

CHEESY ENCHILADAS ★ PARFAITS ★ TACOS

INSIDE:
BEST FOCUS
FOODS

Raw Food Magazine

Issue 19 • September/October 2015

Make Ahead Meals

28 Fast & Filling Recipes

- ▶ On-The-Go Salads
- ▶ Instant Breakfasts
- ▶ Energizing Snacks

How to
Relieve Anxiety
 without drugs

1 Week Of Lunches
 In under 20 Minutes

Dessert
 for **BREAKFAST**

(it's healthy, too!)



Treating Children With ADHD... Naturally
 with Deborah Merlin



Garden Guide
Picking & Storing

Contributors



Deborah Merlin

Author of Victory over ADHD, Deborah Merlin has spent the last 15 years researching and advocating a holistic, natural approach to treating and curing Attention Defecit Disorder in children and adults.

[VictoryOverADHD](#)



Shelley Alexander

Shelley Alexander is a holistic chef, cookbook author, essential oils educator, certified healing foods specialist, recipe developer, blogger, and owner of A Harmony Healing.

[AHarmonyHealing](#)



Laura Plumb

Co-Founder of Deep Yoga School of Healing Arts, Founder of The Institute of Feminine Wisdom, a Vedic Healer, Yoga Teacher, and Ayurvedic Wellness Consultant, Laura's blog shares her recipes for cleansing, healing, and living a divine life.

[FoodALoveStory](#)



Jodi Burke

Creator of Healthy is Cool, a Certified Raw Foods Chef, Super Foods Promoter, Author & Photographer, Jodi's passion is for real foods and creating recipes that are easy, healthy, nutritious yet tasty helping people to make better food choices..

[JodiBurke](#)



Krysta MacGray

Food blogger, wife and mother of four who lives in Steamboat Springs, Colorado, Krysta has a passion for food, health and well being. You can find her online or on instagram @kmacgray44 where she shares recipes.

[KrystasLifeInFood](#)



Min Kwon

Registered dietitian with a passion for helping others discover the joy and peace with food and develop a foundation of self-care that promotes a healthy lifestyle, Min loves sharing her healthy recipes with the world.

[MJandHungryMan](#)



Vanessa Cassani

Health and food enthusiast focusing on whole-body wellness, Vanessa is the founder of Live Simply Natural, where she nspires others and offers nutrition advice through whole foods plant-based eating..

[LiveSimplyNatural](#)



Maz Valcorza

Avid yogi, raw food and star wars enthusiast, Maz opened Sydney's first organic, raw, vegan, raw food and wholefoods café – Sadhana Kitchen – where she continues to develop delicious ethical food, run workshops and share the joy of real food.

[SadhanaKitchen](#)

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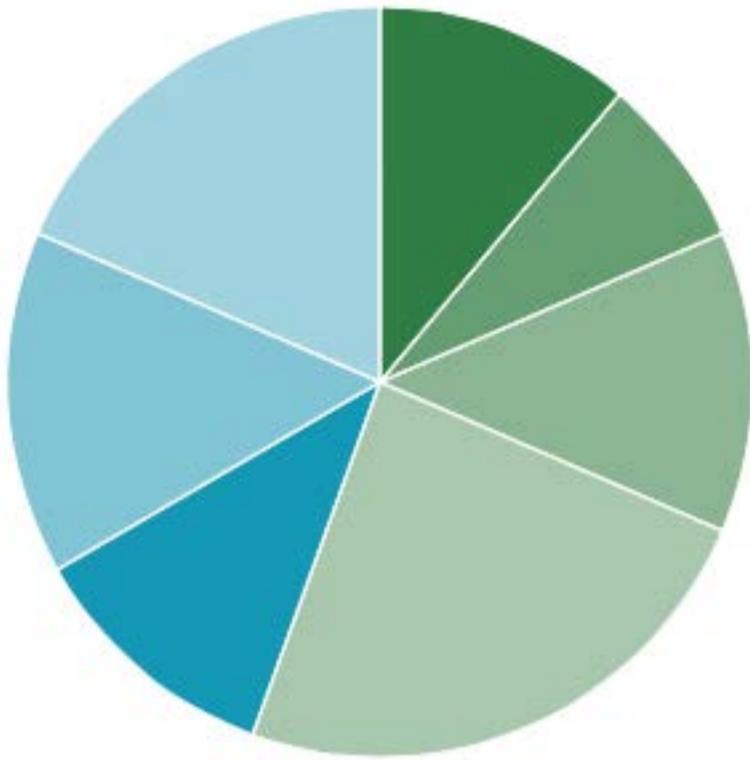
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Have a child or friend who has been diagnosed with ADD or ADHD? You don't want to miss this issue's interview with Deborah Merlin, Author of *Victory Over ADHD* pg. 33



Celebrate Our Music!



- 11% Acoustic
- 8% Jazz
- 13% Rock n' Roll
- 24% Country
- 11% Classical
- 0% Hip Hop
- 15% Pop
- 19% Other

With readers joining us from around the globe, we weren't too surprised when last issue's poll results came back so varied. Many of you wrote in additional genre's you love including Blues, R&B, Praise & Worship, Indie, Reggae, and - of course - dozens who love it all!

We love that we all can celebrate our different tastes and cultures, united by our desire to love our bodies with raw living food!

Which of the following healthy living topics are you MOST INTERESTED in learning more about?

- Energy Healing
- Losing Weight
- Meditation
- Building Muscle
- Habit Formation
- Yoga
- Juicing
- Other:

Vote

When you shop for groceries, which is MOST important to you?

- Non-GMO
- Organic
- Gluten-Free
- Can Buy In Bulk
- Convenience (closest grocery store)
- Low Price/On Sale
- Buying Local
- Other:

Vote

Readers Talk

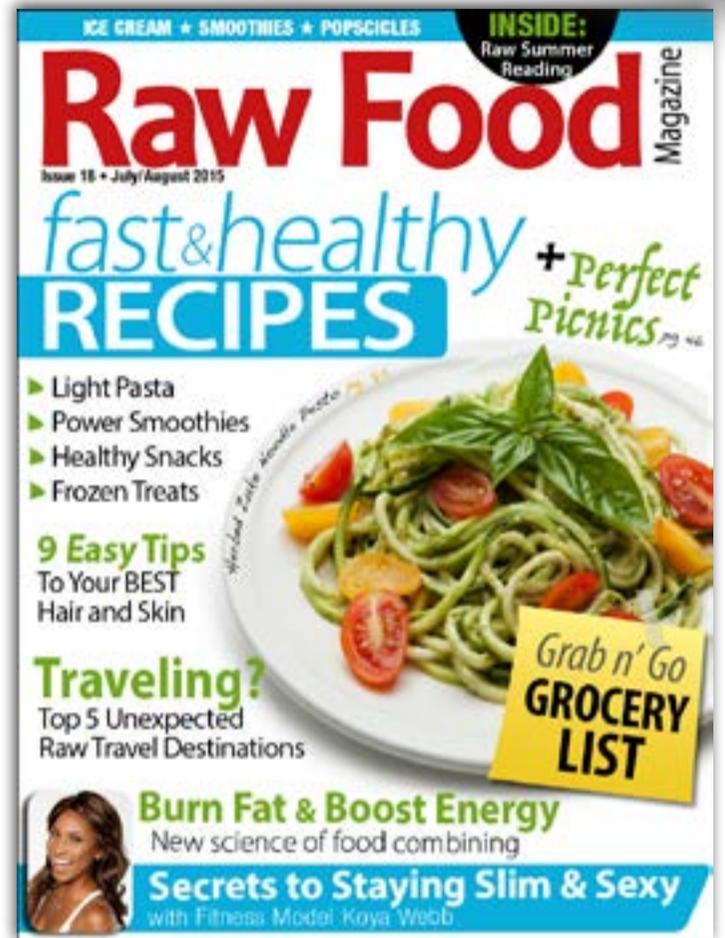
Have praise or a suggestion?
We are here to listen!

Refreshing Our Marriage with Food!

Hi Raw Food Magazine,
We just wanted to let you know that your magazine has helped re-energize our 29-year marriage. We were in sort of a rut with our kids all grown, fairly out of shape and needing a change.

Now we have morning smoothies, can be more active together and just have way more energy for our marriage. We hope it helps others, too!

Dianne & Kurt



Great quality magazine

This mag is brilliant, contains tons of information and pictures and a joy to read. I think the previous reviewer had problems with their ipad or needed to upgrade their ios, as I have never had a problem reading it. Worth the money.

Warren, Great Britain

Well put together and nice recipes!
Rhiannon Solem

Thank you Warren! There were several readers who experienced difficulty opening the app when Apple upgraded it's IOS. To have the best magazine experience keep your device's software up to date and of course email us if you have any problems at all! ~rfm

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



21 DAY Raw Food Cleanse

YES! It's happening!

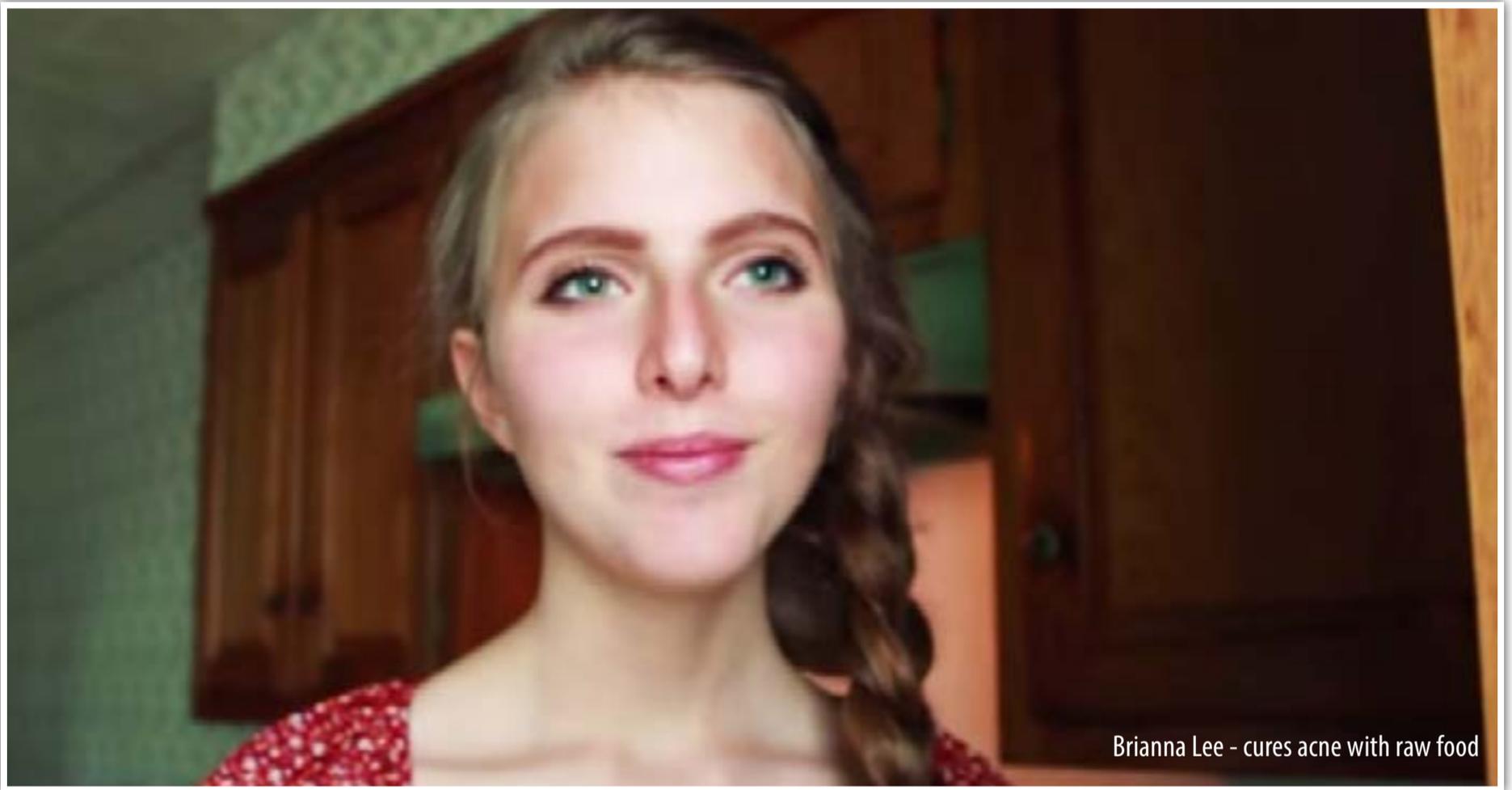
Every year we get bundles of emails asking if we will offer a raw food cleanse. Thanks to you we've been working hard this spring to put together the best raw food cleanse available online.

We have Adam Graham, author of *The Complete Idiots Guide To Raw Food Detox*, and top certified nutritionists helping create this amazing cleanse. As soon as it's fully tested and perfected we'll release it for you!

**Join below to be the first notified
and get some great early bird
specials when the cleanse opens.**

[Join The Early Bird List](#)

Woman finally **heals acne** with a **raw food** diet



Brianna Lee - cures acne with raw food

Perfect skin is something that everyone was born with. However, throughout the years, not many manage to maintain the skin we were born in. Due to several reasons, you might run into skin conditions such as acne, rosacea and eczema, which was the case of Brianna Lee. Like many, she also struggled to get back her skin before the acne as her skin condition was not only affecting her outer appearance, it also made her feel self-conscious to the point of withdrawing from social activities.

To cure her severe acne, Brianna had found and follow various methods, from medicine to natural cures. Her struggle began with a vicious circle of the acne's disappearance and reappearance after using several different creams, gels, antibiotics and

face masks which provided no relief for her condition. Then came benzoyl peroxide, which made her skin dry and after some research, she decided to stop using it. At one point, Lee decided to go all natural and applied turmeric on her face and neck, coping with looking like a walking carrot for the sake of her skin but still, it was no help. From there came various intake of vitamins, ranging from zinc and copper to Vitamin A in retinol form. These attempts, which caused Brianna to experience hair loss and turn her eye red, the later a sign of potential liver damage from excessive vitamin intake, also proved ineffective.

Things took turn for a change when Lee learned about the benefit of raw food and decided to go raw overnight, stocked her fridge with only fruits and

vegetables. In the beginning, she ate a great deal of kale and cucumber, then eventually turned to fruits only. Within two months, her acne was gone and one month after that, her skin still remained soft and glowing, maintaining its appearance even after the recovery. Lee credited raw food as the cure for her condition and going raw has enabled her to break free from the insecurities created by acne. She also advised people with skin conditions to find the core of their problem and try to fix it before turning to costly and ineffective measures as she did. She adds, "I beg you...go on an elimination diet and jump on the detoxification train". Whether you are having similar skin conditions or not, these are the words to live by come from someone with experience. Who does not want a perfect skin?

Akon's Charity bringing Solar Energy to Africa

If you are not familiar with Akon as a singer, then I hope you are familiar with him being a famous charity activist. As a singer, Akon is used to being in the "spotlight". But not many people can get used to that, especially those who come from rural areas of Africa as for them, even light is something alien in daily life. "Africa needs to be sustainable for a long time and be a crutch for the rest of world instead of the other way around," Akon said in a phone interview. "A stable Africa helps the world." According to him, the lack of power "stopped us from the things we need to do".

Determined to change that, our 'Smack That' singer with his charity, Akon Lighting Africa founded in 2014, is working on providing for over 600 million people in the continent with solar power. So far, ALA has provided solar power and infrastructure such as street lamps, micro-generators, charging stations, and home kits to 14 countries — Benin, Burkina Faso, Democratic Republic of the Congo, Equatorial Guinea, Gabon, Guinea, Kenya, Namibia, Madagascar, Mali, Niger, Nigeria, Senegal, and Sierra Leone. The organization has also opened a Solar Academy in Bamako, Mali, a place to educate engineers as the ones to produce solar power and eventually, bringing electricity to 600 millions Africans living in rural communities all over the continent.

Akon, who is of Senegalese-American descent, hopes that his charity is will bring clean energy to rural communities across Africa. His goal is to expand ALA to 11 more countries by the end of the year, and after that, all of Africa by 2020. Africa, with 320 days of sunshine in the continent, is the perfect place for solar power and undoubtedly, the untapped potential energy that we are missing out on.





Jada Pinkett Smith

reveals her secrets of health, vitality and self acceptance

From magazine to television, we are pressured to have perfect teeth, perfect skin... in short, perfect everything. The unachievable perfection standard created by the media makes us feel insecure and lead to self-esteem issue, and to cure that, self-acceptance is something you should learn whether you're a celebrity or not. Jada Pinkett Smith, wife of Will Smith and mother of two, has recently opened up in an interview about how she maintain her body but also, challenge the Hollywood image and learn to embrace her imperfection while loving herself for what it is.

In the interview with ABC News, Mrs. Smith talked about our individual relationship with food and how it is "the biggest obstacle" for most of us to achieve the desired body. For Jada, veggies are what she reaches for whenever she's in need of more energy. And fitness training doesn't usually require a gym when you have an elevator at home. Riding the elevator to the first floor and walking up 32 flights of steps, then get back down using the elevator

and walk the same stairs carrying weights is her way of keeping herself fit and healthy along with lots of veggies. "When I look at myself in the mirror, and I see the well-written up woman that I am, I am damn proud. I think I'm more beautiful now than I've ever been," she added, while reporting that she has gained 8 - 10 pounds, which has helped add to her confidence instead of the other way round if she based herself on Hollywood image instead "I think I will keep it. I like being a lil...fuller."

More and more celebrities are learning to embrace and accept their body for what it is instead of embracing the pressure for perfect body created by media. Christina Aguilera, Miranda Lambert and Kim Kardashian are only a few to name in our long list. Beauty is in the eyes of the beholder, so ask yourself, have you valued yourself enough as the most important beholder of your own self? Learn to love and embrace your flaws, because it's your own body we are talking about.



Vegan Chef Matthew Kenney

Opens Asia's First Plant-Based Culinary Academy

Asia's first plant-based culinary academy is no longer a vision as vegan chef Matthew Kenney has joined forces with Evason Hua Hin resort to open one in Thailand. The new academy is surrounded by the resort's 20 acres of tropical gardens with lotus ponds and access to the best plant-based produce grown in Thailand. "Our academy meets the growing demand for culinary tourism by offering an unmatched experience in one of the world's most beautiful destinations" says Founder Matthew Kenney.

Offering month-long courses as well as shorter courses like weekday

and weekend workshop which will be introduced later this year, the academy's curriculum is centered on using wholesome, organic, unprocessed plant-based foods to help "achieve healthy, aesthetically refined and flavorful cuisine" with focus on the "Fundamentals of Raw Cuisine". The program will provide students with training in the principles behind the art of raw food, as well as cooked plant-based cuisine classes to help develop a modern, creative approach to preparing nutritious foods. The class structure with personalized instruction at Matthew Kenney Culinary Academy will allow students to have hands-on experiences inside a custom designed,

commercial living foods kitchen.

Famous for The Thai Summer Royal Place, the resort recently underwent a major renovation, with all 196 rooms, suites and pool villas refurbished. Along Matthew Kenney's classes, the students can also enjoy a holistic living at Evason Hua Hin with its popular wellness programs such as yoga classes and spa service. What else? As part of the enrollment package, all students are provided with accommodations at the resort, which will provide you a pleasant stay with calming views over the Gulf of Siam.

GWYNETH PALTROW

partners with Juice Beauty

to release a high quality, organic line of makeup!

Global demand for organic personal care products is on the rise and expected to reach \$13.2 billion by 2018. With the beauty trends moving away from drug stores and heading toward organic, natural skincare products, people are willing to spend more money for better quality. However, sometimes the more expensive purchase will not always guarantee better quality or ingredients. There are several reports and publications show that not only phthalates, reproductive and developmental toxicants, was found in cosmetic and other beauty products; our shampoo, nail polish, lotion and makeup... all contain chemical ingredients that lack safety data. These ingredients, as indication in animal researches, could be the cause of birth defect, decreased sperm count, and altered pregnancy outcomes. According to a research, your skin absorbs 64 percent of what is applied to it. Can you imagine what the chemicals above could do to our skin and furthermore, our health?

With consumers concern about the quality and ingredients products increased, the demand for organic chemical free beauty lines is higher than ever. Every new product is welcomed, as long as they are good for your skin but also, your health. Speaking of new product, do you know about Gwyneth Paltrow's new line of high quality, organic makeup? This new line will be released in her collaboration with Juice Beauty, a California-based company produces clinically validated organic products priced between \$15 to \$65. Introduced to the company's product by an advisory board member, Gwyneth became a fan immediately and after meeting with Karen Behnke - Juice founder, they became business partner. "I've never seen color achieved like this in an organic line — it's such concentrated fruit pigments. And if I gave you this bright red lipstick to try, you honestly could not tell the difference between it and the most high-end luxury brand," Paltrow said.

For all you eager makeup enthusiast out there, their first collaboration - Juice's first color cosmetics line - is predicted to launch before Christmas holiday with goals to create red-carpet quality organic makeup which could be used for photo shoots as well. Once released, Gwyneth will



sell the products, which has the price range between \$25 to \$40 and two-year shelf life, from her personal website. All products meet California's strictest organic labeling standards with a minimum of 70 percent of ingredients being organic. For now, she is wearing the makeup daily so if you are a dedicated follower, you might caught a glimpse of your future purchase from now. Such clever way to promote for one's own product, don't you agree?





PETER DINKLAGE, Paul Mitchell, and the Body Shop Stand up for Animals

Game of Throne maybe the only reason why you know about Peter Dinklage, but what you do not know is the fact that he has been a vegetarian since the age of 16. We appreciate him as an amazing actor and our animal friends also share the same admiration, but for very different reasons. The actor has joined Cruelty Free International, a global organization working to end animal experiment worldwide, to welcome the introduction of the Humane Cosmetics Act. "Testing cosmetics on animals is a cruel, outdated, and unnecessary practice," said the actor. "I am proud to join Cruelty Free International in supporting the Humane Cosmetics Act to end cosmetics testing on animals in the United States." The Humane Cosmetics Act, introduced by U.S. Representatives Don Beyer, Martha McSally, Joe Heck, and Tony Cardenas, is expected to end testing cosmetics on animal after a one-year phase and weed out the sale of animal-tested cosmetics in three years time.

As its US Ambassador in 2013, Peter Dinklage joined Cruelty Free International to help raise awareness about animals being used for cosmetics testing. Peter is not the only voice in this campaign, as Paul Mitchell and The Body Shop also join to support this act for a good cause. As EU ban on testing and marketing of animal-tested cosmetics has come into effect in 2013 along with effort made by countries such as Israel, Brazil, India; it is time to end animal cruelty for beauty products testing in the US.

If you are interested to know more, Peter Dinklage's compassion for animals goes beyond just joining a global organization and speak against animal cruelty in the beauty industry. He is also a supporter of Farm Sanctuary, spokesperson of Walk for Farm Animals, and narrator of Face your Food, a film promoting vegan diet.

BEN & JERRY'S ANNOUNCES NEW VEGAN ICE CREAM!

Vegan diet has always been there with us since long ago, but only in these recent years we get to witness how it takes over the food world and celebrities by storm. A vegan diet works out great for weight loss as well as health improvement or maintaining a youthful appearance. However, a vegan diet also means that you might have to give up on your favorite treat/comfort food as a child, like ice cream for example. Sure, you can make delicious vegan ice cream at home and enjoy it to your heart's content, but bringing it on a day out is not something many people would consider. No worry though, because your favorite treat is coming closer to you as Ben & Jerry's announces their new vegan ice cream!

This satisfying news from Ben & Jerry's is the amazing result of a Change.org petition asking Ben & Jerry's to make a vegan ice cream. Though we might enjoy their vegan sorbet, there is always something enchanting about a scoop of creamy, delicious and ethical ice cream that make us want more. As the company decided to meet the demands, they also reports on their website to be working on the right flavors to "live up to what Ben & Jerry's is known for", with plans for "values-led ingredient sourcing" and plenty of vegan chunks, swirls using coconut and almond milk for the base.

Suggestions for flavor and name have been coming from PETA to spur the company forward. Most of the suggestions offering flavor ideas that honor vegan celebrities: Fiona Apple Pie (Fiona Apple), or I Love Rocky Road (to honor Joan Jett), or the most impressive one: Lucy in the Sky with Almonds (for Sir Paul McCartney, though I'm not sure many Beatles fan will welcome this name as much as the ice cream itself). To have a taste of the final perfect vegan ice cream from Ben & Jerry's, you will have to wait until next spring. In the meantime, what you can do is to think of suggestions for flavors and names like PETA did. Any idea?



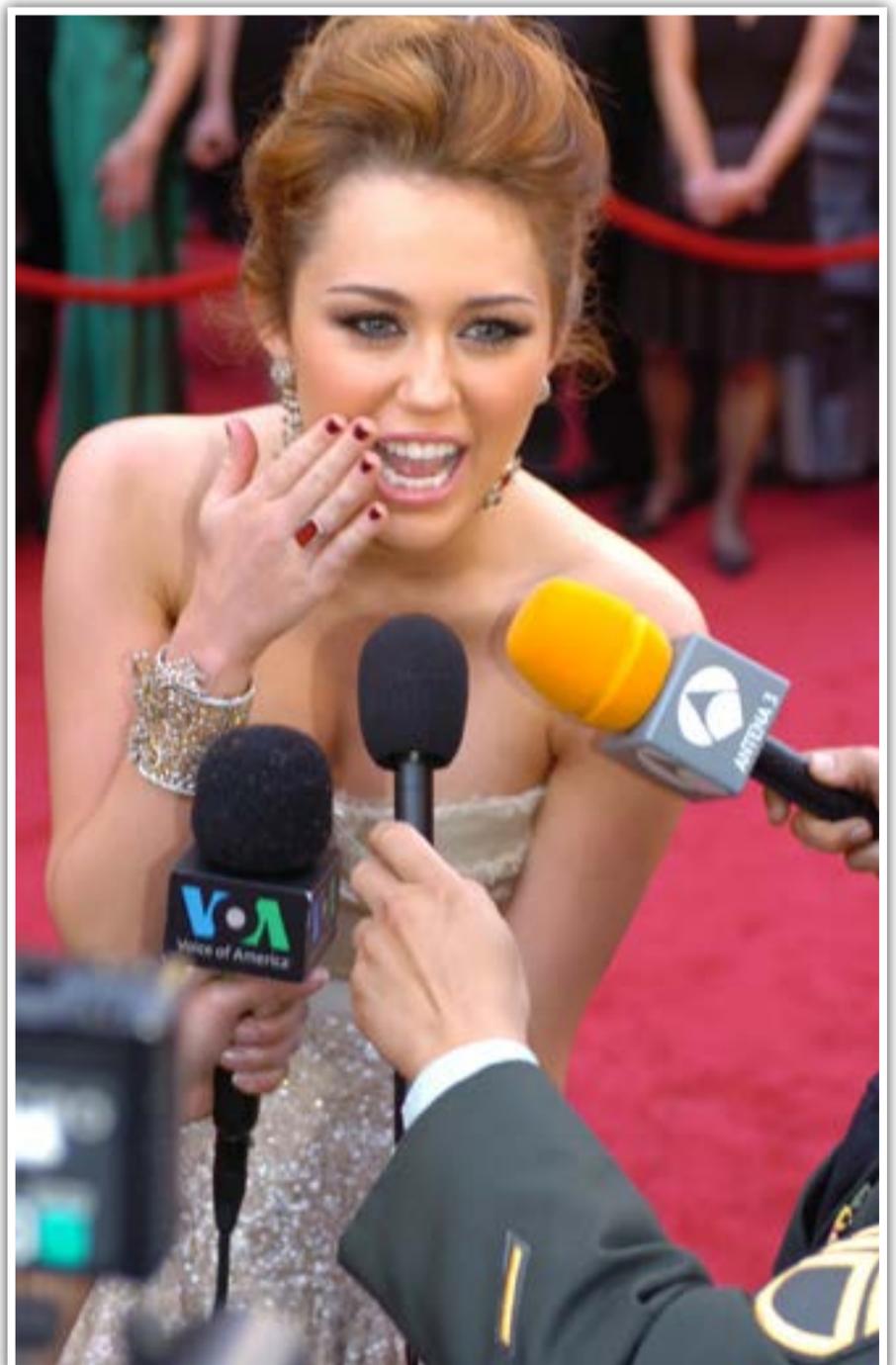
PETA'S SEXIEST Vegetarian

Celebrity of 2015!

Plant-based diet is not always the easiest path to follow. But as challenging as it could be, the benefits come from giving up meat are undeniable. Good skin is one of those benefits as plant-based dieters tend to survive on vegetables and fruits instead of meat and potato, which is good news for your natural bodysuit as low fat, essential vitamins and antioxidants will help keep the skin youthful and radiant. Plant-based diet also help with skin conditions. Vegan proteins such as beans, nuts and tofu is considered to be effective in fighting acne and decrease inflammation or redness. Avocados or olive oil will keep your skin hydrated and strengthen cell membranes while using healthy oils for salad dressings or cooking can help with maintaining healthy, young and hydrated skin.

Thus, more and more celebrities are starting to follow plant-based diet to keep youth and beauty by themselves longer while at the same time, live a much healthier life. As she has been transitioned into vegan diet a year ago, now Miley Cyrus is ready to go public about her diet and confirming herself as an animal activist searching for support and accountability. The decision is made following the death of her beloved dog, Floyd, when she stopped eating animal products.

Named as PETA's Sexiest Vegetarian Celebrity of 2015 up against Ariana Grande, Ellie Goulding and Prince, it seems that Miley is getting the support she hoped for. Along with celebrities who have received this award in previous years such as Jared Leto, Jessica Chastain, Carrie Underwood and Olivia Wilde, Miley are showing young people that being vegan is cool, sexy and empowering, which is a win-win for you and our planet. Way to go, Miley!



Study shows A WALK IN THE PARK fixes a fuzzy brain



Us human, no matter how evolved, is still animal in nature. Our natural habitat, like every other animal, is nature itself where we are surrounded by trees and other species. Cities, or as Desmond Morris prefer to as “The Human Zoo”, with its urban living are stressing people out and giving them brain fatigue by making them constantly being alert and aware. But when living in the city is something unavoidable, how do we fix our fuzzy brain amidst all chaos of the city? The answer is simpler than you think it is, and it could be closer to you than you expect.

A walk in the park. As simple and easy as that. A new study conducted in Scotland has proved that by having researchers at Heriot-Watt University in Edinburgh and the University of Edinburgh used portable EEGs to monitor the brain activity of 12 healthy young participants while have

them walk through different areas of Edinburgh such as historic shopping district, a park-like setting, and a busy commercial district. It is a “no brainer” that walkers in the park suffered the least frustration and stress compared other groups.

This study has helped confirming our intuitive knowledge that a quiet, natural setting could set our mind in peace more than an urban setting could ever do. According to Jenny Roe, a lecturer at Heriot-Watt’s School of the Built Environment, while natural setting still engage our brain, the engagement is effortless: “It’s called involuntary attention in psychology. It holds our attention while at the same time allowing scope for reflection.” If you ever feel stressed out, it might worth a try to test out this theory in a quiet park. Sometimes, the path to a clear mind could also be the path to the nearest park in your neighbor.

Douching May Expose Women to Harmful Chemicals

If you are a woman who takes personal hygiene seriously and have done all her homework, and by doing homework I mean searching all over the internet for information, then you might or might not know about vaginal douching. Douching is a method to wash out the vagina with liquids such as mixture of water and vinegar or douches that you can find in drugstores. It is estimated that 20% to 40% of American women age from 15 to 44 are using vaginal douches.

Even though the benefits from this act is still in questions, many health experts related douching to serious issues like infection or pregnancy complication instead. And according to a new study, vaginal douching may do more harm than good as women who use vaginal douches are at more risk of increased exposure to phthalates, chemicals which have been tied to negative effects on health.

Researchers from the study found that women who use douches in the past month had 52 percent higher urine levels of a compound form on body break-down to a phthalate called DEP, compared with women who had never used douches. The



- more they douched, the greater the
- levels of the DEP compound found
- in their urine. Also in the study, while
- looking at the phthalates levels in
- the participants along with their
- use of six different types of feminine
- hygiene products like tampons
- or sanitary napkins, researchers
- found that douches were the only
- products linked with higher levels
- of phthalates. Even though the new
- study did not touch the subject of
- health problem caused by phthalates
- to women who used douches,
- previous research has shown the
- ways phthalates may interfere
- with our body as the chemicals

- affect hormones such as estrogen,
- testosterone and thyroid hormones.
- In a different study, researchers found
- the link between prenatal exposure
- to phthalates and an increased risk of
- asthma in childhood.
- As our body has its own way to
- clean itself from the inside, the
- use of douching might not be as
- beneficial to you with all negative
- effects proven by health experts
- and researchers. When it comes to
- personal hygiene, it is the best to
- stick to water, our good old friend.
- Don't you agree?



LIVING ON TREE-LINED STREETS

has health benefits, study finds

Not everyone has the luxury of living in a neighborhood filled with tree-lined streets, but if you are one of those privileged people, feel grateful! Not only will it fill you with good feeling when returning home from work, but it is also proven to bring health benefits as well, according to a new study.

Analyzed data from Toronto shows that having 10 more trees on your block has the same health benefits as having a \$10,000 raise or being seven years younger. Using method of comparing image of Toronto from the satellite with inventory of tree

- on public land and general health
- surveys, the team found that report
- for conditions such as high blood
- pressure, obesity or heart disease
- come in a much lower number
- with people who live on a tree-
- lined block. The idea of planting 4
- percent more trees to bring more
- health benefits has been suggested
- though researchers still don't know
- the reasons trees have such effect
- on people's health. "Is it that the
- trees are cleaning the air? Is it that
- the trees are encouraging people
- to go outside and exercise more?
- Or is it their esthetic beauty? We
- need to understand that," said the
- study's team leader, psychologist
- Marc Berman from University of

- Chicago. Their findings were recently
- published in the open-access journal
- Scientific Reports.
- The results from this study could be
- used to help address other social
- issues, as "It's a lot easier to invest
- in programs to plant trees than it
- is to raise the median income of
- everybody in the city," said Faisal
- Moola, director of David Suzuki
- Foundation and a part of the research
- team. If applied properly, the study
- could be a "game-changer" bringing
- a magical solution to improve
- citizen's health with small "for
- peanuts" price, where it will only cost
- the city \$72, on average, to buy and
- plant a tree.



If you listened to
HEAVY METAL,
 you're probably happier than
 your peers

If in the 80s, you were the kids who listened to Megadeth and jamming to every song in their concert, can you give us some detail on your current life now? Because according to one research, no offense, you are probably happier with your life now than that kid who lived across the street and listened to Michael Jackson.

The new study reveals that heavy metal fans in the 80s "were significantly happier in their youth, and better adjusted currently" compared to their peers and current

- college students. If you think
- drinking and having sex in your
- youth will make you regret later,
- you might want to think again as
- only one-third of 80s metalheads
- carrying regrets compared to 51.3%
- of their peers. Maybe what make
- you regret is the things you did not
- do instead? Our die hard fans of this
- headbanging music genre were less
- likely to seek help from emotional
- counseling. "Social support is a
- crucial protective factor for troubled
- youth," wrote the researchers, "Fans
- and musicians alike felt a kinship in
- the metal community, and a way to

- experience heightened emotions
- with like-minded people." Clearly,
- camaraderie was the key keeping
- fans of heavy metal emotionally
- stable both in their youth and their
- life later on.
-
- The study, which polled 377 adults
- and was led by Dr. Tasha Howe of
- northern California's Humboldt State
- University, shows us that in the end,
- the majority of '80s metalheads grow
- up just fine - and with quite a few
- stories to tell their children looking
- back at their wild wild youth.
-



New study shows that ORGANIC FARMING is more profitable than conventional farming!

Are you a farmer? If you are, these new found information from a new research could prove to be beneficial. If you are not a farmer yet, ever give the whole thing a thought? This might be the head up for your future farming career.

Transition from conventional farming to an organic farming system usually results in the decline of yield, which is typical during the first 3 - 5 years before the rebound happens. The sustainability and health benefits of organic agriculture has been studied by researchers in the past few years. A new study from Washington State University took a step further to explore the profitability behind organic farming.

- Organic agriculture can bring more profit than conventional farming, provided that premiums for the crops are high enough. Organic crops cost more to grow and provides farmer with a lower value compared to traditional crops, but when apply the price premium for organic produce, organic crops and cropping system had substantially higher value. And it is not common for consumer to pay higher price for organic produce, which means profitability for organic farmers.

- According to a survey from Roper, 40 percent of Americans has adopted organic food as a large part of their diet while 63 percent of Americans reported to buy organic food and beverages at some point. People

- are more and more concerned about the safety of their food, thus lead to the increasing demand of organic produce, which explains the appealing of organic produce purchase. The higher the demand for organic produce continue to grow, the more benefits will both consumers and farmers get from it. Right now, organic farming only makes up 1 percent of global agriculture leaving a lot of room for potential. With its expand in the future, people would be able to buy high quality organic foods at lower costs and at the same time, farmers' profitability is ensured by market's demand. Is it not an exciting scenario that we're all expecting in the next few years? (Or we will wait, even if it takes decades).

FOCUS

FOODS

By Kathryn Alexander



10 Raw Foods

for Sustained
Energy and
Mental Clarity

The brain is the most powerful organic machine in our body. It controls all movement, thought, and reactions; it stores an extensive load of data as images, concepts, emotions, and words; and it coordinates hundreds of complex functions, including hormone balance, breathing, blood flow, circadian rhythm, and bio-electrical messages. The brain is constantly working, while awake and asleep—so feeding it the food it needs is important for the entire body.

The brain needs glucose and fats, which are nutrient-dense focus foods. Glucose provides energy to the body and the brain and comes from carbohydrates in vegetables, fruits, and grains. Fats are also essential: our brain is made up of 60 percent fat, and a deficiency can lead to depression, dementia, or Alzheimer's. Essential omega 3 and omega 6 fats are especially beneficial for the brain, and are found in seeds, nuts, algae, coconuts and avocados.

While processed, white sugar-laden foods only give brain neurons a sugar crash, raw, fresh foods provide the brain with all the energy and fat it needs. Here are the top 10 raw focus foods to help our brain maintain natural sugars and fats daily for optimum focus and functionality.

1. Celery

Celery is said to be four times as hydrating as water. It is also an important source of sodium, without which, the brain shuts down, causing seizures or, if untreated, death. Consuming half to one full head of celery a day helps the body maintain an abundance of sodium, giving our brains the energy to function clearly.



2. Avocado

Avocados are famous for being sources of monounsaturated fats and omega 6 and omega 3 fatty acids. The avocado is also a great source of vitamin K and potassium, which help prevent strokes. A great tool for helping the brain function, it even provides better memory recall.



3. Blueberries

Blueberries are a powerhouse of antioxidants that protect the brain from stress, oxidative damage, and dementia. They also enhance communication between the brain's neurons, improving memory, focus, cognitive functions, and learning. They even have a calming ability, allowing us to recall information easily and relax more at our desks and at home.



4. Walnuts

There is a reason that the walnut, in its whole state, is shaped like a wrinkly brain: raw, uncooked and un-roasted nuts, especially walnuts, are exceptionally beneficial for the nervous system and brain. They are a high source of omega 6 and omega 3, vitamin E, and vitamin B6. Walnuts also provide a healthy amount of vegan protein, which

the whole body needs to grow. Walnuts provide longer-lasting energy, giving our muscles the necessary protein to grow and exercise.

5. Spinach

The nutrients in spinach can delay or even prevent DNA damage, tumor growth, dementia, and cancer cell growth. Along with many of the other focus foods, spinach is an immense source of iron and Vitamin E. Low in calories but high in nutrients, it also softens skin, maintains hair growth, and encourages bone strength.



6. Sunflower Seeds

Sunflower seeds contain a mix of fatty acids, vitamin B, and protein. Sprouting raw seeds boosts their nutrients and vitamins, making them even healthier. Sunflowers have an abundance of magnesium, which calms our nervous system, reduces asthma, and prevents migraines. This calming ability allows us to concentrate longer and focus on specific tasks.



7. Whole Grains

Grains contain vitamin B, which affect the flow of blood to the brain, and provide slow-releasing complex carbohydrates and fiber. They provide the body with longer-lasting energy, make us feel full for longer periods of time, and are a great pre- or post-workout energy booster. For optimal benefits, whole grains should be raw and soaked, sprouted, fermented, or grown as greens.

8. Cucumber

Cucumbers are high in vitamin D, C, B6, B1, and A, as well as folate, calcium, magnesium, and potassium; they even fight cancer cells and are great for the skin. Composed of 95 percent water, cucumbers hydrate the body and are easy to digest, allowing our body to focus its energy on burning fat faster.



9. Coconut Oil

Coconut oil has positive effects of blood pressure, blood sugar, and cholesterol. It is great for the skin, can help heal sores and cuts, and may prevent dementia and Alzheimer's. It can even help with constipation by regulating digestion and reducing stomach bloating. Coconut oil has a variety of external uses as well: it can be used as makeup remover, lip balm, skin burn relief, hair conditioner, and much more.



10. Broccoli

Broccoli is high in Vitamin C, B, and K, beta-carotene, fiber, iron, and calcium. Its many nutrients remove heavy metals that damage the brain, protecting it from free radicals, improving blood flow, and acting as an anti-inflammatory. Reduced inflammation helps the body heal injuries caused by over exercising and keeps joints and bones moving freely throughout the day.

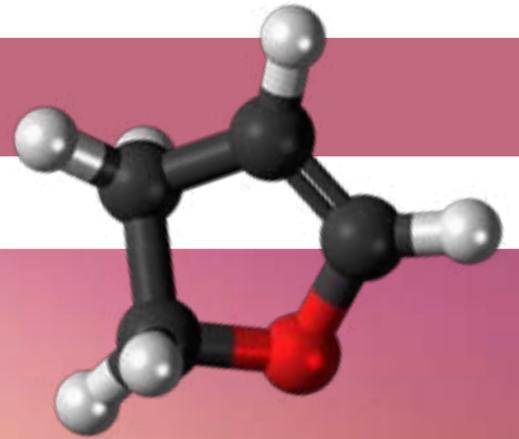


This list will arm you with nutrient-packed raw foods, all of which are necessary for providing the brain with everything it needs to thrive. Eat each of the foods on the list daily for optimum overall health. Green smoothies are a great way to pack a bunch of these raw focus foods into one easy delicious drink.

Just Breathe

How you can harness the healing powers of oxygen

By Sundararajan Padmanabha



Breathing is vital for our bodies in two important contexts: First, it is the only action that supplies oxygen to the different organs in the body; and second, it helps flush toxins out of your system.

Importance of Oxygen

Oxygen is essential for the well-being of all internal organs. Whereas your body may be able to carry on without food or water for a few days, your brain will start degrading in a few minutes without oxygen. This affects all of the body's vital functions and hastens the degradation of organs.

As you age, a less-than-optimal lifestyle reduces the amount of oxygen supplied to your brain and other parts of your body, because your arteries get clogged and

Oxygen is essential for the well-being of all internal organs.



Oxygen also burns out toxins from the bloodstream.

blood supply to vital organs diminishes. Consequently, a reduced supply of oxygen to the brain over time impairs vision and hearing in addition to causing mental sluggishness. An acute deprivation of oxygen to your heart due to clogged arteries results in a heart attack, and if the brain is suddenly deprived of oxygen, it results in a stroke. Studies conducted in Germany as early as 1947 have established a clear connection between lack of oxygen supply and mutation of normal cells into cancerous ones, while studies conducted at Baylor University and the University of Chicago found that infusing affected arteries with oxygen can reverse disease.

Oxygen also burns out toxins from the bloodstream and helps produce the chemical adenosine triphosphate (ATP), which is the basic ingredient required for producing energy at the cellular level.

Proper Breathing and Its Importance

Breathing is an involuntary action that comes naturally to all living beings, but over time, most individuals' breathing habits change due to changes in posture and

other lifestyle factors. This can cause restricted breathing and reduced lung capacities. Shallow and fast breathing are especially unhealthy, as it limits oxygen supply and removal of toxins.

Proper breathing practice involves breathing through the nose; this warms and removes impurities from the air and traps unhealthy bacilli. The nose also helps to distinguish potential unnatural smells from incoming air. Ancient yogis believed that breathing through the nose traps "prana," or free energy, which helps your body function and maintain optimal health.

Origin of Pranayama

Pranayama is a yogic practice with roots tracing back to ancient India. The word belongs to the Sanskrit language and is made of two words: prana and ayama, which mean "life force" (as relating to breath) and "draw out" respectively. Pranayama is purportedly cited in the ancient Hindu scriptures such as the "Bhagavad Gita" and "Yoga Sutras of Patanjali."



According to these sources, prana is defined as the vital force needed for both physical and mental wellbeing. Pranayama encompasses the techniques used to control breathing through the nostrils. Prana purportedly flows through energy channels, “nadis,” and centers, “chakras.” An individual’s state of mind is largely determined by the quantity and quality of prana that flows through these nadis and chakras. Improper breathing leads to partial blockages in the nadis and chakras, hampering the flow of prana and leading to an unhealthy state of mental and physical wellbeing.

Pranayama includes different nasal breathing techniques, most of which are performed sitting in an upright position on the floor. The legs are crossed and the spine is maintained in an upright position. Fast and strong rhythmic abdominal contractions help expel breath, and inhalations and exhalations should be maintained for equal durations.

Two Pranayama Breathing Techniques

Kapalbhati Pranayama

This form of nasal breathing uses passive inhalation and forceful exhalation of air. To begin, cross your legs and sit on the floor in an upright position. If this position is not accessible or comfortable for you, sit on a chair or sofa with your back upright and straight and both feet flat on the floor. Inhale through the nose normally; to exhale, pull the stomach muscles closer to your back and then move them to the front. Repeat this routine for two to five minutes. As this exercise is powered by the core abdominal muscles and obliques, it helps build core strength. It

helps reduce belly fat, regulates blood sugar levels, and improves the functionality of various organs, including the pancreas, liver, and the kidneys.

Bhastrika Pranayama

In this form of pranayama, forcefully exhale air with a noise that resembles a flame burning underneath in a furnace. Inhale by expanding the stomach as much as possible, then exhale by forcefully bringing the navel close to your backbone. Repeat this cycle for one to two minutes, then rest. This form of pranayama helps strengthen the lungs and stops asthmatic wheezes by clearing the windpipe. It also burns excess fat from the body and helps improve both mental and physical abilities.

Benefits of Regular Breathing Practice

Relaxed muscles: Proper breathing makes it easy to maintain tension-free muscles.

Lower blood pressure: When muscles are relaxed, blood vessels can dilate and blood flow eases; blood pressure returns to a normal level.

Increased oxygen supply: This improves the functionality of vital organs and boosts physical and mental stamina.

Endorphin release: Regular breathing helps release more endorphins, or “feel-good hormones,” improving mental and physical wellbeing.

Improved detoxification: The lymphatic drainage system improves, detoxifying the body.

How to Make a Week of Lunches in Under 20 Minutes!

A guide to creating amazing mason jar salads.

By Dawn Hall

Mason jar salads are one of the best ways to pack a lunch on-the-go. These glass canning jars seal tight, keeping greens and other ingredients fresh for at least five days, a significantly longer shelf time than you might find using plastic containers. Because they last so long, you can make prepare salads at a time, taking an hour during the weekend to stock a week's worth of nutritious lunches in your refrigerator.

To get started, invest in a pack of mason jars. You can often find them with other canning supplies in your local department stores. Select jars with wide mouths so that you can easily pack and access your salad ingredients. Mason jars come in a variety of sizes; the one quart size is a good choice for packing full-sized salads, although you may want to grab a few other sizes depending on your personal needs. The jars usually come with metal tops and rings that are used during the canning process. These can also be used as a lid for your salad containers, or you can purchase a separate pack of reusable plastic storage caps.

To keep your salad ingredients fresh, it is absolutely essential that you layer them in the proper order. Place the wettest ingredients, such as the salad dressing, in the jar first, followed by extra veggies, fruits, sprouts, nuts, and seeds, and finishing with your greens.

To save time, make several jars at once: set all the jars on your counter, and work on them as a group, adding the first layer to all before moving on to the second layer until you've finished an assembly line of salads. You will find that you can make several salads in just a little more time than it takes to make just one.





The Step-by-Step Guide

1. Add your favorite salad dressing to the bottom of your jars. If you are not sure how much to use, measure out two to three tablespoons for each jar and adjust future salads depending on your personal preferences. You can also pack your dressing in a separate container. Generally, your bottom layer of vegetables will soak and marinate in the dressing, adding to their flavor.
2. Next, add sliced and raw vegetables that can withstand marinating in a pool of dressing for several days. Good options for this layer include grape and cherry tomatoes, cucumber slices, chopped red onions, carrots, celery, bell peppers, radishes, broccoli, and cauliflower florets.
3. On top of this layer, add other less dense vegetables, such as mushrooms, pea pods, zucchini, and avocados. You can also add fruits, including mango and orange chunks and sliced strawberries. For the avocados, mangoes, and any other fruits and vegetables that might brown, mix them with in a small bowl with fresh squeezed lime juice before adding them to your jars.
4. At this point, your raw salad should be looking very tasty, but you may want to add some protein to keep you full. On top of the vegetables, add sprouts, such as chickpeas and lentils. You may also want to add nuts and seeds at this stage, although you can sprinkle them once you sit down to eat as well.
5. The final step is to add your lettuce, baby spinach, arugula, and other fresh greens. Make sure to thoroughly rinse and dry your greens before adding them to the jars. The greens should keep for several days if they are dry. Finally, cap your jars tightly and place them in your refrigerator until you are ready to enjoy.

When you are ready to eat your raw salad on-the-go, you can eat directly from the mason jar, shaking it first to mix the ingredients. You can also dump the entire jar contents on a plate and dig in!

Avoid These 10

Everyday Things That Age You

+DIY Recipe for Natural Wrinkle Reducers

By Tiara Butler

After the first discovery of a stray gray hair, we think it can only be downhill from there; next, gravity will start taking its toll on our bodies and we'll be standing in line for our first pair of dentures; before we know it, we're playing shuffleboard and spending our days in a wheelchair. Luckily, it doesn't have to be that way, or at least not anytime soon. Learn to cheat Father Time by eliminating these 10 common factors that speed the aging process. By following these tips, and using the fun DIY recipes, you'll be well on your way to a long, youthful life.

10. Put On Your Happy Face

...Just not too much. You've probably heard that frowning uses far more muscles than smiling does, and yes,



your mother's warnings can come true: your face can actually get stuck that way. Deep frowning lines are never fun, and a glass-half-full mentality can go far beyond balancing your anti-aging meter. Surprisingly, though, too much smiling can have just as negative an impact on your appearance as frowning can.

Smiles are attractive and inviting, but extreme facial expressions of any kind can contribute to forming fine lines and wrinkles. After all that stretching,

the skin loses its flexibility and no longer snaps back from expressions as it did during its youth. Our advice? Live your life to its fullest and enjoy each moment as much as possible. While everyday facial expressions can speed the effects of aging, we don't encourage you to sacrifice your happiness for younger-looking skin.

9. Depressed Over Antidepressants

While people taking mood-regulating prescriptions for a variety of reasons,

those medications can actually be the reason you're aging more quickly. A facial analysis case study of identical twins found that in 186 sets, those who took antidepressants looked considerably older than their counterparts did. If you're worried about the effects of aging on your body, talk to your doctor about holistic alternatives to your antidepressants.

8. Wear Your Age On Your Plate

The food we eat has a near-immediate impact on our physical appearances, and slowly but surely, it can start to wear on our faces as well as our waistlines. Our favorite sugary comfort foods and dairy products are pro-inflammatory, which put the aging process into hyper-drive. These foods, sugar in particular, adversely affect our body's ability to process protein, in turn negatively impacting our skin's collagen and elastin. Instead of cookies and cakes, reach for an extra helping of fruits and veggies, and stick to a low-fat diet for an extended period of time. Fats rob your body of amino acids like omega 3 (often found in fish, walnuts, and flaxseed), which retain your skin's elasticity; remember, moderation is the best policy.

7. Turn Off The TV

Those reality series, home improvement shows, and television shopping channels are literally taking days off of your life. According to the University of Queensland, after the age of 25, every hour of TV takes 22 minutes from your lifespan. Research



Talk to your doctor about holistic alternatives to your antidepressants.

shows that excessive TV watching increases your risk for developing Alzheimer's and heart disease.

6. Easy On The Exercise

A sedentary lifestyle is linked to obesity and heart disease, and exercise is a great way to alleviate stress, moderate your mood, and keep your brain active with stimulating hormones. Increased blood flow keeps skin firm, clean, and young, all while keeping diseases like Alzheimer's at bay. Too much exercise, on the other hand, can put stress on your joints, bones, and muscles, increasing the risk of developing arthritis. Try to balance these two extremes by developing a healthy, active lifestyle that doesn't overwork your body.

5. Time To Feel The Heat

Central air and heating systems are silent agers, and they're so commonplace that missing them can feel like the walls are caving

in—but natural air, however sweltering, isn't nearly as bad as you may think. In fact, central air conditioning and heating systems can drastically dry out your skin, and without a proper moisturizing regimen, skin may age prematurely. To avoid the early onset of wrinkles, turn down the heat and wear layers or keep a cool drink on hand to stay comfortable (and don't forget to moisturize).

4. Turn Down For What?

If you regularly listen to your iPod or mp3 player at high volumes, you're actually putting your hearing at major risk.



Using headphones for occasional jam sessions at moderate volume levels won't cause much damage, but studies show that just an hour of listening to loud music through headphones can lead to temporary hearing damage; full volume can put you at risk for permanent damage. Instead, keep your hearing at its spryest by turning down the volume a decibel or two.

3. Not So Fun In The Sun

You may not feel the burn, but exposure to the sun's radiation can increase the risk of developing wrinkles. People with more pigment have a slightly lower risk of damage due to the extra melanin, but chronic exposure can still lead to external aging. Age spots and damage to the skin's elastic tissues causes elastosis, a condition that makes the skin look like leather, so make sure to protect yourself during your next day on the beach.

you on a fast track for developing wrinkles. Instead, try a PH-neutral or chemical-free cleaning option, and if all else fails, you can always make a homemade, hydrating moisturizer yourself.

1. Beauty Rest - Minus the Beauty

Your nightly routine may not be particularly "youth-friendly." Let's start with your bedding: if you're laying down with your face pressed against a cotton pillowcase, you've already made your first mistake. Cotton can cause creases in the skin and, over time, lead to the development of fine lines and wrinkles. Instead, swap out those cotton cases for satin or

for some, and it's sometimes simply impossible to fit that much sleep into a regular schedule. Listen to your body, and whenever you manage to steal a free morning, turn off the alarm clock the night before; already well-rested, go to sleep and see how long it takes you to wake up the next day to determine the amount of rest you need on a daily basis.

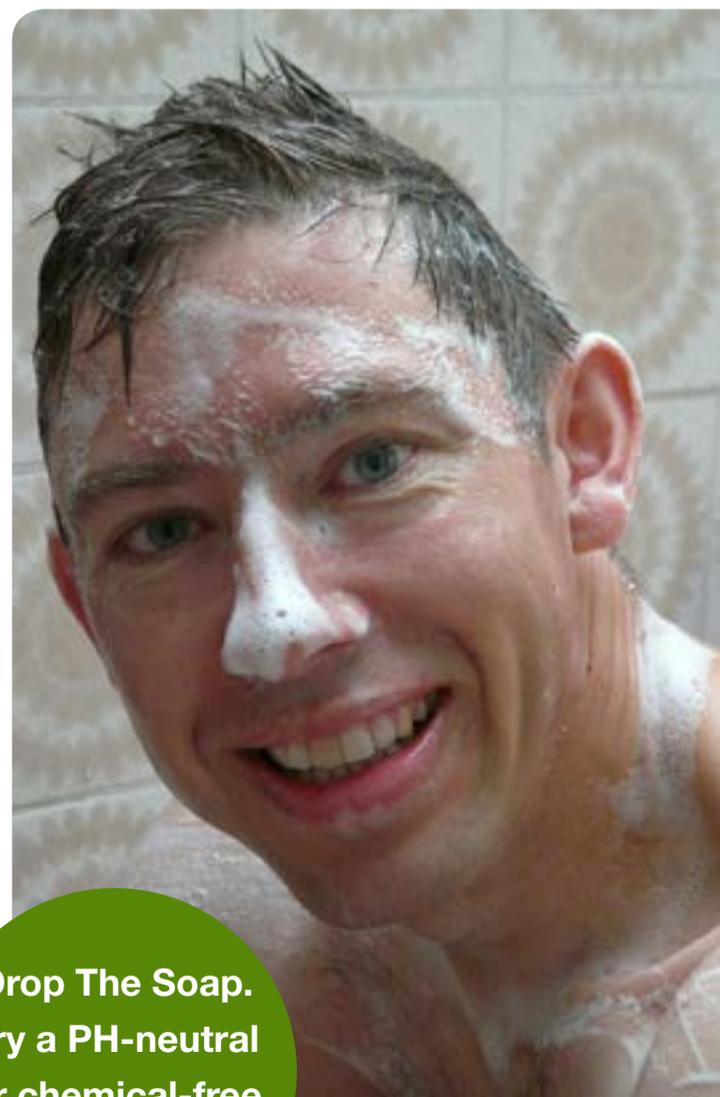
Central air and heating systems are silent agers.

2. Drop The Soap

It might sound crazy, but soaps are usually sources of alkaline, stripping the body of necessary oils that provide a protective layer over the skin; this dries out the skin and puts

silk, which will help your skin retain moisture. For even more aging prevention, try sleeping on your back. Finally, start rethinking your evening routine. Seven to eight hours of sleep per night is ideal, but that's too many or few hours

Drop The Soap. Try a PH-neutral or chemical-free cleaning option.



Homemade Toner Recipe

Inspired by a recipe straight out of Martha Stewart's *Whole Living Magazine*, this DIY treat embodies the rejuvenating abilities of fresh herbs like fennel and thyme.

Ingredients:

2 raw fennel bulbs (pureed)
2 sprigs of fresh thyme
½ lemon (juiced)
¼ to ½ cup water

Bring the puree, thyme, and water to a boil in a clean saucepan. Turn off the heat and add your lemon juice. Allow your toner to steep for 15 minutes, then strain and transfer to a jar. Cover it and let it cool. Apply the toner with a cotton ball and don't rinse it off. If you keep it in the refrigerator, this mixture will last up to 10 days. It's a two-for-one, because the soothing aroma also calms stress and tension; you'll be bright eyed and bushy tailed, just like you were as a teenager.

Eliminate Age Spots With Lemon & Agave

With this scrub, you'll have a natural exfoliator that can erase the top layer of dead skin from your body, considerably lightening age spots.

Agave nectar is a simple hydrator and the lemon acts as a cleanser and natural lightener. The rice backs it all up, exfoliating stubborn dead skin cells.

Ingredients:

½ cup cooked rice
1 tablespoon agave nectar
1 tablespoon lemon juice

Mix all of the ingredients thoroughly. Once blended, use the scrub on the backs of your hands to eliminate age spots and reduce wrinkles. The mixture can also be applied to your palms to soften calluses. Use firm, gentle pressure, applied in circular motions. Massage for one to two, minutes then rinse.

A Fresh Facial Scrub That'll Drive You Nuts

Exfoliation is the key to keeping your complexion bright and smooth. Try this almond-sugar recipe to eliminate dull dead skin cells.

Ingredients:

1 cup white sugar
½ cup brown sugar
½ cup ground almonds
3 tablespoons fresh cream
2 tablespoons olive oil

Mix all ingredients in a medium sized bowl, and voila: your scrub is now done! In circular motions, apply the mixture all over your face and rinse with warm water. Close your pores

with a quick rinse of cold water then pat dry with a towel. Keep your leftovers in the refrigerator to make it last longer.

All-Natural Anti-Aging Face Cream

Don't leave your skin's future in the hands of test tube-wielding scientists. Try this recipe that fuses all of nature's best ingredients to make ½ cup of rejuvenating cream that should last you for about three months.

Ingredients:

¼ cup almond oil
2 tablespoons beeswax
2 tablespoons coconut oil
1 tablespoon shea butter
½ teaspoon vitamin E oil
Essential oils (optional)

Melt all ingredients in a glass jar by placing it inside a simmering pot of 3-4 inches of water. Stir the contents every so often to make sure everything's blended. Remove it from the heat and allow it to cool at room temperature. After it has hardened, replace the lid and keep the cream in a cool place. Use it twice a day after washing your face.

Aging is a natural process, and there's no way around it—but you can control how you age and how quickly it happens. Rather than counting the candles on your cake, take care of yourself each day and enjoy every moment.

How to

Treat and Cure ADHD *Naturally*

Listen to this game-changing interview with Deborah Merlin, Author of *Victory Over ADHD*



Tap to listen.
Play time: 50 minutes



Featured Interview: Victory Over ADHD



Deborah Merlin speaks with Raw Food Magazine about raising her special needs twin boys, navigating the convoluted world of modern medicine and the profound discoveries that led her to publishing her book, *Victory Over ADHD*.

Sara Grove, Co-Founder of Raw Food Magazine and your interview host.



Good morning and welcome to Raw Food Magazine. I am Sara Grove and I'll be your host today. Today we have a very special guest with us: her name is Deborah Merlin, the author of *Victory Over ADHD*, a holistic guide to helping children with Attention Deficit Hyperactive Disorder. For the last 15 years, Deborah Merlin has been an advocate for her own twins' special needs, who were born ten weeks premature and the doctors and professionals in her life kept offering drug after drug as the solution. So for the last 15 years she has lived and worked to find alternative ways to heal her children and taken extensive notes all along the way, which she has shared with the world through this amazing resource about victory over ADHD. So we are so glad to have her here with us today and to have her share a little bit of her story and what she has learned in this process. So welcome Deborah, and thank you so much for being here.

Deborah Merlin: Thank you Sara for having me, I really appreciate it. It is an honor to be interviewed by your magazine and I just want to make a correction. It's been more than 15 years now, I have to admit that.

Sara Grove: Oh good!

Deborah Merlin: It's 21 years, but it has been a very long journey. Although I found some partial solutions when they were younger, I really didn't find the real solutions until they were 12 years old.

Sara Grove: Wow, and so let's start with that. I know that for you, was ADHD or autism ever on your mind, or did you really start confronting these kinds of issues when your twins were born?

Deborah Merlin: No, as a matter of fact I was aware of autism but personally I had never heard of ADHD until my kids were in an early intervention program and the teacher that contacted me. She was

a teacher's speech therapist, and they were in her program because my kids had global universal delays, such as speech and behavior issues. And towards the end of the program, just before they turned three, she contacted me and told me that she suspected that one of my twins had Attention Deficit Hyperactivity Disorder and I had never heard of it, and this is going back 23 years now. And this is before the Internet, and what she described--it wasn't totally before the internet but definitely way before Google; it was in the very early stages of the internet--and when she described the symptoms of Attention Deficit Disorder I laughed and said, "that sounds like me," because I did have an Attention Deficit Disorder.

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PUMPKINS

Everything you
NEVER KNEW
about these
superfruits

(you want to read this)

By Kaitlin Campos



Pumpkins are by far one of the most festive foods nature has given us. When fall rolls around, pumpkins battle goblins, witches, and ghosts for holiday favorite and come out triumphant each time. After all, you can't eat a goblin (at the very least it's not recommended), and most of us have been gutting and decorating pumpkins since we were toddlers. Even after fall ends, we sneak delicious pumpkin into everything from raw pies to smoothies to cookies.

Although many of us are pumpkin-preparing professionals, we're surprisingly uneducated about the pumpkin plant itself. For instance, did you know that pumpkins are botanically a fruit? They're proud members of the cucurbitaceae family, which includes watermelon, cucumbers, and melon—and this fascinating fruit has an amazing cultural history as well.

CENTURIES OF LOVE

Humans have been growing pumpkins for several thousand years: pumpkin cultivation goes back as far as 5,000 BC in certain parts of Mexico, linking them to civilizations that were around even before the Aztecs and the Mayans. Archaeologists have also discovered that pumpkins were used to make instruments in India more than 4,500 years



ago—and the pumpkin love doesn't stop there: in the early 1800s, the president of Haiti made pumpkins the base of his country's currency, the gourde, and declared that all gourdes were property of the state.

In North America, archaeologists believe that pumpkins were one of the first plants that the Native Americans domesticated for human consumption, making them an important part of our culinary history. These thick gourds can withstand quite the beating, so they could have been stored for fairly long periods of time, making them an excellent source of food during the winter. Historians even believe that pumpkins were on the menu during the feast now known as the First Thanksgiving, and a pumpkin dish was included in a 1672 recipe book by John Josselyn, making it one of the first recipes to leave the United States. In the 1800s, pumpkin pie and the modern pumpkin Jack-O-Lantern were born, assuring a permanent place for pumpkins in the American heart.

A BOUNTY OF BENEFITS

Today, we eat pumpkins because they're delicious. Depending on the type of pumpkin, the flesh can be sweet and smooth or coarse and more squash-like, but the health

benefits are great across the board. Pumpkins contain zero cholesterol, very little sodium, and a ton of cancer-fighting beta carotene. The flesh is very high in Vitamin A, which protects your eyesight, and pumpkin seeds fight bad cholesterol and contain tryptophan, which boosts your mood and helps you sleep, too. There's almost nothing this immunity-boosting, inflammation-fighting plant can't do.



When selecting a pumpkin, look for heavy, blemish-free fruits that have intact stems, and avoid shiny skins (unless the pumpkin's covered in a layer of wax, shiny skin means that the pumpkin was picked too early). You can store your pumpkins in a dry, cool place for about a month, or refrigerate them for as long as three months. Do not let your pumpkins get wet, because moisture increases the risk of rotting.



World's largest pumpkin

DID YOU KNOW?

10 Fun Pumpkin Facts

- 1) The heaviest pumpkin ever harvested weighed over 1,800 pounds. It was harvested in Stillwater, Minnesota in October, 2010.
- 2) Each pumpkin plant has flowers that are both male and female, and pollination usually happens with the help of bees.
- 3) Every year, more than one billion pounds of pumpkin are produced in the United States.
- 4) Pumpkins have been used as a cure for many odd ailments throughout history, including snake bites, and they were once believed to eliminate freckles.
- 5) Pumpkins are made up of 90 percent water, making them a very hydrating food.
- 6) More than 80 percent of all the pumpkins produced in the United States are sold in October.
- 7) The Jack-O-Lantern tradition came from Ireland: the Irish used to carve their lanterns with turnips, but when they came to the United States, they took advantage of the pumpkin bounty.
- 8) Antarctica is the only continent where pumpkins can't grow; even Alaska grows pumpkins.
- 9) Roughly 90 percent of all pumpkins in the United States are grown in the state of Illinois.
- 10) In addition to the flesh and seeds, pumpkin flowers are also edible.



Combat Your Anxiety With Orange Aromatherapy

PLEASE CONNECT TO THE INTERNET TO VIEW THIS VIDEO PRESENTATION

Aromatherapy is the use of concentrated essential oils extracted from plants to treat disease, and is commonly used to treat anxiety symptoms. Anxiety disorders are the most prevalent class of psychiatric disorders in the general population. However, their treatment is still challenging, as the drugs used for the relief of anxiety symptoms can have important side effects.

Thankfully, double-blind, randomized, placebo-controlled clinical trials performed to evaluate the effect of essential oils on anxiety symptoms are gradually starting to appear in the medical literature. However, in most of these studies, exposure to the essential oil odor was accompanied by massage. This makes it difficult to draw firm conclusions about the effect of the aroma itself.

Here's a typical example. Patients in the intensive care unit the day after open-heart surgery getting foot massages with orange-scented oil. Why not back massages? Because they just had their chests cracked open so they have this huge sternotomy wound. Maybe a preventive plant-based diet, rather than a post-op plant-based massage oil might have been the better choice, but the massages felt great, restful, peaceful, and calming. You know it's a British study because one described the effect as “smashing.”

But how do we know the essential oil had anything to do with it? Maybe it was just the massage that was so bloody good; in which case, great—let's give people massages! I'm all for more ICU foot rubs. There is considerable evidence from randomized trials that massage alone reduces anxiety, so if massage is effective, then aromatherapy plus massage is



also effective. So aromatherapy may work, even if it doesn't. In fact one study where cancer patients got massaged during chemo and radiation even found that the massage without the fragrance may be better. They thought it might be like a negative pavlovian response, patients smell the citrus and their body is like "Oh no not another cancer treatment!"

More recently the ambient odor of orange was tested in a dental office to see if it reduces anxiety and improves mood. Ambient odor of orange was diffused in the waiting room and appeared to have a relaxant effect, less anxiety, better mood, and more calmness, compared to a control group where there was no odor in the air. No odor, that is, except the nasty dentist office smell—maybe the orange scent was just masking the unpleasant odors. Maybe it had nothing to do with any orange-specific molecules. More research was necessary.



The effect of sweet orange aroma on experimental anxiety in humans. They exposed some grad students to an anxiety-producing situation and tested the scent of orange, versus a non-orange aroma, versus no scent at all, and the orange did appear to have an anxiety reducing effect. Interestingly, the observed anxiety-reducing effects were not followed by physical or mental sedation. On the contrary, at the highest dose, the orange oil made the volunteers feel more energetic. So potentially less anxiety without the downer effect of Valium-type drugs. So does that mean we can get the benefits without the side effects? Well I've talked about the concerns of using scented consumer products, even ones based on natural fragrances, and there have been reports of adverse effects of aromatherapy, in fact some pretty serious reactions.



Alternative medicine isn't necessary risk-free. Like there're dozens of reported cases of people having their hearts ruptured by acupuncture. Ouch.

But the adverse effects of aromatherapy were mostly from skin irritation from essential oils being applied topically, or even worse swallowed. Certain citrus oils can make your skin sensitive to sunlight, though less of a problem in France, evidently, where they're known to stick them where the sun don't shine.



The New Gardener's Guide



to Picking and Storing
Commonly Grown Fruits
and Veggies



By Joanna Hoyt



Start with the Best

Blemished or slightly overripe fruits and vegetables are delicious when eaten fresh, but they don't store particularly well. Instead, preserve your best, just-ripe fruits and vegetables, and make sure to do so soon after harvesting.

Know Your Options

Certain crops can be stored as-is with minimal processing: onions and garlic will keep all winter in a cool, fairly dry attic or pantry; beets, carrots, parsnips, potatoes, apples,

- and pears will keep for months in a damp root cellar or basement corner kept just above freezing. Certain varieties of all these crops are better adapted for storage than others, however. If you're growing your own, look for seeds marked as "good winter keepers"; if you're buying produce from the local U-Pick or farmer's market, ask the farmer.

- Most other crops need to be processed before being stored. While canning, freezing, and drying each have their own advantages and disadvantages, the Rodale Food Center's classic preserving guide *Stocking Up* asserts that dried and

- frozen food retain more nutrients than canned food.

- Canned food keeps for up to a year and can be stored anywhere, but the process also requires the most equipment, including: reusable pint, quart, or half-gallon canning jars that won't break in boiling water (don't try using other glass jars); single-use vacuum-sealing jar lids; and, for many fruits and vegetables, a pressure cooker. High-acid foods like apples and tomatoes can be processed in a boiling-water bath using an ordinary kettle without pressure.

The official recommended cooking times for home canning have increased with concerns about health safety. Always make sure that your jars are clean and that the lid is fully sealed upon taking out a jar of home-canned food.

Each type of food requires different cooking times and amounts of headroom (empty space left at the top of the jar). Some foods, like apples and tomatoes, are hot packed (cooked down and poured hot into the jars) while other, like green beans, are raw packed (put raw into the jars and then covered with boiling water). You can get canning recipes from your local Cooperative Extension office, *Stocking Up*, or local farmers and gardeners.

Although running a large freezer can be a hefty cost and electricity consumer, freezing requires no special processing equipment (produce can be stored in any tight-sealing container). Many vegetables need to be blanched beforehand: blanching is a heat-treatment that kills the enzymes which would otherwise continue to decompose your produce in the freezer. Vegetables can be blanched in steam, boiling water, or in a microwave (this last option is often easiest). One quart of vegetables and four tablespoons of water can be put in a freezer bag and blanched for four to six minutes at 600-700 watts (if your microwave is more powerful, shorten the blanching time); for details, consult your Extension or *Stocking Up*.

Drying allows for very compact storage, but unless you live in a very hot, dry climate, it requires a dehydrator with a fan and a variable thermostat. For this process, foods are sliced thinly and spread out in single layers on screens or trays in the dryer. As with freezing, many vegetables should be blanched beforehand. Dried foods are



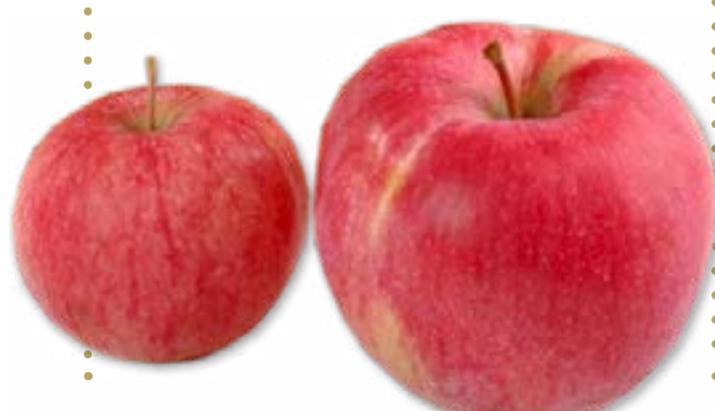
Drying allows for very compact storage, but unless you live in a very hot, dry climate, it requires a dehydrator with a fan and a variable thermostat.

usually reconstituted in hot or warm water or added into soups. Extend the storage life of your dried foods by sealing them in airtight containers or vacuum-sealing them.

Recommended preservation methods for popular fruits and vegetables:

Apples:

Certain varieties can be stored fresh in a root cellar. Don't keep them in the same space with potatoes; the apples give off ethylene gas that decomposes the potatoes. Apples can also be thinly sliced and dried, made into applesauce and canned, or peeled, chopped, and frozen. *Stocking Up* recommends blanching apples before freezing or drying.



Beans (green/wax/string):

Snap into one to two inch lengths, discard the ends, and either blanch and freeze or raw-pack and can in a pressure cooker.



Blackberries and raspberries:

Freeze without blanching or make into jelly or jam.





Broccoli:

Chop into small pieces (less than an inch-and-a-half across), blanch, and freeze.

Carrots:

Some varieties keep well in root cellars; brush loose dirt off but do not scrub, trim tops to one to two inches, and pack in sawdust in plastic bins or buckets. Alternatively, trim, wash, peel, cut into quarter-inch slices, blanch briefly, and freeze; or raw pack and can in a pressure cooker.

Corn:

Husk, desilk, and wash ears, then blanch, cut kernels from the cob, and freeze. You can also raw pack and can.



Garlic:

Peel away dirty outer layers of skin (leaving three leaves and their attached wrappers on the plant), then cut the stem two inches above the head, trim roots to a half inch, and hang in mesh bags or stockings in a cool, dry, dark place. They will keep through most of the winter this way. To prepare garlic for use the following summer, break it into individual, unpeeled cloves and freeze.



Onions:

Either: store in cool, dry, dark place; peel, chop, and freeze (no blanching needed); or slice and dry.



Peas:

Shell, blanch, and freeze immediately after picking them, or raw pack and can.

Peppers:

Wash, peel, remove membrane, chop, and freeze, or slice and dry without blanching.



Tomatoes:

Large tomatoes should be canned (peeled, chopped, cooked down, and hot-packed in a boiling water bath, which is the best method for preserving their flavor) or frozen (peeled and chopped or washed and frozen whole; no blanching needed). Small fleshy tomatoes can be halved or sliced and dried, then reconstituted with water and vinegar for a spicy snack or meal accent.

5 Make-ahead Meals



ENCHILADAS

*with Chunky Salsa,
Cheesy Sauce & Spicy
Nut Meat*



RAW "MAC & CHEESE"



RAW MUSHROOM SOUP



LEMONY MARINATED MUSHROOMS



RAW CAULIFLOWER "RICE"

and Mushroom Casserole

ENCHILADAS

with Chunky Salsa,
Cheesy Sauce & Spicy Nut Meat

By Emily Von Euw
Thisrawsomeveganlife.com



Ingredients:

Tortillas:

1/2 cup chopped onion
1 cup corn
1 cup chopped tomatoes
1/4 cup ground flax seeds
Salt and pepper, to taste

Cashew cheese:

1 cup cashews
1/4 cup nutritional yeast
2 tablespoons miso
1/2 teaspoon turmeric
1 garlic clove
3/4 cup water, as needed
Juice from 1/2 lemon

Taco meat:

1/3 cup walnuts
1/3 cup pumpkin seeds
1 tablespoon extra virgin olive oil
Cumin and coriander, to taste
Salt, to taste

Salsa:

2 tomatoes
1/2 onion
1 avocado
1/3 cup fresh cilantro
Juice from 1/2 lemon
Salt and pepper, to taste

5 Make-ahead Meals

DIRECTIONS:

To make the tortillas: put the onion, corn and tomato in your food processor and pulse until it becomes all mushy, add the flax seeds and salt and pepper and process until it thickens up. Spread this mixture evenly into 3 large circles on dehydrator sheets and dehydrate for 1 few hours or until they are pliable. Alternatively, you can spread the mixture on parchment paper-lined baking pans and put them in the oven at the lowest temperature. That's what I did.

To make the cheese: blend all the ingredients together until smooth and creamy. Pour into a bowl and set aside.

To make the taco nut meat: pulse all the ingredients in your food processor until it forms a crumbly mixture. Put in a bowl and set aside.

To make the salsa: chop up the produce, throw it in a bowl, and season it with the lemon juice and salt and pepper.

Assembly: fill up your tortillas with salsa, nut meat and a little bit of cheese, then roll them up and cover them all with more cheese sauce and the remains of your other fillings. You'll have leftover cheese sauce.



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 "MAC & CHEESE"

By Vanessa Cassani
Livesimplynatural.com

Ingredients:

- 4 zucchinis
- 1 cup cashews
- 1 cup water
- 3 sun dried tomatoes
- 1/3 cup of Nutritional Yeast
- 1 Tablespoon Olive oil
- 1 teaspoon Himalayan Sea Salt
- 1 garlic clove
- 1/2 teaspoon onion powder
- 1/4 teaspoon turmeric

DIRECTIONS:

Clean and peel your zucchini noodles. Use your spiralizer to get the desired noodles. Throw all your ingredients into your high speed blender. Blend until smooth and creamy. Pour your cheese sauce on your zucchini noodles and garnish with your favorite herbs.



Vanessa Cassani
Live Simply Natural

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

Soaking your nuts for at least an hour is recommended. It's healthier and makes it but easier on your blender.

RAW MUSHROOM SOUP

By Jenna Davila
Livepureblog.com

2-3 SERVINGS

Ingredients:

3 cups Mushrooms (you can use whichever ones you like or mix them)
2 cups Coconut water
1 cup Walnuts (plus some for garnish optional)
1 large Celery stick
1/2 cup Onion
4 Garlic cloves
2 tablespoons Freshly squeezed lemon juice
2 tablespoons Nutritional yeast
1 tablespoon Fresh cilantro
1 1/2 teaspoon Black pepper
1 teaspoon Herbamare
1 teaspoon Paprika
Chives (optional for garnish)



DIRECTIONS:

1. Clean mushrooms and chop all your ingredients.
2. Place everything into a high speed blender until smooth.

Place the mixture into a pot and very lightly warm soup if desired.



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.

LEMONY MARINATED MUSHROOMS

By Joelle Amiot
Jarohoney.com

Makes about 2 cups of marinated mushrooms, serves 4 antipasti (multiply accordingly)

Ingredients:

2 cups mini (size of the top part of your thumb) organic white button mushrooms
1/3 cup raw organic cider vinegar
1/3 cup water
1/2 teaspoon fresh ground pink salt
1 teaspoon fresh ground dried organic lemon zest
1 tablespoon fresh organic oregano leaves, rough chopped
large glass jar with fitting lid

DIRECTIONS:

Wash your jar and lid with hot water and set aside. In cold water, wash and drain the mushrooms well, do NOT de-stem, place in the jar. Add the vinegar, water, salt, dried lemon zest and chopped oregano leaves to the jar. Place the lid on tightly and shake well. Allow the sealed jar to set out at room temperature for 2 hours, shake well every 30 minutes to ensure even marinating. You will notice that the liquid content is increasing. Place the sealed jar in the refrigerator overnight (8 hours), serve and enjoy. Refrigerate up to 1 week.

Make your own dried lemon zest by peeling zest off with a vegetable peeler, slice into thin strips and air dry/dehydrate until crisp, place in a spice grinder.



Joelle Amiot
JarOhoney

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

RAW CAULIFLOWER "RICE"

and Mushroom Casserole

By Amie Sue Oldfather
Nouveauraw.com

Ingredients:

Cauliflower rice:

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

Mushroom:

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

Top crust layer:

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



5 Make-ahead Meals

DIRECTIONS:

Cauliflower rice:

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

Mushrooms:

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

Assembly:

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



Amie Sue Oldfather
Nouveau Raw

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

7 Ways

To Use Raw Pumpkin

Butter



Soup



Cookies



Pudding



Smoothie



Cheese



Crackers



7 ways to use raw pumpkin!



RAW PUMPKIN PUDDING

Quick Pumpkin Pudding

By Annie Markowitz
Vegannie.com

Ingredients:

makes 6 servings

1 can (15 oz) pumpkin puree

1 package silken tofu

3 tablespoons applesauce

1/2 cup stevia sweetener

1 teaspoon vanilla extract

1.5 teaspoons cinnamon

3/4 teaspoon ginger

1 teaspoon pumpkin spice (optional)



DIRECTION

Throw all ingredients in blender and blend until consistency is smooth!



Annie Markowitz
VegAnnie

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 themselves through the power of nutrition and achieve their health and wellness goals! In her spare time, she loves cooking, running, and sharing healthy, vegan, budget-friendly recipes on her blog www.VegAnnie.com.





RAW PUMPKIN SMOOTHIE

Ginger Apple Pumpkin Spice Smoothie

By Christine Roseberry
Justglowingwithhealth.com

Serves 1 (about 4 cups)

Ingredients:

- 1 cup sugar pumpkin, peeled & cubed
- 1 1/4 cups coconut milk
- 5 medjool dates, pitted
- 3/4 cup fresh apple juice
- 1 heaping teaspoon pumpkin spice
- 1 capful of pure vanilla extract
- 1 quarter size chunk of ginger
- 1 ripe ooey gooey persimmon, topped removed
- (optional) 1/2 cup ice



Christine Roseberry
Just Glowing With Health

Christine Roseberry is a Registered Nurse and Holistic Nutrition Practitioner. She has been healing from fibromyalgia naturally through a raw food diet and healthy lifestyle. It is her hope to inspire you to take charge of your own health to create that GLOWING health from the inside out!

DIRECTION

Blend all the above ingredients in a high-speed blender on high until creamy and smooth. Pour into a fun glass and enjoy immediately.

7 ways to use raw pumpkin!



PUMPKIN SEED BUTTER

Raw Maple
Cinnamon Pumpkin
Seed Walnut Butter

By Amy Lyons
Fragrantvanilla.com

Makes about 2 1/2 cups

Ingredients:

3 cups raw pumpkin seeds
1 cup raw walnuts
3/4 cup coconut sugar
(or you may use maple sugar)
1/4 teaspoon sea salt (or to taste)
1 tablespoon cinnamon
1 teaspoon pure vanilla extract
1 teaspoon maple extract



DIRECTION

In a high speed blender, combine the seeds and nuts and blend until smooth (alternatively this can be done in a food processor but it takes a lot longer and will most likely not get as smooth). Add the coconut sugar, sea salt, cinnamon vanilla, and maple extract and blend until smooth. Store in a jar.



Amy Lyons
Fragrant Vanilla Cake

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



RAW PUMPKIN SOUP

Ingredients:

4 cups butternut pumpkin peeled and cubed
1 cup apple peeled and cubed
2 teaspoons ginger minced
2 teaspoons garlic
1/2 teaspoon all spice
1-2 cups filtered water
(depending on how thick you want your soup)

Raw Vegan Spiced Butternut Pumpkin Soup

By Maz Valcorza
Sadhanakitchen.com

This recipe serves 2 as a main and 4 as light entree/starter.



Maz Valcorza
Sadhana Kitchen

Describing herself as an avid yoga, raw food and star wars enthusiast, Maz believes that what we put into our bodies everyday is part of our Sadhana (conscious spiritual practice) and strives to be the best she can be in everyday life. Her yoga practice led her to meet some amazing people and in April 2012, the opportunity to open a café presented itself and she opened Sydney's first organic, raw, vegan, raw food and wholefoods café – Sadhana Kitchen. These days, Maz is currently the director of Sadhana Kitchen and spends her working days whipping up delicious, healthy, sustainable and ethical food, running workshops around the country and finding new ways to help others transform themselves and their world through their plates.



DIRECTION

Place everything in the blender, using only 1 cup of water to start. Blend until smooth adding more water as needed until the desired consistency is reached. If using a high speed blender, you'll need to use the plunger as the mixture is quite thick. If using a standard blender you'll need a spatula to scoop down the sides every so often. Sprinkle with a dash of cinnamon and good vibes to serve.



RAW PUMPKIN COOKIES

Raw Soft Pumpkin Cookies

By Amy Lyons
Fragrantvanilla.com

Makes 12

Ingredients:

Dough:

- 1 cup raw coconut flour (homemade is preferred)
- 3 cup sprouted buckwheat flour (or sprouted oat flour, or additional coconut flour)
- 1 3/4 cup ground flax seed
- 1 cup soft medjool dates, pitted
- 1/4 teaspoon sea salt
- 1 teaspoon pure vanilla extract
- 1 teaspoon maple extract
- 2 tablespoons cinnamon
- 2 teaspoons ginger
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 2 cups chopped raw pumpkin or squash*
- 1/2 cup raw coconut nectar (maple syrup, or your choice liquid raw sweetener)
- 1/4 cup raw coconut butter ((not oil) warmed to liquid

Glaze:

- 1/4 cup raw coconut butter, warmed to liquid
- 2 teaspoons maple syrup (or your choice liquid raw sweetener)
- 1/2 teaspoon cinnamon
- 1/4 cup filtered water



7 ways to use raw pumpkin!



DIRECTION

For the dough, in a food processor, combine the coconut flour, buckwheat flour, flax seed, dates and salt, and process until the dates are very finely chopped and it is all well combined. Remove from the food processor. To the processor, add the vanilla, maple, spices, squash, coconut nectar, and coconut butter and process until smooth. Add back the dry ingredients, and process until smooth.

** Shape into 12 cookies (roll into balls, and flatten them) on a lined dehydrator tray, and dry for about 4-6 hours at 115F until firm, but still soft and moist. Whisk together the glaze ingredients, and drizzle over the cookies (Or put it in a pastry bag, and pipe it over). Enjoy!



Note

*Squash is sweeter than pumpkin, so you could use it in place of pumpkin in many recipes. Carrot or sweet potato may also be used, since they are easier to cut up, and you will not be able to taste the difference.

**Vegetables can vary in moisture, so depending on which you use (pumpkin, carrot, squash, potato) and how moist it is, you may need to add a little more moisture if your cookies seem to dry, or a little more coconut flour if they seem too wet.



Amy Lyons
Fragrant Vanilla Cake

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

7 ways to use raw pumpkin!



PUMPKIN SEED CHEESE

By Shelley Alexander
Aharmonyhealing.com

Makes around 2 cups

Ingredients:

- 1 cup sprouted or raw pumpkin seeds
- ¼ cup fresh lemon juice
- 2 cloves peeled grated garlic
- Unrefined sea salt to taste
- 1 small avocado—peeled and seed removed
- ¼ teaspoon cayenne pepper
- Purified water if needed

DIRECTION

1. Place pumpkin seeds in a food processor fitted with the S blade attachment. Place lid on, turn on food processor, and grind pumpkin seeds until they turn into a seed butter.
2. Add remaining ingredients except water and pulse until well combined and creamy. Add small amount of water if spread is too thick and continue to blend spread until smooth.
3. Place pumpkin seed spread in a covered container in the refrigerator for up to 3 days if not eating right away.



Shelley Alexander
A Harmony Healing

Shelley Alexander is a holistic chef, cookbook author, essential oils educator, certified healing foods specialist, recipe developer, blogger, and owner of A Harmony Healing.

7 ways to use raw pumpkin!



RAW PUMPKIN SEED CRACKERS WITH SPINACH

By Jordi Burke
Jodiburke.com

Ingredients:

2 cups Sunflower Seeds
1 cup Pumpkin Seeds
1 cup ground Flax seeds
½ package Spinach or Kale
4 – 6 tablespoons Nutritional Yeast
1 Onion finely chopped
3 Jalapenos (optional)
3 cloves Garlic
4 Medjool Dates



DIRECTION

Put the Sunflower Seeds in the processor first and give them more time to process then the rest of the ingredients. Process them for a little bit first – until small chunks or almost fine.

Throw the rest of the ingredients into a processor and process until chunky yet not big chunks.

Put mixture into a bowl and stir in approx. 2 cups water and mix well. Let sit over night even 24 hours is better if possible (starts a bit of the fermentation process at that point).

Stir well to see how dry it is as after sitting it may need a little more water, you want the mixture to stay together well, not be too dry and definitely not runny.

Spread out on flex sheets in the dehydrator and score with a knife into squares – the size you choose.

Dehydrate approx. 12 hours, flip sheets and continue to dehydrate approx. another 6 – 12 hours depending on the thickness. These are good with many different raw spreads, hummus or even just coconut oil. Keep in an airtight container and they will last for several weeks.



Jordi Burke
Jodiburke.com

Jodi is the Creator of Healthy is Cool, a Certified Raw Foods Chef, Super Foods Promoter, Author & Photographer. Her passion is for real foods & Super Foods being able to create mostly raw /vegan recipes that are easy, healthy, nutritious yet tasty helping people to make better food choices.

Mason Jar Salads



**CRUNCHY
ASIAN
SALAD
WITH SPICY
PEANUT
DRESSING**



**BALSAMIC
SALAD
IN A
JAR**



**MASON
JAR
(MAKE
AHEAD)
SALADS**



**FRUIT
AND FETA
SALAD**



CRUNCHY ASIAN SALAD WITH SPICY PEANUT DRESSING

By Min Kwon
Mjandhungryman.com

Makes 4 jars

Ingredients:

Salad
4 cups chopped romaine lettuce
1 (12 oz.) bag of broccoli slaw
(5 cups)
1 cup sliced cucumbers
Protein of choice

Dressing:
1/3 cup smooth peanut butter
1/4 cup rice wine vinegar
2 Tablespoons low-sodium soy
sauce
1 Tablespoon brown sugar
1 Tablespoon sriracha



Min Kwon

MJ and Hungry Man

Min Kwon is a registered dietitian with a passion for helping others not only to discover the joy and peace with food, but also to develop a foundation of self-care that promotes a healthy lifestyle. In her healthy food blog, MJ and Hungryman, she focuses on sharing simple yet healthy recipes.

DIRECTION

First, add about 2 tablespoons of the dressing to the bottom of the jars. Layer the salad mixture on top. Add your protein of choice the morning of. The dressing is a bit thick so you'll need to do some scraping to get it all out of the jar.





BALSAMIC SALAD IN A JAR

By Brittany Mullins
Eatingbirdfood.com



Ingredients:

Dressing:

- 1/2 cup balsamic vinegar
- 2 teaspoons honey (or agave nectar)
- 2 teaspoons finely chopped basil
- 1/2 teaspoon liquid aminos (or sea salt)
- 1/4 cup olive oil

Ingredients:

Salad:

- cucumbers
- squash
- mushrooms
- tomatoes
- red bell pepper
- broccoli
- broccoli slaw
- avocado sprinkled with lemon juice to prevent browning
- chickpeas (optional with Salad 1)
- spring mix (lots of this – you can really pack it in)
- quinoa (Salad 1)
- baked tempeh (Salad 2 and 3 – optional.)
- pecans
- a few dried cherries
- emulsified.



DIRECTION

Dressing: Combine all ingredients except olive oil in a blender and blend. Continue to blend at a low speed as you add olive oil until it is completely



Mason Jar Salads



TO ASSEMBLE:

1. Start by putting 2 tablespoons of dressing into the bottom of the jar
2. Add Items that will respond well to marinating in the dressing (cucumbers, squash, mushrooms)
3. Add the remaining veggies, legumes, and greens (tomatoes, red bell pepper, broccoli, broccoli slaw, avocado sprinkled with lemon juice to prevent browning, chickpeas (optional with Salad 1), spring mix)
4. Add the remaining ingredients: quinoa (Salad 1), baked tempeh (Salad 2 and 3 - optional.), pecans, a few dried cherries

Note

- The quart sized jars make one big, meal sized salad. You could probably split it between two people if it were being served as a side salad.
- Using wide-mouth Ball jars instead of ones with the regular size mouth is recommended. It's just easier to get the ingredients in and out of the jars when using the wide-mouth.



Brittany Mullins
Eating Bird Food

Brittany Mullins is a health coach and certified personal trainer who has been blogging about healthy living since 2008. Through her blog, Eating Bird Food [<http://www.eatingbirdfood.com>], she proves that maintaining a healthy lifestyle doesn't have to be a challenge by sharing healthy recipes, workouts and tips. Get inspired to live a healthy, balanced life by visiting her blog [<http://www.eatingbirdfood.com>] or following her on Facebook [<http://www.facebook.com/eatingbirdfood>], Pinterest [<http://www.pinterest.com/eatingbirdfood>] and Instagram [<http://www.instagram.com/eatingbirdfood>].

- Recipe is just a guideline. Use whatever dressing, veggies, protein and toppings you like. Have fun experimenting!
- Leave a little room at the top of the jar so that you can shake it up right before serving. It helps make sure all parts of the salad have some dressing.
- You can totally eat the salad out of the jar as they are a little deep for forks





MASON JAR (MAKE AHEAD) SALADS

By Krysta MacGray
Krystaslifefood.com

Asian Salad

Dressing: Shiitake sesame vinaigrette
Shredded carrots
diced cucumbers
sprouts
red bell pepper, diced
mandarin oranges (patted dry)
edamame
mixed baby greens
sesame seeds

Field Berry Salad

Dressing: Red wine vinegar
shredded carrots
red onion, sliced thinly
blueberries
mandarin oranges
sliced almonds, roasted honey flavor
blue cheese (add on the very top)
arugula



The Salad Bar

Dressing: Chunky Blue Cheese
or Italian
diced cucumber
sliced beets
sprouts
broccoli florets (best if used
before day three)
kidney beans (dry off well, and
best used before day three)
marinated artichoke hearts
sprinkle of salt and pepper
Romaine lettuce, chopped
sunflower seeds (bring along
instead of putting in your jar,
unless eating the next day)



Krysta MacGray
Krysta's Life In Food

Krysta MacGray is a food blogger, wife and mother of four who lives in Steamboat Springs, Colorado. She has a passion for food, health and well being. You can find her at www.krystaslifefood.com or on instagram @kmacgray44 where she shares recipes.

DIRECTION

Dressing on the bottom,
lettuce on the top.





FRUIT AND FETA SALAD

By Becky Hardin
Thecookierookie.com

Total time: 5 mins

Ingredients:

2 cups spring mix lettuce
1 cup chopped strawberries
½ cup blueberries
½ cup feta cheese
4 tablespoons poppy seed dressing
2 mason jars



Becky Hardin
The Cookie Rookie

Becky woke up on her 30th birthday and realized she couldn't cook, anything! She started her food and recipe blog, www.thecookierookie.com, as a way to document her journey to learn how to cook. Along the way, she found her passion. She realized that succeeding in the kitchen was much easier than it looked. 3 years later, she specializes in fun and easy recipes anyone can make and everyone will love!

DIRECTION

1. To assemble your mason jars, start by pouring in 2 tablespoons poppy seed dressing. Top with ½ cup strawberries, ¼ cup feta, ¼ cup blueberries, and finally 1 cup lettuce. Repeat with the second mason jar.
2. To eat, pour mason jar contents into a bowl and toss if necessary.



7 Salad Dressings by Mood



Spunky



Lazy



Indulgent



Refreshing



Relaxing



Daring



Inspiring



Spunky:

EASY ORANGE SALAD DRESSING

By Jordan Cord
Thefitchen.com



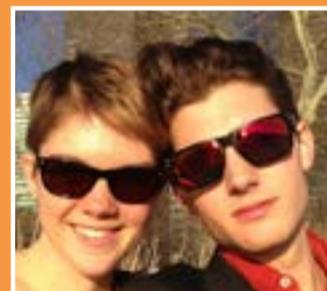
Ingredients:

Juice of 1½ oranges [about ⅓ cup]
½ tablespoon raw honey
2 tablespoons white wine vinegar
½ tablespoon olive oil
¼ teaspoon sea salt
¼ teaspoon fresh black pepper

DIRECTION

In a food processor or blender, combine all of the ingredients and blend until smooth. You can also make the dressing without either appliance. Just add everything to a bowl and whisk vigorously.

Makes approximately 8 ounces of dressing.
Shake before use.
Store in refrigerator up to 1 month.



Jordan Cord & Clark Cord
The Fitchen

Together, Jordan and Clark make up the team at The Fitchen, where they strive to eat healthy, whole foods. Organic, no chemicals, no processing, and all real. Their mission is to share the experiences with food along with their favorite recipes as well as inspire and encourage other people to try their hand at cooking.



Indulgent:

CHOCOLATE-ORANGE VINAIGRETTE

By Janice Moreland
Thekitchentwist.com

Ingredients:

Zest and juice from 1/2 fresh orange (about 1/4 cup)
1 tablespoon balsamic vinegar
1 teaspoon raw cacao powder
1/8 teaspoon stevia
1/16 teaspoon xanthan gum
2 tablespoons flax oil
2 tablespoons walnut oil



Janice Moreland
The Kitchen Twist

My passion is to create exquisite food bursting with nutritional value. You've come to the right place to learn how to nourish your body with a whole foods, plant-based cuisine! The Kitchen Twist is delicious food with a nutritious twist!

DIRECTION

Whisk the first 5 ingredients in a bowl. Combine the oils and whisk into the mixture to blend well. Serve drizzled over a salad of greens with sliced strawberries and walnuts. Serves 8.



Relaxing:

AVOCADO DRESSING

By Laura Plumb
Food-alovestory.com



Ingredients:

- 1 Avocado
- 1 Lemon, juiced
- 1 Clove Garlic
- 1 Handful Raw Sesame Seeds
- 1 tablespoon Dijon Mustard
- Olive Oil
- Salt & Pepper, to taste



Laura Plumb
Food: A Love Story

Laura is Co-Founder of Deep Yoga School of Healing Arts, Founder of The Institute of Feminine Wisdom, a Vedic Healer, Yoga Teacher, and Ayurvedic Wellness Consultant. Her blog 'Food-A Love Story' shares her recipes for cleansing, healing, restoring, and living a healthy divine life. "Learning from Laura Plumb is to see your own empowerment to the world."

DIRECTION

Put everything in the blender and blend until it is smooth, adding enough olive oil to bring it to the desired consistency. Adjust to your own taste.



Daring:

RAW RED PEPPER CAESAR SALAD DRESSING

By Amy Layne
Damyhealth.com

Prep time: 2 Minutes



Ingredients:

2 tablespoons Raw Almond Butter
1 tablespoon Lemon Juice
1/4 Cup Stone Ground Mustard
1 Red Bell Pepper
2 Cloves of Garlic
Black Pepper (to Taste)



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.

DIRECTION

1. Place all ingredients into a food processor and blend until smooth.
2. Use to top your salad or as a dip for veggies.



Lazy:

TAHINI GINGER DRESSING

By Karielyn Tillman
Thehealthyfamilyandhome.com

Ingredients:

- 2 tablespoons organic tahini
- 1/2 - 1 tablespoon organic raw honey
- 1/8 teaspoon organic ground ginger
- 2 tablespoons purified/filtered water



DIRECTION

1. Add all ingredients to a small bowl and stir until well combined.
2. Adjust sweetener to your preference and water if you prefer a thinner consistency.

This recipe will make approximately (1) serving.



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!"



Refreshing:

COOL CUCUMBER RANCH DRESSING

By Joelle Amiot
Jarohoney.com

Serves 10



Ingredients:

- 3/4 cups whole raw organic cashews
- 1 tablespoon dried organic onions
- 1 teaspoon fresh cracked pink salt
- 1 tablespoon dried organic garlic granules
- 1 tablespoon nutritional yeast
- 1/3 cup water
- 1 large organic cucumber, do NOT peel
- 1 cup water
- 1/2 cup ice
- 1 tablespoon fresh organic basil leaves, rough chopped veggies (see below)

DIRECTION

In a food processor, pulse the cashews, dried onion, pink salt, garlic and nutritional yeast to a fine powder. Add in the 1/3 cup of water and process to a fine paste, set aside. Wash and large chunk the cucumber.

Now in your blender add the cucumber to it and blend on high for 30 seconds or so to fine chop it. Add in the 1 cup of water and blend on high for 2 minutes until smooth. Add in the ice and blend for 1 more minute on high, be sure the ice is full fine chopped. Add in the basil and blend until smooth.

Transfer this dressing to a sealable container and refrigerate for 3 hours. When you are ready to serve this, pour the dressing in a serving bowl and place on your serving platter. Decoratively arrange your cut up veggies around this bowl.

You could use an array of fresh organic veggies! Unpeeled cucumber rounds, unpeeled carrot sticks, red bell pepper strips, green onions, cherry tomatoes, broccoliflorets and cauliflower florets. Get creative!



Joelle Amiot
Jarohoney

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



Inspiring:

GINGER MISO SALAD DRESSING

By Amie Sue Oldfather
Nouveauraw.com

Ingredients:

- 1 cup water
- 1/4 cup extra virgin olive oil
- 1/4 cup raw tahini
- 3 tablespoons maple syrup
- 2 tablespoons red or white unpasteurized miso
- 1 tablespoon chia seeds, ground to a powder
- 1 tablespoon raw apple cider vinegar
- 2 teaspoons fresh lime juice
- 1 teaspoon chopped garlic
- 1/2 teaspoon ground ginger



DIRECTION

1. Blend all ingredients until silky smooth in the blender.
2. Set aside for 10-30 minutes, giving the chia seeds time to expand and absorb some of the dressing. You can control how thick you want your dressing to be.
3. Store in fridge for up to 5 days.



Amie Sue Oldfather
Nouveau Raw

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

5 Desserts

that Double as Breakfast



Chocolate
Avocado
Pudding



Dreamy Berry
Parfait



Cherry Banana
Nice Cream



Raw Apple Pie
Filling with Dates



No-bake Double
Chocolate
Brownie Bites



CHOCOLATE AVOCADO PUDDING

By Linda Tambunan
Brunchwithjoy.com

Ingredients:

2 ripe avocado, halved, seeded, peeled and cut
1 cup almond milk
1 tablespoon unsweetened cocoa powder
1 tablespoon honey



Linda Tambunan
Brunch With Joy

Hi! I'm Linda, the blogger behind Brunch with Joy. In my spare time, you would constantly find me talking about food, drawing doodles (mainly food), and daydreaming about restaurants that I would love to visit. But of course, you can't just eat good food. You need to talk about it, too. And what could be better than discussing food with people who have the same interest. For my recipes, photos, and stories you can follow my blog, or stalk me on Pinterest, Twitter, Instagram, or Facebook.



DIRECTION

Combine all the ingredients in a blender and enjoy!



DREAMY BERRY PARFAIT

With Coconut Whipped Cream,
Caramel & Raw Granola Clusters

By Ashley Melillo
Blissfulbasil.com

Ingredients:

For the Raw Cinnamon Almond Crumble

- ½ cup raw almonds
- ½ cup pitted medjool dates
- ½ cup gluten-free rolled oats
- ½ teaspoon cinnamon
- ⅓ teaspoon cardamom
- 1 teaspoon vanilla extract

For the Coconut Whipped Cream

- 1 cup coconut cream
- 2 tablespoons powdered sugar (or stevia, to taste)
- seeds from one vanilla bean

Additional Ingredients

- ½ cup 5-minute vegan caramel sauce
- 1 cup quartered sweet cherries
- 1 cup raspberries
- 1 cup blueberries
- 1 cup quartered strawberries



DIRECTION

To Make the Raw Cinnamon Almond Crumble

1. Add the almonds, dates, oats, cinnamon, cardamom, and vanilla extract to a food processor. Pulse 10 times and then process for 1-2 minutes until a crumbly, slightly-sticky mixture forms. Cover and refrigerate until ready to use.

To Make the Coconut Whipped Cream

1. Add the coconut cream, powdered sugar or stevia, and vanilla bean seeds to a medium mixing bowl. Use a hand mixer with whisk attachments and whip the coconut cream on high for 3-4 minutes until a thick whipped cream forms. Cover and refrigerate until ready to use.

To Assemble

1. In small bowls or jars, layer a mixture of the berries and top with the crumble, a dollop of coconut whipped cream, and a drizzle of the caramel sauce. Repeat once more and garnish with fresh berries on top.
2. Serve immediately.
3. Refrigerate leftovers.



Ashley Melillo
Blissful Basil

Ashley Melillo is the creator of Blissful Basil, a blog dedicated to unearthing the happiest side of life through wholesome, plant-based foods. Ashley incorporates a wide array of health-enhancing ingredients into her recipes with the hope of guiding others on their path towards improved wellbeing.





CHERRY BANANA NICE CREAM

Gin Butters
Eathealthyeathappy.com

Prep time: 2 hours
Total time: 2 hours

Ingredients:

4-5 bananas, sliced into about 3/4" chunks
about 2 cups cherries, pitted
1 tablespoon pure maple syrup (or agave)
dash salt



Gin Butters
Eat Healthy Eat Happy

Gin has fun creating and sharing delicious, all-natural vegan eats on her blog Eat Healthy Eat Happy. She's also a pro cat wrangler, enthusiastic photographer and blows all her money in thrift stores.

DIRECTION

1. Arrange the banana slices into a single-ish layer in a big freezer bag or on a waxed paper-lined plate or cookie sheet. Freeze 1-2 hours, or until frozen firm but not rock hard. Do the same with the pitted cherries.
2. If you leave the fruit in the freezer until it's hard, let it thaw slightly before blending.
3. Run the cherries through the food processor until roughly chopped. Remove to a bowl.
4. Process the banana chunks until completely smooth and creamy. This may take several minutes and some stirring. Add the maple syrup and dash of salt. Add the cherries back in and pulse until just combined. Taste and add more sweetener if you like.
5. Enjoy soft right away, or freeze for about 30 minutes or an hour to let it firm up.



RAW APPLE PIE FILLING WITH DATES

By Brittany Mullins
Eatingbirdfood.com



Ingredients:

Serves: 3½ cups

Ingredients

3 medium apples, (could use Honey Crisp + Granny Smith)

1 cup medjool dates, pitted

¾-1 cup water, plus additional water for soaking the dates

1/2 teaspoon cinnamon

1/2 teaspoon sea salt

pinch of freshly grated nutmeg

DIRECTION

1. Soak the dates by placing in a small bowl with just enough water to cover them.
2. Allow them to sit for about 10-15 minutes.
3. Prepare apples while the dates are soaking by coring and chopping into tiny chunks. Place in a bowl and set aside.
4. When the dates are finished soaking, drain and discard the water. Add the dates, fresh water (start with ¾ cup), cinnamon, salt and nutmeg into a high powered blender and blend until smooth.
5. Add more water to thin the filling out if needed. The consistency should be thick but pourable like syrup.
6. Pour the date puree over the bowl of apples and stir to combine.



Brittany Mullins
Eating Bird Food

Brittany Mullins is a health coach and certified personal trainer who has been blogging about healthy living since 2008. Through her blog, Eating Bird Food [<http://www.eatingbirdfood.com>], she proves that maintaining a healthy lifestyle doesn't have to be a challenge by sharing healthy recipes, workouts and tips. Get inspired to live a healthy, balanced life by visiting her blog [<http://www.eatingbirdfood.com>] or following her on Facebook [<http://www.facebook.com/eatingbirdfood>], Pinterest [<http://www.pinterest.com/eatingbirdfood>] and Instagram [<http://www.instagram.com/eatingbirdfood>].



If you want a smoother pie filling, you should peel the apples.



NO-BAKE DOUBLE CHOCOLATE BROWNIE BITES

By Crissy Cavanaugh
Beginwithinnutrition.com

Ingredients:

For the Brownies:

1½ cups walnuts
10-12 dates, pitted
⅓ cup raw cacao

For the Frosting:

¼ cup coconut oil (melted)
½ cup raw cacao
2 tablespoons pure maple syrup



Crissy Cavanaugh
Begin Within Nutrition

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

DIRECTION

1. Line a 5x9 loaf pan with parchment paper and set aside.
2. Place walnuts, dates and 1/3 cup raw cacao in a food processor. Pulse until well combined and crumbly.
3. Transfer to lined loaf pan and press down evenly with fingers.
4. Meanwhile, whisk together melted coconut oil, 1/2 cup raw cacao and maple syrup. Pour on top of brownies.
5. Place in refrigerator until frosting has hardened. Slice into 18 pieces and enjoy!
6. Store in the refrigerator.



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Your opinion matters

We want to know everything –
the good, the bad, the tasty and
the terrible.

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