

+5 FOODS TO BOOST YOUR LIBIDO NATURALLY

**INSIDE:**  
Full-Length  
Film!

# Raw Food Magazine

Issue 3 • July/August 2013

Summer's *Best*  
**BURGERS**  
& SIDES

Your Ultimate  
**UNCOOKOUT**  
Guide

Eating  
**COOKED?**  
on a **raw diet**

How To...  
**STAY RAW**  
while  
**Traveling**



Meet  
The Mother of  
Gourmet Raw Cuisine

**21**  
Summer  
**RECIPES**

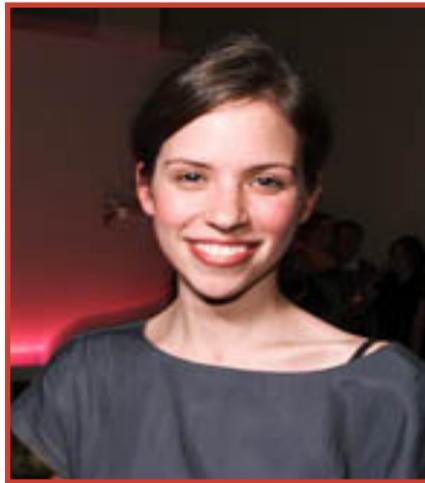
The World's Top Farmer's Markets

# Contributors



## Dr. Robert O. Young, MS, D.Sc., Ph.D.

Recognized as one of the top research scientists in the world specializing in cellular nutrition. Developed “The New Biology” to help people balance their life.  
[phmiracleliving.com](http://phmiracleliving.com)



## Gena Hemshaw

Manhattanite living in DC, Gena is passionate about vegan and raw food. Gena is also a clinical nutritionist entering med school at Georgetown University.  
[ChoosingRaw.com](http://ChoosingRaw.com)



## Amie Sue Oldfather

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.  
[NouveauRaw.com](http://NouveauRaw.com)



## Cherie Soria

Founder and director of Living Light Culinary Institute, Cherie has been teaching the art of gourmet raw foods to individuals, chefs, and instructors for more than 20 years and vegetarian culinary arts for 40 years.  
[RawFoodChef.com](http://RawFoodChef.com)



## Bethanne Wannamaker

Founder of Edible Goddess, co-author of Superfood Beauty Elixirs, certified holistic nutrition educator, natural beauty & conscious lifestyle expert, and motivational health speaker.  
[EdibleGoddess.com](http://EdibleGoddess.com)



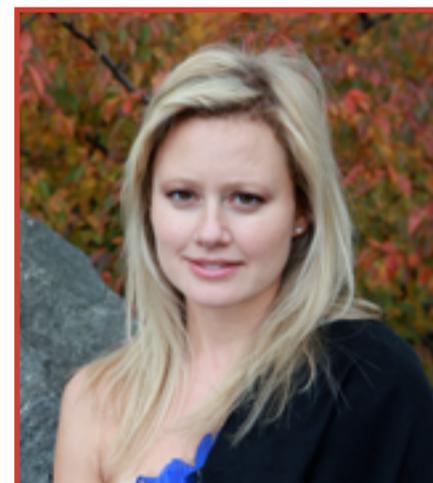
## Elaina Love

Founder and co-director of Pure Joy Culinary Academy, a raw, vegan, gluten-free un-cooking school in Scottsdale, AZ. She is foremost a teacher, passionate about sharing how to live a healthy, disease-free life.  
[ElainaLove.com](http://ElainaLove.com)



## Tim VanOrden

Tim set out to explore what happens when you combine a raw vegan diet and athletics. He has since won the US 50k trail title 9 times and is the featured interview in our exclusive July/Aug subscriber issue.  
[RunningRaw.com](http://RunningRaw.com)



## Noelle Twiggs

Former Wall Street Analyst turned raw recipe ninja and green smoothie queen. Noelle crafts tasty and nutritious green smoothies for you every new issue!  
[GreenLemonade.com](http://GreenLemonade.com)

# On the Cover...

## 59



### BURGERS, POTATO SALAD & ICE CREAM

With more than 20 amazing recipes for burgers, buns, sides and sauces, you can throw the ultimate raw un-cookout!

## 26



### THE WORLD'S BEST FARMER'S MARKETS

We take you around the world to some of the world's top farmer's markets.

## 17



### HOW TO STAY RAW ON THE ROAD

Learn the tips and tricks that make eating raw food on the road easier than you think!

## LIVE >

### 17 How to Stay Raw on the ROAD

Tips to keep you feeling great while traveling

### 19 Fun for KIDS: Nutrition By Color

Discover the health of eating the rainbow

### 22 Everything You Need to Know About Young Coconuts

Where to buy them, how to open them, and why they are so amazing for your health.

### 26 The World's Best Farmers' Markets

10 markets around the world to dazzle your eyes and delight your taste buds

## BEAUTIFY >

### 35 Natural, Healthy Sunscreen Alternatives

Learn how to preserve the most flavor and nutrition

## LEARN >

### 37 Eating Cooked on a Raw Food Diet

The authors of Raw Food for Dummies share their knowledge with you.

### 40 Food Faceoff: Melon vs. Mango

Which is best for your body and your budget?

### 41 5 Libido-Boosting Foods

Take a look at some of the natural foods that may increase your sexual desirability.

## INSPIRE >

### 44 The Truth About Diabetes

Take a look at the fasted growing disease, estimated to affect more people than HIV/AIDS worldwide

### 46 Full-Length Documentary: Simply Raw

WATCH: Documentary following 6 people undertaking a new diet for the healing journey of their lives.

# Contents



## GROW >

### 48 Easy Summer Sprouts!

How to sprout your own grains and lentils on your countertop.

## EAT >

### 50 Throw The Ultimate *un*Cookout This Summer

### 51 The Best Burgers

Sunflower Seed Burger  
Beet Burger  
Mushroom Burger  
Yam Burger  
\*Raw Burger Tostada Sliders (cover)

### 55 Unbeatable Buns

Naked  
Collard Leaf  
Tomato Hug  
Raw Tomato Bread  
Pepper Sunflower Seed Bread  
Red Pepper Zucchini Bread

### 58 Favorite Summer Sides

Zesty Lime Corn Salad  
Daikon French Fries  
Raw Vegan "Potato" Salad  
Tangy Cole Slaw  
Raw Vegan BBQ Zucchini Chips

### 62 Clever Condiments

Impossibly Delicious Raw BBQ Sauce  
Classic Ketchup in the Raw  
Easy Raw Vegan Mayonnaise

### 64 Virgin Cookout Cocktails

Sweet Tea Slushie  
Raw Summer Lemonade  
Watermelon Spritzer  
Melon Mojito

### 67 Old Fashioned Ice Cream Finale

Classic Vanilla Ice Cream Base  
Rich Chocolate Raw Cacao Ice Cream

## REGULARS

### 5 the Buzz

### 8 In the News

### 6 Research Round

### 10 What do YOU think?

### 11 Community Spotlight

### 13 Featured Chef



Meet

Cherie Soria  
of the Living Light  
Culinary Arts Institute

**buzz**

# Raw Food Getaways

Experiential vacations are out-selling destination vacations 3-to-1 this year. We want to travel *and* do yoga, surf, birdwatch, or learn to dance. Well, now you can pair some of your favorite activities with gourmet raw food on exclusive raw food retreats!



## RAW FOOD + YOGA

*Cleansing for mind and body*

**F**ormer pro snowboarder and current raw food chef, yoga instructor and holistic nutritionist, Priscilla Levac, describes her first experience practicing yoga on a raw food diet: “The physical benefits were unbelievable; it allowed me to feel light on my feet, energized, and willing to move energy flow. I also experienced healing by letting the true power of my body take charge and eliminating toxins. My body grew stronger, my mind got clearer, and felt a really strong spiritual connection.”

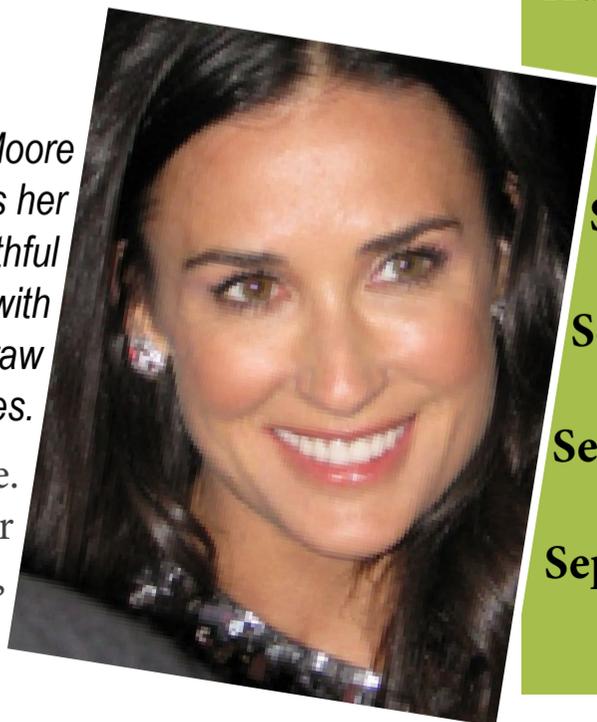
Celebs like Madonna, Gwyneth Paltrow and Jennifer Aniston swear by their yoga practice as a calming and effective way to tone the body and relax the mind. Some of

Hollywood’s hottest men—Russell Brand, Bryan Adams and Gerard Butler—have also jetted off to luxurious yoga retreats. Now, with programs popping up all over the world, you can experience it, too.

## RAW FOOD RETREATS: ARE THEY RIGHT FOR ME?

If you are looking for a new kind of travel experience, a raw food retreat could be your answer. There are so many options now, expensive yoga and spa retreats to rustic surf + raw camps, there is something for everyone. Especially if you are flip flopping on your raw food diet, a retreat helps nourish, recharge and leave you motivated to kick bad habits back at home.

*Demi Moore keeps her youthful glow with regular raw cleanses.*



## SUMMER VEG-FESTS!



Stay motivated and have some fun this summer at local veg-fest! It’s a great way to meet people, try delicious new dishes and get inspired.

**Aug 3-13 Provence, France**  
Fruit Festival

**Aug 4-5 Watkins Glen, NY**  
Farm Sanctuary New York Country Hoe Down

**Aug 11-12 Chicago, IL**  
VeggieFest Chicago

**Aug 7 Asheville, NC**  
Asheville VegFest

**Aug 17-18 Hudson, NY**  
Plant Stock

**Sep 1 Innsbruck, Austria**  
Veganmania Innsbruck

**Sep 7-8 Zagreb, Croatia**  
ZeGeVege Festival

**Sep 15 Bavaria, Germany**  
Veganmania Schweinfurt

**Sep 21 Tucson, AZ**  
Your Health Your Planet

# Research Round

## Spent Coffee Grounds Boost Nutritional Value of Lettuce



Those who grow their own lettuce may want to consider throwing a few used coffee grounds into their soil mix. A recent experiment demonstrates that introducing a low amount of coffee grounds to the soil of lettuce crops produces an increase in carotenoids, lutein, and chlorophylls. These nutrients provide several health benefits, such as the enhanced immunity and reproductive health support that comes from carotenoids, the heart attack prevention and eye protection from lutein, and the blood cleansing and detoxification from chlorophylls.

### How Much to Use?

The study shows that the optimal percentage of spent coffee grounds to use in soil is 10 percent. Lettuce growing in soil with a high ratio of coffee grounds showed signs of stress, as indicated by lower organic nitrogen levels. While increases in plant mass were demonstrated at the 2.5 and 10 percent coffee ground levels, it was

reduced for higher ratios. When it comes to using coffee grounds as a fertilizer for lettuce, more is not better.

### Significance of the Study

A growing concern of environmentalists is over the high volume of coffee waste that ends up in landfills. The majority of this waste is that of spent coffee grounds. In addition, there is a growing demand for healthier foods among consumers, with an emphasis on the quality and nutritional value of food over food types. The use of spent coffee grounds as a natural plant fertilizers can save landfills from being filled with the grounds while boosting the nutritional content of already popular healthy foods. It also is a safer alternative to the chemical fertilizers that are commonly used in the agricultural industry.

*Cruz, R., Baptista, P., Cunha, S., Pereira, J., and Casal, S. (2012). Carotenoids of Lettuce (Lactuca sativa L.) Grown on Soil Enriched with Spent Coffee Grounds. Molecules 17, 1535-1547.*

## Medicinal Tomatoes? More than Just Lycopene

The Journal of Pharmacognosy and Phytochemistry reports that tomatoes offer far greater health benefits than traditionally recognized. Newly discovered bioflavonoids, more than lycopene, have shown to be the source of the fruits' cancer-fighting properties. Tomatoes

are also very helpful in detoxifying the body. They contain natural chlorine which stimulates the liver, causing excess waste to be flushed out. Just 100 grams of tomato can contain 51 mg of chlorine. The lycopene in tomatoes causes herbalists to use them for reducing the risk of cardiovascular disease, preventing the hardening of arteries.

### More Benefits of Tomatoes

Tomatoes have been shown to not only benefit the health of internal organs, but the external ones as well. The regular consumption of tomatoes boosts hair health, making it strong and shiny. This fruit even makes a great topical skin care products, clearing and cleaning the skin.

### Tips for Tomato Consumption

All tomato varieties have the same nutritional benefits, being significant sources of vitamins A, B, C, potassium, phosphorus, magnesium, iron, and several other nutrients. Those seeking to enjoy the health benefits of the fruit can feel free to enjoy their favorite variety. Juice drinkers can turn up a glass of this nutritional fruit and ward off fatigue and tiredness.

*Bhowmik, D., Kumar, K.P., Paswan, S., Srivastava, S. (2012). Tomato-A Natural Medicine and Its Health Benefits. Journal of Pharmacognosy and Phytochemistry 1, 33-43.*



## Reversing Atherosclerosis and Stopping Weight Gain with Watermelon

Recently released research claims watermelon might have the power to reverse atherosclerosis, a major contributor to cardiovascular disease. The study was conducted using mice and covered a 12-week period. Watermelon extract was put into the drinking water of some of the mice and they were fed a high fat diet while the control group was given the same food, but plain drinking water. At the end of the trial the mice receiving watermelon extract had a lower fat mass and overall body weight than those in the control group. In addition, they had reduced levels of atherosclerosis, improved homeostasis of anti-inflammatory cytokines, and reduced plasma cholesterol. Systolic blood pressure remained comparable between both groups.

### Indications of the Study

While there has yet to be a similar study performed on humans, the study suggests that watermelon consumption may be more valuable than originally recognized. Even those who do not follow a healthy diet may benefit simply by including watermelon fruit or juice in their daily

Thirsty?

Opt for a glass of chilled watermelon or tomato juice to reap the benefits!

routines.

*Poduri A, Rateri DL, Saha SK, Saha S, Daugherty A. (2013). Citrullus lanatus 'sentinel' (watermelon) extract reduces atherosclerosis in LDL receptor-deficient mice. Journal of Nutritional Biochemistry 24, 882-6.*

## Avocado Consumption Signals Better Eating

Chances are high that those who eat avocados are overall healthier eaters, according to the National Health and Nutrition Examination Survey. Information about dietary habits was gathered from 17,567 US adults aged 19 and above. The quality of their diets was calculated according to the Healthy Eating Index of the USDA. It was found that those who ate avocados had a higher overall intake of fruits, vegetables, dietary fiber, vitamins E, K, and several other nutrients. Their body weight and waist circumference were much lower than their non-avocado eating counterpart.

### Health Benefits of Avocados

The value of eating avocados for boosting health and disease prevention have been long been recognized.

They are assistive in weight management

and have proven beneficial for managing diabetes and cardiovascular disease. Plus, avocados are very rich in nutrients: monosaturated fats, vitamin C, fiber, folic acid, B vitamins, vitamin E, and potassium. Now there is proof that simply eating avocados is a signal of better nutritional habits overall. Avocados make a great way for anyone to instantly improve health.

### Examining the Link

Researchers did not clarify whether consuming avocados resulted in better dietary habits or if those with better nutritional habits are more likely to eat avocados, but there is an association. However, there was no association found between avocado eating and the intake of calories and sodium. There are now initiatives being taken to support the increased consumption of this rich fruit.

*Fulgoni III, V. L., Dreher, M., Davenport, A.J. (2013). Avocado consumption is associated with better diet quality and nutrient intake, and lower metabolic syndrome risk in US adults: results from the National Health and Nutrition Examination Survey (NHANES) 2001-2008. Nutrition Journal 12, 1-6.*



## Do You Know Your Plastic?

### WHICH PLASTICS ARE SAFE?

There are seven numbers you will find on plastic containers, reflecting seven different types of plastic available in the market. The number is a resin identification code associated with the type of plastic used in

the container. Some plastics are healthier and more environmentally friendly, some less so.



**1** Polyethylene terephthalate, also known as PETE or PET. Most disposable soda and water bottles are made of #1 plastic, and it's usually clear. This plastic is considered generally safe. However, it is known to have a porous surface that allows bacteria and flavor to accumulate, so it is best not to keep reusing these bottles as makeshift containers.



**2** High density polyethylene, or HDPE. Most milk jugs, detergent bottles, juice bottles, butter tubs, and toiletries bottles are made of this. It is usually opaque. This plastic is considered safe and has low risk of leaching.



**3** Polyvinyl chloride, or PVC. It is used to make food wrap, bottles for cooking oil, and plumbing pipes. PVC is a tough plastic but it is not considered safe to cook food near it. There



are phthalates in this material—softening chemicals that interfere with hormonal development. You should minimize use of #3 plastic around food as much as possible. Never cook using food wrap, especially in a microwave oven.

This is low density polyethylene (LDPE). It is used to make grocery bags, some food wraps, squeezable bottles, and bread bags. This plastic is considered safe, but is unfortunately not often accepted by curbside recycling programs.



**5** Polypropylene. Yogurt cups and similar wide-necked containers are often made from it, as well as water bottles with a cloudy finish. You'll also find it in medicine bottles, ketchup and syrup bottles, and straws. This plastic is considered safe.



**6** Polystyrene, or Styrofoam, from which disposable containers and packaging are made. Evidence is increasingly suggesting that this type of plastic leaches potentially toxic chemicals, especially when heated. I suggest avoiding the use of #6 plastic as much as possible.



This number basically means “everything else.” It's a mixed bag, composed of plastics which were invented after 1987. Polycarbonate falls into this category, including the dreaded BPA. So do modern plastics used in anything from iPods to computer cases. It also includes some baby bottles and food storage containers which resist staining. Use of #7 plastic is at your own risk, since you don't know what could be in it.

To summarize, plastics #2, #4 and #5 are generally considered safe. Plastic #1 is safe too but should not be re-used due to the risk of growing bacteria.

### NEW TECHNOLOGY RECYCLES PLSTIC WITH INK

Researchers at the University of Alicante have developed a procedure that removes printed ink on plastic films used in flexible packaging, getting a product free from ink and suitable for recycling. Currently, most production processes rejected printed-ink materials for not complying with the final specifications required. This new procedure could change this.

Association RUVID (2013, June 3). Method for recycling plastic with printed ink developed. ScienceDaily.

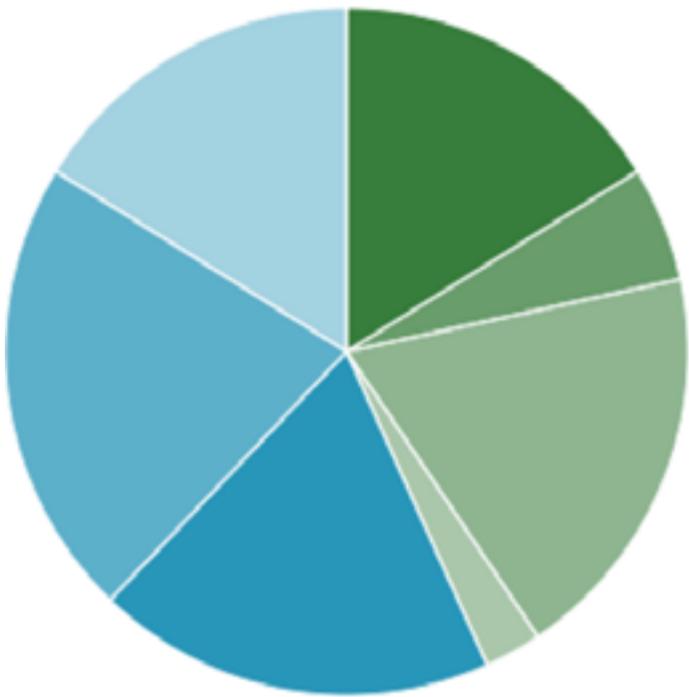
The technique uses no organic solvents to perform the ink removal; and the cleaning solution employed in the process is reused, which makes it more favorable economically and environmentally. Pilot tests were successful on different printed forms of polyethylene, polypropylene, polyester and polyamide.

Researchers are eager to enroll the technology enabling thousands of tons of now-discarded plastic to be recycled each year.



# Last issue we asked...

## What is your greatest FEAR about going fully-raw?



### Your other big fears include:

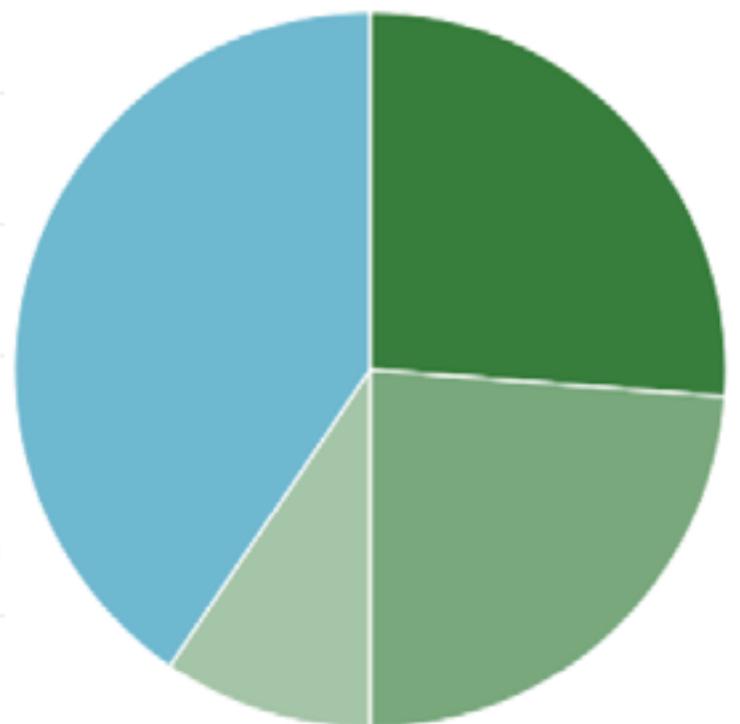
Difficulty eating out  
Battling cravings  
Not knowing what to eat while traveling  
Not being prepared  
Losing too much weight

I won't be able to do it; I'll fail!	16.22%
My friends and family won't understand.	5.41%
It will make it hard to socialize ★	18.92%
I will get weak and lose my muscle tone	2.7%
It will take too much of my time ★	18.92%
I won't be able to afford it ★	21.62%
I will be hungry alllll the time	0%
Other:	16.22%

Missed last issue?  
Tap on the graph to cast your vote!

## How often do you exercise?

26.19%	almost never... does texting count?
23.81%	1-3 times a week
9.52%	At least 10 minutes every single day
0%	1 hour in the morning and one 1 hour before
40.48%	4-5 times a week



Way to go! Over 40% of Raw Food Magazine readers exercise 4-5 times a week!

# Has raw food changed your life?

## Tell us *HOW*



We want to hear your story.

All of us arrive at raw food for different reasons. What's yours? By sharing our raw success stories we can keep each other inspired. Have an inspirational story? Share it with us!

*We love interviewing major figures in the raw food movement, from top athletes and cancer survivors to chefs and medical professionals who are willing to share their stories with you. Will you share, too?*

**SHARE YOUR STORY**

What is the **HARDEST** thing for you to give up?

- Bacon! and other meat - ribs, burgers, sausage...
- Chips, pretzels and popcorn
- Bread! bagels, toast, heck even tortillas
- My morning cup of Coffee
- Caaaandy, all the sugary goodies
- Cake, Cookies & other baked goods (cinnamon rolls, pumpkin bread...)
- Cheese and other dairy (yogurt, milk, ice cream)
- Other:

**Vote**

When do you feel **HAPPIEST**?

- Witnessing a beautiful, natural environment
- In the kitchen making something delicious
- Working - I love my job!
- Spending time with my friends
- Having some alone time -- reading, journaling, or meditating
- Spending time with my family
- During my favorite sport or activity
- Other:

**Vote**

Polldaddy.com

# Community Spotlight

First time reader.  
Loved it all!  
-Debra,  
North Carolina



**Favorite part of the mag?**  
Showcasing raw food chef  
Russell James...I think knowing  
their stories is cool where they  
started from...I have a few  
favorite raw food chefs... Russell  
James is one of them  
*Jennifer, Vermont*

## Omigosh snacks!

my biggest weakness is  
trying to find things to  
grab quickly when i'm in  
a hurry esp since theres  
no real health food  
stores in my town. now  
i have so many ideas!  
Thank you!

*Sarah-Beth, Alabama*

Hey Raw Food Magazine

I'm training for my second marathon event and have become obsessed with that fruit burst parfait. I just add a scoop of hemp protein to the bottom layer and top layer and it makes an awesome shake for after my long run days.

I would be careful NOT to put controversial characters in like Mr. Coldwell for feature articles. I will cancel the subscription if this is the route you intend to go.

*Anonymous*

*Hong Kong*

Dear Anonymous,

Thank you so much for your feedback. We understand that anyone who makes a stand in the medical community becomes a controversial figure. Our goal is to provide a variety of perspectives from prominent health and nutrition researchers and medical professionals. We do our best to weed out misinformation or fallable claims, and always appreciate hearing your opinion on the experts we bring to the table. Thank you for your input!

-rfm

An excellent magazine.  
I am just starting off with  
raw food and I feel this  
magazine will take me  
by the hand and lead me  
through the "unknown".  
Can't wait for the next issue

*Marina West*

*iTunes Review*

Click **HERE**  
to e-mail us  
today



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

# ARE YOU A BEGINNER?

## New To Raw Food?

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

- ✓ Expert Advice
- ✓ Easy Beginner Recipes
- ✓ Community Support

Join the Community!

# Chef Cherie Soria

The Mother of Gourmet  
Raw Vegan Cuisine

Cherie Soria, founder and director of Living Light Culinary Arts Institute, is 65 years young and has been teaching the art of gourmet raw foods to individuals, chefs, and instructors for more than 20 years.



**Cherie, what is your earliest food memory?**  
*Eating luscious, ripe avocados from the trees in Santa Barbara.*

**Yum, sounds delicious.**

**What made you decide to be a chef?**  
*Winning my first cooking contest at age 12.*

**What defines your raw cooking style?**  
*I like to prepare food that pleases the eye and the palate, and provides comfort as well as sustenance. My favorite are very simple foods, but I also love to make things with gourmet flair – dishes so amazing that people say, “this tastes better than cooked!”*

**What did you have for breakfast today?**  
*My favorite smoothie – made with blueberries, oranges, mila and kale!*

**What was your first kitchen memory?**  
*Working side by side with my Dad – he loved to cook and we kids always enjoyed being in the kitchen with him. I’m so grateful I come from a family who appreciates the gifts of the garden and the creativity of creating delicious foods together.*

**Describe your biggest food snafu.**  
*Well, I must admit I’ve rescued a few dishes from various emergencies. The amazing thing is that most people don’t notice if you “fix something up” with aplomb; like a piecrust that doesn’t hold together. How about transforming it into a “Stone Fruit Compote with Pecan Crumble.” There’s almost always something that can be done UNLESS you add too much salt. That’s harder to fix, so I always under salt at the beginning and go from there.*

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

*I love to make dishes that reflect my Mexican heritage, like guacamole and Mexican Cabbage Salad as well as a Nopales Cactus Salad that is absolutely wonderful. And Christmas would not be the same without homemade vegetarian tamales. We have them every year at our Living Light holiday party.*

**What is your most used kitchen tool?**

*My beloved Mac Santuko Chef Knife*

**What would you choose as your last meal?**

*Fresh, perfectly ripe tropical fruit like mango and papaya with a perfectly ripe avocado on a bed of just picked greens.*

**What's your most overused ingredient?**

*Might be zucchini; I can't resist – it is so versatile that it can be used in everything from pasta, crackers, pates, and dips to entrees, and desserts.*

**What is your motto?**

*Why be ordinary when you can be extraordinary?*

**What is your greatest fear?**

*Not living up to my potential. It keeps me on the move. Some of my staff compare me to the energizer bunny!*

**What is your present state of mind?**

*Pure bliss! I am taking a long overdue "real vacation" with my husband Dan in Fiji!*



Raw food revolutionary, **Cherie Soria**, is the founder and director of Living Light Culinary Institute, and has been teaching the art of gourmet raw foods to individuals, chefs, and instructors for more than 20 years and vegetarian culinary arts for 40 years. Cherie is known as the Mother of Gourmet Raw Vegan Cuisine and the author of four books, including Raw Food Revolution Diet and Raw Food for Dummies. She and

her husband, Dan Ladermann also own three other eco-friendly businesses in Northern California, including the Living Light Café.

In 1992, after studying with Dr. Ann Wigmore in Puerto Rico, Cherie learned the principles of using whole, live foods to aid in healing and rejuvenation. She recognized the need to make these simple foods as nurturing to the soul as they are nourishing to the body, and began creating a gourmet cuisine that would rival the most delicious traditional cooked foods. Since then, Cherie has personally trained many of the world's top raw food chefs, instructors, and raw recipe book authors and is often referred to as the Mother of Gourmet Raw Vegan Cuisine. She has been a popular speaker at many international health events and expos for the past 20 years and at over 65 years young, Cherie is as vibrant and energetic as ever!

# Enjoying this issue?

*Please take a moment to share the love.*



Every



**5-STAR REVIEW**

helps us gain search engine relevance so we can continue delivering beautiful, healthy content to your reader!

**Thank You!**

**LEAVE A REVIEW**

(Only takes 13.7 seconds!)

LIVE

[Stay Raw on the Road](#)



[Nutrition by Color](#)



[Young Coconut Guide](#)



[The World's Best Markets](#)





# How to **STAY RAW** on the **Road**

Hitting the road this summer for the epic summer road trip? Or maybe you just want to take a weekend trip to explore a new town? Whether you will be travelling 50 miles or 5 hundred, staying raw and healthy can become a daunting task away from your comfort, routines and kitchen gadgets. These tips will help you stay raw and stress-free on the road this summer.

**T**ravelling can be a tough time for raw foodies. Thankfully, it doesn't have to be! Preparing ahead of time is absolutely necessary to transition seamlessly to life on the road. But, the task is not as daunting as it seems. With a little forethought, creativity and smart packing, you will sail through your next vacation feeling as healthy and vibrant as ever.

Let's break it down into easy steps to plan, prepare and enjoy a raw food road trip.

## **BE EQUIPPED**

Leave the dehydrator and juicer at home. The key to staying raw on the road is **SIMPLICITY**. A few key items can carry you a long way, allowing you to prepare nutritious raw meals on the fly and without a kitchen.

**Ideal Things to Pack:**  
Flexible Cutting Board  
Knife

- Bullet Blender or hand blender
- Water Bottle
- Cup
- Cooler
- Spoon & Fork
- Optional: Julienne peeler (for quickly making pasta strings out of squash or zucchini)

## PACK PLENTY OF SNACKS

You will be more likely to make poor choices you wind up regretting when you don't have quick raw snacks to grab on the road. Pack a box or duffel bag with easy raw snack foods to nibble on your drive or hold you over between meals.

### Foods to Bring:

- Raw trail mix: raw nuts, seeds, cacao nibs, etc.
- Your favorite green powder (add to your water)
- Raw lemonade, pre-made smoothies or frozen juices
- Whole fruit: Bananas, apples, oranges
- Dried Fruit: raisins, prunes, dried apricots, dates
- Nori seaweed wraps
- Crackers/Chips: Flax crackers, Kale chips
- Bars: Larabars, raw granola bars, raw protein bars

**TIP:** Try to pack a premade salad, smoothie, or maybe a few frozen veggie juices (to thaw on the drive). When we travel we tend to go-to dried fruits, nuts, seeds and dehydrated goodies. It is a good idea to balance this out with hydrating, water-rich vegetables, smoothies and juices.

## ARM YOURSELF WITH INFORMATION

These are some things to know BEFORE you go to make your trip smooth and stress-free. Keep a note of these important things on your tablet, phone or in a small notebook.

- Locate a local health food store and grocery store. Make sure you have the location, opening and closing hours, and a phone number. Ideally locate two stores, a generic grocery and a health food store, organic market, or coop.
- Juice Bars/Restaurants – Look up menus ahead of time in case traffic means you arrive after the grocery store is closed, you didn't bring enough snacks or just feel like eating out.
- Reach out to the raw community online. Is there a local meet-up group where you are headed? A raw restaurant or blogger? Reach out and chances are people are happy to help you find what you need or even share the bounty from their home gardens!

NOTE: Hotels are meant to serve you! They can point you to the nearest health food store, allow you access to a kitchen, and many offer fresh fruit as part of their continental breakfast. Call ahead to see what resources they have for you.

## PLAN YOUR MEALS

Planning your meals ahead of time saves precious vacation

time so you know exactly what you need at the grocery store. Bring main ingredients beforehand so you're never stuck hungry wondering *what in the world can I eat!?!*

A typical menu for me is:

Breakfast - green smoothie, Lunch - nori wraps, Dinner - big green salad or zucchini pasta, Snacks - trail mix or fresh fruit.

Bringing these staples helps prepare you for anything:

**Stevia:** (or your favorite raw sweetener): Small and easy to carry with you. You can make your own raw lemonade with fresh lemons or whip up some quick tomato pasta sauce.

**Olive Oil:** With a high quality of extra virgin olive oil you can always make your own salad dressing with some lemon.

**Himalaya Sea Salt:** Most restaurants, hotels and grocery stores only carry the generic, chemically produced table salt. Since salt is essential to all of our cellular functions, it's a good idea to bring your own high-quality natural salt.

**Purified Water:** Always pack a few bottles (or gallons) or purified water for the travel itself to avoid dehydration or relying on tap water. Once at your destination, you can buy acceptable drinking water at most places.

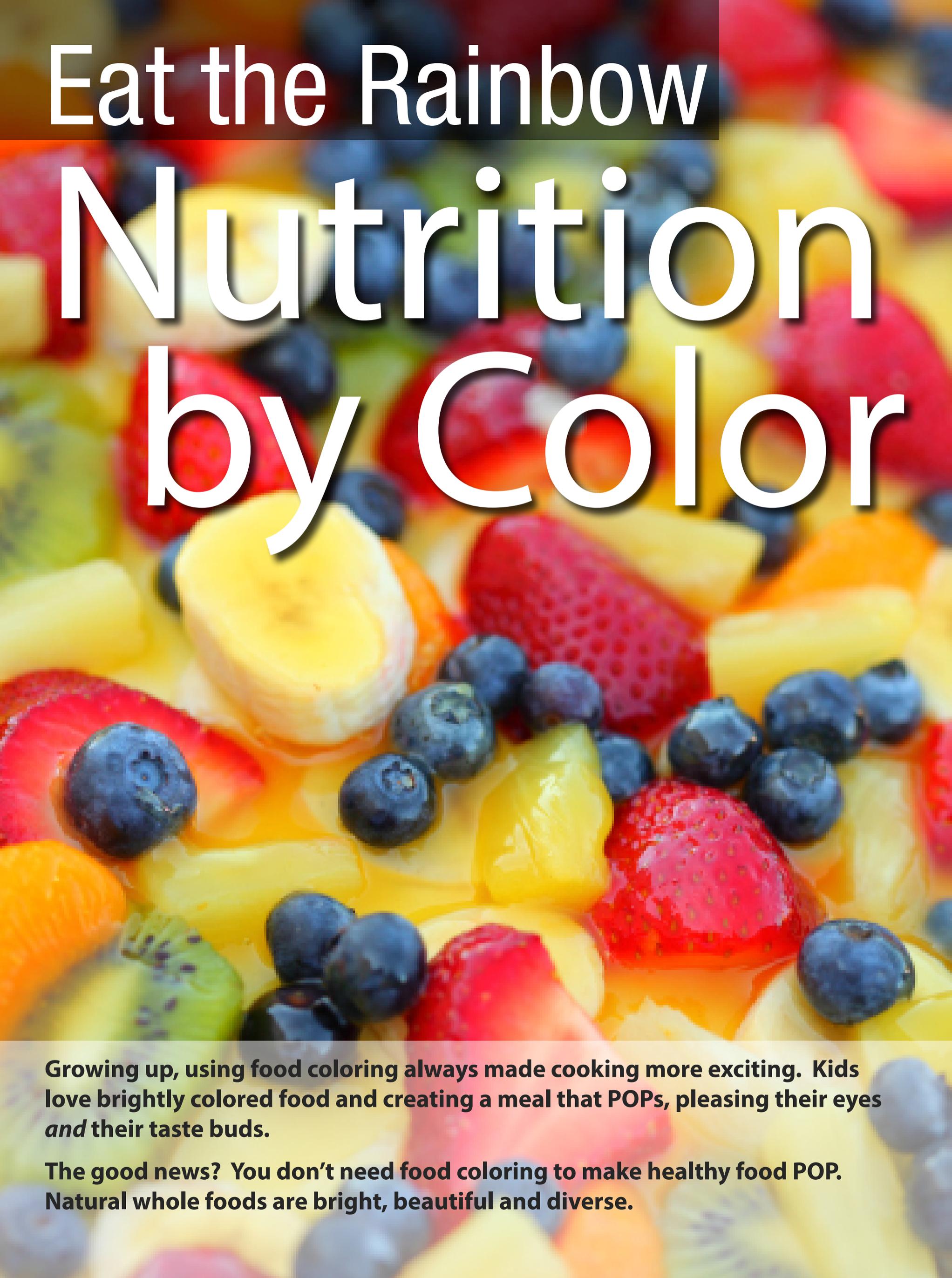
## DON'T STRESS!

At the end of the day, eating raw foods is about being and feeling healthy and vibrant. Planning and preparing definitely helps you stay on track; but, whenever you travel it is important to be flexible, keep an open mind and be kind to yourself! Ran out of raw healthy snacks? Can't find anything raw on the menu? Relax. You are on vacation to enjoy yourself and be present with the people around you.

Stressing out because you can't find exactly the right organic raw-vegan GMO-free food is just as toxic to your body as a poor diet. According to the American Psychological Association, even minor, short-lived stress triggers the body's automatic response, flooding the body with hormones that elevate your heart rate, increase your blood pressure, and can cause real physical symptoms from a minor stomach-ache to a migraine or even arrhythmia. Just opt for some steamed veggies or plain brown rice at a restaurant instead because saying,

John Kohler of OK Raw recommends taking raw Nori sheets for a quick wrap. You can usually find sprouts and avocado anywhere, just wrap and enjoy. He also buys pre-washed spinach in the plastic box which doubles as the bowl and adds chopped veggies to it for a giant, quick salad.





# Eat the Rainbow

# Nutrition by Color

**Growing up, using food coloring always made cooking more exciting. Kids love brightly colored food and creating a meal that POPs, pleasing their eyes *and* their taste buds.**

**The good news? You don't need food coloring to make healthy food POP. Natural whole foods are bright, beautiful and diverse.**

The even *better* news? Eating varied, colorful foods is actually better for your health.

The phytonutrients that offer plants protection from ultraviolet radiation and pests also give natural foods each a unique color, flavor, and smell. Simply looking at their color can give you great insight as to what element of health various foods are likely to support.

Eating a wide array of colors every day is the best approach to getting all the vitamins and minerals your body needs.

Make your plate a rainbow and reap the nutritional benefits. Take a look at the bright benefits you are getting with each color you add to your palate!

## 1 RED

Tomatoes, watermelon, red peppers, pomegranates, cranberries, raspberries.

The pigment that gives most red fruits and veggies their signature hue is called lycopene – an antioxidant that may reduce the risks of cancer and cardiovascular disease.

MAKE YOUR PLATE A RAINBOW AND REAP THE NUTRITIONAL BENEFITS.

## 2 ORANGE & YELLOW

Carrots, cantaloupe, apricots, mango, oranges, sweet potatoes, pumpkin, papaya, bananas, corn, summer squash, lemon, grapefruit.

You can thank beta-carotene for that vibrant orange hue found in carrots, sweet potatoes and the like. The body converts beta-carotene into vitamin A, which helps your eyes, your bones and your immune system stay in tip-top shape. Citrus fruits, like oranges and lemons, are full of vitamin C, of course, but they're also rich in bioflavonoids, and the two work together to help your bones, skin and teeth, and reduce your risks of cancer and heart disease.

## 3 GREEN

leafy vegetables, kiwi, lime, broccoli, cauliflower, Brussels sprouts, asparagus, zucchini, artichoke, avocado.

While leafy greens are high in beta carotene which is known for its anti-oxidant effect, many green vegetables are a very good source for zeaxanthin and lutein which are phytochemicals that assist with macular degeneration which causes blindness as we mature. Dark green vege-



ables are also high in vitamins a, d, e, and k, folate and fiber. Not all greens are created equal: iceberg lettuce is not nearly as nutrient rich as, say, kale.

As a general rule, the darker the green, the better. Cruciferous vegetables, like broccoli and cauliflower, also contain properties that have been shown to reduce cancer risk.



## 4 BLUE & PURPLE

Blueberries, blackberries, eggplant, grapes, plums, beets.

Blue, purple and deep red fruits and vegetables get their color from a pigment known as anthocyanin, and are rich in antioxidants that are beneficial for brain, your heart and your immune system. The color blue has also been linked to being an appetite suppressant. Blueberries are high in vitamin c, folic acid, potassium and fiber.

## 5 WHITE

Chives, scallions, leeks, cauliflower, potatoes, garlic, onions, cauliflower, daikon radish

Naturally white foods have a wide range of beneficial nutrients, such as anthoxanthins, sulfur, and quercetin. These substances boost the immune system because they are anti-viral, anti-fungal, and anti-inflammatory, which helps the body fight infections. White foods like potatoes are a good source of fiber and potassium.



MEET THE HIGHEST  
KNOWN SOURCE OF  
NATURAL ELECTROLYTES

# Everything You Ever Wanted to Know about YOUNG COCONUTS

Are they nuts or seeds?  
Whats so great about them anyway?  
Can you really use coconut water  
to replace blood plasma?

The coconut, the world's largest known SEED has been surrounded by hype and fascination since, well, since the first written records.

**I**n early Sanskrit writings, the palm tree is referred to as kalpa vriksha meaning "tree which gives all that is necessary for living." All parts of the coconut and the palm tree can be used in some manner.

The coconut itself has many culinary uses for its water, milk, meat, sugar and oil. It also functions as its own dish and cup!

Natives burned coconut husks for fuel; but, today, a seed fibre called 'coir' is taken from the husk and used to make brushes, mats, rope and fishnets.

On the Nicobar Islands of the Indian Ocean, whole coconuts were used as currency for the purchase of goods until the early twentieth century.

## Is a Coconut a Nut?

No, the name is a little misleading. The coconut is technically classified as a drupe, which includes plums,



cherries, almonds and olives. Coconuts are the largest known seeds. The coconut we buy in the store does not resemble the coconut you find growing on a coconut palm. An untouched coconut has three layers. The outermost layer, which is typically smooth with a greenish color, is called the exocarp. The next layer is the fibrous husk, or mesocarp, which ultimately surrounds the hard woody layer called the endocarp. The endocarp surrounds the seed. Generally speaking, when you buy a coconut at the supermarket the exocarp and the mesocarp are removed and what you see is the endocarp.

Scientists have struggled to determine where palm trees originated. The tough exterior and hollow interior allowed the palm tree to proliferate across the globe as the seeds (coconuts) can float and be carried across the ocean and grow on another shore.

It generally takes up to a year for coconuts to mature, but the palm trees bloom up to thirteen times a year. Fruit is constantly forming, thus yielding a continuous harvest year-round. An average harvest from one tree runs about 60 coconuts, with some trees yielding three times that amount.

### **What is the difference between a young coconut and a mature coconut?**

Young coconuts have either a green shell or a white "husk" if the outer shell has been removed while mature coconuts are the more familiar-looking brown, hairy variety. Young coconuts have more 'water' and soft, gel-like meat, and mature coconuts have firm meat and less 'water.' The nutrients and physical characteristics also change as a coconut matures.

# How To Open A Coconut...

## The *Easy* Way

Connect to the internet to view this Raw Food Magazine presentation.



# TREE THAT GIVES ALL THAT IS NECESSARY FOR LIVING.

Kalpa Vriksha  
Early Indian Word for  
"Coconut Palm"

Young coconut meat is much lower in fat and much higher in calcium than mature coconut meat. It has less fiber and more sugar but overall it is healthier for you. Young Thai coconut meat is also said to have healing properties because it is high in antioxidants.

can consume. Virgin coconut oil, which is derived from fresh coconuts (rather than dried), is the ideal oil for use.

## Can they really be used to replace blood plasma?

Yes. When intra-venous (IV) solution was in short supply, doctors during World War II and Vietnam used coconut water in substitution of IV solutions. However, under normal circumstances, doctors today say while it might not be harmful, they wouldn't be inclined to set up a coconut water IV for dehydrated patients as the sodium content is too low to stay in the bloodstream for very long, and it raises the potassium levels too high.

## What's so great about them?

Fresh coconut juice is one of the highest sources of electrolytes known to man, and can be used to prevent dehydration, for instance in cases of diarrhea or strenuous exercise, instead of a sports drink. Let's take a look.

### 1 cup of coconut water:

Calories	46
Total Fat	0g
Cholesterol	0mg
Carbohydrates	9g (3g fiber, 6g sugar)
Protein	2g
Vitamin C	10% DV
Riboflavin	8% DV
Thiamin	5% DV
B6	4% DV
Calcium	6% DV
Iron	4% DV
Magnesium	15% DV
Potassium	17% DV
Sodium	11% DV
Manganese	17% DV

Young coconut water is fat and cholesterol free, low in sugar, and even has some protein. The fat in coconuts is medium-chain fatty acids, better absorbed than animal saturated fat and said to have anti-inflammatory effects.

Coconut water is a good source of Vitamin C, Riboflavin, Thiamin, and B6 It is said to be good for

	Young Coconut Meat (1 Medium)	Mature Coconut Meat (1 cup)
Calories	140	283
Fat	3g	27g
Sat. Fat	3g	24g
Cholest.	0g	0g
Carbohyd.	28g	12g
Fiber	2g	7g
Sugar	15g	5g
Protein	2g	3g
Calcium	17% DV	1% DV

## What is coconut oil, cream, milk, etc?

Most people think that coconut milk is the liquid inside the coconut, but this is not the case.

The liquid inside the coconut is known as coconut water or juice. Coconut cream is made from pressing mature coconut meat. Coconut milk is made from the expressed juice of grated mature coconut meat and water.

Coconut oil, on the other hand, is the fatty oil that comes from the coconut meat. Coconut oils on the market vary dramatically in terms of quality. Low-quality coconut oils, which should be avoided, are processed by chemical extraction, using solvent extracts, which produces higher yields and is quicker and less expensive. However, the

oils contain chemical residues and many are also hydrogenated, bleached and deodorized.

High-quality coconut oil is a completely different product and is truly the healthiest oil you



your immune system, high in anti-oxidants, great for digestion and metabolism. Young coconut water is also a good source of calcium and iron, but what it is most notable for is its high concentration of electrolytes including Magnesium, Potassium, and sodium, making coconut water great for detoxifying and hydration.

## Where can I buy young coconuts?

Unfortunately, most U.S. grocery stores or supermarkets do not carry fresh coconuts. However, they are widely available in ethnic grocery stores, such as Asian or Latino markets, farmers' markets and health food stores. Some chain grocery stores have begun carrying mature coconuts. If you are unable to locate a source near you, try requesting them at your local health food store, as many will carry them upon request.

## What should I do with them?

The water from a young coconut is perfect for adding to a banana-mango green smoothie. You will feel like you are relaxing in the tropics. But, don't discard the nutritious young coconut meat. This can be used to make a very easy, healthy and raw coconut yogurt.

## Easy Raw Coconut Yogurt

Simply scoop out the coconut meat to get approximately 2-4 cups. Blend the coconut meat with about 1 cup of young coconut water (or plain water). Blend until the coconut meat is smooth and creamy. Pour contents of your blender into a clean glass bowl and mix in 1-2 capsules full of your favorite probiotic powder with a clean spoon. Cover the mixture and let the yogurt ferment on the counter top for 24-48 hours. You know it's ready when it has a fluffy consistency. It will store in the refrigerator for at least 10 days.

Top with blueberries, pomegranate seeds, chopped walnuts and sliced bananas for a tasty breakfast or treat.





Photo credit: Cary Bass

# The World's Best Farmers Markets for raw foodies

While a staple in most of the world, farmer's markets have exploded in popularity in the US over the last few years. We take you around the world for a glimpse of some of the top farmer's markets and what they have to offer.

# #10

## Queen Victoria Market

Photo credit: Cory Templeton



**Location:** Melbourne, Australia

The Queen Victoria Market is a major landmark in Melbourne, Australia. At around seven hectares, it is also rumored to be the oldest and largest market in the southern hemisphere.

Known affectionately as ‘Vic Market’ or ‘Queen Vic’, it is a vibrant and bustling inner-city Market where you can shop for everything from Australian fruit and vegetables, and local and imported gourmet foods, to cosmetics, clothing and souvenirs. The 130-year-old market is divided into market precincts: Organics, Fruit and Vegetables, Wine Market, and the Meat Hall for example.

**Don’t Miss:** The large Organics section, filled with fresh local produce and cheap prices!

# #9

## Portland Market

**Location:** Portland, Maine, USA

The 30-odd growers and producers who gather on Saturdays in downtown Portland’s Deering Oaks Park are carrying on a tradition that goes back more than two centuries (the city’s first farmers’ market opened in 1768). Today, foodies come for the wide array of organically grown vegetables, especially hydroponic greens and European cucumbers in spring and heirloom beets, Striped German tomatoes, and napa cabbage in early summer. Late summer also brings a luscious array of fruit, including gold flower watermelons, butterscotch melons, & Maine blueberries.

**Don’t Miss:** Lacto-fermented foods (made without sugar or vinegar) from Thirty Acre Farm in nearby Whitefield—including red-cabbage sauerkraut, kimchi, dill pickles, and gingered carrots



Photo credit: Cory Templeton

## #8 Castries Market

**Location:** St. Lucia, Carribean

Bright parasols shade this raucous, century-old market offering big green breadfruit, giant avocados and the island's famous spices: star anise, nutmeg, vanilla. In case you're not interested in bois bandé (a bark used for aphrodisiac tea), there's also banana chutney, hot sauce and nifty brooms made from palm fronds.

**Don't Miss:** Sweet Potato Pudding and the local island spices



Photo credit: Steve Slater

## #7 Marylebone Market



**Location:** London, England

London's largest farmers' market, with something for everyone, from Adrian Izzard's unusual salad leaves to a mushroom sandwich from The Mushroom Table.

**Don't Miss:** Daily cooking classes by celebrity chefs!

## #6 Marché Provençal

**Location:** Antibes, France

The French are famed for their ability to produce good food, and it's not surprising when you look at Marché Provençal, situated along the French Riviera in the old town of Antibes. Offering heartbreakingly good food including olive oil, honey, lavender, wine, preserves, mustard, and spices, as well as other items such as clothing and pottery.

**Don't Miss:** Be sure to stoop into one of the little Olive Oil shops. If you are feeling extra adventurous, make your way to the basement to try a shot of absynthe.



July/August 2013

# #5 Santa Fe Market



Photo credit: TheTurquoiseTable



Photo credit: TheWhoFarm



Photo credit: TheTurquoiseTable

**Location:** Santa Fe, New Mexico, USA

Stipulating that all produce must be sold by those who make it, you'll always know where your food comes from at the Santa Fe Farmers' Market. Offering vegetables, fruit, cheeses, herbs, flowers, sauces, breads, and ciders -- all of which are grown and produced in New Mexico -- the market enables consumers to come into contact with the faces behind the products they buy. There are plenty of eccentric desert dwellers both vending and shopping, so the people-watching is always good.

Distinctly southwestern produce is on display at this Saturday market in Santa Fe's rail yard, where 100 vendors gather to sell locally grown white sweet corn and blue-corn posole, bolita beans and mesquite cactus honey, heaps of organically grown dried chiles, including ancho, guajillo, and habanero; and more than 100 heirloom tomato varieties, including Oaxacan Jewel, Purple Smudge, and Rose Quartz.

**Don't Miss:** Jujubes—desert fruits whose origins date back thousands of years to the Indian subcontinent—from SunStar Herbs in Madrid, NM. When dried, jujubes are often called red dates, and they make an excellent trail food; when steeped into tea, they purportedly have medicinal properties.

**Location:** Manaus, Brazil

Imagine an 1882 wrought-iron replica of Paris's vanished Les Halles market in an eco-tourist Amazonian town. Vendors scale giant fish and hawk tropical fruit and potions for use in macumba, an Afro-Brazilian religion. Though not incredibly old (it opened for business in 1933), the market alongside the Tamanduateí River houses an incredible variety of culinary treats. Fresh fruit is one of the best represented offerings in the market, with plenty of stalls, a tremendously broad selection and lots of vendors with samples to share of exquisite local picks like buriti, amora, jatoba and tamarindo.

**Don't Miss:** Don't be shy about sampling the variety of strangely shaped and brightly colored local fruit. While snacking, admire the stained glass windows by artist, Russian Sorgenicht Conrad Filho, who also produced the stained glass windows in the Sé Cathedral in Sao Paulo and hundreds of other churches across the country.

# #4

# Mercado Municipal Manaus Brazil



# #3 La Boqueria



Photos by: Klearchos Kapoutsis

**Location:** Barcelona, Spain

Believed to have originated in the 13th century as a pig market, the Mercat de Sant Josep de la Boqueria has grown into one of the finest outdoor markets in the world.

Thought to be the largest farmers' market in Europe, La Boqueria is centrally located along Barcelona's trendy La Rambla boulevard and is crammed with vocal locals and forceful restaurateurs vying for the best produce. The fruit and vegetable stalls are brimming with all kinds of brightly colored and oddly shaped produce. Feel free to bargain for the best deals.

Located in Barcelona's La Rambla district, the market hosts 300 vendors, which sell fresh fruit, vegetables, seafood and Catalan cuisine such as cured cheeses and an array of Spanish olives.

Freshly squeezed fruit and veggie juices also abound at the market and are the perfect raw foodie refreshment.

**Don't Miss:** The garlic olives! Ask a local, and they will show you how to select the very best ones.



# #2 Union Square Greenmarket



Photo by: Rebecca Wilson



Photo by: Alexis Lamster

**Location:** New York City, USA

In the 1970s, New York City's Union Square was a seedy, crime-ridden area of Manhattan until a small farmers' market took root and revitalized the area.

The market has grown into one of the world's best, with more than 140 regional farmers, fishmongers, bakers and butchers catering to more than 60,000 shoppers on peak days. The greenmarket showcases more than just fresh-picked produce, though.

Celebrity chefs often use the space for cooking demonstrations, there are school tours that teach local kids about seasonality and healthy eating and education programs, including one that helps New Yorkers learn about composting. Not to mention, the market corners are often great places to see talented entertainment, including musicians, dancers and even contortionists!

**Don't Miss:** Trying some raspberry apple cider, while most vendors do not prepare the cider raw, the drink is refreshing, zingy and irresistible. You can definitely make a raw version at home.

# #1 Dane County Market



Photos by: John Benson



**Location:** Madison, Wisconsin, USA

The Dane County Farmers' Market is the largest produce-only farmers market in the United States. All items are produced by the vendors behind the tables, giving you up-close access to where your food comes from.

With over 300 vendors each year, all products sold by the vendors are local. At the market, which is set

against the backdrop of the state capitol building, it is tradition for the crowd to walk through the market counter-clockwise. Listen to fun local musicians like the Raging Grannies (above) while you peruse the raw goodness, and step into the Capitol Building for a tour if you get tired of the crowds.

**Don't Miss:** The distinctive Wisconsin morels, edible mushrooms with a honey-comb like appearance, prized by gourmet cooks.

# BEAUTIFY

**Natural Healthy Sunscreen**



# The Natural Sunscreen Solution



We've been slathering sunscreen on ourselves since we were kids, trying to stay healthy and avoid getting cancer. Turns out many of the ingredients in sunscreen can actually encourage cancer growth, so what do we do?

**T**he sun is our best source of vitamin D. It creates all of this vital vitamin we need with just about twenty minutes of exposure a day. So a little dose of sun is a good thing, especially if you're getting the healthy fats the body needs to create that vitamin D. But, we still don't want to burn. The skin turns bright red and hurts for a reason. Commercial sunscreens are often not the best bet—many containing potentially harmful ingredients and clogging the skin! How do you take in the benefits of sunlight without over-doing it? Here are a few natural ways to help.

## Wear Clothing

Clothing is the best sunblock. Fabrics absorb or reflect sunlight and keep your skin safe. After twenty minutes or so exposed in the sun, cover up with a long sleeve t-shirt. White clothing reflects more light and keeps you cooler.

## Eat Well

Foods rich in healthy fats and antioxidants help protect your skin from damage, including UV damage. Colorful fruits and vegetables containing carotenoids are best. Eat nuts, seeds, coconut oil, avocados, and microalgae for the best omega fatty acids and even some healthy saturated fats. Carotenoids give your skin a healthy bronze glow even without sunlight while making sure you burn less often. A new resistance to sunburn is a commonly cited change by individuals who have transitioned to a fully-raw diet.

## Use Alternatives

**Astaxanthin supplements:** This antioxidant is also a carotenoid and gives salmon their reddish pink coloring. They get it from microalgae that produce astaxanthin to protect themselves from UV rays. It is sunscreen in a pill.

**Red Raspberry Seed Oil:** This is one of the best seed-oil sunscreens. It averages between 28-50 SPF and blocks the troublesome UVB rays.

**Coconut Oil:** blocks about 20% of the sun's rays. That means you can enjoy the sun 20% longer than normal without getting burned. You are more likely to tan and keep your tan with coconut oil. It also moisturizes skin, lessens inflammation, and smooths out blemishes.

**Aloe Vera:** Aloe is often used after a sunburn to soothe hot, angry skin. It works beforehand too by blocking out about 20% of sunlight.

**Other nut and seed oils:** Carrot seed oil, sesame seed oil and others also offer up to 40% SPF plus natural antioxidants & moisturizing benefits. Experiment with what is available to you!

## Choose Natural Sunscreens

Many companies are offering healthier options in sun protection. Check labels to avoid potentially toxic ingredients like oxybenzone and retinyl palmitate. Or make your own by ordering specialty ingredients like beeswax and zinc oxide powder and mixing them up in your kitchen.

# LEARN

**Eating Cooked on a Raw Diet ▶**

**Mango Vs. Melon ▶**

**5 Libido Boosting Foods ▶**

# Eating Cooked on a High-Raw Diet

Excerpts from *Raw Food For Dummies*, by Cherie Soria and Dan Ladermann

People ask us all the time, “Is it necessary to be 100% raw 100% of the time to achieve excellent health?” And, we say, in a word: NO. Unless you have major health challenges or serious food addictions, you do not need to eat all raw food all the time to experience the benefits of raw foods on your health.

In fact, some cooked foods are better for you than some raw foods, especially when eaten every day or in large amounts. For example, we would prefer to eat lightly steamed

kale or broccoli everyday rather than raw cheesecake everyday. Raw desserts are typically high in fat and sugar. Even if the fats are whole food fats and the sugars are fruit derived

sugars, desserts should be considered celebration foods — not diet staples!

On the other hands some well-chosen nutrient dense cooked foods can be



Cherie's Delicious Soy-Ginger-Glazed Cashew-Sesame Tofu

included in an intelligent eating plan. Here are some things to consider when assessing the nutritional value of a cooked food:

## WHAT FOOD IS BEING COOKED?

Whole plant foods such as quinoa and other whole grains, as well as root vegetables and legumes such as lentils and azuki beans — if prepared without added oil, salt, and/or sugar, are healthier when cooked than many gourmet raw foods that are high in fat and sugar.

We don't recommend that you eat raw animal products, because bacterial contamination can make you very sick. Cooked or raw, animal protein is a proven catalyst for some of the worst health challenges: heart disease, cancer, and stroke. Yet some raw foodists eat small amounts of cooked meat, cooked or raw fish, and/or raw dairy products and maintain good health, but these people tend to make careful nutritional choices about their food, and raw plant foods make up the majority of their diet.

PEOPLE CAN BE JUST AS  
HEALTHY ON A DIET THAT IS  
75% TO 80% RAW AND  
THE REST COOKED

...

## HOW IS THE FOOD BEING COOKED?

Of all the cooking methods used for plant foods, we prefer steaming. This method results in the least amount of nutrient loss because the water temperature cannot exceed the temperature of steam. Compared to boiling, far fewer nutrients are leached into the water during steaming. Broccoli, for example, contains tons of folate. Boiling broccoli florets for 5 minutes results in a loss of 45 to 64 percent of the folate, but 0 to 17 percent of folate is lost by steaming broccoli for 5 to 15 minutes.

## HOW LONG IS THE FOOD BEING COOKED?

The amount of nutrient loss during cooking over a set period of time varies with each fruit and vegetable; each nutrient reacts differently to cooking, too. In general, water-soluble vitamins (such as folate, B-complex, and vitamin C) are harmed much quicker than fat-soluble nutrients (such as A, D, and E). But fat-soluble vitamins are eliminated much more slowly than water-soluble vitamins, so the body doesn't need to get these from food sources every day.

## AT WHAT TEMPERATURE IS THE FOOD BEING COOKED?

Grilling and baking food with high heat creates toxic chemical reactions in the food. Low temperatures are always better for retaining nutrients. In general, food that stays below 118 degrees is considered raw.

## WHO'S EATING THE FOOD?

Some people, particularly the elderly and those with impaired digestive systems, have trouble digesting raw foods from the cruciferous, or Brassica, family, which includes broccoli, cabbage, kale, and Brussels sprouts. For them, steaming these foods and getting some of the nutritional benefits may be better than avoiding them altogether. Another option is fermenting these foods, which creates even more health benefits (see Chapter 7 for info on fermenting foods and Chapter 13 in *Raw Food For Dummies* for our Sauerkraut recipe).

## HOW CLEAN IS THE WATER SUPPLY?

When traveling to areas where the quality of water used to wash food contains harmful bacteria or is otherwise suspect, raw produce may not be clean. To avoid the risk of getting sick, you may want to steam or boil your food. When making food choices, try to focus on nourishing your body with the most healthful options available at any given time.

That's why we say it's far better to eat a plate of steamed kale every day than to fill up on raw cheesecake. We know that kale is no match for cheesecake and every food plan needs a place for desserts, but it just makes sense to enjoy high-fat foods sparingly.

People can be just as healthy on a diet that is 75% to 80% raw and the rest cooked, provided the raw choices and the cooked choices are both health-promoting nutrient dense foods. Most importantly you don't have to give up the flavor and satisfaction of food just because you want to be healthy. Our goal at Living Light Culinary Institute and when we wrote *Raw Food For Dummies* is to teach people to make raw foods delicious and nutritious without cooking and that is what we are famous for at Living Light — "Making Healthy Living Delicious!"



## Soy-Ginger-Glazed Cashew-Sesame Tofu

from *Raw Food For Dummies*

**Yield:** 6 servings

- 1/4 cup unpasteurized tamari
- 1/4 cup sesame oil
- 2 tablespoons coconut palm sugar or evaporated cane sugar
- 1 1/2 tablespoons lemon juice
- 1 tablespoon onion powder
- 2 teaspoons grated fresh ginger
- 1/4 teaspoon toasted sesame oil
- 1/4 teaspoon ground black pepper
- 1 1/2 teaspoons pureed garlic (about 3 cloves)
- 2 quarts Cashew-Sesame Tofu (full recipe yield)



**1** Combine all ingredients except tofu in a high-performance blender and blend until smooth.

**2** Place the mixture in an uncovered glass jar in the dehydrator at 105 degrees and dehydrate overnight, or at least 8 hours, to thicken and intensify the flavor.

**3** Cut firm tofu into cubes or 6 slabs. Coat with the glaze on all sides and place on a nonstick sheet in the dehydrator set at 125 degrees for 1 to 2 hours to warm and intensify the flavor.

**NOTE:** Make the tofu at least 3 hours in advance and put it in the fridge to chill and become firm. Feel free to make the tofu further ahead if needed; it will last in a sealed container in the fridge for up to 4 days. The Soy Ginger Glaze has a much longer life span. It keeps well in a sealed glass jar for up to 2 weeks or frozen for 2 months.

## Cashew-Sesame Tofu

from *Raw Food For Dummies*

**Yield:** 12 servings

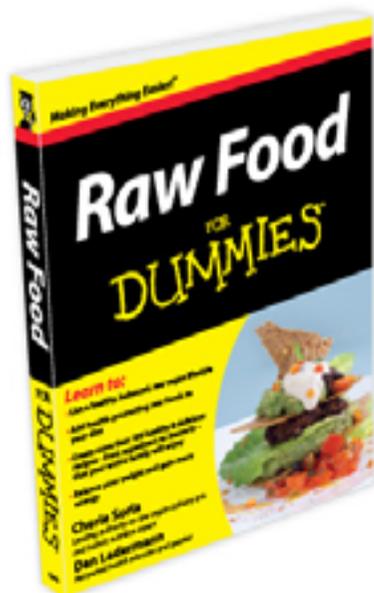
- 1 cup raw cashews
- 1 tablespoon agar agar flakes in 1/4 cup filtered water
- 1/2 cup boiling filtered water
- 1 1/4 cups filtered water (or more as needed)
- 1/2 cup Irish moss gel
- 1/4 cup thick raw tahini
- 1 tablespoon of lemon juice
- 1/2 tablespoon soy lecithin powder
- 1/2 tablespoon light miso
- 1/2 teaspoon salt

**1** Soak cashews in 3 cups of water for 6 to 8 hours. Drain and rinse.

**2** Put the soaked agar agar into an electric hot pot with the boiling water and whisk constantly until the liquid is clear and very smooth, no clumps. Allow to cool slightly. Do not allow the mixture to get cold or firm.

**3** While the agar agar is cooling, put the 1 1/4 cups filtered water into a high-performance blender along with the soaked cashews, Irish moss gel, tahini, lemon juice, lecithin powder, miso, and salt. Blend until completely smooth. Add more water if needed to create a very thick cream.

**4** While the blender is running, slowly add the cooked, slightly cooled agar agar through the hole in the lid.



Want to read more?  
Click on the cover to get your own copy!

**5** Pour the mixture into a 9-inch square springform pan or a similar size container(s) so your tofu is about 3/4-inch to 1-inch thick. Refrigerate for about 3 hours.

**NOTE:** Store this tofu in a glass jar in the refrigerator for up to 1 week.

**TIP:** This version of tofu is so versatile. Cut it into cubes and add it to soups. Slice it into slabs and then glaze or marinate it; teriyaki sauce is especially good. Warm it briefly in the dehydrator before serving to warm and intensify the flavor.

**TIP:** If you can only find powdered agar agar, substitute 1 teaspoon of powder for 1 tablespoon flakes. You can find agar agar and Irish moss gel at the Living Light Marketplace.

These materials are excerpts from *Raw Foods For Dummies* and the copyright of John Wiley & Sons, Inc. and any dissemination, distribution, or unauthorized use is strictly prohibited.

Follow *Raw Food For Dummies* on Facebook for more information on upcoming tour dates, recipes and daily tips. <http://www.facebook.com/RawFoodForDummies>



## Melon vs. Mango

Out of these two tasty fleshy summer fruits, the canteloupe--the most popular variety of melon in the USA--and the mango--one of the most cultivated fruits from the tropics, distributed worldwide--which has the most to offer? Let's take a look...



### Cantaloupe

Cantaloupes or “muskmelons” belong to the same family as cucumbers, squash and pumpkins, and

range in size from 500

g to 5kg (1-10 lb). They grow almost year round & originated in Iran, India and Africa.

### Taste

Bittersweet, juicy and firm. Many people claim describe canteloupe as “bland,” however at its peak ripeness, a canteloupe has a definite sweetness. To draw out the sweetness in a bland canteloupe (they do not continue to ripen once picked) simply add some salt and let sit for 10-20 minutes.

### Nutrition Facts (1 cup, 177 grams)

Calories: 60, Fat: 0g, Sodium: 28mg, Carbohydrate: 16g, Fiber: 2g, Sugars: 14g, Protein: 1g, Vitamin A: 120%, Calcium: 2%, Vitamin C: 108%, Iron: 2%

### Average Cost

Worldwide - \$0.76 (USD) per pound

### Conclusion

Cantaloupes are low in Saturated Fat and Sodium, and very low in Cholesterol. They are also a good source of Dietary Fiber, Niacin, Vitamin B6, Folate, Vitamin A, Vitamin C and Potassium.

At half the price per pound, 4 times more Vitamin A and more Vitamin C, we choose the canteloupe to give you more bang for your buck.

Bonus - Canteloupe seeds are edible and tasty (while the mango pit must be discarded)

### Mango

A fleshy stone fruit native to South Asia, from where it has been distributed

worldwide to

become one of the

most cultivated fruits

in the tropics. The national fruit of India, Pakistan and the Philippines, and the national tree of Bangladesh.

In several cultures, its fruit and leaves are ritually used as floral decorations at weddings, public celebrations and religious ceremonies.

### Taste

Generally sweet, some having a soft, pulpy texture similar to an overripe plum, while the flesh of others is firmer, like a canteloupe or avocado, or may have a fibrous texture.

### Nutrition Facts (1 cup, 165 grams)

Calories: 107, Fat: 0g, Sodium: 3mg, Carbohydrate: 28g, Fiber: 3g, Sugars: 24g, Protein: 1g, Vitamin A: 25%, Calcium: 2%, Vitamin C: 76%, Iron: 1%,

### Average Cost

Worldwide \$1.84(USD) per pound

### Conclusion

Mangos have less sodium and are a much sweeter treat than canteloupe. They are more calorie-dense though a large portion of the calories come from sugars.

Mangos, although not our top pick, should not be left out! They are a delicious source of good nutrients and pair very well with canteloupe.





# Boost Your **LIBIDO** with **Whole Foods**

According to Amy Reiley, author of four books on aphrodisiacs, the relationship between foods and sex drive (whether boosting or busting) has not been widely investigated by the medical community. Well, at least not directly. "Most of the modern, scientific discoveries are by-products of studies on some other effect of a nutrient."

**Y**et many nutrition and sex experts do see a holistic connection between what you eat and the body's sexual. Are there any magic superfoods that make you suddenly see your husband in a new light and want to grab him by the tie and run to the nearest broom closet? Not according to our research.

But here are some foods that can have a positive affect on your libido and why they work.

## **PUMPKIN SEEDS**

Pumpkin seeds are an excellent source of easily digestible Zinc, which has been shown to improve blood flow throughout the body.

They're also high in omega-3 fatty acids, which clean up ar-



teries and capillaries – including the ones that lead to your nether regions.

Having cleanly moving healthy blood flow in the body allows you to get both physically and mentally ready for intercourse a whole lot faster.

### CHILE PEPPERS:

The chemical capsaicin found in chile peppers causes the skin to flush, heart rate to increase, and body temperature to rise, mimicking the early stages of arousal. These signs, in addition to the slight swelling of the lips in reaction to the head, subconsciously signals your partner that you are ready for action, igniting sexual tension below the conscious level.

The curious thing about capsaicin, too, is how your brain reacts to it. If capsaicin were to excite the pain receptors alone that might tell the brain you are being exposed to a dangerous extreme temperature. But, in ways that aren't completely understood, capsaicin stimulates both the temperature and pain receptors. That is, it simultaneously tells the brain that you are experiencing a modest increase in temperature as well as pain. Sounds like 'hot and bothered' to me.

### BRAZIL NUTS (for men)

The trace mineral selenium, found in the highest density in Brazil nuts, plays critical roles in reproduction and thyroid hormone metabolism. Maintaining proper intake of selenium means improved hormone metabolism especially in men, which boosts their reproductive hormones and stabi-

lizes hormone production. For men that means you can be ready to go quicker and more often.

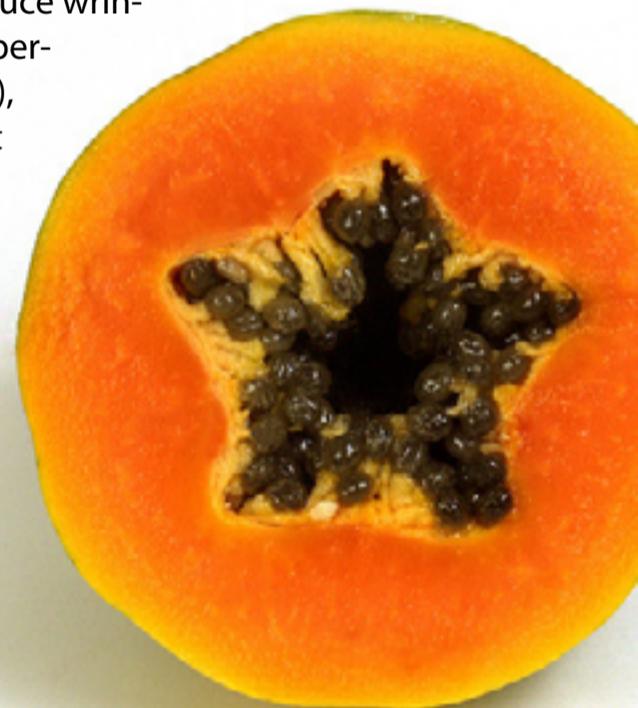


### SPINACH, ALMONDS, PAPAYA

What do spinach, almonds and papaya have in common?

Large quantities of natural Vitamin E. Besides being used to reduce wrinkles and soften skin (a perfect pre-bedroom prep), Vitamin E's anti-oxidant power controls and eliminates free radicals which may cause bodily inefficiencies.

Daily doses of Vitamin E improves heart health especially cardiovascular health, meaning more stamina during those times you want it most.



## SUMMER LOVIN GONE WRONG

According to sex educator and therapist Laura Berman, PhD, these are the worst meals you could eat on a romantic evening.

### FANCY FETTUCINE ALFREDO

Pasta and other processed carbs have a negative effect on metabolism, causing an insulin spike leaves you feeling bloated and tired. Don't expect to be ready to hit the sheets after a big pasta dinner.

### CLASSIC STEAK DINNER

Want to kick off the evening with a romantic steak dinner? Think again. Large amounts of fat and protein from red meat are hard for your body to digest, leaving you fatigued and ready for a nap.





# INSPIRE

**The Truth About Diabetes**



**Raw Food vs. Diabetes**

Watch this full-length documentary



**\$245  
BILLION**

Total estimated cost  
of diagnosed diabetes  
in 2012 (In the US)

**1** in  
**10**

Number of US adults  
with Type 2 Diabetes

**300  
MILLION**

Number of people  
living with diabetes  
worldwide

# Learn the Truth about Diabetes

How much do you know about the lifestyle disease  
posed to be the #7 killer by 2030?

**D**iabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

Type 1 diabetes (previously known as insulin-dependent, juvenile or childhood-onset) is characterized by deficient insulin production and requires daily administration of insulin. The cause of type 1 diabetes is not known. Symptoms include excessive excretion of urine (polyuria), thirst (polydipsia), constant hunger, weight loss, vision changes and fatigue. These symptoms may occur suddenly.

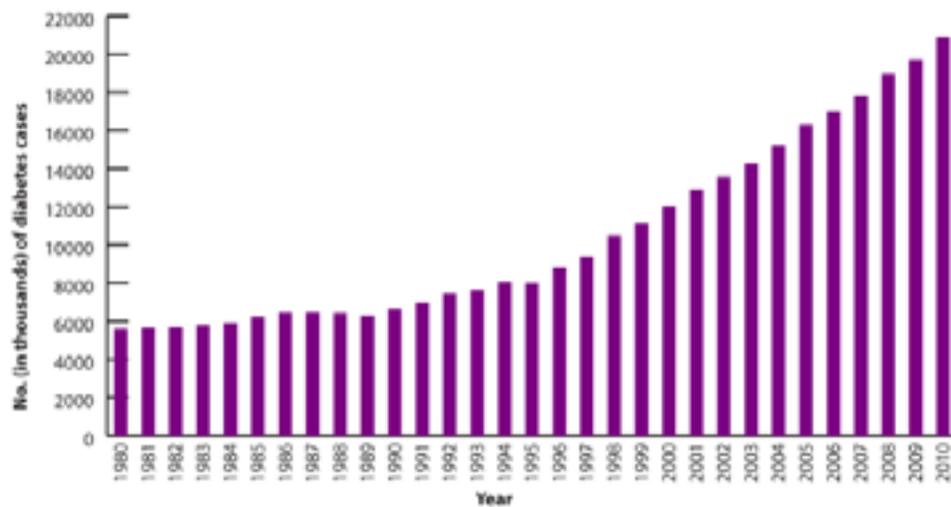
Type 2 diabetes (formerly called non-insulin-dependent or adult-onset) results from the body's ineffective use of insulin. Type 2 diabetes comprises

90% of people with diabetes around the world (5), and is largely the result of excess body weight and physical inactivity. Symptoms may be similar to those of Type 1 diabetes, but are often less marked. As a result, the disease may be diagnosed several years after onset, once complications have already arisen. Until recently, this type of diabetes was seen only in adults but it is now also occurring in children.

## Trends in Diagnosis

The World Health Organization estimates that by 2030, more than 366 million people will be suffering from diabetes around the world, 10 times the number affected by HIV/AIDS. Of that 366 million, more than 298 million will live in developing countries, where most will not have access to adequate healthcare. UnitedHealth Group projects that half of Americans could have diabetes or prediabetes by 2020, costing \$3.35 trillion over the next decade. The World Health Organization projects that diabetes will be the 7th leading cause of death in 2030.

Figure 2. Annual Number of U.S. Adults Aged 18–79 Years with Diagnosed Diabetes, 1980–2010



Source: National Diabetes Surveillance System, National Health Interview Survey data.

## Why is diabetes spreading?

The causes of diabetes are a complex, but are in large part due to rapid increases in overweight, obesity and physical inactivity.

Research suggests that lifestyle diseases, like diabetes are overtaking infectious diseases in developing countries which is having an enormous social and economic impact. In countries such as China and India, which are showing rapid economic development, we are seeing mass urbanization, changing diets and increasingly sedentary lifestyles. These factors greatly increase one's risk of developing type 2 diabetes.

Evidence shows that the burden of diabetes continues to shift to low and middle-income countries, making it very much a development issue. The World Health Organization predicts India and China will respectively lose US\$236.6 billion and US\$557.7 billion of national income to diabetes and cardiovascular disease between 2005 and 2015.

## Diabetics By Country (in millions of cases)

1. China	90.0
2. India	61.3
3. United States	23.7
4. Russian Federation	12.6
5. Brazil	12.4
6. Japan	10.7
7. Mexico	10.3
8. Bangladesh	8.4
9. Egypt	7.3
10. Indonesia	7.3

While China now leads in number of cases, the highest rate of diabetes can be found in Nauru at 30.9%, then United Arab Emirates and Saudi Arabia.

## What are the risks of diabetes?

Over time, diabetes can damage the heart, blood vessels, eyes, kidneys, and nerves.

- Diabetes increases the risk of heart disease and stroke. 50% of people with diabetes die of cardiovascular disease (primarily heart disease and stroke).
- Combined with reduced blood flow, neuropathy (nerve damage) in the feet increases the chance of foot ulcers, infection and eventual need for limb amputation.
- Diabetic retinopathy is an important cause of blindness, and occurs as a result of long-term accumulated damage to the small blood vessels in the retina. One percent of global blindness can be attributed to diabetes.
- Diabetes is among the leading causes of kidney failure.
- The overall risk of dying among people with diabetes is at least double the risk of their peers without diabetes.

## How can I prevent diabetes?

These are the guidelines issued by the World Health Organization, preventative measures against Type 2 Diabetes:

- Achieve and maintain healthy body weight;
- Be physically active – at least 30 minutes of regular, moderate-intensity activity on most days. More activity is required for weight control;
- Eat a healthy diet of between three and five servings of fruit and vegetables a day and reduce sugar and saturated fats intake;
- Avoid tobacco use – smoking increases the risk of cardiovascular diseases.

Although evidence suggests that a large proportion of cases of diabetes and its complications can be prevented by a healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco, this evidence is not widely implemented.

Pursuing an active healthy lifestyle is the number one thing you can do to prevent diabetes. Encouraging your family to eat diets full of fresh fruits and vegetables and to exercise daily is the best thing you can do to protect them from this unnecessary and highly dangerous lifestyle disease.

# Raw Food vs. DIABETES

Simply Raw: Reversing Diabetes in 30 Days is an independent documentary film that chronicles six Americans with 'incurable' diabetes switching their diet and getting off insulin.

*Play time: 1hr 29min*



**T**his film follows six participant's remarkable journey turning to raw foods to treat their "incurable" diabetes. It captures the medical, physical, and emotional transformations brought on by this diet and lifestyle change.

We witness moments of struggle, support, and hope as they learn what is revealed with startling clarity--that diet can reverse diabetes and change their lives forever.

Additional wisdom is provided by Morgan Spurlock, Woody Harrelson, Anthony Robbins, Rev. Michael Beckwith, and Doctors Fred Bisci, Joel Furman, and Gabriel Cousens.

To support Simply Raw and their efforts to disseminate current and life-changing knowledge about health and wellness, please visit their website at

[www.Rawfor30days.com](http://www.Rawfor30days.com)  
to get your own copy of the DVD and bonuses.

# GROW



## Easy Summer Sprouts

Learn to sprout lentils on your countertop





# HOW TO SPROUT grains and legumes

Sprouting legumes, grains and seeds makes them much easier to digest, it changes the flavor completely and it increases the vitamin C and B content, the fiber. Not to mention, they are DELICIOUS and are amazing to throw on top of a fresh salad!

## WHAT YOU WILL NEED

- Lentils (or other legume)
- Purified water
- A clean Mason jar
- A piece of thin cloth
- Mason jar ring

\* They do sell special sprouting jars with a mesh screen built-in, but a plain quart size Mason jar works just fine.





### STEP 1: SOAK

The first step is to soak your lentils. For a quart Mason jar, use 1/3 cup of dry lentils. When the sprouts are done, they'll more than triple the original size of the lentils, so you'll need lots of space in your jar. In the jar, put the 1/3 cup of lentils and **two** cups of water.

Then, place the piece of thin cloth on top of the jar and secure it with a ring. You can use a of mueslin, cheesecloth, mesh, or any piece of cotton. Mostly, you just want the lentils to be able to breathe, without letting other gunk in.



### STEP 2: DRAIN

Let the lentils soak in a spot out of direct sunlight for 24 hours. On the counter away from a window or in a cupboard works great.

Once those 24 hours are up, drain off all the soaking water (if you use cheesecloth or other thin enough cloth, you should be able to just drain it through the lid). Fill the jar back up, shake it gently to rinse off the lentils, then drain all the water off again and replace the cloth and the lid.

Sit the jar on its side back in your spot without direct light.



### STEP 3: RINSE

Every 12 hours or so, come back to the jar, fill it back up with water, shake it gently, and then drain all the water off again to rinse the lentils. Within 12-18 hours, you'll probably see your first lentils start to sprout.

Keep rinsing the lentils every 12 hours or so until almost all of the lentils have sprouts that are at least 1/4" long. It usually takes about 48 hours to get a full jar of sprouted lentils--a full jar of sprouts from just 1/3 cup of lentils.



### STEP 3: DRY

Rinse the lentils one more time and your lentil sprouts are ready to eat! I usually spread mine out on a towel for a few minutes to air dry.

Once they are mostly dry, stash them in an airtight container in the fridge and use on everything! They are a tasty snack all by themselves, too. Sprouts will generally keep for up to 5 days in the refrigerator.

# The Ultimate Raw unCOOKOUT



**The Best Raw BURGERS**



**Unbeatable Buns**



**Clever Condiments**



**Favorite Summer Sides**



**Virgin Cookout Cocktails**



**Ice Cream Finale**



# Best Raw Burgers

Juicy, tasty, hearty and now totally guilt-free. These burger recipes will have your family and friends rethinking plant-based satisfaction. This American BBQ classic is even better in the raw. Never feel left out at a summer cookout again. Throw your own or bring along one of your raw creations and you will be the center of attention.

## Sunflower Seed Burger

By Gena Hemshaw  
www.ChoosingRaw.com



**Notes:** You can store these for 4-5 days and you'll just want to pop them back in the dehydrator for 30 minutes or so before eating again as the moisture will come back into them as they are stored. Keep in a sealed, preferably glass airtight container.

### Ingredients:

1 cup walnuts, soaked overnight and drained  
2 cups sunflower seeds, soaked for 4 hours and drained  
4 large carrots  
2 small beets  
2 cups of kale  
3 stalks of celery  
2 tsp. himalayan salt  
1 tsp. garlic  
1/2 purple or white onion

### INSTRUCTIONS:

1. Soak and drain your nuts & seeds and set aside. Cut up your veggies and put them in the food processor. Process until you get a fine, chopped mixture and pour into a large bowl. Put your walnuts into the food process, process until you achieve a dough like consistency and pour into the bowl of veggies. Now for your sunflower seeds, add to the food processor and pulse until they are made into small chunks. Mix into the bowl and stir the mixture with your hands or a spatula until you have veggie burger "neat".
2. In your hands, round the neat into little balls and place on your dehydrator sheet. You can probably put about 6 per tray. Press down on the little balls until they are formed into patties. Very much like how you would make cookies!
3. Dehydrate at 110-115 for 5-6 hours and enjoy.

## Beet Burger



### Servings: 2-4

Even if you don't like beets, you should try these. There's something about the linseed and parsley that mellows the flavor, and the seed creates a great burger consistency.

They are SO simple. 4 ingredients and 1 session with the processor. You can eat them straight or dehydrate them (about 5 hours and they'll be slightly crisp on the outside but soft in the middle!).

### Ingredients:

- 2 cups grated purple beet/beet-root
- 1 1/3 cups roughly chopped parsley
- 1 cup ground linseed (you'll get this from 2/3 cup of whole linseed)
- 1 tbsp lemon juice

### PREPARATION:

- Add the grated beet, chopped parsley, ground linseed and lemon to juice to your food processor or high-powered blender and combine really well until you have a dough-like consistency. • Form the dough into patties; you can serve them as they are (like the photo) or you can dehydrate them – about 5 hours works well.

## Mushroom Burger



### Serves 4

### DIRECTIONS

- 1) Mix the tamari, liquid smoke, agave, and ACV in a bowl. Add mushrooms and try to mix them well into this marinade. Let sit for about 2 hours.
- 2) In a food processor fitted with the S blade, grind pumpkin seeds till smooth.
- 3) Remove mushrooms from the marinade (reserving it) and add to the processor. Process till the mixture has very little texture, but isn't as smooth or uniform as a nut pate. If it's overly pasty, add a few tablespoons of water or your leftover marinade.
- 4) Add the carrot, celery, and thyme, and pulse to incorporate it all, still leaving some texture.
- 5) Shape into four patties and dehydrate at 115 for about 2 hours, flip, and keep dehydrating for another 3-4, or until they're the texture you like. Alternately, you can bake these at 325 degrees for about 30-35 minutes, flipping once. Serve over greens, on some raw bread, or in a wrap sandwich!

### Ingredients:

- 3 large portobello mushroom caps, chopped
- 2 tbsp tamari (I use low-sodium) or nama shoyu
- 2 tsps liquid smoke
- 1 tbsp agave
- 1 1/2 tbsp apple cider vinegar
- 1 cup pumpkin seeds 1/2 cup chopped carrot (or carrot pulp)
- 1/2 cup chopped celery (or celery pulp) 1 tsp rosemary or thyme

# Yam Burger

By Emily Von Euw

www.thisrawsomeveganlife.com



## Ingredients:

1 yam  
2/3 cup green onions (or onion)  
1 red bell pepper  
4 dates  
5 tablespoons ground flax seeds  
4 tablespoons nutritional yeast  
4 large mushrooms  
4 garlic cloves  
Salt, pepper, cumin, coriander,  
cinnamon, basil, turmeric,  
paprika (to taste)

To make the burgers: prep the veggies as needed and cut them into chunks. Then pulse all the ingredients in your food processor until everything becomes a thick, wet-ish mixture, but don't pulse too long. You want pieces of the food still visible and you don't want it to be too wet. Adjust

according to taste. Then form into patties and dehydrate for 3-4 hours, or use your oven at it's lowest temperature. You could eat them right away if you like, but they won't hold their shape too well.

# Hemp burger



## DIRECTIONS

1. Add all ingredients (except hemp hearts and chopped veggies) to your food processor. Process until well mixed. Transfer into a large bowl.
2. Add remaining ingredients (hemp hearts and chopped veggies) to mixture in large bowl. Mix with a spoon until thoroughly combined.
3. Line dehydrator trays with parchment paper.
4. Form patties with your hands, similar to burger patties—approximately 1/2 to 3/4 of an inch thick. Place on trays.

## Ingredients:

1/2 cup hemp hearts (hemp seeds)  
1/2 cup sunflower seeds  
1/2 cup walnuts or pecans  
1/4 cup ground flax seeds  
3/4 cup finely chopped veggies (combination of celery, onion, fresh parsley, and/or red pepper – some of each is best, but ratio doesn't matter)  
2 tablespoons ground chia seeds  
1 tablespoon water  
2 teaspoons lemon juice  
1 garlic clove  
1 teaspoon celtic sea salt  
2 teaspoons dried dill (optional)  
1 tablespoon nutritional yeast (option)

Patties should fill approx. two trays. Patties should not touch one another.

5. Dehydrate on high for 1.5 hours. Reduce heat and dehydrate for another 5 hours. Once burger patties are holding together and firming up nicely, remove parchment paper and continue dehydrating until they reach desired veggie burger consistency.

# Mini Sunflower Seed Burger Tostadas

By Lori & Michelle  
www.PurelyTwins.com



## Salsa Verde

Lori and Michelle topped their burger patties with homemade salsa verde. It's quick to mix up in a blender and a real crowd-pleaser. Simply throw in tomatillos, onions, garlic, cilantro, lime, sea salt, spinach and 1-2 hot peppers and blend!

These mini burger tostadas are perfect to take to a neighbors cookout this summer. They are tasty, cute, and you can make plenty to share!

## THE BURGER

Follow the recipe for sunflower seed burgers and form into small (2 inch diameter) patties before dehydrating or baking. You can make smaller or larger depending on how many burger sliders you want to make; expect that everyone to want to try one!

## THE TOPPINGS

Place your tostada on the plate as your base. Grab some lettuce and place on top of veggie wrap. Top with spiralized squash, slices of an avocado and then the burger. Place a generous dollop of salsa verde on top -- Yum!

## THE TOSTADA

You can use any of the bread recipes in this issue or try this one--a flax/cauliflower pizza crust.

### Ingredients:

- 1 cup flax meal (or you could do chia)
- 1 cup water
- 1 1/2 – 2 cups roughly chopped cauliflower
- 2 small carrots chopped

### Directions:

Place cauliflower and carrots into food processor and pulse till small pieces. Then place flax meal with water into a bowl and stir in pureed vegetables. Dehydrate or bake until desired consistency is reached.

# Unbeatable Buns

Some people are all about the patty. Others care more about the wrapping. Here are our favorite ways to serve your raw burgers—from simple no-hassle wraps to gourmet raw bread.

## Naked

Sometimes simplicity is best. Want to show off your tasty, nutritious raw vegan burger? Just serve atop a bed of fresh greens. Add an edible blossom or two for a sweet summer touch.



Photo by: kelli  
AnimalFriendlyEating.blogspot

## Collard Leaf



Collard leaves are large, sturdy and nutritious, packing large doses of Vitamins A, K and C as well as healthy fiber and calcium. Simply rinse and de-stem your collard leaf. Hold it flat in your hand, layer your burger, tomato, onion, raw ketchup and other toppings and fold the top half of the leaf over for a hand-held, no-mess burger.

## Tomato Hug



Instead of adding a measly slice or two of fresh tomato to your burger, why not bear hug your burger with that luscious ripe red? Simply halve an organic garden-variety tomato and layer your patty and toppings inside. If it is a bit too much tomato for your taste, cut a slice or two from each tomato half and set aside as toppings.



Photo by: Ndoema, TheGlobalGirl.com

## Raw Tomato Bread (raw, vegan, gluten and soy free)



By Gena Hemshaw  
www.ChoosingRaw.com

### Ingredients:

Makes 8 large pieces  
5 plum tomatoes, chopped  
1 cup sundried tomatoes, soaked in warm water for 30 minutes  
3/4 cup flax meal  
1 tbsp tamari or nama shoyu (substitute sea salt to taste if you're allergic to soy)  
1 tsp oregano (dried)  
2 tsps basil (dried 1 clove garlic Black pepper to taste 1/4 cup sunflower seeds

### DIRECTIONS

- 1) Blend all ingredients but sunflower seeds together in a high speed blender till thick. Add sunflower seeds and blend till mixture is thick and uniform, but the seeds lend a tiny bit of texture.
- 2) Turn mixture out onto a teflex dehydrator sheet and use a spatula or inverted knife to spread it out evenly on the sheet:
- 3) Dehydrate at 115 degrees for 8 hours. Flip the bread, score it into 8 pieces on the wet side, and dehydrate for another 4-6 hours, till totally dry.  
Delicious!

### No DEHYDRATOR?

#### IF YOU DON'T OWN A FOOD DEHYDRATOR:

Don't fret. I almost never use mine. I tend to find that baking at 175 with the oven door ajar is wasteful and takes too long, so I suggest baking raw breads at 300 or 325 degrees (depending on how hot your oven is) for about 25-30 minutes on each side. You will not destroy all of the health properties of the bread! Far better to enjoy than avoid for lack of a dehydrator.

# Pepper Sunflower Seed Bread



By Lori & Michelle  
[www.PurelyTwins.com](http://www.PurelyTwins.com)

Place all ingredients except water into a food processor and puree till combined.

Slowly add in water until everything looks combined. Bread batter will be a little thick and sticky.

Spread the bread batter onto a dehydrator sheet and shape any way you like.

Place into a dehydrator at 110F. Let dehydrator overnight or till you reach your desired texture for your bread.

What if I do not have a dehydrator?

Can I bake it? Yes

Follow the same directions to make the bread and spread onto a lined cooked sheet. Spread into any shape you would like. Bake in a 350 degree oven for about 15-20 minutes. Or again till desired bread texture is achieved.

Depending if you want it really crispy or a little soft.

Store bread in refrigerator!

## Ingredients:

2 cups sunflower seeds grind into flour

1/2 teaspoon salt

2 tsp cardamom

1/8 tsp cayenne

1/4 cup flax meal

1/4 cup tahini

1 orange bell pepper

1/2 cup water

\*\*2-3 tablespoons nutritional yeast

## SUBSTITUTIONS:

- can replace sunflower seeds with any nut you would like
- can replace spices with any of your preferred seasonings
- can replace pepper with a tomato or zucchini
- can replace tahini for a nut or seed butter

# Red Pepper Zucchini Bread

By Sheleana Breakell  
[www.YoungandRaw.com](http://www.YoungandRaw.com)



## INSTRUCTIONS:

Put ingredients in your food processor and process until you get a dough. Stir before placing on the dehydrator sheet to ensure there are no leftover chunks.

Spread mixture onto your dehydrator sheets and place trays in the dehydrator.

Dehydrate for 5-7 hours on 110-115, flip once in between. Some breads may require up to 10 - 18 hours dehydration depending on how malleable you'd like them to be. I like soft and malleable breads so I only dehydrate them for a short amount of time.

## Ingredients:

(Makes about 6-8 slices)

2 cups sprouted buckwheat (soak the buckwheat in water overnight, rinse thoroughly)

1 cup ground flax

1/2 zucchini

1 small red bell pepper

1 tbsp. onion powder

## 3 RAWESOME FACTS ABOUT THIS BREAD

1. Buckwheat is the fruit seed of a plant from Asia and helps the liver process hormones and glucose.
2. Zucchini is high in Vitamin C helps protect the immune system and prevent bruising.
3. Red peppers are a good source of fiber and can aid in digestive health.

# Favorite Summer Sides

The word "cookout" brings to mind picnic tables covered in various-sized multi-colored dishes covered with tin foil. As a kid, nothing beat peeking under the lids to see what deliciousness hid underneath. A fully raw un-cookout would not be complete without your favorite side dishes.

## Zesty Lime Corn Salad

By Amie Sue Oldfather  
www.NouveauRaw.com



### Ingredients:

- 4 cups organic corn kernels
- 1 cup (1 medium) diced red pepper/capsicum
- 1 cup (1 large) finely diced vine ripened tomato (I use cherry tomatoes)
- 1 cup (1 large) avocado, diced
- 1/2 cup (1 small bunch) fresh chopped cilantro
- 1 Tbsp (2-3 cloves) finely chopped fresh garlic
- 2 Tbsp fresh lime juice
- 1 Tbsp cold pressed extra virgin olive oil
- 1 tsp Celtic sea salt or more to taste
- 1 tsp cracked black pepper to taste

### PREPARATION:

Soak the raw corn in some hot water for a few minutes and then drain. Combine the corn and all of the remaining ingredients together, stir and enjoy!



# Daikon French Fries

By Emily Von Euw  
[www.thisrawsomeveganlife.com](http://www.thisrawsomeveganlife.com)

## Ingredients:

1 jicama root or daikon radish (the size depends on how many you're feeding)  
1 teaspoon veg oil (optional but recommended)  
Salt, pepper, cumin, coriander, cinnamon, basil, turmeric, paprika (to taste)

## DIRECTIONS

Peel the daikon and slice into fries. Rub in the oil and spices. Dehydrate for 3 hours or in your oven at it's lowest temperature, (or you could eat them right away if you like).



# Raw Vegan "Potato" Salad

Serves 4-6

## Ingredients:

6 cups jicama, cubed (about 1 large jicama)  
1 cup scallions, sliced  
2 cup celery  
1/2 to 2/3 cup Raw Vegan mayo (recipe in condiments section)

1. Toss together: jicama, scallions, celery
2. Mix in 1/2 to 2/3 cup dressing (to taste).
3. Top with fresh dill if desired.

Photo by: Jacquie Vegan-Schwartz

# Tangy Cole-Slaw



## Ingredients:

1/2 head green cabbage  
1/2 head purple cabbage  
2 carrots, grated  
1/3 cup apple cider vinegar  
1 1/2 tsp dry mustard  
1/2 cup raw olive or flax seed oil  
1/2 tsp agave nectar  
salt and pepper to taste

Prep Time: 10 minutes  
Total Time: 10 minutes

### PREPARATION:

Combine cabbage and carrots in a large bowl. In a separate small bowl whisk together the vinegar, mus-

tard, oil and agave until a creamy dressing forms, and pour over the cabbage and carrots. Mix until well combined. Add salt and pepper to taste.

# Raw Vegan BBQ Zucchini Chips

By Sarah E. Brown  
[www.QueerVeganFood.com](http://www.QueerVeganFood.com)

## Ingredients:

Zucchini (1-2 large zucchinis, or 3 small)  
Barbeque sauce (Raw Food Magazine's Favorite Recipe is in the Condiment's section 😊)

## INSTRUCTIONS:

Thinly slice zucchinis. Use a special slicer gadget (mandolin, etc.) if you have one on hand. Lightly coat the zucchini in BBQ sauce, and place evenly on dehydrator trays or sheets. Dehydrate for 5 hours. Enjoy!



# Clever Condiments

How can you have a barbeque with no barbeque sauce? Luckily, there are amazing raw substitutes for those classic condiments to slather on your new favorite raw burger.

## Impossibly Delicious Raw BBQ Sauce

By Heather Crosby  
www.YumUniverse.com

Soaking time: 1-2 hours Prep time: 5-10 minutes  
Tools: High-powered blender Chef's knife



### Ingredients:

1 cup organic sundried tomatoes, soaked 1-2 hours  
1/4 cup + 1 tbsp organic, unpasteurized apple cider vinegar  
1/2 tsp Liquid Smoke (optional, but recommended. Not raw, but it is gluten-free.)  
1/2 tsp fine ground sea salt 1 large clove organic garlic 2 tbsp organic white onion, chopped  
1 tbsp Nama Shoyu (for gluten-free preparation, use wheat-free Tamari—not raw.)  
2 tbsp fresh, organic lemon juice 1- 1 1/2 cups water (to desired consistency)  
1/4 cup wild-harvested, raw honey (strict vegans can replace with sweetener of choice like maple or yacon syrup)  
Pinch cayenne pepper (optional)

### DIRECTIONS

Soak your sundried tomatoes for 1-2 hours until soft. Add tomatoes and all other ingredients to the blender and mix until creamy. Store in an airtight glass jar in the fridge. Enjoy

## Classic Ketchup Gone Raw



By Emily Von Euw  
[www.thisrawsomeveganlife.com](http://www.thisrawsomeveganlife.com)

### Ingredients:

1-2 tomatoes  
1/2 cup sun dried tomatoes  
Salt (to taste)  
3 dates  
Water or lemon juice (as needed)

To make the ketchup: blend all ingredients in your food processor or blender until smooth, adding liquid as needed. Adjust according to taste.

## Raw Vegan Mayonnaise

By Jessica Verma  
[www.CleanGreenSimple.com](http://www.CleanGreenSimple.com)



Prep Time: 2 minutes  
Total Time: 2 minutes  
Yield: Makes about 1 1/2 cups of mayonnaise - can easily be doubled.

Vegan, Gluten Free, Raw, Sugar Free

### Ingredients:

1 cup canola, safflower, or grape-seed oil (if you use grapeseed your mayo might be greenish. Just a heads up.)  
1/2 cup soy milk (or almond milk)  
3/4 tsp salt (to taste)  
1 - 1 1/2 tsp lemon juice (or apple cider vinegar)  
Pinch ground mustard (optional, you could probably also use a 1/4 tsp prepared mustard)

### DIRECTIONS:

Combine all ingredients except lemon juice (or vinegar) in the food processor or blender, blending until smooth. Slowly add the lemon juice or vinegar until the mixture thickens and tastes as desired. Add salt and mustard to taste.

# Virgin Cookout Cocktails

We are going all out for your summer barbeque. Here are 4 refreshing beverages to sip on a warm summer evening and share with friends and family. You may want to make extra and keep an extra pitcher on hand.

## Sweet Tea Slushie

### Ingredients:

14 cup peeled fresh ginger  
(thinly sliced)  
10 mint leaves (torn)  
6 cups water  
3 black (teabags)  
1/2 cup agave nectar (or  
honey)

Soaking time: 1-2 hours Prep time: 5-10 minutes  
Tools: High-powered blender Chef's knife

In a saucepan bring the water, ginger and mint to 115° and simmer for about 5 minutes.

Turn off the heat, add the Agave nectar and tea-bags, cover and let steep for about 30 minutes.

Remove the teabags, strain the tea and cool completely.

Fill an ice cube tray with some of the tea and freeze overnight (or until frozen). Refrigerate the remaining tea.

When ready to serve, place half of the ice cubes in a blender along with 12 ounces of the chilled tea. Blend until slushy. Pour into a tall glass and grab a straw. Repeat for the second glass.

## Raw Lemonade



Prep Time: 10 minutes  
Total Time: 10 minutes  
Yield: 1/2 gallon

### Ingredients:

1/2 cup freshly squeezed lemon juice  
1/2 cup raw agave nectar (or honey)  
1/2 cup loosely packed mint leaves  
6 to 8 cups water

### PREPARATION:

Blend the lemon juice, agave nectar, and mint leaves on high speed for 10 to 15 seconds or until the mint leaves are well blended. Pour into a pitcher and add 6 cups of the water. Keep adding water until it reaches your desired strength.

Enjoy your fresh raw, sugar-free lemonade!

Variations Add 1 cup fresh strawberries, raspberries, or blackberries into the blender. Strain through a fine mesh strainer to remove the seeds. Add 1 teaspoon vanilla extract for a lovely twist.

## Watermelon Spritzer



photo by Kelsey Marie Photography

### Ingredients:

3 cups cubed chilled watermelon  
1 cup coconut water  
squeeze of fresh lime  
Ice if needed  
Sprig of mint

90 calories per serving.

Put all ingredients in blender. Blend until smooth.  
Makes two servings.

# Melon Mojito

Makes 2 servings.  
95 calories per  
serving.



## Ingredients:

2 cups cubed Honeydew Melon (I like to freeze mine)  
1 cup cubed English Cucumber  
1 cup coconut water (I freeze this into cubes too!)  
12 fresh mint leaves  
3 Tbsp fresh lime juice  
Add Agave nectar or honey to taste

Blend until smooth.

# Old Fashioned Ice Cream Finale

A summer family night is not complete without a treat. Homestyle ice cream is an age-old classic that never seems to grow old. And, once you have the base down, there are endless options for toppings, sauces and flavors! If you are ready to move past banana based blender ice cream to the real deal (unrecognizably raw), this should get you started...

What you need:

An ice cream maker

You don't need to go for anything fancy, go for the \$55 Cuisinart ICE-21 or even the Nostalgia Electrics maker, currently only \$25 on Amazon.

Once you have tried even one of these raw ice cream recipes, you will be glad to have an ice cream maker.



*Cuisinart*



*Nostalgia Electrics*

# Classic Vanilla Base

Once you master this base, you can experiment with different flavors or add-ins. We don't think you'll ever get tired of this classic vanilla, but when you are in the mood for something different, the possibilities are endless!



## Ingredients:

1 Cup cashews (no need to soak)  
1.5 Cup water 1/3 Cup honey or raw agave\*  
1/4 tsp salt (+/-)  
1/3 Cup raisins (probably best to soak for half hour or longer so it blends better | This is the secret ingredient that imparts the rich/buttery flavor, if you want the vanilla color then use golden raisins instead of standard raisins) 1 vanilla bean (or 3 tsp of vanilla extract)  
1-2 Tbsp coconut oil

\* coconut nectar or date paste (soaked dated fed through a champion) are also good stand-ins for agave

## TOPPING IDEAS:

It's always fun to play with toppings. These are some of our favorites.

Nuts: walnuts, macadamias, pecans

Fruit: assorted berries, cherries, peach slices, unsweetened coconut shreds, kiwi, banana, mango

Sweeteners: Honey, agave, date paste, maple syrup

And More: cacao powder, cacao nibs, Cinnamon, nutmeg, vanilla bean seeds, strawberry chia jam, bee pollen

Use your imagination! Let the kids play with toppings and experiment with different colors, textures and flavors.

## DIRECTIONS:

Take all the above ingredients and blend in Vitamix or Blendtec for a couple of minutes...or at least until all the solids have blended away.

Pour the mixture through a sprout bag (or cheesecloth). This will catch all of the tiny cashew/vanilla bean particles, and make the final product much more silky smooth.

At this point, it is best to 'pre-chill' the mixture. If you simply dump the mixture into the ice cream maker now, it won't set up properly, and it will be less firm than even soft serve. Place it in the fridge for a few hours, or if you've gotta have that ice cream ASAP, put the mixture in the freezer for about

10-15 minutes. You want it to be cool, but not to the point where ice crystals are starting to form. (SPECIAL NOTE: do not use the ice cream maker 'bowl' to do the pre-cooling. The base will freeze to the bowl, and the batch will be ruined.)

When the mixture is sufficiently cool, pour it into the ice cream maker, and let it go! After about 20 minutes or so, it should be ready! It makes about a pint.

# Rich CHOCOLATE RAW CACAO ICE CREAM

By Ashlae Warner  
www.OhLadycakes.com

Yield: about 1 quart



## Ingredients:

1 3/4 cups raw cashews  
3 1/2 cups filtered water, plus  
more for soaking  
15 medjool dates, pitted  
6 tbsp cacao powder  
1/4 tsp ground cinnamon (I used  
Ceylon)

## DIRECTIONS

Place the cashews in a small bowl, cover with water and soak for 6 hours, or overnight (if you don't have a high speed blender, the longer you soak the cashews, the better). Once the cashews have soaked, discard the soaking water and transfer the cashews to the container of a high speed blender, such as a Vitamix. Add the water and blend on high speed for 45-60 seconds. Add the dates, making sure each of them is submerged, then allow to soak for 15 minutes. After 15 minutes, blend mixture on high speed for 30 seconds. Add the cacao powder and cinnamon; blend on high speed for at least one minute. Transfer to the bowl of your ice cream maker and mix according to the manufacturer's instructions. Transfer the ice cream to a container and freeze until ready to consume. Thaw for 20 minutes before serving. I like to top mine with cacao powder and a handful of cacao nibs. I highly recommend it.

# Want to get involved?



Thank you for reading!

We do our best to scout out the best content and contributors from around the world.

If you have creative ideas or expertise to share, we would love to hear from you.

## Advertise >

To advertise your product or service in Raw Food Magazine, please inquire about our Media Kit.

## Contribute >

If you are interested in becoming a Raw Food Magazine contributor, please contact us with your area of expertise.

Your Raw Food Team :)



"Like" us on Facebook for links to our favorite recipes, articles, research and news!



Follow us on Twitter to learn about special issues, promotions, and giveaways!

# SUBSCRIBE TO **Raw Food** Magazine

TODAY!



If you enjoyed this Magazine please  
leave us a rating and a review

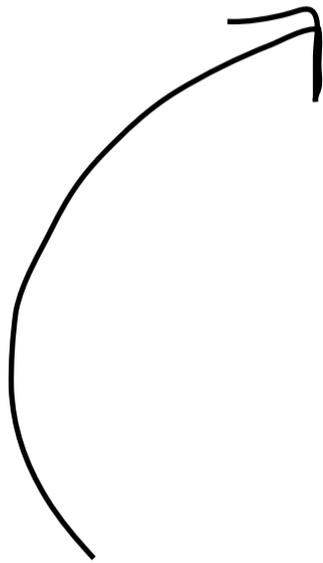
[SUBSCRIBE](#)

[LEAVE A REVIEW](#)

30-second



[Take our survey ▶](#)



## **Tell Us What You Think!**

Your feedback helps us continue to improve and make Raw Food Magazine the BEST resource for raw food living.

Thank you for your participation!

*Haley Marie, Editor*