

The Rawtarian 

11

Best *Simple*  
Raw Recipes

FREE!

[www.therawtarian.com](http://www.therawtarian.com)

*Laura-Jane The Rawtarian's* free mini recipe book covering some of her favourite simple, satisfying raw food recipes.

By Laura-Jane The Rawtarian



# The Rawtarian

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[www.therawtarian.com](http://www.therawtarian.com)

Know someone who would benefit from these simple, satisfying recipes?  
Feel free to email this free raw recipe package to someone who could use  
it. And remember, "Some people live to eat, while I eat to live!"

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SALAD

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# Green Smoothie



Drink your greens and you won't even taste them! You will need a **high speed blender** for this one.

- 1 banana – ripe but not yucky
- 1 apple – chopped and seeds removed
- 2 cups loosely packed spinach
- ½ lemon – peeled
- 1 sprinkle cinnamon
- ½ cup cold water
- Optional: ¼ cup berries, such as strawberries or raspberries

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## TIP FROM THE RAWTARIAN

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.

For an on-the-go breakfast, pour into a glass mason jar and drink in the car.



## PREPARATION

- 1 Add all ingredients to **high-speed blender**
- 2 When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.
- 3 Blend until smooth.
- 4 Consume immediately.

# Raw Oatmeal



Need something hearty in the morning? Try oatmeal! You will need a **high speed blender** for this one.

- 1 cup raw steel cut oats (or oat groats)
- 1 apple – chopped and seeds removed
- 1 ½ cups of water
- 1 tablespoon raisins or raspberries
- A sprinkle cinnamon

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## TIP FROM THE RAWTARIAN

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!

Serve oatmeal with sliced bananas on top. Bananas are naturally very sweet, and they'll sweeten this oatmeal recipe for you.

## PREPARATION

- 1 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.
- 2 Blend until very very smooth.
- 3 Serve with a sprinkle of cinnamon and some more raisins sprinkled on top.

# Cashew Milk



Get your “milk” fix - dairy free. No straining! You will need a **high speed blender** for this one.

- 1 cup cashews
- 3 cups water
- 2 tablespoons agave nectar or honey
- 2 vanilla seeds or 1 tablespoon pure vanilla extract
- A tiny tiny splash of almond extract
- 1 teaspoon cinnamon
- 1 dash of sea salt

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## TIP FROM THE RAWTARIAN

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

Serve this with a chopped crisp apple, some raisins, and pumpkin seeds and you've got a delicious raw breakfast cereal!



## PREPARATION

- 1 Add all ingredients to **high-speed blender**
- 2 Blend until very smooth with a silky texture similar to milk.

# Mix-with-your-hands salad

A simple salad from my heart to yours. You do not need any special equipment for this one!

- 4 cups mesclun (wild baby greens) or 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
- 1 tablespoon finely chopped chunky pecans
- ½ tablespoon extra virgin olive oil
- 1 teaspoon apple cider vinegar
- 1 tablespoon nutritional yeast

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## TIP FROM THE RAWTARIAN

The avocado and tomato become the dressing when you mix with your hands!

This salad does not keep well. Eat right away.

## PREPARATION

- 1 Wash your hands and dry them with a clean towel.
- 2 Add all ingredients to a huge mixing bowl. Don't chop the tomato or avocado. Just squish them into the bowl.
- 3 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.

# Alfredo Sauce and Noodles



Think you can't have creamy without dairy? Wrong! You will need a **high speed blender** for this one.

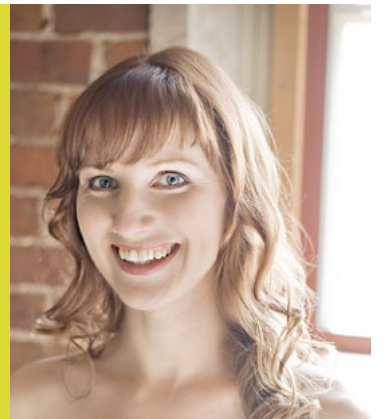
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- 2 ½ cups cashews
- 1 tablespoon lemon juice
- 3 cloves garlic
- 1 ½ cups cold water
- 1 teaspoon dried thyme spice
- 1 teaspoon sea salt

## TIP FROM THE RAWTARIAN

Serve over vegetable or seaweed “noodles.” You can use a clean vegetable peeler (or **spirooli slicer**) to slice zucchini into “noodles.” (Do not use cucumber! It's too wet!)

Or, even better, buy kelp noodles (seaweed). Kelp noodles are to die for!!! They have no flavor. Kelp noodles *take on* the flavor of this sauce and ave a wonderful firm, noodle-esque texture.



## PREPARATION

- 1 Add all ingredients to **high-speed blender**
- 2 When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.
- 3 Blend until very creamy and smooth - a la alfredo sauce!



# Savory Crackers



Crackers! But...you will need a **food processor** and a **dehydrator** for this one.

- 1 cup sunflower seeds
- 1 cup chopped onion (red is best but white will do)
- 1 medium tomato
- 1 cup walnuts
- 1 cup almonds
- 3 tablespoons whole flaxseeds
- 2 teaspoons sea salt (important, don't omit)

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## TIP FROM THE RAWTARIAN

Do not use a high-speed blender for this recipe. A **food processor** will work better. **Click here to read my simple guide on buying raw appliances on [www.therawtarian.com](http://www.therawtarian.com).**

Dehydrating times can vary wildly depending on the season, the humidity and your dehydrator. The best thing to do is check on them every couple of hours until you get the hang of making crackers. Want more? Ask for my dehydrating book.

## PREPARATION

- 1 Add all ingredients to **food processor**. Process well, until quite well blended but still chunky. 40 seconds or so.
- 2 Spread onto two **dehydrator** sheets. Use parchment paper or Teflex sheets.
- 3 Dehydrate for 1 hour at 140. After one hour score the crackers with a knife so that they'll be easier to separate later. Lower the temperature to 105. Dehydrate for another 6 hours at 105. After 6 hours flip crackers and remove parchment paper or Teflex sheets. Dehydrate for one more hour at 105 until dry and cracker-like!

# Raw "Tuna" Spread



This nut pate has a salty, fishy flavour thanks to the seaweed. You will need a **food processor** for this one.

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- 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

## TIP FROM THE RAWTARIAN

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

If the mixture seems dry after processing 3 or 4 times, add a bit more water, starting with one teaspoon at a time.



## PREPARATION

- 1 Soak the sunflower seeds in water for at least two hours. Then rinse the sunflower seeds well, and discard any excess water.
- 2 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.
- 3 Transfer processed ingredients into bowl.
- 4 Add your preferred add ins and stir for a tuna-salad-like experience.

# Salty Walnut Nut Pate



Keep this pate in the fridge and use it to add easy excitement and oomph to your salads. You will need a **food processor** for this one.

- 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 onion
- 2 medium carrots
- 1 celery stalks
- Pinch of salt

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## TIP FROM THE RAWTARIAN

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!

## PREPARATION

- 1 Soak the walnuts in water for at least half an hour. Then rinse the walnuts well, and discard any excess water.
- 2 Add all ingredients to **food processor**.
- 3 Process well. You may need to stop processing, scrape the sides a few times, and resume processing.
- 4 Process until smooth, similar to hummus.

# Chocolate Raspberry Chia Pudding



Creamy, chocolatey berry goodness! You will need a **high speed blender** for this one.

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- ½ cup cashews
- 1 cup water
- ¾ cup raspberries (fresh or frozen)
- 3 tablespoons honey or agave nectar
- 1 tablespoon raw cacao powder
- 1 tablespoon of vanilla extract
- RESERVE: 4 tablespoons chia seeds

## TIP FROM THE RAWTARIAN

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

**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** seeds.



## PREPARATION

- 1 Add all ingredients to **high-speed blender**, except the **chia seeds**. Blend until smooth.
- 2 Place the chia seeds in a large bowl. Slowly pour the blended mixture over the **chia seeds**, while stirring vigorously.
- 3 Stir for a long time (2-3 minutes), until the **chia seeds** are very well distributed and there are no clumps.
- 4 Cover and refrigerate for at least one hour - ideally overnight. The chia seeds will thicken the recipe during this time.

# Apple Crumble



Ooey, gooey with a shortbread flavour crumble - just like grandma used to make. You will need a **food processor** for this one.

## APPLE

- 1 1/2 cups sliced apples
- 2 tablespoons maple syrup
- 1 tablespoon lemon juice
- 1/4 cup raisins

## CRUMBLE

- 1 cup unsweetened, shredded coconut
- 1 cup walnuts
- 1/4 cup moist dates
- 1/4 teaspoon sea salt

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## TIP FROM THE RAWTARIAN

Once you combine the apples with the crumble, this recipe gets soggy very quickly. Avoid assembling the two until \*immediately\* before eating. Leftovers should be stored separately - one container for crumble, another container for the apple slice mixture.

Sprinkle apple slices with cinnamon if you so desire.

## PREPARATION

- 1 Start with the apple mixture first. Combine all apple ingredients into large bowl. Toss gently. Massage with your hands to soften the apple slices. Ensure all slices are coated. Refrigerate apple slices for at least an hour.
- 2 Next, place all crumble ingredients in a food processor.
- 3 Process until well combined - similar to slightly chunky cookie dough. You will still see some small chunks of dates. This is your “crumble” so you still want some crumbly elements. Do not over-process.
- 4 To serve: fill a serving-sized bowl with a generous helping of apple slices. Top with crumble.

# Blueberry Milkshake



Simple and sweet. Get a straw and enjoy! You will need a **high speed blender** for this one.

- 2 cups blueberries (frozen)
- 2 tablespoons chia seeds
- 2 cups cold water
- 3 tablespoons agave nectar or honey

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## TIP FROM THE RAWTARIAN

So simple but yet so good! Replace blueberries with a different frozen fruit to create your favorite milkshake flavour.

Only use \*frozen\* fruit for this recipe.

Try frozen mango, frozen pineapple or frozen strawberry, too!



## PREPARATION

- 1 Add all ingredients to **high-speed blender**
- 2 Blend until very smooth.

# Bonus: Divine Brownies



Everybody's flavour favorite! Trust me. You will need a **food processor** for this one.

- 1 cup pecans (or walnuts)
- 1 cup dates
- 5 tablespoons cocoa powder
- 4 tablespoons unsweetened shredded dry coconut
- 2 tablespoons honey or agave nectar
- 1/4 teaspoon sea salt

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## TIP FROM THE RAWTARIAN

This recipe is a big hit. Try it!

This recipe is even better if you serve with my chocolate icing. If serving with a batch of the raw chocolate icing, double this brownie batter recipe. (Chocolate icing recipe available for free at [www.therawtarian.com](http://www.therawtarian.com) or in some of my books.)

## PREPARATION

- 1 Place pecans alone in your food processor and process until the pecans become small and crumbly.
- 2 Add dates and process again until the mixture sticks together and the dates are well processed.
- 3 Add the remaining ingredients and process again until the 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 will be able to press them down into your brownie pan.)
- 4 Dump the mixture into a brownie dish or small cake pan and press down firmly using your clean hands. (No cooking required!) You can eat now, but the recipe will slice better if you refrigerate for at least one hour.
- 5 Store brownies in the refrigerator at all times.





### A MESSAGE FROM LAURA-JANE THE RAWTARIAN

“Congatulations on taking this next step in your journey towards vibrant health and body through raw foods!

Have you made any of these raw recipes yet? If not, do try the brownies if you have a food processor. The are oh-so-chocolatey and super quick to make. You’ll be amazed at how something so good for you can be so satisfying.

Finding raw food has transformed me into a healthier, happier, trimmer version of the real me. I’d love share my knowledge to help you do the same.

For more raw treats, tips and raw guides to help you on your journey, please visit [www.therawtarian.com/store](http://www.therawtarian.com/store) now. I look forward to hearing from you!

*Laura-Jane The Rawtarian*

These are just some of my favorite simple satisfying raw food recipes. You can find more FREE recipes at The Rawtarian website:

**[www.therawtarian.com](http://www.therawtarian.com)**

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