes best with...) and who the gift jar is to and from. Personalizing each jar with a simple message make this gift extra special.



Decorative Lids for Your Jar

Once you have your clean jar and a label, you could go ahead and fill your glass jar with a tasty treat. Then, you could just screw the lid on tight and begin giving. However, in the spirit of festivity, why not spruce it up a little?

If you have a clean fitted lid, spend just a minute to decorate it with sharpies or craft paint. You could also paint the top of the lid black or white, wait for it to dry, and label the top of the lid with whatever delightful surprise which is going to be inside. We suggest decorating your lid prior to filling the jar unless you do not have a lid.

No lid? No worries!

After you fill your jar with the tasty treat, take a scrap of clean, fun fabric and cut it into a square. Be sure to cut it an inch or two bigger than the opening of the jar. Cover the mouth of the jar with your fabric square and secure it with a rubber band. Then use a ribbon, thin piece of rope or a piece of yarn to tie around the rim of the jar in order to cover the rubber band. Tie it in a bow, curl the ends with a pair of scissors and now you have a beautifully enclosed jar of goodness!

What To Fill Your Jar With?

You will be filling your jar with something delicious! Your imagination (and jar volume) is the limit, so do not limit yourself to the recipes listed below. You will find easy, raw recipes for our five favorite gift jars listed below: Raw Hot Cocoa, Nutella, Granola Clusters, Apple Butter, and Fruit Roll-ups. In addition, raw jellies and jams, nut butters, and body scrubs also work well!





Now it's time to make someones day!

Once you have filled your jars with a fabulous raw treats, it's time to make someone smile! Leave your jars on front porches or in mailboxes. Perhaps you can hand deliver it to their door or workplace. How fun would it be to dress up your kids/nephews/nieces/grandkids like elves and have them make deliveries for you.

Raw Cozy Hot Cocoa Jar

The great thing about hot chocolate (besides that it's hot chocolate) is that it is easily customizable when creating flavor combos everyone will love.

What you'll need:

- 2 cups raw cocoa powder
- 1 3/4 cup vegan sugar of choice (coconut sugar, evaporated cane juice, etc.) Note: to be completely raw, leave out the vegan sugar and instruct your recipient to add raw honey or maple syrup.
- Seeds of 1 vanilla bean (or 1/4 teaspoon of vanilla extract)
- 1/4 teaspoon sea salt

Directions:

1. Mix all ingredients together in a large mixing bowl.
2. Scoop mixture into individual jars. They will store for up to three weeks in a cool, dry location.

Write these instructions on the label or tag:

Add 2 tablespoons of hot chocolate mix to a cup of almond milk.
Whisk together, and heat until warm. Enjoy!

That's it! You're done.

You can also mix it up a bit by trying one of these dynamite flavor variations:

Mexican Hot Chocolate

Add 1 teaspoon ground cinnamon and a pinch of cayenne pepper to the basic mix.

Superfood Hot Chocolate

Add 1 teaspoon maca powder and 2 teaspoons mesquite powder to the basic mix.

Peppermint Mocha Hot Chocolate

(This variations is **not raw** but a nice recipe for non-raw foodie friends)

Add 1 teaspoon of instant espresso and 2 teaspoons of dried ground mint leaves to the basic mix.





Raw Vegan Hazelnut Spread (aka Healthy Nutella)

In April, Ferrero (the maker of Nutella) settled two lawsuits saying their commercial series depicting Nutella on toast, being a healthy breakfast choice for kids was going too far. So, while commercially produced Nutella might not be your best bet, this recipe is as good for your insides as it is for your taste buds!

What you'll need:

- 1½ cup raw hazelnuts, soaked overnight
- ¼ cup raw cacao powder
- 8 medjool dates
- 2/3 cups water (or you could use almond milk)
- Pinch of sea salt
- 2 Tablespoons coconut oil
- 2/3 teaspoon vanilla extract

Directions:

1. Drain and rinse hazelnuts.
2. Add hazelnuts to a high-speed blender or food processor and process until smooth, almost to a nut butter stage.
3. Once the hazelnuts reach a buttery consistency, add the remaining ingredients and blend until smooth.
4. Add the water or almond milk last but add it slowly until you reach your desired consistency.

Now, fill your jars with this creamy, delicious nutella goodness. For this gift jar, you might not need pairing instructions. Just label it "Nutella" and people will know what to do.





Raw Cranberry and Macadamia Granola Clusters

Recipe by Amie Sue Oldfather

Raw granolas have a problem. They usually aren't that crunchy and they never seem to come in those delightful clusters we have come to love. Well, until now! This particular recipe from a long-time Raw Food Magazine contributor, Amie Sue Oldfather, will keep your lucky gift recipients warm and crunch-satisfied this holiday season.

Recipe yields 7 1/2 cups dried granola

What you'll need:

- 1 cup raw macadamia nuts, soaked and dehydrated
- 1/4 teaspoon sea salt
- 1 1/4 cups rolled, gluten-free oats, soaked and dehydrated
- 1 Tablespoon ground flax-seed
- 1/2 cup chopped dried cranberries
- 1/2 cup chopped raw macadamia nuts
- 1/4 cup cold-pressed coconut oil, melted
- 1/4 cup raw coconut nectar
- 1/4 cup water
- 1 Tablespoon pure vanilla extract
- 1/4 teaspoon liquid stevia

Directions:

1. Place 1 cup macadamia nuts and salt in the food processor, fitted with the "S" blade. Process until it reaches a small crumble. Do not over process the macadamia nuts. They are high in healthy fats and a oily granola is not our end goal here. Pour mixture into a large bowl.
2. Add the oats, flax meal, cranberries, 1/2 cup macadamia nuts and toss everything together.
3. Add the coconut oil, coconut nectar, water, vanilla and stevia. Mix well. I use my hands (this is my common practice).
4. Spread the batter on the two teflex sheets that come with the dehydrator. You can use parchment paper if you don't have the teflex sheets.
5. Dry at 115°F/46°C for 8-10 hours or until dry.

Fill your jars with these clusters of goodness. The granola will keep fresh, in an airtight container, for 5-7 days or in the freezer for 1-3 months.

Substitutions:

Macadamia nuts ~ If you don't like macadamia nuts and you stuck around long enough to read all of this... try using your favorite nut in its place! :)
Flax meal ~ In place of flax, try chia seeds. I added this for the health benefit.
Cranberries ~ Replace the cranberries with any other dried fruit if desired.
Coconut nectar ~ You can use raw agave, maple syrup or any other liquid sweetener that you enjoy using.
Liquid stevia ~ You can omit this all together. I added it to elevate the sweetness without adding in more "sugars". This granola is not very sweet, but then you can tailor it to your taste.



Spiced Apple Butter

Okay, so apple butter is sort of like glorified apple sauce, but we love it! Apple butter goes great on sesame crackers, raw cookies, in smoothies, or let's be honest... just licked off a spoon.

What you'll need:

- 4 large apples, cored and diced (keep skin on)
- 1/4 cup maple syrup
- 1/3 cup water or apple juice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground clove
- 1/2 teaspoon vanilla extract
- Pinch of sea salt
- Optional: 5 teaspoons of ground chia (helps apple butter spread)

Directions:

1. Combine the ingredients in a food processor or high-speed blender and puree for a good long while, until the skins are minced fine. Be sure to scrape down the skins off the sides. That's all there is to it!

Fill your jars with this tasty goo and chill before delivering your gifts. The apple butter will keep for 5-7 days in the fridge.





Raw Fruit Roll-ups

What's the best thing about fruit leathers? Kids LOVE them! For your friends with kids, you can't go wrong with a festive jarful of super healthy and natural homemade fruit roll-ups. Tastes so good that kids won't know they're eating a healthy snack! Dehydrators make this process super simple, but you can also just use your oven on the lowest heat.

What you'll need:

About 3 pounds of fruit (use your favorites, whatever is in season or just what you have around) For this recipe I used a combination of nectarines and peaches
1 Tablespoon lemon juice
1/4 cup raw honey

Directions:

1. Thoroughly wash fruit. Remove pits, stems and leaves. Then dice fruit into small even chunks.
2. Add fruit, lemon juice and honey to a food processor or high-speed blender and puree until smooth.
3. Spread puree, about 1/8 inch thick, onto non-stick dehydrator sheets or a non-stick pan for the oven. Smooth out as evenly as possible with a spoon, leaving the edges a little bit thicker.
4. Dry at 135°F/57°C until substance is leathery and pliable (about 5-7 hours). Make sure there are no sticky spots in the center!
5. While fruit leather is still warm, cut and roll on parchment paper.

Then, stuff your glass jars with these lovely homemade roll-ups!

Optional: Write festive messages on your parchment paper before rolling and cutting your fruit leathers so each one will have a loving message when it is unrolled!

These fruit roll-ups will keep for 1 month in your pantry, 2 months in the fridge and up to 6 months in the freezer.

Happy Giving!



Your Raw Holiday Makeover

Using Natural Ingredients
To Show Off Your Natural Beauty

Getting glammed up for a holiday party doesn't mean that you need to sacrifice your morals or raw organic vegan lifestyle. Standard cosmetics and beauty products are chock full of chemicals that you don't want anywhere near your face. It's a wonder that they are even sold at all! The highly toxic ingredients found in standard beauty products can easily be supplemented with natural ingredients.

There's no need to torture animals in the process of making you pretty for the holidays. While there are vegan makeup options on the market, they can be difficult to locate in your neighborhood and often come with a hefty price tag. With a little patience, you can whip together your own cosmetics by using ingredients easily found at the local health food store.

Powder Foundation for Happy Skin

Make your own powder foundation with only three simple ingredients. You will want to start with a base of either arrowroot powder or cornstarch. See what you have in your cupboards. If you have it, Arrowroot powder does hold better. In a bowl, slowly add in finely ground cinnamon and cocoa powder until you find a shade that matches your skin tone. Use a large brush to apply it to your skin. Store the powder foundation in an airtight container.

Put a little colour in your cheeks by using beet powder or dried hibiscus flowers. You can either buy the beet powder



pre prepared from your local health food store, or you can opt to make your own instead. To make your own you will need to slice a beet very thinly and allow it to dehydrate. Once the slices are thoroughly dehydrated, crush them into a powder with a mortar and pestle. You can apply the beet powder directly with a blush brush or you can mix it with organic coconut oil to dilute the colour. If you chose to dilute the blush with coconut oil you will be able to smooth it on and blend it into your skin with your fingers or a cosmetic sponge. Store your blush in the fridge to maintain its consistency. Coconut oil tends to melt in low temperatures and it will begin to separate if simply left on the counter. For a pink hue, use dried hibiscus flowers in the same manner as the beet powder. Simply dry the flowers and crush them into a powder with the mortar and pestle.



Beautiful Bronzer (that smells nice, too)

For a natural bronzer, follow the directions for the powder foundation but add a little more cinnamon powder or cocoa powder to give it a darker shade. Mix in a little beet powder or dried, crushed hibiscus flowers to give it a little colour. Use a brush to apply it to your face. Then, store the bronzer in an airtight container.

Earth-Friendly Eyeliner

For brown eyeliner, mix a little cocoa powder with a few drops of water until you've reached a tacky consistency. Use activated charcoal for black eyeliner. Do not mistake activated charcoal with the kind of charcoal you use to start a BBQ. Go to your local health food store and buy activated charcoal in capsules. Simply open the capsule and dump out the powder. For a green eyeliner, grind a tablet of spirulina. You can add a couple drops of coconut oil to the mixture to make it smoother and easier to apply; however, this will decrease the time that the eyeliner will stay vibrant on your face. Apply the eyeliner on the outer corners of your eyes only. Use a small curved brush and clean it frequently between uses. Liquid eyeliners are a hotbed for bacteria and you will want to keep your products as sanitary as possible. Store your eyeliner in the fridge to preserve it and better thwart off the risk of mold growth. Make eyeliner in small batches and replace it at least once every other month. Also, replace the eyeliner if the mixture smells or looks funky.



Make-Your-Own Mascara

You can make your very own mascara with little more than a couple ingredients. Mix together a few drops of aloe vera gel and a pinch of activated charcoal for a black mascara. For a brown mascara, supplement the activated charcoal with some cocoa powder. Use a mascara wand to apply the mixture to your lashes. You can either store this mixture in a small container and clean your mascara wand between uses, or you can use a syringe to pump the mixture into a washed mascara container. Whichever method you choose, you should store the mascara in the fridge for preservation. Avoid pumping air into the mascara container as this will help bacteria breed. Make your mascara in small batches and replace the mixture once a month.



Easy Eyebrow Enhancer

Put a little oomph in your eyebrows using a little coconut oil and cocoa powder. Blend the two ingredients together so the consistency is mostly dry. For better handling and accuracy, apply the mixture to your eyebrows using an oval eyeshadow brush. Aim to lightly dust the surface of your eyebrow hairs, rather than getting the mixture directly on your skin.



Easy Eye Shadow

You can blend your very own eye shadows using a mix of mica powders. Mica powders are powderized forms of mica, a non-toxic group of silicate minerals occurring naturally in nature. Be sure to shop for powders that are specifically intended for cosmetic use. Anything else may not be safe to use so close to your eyes. You can mix mica powders to create new and interesting colours. To tone down the vibrancy of a particular shade, mix it with arrowroot powder. If you wish to darken the colour, mix the powder with some activated charcoal.

You can apply the eyeshadow dry, or mix it with a few drops of coconut oil in order to make a creamy powder. If you blend your eyeshadows with coconut oil, be sure to store the mixtures in the fridge for preservation. Avoid using your finger as an applicator as this will breed bacteria in the container between uses. Make small batches of the mixture and replace once every couple months.



Kissable (and Lickable) Lip Color

Using coconut oil as a base, add a mixture of beet root powder, dried hibiscus flowers, cocoa powder, or ground cinnamon to give your lipgloss some color. The ratio of oil to powder that you use will determine if your lipgloss is more glossy or matte in colour. If you are looking for a bold look, opt for less oil and more powdered colour. A red lipgloss looks great with all skin tones and is great for holiday celebrations. To achieve this look, use beet root powder as your base, and tone it with a modest amount of ground cinnamon. Store your lipgloss in the fridge to keep its consistency, as coconut oil tends to melt in warmer temperatures.

People of the Earth

One Woman's Journey to Discover Real People and Real Food in America

By Rachel Kahn

I am on a journey; a journey of discovery, of heart and of food. My journey is quite literally taking me on a cross country adventure in search of earth inspiration. I have stepped away from the life I know, placed all my belongings in storage, and packed two suitcases to flow through the hearth of mama earth. This tour is not sponsored or funded. It is my contribution. I write about people in order to inspire others.

This article is dedicated to what I know now of the people of the earth. In the coming months, as life is all about the lessons we learn, I envision the “what I know now” to become a new now, with updated lessons. It is my hope that this journey inspires your dreams. Take a step with me on this fabulous food adventure.

My spirituality is food. The carrots and soil speak, if we listen. This is what they have told me.



The ground is soil - not dirt. Choose your words and your food lovingly.

A brilliant man once told me that soil stands for Source of Infinite Life. Even today when I write the words, tears spring to my eyes. How can we use the word dirt despairingly when it is what connects us to infinite abundance? The soil is the house for all life. It is the womb for our trees, our beloved oranges, and the ground we are honored to walk upon.

Sit down on the earth. Grab a handful of soil. Rub it between your fingers and feel yourself smile. It is the magic of reverence.

Real food straight from healthy soil tastes different.

I recall the first time I visited an organic farm. The lovely farmer picked an edible flower and handed it to me, dirt and all. (Yes, I used to use the "D" word). My polite self said "Oh pretty! Thank you." She said, "Eat it!" My city girl self thought, "Whaaaat??? With the dirt on it?" The good news is...polite won. When I bit into that flower it was like tasting sunshine, bright colors, and joy. All at once, my life changed. I felt the energy of all time and giggled child-like from my toes.

No matter where you are in the world, seek out a farmer and ask for a bite straight from the garden. Your world will be instantly brighter.

Healthy soil has the same microbes as a healthy digestive tract.

Imagine a city full of happy diverse people all working together for the good of each other. Pretty cool, ey? Well this is what healthy soil does everyday. It is full of microorganisms which are essential for life. The cooperation between those microorganisms, plant roots, insects, and weeds make for a winning team. (Yes, I said weeds and insects. Contrary to popular biotech propaganda, weeds and insects are the rockstars of our community).

Where does our digestive tract fit into this? The root of the plant is essentially its digestive tract. A healthy root of a plant houses beneficial microbes just like a healthy human gut. Our health starts and ends with the health of the soil. Seems it is time for a cooperation party!



Food heals.

We have been supplied with all we need for health. Do you know what garlic, raw honey, and coconut oil all have in common? They are anti-bacterial and anti-viral. Did you know that lemons are not only natural internal cleaning agents, they are happy little mood boosters. How about kale and broccoli? They have more calcium than milk! What about Tumeric? It is an anti-inflammatory. I could go on and on yet, you get the idea.

What is a fun way to make all this glory happen in your body? See how many colors you can combine on one

plate. Then eat, eat, eat, and eat some more. Don't forget to take a picture because food that looks like a rainbow is art for the soul.

We are one with the earth.

What happens to me happens to all life. Really! See you on the road. I will be the lady hugging a tree, chomping on a healthy 'weed' and chatting with the caterpillar.

Follow Rachel's Journey >



Two Moms in the Raw

Introducing Shari Leidich: business owner, mom, raw foodie, entrepreneur and inspiration! Learn how she faced a debilitating diagnosis and turned it into a successful raw food business.

Shari, you discovered raw foods after being diagnosed with Multiple Sclerosis in 2004. What was your aha! moment upon realizing raw foods could help your body heal?

On my path to wellness, I began a raw foods diet. I had been faithfully consuming raw foods for a few months and was beginning to feel better. One day, I was outside with my parents and my kids when something wonderful happened. One of my kids threw a ball. Without hesitation, I reached out and grabbed it. For the longest time, I had limited use of my arms but suddenly I had my reflexes back. Until that moment, I hadn't realized how much better I was feeling. It was a big moment.

Why did you decide to start creating raw products?

In 2004 I was diagnosed with Multiple Sclerosis. Being a mom of three, I wanted to be able to raise my family and be an active parent. Yet, conventional medicine wasn't working for me. I set out on a path of natural wellness which included a foundation in raw food along with acupuncture, massage therapy, rest and exercise. Now, I am thriving! My raw food diet was the key to a healthier lifestyle since the preparation of this type of food preserves the potency of the enzymes and biological benefits of the food, maximizing its healthiness.





As I continued on my personal journey to wellness, I couldn't find any tasty raw treats to have on the go. After experimenting in the kitchen, I created delicious granolas, savory sea crackers, crunchy nut bars, decadent truffles and yummy cereal. My friends and family really liked the foods I created. We began selling them at farmers' markets and from there, we grew. People want a great tasting snack. Therefore, if a snack tastes good and is good for you, then that makes it even better.

My mom's name is Marsha. She is the other mom in Two Moms in the Raw. Her support of me and the company has helped make Two Moms in the Raw what it is today.

My goal is to make Two Moms in the Raw snacks available to everyone. This goal provides daily inspiration to me. It allows my ideas to keep growing and innovating in order to find the best way to make this happen.

Who was your very first customer?

We started by selling our products at the Boulder Farmers' Market. Then, Natural Grocers by Vitamin Cottage picked up our snacks. These are the stores which got us well on our way. In fact, they have been continually supportive as we've grown.

When did you realize this raw food business could really be something?

You know you have a good product when you make a batch and your kids eat it all. Also, our friends and family urged us for more products. Their motivation was really the beginning of this company.

What was your first job out of college?

I was a teacher. It was a great experience and gave me a lot of skills, which I still use today.

Did you ever think you would be a person who would start a business?

No, starting a business was never on my mind. It just kind of happened. My friends and family liked the products I was making and were willing to buy them. Then we started selling at the local farmers' market and grew from there.

Now, Two Moms in the Raw refers to you and your mother. What is it like being in business with your mother?

I do NOT know where I would be without my mom!! She's been my

rock. Upon diagnosis of my MS, she was the one to help me get back on my feet. Making raw snacks together was just the beginning of this awesome journey!

Your entire business is a family affair, with your immediate family as well as in-laws and others all teaming together to make things happen. What is your favorite part about working with family?

Yes, we are a family. Whether it is actual relatives or folks who have joined us on our journey, we are all passionate about growing Two Moms in the Raw. Together, we strive toward bringing great-tasting, raw snacks to more people. I have the best people supporting me and helping me run Two Moms in the Raw. I have a lot of super stars in my family.

What has been the hardest thing about working with family?

With your family, you get the highs and lows. Some days it's challenging to navigate everyone's input and ideas; however, keeping in mind that we all have the same goal really keeps me grounded and motivated.





What was the first “breakthrough” for Two Moms in the Raw?

Getting into a Whole Foods Market was key for our business. It wasn't easy because we didn't really know what we were doing. Nevertheless, they were very helpful and have been good partners in growing the raw category.

Another breakthrough was Starbucks. One day, Starbucks called and requested our products. They had recently seen us at an industry trade show. It was a little surreal to get that request, but it was great. We had to ramp up production quickly to make it happen. Our product had begun to sell nationally. It was a great boost for brand awareness. To this day, people still inform us that they had tried Two Moms in the Raw at Starbucks.

Shari, you are so spunky, full of energy, drive and determination. It is no wonder your story and persona inspires so many people. Are there ever any days you wake up feeling unmotivated or just “blah”?

I'm just like everybody else. Some days I have lower energy; however,

I really try to make the most of each day. If I need to get a boost, I grab my favorite juice and engage with my family. What is better than that?

How do you stay upbeat, positive and focused?

There is a lot to be excited about and a lot I want to accomplish. This passion keeps my energy level up.

You just released three new amazing products: Green Tea Vanilla Truffles, Cayenne Cacao Truffles and a Cacao Nib Nut Bar. What is your process of product development? How do you decide what new flavors to add like Green Tea Vanilla? Who does the taste testing?

I still develop our products by being inspired by what's out there. I take a trip to the grocery stores every day. I see what's out there and what's not. I also get lots of great feedback from our consumers. We have insight into what they like, don't like and need.

Everyone at Two Moms in the Raw plays a part in the taste testing panel. Having yummy products is very important to us, so everything must

be tasty to a variety of folks. However, my kids are the ultimate decision makers when it comes to tasty snacks. I place the new products on our kitchen counter and if they are gone, then I know I've got something good.

How would one apply to be a Two Moms in the Raw product taster? Or are we out of luck because we're not blood related?

We'll adopt you as part of our extended family! Seriously though, we do look to our fans for input. On Facebook, we share different opportunities for being involved with helping Two Moms in the Raw grow. So, 'Like us' and keep an eye out for when we need input on new products.

Which of your products is your personal favorite?

When I'm looking for something sweet, I choose our Nut Bar. We call it our cinnamon roll without the roll. The Cacao Nib Nut Bar is one of our new products and one of my new favorites. For a less sweet option, I pick our Sea Crackers or Grain Free Cereal. All are delicious on-the-go snacks that I can enjoy anywhere.

All of your products are 100% organic, raw, vegan, free of wheat, dairy, soy, refined sugars and gluten free. Have you ever buried one of your granola bars or truffles in the dirt to see if it would grow? What happened?

Yes, our products are living foods. We soak and sprout our live ingredients. If you plant our ingredients, they will grow. I haven't tried it lately but having raw, sprouted ingredients is what packs our products with nutrition and that is very important to me.

Do you have a business principle or mantra that guides you?

I went into this business knowing nothing and I'm glad about that. I took a lot of chances and didn't follow too many rules. This approach worked out for Two Moms in the Raw. I guess "follow my instincts" and "trust myself" is my mantra.

What is the biggest lesson you have learned throughout starting and growing Two Moms in the Raw?

It's not easy to start or grow a business, but it's totally worth it. My goal is to make Two Moms in the Raw snacks available to everyone. This goal provides me daily inspiration to keep growing and innovating in order to find the best way to make this happen.

While growing your business, what is the biggest aspect you have changed in the last 10 years?

I am still learning new things every day. However, in the past 6 months we have actually hired people who know what they are doing, specifically in sales and marketing. I have had to let people do what they are good at doing. Of course, I always weigh in my two cents.

What is the silliest memory you have from growing Two Moms in the Raw?

Just showing up at a store with the expectation of being able to

do a demo or share our product. Sometimes not knowing what you're supposed to do works in your favor, but not always!

How has the business affected your family life?

My family always comes first. My staff knows this and I am grateful to them for understanding. I work around my children's and dogs' schedule. And it helps to have my husband run the day-to-day business.

What does a business meeting between you and your husband look like?

I am the type of person who just says things as they are; while my husband likes to analyze a bit. We are a good balance. When I refuse to acquiesce to some issues, he comes around.

What is your favorite thing about running Two Moms in the Raw?

Feeding people really yummy snacks which are packed with nutrition. Also, having a team of people who believe in me and Two Moms in the Raw.

What advice would you give someone who wants to start a raw food business?

Know your expectations and goals. Stay true to them, believe in them and you will have success.

What advice would you give to someone who wants to eat more raw food (besides stocking up on Two Moms in the Raw goodies, of course)?

I recommend taking small steps to implement raw foods into your diet. I always say it's best to start adding one raw item into every meal, then incorporate more over time. It is more of a lifestyle change than a diet, so remember to stay positive and think of the foods you CAN eat versus the ones you can't! Lastly, be sure to keep some Two Moms in the Raw snacks in your bag so that you'll always have something to munch on when you're on the go :-)

If you could have one "do-over" either in business or your personal life, what would you redo?

I wish I had stayed away from conventional treatment for my MS so that I could have nursed my son until he was 10 (just kidding).

Describe a typical day in the life of YOU. What do you eat for breakfast? Do you work in your pajamas? Do you run, do yoga, paddle, meditate? What are your "recipes" for success?

Here is a snapshot of my typical day with all the details. It works for me.
6:30-7:40 feed the dogs, make breakfast and drive my children to school
7:40-8:15 Hemp smoothie; walk dogs
8:15-9:30 Exercise
9:30 Green Juice
10:00-1:30 work in the office (this varies depending on meetings)
2:00-3:00 walk the dogs
3:30 chauffeur my children to all their activities, answer emails and visit grocery stores
6:00 dinner, homework and bed

Do you have any daily rituals that you attribute to your happiness or success?

I exercise every day and try to sleep 8-9 hours a night. I feed my mind, body and soul nutritious food with a cheat here and there.

What is your vision for Two Moms in the Raw five years from now?

I really want to make Two Moms in the Raw snacks available to everyone because everyone deserves to have a great-tasting, healthy snack option. Five years from now, I see Two Moms in the Raw everywhere. More people are embracing raw products, understanding the nutritional benefits and becoming happier, healthier people. I know it's a lofty goal, but I think the trend in choosing good-for-you snacks is only growing. When we started this business, we were a pioneer in raw foods and now there are a lot more raw products on the shelf. It's exciting!

Discover Your Inner Artist

Turn your kitchen into your playroom

Photos by Warren Krupsaw
Photos first appeared
at thephotoargus.com



Warren Krupsaw

Have you ever marvelled at the beauty of raw food? Fruits, vegetables, seeds, sprouts, and herbs; sliced and situated on a platter or atop a luscious green salad. The dazzling array of colors, patterns, shapes and symmetry; looking like energy on a plate. Sound good?

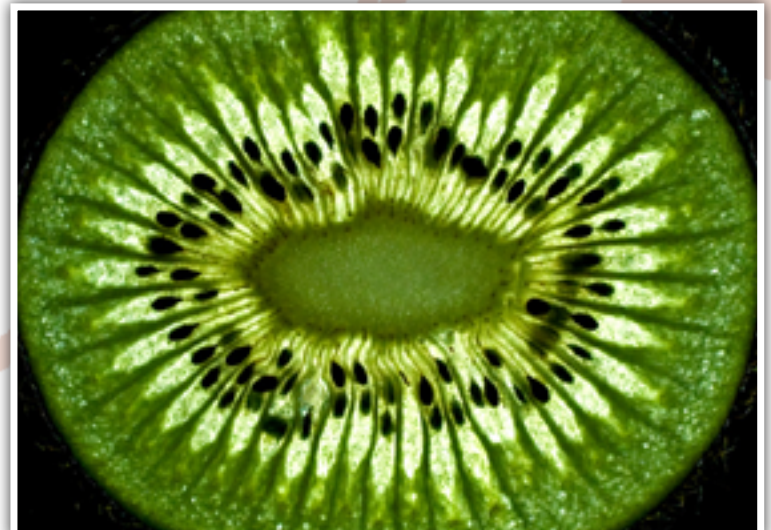
For aspiring photographers, artists, or anyone who wants to bring a sense of excitement back into the kitchen, it's time to take out your camera (or easel) and take on the art of food.

Images of fruits and vegetables were a staple even among some of the earliest civilizations of which we have archaeological records. Still-life paintings of bowls of fruit and grains have been found on the interiors of ancient Egyptian tombs. They believed that the images depicted there would become real and nourish them in the afterlife. Wow! So many great ideas; yet, then there is this! A millennia later, people are still photographing fruits and veggies. Chances are that your first assignment in grade school was to draw the bowl of fruit, sitting on your teacher's desk.

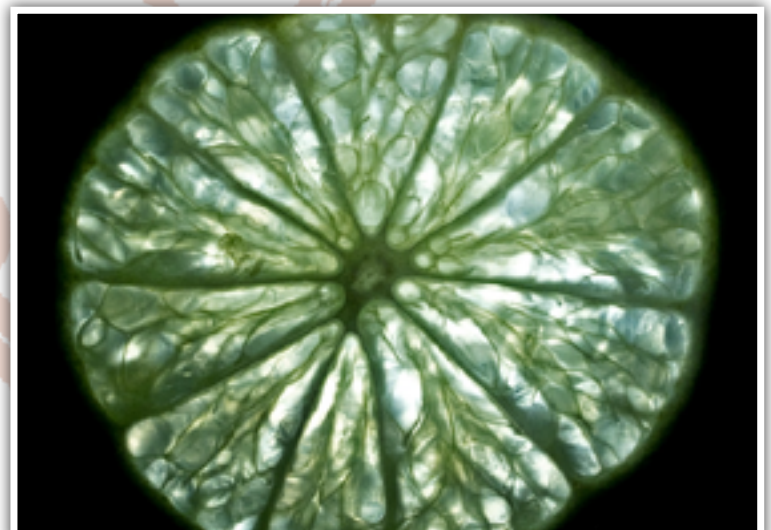
Capturing the beauty and wholeness of fruits and vegetables is more than just an artistic tradition, it is a way humans have celebrated abundance throughout history. Especially now, at culmination of harvest season, cultures give thanks for the nourishment provided by the earth. You don't need to be a food blogger, photographer, or chef to justify getting creative with your food. Capturing the essence of real food is an act of gratitude; and exercising creativity can actually keep you healthier, biologically too.



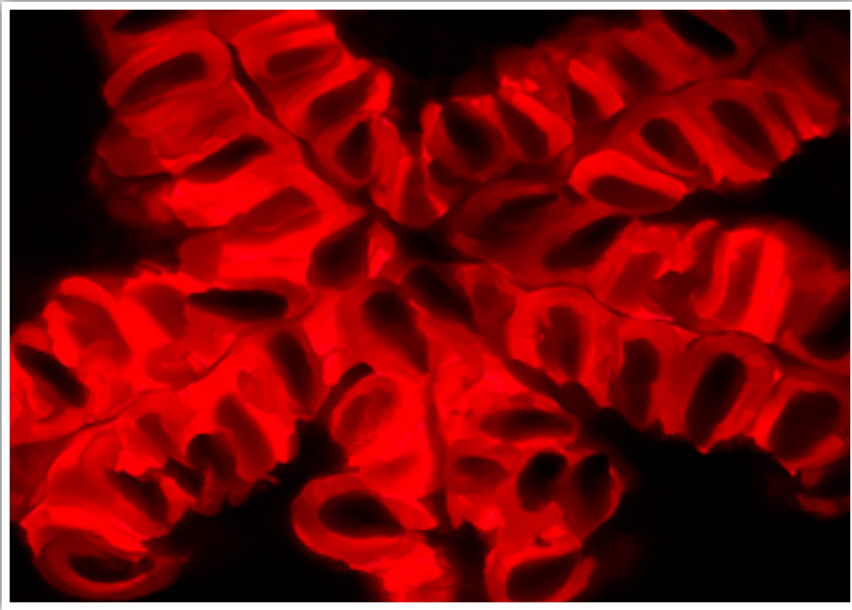
Cabbage Leaf



Kiwi Fruit



Lime-Slice



Pomegranate

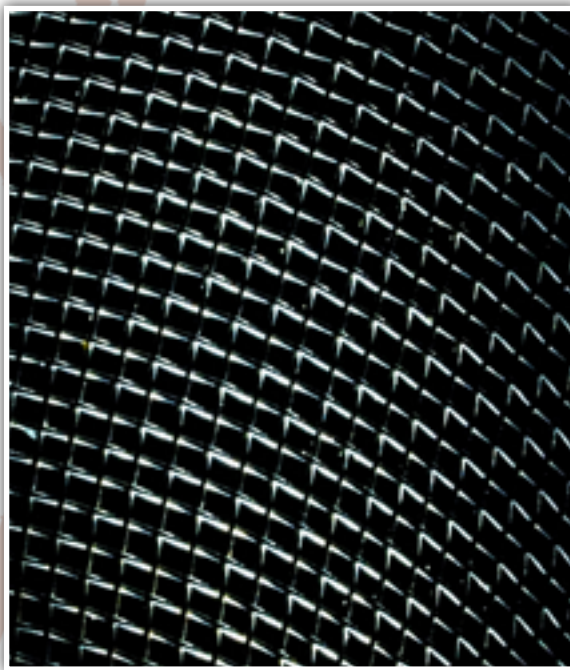
The Healing Power of Creativity

Trying to get artsy in your kitchen might seem like a trivial idea. However, there is strong evidence showing that engaging in creative endeavors; such as photographing your food, has a great impact on overall wellbeing. You might be thinking, *How is photographing food beneficial to my health?*

In 2010 the American Journal of Public Health published a report called *The Connection Between Art, Healing and Public Health*. After analyzing over 100 studies about art and healing, researchers published findings indicating that visual arts studies (painting, drawing, photography, pottery and others) had a profound effect on patients suffering from chronic diseases and cancer.



Forks & Spoons



Strainer



Water

Patients who had a creative hobby “had decreased negative emotions and increased positive ones; saw improved medical outcomes and reduced depression; suffered less stress, anxiety and distress; and exhibited increased flow, spontaneity, expressions of grief, and positive identity.”

A later study in the *Journal of Psychosomatic Medicine* carried the research a step further while studying HIV patients and the impact of art. Researchers prescribed creative writing, in addition to the standard treatment received by the controlled

group, and found that the patients who practiced writing creatively had higher counts of CD4+ lymphocytes (disease fighting cells) than those who had no creative practice. Basically, we are now seeing that having a creative pursuit doesn’t just help you feel better, it literally creates positive physical changes inside of your body. While you may not have grown up with a penchant for painting or writing, if you have a camera and groceries, you can start exploring your inner artist. So grab a pencil, paintbrush or camera and become healthier!



Oil & Vinegar Salad Dressing

Why Fruits and Vegetables Make Perfect Subjects for New Artists

Fruits and veggies don't move around like people do. They don't wiggle or frown or blink. They rarely dress drably, preferring bright colors and spectacular patterns. Most fruits and vegetables are relatively small, allowing for easy adjusting. In addition, fruits and vegetables can be photographed in virtually any space. With such a broad assortment of shapes, sizes and colors; fruits and veggies can keep your artistic side occupied for quite some time.

Conquering Your Fears of Food Photography

Wait...Why would you be afraid to photograph food?

Fear #1: I don't have a fancy enough camera to take great photos.

For the photos appearing in this article, photographer Warren Krupsaw used a point & shoot camera (the Canon PowerShot G-12 to be exact). For most of the images, he didn't even use a tripod. While high-end macro lenses can take some darn good photographs, they are not at all necessary!

Fear #2: I'm not creative enough to take stunning photos.

Anyone can be creative. Like any skill, the more you practice being imaginative, dreaming and thinking outside the box; the more naturally it comes. Don't worry about messing up! The health benefits of being creative apply even if the art you create isn't professional-quality stuff. Even doodlers are improving their immune function.

Fear #3: I don't know how to make any beautiful raw food dishes to take pictures of.

If you really want to try making gourmet raw food dishes, try one of the recipes in this issue and see what happens. Even if you can hardly arrange a fruit salad to look appetizing, you should still try. You don't even need to be able to prepare a single dish in order to take amazing food photos. Krupsaw's photos, which are featured here, are evidence enough that fresh fruits and veggies are a stunning subject matter. Figs, fennel, radishes, and pumpkins come right out of nature with beautiful color, shape, and interesting contours. You just simply need your eyes and your imagination!

Have Fun in the Kitchen

Kids aren't the only ones who need to play. Go and play in your kitchen! When you begin to see your food as art, spending time in the kitchen becomes a whole lot more fun. Sprouting some alfalfa? Snap a picture or two of those cute little seedlings. A brand new life is bursting forth from a tiny seed. Spiralizing some zucchini pasta? Capture the crisp, delicious noodles before you chow down.



Encouragement from the Photographer

Warren Krupsaw's Photography Takeaways:

1. If you can see it, you can photograph it.
2. It ain't the camera, it's the eyeball, brain and imagination behind it that makes the photo.
3. Take care and stay aware (starting in your kitchen!)

New Ancient Remedies for Modern Problems

BEFORE URBANIZATION, PEOPLE LIVED OFF THE LAND. THEY HUNTED FOR FOOD, HARVESTED GARDENS AND HAD THEIR OWN WAY OF CURING THE ILL. THEY DIDN'T RUN OUT TO THE PHARMACY OR HEAD TO THE HOSPITAL FOR MEDICAL ASSISTANCE. SO, WHEN THEY HAD A MIGRAINE HEADACHE OR UPSET STOMACH THEY JUST HAD TO TOUGH IT OUT?

No! Civilizations as far back as we have archaeological records show evidence of medicinal traditions. While some ancient traditions have been debunked, still others are being widely adopted as individuals look for an alternative to expensive, chemically-laden pharmaceuticals. Will these ancient remedies work for modern problems? Well, some of them certainly do. Here are five easily accessible ancient remedies newly backed by science.



Ancient greek medicine depicted on ceramic artifact

COMBAT STRESS WITH BASIL TEA

Basil

Basil is an herb often referred to as Holy Basil- *Ocimum sanctum*. Surprisingly, it is a member of the Labiatae (mint) family. Mint family? It doesn't smell like mint. Basil is native to Asia and has been grown and used for over 3,000 years. The Indians have always viewed basil as a sacred plant. Like other foods and spices, basil is known to symbolizes a god-



dess named Lakshmi who is Vishnu's wife. Vishnu is considered one of the most important Indian gods. For many centuries, the Indians valued this herb for its benefits toward the body and spirit, as well as the mind. For that reason, basil was used to treat bronchitis fever, digestive problems,

ulcers, and common colds. In addition, other early civilizations also used it as medicine. For instance, the Greeks, Romans, and Siddha found the properties of basil to be especially useful.



Modern science

Stress is a normal part of modern day life. Did you know that drinking basil tea is one of the most effective ways to alleviate stress. A recent scientific study has revealed that basil could be a therapeutic approach to assist in recovery with cancer, where it is an adjuvant after radiation therapy. Furthermore, basil is known to have a stabilizing effect on diabetes. Go basil!



How Basil alleviates stress

Basil contains triterpenoic acids. Triterpenoic acids help enhance the body's natural reaction to physical or emotional stress, making your body function optimally. It also decreases levels of stress hormones, specifically corticosterone. Ultimately, there is an improvement in mental clarity and memory. What else does basil do? Basil has the ability to prevent age-related mental disorders, when one gets older. In addition, this herb contains Eugenol and Caryophyllene which has a fragrance that elevates one's mood. Who doesn't want to be in a good mood?

COUNTERACT SLEEPLESSNESS WITH CHAMOMILE TEA



Chamomile Tea

Chamomile has a very interesting history, which can be traced to several societies, probably at different times in ancient history. The Egyptian's viewed this herb as a dedication to the Ancient Egyptian gods, as a cure for "Ague." Ague could possibly be referred to as "Acute fever" in today's society. Chamomile was used as an antioxidant, healing medicine, anti-inflammatory, and as a mild astringent.

Modern scientific research

Today, modern science reveals that chamomile is a member of the Compositae family. There are 2 types of chamomile, German and Roman, but both can be used for medicinal purposes. When the flowers are dry, they contain many flavonoids and terpenoids which help treat ailments like inflammation, menstrual disorders, ulcers, gastrointestinal disorders, hemorrhoids, and insomnia.

Chamomile and sleeplessness

One of the most effective natural remedies for sleeplessness is chamomile tea. Research proves that chamomile relaxes the nerves, helping one to sleep restfully. Apigenin, a flavonoid found in chamomile, binds to some benzodiazepine receptors in a person's brain which is what causes the relaxing effect. It is a mild; yet, effective remedy for sleeplessness that it is often recommended for babies and children.



COMING DOWN WITH A COLD OR THE FLU? TRY OREGANO OIL

Oregano oil

The origins of oregano can be traced to ancient Greek Mythology. It was considered a spice invented by their goddess, Aphrodite. It was said that, she then gave it to man so that his life could be happier. The name *Oregon* is Greek for 'the joy of the mountains.' Oregano plants were given, in the form of wreaths, to newlyweds. The plant was also placed on graves and was meant to pacify spirits of the dead. In time, physicians in Ancient Greece discovered that oregano had medicinal benefits. They began to prescribe it for toothaches, suppressing coughs, rheumatism, and indigestion.



Modern science

Today, oregano oil has been found to alleviate sore throats, when added to juice or water. Oregano has also been found to help with gastrointestinal infections, skin infections, as well as lung infections like pneumonia, tuberculosis, asthma, and whooping cough. In addition, oregano is a bug repellent.

Oregano oil and colds and flus

It is common to suffer from a cold, sore throat, stuffy nose or flu. However, did you know that oregano oil can be used to treat it? Oregano oil contains vitamins A and C, which support respiratory health and fight off infections. When used as an antibiotic, it contains warming and drying properties which are conducive for the healing of respiratory infections. Oregano oil helps your lungs recover via thinning the mucus, helping you to breathe more easily. Thus, the infecting virus will be removed faster. Think you're coming down with a cold or flu? Start taking oregano oil at the first signs. The antiviral and antibacterial properties can inhibit the bugs that cause colds and flu. Flu bugs or insect bugs... either way, grab some oregano!



Oregano oil also works great as a natural insect repellent



HEADACHE-BE-GONE WITH PEPPERMINT

Peppermint

The origin of peppermint can be traced to several ancient societies. However, it is thought to have originated from the North of Africa and the Mediterranean. One ancient Egyptian medical text, titled *The Ebers Papyrus*, shows that mint was used to calm stomach pains. In fact, mint was once used as currency in ancient Egypt. Whoa! Mint must have been an important commodity then! Could you imagine if it was still treated as currency?



Modern science

According to modern science, peppermint oil helps alleviate conditions involving spasms of the intestinal tract such as Irritable Bowel Syndrome. Peppermint oil also reduces pain, resulting from medical examinations, on the colon and stomach. It can relieve intestinal gas pain caused by surgery. Furthermore, some evidence suggests that peppermint could be helpful in relieving congestion from mucus and sinuses as well as alleviating surgical nausea.

How peppermint alleviates headaches

Peppermint has been said to 'beat pills' when it comes to alleviating headaches. Since it has calming properties, it is also capable of relieving migraines. Peppermint is usually applied to the forehead and temples. It can be packaged as a stick which one directly applies to the skin. It can also be packaged in a bottle with a dropper. The oil is dropped onto your fingertip and then massaged onto the forehead and temples. So how does it work? Peppermint has an active ingredient, levo-menthol. Levo-menthol helps to relax your blood vessels, causing some sensation that ultimately relieves the pain. This wonderful oil is also used to relax the tight muscles in the head and neck, which usually trigger tension headaches.



SOOTHE INDIGESTION WITH PAPAYA

Papaya fruit

This fruit's origin is obscure. It is; however, thought to have originated from Southern Mexico via the Andes of South America. In the ancient Mayan civilization, the papaya was referred to as the "tree of life". It was used by Mayan Indians to heal skin rashes and other skin conditions. The skin of the fruit was used often as a face wash.

Modern science

Papaya is an important fruit. It has so many uses. Mature and ripe fruits are used to heal ringworm and other fungal and parasitic infections. It is also applied topically for treating stings, burns and cuts. The unripe fruit is used for lowering blood pressure and as an aphrodisiac. Papaya seeds can

be used to reduce inflammation and pain. The leaves are used to make tea and were believed to prevent malaria. They can also be used to treat a stomach ache. Not only that, the leaves can be eaten as a healthy vegetable. Papaya is definitely not a plant worth wasting and good for much more than just tropical fruit smoothies.



Mashed ripe papaya also makes great healthy baby food



Papaya's aid to indigestion

Papaya is known to contain papain, an enzyme that dissolves protein. It eases stomach pain and assists with digestion. This enzyme also digests carbohydrates and helps with motion sickness. Papaya has the ability to stimulate the bowels by restoring digestive acids; thus, increasing bile production, when one is constipated. With an unripe papaya, the papain will digest parasites, killing them in the process. Therefore, it is used as a de-wormer. In addition, papaya relieves acute prostate inflammation. In short, keep a papaya nearby because you never know when you might need one!



Let's Get To The 'Root' Of It!

Although the word 'ancient' often means old and outdated, the modern person should try and remember to step back and consider the possibility that nature contains as many antidotal substances as the modern drugstore if you know where to look. Just because a remedy is old (pre-modern science), doesn't mean it is invalid, and our laboratories are beginning to prove just that. Remember, whether natural or synthetic, always consult your doctor before using a new product, herb or drug.



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Pomegranates

A story of strength,
fertility and endurance

It was a particularly hot day in Malaysia and despite the cool air conditioning, I was craving a nice, cold glass of pomegranate juice. As we were driving along, I expressed my desire for pomegranates to my friend Amir. Amir started reminiscing the sweet taste of the pomegranates found in his country. At that moment, I learned that pomegranates originally came from Persia, the land of his ancestors. In fact, the fruit has a long and rich history, dating way back to 3000 B.C, in the Early Bronze Age.

Pomegranates...A Treasured History

Latin for “seeded apple”, this amazingly useful fruit has been featured in quite a few ancient texts including the Mesopotamian records, the Qur’an and the Torah. It has been constantly cultivated for thousands of years in Iran, Pakistan, India, Malaysia, Russia and Afghanistan. Due to the very nature of the fruit, it has been repeatedly used throughout history as a symbol of abundance and fertility to the point that it became a staple in Egyptian hieroglyphics. Furthermore, pomegranates had to be placed in a pharaoh’s tomb, as they symbolized life after death. So, why wouldn’t it be revered and praised? The “Ebers Papyrus”, an ancient Egyptian text on herbal medicine, documents a pomegranates many uses. Its juice was used as a tonic to get rid of parasites, its blossom crushed to make a red dye and its peel used to



This small ivory pomegranate dates back to the 8th Century B.C.E and is thought to be a remnant from Solomon's Temple in Jerusalem. It is on display at the Israel Museum in Jerusalem.

dye leather. No wonder King Tutankhamun took a vase of pomegranates into the afterlife with him.

That's not all! Pillars in Solomon's temple in Jerusalem were adorned with depictions of pomegranates. Pomegranate images also made their way to the robes of Jewish priests; however, it is unclear as to what exactly their presence signified. A bit to the west, pomegranates were huge throughout the land of Zeus in ancient Rome. If you're knowledgeable about Greek mythology, you might be familiar with the story of Hades and Persephone, the daughter of Zeus and Demeter. Hades, being the sly

devil that he is, tempted Persephone with a pomegranate. Persephone, not being able to deny a perfectly good fruit, took a bite off the aril (the red fleshy part) and was thus married to him. Naturally, the pomegranate became a symbol of the unbreakable nature of marriage. In fact, Greek women wore headdresses made of pomegranate twigs as a symbol of their marital status.



French artist, LlewLlaw, depicts Hades tempting Persephone with the pomegranate.

While it was used as a symbol of marriage in Rome, it was also used as an icon of strength in ancient Persia. Xerxes, one of the many kings of the ancient empire, had his army put pomegranates on the ends of their spears when he invaded Greece in 480 B.C.



Pomegranate seeds and fresh mint leaves make a great garnish for chia pudding or raw coconut yogurt.

Anyways, enough about the pomegranate's place in history. What does modern science tell us about this fruit?

What Makes Pomegranates A Powerful Fruit?

Pomegranate is considered a "superfood" because of the many awesome nutrients it contains. The juice, of a pomegranate, is as beneficial as the fruit itself. How? The pomegranate's peel (the outer skin that most people just discard) releases an abundance of antioxidants when squeezed, usually while juicing. The arils themselves contain Vitamin C, potassium and healthy omega 5 polyunsaturated and monounsaturated fatty acids which are great for cell re-growth and proliferation. The white seeds inside the arils contain necessary fiber, which can help you stay fulfilled for longer periods of time.



Fresh pomegranates on display in an Indian street market.

Heart patients, in particular, can benefit greatly from consuming pomegranates. How is this possible, you might ask? Pomegranate juice can keep the arteries flexible and decrease inflammation in the lining of the blood vessels. Atherosclerosis, a leading cause of heart disease, can significantly be reduced by regularly drinking the juice.

The juice, of a pomegranate, can also help maintain blood sugar levels even though it contains fructose. A study showed that the blood sugar level of a diabetic patient did not increase when the patient consumed the juice daily for a period of 2 weeks. What an amazing fruit for diabetics!

In addition to maintaining blood sugar levels, pomegranates can reduce high blood pressure. Pomegranate juice please! The juice acts as a natural aspirin, which helps keep the blood from coagulating and forming clots. Pomegranate juice can be used as a blood thinner, allowing blood to flow unrestricted through the body.

As if that wasn't enough, pomegranate juice has the ability to remove free radicals from the body. It actively prevents the development of cancer and other related diseases. The anti-oxidants, present in the peel, stimulate white blood cells. These white blood cells are the military force of the body, so to speak, which neutralize toxins in the body. Probably the most widely known health quality, of the pomegranate, is its ability to prevent anemia. My mother

used to have a glass of pomegranate juice ready for me every time I had my blood taken in a hospital for some test.

Pomegranate juice contains an abundance of iron, which as you may know, is a core component of red blood cells.

Having said all that, pomegranate juice can't be the only way to consume pomegranates. So, what else can you do with pomegranates? Here are two recipes you can refer to if you ever feel like making something tasty with a pomegranate.



Playing With Pomegranates

You can pair pomegranates with yogurt or ice cream, as a sorbet. It will go with anything sweet and instantly enhance the flavor. While you can eat pomegranates with anything and everything, you may also incorporate them into salads or simply make a pomegranate juice.

Pomegranate fruit salad recipe

Ingredients

- 1 pomegranate
- 2 grapefruits
- 2 apples
- 2 oranges
- 1 pear (ripe)
- 1 tbsp raw honey



DIRECTIONS

- 1) Slice the pomegranate in half using a knife. Hold one part of it over a bowl while squeezing it firmly in order to squeeze out the juices and seeds from the fruit.
- 2) Then, separate the remaining seeds from the membrane of the fruit using your hands. Squeeze out as much juice as possible from the seeds and remove any membrane from the bowl.
- 3) Next, carefully remove the skin from the orange and grapefruit with a knife. Make sure to carefully remove all its membranes.
- 4) Thinly slice the fruits and add them to the pomegranates. Keep some of the slices in order to squeeze out the juice and pour it into the bowl.

The salad should be sweet on its own; however, if you prefer it sweeter you can top it off with a drizzle of honey.

Avocado Pomegranate salad recipe



How To Seed A Pomegranate



Ingredients

1 pomegranate
2 avocados
1 shallot (small)
Olive oil (extra virgin)
Sea salt

DIRECTIONS

- 1) Cut the pomegranate in half. Using your fingers, separate the seeds from the membrane of the fruit. Then remove the skin and slice the avocados.
- 2) Peel and mince the shallot. Sprinkle the shallot over the sliced avocados.
- 3) Drizzle some olive oil over the mixture.
- 4) Then, sprinkle on some sea salt and top it off with pomegranate seeds

Gorgeous Edible Indoor Gardens

HOW TO EASILY CREATE YOUR OWN BEAUTIFUL AND EDIBLE GARDEN!

When you think of gardening, you most likely think of being outdoors, tending to the soil, the warmth of the sun and oh yeah...lots of bugs! Many people are new to the idea of indoor gardening, especially when it comes to an edible indoor garden. *Hmmm...an edible garden indoors?* The average person would be surprised to find that a vast array of flowers and vegetables can be planted successfully indoors. Surprisingly, growing food indoors is not a new concept. Growing food indoors has actually been going on for centuries; although, most people have stopped doing it for quite a while now. Still, there is hope! More and more people have begun to take up the tradition again.

Deciphered Egyptian tombs indicate that pharaohs had attempted to grow indoor gardens with citrus and several other fruits. Unfortunately, there was no indication as to whether or not they were successful at their attempts. However, we do know that the Roman Emperor, Tiberius who reigned from 14 to 37 A.D., was successful with his indoor edible garden. Tiberius especially loved eating cucumbers throughout the year; thus, cucumbers was one of the first vegetables planted in his indoor garden. Nevertheless, the decline in horticulture dropped and only during the Italian renaissance, the ancient skills were taken up again, with evidence manifesting in 1295.

Medieval monasteries was known to have a vast array of medicinal herbs, vegetables, fruits and flowers. In time, food production was seen as a working-class practice and anyone possessing food producing plants should be relegated to unseen areas. Senior horticulturist of National Gardening Association, Dr. Charlie Nardozzi wrote that if you planted food around 150 years ago, it meant you did not have money for food, or could not pay anyone to do it for you. Nevertheless, Fritz Haeg, author of the book *Edible Estates*, stated that ornamen-



tal gardens symbolized nobility and wealth. As you can imagine, the idea of growing vegetation has established a positive and negative outlook, depending on culture and time line.

During the early 1970's, the fuel crisis in conjunction with the nascent environmental movement contributed to residents becoming more self-sufficient, resulting in the growing of food at home again. Hence, two books were published in the early 1980's on edible gardening. These books were titled, *Designing and Maintaining Your Edible Garden* by Robert Kourik and *Complete Book of Edible Landscaping* from author Rosalind Greasy.

How horticulture benefits today's society

An important fact to remember is that horticulture has specific therapeutic and rehabilitation properties. How do we know gardening is considered therapeutic? Since the 19th century, studies have reported that gardens hold thera-

peutic benefits for the elderly and also those with mental illness. In 1812, Dr. Rush wrote a book titled, *Medical Inquiries and Observations Upon Diseases of the Mind*, explaining how edible indoor gardening plays a major role in the psychiatric industry. The amount of benefits obtained by indoor gardening requires a complete article of its own. In short, let me just state that evidence shows that patients with Dementia and those with mandatory indoor confinement benefit tremendously from indoor edible gardens, showing positive social and psychological effects.

Did You Know These Plants Could Grow Indoors?

Although, most people know you can grow herbs indoors, let's look at some other ideas. Did you know that you can grow almost anything indoors? Have you ever thought of growing a mushroom patch inside? Or potatoes? Or edible flowers? The following is simple directions on how to grow indoor oyster mushrooms by Lunar Harvest, an indoor gardening spot.

How to grow indoor oyster mushrooms

You will need to get a 6 gallon bucket. Any type of bucket should work. Then, order oyster mushroom spores and collect a large bag of used coffee grinds. This is where it gets a little tricky, but not impossible. You can either go to a local coffee shop and ask them to keep their old coffee grinds for you, ask friends to save them for you, or save them yourself.

Place a layer of coffee grinds about 3-inches thick on the bottom of the bucket. Then, sprinkle just enough spawn to cover the coffee grinds. Repeat this step until the bucket is filled to approximately 6 inches below the rim. If you do not have enough grinds or do not want to use such a large bucket, simply lessen the amount of supplies and bucket size.

You will not need to water it for the first 2 weeks, simply keep the bucket covered with plastic in a cool and dark space, such as your basement. After two weeks, move it to a warmer environment. Place it close to a window, but not in direct sunlight. The ideal temperature ranges from 60-75 degrees F. At this point, your mushrooms will start fruiting and you can remove the plastic cover.

Now it is time to mist these small fruits. Use a fine spray when watering and do this around 3-4 times per day, just to keep them moist. IMPORTANT: DO NOT use ordinary tap water because the fluoride, chlorine and etc. will harm your mycelium. So what do you use? Boil some water and allow it to cool. You can also use rainwater or even melted snow.



How to grow indoor citrus plants

Not really into mushrooms? How about citrus fruits? Citrus plants can do extremely well inside, regardless of what some "experts" will tell you. The information regarding growing citrus indoors, is quite contradictory. Keep in mind that the environment and the type of citrus make a huge difference in your indoor citrus success or failure. The type of citrus you choose should be any of the following: Nippon Orangequat, Eustis Limequat, Persian Lime, Pink Variegated Lemon, Improved Meyer Lemon or Calamondin Orange. Go to a reputable nursery and ask for one of these types of citrus plant. They are easy to grow and produce an average size fruit of approximately 1.5-inches in diameter. Choose an environment with higher humidity such as a kitchen area.

Any type of pot will be fine as long as it has ample holes for draining the soil. Never let your citrus plant's soil get dry or become excessively wet. The soil needs to simply stay moist. Around seven months after you plant the tree, the fruit will start growing. The tree will bear fruit for several months. The cool thing is, not only is the fruit edible but so is the skin.



How to grow indoor strawberries

In full sunlight, strawberries will grow really well indoors. Therefore, I suggest you place them on your window sill. Don't expect to sink your teeth into them anytime soon, indoor strawberries take equally as long to grow inside as they do, outside. Loamy soil is suggested for growing indoor strawberries. Also, they thrive best in temperatures not exceeding 85 degrees.



How to grow indoor cucumbers

Tiberius would be pleased! As we learned, cucumbers also grow well indoors. What shall we grow our cucumbers in? Cucumbers need room to grow. Be sure to use a large container measuring, no less than, 12 inches deep by 8 inches wide. Placing them close to a sunny window is ideal as they prefer about 4 hours of sunlight per day. Also, you will only water cucumbers when the soil feels dry. There are two main types of cucumber, vining and bush. Bush is the recommended or preferred indoor type. Where variety is concerned, opt for the Diva Cucumber. It is an excellent producer, only taking around 58 days to mature. However, the Lemon Cucumber is another favorite. These are small, round and yellow in color. The Lemon Cucumber only takes about 65 days to mature. The Northern Pickling Cucumber is also worth planting. It has the shortest maturity period at only 48 days.



Indoor Planting Basics

Many people are unsure of when and how much they should water their indoor plants. Water allotment varies depending on plant age, size and species, as well as the type of soil you use. The best method to watering indoor plants properly is to wait until the soil feels nearly dry before watering. Then, add adequate water in one liberal application. Remember that high humidity is good for indoor plants; thus the reason, plants and herbs do so well in kitchens. You can provide your indoor garden with humidity when you group plants together, especially when placing them on pebbles in a tray. Where temperature is concerned, keep in mind that the average plant grows well in room temperatures, around 60 degrees.

Yumm! Edible Flowers for an Indoor Garden

Did you know that **Pansies** taste similar to lettuce? They can be used as decorative, edible additions to salads. Pansies grow extremely quick and are easily managed. They do not require much in regards to sun. Partial to moderate sunlight is adequate, so no need to remove your Marigolds from the windowsill to make room for your Pansies. Furthermore, you should keep this plant away from the kitchen. Pansies do not like when temperatures rise continuously. Pansies also do not drink much. Watering them once a week is sufficient.



Marigolds have a Citrus taste, thus ideal when added to sandwiches, salads, hot desserts and seafood dishes. These flowers need lots of sun. They do well close to a window or even in a windowsill. They can grow in any size or type of container. Marigolds do well in well-drained, fertile soil. In fact, soil-based potting soil is great for these indoor plants. Watering should not be done overhead, but from the bottom of the container.



Nasturtium has a peppery taste, similar to watercress. Try them with salads, tomato and cheese sandwiches, with cream cheese and a variety of dishes where you want a peppery kick. They are easy to grow indoors. Nasturtium prefer full sun and grow well in a window sill or even close to your window. They are not picky about their soil bedding either. They will grow very well in poor quality soil. Surprisingly, fertile soil produce less blooms with this crazy little plant. You will want to plant the seeds an inch deep and depending on the container size, around 10 inches apart. Your plants should appear within a week.



Easy and Beautiful Indoor Planters

When choosing planters for your indoor garden, do not worry about your décor at first. Plants have certain needs and the container you choose to use will influence the effects of the growth. All of the planters should have adequate drainage holes and made from porous materials for good air supply. Wooden planters are good, but be advised that they retain more heat. Therefore, they should be restricted for plants which thrive at high temperatures. Wooden planters should also contain adequate holes. Bear in mind that the size of the container is important in regards to root relation.

Mason Jar Herb Gardens are a healthy alternative to dried out spices and a tasty way to spruce up your food. They are quick and easy to make and do not require much money. Simply gather some Mason jars or even some old spaghetti sauce jars. Label each jar with a tag so that you do not get the herbs mixed up. Then, fill them almost all the way up with soil. Next, sprinkle some seeds in the jar and lightly cover with more soil. Herbs are not planted deep because they need the sun and some water to germinate. Add just enough water to wet the soil. Be sure to water gently so that you do not dislodge the seeds. Water seeds according to package instructions.



Hanging Wall Gardens are also very popular and do not take much to construct. You can use empty plastic bottles and cut the tops off. Paint or decorate the bottles as you please. Some people use those glass gems to decorate the outer bottle, making a beautiful decor. Then, poke 2 holes along the upper side and use these holes to hang the bottle with twine. Make small cuts in the bottom for drainage. Fill the bottle with soil and either herbs or small flowers. Water when soil is dry.



Vegetable Bucket Gardens can be a delicious addition to your indoor gardening. You can simply grow one vegetable or several. There are so many vegetables which do well indoors. What kind of vegetables can you grow indoors in a bucket? You can grow peppers, tomatoes, peas green beans and more. All you need is a 5 pound bucket (or several), some soil, fertilizer and the veggie plants. Eventually, you may also need some stakes and twine to hold up the tomato and pepper plants. Decorate your bucket with some paint to add some pizzazz. Let your creative side go wild! Be sure to drill some holes in the bottom of the bucket for drainage prior to planting. Place the bucket in partial sunlight but according to the plant's needs. Then fill the bucket $\frac{3}{4}$ of the way full with soil. Make several divots in the soil about 3-4 inches apart. Place the plants in the holes and cover with the remaining soil. Finally, water accordingly.

Holiday Classics with a twist!



Butternut Squash Soup
Raw Cranberry Sauce
Raw Meatloaf
Cauliflower Mashed "Potatoes"
Festive Stuffed Peppers
Rawtastic Meatloaf
Pumpkin Spice Persimmon
Pudding





RAW CAULIFLOWER MASHED "POTATOES"

By Annie Markowitz
VegAnnie.com

makes 3 servings



Ingredients:

3 cups cauliflower florets
1/4 cup pine nuts
1 clove garlic
1 tablespoon olive oil
1 tablespoon water

DIRECTIONS

Combine all ingredients in high-speed blender or food processor and process until contents have reached a creamy, mashed-potato-ey consistency!



Annie Markowitz
Veg Annie

Annie is a holistic health coach and PhD student in Nutritional Sciences at the University of Texas at Austin. She is passionate about helping others heal through the power of nutrition and achieve their health and wellness goals.



RAW PUMPKIN PIE

By Çisem Çakır
Inrawwetrust.com

makes 1 (9 inch) pie

Ingredients:

1. For the marinated pumpkin

- 2 cups pumpkin
- 1/2 cup maple syrup
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon Himalayan salt

2. The crust

- 1/2 cup shredded coconut
- 2 cups hazelnut flour
- 2 tablespoons agave
- 1 teaspoon vanilla extract
- 1 teaspoon Himalayan salt

3. The filling

- marinated pumpkin – strained from marinade
- 1 1/4 cups raw cashews, soaked for 4 hours
- 4 dates
- 1/2 cup carrot juice
- 1 teaspoon ground nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon fresh ginger, zested on a microplane
- 2 tablespoons agave (optional- the recipe is already sweet but adjust it to your taste)
- 3 tablespoons coconut oil
- 1/4 teaspoon vanilla extract
- 1 teaspoon salt

4. Vanilla cream: (optional)

- 1 cup cashews, soaked for 4 hours
- 1/4 cup water
- pinch Himalayan salt
- 1 teaspoon vanilla extract
- 1/2 tablespoon agave





DIRECTIONS

1. Peel, seed and slice pumpkin in paper thin strips using mandolin. In a small bowl, add the pumpkin and remaining ingredients, toss well. Cover with plastic wrap and place in the refrigerator for the day / overnight.
2. In a food processor, combine all ingredients. Do not overblend, you want the texture to be light but hold together when pressed between your fingers. Press into 9 inch tart pan and chill.
3. Place all ingredients in a filling (except coconut oil) in a high speed blender. Once it is fully blended, slowly pour the coconut oil and blend.
4. Blend all ingredients in a high speed blender, and serve with pie.



Çisem Çakır
In Raw We Trust

Çisem Çakır is a product design graduate, who, after couple years in business, decided to change her lifestyle. She went to U.S. to Matthew Kenney Academy for Gourmet Raw Food Chef course and then world renowned Hippocrates Health Institute for Health Educator Program. Soaking more and more information and different perspectives about raw food and detox, she has now completely different point of view for herself, well being and earth. She is doing their family business in Sianji Well Being Resort, working with clients one on one to encourage them for a healthier lifestyle, while in her spare time, she runs her blog 'in raw we trust' and does raw food workshops in Istanbul.





RAW MEATLOAF

By Laura-Jane
TheRawtarian.com



Ingredients:

3/4 cup walnuts
3/4 cup almonds
1 tablespoon olive oil
1 clove garlic
1/2 teaspoon sea salt
1 1/2 teaspoons rosemary
(optional)
2 cups mushrooms
2 tablespoons ground flax
seeds

Prep Time: 10 min

Total Time: 7 hours 10 min

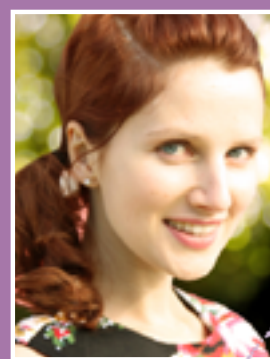
Servings: 4

Yield: 4 small loaves



DIRECTIONS

1. Place mushrooms in food processor. Pulse briefly (for a few seconds) until reduced in size. Do not over-process!
2. Place processed mushrooms in a large bowl. Add ground flax seeds and stir. Set bowl aside.
3. Place all remaining ingredients in to the empty food processor. Process well (for a minute or two) until nicely combined and moist.
4. Add food processed mixture to the large bowl. Stir gently until combined.
5. Form into small, single-serving loaves, approximately 1 inch thick or less, probably two inches wide. Do not make a big huge loaf because it won't dehydrate properly! Place on parchment paper inside your dehydrator.
6. Dehydrate on high for 2 hours. Reduce temperature to 105 degrees and continue dehydrating until to your desired result. The outside will go first, then the inside will go dark as well. I like to leave a bit of moisture in these. (They won't get completely crispy due to the olive oil.)



*Laura-Jane
The Rawtarian*

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



Ingredients:

Raw Butternut Squash Soup

Add the following ingredients in a high-powered blender and blend until smooth:

- 1 pound of squash cut up into smaller cubes
- 2 inch of turmeric
- 1.5 cups coconut water (or coconut milk for extra creaminess)
- 1 yellow or orange bell pepper
- 2 dates
- 1 teaspoon cumin
- Juice from 1 medium lemon

Sun-dried Tomato Garnish

Blend in a high-powered blender:

- ½ cup sun-dried tomato soaked in 1 cup of water
- Add to blender the juice from 1 lemon



Laura Dawn
Happy & Raw

Laura Dawn is the founder of Happy & Raw (www.happyandraw.com) and is a holistic health consultant, raw food chef and avid gardener where she currently resides on the Big Island of Hawaii. She is the author of "Unhooked: A Holistic Approach to Ending Your Struggle with Food" as well as "Mindful Eating for Dummies".

RAW BUTTERNUT SQUASH SOUP

By Laura Dawn
HappyandRaw.com



DIRECTIONS

Place butternut squash soup in a bowl and add a dollop of tomato blend.
Slice kaffir lime leaves as thinly as possible and add that as your last garnish on top of the sun-dried tomato.

Kaffir lime leaves come from a kaffir lime tree and are regularly used in traditional Asian cuisine. You can check your local Asian markets for kaffir lime leaves.





RAW STUFFED PEPPERS

By Desi Domo
ThePalatePeacemaker.com

Makes 4 pepper halves



Ingredients:

2 red bell peppers, sliced in half down the middle (Optional: dehydrate at 105° for 4-6 hours to soften slightly)
1 1/2 cups raw walnuts (I use soaked and dehydrated!)
2 tablespoons coconut aminos
1 tablespoon filtered water
1/2 tablespoon fennel seeds
1/4 cup spinach, basil, or parsley (or combination), finely chopped
1/4 teaspoon crushed red pepper
1/4 teaspoon garlic powder
pinch of himalayan pink salt



DIRECTIONS

1. Process raw walnuts and fennel seeds in food processor until it resembles finely ground meat.
2. Add remaining ingredients to walnut "sausage" in a bowl and mix well.
3. Fill red pepper halves with walnut "sausage."
4. Refrigerate for a few hours to allow flavors to meld and settle.



Desi Domo
The Palate Peacemaker

Desi creates recipe and writes about holistic lifestyle alternatives in her own corner of cyber space, The Palate Peacemaker. When she's not eating delicious food or whipping up natural remedies, she's most likely acting in Off-Broadway plays and on the big screen or doing improv comedy throughout New York City.



RAW PUMPKIN SPICED PERSIMMON PUDDING

By Amie Sue Oldfather
Nouveauraw.com

Ingredients:

yields 1 3/4 cups

Pudding:

1 cup ripe persimmon flesh
1 cup young Thai coconut
meat
1/2 cup water
1/2 teaspoon vanilla extract
2 tablespoons maple syrup
1/2 teaspoon pumpkin pie
spice

Topping options:

A slice of dried persimmon



DIRECTIONS

1. Be sure that the persimmons are ripe. They will feel mushy. Cut in half and with a spoon, remove the flesh of the fruit and place in the blender.
2. Add the coconut meat, water, vanilla, maple syrup and pumpkin spice. Blend until smooth and creamy.
3. Pour into 2 single serving cups and top with a dried persimmon. Enjoy right away or chill in the fridge. It will thicken some as it chills.
4. You can dehydrate persimmons too! Click ([here](#)) on how to dry them.

To ripen firm astringent varieties, store at room temperature. To expedite process, place in paper bag with apple or banana.



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 CRANBERRY SAUCE

By Jenna Davila
Livepureblog.com

Yields 2 Cups



Ingredients:

2 cups Cranberries
4 Medjool dates (fresh)
3 Persimmons (hachiya)
1 Large Gala apple
(chopped)



DIRECTIONS

1. Cut off the tops of the persimmons and peel skin off.
2. Place into food processor and pulse a few times. Remove and place into medium size bowl.
3. Place dates into the food processor and pulse a few times. Remove and mix into bowl.
4. Place chopped apples into food processor and pulse until texture is soft and smooth. Remove and mix into bowl.
5. Place chopped cranberries into food processor and pulse until texture is soft and smooth. Mix into bowl and enjoy.



Jenna Davila
Live Pure

Jenna is a native of New Jersey and has been active and playing sports since the age of five. She is a health and wellness coach certified in plant-based nutrition, and also spends her time as a freelance photographer and raw vegan food blogger. She aims to show how diverse and fun a raw diet can be, and hope her photography captures the vividness of these foods in their natural state.

Last-minute Appetizers

Raw Zucchini Sushi Rolls
Pumpkin and Chestnut Soup
Mediterranean Salsa
Creamy Habanero Dressing
Raw Super Slaw
Zucchini Hummus



RAW ZUCCHINI SUSHI ROLLS

By Sonnet Lauberth
InSonnetsKitchen.com

Prep Time: 10 minutes
Total Time: 10 minutes



Ingredients

½ cup cashews, soaked overnight in water
1 tablespoon rice vinegar (optional)
3 - 4 zucchini (each yields 6 - 8 slices)
2 carrots, sliced into matchsticks
1 cucumber, seeds removed and sliced into matchsticks
4 medium radishes, sliced
1 avocado, peeled and sliced
1 small bunch cilantro



Soaking the cashews in water for a few hours or overnight will help to soften them and make it easier to process them. You can also skip this step if you are short on time.

DIRECTIONS

1. Drain cashews and put into food processor with rice vinegar.
2. Process, scraping sides with spatula if necessary, until cashews are a soft paste but still have some texture. (Depending on how long cashews were soaked you might need to add a tablespoon of water to get the right consistency.)
3. Chop the ends off of your zucchini and use a vegetable peeler to peel your zucchini into long, thin strips.
4. Lay zucchini strip flat and add a small spoonful of cashew mixture onto one of the ends of zucchini.
5. Add a few matchsticks of veggies, avocado, and a couple of pieces of cilantro.
6. Roll up and enjoy!



Sonnet Lauberth
In Sonnet's Kitchen

Sonnet Lauberth is a certified holistic health coach, cookbook author, and food & health blogger. Sonnet is passionate about local, seasonal eating and sustainable living. Visit her at www.insonnetskitchen.com

Ingredients

2 cups room temperature water
2-3 cups butternut pumpkin
(peeled, seeded and chopped into
3cm cubes)
1 carrot (whole)
1/2 shallot stick
1/2 celery stick
1/4 zucchini
10 chestnuts (without shell)
1 stock cube (massel)
2 leaves basil
1 small sprig parsley
1/2 sprig rosemary
1/2 sprig thyme
Optional: Pinch salt & pepper

Garnish:

Yogurt or cashew cream
Chopped chives
Nutmeg
Cracked pepper



Amanda Brocket
The Raw Food Kitchen

Amanda of The Raw Food Kitchen holds regular raw food workshops and raw retreats in Sydney and Bali, offers rawsome e-Books, transformational online programs and events to educate and inspire people to incorporate plant based living for healthier, happier lives. Check out the website for yummy raw recipes and articles too! www.therawfoodkitchen.com.au

PUMPKIN AND CHESTNUT SOUP

By Amanda Brocket
Therawfoodkitchen.com.au

This delicious Pumpkin and Chestnut Soup kindly supplied by our friends at Raw Blend.

Makes: 1 – 1.5 litres.

Serves 2-6 people.



DIRECTIONS

1. Put all the ingredients into a high-speed blender container in the order listed and secure the lid.
2. Select Variable.
3. Turn the machine on and slowly increase the speed to 10, then to High.
4. Use tamper to press the ingredients into the blades if required.
5. Blend for 3-6 minutes or until soup reaches desired temperature.

Chestnuts can be purchased (peeled and frozen) from some grocery outlets when out of season. Cashews, Macadamias or any other nut can be substituted.

Last-minute Appetizers

MEDITERRANEAN SALSA

By Ashley Cox
Lipstickandberries.com

Ingredients

- 1/2 english cucumber, chopped
- 3 roma tomatoes, chopped
- 1/2 red onion, chopped
- 2 tablespoons lime juice
- 1 tablespoon fresh dill
- 1 tablespoon fresh mint, chopped



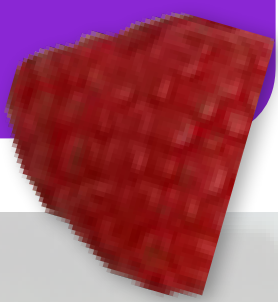
DIRECTIONS

1. Mix all ingredients in bowl.
2. Chill in refrigerator for at least 30 minutes before serving to let the flavors meld.



Ashley Cox
Lipstick and Berries

Ashley is a Healthy Lifestyle Expert, Beauty Professional, Plant Based Nutritionista, and Full Time Blogger. She is not your typical tree-hugger, yet she believes in a natural and holistic approach to wellness. Ashley is a self-titled, Glam-Granola Girl, and cohesively blends Beauty, Health, and Vegan Food into her blog.

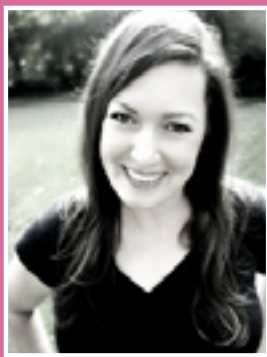


Ingredients

1 1/4 cup organic cashews
1 1/4 cup purified or distilled water
1/4 cup organic lemon juice (fresh squeezed)
1 - 2 habanero peppers
1/2 - 1 teaspoon pink himalayan salt

CREAMY HABANERO DRESSING

By Karielyn Tillman
Thehealthyfamilyandhome.com



Karielyn Tillman

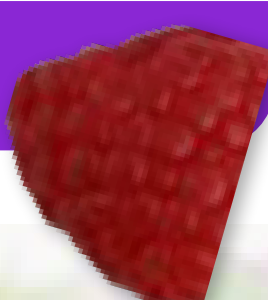
The Healthy Family And Home

My passion is creating healthier and cleaner versions of traditional recipes made with highly processed ingredients. On my website "The Healthy Family and Home", I feature organic, nutrient-dense foods and ingredients and also share easy, clean eating recipes. "Eat Like It Matters...Because It Does!"

DIRECTIONS

Cut the stem off the habanero peppers and put all ingredients into a high-speed blender and blend until creamy and smooth. Store in an air-tight glass container in the refrigerator.

If you don't like hot foods, this may not be a good recipe to try. If you have never eaten a habanero pepper, they are very hot and I would only use one pepper to start out with. If you have eaten habanero peppers before, use either 1 or 2 depending on your preference. This recipe will make 1 -2 servings.



RAW SUPER SLAW

By Tess Masters
Healthyblenderrecipes.com

Ingredients

1/2 organic red cabbage
1/2 organic white cabbage
2 bunches continental flat leaf
parsley
1 bunch organic kale
2 – 4 organic carrots
8 – 12 green spring onions

Dressing:

1 cup cold pressed extra virgin
olive oil
1/4 cup raw cashews soaked for
about 4 hours
1/8 cup of fresh lemon juice or
more to taste
2 to 4 cloves garlic (depending
on preference)
a pinch of Celtic sea salt



DIRECTIONS

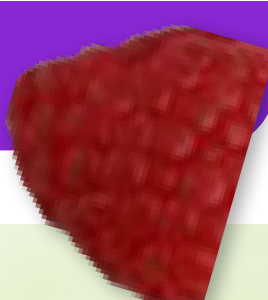
1. Chop up the vegetables individually in your food processor and toss in a salad bowl.
2. Blend the dressing in your high speed blender and toss through the vegetables.
2. Add in more lemon juice, olive oil and sea salt to taste to reach your perfect blend.

Serve on its own, or serve with boiled organic eggs or other clean protein. This salad will keep for a few days in the fridge.



Tess Masters
Healthy Blender Recipes

Tess Masters, AKA The Blender Girl is an Australian actor, blogger, and blendaholic. She shares easy healthy gluten free, vegan, and raw recipes that are all made in a Vitamix or other blender. THE BLENDER GIRL cookbook is available April 2014 through Ten Speed Press/Random House.



Ingredients

3 medium yellow summer squash
(alternately you could also use
zucchini but your end product will
be a tinge of green)
1/4 cup extra virgin olive oil
1/2 cup lemon juice
1/2 cup tahini
1.5 teaspoons sea salt
1.5 teaspoons cumin
3 cloves garlic
1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper
sprinkle of paprika as garnish
(optional)
pumpkin seeds as garnish (optional)
drizzle of hot chilli oil as garnish
(optional)

ZUCCHINI HUMMUS

By Linda Wagner
Lindawagner.net



DIRECTIONS

In a high speed blender or food processor, blend all ingredients in a high speed blender until a smooth consistency is reached. Taste and adjust flavors to taste. This will make about 12oz.



Linda Wagner
Lindawagner.net

Linda Wagner is an experienced and skilled Nutrition Coach who utilizes a holistic methodology to invigorate the mind, body, and spirit. It is her passion to assist others in achieving their true, unlimited potential.

Festive Holiday Drinks

Raw Vegan Bloody Mary
Raw Eggnog
White Sangria With
Peach and Ginger
Kombucha Moscow Mules

Attention!

Some of the following recipes have non-raw ingredients. Substitutions are included.

Alcoholic beverages are *not raw* and we do not promote alcohol consumption as part of a healthy raw lifestyle. However, we believe each individual has the right to define health and balance in their own lives. Please let us know in the survey whether you wish to have these types of recipes excluded from future issues.



RAW VEGAN BLOODY MARY

By Emily Von Euw
ThisRawsomeVeganLife.com



Ingredients:

3 large field tomatoes
3 celery stalks
1 garlic clove
1 tablespoon chunk ginger
1 lemon
1/4 teaspoon each of salt,
pepper and chili powder
(mixed together)



DIRECTIONS

Put the tomatoes, 2 of the celery stalks, garlic, ginger and 1/2 of the lemon into your juicer. Wet the rim of a glass and dip into the salt, pepper and chili mix. Pour in your juice and decorate with a lemon slice and celery stalk!
Now holiday party-goers will be wanting a sip of your drink!



Emily Von Euw
This Rawsome Vegan Life

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

RAW EGGNOG

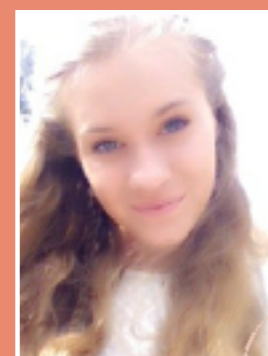
By Iselin Amanda
Vegetariantaste.com

Ingredients:

1 cup nut milk (cashew,
almond, pecan, hazelnut)
3 dates
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon ground cloves
pinch of salt and vanilla

DIRECTIONS

Blend together in a food processor and enjoy.
If you would like to heat it up, simply heat it slowly at low heat on the stove. You can use a thermometer to make sure you do not heat your food above 115°F.



Iselin Amanda
Vegetarian Taste

This blog is written by Iselin Amanda, a happy, life-loving girl from little Norway. At this site you will find healthy, vegetarian and mostly raw recipes.

Festive Holiday Drinks

WHITE SANGRIA

With Peach and Ginger

By Gena Hamshaw
Choosingraw.com



This is NOT a fully RAW recipe. Substitute the organic wine for white grape juice for a delicious fruity alcohol-free sangria.



Ingredients:

1 bottle organic white wine
1 cup fresh peach juice
2 tablespoons ginger juice
if you have a juicer, or 1/4
cup sliced whole ginger
1 tablespoon lemon juice
1 large peach, chopped
1 lemon, cut into thin
rounds
1 large orange, sectioned
1 1/2 cups sliced
strawberries
2 tablespoons agave syrup
(or to taste)
1 bottle ginger kombucha

DIRECTIONS

Fill a large pitcher with ice. Add all other ingredients except for the kombucha and stir. Refrigerate for a few hours. Add kombucha and serve. Makes 4-6 servings.



Gena Hamshaw
Choosing Raw

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

KOMBUCHA MOSCOW MULES

This is NOT a fully RAW recipe. Substitute pear or cranberry juice for the vodka for a sweeter alcohol-free cocktail.

By Kate Taylor
Cookieandkate.com

Prep time: 2 mins
Total time: 2 min
Serve: 1

Ingredients:

1 part vodka
3 parts kombucha
(ginger or gingerberry)
½ lime, juiced



Moscow mules made with ginger kombucha instead of ginger beer! If you love kombucha, you'll love kombucha Moscow mules. Just add vodka and lime.

DIRECTIONS

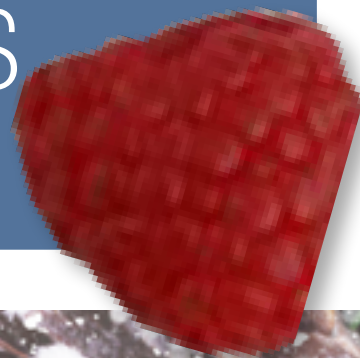
Fill a highball glass with ice. Pour in 1 part vodka (say, 1.5 ounces) and top it off with 3 parts kombucha (so 4.5 ounces). Add a generous squeeze of lime and a lime wheel for garnish (totally optional).



Kate Taylor
Cookie and Kate

Kate is a 20-something self-taught photographer and cook from Oklahoma. She recently moved to Kansas City in search of new adventures. Cookie and Kate is all about celebrating good food—real, sustainable food that delights the senses and nourishes the body.

Raw Treats Your Friends Won't Know Are Raw!



Raw Pecan Pie

Vanilla Cheesecake With
Chocolate Almond Crust

Raw Ginger Snaps

Chocolate Pistachio Gelato

Raw Christmas Cookie



Raw Treats Your Friends Won't Know Are Raw!

RAW PECAN PIE

By Amy Layne
Damyhealth.com

Prep time: 10 Minutes
Yield: Makes 1 8-Inch Pecan Pie
(8 Servings)

Ingredients:

Pie Crust Ingredients:

1.5 Cups Almond Flour
1/4 Cup Coconut Oil
1/4 Cup Agave Nectar
1 teaspoon Vanilla Extract
Dash of Salt

Pecan Pie Filling Ingredients:

1 Cup Pre-Soaked Dates
1 Cup Pecans
1/4 Cup Chia Seeds
1 Ripe Banana
2 teaspoons Vanilla Extract
1 tablespoon Cinnamon
1/8 teaspoon Nutmeg
Extra Pecans to Top



DIRECTIONS

1. Place all crust ingredients into the food processor and blend until dough-like.
2. Place crust into 8 inch spring-form pan and press down evenly.
3. Place all filling ingredients into the food processor and blend until smooth (stopping to scrape down the sides).
4. Pour evenly over crust.
5. Top with pecans decoratively as you desire.
6. Cover and place in the freezer for 3-4 hours (or overnight).
7. Remove from freezer, spring-form pan, cut and serve!



Amy Layne
Damy Health

Amy Layne is Co-Founder of DAMYHealth.com and Coach Specializing in Holistic Nutrition, Fitness, Self-Love, Goal Realization, Inspiration and Living Your Best Life. She is also the creator of the world famous Bikini Body Program Online, Healthy Rebel eBook Cookbook, Writer and Original Whole-Food Recipe Creator.



VANILLA CHEESECAKE

With Chocolate Almond Crust

By John & Lauren
Hotforfoodblog.com



chocolate almond crust ingredients:

makes 5-6 mini tarts,
depending on size of tart
pans

1 cup raw almonds (soaked
at least 3 hours)

1/2 cup raw walnuts

1/3 cup shredded coconut

8 medjool dates, pitted

1/4 cup coconut sugar

1/3 cup coconut oil

2 tablespoons raw cacao
powder

1/4 teaspoon sea salt



DIRECTIONS

Place the almonds and walnuts in a food processor and blend them into a coarse meal. Add remaining ingredients and blend until well combined. Using your hands press the dough into an even layer into mini tart pans with removable bottoms. Freeze the crusts for 30 mins and make the cheesecake filling.

Tip: if you don't care about eating a strict raw diet here's a little secret I sometimes do, especially if I'm feeding omnivores. I bake the crusts for 8-10 minutes at 325F. Poke a few holes on the bottom of the crust with a fork first, then bake them. The nuts toast up nicely and it gives a yummy overall flavour to the cheesecake that might be more palatable to people who aren't accustomed to raw food and desserts.





vanilla cheesecake filling ingredients:

1 1/2 cups raw cashews
(soaked at least 3 hours)
1/3 cup agave nectar (or
1/2 cup maple syrup for
non-raw version)
1/4 cup lemon juice
1/3 cup coconut oil
1 teaspoon vanilla powder
(or the inside of 1 vanilla
bean)



DIRECTIONS

In a high powered blender combine all the ingredients until smooth. Remove your crusts from the freezer and pour the filling into them just below the top edge of the crust. Place them back in the freezer for at least 20 minutes to set. Then serve or store in the fridge or freezer until ready to serve. They can keep for a while in the freezer.

For an easy topping you can just thaw frozen mixed berries at room temperature while you wait for the cheesecakes to set or place fresh mixed berries in a bowl with a 3:2 lemon juice and agave nectar mixture for 30 minutes and allow them to become soft and juicy.



*John & Lauren
Hot For Food*

Lauren and John are hot for food... as long as it's vegan! Together they're cooking up vegan love and bringing the increasingly popular lifestyle to food fans across the globe via their blog, hot for food. Breaking common misconceptions of what it means to be vegan one drool-worthy dish at a time, the blog features original recipes of comfort food fare like poutine and mac & cheese, plus other clever ideas for living cruelty-free.



RAW GINGER SNAPS

By Julie West

TheSimpleVeganista.blogspot.com

Ingredients:

3/4 cup oats, regular or quick
1/2 cup almonds
3/4 cup dates, pitted and chopped
2 tablespoons fresh ginger, minced or 1 1/2 teaspoons ginger powder
3 tablespoons pure maple syrup or liquid sweetener of choice
1 tablespoon unsulphured organic molasses, optional
1/2 teaspoon vanilla extract
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
ground cloves
1/8 teaspoon salt
sesame seeds & cinnamon, for rolling



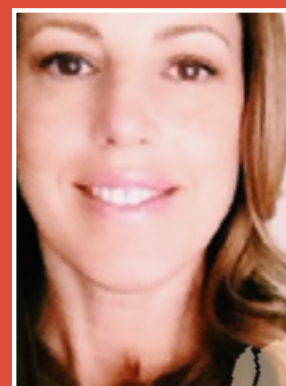
DIRECTIONS

Combine oats and almonds in food processor, blend until you get a fairly fine consistency, doesn't have to be perfect. Add dates and rest of ingredients, blend until combined and dough like consistency, about 1 minute. If for any reason you added more oats or nuts/seeds and you feel it is too dry, try adding 1 tablespoon of water at a time to get desired consistency.

Roll your dough into 1 inch balls. If you like you can roll them in cinnamon or white sesame seeds for a more finished look. Shredded coconut would be another great option.

Keep refrigerated and enjoy within two weeks or so. Makes 12 balls.

For those with nut allergies, you may substitute the almonds for sunflower seeds or hemp hearts.
I use oats in the recipe to cut the fat content. Feel free to use all almonds or more almonds and less oats.



Julie West
The Simple Veganista

Julie began a vegan lifestyle in the early part of 2011 and since then she has become passionate about creating healthy vegan dishes, some 100% raw, and sharing in hopes to inspire others.



RAW CHOCOLATE PISTACHIO GELATO

By Ashlae Warner
Ohladycakes.com

Yield: about 2 quarts

Ingredients:

1 3/4 cups raw cashews
3 1/2 cups filtered water,
plus more for soaking
14 medjool dates, pitted
and soaked 15 minutes
1/2 cup cacao powder
1/2 cup pistachios,
chopped

DIRECTIONS

Place the cashews in a small bowl, cover with water and soak for 6 hours, or overnight (if you don't have a high speed blender, the longer you soak the cashews, the better). Once the cashews have soaked, discard the soaking water and transfer the cashews to the container of a high speed blender. Add the water and blend on high speed for 45-60 seconds. Add the dates (soaking water discarded) and cacao powder; blend mixture on high speed for at least 90 seconds, or until super smooth. Transfer mixture to a large bowl, cover with plastic, and refrigerate for at least one hour. Once it's chilled, transfer to the bowl of your ice cream maker and mix according to the manufacturer's instructions. Once the gelato starts to thicken, add the pistachios. You can store it in a freezer safe container until ready to consume. Thaw for 20 minutes prior to serving.



Ashlae Warner
Oh Lady Cakes

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

RAW CHRISTMAS COOKIE

By Nadia Petrova
NatureInsider.com

Ingredients:

- 1 1/4 cup raw pistachios
- 2 tablespoons coconut flakes
- 1/3 cup melted coconut oil
- 1/3 cup honey or agave
- 1/4 teaspoon salt



DIRECTIONS

1. Clean the pistachios from their outer shell and blend them into flour.
2. Mix everything in a big bowl using a spatula.
3. Roll into a salami form using some plastic foil and put in the fridge for 24 hours.
4. Using a sharp knife cut into small cookies. If you have some small cookie cutters you can also shape them differently.
5. Serve garnished with coconut flakes and fresh fruits.



Nadia Petrova
Nature Insider

Nadia Petrova is a nutritionist and author of the books "Daily Raw" and "14 days detox".

"My philosophy about life is that we are in control and we can change things. We can change the way we eat, feel, experience, live. We decide what is best for us. Every single minute we are making a choice... to be healthy or eat junk, to stress out or calm down, to exercise or watch TV, to live in style or be content with what you have, to be balanced... or not. It is simple. And it is up to you!"

**The #1
Thing**
on our
wishlist
this season
is ...

***Your*
Opinion**

Take the Survey ▶

(Thank you for helping our holiday wishes come true!)





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