

Delicious **gluten** and **dairy-free** **vegetarian** recipes

fresh and *vibrant*

Simple, easy to make

raw food

recipes



Veet Karen

fresh and vibrant

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Foreword

All recipes in this book are ones that I have adapted from food I cook in the home or on catering jobs. I have taken many of my own recipes that I use every day and turned them into raw food recipes. Much of what we eat in our everyday lives is raw so recipes are easy to think of and create. A few of the recipes came to me by observing what people like to eat and a few recipes were given to me via word of mouth as I scribbled them on the backs of shopping docket etc. Not one for sticking to a recipe everything that was given to me has been changed in some way or other.

Fresh and Vibrant

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The text and illustrations in this book cannot be copied by any form of electronic means. The recipes can definitely be shared via word of mouth or copied down for friends, as it is through sharing cooking food and good times together that a strong community is built.

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gratitude

Like everything in life the self publishing of this little book was only made possible by the support of a whole mob of people.

Firstly it was through the encouragement of Dayne Crocker and the participants of the Zen Soul Yoga retreat whom I catered for in 2012 that this book was first conceived. Thanks to every single one of you who attended that retreat and to Madonna Williams who runs Zen Soul yoga.

Gratitude to Gatya Kelly for making such a fresh looking cover and fun and light illustrations for the book and to Catherine Mia Hill for proof reading.

The biggest thank you of all to my beloved Makrand who has been there by my side listening to my constant ramblings about my business and for his hard work at getting the final stages of this book together.

Other acknowledgments go to the incredible local farmers who grow such impeccable produce. Without this standard of local, spray free and organic produce such creative recipes could not be followed. I am in awe of what you do.

Thanks also to Thirak Rochin who is by my side at every job I cater for, sharing her immense positivity and light and to all the other beauties who work with me.

And lastly a special dedication to the Indian Mystic Osho for confirming all that I felt to be true in life; which has allowed me to face my fears and to live the life I want to live as well as pursuing my passion.

Enjoying fruit, vegetables and produce recently picked from the earth's magnificence is equal to nothing else. It's the ultimate experience that leaves us feeling exhilarated and humble all at once.

To Mama
again and forever



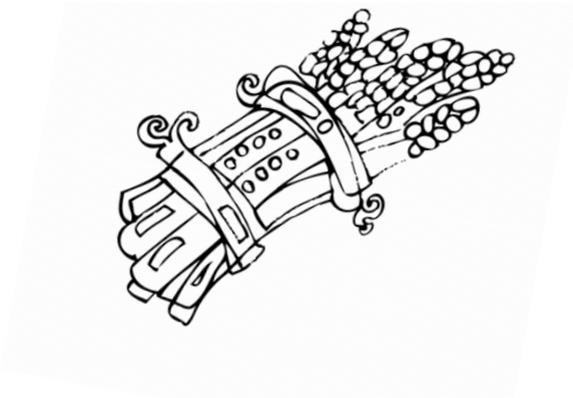
“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou



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raw food books

There are many great raw recipe books on the market. So for many more ideas check out your local health food shop or have a search in the library. If you are after individual recipes you can always do an internet search and you are bound to find a multitude of delightful recipes. This little book that you are reading now has been compiled with recipes that I have experimented with when cooking on raw food retreats. All of the recipes in this booklet maximise the flavour of the individual ingredients and look and taste vibrant.

local and organic produce

Like any cooking, I feel the key to raw food is the use of good quality ingredients. For fresh produce use organic wherever possible. However avoid using organic produce that has been flown in from somewhere hundreds of kilometers away. It is best to frequent your local growers market and use the organic produce they sell there. The further food has to travel the less fresh it will be.

In my cooking I aim to use fresh produce that has travelled less than 100 kms to reach my plate. With other produce like nuts, legumes, pulses and grains I use local where possible but this can be tricky, so organic is the key here. For example I love quinoa but they don't grow it in the Byron shire where I live. However these days it is grown organically in Tasmania and that certainly suits me because until early 2010 the only quinoa available was from Bolivia.

If you try to use as much locally grown or organic fresh produce as you can for the recipes in this book you will be creating and eating wonderful masterpieces of deliciousness.

adequate protein

Personally I love raw food and really understand how wonderful creating it is. The food tastes and is fresher than cooked food and the colours bring magic to the soul. However as much as I respect the main principle of eating raw food, I am a big advocate for ensuring that adequate vegetarian protein is obtained through your diet. So I strongly suggest that when eating raw food, you make sure you add an ample amount of activated nuts, sprouted legumes and grains, seeds and tahini to your recipes.

equipment

The recipes chosen for this raw food booklet are ones where a dehydrator is not needed, making it very easy to create raw food. A blender would be most useful and if you are planning on adding more raw food to your diet buying one would be a good plan. If, however, you already have a food processor then that will be sufficient as a good starting point. A garlic press, a good peeler and a julienne peeler would also be a wise investment. If you want some fun then add a spiraliser to your kitchen equipment. They make light work of the recipes that call for creating spaghetti shapes out of vegetables. A mandolin is also wonderful but something that needs to be used with extreme caution and one hundred percent awareness.

essential pantry ingredients

The perfect situation is to have your pantry well stocked (not overly stocked as things may go off before you have chance to use them), so you can easily make a recipe from this book by just buying the fresh vegetables and fruit you need. Quantities in this list are for one to two people so if you are a big family you could easily double the amount listed.

Buy organic pantry ingredients. My advice is that if you can't find organic use something else instead. You will definitely notice the difference if you use organic, maybe not initially but over time. Keep nuts and dried fruit in the fridge to stop them from going rancid, especially if you live in more humid climates.

spices

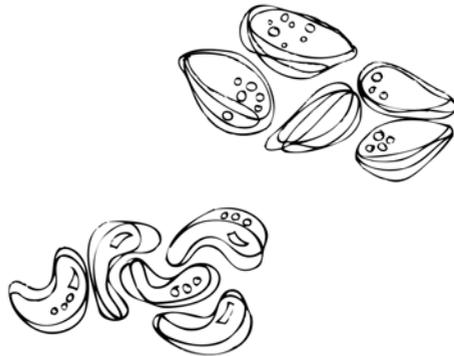
- 50 g whole cumin seeds
- 25 g to 50 g cinnamon
- 25 g to 50 g cardamom
- 50 g ground coriander
- 50 g paprika
- 50 g cayenne pepper (to sprinkle on food to add a bit of heat)
- 100 g turmeric

salt and flavouring

- 150 g australian sea salt (either fine or flakes)
- 150 g pink himalayan salt or celtic sea salt
- 200 g gluten free herb salt
- 1 litre of gluten free tamari
- 1 small jar of tamarind paste

nuts and seeds

- 200 g australian pepitas
- 200 g sunflower seeds
- 200 g sesame seeds
- 500 g pecans
- 500 g almonds
- 500 g cashews
- 200 g chia seeds
- 100 g raw cacao



dried fruits

- 500 g dates
- 200 g dried figs
- 200 g dried apricots

seaweeds

1 packet nori roll papers
100 g dulse flakes

oils

small jar of extra virgin coconut oil
at least 1 litre cold pressed olive oil

sweeteners

1 kg of raw honey
500 g agave
250 g maple syrup

vinegars

500 ml of apple cider vinegar
250 ml balsamic vinegar

fresh herbs in your garden or in little pots

parsley either flat leaf, curly or both
mint
coriander (this can be difficult to grow)
rosemary
oregano
basil
chilli

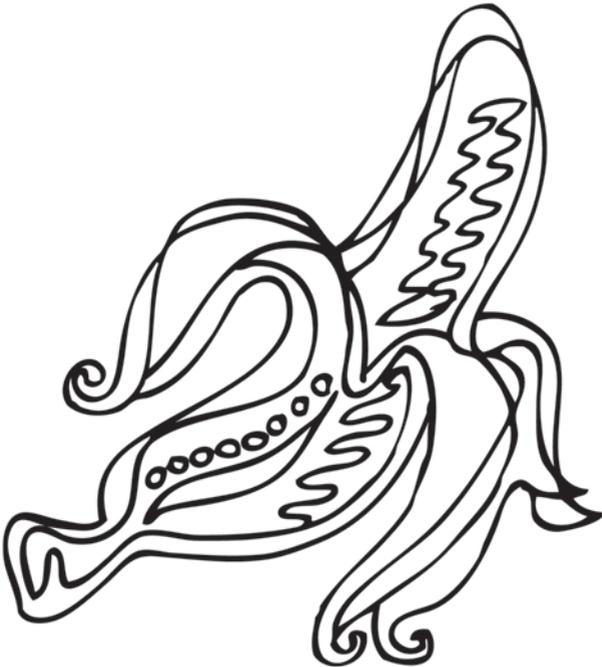


in your fridge

a lovely sized knob of ginger
a bulb of local garlic (if I can't find local garlic I just don't bother)
a small knob of fresh turmeric

breakfast

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smoothies

It is possible to add many things to your smoothies. Some people add super green powder and probiotics, spirulina, chia seeds and macca powder. If you are using these then you can make a 'regular smoothie.' If you aren't using these I suggest adding some greens. Kale, lettuce, spinach and parsley are all good. I pop them in the blender first before any of the fruit.

Below is the recipe for the 'regular smoothie,' if you are not using super green powders blend $\frac{1}{2}$ bunch of kale or green leafy vegetable of your choice first then add the ingredients below.

1 banana
up to a cup of filtered water
 $\frac{1}{4}$ - $\frac{1}{2}$ cup of blueberries or berries of your choice

serves: 1 to 2 people
preparation: 5 minutes

In a blender add the banana and pulse until all mashed, then add the berries. Thin your smoothie with water to your liking.

Some variations I like to use
the juice of a lime, lemon or orange, a few passion fruit, a mango, or a cucumber or $\frac{1}{4}$ of a red papaya

almond milk

2 cups of almonds
4 cups of filtered water
3 dates (optional)



Soak the almonds overnight in some filtered water. The next morning drain the almonds and put them in a blender. Blend until they are really fine. Add the water and process for 2-3 minutes. Strain the milk through a fine sieve and there you have it, some lovely creamy almond milk. You can use almond milk to make chia pudding, you can add it to your smoothie or add it to your cup of black tea.

cashew milk

For my palate cashew milk is just right, as it is not as sweet as almond milk. Adding cashew milk to cold pressed coffee is delicious beyond description. If you want it sweeter you can add a date or two when processing the nuts.

1 cup of cashews soaked for 6 hours
2 cups of filtered water



Drain the cashews from their soaking water and place in your blender. Process the cashews until very fine then add the water and keep processing until smooth.

chia pudding

If you are not a morning person it is best to make this the night before. For added deliciousness chop up some of your favourite fruit and decorate the pudding with it. Chia pudding is lovely to make with children, as it is so incredibly scientific and wondrous to watch the chia seeds puff up and thicken.

¼ cup chia seeds
1 cup almond milk
1 banana
2-3 pitted dates (soaked in filtered water for 20 minutes)
a few pinches of cinnamon

serves: 2 to 3 people
preparation: 10 minutes

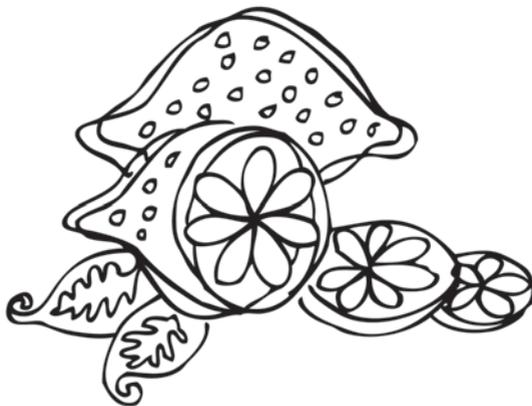
In a food processor or blender add the banana and dates, process then add almond milk and whizz further until blended. In a non reactive bowl place the chia seeds and stir in the milk mixture. Add a few pinches of cinnamon then let sit for ten minutes or more so the chia seeds can swell and the pudding thickens.

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- everything green juice 18



tamarind and honey drink

1 tbsp tamarind puree
1 tsp honey (optional)
1 glass of chilled filtered water

makes 1 glass

Mix all the ingredients together and serve over ice. A shot of tequila is a naughty but nice addition to this drink.

ginger juice mint with lemon and soda

juice of 2 cm knob of ginger
juice of 1 lemon
a few sprigs of mint
300 ml soda water

makes 1 glass

Pop a few ice cubes and mint into the glass, pour in both juices and fill with soda water. Stir with a spoon.

juices

If you feel you would like to make juice on a regular basis then I suggest investing in a good quality juice extractor. A juice extractor removes much more of the nutrients from fruit and vegetables than a normal household juicer and over time it is well worth the money. For the following recipes place all the ingredients through the juicer and stir at the end. Drink immediately to make the most of the nutrients. The following recipes make roughly one or two glasses.

watermelon and mint juice

¼ watermelon
a few sprigs of mint

cucumber lime fennel and apple juice

1 cucumber
1 lime (skin removed)
¼ fennel bulb
1 apple

earthy goodness juice

1 cucumber
½ bunch parsley
1 carrot
2 cm knob of turmeric
½ lemon (skin removed)

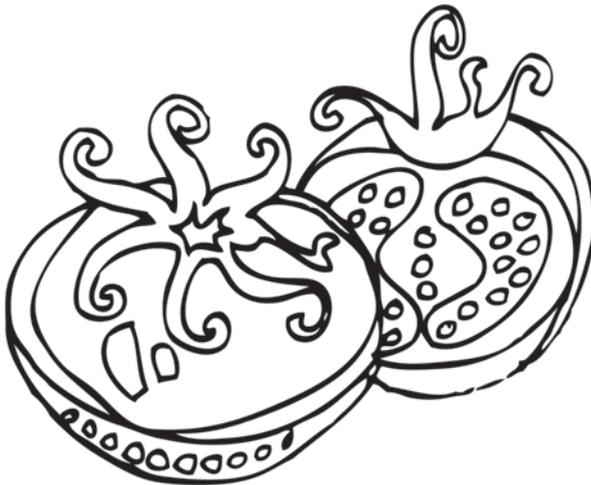
everything green juice

½ bunch kale or silverbeet
1 cucumber
1 green apple
¼ bulb fennel
¼ bunch of celery



soups

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borscht soup (raw beetroot)

A flavoursome earthy soup this is indeed. To keep the soup simple add the seed garnish to each soup bowl. Or for a more complex soup add a generous dollop of cashew and basil spread (pg 56) to each bowl of soup and with every spoonful you might find yourself transported to the Eastern European countries where this soup first originated.

1 tsp cumin
1 spanish onion
3 apples
4 beetroots
2 stalks celery
4 mushrooms
1 red capsicum
1 tsp organic herb salt
½ tsp of celtic or australian sea salt
juice of ½ a lemon
filtered water to thin

garnish: pepita seeds, activated sunflower seeds or even a sprinkling of sesame seeds

serves: 2 to 4 depending on if it is a side or main
preparation: 15-20 minutes

Juice the apples and two of the beetroots. Chop all the other vegetables and then process until they form a pulp in a blender or food processor. Add the salt and cumin and whizz until mixed through. Transfer to a bowl with the apple and beetroot juice and then add the lemon juice and thin the soup with filtered water. Serve into individual bowls and sprinkle on the garnish.

creamy carrot soup

8 carrots
3 cups fresh carrot juice
1 large avocado
1 spring onion
a handful of fresh basil
3 tomatoes
juice of 1 lemon
1 tsp ground cumin



serves: 4 to 6 depending on if you are having as
a main or as a side
preparation: 20 minutes

Grate the carrots and then put them in a food processor and process them to a pulp. Chop the spring onion and add to the food processor along with the avocado, lemon juice and ground cumin. Take the mixture out of the food processor and add the carrot juice, if you feel the soup needs thinning add some filtered water. Dice the tomatoes very small and chop the basil and mix with the tomatoes. Use the tomatoes as garnish when serving the soup.

carrot coconut and ginger soup

1 inch piece ginger root (no need to peel)
6 carrots roughly chopped
6 tablespoons lime juice
2 cups raw cashews soaked for 6 hours
1 mango
1 cup filtered water
1 teaspoon raw honey (optional)
2 tablespoons extra virgin coconut oil (melted)
sea salt

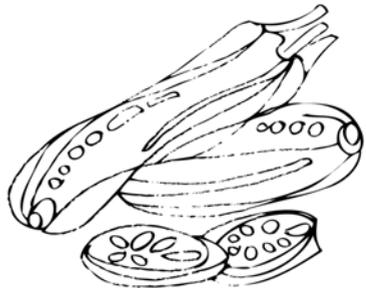
garnish: raw, unsweetened, shredded coconut, 1 carrot very finely diced, 1 red capsicum very finely diced

serves: 6 people
preparation: 20 minutes

Juice the ginger and two of the carrots. Place the rest of the carrots in the food processor or blender and process until they become mushy. Drain the cashews and then add them to the blender, pulse until it all forms a paste. Add the mango, lime juice, coconut oil and honey if using and pulse until all smooth and mixed together. Remove the ingredients from the blender or food processor and place in a bowl. Mix in the carrot and ginger juice and one or more cups of filtered water. Serve in individual bowls and garnish with the coconut and finely diced carrots and capsicums.

green vegetable soup

1 zucchini
1 bunch of english spinach
1 avocado
½ lemon
a handful of cashews (soaked
for 6 hours then drained)
¼ onion
herb salt



garnish (optional): ¼ cup pepitas and 1 cob of sweet corn

serves: 2 to 4 depending on if it is a side or a main

preparation: 20 minutes

Firstly grate the zucchini and cut the spinach finely. Add to a food processor along with the onion and process until fine. Next add the avocado and lemon juice and finally the cashews. Remove from the processor and place in a bowl, mix in some herb salt and filtered water if it needs thinning.

You can garnish this soup with some fresh sweet corn taken from the cob and some lovely green pepitas, but not essential.

chilled gazpacho soup with garnish

6 ripe tomatoes, peeled and chopped
1 cucumber, chopped
1 sweet capsicum
1 stalk celery chopped small
1 tbsp finely chopped fresh parsley
1 clove garlic minced (optional)
2 tbsp apple cider vinegar
½ tbsp olive oil
1 tbsp freshly squeezed lemon juice
2 teaspoons honey or agave
(optional)
salt and fresh ground pepper to
taste
3 tsp gluten free tamari
filtered water to thin the soup to your liking



garnish: 1 cucumber and ½ purple onion very finely diced

serves: 4 to 6 people depending on if you are having it as a main or side dish

preparation: 30 minutes

For this recipe you can use a blender or chop everything really small. It is totally fine to have chunks in a gazpacho.

Place the tomatoes, celery, garlic and capsicum in a food processor, process until quite fine. Add the lemon juice, vinegar and olive oil and whizz for a few more seconds. Remove from the blender and add ¼ cup of water at a time to thin the soup until it is the consistency you like. Finally season with salt and pepper and mix in the chopped parsley. Chill for a few hours. Serve just before devouring, top each bowl of gazpacho with a spoon of the finely diced onion and cucumber. Eating this spanish style soup alongside a lovely salad containing avocado, pepitas and raw sweet corn makes a festive feast.

cucumber and avocado soup

You might want to take my advice and double or triple the quantities for this recipe as this soup is a heavenly treat which you will want to enjoy the next day too. It tastes just as good the following day as it does on the day of making.

3 cucumbers roughly chopped
3 tbsp lemon
salt or organic herb salt
1 avocado
parsley finely chopped

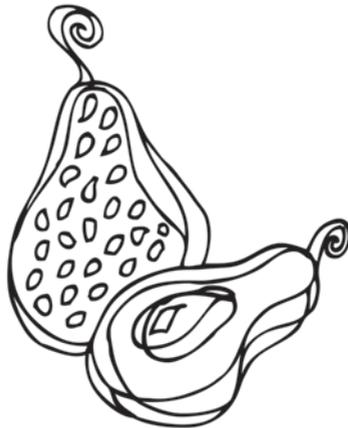
garnish: the garnish is not necessary on this soup, however it adds a lovely touch.

1 tomato finely diced, ½ spanish onion finely diced, 100 g sesame and sunflower seeds

serves: 2 to 4

preparation: 20 minutes

Roughly chop the cucumbers then add to a food processor, process until they form a soupy consistency then add the lemon juice and avocado. Whizz until completely blended. Place in a mixing bowl and season with the herb salt. Add the parsley and thin with filtered water until it reaches the consistency you like.



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matchstick choko with garlic and herbs

This is a dish to accompany the asian style raw curry or the coconut carrot soup.

- 2 chokos cut into matchstick pieces
- juice of 2 lemons
- 1 tbsp agave (optional, I really don't bother)
- 1 tbsp cold pressed olive oil
- 1 tbsp finely chopped thyme
- ½ cup of coriander leaves torn off the stems
- ¼ tsp paprika
- ¼ tsp cayenne pepper (optional)
- 1 tsp salt

serves: 6 as an accompaniment

preparation: a good half hour

After you've cut the chokos, put them in a colander and squeeze out any water the vegetable has created. In a non reactive mixing bowl add the lemon juice, salt, garlic, olive oil and agave if using. Mix in the choko and then cover. Let sit in the fridge for a few hours. When ready to eat put on a serving plate, mix the cayenne and paprika together and sprinkle over the choko and garnish with the coriander.

carrot and red cabbage salad

- 2 carrots julienned very small
- ½ red cabbage very finely sliced
- ¼ cup sultanas or thinly sliced figs
- 1 bunch parsley finely chopped
- 2 tbsp tamarind puree
- 1 tbsp agave (optional)
- 2 tbsp cold pressed olive oil
- salt and pepper to taste

serves: 6 as a side dish

preparation: 20 minutes



Mix the tamarind, agave and olive oil together. Mix all the other ingredients together and fold the tamarind mixture through the vegetables.

carrot and poppy seed salad

4 carrots peeled well and grated
2 tsp poppy seeds
2 tsp sesame seeds
½ cup macadamia nuts roughly chopped
2 tbsp sunflower seeds, activated or not
juice of 1 orange
½ cup roughly chopped mint leaves

serves: 6 as a side
preparation: 15 minutes

Mix all the ingredients together adding the orange juice just before serving. This is a great side dish and you can easily turn it into more of a main if you heap it on to some lovely fresh green cos lettuce and serve with a soup of your choice or the kale salad (pg 27).

marinated kale salad

1 bunch kale chopped in very fine strips
3 red capsicums cut in very fine strips
2 cucumbers deseeded and finely chopped
3 spring onions cut into very thin rings
1½ tsp lemon juice
1½ tsp gluten free tamari
3 tsp of palm or coconut sugar (optional)
olive oil
1 avocado plus a good squeeze of lemon juice
1 tsp sea salt or to taste
freshly cracked pepper
1 tbsp sesame seeds



serves: 6 as an accompaniment

preparation: 20 minutes, needs to be prepared 2 hours before eating.

If you are using sugar, mix it with the tamari, lemon juice and olive oil. In a non reactive mixing bowl place all the ingredients except the avocado. Mix everything together well, cover and place in the fridge for a few hours. Just before serving either mash the avocado with a fork and add the squeeze of lemon or pop it in the food processor and whizz. This will make it smoother and easier to use, as you will rub the avocado through the salad. You can do it best using your hand, however if you are not into mixing without a utensil then mix the avocado through with a spatula. Season with more salt if necessary and add the pepper. Put in a serving bowl and sprinkle on the sesame seeds.

baby capsicum parsley and cucumber tabbouleh

You can use sprouted buckwheat or quinoa with this recipe. If using you will need a cup of either.

1 large bunch of parsley finely chopped

2 sprigs of mint leaves finely chopped

1 french shallot very finely diced

4 tomatoes diced finely or 10 cherry tomatoes cut in quarters

2 cucumbers finely diced

1 baby red, 1 baby yellow and 1 baby orange capsicum finely diced

juice of 1 lemon

¼ cup of very tasty organic olive oil

1 tbsp of agave (optional)

optional: dried figs or a fresh cob of corn with the corn kernels removed from the cob.

serves: 2 to 6 as a side dish

preparation: 20 minutes

Mix all the ingredients together and that's it. It's a simple yet abundant salad.

sprouted legume beetroot and orange salad

A delight served as it is or serve with 2 tbsp of miso tahini dressing for an altogether different experience.

100 g sprouted legumes
2 medium beetroots grated
2 oranges sliced in rounds and then quartered

serves: 4 as a side

preparation: as easy as one, two, three and then maybe 10 minutes more.

Mix all the ingredients together.

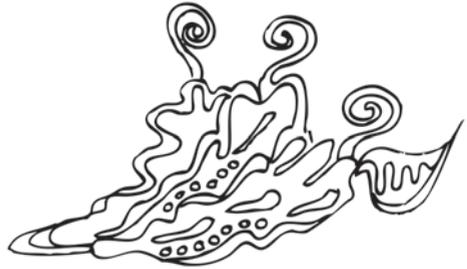
green salad with red papaya

1 green lettuce washed and gently torn
1 cucumber thinly sliced
1 small ripe papaya or
½ medium papaya cut into 1 cm
cubes or smaller
1 handful of sprouts
¼ cup of activated sunflower
seeds
a few edible flowers (optional)

serves: 2 to 4

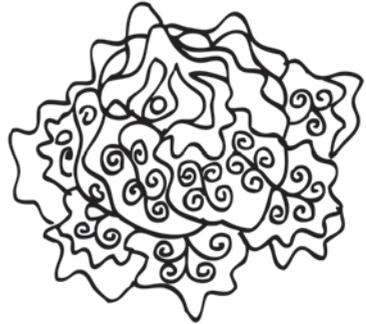
preparation: 15 minutes

In a serving bowl place half of the lettuce, then half of the cucumber, papaya and sunflower seeds. Followed by the rest of the lettuce, papaya, cucumber and sunflower seeds. Garnish with the sprouts and flowers if using.



date red cabbage and tomato salad

1 green lettuce washed and gently torn into pieces
¼ red cabbage sliced as finely as you possibly can, ½ cm is most ideal
12 cherry tomatoes cut in half
12 dates cut into 4 to 5 strips per date
- if you are feeling extravagant fresh dates are wonderful however dried ones are just as good
sprouts and edible flowers to garnish
200 g slivered almonds toasted
Dressing of your choice



serves: 4 to 6 as a side
preparation: 20 minutes

In a serving bowl place a third of the lettuce, sprinkle on a third of the tomatoes, dates and almonds. Repeat this twice and then garnish with the sprouts and flowers.

apricot and almond salad

1 green lettuce
4 fresh apricots halved and sliced or
8 dried apricots sliced
¼ cup soaked, sprouted or activated almonds
¼ cup sprouted legumes or beans (optional)
1 carrot peeled and grated
a handful of sunflower sprouts

serves: 4 to 6 as a side
preparation: 20 minutes

Layer half of the washed and gently torn lettuce onto a platter, place half of the ingredients (except for the sunflower sprouts) on the lettuce. Then layer the rest of the lettuce and then the rest of the ingredients garnishing with the sunflower sprouts.

shredded salad with the super sexy dressing

- ¼ red cabbage very finely shredded
- 2 carrots peeled and julienned nice and fine
- 2 red capsicums cut into very fine slices
- 1 cup blueberries
- 1 ruby red grapefruit cut into strips

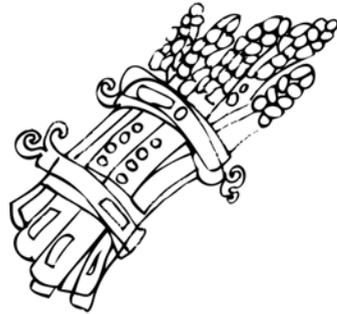
serves: 4 to 6 as a side
preparation: 15 minutes

Mix all the ingredients together and then mix through half a portion of the super sexy dressing (pg 35).

shredded asparagus carrot and blueberry salad

- 1 lovely lettuce
- 1 bunch of asparagus
- 1 carrot grated
- 1 cup of blueberries
- 1 cup of sprouts

serves: 4 to 6 as a side
preparation: 15 minutes



Shred the asparagus by cutting each spear as finely as you can. Assemble all the ingredients in a salad bowl and serve with an apple cider dressing (pg 34).

shaved fennel and asparagus salad with blueberries and ruby red grapefruit

1 lovely lettuce washed and gently torn

1 grapefruit peeled, pips removed, quartered and cut into thin slices

½ fennel bulb either cut on a fine mandolin or very finely sliced

reserving the fennel leaves for garnish

½ bunch asparagus ends broken off then shave the asparagus or slice
on an angle very finely

lime or apple cider vinegar dressing (pg 34)

200 g blueberries

serves: 4 to 6 as a side

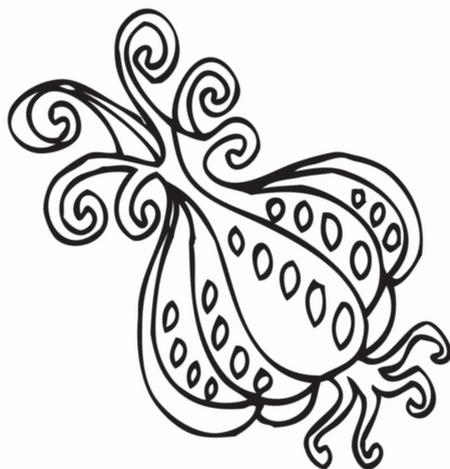
preparation: 15 minutes

In a salad bowl or on a platter arrange half of the lettuce then half
of all the fruit and vegetables, next the rest of the lettuce and then
the rest of the vegetables, garnishing with the remaining grapefruit
slices and blueberries and finally garnishing with the reserved fennel
leaves.



dressings

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apple cider vinegar dressing

1 cup very good quality olive oil
½ cup apple cider vinegar
2 tsp finely chopped thyme (optional)
½ tsp sea salt
pinch of pepper

Place all the ingredients together in a jar and mix by shaking vigorously. If you like a sweeter dressing add two teaspoons of agave or raw honey.

miso tahini dressing

¼ cup miso paste
½ cup tahini
¼ cup lemon juice
¼ cup chopped parsley
½ cup boiling water

Mix all the ingredients together and whisk until smooth. You may need to add more water if you like it thinner. You can store this dressing in the fridge, however it will thicken up. To thin add a bit of boiling water and a pinch of salt.

lemon myrtle infused macadamia oil dressing

1 cup of lemon myrtle infused macadamia oil
½ cup of apple cider vinegar or half a cup of lemon juice
½ tsp of sea salt
pinch of pepper

Mix all the ingredients together in a jar. Mix by shaking vigorously.

date and ginger dressing

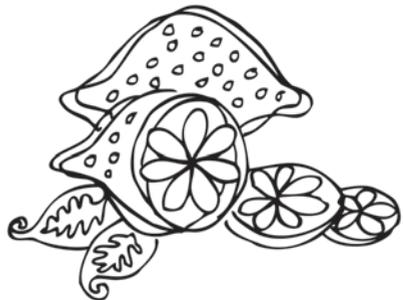
This dressing will last in the fridge for a week so it is nice to make up a big batch.

12 dates
2½ cm piece ginger very finely grated
2 cups olive oil
4 tsp sesame oil
juice of 3 limes
12 tsp white miso
6 tsp tamari
date water

Soak the dates in filtered water for half an hour. Drain the dates from the water reserving the water as you can use this to thin the dressing. Process the dates in a food processor until they form a paste. Add the ginger and process for a minute or so. Add all the other ingredients except the date water and process. You can add the date water bit by bit until you have the dressing at the consistency you prefer.

super sexy dressing

200 g macadamias
juice of 3 oranges
juice and zest of 3 limes
salt and pepper to taste
6 kaffir lime leaves finely chopped
¼ cup macadamia oil
½ cup water

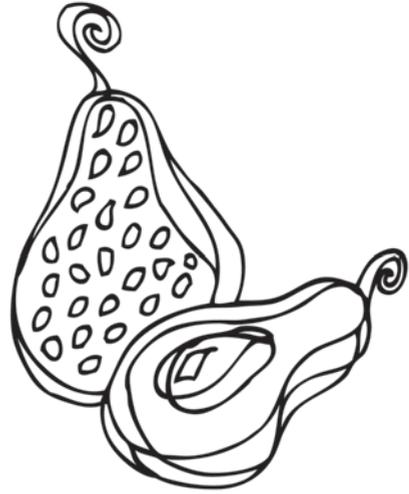


Chop the nuts in a food processor until very fine, add the oil to make a paste. Next add the juice, zest, kaffir lime leaves, salt and pepper. Whizz for a minute or so and add water to make it a thinner consistency. You will soon find out why it has its name.

creamy avocado dressing

2 ripe avocados
juice of 1 lemon
juice of 1 lime
½ cup good quality olive oil
salt and pepper to taste
2 tsp of organic maple syrup or agave

Add all of the ingredients to a blender and whizz for a few minutes, until all ingredients are mixed together. It is best not to whizz for too long as it can send the avocado brown. You can thin this dressing down with more citrus juice and olive oil. Adding water dilutes the taste of the avocado so best to avoid that.



ginger and sesame dressing

4 tbsp sesame oil
4 tbsp cold pressed olive oil
4 tbsp apple cider vinegar
4 tbsp gluten free tamari
2 tbsp ginger juice (this will be a good few nobs of ginger to make the juice - use a juicer to do this)
2 tbsp ground sesame seeds
1 clove garlic minced (optional)
2 to 6 dates finely chopped

Pop the dates in the food processor along with the garlic if using. Process for a minute then add all the other ingredients.

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If you are serving a complete raw meal it is lovely to have a large array of small dishes. Almost like a tapas feast. Ideally a soup, main and a salad, then two or three accompaniments, a smoothie or a juice and possibly if there is any room left, a dessert. This section is abundant in choice of accompaniments. You can mix and match perfectly with anything else in the book. All of the accompaniments can serve many people as a side. To get off the fence, I would say eight people. The salsas and sambals take about twenty to thirty minutes to make and the other accompaniments as little as ten minutes.



pickled cucumber and onion

- 3 lebanese cucumbers or 1 telegraph cucumber
- 1 spanish onion cut into the thinnest of wedge-shaped pieces
- enough apple cider vinegar to cover the cucumbers
- 2 or 3 sprigs of dill finely chopped
- 2 or 3 sprigs of mint finely chopped
- ¼ tsp sea salt
- freshly cracked pepper

Take a fork and drag it down one side of the cucumber, continue to do this until all of the cucumber has fork marks engraved in it. This forms a pattern when you cut the cucumber. Cut the cucumber into thin slices, place in a bowl with the onion, salt, dill and mint and a few turns of freshly cracked pepper. Fork through to mix everything around. You can let this stand for an hour before eating.

pickled vegetables with mint

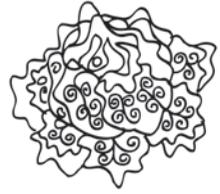
- 1 carrot peeled and julienned
- 1 cucumber deseeded and julienned
- ½ cauliflower cut into small florets
- 1 small red onion cut in half lengthways and then thinly sliced
- 1 cup apple cider vinegar or malt vinegar
- 1 cup mint very finely chopped
- 1 tsp salt
- cracked pepper
- 2 tsp agave (optional)



Place the vegetables in a bowl together. Mix the rest of the ingredients in another bowl and then pour that over the vegetables. Let stand in the fridge until the next day. With a cover on the vegetables it will last up to a week.

pickled red cabbage

½ red cabbage
enough apple cider vinegar to cover the red cabbage
1 to 2 tsp sea salt



Slice the red cabbage as thinly as you possibly can. The thinner it is the better. Pop into a non reactive bowl and mix in the salt and cover with the vinegar. Cover the bowl and get it in the fridge as soon as you can to avoid gobbling it down before it actually pickles. If you have the willpower leave it overnight before serving.

marinated olives

300 g olives with their stones, a mixture of green and kalamata works well, make a split in each olive (this helps the flavour soak into them)

½ tsp fennel seeds
¼ cup olive oil
2 large sprigs oregano finely chopped
1 clove garlic finely chopped
1-2 chillies finely chopped
½ lemon cut up fine with the rind left on
- cut it into 4 wedges and then into thinner slices
the juice of the other half of the lemon



Mix all the ingredients together and let sit for 6 to 12 hours before eating. You can preserve them in a sterilised pickling jar or they will last in the fridge for a week in an ordinary airtight container.

chervil relish

2 cups chervil
1 cup fresh lemon juice
1 small spanish onion finely diced
½ tsp sea salt

Combine all ingredients in a food processor and process until finely minced.

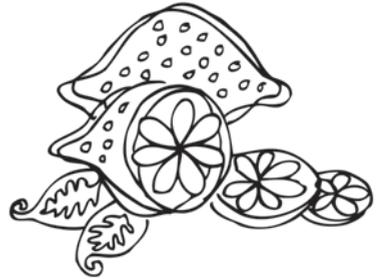
green relish

- 2 cups of parsley finely chopped
- 2 cups of basil finely chopped
- ½ cup mint finely chopped
- ½ cup green spring onions finely chopped
- 1 tbsp capers finely chopped
- ½ cup green olives finely chopped
- ½ cup cold pressed olive oil
- 1 tsp lemon juice
- salt and pepper to taste

Simply mix all of the ingredients together and there you have your relish.

cauliflower salsa

- 1 head of cauliflower
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- 1 bunch coriander finely chopped
- 1 bunch parsley finely chopped
- 1 bunch mint finely chopped
- ¼ cup basil finely chopped
- 2 cups cherry tomatoes quartered
- 1 red bell pepper finely chopped
- ½ cup black olives pitted and sliced
- salt and pepper to taste



Cut the cauliflower into very tiny pieces, add the lemon juice and let sit while you are preparing everything else. Mix everything together and season with salt and pepper. You could also add chilli if you like. This is lovely with the marinated mushrooms and a vibrant salad of greens and sprouts.

tomato corn and pepita salsa

100 g pepitas
6 truss or roma tomatoes
or 300 g cherry tomatoes
2 cobs of corn
juice of 1 lime
salt to taste
chillies cut up very small (these are optional - you can have 1 to 4 depending on how hot you want it or none at all)
1 medium spanish onion finely diced (optional)
½ bunch coriander finely chopped



If using truss or roma tomatoes dice them finely into ½ to 1 cm pieces. If using cherry tomatoes cut them into quarters. Take the corn off the cob and mix with the tomatoes, onion and chilli, if using. Next salt to taste and finally just before serving mix in the pepitas. This is a great accompaniment to many dishes. You can use it as a sambal (little side dish) or use it to fill avocados. For this halve the avocado and fill it up with the salsa, serve with the carrot and red cabbage salad and a nice spoonful of nut cheese (pg 26).

blended red capsicum and tomato salsa

1 red capsicum roughly chopped
8 tomatoes cut in half
1 spanish onion cut in quarters
a big handful of basil
a big handful of parsley
4 sundried tomatoes cut into tiny pieces
2 chillies finely chopped (optional)
sea salt to taste



Place the capsicum, onion and tomatoes in a food processor and whizz until blended. Add the sundried tomatoes and whizz for a few more minutes. Finely chop the basil and parsley. Remove the salsa from the processor and mix through the basil and parsley, mix in the chilli if using and add salt to taste.

coconut and tamarind sambal

1 fresh coconut grated fine if you can source otherwise 3 cups of raw desiccated coconut
1 small spanish onion finely chopped
2 chillies finely chopped (optional)
juice of 2 limes
2 tbsp of tamarind puree
6 dates finely chopped (optional)

Mix all of the ingredients together.

green sambal

1 bunch of kang kung leaves very finely sliced
1 fresh coconut grated or 2 cups of raw shredded coconut
6 kaffir lime leaves finely ground
juice and zest of 2 limes
1 tbsp of grated palm sugar
or agave (optional)
1 clove garlic minced
1 shallot finely diced
2 chillies finely chopped

Mix all of the ingredients together and let sit for an hour before serving.



gomasio with variations

with spirulina

¼ to ½ cup of sesame seeds
1 tsp spirulina powder

Grind the sesame seeds in your blender or spice grinder. Mix the spirulina powder with the sesame seeds. A lovely sprinkling for salads.

with cashews

¼ cup of sesame seeds
¼ cup cashews or macadamia nuts

Grind the sesame seeds and nuts together. It's that simple.

with spice

¼ cup sesame seeds
½ tsp paprika powder

Follow the instructions for spirulina gomasio.

with dulse

¼ cup sesame seeds
4 tbsp ground dulse

Also follow the instructions for spirulina gomasio.

kalamata tapenade

240 g pitted kalamata olives
8 capers
2 small cloves garlic minced (optional)
2 tbsp fresh oregano finely chopped
2 tbsp organic apple cider vinegar
cold pressed olive oil to cover the tapenade



Pop everything in a blender or food processor and whizz until it forms a paste. I also like chunky tapenade. You can eat this with anything really. I love to put it on my salads. Tapenade can store in your fridge for a few weeks if you don't gobble it all up beforehand. To preserve, pop it in a jar and cover it with cold pressed olive oil.

green olive tapenade

240 g pitted green olives
juice and zest of 1 lime
2 tsp of chopped fresh thyme
2 small garlic cloves

Follow the instructions for kalamata tapenade.

sundried tomato and cashew dip

1 cup cashews soaked for 6 hours in filtered water
8 sundried tomatoes also soaked in water for a few hours

Drain the cashews and pop them in the food processor until they form a paste. Chop the sundried tomatoes into small pieces then add them to the food processor and whizz until sundried tomatoes and cashews are combined. Add salt if you desire.



main dishes

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thai green papaya salad with pecans and cashews

3 small papaya grated
1 cup pecans and cashews
1 pkt bean sprouts
2 tomatoes chopped into wedges 8-12 per tomato
100 g green beans sliced on an angle (120 degree angle) and into very small pieces
1-3 red chillies very finely chopped
½ bunch spring onions finely cut on an angle
1 bunch coriander roughly chopped
3 tbsp tamari
olive oil
3 tbsp lime juice
palm or coconut sugar (optional)
1 clove garlic finely diced (optional)

serves: 2 as a main or 4 to 6 as a side
preparation: 45 minutes

Place the grated papaya in a mortar and pound them until they are slightly bruised, add the tomatoes and green beans and pound as you just have for the papaya. Next add the garlic, tamari, lime juice and sugar if using and mix around and pound for a further minute or so.

Place into individual serving bowls or one big bowl and garnish with the spring onions, bean sprouts, coriander, pecans and cashews.



coconut milk curry with cauliflower rice

2 cups raw coconut milk
½ cup macadamia nuts ground
6 kaffir lime leaves
1 stick of lemongrass, ground
2 tsp ground coriander
1 thinly sliced capsicum
1 tsps finely grated ginger
2 julienned carrots
2 julienned zucchini
4 mushrooms very finely sliced
juice of 1 lime
1 tbsp of grated palm sugar

serves: 4

preparation: 30 minutes

Mix the kaffir lime leaves, ginger, coriander, garlic and lemongrass together to make a paste. Add a few tsps of filtered water. Mix the paste with the coconut milk and let sit for a few hours (or better still overnight) in a covered container in the fridge. Strain the coconut milk so no big pieces of the paste come through. Add the lime juice and palm sugar if using.

Place all of the vegetables in the coconut milk and eat with the cauliflower rice.

cauliflower rice

1 cauliflower roughly chopped
¼ cup of olive or sesame oil
1 tbsp tamari
2 tbsp of agave (optional)

serves: 4

preparation: 30 minutes



In a food processor place the cauliflower and whizz until the cauliflower resembles crumbs. Marinate it in the olive oil, tamari and agave if using. Let sit for at least an hour.

zucchini and tomato layered bake with a nut cheese and raw tomato sauce

3 zucchini

3 plum (roma) tomatoes or other juicy organic tomatoes (maybe four if they are small)

1 to 3 cloves garlic (how brave are you?)

¼ bunch of basil plus 10 lovely leaves for decoration

handful of sun dried tomatoes (about 5 or 6, not soaked, they should be dry as they will thicken the sauce)

1 teaspoon sea salt

1 tablespoon olive oil

1 portion of nut cheese or 1 portion of cashew basil spread (pg 56)

serves: 4 to 6

preparation: 45 minutes

With the very finest setting of a mandolin cutter, make strips of zucchini or cut into very thin strips. Rub some sea salt into the zucchini and let sit for half an hour to drain water.

While the zucchini are draining make the nut cheese (see the recipe in the nut cheese and spreads section). Let the cheese sit and then make the

tomato sauce. Chop the tomatoes into quarters and mince the garlic. Add the quartered tomatoes, minced garlic and ¼ bunch of basil to the blender. Whizz until the tomatoes are all processed. Transfer to a bowl and season with salt and pepper. Chop the sundried tomatoes into tiny pieces. Using scissors can make this task easier. Stir them into the sauce and let it sit for twenty minutes.

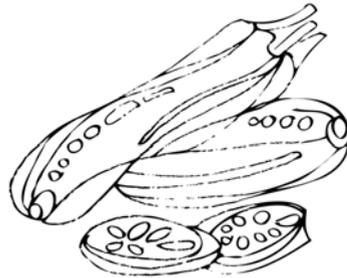


Now to the fun part, layering the bake. In a nice serving dish add a few spoons of the tomato sauce so it thinly covers the bottom of the dish. Place a layer of zucchini slices then cover with some tomato sauce. Next layer more zucchini, half of the nut cheese and another layer of zucchini. Cover with the remaining tomato sauce and the rest of the nut cheese. Garnish with the basil leaves by placing them flat on the top of the bake.

One of the beauties of this dish is once you have finished eating you have no dirty serving dish to scrub.

zucchini pesto with sundried tomatoes and kalamata olives

- 2 zucchini
- 1 cup macadamia nuts
- 1 clove garlic minced (optional)
- 1 avocado
- 1 bunch of basil
- juice of ½ a lime
- celtic sea salt
- 1 chilli (optional)
- ¼ cup of olive oil
- ½ cup of sundried tomatoes (organic that are dried and not soaked in oil are best)
- ½ cup pitted kalamata olives



serves: 2 to 4
preparation: 30 minutes

Using a vegetable peeler, peel the entire zucchini so you will have long thin strips that vaguely resemble fettuccine. In a food processor or blender add the nuts and whizz until they form a paste, add the garlic, basil and chilli if using and whizz until very fine. Next add the avocado, lime juice and olive oil at the same time. Season with salt. Mix the pesto through the prepared zucchini and garnish with chopped sundried tomatoes and kalamata olives.

raw nori rolls

Ideally using raw organic nori roll sheets would be the ultimate for this dish. However at the moment these are increasingly hard to find. So if you want to make nori rolls you may have to use the toasted ones.

nori roll sheets

500 g rocket or ceylon spinach - if you like peppery flavours you can add a handful of watercress to the ceylon spinach

2 avocados

1 serve of either the almond hummus or cashew basil spread

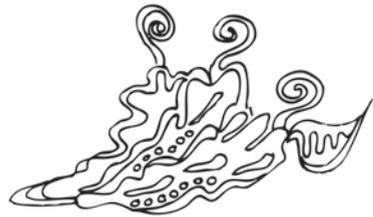
1 carrot julienned

½ cup pitted kalamata olives

1 capsicum thinly sliced

200 g sunflower sprouts

4 mushrooms finely sliced



serves: the recipe will make four to six nori rolls then you cut them into 6 pieces so it's up to you how many pieces you want per person. Usually four pieces is a serving but for decadence I would have at least six.

preparation: 45 minutes

On a chopping board or bamboo sushi mat place the nori sheet shiny side down. Place a large handful of the rocket or spinach on the nori sheet. Make sure it covers the entire sheet except for two centimetres at the far end.

Next add a line of nut cheese then next to that a line of carrots and capsicums, then olives and sprouts, mushrooms and slices of avocado. Roll up the nori roll by starting from the end closest to you. Roll it tight and when it is all rolled press it down slightly. Run a wet finger along the edge of the nori so it sticks. Once you have made all the nori rolls start cutting into rounds. To do this use a very sharp knife and cut the roll in half and then each half into three pieces. There will be a messy piece at the end, you can make this look decorative on the platter or save for snacks later.

marinated mushrooms

3 large portobello mushrooms, or 300 g of regular or swiss brown mushrooms sliced thickly

6 tbsp olive oil

6 tbsp of gluten free tamari

1 tbsp agave (optional)

serves: 2 people and they are great with the cauliflower salsa, also as part of a salad works well too.

preparation: 10 minutes

These are best made at least 4 hours prior to eating and even better if you manage to start them earlier. Place all the ingredients in a bowl and marinate for at least 4 hours.

marinated swiss mushrooms with pesto

12 swiss brown mushrooms

¼ cup cold pressed olive oil

¼ cup lime or lemon juice

2 sprigs of rosemary finely chopped

1 tsp sea salt flakes

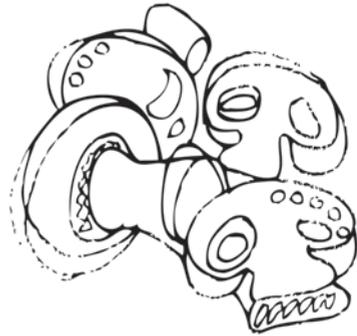
a few whole peppercorns

½ portion pesto

2 tbsp of flaked almonds

serves: 3 as part of a meal

preparation: 30 minutes



Remove the stalk from the mushrooms, mince them up and add to the portion of pesto. Mix the lime or lemon juice with the olive oil using a whisk and add the sprigs of rosemary, salt flakes and peppercorns. Place the whole swiss mushrooms in the olive oil mixture and marinate for 3 to 6 hours or even overnight. Remove the mushrooms from the oil and reserve (you can make a dressing with it). Stuff the mushrooms with the pesto and top with the flaked almonds. Serve with a wonderful green salad or with the marinated kale salad (pg 27).

mango cherry tomato and mint filled avocados

2 avocados halved, stone removed

juice of 1 lemon

1 mango - flesh cut into 1 cm cubes

12 cherry tomatoes quartered

6 to 8 mint leaves roughly chopped

broccoli sprouts or watercress for garnish

a pinch of salt and a few twists of the old pepper grinder

serves: 2 to 4 as part of a meal

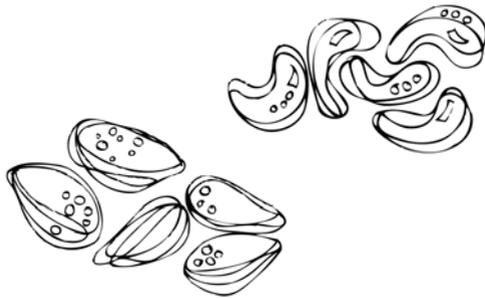
preparation: 15 minutes

Squeeze some lemon juice over the avocados. Mix the cherry tomatoes, mango and mint leaves together and give another good squeeze of lemon juice over this mixture, add the salt and pepper and fill the avocados. Garnish with the broccoli sprouts or watercress.



nut cheeses, spreads and pesto

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raw almond hummus

200 g almonds that have been soaked for six hours or the leftover almond meal from the almond milk you may have made

½ cup tahini

juice of 3 medium lemons

¼ cup olive oil

2 tsp organic herb salt

¼ cup filtered water

2 cloves minced garlic

Add the nuts and garlic to a food processor. Process until they are very fine. Next add all the other ingredients and whizz until blended. You may need to add more water if you like it thinner and then you will need to adjust the salt, maybe adding more.



zucchini hummus

2 medium zucchini

¼ cup olive oil

2 garlic cloves

1 tsp celtic sea salt

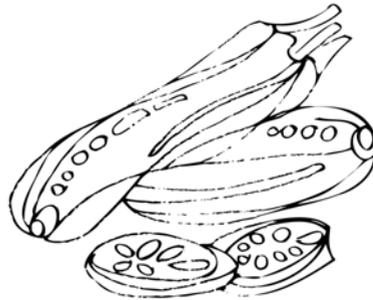
1 tsp dulse flakes

½ cup lemon or lime juice

¾ cup sesame seeds

¾ cup tahini

1 tsp ground cumin



Process zucchini, olive oil and garlic in a food processor. Add the remaining ingredients and process until smooth.

cashew and basil spread

1½ cup raw cashews, soaked for 4 hours in filtered water
1 tsp crushed garlic
2 tbsp lemon juice
salt and pepper to taste
½ cup fresh basil leaves, or more
¼ cup fresh parsley

Place everything in a blender or food processor and whizz until all mixed and fine. Voilà, as simple as that. Add filtered water if you want a more spreadable spread.



nut cheese

½ onion
herb salt
a large handful of macadamia nuts
juice of 2 limes
1 piece of muslin draped over a colander
¼ cup filtered water

Place the macadamias in a food processor with the onion and herb salt. Process until very fine, add the lime juice and water. Once it has formed a paste you can use the cheese as a spread or you can place the mixture in the muslin. Bundle up the muslin and tie a loose knot in it. You will then have a ball of cheese. You can hang this over something, I use a wooden spoon placed on top of a saucepan and let the cheese hang from there. Excess water will drain out and then after a few hours you can place it in the fridge. The next day the cheese can be sliced.

avocado and tomato spread

- 3 avocados
- ½ spanish onion very finely diced
- 1 tomato diced very small
- juice of 1-2 lemons
- 1 tsp organic herb salt
- 1 chilli chopped small

Mash the avocado with a fork, mix in the lemon juice and then the rest of the ingredients. This is a chunkier spread that's why we don't use a food processor.



pesto

You can use many different herbs to make a pesto.

- a big handful of basil or watercress or coriander or rocket
- a big handful (equal amount to the herbs) of nuts - macadamia or cashew work best
- 2 tbsp cold pressed olive oil
- 1 heaped tsp salt
- 2 tbsp fresh lemon or lime juice
- 1 clove garlic (optional)

In a food processor add the nuts and garlic (if using) and grind until quite fine, add the herbs and olive oil, salt and lemon or lime juice. Whizz until all are mixed together.

sweets

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strawberry delight

You can make this as a cake but it doesn't set well so I like to make it in individual glass bowls

- 1 cup pecans
- 1 cup almonds
- 8 dates
- 3 cups cashews soaked overnight
- 3 to 6 tbsp agave
- ½ cup water
- ½ cup lime juice
- ¼ cup coconut oil
- 1 large punnet of strawberries plus 6 for decoration
- 1 cup of blueberries for decoration



serves: 6 to 8

preparation: 30 minutes

Soak the almonds and cashews in separate bowls for 6 hours. Soak the dates for 1 hour.

In a food processor add the pecans and almonds and whizz until they are very fine, then add the dates and process further. Remove from the processor and roll this mixture into a ball. Next add the soaked cashews to the food processor and process until fine, add the strawberries and the rest of the ingredients. In six short glasses or glass bowls crumble some of the nut and date mixture, then add a few blueberries to each glass. Next add some strawberry, cashew filling then repeat the process finishing with a few blueberries and a chopped strawberry on top.

banana cake

for the crust:

- 1 cup finely ground raw almonds soaked for six hours
- ½ cup finely chopped dates soaked for ½ hour
- 6 dried figs chopped finely

for the filling:

- 1 cup finely ground raw cashews (soaked for 6 hours)
- 3 cups mashed ripe banana
- ½ cup finely chopped dates
- ½ cup tahini
- 2 tbs coconut oil
- ¼ tsp sea salt
- 10 pecan halves and a small banana chopped in thin rounds for decoration



serves: 8 to 12

preparation: 30 minutes

For this recipe you can use a spring form cake pan or a square or rectangular baking dish. If using the latter, line it with baking paper. If using the spring form pan grease it with oil. In a food processor add the ground almonds and dates, you can add a bit of date water if too thick, also add the figs and process until fine.

Shape this mixture into the bottom of your baking tray and make a small lip up the walls of the tray to hold the filling. Place in the freezer while you are making the filling. For the filling, mix all the ingredients together except the pecans and then place on top of the base mixture and spread evenly. Press in the pecans and banana slices in a pattern of your choice and creativity. Put the cake in the fridge or freezer for a few hours to set.

apricot squares

1 cup organic apricots
½ cup organic fruit medley mix
¼ cup figs stem cut out
2 tbsp sesame seeds
2 tbsp sunflower seeds
¼ cup flaked almonds
1 cup shredded coconut
2 tbsp of coconut oil

makes: 12 squares

preparation: 30 minutes maximum, maybe less

Place the apricots, fruit medley, figs and sunflower seeds in a food processor or cut everything finely by hand. When very fine and almost forming a paste add the flaked almonds and coconut oil. Whizz for a further few minutes then mold into whatever shape you choose and roll it in the shredded coconut.

raw cacao balls

1 cup almonds
1 cup dates
2 tbsp raw cacao
zest of 1 orange
½ cup dessicated coconut and maybe a bit more

makes: 12 large balls. You can make them smaller if you want more
preparation: 30 minutes maximum, maybe less

Soak the dates in a bowl of filtered water for up to an hour. Do the same with the almonds, you can soak the almonds even longer if you want. Drain the soaked almonds and place in the food processor and pulse for a few minutes, add the cacao powder, 4 tbsp of the water that the dates are soaking in and the orange zest. Pulse for a further two minutes. Drain the dates and add them to the nut mixture. Process until it forms a smooth mixture. Shape into balls of whatever size you wish and roll the balls in the coconut.

no bake chocolate avocado cake

Technically this is not a raw food recipe. However if you want to make it totally raw use raw chocolate instead of the vegan chocolate, grate the chocolate and place in a metal bowl. Boil up a saucepan of water and then take off the heat. Place the metal bowl on top of the saucepan and leave until the chocolate is soft.

base

1½ cups dates, soaked for an hour
1½ cups dessicated, sugar free coconut
1 cup pecans

filling

½ cup almond meal
3 ripe avocados
10 tsp raw cacao powder
2-5 tbsp of honey
½ cup macadamia oil
150 g melted raw chocolate



serves: 12

preparation: 45 minutes

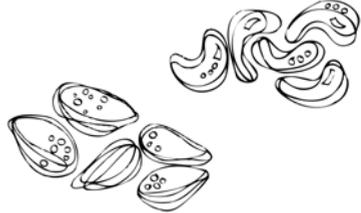
To make the base put the pecans in the food processor, grind to a meal, add the dates and a few tbsp of the water they were soaking in, process until they form a paste, add the coconut. Spread evenly over a pie dish or spring form flan tin. Next melt the chocolate over a low heat in a bowl set over water. Mix the almond meal, mashed avocados, raw cacao powder, honey and oil together. Mix in the melted chocolate and spread the filling over the base. Set in fridge for an hour or so. Decorate with fruit.

spirulina logs

- ½ cup cashews soaked in filtered water for a few hours
- ½ cup almonds soaked in filtered water for a few hours
- 1 cup of dates soaked in water for 20 minutes
- 1 to 2 tbsps spirulina powder
- ½ cup of desiccated coconut

makes: 12 balls

preparation: not more than 30 minutes, maybe even less



In a food processor process the cashews and almonds until they are very fine, then add the dates making sure they have no stones in them. You can add a small amount of the dates if you wish the mixture to be softer or the nuts and dates aren't sticking. Finally add the spirulina to the processor and process until all mixed through. Make balls, squares or logs of the mixture and then roll them in the desiccated coconut.

frozen fruit ice cream

You can sprinkle all sorts of things on top of your ice cream; goji berries, cranberries, fresh blueberries, raw cacao, grated raw chocolate, spirulina or macca powder.

- 1 banana peeled
- 1 mango, stone removed or ¼ red papaya
- ½ cup strawberries or blueberries
- 2 peaches or nectarines, stone removed or ¼ pineapple

If you have a juice extractor then you freeze your fruit first and once frozen push it through the machine with the ice cream attachment connected. Make it minutes before eating.

If you don't have a juice extractor, put all the fresh fruit in a blender then freeze for an hour or so and then serve.

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fresh and vibrant

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