

CHICKPEA BURGER ★ CHOCLOATE MINT ICE CREAM

INSIDE:

Food Truck
Secrets

Raw Food Magazine

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COOL TREATS

Made quick & healthy

Truth About Your WATER

Raw vs. Paleo Comparing Popular Food Diets

5 Foods to Look & Feel YOUNGER

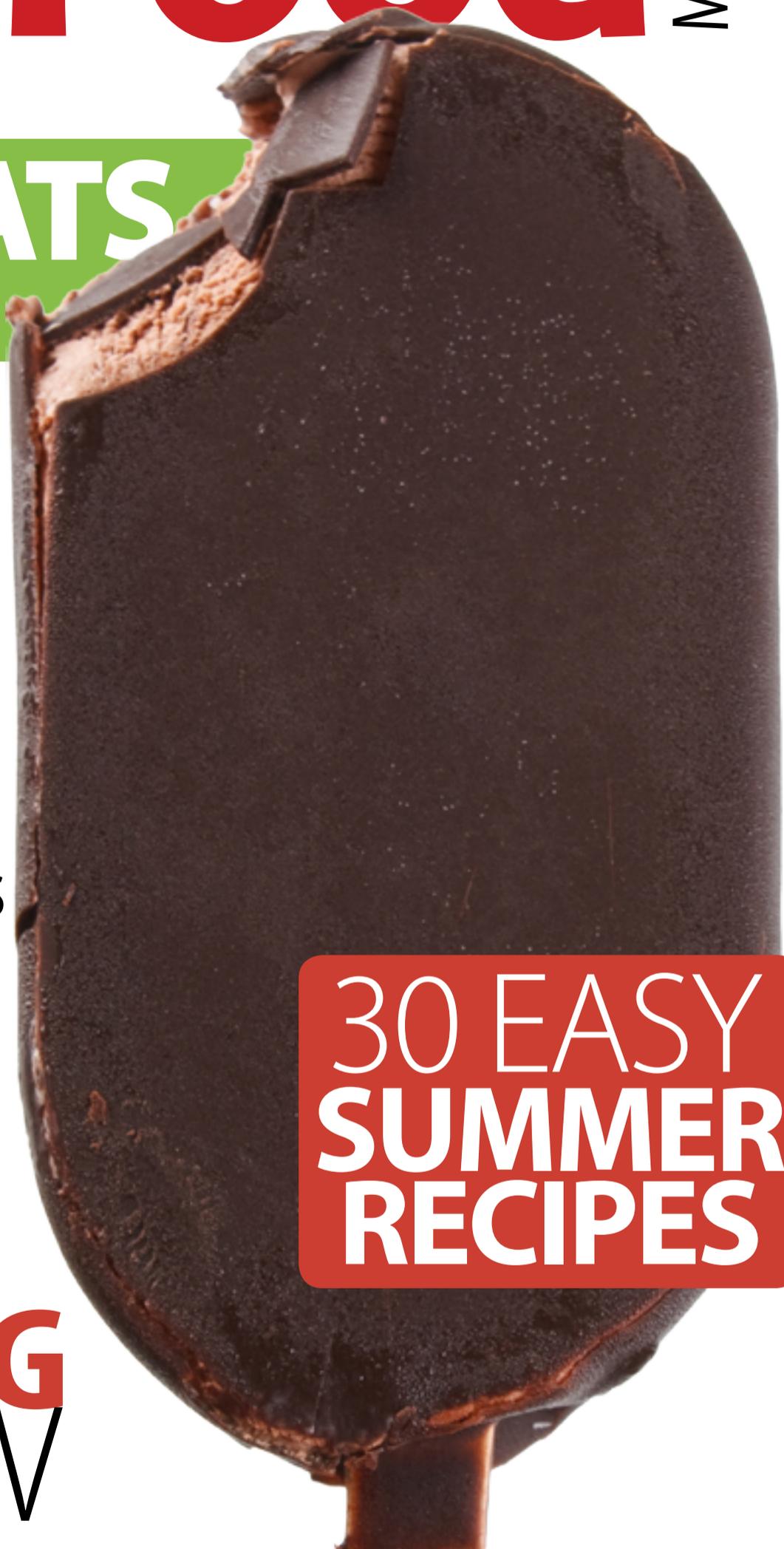
Easy Guide To...

TRAVELING RAW



How To Thrive In A Toxic World

with Katrine Volynsky



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RECIPES

Contributors



Angela Liddon

As the writer, photographer, and recipe developer of a popular vegan blog, Angela Liddon has shared recipes without meat or dairy since she started the blog in October of 2008, and now she's adding cookbook author to her resumé, too.

OhSheGlows.com



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National leader in the movement to promote healthy eating, Bryant Terry authored *The Inspired Vegan* and *Vegan Soul Kitchen*, and co-authored *Grub*. He has been featured in the *New York Times*, *Food & Wine*, on *The Martha Stewart Show* and *Morning Edition*. He lives in Oakland, California.

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Katrine Volynsky

Chernobyl Survivor, sports nutritionist and co-author of *Staying Alive in a Toxic World*, Katrine now uses her expertise to help others thrive despite radiation, altered-food and toxicity inherent in our environment today.

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Ames Starr

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Gena Hamshaw

Gena is passionate about vegan and raw food. In her blog, you'll find some of her favorite recipes, as well as some occasional musings about health and wellness, body image, and animal rights.

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*Click Play
to hear a short
interview preview!*



Research Round

New 2014 research has turned up some unexpected revelations in the world of health and nutrition. Researchers are now prescribing fruit to combat deteriorating eyesight, warning about the downside to vitamin E and giving compelling reasons to add dried fruit back into your diet.

Vitamin E: When is it a **BAD** Thing?

A surprising new study published in the journal *Respiratory Research* by a group of scientists from Chicago's Northwestern University, the University of Minnesota and other institutes found that vitamin E is not always good for your body.

According to the researchers, vitamin E that is found in vegetable oils like canola oil and oil sourced from corn may be bad for lung function. On the other hand, vitamin E that is found in olive oil may protect the lungs. The difference is caused by the various forms of vitamin E called "tocopherols."

Tocopherols are usually found in oils and fats. The research found that gamma tocopherol, which is found in canola oils, corn oil, and

soybean oil caused poor adult lung function. Another form of vitamin E called α -tocopherol or alpha tocopherol, found in sunflower and olive oils seems to benefit the lungs.

This suggests that not finding out the source of vitamin E before you take it as a supplement can have an unexpected negative impact. The vitamin is a powerful antioxidant that is good for the heart and the neurological health. Other studies have shown that vitamin E may also be good for the respiratory system and protect against asthma.

Vitamin E has the ability to impact a specific protein that allows WBCs (white blood cells) in the blood to enter tissues from the bloodstream for inflammatory response. But the study found that alpha tocopherol reduces this protein and gamma tocopherol increases it. As a result, gamma tocopherol can cause hyper-responsiveness in the respiratory system, a common symptom among asthmatics.

The study findings were the results of the assessment of 4526 adults tracked since 1985. Research was carried out to discover if lung health could be linked to the levels of gamma and alpha tocopherol in the bloodstream. Results

showed that higher gamma tocopherol level was linked to asthma while a higher alpha tocopherol in the bloodstream was linked to better lung function.

This makes it important to choose your source of vitamin E. When taking supplements, it is important to read the labels carefully and find out what type of tocopherol is contained in the supplement. It also clearly distinguishes between the types of oils that are good for the lungs and those that are not.

Eat This Fruit to Ensure Great Eyesight in Old Age

Those of us that have a sweet tooth find grapes delicious snacks. They are low in calories, of course, but they contain a host of nutrients that are good for us. In a surprising twist, researchers



found that eating grapes on a regular basis may help protect the retina from deteriorating in old age.

The research was presented at an Orlando, Florida conference of the Association for Research in Vision and Ophthalmology in May, 2014. According to scientists at the Bascom Palmer Eye Institute in the University of Miami, all grapes are good for you, but green grapes in particular may have the ability to improve the function of the retina and prevent retinal degenerative disease.

Retinal degeneration causes permanent damage to the tissues at the back of the inner eye that are light sensitive and play an important role in vision. Some retinal degenerative diseases, afflicting more than five million US citizens, include usher disease, macular degeneration, stargardt disease, etc. Night blindness, tunnel vision, damaged vision, loss of vision are some of the symptoms of retina degeneration.

Researchers at the Bascom Palmer Institute gave a group of mice either a control diet or a grape-enriched diet (equivalent to three daily servings of grapes for humans). At the end of the study period, it was discovered that the mice on the control diet

had worse retinal function than the mice that were given the grape-supplemented diet. The researchers found that the mice that were given the grapes had three times enhanced response in the rod and cone photoreceptors. These mice also developed a thicker retina than the mice fed on the control diet.



The retina is the part of the eye that contains cone and rod type photoreceptors, which respond to light. Degeneration in the retina results in the death of the rod and cone cells.

According to the scientists, consuming grapes may signal changes at the cellular level. Other exciting conclusions drawn from the study were that grapes may benefit the eyes in multiple ways. Grapes may increase the protective proteins in the retina and decrease the inflammatory proteins in it. They may also reduce oxidative stress in the retina.

While this is still a pilot study with further research required, there are already plenty of reasons to add grapes to your daily diet if you can.

Can Dried Fruit Really Help You Lose Weight?

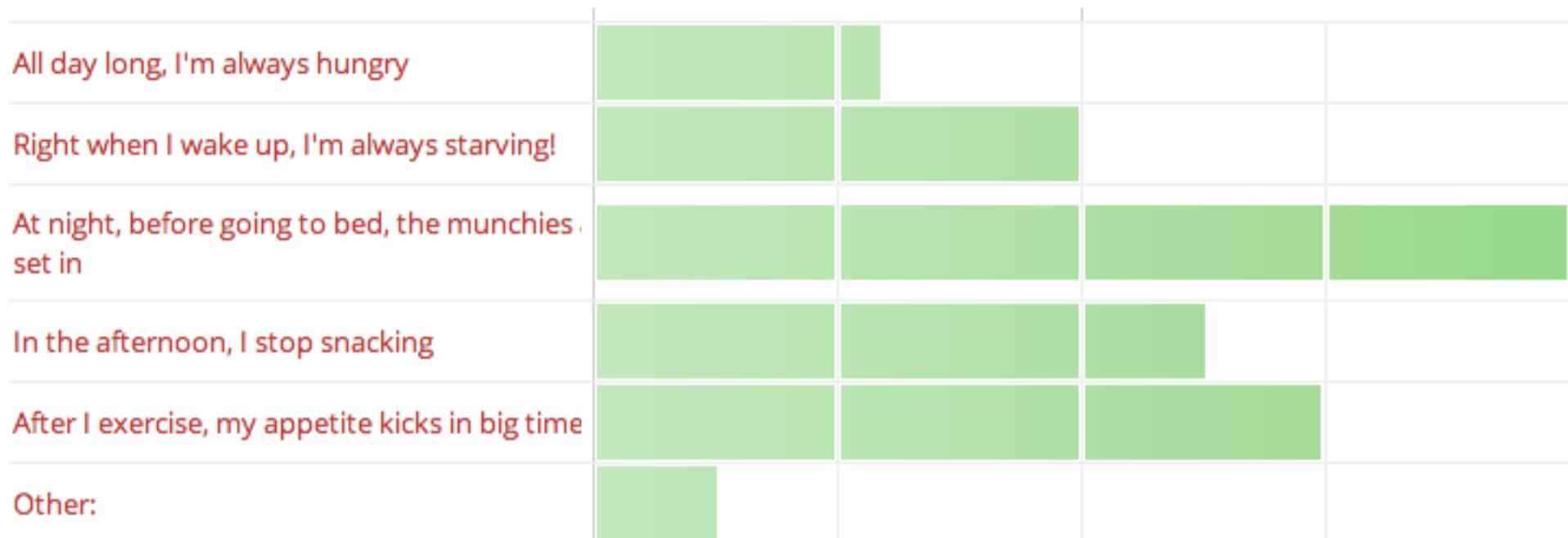
A preliminary study carried out by researchers at the University of Liverpool in Britain has revealed that eating dried prunes may not only help with weight loss, but it can also help to maintain a steady weight. Maintaining weight loss once weight has been lost is difficult. But there is data to suggest that prunes can be safely added to a diet meant for weight management, as they have no side effects. Snacking on prunes can help to keep hunger at bay and satisfy sugar cravings, which is an objective for many people trying to lose weight.

During the study that extended for a period of twelve weeks, 100 obese and overweight people who were low consumers of fiber were examined by the scientists. They found that the group members who ate prunes regularly lost 2.5 cm from their waistlines and two kilograms from their weight. Additionally, those that ate prunes experienced the most weight loss during the final four weeks of the twelve-week period of the study. These participants received high doses of prunes every day, but were able to tolerate it.

The study suggests that dried fruit – despite being added to many diet “no-no” lists due to the caloric density from natural sugars – can provide hidden benefits to consumers when it comes to weight loss and appetite control.



When do you feel the **most hungry**?

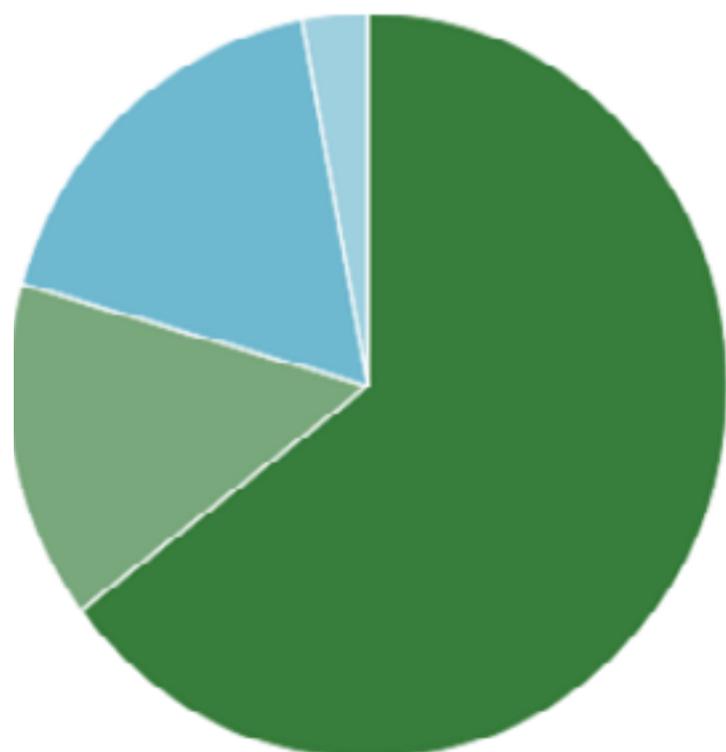


Midnight munchies?

Bedtime snacking is a common habit that can interrupt your sleep and contribute to weight gain. If possible, resist the urge to eat and opt for a soothing cup of chamomile tea or large glass of water. You want your body to focus its energy on cellular reparation while sleeping, not digestion!

If you *must* eat something, opt for raw coconut yogurt or a spoonful of almond butter. The healthy fats will help you feel fuller longer while you fall asleep.

What would you do if a stranger **gave you flowers**?



- 64.71% ■ Smile and say "thank you"
- 14.71% ■ Politely refuse them and walk away
- 0% ■ Smack them in the face with the bouquet shouting "how dare you!"
- 0% ■ Accept the flowers, sniff 'em toss 'em in the nearest trash can
- 17.65% ■ Gush over how beautiful they are and tell everyone what a magical day you've had
- 2.94% ■ Other:

Congratulations RFM readers! You are officially almost 30% more trusting, open, and friendly than the national average of people answering this question!

What's In Season?

Because the healthiest produce is fresh, local, and in season!

Northern Hemisphere

FRUIT

Blackberries, Peaches, Nectarines, Apricots, Grapes, Cherries, Apples, Watermelon, Cantaloupe, Mango, Apricots, Blueberries, Tomatoes, Kiwi,

VEGGIES

Summer Squash, Corn, Potatoes, Basil, Beetroot, Carrots, Broccoli, Cantaloupes, Plums, Beans, Eggplant, Peppers, Peas, Garlic, Kohlrabi, Onions, Radishes, Sorrel, Watercress, Aubergine

Southern Hemisphere

FRUIT

Apples, Avocados, Dates, Grapefruit, Lemon, Lime, Melon, Oranges, Papayas, Naartjies, Pears, Pineapples

VEGGIES

Asparagus, Beetroot, Broad Beans, Broccoli, Brussel Sprouts, Fennel, Jerusalem Artichokes, Kale Spinach, Parsnips, Pumpkin, Radishes, Turnips, Watercress

What would be your ideal holiday vacation? (choose 2 if needed)

- Hiking & adventuring in the mountains
- Hanging in a cottage on a lake
- Taking on extreme adventures & activities that the average citizen would consider crazy
- Touring around to different islands on a cruise ship
- Relaxing on the beach
- Road tripping to amazing landmarks
- Joining a tour group to see historical sights & museums

Other:

Vote

What type of meal plan would you be most interested in?

- 21 Day Raw Food Meal Plan
- 3 Day High Raw Challenge
- Lifetime Weekly Raw Food Meal Plan
- 3 Day Detox Cleanse
- 14 Day Detox Cleanse
- Other:

Vote

Readers Talk

Great Resource

This magazine is everything we needed. Without much information out there about the raw diet/ lifestyle, this is a must for the ones who want to become 100% raw, or just healthier by simply adding a few raw meals to their diet. Brilliant.

Aria, Ireland

What was your *favorite* part of the May/June issue?

"I loooved the interview with Chef Lisa! She is so great!"

"Absolutely the recipes - helps me stay raw and not get bored"

"I loved the recipes, but I also learned a lot from the Food Myths article."

"Colorful, delicious pictures of food :)"

I love the interviews and recipes, but would love to see more articles, especially full ones.

*Flick Percival,
Bahrain*



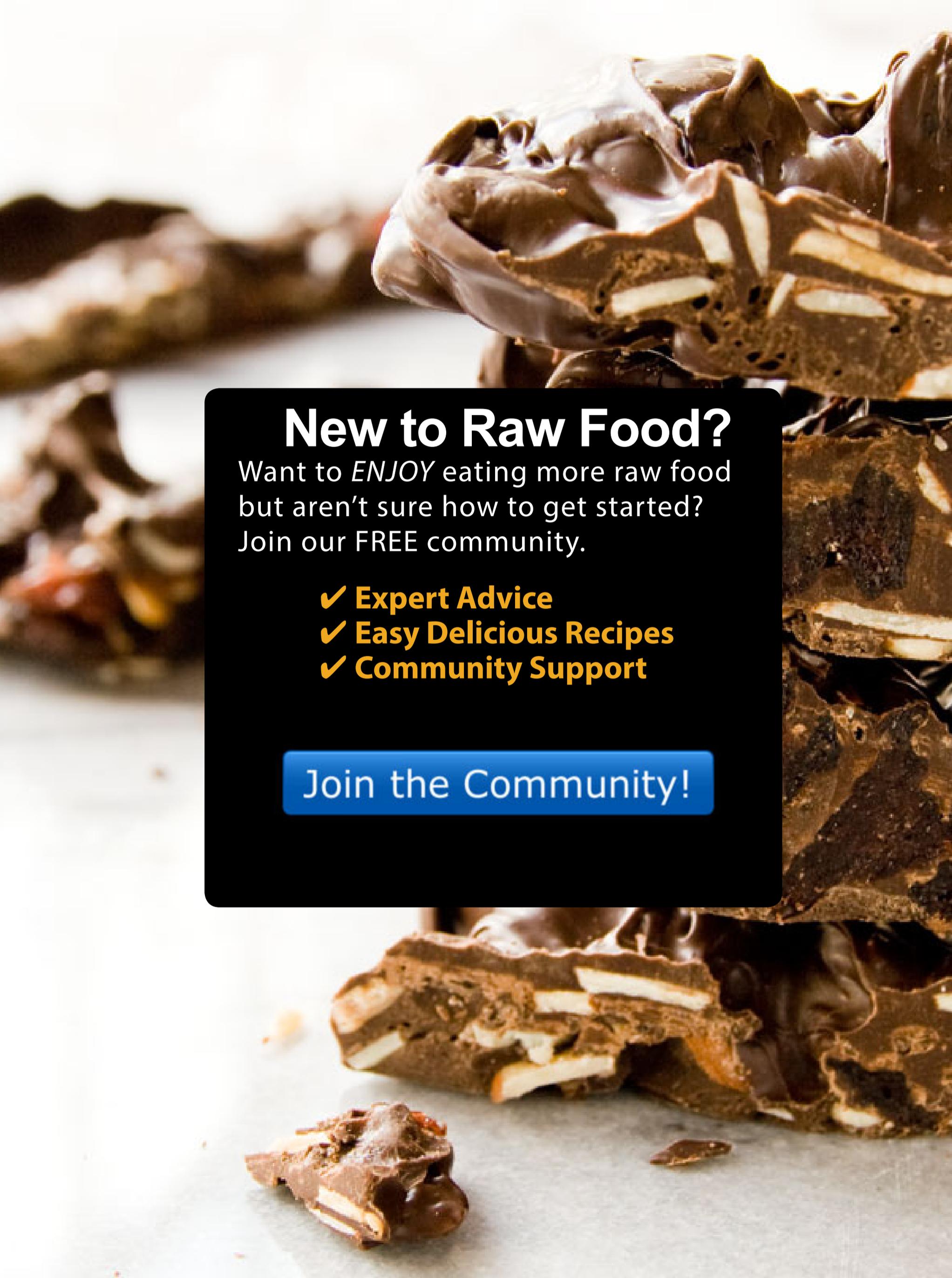
Have praise or a suggestion for Raw Food Magazine? We want to hear it all!

Impressed, I've learned so much.

T.N., USA

Awesome Magazine
I love this magazine! I'm trying the raw food lifestyle this summer and it's helping out a lot. Raw food recipes are great, and I've used the magazine while I am shopping to get the right ingredients.
J. Route, USA

Have something to say? We are here to listen. We value your feedback and read every e-mail.



New to Raw Food?

Want to *ENJOY* eating more raw food but aren't sure how to get started? Join our FREE community.

- ✓ **Expert Advice**
- ✓ **Easy Delicious Recipes**
- ✓ **Community Support**

[Join the Community!](#)

RAW VEGAN ATHLETES

Shattering the Myth of the Weak No-Meat Eater

What is it about vegan and raw food? Despite the mountains of anecdotal evidence and the reams of scientific studies proving that vegan and raw diets promote a healthy life as does no other eating plan, many folk still do not understand that they can not only lose weight by going vegan and raw, they can actually thrive. In fact, the sports world is peppered with raw vegan food adherents who have found that eating this way helps their bodies recover quicker from their demanding professions.

The most famous and most accomplished sportsperson on the planet is actually a pair of sportswomen: the Williams sisters. **Venus and Serena Williams** went raw vegan as part of their 2012 New Year's resolutions and as an attempt to help Serena battle Sjogren's Syndrome. Though she still has this incurable disease, that attacks immune systems and causes severe arthritis and joint pain, Serena has been ranked the number one women's tennis player on the planet, just as her sister has.

Proving that being partially raw is better than not being raw at all, the

self-described cheagan, cheating vegan, Serena said, "I'm not perfect, so I forgive myself when I make mistakes and I do a lot of juicing as well, a lot of wheat grass shots...lots of fresh juices and things like that." She credits her lifestyle eating choice with helping her deal with her disease and with her success on the tennis court. Meanwhile, the most famous raw food sportsman in America today is

probably the NFL's **Tony Gonzales** who eats raw more often than not and who also just so happens to be the greatest tight end of all time. Though the 38-year-old Gonzales says that his diet helps his body quickly recover from his physically violent profession, he still allows for 20 % of it to consist of fish and chicken in order to give his body the protein he feels it needs to maintain muscle mass.



Tony Gonzales

Scott Jurek



Though not as well known, **Scott Jurek** is perhaps the most accomplished raw sportsman alive. The ultramarathoner has set numerous course records around the globe in running races of 100 plus miles. The year he went vegan is the same year that he won the iconic Western State 100-mile run; he won it the next six years as well. As a raw

vegan eater, Jurek has also set the United States record for running 165 miles in 24 hours, won the 153-mile Spartathlon race between Athens and Sparta, Greece three years in a row, and twice the 135-mile Badwater Ultramarathon that goes from Death Valley, the lowest point in the US, to the trailhead of Mount Whitney, the highest peak in America's lower 48.

In his book *Eat and Run: My Unlikely Journey to Ultramarathon Greatness*, Jurek says that all runners ought to eat whole grains, legumes, chia seeds, the basic fruits of apples, bananas, and oranges, tempeh (note, this is not sprouted soy product is not eaten raw), miso, spirulina, and flax oil.

Jack Lalanne was mostly raw for many decades before he passed away at the age of 96. It was his commitment to exercise and eating a plant-based raw diet that helped him perform feats such as swimming 1.5 miles with his hands handcuffed and his feet shackled in the Long Beach Harbor while towing 70 boats carrying 70 people at the ripe age of 70.

How fit, strong, and tough was this plant-based eater? Well, soon after Arnold Schwarzenegger arrived in America he met Lalanne, who was twice his age, at Venice Beach and challenged him to a pushup and chin-up competition. LaLanne soundly beat the Austrian, who was at the time the youngest Mr. Universe ever. "I beat him in chin-ups and push-ups," LaLanne said in later years. "He said, 'That Jack LaLanne's an animal! I was sore for four days. I couldn't lift my arms!'"

Jack Lalanne



Fiona Oakes



On the other side of the Pond, British Cyclist **Fiona Oakes** has been vegan for more than two decades. During this time she has won many international titles for the UK and even raced as a track cyclist in the Olympics. She is also an accomplished runner who has completed more than 20 marathons along with one in the Antarctic.

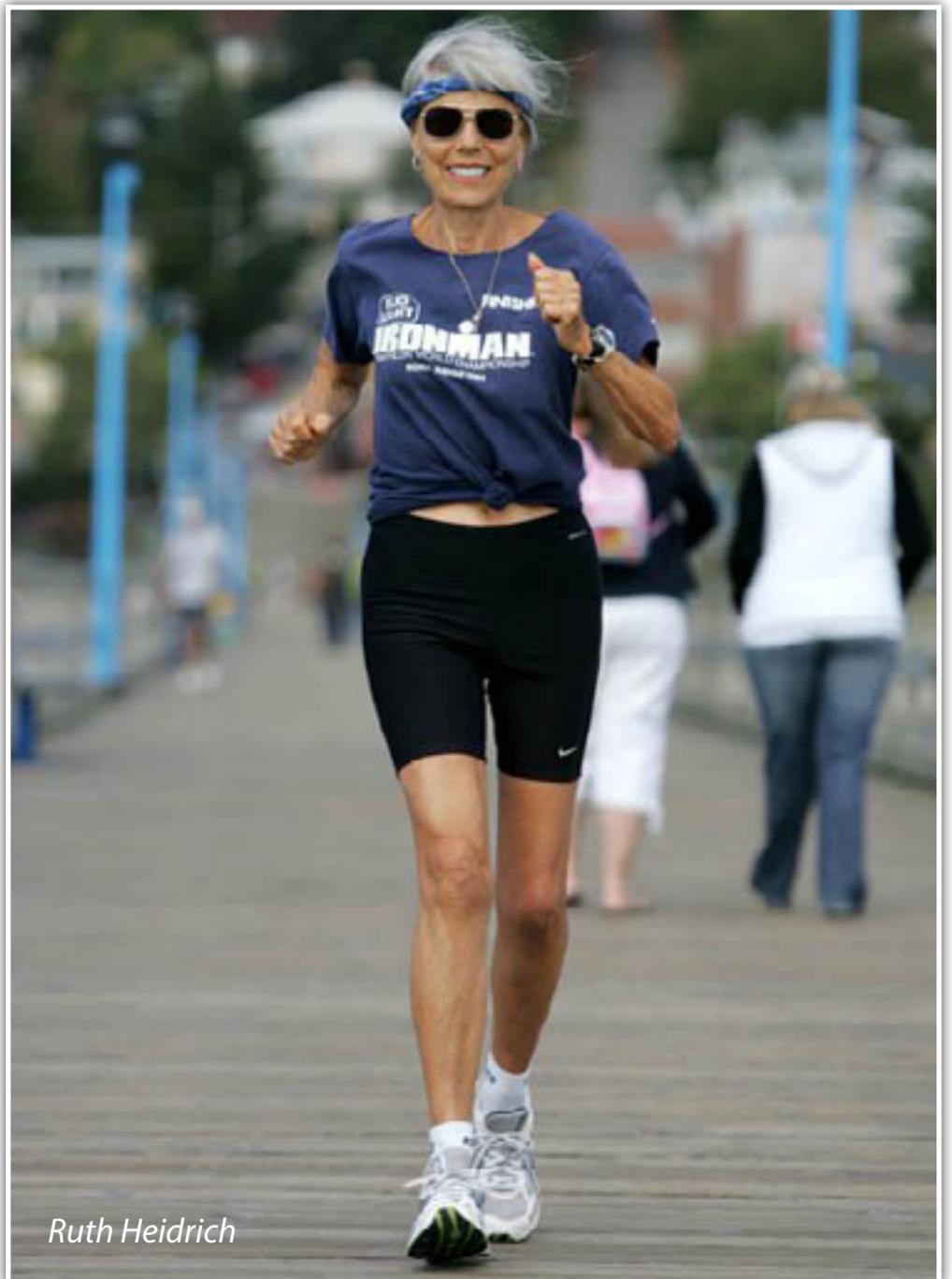
Oakes' path to vegan-hood began early in life when she quit eating meat when she was six years old. What's especially profound about Oakes' athletic success is that she has two other demanding jobs, one as a retained firefighter and the other operating an animal sanctuary that is the home to 400-something dogs, horses, sheep, and pigs.

Oakes relishes her role as a vegan example. "I like to encourage people to think about veganism in a positive way," Oakes said. "I try to break down stereotypes and myths attached to veganism by my actions. I am one of only 800 female firefighters in the UK – a job which people don't expect to see a female doing, let alone a vegan one. I run endurance events, a thing which people don't think you can do if you are a 'weak vegan.'"

Though **Ruth Heidrich** is the last sportsperson on this list, she is not the least. An every-day runner for 45 years and a vegan for more than 30, Heidrich, named one of the "Top Ten Fittest Women in North America" in 1999, has completed the famously grueling Ironman Triathlon half a dozen times and won nearly 1,000 gold medals for running and triathlon races of all distances.

These days, this holder of a doctorate in Health Education is a noted expert on fitness and nutrition for seniors.

All of these accomplished athletes are living examples that humans can do more than get by on a plant-based diet; they can, in fact, thrive. It is your choice and your life, you can choose to get by or thrive. I know what my choice is.



Ruth Heidrich

Think it's **TOO HOT** for **YOGA?**

When the mercury begins to rise, hot yoga may not be the first thing on your mind. But, getting your sweat and stretch on in a 100-plus-degree room may be just the thing your body needs.



Developed in 1946 by Indian yoga teacher Bikram Choudhury, Bikram yoga is simply an offshoot of hatha yoga with a set series of twenty-six postures and two breathing exercises that are performed in a heated room, typically at 104°F/40°C. While contorting your body, dripping with sweat in a muggy, crowded room may

not sound like your ideal workout, Bikram's rising popularity is evidence of its powerful ability to leave you feeling relaxed, calm and cleansed. Here are five reasons to try out bikram yoga this summer.

#1 Acclimatize to the heat.

Sweat is the body's primary way of regulating body temperature.

Acclimatization to exercising in heat can take up to two weeks and practicing Bikram yoga can help. Through practicing intentional, breath-centric exercise in the heat, you may begin to notice outside air temperatures feeling milder, or that you have less of an inclination to crank up the AC, and a lessening of that weighed-down feeling common during sweltering summer heat.



#2 Make faster gains in your practice.

Consistency is key to progressing in yoga practice or any physical activity for that matter. But, the summer months have an extra benefit. Warmer temperatures mean your muscles, joints and ligaments will already be nice and warm at the beginning of your practice. Many people find they can move deeper into postures and increase their flexibility considerably during this season. What's more, a nice warm body dramatically reduces the chance of injury!

#3 Detoxify your body more completely.

The digestive tract is our number one avenue of elimination of waste. The skin is number two. Sweating allows our bodies to cleanse and release toxins through nearly three trillion

pores all over your body. Bikram yoga is famous for making you sweat. The more you sweat, the more toxins your body can release, which is wonderful for your internal organs and skin. Just remember to hydrate with plenty of clean water before and after class.

#4 Unleash more energy.

By mid-summer, we sometimes find ourselves feeling sluggish and bogged down mentally and physically. The combination of deeply relaxing postures and pushing through discomfort to find release make yoga practice a double threat for fighting off summer slothfulness. Ongoing NCCAM Studies (National Center for Complementary and Alternative Medicine) are gaining more conclusive evidence that a regular yoga practice increases energy, boosts brain function, reduces depression and lessens (in

some cases reverses) chronic fatigue syndrome. Do you have New Year's resolutions from six months ago you almost forgot about? This season may be the perfect time to reenergize and refocus. Yoga can help you do just that.

#5 Get in amazing physical shape.

It is well known that regular yoga practice builds strength and flexibility. What's more, practicing in the heat increases endurance, which can positively effect your other summer hobbies like biking running, swimming or even just pushing the stroller. Still searching for that "beach body?" Ditch the "Magic Five Minute Fat Burning Butt Boosting" workout plans and opt for a deeply nourishing, strengthening and lengthening yoga session. Your body will thank you!

Tips for Enduring and Even Enjoying Your First Hot Yoga Experience

1. Hydrate **before** coming to class. Since it takes about 45 minutes to process water, trying to hydrate during class will be too late.
2. Eat foods high in water and avoid caffeine, alcohol and starches. Fruits and veggies high in water content will help ensure you have adequate water in your system to keep Bikram yoga safe and enjoyable.
3. Bring an extra towel. You will want to cover your mat with a towel to avoid slipping and sliding as you begin to sweat; but, you may want to bring another one to towel off during your practice.
4. No more sports drinks. Sports drinks often have lots of sodium and sugar. Opt instead for coconut water as a great way to hydrate and replenish electrolytes.
5. Stop and rest. During the class, if you start to feel dizzy, light-headed or feel your heart racing, stop. Sit on your mat, breath deeply and sip your water. Have a practical goal like finishing the practice, not hitting every move! Just showing up is a success.
6. Shower immediately after your hot yoga class. If your studio has a shower, hop in after class to rinse the released toxins and sebum from your skin. Clean pores can breathe! Clogged pores inhibit your skin's ability to detoxify.
7. Treat yourself afterwards. It is important to rehydrate after sweating profusely. Treat yourself to a delicious green smoothie or blend up some watermelon and frozen strawberries for a tasty, hydrating drink. Dreaming about your post-yoga slurpee can also help you get through class!

Heavenly Hips Yoga (1:08)

No bikram yoga studio near you? No worries! Just take your yoga practice outside this summer and get some Vitamin D while you're at it.

The following video, taught by Rachel Scott, is challenging, playful and energizing. It will leave you ready to take on the day and live in the present moment. Remember, go at your own pace and be kind to yourself. Namaste.



Your **ULTIMATE** Raw Travel Handbook

By Anya Andreeva

Are you planning on going away for the summer and wonder how to stay raw during the journey? Long haul flights can be uncomfortable as it is, without having to worry about what to eat, so let me make this easy for you – here are a few tips on how to travel and still stay raw.

EATING RAW ON LONG FLIGHTS

Pre-travel

Make sure you are full before you leave your house and just in case, bring something like a smoothie that you can drink in the terminal, before passing security. It will fill you up and keep you hydrated.



Search for vegetarian or raw restaurants at your destination before flying out. This will save you time when you arrive, and just in case you don't have internet there, you will know where to go. I personally write travel blogs with raw food tips for specific countries all over the world and I'm sure there are many more who can help make your holiday great!

Can you order a raw vegan meal?

If you are going on a long haul flight, see if your airline carries raw vegan meals. I was surprised to find that a lot of them do nowadays. If you do manage to order a raw vegan meal, don't think you can get away with just that though. It's quite entertaining seeing what airlines think raw vegans eat. On my flight from Singapore to Bali via China Eastern Airlines, they gave me a plate with four cucumbers on it, along with a suspicious looking sauce. That was it, just four whole cucumbers.

What types of food should you pack with you?

Fresh food is always best! Pack some vegetables and fruits that are easy to eat, such as apples, carrots, cucumbers, peppers, apricots, cherry tomatoes and celery. Nuts such as almonds and cashews are great too.





FLEXIBLE
CUTTING MAT

Dried goods make a fantastic snack, like raw granola, energy bars, dried apricots, dates and raw burgers or falafels; they give you lots of energy, don't take up much space and are the least likely to get confiscated. My favorite is dehydrated bananas. They are filling, will help with your sugar cravings and since they don't get mushed easily, you can put them in a zip lock bag to save space. On the downside, dried foods make you dehydrated, so don't overdo it and drink extra water.

raw-banana-pecan-granola bars



Avocados are a great source of fat and will fill you up, but they do get squished easily and go brown if you cut them. If you choose to take avocados with you, cut them in half vertically, close them up again, put them in a plastic container and scoop out the flesh on the plane with a spoon.

What foods should you avoid?

Don't take things that can be easily squished or will stink up the plane, such as cashew cheeses with garlic, soups, whole tomatoes (cherry tomatoes or cut up tomatoes are ok) or bananas.

Broccoli and cauliflower may seem like a good choice because they are hard and don't go bad easily, but if you are prone to gas from cruciferous vegetables, perhaps it's better to leave them at home. The cabin's air pressure will decrease in the air, causing the air in your guts to expand, and your neighbors probably won't be too happy about that.



I don't usually recommend salads with the exception of "tough" ingredient salads, like a Korean carrot salad or a raw kale salad. They will go even nicer the longer they are marinating and you won't have to worry about soggy lettuce leaves.

Lastly, liquids over 100ml are a no-no, I've even been stopped with cashew sauces.

How to pack and carry your food?

Rule #1 – always separate your ingredients. Salads go soggy even if you mix tomatoes with lettuce for a couple of hours, let alone salad dressing.

If you're flying with a cheap airline that is very strict about the size of your hand luggage, I would recommend taking a jacket with you that has many pockets (aka RyanWear as I like to call it). Firstly, it is often freezing on planes, and secondly, you can easily stuff your pockets with food.

Take cheap plastic containers that you can throw away after, don't bring your good tupperware on the off chance that you'll have to throw it away due to weight restrictions and hand luggage space. I would avoid glass containers too as they are heavy and may break.

Use zip lock bags whenever you can (and take some extras), these really help save space. If you can't live without your salad dressing though, do use a little jar for it, you

don't want to put that into a zip lock bag that could burst all over your suitcase.

You can even ask for ice on the plane to keep your products fresh and cool – just put some into your zip locks and place them around your food bag.

travel jackets with internal pockets are great for traveling and hiding extra snacks

I forgot to take food with me, how can I resist buying junk food?

It's really up to you if you choose to stay 100% raw on your flight or not, no one will judge you if you decide to eat something cooked. Think it over first though, will it make you feel sick? Guilty? Will you fall into the trap of eating pasta again and is it worth it? Will you really starve to death if you don't eat at all throughout the duration of your five-hour flight? Some people fast throughout the journey, it's not that hard if you put your mind to it.

You can order a vegetarian/vegan meal and just eat the fruit bowl, or just ask for a separate fruit bowl if you have forgotten to order a special meal.

If you have a long transfer wait at an airport, try to resist the Burger King smells, go instead for a salad at some decent-looking restaurant – your body will thank you for it! Yes, some willpower is required here, but I know you can do it! Even if they don't have vegan options, you can always ask them to take out the ingredients you don't want. I even managed to do this in Cambodia so I'm sure you can find something too.

Drink water! Most of the time you feel "hungry", you actually just need to drink and you get extra dehydrated on a plane, so don't worry about disturbing your neighbors by going to the toilet too often – to better stay hydrated.



After the flight

Save a little something for after the flight, as you never know how soon you will be able to find a decent place to eat. If you're driving to your hotel by taxi, keep an eye out for fruit markets and ask the driver to stop to get a bunch of bananas.

EATING RAW ON TRAINS, BUSES AND CARS



Get comfortable

Land transport is easy since they don't have weight or baggage restrictions. Try to get a seat with a table (on trains), so you can have some food in comfort. Here you can take already prepared foods if you wish; kelp noodles work great if you have some, as they don't get soft compared to zucchini noodles. You can also take some cut-up veggie sticks with a yummy dip.



Most packing rules are the same as for planes

Take a separate bag for food so if you want to place your luggage in the designated area, you don't have to search for it.



Sticking to raw food in cars is by far the easiest of all as there are no restrictions whatsoever. You can get a cooler bag to keep your food fresh, or even take some ice bags with you. You can take nicer tupperware since you can always wash it and put it back in the boot (I like the ones with separate sections in them).

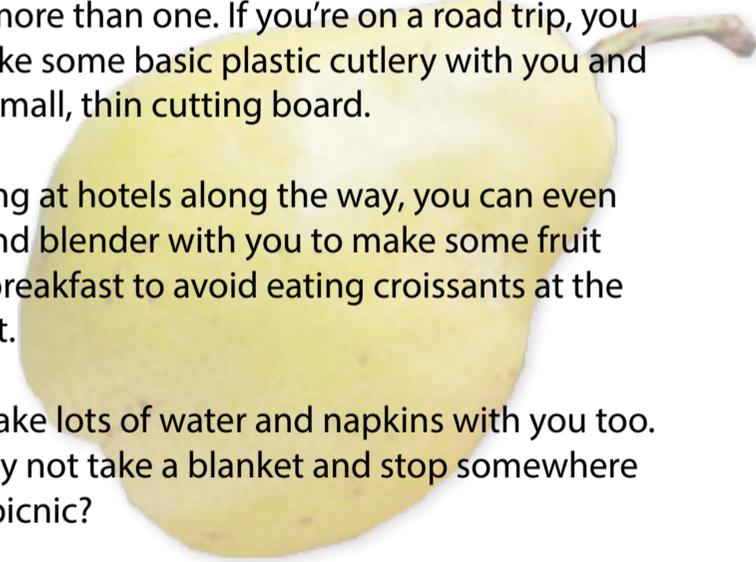
Extra things you can take with you

Land transport allows for a few extras that will make your journey more comfortable and knives is one of them, though on some trains like the Eurostar you can't take more than one. If you're on a road trip, you should really take some basic plastic cutlery with you and maybe even a small, thin cutting board.



If you're stopping at hotels along the way, you can even take a small hand blender with you to make some fruit smoothies for breakfast to avoid eating croissants at the hotel restaurant.

Remember to take lots of water and napkins with you too. Even better, why not take a blanket and stop somewhere beautiful for a picnic?

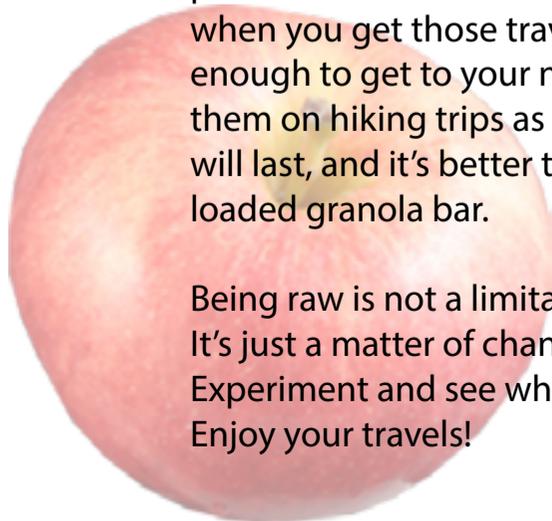


Final quick tip

Anywhere you go, do keep a small bag of almonds in your purse. These are a lifesaver when you get those travel cravings and can fill you up enough to get to your nearest rest stop. I also like taking them on hiking trips as you never know how long they will last, and it's better than borrowing your friend's sugar-loaded granola bar.



Being raw is not a limitation as there are so many options. It's just a matter of changing your habits a little bit. Experiment and see what works best for you. Enjoy your travels!



Is Raw Food Really That RESTRICTIVE?

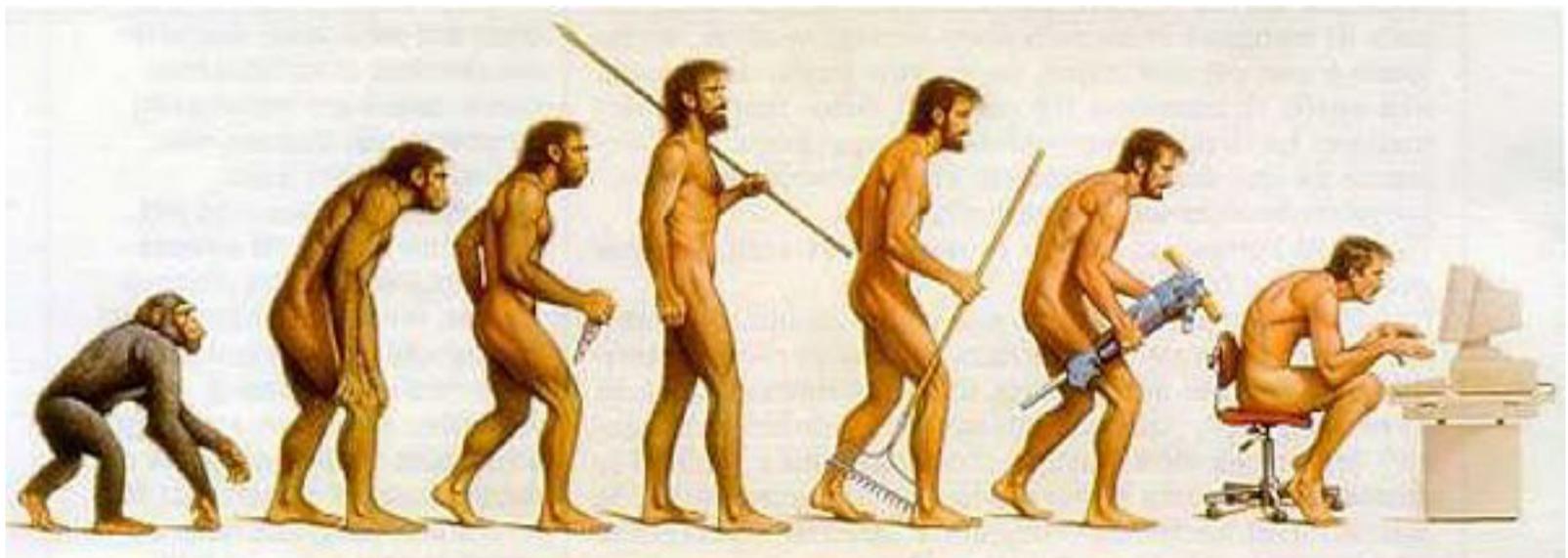
Many people equate raw food with restriction and deprivation, when this couldn't be further from the truth! While raw foodies opt for uncooked, whole food in its most nutritious state, there is little limit to the variety of food you can enjoy.

Let's take a look at how raw food stacks up against two other popular diet lifestyles: the Paleo (or Caveman) diet and the Alkaline Diet.

At a glance

Paleolithic Diet

The Paleo Diet (or Caveman Diet) is based on the idea that the optimal human diet is the one to which we are genetically adapted. Paleo devotees strive to reflect what our early ancestors before the agricultural revolution would have eaten. These hunter-gatherers relied on fruits, nuts and seeds they could gather, and animals they could hunt, utilizing more than just muscle tissue, but also consuming organ meats, bone broths, and more. Several long-term studies have validated the basic Paleo ideology by showing the negative effects of a diet high in grains and un-sprouted legumes. Vegans and vegetarians will encounter a moral dilemma with the lifestyle that encourages regular consumption of meat and animal products.



Alkaline Diet

The premise of the alkaline diet is to only consume alkaline foods, that is foods with pH level of 7 or greater, to promote less acidity as a way to heal from disease and lose weight. Scientifically speaking, nothing you eat will substantially change your blood pH level as the body is hardwired to regulate blood pH, keeping it between 7.35 and 7.45. Yet, people who believe in the alkaline diet say that though acid-producing foods shift our pH balance for only a little while, if you keep shifting your blood pH over and over, you can cause long-lasting acidity. Whether or not the pH of food is its most critical characteristic, the alkaline diet does promote eating a healthy diet of fruits and vegetables and cutting out taxing foods like meat and dairy.

	RAW FOOD	PALEO DIET	ALKALINE DIET
Vegetables	Yes, in abundance especially leafy greens ✓	Yes, non-starchy vegetables only! ✓	Yes, excluding mushrooms and canned corn ✓
Non-Sweet Fruit (bell peppers, cucumbers)	Yes ✓	Yes in moderation ✓	Yes ✓
Sweet Fruit (bananas, dates, grapes)	Yes ✓	Yes in moderation ✓	No ✓
Dried Fruit	Yes ✓	Yes in moderation ✓	No ✗
Beans & Legumes	Yes, soaked or sprouted ✓	No ✗	Yes, excluding peanuts ✓
Nuts & Seeds	Yes, soaked or sprouted ✓	Yes ✓	Yes ✓
Fats/Oils	Yes, cold-pressed ✓	Yes, excluding partially hydrogenated and vegetable oils ✓	Yes, olive oil preferred ✓
Meat, Poultry, Fish, Eggs	No Some choose to eat raw meat or seafood though this is uncommon ✗	Yes, grass-fed, wild-caught and organic preferred. Bone broths encouraged. ✓	No ✗
Dairy	Raw Unpasteurized Milk ✓	Avoided by some, included by some ✗	No ✗
Grains	Yes, sprouted ✗	No ✗	No ✗
Processed Foods	No ✗	No ✗	No ✗
Sugar	No, raw sweeteners include raw honey, pure maple syrup, agave, etc. ✗	No ✗	No ✗
Fermented Food	Yes ✓	Yes ✓	No ✗

Abundance is a central idea to the raw food mentality. Instead of taking entire food groups and labeling them “good” or “bad,” opt for the desired food in its most natural, nutritious state. Even fruits and vegetables can be “bad” if they are genetically modified, contaminated by chemical pesticides and herbicides, picked unripe and pumped with ripening agents and preservatives before making into your shopping cart. And, even grains – the subject of much scrutiny and criticism recently – can be “good” when sprouted to activate their life and nutrients. Have you ever

had a sprouted buckwheat cereal? Sprouting buckwheat groats removes their inedible protective outer layer, leaving the fiber-packed, nutritional powerhouse of a food that your body can easily digest and assimilate.

Next time you start feeling deprived because you want that candy bar and know it will not make your body happy, just enjoy thinking about the bounty and variety of whole, fresh, raw foods you get to enjoy!

Chef Spotlight

Ames Starr



We're getting to know Ames Starr, Australia's most creative raw chef and the founder of Raw and Peace.

Ames has had a regular market stall at Northey Street Organic Market, started Brisbane's first raw food night, taught many a raw food class, and catered for many special events and people.

Now based in Bali with her husband and two kidlets, Ames is letting us peek into the life and mind of a world class raw food chef!

What is your earliest food memory?

I'm not sure which is earliest – my fingers stinging from eating tomato wedges at about two years of age (apparently, I used to bite my nails), or eating frozen bananas dipped in chocolate in the backyard with my sister, around the same time. I still have a thing for frozen bananas!

What made you decide to be a chef?

I kind of fell into it. I was waitressing in a whole foods cafe in the Blue Mountains in my very early 20s, when the cook walked out in the middle of a very busy lunch rush – I was told to get in the kitchen, and totally rocked it, so that became my job from then on. Then it kinda followed me around during my early travelling and uni days! The raw chef thing just happened organically as I got into raw food. The funny thing is, I am a terrible cook now!

What defines your raw “cooking” style?

My insane creativity! There's very few things I can't *raw*create from a traditional dish! My customers have commented that it's the way I make raw food not taste like raw food.

What did you have for breakfast today?

A banana and hemp seed smoothie – 2 frozen bananas, 1-2T hemp seeds, 1C water, 1t vanilla.

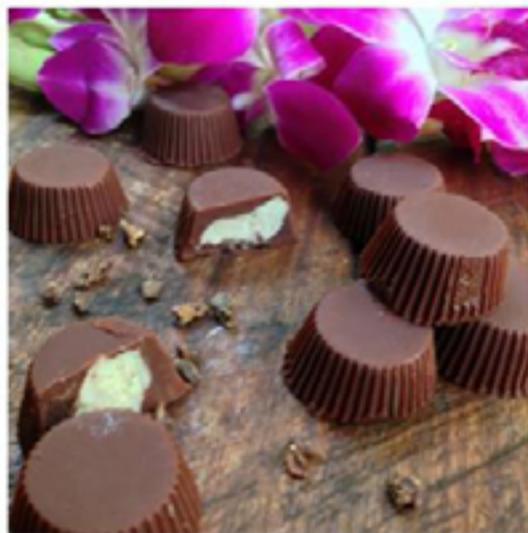
What is your first kitchen memory?

Climbing up onto my mum's friend's green laminate bench in 1983, taking a glass out of the cupboard, pouring myself a huge glass of milk and drinking it really quickly. I hated it. That was the last time I consumed plain milk, the memory is still so vivid! To this day, the smell of milk makes me gag.

Describe your biggest food snafu.

In my experimental, early days of raw, for my birthday, I subjected my poor friends to a TERRIBLE green soup recipe I found on the internet. Combining things like avocado and apple, and I can't remember what else... it was absolutely awful, anyway, and most of it went in the garbage! Other than that, my eight-year-old girl has banned me from making her porridge – like I said, I just can't cook anymore!





What is the worst dish you have ever tasted?

A raw vegan 'stir not-fry' at a cafe in Ubud, Bali. It's the only time I've ever sent a meal back to the kitchen. It tasted like cleaning fluid.

What comes to mind when you think of "comfort food?"

Uh, cheese and red wine!

What is your most used kitchen tool?

My knives and cutting boards.

What is your favorite kitchen tool? (even if you hardly use it)

My Blendtec blenders. They are amazing. I have never used a better blender (and I've killed two Vitamixes!).

What is your favorite form of exercise?

Yoga, beach walks and, um, playing on swings! Not opposed to crazy dancing in the kitchen, either ;)

What would you choose as your last meal?

I have no idea! Definitely whatever I feel like at the time, so long as my teeth are still working!

What's your most overused ingredient?

Definitely cashew nuts. I personally don't eat a whole lot of them, but they are in so many of my recipes. You just can't get a better creamy texture from anything else in gourmet raw.

If you bring back one (unhealthy) food from your childhood into your present diet with no negative impact to your health, what would it be?

Toasted cheese sandwiches.

What inspired you to start Raw and Peace?

I got typhoid in India in 2009. Came back to Australia, and moved to beautiful Stradbroke Island for a while to recover. Ate lots of raw food, soaked up the healing energy of the beach... and got a little bored, so started selling my raw treats at the tiny markets there. It was received really well, so I decided to head back to the mainland and do it there. There was hardly any raw food available back then (in Brisbane), so it's awesome to see how much the raw movement has spread there now.

What was your biggest challenge starting your restaurant?

Hmm, probably having a four-month-old baby! In hindsight, I have no idea why I thought that was a good idea!! Perfect recipe for a health disaster. I burnt out spectacularly, and fast!

What is your life motto?

I don't really have a motto as such, but making up my own rules, disregarding convention, and living however I want to is important to me. Life is supposed to be fun!

What is your greatest fear?

Something bad happening to my children. The same as every parent in the world!

What is your present state of mind?

Happy, and dementedly optimistic! And present – I've had to press pause on a lot of my business activity at the moment, to catch up with myself in my personal life, so I don't reach burnout point again. Life is pretty sweet! :)

Thank You Ames!

Connect with Ames Starr for catering, classes or just to say hello.

www.rawandpeace.com.au



How to Green Your Beauty Routine



By Bethanne Wanamaker

Bethanne is the founder and owner of Edible Goddess and is committed to teaching women how to be beautiful *naturally!*

Greening up a conscious woman's beauty routine is one of my favorite topics to share about! It's super fun, sexy and rewarding in both the short term and long term. I find that the shifts we make with the products we use has the potential to raise our confidence and is a defining act of self-love.



We can have fun in the kitchen whipping up our own homemade skincare with fresh fruits, fruit peels, juice pulp, organic oils, and creamy fatty fruits like avocado. When you engage in this type of ritual as a woman (men – you will enjoy feeling pampered, too!), I believe we embrace the sacred feminine side in such a way that feeds our sensual nature. We all want to be the healthiest and most beautiful expressions of ourselves and this is one fine way to allow that!

The Big No-Nos

The most critical information that you should know is that you need to stay away from any products containing **parabens** of any kind. You'll find them as the last few ingredients in your product often written as methylparaben, propylparaben, etc. Even though they only account for a small percentage of the total formulation, every bit counts. It's like drinking poison every time you apply a product with parabens in it! They are the ones to avoid at all costs as there has been a direct correlation between these harmful chemicals and hormonal cancers.



Secondly, **artificial fragrances** should be skipped as well. They are neuro-toxic (very detrimental to the brain) and completely unnatural! As you'll see, when you begin to use truly natural – even edible – skin and body care products, the ingredients themselves often have a desirable aroma and so no additional fragrance is needed.



As a formulator and creator of products, I *know* there is absolutely no reason to be testing the effectiveness on animals. I give samples to my friends and loyal customers and get their feedback. Applying skin + body care, and other beauty products to animals seems crazy, doesn't it? Do they have a morning routine worth sharing to naturally enhance their best side, or to look younger? So, stay away from anything that has been linked to **animal testing**. But, also know that the small icon reading "cruelty-free" is not always on the label when working with small businesses. When sourcing locally, buy from people you know and trust.



Foundations of a Natural Beauty Regimen

Now that you know what to avoid at all costs, let's focus on what we want more of! My green beauty philosophy when making my own skincare line, Edible Goddess, is: Purity, Potency, and Progressive.

It must be all three to really stand above what is on store shelves these days. You can basically put whatever you want on labels and so they are often very deceiving. My biggest piece of advice is to turn the bottle or jar around and read the entire list of ingredients before purchasing.

Be informed at the highest level!

Even though you may not have heard of each ingredient in great detail, do they sound like plant botanicals that have been derived from nature? Of course you want to be able to pronounce them, but let's go beyond that. We want these products and the ingredients within them to be so clean that you could eat them. Choose organic, easy-to-understand, simple, and clean products for your living, breathing skin!

Cleaning from the Inside Out

I'm of the opinion that doing an empowered overhaul of all of your beauty products is ideal. If you're going to make these positive changes, why not do it all at once so you can really see how your skin reacts?



Start anew, and commit to tossing the low quality products to make room for your new life-enhancing beauty goodies. If this doesn't appeal to you, start with your organic moisturizer because it's laying lightly on top of your skin and infusing into the top layers of your skin all day long. If you touch your face (or someone kisses your cheek), you really want to be okay with that and not have to go wash your hands or mouth out because of the nasty residue that's left behind.

Extra virgin organic coconut oil has countless uses including being a hair conditioning treatment (leave on for 30 minutes and wash out – or even overnight), as an eye makeup remover, and as a deodorant. I personally add coconut oil to my homemade toothpaste and you can do oil pulling with it as well where you swish a tablespoon of oil in your mouth for 20 minutes and then discard it.

It draws toxins to it and is amazingly helpful for whitening the teeth, being anti-bacterial, and freshening breath naturally. No mouthwash needed! I create interesting beauty oils by infusing different flowers, herbs, and healing plants into the oil. They are 100% edible so you can use them both internally (in cooking) and externally (everywhere!).

Form a New Beauty-Boosting Habit

Soaking in a hot bath with epsom salts, zeolites (for removing heavy metals deep within the body), pure essential oils, and herbal infused coconut beauty

oils is another amazing way to detoxify the body through the skin, support cellulite reduction, and rev up the rosy glow that always comes after time in the tub. I enjoy dry skin brushing my face and body, rebounding (bouncing on a mini trampoline) for improved circulation and preventing varicose veins, hot power yoga to cleanse and renew the body resulting in a more youthful look and toned body, and deep tissue massage / intense bodywork. All of these habits cleanse the body from the inside out, releasing stagnation and toxins that have built up over a lifetime.

Using pure, potent, and progressive products that are truly beneficial for us, and implementing these natural beauty rituals are some of the fun ways I "green up" my beauty routine!



beautiful at any age

5 RAW FOODS

that Make You Younger Inside and Out

By Jayden Hall

Let's be honest, none of us will stay looking twenty forever if our lifestyle is unhealthy and totally inappropriate. Your alimentation and beauty regimen play a massive role in making you look younger and more radiant.

Looking younger naturally can be surprisingly easy and inexpensive, since many of our favorite raw foods double as amazing beauty products. These five raw foods have incredible beauty benefits when eaten or applied outside!



COCONUT OIL

Health Benefits

When it comes to eating coconut oil, there are many benefits that should certainly be noted. In the first place, coconut oil is known for its ability to raise high-density-lipoprotein (HDL) cholesterol levels due to its rich content of lauric acid, a type of medium-chain triglycerides (MCT). Furthermore, eating coconut oil can restore normal thyroid function, which will further contribute to keeping cholesterol optimally low. Moreover, coconut oil is less fatty compared to olive and sunflower oils, which makes it better for preparing salads and keeping your body weight balanced.



APPLY IT

Coconut Oil and Blueberry Smoothie

To make this delicious smoothie, you need the following ingredients: 1/2 banana, 1/2 cup organic blueberries, 6 ounces organic coconut milk, 1 tablespoon virgin coconut oil and 6-8 ice cubes. Put all ingredients in a blender and mix them together until you get a frothy beverage.



Beauty Benefits

Beyond helping you get healthier, coconut oil has many important beauty benefits. In the first place, this miracle fat can easily soothe and moisturize dry hands, helping you clean your face, add shine, shave your legs and remove eye makeup. Moreover, coconut oil is efficient at exfoliating your body as long as you use it properly, enabling you to moisturize your entire body and use it as a deep conditioner for your hair.

APPLY IT

Coconut and Lime Body Scrub

Ingredients: 1 cup raw cane sugar (or basic brown sugar – you will not be ingesting this scrub), 1/2 cup avocado oil, 1 cup coconut oil, zest of 4 limes and 3 cups of turbinado sugar.

Mix the avocado and coconut oils in a small bowl, then add the other ingredients and combine them. Scoop the scrub into small jars and seal them tightly.



LEMON

Health Benefits

As the second best raw food on the list, lemons have many important benefits that will improve your health. First of all, lemons can detoxify your body due to its rich content of vitamin C, which will also improve many functions of your body. When you consume lemon constantly, you will be able to eliminate extra pounds packed on your body successfully, as this fruit can accelerate your metabolic processes. Moreover, lemons can alleviate many eye disorders, destroying bacteria of diphtheria, malaria and cholera at the same time.



EAT IT

Organic Lemonade

Ingredients: 1 1/2 cups lemon juice, 8 cups water, 1 3/4 cups raw honey.

In a small bowl, combine the honey and one cup of water. Bring to boil and stir until you get a homogenous mixture. Cool to room temperature, then refrigerate it until chilled. Add the lemon juice, remaining 7 cups of water and mix.

Beauty Benefits

As for the beauty benefits of lemon, this fruit is certainly one of the most reliable allies that you can use. Lemon juice is great for treating acne and getting rid of blackheads, not to mention its ability to successfully remove makeup. Moreover, lemon juice can be used for dark circles and face redness, having been used as an important ingredient for making scrubs and moisturizers. In addition, lemon is great for rinsing the hair of any dirt, leaving it soft and voluminous.



APPLY IT

Anti-Acne Lemon Face Mask

Ingredients: 1 egg white, 2 tablespoons honey and 4 teaspoons of lemon juice. Mix all ingredients together in your blender, then apply only one or two tablespoons of the mask on your face. Leave it there for the next 10-15 minutes, and rinse with lukewarm water.



mix them together until you get a creamy smoothie. Add a few ice cubes to make it more refreshing.

Beauty Benefits

Watermelon is particularly beneficial for your skin, reducing the excess oil that will lead to acne and other similar skin issues. Due to the fact that this fruit contains mostly water, it is ideal for moisturizing your skin, hair and nails, as well. Watermelon is generally used for making facial masks and body scrubs, because it can provide impressive results compared to expensive beauty products.

APPLY IT

Anti-Aging Watermelon Face Mask

Ingredients: 1 tablespoon watermelon juice, 1 teaspoon mashed avocado and 2 teaspoons of lemon juice. Mix all ingredients with your blender, then carefully apply the mask to your face, making sure to distribute it evenly. Leave it there for ten minutes, then rinse.



WATERMELON

Health Benefits

Watermelon is probably one of the most delicious fruits of the summer, having many benefits for your health. Watermelon can prevent the accumulation of fat in your fat cells due to the citrulline it contains. Citrulline can block the activity of tissue-nonspecific alkaline phosphatase, which will further prevent your fat cells from creating much fat. Since watermelon is a natural diuretic, it can increase the flow of urine, also enabling you to get rid of excess fluids. Furthermore, watermelon is rich in beta-carotene, improving eye health and providing alleviation for some specific disorders.

EAT IT

Watermelon and Strawberry Smoothie

Ingredients: 10 leaves of sweet basil, 8 frozen or fresh strawberries, 6 cups watermelon and 1/2 cup coconut water. Put all ingredients in a blender and



CUCUMBER

Health Benefits

Cucumbers are oftentimes referred to as a superfood due to the fact that it has many important benefits for one's health. Since cucumbers are 95% water, they can easily replenish your organism with vitamins, moisturizing your body at the same time. Consuming it regularly will enable you to detoxify your body and increase your energy levels, especially because cucumbers contain powerful antioxidants that can fight cancer. This raw food is very efficient at improving your digestion, regulating blood pressure and relieving bad breath, as well, so consider eating it every day.

EAT IT

Cucumber and Tomato Salad with Mint

Ingredients: 3 large tomatoes, 2/3 cup chopped onion, 1 teaspoon salt, 1 tablespoon white sugar, 1/3 cup red wine vinegar, 2 large cucumbers cut into 1/2 slices, 2 tablespoons olive oil, 1/2 cup fresh mint leaves and pepper and salt to taste. Mix vinegar, salt and sugar in a bowl, then add the cucumbers and marinate them for an hour. Add the other ingredients, and season with salt and pepper.



Beauty Benefits

Cucumber is mostly beneficial for your skin, moisturizing it deeply and improving its appearance substantially. Moreover, cucumbers are used for reducing puffy eyes and dark circles, also healing acne and controlling the production of oil. Used in facial masks and toners, cucumbers can make your skin look more beautiful and younger at the same time.

APPLY IT

Cucumber Toner

Ingredients: 1/2 cucumber, 2 tablespoons distilled water and 3 tablespoons witch hazel. Put all these ingredients in a blender and mix them until you get a homogenous liquid. Filter the mixture using a fine-mesh sieve, then pour the toner into a clean bottle with fitting lid. Store it in the fridge to prolong its shelf life substantially.

ALOE VERA

Health Benefits

Even though this plant is mostly popular for its many external benefits, eating aloe vera has been shown to improve certain functions of your body. When ingested as a drink, aloe vera can successfully decrease irritation in the stomach, aiding digestion and contributing to weight loss at the same time. Due to its powerful anti-viral, anti-bacterial and anti-fungal properties, aloe vera can boost one's immunity, cleaning the body of any potentially harmful toxins.



EAT IT

Aloe Vera and Pineapple Cocktail

Ingredients: 1/2 cup pineapple juice, 1 tablespoon agave nectar or honey, 1/4 to 1/2 cup aloe vera gel, 2 tablespoons unsweetened cranberry juice and lime wedge, to garnish the drink. Mix all ingredients with or without a blender, then pour the mixture over ice.

Beauty Benefits

When it comes to beauty, aloe vera is certainly a great ally for women's skin. When applied externally, aloe vera can successfully moisturize the skin and hair, providing relief against acne, pimples and redness. Thanks to its cooling effects, aloe vera is very efficient at reducing dark circles, soothing irritations and evening skin tone at the same time.

APPLY IT

Aloe Vera Face Mask

Ingredients: 2 aloe vera leaves, half a lemon and a sprinkle of cinnamon. Cut the aloe vera leaves and collect the gel from inside, then put it in a bowl along with the juice from half a lemon. Put these ingredients in a blender and mix them together until combined.

Thriving in a Toxic World

Exclusive interview with Chernobyl survivor, sports nutritionist and health coach **Katrine Volynsky**.

Click to hear the interview.
Play time: 63 minutes.



Sara: Hi and welcome to Raw Food Magazine. My name is Sara Grove and today, I'm here with Katrine Volynsky, co-author of *Staying Alive In A Toxic World*. Katrine is a sport nutritionist, a wellness coach and heavy metals detoxification specialist. After she grew up in Russia and after being negatively affected by radiation fallout from Chernobyl, she had to find her own path to health and treating herself of her own radiation and toxicity. And so she gained a wide knowledge of natural methods for detoxifying and rebuilding the body.

Now she helps individuals achieve their own health goals through the combination of state-of-the-art technology, nutrition, and holistic healing and coaching. And so, welcome, Katrine. We're so glad to have you here today.

Katrine: Thank you, Sara. It's a beautiful day and I'm so glad to be sharing some of the information that has worked for me and my clients. And I think it's a very important time to take into account a lot of the things that we're being exposed to, and also, make changes in our health, according to where we're at in our life, where we've been, and what kind of lifestyle we're living.

And so, for myself, what you've said, my journey to health started when I was exposed to radiation in Chernobyl. And I was very fortunate to grow up in Russia because from one side, I was exposed to things like heavy metals, radiation, the amount of toxic exposure. But on another side, I was also exposed to a very natural type of living. All the families in Russia eat from their garden. Every summer I was spending time in my grandmother's garden, knowing how things grow, knowing what real food tastes like. I think in a lot of ways, after being in Chernobyl and having a lot of my peers getting sick and pretty much everyone in my family having cancer, we were very lucky we didn't lose anyone to any cancer or radiation sickness. And so it was, kind of – we were spared in that way but I did see a lot of that happening all around me. So for me, one of my saving graces was the fact that I did eat from nature. And it was really funny too, that ever since I was very little, I declared that I was vegetarian ... So, it was really funny because in Russia, you know, it's like really meat and potatoes, yes, and lots of vegetables and fermented vegetables.

Sara: What motivated that as a child? Why did you make that stand?

Katrine: I don't know, it just didn't feel right in my body and so like at that time there wasn't any kind of spiritual or anything about the animals or anything like that in my life. But I did, I was quite in-tuned with energy. So I also was a lot around that, you know, like the Russian healers, called Bapkas [ph], the old ladies –

Sara: Right, right.

Katrine: They have knowledge of the herbs and energy work and so like I was around those ladies a lot too. So, I think I was intuitively kind of in-tuned as to what is needed for me and not as influenced by my peers and my family. So, for me it was really good obviously at doing in Chernobyl because a lot of people that were getting extremely sick were getting sick from the fact that they were consuming dairy products and beef products, animal products that were basically compounding a lot of radioactive particles.

And that was not the case for me. Of course, I was still getting exposed to radiation from motors and air, and some from the fruit and vegetables. But I did not get double exposure that some of my other family members got from animal products. So, for me it was like



this kind of saving grace, so that I think helped as well. But, it did stay in my body. I did get affected. Probably when I was in my – not probably, when I was in my teenage years, I started getting a lot of different hormonal disturbances and I was moved away into the city.

So it was like with getting older and still having it in the body, and also being in a more kind of toxic environment, not having as much connection to earth, and also being a teenager, and moving away from all the healers and energy work. Now I look at it and I see how it all happened. But that time, of course, you don't understand any of this. So when I was a teenager, I became quite ill and a lot of hormone problems, extreme anemia, got into a place where I basically bled out internally and I was clinically dead. And so basically my heart stopped. And so, that was another experience of life.

Sara: How old were you when that happened?

Katrine: I was 17 at that time. And so, it did change my life quite a lot. It took me years to realize what had happened and, you know, like for me spiritually and it took me probably, yeah, probably another 10 years until I really understood everything that had happened and what kind of implication now it's having for my life. But, going back to what happened then, is basically I got

treated by Western medicine and they said, we'll just give you a whole bunch of hormones and whole bunch of pills and you'll be fine, right. So they didn't go through the process.

And so, I did that and then I moved to North America and the funny interesting thing that happened and that happens to a lot of Eastern Europeans, the first thing they notice is there is something wrong with the food here. It was like so profound because we didn't know that we had to go to like an organic, you know, store who focus on them. We just went to Safeway or whatever store that is and you are buying food and feeling how empty it was and there was like, wow, there is something different about the food here. So there was that kind of realization as well. So, I started living a normal North American lifestyle and got involved into that whole "Race for success". You know, all the things you're being told that you need to be doing and I'm going to university, doing a double major, going to, you know, master's program, finance, going into banking. All the things that you're "supposed to do". To be successful. But I was also feeling very empty inside in a lot of ways. Like I knew something was wrong, at the same time my body started breaking down quite a bit. And I think it was the combination of the stress and also again, living the North American lifestyle. Being exposed to more toxins and not eating

very well anymore. And I was doing a lot of dieting, a lot of crazy stuff, and partying too like a teenager, or more like a young adult – the jet set lifestyle. So it was the combination of that and still not being healed from what had happened to me when I was in my teenage years, and of course, exposure to radiation. It was just for a year that my body started completely breaking down. All my systems started, basically, not working and I had to stop everything I was doing and start looking for answers. So I'd gone the Western way first.

Sara: What were some of the symptoms or the things you experienced? How did you know that something was wrong?

Katrine: Well, chronic fatigue, chronic myalgia, my hair started falling out, my teeth started rapidly breaking down and falling out too, so that's like crazy, you know –

Sara: Yeah.

Katrine: You're like, losing your teeth, you know, my dentist was freaking out. He was like, I've never seen anything like this in a 20-year-old. I could see something that happens to a person when they're like sixty or seventy. And so, there were these rapid problems like especially these hormones as well and not being able to get out of the bed, you know, pain all over the body, prob-



lem with the kidneys. So it's like, it started happening so fast and it was so – in so many ways it was so scary that I went the Western way, even though I knew that it's not something that I should have done, and started checking myself out.

And no one could give me an answer of what was happening. They're just like, yup, you're breaking down and you're probably at this state have, you know, couple of years but we can't help you, we don't know what's going on with you. And it wasn't until my grandma said, "Hey, you know, you probably still have an effect from radiation. You should check for that." So I did and then of course I still have the active particles in my body and plus all the damage that I have done to myself with the lifestyle and toxic exposures.

So all of that kind of combined, got into a place where there was like, well, if medical society doesn't have an answer for me, then I should just go back to the roots, you know, go back to eating very simple, trying to find some way to exercise and like trying to start looking for people that didn't have answers and healers now turns at medicine and therapists. So basically I quit everything I was doing and then sold everything that I had and spent the next two years experimenting on myself because

that was the only way to find out what would work and what not.

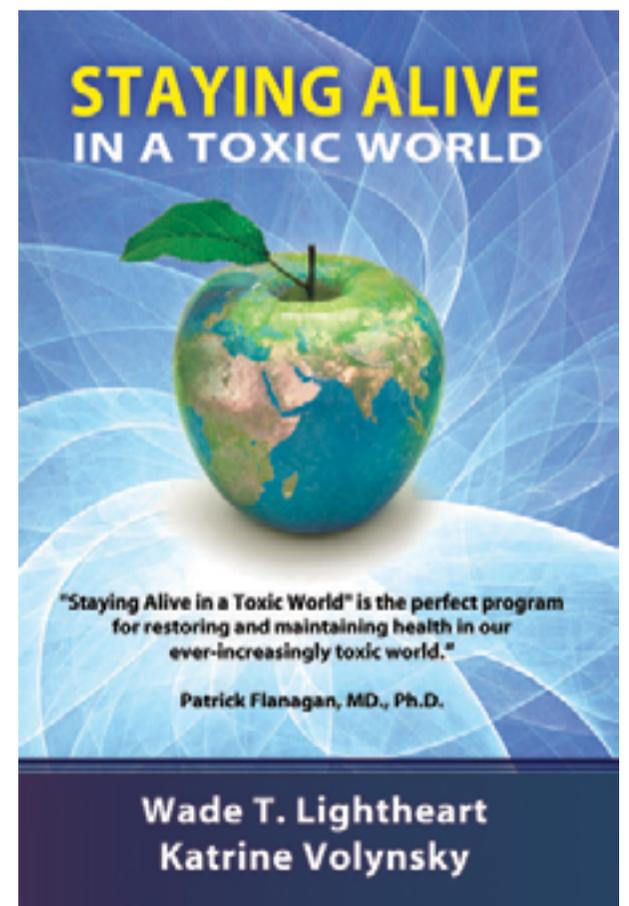
So, there were many water fasts, many juice fasts and getting eventually into raw food, going vegan, and that all happened naturally even without me like reading a lot about the benefits of raw food. It was just, kind of like the more detox I was doing the more it was natural for me not to eat any kind of animal protein, but I'm repeating towards more liquid and more live diet. And for a couple of years, it was kind of two steps forwards, three steps back, one of those things, a lot of detoxing on the couch.

A lot of things that I've done to myself and now I go like, oh my God, why did I do this, you learn, I mean that's how you learn, that's how you experiment. I met a lot of amazing healers and amazing teachers and finally there was one person that had changed all of it for me and his name is Dr. Michael O'Brien and he was an enzyme specialist and basically, he said, "Katrine, you have all of your enzymes going out of your body and basically even being dry and doing all the juicing, fasting that you're doing is not bringing enough of their works as the somatic potential because when you're exposed to radiation, you have so much for radical damage in your own somatic systems, antioxidant systems that you have in the body work

so hard. And they've been working so hard for so long. And there is none left in the body to basically fix itself. Let's say, you keep bringing the materials, the raw food, all the supplements that you're taking but there's no one to build you a big new house in your body." So, that kind of made sense to me and basically I went on his protocol, 420 days of enzymatic therapy, and staying raw and juicing and more just doing that. And of course exercising –

Sara: What does enzymatic therapy look like or what do you mean when you say that?

Katrine: Enzymatic therapy basically means taking lots of digestive and systemic enzymes that are not anymore based on the plant enzymes. And basically all living things have enzymes in them. Enzymes are like workers and are used for pretty much all of the chemical processes that are going on in our bodies daily. All the raw living things have them and animals have them. And when we eat a lot of the living food through raw food, it has its own enzymes in it.



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RAW FOOD ROLLIN'

YOUR WAY?

Join the Healthy

Food Truck Revolution

Healthy raw, vegan and veggie food trucks are popping up around the world, giving you more to choose from than corn dogs, waffles and funnel cakes at fairs and festivals this summer!

Roaming in the Raw

Asheville, North Carolina

Selling 100% organic, raw, cold pressed, glass bottled fruit and veggie juices, Roaming in the Raw is Asheville's first organic "micro-juicery." Owners and founders Zack Bier and Jenni Squires deliver their glass bottled juices to offices, homes, yoga studios and anywhere else people want to drink juice. They also grow greenhouse microgreens and sell these along with wheatgrass shots, buckwheat, pea shoots at the Asheville Tailgate Market and local health food stores.



Find the truck → www.facebook.com/roamingintheraw

Triangle Raw Foods

Durham, North Carolina

Matthew Daniels and Jane Howard Crutchfield founded Triangle Raw Foods in 2011 as a raw food delivery service for the Durham area. Locals have fallen in love with the service, which inspired the extension of a raw food truck! The "Raw to Go" truck supplements their delivery service bringing prepared, pre-packaged organic, dairy-free, meat-free, gluten-free and local meals to events all over the Triangle. Find the truck for fast, nourishing meals on the go!



Find the truck → @TriangleRawFood

The Squeeze

New York, New York

The Squeeze is a wellness and beauty lifestyle company known around New York for their detox cleanses, superfoods, and fresh live produce prepared into raw gourmet meals. The company strives to be a catalyst for individuals to embark on a major lifestyle change to restore maximum health, happiness and beauty. They decided to go mobile in Manhattan by taking a selection of their cold pressed juice cocktails and "raw food porn" on the road with their first cute and classy The Squeeze Food Truck!



Find the truck → @TheSqueezeTruck

Veggie Love

Fort Pierce, Florida

After attending many music festivals devoid of healthy options, Veggie Love owner, Allison Murray, felt inspired to fill the void and founded the Veggie Love food truck. Using produce from local growers, Murphy develops recipes and serves her food at markets, events and festivals. Her bright purple, veggie truck caters to vegan, organic and gluten-free meals, more often than not offering delicious raw food options on the go!

Find the truck



<https://www.facebook.com/VeggieLoveTruck/>



GMonkey

Durham, Connecticut

Not only is the GMonkey food truck roaming around Durham, Connecticut veggie-friendly, it is also eco-friendly! GMonkey runs on biofuel and carries local, organic, and GMO-free foods boasting vegan indulgences and a raw food line including such dishes as the curried un-chicken salad. “G” for green (sustainable fuel) and “monkey” for the animal’s intelligence and mostly veggie diet, GMonkey is ahead of the game in the body-friendly, earth-friendly food truck revolution.



Find the truck → @GMonkeyMobile

Nectar

Atlanta, Georgia

Atlantanites will be thrilled to know that this summer, for just four bucks, they can pick up a raw, fresh juice 16-ounce juice fresh to order. These sweet nectars have no added sugar or high-fructose corn syrup, and no canned ingredients. The Nectar juice truck instead uses a bounty of superfoods – kava, coconut, acai, flax, ginkgo, and spirulina – to create thrillingly tasty concoctions like the crowd favorite “flue shot” with lemon, ginger, and cayenne pepper. Still hungry? Nectar also serves up soup, salad and other healthy sandwich options.



Find the truck → @NectarGA



Find the truck → @BlendersBowls

Blenders and Bowls

Austin, Texas

Acai bowls have made it to Texas! Acai, the Brazilian super-berry, earned the namesake for delicious and filling blended smoothie bowls. This bright yellow Austin food truck serves organic acai bowls, a thick blend of acai berry topped with hemp granola, a variety of fresh fruit and a drizzle of honey. Superfood add-ons are available including cacao, chia, goji berries, hemp and even yerba mate. Blenders and Bowls make the extra effort to feature seasonal bowls like their current Texas favorite: the Peach Won bowl showcasing fresh, local Texas peaches. For seven dollars, find this truck for a cool, healthy refreshing meal to stave off the Texas heat.



Find the truck → <https://www.facebook.com/VeggiePatchVan>

Veggie Patch Van

Sydney, Australia

While food trucks tend to be more of an American staple, food is hitting wheels overseas as well! The Veggie Patch is an Australian food van and collaboration between Yulli’s, a vegetarian restaurant, and TMOD, a local design studio. They strive to create accessible restaurant-quality veggie cuisine with an artistic edge. The Veggie Patch sources seasonal produce from local growers, committed to their “paddock to plate” philosophy. What’s more, Veggie Patch’s commitment to sustainability means every bit of waste they produce is compostable, all cooking is powered by solar panels, and the van itself runs on recycled vegetable oil! If you are in or around Sydney this year, make it a point to find this gem of a veggie van.

The Truth About Water

Drink a glass of water when you wake up. Drink a glass of water before you go to bed. Drink water an hour before each meal. Drink water after you eat. If you are hungry, you're not – you are actually just thirsty, so drink more water! No doubt water is critically important, but what's the deal with all these so-called rules about water?

Our bodies are more than 60% water. Water is used in practically every body process. Major wars have been fought over this stuff. Still, nearly 11% of the world's population is believed to lack access to clean water, and 3.4 million people die each year from a water-related disease (that's almost the size of the city of Los Angeles).

Water is central to survival. Without it, humans begin deteriorating rapidly. Although humans can survive for several weeks without a stitch of food, our species is hard-pressed to make it 100 hours without some H₂O.

Despite being bombarded by the shoulds and shouldn'ts of hydration constantly, the average person is still very much confused as to how much water they should drink and how often. And, what about the water itself? How can we ensure our water is safe? What is the healthiest water we can drink? Why do we need it so desperately?

We spend so much time agonizing and debating over the very best diet, what foods we should eat and not eat. It's about time we give a little attention to the most important liquid on earth (nope, it's not oil).

The Role of Water in the Body

Water is just a combination of 2 hydrogen atoms and 1 oxygen atom. So, what's all the fuss? Well, water acts as a lubricant for our joints, regulates our body temperature

through sweating and respiration, and helps us flush out waste. Water is absolutely essential to every function of the human body and brain.

Does where your water comes from matter?

Scientists are still just beginning to understand the importance of where we get our water. Research on the structure and photon energy of water from different sources is just beginning to take off. We'll get to what researchers currently believe to be the *healthiest* sources of water in a minute. First, let's take a look at what we know really, really well about water.

What we *do* know is that regardless of whether you get your water from rivers and streams, groundwater, wells, the county tap or premium priced pre-bottled water, the same guidelines for water safety apply.

The World Health Organization (WHO) outlines five pillars to ensure water is safe and drinkable. All public water sources must address these issues and private companies are subject to the regulations of their government.





1) Manage the Microbes

The WHO reports that microbial hazards continue to be the primary concern in both developing and developed countries. Bacteria, viruses and protozoa responsible for things like typhoid, giardiasis and even hepatitis A are often carried by contaminated water. Properly filtered water will address waterborne microbes!

2) Disinfect it!

Most disinfection processes include a barrier for pathogens and a reactive chemical agent like chlorine to address other contamination.

3) Chemical Concerns

Low levels of certain chemicals in a water supply may seem innocent in the short term, but exposure over time can be really harmful. Fluoride in high concentrations, which occurs naturally, can lead to mottling of teeth and crippling skeletal fluorosis. Arsenic increases cancer risk and can cause skin lesions. Uranium and selenium, nitrate and nitrite are dangerous especially to infants. Nitrate may arise from excessive application of fertilizers or from leaching of wastewater or other organic wastes into surface water and ground water. Lead pipes or fittings in pipes can cause neurological problems.

4) Eradicating Radiological Elements

Though the contribution of drinking water to total exposure to radionuclides is very small under normal circumstances, it is worth taking into consideration. Screening drinking water for gross alpha and gross beta radiation activities can ensure the public is not exposed to high levels of radiation.

5) Pleasing the Palate

They may not have direct health effects, but water that is highly turbid, colored or has an objectionable taste or odor will be regarded by consumers as unsafe and may be rejected. In some cases, consumers may avoid aesthetically unacceptable but otherwise safe drinking water in favor of more pleasant but potentially unsafe sources. So, to encourage proper hydration, it's important for water to be free of tastes or odors that may be objectionable to consumers.

UNDERSTANDING WATER TYPES

Water is water, right? Well, no, not exactly. Here are some of the “types” of water you may hear about and what their names actually mean:

PURIFIED WATER: Purified water has been physically processed to remove impurities (Purification processes include distillation, deionization, reverse osmosis, carbon filtration, etc.)

DISTILLED WATER: Water is boiled and evaporated away from its dissolved minerals and then the vapor is condensed.

BOTTLED WATER: This water is typically from a spring or has gone through reverse osmosis before it is bottled. However, some brands are simply bottled tap water that may or may not have gone through any additional filtering.

ALKALINE WATER: Water that has been separated into alkaline and acid fractions using electrolysis.

DEIONIZED (OR DEMINERALIZED) WATER: Water in which the mineral ions (salts like sodium, calcium, iron, copper, chloride and bromide) have been removed by exposing it to electrically charged resins that attract and bind to the salts.

Hard and soft water: Hard water contains an appreciable quantity of dissolved minerals. Soft water is treated water in which the only positively charged ion is sodium.



IS BUYING BOTTLED WATER REALLY THAT BAD?

Is bottled water really that bad? The short answer? Actually, yes, for three main reasons:

1. Dangerous toxins from some plastic water bottles can leach into your water. A particularly harmful chemical, bisphenol-a, is the main component of polycarbonate, which is used to manufacture plastic bottles.
2. Bottled water is often just purified municipal water and lacks essential minerals. The US government imposes fewer regulations on bottled water than on tap water. In some cases (Aquafina and Dasani, for example), bottled water is simply bottled tap water from another location. If you must buy bottled water, check to see the type of filtration system used and the source of the water.
3. Bottled water has a large ecological footprint. Purifying, bottling and shipping water requires vast resources and uses more water than when you get your water from a pure source in the first place.

If you do use bottled water, make sure you use reusable glass or plastic containers, and try not to consume ultra purified municipal waters in favor of naturally clean sources.

Is my drinking water safe?

Okay, microbes, chemicals, radiation... you get the picture. How can you find out if the drinking water in your area is safe? It's actually easier than you might think.

If you're on a public or municipal water line in the United States, call your local water supplier (the number is on your water bill). By law, the supplier must test its processed water regularly and provide you with a copy of the results, called a Consumer Confidence Report, annually as well as on demand. Many water agencies now make their annual water quality reports available online.

Do you think your water may be getting contaminated between the water plant and your home? If the local reports look clean, but you still believe your water might be suspect, contact your local agency by phone and ask them to test the water from your own home faucets. Some suppliers will do this for free. If your water supplier doesn't offer a home-testing service, you can contact a state-certified lab or purchase a water home-test kit. Most basic kits can't test for everything, but they detect lead, arsenic, pesticides, and bacteria. PurTest and Discover testing are trusted kits that sell for about \$10 to \$30.





Should you test your tap water?

If you feel great, the local water reports are good and you haven't noticed any significant changes in taste, odor or color of the water in your home, there is no reason you must get your water professionally tested.

However, especially if your home (in the US) was built before 1986, we recommend having your water tested for lead and for copper if you have copper pipes. Lead solder could legally be used to join plumbing pipes until 1986, but lead could be a concern even if you live in a brand-new home. Faucets and pipes are still allowed to contain as much as 8% lead and have been shown to leach the metal in significant amounts, particularly when they're new.

Whether or not you decide to test your home tap water, you can decide to add a home filtration system or maybe just avoid tap water altogether.

Choosing the Best Home Filtration System

A home filtration system for your water is a great investment, especially if you don't trust your local municipal water. However, no home filtration system can get rid of everything. Water researcher, Dr. Carly Stewart explains: Using a filtration device for your tap water can help if you don't like the taste of it, as this removes certain contaminants, such as pesticide and chlorine residues. However, there are some chemicals that a filter cannot remove, such as nitrates, and most home filtering systems are not designed to filter out bacteria or viruses.

If you are purchasing a filter primarily for taste, you may

opt for a reverse osmosis filter, such as the process used by Dasani. These filters tend to produce a taste preferred by more people. Though pricier than your average screw-on filter or filter pitcher, they cost far less than buying bottled water in the long run.

Our favorite filtration systems

Absolute 1 micron filtration removes any particles that are larger than 1 micron in size. This filtration leaves healthy minerals in water while filtering out potentially harmful microbes and protozoa. Absolute 1 micron systems filter fast and are relatively quick and easy to install.

Ozonation is used by bottled water companies instead of chlorine to eliminate bacteria. Ozonation does not change the mineral content of your water. Once reserved for the big dogs, there are now many companies offering ozonation systems for home water purification.

There are many options when it comes to water filtration. So, it's a good idea to explore your options before you buy. While filtration is great, the truth is, the healthiest water comes to us naturally clean from the earth. For most people, the convenience of filtration can't be beat. But, sourcing at least some of your drinking water from some of the healthiest sources on earth can't hurt!

The Best Water You Can Drink

The healthiest water to drink is naturally clean, pure and

full of naturally occurring minerals. This naturally clean water is sometimes referred to as “living water,” in the same way that raw food is referred to as “living food.” Research on the subject of water crystallization patterns is still in its infancy. But, early research suggests that this “living water” – from natural springs and deep wells – forms complex, symmetrical crystalline patterns like snowflakes while water that has been distilled or polluted loses its inner order and crystallizes in chaotic patterns. This early evidence has spurred ongoing research into how much water’s source and crystallization pattern affects human health.

Truly pure, healthful water should be clean with naturally occurring minerals and a balanced pH level (neither too alkaline nor too acidic). Alkalizers, machines that make your water extra alkaline, are really unnecessary. Ideally, the pH of your water should be between 6 and 8, with 7 and above representing the alkaline side of the scale and 7 and below being increasingly acidic. Some of the most healthful waters in the world, pouring out from high mountain springs, are actually slightly acidic,

How can you access this living water?

There are a few different kinds of “living water.” The following types of water all have essential minerals and nutrients like magnesium, potassium, and sodium, which play an important role in the body especially with the adrenals.

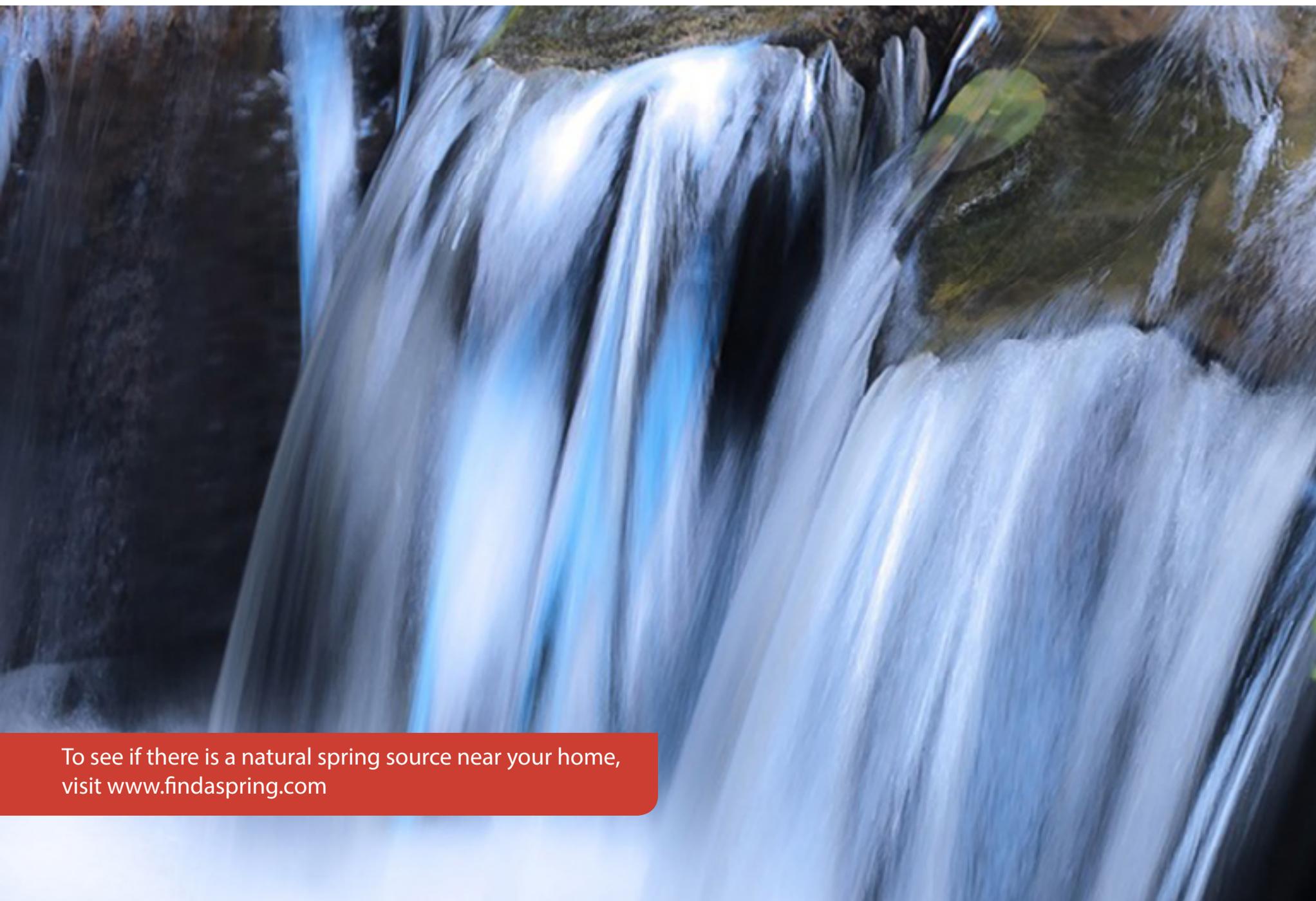
Well water from a hole drilled in the ground that taps into a water source. A pump brings it to the surface. If you do not have access to city water, then you would need a well. Many people are beginning to create private wells even though they have access to municipal water.

Natural spring water flows up from a natural spring and is collected or bottled at the source.

Artesian or spring waters come from a natural source but are bottled off-site and are processed and purified.

Mineral water could be natural spring water or artesian water. Mineral water generally comes from an underground source, and contains at least 250 parts per million (ppm) of dissolved solids, including minerals and trace elements.

Find a local spring and fill up a few water bottles. See how it tastes and how you feel. Before you know it, you might be returning with a ten-gallon jug!



To see if there is a natural spring source near your home, visit www.findaspring.com

How much water do I really need to drink?

The two most common prescriptions for water intake are

- 1) Drink eight 8-ounce glasses of water per day (about 2 liters or a half gallon)
- 2) Drink half your body weight in ounces of water per day (a 150-pound person, therefore, should be drinking 75 ounces of water or about 2.2 liters or just over half a gallon)

While this may be a fine estimation for many people, there are so many factors affecting hydration it becomes difficult to prescribe a finite daily intake. Air temperature, age, diet, physical exertion level, altitude, amount of sleep, and climate can all drastically impact the amount of water a person must ingest to stay well hydrated.

Yes, too little water causes the body to go into a crisis mode and can be very destructive, even fatal, to vital organs, muscles and tissues. However, what many people don't realize is that too much water can also be hazardous. Hyponatremia, or too little sodium in the blood, is becoming more common, especially among outdoor athletes. The combination of too much water, increasing blood volume, and too little salt intake, create internal imbalance resulting in cell swelling that can be fatal. Rangers at Grand Canyon National Park last year reported a record number of cases of hyponatremia, which they attribute to the mass-marketing of water-drinking and popular portable hydration packs like the Camelbak making it possible to inadvertently drink too much water.

Instead of stressing about whether you pounded your eight glasses today or not, learn to listen to your body. Using these three simple guidelines will help you stay hydrated.

Happy Hydration Guidelines

1. Drink when you are thirsty. Yep, that's right. Thirst is our built-in alarm system that we are getting dehydrated. When you feel thirsty, don't just take a sip, down your whole water bottle! Get that water into your system ASAP. And, this whole "you're not hungry you're really thirsty" thing is really just saying most people are out of touch with their bodies. Eliminating processed, addictive and clogging foods will help you get more in tune with what exactly your body is demanding at any given time.
2. Drink at these two times even if you aren't thirsty:
First thing in the morning. Our bodies are constantly losing water through sweat, urine, bowel movements and even breathing. After sleeping (and not drinking) for eight hours, your body will definitely be needing some lubrication!



Before and after exercise. Properly hydrating before and after exercise is far more important than drinking during an hour of intense exercise (we're not saying to stop sipping on water at the gym, just make sure you pre-hydrate as well). Without enough water, your body can't utilize its number one temperature regulating system: perspiration. What's more, less water in the system leaves you at a higher risk of muscle cramps, fatigue and injury. Post-workout water is duly important as well for flushing out the toxins you just released into your body through physical exercise or stretching. It is also a good idea to quickly hit the shower to wash off the toxins released in your sweat to get them off your skin.

3. Eat your water. If you are eating 90-100% raw foods, you may not feel thirsty nearly as often, and that's okay! Water-rich fruits and veggies are an excellent source of hydration, not to mention plants are the healthiest, most natural water-purification system you can find. Slurping on green smoothies, watermelon, and big leafy salads all day? Your food is packed with water! When you start crunching on your favorite dehydrated snacks, dried fruit, nuts and seeds, keep in mind you will need to drink more water later to balance it out. Not only do dehydrated or processed foods lack much water of their own, they take more water to digest and assimilate nutrients, so you will need to replenish by drinking fresh, clean water.

Still worried you are not getting enough water? Tune in to your body and check for these signs and symptoms of dehydration.

Are you dehydrated?

Your body will let you know when you need water. All you need to do is recognize the signs. If you find yourself with the following symptoms, it's not a bad idea to drink a glass of water, or even two or three, to replenish your body. Even if the symptoms are related to a different cause, proper hydration helps the body function at its best to fight off what's plaguing you.

- Headache
- Dizziness
- Light-headedness
- Irritability
- Weakness
- Cravings for sugar and salt
- Dark urine
- Decreased urine output
- Dry mouth
- Nausea
- Lack of sweating when exerting
- Muscle cramps

Caution: If you are still experiencing dehydration symptoms despite drinking plenty of water, you may be suffering from adrenal fatigue and should contact your doctor.

All of these, and maybe others distinctive to you, are ways your body is saying "Hello! Some water, please!" As we begin to eat more cleanly and stay in touch with our shifting physical states, we can learn to stay on top of hydration and avoid these unpleasant symptoms. But,

even the most consistent water-drinker could find herself a bit dehydrated from time to time. It is ongoing, chronic dehydration that we want to avoid at all costs.

Bored with water? Make it fun and tasty!

Especially if you are used to drinking coffee, teas, soda and flavored waters, plain water just might bore you after awhile. Getting yourself to drink more water can be as easy as making your water a bit more fun. Raw-food add-ins can make your glass of water tasty, pretty and healthy!

Favorite Flavored Water Combinations

Cucumber and lemons, thinly sliced

Frozen blueberries and raspberries (delicious and help keep it cool)

Strawberries and kiwi, thinly sliced

Ginger and mint leaves

Pitted cherries, raw honey and a pinch of sea salt

Experiment with your favorite flavors, making your next pitcher of water fruity, spicy or even floral. Other great ingredients are:

- basil leaves
- cinnamon
- lime slices
- orange slices
- berries (goji berries, blackberries, blueberries, etc.)
- pine needles
- rosemary
- rose petals
- lavender flowers
- nettles
- seaweed

Whatever you choose, drink up and enjoy!





How to Grow *Perfect Tomatoes*

Tomatoes are the most widely grown vegetables in most kitchen gardens. With so many tasty, hearty varieties available that can bear fruit in as little as six weeks it is no wonder most beginning gardeners plant these nutritious fruits. Whether you are a first time gardener or a seasoned pro, these guidelines can help you get the most out of your summer tomato harvest!

Choosing Your Seeds

There are a number of factors to consider when making a choice of the variety of seeds or seedling you want to buy. First you have to make sure that the seeds you get are not genetically modified. Then, you must decide if you want hybrid or heirloom tomato varieties.

Hybrid tomato seeds are not genetically modified but are seeds that have been pollinated in a



controlled environment between two different tomato plants with different desirable traits. The resultant seeds are therefore referred to as hybrid seeds and will have the desirable qualities of the parent plants and this can be resistance to disease, taste, size of fruits, etc. However, you have to buy new seeds every planting season because the seeds from a previous harvest will not be hybrids – they will exhibit traits from either of the parent plants. When considering which

hybrid seeds to buy it is good to take into consideration their attributes. Hybrid varieties include celebrity, sweet 100, jet star, etc.

Heirloom seeds on the other hand are open pollinated and seeds from a previous harvest and can be used to plant again. They are normally chosen because of their particular characteristics: taste, size and shape of fruit. If you intend to plant these, make sure you plant the different



unripe vine tomatoes

The Perfect Temperature

Growing perfect tomatoes requires warmth, humidity and sunlight. If the temperatures are between 75-84°F/24-29°C your seeds should germinate in about seven days and if it's 60°F/16°C it should take about 14 days. A sunny window can provide these conditions. If unavailable, you can use a regulated source of heat below the flat or seedbed in the temperatures stated above and provide a source of lighting above it. Make sure your light is about 2 inches (5 cm) from the plants as they grow. Ensure that the temperature does not exceed 70°F/21°C once the seedlings sprout their leaves. Water them and feed with compost tea or fish emulsion once a week.

heirloom varieties separately to prevent cross-pollination, which may lead to lost traits in the new plant. Heirloom varieties however have very little resistance to diseases and need a lot of extra care compared to hybrid varieties. They also take longer to fruit compared to hybrid varieties. Examples of heirloom varieties include green zebra and brandy wine.

You may also decide to grow both heirloom and hybrid tomatoes. Just make sure to grow them separately. Determinate or bush tomato varieties grow only up to three feet long and fruit over a two-week period and then stop. Indeterminate varieties grow up to twenty feet long and pruning is necessary for them to take control of vines growing and get more fruits. Growing a number of varieties ensures that you will have a continuous harvest.

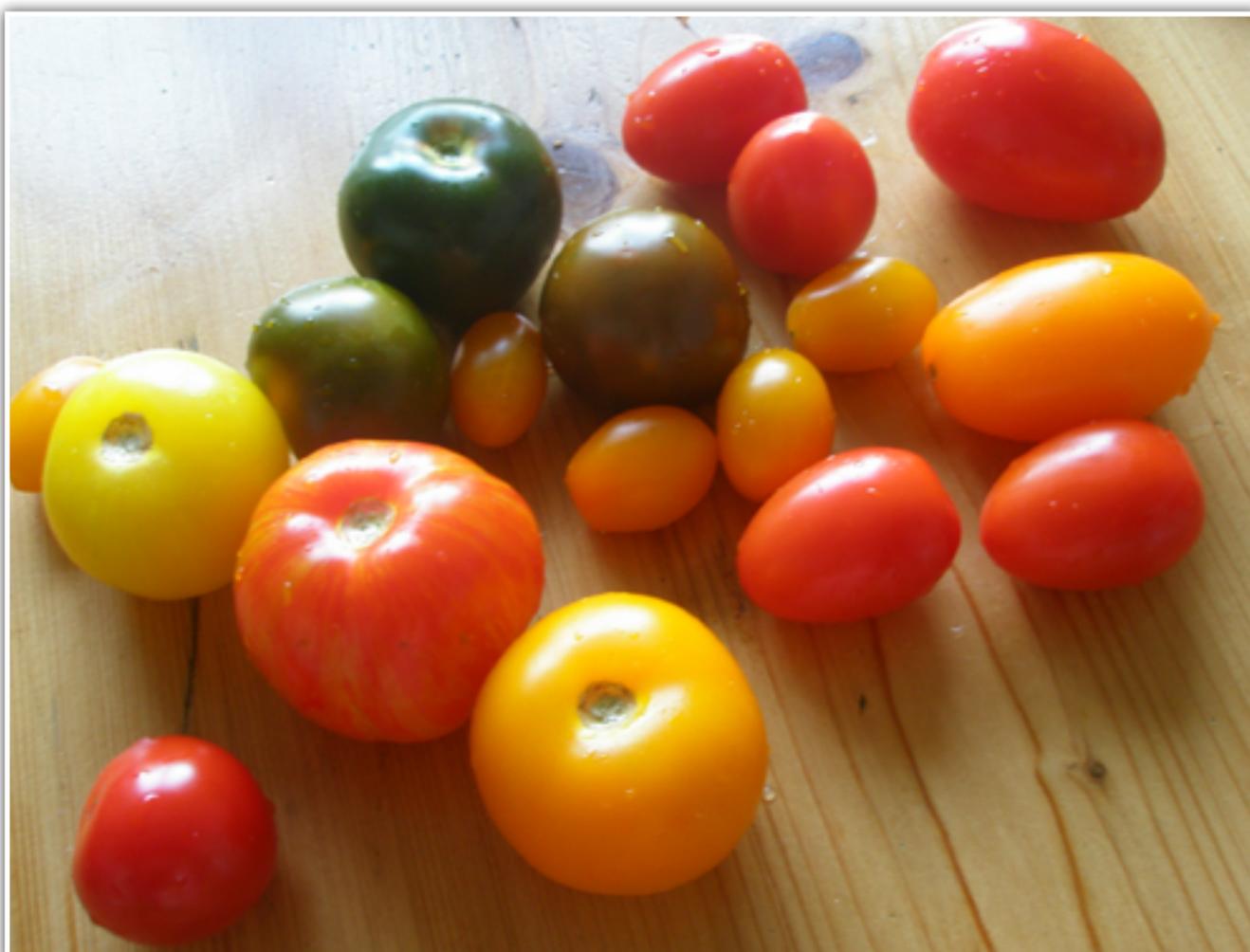
Seed vs. Seedling?

Choosing to start with seeds or seedlings will depend on your climate and personal taste. With some experimenting, you will learn the varieties that are good for you. If you are a first time farmer you may opt to

buy your particular variety's seedlings from a nursery. If growing from seeds, plant the seeds in your nursery 6-8 weeks before the last frost when you will want to transfer them to your garden. Plant the seeds 2.5 cm apart and about 0.6 cm into the soil in well-drained flats or seedbed.

Transplanting Tomatoes into Your Garden

When the second leaves sprout, transplant them into individual deep containers with drainage holes, burying them deeper than they were previously. Discard any weak and sick looking seedlings. They could be diseased and affect the rest. If you bought seedlings from a nursery,





with 1 gallon (4 liters) of warm water (about 80°F/27°C) within 10 minutes of planting.

Using Stakes or Cages

If you plan to train your plants on stakes (should be 5-7 feet long) or cages (at least 4 feet tall) ensure that you put up the structures before planting. As the vines grow on the plant tie them loosely with strips of cloth at 6 inch (15 cm) intervals along the stake. One thing to note is that if you want to hasten the

growth of your plants, shelter them by wrapping the tomato cages with clear plastic. Mulching should be done a week or two after transplanting or until the soil is warm depending on your weather conditions. Mulch with dried straw, dried grass or pine needles to control weeds and keep the soil moist.

Temperatures below 53°F/12°C at night and frost will damage your plants and reduce fruiting. In case of late frost, wrap your transplanted plants with hot caps or cloches.

Ensure each plant gets at least 1-3 inches (2.5-7.5 cm) of rain or 2 gallons (7.5 liters) of water per week. Avoid wetting the foliage as it makes the leaves prone to diseases. Use compost to side dress two or three times in the growing season and nourish with liquid seaweed once a week to increase fruit production and improve overall health of your plants.

How to Prune Your Tomatoes

To prune your plants on stakes, use your fingers to remove small shoots growing on the main or side stems at the base of the leaf. This will encourage improved yields and your tomatoes will also fruit two weeks earlier than unpruned plants. If you live in a hot sunny area, your fruits may get sunscald, which appears as light gray patches of skin. To prevent this, leave a few shoots in the middle or on top of the plant when pruning. These shoots will grow to protect your fruits from sunscald. The best way to do this is when vines grow to the top of stakes or cages, pinch with your thumb and forefingers and remove the small tender shoots that grow at the base of tomato leaf stems. This will encourage flowering and fruiting of your tomato plants.

transplant them into individual containers and harden them for a week or two before transplanting into the garden. At this stage the seedlings will need more light and less water provided for them. When the seedlings are 6-10 inches (15-25 cm) long, they are now ready to be transplanted into your garden if spring weather is appropriate. The area to plant your tomatoes should be an area receiving the full sun except for regions with extremely hot temperatures. Make the tomato planting holes large and put several inches of sifted compost mixed with a handful of bone mill into them and sprinkle a teaspoon of Epson salt into each hole for provision of magnesium. Plant into the soil so that the lowest leaves are just above the soil level. Then cover with a mixture of soil and well-decomposed compost. If you are going to stake and prune the plants or train them on trellises, the spacing between plants should be 2 feet. If you will leave them to sprawl, space at 3-4 feet apart. Sprawled plants are more susceptible to disease, insects and other predators because of their exposure to the soil. If you choose this, make sure the soil is well mulched to protect the plant and fruits from diseases and pests. TIP: To avoid shocking your plants during transplanting, water each plant



tomato blossom



Bearing Fruits

Fruits will appear 45-90 days after planting depending on the variety. They are ready for picking when they become of considerable size, have a bright, deep coloring and are lightly soft to touch. If your fruits are threatened by predators, cover the nearly ripe ones with clear plastic bags cut at the bottom corner to provide ventilation and drainage. Check every day for ripe fruits and pick them off the stem by slightly twisting them.

If there is danger from heavy frost, harvest all your fruits including the green ones. Most tomato plants can withstand a light frost.

Best Planting Combos

Planting basil about 18 inches (45 cm) from your tomato plants improves the flavor of your fruit while at the same time improving yields and acting as an insect repellent.

Planting them near carrots on the other hand increases fruit production and improves growth

because the tomato plants will 'steal' nutrients from the carrots.

Protecting Your Tomatoes from Pests

Another way to protect your plants from slugs and other pests lightly is to spray the foliage with coffee, but avoid soaking the soil with it. Coffee is acidic and will repel most pests from your plants, but will also make soil more acidic which is not good for them either.

No garden space? No problem!

If you do not have garden space, all is not lost. You can still grow tomatoes in large wood barreled or fiberglass containers filled with a mixture of compost and soil. These vines will need plenty of sun, water and a rich, well-drained soil mixture. Tomato varieties like Tiny Tim and Pixie Hybrid II can be grown in smaller containers that are 6 inches (15 cm) deep. Apply compost tea frequently to the tomato vines in containers in order to provide for their intake of water and nutrients to optimize growth.



Summer Recipes

Party Pleasers



Southern Summer Comfort



Cool Treats



Delicious Dips

FAMILY FAVORITE GUACAMOLE

By Ashley McLaughlin
Edibleperspective.com

Serve: 2-4

DIRECTIONS:

1. Mash the avocado with 1/2 Tablespoon of the lime juice and honey.
2. Gently fold in the strawberries, blueberries, green onion, jalapeno, and salt.
3. Crumble the goat cheese over top and gently fold in.
4. Place in a bowl and top with 1/2 Tablespoon lime juice and a sprinkle of sea salt. Optional – Top with more blueberries and diced strawberries if desired.

Note: Add more jalapeno if desired. The spice level can really vary so be careful when adding. The lime juice is added for flavor and to help prevent browning. Store tightly wrapped in the fridge but best when served immediately.

This guacamole pairs really well with a spicy chipotle tortilla chip!

Ingredients:

- 1 large avocado
- 1 lime [~1 Tablespoon juice]
- 1/4 cup + 2 Tablespoon strawberries, finely chopped
- 1/4 cup + 2 Tablespoon blueberries
- 2 oz soft goat cheese
- 1 Tablespoon green onion, finely diced
- 1/2 Tablespoon jalapeno, de-seeded + finely diced [optional]
- 3/4 teaspoon raw honey
- 1/4 + 1/8 teaspoon salt




Ashley McLaughlin
Edible Perspective

Food photographer. Recipe developer.
Writer. Blogger {Edible Perspective}.
Author {Baked Doughnuts for Everyone}.
Adventure seeker. Colorado lover.





PINEAPPLE MANGO SALSA

By Julia
Juliasalbum.com

Prep Time: 30 minutes
Yield: 4 servings

Ingredients:

- 1 mango, peeled, cored, chopped in small cubes
- 2 cups pineapple, chopped in small cubes
- 1 cup cherry tomatoes, each chopped in half
- 1 red bell pepper, chopped
- 1/4 cup red onion, minced
- 1/4 cup cilantro, chopped finely
- 2 tablespoons freshly squeezed lime juice
- a pinch of red chili powder (optional)
- a pinch of cayenne pepper (optional)
- Salt and pepper to taste



DIRECTIONS:

Mix all chopped ingredients in a large bowl, add lime juice, add salt and pepper to taste and optional spices (if desired) – and mix well. Set aside to allow the juices combine together.



Julia

Julia's blog is a reflection of what Julia eats on a daily basis; therefore you will see lots of savory recipes, as well as recipes for sweets and desserts. This blog will mainly focus on high quality "peasant" food: fresh, whole ingredients cooked in a simple, "peasant" way.





COOL RANCH DIP

By Cara Reed
Forkandbeans.com

Ingredients:

- 1 cup raw cashews, soaked completely in water for at least 1 hour and then drained
- 1/2 cup water
- 1/4 cup fresh parsley
- 2 Tablespoon minced onion
- 1 large garlic clove

For the "Cool Ranch" seasoning (Blend everything together)

- 1/4 cup nutritional yeast
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon dried parsley
- 1 teaspoon dried chives
- 1/2 - 1 teaspoon salt
(depending on your salty tooth)



Notes:

Makes 1 cup of deliciousness.

Serve with chips and/or cut-up veggies.

This dip will keep fresh for 2-3 days but you won't have leftovers anyway so this is irrelevant.



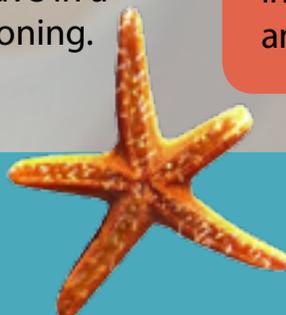
DIRECTIONS:

1. In a high-speed blender, mix together the cashews and water until smooth. You want it to be a bit thick as a dip would be. If you need to add more water, add 1 tablespoon at a time.
2. Add the garlic clove and 1 tablespoon of the cool ranch seasoning and blend again until smooth. Taste first to see if you want more seasoning.
3. Pulse in the fresh parsley and minced onion. You want it still chunky so don't blend it too much.
4. Chill in the fridge in an airtight container. The cooler it becomes, the tastier it gets.
5. You will have "Cool Ranch" seasoning leftovers--Hooray! Save in a plastic baggie or glass jar and keep as an all-purpose seasoning.



Cara Reed
Fork And Beans

Native of Los Angeles, Cara is the crazy, chocolate-filled woman behind Fork and Beans. On a mission to recreate every treat known to mankind, she has every intention of making them gluten, egg, and dairy-free. Oh, and super tasty too.





SPINACH DIP

By Amie Sue
Nouveauraw.com



Ingredients:

yields 5 cups of dip

10 oz spinach
(fresh only, don't use frozen)
1/2 red onion, diced (3/4 cup)



Sauce: yields 4 1/2 cups

1 cup water
1/3 cup fresh-squeezed lemon juice
2 cups raw cashews, soaked
2+ hours
2 tablespoons nutritional yeast
2 - 4 garlic cloves
1/2 - 1 tsp sea salt
1/4 cup of organic, cold-pressed olive oil

DIRECTIONS:

1. After soaking the cashews, drain and rinse them before adding to the recipe.
2. Chop spinach and red onion and place in mixing bowl.
3. Place the ingredients in the following order into the blender: water, lemon juice, cashews, nutritional yeast, garlic, and salt. Blend until smooth. Depending on the blender, this can take 1-3 minutes. Once the sauce is smooth, drizzle in the olive oil while the blender is running. Blend just until incorporated.
4. Pour the sauce in to the bowl with spinach and onion and mix.
5. Chill for 1-2 hours to increase the dip's thickness.
6. Garnish with chopped red bell pepper or more onion for color.
7. This should keep for 2-3 days in the fridge. I don't recommend freezing.



Amie Sue Oldfather
Nouveau Raw

Graduate of the Living Light Culinary Institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.



Finger Foods

ZUCCHINI PESTO ROLL-UPS

By Jordan Cord
Thefitchen.com

Yields 15

Total Time: 20 minutes

Ingredients:

Roll-ups

- 2 zucchinis
- 1 container of cherry tomatoes [just enough for one per roll]
- 1/2 cup pesto

Pesto

- 1 cup fresh basil leaves
- 2 Tablespoons minced garlic
- 3/4 cup raw cashews
- 2 Tablespoons nutritional yeast [optional, but recommended!]
- 2 Tablespoons freshly squeezed lemon juice
- 1/3 cup olive oil
- 1 teaspoon sea salt



DIRECTIONS:

1. Combine cashews, olive oil, basil, garlic, lemon juice, nutritional yeast, salt, and pepper in a food processor. Pulse until the consistency is mostly smooth. Cover and refrigerate.
2. Chop the ends off each zucchini. Then, using a mandolin or vegetable peeler, start peeling long strips from the zucchini. Repeat until you've peeled enough strips for the amount of rolls you want to make.
3. On a flat surface, lay out a slice of zucchini, portion a spoonful on the strip and smooth it out evenly. Cover 1/2-3/4 of the strip, otherwise it will be hard to roll and the pesto will ooze out everywhere. Place a cherry tomato near one end of the zucchini and start to roll the strip around the tomato. When you get to the end, spear the roll with a toothpick and set it aside.
4. Repeat the process until you run out of ingredients.



Clark Cord & Jordan Cord
The Fitchen

Together, Jordan and Clark make up the team at The Fitchen, where they strive to eat healthy, whole foods. Organic, no chemicals, no processing, and all real. Their mission is to share the experiences with food along with their favorite recipes as well as inspire and encourage other people to try their hand at cooking.



RAW FRUIT CAKE

By Amy Clarke

The-savvy-kitchen.com

Ingredients:

- 1 round watermelon
- 1 cantaloupe
- 1 pineapple
- 1 lb. strawberries
- 1 cup blueberries
- 1/2 cup raspberries
- 1/2 cup blackberries
- Small metal cookie cutters
- Toothpicks
- Small metal cookie cutter

DIRECTIONS:

Cut off the top and bottom of the watermelon. Place on a flat surface and, using your knife, remove the remaining rind by cutting from top to bottom around the watermelon, making a cylinder shape. Once all the rind is removed, go back and even the shape out so it is flat on top and around.

Remove the top, skin and core from the pineapple. Using a small metal cookie cutter, punch out shapes in each slice. Make sure you use a metal cutter so the pineapple cuts easily. Place a blueberry on a toothpick followed by a pineapple shape. Arrange the slices in a zigzag pattern around the side of the watermelon.

Wash the strawberries. Remove the stems and cut into slices. Place a blueberry on a toothpick followed by a slice of strawberry. Arrange the slices in a zigzag pattern opposite of the pineapple pieces.

Slice the cantaloupe in half. Remove the seeds from the middle and then cut in half again. Cut the skin off of the cantaloupe. Cut the cantaloupe into thin slices. Arrange slices in a circle around the top edge of the watermelon. You may need to cut the slices so they form a circular shape and can mold to the round shape of the watermelon edge.

Pierce blackberries, raspberries and blueberries with toothpicks and insert them into the cantaloupe to secure the pieces in place. I did this in a pattern all the way around each cantaloupe slice.

With the remaining cantaloupe, use the same metal cookie cutter that you used for the pineapple and cut four of the same shapes. Place a full strawberry, with the top removed, upside down in the center of the watermelon. Secure it in place with a toothpick. Add one of the cantaloupe cut-outs on top of the strawberry and secure it with a toothpick.

Spread the remaining blueberries (and raspberries and/or blackberries, if desired) around the top of the cake in the center of the cantaloupe slices. Place the remaining four cantaloupe cut-outs on top of toothpicks and place around the center strawberry.

Refrigerate until ready to serve.



Amy Clarke
The Savvy Kitchen

My name is Amy and I'm the author, photographer and cook behind The Savvy Kitchen (www.the-savvy-kitchen.com). I currently live in Northern Virginia with my husband and our baby boy, Bradley. Cooking is my hobby and passion, so I hope you come by and see what's cooking in my savvy kitchen!



"DEVILED EGGS"

By Gena Hamshaw
Choosingraw.com

Ingredients:

- 1 cup cashews, soaked 2-3 hours
- 1/4 - 1/2 teaspoon sea salt (to taste)
- 3/4 teaspoon curry powder
- 1/2 teaspoon turmeric
- 1 tablespoon lemon juice
- 1/3 cup water
- Dash paprika
- 1 zucchini or summer squash, cut diagonally into ovals



DIRECTIONS:

1. Place the cashews in a food processor fitted with the S blade. Add the salt, spices, and lemon. Pulse till the cashews are broken down.
2. Run the motor and drizzle the water in. Continue blending till the pate is silky smooth, stopping frequently to scrape the sides of the bowl down. You'll have one cup of pate.
3. Place a rounded tablespoon of pate on each zucchini oval. Sprinkle lightly with paprika, and serve.
4. Serves many – you can reserve extra pate for crudites or wraps!



*Gena Hamshaw
Choosing Raw*

Gena is passionate about vegan and raw food. In her blog, you'll find some of her favorite recipes, as well as some occasional musings about health and wellness, body image, and animal rights.



Party Pitchers

ROSELLE ROOIBOS DRINK

By Bryant Terry
Author of Afro-Vegan

Ingredients:

- 6 ½ cups water
- 2 (two-inch) cinnamon stick
- 6 tea bags or 3 tablespoons rooibos tea
- 2 cups dried hibiscus flowers
- ¾ cup freshly squeezed orange juice
- 1 cup agave nectar
- 2 cups cubed fresh pineapple, in 1-inch chunks, plus 6 spears
- Ice, for serving

DIRECTIONS:

Put the water and cinnamon in a medium saucepan. Bring to a boil over high heat, then boil for 2 minutes. Add the rooibos, hibiscus flowers, orange juice, and agave nectar and mix well. Immediately remove from the heat, cover, and let stand for 30 minutes.

Uncover and let cool to room temperature. Strain through a fine-mesh sieve into a pitcher, pressing down on the solids to extract as much liquid as possible. (Compost the solids.) Add the pineapple chunks and refrigerate for at least eight hours or overnight.

Serve over ice, garnishing each glass with a pineapple spear.



Bryant Terry

A national leader in the movement to promote healthy eating, Bryant is the author of *The Inspired Vegan* and *Vegan Soul Kitchen*, and the co-author of *Grub*. He has been featured in the New York Times and Food & Wine and on The Martha Stewart Show and Morning Edition. He lives in Oakland, California.



GOJI GINGER LEMONADE

By Sarah Britton
Mynewroots.org

Serves 1

Ingredients:

- 2 Tablespoons goji berries
- 1 ½ cups water
- 1 teaspoon ginger root, freshly grated
- ½ lemon, juiced
- raw honey to taste (optional)



DIRECTIONS:

1. Soak goji berries in water for at least one hour to soften.
2. Pour goji berries and soak water into a blender with remaining ingredients, blend on high until completely mixed.
3. Pour into a glass with plenty of ice and lemon slices.

Other Super-Antioxidant add-ins:

- açaí berry powder
- blueberries
- vanilla bean
- raw cacao powder
- fresh peppermint
- golden raisins
- raw cranberries
- blackberries



Sarah Britton
My New Roots

Holistic Nutritionist and Certified Nutritional Practitioner (CNP) from the Institute of *Holistic Nutrition in Toronto, Canada*, Sarah believes in sharing her knowledge so that anyone can have access to the education she received. She shares holistic health pieces and her love for whole food, plant-based eating online.





LAVENDER LEMONADE

By Kelly Hunt
Eat-yourself-skinny.com

Ingredients:

- 2 cups water
- 1/2 cup sugar
- 1/4 cup agave nectar
(or honey)
- 3 Tablespoons dried lavender
- 2 cups freshly squeezed lemon
juice
- 4 cups water
- 1 lemon, sliced (for garnish)

DIRECTIONS:

1. Over medium heat, combine two cups of water and sugar, bringing to a boil until sugar is dissolved. Remove from heat and stir in agave nectar and dried lavender. Cover for about 15 minutes, allowing mixture to steep. Strain lavender, making sure to release all juices and syrup.
2. In a large pitcher, combine freshly squeezed lemon juice, lavender mixture and water. Feel free to add a drop of blue coloring and a drop of red to mixture to give it a lovely purple color. Chill for at least two hours and serve over ice. Enjoy!



Kelly Hunt
Eat Yourself Skinny

A 20-something foodie with a passion for cooking and a huge desire to show that living a healthy lifestyle can actually be easy and fun. She's passionate about photography and would love to one day write her very own cookbook.





WATERMELON PUNCH

By Angela Simpson
Eat-spin-run-repeat.com

Prep Time: 10 mins, plus chill time



Ingredients:

(about 1.5 liters)

- 3 cups diced watermelon
- 1 cup berries, fresh or frozen
- 1/2 cup fresh orange juice, plus orange slices
- 3-4 cups of ice water
- ice cubes
- mint leaves, to garnish

DIRECTIONS:

Place the watermelon chunks in a blender with the orange juice, half of the berries, and water. Blend until smooth.

Place the ice cubes, mint leaves, remaining berries, and orange slices in a large pitcher.

Pour the watermelon juice into the pitcher. Allow the punch to cool before serving.



Angela Simpson
Eat Spin Run Repeat

Angela is an avid runner, fitness instructor, foodie, healthy living blogger, and health coach. Her goal is to support, inspire, and motivate others to improve their health and be their best. You can find recipes, workouts, and tips for living your best life on her blog, Eat Spin Run Repeat.





SPARKLING PINEAPPLE MINT JUICE

By Sylvie Shirazi
Gourmandeinthekitchen.com



Ingredients:

- 1 fresh pineapple, peeled and chopped (save a few slices to garnish if desired)
- 1/4 cup (one small handful) fresh mint
- A few teaspoons of honey or your sweetener or choice (optional)
- 1 liter bottle of sparkling water or club soda
- Crushed ice, to serve



Sylvie Shirazi

Gourmande In The Kitchen

Sylvie Shirazi is a freelance food photographer and food writer. On her blog, Gourmande in the Kitchen, she celebrates the joy that food brings to our lives every day. Her motto is "cook simply." She believes that good food should be simple, real and made with love for those we love.

DIRECTIONS:

Place pineapple, mint and sweetener (if using) in a high speed blender or food processor. Process until smooth. Pour into tall glasses, top with crushed ice. Add sparkling water or club soda to top. Serve immediately, garnish with mint or pineapple slices if desired.



Scrumptious Sides

CORN AND TOMATO SALAD

By Lynda Balslev
Tastefoodblog.com

Serves 4



Ingredients:

2 ears corn, husked
1 poblano pepper, stemmed, seeded, diced
1/2 small red onion, chopped
1 pint cherry or grape tomatoes, halved
1 bunch Italian parsley, stems removed, leaves chopped
2 tablespoons extra-virgin olive oil
Juice of 1 lime
1/2 teaspoon ground cumin
Sea salt
Freshly ground black pepper



DIRECTIONS:

Cut the kernels from the corn and place in a bowl. Add the pepper, onion, tomatoes and parsley. Mix to combine. Drizzle with olive oil and lime juice. Sprinkle with cumin, salt and pepper to taste. Toss and serve.



Lynda Balslev
Taste Food Blog

Lynda Balslev is an award-winning food writer, author, editor and recipe developer based in northern California. She writes about food and travel and authors the blog TasteFood, a compilation of more than 600 original recipes, photos and stories. She is the author of the book *Almonds: Recipes, History, Culture*.



CARAWAY COLE SLAW

By Sarahfae Bedelia
Addictedtoveggies.com

Makes 2 to 3 main dish sized portions

STEP 1. CARAWAY DRESSING

Ingredients:

- 1 cup zucchini - peeled and cubed
- 3/4 cup macadamia Nuts
- 3 teaspoons apple cider vinegar
- 1 to 2 tablespoons caraway seed - ground
- 1/2 teaspoon black pepper
- 1/4 teaspoon sea salt
- 1/2 to 1 cup water - add 1/2 cup Water first, and more as needed for desired consistency/thickness



"Let's Eat Outdoors"
A Cook Book of Recipes and Ideas
for Picnics, Barbecues, Potluck Parties, Camping

DIRECTIONS:

Puree all of the ingredients until very smooth. Store in air tight container in fridge

STEP 2. COLE SLAW

Ingredients:

- 1 bunch of Kale de-veined and Massaged until evenly broken down
 - 1/2 small head of purple cabbage
 - 1 medium carrot - julienned
 - 5 to 6 fresh green onion shoots - sliced thin on the bias
 - 1/2 cup raisins or goji berries -soaked in warm water for 10 minutes
- In a large mixing bowl combine the above "slaw" ingredients, and toss with (optional but good):
- 1 tablespoon lemon juice
 - 1 tablespoon coconut nectar or liquid sweetener of choice

DIRECTIONS:

Add entire batch of Caraway Dressing to your Slaw and toss/mix evenly. Top your Cole Slaw with a pinch of Paprika and fresh Green Onion.



Sarahfae Bedelia
Addicted to Veggies

Sarahfae is the owner/creator of the raw vegan recipe site, Addicted to Veggies. Addicted to Veggies is a recipe website, a place to encourage you to take pride in making yummy food from scratch, to try new things in exciting new ways.



JICAMA "POTATO" SALAD

By Tanya Krall
Leafygreensandme.com

Ingredients:

Avocado Aioli

- 1 cup raw cashews, soaked in filtered water for about four hours, drained
- 1 small avocado, peeled and chopped
- 1/2 teaspoon dry mustard
- 1 tablespoon minced capers
- 1 tablespoon chopped fresh dill
- 1 tablespoon white wine vinegar
- Juice of 1-2 lemons
- 1 cup filtered water (to thin to desired consistency)
- 2 tablespoons first cold pressed extra virgin olive oil
- 1-2 teaspoon(s) sea salt
- 1/4 teaspoon black pepper

DIRECTIONS:

1. Drain cashews and place in a food processor along with chopped avocado, mustard, capers, pickles and the juice of 1 lemon. Process until smooth scraping down the sides.
2. With the motor running, slowly add water to desired consistency and drizzle in olive oil. Season with salt and pepper to taste and more lemon juice if desired.
3. Chill for at least two hours for flavors to combine.

Salad Ingredients:

- 1 2 lb jicama peeled and diced into 1" cubes
- 1 cup finely diced celery
- 3/4 cup finely diced dill pickle
- 1/2 cup finely diced red onion
- 1/4 cup minced capers
- 1/4 cup finely minced fresh dill
- Avocado-aioli added to desired consistency
- 1/2 teaspoon celery seed
- Sea salt and freshly ground black pepper to taste
- Fresh lemon juice to taste

DIRECTIONS:

1. In a large bowl, mix all ingredients together adding in enough avocado-aioli for a creamy texture and chill for about three hours for flavors to combine.
2. Garnish with additional dill leaves and lemon wedges if desired.



Tanya Krall
Leafy Greens And Me

In 2009, Tanya has been a vegan since 2004 and has had no regret. She dreams of owning her own vegan restaurant or cafe and serving delicious and healthy vegan cuisine but for now, you can join her on her blog, leafygreensandme.com

Mouth-Watering Mains

SPICY BBQ CHICKPEA BURGER

By Angela Liddon
Ohsheglows.com

Yield: 7-8 patties



Ingredients:

- 1 cup dry/uncooked chickpeas (or 2 & 1/4 cups cooked chickpeas) + kombu (optional)
- 1/2 cup dry brown rice (or 1 & 1/4 cup cooked rice)
- 3 tablespoons sunflower seeds + 1 tbsp pepita seeds, toasted
- 2 large garlic cloves, minced
- 1/2 cup diced red pepper
- 1 jalapeno, seeded and diced
- 1/4 cup diced red onion
- 1 small carrot, grated
- 1/4 cup minced fresh parsley
- 3 tablespoons BBQ sauce
- 1/4 cup breadcrumbs, or more as needed (use GF breadcrumbs if necessary)
- 2-3 tablespoons ground flax
- 1/4 teaspoon red pepper flakes
- Fine grain sea salt, to taste (I used 1 tsp + Herbamare)



Angela Liddon
Oh She Glows

As the writer, photographer, and recipe developer of the popular vegan blog Oh She Glows, Angela Liddon has shared recipes without meat or dairy since she started the blog in October of 2008, and now she's adding cookbook author to her resumé, too.



DIRECTIONS:

- 1.** Methods to prepare chickpeas: 1) Soak dry chickpeas overnight, or for at least eight hours, in a large bowl filled with water. When ready, drain and rinse the chickpeas. Place in a medium-sized pot with 3 cups of fresh water. Cover with lid and bring to a boil. Remove lid and place a small piece (~1" x 2") of kombu (optional) into the pot with 1/8th tsp salt. Cover again and simmer on low-medium for about 50 minutes, watching carefully after about 35-40. When cooked, chickpeas will be tender and some may have split open. Drain and rinse. Discard kombu. 2) Alternatively, you can use canned chickpeas or 3) the quick-soak method: Add 3 cups water and 1 cup dry chickpeas into a pot. Cover, bring to a boil, and immediately turn heat off. Keep covered and let sit for one hour. After one hour, drain and rinse chickpeas. Add into rinsed pot with 3 cups fresh water. Cook the same as method 1) above.
- 2.** To cook rice: In a strainer, rinse the rice. Add 1/2 cup dry rice into a pot with 1 cup water. Bring to a boil. Reduce heat to low, cover with lid, and simmer for about 25-30 minutes, watching closely and giving it a stir after 20. Add a touch more water if necessary.
- 3.** Toast seeds: Preheat oven to 300F. Toast sunflower and pepita seeds for about 12 minutes, or until lightly golden in colour. Set aside.
- 4.** Chop vegetables. Finely chop the garlic, peppers, onion, and parsley. Grate carrot. Stir in half the salt. Set aside.
- 5.** Mash chickpeas and rice: When chickpeas are ready, drain and rinse. Add the cooked chickpeas and rice into a large bowl. Make sure your rice is HOT as it helps it stick together and bind. Do not use cold rice. With a potato masher, mash very well, leaving some chunks for texture. You will need to use a lot of elbow grease to mash this up, but you want it really sticky so it's worth it! You can also pulse in a food processor.
- 6.** Mix it all up: Preheat a large skillet over medium-high heat. With a wooden spoon, stir in the chopped vegetables into the mashed chickpea/rice mixture. Now stir in the seeds, BBQ sauce, breadcrumbs, and ground flax. Add the salt and red pepper flakes to taste.
- 7.** Shape patties and cook: Form 6-8 patties and pack dough together tightly. Spray the preheated skillet with oil. Cook the patties for about 4-5 minutes per side over medium-high heat (time will vary based on your temp). Burgers should be browned and firm when ready. You can also try grilling the patties (try pre-baking patties for 15 mins in the oven at 350F before grilling).





CURRY MARINATED VEGETABLE KEBABS



By Jessica Verma
Cleangreensimple.com

Prep Time: 30 minutes

Cook Time: 15 minutes

Total Time: 45 minutes

Yield: Makes about 6 kebabs

Ingredients:

- 1 Onion, cut into 1" chunks
- 1 bell pepper, cut into 1" pieces
- 1 medium zucchini, cut into 1" pieces
- 8-10 small mushrooms, left whole or cut in half
- 1/2 head of cauliflower, cut into 1" pieces
- 1/2 head of broccoli, cut into 1" pieces



For the marinade:

- 1/2 cup Chickpea (garbanzo) Flour
- 2 cups vegetable broth or water
- 2 Tablespoons lemon juice
- 3 cloves garlic, minced
- 1/2 teaspoon ginger, minced (optional)
- 1/2 teaspoon Garam Masala (optional, you could also use cardamom)
- 1 teaspoon Curry Powder
- 1/4 teaspoon paprika
- 1/4 teaspoon Turmeric
- 1 teaspoon Cumin
- Pinch Cayenne Pepper
- Tabasco sauce (optional)
- 1 teaspoon Salt
- Pinch black pepper
- 1 tablespoon arrowroot or cornstarch



Jessica Verma
Clean Green Simple

Jessica is a photographer striving to eat clean, live green, and generally keep life simple. Check out her books page to learn more about health and nutrition, as well as her recipes and tips pages to get fired up about cooking and eating food that makes you feel great!



DIRECTIONS:

1. If you are using wooden skewers, soak them in water for at least 30 minutes before grilling. Steam the cauliflower and broccoli for 10 minutes (or boil them for 4-5) until just slightly softened. Mix together all of the marinade ingredients in a large bowl and add chopped vegetables. Stir to coat and let sit for at least 30 minutes, stirring occasionally to evenly coat them.
2. Once everything is finished soaking/marinating, preheat the grill (to medium heat) or broiler. While it is heating slide the vegetables onto the skewers, distributing them evenly. If using the grill, make sure to grease the grate well so the vegetables don't stick and grill them for about 2-3 minutes per side (rotate them as if they have four sides). If using the broiler, place them on a well-greased cookie sheet and broil them for 2-3 minutes per side (again, four sides).



3. While the kebabs are grilling, pour the leftover marinade into a saucepan (remove any leftover vegetables first) and add 1 Tbsp arrowroot or cornstarch. Heat over medium heat, stirring frequently, until it thickens to a thick gravy consistency. Pour into a serving dish and use as a dipping sauce for the vegetables.



CORN CHOWDER

By Mark Reinfeld

Serves 4

Ingredients:

- 1/2 cup chopped raw macadamia nuts or cashews
- 3 cups corn, fresh off the cob
- 1 1/4 cups water
- 1/2 cup diced red onion
- 1 small garlic clove
- 1/4 cup diced celery
- 2 tablespoons freshly squeezed lime juice
- 1/2 teaspoon seeded and diced hot chili pepper
- 1 teaspoon sea salt, or to taste
- 1/2 teaspoon ground turmeric (optional)
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon chili powder (try chipotle)
- 2 tablespoons flaxseed or hempseed oil (optional)
- 2 teaspoons minced fresh dill
- 1/2 cup seeded and diced red bell pepper, for garnish
- Black sesame seeds, for garnish



DIRECTIONS:

1. Place the macadamia nuts in a bowl with ample water to cover and soak for 20 minutes.
2. Meanwhile, place 2 cups of the corn and all the remaining ingredients, except the dill, red bell pepper, and black sesame seeds, in a large blender.
3. Drain and rinse the macadamia nuts well. Transfer to the blender and blend until creamy. Transfer to a bowl. Add the remaining cup of corn and the dill, and mix well. Garnish with red bell pepper and black sesame seeds before serving.

VARIATIONS

For Indian Corn Chowder, replace the dill with fresh cilantro, and add 2 teaspoons of curry powder and 1 teaspoon of ground cumin.

For Italian Corn Chowder, replace the dill with 2 Tablespoons of chiffonade fresh basil, 1 tablespoon of finely chopped flat-leaf parsley, 1 teaspoon of minced fresh oregano, and 1/2 teaspoon of fresh thyme.



Mark Reinfeld
Author of *The 30 Minute Vegan's Soups On!*



Down Home Desserts

Banana Cream Filling Ingredients:

1/4 cup natural cashew butter
1/4 cup coconut milk
1 teaspoon vanilla extract
1/4 cup chia seeds
3 ripe bananas
3 packets stevia (optional)

Chocolate Crust Ingredients:

1 cup pitted soft dates
1 cup almond flour
1 teaspoon vanilla extract
1 tablespoon coconut oil
1/4 cup ground flax seed
1/4 cup hemp seeds
1/4 cup cocoa powder
Dash of salt
2 Tablespoons water
1 banana
Coconut whipped cream
Chocolate ganache

BANANA CREAM PIE

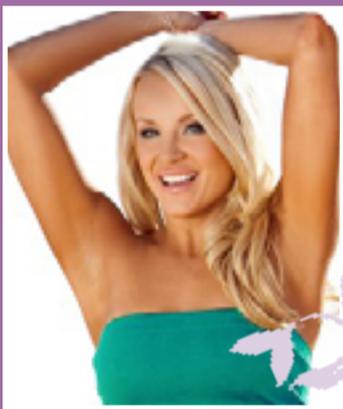
By Amy Layne
Damyhealth.com



Prep time: 20 Minutes
Yield: 8-12 Slices

DIRECTIONS:

1. Place all Banana Cream Filling ingredients into your food processor and blend until bananas are completely smooth.
2. Place in a bowl and set aside.
3. Place all Crust ingredients into your food processor and blend until smooth dough.
4. Spray your 8 inch pie plate with a non stick healthy oil.
5. Using your hands press dough down evenly.
6. Scrape Banana Cream Filling over the crust.
7. Place desired amount of coconut whipped cream in the middle of the pie.
8. Place banana slices around the outside edge of the pie.
9. Drizzle pie with chocolate ganache
10. Place in the refrigerator for four hours.
11. Remove, cut into slices and serve.



Amy Layne
Damy Health

Amy Layne is a Personal Trainer, Holistic Nutritionist and Lifestyle Expert at DAMY Health. She is the creator of the popular DAMY Method Program and world famous Bikini Body Program.

CHERRY PIE

By Jules Galloway
Julesgalloway.com

Ingredients:

For base:

1 cup almonds
1 cup dessicated coconut
15 dried dates, soaked
in water for 10 minutes
3 heaped tablespoons
cacao powder
1 teaspoon vanilla powder (you can
substitute with sugar free vanilla
extract or the contents of a vanilla
pod)

coconut oil, for greasing the tin

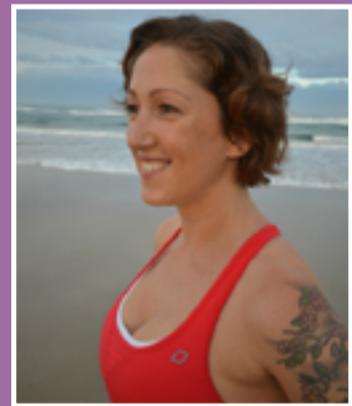
For Filling:

250g cashews
1/2 cup coconut oil
2 cups of fresh cherries, pitted
1/3 cup honey
extra cherries for serving



DIRECTIONS:

1. Pop your almonds and coconut into your Optimum blender and blend until it reaches a coarse, gravel-like consistency.
2. Add the dates, cacao and vanilla powder and blend on a low speed, stopping occasionally to scrape down the sides, until your mixture becomes slightly sticky (you can test this by pressing a small amount between your thumb and forefinger).
3. Press the mixture into the base and up the sides of a 25-30cm flan tin with a loose base, which has been greased with coconut oil. I used this one from Ikea.
4. Next, blend all the filling ingredients on a medium to fast speed until super smooth.
5. Pour into your flan tin and refrigerate until set. If you like, you can transfer to the freezer and it will set faster.
6. Serve with fresh cherries stacked on top.



Jules Galloway
Julesgalloway.com

Jules Galloway is a naturopath, freelance writer, raw food artist and beginner surfer, living just 10 minutes from Byron Bay, Australia. When she's not in the kitchen experimenting with raw desserts, she can be found riding 1-2 foot waves or attempting to turn herself upside down in yoga class. Check out her yummy recipes at <http://julesgalloway.com> or follow her on Facebook.

PEACH COBBLER



Kristina Carrillo-Bucaram
FullyRaw

Founder of the largest organic coop in Austin, TX, Kristina lives to inspire a FullyRaw low fat raw vegan lifestyle.



Popsicles

ICE TEA FRUIT POPS

By Sonnet Lauberth
Insonnetskitchen.com

Serves: 6

Ingredients

- 16 ounces filtered water
- 2 honey bush tea bags
(or tea of your choice)
- 1 cup blueberries
- ½ cup raspberries
- 1 peach or nectarine, sliced



DIRECTIONS:

1. Bring water to a boil. Brew tea 3 – 5 minutes, remove tea bags, and let cool in fridge.
2. Add fruit to popsicle molds.
3. Add tea and popsicle stick.
4. Freeze 3 – 5 hours, until solid.



*Sonnet Lauberth
In Sonnet's Kitchen*

Sonnet Lauberth is a certified holistic health coach, cookbook author, and food and health blogger. Sonnet is passionate about local, seasonal eating and sustainable living. Visit her at www.insonnetskitchen.com



WATERMELON WHOLE FRUIT POPSICLES

By Alissa Segersten
NourishingMeals.com



Ingredients

- 3 cups watermelon puree (about 1/4 to 1/2 a watermelon)
- 1/2 cup fresh blueberries
- 1/2 cup chopped fresh strawberries
- 1 kiwi, peeled and sliced
- 1 peach or nectarine, diced small
- handful fresh cherries, pitted and chopped

DIRECTIONS:

1. Cut the watermelon into chunks and then puree it in a blender until smooth. Set aside.
2. Set out about 1 dozen popsicle molds (amount needed will vary depending on size of molds). Fill each one with the chopped fresh fruit. Then pour in the watermelon puree until each mold is full to the top. Place a popsicle stick into each one. Place into your freezer and freeze for about six to eight hours.
3. When ready to serve, run the popsicle molds under warm water for a few seconds and then pull each one out. Enjoy!

You can replace the watermelon puree with honeydew melon or cantaloupe puree. Use any fresh organic fruit you have on hand. Use contrasting colors for nice look. And don't forget to use seedless watermelon.



*Tom Malterre & Ali Segersten
Nourishing Meals*

Co-owner of Whole Life Nutrition, a health education business empowering people with science and recipes to heal and rise to optimal health, Alissa is also a cookbook author and mother of five children. For healthy recipe inspiration, visit her blog!





STRAWBERRY-PINEAPPLE LIME POPS

Jennifer Murray

Co-Author of *The Complete Idiot's Guide to Eating Raw*

Prep Time: 15 minutes

Freeze Time: 4 hours

Total Time: 4 hours, 15 minutes

Yield: 4 to 8 Popsicles



Ingredients

- 1 heaping cup of fresh strawberries, or frozen
- 1 cup fresh pineapple juice (sometimes I blend fresh pineapple with a little water for pineapple juice, rather than juicing)
- 2 Tablespoons lime juice
- 2 Tablespoons raw agave nectar, optional when needed

DIRECTIONS:

1. Simply blend your ingredients together in a blender and pour the mixture into popsicle trays.
2. Freeze for three to four hours or until the pop is frozen solid. Defrost for about five minutes before trying to remove the popsicle from the tray or you run the risk of pulling the stick out. You can also try running the tray (upside-down) under warm water to melt the outsides and loosen them up, making them easy to remove.



Jennifer Murray

Jennifer Murray is the co-author of *The Complete Idiot's Guide to Eating Raw*, a comprehensive book covering the many aspects of the raw food diet and its effects on the body. She is also co-author of the *30-Minute Vegan* and the *30-Minute Vegan's Taste of the East*.



Ice Cream

CHOCOLATE "ICE CREAM" BARS

By Gretchen Brown
Kumquatblog.com

Yield: 6-8 bars

Ingredients

- 3 large bananas, sliced and frozen
- 3 Tablespoons dark chocolate cocoa powder
- 3 Tablespoons organic peanut butter
- 11 ounces milk chocolate morsels
- 1 1/2 Tablespoons coconut oil



Gretchen Brown
Kumquat Blog

Gretchen F. Brown, RD, is a gluten-free dietitian and the founder of kumquat, a gluten-free blog devoted to the belief that gluten-free food can and should be easy to prepare, wholesome, and delicious enough for everyone. She recently authored a cookbook, *Fast & Simple Gluten-Free*, featuring fresh and classic favorites in 30 minutes or less. Gretchen has worked in professional test kitchens and photography studios and is now a freelance recipe developer, food stylist, food writer, and food photographer.

DIRECTIONS:

1. Combine frozen banana slices, cocoa powder and peanut butter in a food processor. Pulse until smooth. Spoon mixture into popsicle molds and insert wooden popsicle sticks according to manufacturers directions. Freeze for four hours or until firm.
2. Combine chocolate morsels and coconut oil in a medium bowl. Microwave at HIGH heat for one minute. Stir well. Microwave again at HIGH heat for 30 seconds. Stir until smooth.
3. Remove popsicles one at a time and spoon chocolate mixture evenly over popsicle. Tap carefully to remove excess chocolate. Place popsicle upright in a styrofoam block to set chocolate or lay carefully on wax paper to set. To store, wrap individually and store in freezer.



PIÑA COLADA MACADAMIA ICE CREAM

By Janae Wise
Bring-joy.com

Ingredients

- 1, 15 oz. can organic, full-fat coconut milk
- 1, 15 oz. can crushed pineapple
- 3/4 cup evaporated cane juice
- 1/4 cup stevia in the raw (or more cane juice)
- 1/8 teaspoon salt
- 3/4 teaspoon xanthan gum
- 1 Tablespoon coconut extract
- Ice (about 2-3 cups, depending on shape & size of ice)
- 1/2 cup macadamia nuts, chopped
- 1/2 cup unsweetened shredded coconut



DIRECTIONS:

1. In blender, add coconut milk, 1/2 the can of pineapple with all of its juice, evaporated cane juice and stevia, salt, xanthan gum, coconut extract, & enough ice to make 6 cups total mixture. Blend on high until very smooth. You don't want to overprocess otherwise it will melt all the ice, but you don't want any chunks, either.
2. Pour mixture in a casserole dish.
3. Add chopped macadamia nuts, shredded coconuts, and remaining pineapple. Stir to combine.
4. Put dish in freezer for an hour. After an hour, stir mixture thoroughly. Repeat every hour for three hours.
5. I've found three hours to be a good amount of time for the ice cream to set, but time will vary depending on the temperature of your freezer. Watch the mixture, if you want it a bit more firm after three hours, let it sit in the freezer for 20 or 30 more minutes, which should do the trick.
6. Once the desired firmness has been reached, use a big, strong spoon or scoop, serve ice cream (fun option: serve in a pineapple, see below) and/or put leftovers in a freezer-friendly storage container.
7. When you're ready to have some ice cream, take the ice cream out and allow to soften for 10-15 minutes before serving.



Janae Wise
Bring Joy

Janae Wise is an Air Force wife, Mormon, mother of five, and is passionate about sharing with others ways in which to bring more joy to living. She is also a vegan & gluten-free recipe developer, writer, & (semi-retired) yoga teacher/fitness instructor.





MINT CHOCOLATE CHIP ICE CREAM

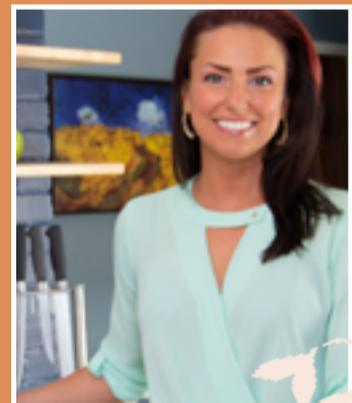
By Caitlin Cooper
Transformyourfood.com

Ingredients:

1 1/2 cups raw cashews (soaked overnight or for at least 4 hours)
1/2 cup frozen organic chopped spinach
2 cups non dairy milk (almond, hemp, coconut etc)
6 pitted dates soaked in hot water for 10 minutes
40 drops liquid stevia or to taste (or 2-3 Tbl honey, coconut syrup, maple syrup to taste)*
2 3/4 teaspoons pure peppermint extract (the mint flavor can vary by brand so add 1tsp at a time and taste)
1/8 teaspoon fine sea salt
1/2 cup chocolate chunks (I use my homemade vegan chocolate bar recipe listed below this)



Place the bowl of your ice cream maker in the freezer the night before when you soak your cashews. See notes for recipe without an ice cream maker below.



Caitlin Cooper
Caitlin's Kitchen

Caitlin Cooper, a certified holistic nutrition and health coach, brings a unique perspective to her clients on pain, weight, and stress management with her "Restorative Food Movement". Her blog, Transform Your Food, is an extension of her practice where you can find anti-inflammatory, grain and sugar free delicious recipes weekly.





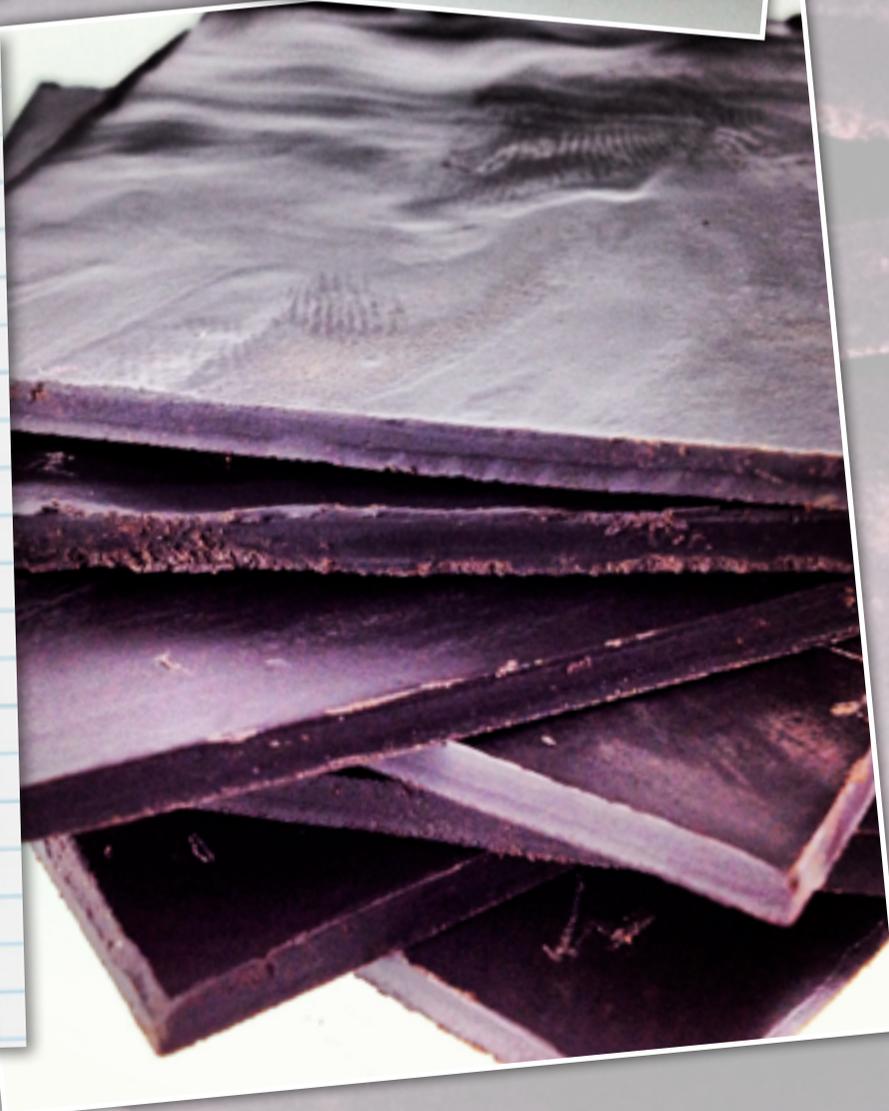
DIRECTIONS:

1. Drain and rinse the cashews and place in a high power blender.
2. Add in the remaining ingredients and blend on high until a smooth thick mixture is created.
3. Taste for sweetness and keep in mind that when the ice cream is cold the flavors will be subdued so it should be highly flavored in its un-churned form.
4. Strain through a sieve into a bowl and chill in the fridge for 45 minutes-one hour.
5. Pour into the chilled bowl of your ice cream maker and churn according to your manufacturer's instructions.
6. When the ice cream is thick pour in the chocolate chunks until just incorporated.
7. Transfer to an air tight container and allow to firm for another 30 minutes if you like a hard ice cream or eat right away if you like soft serve.



If you don't have an ice cream maker fill an ice-cube tray with the dairy milk of your choice and freeze overnight. In a high power blender (vita mix or a blend tec) combine the cashews, frozen spinach, frozen non dairy ice cubes, dates, peppermint, salt, and sweetener of choice and blend until smooth. If the mixture is too thick keep adding some non dairy milk 2 Tbl at a time until the desired consistency is achieved.

Stevia vs Sweeteners- Stevia/ sugar free ice creams tend to freeze very hard and need to be left out for 20-30 minutes before scooping. If you eat within the same day this won't be an issue. If you want a smoother scooping ice cream (and don't mind the extra sugar) replace with 1/2 cup maple syrup or coconut syrup and if you don't use the dates use up to 3/4 cup and make sure to taste to adjust to your own palate.





BANANA SPLITS TWO WAYS

By Maggie
Rawified.blogspot.ca

Ingredients

- 1 banana
- 1/4 recipe strawberry ice cream
- 1/4 recipe chocolate ice cream
- 1/4 recipe vanilla ice cream
- 1/2 recipe whipped cream
- 2 Tablespoons chocolate sauce and/or nutella
- 2 Tablespoons caramel and/or pineapple sauce
- 2 Tablespoons strawberry sauce
- 1 Tablespoon chopped nuts (peanuts, walnuts)
- 1 Tablespoon sprinkles
- 1 cherry

DIRECTIONS:

Peel the banana and cut in half lengthwise, placing in the bottom of a shallow serving bowl. On top of the banana slices, place a scoop of each kind of ice cream. Top the strawberry ice cream with strawberry sauce, the chocolate with chocolate sauce, and the vanilla with pineapple or caramel sauce. On top of each scoop, add a dollop of whipped cream. Sprinkle one of the whipped creams with nuts, and the other with sprinkles – placing the cherry on the one remaining. Serve immediately; it melts fast!



*Maggie
Rawified*

Maggie is a 16-year-old girl from British Columbia, Canada. She lives on an organic farm with her parents, younger sister, milk cow, barn cat, and multiple chickens. Maggie has a wide array of interests, including art, photography, nutrition, fitness, farming, and (of course) food.





BLACKBERRY HONEY ICE CREAM

By Amie Sue
Nouveauraw.com

Yields: 6 cups batter

Ingredients

- 2 cups cashews, soak 2+ hours
- 3 cups organic blackberries
- 2 cups almond milk
- 1/2 cup raw honey
- 1 Tablespoon lemon juice
- 1 1/2 teaspoons liquid stevia



DIRECTIONS:

1. After soaking the cashews, drain and rinse.
2. In a high-powered blender add the cashews, blackberries, almond milk, honey, lemon juice and stevia. Blend until creamy. Depending on the blender, this can take 1-5 minutes. Stop the machine occasionally and test for any grit. If you feel it, keep blending.
3. Place the ice cream batter in the ice cream machine and follow the manufacturer's directions or see below for more ideas.
4. After the ice cream machine is done, place in freezer-proof container and freeze. Remove from the freezer 10-15 minutes before eating.

Freezing Suggestions:

1. Use ice cream machine. Follow manufacturer's directions.
2. Freeze in popsicle molds or 3 oz Dixie cups with a popsicle stick inserted.
3. Freeze the ice cream in ice-cube trays. Once frozen press through a Champion Juicer, or place in a high-powered blender or process in food processor until creamy.
4. Pour into a freezer safe container and stir occasionally as it freezes.



Amie Sue Oldfather
Nouveau Raw

Graduate of the Living Light Culinary Institute. With 800+ raw recipes, Amie Sue strives to teach, encourage and share techniques to help others. Voted 2013 Best Online Raw Food Blog.



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Coopi Wants a Clue!

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Cooper, the fully raw office Dachshund, is curious about what you look for in a perfect magazine. Can you help her out?

Give Cooper a Clue ▶

(In one minute flat!)