

The Rawtarian's "Too Good To Be Raw" Desserts

The Rawtarian's "Too Good To Be Raw" Desserts Edition 1 • Summer 2012



SIMPLE, SATISFYING

Simple raw sweets



DAIRY-FREE, DEHYDRATOR-FREE

Satisfy your sweet tooth the easy way



SIMPLE, SATISFYING PLEASURES

Made from raw fruits, nuts and seeds



FOOD PROCESSOR AND BLENDER ONLY

Easy, quick raw food recipes to satisfy any sweet craving



ALL DEHYDRATOR-FREE

Cheesecake, brownies, cookies, puddings, ice-cream and more ...



Inside:
Simple, Guilt-Free
Raw Desserts

The Rawtarian's "Too Good To Be Raw" Desserts

Edition 1
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Enjoying these delicious treats, from raw cheese-cake, brownies cookies, ice cream and much more?

Whether it's a comment, criticism, suggestion or recipe idea, I'd love to hear from you. Please find my latest contact information at www.therawtarian.com.

Thank you for your purchase and support!
Laura-Jane The Rawtarian

Introduction

With thanks

This book is dedicated to those of you who are improving your health through raw food.

A big thank you to you - you who have reached out to me, encouraged me to continue my website www.therawtarian.com, you who have purchased my books, you who have shared your stories, you who encouraged me to put together this book, and you who will enjoy these sweet recipes in your kitchen!

Thank you for being here. I am honoured to be part of your journey towards better health, vitality and happiness.

Thank you also to my large and loving family for their support and interest in healthy eating. Thank you to my husband, Cameron Lerch, for his technical assistance, emotional support, puns, and for being with me through it all.

Thank you to V. Lerch and P. Butler for introducing me to raw foods and introducing me to green smoothies in my less than perfect kitchen. Thank you to Raw Rose for her excellent coilbound book, "Uncooking with Raw Rose," which I followed when starting my own raw food journey.

Thank you to numerous raw food chefs and mentors, most of whom have influenced me from afar, including Russell James, Kristen Suzanne, Angela Stokes-Monarch, the Giannis, Philip McCluskey, Ani Phyto and many more.

Above all, thank you to you who are reading my work and making me feel warm, fuzzy and important in the work that I do.

It's you who keep me going! Thank you for being you and being here..

Laura-Jane The Rawtarian





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With thanks and dedication
Thanks for being here. I hope you enjoy these delicious
sweet recipes, which were created with you in mind!



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Having healthy sweet recipes in your kitchen arsenal
is the #1 thing that keeps you raw. Enjoy these sweet
treats from my heart to yours!



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Why? Because I love desserts.



*Discovering raw desserts opens up a new world - treats that are simple, satisfying, syrupy-sweet, and yet are made from nature's simplest ingredients. I've been a vegetarian since 2001, but I didn't have the gumption to go **raw** until I found raw desserts. But I was immediately hooked! Let me show you my world of simple, satisfying raw desserts..*

This book provides the raw dessert basics that will allow you to see quick success and enjoy guilt-free desserts every day of the week without being a slave to your kitchen.

Wondering about appliances? A simple food processor and a blender are the only required appliances. (No dehydrator is required.)

This raw book is organized into five sections... Instead of the traditional "cakes" and "cookies" sections, we've got quick fixes, everyday desserts, creamy delights, handy recipes and fancy-shmancy. This is because of the nature of sweet cravings - sometimes you need a quick sugar fix NOW, other times you want a simple treat for your family after a regular meal, and occasionally you truly want to impress.

This book covers all of your raw dessert needs with a focus on simplicity. Because there is nothing more discouraging than a long, complicated recipe. Less is more!

Similarly, instead of providing oodles of recipes that

will overwhelm you, I've whittled my mountain of raw recipes down to my absolute favourites - the ones that I make again and again.

I've also provided simple suggestions for how you can tweak these basic recipes to expand your repertoire. For example, I provide a simple, no-fail raw cheesecake recipe that can be topped with a multitude of fruity flavours.

Let's dig in - raw style!

Laura-Jane The Rawtarian



Sweet Ingredients



The Venerable Coconut Oil

Coconut oil adds a wonderful texture to your recipes. Think of coconut oil as a substitute for butter. It adds depth and full-flavour to raw recipes which is hard to replicate any other way. Most importantly, though, coconut oil hardens (turns white and solidifies) when the temperature goes below room temperature, and it will liquefy again when the room temperature increases.

You can use it either way - liquid or solid. Some people prefer to warm it up slightly (soak jar in bowl of warm water) so that it will liquefy. I usually just use it as is, and I ensure that it's well mixed into the recipe—again, similar to using butter. Store in your pantry.

There is no substitute for coconut oil. (Do not use olive oil. It will not react the same way.)

My Best Friend: Chia!

Chia seeds are raw food's answer to tapioca pearls. They are little black seeds that increase up to ten times their size when wet!

Chia seeds are excellent and integral for making recipes gelatinous or silky smooth. My local bulk food retailer carries them; however, they are more difficult to find than flax seeds.

Usually a package of chia seeds will last for a few months because most recipes only call for a small amount of chia seeds.

Chia seeds should be stored dry in your pantry. I keep mine in the package or in a glass mason jar.

There is no substitute for chia seeds.

"I just love making my favourite desserts!"



Hey beautiful, let's date!

Dates have garnered a boring reputation from only ever being used in "date squares" in the Standard American Diet (SAD). Many raw recipes are sweetened with dates, but the recipes don't necessarily *taste* like dates. Rather, dates are used as an amazing, fibrous sweetener. They truly are nature's perfect sweetener!

Most raw recipes call for "medjool" dates, which can be purchased fresh in your produce aisle - with pits still inside, which have to be removed.

For a more cost effective option, try unsweetened baking dates, which can be purchased in the baking aisle with pits removed. They come in packages.

Agave, you are so sweet...

Agave nectar is a syrupy liquid made from the nectar of the agave plant. Although slightly sweeter than honey or maple syrup, it can be substituted for both in most recipes.

Agave has come under some criticism for being highly processed. Thus some raw foodists choose other sweeteners instead of agave nectar. Agave can be purchased at your local health food store.



Cashews - Nature's Creamy Nut

Wondering how to make a creamy texture without using dairy? Cashews are invariably the answer! When blended in a high-speed blender they can be as creamy as cheesecake or yoghurt. Be sure you are working with an unroasted, unsalted variety when using cashews in your desserts.

Fresh coconut meat from a young Thai coconut is often used to make a creamy texture as well. However, I have not used much young Thai coconut meat in this book to keep these recipes simple and more cost effective. Instead, I opt for cashews.

Honey, be my valentine

Although unpasteurized raw honey isn't vegan because it comes from animals, I include it in my raw lifestyle because I can buy it from local farmers. I'd rather support my local community than use imported sweeteners, like agave nectar. However, it's important to understand that honey does not dehydrate. So do not use honey as your sweetener when dehydrating. I use agave nectar, maple syrup, honey or dates as my sweeteners.



Quick (Sugar) Fixes

Sometimes when we're hit with a craving for sweets we just need some simple recipes that can be pulled together in a jiffy. This collection of simple, sweet recipes is perfect for when the need for sweets hits and you want to make up something fast. From a tiny bowl of fudge to a batch of freezer caramels, these are perfect little treats for everyday cravings.

For when you want sweet, now!

When a sugar craving hits, I turn to these sweet staples. When I just can't wait - I make a tiny bowl of **1-minute fudge**. Sometimes I make it during a commercial break when watching television!

Keep sweet treats in your freezer (**caramel candies and chocolate bars**) or fridge (**haystacks**) that you can call upon in case of emergency!

Because you never know when a craving might hit.
(You know what I mean!)



Section Index:

- 1-Minute Chocolate Fudge
- Chocolate Haystacks
- Chocolate Date Truffles
- Chocolate Trail-Mix Balls
- Caramel Candies
- "Oatmeal Raisin" Cookies
- Chocolate Bars



1-Minute Chocolate Fudge



Ingredients:

- 3 tablespoons cocoa powder
- 2 teaspoons coconut oil
- 2 teaspoons honey

Directions:

Quick and easy!

1. Throw the ingredients in a tiny bowl.
2. Grab a spoon and take the bowl back to your TV.
3. Mix it together while you're watching TV because it can take a little while to mix properly, especially if your coconut oil is hard. It'll look really dry at first, but don't add any extra anything. Just go with my measurements and mix it together slowly and carefully with a spoon. Within a minute or two you'll get the texture seen in my above picture.
4. Enjoy this chocolatey fix!



The Rawtarian's Thoughts

This raw chocolate fudge is really sweet so you don't need much of it to get a nice hit of sweet chocolate flavour.

Obviously, this is a little quickie recipe - and not necessarily something to serve your in-laws.

Perfect for an after-dinner moment though!

Chocolate Coconut Haystacks

Ingredients:

- 2 1/2 cups dried, shredded coconut
- 3/4 cup coconut oil (liquid)
- 1/2 cup maple syrup
- 1/2 cup raw cocoa powder
- 1/4 teaspoon celtic sea salt
- 1 teaspoon pure vanilla extract



Directions:

No equipment required!

1. Add all ingredients into large bowl except the shredded coconut.
2. Stir with spoon until well mixed.
3. Once combined, add shredded coconut. Stir again until well combined.
4. Form into small mounds and place on plate. Refrigerate for one hour. (Haystacks will harden in fridge.)
5. Store leftover haystacks in refrigerator.

The Rawtarian's Thoughts

This recipe is easy because it doesn't require any special equipment at all - not even a food processor. Fewer dishes!

Best served cold, straight-out of refrigerator because coconut oil will liquify again once warm.

To get the white-coconut effect as seen in the picture, roll your finished haystacks in some additional shredded coconut before refrigerating.



Chocolate Date Truffles



Ingredients:

- 1/2 cup of sesame seeds (or any other nuts/seeds you have on hand)
- 1/2 cup pumpkin seeds (or any other nuts you have on hand)
- 1/2 cup of dates
- 4 tablespoons raw cocoa powder
- 1/8 teaspoon celtic sea salt

Directions:

Sweetened with dates!

1. Process the nuts in the food processor. Keep processing them until you can't see the nuts anymore, but stop processing before they get too soft.
2. Add the dates, sea salt and cocoa powder. Process again until everything is well mixed and clumped together.
3. Form balls (truffles) with the batter using your hands.
4. For a special treat, roll completed truffles in coconut, cocoa powder, crushed nuts, etc. (Optional.)



The Rawtarian's Thoughts

These are also delicious if you crumble a truffle or two on top of sliced bananas or other chopped fresh fruit.

Notice that this recipe is sweetened with dates only!

Chocolate Trail-Mix Balls

Ingredients:

- 1 cup pecans
- 1 cup dates
- 5 tablespoons cocoa powder
- 4 tablespoons shredded unsweetened coconut
- 2 tablespoons honey or agave nectar
- 1/4 teaspoon sea salt
- RESERVE: 1/2 cup mixture (combination of raisins, sunflower seeds, sesame seeds, crushed nuts, etc.)



Directions:

Nutty goodness!

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 cocoa powder, honey and sea salt. 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. Add the 1/2 cup mixture and stir in by hand until well incorporated.
5. Form mixture into balls using your hand. Ready to eat!

The Rawtarian's Thoughts

These little trail-mix balls are easy to prepare and fun to make.

I love selecting the mixture - I make it different every time. Try raisins, dried blueberries, crushed almonds, goji berries, hempseed hearts, or anything else that you have on hand!

These are perfect to pack in little ones' lunches or for a hike or bicycle ride.

Roll in crushed nuts for the above effect.

Caramel Candies



Ingredients:

- 2 cups pecans
- 2 cups dates
- 1 banana

Directions:

In case of emergencies!

1. Add pecans to food processor. Process until quite small - resembling coarse flour.
2. Add half of the dates. Process until well combined and you can't even see the dates any more.
3. Add the remaining dates. Process again until well combined and you can't even see the dates any more.
4. Break a perfectly ripe banana (not too hard and not too soft) into chunks and add to food processor mixture. Process again until banana is well combined. (Your mixture should now resemble the photograph.)
5. Sneak a few spoonfuls right away for a quick sugar fix. So
6. So tasty! Try it.
6. Freeze remainder into smaller portions. Batter is quite sticky. Try dropping spoonfuls or even large portions onto parchment paper-lined cookie trays.
7. Freeze for a few hours until hard. Eat from freezer. Slice off chunks as you see fit!

The Rawtarian's Thoughts

These little candies are super sweet and a perfect treat to keep in the freezer for an instant sugar fix.

You'll be amazed at how sweet these are - and sweetened only with dates!

Cinnamon Raisin “Oatmeal” Cookies

Ingredients:

- 1 1/2 cups almonds (dry)
- 1/4 cup honey or agave nectar
- 2 teaspoons pure vanilla extract
- 1/4 cup coconut oil (liquid)
- 1 tablespoon cinnamon
- 1/4 teaspoon salt
- RESERVE: 1/3 cup to 1/2 cup raisins



Directions:

Raw refrigerator cookies!

1. Place almonds in food processor. Process until very fine - slightly coarser than flour. You are making almond flour! Will still have a few small chunks, but that's ok.
2. Place “almond flour” into large bowl. Add everything else except raisins. Stir with spoon until well combined, resembling cookie dough.
3. Add raisins and stir again until will distributed.
4. Place bowl in fridge for one hour. Once refrigerated for one hour, mold into cookie shapes. Serve immediately.
5. Store leftover cookies in refrigerator. (Cookies are best served right out of fridge, otherwise they will crumble.)

The Rawtarian's Thoughts

Try these refrigerator cookies with a tall glass of chilled cashew milk. Just like grandma used to make!

As written, these cookies are super sweet. Ease up on the honey - start with slightly less than the called-for measurement.

As with many of my recipes, the coconut oil is extremely important for hardening this recipe. Do not omit.

Best served cold, straight-out of refrigerator because coconut oil will liquify again once warm.

Everyday Desserts

Want to treat your family to a nice after-dinner dessert but don't want to spend much time in the kitchen prepping and washing up? Try these everyday desserts - one step delights that can be pulled together quickly and result in large, satisfying batches.



Section Index:

- Berry Crumble
- Classic Brownies
- Superfood Bars
- Lemon Bars

“Don't be afraid to double your recipe! More results and less dishes. Perfect!”

When doubling, you may have to do two batches right after each other instead of one large batch to accommodate the size of your food processor or blender. I love to have dessert after every evening meal. I wasn't raised that way, but decades ago I decided that when I grew up I'd treat myself - every day. And I do!

Try **berry crumble** for a fruity fix, **brownies** for a chocolate hit or **lemon bars** for a light, sweet treat.





Berry Crumble



Ingredients:

- 1 cup dried unsweetened shredded coconut
- 1 cup walnuts
- 1/4 cup moist dates
- 1/4 teaspoon sea salt
- RESERVE: 1 1/2 cups thawed sweet berries (blueberries, strawberries, or raspberries)

Directions:

A perfect taste combination!

1. Place all ingredients (except berries) in food processor.
2. 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.
3. To serve: fill a serving-sized bowl with a generous helping of thawed berries. Top with crumble. I like the ratio to be 60% fruit and 40% crumble.



The Rawtarian's Thoughts

The moisture content is important in this recipe. If your dates are quite hard and dry (not super fresh), soak them in warm water for fifteen minutes before using to soften them. Drain and pat them dry.

Thawed berries are preferable than fresh berries in this recipe because thawed berries are very wet, and they will coat the crumble nicely. Raspberries are my favourite in this recipe.

Once combined with berries, 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 berries.

For a fancier presentation, try layering fruit and crumble in a tall drinking glass or custard cup. Top with raw whipped cream for even more pizzazz. Read more about this in "Perfect Parfaits" below!



Classic Brownies

Ingredients:

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



Directions:

My most popular recipe!

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. 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.



The Rawtarian's Thoughts

This recipe is a big hit. Try it for a super chocolatey fix!

This recipe is even better if you serve with my chocolate icing. If serving with a batch of the raw chocolate icing, double this batter recipe.

Superfood Bars

Ingredients:

- 1 cup sunflower seeds
- 1 cup cashews
- 2 1/4 cup dates
- 1/2 cup raw cocoa
- 1/2 cup shredded coconut
- 1 tablespoon coconut oil
- 1 tablespoon pure vanilla extract
- 1/4 teaspoon sea salt
- RESERVE: 1/4 cup goji berries (or raw cacao nibs or other substitute)
- RESERVE: 1/4 cup hemp hearts (or chia seeds)
- RESERVE: 1/8 cup agave nectar, honey or maple syrup (optional)



Directions:

Superfoods galore!

1. Place sunflower seeds in food processor. Process into a fine meal, might be slightly grainy.
2. Add cashews and continue to process into a fine meal.
3. Add dates a few at a time and continue processing until the dates are well processed and the mixture resembles a coarse cookie dough. (You should barely be able to recognize the dates or seeds/nuts, everything should look small and crumbly.)
4. Add the cocoa, coconut, coconut oil, vanilla extract, and sea salt. Process again until everything is well distributed and fine. The cocoa should have made everything look dark chocolatey colour, and the mixture should still resemble slightly crumbly cookie dough and should stick together when you pinch it between your fingers.
5. Dump mixture into a big mixing bowl. Add the goji berries, hemp hearts, etc. Mix with a spoon until superfoods are well distributed. Taste test. Not sweet enough? Add optional sweetener and mix again with your spoon.
6. Dump superfood mixture into a square glass pan, pie plate or brownie dish.
7. With clean hands, press mixture down into pan so that mixture will stick together and will resemble brownies or squares.
8. After storing in the refrigerator for an hour or so you can slice into squares.
9. Store leftovers in the refrigerator.

The Rawtarian's Thoughts

If you are a superfood junkie and have a lot of raw goodies in your pantry like I do, give this recipe a go.

Chia seeds, hempheart seeds, goji berries, dried blueberries, cacao nibs (the raw answer to chocolate chips!) and much more are fun to use if you have them.



Coconut Lemon Bars



Ingredients:

- 1 cup almonds
- 1 1/2 cups soft dates
- 1 tablespoon pure vanilla extract
- Zest from one organic lemon (do not omit this, it's what gives it the lemony flavour!)
- 2 tablespoons organic lemon juice (ideally from the lemon above)
- 1 1/4 cups dried coconut
- 3/4 teaspoon celtic sea salt

Directions:

Just like grandma used to make!

1. Place almonds in food processor and process into a fine powder. it's nicely combined and resembling a delicious lemon bar dough!
2. Add dates, vanilla, lemon juice and lemon zest to food processor. Process again until well mixed. Depending on how hard your dates are this could be a wild ride!
3. Once everything seems pretty well processed thus far, set food processor lemon bar mixture aside for a moment.
4. In a large mixing bowl, place your dried coconut and salt. Mix with a spoon to distribute sea salt.
5. Now dump your food processor mixture into the mixing bowl. Mix everything together with your clean hands so that
6. Transfer dough into your final dish. I like to use a glass brownie dish. Now press the mixture down into the dish with your hands so that the mixture sticks together nicely.
7. Ideally, you should refrigerate your raw lemon bars for about an hour so that they really stick together and are easy to cut.



The Rawtarian's Thoughts

A note re: lemon zest: Lemon zest is simply lemon peel. If you don't have a fancy zester, just do what I do: use a clean carrot peeler and "peel" the lemon with your carrot peeler and throw the big chunky peels into the food processor for processing. Done!

For coconut orange bars, try using orange rind and orange juice instead of lemon! A nice twist.

These keep really well in the fridge.

Creamy Delights

There is something so satisfying and comforting about creamy desserts. They're my comfort food! All of these recipes are best served cold, which makes them perfect summer delights.

Creaminess is not over-rated!

Must try recipe in this section? Definitely the **soft-serve ice cream**.

With shockingly simple ingredients, it's hard to believe how smooth and delicious it tastes.

Chia-based puddings are fun, but they are best after being refrigerated overnight.

Surprise your friends with a **chocolate pudding** that includes avocado for creaminess!



Section Index:

- Chocolate Pudding
- Chia Tapioca Pudding
- Chia "Rice" Pudding
- Chocolate Razz Pudding
- Soft-Serve Ice Cream
- Milkshake



Chocolate Avocado Pudding



Ingredients:

- 1 medium avocado (peak of perfection please!)
- 1/2 cup dates
- 2 1/2 tablespoons raw cocoa powder
- 1/4 cup water + 1/8 cup water
- 1 1/2 tablespoons honey
- 1/8 teaspoon celtic sea salt

Directions:

Sweet avocado surprise!

1. Throw all ingredients into a high-speed blender. Start blending on slow and then crank up the blending speed to high. watering it down and changing the consistency.)
2. Blend all ingredients for a minute or so - until resembling pudding! You might need to start and stop the blending process a few times to get it to blend properly because the dates will require more blending than pudding recipes that don't contain dates. If you have a good blender (AKA Vitamix or Blendtec) then you should be able to get this super smooth.
3. You may need to add a tiny bit of extra water to facilitate blending. But if doing so only add a small amount (1 teaspoon) at a time! (Try not to add extra water or it'll end up

The Rawtarian's Thoughts

Is there anything more comforting than a creamy, chocolately texture? And the addition of avocado is a nice, surprisingly twist.

Trust me, you won't be able to taste the avocado in this recipe as long as you use a nice, perfectly ripe one (not over-ripe nor under-ripe).

Although you can eat this chocolate pudding right away, this pudding recipe tastes best when chilled in the fridge for at least a few hours.

This recipe makes enough for one person.

Chia “Tapioca” Pudding

Ingredients:

- 1 cup cashews
- 3 cups water
- 2 tablespoons agave nectar (or honey)
- 1 tablespoon pure vanilla extract
- A tiny splash of almond extract (1/8 teaspoon or less)
- 1 teaspoon cinnamon
- 1/8 teaspoon celtic sea salt
- RESERVE: 1/3 cup chia seeds



Directions:

Creamy comfort food!

1. Blend cashews and the three cups of water until nice and smooth.
2. Add everything else (except the chia seeds). Blend again.
3. Place the chia seeds in a bowl. Slowly add the blended mixture, stirring constantly. Stir thoroughly to ensure the chia seeds are well distributed.
4. Cover and refrigerate overnight (or for at least 3 hours). The chia seeds will increase in size and the pudding will thicken during refrigeration.
5. Store leftovers in the refrigerator. Stir before serving.

The Rawtarian's Thoughts

Creamy, rich puddings are some of my favourite desserts.

I love the simple, vanilla flavour of this recipe.

If you'd like a thicker recipe, add more chia seeds.

Chia "Rice" Pudding



Ingredients:

- 1 cup cashews
- 2 cups water
- 2 tablespoons honey or agave nectar
- 1 tablespoon pure vanilla extract
- 1 tiny splash almond extract (1/8 teaspoon or less)
- 1 teaspoon cinnamon
- 1/8 pinch sea salt
- RESERVE: 1/4 cup chia seeds
- RESERVE: 1/4 cup raisins

Directions:

A classic flavour!

1. Put all ingredients (except the chia seeds and the raisins) in a high-speed blender and blend until smooth.
2. Place chia seeds and raisins in a large bowl. Pour the blended mixture on top of the chia seeds and raisins, mixing slowly and thoroughly.
3. Cover mixture and refrigerate for at least one hour - ideally refrigerating overnight. The purpose of refrigerating and letting the mixture sit is to allow the chia seeds to absorb the liquid. (Chia seeds are similar to tapioca. They increase in size!)
4. Store leftovers in refrigerator. Stir thoroughly before serving.

The Rawtarian's Thoughts

- It's the raisins that remind me of traditional-style rice pudding.
- I love the simple, vanilla flavour of this recipe.
- If you'd like a thicker recipe, add more chia seeds.

Chocolate Razz Pudding

Ingredients:

- 1/2 cup cashews
- 1 cup water
- 3/4 cup raspberries (fresh or frozen are both fine)
- 3 tablespoons honey (or agave nectar)
- 1 tablespoon cocoa powder
- 1 tablespoon vanilla extract
- RESRVE: 4 tablespoons chia seeds



Directions:

Chocolate raspberry explosion!

1. Throw everything in the blender except the chia seeds.
2. Blend in a high-speed blender 'til very smooth and creamy.
3. Place the chia seeds in a large bowl. Slowly pour the blender concoction over the chia seeds, and stir very well.
3. Cover mixture and refrigerate for at least one hour - ideally refrigerating overnight. The purpose of refrigerating and letting the mixture sit is to allow the chia seeds to absorb the liquid. (Chia seeds are similar to tapioca. They increase in size!)
4. Store leftovers in refrigerator. Stir thoroughly before serving.

The Rawtarian's Thoughts

- If serving for guests make sure to refrigerate overnight or for at least 8 hours.
- I prefer to use thawed raspberries for this recipe.
- If you'd like a thicker recipe, add more chia seeds.



Soft-Serve Ice Cream



Ingredients:

- 3 bananas (frozen)
- 1 teaspoon pure vanilla extract

Directions:

A chilly treat!

1. Freeze bananas for at least 8 hours. (Peel and chop into quarters. Freeze in tupperware or ziploc bag.)
2. Place frozen banana chunks in food processor.
3. Process in food processor for approximately 5 minutes. You may occasionally need to stop the processor and scrape the banana mixture off the sides to ensure proper processing.
4. As you process, the mixture will become creamier and fluffier. Before serving, add the vanilla and continue processing a few seconds more. You'll know the mixture is ready once it resembles soft-serve ice cream.
5. Consume immediately.



The Rawtarian's Thoughts

This is just divine. Try it. You'll be shocked at how good frozen bananas can taste! For a strawberry ice cream as seen in the picture, simply add 1/2 cup frozen berries. Treat them like the frozen bananas.

For added ice cream bliss, crumble a truffle or other raw goodie (or berries) on top of your ice cream before eating.

Milkshake

Ingredients:

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



Directions:

Experiment with fruity flavours!

1. Blend in a high-speed blender until smooth.

The Rawtarian's Thoughts

So simple but yet so good! Replace strawberries with a different frozen fruit to create your favourite milkshake flavour. Only use *frozen* fruit for this recipe. If your blender isn't very powerful, let the fruit thaw slightly. Try frozen mango, frozen pineapple or frozen blueberry, too!

Handy Recipes

This collection consists of sauces and icings that will be useful to have in your kitchen "tool belt." From basic chocolate and white icing recipes to sauces and more, these few recipes will allow you to take a simple cake and add a wow factor that you just can't get without icings and sauces.



Section Index:

- Chocolate Icing
- Orange Icing
- Whipped Cream
- "Cream Cheese" Icing
- Caramel Sauce
- Strawberry Sauce

You don't have to be a "chef" to make creative combinations. Use these go-to basics to expand your repertoire!

Many raw cookbooks contain long recipes with many steps. I am easily overwhelmed, so I wanted to arm you with different skills.

I've included these sauces + icings to give you some freedom and flexibility. Make a white or chocolate cake. Ice with your choice of icing. Garnish with fruit. Behold! Your very own creation. I have faith in you!





Chocolate Icing



Ingredients:

- 1 cup dates
- 1/4 cup raw cocoa powder
- 1/4 cup coconut oil
- 3/4 cup water (or a tiny bit more if needed - try to keep at 3/4 cup or so though)

Directions:

A classic topper!

1. Place all ingredients in a high-speed blender.
2. Blend all ingredients in your high-speed blender. Start at a slow speed and increase speed gradually.
3. Keep blending for a very long time to get a velvety consistency.
4. You'll know it's ready if there are no bits of dates and all you can taste is velvety chocolate icing!
5. This raw chocolate icing is ready to use as soon as you pour it out of the blender. It should be spread on a cake immediately, and then the cake should be refrigerated immediately.



The Rawtarian's Thoughts

- This is an ideal icing for cakes, brownies, etc. You'll be shocked at how similar it tastes to standard chocolate icing.
- Iced cakes or brownies should be kept in the refrigerator otherwise the icing will soften too much.
- This recipe is best if your dates are moist.
- This recipes makes use of the power of a high-speed blender. If you feel that the blades are just spinning but aren't actually moving the icing around, turn the blender off and make an air pocket down the side of the blender with a spatula to expose the blades. Remove the spatula, replace the lid, and start blending slowly again from slow to fast.

Orange Icing

Ingredients:

- 1 1/4 cups cashews
- 1 1/4 cups orange juice
- 1/4 cup honey
- 1 1/2 tablespoons pure vanilla extract
- 3 tablespoons orange zest
- RESERVE: 1/4 cup + 1 tablespoon coconut oil
- RESERVE: 1 tablespoon + 1 teaspoon lecithin powder



Directions:

Citrus explosion!

1. Place all ingredients in a high-speed blender except the coconut oil and the lecithin powder.
2. Blend until smooth.
3. Add the coconut oil and the lecithin powder and blend again briefly.
4. This raw chocolate icing is ready to use as soon as you pour it out of the blender. It should be spread on a cake immediately, and then the cake should be refrigerated immediately.

The Rawtarian's Thoughts

This is an ideal icing or filling for cakes, brownies, etc.

Iced cakes or brownies should be kept in the refrigerator otherwise the icing will soften too much.

Want even more orange flavour? Add more orange zest.

Want lemon icing instead? Substitute lemon juice and lemon zest for the orange juice and orange zest. Voila!



Whipped Cream



Ingredients:

- 1 cup cashews
- 1 cup water
- 3 tablespoons honey
- 1 tablespoon lemon juice
- 1 tablespoon pure vanilla extract
- 1/8 teaspoon sea salt
- RESERVE: 1/3 cup coconut oil
- RESERVE: 1 tablespoon soy lecithin (ground up in your coffee grinder if it hasn't been ground up already) (reserve - do not add to blender yet)

Directions:

Perfect topper!

1. Add all ingredients except coconut oil and lecithin to blender. Blend until smooth.
2. Add the coconut oil and the ground lecithin (do not use chunky lecithin, grind it first!). Blend again until well distributed.
3. Pour mixture into a bowl (or directly on top of the item that you want to eventually have whipped cream on it).
4. Refrigerate for 8 hours.



The Rawtarian's Thoughts

Immediately after blending the whipped cream will be quite runny. It needs to be refrigerated for about 8 hours in order to solidify.

This recipe is perfect for serving on top of crumble or fresh fruit. It also acts as an excellent filling for cake layers.

This recipe does not work well as an icing because it won't look very smooth if spread after it has hardened. Refrigerated whipped cream will come out like a scoop of ice cream.

“Cream Cheese” Icing

Ingredients:

- 1 1/2 cups of cashews
- 1/2 cup of water
- 3 tablespoons coconut oil
- 2 tablespoons agave nectar (or honey)
- 1 tablespoon pure vanilla extract
- 1/4 teaspoon of celtic salt



Directions:

Perfect on cakes!

1. Throw all ingredients in high-speed blender.
2. Blend until nice and smooth and creamy!
3. Transfer to a small bowl.
4. Refrigerate in bowl for 1 hour until it firms up.

The Rawtarian's Thoughts

Iced cakes or brownies should be kept in the refrigerator otherwise the icing will soften too much.

This recipe doubles as an excellent fruit dip. Try it with chopped pineapple and strawberries for a fun, fruit fondue!



Caramel Sauce



Ingredients:

- 1 cup dates
- 1/4 cup cashews
- 2 tablespoons water
- 1 teaspoon coconut oil
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon sea salt

Directions:

Drizzle for added WOW!

1. Blend all ingredients in a high-speed blender until smooth.
2. Use immediately.
3. Store leftovers in the refrigerator.



The Rawtarian's Thoughts

Caramel sauce is delightful drizzled over a raw cake, ice cream, fresh fruit, and on many other raw desserts - especially on top of bananas!

Caramel sauce will harden slightly when refrigerated. To liquify again, place a bowl of caramel sauce within a bowl of hot water. Wait for 20 minutes.

Strawberry Sauce

Ingredients:

- 2 cups strawberries (fresh or semi-thawed, but completely frozen will be too hard to blend)
- 1/2 cup dates
- 1 tablespoon chia seeds



Directions:

Simple splendor!

1. Add all raw strawberry sauce ingredients to your high speed blender.
2. Blend until smooth.
3. Refrigerate for an hour.
4. Use as a strawberry sauce over your favourite raw desserts.

The Rawtarian's Thoughts

This sauce will keep in your refrigerator for up to three days.

I've used this sauce on top of raw soft serve, fruit, raw pancakes, in raw parfaits, and much more. It's very versatile.

Special Occasions

Simple is best. But occasionally you may want to make something a little more exciting. For birthdays and holidays and “just-because.” Here are a few multi-stepped desserts that are well worth the effort.

Wanna get fancy-schmancy?

Without a doubt, the **cheesecake** is the star of this section. Raw foodies and regular joes all fall in love with this creamy, layered delight. Tastes just like the “real thing” - only better because it’s raw!

A close runner up is **chocolate cake** iced with rich, chocolatey icing - because nothing beats chocolate cake, right?

Lastly, try a **parfait**! They’re easier than they look. I swear!



Section Index:

- Cheesecake
- Chocolate Cake
- White Cake
- Perfect Parfaits
- Cupcakes
- Chocolate Bars



Cheesecake



Fruit Topping Ingredients:

- 2 cups frozen strawberries
- 1/2 cup dates

Crust Ingredients:

- 1 1/2 cups macadamia nuts (or a combination of walnuts and macadamia nuts)
- 1/2 cup dates
- 1/4 cup dried, unsweetened coconut
- 1 pinch sea salt

Filling Ingredients:

- 3 cups cashews
- 3/4 cup lemon juice
- 3/4 cup agave or honey
- 3/4 cup coconut oil
- 1 tablespoon vanilla
- Up to a 1/4 cup of water if necessary to facilitate blending

Directions:

Sure to impress!

1. Place macadamia nuts and dates in food processor. (Don't add the coconut!) Process nuts and dates until well processed but still airy.
2. Next, get out your cheesecake pan (or just a basic glass brownie pan if you don't have fancy cookware) and sprinkle the coconut on the bottom as your very first layer. (The coconut stops the crust from sticking to the bottom of the pan.) Next, press the macadamia nuts and dates down into the pan to form the crust.
3. Throw all white icing ingredients into your high-speed blender and blend. Add as little water as necessary to facilitate blending. (Try to add as little water as possible.)
4. Pour white filling into glass dish on top of crust. Cover and

place in freezer for an hour or so (so that it will firm up).

5. Meanwhile, throw your strawberries and dates in your high-speed blender. Blend until nice and smooth. Pour this mixture on top of cake, which was just in the freezer for about an hour. Replace the raw cheesecake recipe back in freezer. Freeze until this raw cheesecake recipe reaches cheesecake consistency! 6 hours ought to do it.

6. Defrost this raw cheesecake recipe for about one hour before eating (or just slice from freezer and enjoy this delicious raw cheesecake)!

The Rawtarian's Thoughts

I dare you to try this. It is divine.

Three steps does seem like a lot, but this does make a fantastic result and is way worth the effort.

For variety, instead of frozen strawberries in your topping, try other frozen fruit, like mango, blueberry, pineapple, and much more!

This cake is very rich. A little goes a long way.

Store in freezer.

Chocolate Cake

Ingredients:

- 1 1/2 cups walnuts
- 1 1/2 cups pecans
- 1 1/2 cups moist dates
- 1 1/2 cup raisins
- 6 tablespoons raw cocoa powder
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon sea salt



Directions:

Can't go wrong!

1. Place walnuts, pecans and salt into a food processor. Process nuts until well-processed.
2. Add dates and process again until well combined.
3. Add raisins and process again until well combined.
4. Add remaining ingredients (vanilla and cocoa powder) and process again. You should now have a nice thick dough.
5. Press cake down into glass dish. Add icing and refrigerate.
6. Store iced cake in refrigerator.

The Rawtarian's Thoughts

Ice with your favourite icing and top with berries.

In my opinion, chocolate cake should have chocolate icing and berries on top!

White Cake



Ingredients:

- 1 cup almonds
- 1/2 cup cashews
- 3/4 cup dates
- 1 cup dried, shredded coconut
- 1 tablespoon lemon juice
- 1 tablespoon pure vanilla extract
- 1 tablespoon water
- 1/4 teaspoon salt

Directions:

Simple and versatile!

1. Place almonds in food processor. Process into a fine flour. You are making almond flour!
2. Add cashews. Process again until well combined and cashews are quite fine.
3. Add dates and process again.
4. Add remaining ingredients and process one last time until as smooth as possible.

The Rawtarian's Thoughts

This white cake is quite plain on its own.

This white cake recipe is very versatile.

Combine with an icing recipe from the icings and sauces section. Get creative! Try combining with raw whipped cream and berries for a strawberry shortcake.

Perfect Parfaits

Parfait Cream:

- 1 cup packed young coconut pulp (from a young Thai coconut)
- 2/3 cup water
- 1 teaspoon honey
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon lemon juice

Parfait Layers:

- Fruit: Fresh berries, pineapple, etc.
- Crunch: Leftover treats (crumble, a crushed truffle, a crushed brownie, leftover pudding or icing, chunks of caramel candies, etc.)



Directions:

It's all about presentation!

1. Add all parfait cream ingredients into a blender.
2. Blend until smooth.
3. Layer your parfait! In this picture I've used parfait cream, raspberries, blueberries, and leftover crumble.

The Rawtarian's Thoughts

Parfaits are all about the presentation... They have an amazing WOW factor, and they are super flexible depending on what you have on hand.

The perfect parfait should combine three elements: creamy, fruity and crunchy. Within these confines, the possibilities are endless!

If you don't have fresh coconut meat scooped from inside a young Thai coconut (white on the outside), try making my "cream cheese icing" instead of the parfait cream.

Be sure to make your parfait in a perfect, tall clear glass. For fun, I recommend purchasing a few inexpensive glasses just for this purpose. It's money well spent!



Cupcakes



Cupcakes:

- 2 cups pecans
- 2 cup dates
- 10 tablespoons cocoa powder
- 8 tablespoons shredded unsweetened coconut
- 3 tablespoons honey
- 1/2 teaspoon sea salt

Fancy Toppings:

- Your choice from the icing section!
- Crunchy or pretty garnish!

Directions:

Perfect for birthdays!

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 roll them into balls.)
4. Roll 7 large balls out of the batter.
5. Place each ball into a cupcake cup. You may want to hand-shape the balls a bit to give them that tell-tale "cupcake" shape.
6. Make your icing. Ice your cupcakes and store them in the fridge immediately.
7. Before serving, sprinkle with crushed nuts, shredded coconut, cocoa powder, crushed raw chocolate bars, a cherry, or whatever else your little heart desires!



The Rawtarian's Thoughts

Again, raw cupcakes are all about presentation. They are essentially cake that is shaped differently.

To jazz up a light-coloured icing (like "cream cheese" icing) try adding beet juice for pink, carrot juice for orange, blueberry juice for blue, and so on! I love starting with a light icing and making a wide variety of colours in small batches.

For fun, place some of your warm, freshly-made icing in a new, strong plastic bag (ie. ziploc bag). Cut a bottom corner off the bag, and use the bag as a piping bag so that your icing tops the cupcakes with a fancier presentation.

Chocolate Bars

Ingredients:

- 1/2 cup coconut oil (melted)
- 1/2 cup cocoa powder
- 1/2 cup maple syrup or agave nectar
- 1 teaspoon pure vanilla extract



Directions:

Freeze for a rainy day!

1. Blend all ingredients until very smooth.
2. Line a large plate or tray with plastic wrap. Pour mixture onto plate/tray.
3. Place in freezer to harden.
4. After 45 minutes, lightly score the mixture with a knife (to form chocolate bar shapes) and replace into freezer.
5. Store in freezer.

The Rawtarian's Thoughts

Your coconut oil must be completely liquid. If it is cold and has hardened, place some coconut oil into a bowl. Place this bowl inside a larger bowl full of warm water.

Feel free to stir in your favourite mix-ins immediately before pouring onto tray. For example, shredded coconut, crushed almonds, small dried berries, etc.) However, don't add too many or it won't set properly. Be subtle!



About The Author

Laura-Jane The Rawtarian creates simple, satisfying raw food recipes. Her specialty is bringing raw foods to the mainstream kitchen by providing simple, satisfying recipes to families across North America, Australia and beyond through her website, videos and podcasts.

"I just have to tell you, my husband and I started the raw food diet about a month ago, after my boss strongly suggested it. Well this weekend I made your raw caramel candies and thought I had died and gone to heaven! Both my husband and boss LOVED them and have been asking for more. Thank you so much for your easy and delicious recipes, I can't wait to try the cheesecake one next weekend!"



Ruth Ellen Sigala, Texas

Laura-Jane is the host of The Raw Food Podcast, and the author of The Rawtarian's Raw Staples Recipe Book. She has been featured on The Renegade Health Show with Annmarie and Kevin Gianni, interviewed in The Guardian newspaper, and quoted in Liquid magazine.

Visit www.therawtarian.com for more simple, satisfying raw recipes.

Thank you for being here!