

**Kristen  
Suzanne's**

**EASY**

**RAW**



**RAW**

**Vegan**

**SMOOTHIES**

**JUICES, ELIXIRS & DRINKS**



**Kristen Suzanne's**  
**EASY**  
**Raw Vegan**  
**Smoothies,**  
**Juices, Elixirs**  
**& Drinks**

The Definitive Raw Fooder's Book of  
Beverage Recipes for Boosting Energy,  
Getting Healthy, Losing Weight, Having  
Fun, or Cutting Loose... *Including Wine  
Drinks!*

by Kristen Suzanne



*Green  
Butterfly  
Press*

Scottsdale, Arizona

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# Chapter 1

## *Smoothies*

*People who know that a poor diet can  
increase their risk of cancer: 82%*

*People who have changed their diet  
to lower that risk: 15%*

— Hippocrates Health Institute

### **Easy, High-Energy Nutrition**

I love fresh organic smoothies because they can serve so many different purposes. Smoothies in the morning, smoothies in the evening, smoothies before or after a workout, smoothies in the middle of the night. Smoothies here, smoothies there, smoothies everywhere. See? Smoothies can serve many purposes. I love them.

Smoothies make a high energy, extra healthy, and super fast breakfast, lunch, dinner, dessert, or snack. They can be a complete meal replacement... just make sure you make enough to fill you up. Or, they can complement a meal.

Smoothies can be great for helping you kick cravings for unhealthy foods, too. If I'm hankering for something unhealthy, then I love drinking a smoothie to help me fight it. My rule is that I drink a smoothie first, then, I see how severe my craving is. The great news is that the craving always goes away!

Smoothies are perfect if you're a busy person or if you're someone wanting a more energetic lifestyle or both! They're super easy to make, convenient for travel, delicious, and extraordinarily nutritious. They pack quite the punch! You get so much whole food nutrition packed in a smoothie, making them the perfect answer for helping people stay energized and focused all day long.

They take five minutes or less to make. And, making them right before you drink it is always the freshest way. However, if you're really tight on time, here is a helpful tip: Pick 3 days a week to make your smoothies, and then make enough to last for two days at a time. This is one of the things that can make them so easy and convenient. You can make a bunch in advance and store them in airtight containers in your refrigerator (I prefer glass mason jars... available and inexpensive at your local hardware store).

## **Smoothie Things to Know**

When making your smoothie, consider the texture you're going after. Some people, like me, prefer nice thick smoothies that I can drink through my big glass straw. Some people, like my mom, prefer thinner smoothies, so she adds more water to her smoothies. And, some people prefer to actually eat their smoothies with a spoon; therefore, they use less water. When you're making the smoothies in the following recipes, keep in mind that the amount of water is just a suggestion. If you like your smoothie thin or thick, adjust the amount of water as necessary.

Some people prefer very cold and "shake-like" smoothies. If this is the case, then ice can be used or frozen fruit. A great and delicious tip is to always have frozen bananas on hand. The next time your bananas are at their "ripe" stage (with freckles), simply peel them and freeze them in a baggie (or better yet, use a Food Saver™ like I do). I always have frozen bananas stored in my freezer ready to go for delicious and creamy smoothies.

You'll see that some of my recipes in this book call for the use of a green powder. This is to get an extra serving of concentrated greens into the day. My favorite brand is Vitamineral Green (you can find a link for it at [KristensRaw.com/store](http://KristensRaw.com/store)). It's a great way to make your beverage extra alkaline and a nutritional powerhouse.



## Let's Talk About Blenders

Rest assured, you can make any of the smoothies, elixirs, and nut milks in this book with pretty much any ol' blender. However, if you want to really kick it up a notch, then a great addition to your kitchen is a powerful, high-speed blender. This appliance was game changing for me. A high-speed blender helps you get the most nutrition from your produce, because they have the ability to bust through the cell walls of the produce, releasing the nutrients (making them more accessible *and* easier to assimilate). Let's take lycopene for example. We've all heard that lycopene is most easily obtained from cooked tomatoes. Yes, it's good news that lycopene is released from cooked tomatoes. The bad news is that you destroy so many other nutrients from the cooking process. Well, people with high-speed blenders now have another option for getting lycopene from tomatoes, because high-speed blenders are so powerful that they break the cell walls of the uncooked tomatoes and release the lycopene. And... what about those pesky raspberry and strawberry seeds? High-speed blenders are reputed for crushing those, too.

Fresh smoothies and juices aren't the only reasons to get a high-speed blender though. They are great for making plenty of delicious and highly nutritious Raw vegan foods for you and your family, such as pate, pesto, soup, ice cream, mousse, nut/seed butter, and much more.

I'm always asked which high-speed blender is the best to get: Blendtec or Vita-Mix? Honestly, they are both terrific blenders, both now use BPA-Free containers, and you'll likely be happy with whichever one you choose.

Here are some things to consider – keeping in mind that they are both fabulous and they'll both get the blending job done – a nice feature about the Blendtec is that it stores more easily on your counter top (under the cupboard due to its size) and it's easier to clean, in my opinion, due to the square container. Blendtec also offers (for an additional charge) a 3-quart container! I love this! This enables blending large quantities. However, the Vita-Mix 5200 model has a better warranty than the Blendtec (as of the writing of this book). The Vita-Mix 5200 Model has a fantastic 7-year warranty (this warranty guarantees trouble-free performance under normal household use), while the Blendtec has a 3-year

warranty on the base with only a 1-year warranty on the container. This could change though, so be sure to check with each company before making your purchase.

They are both great machines and I have one of each. If I were hard pressed to pick one, I would probably go with the Blendtec with both the container it comes with as well as the 3-quart size container. Details for both machines are available at [KristensRaw.com/store](http://KristensRaw.com/store).

# Fresh Veggie Life

Yield 1 serving

Here is a great recipe to make that is fresh and easy. It's especially terrific if you have some "leftover" veggies that you're eager to use up before your next shopping trip. Simply throw them in the blender with a few other ingredients. One of the best and fastest ways to get your veggies!

**1 1/2 cups water**

**2 cups of any chopped veggies**

**1 tablespoon fresh herb(s), optional**

**fresh juice of 1 lemon**

**pinch salt**

**pinch black pepper**

Blend all of the ingredients until smooth. You now have pure nutrition in a cup!

Variation:

- For a wonderfully decadent, satiating, and creamy Fresh Veggie Life, add 1/2–1 avocado (pitted and peeled) to your smoothie before blending.

# Liquid Salsa Dance

Yield 1 serving

This recipe is fun and unique. If you're a fan of salsa, like me, then you'll love it. Tomatoes are a lovely source of vitamin C, potassium, as well as antioxidants.

- 1 cup water**
- 2 tomatoes, chopped**
- 1/2 cucumber, peeled and chopped**
- 1/4 bunch cilantro**
- 1 orange, peeled and seeded**
- 2 tablespoons fresh lime juice**
- 1/8 teaspoon cayenne, or to taste**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency. You can drink this as a thick smoothie for a "filling" beverage or strain it through a nut milk bag and drink it as juice.

# Dazzling Daylight Flower Smoothie

Yield 3 cups



**2 large white peaches, pitted**

**Juice of 1 lemon**

**1 cup organic edible flowers**

Blend the peaches and lemon juice until smooth. Add the flowers and pulse briefly. You want to have gorgeous flecks of colors showing. Enjoy served in a sassy wine glass or goblet.

# Raw Armor

Yield 1 serving

I call this Raw Armor because it's filled with immune strengthening nutrients to help protect you and your health... just like armor would do.

Kale totally rocks the nutrition house! It's one of the most nutrient dense foods (we're talking vitamins A & C, potassium, iron, calcium, folate, and more!), and it's known for helping you fight and/or prevent cancer, promote eyesight, and more.

- 1–2 cups water, more if desired**
- 2 large kale leaves**
- 1 stalk celery, chopped**
- 2 medium carrots, chopped**
- 2 apples, cored and chopped**
- 2 tablespoons fresh lemon juice**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency. Drink it down and rule the world.

# Vivacious Princess

Yield 3 cups

I named this Vivacious Princess because of the pretty pink color and how it'll make you feel after drinking it: attractive, lively and femininely spirited. I'm totally ready to take on the day after drinking this delicious concoction (after I put on my lip gloss, of course... sparkly princess after all).

**1 cup water**

**1 heaping cup frozen cherries**

**2 frozen bananas**

**1 heaping scoop natural (plain) sprouted brown rice protein powder\***

**1 tablespoon raw cashew butter**

**1 tablespoon flax meal**

**1/4 teaspoon cinnamon**

**dash almond extract**

Blend all of the ingredients in a blender until smooth.

\* See Appendix B, Raw Resources, for more details.

# Moroccan Beach Sunset

Yield 1 serving

Here are some gorgeous Moroccan flavors that are sure to please you. I love carrots because they're filled with nutrition (beta-carotene, vitamins C & B-6, manganese, niacin, and potassium), *and* they're easy on the wallet. (Carrot side note: I love munching on fresh carrots when I go to the movie theater. Seriously, they're lightly sweet with a hefty crunch – perfect yum!)

**1/2 cup water**

**1 cup carrot juice**

**1/2 cucumber, peeled and chopped**

**2 tablespoons raisins**

**1 orange, peeled and seeded**

**pinch cumin**

**pinch cinnamon**

**pinch nutmeg**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.



# Beauty and the Beast

Yield 1 serving

This reminds me of beauty and the beast, because the beauty of the smoothie is in all of the nutrition, but the beast of the smoothie is in the color.

Fresh mango is filled with vitamins C, A, K, and D, as well as calcium, magnesium, phosphorus, fiber, and more!

**1/2–1 cup water**

**1/2 head romaine lettuce, chopped or 2 big handfuls of spinach**

**1/4 bunch parsley**

**1 large apple, chopped**

**1 mango, peeled, pitted and chopped**

**1 tablespoon fresh mint**

**1 tablespoon fresh lime juice**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

# Energized Workout Smoothie

Yield 1 serving

This is one of the best smoothies to drink before, during and after your workout. The best thing to do is make a batch and drink most of it “before” your workout, reserving about 1/2 cup with which to water down and drink “during” your workout. Then, after your workout, make another one fresh right when you get home.

Celery’s phytonutrients have been shown to be one of the best ways to help attain healthy blood pressure, as well as helping build healthy bones.

**1 cup water**

**2 bananas, peeled and chopped**

**1–2 stalks celery**

**pinch cinnamon**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

## Strawberry Banana Jump-Start

Yield 1 serving

The perfect way to start your day out right! Strawberries offer you vitamin C, folate, fiber, potassium, and powerful antioxidants (cancer- and heart disease-fighters).

**1/2–1 cup water**

**2 bananas, peeled and chopped**

**1 pound strawberries, greens cut off**

Blend all of the ingredients in a blender until smooth... or stop sooner if you like yours chunky!

## Old Faithful

Yield 1 serving

Nicely flavored. Inexpensive. Smooth and creamy. Definitely easy. What more could you ask for?

**1–2 cups water**

**1 handful of any greens such as romaine or spinach**

**2 bananas, peeled and chopped**

Blend the ingredients (adding more water, if necessary, to reach your desired consistency), and drink.



Strawberry Banana Jump-Start (left) and Old Faithful (right)

## **Kowabunga Mango Kale**

Yield 1 serving

I love making smoothies with fresh organic mango, because it gives such a creamy texture. This smoothie is packed with nutrition and so easy to make. The perfect way to get your morning started.

**1 cup of water, or more if desired**

**3–4 leaves of kale**

**1 large mango, peeled, pitted and chopped**

Combine everything in your blender and love it as you drink it.

# Luscious Pear

Yield 1 serving

Pears are lovely because they have a light and sweet flavor to them. They also contain potassium and vitamin C, as well as fiber and antioxidants. Their fiber is made up of soluble pectin (this helps keep you feeling full and it's shown to help reduce cholesterol).

**1 cup water**

**2 pears, cored and chopped**

**2 soft dates, pitted**

**1/4 head of fennel, chopped**

**1/4 teaspoon vanilla extract**

**1/2 cup ice, optional**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

## Smooth Ambrosia

Yield 1 serving

This is one of my favorites. It's so delicious and nutritious. The grapes, apple and orange are loaded with phytonutrients, and the coconut fills your body with wonderful electrolytes. A great combination.

**1 cup green grapes**

**1 Granny Smith apple, cored and chopped**

**1 young Thai coconut water and meat**

**1 orange, peeled and seeded**

Blend all of the ingredients in a blender until smooth, adding water to get your desired consistency.

# Kristen Suzanne's Famous Green Smoothie

Yield 1 serving

This smoothie is totally yummy, light, refreshing, and CHOCK-FULL of nutrition. Let's take a moment to concentrate on just the raspberries. They are a high fiber powerhouse. But, that's not all they bring to the table (or the smoothie, I should say). They have calcium, phosphorus, magnesium, potassium, and vitamins K & C.

**2 cups water**

**1 cup raspberries**

**1 Golden Delicious apple, chopped**

**1/4–1/2 cup cilantro, chopped**

**1 stalk celery, chopped**

**3–4 leaves of fresh basil**

Blend all the ingredients until smooth.



## Vanilla Kiwi

Yield 1 serving

Simply delicious. I love drinking this as a night time snack. Kiwi is a powerhouse of nutrition. It's filled with an army of disease fighting phytonutrients, loads of vitamin C (twice as much as oranges!), magnesium, fiber & potassium.

**1 cup of water**

**1/2 cup ice**

**1 handful spinach**

**3 kiwis, peeled and chopped**

**1 banana, peeled and chopped**

**1/2 teaspoon vanilla extract (or 1/2 vanilla bean, chopped)**

Give everything a whirl in your blender and enjoy.

## Z-Train

Yield 1 serving

Okay... I had to name something after my dog, so this is it. (Z-Train is just one of many nicknames I have for him.) He brings me so much joy.

I love bananas in my smoothies because they give it such a lusciously creamy texture, not to mention a decadently sweet flavor. Oh, and how about a hat trick here... they're cheap!

**2 cups water**

**2 bananas, peeled and chopped**

**2 soft dates, pitted**

**2 teaspoons raw carob powder**

**2 pinches cinnamon**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

# Zenergizing Smoothie

Yield 1 serving

The green tea in this recipe creates a very Zen experience for you while drinking it. Green tea has been known to improve people's mood because of a substance found in it called "theanine." That's just one of many benefits green tea offers you.

**1 cup green tea\***

**1 handful spinach**

**1 apple, cored and chopped**

**1 banana, peeled and chopped**

**pinch nutmeg**

Blend all of the ingredients until smooth in a blender and enjoy your *Zen* state of mind!

\* To prepare tea without using much heat, if any at all, place a mason jar with a cup of water on your counter. Place your organic green tea in it for 1–3 hours. Or, for a quicker version, warm the water on your stove and then steep the tea for no longer than three minutes.

# Detoxifying Smoothie

Yield 4–5 cups

Cilantro is known to help draw metals out of your body, so this smoothie is great for helping you detox. The ginger is beneficial for aiding circulation and digestion, and it is a rich source of antioxidants.

**2–3 cups water**

**1/2 fresh pineapple, peeled, cored and chopped (or more)**

**1/2 bunch fresh cilantro (or more)**

**1/4 inch fresh ginger, peeled (or more)**

Blend everything in your blender and enjoy this refreshing and detoxifying smoothie.

# Dragon Blood

Yield 1–2 servings

Let me tell you... this is *DELICIOUS!* And, it's extra nutritious. I could write paragraph after paragraph listing all the powerful nutrients in this smoothie, but this is a recipe book after all. Just trust me... Dragon Blood will make your body sing!

**1 cup water**

**1/2 cup raspberries**

**1/2 cup strawberries, green stems removed**

**1/2 cup blackberries**

**1 apple, cored and chopped**

**1 orange, peeled and seeded**

**1/2 beet, chopped**

**1/4 inch ginger, peeled and chopped**

**1 tablespoon lime juice**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

# Spicy Sunrise Smoothie

Yield approximately 5 cups



- 1–2 cups water (depending on how thick you like it)**
- 3 bananas, peeled and chopped**
- 1 stalk celery, chopped**
- 1 large carrot, chopped**
- 1 red jalapeno pepper, stem and seeds removed**
- 4 fresh mint leaves**

Blend all of the ingredients until smooth. Enjoy!

## Sweet Low-Sugar Green Smoothie

Yield 1 serving

For a delicious green smoothie that is low in calories, but still nice and sweet, you have to try this!

**2 cups water**

**1–2 handfuls of greens (I like parsley and spinach)**

**1/2–1 packet powdered stevia or 2–4 drops liquid stevia (or more to taste)**

**juice from 1 lime**

Blend all of the ingredients in a blender and enjoy!

# Mighty Blackberry Banana

Yield 1 serving

Blackberries and bananas are filled with plenty of nutrition to start your day.

**1 cup water**

**2 frozen bananas**

**1 cup frozen blackberries**

**1 tablespoon raw cashew or raw almond butter**

**1 scoop raw vegan protein powder\***

Blend all of the ingredients in a blender until smooth.

\* One of my favorite protein powders to use in this recipe is Sun Warrior's Natural (plain) flavored raw, sprouted brown rice protein. See Appendix B, Raw Resources, for details.



## Un-Fuzzy Navel

Yield 1 serving

This is a fun smoothie because of the party-time flavor. Here is an example of how adding a flavor extract to a smoothie can really kick it up a notch. When you think about it... smoothie recipes are endless. There are so many different combinations that you can make, it's impossible to ever get bored. You can use different fruits, different veggies, different extracts, different nuts/seeds, and different superfoods, etc so many different combinations.

**1–2 cups water**

**1 orange, peeled and seeded**

**2 peaches, pitted**

**1–2 soft dates, pitted**

**1/4 teaspoon rum extract, more to taste**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

## Perfect Pear Banana Bliss

Yield 1 serving

I'm in love with fruit smoothies and this one is fabulous. It's a terrific dessert, too! Next time you have a sweet tooth, make one of these.

**2 cups water**

**2 bananas, peeled and chopped**

**1 pear, cored and chopped**

**1/2 cup ice**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

## Sweet Tart Herb

Yield 1 serving

This is a delightful smoothie that reminds me of sweet tarts. To change it up a bit, I like to add fresh herbs in my smoothies sometimes. They are packed full of nutrition and add so much flavor. I feel healthier with every sip.

**1 1/2 cups water**

**2–3 Honey Crisp apples, cored and chopped**

**1 tablespoon fresh dill (or more)**

**1 tablespoon fresh lemon or lime juice**

**1 teaspoon fresh rosemary (or more)**

Put the ingredients in a blender and blend away. Enjoy this sweetly tart combo.

## **Pineapple Mango Colada**

Yield 2–4 servings (depends on how large you like your smoothie!)

Pineapple contains bromelain, which is a very rich source of enzymes known to greatly assist with digestion, wound healing, bruises, and reducing inflammation.

**1/2 pineapple, peeled and chopped**

**1 mango, peeled, pitted, and chopped (or 1 heaping cup frozen mango)**

**1 young Thai coconut, meat and water**

**1/2 teaspoon rum extract (more to taste!)**

**2 tablespoons raw agave nectar or 3–4 pitted dates**

**1 tablespoon fresh lime juice**

**1 cup ice cubes**

Blend all of the ingredients together, except the ice. Add the ice and blend until desired texture is achieved.

## Blueberry Power Packer

Yield 1 quart

This smoothie is *packed* with nutrition, chlorophyll, and flavor.

For those of you who are new to hemp foods, hemp is basically one word: AMAZING. Hemp is commonly referred to as a "superfood" (okay, that makes it two words – haha – “amazing” and “superfood”) because of its phenomenal nutritional value. Its amino acid profile dominates with the 8 essential amino acids (10 if you're elderly or a baby), making it a vegan source of "complete" protein!

Manitoba Harvest is my favorite source for hemp food products. For more recipes and information about hemp, be sure to check out my book, *Kristen Suzanne's Ultimate Raw Vegan Hemp Recipes*.

**2 cups water**

**2 cups blueberries**

**1/4 cup hemp protein powder**

**1–3 teaspoons green powder\***

**1 tablespoon chia seeds**

**1–2 handfuls spinach**

**2 tablespoons fresh lemon juice**

Blend this power packin' goodness up and enjoy some mega energy and fulfillment!

\* See Appendix B, Raw Resources.

# Spumoni Dessert Smoothie

Yield 1 quart

I have been craving spumoni ice cream lately, so I had to come up with an alternative... Raw Vegan style. Here it is! Super delicious and yummy. Enjoy!

**1 1/2 cups water**

**1 cup raw shelled pistachios**

**1 (10oz) bag frozen cherries**

**1/4 cup raw agave nectar**

**3 tablespoons raw chocolate powder**

**1/2 teaspoon cherry extract**

**pinch Himalayan crystal salt**

Place the pistachios in a bowl and cover with water by about an inch. Let them soak for 30-60 minutes. Drain off the water and give them a quick rinse.

Blend all the ingredients until smooth and creamy.

## Love Nest Maca Smoothie

Yield 1 quart

Maca is known for having some amazing properties, which is why I was determined to make a recipe with this magical superfood. Personally, I usually can't stand the taste of it, but in this smoothie, I'm gung-ho for it.

The following are a few things maca is reputed for: balancing hormones, increasing strength and endurance, boosting libido, and fighting fatigue. It's a nutrient dense food. For details on where you can purchase maca, visit [KristensRaw.com/store](http://KristensRaw.com/store).

**2 cups water**

**2 cups frozen raspberries**

**3 soft dates, pitted**

**1 tablespoon green powder**

**1 tablespoon raw carob powder**

**1 tablespoon chia seeds**

**2–3 teaspoons maca powder**

**3/4 teaspoon cherry extract**

**3/4 teaspoon cinnamon**

Blend all of the ingredients and enjoy!

# Cinnamon Kiwi Green Smoothie

Yield 3 cups

Kiwi is a powerhouse of nutrition. It's filled with an army of disease fighting phytonutrients, loads of vitamin C (twice as much as oranges!), magnesium, fiber & potassium.

**1–2 cups water (depending on the thickness desired)**

**1 large handful spinach**

**1 kiwi (peeled or not, it's up to you; I peel 1/2 of mine and leave the peel on the other half)**

**1 apple, cored and chopped**

**3/4 teaspoon cinnamon**

Blend this sassy smoothie up and enjoy the powers of vitamins, minerals, and phytonutrients going to work for you.



## Island Oasis Girl

Yield 3 cups

This smoothie is heavenly and takes my mind far away from everyday activities with every sip. It's a vacation in a cup! You just might want to put on your sunglasses while enjoying this (even if you're indoors – *who cares?!*)

**1/2 cup water**

**1 cup fresh orange juice**

**1 (10oz) bag frozen mango (or 2 cups fresh mango, peeled and pitted)\***

**1 banana, peeled**

**1 teaspoon rum extract**

**1 teaspoon coconut extract\*\***

Blend all of the ingredients together until smooth. Sit back, relax, and enjoy every sip.

\* I prefer frozen mango for this recipe because it makes the drink refreshing, thick, and cold, which is perfect on a hot day.

\*\* Available at [www.frontiercoop.com](http://www.frontiercoop.com)

## Sweet Dessert Smoothie

Yield approximately 4 cups

Smoothies should NOT be just for breakfast. Some of the best smoothies are made wonderfully sweet and the perfect finale to a delicious meal. This is one heck of a healthy dessert.

**2 cups water**

**2 bananas, peeled**

**6–7 soft dates, pitted**

**1/4 cup Artisana Raw Vegan Amazon Bliss\***

**3/4 teaspoon hazelnut extract**

**3/4 teaspoon coffee extract**

**1/4 teaspoon cinnamon**

**1 cup ice**

Blend all of the ingredients together, except the ice. Add the ice and blend. Serve in chilled glass mugs for extra fun.

\* This is available in most Whole Foods Markets or online.

# Blueberry Cardamom Breakfast Smoothie

Yield 1 large serving

Blueberries are total brain food and rank among the highest for antioxidants. They are full of nutrition. I love blueberries.

Cardamom, member of the ginger family, is an ancient spice, which is known for stimulating bile flow for a healthy liver and metabolism of fat. It contains essential oils with high antioxidant properties.

**2 cups water**

**2 cups frozen blueberries**

**2 frozen bananas**

**1/4 teaspoon cardamom (ground)**

**1/8 teaspoon cinnamon**

Give everything a whirl in your blender and enjoy this fabulous breakfast of real champions.

# Dancing Green Smoothie

Yield 1 quart

When I drink this, it makes me want to get up and dance. Can't help myself. It has so much super power nutrition with all of the antioxidants, essential fatty acids, and essential amino acids.

**2 cups water**

**2 bananas, peeled**

**1/2 bunch cilantro**

**2 tablespoons hemp protein powder**

**1 tablespoon chia seeds**

**2 tablespoons goji berries**

**1 teaspoon raw carob or raw chocolate powder**

**1 teaspoon green powder**

**1/4 teaspoon cinnamon**

**pinch cayenne pepper (or more)**

Give the ingredients a whirl in your blender, drink it down, and dance your heart out!

# Almond Butter Cup

Yield approximately 4 cups

This amazing combination reminds me a little of peanut butter cups, only with an almond twist. I use raw almond butter to keep it raw, but you could easily use peanut butter to *really* make it like a peanut butter cup. This makes for an awesome dessert!

**1 cup water**

**1 cup ice**

**2 frozen bananas, chopped\***

**1/4 cup raw chocolate powder**

**3 tablespoons raw almond butter**

**1 tablespoon flax meal**

**splash almond extract**

Blend all of the ingredients until smooth and enjoy this chilly concoction.

\* See Appendix B, Raw Resources.

# Cranberry Delight

Yield approximately 1 quart

There are plenty of reasons to add cranberries to your diet, but most people only think about cranberries around the holidays. These little red pearls of tartness present you with vitamin C, dietary fiber, vitamin K, manganese, and more. They are wonderful for helping prevent and treat urinary tract infections also.

**1 1/2 cups water**

**3 bananas, peeled**

**3/4 cup fresh cranberries\* (depending the level of tartness desired)**

Blend all of the ingredients until smooth.

\* If you don't have fresh cranberries available, then you can substitute with frozen cranberries. One thing I like to do is buy fresh cranberries when they are in season. Then, I freeze them until I'm ready to use them.

## **Fragrant Peach Green Smoothie**

Yield approximately 5 cups

Peaches are among my favorites when it comes to fruit. I love how juicy they get, making them perfect for smoothies. Peaches contain fiber, calcium, magnesium, vitamin C, phosphorus, potassium, and more.

**2 cups water**

**2 large white peaches, pitted**

**1 banana, peeled**

**1 large handful spinach**

**1 small handful fresh basil**

**1 tablespoon fresh rosemary**

Blend all of the ingredients together until smooth and creamy (making sure the rosemary and basil get blended in nicely).

# Fluffy Green Smoothie

Yield 1 serving

This is one of my favorite fall season smoothies. It's full of nutrition and easy on the wallet. I love how the apples make this "fluffy" and the spinach adds a nice creaminess to it.

**1 1/2–2 cups water**

**2 apples, cored and chopped**

**2 handfuls spinach**

**1/2 teaspoon cinnamon**

Blend the ingredients until smooth.



# Fluffy Green Protein Smoothie

Yield 1 serving

This recipe is similar to the one above but with protein and green powder. Yowza!

- 1 1/2–2 cups water**
- 2 apples, cored and chopped**
- 2 handfuls spinach**
- 2 tablespoons hemp protein powder**
- 1–2 teaspoons green powder**
- 1/2 teaspoon cinnamon**

Blend the ingredients until smooth.

# Pure Delight Green Smoothie

Yield 1 serving

Here is a great smoothie recipe that is perfect for summer. It's simple, delicious, delightful, refreshing, light, nourishing, beautiful, and vibrant. And, guess what? That's how you'll feel after only one sip (or gulp, in my case!).

**1 cup water**

**2 bananas, peeled and chopped**

**2 lacinato kale leaves**

**1 cucumber, chopped**

Give these energy filled ingredients a whirl in your blender and enjoy with delight.

## Happy Bunny

Yield 2 1/2 cups

Super easy and gorgeously orange. This light smoothie will fill you with energy and nutrients from head to toe, including essential amino acids, vitamins, minerals, antioxidants, and fiber.

**2 cups water**

**1 cup carrots, chopped**

**2 tablespoons goji berries**

Blend the ingredients in your blender for 45–60 seconds. At this point you can pour it into your favorite glass and enjoy, or you can blend in a cup of ice to make it more “shake” like. I like it both ways!

## Summer Light

Yield 1 quart

This recipe is delightful, refreshing, nutritious, and tasty. I especially love it during the hot summer months.

**1–2 cups water**

**1 small head romaine lettuce**

**2 small oranges, peeled and chopped**

**2 cups pineapple, chopped**

Blend the ingredients in your blender.

# Gently Spiced Omega Shake

Yield 3 cups

I just love a good shake and this is definitely one to put on the "household staples" list. It is filled with protein, omega fatty acids, vitamins, minerals, and fiber.

**1 cup water**

**1 cup ice**

**2 bananas, peeled and chopped**

**2 heaping tablespoons hemp protein powder**

**2 tablespoons hemp seeds**

**1 tablespoon chia seeds**

**1/4 teaspoon cinnamon**

**1/8 teaspoon nutmeg**

**1/8 teaspoon allspice**

Blend it all up and enjoy the omega-protein power combo!

# Orange Banana Crush

Yield 3 cups

Talk about a delicious, light, and super refreshing beverage that can help take the sugar-addiction edge off. The next time you're craving something that is sugary and unhealthy, whip this wonderful and nutritious beverage up. I'll bet that after drinking this, your craving will go away, and you will be proud of yourself for keeping it healthy.

**1 cup water**

**1 cup ice (more if desired)**

**2 oranges, peeled and seeded**

**1 banana, peeled**

Blend everything in your blender.

## Sweet Chilly Shake

Yield 3 cups

I made this on a hot afternoon when I was hungry. It did two things for me: 1) cooled me down right away and 2) filled my tummy up with happiness. It's mega delicious!

**1.5 cups nut/seed milk\***

**couple handfuls ice**

**2.5 bananas, peeled**

**2 tablespoons flax meal**

**2 tablespoons hemp protein powder**

Blend the ingredients in your blender and enjoy!

\* See recipes, Chapter 2. For people who are not all-raw, feel free to use any plant-based milk for this recipe such as (organic) soy milk, rice milk, oat milk, coconut milk, etc.

## Chapter 2

### *Nut/Seed Milks & Shakes*

*Give about two hours, every day, to exercise; for health must not be sacrificed to learning. A strong body makes the mind strong.*

— Thomas Jefferson

#### **Nature's Healthy Alternative to Milk**

Having a substitute for animal based dairy is important in many households. Organic raw nut/seed milk is perfect for the job. These wonderful plant-based substitutes are creamy, sweet, delicious, and can be used in a number of ways. And, raw nut/seed milks are dairy-free and preservative-free. The following recipes will stay fresh when stored in an airtight container (glass mason jars are perfect) for up to 5 days. They also freeze well. This is great because you can make a few large batches and freeze them in small to medium sized glass mason jars. Then, take one out of the freezer (and let it begin thawing in the refrigerator) the night before you plan on drinking it.

These milks can be used in smoothies, soups, poured over cereal, desserts, or simply alongside a plate of delicious cookies. I think it's neat that my friend's son loves having a tall glass of cold hemp milk after school everyday. His mom is very proud!



## **1-Minute Nut Milk**

Yield 2 cups

This makes life easy. Knowing that you can whip up a super fast nut or seed milk in less than a minute! This is perfect for those of us with busy lifestyles, people who are on the run, or for those of us who simply forget to soak nuts/seeds overnight as usually needed in traditional recipes.

It's a good idea to double the recipe and have it ready to enjoy all week.

**2 cups water**

**2–3 tablespoons raw nut or seed butter**

**1–2 soft dates, pitted or 1 tablespoon raw agave nectar, optional**

Blend all of the ingredients together until smooth and creamy.

# 1-Minute Chocolate Milk

Yield 2 cups

For those of us on the run, or if you forgot to soak your nuts overnight, here is another quick 1-minute nut milk you can enjoy, but this one is for chocolate lovers.

**2 cups water**

**2–3 tablespoons raw nut or seed butter**

**1–2 soft dates, pitted or 1 tablespoon raw agave nectar, optional**

**1–2 tablespoons raw chocolate powder or raw carob powder\***

Blend all of the ingredients together until smooth and creamy.

## Creamy Dreamy Nut/Seed Milk

Yield approximately 3 cups

**1 1/2 cups raw nuts or seeds**

**3 1/4 cups water**

**2 soft dates, pitted (or 1 tablespoon raw agave nectar)**

**pinch sea salt, optional**

Place the nuts or seeds in a bowl and cover with enough water by about an inch. *Depending on the nuts or seeds chosen will determine the time for soaking (see Appendix A, Raw Basics, for details).* Drain the water off and give them a quick rinse.

Blend all of the ingredients together until smooth and creamy.

Variation:

- Strain through a nut milk bag for an even smoother milk.

# Cinnamon Pecan Milk

Yield approximately 5 cups

This is perfect poured over raw granola. I also love drinking this as a dessert or as a filling, mid-day snack. Cinnamon Pecan Milk is both dairy-free and preservative-free.

- 1/2 cup raw pecans**
- 1 cup raw cashews**
- 3 1/2 cups water (or more)**
- 3 soft dates, pitted**
- 2 tablespoons raw agave nectar**
- 1 1/2 teaspoons cinnamon**
- 1/2 teaspoon vanilla extract**

Place the pecans in a bowl and cover with water by about an inch. Let them soak for 6-8 hours. Drain off the water and give them a quick rinse. Place the cashews in another bowl and cover with enough water by about an inch. Let them soak for 1 hour. Drain off the water and give them a quick rinse.

Blend all of the ingredients until smooth, adding more water until you reach your desired consistency. For an extra smooth texture, strain the nut milk through a nut milk bag.

Variations:

- You can use any combination of nuts, but cashews keep it extra creamy.
- To alter the sweetness, reduce or omit the dates and agave.

## Rockin' Maca Chocolate Shake

Yield 1–2 servings

This shake will truly rock your world! Raw cacao is reputed for being a superfood because it is loaded with antioxidants (and I mean it... loaded!). It also has protein and fiber.

- 1 cup water, more if desired**
- 1 young Thai coconut, water and meat**
- 2 tablespoons raw chocolate powder**
- 2 tablespoons raw agave nectar**
- 1 tablespoon raw cacao nibs**
- 2–3 teaspoons maca powder**
- 1/4 teaspoon cinnamon**
- pinch salt, optional**
- 1/2–1 cup ice**

Blend all of the ingredients together, except the ice, until smooth and creamy. Add the ice and blend briefly for a fabulous shake.

# Caramel Chocolate Shake

Yield 2 servings

This is a real treat of a shake. Super yummy! I often make this as a dessert shake.

Did you know that carob is a member of the pea family? It's a great source of protein and fiber, and it can be helpful with digestive challenges.. It also contains minerals, vitamins, and antioxidants.

**3 cups Nut/Seed Milk (see recipe, Appendix A)**

**4 soft dates, pitted**

**2 tablespoons raw chocolate powder**

**1 tablespoon raw carob powder**

**1 teaspoon mesquite meal powder**

**1 teaspoon lucuma powder**

**1/4 teaspoon vanilla extract**

**pinch salt, optional**

**1 cup ice**

Blend all of the ingredients, except the ice, until smooth and creamy. Add the ice and blend briefly for a decadent shake.

# Earthbound Brazil Nut Milk

Yield 3 cups

This is one of my favorite nut milks because it has such a rich, earthy delicious flavor. It's SO good!

Brazil nuts are one of the best sources available for selenium, a very important trace element. They also contain protein, fiber, and calcium.

**2 cups water (use the amount for the consistency you desire)**

**1 cup raw Brazil nuts**

**3 soft dates, pitted**

**1 1/2 teaspoons mesquite powder**

**1/4 teaspoon cinnamon**

**pinch nutmeg**

**pinch sea salt**

Blend all of the ingredients until rich, smooth and creamy.

Variations:

- For an extra treat, add 1–2 teaspoons of raw carob powder.
- Want a little fun crunch? Add a handful of cacao nibs.



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## Cardamom Milk

Yield 2 cups

Cardamom, member of the ginger family, is an ancient spice, which is known for stimulating bile flow for a healthy liver and metabolism of fat. It contains essential oils with high antioxidant properties.

But, that's not all. Cardamom, with its calming effect on the digestive system, is also helpful if you have gas.

**2 cups Nut/Seed Milk (see recipe, Appendix A)**

**2–3 teaspoons raw agave nectar or 1–2 soft dates, pitted (if the Nut/Seed Milk you use is unsweetened)**

**1/2 teaspoon cardamom seeds**

Grind the cardamom seeds in a coffee grinder or a mortar and pestle. Transfer the ground seeds to a blender and add the remaining ingredients and blend.

# My Mocha Latte Fix

Yield 2 servings

For those still wanting a large soy latte from the local coffeehouse, this is a helpful substitute that is healthy and fun. To make it extra special, serve it in your favorite coffee mug(s).

You can use whatever nuts you have on hand. I like Brazil nuts for their earthy flavor and I like cashews for the creamy texture they offer.

**3/4 cup raw Brazil nuts**

**1/2 cup raw cashews**

**2 cups water, or more, depending on how thick you want it**

**2 soft dates, pitted**

**1 tablespoon raw chocolate powder**

**2 teaspoons raw agave nectar**

**3/4 teaspoon coffee extract**

**1/4 teaspoon cinnamon**

**1/2 vanilla bean, minced**

**pinch nutmeg**

**pinch cayenne pepper (or more to really give it "heat")**

**pinch sea salt**

Place the Brazil nuts and cashews in a bowl and cover with water by about an inch. Let them soak for 1 hour. Drain off the water and give them a quick rinse. Blend all of the ingredients until rich, smooth and creamy.

## Fennel Seed Milk

Yield 2 cups

Fennel is common in Mediterranean cuisine and has a lovely licorice flavor, which is delightful in a raw vegan milk. This recipe is a delicious alternative to the normal nut and seed milk recipes.

**2 cups Nut/Seed Milk (see recipe, Appendix A)**

**2–3 teaspoons raw agave nectar or 1–2 soft dates, pitted (if the Nut/Seed Milk you use is unsweetened)**

**1/2 teaspoon fennel seeds**

Blend all of the ingredients in a blender until smooth and creamy.

# Carrot Spiced Milkshake

Yield 2 cups

Here is a fun alternative to regular raw nut milk. Pour this on your next bowl of cereal for some vibrant fun. Or, enjoy it as a satiating afternoon snack. I've even enjoyed it as a dessert!

**1 1/2 cups Nut/Seed Milk (see recipe, Appendix A)**

**2 medium carrots, chopped**

**dash nutmeg**

**dash cinnamon**

**1 clove**

Blend all of the ingredients thoroughly (approximately 45–60 seconds).

## Warm Pistachio Milk

Yield 1 1/2 cups

If you like pistachios, then you will love this recipe. It's wonderfully creamy and the lucuma powder adds a flavorful layer of sweetness.

**1 cup water**

**1 cup pistachios, shelled**

**1 tablespoon lucuma powder**

**1 teaspoon raw agave nectar or 1 soft date, pitted**

Place the pistachio nuts in a bowl and cover with enough water by about an inch. Let them soak for 4-6 hours. Drain off the water and give them a quick rinse.

Blend all of the ingredients thoroughly (approximately 1 minute, or until warm).

## Nuts Galore

Yield 4 cups

- 3/4 cup raw almonds**
- 3/4 cup raw pecans**
- 3/4 cup raw cashews**
- 3 dates, pitted**
- 3 1/2 cups water**
- pinch Himalayan crystal salt**

Place the almonds in a bowl and cover them with enough water by about an inch. Let them soak for 8-10 hours. Drain off the water and give them a quick rinse. Place the pecans in another bowl and cover with enough water by about an inch. Let them soak for 6-8 hours. Drain off the water and give them a quick rinse. Place the cashews in another bowl and cover with enough water by about an inch. Let them soak for 1 hour. Drain off the water and give them a quick rinse. Place the pitted dates in a bowl with enough water to just cover them. Let them soak for 30-45 minutes. Drain off the water.

Blend all of the ingredients thoroughly (approximately 1 minute). Strain the nut milk for a smooth consistency using a nut milk bag. Use the remaining nut pulp in a raw dehydrated cookie or cake recipe.

# Banana Hemp Milk

Yield 3 1/2 cups

This is delicious by the glass, poured over cereal, or used as the liquid ingredient in your next shake or smoothie.

**2 cups water**

**2 bananas, peeled**

**1/2 cup hemp seeds**

**dash nutmeg**

**pinch Himalayan crystal salt**

Blend all of the ingredients until smooth and creamy.

# Simple Banana Milk

Yield 1–2 cups

For a fast, fun, light, and nut-free raw vegan milk, make Simple Banana Milk.

**1–2 cups water**

**1 banana, peeled**

Blend the ingredients. Serve immediately.

Variations:

- Add raw chocolate, raw carob, cinnamon, cardamom, nutmeg, or any other fun spice that sounds unique or delicious.



# Chapter 3

## *Plant Blood*

*Energy is Eternal Delight.*

— William Blake

### **The Stuff of Life!**

I call any freshly juiced fruits or vegetables “Plant Blood” because... that’s what it *IS*. (Not to mention, it sounds very cool!) Like the vegan version of being a vampire, I feel absolutely super-human when I’m drinking it down. Plant Blood is packed with vitamins, minerals and phytonutrients.

Fruit in juices are known to be cleansing, while vegetables and greens are recognized as rebuilding and regenerating.

Fresh fruit and vegetable juices can do wonders for your body, spirit and mind. They can help you cleanse your body. They can fill you up with energy because you’re giving your digestion a rest with the removal of the fiber. They can make the cells in your body happy because you’re giving them vital nutrients.

### **Tips & Tricks for Making the Best Plant Blood Ever**

Keep in mind that depending on the juicer you use, you will most likely get different yields because some juicers do a much better job of extraction. Therefore, the yields you see in my recipes might be a bit different than what you get when you make it. I used different juicers to create the different recipes.

Here are a variety of tips and tricks that you might find useful when making and drinking Plant Blood:

- For people struggling with caffeine, it can help to add carrot juice to some of your morning juices
- Add beets once in a while for extra nutrition (don't be alarmed if you pee red shortly after drinking!)
- Add a clove of garlic for immune strengthening benefits
- Add 1/4 inch of fresh ginger for digestive and circulation enhancing properties
- If you see lemons or limes called for in the following recipes then you can do any of the following:
  - Squeeze in the juice from the citrus *after* using your juicer
  - Peel the citrus and then juice the flesh like you do your other ingredients
  - Juice the whole citrus (peel and flesh) if your juicer can handle it (refer to your juicer's manual for instructions)
- If you find that you've made a juice that is too "green" for your taste try adding any of the following:
  - Water: simply water it down by dividing it between two glass mason jars and filling them up with extra water
  - Fresh lemon or lime juice
  - Stevia (liquid, powder, or fresh leaves)
  - Pinch or two of Himalayan crystal salt
  - Cucumber and/or celery juice added into it
  - Garlic, ginger, cayenne, cinnamon, turmeric, nutmeg, etc
  - Organic extracts (vanilla, lemon, orange, maple, cherry, coconut, etc).

## **My Favorite Juicers**

Which juicer is my favorite? The answer is that I actually have three, and I love them all for different reasons. The three juicers I use:

## ***Green Star®***

This bad boy isn't cheap, but it's life changing. This machine is great because it's extremely durable, reliable, juices wheatgrass (most juicers cannot do this, so you often have to buy a separate wheatgrass juicer), plus more. Because this juicer uses twin gears, which gently and slowly extract the juice, it doesn't degrade or oxidize nearly as fast as it does with a centrifugal juicer (details about centrifugal juicer below). Green Star juice can be stored in an airtight container for a couple of days, when stored properly, without much oxidation, which makes it perfect for people who can only juice once a day or less.

This juicer squeezes out every bit of juice, leaving you with very dry pulp, so you're really getting your money's worth from your organic produce. Here are other things the Green Star Juicer can do: make ice cream from frozen produce such as bananas or mangos, as well as homogenize raw nuts, seeds and grains for pate and butters, and more.

The Green Star takes longer to use and clean up, but it's still amazing and well worth the money (and the time if you have it). I have a Green Star and don't use it as much as I used to now that I have the Hurom and Breville (details below), but there are times I still rely on it. That's for sure!

## ***Breville® Fountain Juicer***

The Breville Fountain Juicer is great, because it's lightening fast and SUPER EASY to clean. This machine inspires me to juice multiple times a day due to its ease of use. It's considerably less expensive than the Green Star, but because it's centrifugal, you should drink the juice within 15 minutes of making it to prevent oxidation and nutrient loss.

This is the perfect juicer for people who plan to do a lot of daily juicing, and want it to be fast and efficient — just be sure to *drink right after juicing*. The other thing to note is that the pulp from this juicer is quite moist, so you know that you're not extracting all of the juice like you do with the Green Star. However, I usually add the pulp to my dog's food or put it on top of my salad or feed it to the bunnies in

my yard or make raw dehydrated crackers from it (so, you can see, it doesn't go to waste).

I find that I drink a lot more juice having the Breville due to its ease of use and cleaning, but I love having my Green Star for times I juice wheatgrass, make other things besides juice, or for those days that I need to make my juice ahead of time.

## ***Hurom***

The Hurom has quickly become my go-to juicer. It is a hybrid between the Green Star and Breville Fountain. It is easy and quite fast to use (like the Breville), but it juices the produce efficiently and with low oxidation (like the Green Star). The Hurom takes the pros of the Green Star and Breville and puts them together, without the cons!

**For a video review of these juicers, click on this link:**

<http://kristensraw.com/juicers>

## **Just Because You Don't Have a Juicer Doesn't Mean You Can't Juice!**

That's right! You can juice without a juicer. What you will need is... your blender and a nut milk bag (or a paint straining bag from the hardware store – much less expensive).

Basically what you do is follow one the recipes below, but add a cup of water (more if necessary) to the recipe. Blend it all up with your blender until it's like a smoothie. Then, strain the juice, using a nut milk bag to keep the pulp separate, into a large bowl. Transfer the fresh juice to a glass mason jar (or your choice of a drinking glass) and voila! Fresh Plant Blood – made without a juicer. I recommend consuming this juice right after making it, like with the Breville model, to prevent further oxidation.

# The Original Plant Blood

Yield 1–2 servings

This juice covers all the bases when it comes to loading you up with phenomenal nutrition. This is so good!

**5 leaves kale**

**5 stalks celery**

**1/2 bunch parsley**

**2–3 carrots**

**1 apple**

**1 lemon**

**1 cucumber**

**1/4 inch piece of ginger**

Juice all of the ingredients.

## Vitality Juice

Yield 1–2 servings

Dandelion, a natural diuretic, is excellent for cleansing the liver. It's bitter, however, so it's best juiced with something sweet.

**4 stalks celery**

**1 cucumber**

**1 zucchini**

**5 leaves dinosaur kale**

**1 pear or apple**

**4 leaves dandelion**

Juice all of the ingredients.

## Green Machine

Yield 1–2 servings

This juice is fantastic. It loads you with nutrients and energy, and it's super duper delicious. Parsley is great in green juices because it offers fresh flavor as well as many nutrients such as iron, vitamins C and A, folate, and tons of vitamin K. It's great for helping to promote optimal health.

**1 large cucumber**

**1/2 bunch celery**

**1/2 bunch parsley**

**1 green apple**

Juice all of the ingredients and enjoy!





## Refreshing Morning

Yield 1–2 servings

Nice, light, refreshing, cooling... perfect for your morning.

Cucumbers are an excellent way to stay hydrated, especially during the hot summer months, and zucchini gives your body manganese, vitamin C, magnesium, copper, folate, vitamin K, and much more.

**1 large cucumber**

**1 zucchini**

**1 apple**

**3–4 leaves kale**

Juice all of the ingredients.

# Antioxidant Powerhouse

Yield 1–2 servings

Broccoli is one of the best foods you can consume to help prevent and/or fight cancer. Broccoli on its own, I'm not a huge fan of the flavor... but broccoli with carrots (or apples)? Sign me up!

**5 carrots**

**1 head broccoli, including stalk**

Juice all of the ingredients.

## **Kiwi Beet Amour**

Yield 1 quart

This is a delicious juice filled with folate, manganese, potassium, and iron from the beets. The kiwi is loaded with vitamin C (and I mean loaded!), which helps the body better assimilate the iron from the beets.

**3 cucumbers**

**2 beets**

**2 kiwi**

**1 bunch celery**

Juice all of the ingredients.

## Light-N-Lively

Yield 1–2 servings

Parsley is purifying, detoxifying, and deodorizing because it's loaded with chlorophyll. This anticancer green is also filled with nutrients for eye and bone health.

**2 lemons**

**1/2 bunch celery**

**2 cucumbers**

**1 bunch parsley**

Juice all of the ingredients.

# Sprout Power

Yield 1–2 servings

Sprouts ROCK! They are full of seriously intense nutrition that is very easy to digest and assimilate. Sprouts are one of the most concentrated sources of vitamins, minerals, enzymes, and amino acids.

Sprouts are really inexpensive and fun to grow all by yourself. For details on how to grow your own sprouts, check out my blog post (with video):

<http://kristensraw.blogspot.com/2009/07/how-to-grow-sprouts.html>

**1 lemon or lime**

**1 orange, peeled**

**2 cucumbers**

**2 large handfuls sprouts (or more)**

**2 handfuls spinach**

**1/4 inch fresh ginger**

Juice all of the ingredients.

## Bella's Eternal Love

Yield 1–2 servings

I love bell peppers. When I'm not juicing them, you can often find me eating one just like an apple. They're low in calories and have vitamins A, K & C, potassium and lycopene.

**3–4 red, orange or yellow bell peppers**

**1/2 bunch celery**

**1 bunch parsley**

**1/4 cup fresh basil**

**1 tablespoon fresh oregano**

Juice all of the ingredients.

## Super Disco Green Juice

Yield 1–2 servings

This juice is named Super Disco Green Juice because with every sip, the cells in your body will think you're playing disco music for them, and they're going to want to get up and dance for you. The broccoli is hardcore for fighting and helping prevent cancer. The carrots, cucumber, ginger and citrus bring loads of nutrition to the table as well. Drink on... Dance on...

**1 head broccoli (including stalk)**

**3 carrots**

**1/2 lemon**

**1 lime**

**1 cucumber**

**1/4 inch fresh ginger**

Juice the ingredients.

# Italian Stallion

Yield 1–2 servings

I'm Italian and I love Italian flavors so I wanted a juice just like that. The garlic is delicious in it. This is a particularly good recipe when you're juice feasting because it doesn't remind you of a juice, so much, as it does food because of the flavors in it. It's very satiating in that way.

- 1 medium tomato**
- 1 zucchini**
- 1 cup spinach, packed**
- 1 large cucumber**
- 1/2 head fennel**
- 4 leaves fresh basil**
- 1 small clove garlic**

Juice all of the ingredients.



## Sweet Tart Juice

Yield 1–2 servings

This is amazing! It tastes like a sweet tart!

If you're looking for a little pick me up in the middle of the afternoon, then I highly suggest making Sweet Tart Juice. It's the perfect fix for any afternoon.

**1 lemon**

**2 pears**

**2 tart apples**

**1 large cucumber**

Juice all of the ingredients.

## **Straight Up Carrot Celery Combo**

Yield 1–2 servings

This is so simple and delicious. You get sweetness from the carrots complimented with a nicely light, natural saltiness from the celery. This is really good.

**5–7 carrots**

**1/2 bunch celery**

Juice the carrots and celery and drink up.

## Cilantro Arugula Combo

Yield 1–2 servings

Arugula is a low calorie green that provides you with folate, vitamins A & K, iron, and lutein. It gives this juice a lovely peppery flavor.

**1/2 bunch cilantro**

**1/4 bunch arugula**

**4 stalks celery**

**2 carrots**

**1 large cucumber**

**1/4 teaspoon cinnamon**

**pinch nutmeg**

Juice all of the ingredients, except the cinnamon and nutmeg. Just before drinking, stir in the cinnamon and nutmeg.

## “Take the Edge Off” Carrot-Apple

Yield 1–2 servings

I call this juice “Take the Edge Off” because that’s exactly what it does when you’re craving anything sweet. If you’re afraid you might lose control of your sweet tooth and eat something unhealthy, then this is one of the best things you can do to immediately fix it. Trust me, it works.

**2 apples**

**5 carrots**

Juice the apples and carrots and enjoy this sweet, refreshing, and completely satiating beverage.

## Pineapple Cilantro Tango

Yield 1–2 servings

This is delicious! Cilantro has been shown to draw heavy metals out of the body, making this a very detoxifying juice. If you don't like cilantro, then replace it with parsley or spinach.

**1/2 pineapple, peeled (including 1/2 of the core – lots of nutrition in the core!)**

**1/2 bunch of fresh cilantro**

**4–5 fresh mint leaves**

**1 large cucumber**

Juice all of the ingredients.

## Sexy Red

Yield 1–2 servings

Beets are full of vitamins, which make this a very nourishing plant blood. Ummm, watch out and don't be alarmed if you're eliminating anything from your body that is "red" in color after drinking this. It's probably from the beets.

**1 beet**

**3/4 cup fresh cranberries**

**2 apples**

**1 pint strawberries, whole**

**pinch cayenne pepper**

Juice all of the ingredients except the cayenne pepper. I like to leave on the strawberry stems to get some extra green in my diet, but you can take them off. Stir in the cayenne and drink right away.

# Biggy Plant Blood

Yield 6–8 cups

This recipe makes a lot of juice so it's a good idea to make it with a juicer such as the Green Star or Hurom if you plan on storing it for the day.

**1 bunch celery**

**1 bunch curly kale**

**1 bunch cilantro**

**2 large cucumbers**

**2 large carrots**

**1/2 inch knob of ginger**

**1/2 pineapple, peeled**

**1/2 cup water**

Juice all of the ingredients.

# Vitamin Hydration

Yield 1 quart

This is a wonderful juice loaded with nutrition.

Tomatoes are very rich in vitamin C, and they also contain vitamins A, K, B1, B6, and more. They offer remarkable anti-oxidant protection. The Swiss chard in this recipe gives another huge punch of nutrition with its high content of vitamins K, A, C as well as magnesium, calcium, potassium, iron, and much more. Make this recipe and feel awesome about all of the nutrition you're feeding your body.

**2 tomatoes**

**1/3 bunch celery**

**2 large cucumbers**

**1 small bunch Swiss chard**

Juice all of the ingredients.



## Green Garlic

Yield 3 cups

I love having raw garlic in my green juice because it makes the juice *food-like* with the flavor it adds. Plus, the garlic adds mega nutrition! Combining garlic with all of the other delicious flavors, including the basil, really make this a special concoction.

**2 cucumbers**

**5–7 celery stalks**

**1 apple**

**5–7 medium-large basil leaves**

**1 large clove garlic**

Juice all of the ingredients.

## Kitchen Sink Juices (and Smoothies)

This is so much fun! The premise here is knowing that any fresh produce you find Raw and “leftover” in your refrigerator can pretty much be used to make a wonderfully nutritious and fresh juice. You can do this in your blender or juicer. Basically, it can have everything in it, but the kitchen sink – ha ha.

If you’re using a blender, start with 1–2 cups of water, depending on how many water rich veggies and fruits you have to use. This could include garlic, herbs, zucchini, tomatoes, celery, beets, ginger, lime and lemon juice, banana, apple, any or all of these things. Blend or juice them up and taste. The thing to remember with smoothies and juices is that you can drink them down quickly. So, be hard-core about it. Whatever you make, just drink it down even if it doesn’t taste the best, because you know you’re getting the greatest nutrition possible. Odds are that it’ll be delicious... but in case you put a little too much of something bitter and you don’t have a little agave nectar on hand to correct it, just “plug-n-chug” (plug your nose and drink it down, baby!).

In addition to the suggestions above, to help ensure a delicious and refreshing juice or smoothie, consider adding any of the following: something with a sour note (lemon or lime juice) and maybe something sweet (carrot, apple, orange, or even a little raw agave nectar). You can also add herbs for flavor, which give superior nutrition and/or maybe some fresh ginger or garlic. I love adding mint and ginger to my juice recipes.

Get creative and don’t be scared. It’s empowering! Start with the basics and taste as you go along... adding things until you’re happy. And, most importantly... don’t forget to write it down! Believe me, there’s nothing worse than coming up with a fabulous recipe and not writing it down!

# Chapter 4

## *Elixirs*

*It is an element of all happiness to  
fancy that we deserve it.*

— Joseph Joubert

### **Ancient Secrets Never Tasted So Good!**

For centuries, “elixirs” were used as tinctures to heal people or bring about other desired effects such as boosting stamina or potency. While the following elixirs are not necessarily designed to “heal” you of anything (the FDA frowns upon such claims, despite our learning a thing or two through 2000 years of trial and error), they’ll certainly make you feel great when you are drinking them.

So, prepare one of these wonderful elixirs, sit back, and feel fantastic. Here’s to your health!

## Youthful Elixir

Yield 1–2 servings

Berries have so many potent antioxidants, making them ideal for helping to fight aging and helping us stay young in heart, mind and body.

**1/2 cup water**

**1 cup strawberries, green stems removed**

**1 cup blueberries**

**1/2 cup raspberries**

**1 lemon, peeled and halved**

**1 cucumber, peeled and chopped**

Blend all of the ingredients together in your blender. Strain through a nut milk bag. Drink it down and enjoy all of the nutrients going to work on fighting the aging process.

# Grapefruit Elixir

Yield 1 serving

This is a very refreshing drink if you like grapefruits. Enjoy.

**1 cup fresh grapefruit juice**

**1/2 cup berries of your choice**

**1–2 soft dates, pitted or 2–3 teaspoons raw agave nectar**

**1/2–1 cup water**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

## Vacation Elixir

Yield 2 servings

This is such a refreshing, tropical flavored experience. You'll think you've been transported to Mexico for a relaxing vacation as you sip this delicious elixir.

**1/2 pineapple, peeled, cored and chopped**

**1 mango, peeled, pitted and chopped**

**water from 1 young Thai coconut\***

**1 tablespoon coconut oil**

**1/2 teaspoon rum extract**

**1 tablespoon raw agave nectar**

**2 tablespoons fresh squeezed lime juice**

Blend all of the ingredients until smooth. Strain through a nut milk bag and enjoy.

\* If you aren't using the meat of the coconut for anything, simply freeze it for a later use.

## Citrus Zing Elixir

Yield 1 serving

This refreshing drink is perfect after a sweaty workout to replenish you with natural electrolytes and antioxidants. It's so delicious.

**1 cup young Thai coconut water**

**1/4 cup water**

**juice from 1 orange**

**1/4 cup fresh lemon juice**

**1 tablespoon fresh lime juice**

**1/4 teaspoon fresh ginger, grated**

**1 tablespoon goji berries**

**2 soft dates, pitted or 1 tablespoon raw agave nectar**

Blend all of the ingredients and drink!

Variation:

- For a thicker elixir, include the meat from the young Thai coconut.



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## Power Energy Elixir

Yield 1 serving

This elixir was born to help give you true, sustainable energy. *Warning:* it's not particularly tasty, but for those of us who are hard core... we don't care. Just mix it up and drink it down. Or, as I like to say... "Plug-n-Chug!"

**1/2 cup water**

**Juice from 2 oranges**

**1 tablespoon green powder (or more!)**

**2 teaspoons maca powder (or more!)**

**1 teaspoon raw carob powder**

**1/4 teaspoon cinnamon**

Place all of the ingredients in a glass mason jar and shake it up to thoroughly mix. Drink it down (this is just one of those concoctions that is best gulped instead of sipped). Feel the buzz of energy carry you through your day.

## Sweet Mint Relaxer Elixir

Yield 1 serving

Ahhh... this is a nice beverage to drink when you're ready to relax and wind down for the evening.

**1–2 drops peppermint oil or extract**

**2 drops liquid stevia or dash of powder (*more to taste*)**

**1 cup warm water**

Put the peppermint oil (or extract) and stevia in your favorite mug. Add the warm water and enjoy.

## Sweet Mint Refresher Elixir

Yield 1 serving

This is a splendid refresher in the morning or before (and during) a sweaty workout!

**1–2 drops peppermint oil or extract**

**2 drops liquid stevia or dash of powder (more to taste)**

**1 1/2 cups water**

**1 cup ice**

Put the peppermint oil (or extract) and stevia in a glass. Add the water and stir. Add the ice. Enjoy!

# Lemon Mint Cooler Elixir

Yield 1 serving

This is wonderful as an afternoon refresher to help “pick you up.”

**1 tablespoon fresh lemon or lime juice**

**1–2 drops peppermint oil or extract**

**2 drops liquid stevia or dash of powder (more to taste)**

**1 1/2 cups water**

**1 cup ice**

**1 tablespoon fresh mint leaves, optional**

Put the fresh lemon or lime juice, peppermint oil (or extract), and stevia in a glass. Add the water and stir to mix. Add the ice. Optional, stir in the fresh mint or use as a garnish.

## Romantic Clove Elixir

Yield 1 serving

Cloves are potent, making them perfect for an elixir. They are considered an important spice for energy circulation in Asian medicine. Cloves are also reputed for fighting bacteria and viruses. Some of the nutrients you'll find in cloves include: calcium, phytosterols, potassium, manganese, as well as fiber.

**1 cup warm water**

**2 cloves, crushed**

**1/2 teaspoon raw agave nectar or 2 drops liquid stevia**

**1 slice of orange**

Stir the warm water, cloves, and agave together in your favorite mug and allow it to sit for 10 minutes. Strain out the cloves, and garnish with orange.

## Warming Thai Elixir

Yield 1 serving

Thai flavors are among my favorite. The ginger juice in this recipe aids in circulation, which can help “warm” you.

**1 cup young Thai coconut water**

**1 tablespoon fresh ginger juice\***

**1 teaspoon raw agave nectar or 2 drops of liquid stevia**

**pinch cinnamon**

Place the ingredients in your favorite mug and stir. You may warm it in a dehydrator if you like.

\* To make frozen ginger cubes to have on hand, juice fresh whole ginger. Then, freeze the fresh ginger juice in an ice cube tray for 24 hours. Remove the frozen ginger juice cubes from the ice cube tray and store them in a jar (or a baggie) in your freezer. Simply take one out to thaw when a recipe calls for fresh ginger juice.

## Raw Fruit Water Elixir

Yield 1 pitcher



This makes water fun, delicious and so beautiful – perfect for entertaining and impressing guests. The fruits add just a hint of flavor. Drink it from a glamorous wine glass for an even better effect.

**pitcher of water**

**various pieces/slices of fruits – some of my favorites are berries, melons, cucumber, and citrus.**

Place all of the ingredients in a water pitcher and allow it to sit in your refrigerator for a few hours. When you pour your Raw Fruit Water Elixir into a glass, allow some pieces of the fruit to go in to each glass.

Variations:

- Add 1/4 cup mint leaves
- For a sweeter version, add liquid stevia or raw agave nectar



## Soothing Sweet Ginger Elixir

Yield 1 serving

This is excellent for a cold night or if you have an upset stomach... or just anytime. It's very satiating and I like to drink a cup if I'm starting to crave anything unhealthy. It helps me fight off any cravings in the moment.

**1 cup warm water**

**1 tablespoon fresh grated ginger or fresh ginger juice**

**1/2–1 packet of stevia (or 2–3 drops liquid stevia) or 1 teaspoon raw agave nectar**

Stir the ingredients together and enjoy.

## Chia Seed Recipes

Called the "Dieter's Dream Food," chia seeds are getting a lot of recognition lately through TV, newspapers, magazines, etc., and it's not because they make cute little animal-shaped plants (although that is cool!). Chia seeds are praised for many things including their fantastic nutrient profile, which proudly boasts iron, boron, essential fatty acids, fiber, and more. From claims that they may improve heart health to reducing blood pressure to stabilizing blood sugar to helping people lose weight to giving extra stamina and energy, these little guys have it going on! To purchase chia seeds, visit [KristensRaw.com/store](http://KristensRaw.com/store).

### Chia Fresca Breeze I

Yield 1 serving

- 2 teaspoons chia seeds**
- 1 cup water**
- juice of 1 orange**
- 2 teaspoons raw agave nectar**
- pinch cinnamon**

Stir all of the ingredients together in your favorite drinking glass and enjoy. I like drinking this with my glass straw so I can stir the beverage between sips to prevent the chia seeds from all settling in the bottom of the glass.

## Chia Fresca Breeze II

Yield 1 serving

**2 teaspoons chia seeds**  
**1 cup water**  
**1 tablespoon fresh lemon juice**  
**2 teaspoons raw agave nectar**  
**pinch cayenne pepper**

Stir all of the ingredients together in your favorite drinking glass and enjoy. I like drinking this with my glass straw so I can stir the beverage between sips to prevent the chia seeds from all settling in the bottom of the glass.

## Chia Fresca Breeze III

Yield 1 serving

**2 teaspoons chia seeds**  
**1 cup water**  
**juice of 1/2 grapefruit**  
**2 teaspoons raw agave nectar**  
**dash powdered ginger**

Stir all of the ingredients together in your favorite drinking glass and enjoy. I like drinking this with my glass straw so I can stir the beverage between sips to prevent the chia seeds from all settling in the bottom of the glass.

# Chapter 5

## *Wine Drinks*

*I like things to happen; and if they don't happen,  
I like to make them happen.*

— Winston Churchill

### **Did Somebody Say *Drinks*?**

While I understand that alcohol destroys pretty much every cell it comes in contact with, I also understand that not everyone is going to swear off alcohol for life.

If you would like to spice things up with a little alcohol, wine is your best choice. Not only does it blend well with many delicious ingredients, it is also considered Raw, unlike beer or distilled spirits. Look for *organic* and *vegan* wine, too.

The following drinks have a small amount of alcohol in them, which of course, you can alter to your preferences. Please remember that many people living the Raw lifestyle have very clean, efficient bodies that may respond to alcohol a little more strongly than normal. So if you've just started on the Raw lifestyle and don't drink often, be sure to start with just a small amount and see what happens. It may be all that you'll want for the evening. And, of course, don't drink and drive (you're smarter than that, I know).

Now with all the disclaimers aside, it's time to *HAVE SOME FUN!* I've included some awesome, classy and sexy cocktails for you to enjoy.

## **Not Into Alcohol?**

No problem! All of the following beverages can be made “virgin” (without alcohol) and are still delicious, so be sure to try them however you like. They are *GOOD!*

Treat yourself! Make sure to serve these in your fine wine goblets or wine glasses.

## **Sassy Strawberry Aperitif**

Yield 2 servings

One of my favorites, and it’s so pretty, too.

**1/4 cup white wine**

**1/2 cucumber, peeled and chopped**

**2/3 cup strawberries, stemmed and chopped**

**2 tablespoons raw agave nectar**

**2 tablespoons goji berries**

**pinch nutmeg**

**1 cup ice**

Blend all of the ingredients, except the ice, until smooth. Add the ice and blend to desired texture.



## **Granny Mac Potent Life**

Yields 2 servings

Oh boy... this one is really good. You might end up drinking it all yourself.

**1/4 cup raw macadamia nuts**

**1/4 cup white wine**

**2 Granny Smith apples, cored and chopped**

**1 kiwi fruit, peeled and chopped**

**1/2 cup strawberries, stemmed and chopped**

**1/4 inch fresh ginger, peeled and chopped**

**2 tablespoons raw agave nectar**

**1/2 cup water or more if needed**

Grind the macadamia nuts in a dry blender. Add the remaining ingredients and blend until creamy, adding water until you achieve your desired consistency.

# Blueberry Eyes Cooler

Yield 2 servings

Mmmmm, blueberries!

Every year as summer approaches I find myself getting more excited every day because I know that fresh organic blueberries will become a regular addition to my diet while they're in season. It's not only the taste and texture that I love about them though... they rate extremely high when it comes to nutrition and antioxidants. Blueberries are filled with phytonutrients such as anthocyanins (this is what makes them blue), phenolic acid, and ellagic acid.

This recipe is delicious, refreshing and fun.

**1/4 cup white wine**

**2 apples, cored and chopped**

**1/2 cup blueberries**

**2 tablespoons fresh lemon juice**

**1 cup ice**

Blend all of the ingredients, except the ice, until smooth. Add the ice and pulse to chop.



# Vanilla Love Clove

Yields 2 servings

Elegant and F-A-B-U-L-O-U-S.

**1/4 cup white wine**

**2 cloves, crushed\***

**2 bananas, peeled and chopped**

**1 cup Nut/Seed Milk (see recipe, Appendix A)**

**1–2 tablespoons raw agave nectar (start with 1 tablespoon and add more as desired)**

**1/2 teaspoon vanilla extract**

**1 cup ice**

Blend all of the ingredients in a blender until smooth, adding more water to get your desired consistency.

\* You can find cloves in the spice aisle of your local health food store.

# APPENDIX A

## *Raw Basics*

This “Raw Basics” appendix is a brief introduction to Raw for those who are new to the subject. It is the same in all of my recipe books.

### **WHY RAW?**

Living the Raw vegan lifestyle has made me a more effective person... in everything I do. I get to experience pure, sustainable all-day-long energy. My body is in perfect shape and I gain strength and endurance in my exercise routine with each passing day. My relationships are the best they’ve ever been, because I’m happy and I love myself and my life. My headaches have ceased to exist, and my skin glows with the radiance of brand new life, which is exactly how I feel. Raw vegan is the best thing that has ever happened to me.

Whatever your passion is in life (family, business, exercise, meditation, hobbies, etc.), eating Raw vegan will take it to unbelievable new heights. Raw vegan food offers you the most amazing benefits – physically, mentally, and spiritually. It is *the* ideal choice for your food consumption if you want to become the healthiest and best “you” possible. Raw vegan food is for people who want to live longer while feeling younger. It’s for people who want to feel vibrant and alive, and want to enjoy life like never before. All I ever have to say to someone is, “Just try it for yourself.” It will change your life. From simple to gourmet, there’s always something for everyone, and it’s delicious. Come into the world of Raw with me, and experience for yourself the most amazing health *ever*.

Are you ready for your new lease on life? The time is now. Let’s get started!

## **SOME GREAT THINGS TO KNOW BEFORE DIVING INTO THESE RECIPES**

### ***Organic Food***

According to the Organic Trade Association, “Organic agricultural production benefits the environment by using earth-friendly agricultural methods and practices.” Here are some facts that show why organic farming is “the way to grow.”

Choosing organically grown foods is one of the most important choices we can make. According to Environmental Working Group, “The growing consensus among scientists is that small doses of some pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood.”

I use organic produce and products for pretty much everything when it comes to my food. There are very few exceptions, and that would be if the recipe called for something I just can't get organic such as jicama, certain seasonings, or any random ingredient that my local health food store is not able to procure from an organic grower for whatever reason.

If you think organic foods are too expensive, then start in baby steps and buy a few things at a time. Realize that you're probably going to spend less money in the long run on health problems as your health improves, and going organic is one way to facilitate that.

The more people who choose organic, the lower the prices will be in the long run. Until then, if people complain about the prices of organic produce, all I can say is, “Your health is worth it!” Personally, I'm willing to spend more on it and sacrifice other things in my life if necessary. I don't need the coolest car on the block, I want the healthiest food going into my body. I like what Alice Waters says, “Why wouldn't you want to spend most of your money on food? Food is nourishment and good health. It is the most important thing in life, really.”

Vote with your dollar! Here is something I do to help further this cause and you can, too. When I eat at a restaurant I always write on the bill, “I would eat here more if you served organic food.” Can you imagine what would happen if we all did this?

Bottom Line: It is essential to use organic ingredients for many reasons:

1. The health benefits – superior nutrition, reduced intake of chemicals and heavy metals and decreased exposure to carcinogens. Organic food has been shown to have up to 300% more nutrition than conventionally grown, non-organic produce. And, a very important note for pregnant women: pesticides could cross the placenta and get to the growing life inside of you. Make organics an extra priority if you are pregnant.
2. To have the very best tasting food ever – use organic ingredients! I’ve had people tell me in my raw food demonstration classes that they never knew vegetables tasted so good – and one of the main reasons is because I only use organic.
3. Greater variety of heirloom fruits and vegetables is the result of growing organic produce.
4. Cleaner rivers and waterways for our earth and its inhabitants, along with minimized topsoil erosion. Overall, organic farming builds up the soil better, reduces carbon dioxide from the air, and has many environmental benefits.

### ***Going Organic on a Budget***

Going organic on a budget is not impossible. Here are things to keep in mind that will help you afford it:

1. Buy in bulk. Ask the store you frequent if they’ll give you a deal for buying certain foods by the case. (Just make sure it’s a case of something that you can go through in a timely fashion so it

doesn't go to waste). Consider this for bananas or greens especially if you drink lots of smoothies or green juice, like I do.

2. See if local neighbors, family or friends will share the price of getting cases of certain foods. When you do this, you can go beyond your local grocery store and contact great places (which deliver nationally) such as Boxed Greens ([BoxedGreens.com](http://BoxedGreens.com)) or Diamond Organics ([DiamondOrganics.com](http://DiamondOrganics.com)). Maybe they'll extend a discount if your order goes above a certain amount or if you get certain foods by the case. It never hurts to ask.
3. Pay attention to organic foods that are not very expensive to buy relative to the conventional prices (bananas, for example). Load up on those.
4. Be smart when picking what you buy as organic. Some conventionally grown foods have higher levels of pesticides than others. For those, go organic. Then, for foods that are not sprayed as much, you can go conventional. Avocados, for example, aren't sprayed too heavily so you could buy those as conventional. Here is a resource that keeps an updated list:
5. [foodnews.org/walletguide.php](http://foodnews.org/walletguide.php)
6. Buy produce that is on sale. Pay attention to which organic foods are on sale for the week and plan your menu around that. Every little bit adds up!
7. Grow your own sprouts. Load up on these for salads, soups, and smoothies. Very inexpensive. Buy the organic seeds in the bulk bins at your health food store or buy online and grow them yourself. Fun!
8. Buy organic seeds/nuts in bulk online and freeze. Nuts and seeds typically get less expensive when you order in bulk from somewhere like Sun Organic ([SunOrganic.com](http://SunOrganic.com)). Take advantage of this and freeze them (they'll last the year!). Do the same with dried fruits/dates/etc. And remember, when you make a recipe

that calls for expensive nuts, you can often easily replace them with a less expensive seed such as sunflower or pumpkin seeds.

9. Buy seasonally; hence, don't buy a bunch of organic berries out of season (i.e., eat more apples and bananas in the fall and winter). Also, consider buying frozen organic fruits, especially when they're on sale!
  
10. Be content with minimal variety from time to time. Organic spinach banana smoothies are inexpensive. You can change it up for fun by adding cinnamon one day, nutmeg another, vanilla extract yet another. Another inexpensive meal or snack is a spinach apple smoothie. Throw in a date or some raisins for extra pizzazz. It helps the budget when you make salads, smoothies, and soups with ingredients that tend to be less expensive such as carrots (year round), bananas (year round), zucchini and cucumbers (in the summer), etc.

### ***Kristen Suzanne's Tip: A Note About Herbs***

Hands down, fresh herbs taste the best and have the highest nutritional value. While I recommend fresh herbs whenever possible, you can substitute dried herbs if necessary. But do so in a ratio of:

*3 parts fresh to 1 part dried*

Dried herbs impart a more concentrated flavor, which is why you need less of them. For instance, if your recipe calls for three tablespoons of fresh basil, you'll be fine if you use one tablespoon of dried basil instead.

### ***The Infamous Salt Question: What Kind Do I Use?***

All life on earth began in the oceans, so it's no surprise that organisms' cellular fluids chemically resemble sea water. Saltwater in the ocean is "salty" due to many, many minerals, not just sodium chloride. We need these minerals, not

coincidentally, in roughly the same proportion that they exist in... guess where?... the ocean! (You've just gotta love Mother Nature.)

So when preparing food, I always use sea salt, which can be found at any health food store. Better still is sea salt that was deposited into salt beds before the industrial revolution started spewing toxins into the world's waterways. My personal preference is Himalayan Crystal Salt, fine granules. It's mined high in the mountains from ancient sea-beds, has a beautiful pink color, and imparts more than 84 essential minerals into your diet. You can use either the Himalayan crystal variety or Celtic Sea Salt, but I would highly recommend sticking to at least one of these two. You can buy Himalayan crystal salt through [KristensRaw.com/store](http://KristensRaw.com/store).

### ***Kristen Suzanne's Tip: Start Small with Strong Flavors***

#### *FLAVORS AND THEIR STRENGTH*

There are certain flavors and ingredients that are particularly strong, such as garlic, ginger, onion, and salt. It's important to observe patience here, as these are flavors that can be loved or considered offensive, depending on who is eating the food. I know people who want the maximum amount of salt called for in a recipe and I know some who are highly sensitive to it. Therefore, to make the best possible Raw experience for you, I recommend starting on the "small end" especially with ingredients like garlic, ginger, strong savory herbs and seasonings, onions (any variety), citrus, and even salt. If I've given you a range in a recipe, for instance *1/4–1/2 teaspoon Himalayan crystal salt* then I recommend starting with the smaller amount, and then tasting it. If you don't love it, then add a little more of that ingredient and taste it again. Start small. It's worth the extra 60 seconds it might take you to do this. You might end up using less, saving it for the next recipe you make and voila, you're saving a little money.

*Lesson #1:* It's very hard to correct any flavors of excess, so start small and build.

*Lesson #2:* *Write it down.* When an ingredient offers a "range" for itself, write down the amount you liked best. If you use an "optional" ingredient, make a note about that as well.

One more thing to know about some strong flavors like the ones mentioned above... with Raw food, these flavors can intensify the finished product as each day passes. For example, the garlic in your soup, on the day you made it, might be perfect. On day two, it's still really great but a little stronger in flavor. And by day three, you might want to carry around your toothbrush or a little chewing gum!

### *HERE IS A TIP TO HELP CONTROL THIS*

If you're making a recipe in advance, such as a dressing or soup that you won't be eating until the following day or even the day after that, then hold off on adding some of the strong seasonings until the day you eat it (think garlic and ginger). Or, if you're going to make the dressing or soup in advance, use less of the strong seasoning, knowing that it might intensify on its own by the time you eat it. This isn't a huge deal because it doesn't change that dramatically, but I mention it so you won't be surprised, especially when serving a favorite dish to others.

### ***Kristen Suzanne's Tip: Doubling Recipes***

More often than not, there are certain ingredients and flavors that you don't typically double in their entirety, if you're making a double or triple batch of a recipe. These are strong-flavored ingredients similar to those mentioned above (salt, garlic, ginger, herbs, seasoning, etc). A good rule of thumb is this: For a double batch, use 1.5 times the amount for certain ingredients. Taste it and see if you need the rest. For instance, if I'm making a "double batch" of soup, and the normal recipe calls for 1 tablespoon of Himalayan crystal salt, then I'll put in 1 1/2 tablespoons to start, instead of two. Then, I'll taste it and add the remaining 1/2 tablespoon, if necessary.

This same principle is not necessarily followed when dividing a recipe in half. Go ahead and simply divide in half, or by whatever amount you're making. If there is a range for a particular ingredient provided, I still recommend that you use the smaller amount of an ingredient when dividing. Taste the final product and then decide whether or not to add more.



My recipes provide a variety of yields, as you'll see below. Some recipes make 2 servings and some make 4–6 servings. For those of you making food for only yourself, then simply cut the recipes making 4–6 servings in half. Or, as I always do... I make the larger serving size and then I have enough food for a couple of meals. If a recipe yields 2 servings, I usually double it for the same reason.

### ***Kristen Suzanne's Tip: Changing Produce***

“But I made it exactly like this last time! Why doesn't it taste the same?”

Here is something you need to embrace when preparing Raw vegan food. Fresh produce can vary in its composition of water, and even flavor, to some degree. There are times I've made marinara sauce and, to me, it was the perfect level of sweetness in the finished product. Then, the next time I made it, you would have thought I added a smidge of sweetener. This is due to the fact that fresh Raw produce can have a slightly different taste from time to time when you make a recipe (only ever so slightly, so don't be alarmed). *Aahhh, here is the silver lining!* This means you'll never get bored living the Raw vegan lifestyle because your recipes can change a little in flavor from time to time, even though you followed the same recipe. Embrace this natural aspect of produce and love it for everything that it is.

This is much less of an issue with cooked food. Most of the water is taken out of cooked food, so you typically get the same flavors and experience each and every time. Boring!

### ***Kristen Suzanne's Tip: Ripeness and Storage for Your Fresh Produce***

I never use green bell peppers because they are not “ripe.” This is why so many people have a hard time digesting them (often “belching” after eating them). To truly experience the greatest health, it's important to eat fruits and vegetables at their peak ripeness. Therefore, make sure you only use red, orange, or yellow bell peppers. Store these in your refrigerator.

A truly ripe banana has some brown freckles or spots on the peel. This is when you're supposed to eat a banana. Store these on your countertop away from other produce, because bananas give off a gas as they ripen, which will affect the ripening process of your other produce. And, if you have a lot of bananas, split them up. This will help prevent all of your bananas from ripening at once.

Keep avocados on the counter until they reach ripeness (when their skin is usually brown in color and if you gently squeeze it, it "gives" just a little). At this point, you can put them in the refrigerator where they'll last up to a week longer. If you keep ripe avocados on the counter, they'll only last another couple of days. Avocados, like bananas, give off a gas as they ripen, which will affect the ripening process of your other produce. Let them ripen away from your other produce. And, if you have a lot of avocados, separate them. This will help prevent all of your avocados from ripening at once.

Tomatoes are best stored on your counter. Do not put them in the refrigerator or they'll get a "mealy" texture.

Pineapple is ripe for eating when you can gently pull a leaf out of the top of it. Therefore, test your pineapple for ripeness at the store to ensure you're buying the sweetest one possible. Just pull one of the leaves out from the top. After 3 to 4 attempts on different leaves, if you can't gently take one of them out, then move on to another pineapple.

Stone fruits (fruits with pits, such as peaches, plums, and nectarines), bananas and avocados all continue to ripen after being picked.

I have produce ripening all over my house. Sounds silly maybe, but I don't want it crowded on my kitchen countertop. I move it around and turn it over daily.

For a more complete list of produce ripening tips, check out my book, *Kristen's Raw*, available at Amazon.com.

## ***Kristen Suzanne's Tip: Proper Dehydration Techniques***

Dehydrating your Raw vegan food at a low temperature is a technique that warms and dries the food while preserving its nutritional integrity. When using a dehydrator, it is recommended that you begin the dehydrating process at a temperature of 130–140 degrees F for about an hour. Then, lower the temperature to 105 degrees F for the remaining time of dehydration. Using a high temperature such as 140 degrees F, *in the initial stages of dehydration*, does not destroy the nutritional value of the food. During this initial phase, the food does the most “sweating” (releasing moisture), which cools the food. Therefore, while the temperature of the air circulating *around* the food is about 140 degrees F, the food itself is much cooler. These directions apply only when using an Excalibur Dehydrator because of their Horizontal-Airflow Drying System. Furthermore, I am happy to only recommend Excalibur dehydrators because of their first-class products and customer service. For details, visit the *Raw Kitchen Essential Tools* section of my website at [KristensRaw.com/store](http://KristensRaw.com/store).

## **MY YIELD AND SERVING AMOUNTS NOTED IN THE RECIPES**

Each recipe in this book shows an approximate amount that the recipe yields (the quantity it makes). I find that “one serving” to me might be considered two servings to someone else, or vice versa. Therefore, I tried to use an “average” when listing the serving amount. Don’t let that stop you from eating a two-serving dish in one sitting, if it seems like the right amount for you. It simply depends on how hungry you are.

## **WHAT IS THE DIFFERENCE BETWEEN CHOPPED, DICED, AND MINCED?**

### ***Chop***

Chopping gives relatively uniform cuts, but doesn't need to be perfectly neat or even. You'll often be asked to chop something before putting it into a blender or food processor, which is why it doesn't have to be uniform size since it'll be getting blended or pureed.

### ***Dice***

This produces a nice cube shape, and can be different sizes, depending on which you prefer. This is great for vegetables.

### ***Mince***

This produces an even, very fine cut, typically used for fresh herbs, onions, garlic and ginger.

### ***Julienne***

This is a fancy term for long, rectangular cuts.

## **WHAT EQUIPMENT DO I NEED FOR MY NEW RAW FOOD KITCHEN?**

I go into much more detail regarding the perfect setup for your Raw vegan kitchen in my book, *Kristen's Raw*, which is a must read for anybody who wants to learn the easy ways to succeed with living the Raw vegan lifestyle. Here are the main pieces of equipment you'll want to get you going:

An excellent chef's knife (6–8 inches in length – non-serrated). Of everything you do with Raw food, you'll be chopping and cutting the most, so invest in a great knife. This truly makes doing all the chopping really fun!

- Blender
- Food Processor (get a 7 or 10-cup or more)
- Juicer
- Spiralizer or Turning Slicer
- Dehydrator – Excalibur® is the best company by far and is available at [KristensRaw.com](http://KristensRaw.com)
- Salad spinner
- Other knives (paring, serrated)

For links to online retailers that sell my favorite kitchen tools and foods, visit [KristensRaw.com/store](http://KristensRaw.com/store).

## **SOAKING AND DEHYDRATING NUTS AND SEEDS**

This is an important topic. When using nuts and seeds in Raw vegan foods, you'll find that recipes sometimes call for them to be “soaked” or “soaked and dehydrated.” Here is the low-down on the importance and the difference between the two.

### ***Why Should You Soak Your Nuts and Seeds?***

Most nuts and seeds come packed by Mother Nature with enzyme inhibitors, rendering them harder to digest. These inhibitors essentially shut down the nuts' and seeds' metabolic activity, rendering them dormant – for as long as they need to be – until they detect a moisture-rich environment that's suitable for germination (e.g., rain). By soaking your nuts and seeds, you trick the nuts into “waking up,” shutting off the inhibitors so that the enzymes can become active. This greatly enhances the nuts' digestibility for you and is highly recommended if you want to experience Raw vegan food in the healthiest way possible.

Even though you'll want to soak the nuts to activate their enzymes, before using them, you'll need to re-dry them and grind them down anywhere from coarse to fine (into a powder almost like flour), depending on the recipe. To dry them, you'll need a dehydrator. (If you don't own a dehydrator yet, then, if a recipe calls for "soaked and dehydrated," just skip the soaking part; you can use the nuts or seeds in the dry form that you bought them).

Drying your nuts (but not yet grinding them) is a great thing to do before storing them in the freezer or refrigerator (preferably in glass mason jars). They will last a long time and you'll always have them on hand, ready to use.

In my recipes, I use nuts and seeds that are "soaked and dehydrated" (that is, dry) unless otherwise stated in the directions as needing to be soaked (wet).

Some nuts and seeds don't have to follow the enzyme inhibitor rule; therefore, they don't need to be soaked. These are:

- Macadamia nuts
- Brazil nuts
- Pine nuts
- Hemp seeds
- Most cashews

An additional note... there are times when the recipe will call for soaking, even though it's for a type of nut or seed without enzyme inhibitors, such as Brazil nuts. The logic behind this is to help *soften* the nuts so they blend into a smoother texture, especially if you don't have a high-powered blender. This is helpful when making nut milks, soups and sauces.

## ***Instructions for “Soaking” and “Soaking and Dehydrating” Nuts***

### *“Soaking”*

The general rule to follow: Any nuts or seeds that require soaking can be soaked overnight (6–10 hours). Put the required amount of nuts or seeds into a bowl and add enough water to cover by about an inch or so. Set them on your counter overnight. The following morning, or 6–10 hours after you soaked them, drain and rinse them. They are now ready to eat or use in a recipe. At this point, they need to be refrigerated in an airtight container (preferably a glass mason jar) and they'll have a shelf life of about 3 days maximum. Only soak the amount you're going to need or eat, unless you plan on dehydrating them right away.

A note about flax seeds and chia seeds... these don't need to be soaked if your recipe calls for grinding them into a powder. Some recipes will call to soak the seeds in their “whole-seed” form, before making crackers and bread, because they create a very gelatinous and binding texture when soaked. You can soak flax or chia seeds in a ratio of one-part seeds to two-parts water, and they can be soaked for as short as 1 hour and up to 12 hours. At this point, they are ready to use (don't drain them). Personally, when I use flax seeds, I usually grind them and don't soak them. It's hard for your body to digest “whole” flax seeds, even if they are soaked. It's much easier for your body to assimilate the nutrients when they're ground to a flax meal.

### *“Soaking and Dehydrating”*

Follow the same directions for soaking. Then, after draining and rinsing the nuts, spread them out on a mesh dehydrator sheet and dehydrate them at 140 degrees F for one hour. Lower the temperature to 105 degrees F and dehydrate them until they're completely dry, which can take up to 24 hours.

Please note, all nuts and seeds called for in my recipes will always be “Raw and Organic” and “Soaked and Dehydrated” unless the recipe calls for soaking.

## **ALMOND PULP**

Some of my recipes call for “almond pulp,” which is really easy to make. After making your fresh almond milk (see *Nut/Seed Milk* recipe, p. 25) and straining it through a “nut milk bag,” (available at NaturalZing.com or you can use a paint strainer bag from the hardware store – much cheaper), you will find a nice, soft pulp inside the bag. Turn the bag inside out and flatten the pulp out onto a ParaFlexx dehydrator sheet with a spatula or your hand. Dehydrate the pulp at 140 degrees F for one hour, then lower the temperature to 105 degrees F and continue dehydrating until the almond pulp is dry (up to 24 hours). Break the pulp into chunks and store in the freezer until you’re ready to use it. Before using the almond pulp, grind it into a flour in your blender or food processor.

## **SOY LECITHIN**

Some recipes (desserts, in particular) will call for soy lecithin, which is extracted from soybean oil. This optional ingredient is not Raw. If you use soy lecithin, I highly recommend using a brand that is “non-GMO,” meaning it was processed without any genetically modified ingredients (a great brand is Health Alliance®). Soy lecithin helps your dessert (cheesecake, for example) maintain a firmer texture. That said, it is certainly not necessary. If an amount isn’t suggested, a good rule of thumb is to use 1 teaspoon per 1-cup total recipe volume.

There is another lecithin option on the market, Sunflower Lecithin. This is popular for its choline content, and it’s also used as an emulsifier in recipes. Soy lecithin is a common “go-to” source, but not everyone wants a soy product. That’s all changed now that sunflower lecithin is available. You can find a link to purchase it at [KristensRaw.com/store](http://KristensRaw.com/store).



## ICE CREAM FLAVORINGS

When making Raw vegan ice cream, it's better to use alcohol-free extracts so they freeze better.

## SWEETENERS

The following is a list of sweeteners that you might see used in my recipes. It's important to know that the healthiest sweeteners are fresh whole fruits, including fresh dates. That said, dates sometimes compromise texture in recipes. As a chef, I look for great texture, and as a health food advocate, I lean towards fresh dates. But as a consultant helping people embrace a Raw vegan lifestyle, I'm also supportive of helping them transition, which sometimes means using raw agave nectar, or some other easy-to-use sweetener that might not have the healthiest ranking in the Raw food world, but is still much healthier than most sweeteners used in the Standard American Diet.

Most of my recipes can use pitted dates in place of raw agave nectar. There is some debate among Raw food enthusiasts as to whether agave nectar is Raw. The company I primarily use (Madhava®) claims to be Raw and says they do not heat their Raw agave nectar above 118 degrees F. If however, you still want to eat the healthiest of sweeteners, then bypass the raw agave nectar and use pitted dates. In most recipes, you can simply substitute 1–2 pitted dates for 1 tablespoon of raw agave nectar. Dates will not give you a super creamy texture, but the texture can be improved by making a “date paste” (pureeing pitted and soaked dates – with their soak water, plus some additional water, if necessary – in a food processor fitted with the “S” blade). This, of course, takes a little extra time.

If using raw agave nectar is easier and faster for you, then go ahead and use it; just be sure to buy the raw version that says they don't heat the agave above 118 degrees F. And, again, if you're looking to go as far as you can on the spectrum of health, then I recommend using pitted dates. Many of my recipes use raw agave nectar because that is most convenient for people.

## ***Raw Agave Nectar***

There are a variety of agave nectars on the market, but again, not all of them are Raw. Make sure it is labeled “Raw” on the bottle *as well as claiming that it isn’t processed above 118 degrees F.* Just because the label says “Raw” does not necessarily mean it is so... do a double check and make sure it also claims “not to be heated above 118 degrees F.” Agave nectar is noteworthy for having a low glycemic index.

## ***Dates***

Dates are probably the healthiest of sweeteners, because they’re a fresh whole food (I’m a big fan of Medjool dates). Fresh organic dates are filled with nutrition, including calcium and magnesium. I like to call dates, “Nature’s Candy.”

Feel free to use dates instead of agave or honey in raw vegan recipes. If a recipe calls for 1/2 cup of raw agave, then you can substitute with approximately 1/2 cup of pitted dates (or more).

You can also make a recipe of *Date Paste* to replace raw agave (or to use in combination with it). It’s not always as sweet as agave, so you might want to adjust the amount according to your taste by using a bit more *Date Paste*.

## ***Honey***

Most honey is technically raw, but it is not vegan by most definitions of “vegan” because it is produced by animals, who therefore are at risk of being mistreated. While honey does not have the health risks associated with animal byproducts such as eggs or dairy, it can spike the body’s natural sugar levels. Agave nectar has a lower, healthier glycemic index and can replace any recipe you find that calls for honey, in a 1 to 1 ratio.

## ***Maple Syrup***

Maple syrup is made from boiled sap of the maple tree. It is not considered raw, but some people still use it as a sweetener in certain dishes.

## ***Rapadura***<sup>®</sup>

This is a dried sugarcane juice, and it's not raw. It is, however, an unrefined and unbleached organic whole-cane sugar. It imparts a nice deep sweetness to your recipes, even if you only use a little. Feel free to omit it if you'd like to adhere to a strictly Raw program. You can substitute Rapadura with home-made date sugar (see Dates above).

## ***Stevia***

This is from the leaf of the stevia plant. It has a sweet taste and doesn't elevate blood sugar levels. It's very sweet, so you'll want to use much less stevia than you would any other sweetener. My mom actually grows her own stevia. It's a great addition in fresh smoothies, for example, to add some sweetness without the calories. When possible, the best way to have stevia is grow it yourself.

## ***Yacon Syrup***

This sweetener has a low glycemic index, making it very attractive to some people. It has a molasses-type flavor that is very enjoyable. You can replace raw agave with this sweetener, but keep in mind that it's not as sweet in flavor as raw agave nectar. The brand I usually buy is Navitas Naturals, which is available at [NavitasNaturals.com](http://NavitasNaturals.com). For more information, see Appendix B.

## **SUN-DRIED TOMATOES**

By far, the best sun-dried tomatoes are those you make yourself with a dehydrator. If you don't have a dehydrator, make sure you buy the "dry" sun-dried tomatoes, usually found in the bulk section of your health food market. Don't buy the kind that are packed in a jar of oil.

Also... don't buy sun-dried tomatoes if they're really dark (almost black) because these just don't taste as good. Again, I recommend making them yourself if you truly want the freshest flavor possible. It's really fun to do!

## **EATING WITH YOUR EYES**

Most of us, if not all, naturally eat with our eyes before taking a bite of food. So, do yourself a favor and make your eating experience the best ever with the help of a simple, gorgeous presentation. Think of it this way, with real estate, it's always *location, location, location*, right? Well, with food, it's always *presentation, presentation, presentation*.

Luckily, Raw food does this on its own with all of its naturally vibrant and bright colors. But I take it even one step farther – I use my best dishes when I eat. I use my beautiful wine glasses for my smoothies and juices. I use my fancy goblets for many of my desserts. Why? Because I'm worth it. And, so are you! Don't save your good china just for company. Believe me, you'll notice the difference. Eating well is an attitude, and when you take care of yourself, your body will respond in kind.

## **ONLINE RESOURCES FOR GREAT PRODUCTS**

For a complete and detailed list of my favorite kitchen tools, products, and various foods (all available online), please visit: [KristensRaw.com/store](http://KristensRaw.com/store).

## **BOOK & DVD RECOMMENDATIONS**

I highly recommend reading the following life-changing books and DVDs.

Diet for a New America, by John Robbins

The Food Revolution, by John Robbins

*The China Study*, by T. Colin Campbell

*Skinny Bitch*, by Rory Freedman

Food, Inc. (DVD)

Food Matters (DVD)

The Future of Food (DVD)

Earthlings (DVD)

## MEASUREMENT CONVERSIONS

1 tablespoon = 3 teaspoons

1 ounce = 2 tablespoons

1/4 cup = 4 tablespoons

1/3 cup = 5 1/3 tablespoons

1 cup

= 8 ounces

= 16 tablespoons

= 1/2 pint

1/2 quart

= 1 pint

= 2 cups

1 gallon

= 4 quarts

= 8 pints

= 16 cups

= 128 ounces

## BASIC RECIPES TO KNOW

### Nourishing Rejuvelac

Yield 1 gallon

Rejuvelac is a cheesy-tasting liquid that is rich in enzymes and healthy flora to support a healthy intestine and digestion. Get comfortable making this super easy recipe because its use goes beyond just drinking it between meals.

Some people are concerned about the wheat aspect to wheat berries being used in most Rejuvelac recipes. While many people easily tolerate Rejuvelac made with wheat berries in spite of having wheat intolerance issues, there are other ingredients you can use to make Rejuvelac wheat-free. Some options are buckwheat, rice, quinoa, and more.

**1 cup soft wheat berries, rye berries, or a mixture  
water**

Place the wheat berries in a half-gallon jar and fill the jar with water. Screw the lid on the jar and soak the wheat berries overnight (10–12 hours) on your counter. The next morning, drain and rinse them. Sprout the wheat berries for 2 days, draining and rinsing 1–2 times a day.

Then, fill the jar with purified water and screw on the lid, or cover with cheesecloth secured with a rubber band. Allow to ferment for 24–36 hours, or until the desired tartness is achieved. It should have a cheesy, almost tart/lemony flavor and scent.

Strain your rejuvelac into another glass jar and store in the refrigerator for up to 5–7 days. For a second batch using the same sprouted wheat berries, fill the same jar of already sprouted berries with water again, and allow to ferment for 24 hours. Strain off the rejuvelac as you did the time before this. You can do this process yet again, noting that each time the rejuvelac gets a little weaker in flavor.

Enjoy 1/4–1 cup of *Nourishing Rejuvelac* first thing in the morning and/or between meals. It's best to start with a small amount and work your way up as your body adjusts.

*Suggestion:*

For extra nutrition and incredible flavor, *Nourishing Rejuvelac* can be used in various recipes such as raw vegan cheeses, desserts, smoothies, soups, dressings and more. Simply use it in place of the water required by the recipe.

## Nut/Seed Milk (regular)

Yield 4–5 cups

The creamiest nut/seed milk traditionally comes from hemp seeds, cashews, pine nuts, Brazil nuts or macadamia nuts, although I'm also a huge fan of milks made from walnuts, pecans, hazelnuts, almonds, sesame seeds, sunflower seeds, and pumpkin seeds.

This recipe does not include a sweetener, but when I'm in the mood for a little sweetness, I add a couple of pitted dates or a squirt of raw agave nectar. Yum!

**1 1/2 cups raw nuts or seeds**

**3 1/4 cups water**

**pinch Himalayan crystal salt, optional**

Place the nuts in a bowl and cover with enough water by about an inch. Let them soak for 6–8 hours (unless you're using cashews, pine nuts, Brazil nuts, or macadamia nuts, in which case you only have to soak them about an hour. Hemp seeds do not need soaking because they're very soft and easy to blend, but adjust the amount of water used in the recipe, as needed). Drain off the water and give them a quick rinse.



Blend the ingredients until smooth and deliciously creamy. For an even *extra creamy* texture, strain your nut/seed milk through a nut milk bag.

## My Basic Raw Mayonnaise

Yield about 2 1/2 cups

People tell me all the time how much they like this recipe.

**1 cup raw cashews**

**1/2 teaspoon paprika**

**2 cloves garlic**

**1 teaspoon onion powder**

**3 tablespoons fresh lemon juice**

**1/4 cup extra virgin olive oil or hemp oil**

**2 tablespoons parsley, chopped**

**2 tablespoons water, if needed**

Place the cashews in a bowl and cover with enough water by about an inch. Let them soak for 1 hour. Drain off the water and give them a quick rinse.

Blend all of the ingredients, except the parsley, until creamy. Pulse in the parsley. *My Basic Raw Mayonnaise* will stay fresh for up to one week in the refrigerator.

## Date Paste

Yield 1–1 1/4 cups

It's great to keep this on hand in the refrigerator so you have it available and ready to use. *Date Paste* is easy to make and should take you less than 10 minutes to

prepare once your dates are soaked. Store it in an airtight container in the refrigerator (a glass mason jar is perfect).

**15 medjool dates, pitted, soaked 15 minutes (reserve soak water)**

**1/4–1/2 cup reserved “soak water”**

Using a food processor, fitted with the “S” blade, puree the ingredients until you have a smooth paste.

## **Raw Mustard**

Yield approximately 1 cup

**2 teaspoons yellow mustard seeds, soaked 1–2 hours, then drained**

**1/2 cup extra virgin olive oil or hemp oil**

**1 tablespoon dry mustard powder**

**1 tablespoon apple cider vinegar**

**1 tablespoon fresh lemon juice or lime juice**

**1/4 cup raw agave nectar**

**1/2 teaspoon Himalayan crystal salt**

**1/4 teaspoon turmeric**

Blend all of the ingredients together until smooth. It might be very thick, so if you want, add some water or oil to help thin it out. Adding more oil will help reduce the “heat” if it’s too spicy for your taste.

*Variation:*

“Honey” Mustard Version: Add more raw agave nectar (until you reach the desired sweetness)

## Crème Fraiche

Yield approximately 2 cups

**1 cup raw cashews**

**1/4–1/2 cup *Nourishing Rejuvelac* (see Appendix A)**

**1–2 tablespoons raw agave nectar**

Place the cashews in a bowl and cover with enough water by about an inch. Let them soak for 1 hour. Drain off the water and give them a quick rinse.

Blend the ingredients until smooth. Store in an airtight glass mason jar for up to 5 days. This freezes well, so feel free to make a double batch for future use.

## Sweet Nut/Seed Cream (thick)

Yield 2–3 cups

**1 cup raw nuts or seeds**

**1–1 1/2 cups water, more if needed**

**2–3 tablespoons raw agave nectar or 3–4 dates, pitted**

**1/2 teaspoon vanilla extract, optional**

Place the nuts in a bowl and cover with enough water by about an inch. Let them soak for 6–8 hours (unless you're using cashews, pine nuts, Brazil nuts, or macadamia nuts, in which case you only have to soak them about an hour. Hemp seeds do not need soaking because they're very soft and easy to blend, but adjust the amount of water used in the recipe, as needed). Drain off the water and give them a quick rinse.

Blend all of the ingredients until smooth.

## APPENDIX B

### *Raw Resources*

#### **Bananas (frozen)**

To make frozen bananas, simply peel (ripe) bananas, place them in a baggie or container, and put them in the freezer. I like to use my FoodSaver®, because it keeps the bananas from getting ice crystals on them. Having frozen bananas in your freezer at all times is a smart move. They are fantastic in smoothies, and they make a deliciously fun raw ice cream (just throw them in the food processor and puree them into a soft serve, raw vegan ice cream).

#### **Bread (sprouted)**

You can buy this at the health food store. A couple of my favorite brands are *Good for Life* and *Manna Organics*.

#### **Cacao Liquor (raw)**

This is the result of whole cacao beans that have been peeled and cold-pressed, which forms a paste. I use this to make a number of raw chocolate recipes. It comes in a block form and I melt it into a thick liquid using my dehydrator (or you can use a double boiler). It's bitter so I add sweetener. This is available from [NavitasNaturals.com](http://NavitasNaturals.com)

## **Cacao Nibs (raw)**

These are partially ground cacao beans. They can be used in a variety of ways from toppings to raw vegan ice cream or yogurt. They add texture to shakes and smoothies, and you can make raw chocolates with them. They are available from [NavitasNaturals.com](http://NavitasNaturals.com) and other sources online.

## **Carob (raw)**

A lot of the carob you find in the store is toasted. I like to use raw carob, which has a wonderful flavor (caramel-like) and can be used in many recipes such as smoothies, nut milks, desserts, and more. There is a link for raw carob at [KristensRaw.com/store](http://KristensRaw.com/store).

## **Chia Seeds**

These are called the "Dieter's Dream Food." Chia seeds are praised for many things including their fantastic nutrient profile, which proudly boasts iron, boron, essential fatty acids, fiber, and more. Add to that the claims that they may improve heart health, reduce blood pressure, stabilize blood sugar, help people lose weight from giving them extra stamina, energy, and curbing hunger, and you might become a fan of these little guys, too. They're superstars in my book. You can find a link for them at [KristensRaw.com/store](http://KristensRaw.com/store).

## **Chocolate (cacao) Powder (raw)**

This is formed after the whole cacao beans have been peeled and cold-pressed. Then, the cacao oil is extracted and a powder remains. I use this in many recipes from making raw chocolate desserts to smoothies to soups to dressings and more. This is available from [NavitasNaturals.com](http://NavitasNaturals.com) and other sources online.

## **Coconut Aminos**

This is a seasoning sauce that can be used in place of tamari and namo shoyu. Available from the company, *Coconut Secret*, it's raw, enzymatically alive, organic, gluten-free, and soy-free. For more details, check out [CoconutSecret.com](http://CoconutSecret.com). It's also available at some Whole Foods Markets.

## **Coconut Butter or Coconut Spread**

Coconut butter is not to be confused with plain coconut oil. Coconut butter is actually the coconut oil and coconut meat together in one jar. This can be eaten by the spoonful and it can also be used in desserts, smoothies, spreads, and more. There are two companies that I buy this from: [WildernessFamilyNaturals.com](http://WildernessFamilyNaturals.com) offers a product they call "Coconut Spread" while Artisana calls theirs coconut butter. You can find the Artisana Coconut Butter at many health food stores including Whole Foods Market.

To make coconut butter easier (i.e., softer) to use, consider warming it in a dehydrator (at a low temperature).

## **Diaya™ Cheese**

This is an amazing vegan cheese (not raw) that is taking the vegan world by storm. If you know of someone who misses artery-clogging, animal based cheese, then turn them on to this. It's soy-free, dairy-free, gluten-free, corn-free, and preservative-free. You can read more details at [DaiyaFoods.com](http://DaiyaFoods.com). I buy it from Whole Foods Market.

## **Goldenberries**

These are also known as Incan Berries or Cape Gooseberries. They are basically a little dried fruit similar in shape to a raisin, and golden in color. The first time I tried these, I immediately thought, "*Move over crappy sour patch kids, it's time for something way more delish and oh-so-healthy at the same time!*" Goldenberries will throw a party in your mouth. These are available at [NavitasNaturals.com](http://NavitasNaturals.com)

## **Goji Berries**

These little ruby colored jewels (also known as wolfberries) are a mega popular superfood because of their amazing nutrient content. They have 18 amino acids, including the 8 essential amino acids. Plus, their antioxidants are through the roof! The taste is a cross between a dried cherry and dried cranberry. I enjoy them plain and used in various recipes. My favorite source for them is Navitas Naturals (they're also available at various health food stores), and there is a link for them at [KristensRaw.com/store](http://KristensRaw.com/store).

## **Green Powder(s)**

Green powders are chock-full of powerful raw and alkalizing nutrition. My favorites are *Health Force Nutritionals' Vitamineral Green* and *Amazing Grass' Wheat Grass Powder*. Health Force Nutritionals also makes a green powder for pets called *Green Mush*. You will find links to these products at [KristensRaw.com/store](http://KristensRaw.com/store).

## **Hemp Foods**

Hemp is commonly referred to as a "superfood" because of its amazing nutritional value. Its amino acid profile dominates with the 8 essential amino acids (10 if

you're elderly or a baby), making it a vegetarian source of "complete" protein. Manitoba Harvest is my favorite source for hemp products. I use their hemp seeds, hemp butter, hemp protein powder and hemp oil to make many delicious raw vegan recipes.

## **Herbamere™**

This is an alternative to plain salt. It is a blend of sea salt and 14 organic herbs. It's a nice change of pace from plain salt. This is available on Amazon.com, other websites, and in some health food stores.

## **Lucuma Powder**

Lucuma is a fun ingredient that is popular with Raw fooders. NavitasNaturals.com offers lucuma as a whole food powder, which adds a lovely sweetness to recipes with a flavor that has been described as a cross between sweet potato and maple. I love using lucuma powder in various raw recipes for smoothies, ice cream, cheesecake, nut milk, cookies, brownies, and more. There are other online sources for lucuma powder as well.

## **Maca Powder**

Maca is a plant that is used as a root and medicinal herb. Many people claim it gives them tons of energy and increased stamina for exercise, long workdays, and even libido! Personally, I'm not a huge fan of maca's flavor (to me, it smells like feet and tastes accordingly – haha), but this is one of the most popular superfoods among Raw vegans (so many people love it!), and for good reason with its reputed benefits. (Did I mention libido?) There is a link for maca powder at [KristensRaw.com/store](http://KristensRaw.com/store).



## **Mesquite Powder**

This comes in a powder form that offers nutrition with a smoky, malt-like, and caramel flavor. This is available from [NavitasNaturals.com](http://NavitasNaturals.com) and other online sources.

## **Miso**

My all-time favorite source of organic miso is South River Miso. It's the **ONLY** brand I use. They have so many amazing flavors (including soy-free varieties). Check them out at [SouthRiverMiso.com](http://SouthRiverMiso.com). Two of my favorite flavors are *Dandelion Leek* and *Garlic Red Pepper*. You can use other brands of light or dark miso in place of the fancier flavors I've used in these recipes, but South River Miso is amazing so I highly recommend it.

## **Mulberries**

These are lightly sweet with a wonderful texture that makes it hard to stop eating them. I consider these delights a superfood because of their nutrient content, including a decent source of protein. They are available from [NavitasNaturals.com](http://NavitasNaturals.com).

## **Non-Dairy (plant-based) Milk**

There are plenty of plant-based milks available for purchase in various grocery stores. They are not raw, but they are vegan and many are available as organic, which I highly recommend. Here are some options: almond, hemp, rice, soy, hazelnut, oat, and coconut. Plus, there are different flavors within those varieties such as plain, vanilla, and chocolate.

## **Nut/Seed Butters (raw)**

Raw nut butters can be bought at most health food stores or you can easily make your own (simply grind nuts with a dash of Himalayan crystal salt in a food processor, fitted with the “S” blade, until you get a nut or seed butter. You might choose to add a little olive oil to help facilitate the processing. This could take 3–8 minutes).

There are different varieties available such as hemp seed butter, almond butter, hazelnut butter, pecan butter, sunflower seed butter, pumpkin seed butter, cashew butter, walnut butter, macadamia nut butter, and more. Some excellent brands are *Living Tree Community*, *Rejuvenative Brands*, *Wilderness Poets (online)*, and *Artisana*. I usually buy them from Whole Foods Market.

## **Olives (raw)**

I truly love *Essential Living Foods*’ Black Bojita Olives. They are juicy, fresh, and delicious. It’s hard to stop at eating only one! They are available at Whole Foods Market and online at [EssentialLivingFoods.com](http://EssentialLivingFoods.com). I also use *Living Tree Community*’s Sun-Dried Olives in some recipes. They’re different in taste and texture than the Black Bojita Olives.

## **Olive oil (raw)**

I enjoy two truly raw olive oils: *Living Tree Community* (available at [LivingTreeCommunity.com](http://LivingTreeCommunity.com), also available at some Whole Foods Markets) and *Wilderness Family Naturals* (available online at [WildernessFamilyNaturals.com](http://WildernessFamilyNaturals.com)).

## **Orange Peel Powder**

This is a powder, which is the dried, finely ground orange peel (it's where you'll find many of the orange's nutrients, too). Orange peel powder is available from MountainRoseHerbs.com (They also have lemon peel powder.)

## **Protein Powder**

I use various raw vegan protein powders to get extra protein in my life. My favorites are hemp sprouted raw brown rice powders.

In general, when I'm drinking the sprouted raw brown rice protein powder (by just mixing it with water), I like the chocolate and natural flavors from *Sun Warrior* or the plain flavor of *Sprout Living's EPIC Protein*. Hemp foods, *Sun Warrior* protein powder and *Sprout Living* protein powder are available at [KristensRaw.com/store](http://KristensRaw.com/store).

## **Rapadura**

This is a dried sugarcane juice, and it's not Raw. It is, however, an unrefined and unbleached organic whole-cane sugar. I buy mine at Whole Foods Market.

## **Righteously Raw Cacao Bars (Earth Source Organics)**

Even though this is not an ingredient in which you'd use to make a recipe, I had to mention it here (it's an actual product for organic, raw, vegan chocolate bars). In my opinion, this is the best raw chocolate bar on the market. My favorite flavor is the Caramel Cacao but they also sell Goji, Maca, and Acai. Sometimes I just don't have time to make my own raw chocolate and sometimes I'm just plain lazy. In both cases, I run to Whole Foods Market for these (you can also buy them online direct from the company: [earthsourceorganics.com](http://earthsourceorganics.com)). If your Whole Foods doesn't

stock these... tell them to do it! Check out my blog post where I talked about my first encounter with these divine treats.

<http://kristensraw.blogspot.com/2010/03/review-earth-source-organics.html>

## **Rolled Oats**

I use traditional organic oats from SunOrganic.com or raw oats available at NaturalZing.com.

## **Sauerkraut (raw, unpasteurized)**

You can buy sauerkraut from the health food store or make it yourself (my favorite way). If you choose to buy it from the store, be sure to get a brand that is organic, raw, and unpasteurized. Two brands that I like are *Gold Mine Natural Foods* and *Rejuvenative Foods* (they're both great, but my overall preference is *Gold Mine Natural Foods*).

However, making your own is the best. It's incredibly easy and fun. For directions on making your own sauerkraut, please see my blog posts and video here:

<http://kristensraw.blogspot.com/2009/07/how-to-make-sauerkraut-video-raw.html>

## **Sesame Oil (raw)**

You can get this from RejuvenativeFoods.com.

## **Stevia**

Stevia is an all-natural sweetener from the stevia plant. It has a sweet taste and doesn't elevate blood sugar levels. It is very sweet, so you will want to use much less stevia than you would any other sweetener. I buy mine from Navitas Naturals (available at [NavitasNaturals.com](http://NavitasNaturals.com))

## **Sun-Dried Olives**

I buy the brand *Living Tree Community* at Whole Foods Market or online at [LivingTreeCommunity.com](http://LivingTreeCommunity.com).

## **Sunflower Lecithin**

This is popular for its choline content, and it's also used as an emulsifier in recipes. Soy lecithin is a common "go-to" source for this purpose, but not everyone wants a soy product. That is all changed now that sunflower lecithin is available. I like adding it to raw soups, smoothies, desserts, and more. You can find a link for it at [KristensRaw.com/store](http://KristensRaw.com/store).

## **Teecino®**

This is an alkaline herbal "coffee" (it's not really coffee) that my family loves since giving up regular coffee. It is available at many health food stores like Whole Foods Market. It's also available online ([Amazon.com](http://Amazon.com)). For details about the awesomeness of this product, check out [Teecino.com](http://Teecino.com).

## **Veggie Burger**

I LOVE Organic Sunshine Burgers veggie burgers, which I buy in the freezer department of Whole Foods Market. Check out their website at [SunshineBurger.com](http://SunshineBurger.com).

## **Wakame Flakes**

The wakame flakes that I use are from Navitas Naturals. Here is what they have to say about this particular product on their website at [NavitasNaturals.com](http://NavitasNaturals.com):

“One of the most hearty vegetables of the sea, wakame is in fact an algae that is amongst the oldest living species on Earth. This sea green has been used extensively in traditional Japanese, Chinese, and Korean cuisine as an important health food and key component of Eastern medicine for centuries. Wakame is a balanced combination of essential organic minerals including iron, calcium, and magnesium, alongside valuable trace minerals as well. Additionally, wakame is well known for its detoxifying antioxidants, Omega 3 fatty acids (in the form of Eicosapentaenoic acid), and body-building vegetable proteins. Wakame also provides many vitamins like vitamin C and much of the B spectrum, and serves as an excellent source of both soluble and insoluble fiber.”

Impressive, huh?

## **Wheat Grass Powder**

I use Amazing Grass' Wheat Grass Powder available at [KristensRaw.com/store](http://KristensRaw.com/store).

## **Yacon Syrup, Powder, and Slices**

This is an alternative sweetener offering a low glycemic index so it's commonly viewed as diabetic friendly. According to [NavitasNaturals.com](http://NavitasNaturals.com) (the brand I prefer

for yacon products), “... yacon tastes sweet, the sugar of inulin is not digestible and simply passes through the body. Therefore, yacon only contains about half the calories of an average sugar source. Secondly, FOS (promotes the production of healthy probiotics within the body, which can contribute to better digestion and colon health.”

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