



95 Healthy & Delicious Recipes

The Reverse Approach Cookbook

Made with Natural Ingredients

Get To Know Our Recipe Contributors!



Sam

Raw foods saved Sam's life after years of struggling with chronic nausea, dependency on anti-anxiety & anti-depressant meds, and daily ER visits due to "undiagnosable" cyclic vomiting. Thanks to living foods on a plant-based diet, today she is thriving in ways she never could have imagined. Sam truly believes that most people never get to experience this level of health and well-being following a Standard American Diet, and She is on a mission to help people learn the power and ease of incorporating living foods into their lives.

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Anna

Anna Marshall is a health and wellness advocate, who encourages people to be conscious of the foods they eat so they can be their highest selves. Her journey with food sensitivities, hormonal imbalances, and digestive issues, lead her to create meals that cater to individual dietary needs and preferences, while still being nourishing and delicious. Anna has a diverse educational background in Public Health, Nutrition, Exercise Physiology, and Ayurveda. She established Food Marshall LLC, where she shares nutritious plant-based recipes, offers nutrition guidance, and displays her travel photography.

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Kiki

Kiki Fellig runs an instagram health and wellness account called @health.kiks! Health has been her passion for a few years already and so she decided to make an instagram account to inspire others to make healthy choices and live a healthy balanced lifestyle. She believes in having everything in moderation. Make healthy living a lifestyle and not a diet!



Bianca & Bryson

Bianca is the head of recipe and web development for Raw Food Revive. Her passion for creating raw food developed out of the necessity for healthier food while traveling abroad with her fiancé, Bryson. Together, they create uncooked plant-based dishes that deliver the highest nutrient contents available.

They aspire to share these life-changing foods with others and make raw food inviting for everyone with their platform.

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Geri

Geri's nutrition journey started a few years ago when she was experiencing some health issues. In a matter of weeks, she changed her whole lifestyle - She stopped smoking, turned to whole foods and became pescaterian. Her health improved rapidly and she has never regretted her choices. Geri's experience showed that that food is truly powerful and it can make or break your body. This is why, she started studying Holistic Nutrition two years ago. Geri wanted to inspire and educate people, so that they can make better decisions and live healthy, vibrant and happy lives.

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Julie

Julie Van den Kerchove is a plant-based chef & author with a passion for low-carb high-fat keto cooking. As a student she was diagnosed with Epstein-Barr (chronic glandular fever) and candida overgrowth due to stress, antibiotics and food sensitivities. A whole foods diet rich in healthy fats and vegetables helped her to heal her gut, restore her energy and beat food cravings once and for all.

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Carmen

Carmen Sturdy is a passionate foodie who created her blog Every Last Bite after finding remission from an autoimmune disease through a very clean diet. She is now a passionate advocate for healthy eating who loves showing others that no matter how restrictive your diet you can still make delicious meals that won't leave you feeling deprived.

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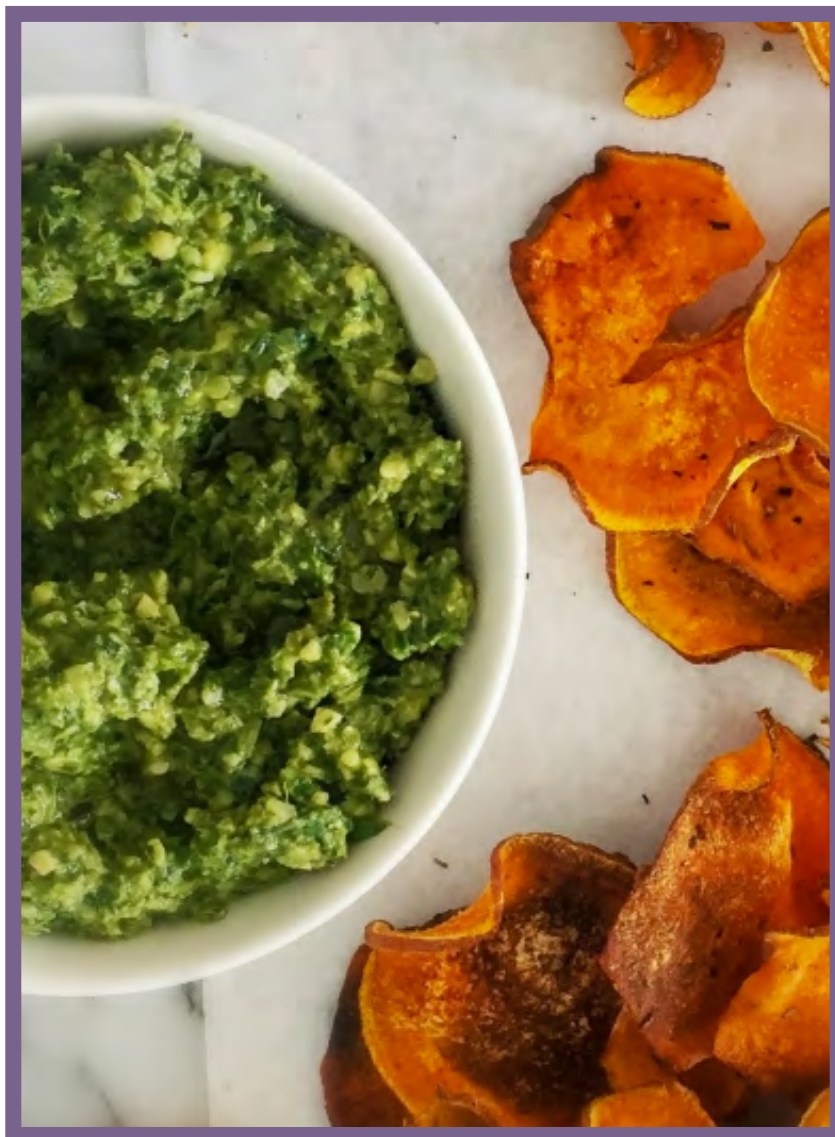
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Appetizers



Baked Sweet Potato Chips with Kale Pesto

Serves 4

Julie Van den Kerchove

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Ingredients

Baked Sweet Potato Chips

3 large sweet potatoes, finely sliced

2 tablespoons extra-virgin coconut oil, melted (or olive oil)

Sea salt + Herbes de provence (or dried oregano, thyme...)

Kale Pesto

2 large handfuls basil (or oregano, mint, sage, parsley...)

2 large handfuls kale, shredded (or spinach, chard, collard, radish greens...)

1/2 cup pine nuts (or walnuts, almonds, hemp seeds, pumpkin seeds...)

3 tablespoons extra virgin olive oil
1 tablespoon lemon juice

1/2 teaspoon sea salt

Steps

1. Preheat the oven to 350°F (175°C).
2. Wash the sweet potatoes well and rub them dry.
3. Using a mandolin, vegetable peeler or sharp knife, slice the sweet potatoes as uniformly thin as possible.
4. Place the sweet potato slices on several large oven trays. Make sure they don't overlap each other or they won't get crispy. Toss them with melted coconut oil and sprinkle with Herbes de Provence and sea salt.
5. Bake for 20-30 minutes and flip them half way through. Make sure they don't burn.

Crispy Spiced Carrot Chips

Serves 1-2

Carmen

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Ingredients

3 cups carrots sliced paper thin

2 tbsp olive oil

2 tsp ground cumin

1/2 tsp smoked paprika or more depending on desired spiciness

Pinch of salt

Steps

1. Preheat the oven to 215 °C (420 °F)
2. Slice the carrot into paper thin coins or you can also use a peeler and cut long thin slices depending on what you prefer.
3. Place the carrot slices in a bowl and toss with the oil and spices. Try to ensure that the spice is evenly distributed over all slices
4. Lay the carrots out in a single layer on a parchment paper-lined baking sheet and sprinkle with salt
5. Place in the oven and bake for 8-10 minutes, watch closely to ensure they do not burn.

Remove from the oven and serve immediately.
Enjoy!





Mushroom Ceviche

Serves 1-2

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Ingredients

- 5 white mushrooms, diced
- 1 large tomato, diced
- 1 white or red onion, diced
- 1/4 cup cilantro, chopped
- 4 tablespoons lime juice
- 1/2 tablespoon dulse seaweed flakes
- 1/4 teaspoon Himalayan or sea salt
- 1/2 avocado, sliced for garnish
- 1/8 teaspoon ground cayenne pepper, sprinkle for garnish

Steps

1. Combine mushrooms, tomato, onion, lime juice, cilantro, salt, and dulse in a dish.
2. Marinate for a minimum of thirty minutes.
3. Enjoy served over a freshly sliced avocado with a sprinkle of cayenne.

Crisp Butternut Squash Chips

Serves 1-2

Carmen

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Ingredients

- 1 butternut squash
- 3 tbsp olive oil
- 2 tsp fresh thyme
- 1 tsp salt flakes

Steps

1. Preheat the oven to 175 °C (350 °F)
2. Fill a large frying pan 3/4 of the way with water and place on the stove on high heat
3. Halve, scoop out the seeds and peel the butternut squash. I find the neck of the squash much easier to work with as it makes nice half circle chips whereas the lower half makes thin strips. So depending on how many chips you want to make you may choose to just use the neck of the squash.
4. Thinly cut the butternut squash into 1/8th of an inch slices. Try to make them all the same thickness so they cook evenly
5. Once the water is boiling, place half of the the slices in the boiling water and let cook for 2 minutes.
6. After 2 minutes, remove from the water using a slotted spoon and place on paper towel. Cook the remaining slices.
7. Using paper towel, pat the squash dry and place on a parchment paper-lined baking tray.
8. Brush each slice with olive oil and sprinkle with the fresh thyme and salt.
9. Place in the oven and bake for 20 minutes. After 15 minutes you may want to flip some of the chips to ensure they cook evenly. Keep an eye on them as some of the chips may begin to burn quicker then others.
10. Remove from the oven and serve immediately. Enjoy!



Mashed Rutabagas

Serves 2-4

Devorah Wiener

@devorahl

Ingredients

2 Rutabagas

1 Onion

Salt

Olive Oil

Steps

1. Chop the rutabaga into small/medium chunks, and place them inside of a steamer. Steam until soft.
2. In a skillet saute an onion with olive oil. When golden, add salt.
3. Mash the rutabaga with the onions.
4. Blend in a food processor if you want a more creamy consistency
5. Add salt if needed!



Padron Peppers

Serves 4

Carmen

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Ingredients

4 cups padron peppers

1-2 tbsp olive oil

Fleur de sel or other flaked salt

Steps

1. Heat the olive oil in a large frying pan on high heat
2. Once the oil is heated add the peppers to the pan (be careful the oil may spatter)
3. Cook the peppers for approximately 5 minutes, turning regularly to ensure they are evenly cooked
4. Once brown and blistered, remove from the pan, place in your serving plate or bowl and sprinkle with a generous amount of salt
5. Best served while still warm. Enjoy!



Eggs Salad

Serves 5-6

Devorah Wiener

@devorahl

Ingredients

A dozen eggs
2 onions
1 Tbsp olive oil
salt for taste

Steps

1. Boil a pot of water. Place the eggs gently in boiling water. Set timer for 12 minutes. When timer goes off, place the eggs with shells under cold water. Peel them and set aside.
2. As the water is boiling you can Saute the onions in the olive oil. When golden add about a tsp of salt. Use your own judgement if more salt is needed.
3. Peel the eggs, and mash them together with the onions
4. Add salt if needed!



Harissa Cauliflower With Creamy Lemon Dressing

Serves 4

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Ingredients

Harissa Cauliflower:

1 head cauliflower, chopped into florets

6 tbsp coconut flour

2 tbsp harissa seasoning

1 tsp turmeric powder

2-3 tbsp almond milk, unsweetened

1-2 tbsp nutritional yeast (optional)

Fresh cilantro and mint leaves, chopped

Creamy Dressing:

1 cup raw cashews

1 cup water

Juice of 1 or 2 lemons

1-2 cloves garlic

1 tbsp nutritional yeast

Salt & pepper

1-2 tsp coconut aminos



Steps

1. Preheat oven to 375 degrees. Steam cauliflower florets. In a bowl, combine and mix together coconut flour, harissa seasoning, and almond milk. One-by-one, scoop out steamed cauliflower florets and dip and coat in coconut flour, harissa, and almond milk mixture. Then place onto a baking sheet or a glass rectangular deep-dish. Sprinkle florets with the rest of mixture. Bake for 35-45 minutes (flipping and stirring half-way through).
2. Meanwhile, make the creamy lemon dressing by blending all ingredients until smooth. Remove cauliflower from oven. In a large bowl, mix and toss together the harissa cauliflower with lemon-tahini dressing and chopped fresh herbs.
3. To serve, transfer to another bowl or plate. Garnish with more fresh herbs, sprouts and micro-greens, nutritional yeast, and hot sauce of your liking. Enjoy!
4. *Alternatively, make this dish fully raw by dehydrating the cauliflower florets at 110 °F for 8-12 hours.



Stuffed Sweet Potatoes with Avocado Sauce

Serves 2

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Ingredients

- 2 sweet potatoes
- 2 zucchinis
- 1 red onion
- 2-3 gloves of garlic
- 250 gr mushrooms
- 2 red peppers
- 5 tomatoes (medium to small size)
- 1 big avocado
- Levurda
- Parsley
- Ginger powder, red pepper powder, black pepper, salt, fresh thyme

Steps

1. Line a sheet tray with parchment paper. Cut the sweet potatoes in half, and bake until tender at 200° for 50-60 minutes.
2. Cut the zucchini, red peppers, onion and mushrooms to small pieces. Let them simmer in a small amount of water until soft. Once the water is almost gone, grate the tomatoes and add them to the pan. Add different herbs and spices such as minced garlic, ginger powder, red pepper powder, black pepper, salt and fresh thyme according to your taste. Let it simmer until it thickens. Once it's ready, cover the sweet potatoes with the mix.
3. Tip: Gently smash the inner side of the potatoes with a fork before adding the veggie topping.
4. Mash the avocado and add in finely chopped levurda and parsley. Add black pepper, salt and lemon juice to your taste. Mix it really well. You can top the sweet potato with the avocado sauce. I promise the combination is delicious! Enjoy!





Teriyaki Eggplant and Brussels Sprouts

Serves 2

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Ingredients

Veggies:

2 cups Brussels sprouts, trimmed, washed and outer skin removed

1 eggplant

3 Collard green or Swiss chard leaves

6 stalks of asparagus

Handful of fresh parsley and cilantro

Handful of sunflower sprouts, pea shoots or other sprouts/micro-greens

Dressing:

1/4 cup coconut aminos or can use Coconut Secret's Teriyaki OR Garlic Sauce

2-3 tbsp coconut vinegar

1 tsp ginger

1 tsp turmeric

1 tsp rosemary

1 tsp thyme

1/2 tsp cayenne

Halt and black pepper

Optional add-ins: garlic and onion powder

Steps

1. Steam Brussels sprouts, eggplant, and asparagus.
2. Place collard greens / Swiss chard last into steamer to lightly soften.
3. Then mix together in a small bowl coconut aminos, coconut vinegar, ginger, turmeric, rosemary, thyme, cayenne, salt & black pepper.
4. Pour over veggies. Enjoy!

Water Spinach (Morning Glory) With Mushrooms

Serves 2

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Ingredients

3 cups water spinach
1 cup enoki mushrooms (or mushrooms of choice)

For the sauce

1/3 cup raw cashews, soaked in water for 2-4 hours (or can use raw cashew butter or raw tahini)

3-4 tbsp coconut aminos

1 tbsp apple cider vinegar or coconut vinegar

1 tsp ginger powder

1 tsp turmeric powder

1 tsp black pepper

1 tsp garlic powder or 2 cloves of garlic, minced

Juice of 1 lime

Optional: 1 tbsp sesame oil, avocado oil, or extra virgin olive oil



Steps

1. Steam enoki mushrooms.
2. Add in spinach to the steamer last and lightly wilt.
3. To make the sauce, blend all ingredients until smooth.
4. To serve, place spinach and mushrooms on a plate and drizzle over the sauce. Enjoy!

Bruschetta Pesto Stuffed Mushroom Caps

Serves 1-2

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Ingredients

Bruschetta Pesto:

- 1 cup fresh basil, tightly packed
- 1/2 cup fresh parsley
- 1/2 cup raw walnuts, activated
- 3 tablespoons raw hemp seeds
- 1 tablespoon lemon juice
- 1 clove garlic
- 1 tablespoon liquid coconut aminos
- 2 tablespoons olive oil
- 1/4 teaspoon Himalayan or sea salt

Bruschetta Salsa:

- 1 cup tomato, finely diced
- 1/4 cup red onion, finely diced
- 1/2 teaspoon lemon juice
- 1/4 teaspoon Himalayan or sea salt

Assembly:

- 6 baby portobello mushrooms, stems removed
- 1 tablespoon liquid coconut amino
- 1/3 cup Bruschetta Pesto
- 1/3 cup Bruschetta Salsa
- 3 leaves fresh basil, chiffonade as garnish

Steps

1. Activate walnuts ahead of time by placing them in filtered water overnight. Rinse and drain before use.
2. Pulse pesto ingredients in a food processor until paste-like consistency results.
3. Set the pesto to the side in separate bowl.
4. Prepare salsa by combining ingredients in a small bowl and mixing well.
5. Wash and de-stem six larger sized baby portobello mushrooms.
6. Coat each mushroom cap with a quick wash in liquid coconut aminos and place on a serving dish.
7. Place a tablespoon of pesto onto the mushroom cap and press down with a spoon to pack it.
8. Add a tablespoon of salsa on top of the pesto.
9. Repeat this to finish each mushroom cap.
10. Garnish with freshly cut strips of basil.





Roasted Mini Peppers

Serves 5-7

Devorah Wiener

@devorahl

Steps

1. Wash the peppers and let dry
2. On a pan lay tin foil or parchment paper, and spray with olive oil.
3. Lay all peppers on pan and spray with olive oil
4. Sprinkle with salt and peper
5. Place in oven until peppers shrivel (around 45 min) on 350 degrees.

Brussel Sprout Chips

Makes 2-3 cups

Carmen

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Ingredients

450 gr (1lb) brussels sprouts

2 tbsp olive oil

1/4 tsp salt

1 tsp cumin

1/2 tsp smoked paprika

1/4 tsp chilli powder

Steps

1. Preheat the oven to 150 °C (300 °F)
2. Remove the leaves from the brussels sprouts by cutting into the center of each to hollow out the stem (see the photo above). This will make it easier to peel off each layer of leaves. You will have about 4 cups of leaves.
3. Place the leaves in a bowl, and toss in the olive oil and spices. Toss with your hands until the leaves are all evenly coated. Lay the leaves out on a baking sheet, trying to ensure that they all face downwards (better for cooking evenly)
4. Bake in the oven for approximately 8 minutes, checking to see if any are browning too quickly. If so remove them and continue to bake for another 5 to 7 minutes until they are all crispy and golden in color. Keep an eye on them to make sure they do not burn. Serve warm.



Bubby's Chicken Soup

Serves 10-15

Devorah Wiener

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Ingredients

- 2 parsnips
- 1 Rutabaga
- 1 large onion
- 1 lb Carrots
- 2 large Zucchini
- 1 whole chicken
- 1 soup bag
- 2 Tbsp of salt & more for taste

Steps

1. Fill a large pot with water, and place on a high flame
2. Skin the chicken and place it in a soup bag - place in water
3. Peel the Parsnips & Rutabaga. - place the soup bag in the boiling water.
4. Peel the onion & carrots, cut to the size wanted and place in water
5. Wash the zucchini peel, cut to size wanted and place in water
6. Sprinkle in the salt.
7. Once the soup starts boiling, put it on low and let it simmer for many hours. The longer it cooks, the tastier it is.
8. When ready to serve, take the chicken out of the bag and take off the bones. Place the chicken back in the soup.





Spicy Mango Soup

Serves 1

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Ingredients

- 1 large mango, diced
- 1/2 medium white onion, diced
- 1 lime, juiced
- 1 chili or jalapeño pepper, deseeded and chopped
- 1 teaspoon liquid coconut aminos
- 3/4 teaspoon fresh ginger, grated
- 1/2 cup filtered water
- 1/4 cup cauliflower rice
- 2 slices avocado, garnish
- 1 sliced mango round, garnish
- 1/4 teaspoon liquid coconut aminos, garnish

Steps

1. Prepare fruits and vegetables. Place garnishes to the side.
2. Put mango, onion, lime juice, pepper, ginger and water to a high speed blender.
3. Blend on high until soup results. (Blend longer for warmer temperature.)
4. Pour soup into a shallow bowl for plating.
5. Fill a ramekin with cauliflower rice and pack it gently.
6. Using a knife, scoop around the edges of the ramekin to loosen the packed rice.
7. Carefully flip the ramekin of rice over in the center of the soup.
8. Garnish with mango round, avocado, fresh herbs, and decoration of liquid coconut aminos.



Simple Ratatouille

Serves 2-4

Devorah Wiener

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Ingredients

- 1 onion
- 1 eggplant
- 1 zucchini
- 3 roma tomatoes
- 2 tsp. olive oil
- salt

Steps

1. In a skillet, heat up olive oil and add chopped onion to golden.
2. When onions are golden, add in chopped tomatoes, sliced zucchini, and sliced eggplant. Let it sit on a simmer till vegetables become soft.
3. When cooked add in salt to bring out the flavor of the vegetables! Enjoy!

Eggplant Caponata

Serves 8

Carmen

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Ingredients

- 2 tbsp olive oil
- 3 cloves garlic
- 2 onions, finely diced
- 4 cups chopped eggplants
- 4 cups chopped tomatoes
- 1 red pepper, thinly sliced
- 3 tbsp white vinegar
- 2 tbsp capers
- 1/2 cup chopped basil



Steps

1. In a large frying pan cook the diced onions and garlic on medium heat for 2-3 minutes. While that's cooking, cut the eggplant into approx 1/2 inch sized cubes and add to the frying pan. Season with salt
2. Cook the eggplant for approximately 5 minutes until they become tender. If the eggplant starts to look dry drizzle more olive oil over top
3. Add the chopped tomatoes and vinegar to the pan and let the mixture simmer for approximately 15-20 minutes until the tomatoes and peppers have become soft
4. Add in the chopped basil and capers and serve. Enjoy!



Avocado Cucumber Gazpacho

Serves 2

Julie Van den Kerchove

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Ingredients

- 2 large cucumbers, roughly chopped
- 2 large handfuls fresh basil (or oregano, cilantro, dill...)
- 2 ripe avocados
- 2 tablespoons fresh lime (or lemon) juice, or more to taste
- 1 to 2 tablespoons extra-virgin olive oil
- Black pepper and sea salt, to taste
- 1 cup ice cubes
- Spring onion, basil, chopped pistachio nuts for garnish

Steps

1. Blend the roughly chopped cucumber with the basil, avocado, lime juice, olive oil, black pepper and sea salt. Mix until smooth.
2. Taste and adjust the seasonings if desired. You could also add 1/2 stalk of spring onion, a small clove of garlic and/or 1/2 small chili pepper (seeded if you don't like it super spicy) for extra flavor.
3. Add the ice cubes and blend on high for 10 to 20 seconds.
4. Top with finely chopped spring onion, basil and roughly chopped pistachio nuts. Serve immediately.

Dips & Sauces



Spicy Green Tomato Salsa

Makes 6 jars

Carmen

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Ingredients

- 5 cups green tomatoes or firm red tomatoes chopped
- 3 medium onions finely chopped
- 2 red or yellow bell peppers seeded and chopped
- 1/3 cup jalapeños diced
- 5 cloves garlic crushed
- 1/4 cup lime juice
- 2 tbsp cumin
- 1/4 tsp salt
- 1/2 cup fresh cilantro
- 1/2 cup white wine vinegar
- 1 tsp cayenne

Steps

1. Combine all of the above ingredients in a large pot on medium heat and cook for 45 minutes, stirring occasionally.
2. Taste the salsa to make sure the flavors are to your liking, if not add more lime juice, cayenne or sweetener.

The salsa will last for approximately a week in the fridge, or store in sterilized jars.

Oven Roasted Salsa

Makes 3 cups

Carmen

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Ingredients

- 1 1/2 lbs ripe tomatoes cut in half
- 6 cloves garlic
- 1 red bell pepper seeds removed and quartered
- 1 large onion cut into chunks
- 2 jalapeños halved
- 1 tsp olive oil
- 1/2 tsp salt
- 1/2 tbsp cumin
- Juice from 1/2 lime
- 1/2 cup packed fresh cilantro



Steps

1. Preheat the oven to 250 °C (475 °F)
2. On a baking sheet place the tomatoes, garlic cloves, slices of pepper, onion and the halved jalapeños. Drizzle with olive oil and sprinkle with salt.
3. Place the tray in the oven and bake for 5 minutes. Make sure to keep an eye on it to ensure the garlic doesn't burn. After 5 minutes flip the veggies and cook for another 4-5 minutes.
4. Remove from the oven and allow to cool slightly. Toss everything into the food processor along with the cumin, lime juice and cilantro. Pulse until the veggies have broken down into a chunky texture. Taste and add more lime juice, salt or cumin as required.

The salsa will last in the fridge for 4 days.



Mango-Pineapple Salsa

Serves 1-2

Samantha Budow

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Ingredients

- 1 cup mango
- 1 cup pineapple
- 1/2 cup cilantro
- 3 green onion
- 1 jalapeno
(remove seeds for less spice)
- 1 lime juiced
- 1/2 tsp chili powder

Steps

1. Dice mango and pineapple.
2. Chop cilantro, onion & jalapeno.
3. Combine in bowl with lime juice and chili powder.
4. The longer it sits and marinates, the better it will be!

Low-Fat Guacamole

Serves 1-2

Samantha Budow

@leavesandwanders

leavesandwanders.com

Ingredients

- 1/2 small avocado (70g)
- 1/2 medium zucchini
- 2 celery stalks
- 1/2 cup onion/green onion
- 1/2 to 1 lime juiced
- 1/2 cup cilantro
- 1/2 cup tomato
- 1/4 cup cucumber
- 1/2 to 1 jalapeno
- pinch celtic salt

Steps

1. Place zucchini, celery, lime juice, and salt in food processor or blender and pulse until broken down (but not liquified).
2. Chop onion, cilantro, tomato, cucumber, and jalapeno.
3. Combine chopped ingredients and zucchini with avocado.
4. Mix and mash.





Broccoli Pesto

Serves 4-6

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

- 2 cups broccoli florets
- 1 tbsp lemon juice
- 2 cloves garlic crushed
- 2/3 cup packed basil leaves
- 1/3 cup cashews soaked in boiling water for 20 minutes
- 2/3 cup spinach
- 1/4 tsp salt
- 2 tbsp olive oil
- 1/4 cup water

Steps

1. Steam the broccoli florets for 4 to 5 minutes until just tender. Place in the fridge to cool.
2. In a food processor combine all of the ingredients and pulse until smooth. If the mixture is too dry and crumbly, add a splash more water. Taste and add more salt, lemon juice or basil as desired.

Store in a container in the fridge for up to 1 week.



Dairy Free Tzatziki

Serves 4

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

3/4 cup raw cashews soaked in boiling water for 10 minutes

1 large cucumber

1/2 tsp salt

2 cloves garlic

2 tbsp lemon juice

1 tsp dried dill (or 1 tbsp fresh)

1/2 cup water

Steps

1. Start by soaking the cashews in a bowl of boiling water for 10 minutes
2. Cut both ends off the cucumber and then peel. Using a cheese grater shred the cucumber and then place the shredded cucumber in a sieve. Sprinkle with salt and leave to drain for about 10 minutes.
3. Transfer the drained cashews into a high speed blender or food processor along with the garlic, lemon juice, dill and water and blend until completely smooth. This might take a few minutes. I like using a NutriBullet to get the smoothest consistency.
4. Give the cucumber one final squeeze with your hands to get as much of the water out as possible before adding the shredded cucumber to the cashew sauce. Stir everything together to ensure its well mixed and then taste and add more salt/dill/lemon as desired. Store in a container in the fridge for up to 3 days.

Raw Vegan Cashew Mayonnaise

1 cup

Samantha Budow

@leavesandwanders

leavesandwanders.com

Ingredients

1 cup raw cashews
(soaked and rinsed)
2 tsp lemon juice
3/4 tsp celtic salt
1 clove garlic
Water to blend

Steps

1. Soak cashews in water for 8 hours or overnight. Rinse.
2. Place all ingredients in blender.
3. You want this to be fairly thick, so start with a small amount of water and add slowly until you reach desired mayo-like consistency.



Roasted Red Pepper Dip

Serves 4-6

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

3 peppers

6 cloves garlic

1 tbsp olive oil

1 1/3 cups cashews soaked for minimum
4 hours

Salt & pepper

Pinch of smoked paprika optional

Steps

1. Place the cashews in a bowl and cover with water. Allow to soak for a minimum of 4 hours but preferably overnight.
2. Preheat the oven to 175 °C (350 °F)
3. Place the peppers and peeled garlic cloves on a baking tray and drizzle with olive oil. Bake in the oven for approximately 35-40 minutes or until the peppers have wilted and the skin begins to darken. Remove from the oven and allow to cool
4. Once cool enough to handle, remove the skin from the peppers, cut in half and take out the seeds and stem.
5. Place the peppers, garlic cloves, drained cashews and 3 tbsp of water in blender. As the mixture becomes smooth continue to add 2-3 tablespoons of water until the dip reaches your desired consistency (you may need to add more or less depending on the softness of the cashews). Season with salt and pepper and serve.



Beverages & Smoothies

Homemade Almond Milk

Julie Van den Kerchove

@julieslifestyleofficial

www.julieslifestyle.com

Ingredients

2 cups raw almonds

4 cups water

Steps

1. Soak 2 large cups of raw almonds in water for 8 hours or overnight. By soaking the almonds, your body will be able to absorb the precious nutrients in the nuts and they will become easier to digest + lower in fat.
2. Pour away the brown soaking water and rinse the almonds well.
3. Pour the almonds in your blender with three to four cups of water, depending on how creamy you like your milk. Blend for 20 seconds or longer, until smooth.
4. Pour the milk into a nut milk bag (or cheese cloth / nylon stocking) and gently squeeze it to separate the almond pulp from the milk.
5. Store the almond milk in a closed glass bottle or sealed jar in the refrigerator. You can store the almond pulp in the fridge (2-3 days) or the freezer (1 month or longer), or dehydrate it until it turns into almond meal (great in homemade crackers, piecrusts...).



Cashew Milk

Makes 1 liter

Geri Milush

@gerimilush

gerimilush.com

Ingredients

160 gr raw cashews

800 ml water

1/4 tsp salt

Steps

1. Soak the cashews in room temperature water overnight. Drain and rinse. Add the cashews into a blender along with the water and a little bit of salt. Blend until smooth.
2. If you have a high-speed blender that can get the cashews perfectly smooth, you don't have to strain the milk. You can store the milk in a lidded container for up to three days.





Blueberry Smoothie

Serves 2

Geri Milush

@gerimilush

gerimilush.com

Ingredients

200 gr fresh blueberries

2 small bananas

300 ml cashew milk

1 or 2 tsp squeezed lime

10-12 mint leaves

**Place all of the ingredients in a blender.
Blend until smooth. Enjoy!**

Green Smoothie

Serves 2

Geri Milush

@gerimilush

gerimilush.com

Ingredients

1 banana

40 gr avocado

Half of cucumber

1 kiwi

2 tsp squeezed lemon juice

1/2 cup of spinach

a few mint leaves

200 - 250 ml cashew milk

Blend until smooth and creamy. Enjoy!





Piña Colada Smoothie

Serves 2

Julie Van den Kerchove

@julieslifestyleofficial

www.julieslifestyle.com

Ingredients

1 1/2 cup non dairy milk, unsweetened

1 1/2 cup frozen pineapple

1/2 ripe avocado, pitted

1/2 small lime, juiced

1 tablespoon MCT oil (or extra virgin coconut oil)

2 handfuls of spinach

Optional: spirulina, turmeric + pinch of black pepper

Steps

1. Blend all the ingredients into a creamy green smoothie. Add water to thin, depending on how thick you like it. If you wish, add a few drops of stevia to sweeten.
2. I also like to add turmeric and spirulina to boost the nutrient content. You can read more about their health benefits down below.

Green Detox Juice for Energy

Serves 1

Julie Van den Kerchove

@julieslifestyleofficial

www.julieslifestyle.com

Ingredients

2 cucumbers

1 bunch of white celery

1 handful parsley and/or cilantro
(optional)

2 handfuls leafy greens: spinach, chard,
kale, radish greens... (optional)

1 lime or 1/2 lemon (optional)

1 knob of fresh ginger (optional)

Steps

1. Feed the ingredients into the slow juicer one at a time. Serve the juice as fresh as possible.
2. Don't have a slow juicer at home? You can use a high-speed blender too. Just place all the ingredients in your blender and blend until smooth. If needed, add a few spoonfuls of water to get everything blended.
3. Place a fine-mesh sieve, nut milk bag or cheesecloth over a mixing bowl. Pour the smoothie into the sieve. Use a spoon to press the pulp against the strainer to extract as much juice as possible.



Tropical Smoothie Bowl

Serves 1-2

@rawfoodrevive
rawfoodrevive.com

Ingredients

Base:

- 2 bananas, frozen in chunks
- 1 cup papaya, frozen in chunks
- 1 orange
- 1 mango

Toppings:

- 1 kiwi, sliced
- 1/4 cup fresh young coconut meat, sliced
- 1/2 mango, diced
- 1 banana, sliced
- 1 tablespoon raw hemp seeds
- 1 teaspoon chia seeds

Steps

1. Prepare fruit toppings and place them to the side.
2. Pour base ingredients into a high speed blender.
3. Slowly blend until smooth. Do not add additional liquid, or the smoothie will be too loose to hold toppings.
4. Pour smoothie base into a shallow serving bowl or divide between two bowls for two servings.
5. Decorate with fruit toppings and garnish with seeds.





Island Sorbet

Serves 1-2

Samantha Budow

@leavesandwanders

leavesandwanders.com

Ingredients

1 cup frozen strawberries

2 cups frozen papaya

2 cups frozen mango

Suggested toppings:

Chopped mango

Sliced strawberries

Steps

1. Freeze 1 cup strawberries (or purchase frozen strawberries).
2. Freeze 2 cups peeled and chopped papaya (or purchase frozen papaya).
3. Freeze 2 cups peeled and chopped mango (or purchase frozen mango).
4. Blend all ingredients.
(BE PATIENT! A Vitamix blender with tamper or food processor is ideal. If using a normal blender, you may want to use a bit of fresh fruit in place of the frozen and stir it up as you go.)
5. Eat as is or top with suggested toppings or whatever your heart desires!

Strawberry Chia Pudding

Serves 3

Julie Van den Kerchove

@julieslifestyleofficial

www.julieslifestyle.com

Ingredients

2 cups strawberries, fresh or frozen and slightly thawed

1 1/2 cup non-dairy milk, unsweetened

1/4 cup cashews

1 pinch Himalayan crystal salt or sea salt (for flavor balance and trace minerals)

1/2 cup chia seeds

1 tablespoon MCT coconut oil (optional, to boost your energy & fat-burning metabolism)

Steps

1. Add the strawberries, non-dairy milk, cashews and salt to the blender. Blend until smooth.
2. Optionally, you can also add a spoonful of MCT coconut oil to keep you satisfied longer and increase your mental clarity.
3. Pour the strawberry milk on top of your chia seeds in a mixing bowl and stir well. Put it in the refrigerator overnight so it has the time to thicken (the chia seeds will absorb the liquid).
4. Right before serving, add a handful of berries and some hemp seeds, shredded coconut, pumpkin seeds...





Dragon Kiss Smoothie/ Smoothie Bowl

Serves 1-2

Samantha Budow

@leavesandwanders

leavesandwanders.com

Ingredients

1 cup frozen red dragonfruit (or 2 tbsp red dragonfruit powder)

1/2 cup strawberries (fresh or frozen)

1/2 cup raspberries (fresh or frozen)

2 frozen bananas

Coconut water to blend

Steps

1. Blend fruit using small amounts of coconut water until desired texture is reached.
2. To create a smoothie bowl: Use more frozen fruit and less liquid to thicken and serve in a bowl with your favorite toppings (goji berries, banana slices, raspberries, etc.)

Salads

Grilled Vegetable Salad with Pesto

Serves 2

Julie Van den Kerchove
 @julieslifestyleofficial
 www.julieslifestyle.com

Ingredients

Grilled vegetable salad

1 eggplant (aubergine)
 1 zucchini (courgette)
 1 large handful cherry tomatoes
 2 tablespoons extra virgin coconut or olive oil

Black pepper, sea salt and oregano

4 handfuls spring mix

1 ripe avocado

1 large handful pine nuts, raw or lightly toasted

Pesto

2 large handfuls basil
 2 large handfuls spinach
 1/2 cup (70g) pine nuts
 4 tablespoons extra virgin olive oil
 Juice of 1/2 lemon
 Black pepper and sea salt



Steps

1. Preheat the oven at 350°F (175°C).
2. Cut the eggplant and zucchini in slices, and the cherry tomatoes in halves.
3. Put the eggplant and zucchini slices on two large baking trays and season with melted extra virgin coconut oil (or olive oil), black pepper, sea salt and oregano.
4. Roast for 10 minutes, then add the cherry tomatoes on top and roast for another 5 minutes or longer until the vegetables are tender.
5. For the pesto: mix all the ingredients into a creamy sauce with the help of a food processor or mortar and pestle. Feel free to add a spoonful of water and/or extra spinach if the pesto is too thick.
6. Serve the spring mix (or other greens) with the roasted veggies and avocado. Top with pine nuts and pesto to taste.

Buddha Bowl 2 Ways

Makes 1

Kiki Fellig
@Health.kiks

Ingredients

Mixed greens
Roasted greenbeans
Cherry tomatoes
Half an avocado
Roasted baby peppers
Roasted butternut squash
Roasted zucchini
Roasted carrots
Olive oil
Lemon juice
Salt and pepper

Steps

1. Roast the greenbeans, baby peppers, butternut squash, zucchini, and carrots on 400 for 40 min with olive / avocado oil, salt and pepper.
2. Fill a bowl with mixed greens,
3. Add the roasted veggies, cherry tomatoes, and half an avocado.
4. Dress this with olive oil, lemon juice, salt and pepper.



Ingredients

Mixed greens
Roasted broccoli
Roasted mushrooms
Roasted beets
Roasted chickpeas
Roasted butternut squash
Spaghetti squash
Avocado
Olive oil
Lemon juice
Apple cider vinegar
Dijon mustard
Salt, pepper, and everything but the bagel spice.

Steps

1. Roasted mushrooms, broccoli, beets, and butternut squash, and spaghetti squash on 400 for 40 minutes with olive oil, salt, and pepper.
2. Roast chickpeas on 400 for around 20 minutes with olive oil, paprika, garlic powder, onion powder, cumin, salt, and pepper.
3. Fill a bowl with mixed greens, roasted veggies, half an avocado.
4. Add everything but the bagel spice on the avocado.
5. Make the dressing with olive oil, lemon juice, Apple cider vinegar, Dijon mustard, salt, and pepper.
6. Mix it all together and enjoy!

Cauliflower Rice Tabbouleh

Serves 2

Julie Van den Kerchove

@julieslifestyleofficial

www.julieslifestyle.com

Ingredients

- 1/2 small head of cauliflower
- 3 handfuls mixed greens
- 3 handfuls cherry tomatoes, halved
- 1 handful alfalfa sprouts
- 1 medium cucumber, cubed
- Extra virgin olive oil + lemon juice (or apple cider vinegar) + black pepper
- 1 ripe avocado, sliced
- 1 large handful cashews (or other nuts)

Steps

1. Cut the cauliflower in small pieces. Place the florets in a food processor fitted with an S-blade and process a few seconds at a time using the 'pulse' button until you get a cauliflower 'rice' consistency.
2. Put the cauliflower 'rice' in a large mixing bowl together with the cherry tomatoes, cucumber, greens and alfalfa sprouts. Mix well.
3. Season with freshly ground black pepper, extra virgin olive oil and lemon juice to taste.
4. Top with avocado (great to beat sugar cravings!) and teriyaki cashews for extra flavor and healthy fats.





Power Sunshine Dish

Serves 1

Devorah Wiener

@devorahl

Ingredients

2 eggs
1/2 sweet potato
1/2 yellow pepper
Slivered Almonds
Romaine
Olive Oil
Lemon/Lime
Salt & Pepper

Steps

1. Boil a pot of hot water. As the water starts to boil, place eggs in for just 10 minutes. When timer goes off place eggs under cold water & peel
2. In another pot, steam you sweet potato
3. Cut up some romaine & yellow pepper.
4. Put all in bowl & drizzle olive oil, lime/lemon, salt & pepper



Papaya Sushi Bowl

Serves 1

@rawfoodrevive
rawfoodrevive.com

Ingredients

- 1 cup red papaya, cubed
- 1/4 cup cucumber, diced
- 1/4 cup carrots, shredded
- 1/2 cup cauliflower rice
- 1/2 cup fresh seaweed salad
- 1/2 avocado, diced
- 1 teaspoon garlic powder, for marinating
- 2 tablespoons liquid coconut aminos, for marinating
- 2 tablespoons liquid coconut aminos, for dipping sauce
- 2 tablespoons fresh ginger, sliced for garnish
- 1 tablespoon fresh wasabi, grated or paste
- 1 teaspoon dulce seaweed flakes, garnish

Steps

1. Prepare fruit and vegetables, setting each to the side in separate containers. Cauliflower rice is prepared by pulsing cauliflower in a food processor until fine.
2. Add coconut aminos and garlic powder to the papaya to marinate for a minimum of thirty minutes.
3. Start assembling bowl by placing each ingredient next to one another, leaving space in the center for dipping sauce.
4. Pour liquid coconut aminos into a sauce dish and place into the center of the bowl.
5. Add garnishes to bowl and sprinkle with dulce seaweed flakes.

Mexican Buddha Bowl with Sweet Potato Fries

Serves 2

Julie Van den Kerchove
@julieslifestyleofficial
www.julieslifestyle.com

Ingredients

Sweet Potato Fries

1 large sweet potato, washed and cut into chunky fries

Drizzle of extra virgin coconut oil

Sea salt and black pepper

Smoky Chickpeas

1 small jar (350g) chickpeas

1 tablespoon extra-virgin olive oil

1/2 to 1 tablespoon lemon juice

Smoked paprika, cumin, cayenne and sea salt, to taste

Mexican Taco Bowl

1 large head of Romaine lettuce

2 handfuls small tomatoes (vine ripened or cherry)

1 large ripe avocado, halved and pitted

Sprinkle of hemp seeds



Steps

Sweet Potato Fries

1. Pre-heat the oven to 175°C (about 350°F).
2. Cut the sweet potato into chunky fries. If it's organic, feel free to leave the skin on. It has many nutrients and it gets nice 'n crunchy!
3. Transfer the sweet potato fries to a large baking tray. I like to rub it with a little coconut oil so the fries don't stick to it.
4. Sprinkle the fries with a little coconut oil.
5. Add sea salt and black pepper to taste.
6. Depending on how thick you cut your fries, place them in the oven for 15-30 minutes. Make sure the top doesn't burn.
7. Remove the fries from the oven once the edges begin to brown slightly and the fries begin to crisp. Sprinkle with extra sea salt if desired.

Smoky Chickpeas

8. Rinse the cooked chickpeas with water. Add them to a mixing bowl together with the olive oil and lemon juice. Season with smoked paprika, cumin, cayenne pepper and sea salt to taste.

Mexican Taco Bowl

9. Finely chop the romaine lettuce and add it to the bowls. Add tomatoes, smoky chickpeas, sweet potato fries and avocado. Sprinkle with hemp seeds if desired.



Chickpea and Brussels Sprout Buddha Bowl

Serves 2

Geri Milush

@gerimilush

gerimilush.com

Ingredients

200 gr raw chickpeas

1 red pepper

2 green peppers

1 avocado

250 gr brussels sprouts

1 tbsp ground flax seeds

Red pepper powder, black pepper, chili powder, rosemary and others

Steps

1. Mix the Brussels sprouts with some spices such as red pepper powder, black pepper, chili powder and turmeric powder. Bake them on a baking tray covered with parchment paper for about 20 minutes at 200 °C until they get soft and gold around the edges.
2. Boil the chickpeas until ready. Wash the chickpeas and cook them for a few minutes with some red pepper powder, salt, black pepper and ginger powder on a non-stick pan. You don't have to use oil. Cut the red pepper in small pieces and add it to the pan for the last 2 minutes. You need to stir the chickpeas constantly. Cut the green pepper in small pieces.
3. Place a little bit of everything in a bowl. Slice the avocado and place it on top. Sprinkle some ground flax seeds and you are done. This meal goes perfectly with the Cashew dressing below. Enjoy!

Cashew Dressing

300 ml

Geri Milush

@gerimilush

gerimilush.com

Ingredients

110 gr raw cashews, soaked and drained

100 ml cashew milk

40 ml water

1-2 tbsp squeezed lemon

2 gloves of garlic

Black pepper

Salt

Some dill

Steps

Throw everything in a blender and blast on high speed for a minute or two until smooth and creamy. Tweak lemon juice, black pepper, garlic, and salt to your taste.

Salad with Green-Herb Dressing

Serves 2

Anna Marshall

@foodmarshall

www.iamfoodmarshall.com

Ingredients

For the Salad

- 2 cups mixed greens
- 1 large tomato, sliced
- 1 yellow bell pepper, diced
- 1 cucumber, chopped
- 2 celery stalks
- 1/2 cup sunflower sprouts or pea shoots

Green Herb-Dressing

- 1 cup raw cashews (soaked in water for at least 2 hours)
- 1/4 avocado
- 1/2 zucchini
- 1/2 cup fresh parsley
- 1/2 cup fresh cilantro
- 1/4 cup fresh basil
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp dried dill
- Juice of 1 lemon
- 1/4 cup diced scallions or chives
- 1 cup water to blend
- Sea salt & black pepper to taste



Steps

1. In a large bowl combine all salad ingredients.
2. To make the sauce, blend all ingredients until smooth and creamy.
3. Pour green-herb dressing over salad. Toss and stir well. Enjoy!



Harvest Bowl

Serves 2

Anna Marshall

@foodmarshall

www.iamfoodmarshall.com

Ingredients

- 1 large red beet, chopped
- 1 large orange beet, chopped
- 1 cup of cauliflower florets
- 1 cup Brussels sprouts, halved
- 1 red bell pepper, diced
- 1/2 cup shredded purple cabbage
- 2 large carrots, chopped
- 1 zucchini, spiralized into noodles
- 1/2 cup sprouts
- 1 cup of mixed greens

For the creamy dressing

- 1 cup raw cashews (soaked in water for 2-4 hours)
- 1/2 cup water
- 1 clove of garlic
- 3 tbsp apple cider vinegar
- 3 tsp coconut aminos
- juice of 1 lemon

Steps

1. Steam beets, cauliflower, Brussels sprouts, purple cabbage, and carrots.
2. In a large bowl combine spiralized zucchini, bell pepper, sprouts, mixed greens.
3. Once vegetables are done steaming, add them to the bowl.
4. To make the sauce: blend all ingredients together until smooth.
5. Pour sauce over vegetables. Mix and stir together. Enjoy!

Okra And Tomato Stew

Serves 2

Anna Marshall

@foodmarshall

www.iamfoodmarshall.com

Ingredients

- 2 cups of okra (fresh or frozen)
- 1 cup fresh bell pepper, diced
- 1/2 cup yellow onion, chopped
- 1 zucchini, diced
- 1.5 cups diced fresh tomatoes
- 1 cup of spinach
- 2 stalks of celery chopped
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp thyme
- 1 tsp parsley
- 1 tsp cayenne



Steps

1. Heat up a pan and sauté onion, pepper, okra and zucchini together, respectively (using only water to coat the pan).
2. Add in tomatoes and stir. Add in more water to pan if needed.
3. Mix and stir in the spices.
4. Transfer to a bowl or plate to serve.
5. Optional add-in may include 1 tbsp extra virgin olive oil or avocado oil.



Veggie Bowl with Avocado Dressing

Serves 2

Geri Milush
@gerimilush
gerimilush.com

Ingredients

2 zucchinis

400 - 500 gr sweet potato

300 - 400 gr mushrooms

1 medium head cauliflower, cut into 2-inch florets

Dill

50 gr avocado

Garlic

50 ml cashew milk

Black pepper, salt, red pepper powder, ginger powder

Lemon

Steps

1. Cut the sweet potato into small cubes and toss with the cauliflower florets. Add in some spices such as red pepper powder, black pepper, salt, rosemary, and ginger powder. Bake them on a baking tray covered with parchment paper for 20 min at 200 °C until they are soft. Grill the mushrooms and the zucchinis on a grill pan. Cut them into cubes once they are ready. Once everything is ready, mix it together in a bowl.
2. Avocado dressing:
3. Blend the avocado with a bit of lemon juice, black pepper, salt, cashew milk, dill and some garlic to your taste. After it is blended well, add it to the veggie bowl. Mix well and enjoy!

Shiitake “Bacon” Caesar Salad

Serves 2

Anna Marshall

@foodmarshall

www.iamfoodmarshall.com

Ingredients

For the salad:

- 4 cups mixed greens
- 2 cups romaine lettuce, chopped
- 1 zucchini, diced
- 1 avocado, sliced

For the Shiitake “Bacon”–

- 1 cup of shiitake mushrooms
- 1/4 cup coconut aminos
- 1 tbsp sesame oil or extra virgin olive oil or avocado oil (optional)
- 1 tbsp apple cider vinegar
- 1 tsp sea salt

For the Caesar Salad Dressing:

- 1/2 cup hemp seeds or raw sunflower seeds (soaked in water for 6-8 hours)
- 1/3 cup cashews (soaked in water for 2-4 hours)
- 2 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp coconut vinegar or apple cider vinegar
- 1 tbsp dijon mustard
- 1 stalk of celery, chopped
- Optional: 1 clove of garlic & 1 shallot
- Sea salt & black pepper to taste



Steps

1. For the shiitake “bacon”: In a bowl, mix and coat mushrooms with coconut aminos, apple cider vinegar, oil and sea salt. If have a dehydrator, dehydrate at 110 for a few hours until mushrooms are mostly crisp. If not, let mushrooms soak and marinate for a few hours.
2. For the Caesar Salad Dressing: combine all ingredients in a blender and blend until smooth and creamy.
3. To serve: In a large bowl, add in salad ingredients (mixed greens, lettuce, avocado and zucchini). Then add in shiitake “bacon”. Lastly, pour over the caesar salad dressing. Mix and combine well. Enjoy!



Green Blueberry Avocado Salad

Serves 2

Geri Milush
@gerimilush
gerimilush.com

Ingredients

Green salad mix
Broccoli sprouts
120 gr raw blueberries
1 red pepper
60 gr raw quinoa
1 small avocado

Steps

1. Bring the quinoa and some water to a boil in a saucepan. Reduce the heat to medium-low, cover and let it simmer until the quinoa is tender and the water has been absorbed. This should take around 10 to 15 minutes. Set aside to cool.
2. Make sure to wash the greens and sprouts thoroughly. Place them in a large bowl. Dice the avocado and throw it in the bowl. Chop the red pepper into small pieces and add it to the salad mix. Once the quinoa has cooled down, you can also add it to the salad bowl.
3. You can drizzle some balsamic vinegar or my Avocado Dressing as a finish. Enjoy!

Rainbow Bowl

Serves 1

@rawfoodrevive
rawfoodrevive.com

Ingredients

Bowl Base:

- 2 cups fresh kale
- 1 cup zucchini spiralized into noodles
- 1/2 cup carrot spiralized into noodles
- 1/4 cup red onions, sliced
- 1/4 cup red bell pepper, sliced
- 1/4 cup yellow bell pepper, sliced
- 1/8 cup green onions, sliced
- 1/8 cup fresh cilantro, chopped

Sweet Creamy Dressing:

- 1/4 cup raw hemp seeds
- 1/4 cup filtered water
- 2 tablespoons liquid coconut aminos
- 1 tablespoon chia seeds
- 1 tablespoon ginger, minced
- 1 clove garlic
- 1/4 teaspoon paprika



Steps

1. Prepare base ingredients, as specified, and set each aside separately.
2. Prepare dressing.
3. Pour dressing ingredients into a high speed blender.
4. Blend until smooth.
5. Fill a serving bowl with kale at the base, then add the zucchini noodles on top.
6. On top of that, arrange the rest of the ingredients in a colorful order, following the rainbow.
7. Add dressing before serving.

Garlicky Kale Salad with Falafel

Serves 1-2

@rawfoodrevive
rawfoodrevive.com

Ingredients

Garlicky Cream Dressing:

- 3 tablespoons raw cashews, activated
- 2 tablespoons raw hemp seeds
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon liquid coconut aminos
- 1 clove garlic
- 1/4 cup filtered water

Falafel:

- 1/2 cup raw cashews, activated
- 1/2 cup raw walnuts, activated
- 1/4 cup raw pumpkin seeds, activated
- 1/4 cup red onion, diced
- 2 tablespoons cumin powder
- 2 tablespoons chia seeds
- 3 tablespoons fresh cilantro, chopped
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon lemon juice
- 2 teaspoons dried oregano
- 2 teaspoons dried dill
- 1 teaspoon ground coriander
- 2 teaspoons liquid coconut aminos
- 1 clove garlic, minced

Assembly:

- 4 cups fresh kale, massaged
- 1/4 cup tomatoes, chopped
- 1 tablespoon red onion, diced
- 5 balls of Falafel



Steps

1. Activate walnuts, cashews, and pumpkin seeds ahead of time by placing them in filtered water overnight. Rinse and drain before use.

Create dressing.

2. Pour ingredients into a high speed blender.
3. Blend until smooth and creamy.
4. Pour dressing over massaged kale and marinate for a minimum of three hours. (The longer the kale marinates, the softer it becomes. Marinating overnight will result in a very soft salad.)

Prepare falafel.

5. Pour ingredients into a food processor.
6. Pulse until ground.
7. Using a melon scooper, scoop individual balls of falafel mixture and roll in between your hands until smooth.
8. Add dressed kale to a serving bowl with five falafel balls or divide between two bowls for two servings.

Tomato-Cucumber Salad

Serves 2

Anna Marshall

@foodmarshall

www.iamfoodmarshall.com

Ingredients

- 2 cups of cherry tomatoes, halved or quartered
- 3 medium cucumbers, sliced and quartered (peeling is optional)
- 2 stalks of celery, chopped
- 1/4 onion, diced (optional)
- 1/2 red bell pepper, diced (optional)
- 1 lemon, freshly squeezed
- A few sprigs of fresh basil, chopped
- A few sprigs of fresh cilantro, chopped
- A few sprigs of fresh parsley, chopped
- A few sprigs of fresh mint, chopped
- 1 tbsp extra virgin olive oil (optional)
- Salt and black pepper to taste



Steps

1. Cut, dice, and chop all vegetables accordingly.
2. Mix and toss all ingredients in medium-large sized bowl.
3. Garnish with fresh herbs, lemon juice, and extra virgin olive oil (optional). Enjoy!



Cashew Salad

Serves 2

Geri Milush
@gerimilush
gerimilush.com

Ingredients

Red and green lettuce mix

70 gr raw cashew

300 gr tomatoes

100 gr raw beetroot

150 – 200 gr brown mushrooms

Basamic Vinegar

Steps

1. Cut the mushrooms in slices and let them simmer with a little bit of water in a saucepan. Once the water is almost gone, add a little bit of balsamic vinegar and cook for a few more minutes. Make sure to stir often. Set aside to cool.
2. Cut the tomatoes in cubes and shred the beetroot. Add all of the ingredients in a big bowl. Once the mushrooms have cooled down, add them in as well.
3. Some balsamic vinegar and olive oil drizzled on top or my Avocado Dressing add the perfect finish to this salad. Enjoy!

Coconut Vinegar Candied Beets And Watermelon Radishes

Serves 1

Anna Marshall

@foodmarshall

www.iamfoodmarshall.com

Ingredients

- 1 red beet, peeled and sliced
- 1 striped candy-cane beet, peeled and sliced
- 1 watermelon radish, peeled and sliced
- 2 large rainbow carrots, chopped
- 1/2 cup Brussels sprouts, sliced in half or quarters
- 2 cups purple kale, chopped

For the sauce:

- 3-4 tbsp Coconut Secret's coconut vinegar
- 3 tbsp Coconut Secret's coconut aminos
- Juice of 1 lemon or lime
- 1 tsp olive oil (optional)



Steps

1. Lightly steam all vegetables. Place Brussels sprouts in steamer first for a few minutes and then add carrots and beets. Add kale last and steam for a minute or so just to soften. Then transfer to a bowl.
2. Whisk all sauce ingredients together in a bowl.
3. Pour sauce over veggies and allow to soak and marinate for 10-15 minutes.
4. Garnish with: pea shoots, alfalfa sprouts and herbs/spices of preference

Green Salad With Grilled Mushrooms, Avocado And Walnuts

Serves 2

Geri Milush

@gerimilush

gerimilush.com

Ingredients

spinach and lettuce fresh salad mix

40 gr walnuts

120 gr avocado

200 gr mushrooms

Steps

1. Grill the mushrooms on a grill pan without any oil. Sprinkle them with a little bit of salt and black pepper. Grill until they are soft.
2. Make sure to wash and dry the greens properly. Place them in a large bowl.
3. Peel and dice the avocado and add it in the bowl.
4. Chop the walnuts into small pieces and add them to the salad mix.
5. Once the mushrooms are ready and at a room temperature, cut them in pieces and add them to the salad.
6. You can drizzle some balsamic vinegar or my Avocado Dressing to finish off. Enjoy!



Summer Salad with Herb Dressing

Serves 1

@rawfoodrevive
rawfoodrevive.com

Ingredients

Salad Base:

- 3 cups fresh organic baby spinach
- 1 medium cucumber, spiralized into noodles
- 1/8 cup fresh mint, roughly chopped
- 1/8 cup fresh cilantro, roughly chopped
- 1/4 cup fresh basil, roughly chopped
- 1/4 cup green pepper, diced
- 1 green onion stalk, sliced

Herb Dressing:

- 3 tablespoons raw cashews, activated
- 2 tablespoons lime juice
- 1 tablespoon fresh ginger, minced
- 2 teaspoons olive oil
- 1 clove garlic
- 1/4 teaspoon apple cider vinegar
- 1/4 cup filtered water
- 1/3 cup fresh cilantro
- 1/3 cup fresh basil



Steps

1. Activate cashews ahead of time by placing them in filtered water overnight. Rinse and drain before use.

Prepare salad base

2. Create cucumber noodles using a spiralizer and place to the side.
3. Prepare remaining ingredients and combine everything into a large salad bowl.

Prepare salad dressing

4. Pour ingredients into a high speed blender.
5. Blend on high until creamy and smooth.
6. Pour over salad base to enjoy.



Butternut Squash, Broccoli & Kale Salad With Roasted Garlic Dressing

Serves 4

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

- 1 head broccoli cut into small florets
- 3 cups cubed butternut squash
- 1 red onion cut into thick slices
- 1 whole bulb garlic
- 1 1/2 tbsp olive oil
- 1/2 tsp salt
- 1 bunch Tuscan Kale
- 1/3 cup olive oil
- 2 tbsp balsamic vinegar
- 1 egg yolk (omit if vegan)
- 1/2 tsp black pepper
- 1/3 cup almonds roughly chopped

Steps

1. To roast the veggies, reheat the oven to 220 °C (425F). Place the cubed butternut squash, broccoli florets and red onion on a baking tray. Cut the top off of the garlic bulb and place it on the baking tray, root side down. Drizzle everything with 1 1/2tbsp olive oil and sprinkle with 1/2 tsp salt. Place in the oven to bake for 20 minutes until the butternut squash is tender.
2. To prep the kale, remove the stems and chop the leaves into bite sized pieces. Place the chopped kale in a large salad bowl and sprinkle the leaves with a pinch of salt. With clean hands massage the kale leaves by scrunching it between your hands for about 1 minute. The kale will become darker in color when you do this.
3. To make dressing, squeeze the cloves out of the roasted head of garlic and place them in a blender or NutriBullet. Add in the olive oil, balsamic vinegar, pepper and optional egg yolk. Blend until smooth and creamy.
4. To assemble the salad place the shredded kale in a bowl, top with the roasted butternut squash, broccoli and red onion, top with the chopped almonds and toss with the dressing.

Thai Watermelon Salad

Serves 4

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

- 4 cups cubed watermelon
- 1 1/2 cups cubed cucumber
- 2 small shallots very thinly sliced
- 1/4 cup shredded fresh mint
- 1 chili, finely sliced
- 1/4 cup shredded thai basil
- 1/3 cup chopped toasted cashews

Dressing

- 1 tbsp sesame oil
- 1 tsp grated ginger
- 1/2 tsp lime zest
- 2 tsp lime juice
- 1/2 tbsp fish sauce (omit if vegan)
- 1 tbsp coconut aminos
- 1 tbsp orange juice

Steps

1. In a small bowl whisk together all of the ingredients for the dressing.
2. In a large bowl or serving platter place the watermelon and cucumber. Top with the sliced shallots, cashews, sliced chili, mint and thai basil.
3. Pour the dressing overtop and gently toss until well combined. Enjoy!



Spinach Veggie Salad Bowl

Serves 1

Devorah Wiener
@devorahl

Ingredients

1/2 Steamed Japanese potato

1 cup of spinach

Steamed Cauliflower

1/2 pepper

1/2 Avocado

Lemon or lime

Olive Oil

Salt

Steps

1. In a pot, steam the potato & cauliflower
2. Cut up pepper & avocado
3. Add all to a bowl & drizzle some fresh lime or lemon, olive oil & salt





Mango Salsa Salad

Serves 1-2

@rawfoodrevive
rawfoodrevive.com

Ingredients

- 1 large mango, finely diced
- 1 large tomato, finely diced
- 1 small white or red onion, finely diced
- 1/2 medium red bell pepper, finely diced
- 1/4 medium red bell pepper, grated
- 1/4 medium cucumber, grated
- 1/2 avocado, sliced
- 3 small limes, juiced
- 1/2 cup fresh cilantro, chopped
- 5 leaves of Green Leaf Lettuce
- 1/2 teaspoon sea salt, for salsa
- 1/8 teaspoon Himalayan or sea salt, garnish
- 1/8 teaspoon black pepper, garnish
- 2 tablespoons olive oil drizzle, optional

Steps

1. Prepare fruits and vegetables, then combine diced mango, tomato, onion, red bell pepper, and cilantro in a bowl.
2. Add fresh lime juice and sea salt to the salsa. Mix well.
3. Place lettuce leaves into a serving bowl. Assemble salad.

Simple Breakfast

Serves 1

Devorah Wiener

@devorahl

Ingredients

1/2 Oriental Potato

3 eggs

Steps

1. Boil a pot of hot water. When water is boiled place eggs in pot for just 10 minutes. When timer goes off place eggs under cold water. Gently crack and peel.
2. While eggs are cooking, in another pot place a steamer basket in another pot with a bit of water. Add in washed and cut Japanese Potatoes, and steam until soft.



Asian Salad with Curry Dressing

Serves 1

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rawfoodrevive.com

Ingredients

Salad Base:

- 5 leaves of Green Leaf Lettuce
- 1/4 cup carrots, shredded
- 1/4 cup white onion, sliced
- 1/2 avocado, sliced
- 1/4 cup white mushrooms, sliced
- 1/2 red bell pepper, sliced
- 1/4 cup Brazil nuts, crushed

Dressing:

- 2 bananas, ripe
- 1 avocado, pitted and diced
- 1/2 teaspoon Himalayan or sea salt
- 4 tablespoons curry powder
- 2 cloves garlic, minced
- 2 teaspoons paprika powder
- 2 teaspoons liquid coconut aminos
- 1/2 teaspoon cayenne pepper powder, optional for heat
- 1/2 cup filtered water



Steps

1. Wash and prepare salad base ingredients.

Prepare dressing.

2. Pour dressing ingredients into a high speed blender.
3. Blend until smooth and creamy.
4. Pour dressing into a ramekin.
5. Arrange base ingredients in a serving bowl, leaving space in the center for the ramekin of dressing.
6. Place dressing in the center of the salad before serving.

Cauliflower Tabbouleh

Serves 1-2

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rawfoodrevive.com

Ingredients

- 1/4 medium cauliflower head
- 1 medium cucumber, diced
- 1 small white onion, diced
- 1 cup tomato, diced
- 1 tablespoon olive oil
- 1/2 teaspoon Himalayan or sea salt
- 3 small limes, juiced
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh flat leaf parsley, chopped

Steps

1. Grate cauliflower into rice-like consistency using a cheese grater and set aside in large bowl. (This can also be done in a food processor for an even finer consistency.)
2. Prepare remaining ingredients, combine, and mix well.



Main Dishes

Poultry

Lemon & Herb Grilled Chicken

Serves 7

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

- 7 boneless skinless chicken thighs
- 1/4 cup extra virgin olive oil
- 2 cloves garlic crushed
- 1 tsp black pepper
- 1/2 tsp salt
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 2 tsp dried thyme
- 1 tsp dried rosemary



Steps

1. In a large Ziploc bag combine the chicken with all of the ingredients for the marinade. Shake to ensure the chicken is well coated.
2. Place the bag in the fridge to marinate for a minimum of 4 hours but ideally overnight, flipping the bag over once so that the chicken is well coated.
3. Preheat the grill to medium heat. Once hot cook the chicken for 4-6 minutes per side until there is no pink in the middle and it is cooked through.

Chicken Meatballs with Basil & Sundried Tomatoes

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

Meatballs

- 700 gr ground chicken
- 3 cloves garlic crushed
- 1/4 cup red onion finely diced
- 1/3 cup sundried tomatoes finely chopped
- 1/3 cup fresh basil shredded
- 1 tsp lemon juice
- 1 egg
- 1/4 cup almond flour
- 1/4 tsp salt
- 1/2 tsp ground pepper

Pesto

- 3 cloves garlic crushed
- 1 1/2 cups fresh basil
- 1 cup spinach
- 1/4 cup almonds
- 1 tbsp lemon juice
- 1/3 cup pine nuts
- 1/2 cup olive oil
- 1/4 tsp salt
- 1/4 tsp pepper

Sauce

- 1 tbsp olive oil
- 1/4 cup onion or shallots finely diced
- 2 cups cherry tomatoes



Steps

1. Preheat the oven to 175 °C (350 °F)
2. In a bowl, combine all of the ingredients for the meatballs. Using clean hands, work the ingredients together until they are well combined. Roll the mixture into balls approximately the size of golf balls and place on a parchment paper lined baking sheet.
3. Bake the meatballs in the oven for approximately 25 minutes, flipping them half way through cooking to ensure they brown evenly.
4. While the meatballs are baking prepare the pesto by combining all of the pesto ingredients in a food processor and pulsing until the mixture is broken down into a chunky consistency. I like to leave the almonds in little bits so there is a bit of texture.
5. In a skillet saute the diced onion in olive oil for 3-4 minutes until it begins to soften. Add in the cherry tomatoes, cover with a lid and allow to cook for 10 minutes until they have completely softened and all of the moisture has been released from them.
6. Once the tomatoes are soft and “wilted” looking, stir in the pesto and then add the meatballs to the pan. Stir so that the meatballs are well coated in the pesto before serving. Top with shredded basil and pine nuts.

Chicken Souvlaki

Serves 3

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

Chicken

650 gr chicken (approx 3 breasts)

1/3 cup olive oil

3 cloves garlic crushed

2 tbsp finely chopped fresh oregano (or 1 tsp dried oregano)

1 tsp lemon zest

2 tbsp lemon juice

1 tbsp white wine vinegar

2 tbsp finely chopped fresh parsley

1/2 tsp salt and pepper

To Serve

1 lemon, cut into slices

Tzatziki



Steps

1. Cut the chicken breasts into bite sized cubes and place in a large ziploc bag
2. Add all of the remaining ingredients into the bag, seal and shake to ensure the chicken is coated. Place in the fridge to marinate for minimum 2 hours but preferably overnight.
3. If using wooden skewers, soak them in water for 15 minutes.
4. Preheat the grill to medium high heat.
5. Thread the pieces of chicken onto the wooden skewers. Place the skewers on the grill and spoon any of the remaining marinade from the bag over the chicken. Make sure you do this right after placing the raw chicken on the grill so there is no risk of cross contamination.
6. Cook the chicken for approximately 8-10 minutes turning frequently until fully cooked through. Serve the chicken with lemon wedges and tzatziki sauce.

Pesto Chicken & Tomato Skewers

Serves 6

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

6 boneless skinless chicken thighs or 3 chicken breasts (500 gr)

1 1/2 cups cherry tomatoes

Pesto

3 cloves garlic

1 cup basil

1/3 cup pine nuts

1 tbsp lemon juice

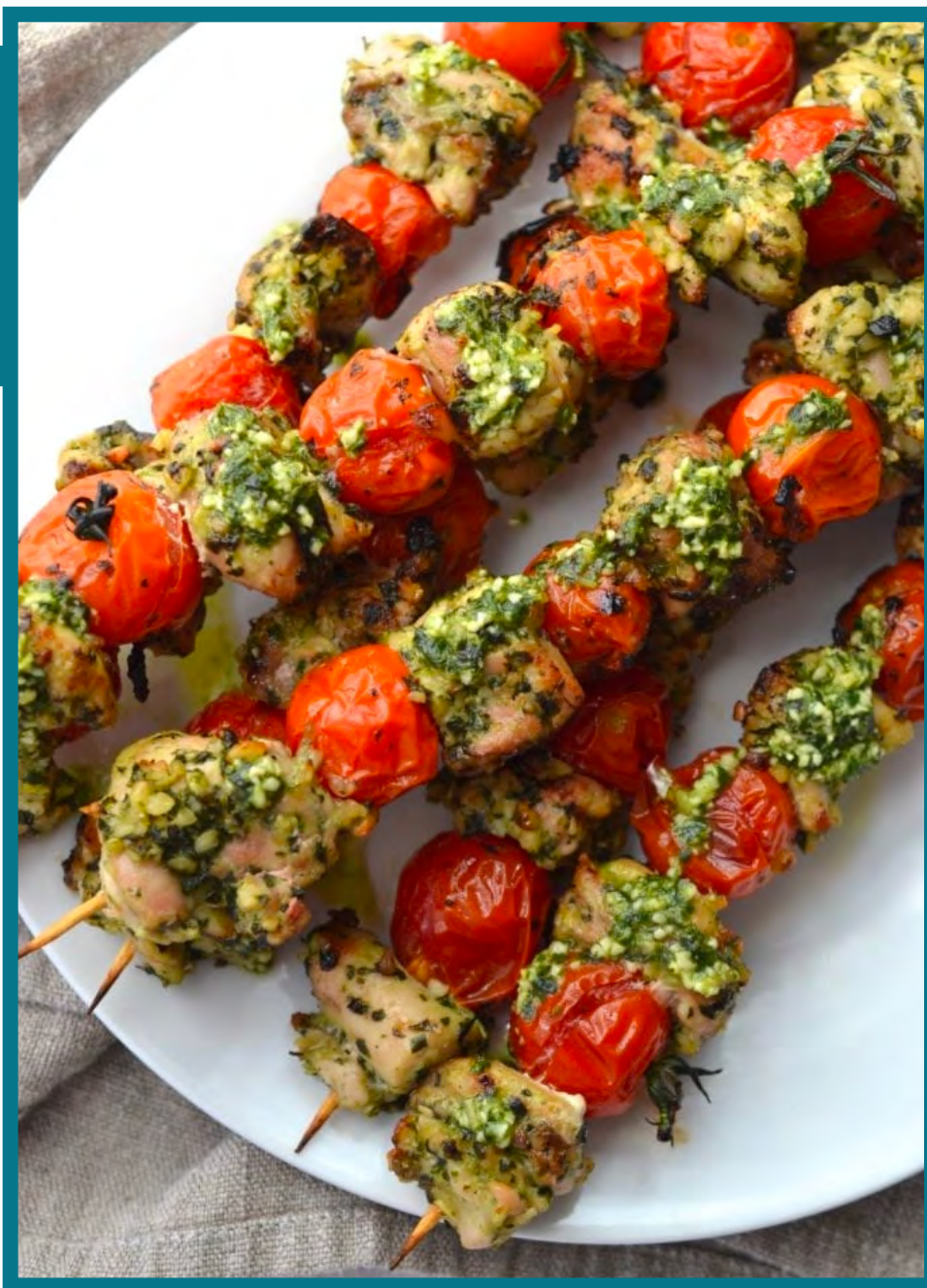
1/4 tsp salt

1/2 tsp pepper

1/3 cup olive oil

Steps

1. Cut the chicken into 1 inch cubes and place in a Ziploc bag.
2. Combine the ingredients for the pesto in a food processor and pulse until smooth. Place 1/3 of the pesto in a container and place in the fridge for later. Pour the remaining 2/3 of the pesto in with the chicken and leave to marinate for minimum 1 hour but preferably overnight.
3. Soak 6 wooden skewers in water for a minimum of 30 minutes (skip this step if you are using metal skewers)
4. Preheat the grill to medium high heat.
5. Thread the skewers alternating between a chunk of chicken and a cherry tomato. Place the skewers on the BBQ and spoon any of the remaining pesto from the bag over the chicken. Make sure you do this right after placing the raw chicken on the grill so there is no risk of cross contamination.
6. Cook the chicken for approximately 8-10 minutes turning frequently until fully cooked through. Serve the skewers with the remaining 1/3 of the pesto.





Mexican Cauliflower Rice & Chicken Stuffed Peppers

Serves 8

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

- 4 red orange or yellow bell peppers
- 2 onion chopped
- 2 cloves garlic crushed
- 2 1/2 cups chopped tomatoes
- 1 tbsp olive oil
- 3 chicken breasts cut into 1" pieces
- 3 tbsp cumin
- 2 tsp smoked paprika
- 1 tsp chilli powder or more as needed
- 2 tbsp lime juice
- 3 cups cauliflower rice (approx 1 small cauliflower)
- 1/4 cup chopped cilantro

Steps

1. Preheat the oven to 200 °C (390 °F)
2. Cut the peppers in half and remove the seeds. Place them on a baking sheet and bake for 10 minutes. Remove from the oven
3. In a pan on medium heat, saute the onion, garlic and tomatoes in olive oil for 5 minutes until the onion becomes translucent in color.
4. Add the chopped chicken and cook for 5-7 minutes until the chicken is cooked through. Lower the heat to medium low and add in the cumin, paprika, chilli powder and lime juice. Allow to simmer for 5 minutes.
5. Add in the cauliflower rice and cilantro and stir to ensure everything is well combined. Cook for 3-4 minutes until the cauliflower becomes slightly tender (don't overcook it!).
6. Fill each pepper with the mixture and return to the oven to cook for 10 more minutes.



Chicken with an Easy Spiced Marinade

Serves 4

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

7 boneless skinless chicken thighs or 4 chicken breasts

2 cloves garlic crushed

1/4 cup grated onion

1 tsp cumin

1/2 tsp paprika

1/4 tsp chili powder

1/2 tsp salt

1/2 tsp pepper

1/2 tsp apple cider vinegar

1/2 cup apple juice

1/4 cup olive oil

1/2 cup chopped fresh parsley

Steps

1. In a large Ziploc bag combine the garlic, onion, spices, vinegar, apple juice and oil. Seal the bag and shake it until everything is well mixed. Add in the chopped parsley and chicken.
2. Shake the bag to ensure that the chicken is coated on all sides by the marinade. Place the bag in the fridge to marinate for a minimum of 4 hours but ideally overnight, flipping the bag over once so that the chicken is well coated.
3. Preheat the grill to medium heat. Once hot cook the chicken for 4-6 minutes per side until there is no pink in the middle which means it is cooked through.



Fish

Salmon Bowl

Serves 1

Devorah Wiener

@devorahl

Ingredients

Salmon fillet
Corn on the cob
Spinach
Avocado
Olive Oil
Lime (or lemon)
Salt
Pepper
Garlic



Steps

1. Put oven on 350 F - Drizzle the Salmon with Olive oil, Salt, Garlic, & Black Pepper - Cook for 25 minutes uncovered
2. In a pot, use a steamer and steam your corn on the cob till cooked
3. Cut up the avocado
4. Place all in bowl on top of Spinach
5. Drizzle with olive oil, Lime, Salt & Pepper

Salmon Bowl

Serves 1

Kiki Fellig
@Health.kiks

Ingredients

Spaghetti squash
Mushrooms
Baby peppers
Pesto
Salmon
Avocado oil
Lemon juice
Salt
Pepper

Steps

1. Roast veggies on 400° for 40 min.
2. Drizzle avocado oil, salt and pepper on them.
3. Cut open a spaghetti squash and roasted that on 400 for 40 min.
4. Broil the salmon for 10 min and drizzle pesto on top.

Pesto Recipe

Simply blend fresh basil, spinach, olive oil, walnuts, lemon juice, fresh garlic, salt and pepper in a blender or food processor.





One Pan Mediterranean Cod

Serves 4

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

- 1 lb cod fillets
- 1 tbsp olive oil
- 2 cloves garlic crushed
- 1 red bell pepper thinly sliced
- 1 onion finely diced
- 1/2 tbsp red wine vinegar
- 1/2 tsp smoked paprika
- 1 tsp dried oregano
- 1 14oz can chopped tomatoes
- 1 1/2 cups cherry tomatoes
- 1/3 cup olives
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tbsp fresh basil chopped

Steps

1. Heat the olive oil in a pan. Rinse and pat the cod fillets dry with a paper towel and then sprinkle with salt and pepper. Sear them in a pan for 2 minutes per side and then set aside.
2. Add to the pan the 2 cloves of crushed garlic and cook for a minute and then sprinkle in the onion and sliced peppers. Leave to cook for 5-6 minutes until the peppers begin to soften
3. After 5 minutes of cooking pour in the vinegar to deglaze the pan and then stir in the paprika, oregano, salt, pepper, can of chopped tomatoes as well as the cherry tomatoes and olives. Simmer on medium low heat for 12 minutes.
4. After 12 minutes of cooking return the cod fillets to the pan and spoon some of the sauce otop of each. Cook for 3-4 minutes until the fish is completely cooked through. Top with fresh basil before serving.



Parsley Salmon with Mashed Rutabaga

Serves 1

Devorah Wiener
@devorahl

Ingredients

- 1 piece of Salmon
- 2 Tbsp fresh Parsley
- Salt
- Olive Oil
- 1 tsp Garlic Powder
- Lime

Steps

1. Chop up the fresh Parsley
2. Drizzle fish with olive oil and sprinkle with fresh salt, garlic, and parsley
3. Cook in the oven on 350 for 25 minutes
4. Before serving drizzle some lemon for taste
5. If needed add a bit more salt (Find the mashed Rutabaga recipe on Page 12)

Fresh Orange Slice Salmon

Serves 6

Devorah Wiener

@devorahl

Ingredients

- 1 1/2 lb Salmon
- 2 Tbs Lemon Juice
- 1 Tbsp Salt
- 1 tsp olive oil
- Orange Slices

Steps

1. Rub your salmon with salt, and drizzle some olive oil.
2. Cook in oven on 350 °F for 20- 25 minutes, uncovered,
3. Remove from oven and drizzle the lemon juice and place the slices of orange on it.
4. Ready to be served!



Noodles

Raw Vegan Mango Curry Noodles

Serves 1-2

Samantha Budow

@leavesandwanders

leavesandwanders.com

Ingredients

Base:

3 zucchinis
or English cucumbers
(or noodles of choice)

Sauce:

2 mangos
1/4 red bell pepper
1/2 chili pepper
Juice of 1 lime
Curry spices to taste
Spicy pepper, optional

Suggested Toppings:

Bell pepper
Tomato
Spicy pepper
Sprouts



Steps

1. Spiralize zucchinis, cucumbers, or prepare noodles of choice.
2. Blend all sauce ingredients until smooth.
3. Pour over base and top with suggested toppings, toppings of choice, or serve as is.

Mushroom and Garlic White Sauce with Zucchini Noodles

Serve 1-2

@rawfoodrevive
rawfoodrevive.com

Ingredients

Marinated Mushrooms:

- 5 baby portobello mushrooms, sliced
- 1 clove garlic, minced
- 1 tablespoon liquid coconut aminos
- 1 teaspoon olive oil

Garlic White Sauce:

- 1/2 cup raw cashews, activated
- 1/4 cup raw pumpkin seeds, activated or sprouted
- 1 small garlic clove, minced
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1/8 teaspoon Himalayan or sea salt
- 1/4 teaspoon black pepper
- 1/2 cup filtered water

Assembly:

- Marinated Mushrooms
- Garlic White Sauce
- 1/4 cup baby spinach
- 1 medium zucchini, peeled and spiralized into noodles
- 1/4 teaspoon black pepper, garnish
- 1 tablespoon raw hemp seeds, garnish



Steps

1. Activate cashews and pumpkin seeds ahead of time by placing them in filtered water overnight. Rinse and drain before use.

Prepare marinated mushrooms.

2. Trim stems before slicing.
3. Combine ingredients in a container and place in the refrigerator to marinate for a minimum of 8 hours.

Prepare white sauce.

4. Pour ingredients into a high speed blender.
5. Blend on high until creamy sauce forms.

Prepare assembly ingredients.

6. Peel the zucchini, then spiralize it into noodles using a spiralizer.
7. Squeeze excess liquid from noodles using your hands.
8. Add spinach to the bottom of a shallow serving bowl.
9. Place zucchini noodles on top of spinach.
10. Fold in half of the marinated mushrooms with marinade into the sauce, then pour over zucchini noodles.
11. Garnish with the other half of the marinated mushrooms, black pepper, hemp seeds, and fresh herbs.

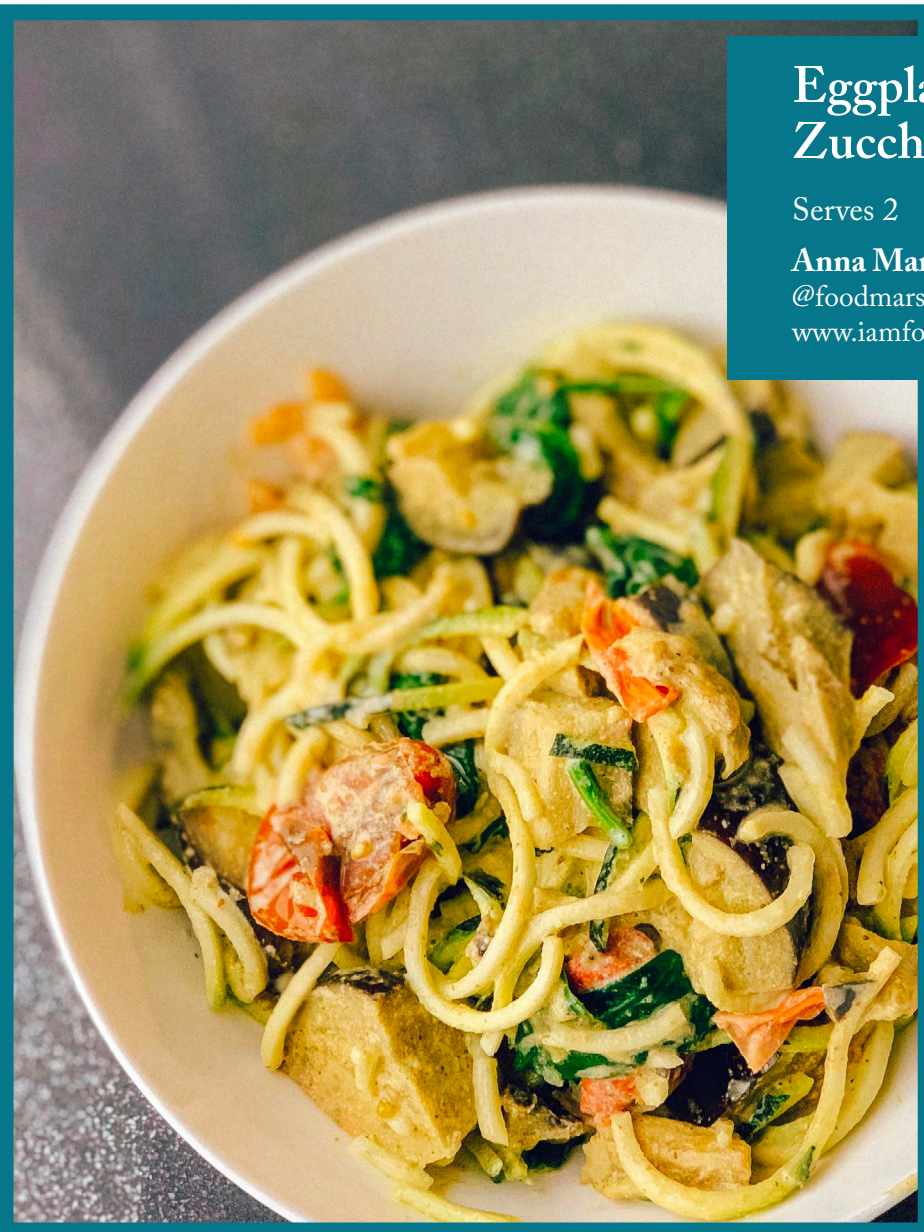
Eggplant Carbonara with Zucchini Noodles

Serves 2

Anna Marshall

@foodmarshall

www.iamfoodmarshall.com



Ingredients

- 1 zucchini, spiralized (keep leftover pieces)
- 1 eggplant, diced
- 1 cup of cherry tomatoes
- 1 cup of spinach

For the sauce:

- 5 tbsp raw cashew butter or 1/2 cup raw cashews (soaked in water for 2 hours)
- 1/4 cup chopped zucchini (using left over pieces of zucchini from spiralizer)
- 1 celery stalk, chopped
- 1/2 tsp of each of the following spices: basil, cumin, oregano, paprika, parsley, rosemary, turmeric
- 1-2 tbsp nutritional yeast
- 2 tbsp coconut vinegar or apple cider vinegar
- Salt and pepper to taste
- 3-4 tbsp of water to blend

Steps

1. Steam eggplant.
2. Meanwhile, heat up a pan or pot with 1/3 cup of water. Place cherry tomatoes in pot and cover for a few minutes.
3. Transfer steamed eggplant into pot with tomatoes and continue to stir, while smashing tomatoes.
4. Add in 1 cup of spinach and cover until spinach is lightly wilted. Add in zucchini noodles to the pot and stir (or can leave raw).
5. For the sauce: Blend all ingredients together until smooth.
6. To serve: In a large bowl stir together the eggplant, tomatoes, spinach and zucchini noodles while gently pouring sauce.
7. Garnish with nutritional yeast, sprouts, fresh basil, and additional herbs/spices of preference.



Pesto Salad with Zoodles, Prosciutto & Pine Nuts

Serves 4

Carmen

@everylastbite_

www.everylastbite.com

Ingredients

2 large zucchini (spiralized into thin noodles)

1/4 tsp salt

4 slices prosciutto (skip to make this vegan/
raw)

2 cups arugula (rocket-style)

1/3 cup pine nuts

Pesto

1 cup packed basil

2 cloves garlic

1/4 cup pine nuts

1 tbsp lemon juice

1/4 cup extra virgin olive oil

1/4 tsp salt

1/2 tsp pepper

Steps

1. Place the zucchini noodles in a colander or sieve. Generously sprinkle with salt and leave to rest for a minimum of 20 minutes. This will help draw water out of the noodles.
2. Preheat the oven to 175 °C (350 °F). Lay the prosciutto out evenly on a parchment paper lined baking sheet and bake in the oven for approximately 12 minutes until its crisp. Once cooked, remove from the oven and break the prosciutto into small pieces.
3. To make the pesto combine the basil, garlic, pine nuts, lemon juice, olive oil, salt & pepper in a food processor and blend until smooth. Set aside.
4. Place the zucchini noodles in between paper towels and squeeze to remove any excess moisture. Place the zucchini noodles in a bowl along with the arugula, pine nuts, chopped prosciutto and pesto. Toss to ensure everything is mixed well before serving.



New Mac and Cheese

Serves 1-2

@rawfoodrevive
rawfoodrevive.com

Ingredients

New Mac and Cheese Sauce:

- 1/2 cup raw cashews, activated
- 1/3 cup raw pumpkin seeds, activated or sprouted
- 1/2 medium red bell pepper, chopped
- 1 small carrot, chopped
- 2 tablespoons white onion, diced
- 3 tablespoons lemon juice
- 1/2 teaspoon apple cider vinegar
- 1/2 tablespoon liquid coconut aminos
- 1/4 teaspoon chili powder
- 1/8 teaspoon ground mustard powder
- 1/8 teaspoon ground turmeric powder
- 1/8 teaspoon ground allspice powder

Assembly:

- 1 medium zucchini, peeled and spiralized into noodles
- 1/4 cup tomato, diced
- 1 tablespoon green onions, sliced for garnish
- 1 tablespoon fresh cilantro, chopped for garnish

Steps

New Mac and Cheese Sauce

1. Activate cashews and pumpkin seeds ahead of time by placing them in filtered water overnight. Rinse and drain before use.
2. Begin to prepare sauce by adding the ingredients to a high speed blender.
3. Blend on high until sauce gets creamy.

Assembly

4. Peel the zucchini, then spiralize it into noodles using a spiralizer.
5. Squeeze excess liquid from noodles using your hands.
6. Create zucchini macaroni elbows from the noodles by cutting them with scissors into macaroni elbow shapes.
7. Toss zucchini elbows in sauce and pour into a serving bowl.
8. Garnish with tomatoes, cilantro, and green onions before serving.

Living Lasagna

Serves 1-2

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Ingredients

Simple Basil Pesto:

- 1 1/4 cup fresh basil, tightly packed
- 1/3 cup raw almonds, activated
- 1 clove garlic, minced
- 5 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

Cashew Cheese:

- 2 cups raw cashews, activated
- 1 tablespoon lemon juice
- 1 tablespoon liquid coconut aminos
- 3/4 cup filtered water
- 1 clove garlic, minced
- 1/2 teaspoon sea salt

Assembly:

- 1 Cup Simple Basil Pesto
- 1 Cup Cashew Cheese
- 2 medium tomatoes, sliced
- 1 medium zucchini, sliced lengthwise
- 1 teaspoon olive oil drizzle, garnish
- 1/4 teaspoon Himalayan or sea salt
- 1/4 teaspoon black pepper



Steps

1. Activate cashews and almonds ahead of time by placing them in filtered water overnight. Rinse and drain before use.

Prepare Simple Basil Pesto.

2. Add pesto ingredients to a food processor.
3. Pulse until paste-like consistency forms. (This can also be done the traditional way by grinding ingredients in mortar.)
4. Pour pesto into a small bowl and set aside.

Prepare Cashew Cheese.

5. Add cheese ingredients to a high speed blender.
6. Blend on high until thick cheese sauce forms. Use a tamper stick if necessary.
7. Put finished sauce into a small bowl and set aside.
8. Prepare tomatoes by slicing thinly.
9. Very carefully slice zucchini lengthwise into strips.

Begin assembling lasagna.

10. Place a strip of zucchini onto a plate.
11. Spread a thick layer of Cashew Cheese across the strip.
12. Place two to three tomato slices across the layer of cheese.
13. Spread a generous spoonful of Basil Pesto over each tomato.
14. Place another zucchini strip onto the pesto layer.
15. Repeat spreading alternating layers of cheese, tomato, and pesto until tower is complete.
16. Garnish with olive oil drizzle, salt, and pepper.



Raw Tomato And Zucchini Lasagna

Serves 2

Anna Marshall

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Steps

1. Line a dish with layers of zucchini strips, slightly overlapping.
2. Spread a dollop of “ricotta”, then tomato sauce, and then pesto on top.
3. Add more zucchini strips on top of this layer.
4. Repeat steps 1-3.
5. Garnish with fresh herbs, capers and black pepper.

Ingredients

“Lasagna”

3 zucchini, thinly sliced with a mandoline
4 heirloom tomatoes, sliced
1/2 cup fresh basil, chopped for garnish

Cashew or Macadamia “Ricotta” Cheese

2 cups of raw cashews/macadamia nuts (soaked in water for 2-4 hours)
Juice of 1 lemon
2 tbsp nutritional yeast
1 clove of garlic
Sea salt
1/2 cup water (to blend)

Blend all ingredients together. Store in air-tight container in refrigerator for a few hours.

Tomato Sauce

2 cups of cherry or roma tomatoes
2 cups sun-dried tomatoes (soaked in water for 30 minutes)
1/4 cup lemon juice
2 tbsp extra virgin olive oil
1/2 cup fresh basil leaves
1 tsp thyme
1 tsp oregano
1 tsp chili flakes
sea salt

Process all ingredients together until smooth.

Pesto

1/2 cup raw pine nuts (soaked in water for 2-4 hours)
1 cup fresh basil
2 cups of spinach
2 tbsp extra virgin olive oil
Sea salt

Process all ingredients together

Pesto Cream Pasta

Serves 1

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Ingredients

Pesto:

- 1 cup fresh basil, tightly packed
- 1/2 cup fresh parsley
- 1/2 cup raw walnuts, activated
- 3 tablespoons raw hemp seeds
- 1 tablespoon lemon juice
- 1 clove garlic
- 1 tablespoon liquid coconut aminos
- 2 tablespoons olive oil
- 1/4 teaspoon Himalayan or sea salt

Pesto Cream Sauce:

- 3 1/2 tablespoons Pesto
- 3 1/2 tablespoons raw cashews, activated
- 1/4 cup filtered water
- 1 teaspoon liquid coconut aminos

Assembly:

Pesto Cream Sauce

- 1 medium zucchini, peeled and spiralized into noodles
- 1/4 cup tomato, diced
- 1/8 cup fresh parsley, chopped
- 1 teaspoon raw hemp seeds, garnish



Steps

1. Activate walnuts ahead of time by placing them in filtered water overnight. Rinse and drain before use.

Prepare pesto.

2. Pulse pesto ingredients in a food processor until paste-like consistency results. Store in an airtight container.

Create cream sauce.

3. Blend sauce ingredients in a high speed blender until smooth.

Prepare assembly ingredients.

4. Peel the zucchini, then spiralize it into noodles using a spiralizer.
5. Squeeze excess liquid from noodles using your hands.
6. Add noodles to a shallow serving bowl.
7. Pour the cream sauce over top of the noodles and garnish before serving.



Raw Vegan Avo-Cuke Coodles

Serves 1-2

Samantha Budow

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Ingredients

Base:

2-3 English cucumbers, spiralized
or noodle of choice)

2-3 cups arugula

Suggested Toppings:

cherry tomato

spicy pepper

Sauce:

1/2 avocado

1 cucumber

1/2-1 lemon juice

1 garlic clove

1 green onion stalk

1/2 tsp chili powder

1/4 tsp black pepper

Celtic salt to taste

Spicy pepper, optional

Steps

1. Spiralize cucumber or prepare noodles of choice.
2. Blend all sauce ingredients until smooth.
3. Pour sauce over noodles and arugula and top with suggested toppings,

Vegan

Raw Vegan 'Shroom Burgers

Makes 3 patties

Samantha Budow

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Ingredients

Base:

- 1/4 cup walnuts
- 1/4 cup carrot
- 1/4 cup zucchini
- 1/4 cup crimini mushrooms
- 1/4 cup ground flax, optional
- 1 clove garlic
- 1/4 tsp Celtic salt
- 1 tsp dried dill
- 1 tbsp nutritional yeast
- 1/2 tsp coconut aminos

Mix-Ins

- 1/8 cup celery
- 1/8 cup fresh parsley
- 1/4 cup green onion
- 1/4 cup red bell pepper
- 1 tbsp lemon juice

Steps

1. Pulse Base ingredients in food processor until well combined.
2. Finely chop mix-in veggies.
3. Stir veggies into base with lemon juice.
4. Form patties 1/2-3/4 inch thick on dehydrator sheet.
5. Dehydrate 4 hours at 115°F, flip, and continue dehydrating for 1-2 more hours or until desired consistency
6. Serve in between “buns” made of leaf lettuce or cabbage. Add lettuce, tomato, avocado, or favorite toppings.



Vibrant Vegetable Curry with Mango Relish

Serves 1-2

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Ingredients

Vegetables:

- 3 baby portobello mushrooms, sliced
- 1/2 medium zucchini, thickly chopped
- 1 small broccoli crown, in small florets

Marinade:

- 1 1/2 teaspoons curry powder
- 2 teaspoons liquid coconut aminos
- 1 teaspoon olive oil
- 1/4 teaspoon Himalayan or sea salt

Curry Sauce:

- 1/4 cup raw cashews, activated
- 2 tablespoons raw pumpkin seeds, activated or sprouted
- 2 tablespoons red bell pepper, diced
- 2 tablespoons yellow onion, diced
- 1 cup zucchini, diced
- 1/2 cup fresh cilantro
- 2 teaspoons lemon juice
- 2 teaspoons curry powder
- 2 teaspoons liquid coconut aminos
- 1 tablespoon fresh ginger
- 1 clove garlic
- 1/4 teaspoon apple cider vinegar
- 1/4 teaspoon smoked paprika powder

Mango Relish:

- 1 medium mango, diced
- 1 teaspoon lemon juice
- 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon ground ginger powder
- 1/2 teaspoon cumin powder
- 1/8 teaspoon cayenne pepper powder
- 2 tablespoons fresh cilantro, chopped

Cauliflower Rice:

- 1 tablespoon lime juice
- 2 cups cauliflower florets
- 1 teaspoon coconut oil, melted



Steps

1. Activate cashews and pumpkin seeds ahead of time by placing them in filtered water overnight. Rinse and drain before use.
2. Prepare vegetables and place into container to marinate.
3. Pour marinade ingredients over vegetables and place into the refrigerator to marinate for a minimum of thirty minutes.
4. Prepare cauliflower rice by pulsing ingredients in a food processor until finely ground.
5. Place cauliflower to the side.
6. Prepare mango relish by combining ingredients in a bowl and mixing well.

Create curry sauce

7. Pour sauce ingredients into a high speed blender.
8. Blend on high until creamy sauce forms.
9. Toss marinated vegetables in curry sauce.
10. Arrange finished components on a serving dish.

Taco Collard Wrap

Serves 1-2

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Ingredients

Taco Filling:

- 5 baby portobello mushrooms
- 1/2 cup raw walnuts, activated
- 2 teaspoons liquid coconut aminos
- 1 tablespoon cumin powder
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika powder
- 1/2 tablespoon chili powder
- 1/8 teaspoon cayenne pepper powder
- 1/8 teaspoon chipotle chili powder
- 1/4 teaspoon Himalayan or sea salt.

Hemp Nacho Sauce:

- 1/2 cup raw hemp seeds
- 1/2 medium red bell pepper, diced
- 1/4 cup filtered water
- 1 tablespoon lemon juice
- 2 teaspoons liquid coconut aminos
- 1/2 teaspoon apple cider vinegar
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1/8 teaspoon ground turmeric powder
- 1/8 teaspoon cayenne pepper powder

Assembly:

- 1/3 cup Taco Filling
- 1/3 cup cauliflower rice
- 1/4 avocado, sliced
- 1 small tomato, sliced
- 1/4 cup fresh cilantro
- 1/4 cup Hemp Nacho Sauce
- 1 large green collard leaf



Steps

1. Activate walnuts ahead of time by placing them in filtered water overnight. Rinse and drain before use.

Prepare taco filling

2. Place filling ingredients into a food processor and pulse until ground.
3. Pour filling into a bowl to place on the side.

Prepare nacho sauce

4. Add ingredients to high speed blender.
5. Blend on high until smooth sauce forms.
6. Pour sauce in dish to place to the side.

Prepare collard leaf

7. Cut off the base of the stem, using a knife. Then thinly shave along the remaining stem at the base of the green to thin until pliable (this makes it easier to roll and wrap).
8. Prepare remaining fixings: Cauliflower rice is prepared by pulsing cauliflower in a food processor until fine, like grains of rice.
9. Place collard leaves onto a cutting board and top with assembly ingredients.
10. Roll one end of the collard leaf over the fillings lengthwise. Then fold each of the ends in, continue to roll, and place wrap seam-side down.
11. Cut the wrap in half and place onto a serving plate.



Roasted Butternut Squash with Mushroom Stuffing

Serves 2

Julie Van den Kerchove

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Steps

1. Preheat your oven to 350°F (175°C).
2. Cut off the top of the butternut squash, then cut the whole squash in half, lengthwise, and scoop out the seeds.
3. Arrange the two halves on a baking tray, drizzle them with extra virgin coconut oil and season with sea salt and 'Christmas stuffing' spices to taste. I used sage, thyme and rosemary.
4. Bake for 30 minutes or longer until the squash is tender, making sure the top doesn't burn.
5. In the meantime, make your mushroom stuffing (see below).
6. Once the butternut squash is tender, take it out of the oven and scoop out part of the flesh.
7. Fill the butternut squash with the mushroom stuffing. Serve with the finely chopped nuts, a generous sprinkle of fresh parsley and a drizzle of guacamole or extra virgin olive oil if you like. Season with extra salt and pepper if needed. Enjoy!

Mushroom Stuffing

1. Finely chop the onion and garlic. These will add lots of flavor to the stuffing but if you prefer to leave them out, that's totally fine!
2. Heat the coconut oil in a large, wide pan and add the onion and garlic. Cook over a medium heat, stirring occasionally, for 5 minutes or longer until the onion is softened.
3. In the meantime, clean the mushrooms with a small brush or paper towel if needed. Cut them into quarters or smaller pieces.
4. Add them to the pan along with sea salt, black pepper and sage, thyme or rosemary to taste. Cook until the mushrooms are well softened and all the liquid has evaporated.
5. When the mushrooms are tender and slightly browned, turn off the heat and use them to stuff the butternut squash.

Assembly

6. Once the butternut squash is tender, take it out of the oven and scoop out part of the flesh.
7. Fill the butternut squash with the mushroom stuffing. Serve with the finely chopped nuts, a generous sprinkle of fresh parsley and a drizzle of thin guacamole or extra virgin olive oil if you like. Season with extra salt and pepper if needed. Enjoy!

Ingredients

Roasted Butternut squash

- 1 small butternut squash, sliced in half
- 1 teaspoon extra-virgin coconut oil, melted
- Sage, thyme and/or rosemary, to taste

Mushroom Stuffing

- 1 small onion, finely chopped (optional)
- 1 clove of garlic, finely chopped (optional)
- 1 to 2 tablespoons extra-virgin coconut oil, melted
- 3 boxes (750g = 6 cups) of mushrooms
- Sea salt and black pepper, to taste
- Sage, thyme and/or rosemary, to taste
- 1/2 cup nuts (almonds, pecans, hazelnuts... preferably sprouted), finely chopped
- Parsley, chopped
- Guacamole or extra virgin olive oil



Oat-Free Oatmeal

Serves 1

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Ingredients

- 2 small apples
- 2 bananas
- 1/4 teaspoon ground cinnamon
- 1/2 cup strawberries, diced for garnish
- 1/2 teaspoon chia seeds, garnish

Steps

1. Add bananas, apples, and cinnamon to a food processor.
2. Pulse in increments until oatmeal-like consistency forms.
3. Pour into a serving bowl.
4. Garnish with fresh cut strawberries, additional cinnamon sprinkle, and chia seeds.

Colorful Cauliflower Rice Sushi With Hemp Seed Dressing

Serves 4

Anna Marshall

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Ingredients

Cauliflower Rice:

2 cups cauliflower florets, lightly steamed

1 cup spinach

1/4 cup coconut vinegar

1/4 cup coconut aminos

1 tbsp nutritional yeast

1 knob of fresh ginger root (1 in.), peeled

1 knob of fresh turmeric root (1 in.), peeled

Pulse all ingredients together in food processor or in a blender.

Colorful Veggie Filling:

2 small beets, peeled and diced

1 cucumber, julienned

1 yellow bell pepper, julienned

1 zucchini, julienned

2 cups micro greens

2 cups spinach leaves

Additional add-ins may include: avocado, carrots, mango, kimchi

Hemp Seed Sauce:

1 cup of hemp seeds

2 stalks of celery

1/2 cup zucchini

1/4 cup coconut vinegar

2 tbsp coconut aminos

1/3 cup of fresh parsley

1/3 cup fresh cilantro

Herbs/spices of choice

Blend all ingredients until smooth and creamy.



Additional Dipping Sauce:

1/4 cup coconut aminos

2 tbsp coconut vinegar

Fresh turmeric or ginger root

Optional add-in: wasabi

Steps

Rolling Sushi Method:

1. Take an un-toasted nori seaweed sheet and place it with the shiny/smooth side down on a sushi mat or flat surface
2. Scoop 4 tbsp of cauliflower rice onto the edge of the seaweed paper and spread evenly
3. Then add in pieces of beets, cucumber, zucchini, pepper, greens and sprouts on top of cauliflower rice
4. Tightly roll up the nori sheet, starting with the filled end.
5. Squeeze a piece of a lemon wedge (or can use damp fingers) on nori to seal the edges

Repeat for as many sushi rolls as you want to make!

Green Goddess Nori Wraps

Serves 1-2

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Ingredients

Pumpkin Seed Paté:

- 1 1/4 cups raw pumpkin seeds, activated
- 1 clove garlic
- 3 tablespoons filtered water
- 2 tablespoons lemon juice
- 2 teaspoons liquid coconut aminos
- 2 teaspoons olive oil
- 1 teaspoon apple cider vinegar
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano

Green Goddess Dressing:

- 3 tablespoons raw cashews, activated
- 2 tablespoons raw walnuts, activated
- 1/3 cup filtered water
- 1 tablespoon green onion, chopped
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon liquid coconut aminos

Steps

1. Activate walnuts, cashews, and pumpkin seeds ahead of time by placing them in filtered water overnight. Rinse and drain before use.

Prepare paté

2. Add paté ingredients into a food processor and pulse until paste forms.

Prepare dressing

3. Pour dressing ingredients into a high speed blender.
4. Blend on high until emulsified.
5. Prepare assembly ingredients.

Assemble wrap

6. Add assembly ingredients by hand along the edge of one side of the seaweed sheet in even layers.
7. Pull the edge of the sheet over the ingredients and begin to roll.
8. Continue to roll until there is a small lip of the sheet left. Brush some water along the edge then finish rolling the sheet to stick closed.
9. Using a sharp knife, gently cut the wrap in half and place on a serving plate with dressing for dipping.



Assembly:

- 1/3 cup Pumpkin Seed Paté
- 1/4 cup alfalfa sprouts
- 1/4 cup carrots, shredded
- 2 stalks green onion
- 2 springs of fresh cilantro
- 1 sheet of seaweed (nori)
- Green Goddess Dressing, in ramekin for dipping

Creamy Mushrooms on Zucchini Toast

Serves 2-4

Julie Van den Kerchove

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Ingredients

4 tablespoons extra virgin olive oil (or coconut oil, butter)

2 medium zucchini

2 boxes (4 cups = 500 g) mushrooms

200 ml (1 small cup) cashew cream (see below)

Splash of lemon juice (optional)

Black pepper and sea salt

Garnish:

Pomegranate seeds,

Roughly chopped macadamia nuts

Sprouts or parsley

Cashew cream:

1/2 cup cashews

3 tablespoons water

1 tablespoon lemon juice

Sea salt and black pepper to taste



Steps

1. Don't have a strong blender at home? Soak your cashews for 4 hours or overnight, or grind them into flour with a coffee grinder or small food processor before adding the water and lemon juice.
2. Cut the zucchini into slices of about 1/4 inch (1/2 cm) thick.
3. Heat 3 tablespoons of olive oil in a large frying pan. Sauté the sliced zucchini for 5 to 10 minutes until golden and tender. Season with pepper and salt.
4. In the meantime, chop the mushrooms into smaller pieces. Add to a second frying pan with a generous drizzle of olive oil. Sauté for a few minutes until golden brown.
5. For the cashew cream: mix the cashews with the water and lemon juice in a small blender. Season with sea salt and black pepper to taste. Blend until smooth.
6. Mix in the cashew cream and season with pepper and salt. You can add an extra splash of fresh lemon juice too. Cook for another 2 minutes so all the flavors can come together.
7. Serve the zucchini toast with the creamed mushrooms. Garnish with pomegranate seeds, chopped macadamia nuts and sprouts or parsley.



Raw Vegan Ceviche

Serves 1-2

Samantha Budow

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Ingredients

2 1/2 cups cauliflower, chopped

2 cups tomatoes, diced

1/2 cup chopped red onion

1 jalapeno, diced

1/4 teaspoon Celtic sea salt

1/2 cup lime juice

1/4 cup chopped cilantro

1 avocado, diced

Black pepper to taste

Steps

1. Mix the cauliflower, tomatoes, red onion, jalapeño, salt, and lime juice together in a medium bowl.
2. Add the cilantro, stir, cover, and marinate it all in the fridge for at least 1 hour.
3. Add the avocado and black pepper to taste. Serve
4. Swap out the avocado for mango for a twist!

Raw Tacos

Serves 2

Anna Marshall

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Ingredients

Raw “meat” crumble:

1 1/2 cup raw, sprouted walnuts

2 tbsp harissa powder OR 1-2 tsp of each of the following: paprika, red chili pepper, caraway, coriander, garlic, sea salt, cumin

1 tsp dried cilantro or 1 tbsp fresh cilantro

1 tsp turmeric powder

1 tsp black pepper

Juice of 1 lime

Juice of 1 lemon

1 tbsp hot sauce, optional

Sour Cream:

1 1/2 cup raw macadamia nuts (or cashews or brazil nuts), soaked in water for at least 2 hours

1 cup water

1/2 cup zucchini

Juice of 1 lime

Juice of 1 lemon

Sea salt & black pepper to taste

2 cloves garlic (optional)

Fresh cilantro (optional)

Taco Shell and Filling:

1-2 heads romaine lettuce

1 cup cherry tomatoes, slice in half or quarters

2 radishes, thinly sliced

1 scallion, finely chopped

1/2 bell pepper, diced

Handful fresh cilantro and/or parsley, finely chopped

Garnish with turmeric powder, harissa powder, fresh sprouts



Steps

Raw “meat” crumble

1. Place all ingredients in a blender or food processor and lightly pulse into a crumbly consistency.

Sour Cream:

2. Place all sour cream ingredients in a blender and blend on high-speed until creamy.

To serve:

3. Fill a lettuce leaf with a spoonful of raw walnut “meat” and chopped vegetables (like those provided in “Taco Shell Filling” ingredient list).
4. Drizzle on top sour cream on top.
5. Garnish with fresh sprouts and spices. Enjoy!