

*The Rawtarian's*  
**Raw Staples Recipe Book**

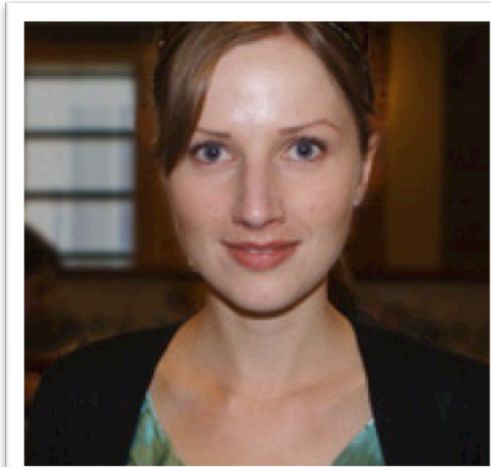
2011 Edition

The 40 simplest &  
most satisfying  
raw recipes



*Written by*  
**Laura—Jane The Rawtarian**

## About Laura-Jane the Rawtarian



“Before I began my raw food journey, I was not comfortable in the kitchen. I had absolutely no confidence and no clue how to cook. I simply made spaghetti, sandwiches and frozen pizza.

Learning how to prepare raw food is an empowering experience. I started very rigidly following raw recipes, like the ones in this book. But after just two months raw I was creating my own recipes. With a limited number of ingredients—fruits, vegetables, nuts, and seeds—I now understand how to combine food and flavors to create satisfying, simple raw meals that satiate!

Many of these raw dishes can be served as breakfast, lunch, dinner or dessert, so don't be too strict about meal times. Just listen to your body and satisfy your cravings with raw substitutions. Your body will tell you what it needs!

I hope you enjoy these recipes, which are some of my favorite standby recipes that I make on a daily basis. Do you like them? Please let me know.”

Warmth,



Laura-Jane the Rawtarian

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# Breakfasts

## Cashew milk

1 cup cashews

3 cups water

2 tablespoons agave nectar or honey

2 vanilla seeds or 1 tablespoon pure vanilla extract

A tiny tiny tiny splash of almond extract

1 teaspoon cinnamon

1 dash of sea salt

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Add all ingredients to high-speed blender.

Blend until very smooth.

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This is perfect for storing in the refrigerator like regular milk! It keeps well for a few days. Shake or stir before using.

## Cereal

- 1 crisp apple - chopped
- 1 tablespoon raisins
- 1 tablespoon pumpkin seeds
- 1 teaspoon flax seeds
- 1 sprinkle cinnamon
- 1 drizzle honey
- 1 tablespoon fresh blueberries (optional)

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Place all ingredients in bowl and mix gently.

Serve with cashew milk. Eat with a spoon.

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This cereal recipe is surprisingly quick to pull together in the mornings. Measurements can be approximate, but do use an apple because it makes up the substance of the cereal.

## **Fruit salad**

1 crisp apple - chopped  
1 small orange – peeled and cut  
1/3 cup fresh blueberries  
4 fresh strawberries - chopped  
1 sprinkle cinnamon  
1 date - chopped

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Place all ingredients in a bowl and mix gently.

Serve immediately.

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Fruit salad is enhanced when you crumble a truffle on top!

Feel free to substitute for your own favorite fruits.



## Green smoothie

1 banana – ripe but not yucky

1 apple – chopped and seeds removed

2 cups loosely packed baby spinach

½ lemon – peeled

1 sprinkle cinnamon

½ cup cold water

*Optional: ½ cup berries, such as strawberries or raspberries AND/OR 1 tablespoon whole flax seeds*

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Add all ingredients to high-speed blender. When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until smooth.

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Do not overblend, because when you overblend the smoothie gets warm, and warm smoothies are gross! Try using ice instead of water. It'll keep your smoothie cold.

This is a very inexpensive smoothie to make, and it's a great base. As you become more confident, you will create your own smoothie recipes.

## Lemonade smoothie

1 banana – ripe but not yucky

1 lemon - peeled

1/3 cup dates – pits removed

1 cup water

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Add all ingredients to high-speed blender. When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until smooth.

---

Do not overblend, because when you overblend the smoothie gets warm, and warm smoothies are gross! Try using ice instead of water. It'll keep your smoothie cold.

Feel free to double this recipe.

## Oatmeal

1 cup raw steel cut oats (or oat groats)

1 apple – chopped and seeds removed

1 ½ cups of water

1 tablespoon raisins

---

Add all ingredients to high-speed blender, including the raisins. When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until very very smooth. The blending action will actually warm up the oatmeal to above-room temperature.

Serve with a sprinkle of cinnamon and some more raisins sprinkled on top.

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For a treat, serve oatmeal with sliced bananas on top. Bananas are naturally very sweet, and they'll sweeten this oatmeal recipe even more for you.

The night before you want to eat this, place the steel cut oats, water, and raisins in the blender. Do not blend yet. Let sit overnight. When you're ready to eat, simply chop up the apple, add it to your blender and blend. If soaked overnight the oatmeal will be much creamier!

## Pancakes

3 cups of ground flaxseed meal (or 2 cups of whole flax seeds that you grind yourself in a coffee grinder)

2 tablespoons coconut oil (also known as coconut butter)

½ cup agave nectar or maple syrup

½ teaspoon sea salt

¼ cup water

---

Blend all ingredients in a large bowl and mix thoroughly.

Form into pancakes! This recipe makes four pancakes.

Serve with a generous helping of your absolute favorite fruits, like fresh or thawed raspberries, blueberries, blackberries, sliced bananas, or whatever suits your fancy!

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These pancakes are extremely heavy and rich so reserve for special occasions!

## **Sorbet smoothie**

1 banana – ripe but not yucky

1 orange - peeled

1 cup fresh cantaloupe

½ cup water

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Add all ingredients to high-speed blender. When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until smooth.

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Do not overblend, because when you overblend the smoothie gets warm, and warm smoothies are gross! Try using ice instead of water. It'll keep your smoothie cold.

# Snacks

## Almond butter

2 cups almonds

2 tablespoons honey

½ teaspoon sea salt

---

Place almonds (almonds only) in your food process. Process.

At first, the almonds will just be all powdery and you'll think you need to add liquids. Do NOT add any liquids. Just keep processing them and scraping the sides, if necessary. Continue processing the almonds for ten minutes or so(!).

You'll see that your almonds will eventually turn kind of doughy. Keep processing them... They'll turn buttery if you process long enough.

Once the almonds are processed and resembling slightly dry almond butter, transfer to a bowl. Add honey and sea salt. Stir with a spoon.

Eat immediately and store remainder in the refrigerator.

---

Wear ear protection while processing the almonds. If your food processor is junky it might overheat. So take a break if needs be.

Serve with sliced apples or make an almond butter sandwich (see index for page number).

## **Almond butter sandwiches**

1 batch almond butter (see index for page number)

1 banana – ripe but still firm

1 teaspoon raisins (optional)

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Slice banana in half (lengthwise).

Spread almond butter in between the slices. Sprinkle raisins on the almond butter layer (optional).

Close the slices like a sandwich! Cut in half like you cut a sandwich.

Eat right away for a quick, filling snack.

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Don't spoil your dinner!



## **Dried mulberries**

1 cup dried mulberries

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Purchase dried mulberries from a bulk food retailer, a health food store or online.

Eat!

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Dried mulberries are quite expensive. But they are the perfect special sweet snack and I just love their chewy texture! I only allow myself to splurge on them when going to the movie theatre. I smuggle them into the theatre inside my purse!

## Fruit plate

1 bunch crisp green grapes

1 apple – sliced

1 orange – peeled by hand and split into sections

½ cup fresh blueberries

¼ cup fresh pineapple – sliced

A few cherries

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Prepare your favorite fruits into bite-sized morsels. Arrange on serving plate.

Eat!

---

So simple but so divine. Of course, please feel free to substitute with your favorite fruits or have fun trying new fruits.

Serve plain or with a handful of almonds and hazelnuts and fruit dip (see index for page number).

## Mixed nuts

½ cup almonds

¼ cup pumpkin seeds

¼ cup raisins

1/8 cup sunflower seeds

Sprinkle cinnamon

Pinch sea salt

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Combine and eat whenever you need a little hunger fix.

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Store your mixed nuts in a glass container ,Tupperware or even in a small Ziploc bag.

Mixed nuts are very dense and will fill you up fast. I always keep a batch of mixed nuts in my car, in my purse and in my desk for when I get hungry.

If you get tired of this mixture try new nuts (walnuts, hazelnuts, cashews, etc. ) and different dried fruit (apricots, chopped dates, etc).

## Vegetable plate

1 carrot – peeled and chopped

½ red pepper - chopped

¼ cucumber - chopped

¼ cup broccoli florets

1 firm roman tomato – sliced

1 firm avocado – sliced

½ teaspoon lemon juice

Pinch sea salt

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Chop vegetables into bite-sized pieces and arrange on a plate. Sprinkle lemon juice and salt on avocado. Serve with a raw dip or spread.

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The key to enjoying a good vegetable plate is having something fun to dip your veggies in! Try the tuna spread, salty walnut pate, alfredo sauce, macaroni and cheese sauce (try with broccoli!), ranch dip (try with carrots) or your favorite raw dip. Vegetable plates can be a great quick meal, which is why I **always** make sure to have a raw dip in the fridge.

# Entrees

## Alfredo sauce

2 cups cashews

½ cup pine nuts (or use ½ cup more cashews if you don't have pine nuts)

1 tablespoon lemon juice

3 cloves garlic

1 ½ cups cold water

1 tablespoon thyme spice

1 teaspoon sea salt

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Add all ingredients to high-speed blender. When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until very creamy and smooth.

Serve over raw noodles (see index for page number).

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This alfredo sauce keeps quite well in the fridge for a few days. It's also a delicious dip!

Try adding mushrooms, cracked pepper or finely chopped parsley to your alfredo and noodles dish.

## Avocado bowl

1 avocado – perfectly ripe, a little firm still

½ cup grated carrots

¼ cup freshly alfalfa sprouts

1 tablespoon lemon juice

1 garlic clove – pressed or finely chopped

¼ teaspoon sea salt

¼ teaspoon curry powder

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Grate carrots by hand (or in your food processor if you have a grating attachment) and place in bowl. Add sprouts to bowl.

Gently chop avocado and place avocado chunks on top of carrots and sprouts.

In a separate bowl, add remaining ingredients together and mix vigorously with a spoon. Pour mixture over avocado bowl and mix gently.

Eat with a fork!

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Avocado bowls make a great meal or snack!

## **“Chicken salad” wraps**

1 cup cashews

1 cup pecans

1/4 cup sunflower seeds

1 cucumber – peeled and roughly chopped

1 small red onion

Half of a crisp apple – roughly chopped

1 celery stick – roughly chopped

1 teaspoon fresh or dried dill

1 tablespoon lemon juice

1 pinch of sea salt

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Throw all ingredients in your food processor.

Process briefly until the mixture resembles chicken salad. Do not over-process! Start with 15 seconds and then stop to look at the mixture. You want to keep this quite chunky so that it has that “chicken salad” texture.

Serve in lettuce wraps (use a large romaine lettuce leaf, place “chicken salad” on top and eat like a wrap), in a hollowed out sweet bell pepper, or serve as is with avocado chunks on top!

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This recipe does not keep well at all so eat up right away!



## **Fiesta salad**

2 cobs of corn - uncooked

1 ½ cups of cherry tomatoes – sliced in half

¼ cup red onion – thinly sliced

½ cup fresh basil – finely chopped

½ teaspoon sea salt

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Cut the kernels off the corn cobs. Place in bowl.

Add remaining ingredients to the bowl. Mix gently and serve!

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This recipe does not keep well at all so eat up right away!

## **Ginger spread**

2 cups almonds  
2 tablespoons grated ginger  
2 cloves garlic  
1 teaspoon sea salt  
4 tablespoons lemon juice  
½ cup water, as needed

---

Place ginger, garlic and salt in food processor and process until mixed well.

Add almonds and process while adding lemon juice.

Add more water if necessary to facilitate smooth blending.

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Will keep for a few days in the fridge.

This recipe is great with Japanese rolls (see index for page number).

## Growing salad

¼ cup dry quinoa (= ¾ cup sprouted) (TAKES 24 HOURS!!!)

2 tablespoons lemon juice

2 tablespoons extra virgin olive oil

1 teaspoon sea salt

1 clove garlic – finely chopped

2 cups fresh parsley – finely chopped

2 cups cucumber – cubed

2 cups tomatoes – cubed

½ cup white onion – finely chopped

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Soak quinoa in a bowl for three hours. Drain quinoa and rinse. Place strainer over a bowl and cover strainer with a damp cloth. Allow quinoa to sprout for ten to twenty more hours. You will see the quinoa grow little tails!

Rinse and drain sprouted (growing) quinoa.

Place growing quinoa, lemon juice, olive oil, salt and garlic in a bowl and stir. Add remaining ingredients and stir gently.

You can eat this right away or allow the flavors to combine in the fridge for a few hours.

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I know, the quinoa requires 24 hours of prep work but it's worth it!

## Guacamole

One avocado (perfectly ripe please!)

One small tomato (or 1/2 large tomato)

1 tablespoon white onion (or a little less)

1/4 cup of fresh cilantro

Small splash of lemon juice

Pinch sea salt

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Place tomato, white onion and cilantro into food processor. Pulse briefly .

Scoop out avocado and place in bowl. Stir gently to make smoother texture, but leave the avocado slightly chunky.

Pour/scoop tomato mixture into avocado bowl.

Add lemon juice and salt.

Stir gently and eat.

---

This does not keep well so consume right away. If you love avocados you'll enjoy eating this right out of the bowl with a spoon.

You can also serve with romaine lettuce crisps (or raw corn chips if you have a dehydrator).

## Japanese roll

1 sheet nori (Japanese sheet of seaweed used for making sushi)

½ cup alfalfa sprouts

½ avocado - sliced

1 carrot – shredded (or peeled into strings with carrot peeler)

1 batch ginger spread (see index for page number)

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Lay the nori roll on a very dry cutting board.

Spread a thin layer (similar to peanut butter on bread) of ginger spread on the nori sheet.

Place sprouts, sliced avocado, and some shredded carrot along the centre of the nori roll, on top of the ginger spread

Roll the nori roll and seal the long end by dabbing your finger in some water and sealing the edge.

Let end dry and then slice with a sharp knife to create sushi-style bites.

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These do not keep well so consume immediately.

If you don't know how to roll nori sheets, just type in YouTube: "how to roll sushi!"

## Macaroni and cheese

2 cups cashews

3/4 cup water

1 tablespoon lemon juice

1 teaspoon sea salt (or slightly less)

1/3 cup nutritional yeast

Optional: 3 more tablespoons water if needed to facilitate blending

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Place all ingredients in your high-speed blender. (Do not attempt this recipe unless you have a *high-speed* blender.)

Blend. Add additional water if necessary.

Serve this cheese sauce with noodles (see index for page number).

Garnish with black pepper! (The pepper really adds a nice element to the flavor, so do add.)

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Beware: this raw macaroni and cheese sauce is very potent! Start with a tiny bit of sauce and mix it into your noodles and then add more as your taste-buds dictate. If you add too much this recipe can be overpowering and way too saucy. So start slow with the sauce! But make sure you add enough to make it creamy and nice. You should be thinking, "This is so creamy and rich and delicious!" That means it's perfectly balanced between noodles and sauce.

For additional flavor, try adding some small bits of chopped up broccoli and cauliflower to this dish. The flavors go really well together.

## Mix-with-your-hands salad

4 cups mesclun (wild baby greens) or baby spinach

2 tablespoons finely chopped white onion

½ a perfect avocado (don't use a funky avocado – omit if your avocado isn't appealing)

1 tomato - chopped

1 tablespoon finely chopped chunky pecans

½ tablespoon extra virgin olive oil

1 teaspoon apple cider vinegar

1 tablespoon nutritional yeast

Dash sea salt

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Wash your hands and dry them with a clean towel. Add *all* ingredients to a huge mixing bowl. Don't chop the tomato or avocado. Just squish them into the bowl. Lightly mix the salad with your hands. Get in there and squish the tomato and avocado with your hands so that they become part of your "salad dressing." Mix very very well, but don't squeeze too hard. Use your hands!! You'll know that you're done mixing when you can no longer recognize any nutritional yeast, tomato, or avocado.

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This salad does not keep well. Eat right away.

## Noodles

1 peeled zucchini

*Or*

“Kelp noodles”

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### Zucchini noodles:

Use a clean vegetable peeler (or a spirooli slicer) to slice zucchini into “noodles.” (Do not use cucumber! It doesn’t work, it’s too watery and it’s a big mess.)

### Kelp noodles:

Kelp noodles are a product that you can buy from a company called “Sea Tangle.” They are raw , healthy, delicious and a special treat for when you want that real “noodle” texture. Order them online.

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Serve noodles with alfredo sauce or with macaroni and cheese sauce (see index for page numbers).



## Omelet bowl

2 cups almonds

1 cup sunflower seeds

1 cup water

2 teaspoons turmeric

1/2 teaspoon sea salt

*Add in:* Chopped mushrooms, chopped tomatoes and chopped onions

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Process the almonds and sunflower seeds until they become powder-like.

Add the water, turmeric and sea salt and process until well mixed and pretty smooth.

Transfer processed ingredients into bowl.

Add your preferred *add ins* for an omelet-like experience.

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This recipe does not taste like an omelet, but it's lovely yellow color reminds me of an egg dish!

## **Ranch dressing**

1 ¼ cup cashews

¾ cup water (or a little more)

3 tablespoons lemon juice

1/3 cup apple cider vinegar

1/3 cup extra virgin olive oil

3 tablespoons agave nectar (or honey)

2 cloves garlic

3 teaspoons onion powder

1 teaspoon dill

1 teaspoon sea salt

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Add all ingredients to a high speed blender and blend until smooth and creamy, a la ranch dressing.

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This is quite a large recipe so you may want to half it unless you have big plans. It will keep for a few days in the refrigerator. Serve as a veggie dip or dressing.

## **Red tangy avocado salad**

2 medium sized beets - grated

1 ½ tablespoons apple cider vinegar

1/8 teaspoon sea salt

1 avocado – cut into chunks

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Grate the beets. (Use your food processor's grater attachment, or grate by hand.)

Combine grated beets, apple cider vinegar and sea salt in a bowl. Stir very well.

Place chunky avocado on top.

Eat with a fork!

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This is such a tangy, simple recipe. If you like pickled beets and you like avocados you will love this recipe.

## Salty walnut nut pate

3 cups walnuts (soak for at least half an hour to soften – rinse and discard water)

¼ cup raw soy sauce (nama shoyu) (tamari)

½ cup white onion

2 medium carrots

2 celery stalks

Pinch of salt

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Soak the walnuts in water for at least half an hour. Then rinse the walnuts well, and discard any excess water.

Add all ingredients to food processor.

Process well. You may need to stop processing, scrape the sides a few times, and resume processing. Process until smooth.

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Soaking the walnuts is necessary in order to moisten them for processing.

If the mixture seems dry when processing, add a bit more water, starting with one teaspoon at a time.

Serve this nut pate on cucumber “rounds:” slice an English cucumber into thick, round slices. Spread the salty walnut nut pate on the cucumber rounds, similar to eating crackers. Enjoy!

## Taco wraps

1 cup walnuts

10 sundried tomatoes - soaked for at least one hour, preferably a few hours.

1 to 2 tablespoons olive oil

¼ tablespoon chili powder

1 small dash cayenne pepper

¼ teaspoon sea salt

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Process all ingredients until they become the consistency of taco meat.

Serve the seasoned taco mixture on a romaine lettuce leaf. Top with chopped tomatoes and sprouts if you have them!

Or even better, serve this spread on a green pepper with some chopped white onion on top.

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Soaking the sundried tomatoes is necessary in order to moisten them for processing. If the mixture seems dry when processing, add a bit more water, starting with one teaspoon at a time.

## “Tuna” salad wraps

2 cups sunflower seeds (soaked for two to six hours)

1 tablespoon dulse (seaweed) (moisten dulse with the lemon juice or apple cider vinegar)

1 clove garlic

1 teaspoon lemon juice

1 teaspoon apple cider vinegar

1/2 teaspoon sea salt

*Add in:* Chopped celery, chopped onions, chopped parsley, chopped raw pickles, or chopped crisp apples

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Soak the sunflower seeds in water for at least two hours. Then rinse the sunflower seeds well, and discard any excess water.

Add all ingredients to food processor, except the *add ins*. Process well. You may need to stop processing, scrape the sides a few times, and resume processing. Process until smooth.

Transfer processed ingredients into bowl. Add your preferred *add ins* for a tuna-salad-like experience. Serve inside large romaine leaves for a tuna salad “wrap!”

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Soaking the sunflower seeds is necessary in order to moisten them for processing. If the mixture seems dry when processing, add a bit more water, starting with one teaspoon at a time.

# Desserts

## Almond balls

1 cup almonds

½ cup walnuts

1 dash sea salt

1 cup dates

½ cup raisins

¼ teaspoon almond extract

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Process almonds, walnuts and salt in your food processor. Process until coarsely chopped.

Add remaining ingredients and process until the mixture sticks together.

Roll into balls, similar to truffles.

Eat immediately or store balls in refrigerator.

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Try slicing a perfect banana and then crumbling an almond ball on top. Maybe even add a splash of cashew milk for good measure! Nice light snack.



## Blueberry crumble

1 cup unsweetened shredded dried coconut

1 cup walnuts

¼ teaspoon salt

6 pitted medjool dates (or 8 smaller cooking dates)

Approximately 2 cups frozen blueberries (thawed – do not drain)

½ cup fresh blueberries

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Briefly process coconut, walnuts and salt until walnuts are reduced in size. Add dates and continue to process until mixture is coarse meal that still looks fluffy. Do not over-process. You may still see small dark chunks of dates, but that's okay.

Dump processed mixture into pie plate or glass dish. Press mixture firmly down into pan, similar to making a pie crust.

Refrigerate crumble crust for one hour. Do not add the berries to the mixture! Cut crust into slices and place in individual bowls – one bowl for each person. Top each serving with a scoop of wet, thawed berries and then add a sprinkle of fresh blueberries on top.

---

Do not combine the fruit with the crumble mixture until you are ready to eat!! Otherwise everything will get soggy.

## Chia pudding

1 cup cashews

3 cups water

2 tablespoons agave nectar (or honey)

2 vanilla seeds (or 1 tablespoon pure vanilla extract)

A tiny splash of almond extract

1 teaspoon cinnamon

A pinch sea salt

RESERVE: 1/4 cup chia seeds

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Add all ingredients to high-speed blender, except the chia seeds. Blend until smooth.

Place the chia seeds in a large bowl. Slowly pour the blended mixture over the chia seeds, while stirring vigorously.

Stir for a long time, until the chia seeds are very well distributed and there are no clumps.

Cover and refrigerate for at least one hour.

---

Chia seeds are integral to this recipe, because they act like tapioca, and they will plump up while in the refrigerator. Do not make this recipe without the chia seeds.

## Chocolate bark

1 cup coconut oil (also known as coconut butter)

$\frac{3}{4}$  cup cacao powder

2 teaspoons pure vanilla extract

$\frac{3}{4}$  cup raisins

$\frac{1}{3}$  cup coarsely chopped almonds

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In a brownie dish, combine liquefied coconut oil and cacao powder and mix well.

Add vanilla, raisins and chopped almonds and stir. Ensure equal distribution.

Place in freezer for twenty minutes and the mixture will have hardened.

Store in freezer or refrigerator.

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This mixture will liquefy at room temperature, so consume right away after removing from fridge or freezer.

Coconut oil/butter will liquefy at above-average room temperature. If your coconut oil/butter is solid, simply spoon out 1 cup of coconut oil/butter and place in small bowl. Put the small bowl inside another bowl of hot water. It will liquefy. Stir to help it along.

## Chocolate raspberry chia pudding

½ cup cashews

1 cup water

¾ cup raspberries (fresh or frozen)

3 tablespoons honey or agave nectar

1 tablespoon raw cacao powder

2 vanilla beans (or 1 tablespoon of vanilla extract)

RESERVE: 4 tablespoons chia seeds

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Add all ingredients to high-speed blender, except the chia seeds. Blend until smooth.

Place the chia seeds in a large bowl. Slowly pour the blended mixture over the chia seeds, while stirring vigorously. Stir for a long time, until the chia seeds are very well distributed and there are no clumps.

Cover and refrigerate for at least one hour.

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Instead of raspberries, try strawberries, blueberries or blackberries for a change.

Chia seeds will make or break this recipe, because they act like tapioca, and they will plump up while in the refrigerator. Do not make this recipe without the chia seeds.

## Fruit dip

1 1/2 cups of cashews

1/2 cup of water

3 tablespoons of coconut oil (also known as coconut butter)

2 tablespoons of agave nectar (or honey)

1 vanilla bean (or one tablespoon of vanilla extract)

1/4 teaspoon of sea salt

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Combine all ingredients in your high-speed blender and blend. Start slow and slowly dial up the speed.

Blend until very smooth and creamy.

Serve in a pretty dish for dipping. Store leftovers in the refrigerator.

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This recipe can be difficult to blend if you do not have a high-speed professional blender. This recipe keeps quite well in the fridge, but make sure to seal it up well.

Serve with fruit, especially grapes and strawberries! This recipe also makes a great icing for raw cakes, especially raw carrot cake. (You need a dehydrator for cakes!)

## Lemon poppy-seed balls

1 cup sunflower seeds

¼ cup pumpkin seeds

¼ cup sesame seeds

¼ cup unsweetened shredded coconut

4 teaspoons poppy-seeds

¼ teaspoon allspice

2/3 cup raisins

3 tablespoons lemon juice

Grated zest of 1 organic lemon

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Process sunflower seeds, pumpkin seeds, sesame seeds, coconut, poppy seeds and allspice until very fine.

Add raisins, lemon juice and grated lemon zest. Process well - until mixture clumps together.

Squeeze and roll into small balls, similar to truffles.

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Store in the refrigerator.

## Raspberry crumble

1 cup unsweetened shredded dried coconut

1 cup walnuts

¼ teaspoon salt

6 pitted medjool dates (or 8 smaller cooking dates)

Approximately 2 cups frozen raspberries (thawed – do not drain)

½ cup fresh raspberries

---

Briefly process coconut, walnuts, and salt until walnuts are reduced in size. Add dates and continue to process until mixture is coarse meal that still looks fluffy. Do not over-process. You may still see small dark chunks of dates, but that's okay.

Dump processed mixture into pie plate or glass dish. Press mixture firmly down into pan, similar to making a pie crust.

Refrigerate crumble crust for one hour. Do not add the berries to the mixture!

Cut crust into slices and place in individual bowls – one bowl for each person. Top each serving with a scoop of wet, thawed berries and then add a sprinkle off fresh raspberries on top.

---

This coconut/walnut/salt/date mixture is a very versatile recipe.

Do not combine the fruit with the crumble mixture until you are ready to eat!! Otherwise everything will get soggy.

**Rice pudding**

1 cup cashews

2 cups water

2 tablespoons honey or agave nectar

1 tablespoon vanilla

1 tiny splash almond extract

1 teaspoon cinnamon

Small pinch sea salt

RESERVE: 1/4 cup chia seeds

RESERVE: 1/4 cup raisins

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Add all ingredients to high-speed blender, except the chia seeds and raisins. Blend until smooth.

Place the chia seeds and raisins in a large bowl. Slowly pour the blended mixture over the chia seeds, while stirring vigorously. Stir for a long time (5 to 10 minutes?), until the chia seeds are very well distributed and there are no clumps.

Cover and refrigerate for at least one hour.

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It's the raisins that give this recipe the good, old-fashioned rice pudding flavor! Chia seeds will make or break this recipe, because they act like tapioca, and they will plump up while in the refrigerator. Do not make this recipe without chia seeds.



## Strawberry milkshake

2 cups of frozen strawberries (still frozen please)

2 tablespoons chia seeds

2 cups water

3 tablespoons honey or agave nectar

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Add all ingredients to high-speed blender.

Blend until smooth. Consume immediately.

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Blend this for as short a duration as possible: just long enough to blend to a smooth consistency but turn off as soon as possible to avoid heating up the recipe.

Instead of frozen strawberries, try frozen raspberries, blueberries, blackberries, bananas or frozen mangoes for a change. Always use frozen fruit for this recipe.

Chia seeds will make or break this recipe, because they will thicken this recipe. Do not make this recipe without the chia seeds.

## Truffles

½ cup sunflower seeds

½ cup pumpkin seeds

½ cup medjool dates (or other dates)

1/8 teaspoon sea salt

4 tablespoons raw cocoa powder

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Process the sunflower seeds and pumpkin seeds in the food processor. Process well, until the mixture becomes fine and crumbly.

Add the dates, sea salt and cocoa powder and process again until well mixed and everything has clumped together.

Roll the dough into small balls.

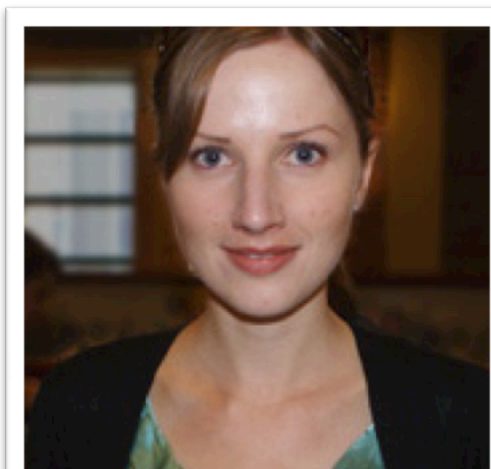
Eat right away or store in refrigerator.

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Alternatively, you can use pretty much any nut or seed in place of the sesame and pumpkin seeds.

For a fancier look, try rolling your finished balls in unsweetened shredded coconut, crushed nuts, carob powder, cocoa powder, goji berries, or anything else you have on hand.

## Next steps in your raw journey



“Have you enjoyed these recipes that require only a high-speed blender or a food-processor? If you have mastered the art of chia puddings, delicious salads, nut pates, and creamy spreads then you are ready to move on to stage II of raw veganism: enter the dehydrator!

If you are getting bored with the above recipes, I encourage you to purchase a square (not round!) dehydrator, such as the Excalibur 3900 9-tray dehydrator or a similar knock-off brand. Effective dehydrators tend to be difficult to find locally, so I suggest buying one online.

Once you’ve got a dehydrator, then a whole new world of raw food opportunities exists. You can make veggie burgers, neatloaf, fruit leather, cookies, chips, crackers, and much more. If you’ve liked my recipes so far, send me a quick email to find out how to purchase my dehydrator staples book.

I hope you have enjoyed these recipes. Please let me know what you think and where you are on your raw journey!”

Warmth,

A handwritten signature in cursive script that reads "Laura-Jane the Rawtarian".

Laura-Jane the Rawtarian

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