

# 23 RAW RECIPES

*Designed for Great Taste!*



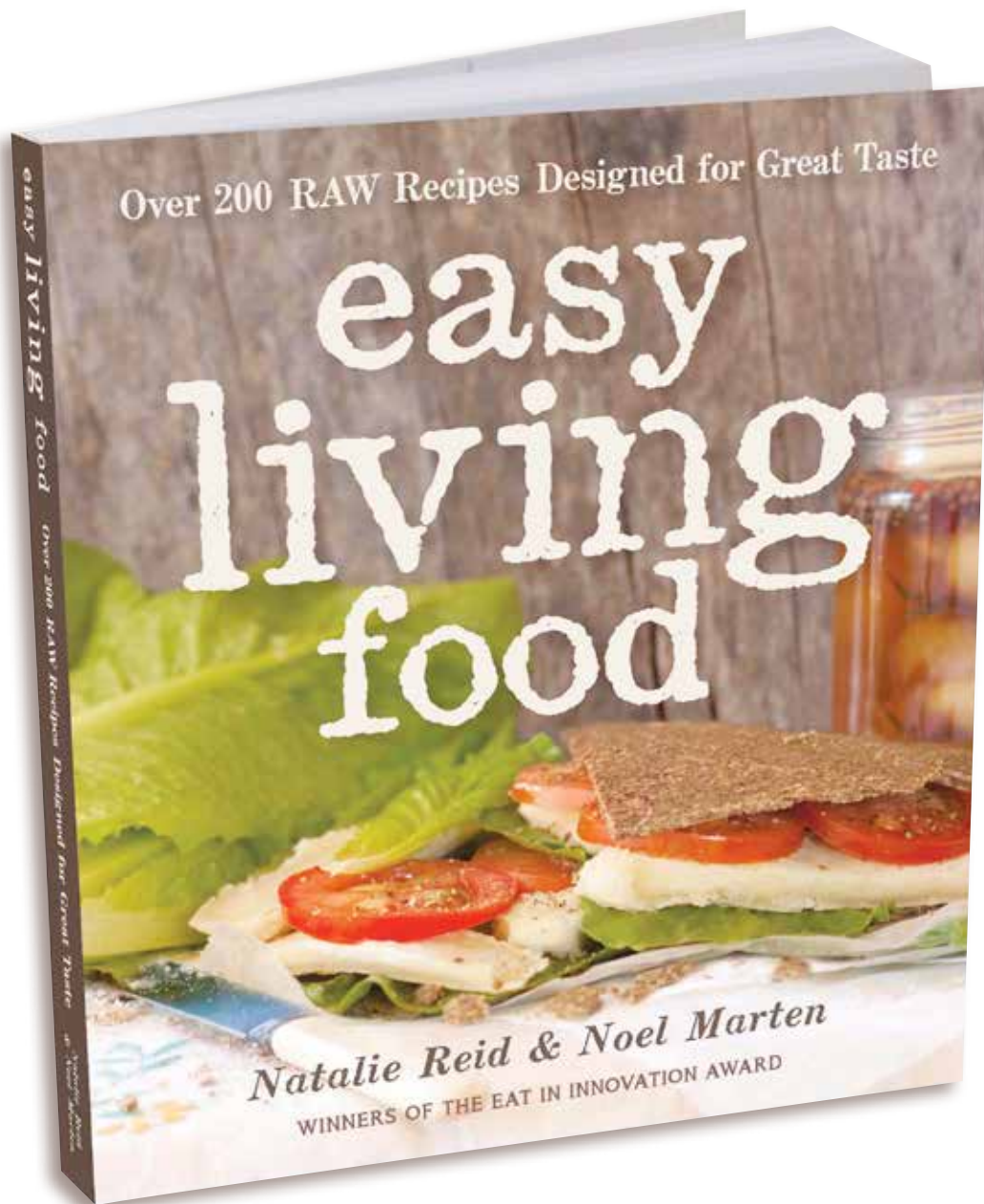
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*Natalie Reid & Noel Marten*

WINNERS OF THE EAT IN INNOVATION AWARD

**Another 200 delicious recipes  
await you in Easy Living Food!**



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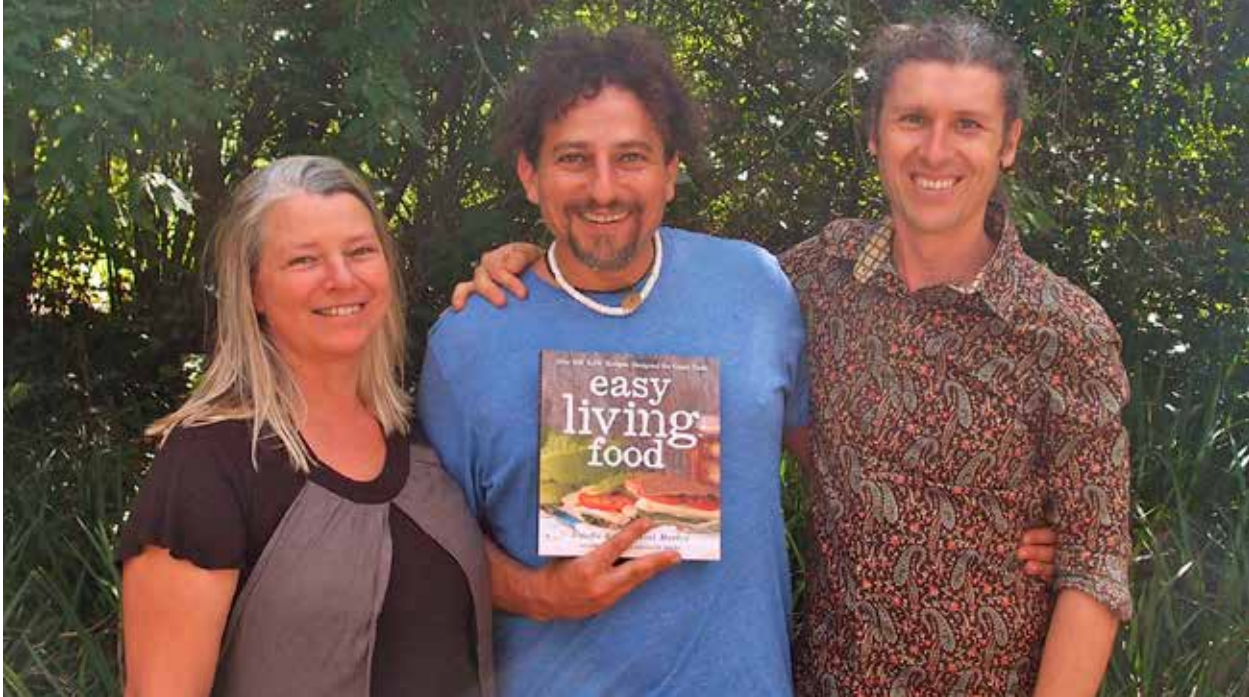
In Easy Living Food, we guide you through the practical steps necessary for you to join the millions worldwide that are choosing to eat 'more raw'. From setting up your pantry to improving your knife skills, we're with you every step of the way. For the experienced raw foodie, we also have lots of tasty secrets to share.

To make this journey as delicious as it is healthy, Easy Living Food is overflowing with our best recipes. Tried and tested by our 1000s of 'Eat More Raw' class participants here in South Africa, Easy Living Food recipes are:

- ✓ *quick & easy to make - more than half of the 200+ recipes require minimal to no equipment*
- ✓ *designed for great taste - guaranteed*
- ✓ *loved by kids and carnivores*
- ✓ *packed with all the benefits of eating raw, helping you to boost your energy and shed excess weight*
- ✓ *ideal for those following gluten-free or dairy-free diets*

*From our kitchen to yours,  
Natalie & Noel*





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## **PRAISE FOR EASY LIVING FOOD**

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**“EASY LIVING FOOD IS AN OUTSTANDING, easy-to-use, beautifully constructed, healthy recipe book that will feed, inspire, and nourish you and your family for years. I had the extraordinary opportunity to travel for three straight weeks with Easy Living Food creators Natalie and Noel and I can attest their food is simple, divine, and delicious! Easy Living Food helps make every day The Best Day Ever!”**

***David “Avocado” Wolfe***

*Author of Eating For Beauty, Superfoods: The Food and Medicine of the Future, The Sunfood Diet Success System*

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THE RECIPES IN **EASY LIVING FOOD** WILL INSPIRE YOU to try more raw foods. By simply adding in more we get more out in the long run. Having eaten Natalie and Noel’s food for years, I am excited for you to try their amazingly creative and delicious fare. Get into the garden and the kitchen, pull out your food processor and knife and get prepping, because adding in more raw has never been this easy or delicious.

***Peter Daniel***

*Author of Rawlisious and Founder of Superfoods, South Africa*

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OVER AND OVER AGAIN, WHAT I HAVE ALWAYS FELT AND KNOWN TO BE TRUE - the food we eat is possibly one of the biggest influences on our health. The inherent potential for food to either heal or harm is no longer questionable. Today, I guide my patients towards including as many plant-based foods, in a natural state, as they can into their diets to dramatically improve their treatment outcomes and speed up recovery. Easy Living Food is a welcome guide to support and help those looking to make healthier food choices whilst not losing out on variety, excitement and flavour.

***Dr Yesheen Singh, MBChB MBA***

*Health Nation*



WELCOME TO OUR KITCHEN...

## **A NOTE FROM NATALIE & NOEL ABOUT SHARING THIS eBook:**

Please feel free to share unmodified copies of this eBook with friends and family and anyone else who can benefit from the information. If you wish to distribute this eBook free on a website or as part of a promotion, please do let us know first.

*Many thanks for your support,  
Natalie & Noel*

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### **23 RAW RECIPES DESIGNED FOR GREAT TASTE**

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**“THE FOOD THAT WE PUT INTO OUR BODIES SEVERAL TIMES EVERY DAY IS A PERSONAL CHOICE, WHICH HAS PROFOUND EFFECTS, BOTH NOW AND INTO OUR FUTURE!”**

**NOEL**



**“THIS RAW FOOD RECIPE BOOK IS DESIGNED TO LIVE IN YOUR KITCHEN AND REALLY MAKE A DIFFERENCE TO THE WAY YOU AND YOUR FAMILY EAT ON A DAILY BASIS.”**  
**NATALIE**



## ABOUT US

*This is us, Noel and Natalie, and our delightful family of boys. Over the years we have experienced the relationship between food and health in such a profound way - all of us dealing with our own set of challenges ranging from chronic IBS, weight issues, addiction, rage and anger issues, to the inability to focus and constant lethargy.*

We have found, without doubt, that when we eat well, with around three quarters of our diet being good quality organic, raw, plant-based food; these symptoms disappear and we experience radical health improvements.

A good dose of common sense is required here. If you are eating a high-raw diet, but drinking poor quality water, do little exercise, have a stressful lifestyle and erratic sleep, you may not achieve the levels of good feelings that you are looking for. Food should not be looked at in isolation, but in our experience most people really underestimate the tremendous power of a clean and nutrient-dense diet.

Food is also, in our opinion, the aspect where we can have the most fun. Preparing food has become a wonderful, joyful experience, and thank goodness, no longer punctuated by Natalie's disastrous attempts involving a stove and resulting in burnt offerings. For those of you who are in the group of 'culinary challenged', you may well find that this lifestyle is right up your alley, and that you start to create the delicious and nourishing meals you have always dreamed of.

We have found that the powerful thing about changing our lives through changing our food is that it is practical. The food that we put into our bodies several times every day is a personal choice, which has profound effects, both now and into our future. By striving to make better choices; 'What shall I eat today?', we change who we are, our experience of life and renew our bodies. Once these changes are experienced in the form of less or no pain, more energy, improved mood, optimism and greater abundance, we are encouraged and can move to the next level. Success breeds more success.

### **Noel loves the adventure of new foods:**

*I was first introduced to a raw diet whilst staying with friends in the UK just after the new millennium. I was amazed at the variety, flavours and the improved energy I had during my stay. I had been suffering from chronic digestive discomfort for years, but after some time on a high-raw diet, it disappeared. But it was the flavours and new things to eat that was really exciting - kale chips, chocolates, amazing salads and nut cheezes... All unexpected and amazingly delicious!*

### **Natalie has found amazing health benefits:**

*I have always struggled with addictions: wine, cigarettes, sugar, wheat, dairy - the whole hog. And an extra 20 kilograms to go with that. Several years ago, I did a three month all-raw cleanse, and was amazed by the results. I have never looked back since, and have found that an alkaline diet has allowed me to rid myself of those crippling addictions and lose those stubborn kilograms too.*



## ABOUT THIS E-BOOK

*We have presented hundreds of our 'Eat More Raw' classes to thousands of people. Over this time we have developed a good understanding of what you actually want from a recipe. Based on your feedback over the years, our recipe design process looks something like this...*

- ✓ Is this recipe **DELICIOUS**?
- ✓ Will this food be really **NUTRITIOUS**?
- ✓ Is the method as **SIMPLE** as it can be?
- ✓ Do we use **EASY-TO-FIND** ingredients?
- ✓ Are all these **INGREDIENTS** really **NECESSARY**?
- ✓ Is specialised **EQUIPMENT REALLY NECESSARY** for this recipe?
- ✓ How can you get **MORE** from your **EQUIPMENT**?
- ✓ Will this food be **ENJOYABLE** to those eating a **CONVENTIONAL DIET**?
- ✓ Will these recipes **INSPIRE** our intrepid kitchen creator to want to **MAKE MORE**?
- ✓ And **AGAIN**, is this **REALLY DELICIOUS**?

### A KITCHEN PLAYBOOK

And so we pulled out the 400 or more recipes that we have created, filed and stashed over the past few years and put them through this stringent interviewing and development process.

The result is our full print book '**Easy Living Food**', the recipes in this eBook are extracts from 'Easy Living Food'. All the recipes in this eBook have been carefully crafted for you with all the aforementioned aspects in mind. We have been mindful that for many, kitchen time is short, children need to eat it too, reluctant partners need to be wooed, resources might be limited, and the environment is also important.

We hope this eBook can serve as a taster that raw food can be easy, fun and allow you the space to get on and live your life.

As with '**Easy Living Food**' this eBook is designed as a kitchen playbook, not something to get filed away. Make the kitchen its home, print it out, make notes on the pages, add stickies, get it dirty.

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**“PLAY WITH IT, WORK  
THROUGH IT, SHARE IT,  
CHANGE IT, BUT MOST OF  
ALL, HAVE FUN WITH IT!”**

**NATALIE**

# INTRODUCTION TO RAW

*Eating your food raw is completely natural. Every animal that has existed consumes its food raw. Only man has deviated. Fresh fruit and vegetables provide essential nutrients that cannot be obtained from any other sources. The majority of these nutrients are degraded in some way when cooked. A logical choice therefore is to eat more raw food, increasing our nutrient intake significantly, and so providing more and*

*better quality fuel for our bodies. Part of our mission with this book is to show you that eating a high-raw diet is not secular, weird or radical. It is merely choosing not to use your stove right now. By making that choice, you keep your food (for which you have worked hard to put on the table) intact, so that it may deliver what it is supposed to; nutrients that provide energy, sustain and repair the body and allow it to operate optimally.*

## **BY CHOOSING TO INCLUDE A RAW COMPONENT TO EACH MEAL, YOU WILL:**

- ✓ SAVE TIME - we will show you that preparing your food raw will automatically save you time.
- ✓ SAVE MONEY - fruit and vegetables are better value than processed food, thus cutting down on your food bill.
- ✓ SAVE ENERGY - by using less gas or electricity, you are doing something valuable for the planet.
- ✓ INCREASED NUTRITION - and not just by a small margin.
- ✓ ENJOY NEW TASTES AND FLAVOURS - food tastes remarkably differently when it is prepared raw.

We are not suggesting that everyone 'go raw'. A gentle approach, will be effective for most people. However, some people with health challenges might decide to switch to a very high or 100% raw diet to obtain rapid results. We recommend that this is done with medical supervision and professional guidance.

## **WHAT ABOUT COOKING?**

We enjoy steamed vegetables, rice and quinoa every now and then. The key to cooking is in the 'how'. Steaming and boiling reaches only around 100 °C.

Water-cooked food will be lower in enzymes and vitamins than raw food, but it does not become damaging to health. Flame grilling, frying, baking and roasting, on the other hand, are all much higher temperature methods of cooking and this is where food actually starts to develop toxic compounds.

At around 120 °C, cooked food starts to form acrylamide, which is a known neurotoxin and cancer-causing chemical.

In April 2002, Swedish scientists accidentally discovered acrylamide in potato chips and bread and went on to report that the production of acrylamide is evident in all food, when cooked over 150 °C. The worst offenders appear to be starchy food, especially when flame grilled, fried, baked or roasted at temperatures over 150 °C.

Statistics reveal that baked breakfast cereals are one of the food types containing the highest acrylamide levels after potato crisps and french fries. The same tests applied to boiled, steamed and unheated food, revealed no acrylamide levels in the food. When you cook food, bear in mind that the higher the temperature and the longer the cooking time, the more the food is damaged. Open flame cooking and wherever there is browning or blackening of the food is possibly the worst of all.

## HOW TO USE THIS E-BOOK

*We hope, more than anything, you will have fun with this eBook. We have designed it to be as easy to use as possible, so that you can spend less time in the kitchen and more time enjoying a great meal with friends or family.*

### HOW THE RECIPES ARE LAID OUT:

- 1** 🕒 Time needed to prepare the meal. Broken down into pre-prep, prep and drying times, if applicable.
- 2** 🛠 Equipment needed, and alternatives if they apply.
- 3** Easy-to-follow list of ingredients.  
**C = cup = 250 ml**  
**T = tablespoon = 15 ml**  
**t = teaspoon = 5 ml**
- 4** Simple step-by-step instructions.
- 5** Any storage advice.
- 6** How much it will make.
- 7** Tips and tricks. Interesting and useful information in the form of little notes.

## CONVERSION TABLE

<b>SPOONS &amp; CUPS</b>	<b>METRIC</b>	<b>AUSTRALIAN</b>
¼ teaspoon	1 ml	1 ml
½ teaspoon	2 ml	2 ml
1 teaspoon	5 ml	5 ml
1 tablespoon	15 ml	20 ml
¼ cup	60 ml	60 ml
⅓ cup	80 ml	80 ml
½ cup	125 ml	125 ml
⅔ cup	160 ml	170 ml
¾ cup	185 ml	190 ml
1 cup	250 ml	250 ml
1 quart	1 litre	1 litre





## GOJI, MANGO & BAOBAB SMOOTHIE

*Easy & light, full of tropical flavours.*

✿ *Any blender*   ✿ *5 min prep*

- 2 C water
- 1 mango
- ¼ C goji berries
- 5 dates, pitted and soaked
- 2 T baobab powder

★ Blend everything on high for about 30 seconds in a high-speed blender or 60 seconds in a regular blender.

*Makes 3 cups.*

ADD IN: Camu camu berry powder is always great with tropical flavours and adds lots of vitamins too.



## WORKOUT SMOOTHIE

*Our friend, Kerry, says that this is a winner before working out. She says that her recovery time is reduced & her stamina has improved. A great all-round superfood smoothie!*

✿ *Any blender*   ✿ *10 min prep*

- 2 C water
- 1 banana, very ripe
- 5 dates, pitted and soaked
- 1 T hemp seeds
- 1 T hemp powder
- 1 T cacao powder
- 1 t maca powder
- 1 t green powder
- ½ t cinnamon
- 2 pinches of salt

★ Blend everything on high for about 30 seconds in a high-speed blender or 60 seconds in a regular blender.

*Makes 3 cups.*





## CACAO CRUNCH

*A 'no machines' recipe, not only a treat for breakfast but also a convenient superfood snack. This cereal is divinely chocolatey. It will keep your kids going all morning and the hunger at bay.*

**🕒 30 min prep**

**3 C buckwheat, activated and dried**  
**1 C cacao nibs**  
**1 C raisins**  
**1 C cacao paste (240 g solid mass)**  
**2 C cacao butter (480 g solid butter)**  
**½ C lucuma powder**  
**1 C coconut sugar**  
**½ t salt**

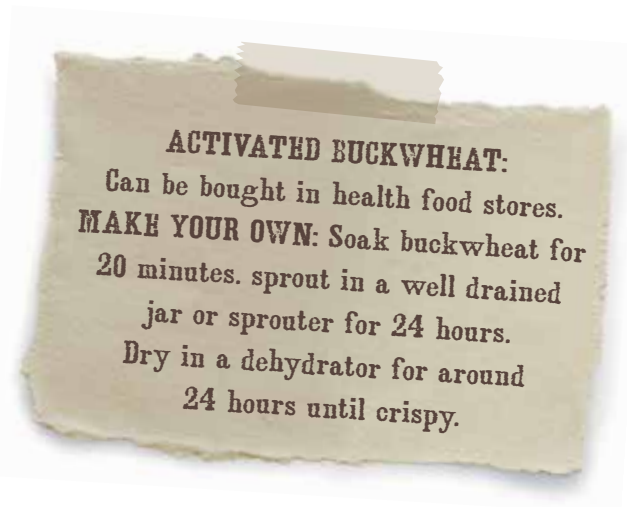
- ★ Put the buckwheat, nibs and raisins in the freezer before you start melting the cacao.
- ★ Melt the cacao butter and cacao paste together, using a double boiler or bain-marie with warm water.
- ★ Add the lucuma, coconut sugar and salt, and gently whisk until everything is well mixed.
- ★ Remove from the heat.
- ★ Mix in the cool buckwheat, raisins and nibs.
- ★ Stir continuously.
- ★ As everything cools down, the whole mixture will start to thicken.
- ★ At this point, and working very quickly with your hands, crumble the coated mixture onto any trays (we use our dryer trays with the solid sheets). The cereal will now set at room temperature but you can chill it in the fridge or freezer for about 15 minutes to speed up the process.

*Store in an airtight container in a cool dark place, maybe in the fridge over summer.*

*Fills a 3-litre jar.*

**ADD IN:** Cacao is always the best place to hide greens, so you can add in green powder, kelp and spirulina without changing the taste too much. You can also add nuts or other dried fruit, just keep your total dry ingredients to around 5 cups.

**VARIATION:** You can use cacao powder instead of the paste, just increase the butter by a ¼ C.





## MUSHROOM SOUP

*After an autumn day working in the garden, or even a day out foraging for mushrooms in the woods, there is nothing better than a bowl of thick, hot mushroom soup.*

🌀 Any blender      🕒 1h marinating, 10 min prep

**3 C Portabellini or other gourmet mushrooms, thinly sliced**

**2 C warm water**

**1 C parsley**

**½ C olive oil**

**¼ C tamari**

**1 large avocado**

★ Toss the mushrooms in a bowl with the olive oil and tamari and let it stand for about 1 hour, turning it over every now and again.

★ Blend the avocado and hot water together until smooth for about 15 seconds.

★ Add the mushrooms, with their marinade, and the parsley into the blender and pulse just once or twice.

*Makes about 1.5 litres.*

NOTE: Some exotic or wild mushrooms cannot be eaten raw and will need blanching. Please stick to Button, Brown, Portabellini or Oysters if unsure.

“AN EARTHSHINE SIGNATURE... EASY & UNEXPECTEDLY DELICIOUS. IF YOUR FAMILY LOVES SWEET CORN, THEY WILL RAVE ABOUT THIS ONE. WE JUST PUT ALL THE BITS OUT & MAKE OUR OWN AS WE ARE EATING!”

**SWEET CORN,  
ON THE COB**

**1/2 LEMON OR  
LIME PER PERSON**

## CHILLI CORN ON THE COB

- ★ Snap each cob into 3 smaller pieces.
- ★ Dip a lemon into the chilli salt.
- ★ Rub and squeeze whilst you massage the lemon onto the corn.
- ★ Cover the corn completely with lemon juice and salt and eat immediately.

VARIATION: Swop the chilli salt for herb salt if you prefer.

**A BOWL OF CHILLI SALT (50/50  
SALT TO DRIED CHILLI FLAKES)**



## **SWEET RED CABBAGE SALAD**

*A real winner! We created this salad because we wanted something visually striking plus gorgeously flavoursome for our celebration meals. This dish makes an appearance at pot lucks, family events, and anywhere where we want to encourage our non-raw friends to pile up their plates with our delicious creations. Kids of all ages love this too.*

**🕒 15 min prep, 2h marinating**

**4 C red cabbage, shredded**  
**1 C apples, thinly sliced**  
**1 C carrots, julienned or grated**  
**½ C spring onions, thinly sliced**  
**¼ C raisins or currants**  
**3 T olive oil**  
**2 T honey or agave**  
**1 T vinegar, grape or apple cider**  
**1 pinch of salt**  
**pepper, freshly ground to taste**

- ★ Mix all the ingredients in a bowl and leave to marinate for 2 hours at room temperature, stirring often.
- ★ Alternatively, mix everything together and leave in the fridge to marinate overnight.  
*Best eaten within 24 hours.*  
*Makes 4 servings.*

*If you are using non-organic carrots, it is important to peel them. They readily absorb nasties such as pesticides and herbicides from the soil and store them in their skins.*



## THAI SOM THUM SALAD

*A taste sensation! Another one of those dynamic Thai-flavoured dishes that will have tongues wagging. Complex flavours, but easy to prepare.*

**🕒 20 min prep, 10 min marinating**

**1 C papaya, shavings**  
**1 C cucumber, julienned**  
**1 C daikon radish, julienned**  
**1 C fresh coriander, roughly chopped**  
**1 T fresh chilli, thinly sliced**  
**1 T fresh ginger, minced**  
**1 T fresh garlic, minced**  
**1 T lime or lemon zest**  
**3 T lime or lemon juice**  
**1 T oil, light sesame or macadamia nut**  
**¼ t salt**

★ Toss everything together, except the papaya, and allow to marinate for about 10 minutes.  
★ Just before serving, add the papaya shavings and turn over very gently.  
*Makes 4-6 servings.*



## CREAMY PUMPKIN SEED & FENNEL SALAD

*Fennel is a wonderful digestive aid, as well as having a fresh and vibrant flavour. Many of our salads are very colourful. In contrast, this salad is striking in its many shades of green. Wash your celery and fennel well before using, as the stems tend to gather dirt at their ends.*

⚙️ *High-speed blender*   ⌚ *15 min prep*

1 C fennel bulb and stalk, thinly sliced  
1 C celery, thinly sliced  
1 C pumpkin seeds  
1 C water  
¼ C lemon juice  
2 dates  
¼ t black pepper  
½ t salt

★ Put fennel and celery into a bowl and set aside.  
★ Blend remaining ingredients until smooth, for about 30 seconds.  
★ Pour over fennel and celery, making sure that everything is coated.

*Makes 2 servings.*

ADD IN: Sprinkle seeds on top, such as pumpkin, sunflower, sesame or hemp seeds.

*Celery is a wonderful ingredient. Unfortunately, conventionally grown celery tends to be very heavily sprayed. Try to get organic or even better, grow your own. It's very easy to grow with little gardening experience needed.*



## **BABY TOMATO, RED ONION & FENNEL SALAD**

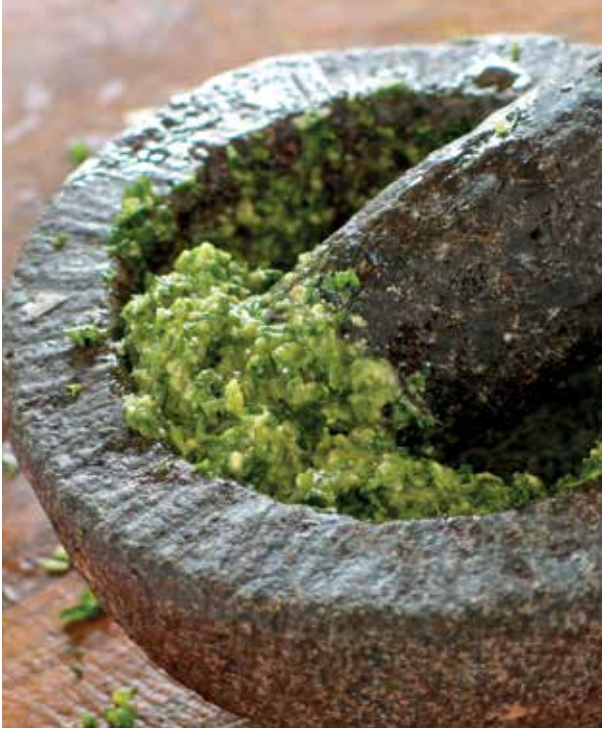
*Simple, fresh and easy to digest. Also unusual, so a good one to throw together if you want to add another dimension to your everyday meals. Fennel bulbs must be washed well, so peel off the stems and give them a good rinse before cutting them into your salad.*

**🕒 10 min prep**

- 1 whole fennel, bulb and leaves**
- 2 C baby tomatoes**
- ½ C red onion**
- ¼ C olive oil**
- 1 t herb salt**

- ★ Thinly slice the fennel and red onion.
- ★ Cut the tomatoes into 2 - 3 pieces.
- ★ Toss everything together.
- ★ Serve on a bed of leaves or just like it is.

*Makes 2-4 servings.*



## PESTO

*A 'no fuss' recipe, using a pestle and mortar and whatever herbs you have on hand. We have lots of parsley in our garden, so we use it regularly for this pesto and it's really great, even though parsley might not be the first herb that comes to mind.*

🕒 **10 min prep**

- 1 large handful of fresh herbs**
- 1 small handful of nuts, seeds or pine nuts**
- 1 splash of olive oil**
- 1 good squeeze of lemon juice**
- 1 pinch of salt**

- ★ Finely chop the herbs with a knife.
- ★ Grind everything with a pestle and mortar until you have a nice consistency.  
*Store in the fridge. Keeps for a few days.  
Makes about 1 cup.*

**ADD IN:** You can go crazy here!  
Olives, red pepper, chilli, nutritional yeast for that cheezy taste. The list is endless, experiment and have some fun.



## HONEY MUSTARD DRESSING

*One of our signatures! This dressing is really special, and great over veggies as well as salad. Use a ready-made nut butter instead of the nuts if you don't have a blender. Will settle slightly over a few days, so mix well before use.*

🌀 **High-speed blender - optional**

🕒 **10 min prep**

- 1 C water**
- 1 C macadamia or cashew nuts**
- 1 C olive oil**
- ½ C apple cider vinegar**
- ½ C honey or soaked dates**
- 1 T mustard powder**
- 1 t turmeric powder**
- ½ t salt**

- ★ Mix the water and mustard powder and leave for 10 minutes to allow the strength of the mustard to develop.
- ★ Add everything else and blend on high for about 30 seconds. Alternatively, mix by hand, using nut butter instead of the nuts.  
*Store in the fridge.  
Makes about 4 cups.*





## CHILLI POPPERS

*We just love chilli poppers! If you love them too, but can't do the deep fried thing, fret not. This recipe ticks all the chilli popper boxes - the crispy wrapping, crunch of the chilli, followed by heat and the creamy warm nut cheeze. Don't think anymore, just make them!*

🌀 *High-speed blender & dehydrator*    ⌚ *30 min prep, 24h drying*

**12 fresh jalapeno chillies - red and ripe is best**

**1/2 C Creamy Nut Cheeze - see note**

**1/3 C golden flax seeds, ground**

**1/3 C water**

- ★ Make a cut down the side of the chilli.
- ★ Scrape out the seeds using a small spoon.
- ★ Using a piping bag, squeeze the creamy cheeze into each chilli.
- ★ Blend the flax seeds and water into a smooth batter on high for about 45 seconds.
- ★ Dip each chilli into the batter. Add more water to the batter if it becomes too thick.
- ★ Dry for 24 hours or until crisp.

*Best served immediately.*

*Makes 12 poppers.*



### CREAMY NUT CHEEZE

🌀 *High-speed blender*    ⌚ *5 min prep*

**1 1/2 C nuts - macadamia, brazil or cashew**

**3/4 C water - or less if your prefer it thicker**

**1/4 C lemon juice**

**1/2 t salt**

- ★ Blend everything together on high using the tamper until smooth, for about 1 minute.
- Store in the fridge - keeps for a few days.*
- Makes 2 cups.*



## LINGUINE ARRABBIATA

*We rate this as a top recipe, loved by all and so simple that even the kids can make it in 15 minutes! Rich and full of flavour, it tastes like it has been simmering away on the stove all day.*

✿ *Any blender & spiraliser OR vegetable peeler*

🕒 *15 min prep*

### SAUCE:

- 1 C baby tomatoes
- 1 C sun-dried tomatoes, soaked
- 1 C red onion, chopped
- ¼ C dates, soaked
- ½ C olive oil
- 1 T miso
- 1 t salt
- chilli to taste

### VEGETABLES:

- 4 C mixed hard vegetables, such as baby gem squash or courgettes, sweet potato, butternut, etc



Watch the funny video of our boys making this recipe at home, Search: easy living food linguine arrabbiata, on You Tube.

### SAUCE:

- ★ Blend everything on high until smooth for about 30 seconds in a high-speed blender or 60 seconds in a regular blender.

*Freezes well or store in the fridge for a few days. Makes 4 cups.*

### VEGETABLES:

- ★ Spiralise the vegetables into linguine or use a vegetable peeler to make fettuccine ribbons.
- ★ Soak the linguini in warm water to warm through.
- ★ Add the Arrabbiata Sauce to a pan and warm gently, stirring constantly.
- ★ Drain the vegetables and mix in with the sauce.

*Makes 4 servings.*



## SOFT CHEEZE ROLLS

*A colourful addition to a lazy Sunday afternoon spread. Serve with pickles & crackers!*

🌀 *High-speed blender* 🕒 *10 min prep, 2h setting*

**2 C macadamia nuts**

**1/3 C water**

**2 T lemon juice**

**1/2 t salt**

COATING IDEAS: The coating of this cheeze is for you to design! Fresh garlic and herbs, dried red pepper flakes, cracked black pepper and fresh chives are just a few ideas.

- ★ Put all the ingredients into the blender and, working hard with the tamper to press the mixture into the blades, blend on high until smooth for about 1 minute.
- ★ Refrigerate for about 2 hours to allow the mixture to firm.
- ★ Prepare the coating before you remove the mixture from the fridge.
- ★ Chop up your coating ingredients as finely as possible and spread onto a board.
- ★ Divide the mixture into 2 and roughly shape them into rolls.
- ★ Roll them into the coating and serve.

*Store in the fridge for 2-3 days.*

*Makes 2 rolls.*

## PROTEIN KALE CRISPS

✿ *Dehydrator & high-speed blender*

🕒 *15 min prep, 24-36h drying*

1 kg kale - about 500 g once trimmed

2 C cashew and/or macadamia nuts

$\frac{3}{4}$  C water

$\frac{1}{4}$  C hemp seeds

2 T hemp powder

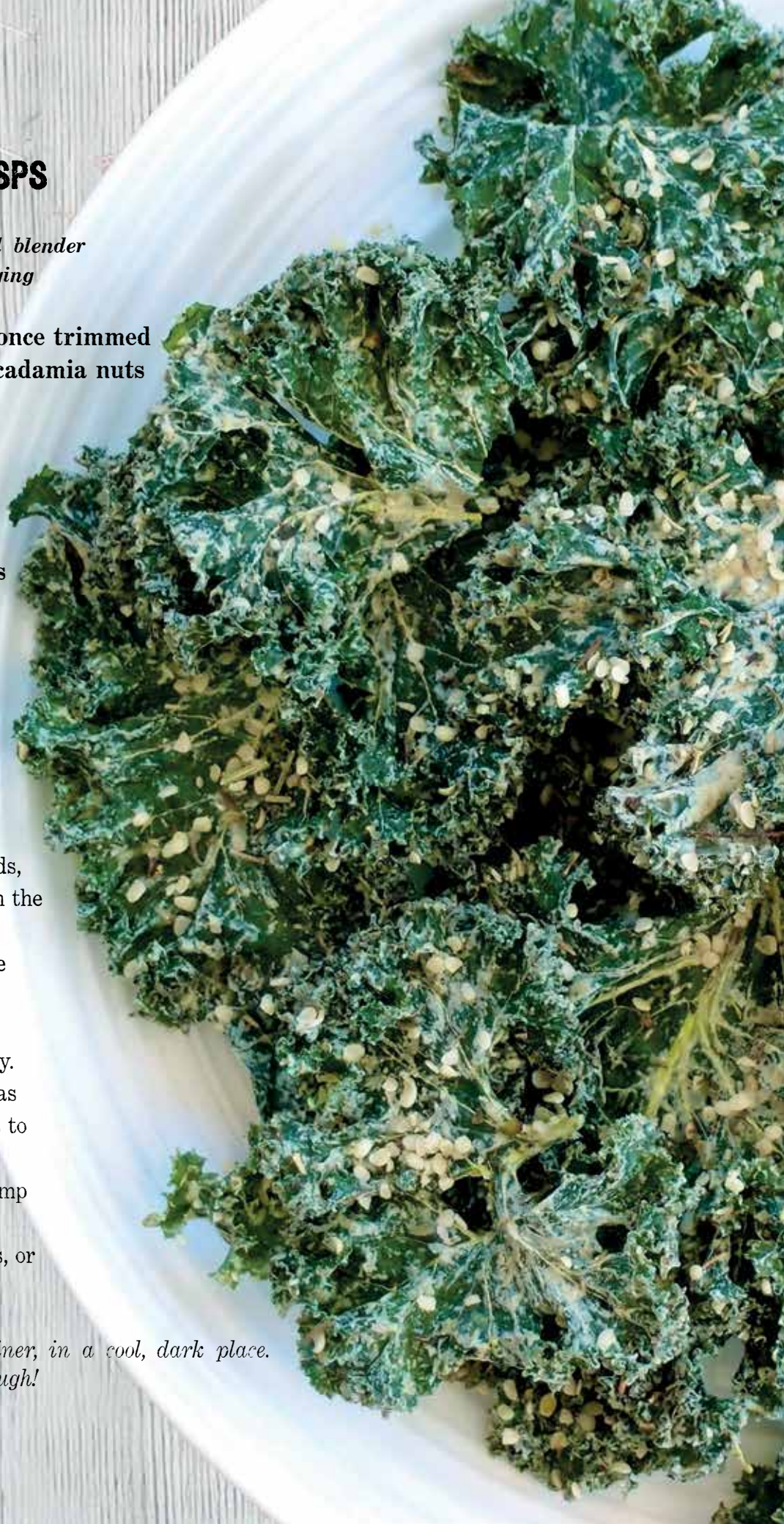
2 lemons, peeled

2 t salt

1 T mixed Italian herbs

- ★ Remove the woody stems from the kale.
- ★ Tear the kale into palm-sized pieces.
- ★ Blend the lemon, hemp powder, nuts, water and salt into a smooth cream cheese for about 60 seconds, using your tamper to push the mixture into the blades.
- ★ Add the cheese to the kale and massage in until the kale is well coated.
- ★ Lay onto a dehydrator tray.
- ★ Do not overlap too much, as this will cause these areas to stay damp.
- ★ Sprinkle the herbs and hemp seeds on top.
- ★ Dry for about 24-36 hours, or until completely crisp.

*Store in an airtight container, in a cool, dark place.  
Makes... mmm - never enough!*





## CHEEZE & ONION NAPA CHIPS

*An amazing snack, with a cheezy mustard flavour. Napa, or Chinese cabbage, is versatile and easy to find, especially at a good greengrocers or your local market. It has a mild flavour unlike regular cabbage, so if you are not keen on cabbage or if you find it does not work for your digestion, give Chinese cabbage a try.*

✿ *High-speed blender & dehydrator*    ⌚ *20 min prep, 24-48h drying*

**750g napa cabbage, shredded - also known as Chinese cabbage**

**2 C cashew nuts**

**1 C water**

**¼ C nutritional yeast**

**¼ C onion**

**2 T lemon juice**

**2 T hot mustard powder**

**1 T garlic, minced - optional**

**½ t white pepper - optional**

**coarse salt for grinding at the end**

**TIP:** If you do not shred the cabbage finely enough, the chips may take up to 48 hours to dry.

- ★ Blend all the ingredients, except the cabbage and salt, together on high until smooth for about 1 minute.
- ★ Add to the napa cabbage and massage in.
- ★ Place on solid dryer sheets and grind coarse salt on top.
- ★ Dry for 12 hours and remove from the solid sheets.
- ★ Dry on the trays for a further 24-48 hours or until very crisp.

*Store in an airtight container, in a cool, dark place.*

*Makes about 5 trays.*



## CARROT CAKE WITH ORANGE

🌿 *Food processor OR juicer & dehydrator for the cake*

*High-speed blender for the icing*

🕒 *30 min prep, 6-8h drying*

### CAKE:

- 4 C carrots, finely grated
- 2 C almonds or other nuts
- 1 C date jam - 50/50 pitted dates and water soaked, and then blended
- 1 C desiccated coconut
- 1 C orange juice
- ½ C raisins
- 1 T ginger, freshly juiced or finely minced or powdered
- 2 t mixed spice
- 1 t orange zest
- 1 t nutmeg
- 1 t salt

### ICING:

- 1½ C cashew nuts
- ½ C water
- 3 T coconut oil
- 2 T agave or honey
- ½ t vanilla powder
- ¼ t salt

**DATE JAM:** Cover pitted dates with 1 cup of water. Soak overnight in the fridge. Blend on high until smooth. If you don't have a blender use warm water and it will turn to jam within a few days. Store in the fridge in a glass jar. Keeps for 2 weeks.

- ★ Crush the almonds in a food processor with the S-blade or in a heavy plastic bag with a rolling pin.
  - ★ Mix all the cake ingredients together in a large bowl.
  - ★ Measure out into ⅓ cup portions onto solid drying sheets and shape into individual rounds, about 10 mm thick.
  - ★ Dry for about 6 hours, remove from the solid sheets and dry for another 2 hours.
  - ★ The cake will be ready when the outside is crisp and the inside is moist.
  - ★ Blend all the icing ingredients in a high-speed blender and spread onto cakes. You can firm the cakes in the fridge for a couple of hours.
  - ★ Garnish with zested carrot strips and grated nutmeg.
- Stores in the fridge for 2 days without the icing.  
Makes 12-14 little cakes.*



## MINI LIME TARTLETS

*This is our take on a classic raw dessert, fashioned into cute little cupcakes that will soften even the hardest of hearts. To make the 'cupcake' style, you will need flexible silicone moulds, like muffin moulds. You can also make this as one large tart if you don't have moulds.*

🔪 **Food processor**      ⌚ **25 min prep, 6h setting**

### CRUSTS:

**2 C seeds and/or nuts**  
**½ C dates, pitted and chopped**  
**½ C cacao butter**  
**1 pinch of salt**

### FILLING:

**4 avocados**  
**½ C lemon juice**  
**½ C honey**  
**½ C coconut oil**  
**1 t vanilla powder**

### CRUSTS:

- ★ Melt the cacao butter in a bain-marie.
- ★ In the food processor with the S-blade, turn the seeds and/or nuts into a rough flour.
- ★ Mix all the crust ingredients together and press into flexible silicone moulds.
- ★ Refrigerate until they have set and then turn them out of the moulds.

### FILLING:

- ★ Process all the filling ingredients together until smooth for about 5 minutes.
- ★ Spoon the filling into each little cup and end with a swirl.
- ★ Set for 6 hours in the fridge.

*Serve from the fridge.*

*Makes about 14 tartlets.*





There is no coconut oil in the mousse so it won't set 'hard', giving a lighter finish. It does need some time in the fridge to firm up sufficiently, and should be served from and stored in the fridge.

## MINTY CACAO MOUSSE CAKE

*When we first embarked on our raw journey, we were amazed by what we could do with avocados & they quickly became a staple in our larder. Avocados have a neutral flavour and an abundance of healthy fats. Their ability to become savoury or sweet, depending on what they are paired with, is fairly unique in the world of fruit. You can't go wrong with this!*

🌀 *Food processor*      🕒 *20 min prep, 8h setting*

### CRUST:

**2 C seeds and/or nuts**  
**½ C dates, pitted and chopped**  
**¼ C coconut oil, melted**  
**1 pinch of salt**

### MOUSSE:

**6-10 avocados**  
**1¼ C cacao powder**  
**1¼ C honey or agave**  
**2 drops of peppermint essential oil**

### CRUST:

- ★ Process the seeds and/or nuts in a food processor with the S-blade until fine. Chopping by hand works too!
- ★ Mix all the crust ingredients together in a bowl, massaging until sticking together and doughy.
- ★ Press into a springform tin, so that the bottom is evenly covered.

### MOUSSE:

- ★ Add all the mousse ingredients to your food processor with the S-blade and process for around five minutes. Make sure that everything is well combined and silky smooth.
- ★ Pour the mousse into the tin and refrigerate for 8 hours.  
*Stores well in the fridge for a few days.*

USING ESSENTIAL OIL: Swop the peppermint oil for orange, ginger or rose geranium oil. Remember to only use food grade essential oils and in moderation. Add just one drop at a time and taste to test.



## CARAMELISED NUTS

*Lunch boxes, birthday parties, road trips, busy moms, toddler treats, you name it... There are 100's of occasions where these tasty treats are the perfect snack!*

✿ *Any blender & dehydrator*      🕒 *10 min prep, 24-48h drying*

**3 C mixed nuts and seeds - almonds,  
hazelnuts, pumpkin, sunflower, etc**

**1 C raisins**

**1/2 C water**

**1/2 t cinnamon**

**1 T sesame seeds**

**1 pinch of salt**

- ★ Add all the nuts and seeds into a bowl and set aside.
- ★ Blend everything else together until smooth.
- ★ Pour the mixture over the seeds and nuts and mix well, making sure that everything is well covered.
- ★ Spread out onto solid drying sheets.
- ★ Sprinkle sesame seeds on top and put into the dehydrator for about 24 hours.
- ★ Remove from the solid sheets and dry for another 16-24 hours.

*Store in a tightly-sealed glass jar.*

*Makes 4 cups.*



## CHOCOLATE FUDGE

*This was one of our first ever raw successes for which, I must say, we became rather famous amongst our friends. We received orders for giant bowls of the stuff! It's very economical to make in large amounts. We serve this often at our parties.*

🌀 *High-speed blender OR food processor*    🕒 *25 min prep, 3-4 h setting*

- 1 C dates, pitted**
- 1 C coconut oil**
- ½ C water**
- ½ C cacao powder**
- 1 t vanilla powder**
- 1 pinch of salt**

- ★ Cover the dates in water and allow to soften - use warm water to speed up this process.
- ★ Add everything together in a food processor and process with the S-blade until completely smooth and mixed. This takes up to 20 minutes and is well worth spending the time.
- ★ Pour into a shallow dish and allow it to set in the fridge.
- ★ After about 3-4 hours, cut into squares.  
*Store them in an airtight container in the fridge.*  
*Makes about 40 pieces.*

ADD IN: Flavours such as mint, sweet orange, rose geranium or lavender.  
When using essential oils in food, remember to use food grade only.

## WHITE CHOCOLATE CHAI

*Warming and cosy, this non-stimulating drink is great for a bedtime treat. Chai masala spices are available from Asian grocery stores.*

🌀 *Any blender* ⌚ *5 min prep*

- 3 ½ C warm water
- ½ C cashew nuts
- ¼ C mesquite powder
- 3 T lucuma powder
- 3 T xylitol or sweetener of choice
- 2 T cacao butter
- 1 T maca powder
- ½ t chai masala spice mix or to taste

★ Blend everything on high for about 1 minute and serve in warmed mugs.  
*Makes 4 servings.*

## MILKY HOT CHOC

*Although most carob is not raw, we use it to make this delicious, non-stimulating hot drink for an evening treat. We use coconut sugar in this recipe. Also usually not raw, but it is full of minerals and will not spike your sugar levels before bedtime.*

🌀 *Any blender* ⌚ *5 min prep*

- 2 ½ C warm water
- ¼ C carob powder
- ¼ C lucuma powder
- 1 small knob of cacao butter
- 2 T coconut sugar
- 2 T cashew nuts or 2 T nut butter

★ Blend everything on high until warm and smooth.  
★ Serve in warmed mugs.  
*Makes 3 servings.*

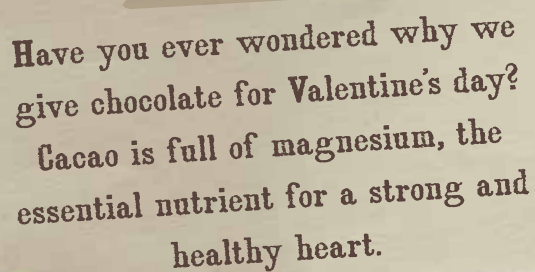
## CHILLI HOT CHOCOLATE

*A deep and rich chocolate drink that will lift the mood and put a spring in your step. Chilli is to taste and can be very subtle if you prefer, almost hidden, but there will be a lingering mystery...*

🌀 *Any blender* ⌚ *5 min prep*

- 3 C warm water
- 1 C cashew nuts
- ½ C honey or sweetener of choice
- ¼ C cacao powder
- 1 small knob of cacao butter or coconut oil - optional
- 1 pinch of salt
- chilli to taste

★ Blend everything on high for about 1 minute and serve in warmed mugs.  
*Makes 4 servings.*



Have you ever wondered why we give chocolate for Valentine's day? Cacao is full of magnesium, the essential nutrient for a strong and healthy heart.





## JOIN THE EARTHSHINE COMMUNITY...

[www.earthshine.co.za](http://www.earthshine.co.za)

Together, Natalie and Noel manage their company, Earthshine, from Cape Town in South Africa. From their kitchen in the shadow of Table Mountain, they present classes and workshops, produce a range of unique raw food products, and cater for specialised events and functions.



## CONNECT WITH US ONLINE...

### FACEBOOK:

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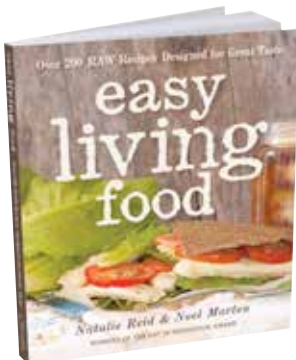
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## ORDER A VIVO PIZZA...

[www.vivopizza.co.za](http://www.vivopizza.co.za)

In their pursuit to make eating raw easier and more convenient than ever before, Natalie and Noel established 'Vivo Pizza', possibly the world's first raw food pizza takeaway service. If you are lucky enough to live in Cape Town, South Africa, you will probably be enjoying Vivo Pizzas already. If not, Cape Town is a great place for a holiday!



## GET THE BOOK...

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