

welcome, rambie!

"Wish you could get excited about healthy food? So did I. But in 2009, I discovered how to recreate raw vegan versions of my favorite sinful delights. From raw cheesecake and chocolate mousse to raw tacos and creamy pastas, now there's no reason to crave anything outside of the raw box. No soaking or dehydrating required. Just simple, satisfying raw food recipes. Your raw adventure starts with gooey raw brownies (p. 67). You can't say *non* to raw *chocolat, oui?*"



Laura-Jane The Rawtarian

Whether you're looking to enjoy your first raw food recipe or to expand your repertoire of fool-proof raw vegan staples, Laura-Jane The Rawtarian shares 82 of her best simple, satisfying raw recipes in this comprehensive collection. Known for her desserts and knack for combining the least ingredients for maximum impact, you'll love these fail-safe raw vegan recipes. Start your raw adventure with Laura-Jane The Rawtarian.

Creator of one of the top raw recipe websites, Laura-Jane The Rawtarian is also host of *The Raw Food Podcast* and author of *Too Good To Be Raw Desserts*. She has been featured nationally on CBC Radio, *The Renegade Health Show*, and in *The Guardian* newspaper and *Liquid Magazine*. An active speaker, her presentations include the *BlogHer Food* conference in Miami. She lives on Prince Edward Island, Canada, on a 60-acre farm in a restored farmhouse. Visit www.therawtarian.com for an extensive online component, including apps, on-demand videos, supported monthly challenges, and an online community.



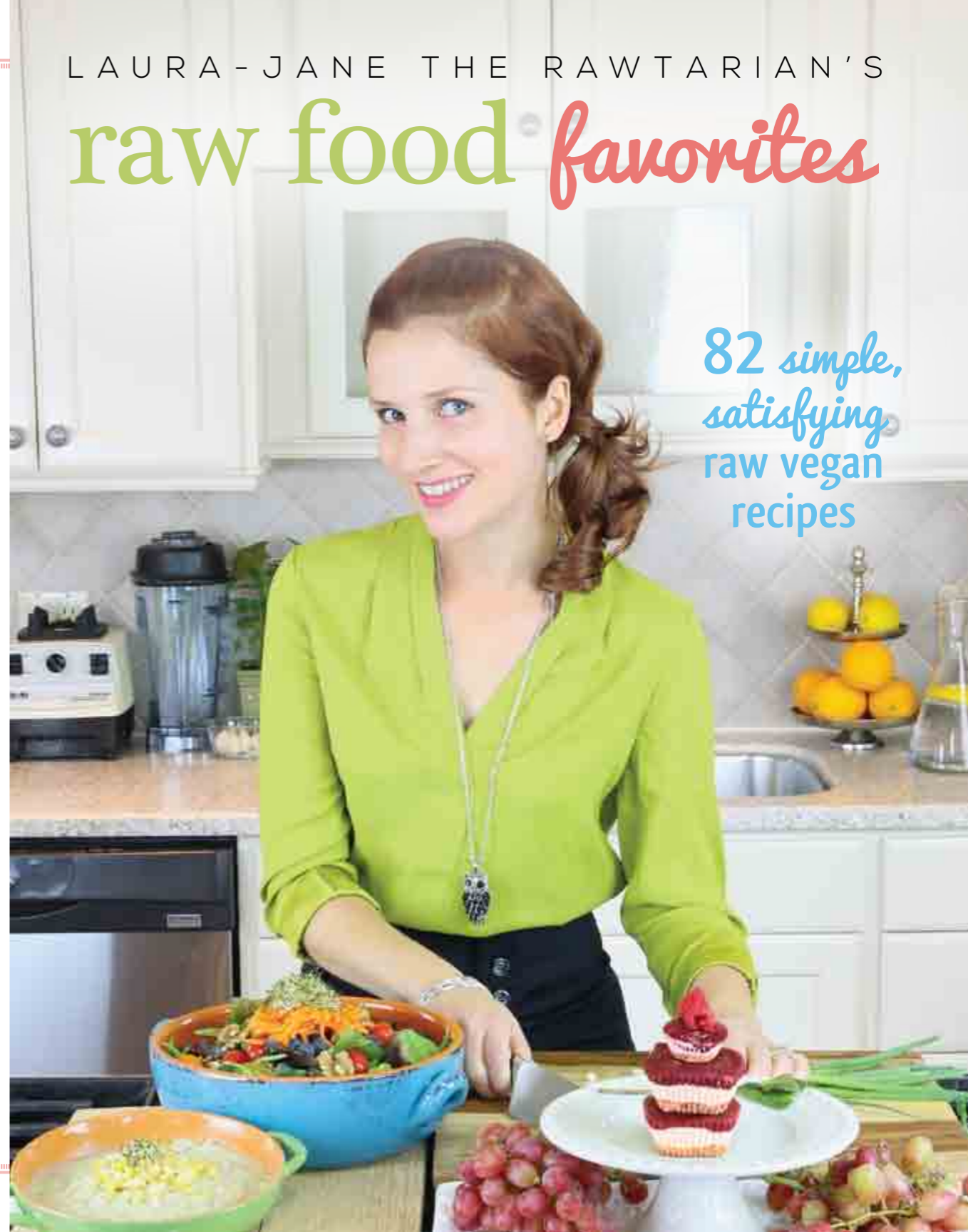
raw food favorites

LAURA-JANE THE RAWTARIAN



LAURA-JANE THE RAWTARIAN'S raw food favorites

82 simple,
satisfying
raw vegan
recipes



about the author



→ Chef, Teacher and Coach

Since 2009, I've taught thousands to "retrain their taste buds" with simple raw food recipes through my website and programs at www.therawtarian.com. My signature raw food recipes contain fewer ingredients and less steps than your typical raw vegan recipes. Go raw, don't go nuts!



→ Raw Foodie

I've been there. I first went raw in the summer of 2009, and I haven't looked back since. Starting out with a simple 30-day challenge, I went from junk food vegetarian (oops!) to fully raw overnight. And I haven't stopped yet! Read my full story inside and find out how to reset your own cravings for good.



→ Queen of Simplicity

From my recipes to my coaching style, the best solutions are usually the simplest. Don't make health more complicated than it needs to be. Stick to classic raw recipes and simple lifestyle choices that make you feel energized and alive. News flash: good food that tastes awesome doesn't have to be complicated.

the rawtarian snapshot

FOOD BLOGGER TURNED RAW FOOD CHEF TURNED PODCAST HOST AND AUTHOR.

Laura-Jane The Rawtarian creates simple, satisfying raw food recipes. She makes raw food accessible to the mainstream kitchen with simple raw recipes beloved by families across North America, Australia, the UK and beyond through her popular website, videos and top-rated podcast.

Laura-Jane is host of *The Raw Food Podcast* and author of *The Rawtarian's Raw Staples* and *Too Good To Be Raw Desserts*. She has been featured on *The Renegade Health Show*, interviewed in *The Guardian* newspaper and *Liquid Magazine*, featured nationally on *CBC Radio*, and has presented at the *BlogHer Food* conference in the United States.

She lives on Prince Edward Island in Canada on a 60-acre farm in a restored farmhouse with her husband and their Australian Shepherd dog, Elgar.



"Simple recipes can still satisfy.
Don't believe me? Try my raw
brownies with raw chocolate icing."

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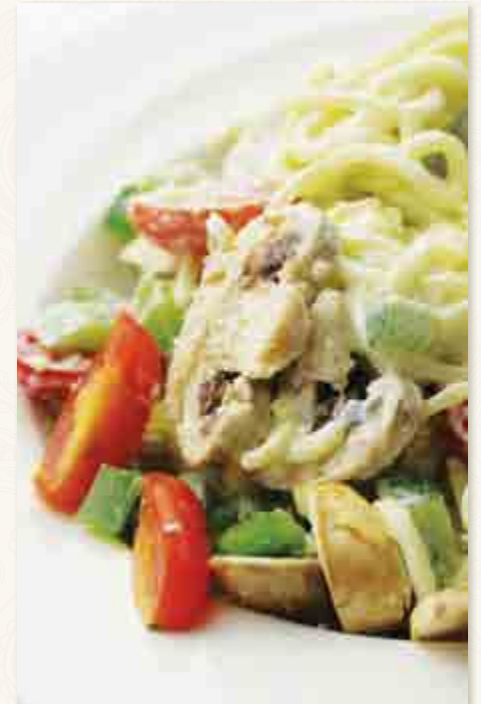
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Laura-Jane's raw journey

FROM JUNK FOOD ADDICT TO FULLY RAW THROUGH A LIFE-CHANGING 30-DAY RAW CHALLENGE. HOW LAURA-JANE BECAME THE RAWTARIAN.

Believe it or not, I wasn't christened "The Rawtarian" at birth. Nope, I was just a plain Jane: Laura-Jane, with no hint of the transformation that would come some 27 years later.

Born to health-conscious parents, I was raised on vegetarian casseroles and trips to the health food store, and I hated every morsel of it. Presented with lentil curry over brown rice, I rolled my eyes at my mother's healthy creations. Instead of appreciating my mother's meals, my hard-earned lawn-mowing money went to a McChicken and fries at McDonald's, while my mother sadly shook her head, hoping that I'd come to appreciate her efforts one day. (And I do now. Thanks Mom! #love #apology)

Fast-forward to my university years, I studied hard and earned fabulous grades at the expense of my health. I stayed up late noshing on my four

favorite food groups: chips, cookies, candy and soda. As time went on, I found it easy to transition to being a vegetarian in the early 2000s. After all, there wasn't much meat in a bag of Peanut Butter M&Ms or in a 12-pack of Coca-Cola. Life was good. Or should I say, life *tasted* good.

I got older. I branched out and added a few more necessities to my go-to list. In addition to chips, cookies, candies and soda (CCCS), I diversified and added frozen dinners, white pasta and alfredo sauce. I'd never learned how to cook, and I certainly didn't see the need to do so now.

But as each year passed, I got a little slower, a little heavier, and a little grumpier. Napping after dinner was part of my regular routine. Deep mood swings were normal (hey, I'm an emotional person, after all!). As I progressed through my twenties, my cystic acne got worse, not better.

a day in the life

Breakfast: A giant green smoothie - Easy!

Snack: Seasonal fresh fruit, like grapes, peaches, oranges, apples and blueberries. Whatever's in my fridge! And maybe a small handful of almonds for a protein pick-me-up.

Lunch: A huge salad with a delicious dressing (think raw ranch) and a fun salad topper, like sliced avocado, marinated mushrooms, sprouts, nuts, a nut pate or leftover raw meatballs.

Snack: More fruit and nuts, or maybe a slice of leftover raw dessert or a few raw truffles.

Dinner: A hearty entree, like raw spaghetti and mock meatballs, Japanese-inspired seaweed rolls, or a filling raw wrap with a cup of raw red pepper soup on the side.

Dessert: You name it! Raw cheesecake, chocolate cake, raw raspberry pudding, raw apple crumble, and the list goes on. I've got a sweet-tooth, and I'm proud of it!





by the time
I turned
40

AND THEN I REALIZED THAT BY THE TIME I TURNED FORTY I'D BE AT LEAST 50 POUNDS OVERWEIGHT. AND IN THAT MOMENT I THOUGHT, "NO, THAT'S NOT THE LIFE I WANT TO LEAD."

And thus my love affair with raw food began.

The turning point for me was when I realized that if my five-pound-a-year-weight-gain continued, by the time I turned forty I'd be at least fifty pounds overweight. I looked around. Many women at forty seemed to be fifty pounds overweight, so I accepted my future without blinking. But in that moment of acceptance I thought, "Wait a minute, no! That's not the life I want to lead." And in that moment I knew I had to change my relationship with food -- forever.

And so my search began, but I didn't have to look far. The solution found me when my mother-in-law gifted me a raw recipe book on a whim. The concept of making delicious recipes using whole foods, like fruits, vegetables, nuts and seeds, sounded simultaneously perfectly natural and yet so bizarre. "Why haven't I heard of this before?" I thought to myself. Perhaps it was because I hadn't been listening and the time hadn't been right. But now I was ready.

With one very simple raw recipe book in hand, I decided to go raw for 30 days in the summer of 2009. I wasn't sure where those 30 days would lead me, but I knew it felt right.

Experimenting with raw food, I quickly realized that all I needed was a blender and a food processor to make flavorful, varied raw food recipes that filled me up.

Plus, since I was working with so few ingredients, I quickly mastered the art of making raw food recipes, even though I had little traditional cooking experience beyond boiling pasta and cracking open a jar of store-bought sauce.

turn AROUND

ONCE THE FOOD PROCESSOR FINISHED WHIRRING AND I DIPPED MY FINGERS INTO THE BATTER, MY WHOLE WORLD CHANGED. MY TONGUE WASN'T REGISTERING DATES AND WALNUTS. NO, I WAS TASTING A DEEP, DENSE CHOCOLATE.

The first day felt the longest. I wasn't used to preparing food with a blender and a food processor, and my fuse was getting short. Bored with simple veggies and fruit, I needed something better, more exciting. Remember: I was used to living on chips, cookies, candies and soda.

After a tedious day of sliced apples and tasteless salads, the end of Day 1 saw me yanking out my new, virgin food processor. Needing a sugar fix, I threw some walnuts, dates, agave nectar, cocoa powder and sea salt into the food processor and jammed my finger on the <process> button, wondering whether anything tasty could ever be squeezed out of these basic ingredients. But twenty seconds later, once the processor finished whirring and I dipped my fingers into the batter, my whole world changed.

My tongue wasn't registering dates and walnuts. No, I was tasting a deep, dense chocolate.

Somehow, this simple combination of nuts and dried fruit had transformed into chocolate truffles, with no hint of date or walnut to be found.

Every day of my 30-day raw challenge revealed a new surprise – how zucchini could be sliced into noodles, how simple celery, nuts and rosemary could transform into hearty raw meatballs, how cashews, water and garlic could turn into creamy alfredo sauce.

As I worked through my own personal 30-day challenge, there were highs and lows, and I looked forward to Day 31, when I could revert back to BBQ chips, Pirate cookies, jujubes, and a nice, cold Coke.

But on the morning of Day 31, I bounced out of bed feeling energized, clear-headed, lighter, thinner, happier, in my element. The mirror reflected clearer skin and a happy glow.

I hummed and hawed about that bowl of Lucky Charms cereal I'd been fantasizing about. But instead, I reached for my morning green smoothie.

And I haven't looked back since. My 30 days raw turned into 65, then 365, and now I am into Year 5. And I've even written a book about it. Raw food changed my life, and I hope it will change yours.

“Raw food changed my life.
And it can change yours.”



a blender

A blender is crucial to eating raw. With a blender, you can easily create raw sauces, soups, icings, dips, dressings, smoothies and so much more.

There are oodles of blenders available, and any blender will do when you are just getting started. When I first went raw my inexpensive blender did a reasonable job for the first 6 months of uncooking. But eventually I knew I wanted to upgrade to a commercial-style blender once my budget could handle it.

Two of the best blenders on the market are the Vitamix and the Blendtec. I have a Vitamix 5200 variable speed blender, and I love it.



a food processor

With a food processor you can create recipes with less liquid than a blender. For example, in your food processor you can create cakes, brownies, pie crusts, mock meatballs, salsas, etc.

The quality of your food processor is less important than the quality of your blender. (My food processor cost less than 1/5th of the cost of my blender.)

And before you ask, the answer is: "Yes, you do need both a blender AND a food processor." The main difference is that blenders are for wet recipes, and food processors are for drier recipes. Got it? Got it!

RAW FOOD equipment

NEW TO UNCOOKING? A BLENDER AND A FOOD PROCESSOR ARE KEY!
BLENDERS ARE FOR LIQUIDS (SOUPS, SMOOTHIES, SAUCES), AND FOOD PROCESSORS
ARE FOR DRIER RECIPES (THINK BROWNIES, PIE CRUSTS AND NUT PATES). OWNING
BOTH IS BEST. GO FOR A HIGH-END BLENDER AND A CHEAP FOOD PROCESSOR.

your hands

There is nothing more important, more useful, more integral to uncooking than your hands.

Cooking is an art. Wash up, and dig in.

"Confused? Don't be. I'll tell you which equipment to use in each recipe. (Because I'm clear like that.)"





Chocolate lovers, this is for you. Dressed up or dressed down, I've made this classic recipe literally dozens of times. Serve it with fresh raspberries for a perfect pairing. Can't find raw cacao? Substitute unsweetened cocoa powder.

Raw Royal's Classic Chocolate Iced Brownies

serves 8

classic brownies

1 cup pecans (you can use walnuts in a pinch, but pecans are much better)

1 cup dates

5 tablespoons unsweetened raw cacao powder

4 tablespoons shredded unsweetened coconut

2 tablespoons maple syrup (or agave nectar)

1/4 teaspoon sea salt

velvety chocolate icing

1 cup dates


1/4 cup unsweetened raw cacao (cocoa) powder

1/4 cup coconut oil

3/4 cup water

"This is my most popular recipe. Whether it looks fancy or home-style depends on the dish(es) that you press your brownie mixture into. For a basic brownie, press into a large square glass dish. For an elevated presentation, I use small spring form pans."

1. To make the brownies, place pecans alone in food processor and process until small and crumbly.
2. Add dates and process again until mixture sticks together and dates are well processed. Still a bit chunky is fine.
3. Add remaining brownie ingredients and process again until mixture turns a lovely dark chocolatey brown. Stop processing before it gets too buttery. (There should still be air between the small bits so that you'll be able to press them down into your brownie pan.)
4. Dump the mixture into your dish and press down firmly using your clean hands. Your brownie is now ready. Put it in the fridge for now.
5. To make the icing, place all icing ingredients in a high-speed blender. (If possible, let them sit in there for a few minutes to soften the dates.)
6. Blend all icing ingredients in your high-speed blender. The ingredients can be a little finicky to blend, so start at a slow speed and increase speed slowly. Keep blending for a very long time (3 minutes?) to get a velvety consistency. You'll know it's ready if there are no bits of dates and all you can taste is velvety chocolate goodness.
7. Ice your brownies.
8. Refrigerate for at least two hours to allow everything to firm up. Slice and enjoy! Store in the fridge at all times.



I love this recipe, and I eat it many times per week. My go-to breakfasts every morning tend to alternate between green smoothies and this breakfast bowl.

Rawtarian's Breakfast Bowl

SERVES 1

ingredients

- 1 apple (shredded)
- 1 tablespoon chia seeds
- 1 tablespoon shredded coconut
- 1 tablespoon raisins
- 1 tablespoon almonds (or sunflower seeds)
- 1 pinch cinnamon
- 1 tablespoon buckwheat groats (optional)
- 1/3 cup water (or nut milk)

"This is my go-to breakfast. If you don't have the equipment (or time) to shred your apple, you can chop it instead. However, it's the shredded apple that provides the light texture, so shred if you can."

1. Shred your apple using a hand shredder. (If making only one or two servings, I use a mandoline slicer with the shredder attachment. If making this for many people, shred in a food processor.)
2. Place shredded apple in bowl. Top with remaining dry ingredients.
3. Add cashew milk (best) or alternatively use water.
4. Stir vigorously. Within a couple of minutes the chia seeds and shredded coconut will absorb the liquid and you will have a delicious, ready to eat raw breakfast bowl.



Here I've simply sprinkled my soup with pepper and a tiny carrot garnish for a quick, creamy lunch.

Creamy Carrot Ginger Soup

series 1

ingredients

1 cup chopped carrots
(2-3 carrots)

1/3 cup cashews

1/3 cup water

1/2 teaspoon sea salt

1 teaspoon fresh ginger
(optional)

"This recipe is quick to pull together if you have carrots in the fridge and cashews in the pantry. And really, who doesn't have carrots lying somewhere in the fridge? They last for ages and are quite inexpensive. And you should always keep spare raw cashews around!"

1. Throw all ingredients in a high-speed blender and blend up 'til nice and smooth and well mixed. You can let the soup blend in the blender for a little extra time so that the heat of the blades and the friction actually warm up this delicious, creamy raw soup. Blend until very creamy and smooth.
2. Transfer raw creamy carrot soup to a bowl.
3. Garnish and eat immediately.



Depending on how much you like dill, feel free to tweak the amounts. If using fresh dill, double the amount of spice used in this recipe. Dried spices are more intense than fresh. But fresh is best!

Dill Cauliflower Popcorn

SERVES 4

ingredients

- 4 cups cauliflower florets (approx. 1 head)
- 1 1/2 tablespoons dried dill spice
- 1 tablespoon olive oil
- 1 tablespoon onion powder
- 1/2 tablespoon apple cider vinegar
- 3/4 teaspoon sea salt

“For extra flavor, add 2 tablespoons of nutritional yeast to the mixture, but it’s totally optional.”

1. Cut an entire head of cauliflower into florets. Your sizes will vary, but think popcorn sized. Place florets into a huge bowl.
2. Place all remaining ingredients on top of the cauliflower florets and stir gently and for quite a while to ensure that all of the florets are coated with the mixture.
3. Eat immediately, preferably in front of the TV while watching a good movie!