

YOUR FREE E-BOOK

RAWFOOD RECIPES AS SEEN ON THE OUR SITE.

<https://rawfoodnutritionandherbalremedies.ca>



ENJOY THESE DELICIOUS RECIPES

- ▶ Smoothies
- ▶ Desserts
- ▶ Ice cream
- ▶ Salads
- ▶ Home made snacks
- ▶ Dips and more.....

Congratulations for taking the steps to register with us. This decision will help to prolong your life in many ways. Be sure to go through the site and read the blogs and articles, you will learn many things to help you on your journey to better health.

There are lots of products available to help you to take control of your health in a natural way.

Visit us often, as there will be new information on new, ground breaking products etc... added continuously.

<https://rawfoodnutritionandherbalremedies.ca/>

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BANANA MANGO WHIP

Four quick ingredients and 5 minutes is all it takes to have banana and mango ice-cream ready to eat.



Preparation Time

45 minutes



Type of Dish

Main Course



Ingredients

- banana(s) 1 medium, sliced, frozen
- mango(es) 1 pound(s), diced, frozen
- coconut water 4 Tbsp
- unsweetened shredded coconut 2 tsp



Instructions

- 1 Process banana, mango and coconut water in a food processor, scraping down sides of bowl occasionally, until thick and creamy.
- 2 Spoon into serving bowls. Sprinkle with coconut and serve immediately.



Notes:

TIPS: Slice banana and freeze in a snap-lock bag until firm. You can buy packets of frozen diced mango from the freezer cabinets of most supermarkets. Alternatively, buy mango when it's in season (and cheap) and freeze (peeled, chopped) in snap-lock bags.



VEGAN MAYONNAISE... VERY DELICIOUS



Ingredients

- 3/4 cup macadamia oil (or any other oil you like)
- 3/4 cup almond milk
- 3 tbsp lemon juice
- 1 cup cashew nuts
- 1 1/2 tsp Dijon mustard
- 2 tsp apple cider vinegar
- salt and pepper to taste



Instructions

(Makes 1 jar)

- 1 Combine all the ingredients (except almond milk) in a food processor. If you have time, you can soak cashews for few hours, but it's not necessary. Slowly add almond milk as processing, until preferred consistency.
- 2 I used 3/4 cup and the mayo still turned out nice and thick. Spoon the mayo into a jar and store in the fridge. Serve with salad or vegetables.

AVOCADO HUMMUS ” THIS IS SO GOOD “

Here’s how I want to get part of my veggie intake for the day! It’s like guacamole and hummus in one, and it is the smoothest and creamiest hummus I’ve ever had.

If you’d like the avocado flavor to shine through more you can reduce the tahini slightly but if you want it to have more of a traditional hummus flavor leave it as it is..



Ingredients

- 1 (15 oz) can chick peas, well drained or 1 lb dried chickpeas soaked overnight then boiled for 40 mins then drained.
- 2 medium ripe avocados , cored and peeled (13 oz before cored and peeled)
- 3 Tbsp olive oil , plus more for serving if desired
- 1 1/2 Tbsp tahini
- 3 Tbsp fresh lime juice
- 1 clove garlic , peeled
- Salt and freshly ground black pepper
- 1/8 tsp cumin
- 1 – 2 Tbsp finely chopped cilantro leaves , for topping
Red pepper flakes , for topping



Instructions

- 1 Pulse chick peas, olive oil, tahini, lime juice, and garlic in a food processor until smooth, about 2 minutes. Season with salt and pepper to taste (I did a scant 1/2 tsp salt and about 1/8 tsp pepper), add cumin and avocados and pulse mixture until smooth and creamy, about 1 – 2 minutes longer.
- 2 Serve topped with more olive oil if desired and sprinkle with cilantro and red pepper flakes if desired. Serve with Lettuce Leaves or Collard Greens rolled up like a wrap. or use as dip for vegetable (celery sticks, carrot sticks, broccolli or cauliflower pieces).

RAW MANGO CHEESECAKE

12345 (10 votes, average: 3.40 out of 5)

By C

This recipe is so smooth, creamy, light and refreshing with the flavor of mango and hint of coconut, making it perfect for a sunny afternoon (or anytime really!) If you don't have access to fresh seasonal mango, try using organic dried mango soaked in water to soften the texture- the equivalent to 1 cup. Either way is delicious!



Difficulty

Easy



Ingredients

Base

- ¼ cup coconut
- ¼ cup soaked dates
- ¼ cup of pecans

Filling

- 1 cup of soaked cashews
- ½ a ripe mango
- 3 dried apricots soaked in water
- 3 tablespoons of coconut nectar
- 4 tablespoons of coconut oil
- 1 teaspoon of lime juice
- ½ cup of almond milk



Instructions

Base

- 1 Process all ingredients in your food processor until they are broken down and everything comes together. The mixture should be sticky and hold its form but still have texture.

Filling

- 2 Blend all ingredients in a high speed blender until smooth and creamy.
- 3 Pour the filling over the base and place in the freezer for 3-4 hours to set.
- 4 For decoration: I used 1 large ripe mango plus 2 Tablespoons coconut cream, 2 Tablespoons Irish moss and 4 mejool seeded dates. Blend until smooth.
- 5 Cover top of cheesecake with this topping after it is set.
- 6 This recipe fits a small 9cm cake tin, for a larger full size cake simply double or triple the recipe.



PEANUT BUTTER – BANANA ICE CREAM (DAIRY FREE)



Type of Dish

ALL NATURAL ICE CREAM

Peanut Butter Banana Ice Cream



Servings

2 - 4



Ingredients

- 3 bananas, peeled and frozen
- 1 tablespoon natural peanut butter
- 1½ tablespoons mini chocolate chips
- PREPARATION
- Blend frozen bananas in a food processor until smooth.
- Transfer to a freezer-safe container and swirl with peanut butter and mini chocolate chips.
- Re-freeze until solid

RAW OATMEAL RAISIN COOKIES

Great for breakfast, dessert, or a quick energy-boosting snack, oatmeal raisin cookies have always been my favorite, and I can still enjoy them with my raw food lifestyle!



Ingredients

- 1/2 cup raisins and an additional 1/3 cup, set aside
- 1/2 cup coconut oil
- 2-3 tablespoon unsweetened applesauce
- 1 cup shredded coconut, unsweetened
- 2 cup oats
- 2 tablespoon ground flax seed
- Pinch salt



Instructions

1. Combine the applesauce, coconut oil, and first 1/2 cup raisins in a food processor.
2. Add in the coconut, oats, flax seed and salt, pulsing until the mixture forms a bowl. If it is still too wet, add some more coconut or oats. If it is too dry, add additional applesauce or coconut oil. Quantities will vary depending on your climate.
3. Once the cookie dough has reached a consistency you like, fold in the remaining 1/3 cup of raisins.
4. Form the mixture into cookies and refrigerate until firm.
5. Cover and store the cookies in the fridge, as they soften at room-temperature.

RAWFOOD RANCH DRESSING .. A REAL CROWD PLEASER.

Rawfood Ranch Dressing

This is so good that I make a bowl of this along with regular ranch for buffets and this one gets eaten up immediately by everyone. Perfect for a dip or salad dressing



Ingredients

- 1 cup vegan mayonnaise + 2 Tbs (see recipe)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 2 teaspoons parsley, chopped
- 1/2 cup unsweetened coconut milk



Instructions

- 1 Whisk all ingredients together and chill before serving. Add a little more coconut milk if you need to thin dressing.(add a little more spices to your liking).

RAW VEGAN MAC N' CHEESE – PLANT BASED

Lowfat Raw Vegan Mac n' Cheese to the 4th Power

Creaminess times four is what you will get in this all-time, never goes out of style favorite. It is satisfying and scrumptious to the nth degree and the magic formula is all plant based from start to finish. Try the updated version of your childhood classic and you will never go back again.

MAC N' CHEESE " Oh yes it is so good "

4 med. zucchini, cut in half and center seeds scooped out

To Make Zucchini Elbows:

Cut zucchini in half and scoop out seeds; then slice thinly to create the elbows and mix with broccoli and sauce.

* Or can spiralize and make half moons by deeply scoring both sides of a zucchini but not all the way to the center.

Sauce:



Ingredients

- 3 tbsp. sunflower seeds*
- 3 tbsp. macadamia *
- 3 Tbsp. pumpkin seeds*
- 3 Tbsp. young coconut* *(or use all of one type of seeds)
- 1/4 zucchini, peeled
- 1/2 lemon, juiced



Instructions

- 1 Soak broccoli florets in warm water (from the tap – warm to the touch) overnight. Drain water and mix florets with sauce and zucchini elbows.
- 2 Sprinkle a mixture of 4 tablespoons nutritional yeast and ground almonds before serving.

RAW VEGAN MAC N' CHEESE – PLANT BASED CONTINUED



Ingredients

- 1 celery stalk
- 1/2 of one red bell pepper
- 1 green onion
- 1 slice jalapeno
- 1 garlic clove
- 1/2 c. sun dried tomatoes, soaked in the 1/4 c. of water above for 30 mins. (save soaking water)
- 1 tsp chili powder
- 1/2 c. water
- Blend until smooth. Use soaking water to blend if needed.

STRAWBERRY CREAM TART

This delectable dessert made with all raw ingredients, all love, and all sweetness. Divine takes on a new meaning when you enjoy every bite to the fullest and your body does as well. Love never tasted so gorgeous!

STRAWBERRY CREAM TART



Ingredients

Bottom Layer of Tart:

- 2 cups of dates
- 2 cups of mulberries
- 1/4 cup coconut flakes

Strawberry Cream Topping:

- 14 frozen bananas
- 10 -15 dates
- 2 pints of strawberries (one strawberry on top per slice – around 7 of them – keep stems on those) – the rest of the strawberries go into the filling
- 1 tablespoon lemon juice
- 1/2 vanilla bean
- 5 banana peel



Instructions

- 1 Blend up in blender. and spread onto bottom layer.
- 2 For individual tart: put in individual 4" ramekins; for cake – put in 8" springform pan. Put entire tart into freezer for 4 hrs.
- 3 Remove from freezer and put one strawberry on top for decoration – keep stem on.

Drizzle Sauce:

- 4 3 dates and 4-5 strawberries
- 5 Blended to make the sauce to put around the Strawberry Cream Tart
- 6 Drizzle sauce around plate...make abstract or heart designs with it.

GRAPEFRUIT MANGO DRESSING

GRAPEFRUIT MANGO DRESSING

Thick and creamy and no added fat. Scrumptious! Will even make a non-grapefruit lover say – “wow, that was good”



Ingredients

- 1 mango
- 1 grapefruit, squeezed for juice
- slice of jalapeno
- 4 dates
- 1/2 celery stalk
- Blend in blender until almost smooth. Pour over salad.

HUMMUS — MADE WITH SPROUTED MUNG BEAN

Creamy and thick and spreadable...so hummus-y!
Have with sweet potato chips, carrot or celery sticks for dipping.

HUMMUS



Ingredients

- 1/2 cup sprouted mung beans (directions for sprouting below)
- 1/2 zucchini
- 1 red pepper
- 2 celery stalks
- 2 lemon
- 4 garlic cloves
- 1/2 avocado
- 1/2 cup sunflower seeds
- 2 tsp. coriander
- 2 tsp. cumin
- shake of smoked paprika
- Blend until smooth.



Instructions

How to Sprout Beans:

- 1 Soak 1/2 cup of mung beans overnight in water in a bowl.
- 2 Drain well and pour onto a lipped plate and cover with a cloth napkin.
- 3 Rinse and drain 2x/day. From start to finish it was 2.5 days.

SPREADABLE CASHEW – HEMP SEED CHEESE

SPREADABLE HERB CASHEW-HEMP CHEESE [VEGAN, RAW, GLUTEN-FREE] Mmmmmmm!

Making this delicious, cheese-like, spreadable HERB CASHEW-HEMP CHEESE as an alternative make sense .

SPREADABLE HERB CASHEW-HEMP CHEESE [VEGAN, RAW, GLUTEN-FREE] Mmmmmmm!. CHEERS



Ingredients

- 1§ 3/4 cups raw cashews, soaked for 2-4 hours
- 1/4 cup hemp seeds
- 3/4 cup water
- 1/2 teaspoon miso paste
- 1 tablespoon lemon juice (about 1/2 lemon)
- 1/2 teaspoon fine sea salt
- 1 tablespoon chopped chives
- 1 tablespoon finely chopped parsley



Instructions

- 1 Add the cashews, hemp seeds, water and miso to a blender (ideally a high-speed blender) and process until very smooth.
- 2 Transfer to a bowl and cover with a piece of cheesecloth.
- 3 Let ferment for at least 10 hours or overnight.
- 4 Remove the cheesecloth and mix in the lemon juice, salt, chives and parsley.
- 5 Transfer to desired container and refrigerate for 12 hours, covered.

COCONUT YOGURT- DAIRY FREE

Lowfat Raw Vegan Coconut Dessert Yogurt

Swirls of creamy sweetness. Have it on its own or have it over mixed fruit or put on top of an apple slice for apple pie a la mode. Just divine!

YOGURT RECIPE



Ingredients

- Meat of 2 young Thai coconuts
- 1 mango
- 9 dates
- 2 – 5 tbsp. coconut water or reg. water – add until a paste
- Blend until a paste consistency.

RAWSTA PORRIDGE

Soak 1 Cup Organic Oats, with
1 and 1/2 cups Almond beverage overnight.



Ingredients

Next day ADD

- 2 Tsp Pecans (raw and unsalted)
- 2 Tsp sunflower seeds (raw and unsalted)
- 1 Tsp Pumpkin seeds (raw and unsalted)
- 1 Tsp Peanut Powder
- 1 or 1/2 ripe banana SLICED. (optional)

AVOCADO – SPINACH SOUP

Soak 1 Cup Organic Oats, with 1 and 1/2 cups Almond beverage overnight.



Ready In

5 minutes



Complexity

Easy



Servings

2



Origin

rawfood



Ingredients

- 2 cups spinach
- 1 avocado
- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- 1/4 teaspoon sea salt
- 1/2 cup water
- 1 clove garlic (optional)
- 1 teaspoon cumin (optional)



Instructions

- 1 Place all ingredients in your blender.
- 2 Blend until smooth.
- 3 ENJOY!

VEGAN CHEDDAR CHEESE

This Raw Vegan cheese recipe is one of the best Cheddar Cheese you have ever tried.

This Vegan Cheddar Cheese Recipe is a very rich and simple recipe, with which we can accompany a host of preparations, both vegan vegetarian cuisine as well.

These simple steps and very easy to get ingredients present you the step of preparing a delicious vegetable cheddar cheese.



Ingredients

- 4 Tablespoons Agar Powder Agar
- 1/4 cup Nutritional Yeast
- 1/2 Cup of chopped Red Pepper
- 1 Cup of Hazelnuts or Macadamia Nuts
- 2 Tablespoons Lemon Juice (fresh)
- 1 clove garlic
- 1 tablespoon chopped onion
- 1/2 teaspoon of Himalayan salt, and 1/2 cup of water



Instructions

- 1 The preparation of this exquisite idea of vegan recipes is simple, start combining in blender hazelnuts or macadamia nuts, lemon juice, red pepper, garlic, yeast, onion, and salt. We will pass all this through the blender, obtaining as a result, a cream of very rich flavor, and already similar to the cheese.
- 2 Now boil the 1/2 cup of water and add the agar powder, mixing very well. Let it cool slightly (rather than be warmed), add to the previously prepared cream and mix very well with a mixer.
- 3 Finally spend the mixture into a mold to our liking, such as a loaf pan, draining all content, then we will cover with foil and let stand our vegetable cheddar cheese at room temperature for about 10 hours or until you get a consistency well firm.

MAKE YOUR OWN KETCHUP

How to Make Ketchup

Ketchup is the king of all condiments. Unfortunately, most commercial varieties of ketchup contain high fructose corn syrup. HFCS has no real nutritional value and causes a big spike in blood sugar when consumed. It is widely used as it extends the shelf life of processed food and it is cheaper than sugar.

Additionally, ketchup has a large amount of sugar. Even organic brands often contain some questionable ingredients. So making your own homemade ketchup is the best option.

Make Homemade Ketchup in Just 2 Minutes



Ingredients

- 1 cup organic tomato paste
- 1 tbsp raw organic honey
- 1 tbsp raw unfiltered apple cider vinegar
- 1/4 tsp mustard
- 1/2 tsp sea salt
- 1/4 cup water



Instructions

- 1 Place everything into a bowl whisk until everything is incorporated and smooth.

ANTI-INFLAMMATORY PINEAPPLE SMOOTHIE

THIS PINEAPPLE SMOOTHIE CONTAINS CANCER-OBLITERATING AND ANTI-INFLAMMATORY INGREDIENTS

Turmeric is one of the most well-known natural remedies when it comes to overall health. Curcumin, a substance found in turmeric, is effective at reducing inflammation. It has been shown to ease symptoms of osteoarthritis and rheumatoid arthritis such as inflammation and pain.

In multiple lab tests, curcumin has also been shown to block the growth of certain types of tumors. One study showed that a turmeric extract containing curcumin was able to stabilize colorectal cancer.

Other studies suggest that turmeric may be able to help protect against various skin diseases, Alzheimer's disease, colitis, stomach ulcers, high cholesterol levels and various other conditions.

Turmeric is commonly used as an ingredient in South Asian cooking and is added to various meals as a flavor enhancer. Although it is mostly eaten with food, there are other ways to consume turmeric without having to cook up an entire meal. One of these ways is a delicious turmeric smoothie.

Although the key ingredient of this smoothie is turmeric, mainly due to its wide range of health benefits, there are many other healthy ingredients included that make this smoothie one of the best recipes for strengthening your immune system.



Ingredients

- ½ teaspoon of turmeric
- 1 cup of coconut milk—rich in fiber and vitamin C, E, B1, B3, B5 and B6
- ½ cup of pineapple or mango—good source of vitamin C which provides protection against immune system deficiencies and various diseases
- 1 fresh banana—good source of potassium which helps maintain fluid balance and keeps your brain, nerves, heart and muscles functioning.

ANTI-INFLAMMATORY PINEAPPLE SMOOTHIE CONTINUED



Ingredients

- ½ teaspoon of cinnamon—effective at lowering blood sugar levels in people with diabetes
- ½ teaspoon of ginger—reduces pre menstruation cramps, and pain caused by arthritis, also effective at reducing nausea and dizziness
- 1 teaspoon of chia seeds—good source of fiber, protein, calcium, antioxidants and omega-3 fatty acids
- 1 teaspoon of maca powder—commonly used to treat anemia, chronic fatigue and to boost energy levels
- A pinch of freshly ground black pepper for optimal nutrient absorption of the turmeric's healing properties (optional)

BANANA ORANGE SMOOTHIE



Ingredients

- 2 medium bananas
- 2 medium oranges
- 1/2 cup + 2 tablespoons fresh orange juice (or water for a less orangy-taste)
- 1 tablespoon orange zest
- 1 tablespoon coconut oil



Instructions

- 1 Get your orange zest off an orange before you peel it. The easiest way to get fresh orange zest is to simply use a clean orange peeler to shave a bit of orange peel off. Collect 1 tbsp's worth.
- 2 Peel your oranges well using a knife. Cut off most of the white rind so that you just have nice, glistening oranges with very little white rind left.

SPRING BEETS & CITRUS DETOX SALAD



Ready In

20 minutes



Complexity

Very easy



Servings

6



Origin

Italy



Kcal

300



Ingredients

- 6 baby beets, peeled and finely sliced
- 1 – 2 navel oranges
- 1/2 bunch kale, centre ribs removed and leaves thinly sliced
- 1/3 C raw pistachios, roughly chopped
- 1/4 C fresh mint, chopped
- 1/4 C fresh parsley, chopped
- 1/4 C fresh basil, chopped



Instructions

- 1 Peel baby beets and finely slice them using a mandoline if you have one. Set aside. Wash the kale and remove the centre ribs and chop into thin slices. Place into large serving bowl and add finely chopped fresh mint, parsley, as well as basil. Set aside. Peel and segment oranges and roughly chop raw pistachio kernels.
- 2 Add all dressing ingredients together and combine well. Use 1/2 of dressing to mix with prepared beets and marinate for at least 1 hour. To serve, toss all ingredients together – reserving some segmented oranges and pistachios for garnish.



SPRING BEETS & CITRUS DETOX SALAD CONTINUED



Ingredients

Ingredients for Dressing

- 1/4 t himalaya salt
- Zest of 1/2 lemon
- 1 t raw honey
- 1/4 C extra virgin olive oil
- Juice of 1/2 lemon
- Juice of 1/2 orange
- 3 T apple cider vinegar
- Zest of 1/2 orange
- 1 small garlic clove, finely chopped
- Freshly ground black pepper to taste

PUMPKIN AND CHESTNUT SOUP



Ready In

45 minutes



Complexity

Medium



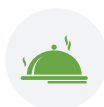
Servings

6



Kcal

275



Origin

Italy



Ingredients

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



Instructions

- 1 Garnish
 - Nutmeg
 - Yogurt or cashew cream
 - Chopped chives
 - Cracked pepper
- Put all the ingredients into a Vitamix container in the order listed and secure the lid. Select Variable.
- Turn the machine on and slowly increase the speed to 10, then to High.



PUMPKIN AND CHESTNUT SOUP CONTINUED



Instructions

- Use tamper to press the ingredients into the blades if required. Blend for 3-6 minutes or until soup reaches desired temperature.



Notes:

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

MOCK SUSHI



Ready In

20 minutes



Servings

1



Origin

Japan



Ingredients

- Raw Nori Sheets
- Half a head of green cabbage
- Snow pea sprouts or sprouts of your choice
- 1 avocado
- 1 cucumber
- Handful of coriander
- 2 tablespoons tamari
- Wasabi paste
- 1 tablespoon lemon juice



Instructions

- 1 Place all ingredients except the herbs, onion and sesame seeds into a food processor and process into a paste. You can add water in very small increments if it needs binding. Transfer to a mixing bowl. Stir in herbs, onion and sesame seeds. Mix well. Will keep in the refrigerator for 5 days.

MOCK SUSHI CONTINUED



Ingredients

Walnut Tuna Ingredients

- 1 carrot, chopped
- 2 tablespoon chopped dill
- 3 tablespoons minced parsley
- 1 teaspoon garlic powder
- 3 tablespoons extra virgin olive oil
- 3 cups walnuts (soaked 4 hours then drained)
- 3 tablespoons lemon juice
- 3 tablespoons tamari
- 1 cm piece of fresh ginger
- Half a chopped onion
- 2 tablespoon chopped basil
- 2 tablespoons sesame seeds



Instructions

- 2** To assemble. Place a nori sheet shiny side down on rolling mat or chopping board. Place a large flat piece of cabbage onto nori sheet so the edge of the cabbage is at the end of the nori sheet closest to you and covers the length of the nori sheet. Spread out walnut tuna mix right to the ends, make approximately 1 inch thick. Then add your sliced cucumber, dash of wasabi, tamari, lemon juice, sliced avocado, sprouts and coriander. Spread out along the length of the sushi roll.
- 3** Then carefully start rolling the sushi roll away from you, keeping pressure on so the contents remain tightly enclosed. Once you have completed the roll, leave about an inch of the nori sheet spare at the end and dab with water to moisten. Then roll to seal and slice with a sharp knife into bite sized pieces. Serve.

CARROT, COCONUT & GINGER SOUP



Ready In

25 minutes



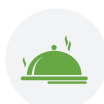
Servings

4



Kcal

136



Origin

North America



Ingredients

- 4 carrots
- 1/2C cashew nuts soaked 20 minutes, drained
- 1/4C lime juice
- Zest of one lime
- 2T coconut nectar
- 1T sliced ginger
- 1 lemongrass stalk, sliced
- 1T chopped coriander
- pinch cayenne pepper
- 1C coconut meat
- 1C coconut water
- 1T white miso paste
- 1/4t salt
- 2T pumpkin seed oil to garnish (optional)
- sprigs of coriander to garnish



Instructions

- 1 In a high speed blender, combine all ingredients and blend until smooth. To make the soup warm, run in blender for five minutes. Adjust to taste and serve in warm bowls garnished with sprigs of coriander and drizzles of pumpkin seed oil.
- 2 You can serve this soup warmed in the dehydrator, or gently on the stove. It's the right temperature when you can put a clean finger in, and it's not too hot or too cold. Carrot-Ginger-Soup
- 3 Enjoy – and stay warm and RAW!



DETOX SALAD WITH TAHINI LEMON DRESSING



Ready In

6:35



Complexity

Easy



Servings

4



Kcal

300



Origin

France



Ingredients

- 4-5 cups baby romaine or arugula or any other soft leafy green
- 1/3 cup toasted baby pumpkin seeds (also called pepitas)
- ½ – 1 whole avocado, skin removed and sliced
- 3 oz super firm tofu, cut into small cubes
- Tahini Dressing (recipe to follow)
- Salt + pepper, to taste



Instructions

- 1 Add 1 Tbsp of tahini dressing to each bowl of salad.
- In a large bowl combine all of the ingredients, except for the tahini dressing and the salt and pepper.
 - Salt and pepper your salad, to taste, if it needs it.

DETOX SALAD WITH TAHINI LEMON DRESSING CONTINUED



Ingredients

Dressing Ingredients:

- ¼ cup roasted or raw tahini
- ¼ cup fresh lemon juice
- 2 Tbsp olive oil
- ¼ tsp sea salt
- 1 Tbsp umeboshi plum vinegar {you can sub for rice vinegar or apple cider vinegar}



Instructions

Dressing Direction:

- 1 In a high speed blender, combine all of the above ingredients.
- 2 Blend away on high until everything is very thoroughly mixed and a creamy white color.
- 3 Store in airtight container in the refrigerator. Should last almost 2 weeks.



Food choices affect your health every day, even if you are aware or not. Making the right choice brings you into a state of feeling energetic, no foggy memory, better mood, ..etc.

Combined with physical activity your diet can help prevent many illnesses, like Cardiovascular diseases, Diabetes, Obesity, all types of cancers, Stroke, Cholesterol and more...

These recipes will enhance your health and help to bring you long life.

Enjoy.....

Compliments of
<https://rawfoodnutritionandherbalremedies.ca/>

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