

HOW TO GET PICKY KIDS TO LOVE THEIR VEGGIES

30+ new recipes!

# Raw Food Magazine

Issue 3 • May/June 2013

25  
guilt-free  
**SNACKS**

Gwyneth  
Paltrow

The secret to  
her glow

KALE vs.  
SPINACH

**BURN  
MORE  
FAT!**

5 Easy  
Habits



**How To Be Fit, Raw & Vibrant**

World Champion sprint canoeist  
shares her raw success story





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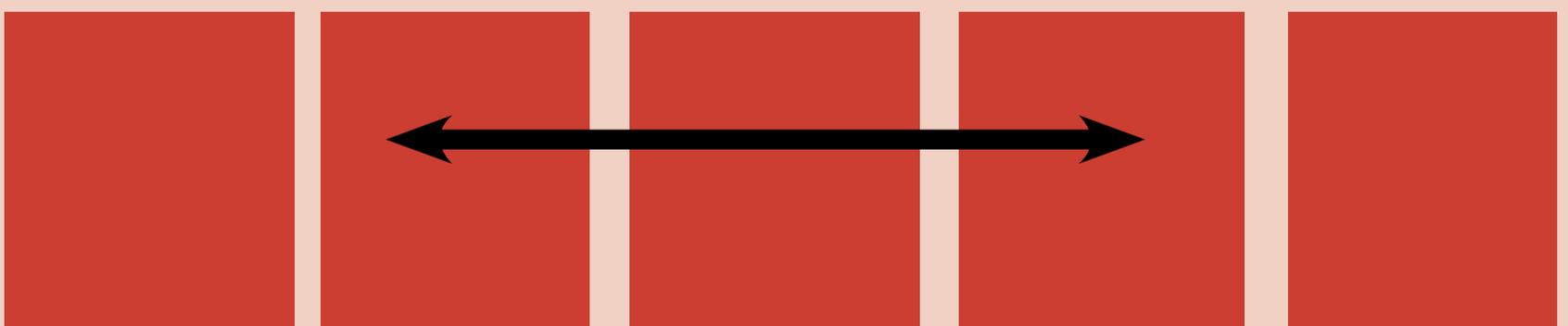
# HOW TO USE THIS APP?

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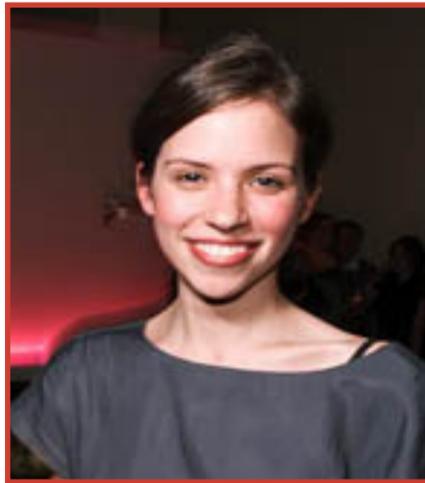


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Former Wall Street Analyst turned raw recipe ninja and green smoothie queen. Noelle crafts tasty and nutritious green smoothies for you every new issue!  
[GreenLemonade.com](http://GreenLemonade.com)

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Elaina Love

*Meet  
Elaina Love  
of the  
Pure Joy Cafe*



# Swimsuit Ready?

Bikini season is upon us. While every celeb has their own “secrets” to get their beach bod in tip top shape for the summer, many turn to raw foods and juicing to cleanse their systems and slim down and get their skin glowing.



Model Chrissy Teigen prepared for her Sports Illustrated shoot with a 7-day juice cleanse

## GISELE BUNDCHEN

Has been known to complete Pure Food & Wine’s raw “Not-Just-Juice” cleanse - aka a raw food diet - for health, vibrance and quick weight loss.



## RAW FOOD BEACH BODY?

### DR. MARK LAWRENCE SAYS ‘YES’

“If you are looking to lose weight, it is good to eat foods that are high in water content like vegetables. The raw food diet purports eating foods that are high in water, low in calories and high in nutrition. The reason we are fat is because we are eating processed foods, so a diet that says only eat unprocessed, natural foods is great.”

--Dr. Lawrence, ‘celebrity doctor,’ studied medicine at Cornell Medical School & trained in emergency medicine at Stanford & general surgery at Harvard.



**WOODY HARRELSON**, long-time raw foodist, went for a swim but seems to have forgotten something... Woody is honest about falling off the bandwagon from time to time, recently telling Esquire “I do fasts and things to clean and purify. I detox before I retox.”

# GMOs Spark Global March

## THE MARCH ON MONSANTO WENT GLOBAL

Sweeping the globe from Australia, Africa, Bangkok & Belize, to New Zealand, Zürich and the U.S. The rise in opposition to GMOs sparked a global March Against Monsanto protest event which took place on May 25th.

**M**arch Against Monsanto was founded and organized by Tami Canal to “broadcast dangers posed by genetically modified food and identify the food giants that are creating it.” Protests were held in 436 cities in 52 countries with. Over two million people were out marching on Saturday. Some protestors wore red or dressed like bees addressing the problem of the dwindling bee population in the opening rally at the White House and the concluding rally at Monsanto headquarters. Chemical agents and synthetic sweeteners were targeted in comments



May 25th Protest event in Cape Town, South Africa

and in posters. Protesters were a diverse group—concerned parents and their children, anarchists, Veterans for Peace, farmers, healthcare providers and others, all demanding transparency.

Supermarket retailer Whole Foods Markets Inc. has said that all products in its North American stores containing genetically modified ingredients will be labeled by 2018, since sales of products with a “Non-GMO” verification label have spiked between 15 & 30 percent.

## GROCERY STORE GUIDE: PLU CODES

Those numbers on the produce labels actually mean something!

### What are PLU Codes?

“Price Look-Up” codes are four digit numbers that identify different types of produce.



### Standard Produce

The standard PLU prefix is ‘4’. #4011 is the code for a standard yellow banana (*not* organic)



### Organic Produce

The number 9 prefix added to a PLU signifies that an item is organic.



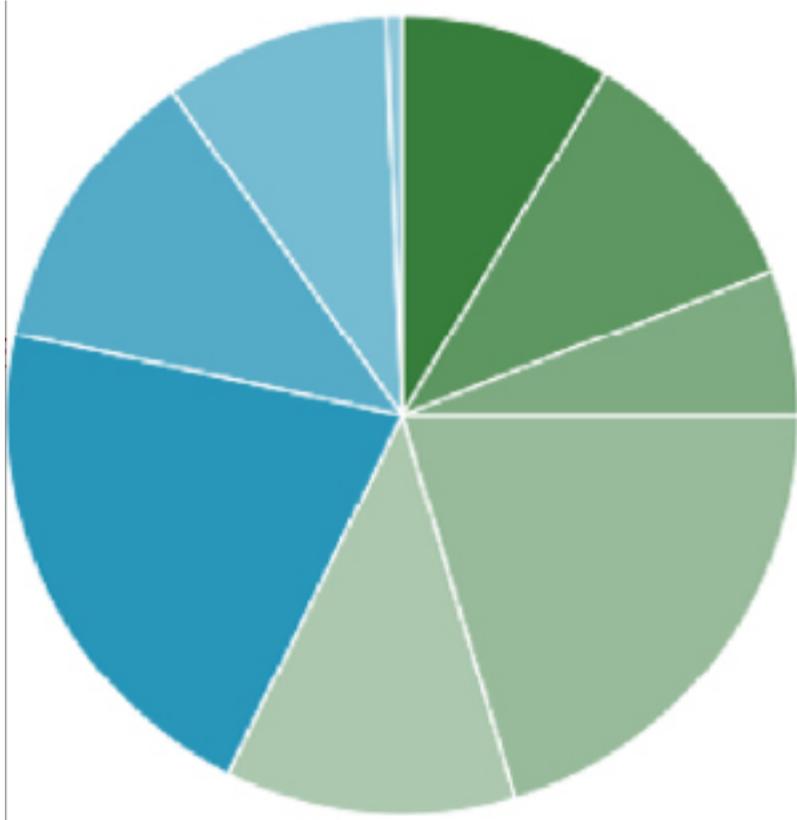
### Genetically Engineered

A number 8 prefix added to a PLU signifies that an item is genetically engineered (GE).



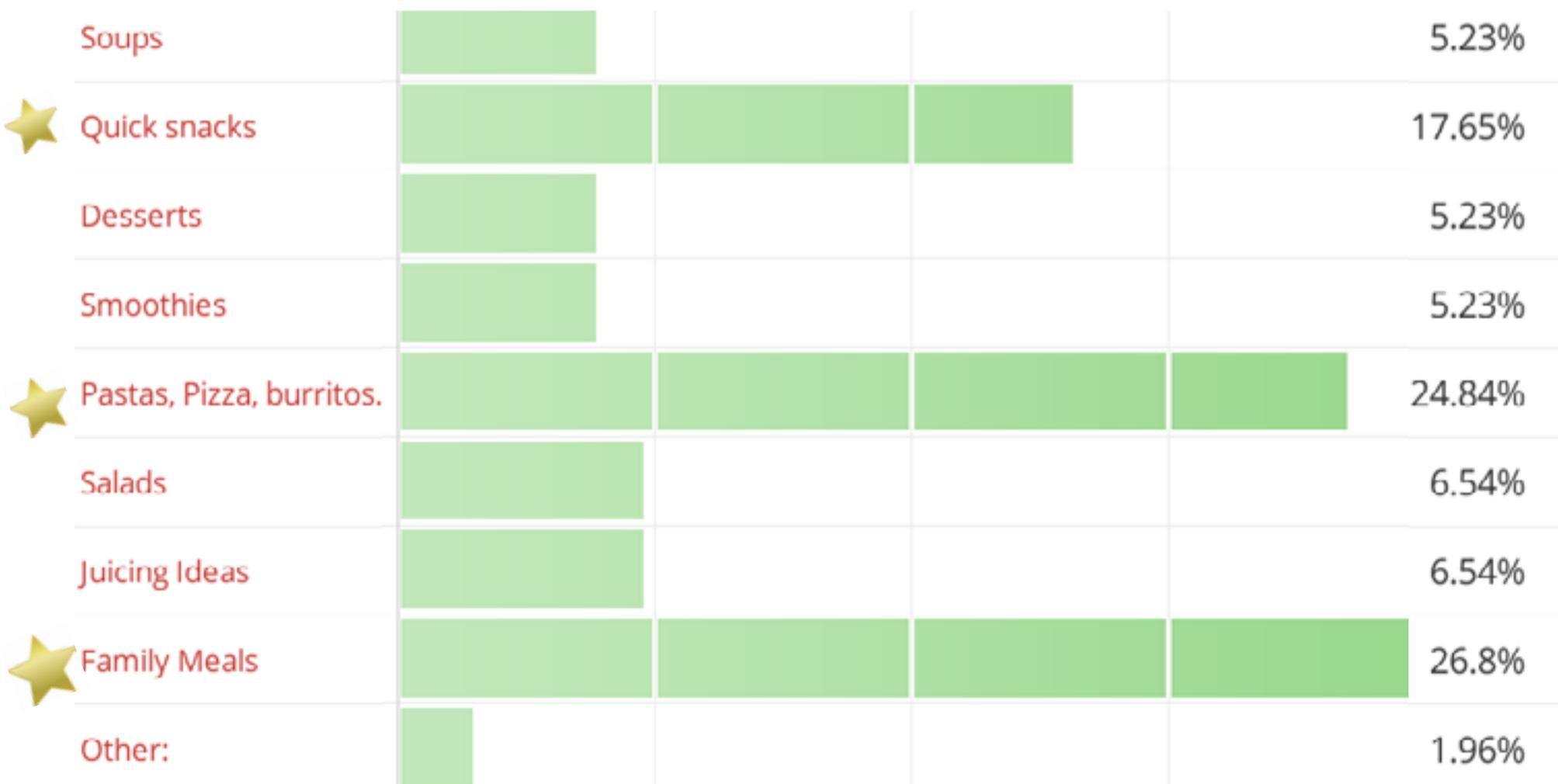
# Last issue we asked...

## Your TOP Interests



Coffee enemas	8.55%
Sprouting lentils	10.53%
Making your own toothpaste	5.92%
Food to eat when you are unhappy ★	20.39%
What to grow in your garden	11.84%
How to start eating raw ★	21.05%
What is the difference between food lifestyles (vegan, raw, peleo etc...)	11.84%
Soaking nuts	9.21%
Other:	0.66%

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



# Congratulations *Jolene!*



Jolene Harmon from Utah, USA

You are the winner of this year's Green Smoothie Contest!

*The choice was tough, but Jolene's smoothie packed the most nutrition with a twist--the tasty texture created from the chia seed & ice combo. Watch your inbox for your prize code!*

## Jolene's Green Smoothie

*Yield: 6 cups*

Put the following ingredients in the blender (I use a blendtec)

18 oz purified water  
1/2 tsp coconut oil  
1 T powdered dietary supplement  
2 T Oat Fiber  
1 scoop raw protein powder

-Grind 1 T chia and 1 T Flax seeds in coffee grinder and then add to above mixture.

-Turn the blender on low and blend for 15 seconds. let this mixture sit for 10 minutes to let the chia absorb liquid

Then, add 1/2 banana  
1/2 tsp cinnamon  
3 cups greens (mixture of spinach, kale, chard)  
add about 2 cups ice  
Blend until smooth, add more ice if needed.

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

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

**Vote**

**How often do you EXERCISE? (be honest!)**

- 1 hour in the morning and one 1 hour before bed
- almost never... does texting count?
- 4-5 times a week
- At least 10 minutes every single day
- 1-3 times a week
- Other:

**Vote**

# Community Spotlight

## Kelp helped us lose weight!

I'm gifting a subscription to my sister and brother-in-law. Last month I decided to swap kelp noodles for our weekly pasta night. My husband and I have both lost over 5lbs! & with the marinara from issue 1, even my kids liked it.  
*Debbie, Arkansas*

## Learning so much...

I think what you guys are doing is really cool. Each issue has given me new ideas. Foraging for wild food? I'm intrigued for sure.

*Anthony, Former Raw Skeptic*

Loved the featured chef! It was fun to read more about Matthew Kenney.  
*-Kayla*



## Dear RFM,

I was really inspired by last issue's interview with June Lunn. You can hear the life and enthusiasm in her voice--such determination! I have a close relative who has also recovered from stage four cancer, so I know how scary that road can be. I just wanted to say thank you, and to pass on my congratulations to June. Keep up the good work,  
*Sandra  
Austin, Texas*

Thank you Sandra!

We only wish you could meet June in person, she was quite the inspiration and it was an honor to share her story with you. Thank you for your feedback and support.

We will happily pass along the congratulations. Please give our best to your relative as well!

-rfm

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. So, thanks.

*James, Washington DC*

This is one of my favorite magazines! Love all the articles, recipes and videos. Can't wait to try the recipes.

*K&J McDermott  
iTunes Review*

**Ashley Carlton** from Alabama wants to read "tips for implementing this type of lifestyle into your non raw family." **SO**, we have writers working right now to bring you the best advice in our September/October issue: How to Eat Raw in a Cooked Family. Thank you Ashley!

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.

# 3 Day Detox Cleanse

Renew, Refresh and Restart with this  
**FREE** 3 day cleanse.

- ✓ **Live Longer**
- ✓ **Lose Weight**
- ✓ **Sleep Better**

[Access Raw Food Detox](#)



# Research Round

## New Protein Discovered, Why Algae is Best Vegan Source of Vitamin B12

Scientists have revealed a key cog in the biochemical machinery that allows algae at the base of the ocean food chain to thrive. They discovered a previously unknown protein in algae that grabs vitamin B12, an essential but scarce nutrient, out of seawater.

Many algae, as well as humans and other animals, require B12, but they can't make it and must either acquire it from the environment or eat food that contains B12, typically found in shellfish, red meats, eggs and cheese.

Studying algal cultures and seawater samples from the Southern Ocean off Antarctica, a team of researchers from Woods Hole Oceanographic Institution (WHOI) and the J. Craig Venter Institute found a protein they call "the B12 claw." Stationed on the outside of algal cells, the protein appears to operate by binding B12 in the ocean and helping to bring it into the cell. When B12 supplies are

scarce, algae compensate by producing more of the protein, officially known as cobalamin acquisition protein 1, or CBA1.

The discovery of this protein helps explain why algae and seaweeds--blue-green algae, spirulina, nori, chlorella, etc.--are such good sources of vitamin B12 for vegans and vegetarians.

*CITATION: Lippsett, Lonny. "The vitamin [B.sub.12] claw." Oceanus 49.3 (2012): 6.*



## Sweet Bing Cherries Reduce Symptoms of Inflammatory Diseases Promote Sleep

Eighty men and women (45–61 years old) supplemented their diets with Bing sweet cherries for 28 days. Fasting blood samples were taken before the start of consuming the cherries and at the completion of the study. Adding cherries to the diet, holding for other factors, significantly reduced several biomarkers associated with

inflammatory diseases and increased self-reported sleep.

The research team is currently organizing a new study to explore the use of sweet bing cherries as a treatment for insomnia.

*CITATION: Kelley, Darshan S. "Sweet Bing Cherries Lower Circulating Concentrations of Markers for Chronic Inflammatory Diseases in Healthy Humans" Journal of Nutrition (January 2013): vol 143 no 3.*

## SUBTRACT FROM YOUR WAISTLINE, ADD TO YOUR MEMORY

A new study suggests that there's no such thing as "fat and fit" when it comes to the brain. People who are obese (i.e., have a body mass index, or BMI, of 30 or higher) experience faster-than-normal memory decline even when they are otherwise healthy. To make matters worse, being too heavy is often associated with metabolic syndrome, a constellation of risk factors linked to accelerated cognitive decline that includes excess fat at the waist and abdomen, high blood pressure, high levels of triglycerides (a blood fat), low levels of HDL, or "good" cholesterol, and high fasting blood sugar.

Researchers looked at 10 years' worth of data from more than 6,400 adult participants in a long-term health study, according to a paper published in *Neurology*. Study subjects who had at least two risk factors for metabolic syndrome performed worse on tests of mental functioning than those with fewer than two risk factors. Those who had at least two risk factors and were also obese declined 22.5 percent more rapidly than the subjects who were of normal weight and had fewer than two risk factors. Obese subjects who were metabolically normal also experienced more rapid decline, suggesting that obesity, in and of itself, can harm the brain. The research suggests that excess fat on the body is highly correlated with decreased memory capacity.

Having trouble remembering people's names or important events? Maybe it's time to get serious about weight loss. Your brain will thank you.

*CITATION: "Adult BMI and its effects on the human brain." Mind, Mood & Memory 8.11 (2012): 4+.*

## PROACTIVE PARENTS HAVE KIDS WHO EAT MORE VEGGIES

Teresa O'Connor, M.D., & professor of pediatrics at the CNRC and at Baylor College of Medicine, led a study of more than 700 Alabama and Texas parents and their preschool-aged children. They looked at data pertaining to five different types of behaviors that parents reported using when trying to get a child to eat a veggie or a fruit.

"These categories were: 'teachable moments,' such as telling your son or daughter to try a couple of bites of a vegetable or a fruit, but that he or she doesn't have to eat all of it; 'practical methods,' such as adding something to make a veggie or fruit taste better to the child; 'firm discipline,' like preventing your child from having sweets if he or she doesn't eat the veggie or fruit; 'restriction of junk foods,' such as not keeping any junk foods in the house; and 'enhanced availability and accessibility,' such as keeping a container of ready-to-eat carrots on a lower shelf of your fridge that your preschooler can easily reach.

Children of the parents who used less of the reactive 'firm discipline' tactics and showed a preference for the proactive 'teachable moments' and

'enhanced availability and accessibility' approaches ate more veggies and fruits than children whose parents were in the other two groups.

O'Connor's Houston team, and several university researchers based in the United States and abroad, designed, conducted, and analyzed results of an Internet survey that tapped the expertise of nearly 900 doctors, nurse practitioners, registered dietitians, and other healthcare specialists, mostly in Australia, Chile, Mexico, Spain, and the United States.

"Those surveyed agreed that it's more helpful for parents to be proactive than reactive in getting children to eat fruits and vegetables. Proactive actions, like creating a home environment where kids are likely to see and be served fruits and vegetables, to see their parent enjoying eating fruits and vegetables, and to have the chance to help a parent select and prepare fruits or veggies, are more effective techniques for getting children to eat these foods."

Being reactive by pressuring, scolding, or punishing the child is counterproductive in the long run."

*CITATION: Wood, Marcia. "Getting your kids to eat more vegetables: scientists scrutinize 'parenting practices'" Agricultural Research 60.6 (2012): 12+.*



# LIVE

## Fridge Science

How to keep your produce fresher, longer



## Get your kids to eat veggies

Ideas to inspire your picky kids to eat more fresh foods



## 5 Healthy Ways to Slim Down

The healthiest weight-losing habits you can start today



# FRIDGE SCIENCE

The smart person's guide to keeping food fresher, longer

1. Make sure the air vent is open at the top of your refrigerator, allowing air to circulate from the top to the bottom of the fridge which keeps items in the back from freezing. Maintain the ideal temperature of 40°F

2. Fresh berries should be kept on the top level with as much air around them as possible. Closing them off causes molding.

3. Greens need the second most ventilation, so keep at the top of your refrigerator. **TIP:** Bag your greens in a Ziploc, spritz with water and twist the top to keep air out--they will last up to two weeks this way.

**\*Rotate Your Food\***  
Every time you go shopping, place the newer produce in back and older produce in the front – back can ripen while you eat the ripe produce in the front before spoiling.

4. Keep as much fruit outside of the refrigerator as possible. Foods like apples, pears, tomatoes, and bell peppers will only reach their maximum ripeness and flavor outside of the fridge. Fully-ripened fruit can be kept on the lower shelf.

5. Veggies (not greens) can be placed in the bottom drawers, needing less ventilation. This includes broccoli, cucumbers, zucchinis, carrots, etc.

**NOTE:** For max freshness keep all fruits and veggies stored as separately as possible.



REAL FOOD GOES BAD. You will have casualties – moldy raspberries, a squishy cucumber – positive reminders that you are eating real, living, nourishing food.

# Chef Spotlight



## Elaina Love

of the Pure Joy Kitchen

Elaina Love is the founder and co-director of Pure Joy Culinary Academy, a raw, vegan, gluten-free un-cooking school in Scottsdale, AZ. She is an amazing raw chef, but first and foremost a teacher—passionately helping others live healthy, disease free lives. Let's get to know her a little bit better!

### **Elaina, what is your earliest food memory?**

*My earliest memory of food is birthday cake. I don't know how old I was but I remember being so excited to have this sweet delicious treat, and I also remember that I always wanted a big piece, because that meant Love to me at that time.*

### **What made you decide to be a chef?**

*After I got married in 1988, I realized I was now responsible for the health of*

*my my husband and me, so after we got back from our honeymoon, I distinctly remember going out and buying the healthiest vegetables I could find to cook into a stir fry since we had eaten so many unhealthy foods while traveling throughout Europe after our wedding. I made a lot of stir fries, curries, and more and loved making food for both of us. My husband was always appreciative and enthusiastic when I made the food, which was encouraging.*

*After that, I decided to go vegetarian and white flour-free. I went out and bought my very first cookbook to teach myself how to prepare these foods at home. I think I made almost every recipe in that book & learned a lot by doing it!*

From there I got into raw food in 1997. There was no place to buy prepared raw food at that time, except salad bars so I needed to get creative. I bought a few more recipe books (all raw) My first 2 raw books I remember the most are Juliano's Raw and Rita Romano's Dining in the Raw. I learned so much from both of those books, and again I think I made almost every recipe more than once!

During that time, recipe ideas just kept coming to me. I would be eating something raw that I had prepared from a book and think, hey I could turn this into a pate or a crust or a dessert (whatever it happened to be). All of a sudden I had a hand written book full of recipes. I always wrote in pencil so I could change the amounts as I adjusted the flavors. I really loved being in the kitchen and creating these new and amazing creations. My friends were excited and interested in knowing more and learning what I was doing too so I began selling my recipes in a book format.

After that I would just have to hear about an idea such as raw, macadamia lasagna and I would know exactly what to do and how to make it. I have now created hundreds and hundreds of fresh, new, raw vegan recipes and continue to do so to this day. A raw chef was born!



Open-faced sandwiches on buckwheat bread from the Pure Joy Kitchen



### What defines your raw cooking style?

Love and presence are the most essential ingredients that I can possibly put into my food. Flavors and textures are also very important to me. I feel that if I have an idea or a thought before I begin preparing food, such as who will be receiving this gift, what is the message I want to relay and of course, most of all that it will nourish them and taste

delicious to them. I imagine them eating it as I prepare it, and I feel that makes it especially good just for them since it was made with them in mind.

I love to add a balance of flavors including just enough sweetness, saltiness, spice and kick to make it hit the tongue on all levels. People do comment that they are not able to

exactly duplicate my recipes the way I do them and I think that is because I work so closely with intuition and my own creativity as I prepare the food.

### What did you have for breakfast today?

I'm currently in Bali, so I enjoyed a big green juice at an organic restaurant called Soma. It had cucumber, celery, parsley, mint and lime. Then I had a raw, green papaya salad over greens which was absolutely delicious! I don't really eat a lot of fruits or sweet foods for breakfast, I usually have green juice and some kind of superfood smoothie

that I sweeten with stevia.

### What was your first kitchen memory?

Eating! There were 4 kids, and my mom and dad at the table, and I was the youngest, so that means Dad got to go first and the rest of us scrambled for the next biggest servings after that. I remember how much I loved food and how much I loved my mom's cooking. She cooked the typical American fare such as meat loaf, pork chops, corn on the cob, pot roast with carrots and potatoes and lots of gravy. It seems like we always had gravy, and I loved it! If we ran out of noodles for our beef stroganoff, we would get out the white bread and wipe the bottom of the pot to get every last drop. That was when I fell in love with sauces. I've always called myself a "sauce girl" and now I know why!

### Describe your biggest food snafu.

I remember when I got hired to cater my largest raw food meal which was for David Wolfe's book signing party for his book *Eating For Beauty*. It was for 300 people. The whole evening went off without a hitch, we served some really decadent foods considering the size of the group, and there were several courses. My partner I was working with was working on the perfect ending to the meal which was a tropical ambrosia pie with macadamia coconut crust. Such a delicious and decadent dessert to look forward to. It was getting later and later and it still wasn't finished. I remember feeling really anxious because I knew people were starting to leave. I don't think it mattered in the end since they really enjoyed the meal but at the time, I was not happy about it. Now I always get the dessert made first so it has time to set up and I can just relax as I create the

perfect meal.

### What is the worst food anyone has ever fed you?

China town in San Francisco back in my 20's I'll never forget getting deep fried shrimp with the heads still on and the little antennae and eyeballs. Ewwww. I wouldn't eat it, but my husband at that time was popping them in his mouth like gumballs. I stuck with the more moderate choices such as noodles.



Chocolate Maca Superfood Shakes -- Yum!

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

Mashed potatoes and gravy, Beef Stroganoff (both were my mom's specialty), pizza, pasta and any kind of soft white bread with butter. I never eat any of those foods anymore, but I do the next best thing which is making the raw-vegan version. I still haven't made a raw beef stroganoff but I think that will be next on my list to create.

### What is your most used kitchen tool?

My 8 inch Mac Knife and my Vitamix. By Far my Vitamix. I love, love love it & use it 3 or more times a day on some days.

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

Honestly, my first thought would be

to say a pepperoni pizza, then I think, no, that would create fear and sadness in my body and I would want to leave this planet feeling joyful and high. So really and truly I would have an extra large green juice followed by a raw, vegan parfait which would have: avocado chocolate pudding, sky high whipped cream, raspberry coulis and walnut-coconut sugar crumble. Mmmmm.

### What's your most overused ingredient?

Miso. I love the way it tastes in cheeses, sauces, gravy, and more, but sometimes I think, wow, we went through a lot of miso for this course!



### What is your motto?

Bringing Pure Joy and Gourmet Bliss to the Planet.

### What is your greatest fear?

Not following my dreams and being unhappy for it. I wouldn't want to wake up one day and think "what am I doing with my life?" Luckily, I am following my dreams and my bliss so no fears about that. Second greatest fear? Not being able to move and use my body the way I love. Not being able to walk and run and dance and be a chef. So I take extra good care of my body and watch for cars when driving my scooter :)

### What is your present state of mind?

Calm, peaceful, blissful and content. I'm sitting in an organic cafe in Bali sipping spring water and the temperature is perfect, I have the weekend off and I just did yoga. Life is good!

To learn more, visit [PureJoyPlanet.com](http://PureJoyPlanet.com)

**Elaina Love** runs Pure Joy Academy which is a Holistic Culinary School and detox certification program that is run worldwide.

Currently she is teaching in Bali, and then Singapore. Elaina will be in Hong Kong next and then back to Arizona--her home base--for a course in the Fall. She plans to offer 7-day Pure Joy Raw Food & Yoga Slimming retreats throughout the year so that people can experience a week of finding their bliss and losing their inhibitions and maybe a few pounds too. Plans include the Caribbean, Bali, Canada, Australia and the U.S. Check out her website for more info: [www.PureJoyPlanet.com](http://www.PureJoyPlanet.com).

Thank you, Elaina! You are quite an inspirational woman and we are happy to have you here at Raw Food Magazine :)



# HOW TO GET YOUR KIDS to eat more raw fruits and veggies

As you are well aware by now, it takes some effort and willpower to eat healthy foods that are either high raw or fully raw; but the positive effects are there for all to see, you are a living healthy example. With you as the leading light of this very important undertaking, it is important that you take the driver's seat and be in charge of ensuring your kids eat more raw fruits and veggies just like you; don't delegate.

## **LEAD BY EXAMPLE**

Kids, especially those between 3 and 9 like imitating their parents; they at times do this unconsciously. Eat the raw fruits and veggies yourself; then offer some to them. The term used in the sentence is offer. Never force your children to eat the raw fruits or veggies; they will resent the fruits and veggies as they grow. Let your kids see you enjoy the raw fruits, at the very best they will enjoy it with you; at the very worst they will taste it.

## **OFFER THEM NEW FRUITS AND VEGGIES WHEN THEY ARE REEEEAALLY HUNGRY**

As a parent you know when your kids are hungry. Just before dinner serve them an appetizer that has some colorful vegetables like Cucumbers and carrots, put in some red bell pepper and have it with some salad dressing that is low fat. Here timing is crucial, give the fruits on an empty table or as it is being arranged. Don't mix your dinner with the fruits.

## USE THE BLENDER WITH YOUR KIDS

Most children love gadgets. Under your close supervision involve your kids in the blending process. Let them drop in the veggies, let them help you prepare the smoothie; they can help in cleaning the fruits and veggies. Chances are that they will partake of what they have helped prepare. Make this a routine and you would have learnt how to get kids to eat more raw fruits and veggies.

## MAKE RAW FRUITS AND VEGETABLES EASILY ACCESSIBLE

Ensure that you have enough cuttings of raw fruits placed in some little hygienic bags, have small bags of pineapple, fruit cups, mango pieces, applesauce, and a variety of clean and cut vegetables placed in a fridge shelf that your children can easily access. Ensure your dinner table always has such options even if they are not popular; keep on reminding them about the importance of eating healthy. Let your kids know that they can have their raw fruits virtually anywhere (Apart from you know where...) and anytime; provided their hands and the fruit are clean.

## GO FRUIT AND VEGGIE SHOPPING WITH YOUR KIDS

When buying your fresh fruits and veggies go with your kids; encourage them to choose fruits and veggies of their choice, let them have a free hand on this. They will be more inclined to eat fruits and vegetables they picked themselves rather than what they may feel was imposed on them.

## GIVE THE RAW FOOD SOME FANCIFUL NAMES

Be creative and give the fruits some names that your children relate to pretty well. Name some food after a popular cartoon

program that they like or hero actor they try to imitate. Let them suggest some names and work with the names. This will make eating that particular fruit or vegetable fun; he or she may even consider it as part of a game.

## MAKE THE FRUITS AND VEGETABLES BEAUTIFUL

This should not be very difficult as raw fruits and vegetables are naturally very colorful. Have fruits sliced in different shapes, make some work of art that is edible, and bring in some different colors and flavors. Because fruits are easy to handle be creative also on where and on what they are served. Be adventurous when serving raw fruits and vegetables and try different dressings.

## START A SMALL VEGETABLE GARDEN

You have some space behind your house and still wondering how to get kids to eat more raw fruits and veggies? Worry no more. Start planting some vegetables with your kids in your backyard, plant some tomatoes, some peas etc . Engaging kids and showing them how a particular fruit or vegetable is grown pricks their curiosity and they would be eager to try out the fruit or vegetable. If you don't have a backyard, try and take your kids to a farm and let them see how certain vegetables and fruits are grown, they will relate with such plants and be more receptive when offered a bite.



# 5 Habits To Help You Burn More Fat

Raw food is really about health, longevity and vitality. But, we all understand the desire to drop a few pounds to look good in that summer bikini. Here are 5 healthy habits to boost your weight loss this summer and beyond.



**F**ast weight loss is often a marketing gimmick, tricking you into spending your hard earned cash for some new pill or program that promises you will get the body you've always dreamed of with little to no effort in just a few weeks or even a few days.

We have all had the desire to just drop our extra pounds immediately so we can jump in our summer shorts and feel sexy and confident. Don't worry, all hope is not lost. There are ways you can dramatically boost your weight-losing capacity and notice results fairly quickly. Here, we have researched and given you 5 ways you can immediately start to increase your fat-burning capacity. These are healthy habits to be building, regardless of your weight-loss goals.

## 1 Switch your breakfast to a green smoothie

Breakfast can make or break your fat-burning AND your will power for the entire day. It has been widely publicized that skipping breakfast is bad for your health and your waistline. So what to eat for breakfast to keep you slim and energized? You can't beat the green smoothie for energy, satisfaction and weight loss.

### Why does it work?

After sleeping for 8 hours, your body has burned through its fuel and is slightly dehydrated. When we allow ourselves to naturally wake up, the phenomenon is actually the brain telling you that it needs fuel! Sugar is brain food. The only organ in your body that needs, I mean really needs glucose is the brain. When it doesn't have enough, it starts converting the proteins in your body into fuel, resulting weight loss that is largely muscle mass.

Adding fruit to a morning smoothie sends fuel straight to the brain while the high water content helps rehydrate the water your body has lost through the breath while sleeping. Processed or dehydrated foods like bagels, cereal, or granola increase your body's dehydration, hindering normal cellular function, taxing the system and encouraging you to overeat.

Don't have time for breakfast? Think again. "People skip breakfast thinking they're cutting calories, but by mid-morning and lunch, that

person is starved," says Milton Stokes, RD, MPH, chief dietitian for St. Barnabas Hospital in New York City. "Breakfast skippers replace calories during the day with mindless nibbling, bingeing at lunch and dinner. They set themselves up for failure."

Eating early in the day keeps us from "starvation eating" later on. But it also jump-starts your metabolism, says Elisabetta Politi, RD, MPH, nutrition manager for the Duke Diet & Fitness Center at Duke University Medical School. "When you don't eat breakfast, you're actually fasting for 15 to 20 hours, so you're not producing the enzymes needed to metabolize fat to lose weight." In



a well balanced green smoothie, the sugars from frozen or fresh fruit fuels the brain without causing a spike in your bloodsugar, the greens offer great nutritional punch for some morning energy, and some protein from almond butter or a raw protein powder (plant-based like hemp or pea protein) wake up your metabolism and your muscles. Green smoothies also beat green juices in terms of weight loss because they preserve all of the natural fiber, causing you to feel full longer and resist the mid-morning munchies.

## How do I start?

Have a blender? Then, you are halfway there already! For the first few days, try making a green smoothie (there are recipe ideas to



get you started in this issue of Raw Food Magazine) in addition to your regular breakfast. After 2-3 days, move to the smoothie-only for breakfast. Sip on it slowly. When I switched to green smoothies for breakfast, I often nursed one smoothie until lunchtime, keeping me full and high-energy all morning.

## 2 Make your daily shower a COLD shower

Cold showers used to be a key component of healing practices in many cultures through the early 20th century. They offer tremendous health

benefits, reducing inflammation, awakening the lymphatic system for bodily cleansing, and burning up to 500 extra calories a day. How can Michael Phelps eat 12,000 calories a day without gaining weight? It's not the swimming alone. He would need to swim vigorously for 8 hours a day, minimum, which is much more than even the superstar claims to train. The cold water is the secret to how he can eat three fried egg sandwiches topped with cheese, lettuce, tomatoes, fried onions, and mayonnaise followed by a five-egg omelet, a bowl of grits, three slices of French toast with powdered sugar, and three chocolate-chip pancakes, all washed down with two cups of coffee for breakfast without losing his ripped swimmer's physique.

## Why does it work?

Cold water forces your body to increase heat in reaction to the water's effects on body temperature. This thermogenic effect naturally increases your body's ability to burn fat. What's more, the New England Journal of Medicine found making yourself cold activates 'brown fat' – a good type of fat which generates heat, increases metabolism and burns off 'bad' white fat. Previously researchers thought only babies had brown fat, to keep them warm in winter. However, they've now found adults have a supply, activated by the cold. "Even 30 years ago, it was more difficult to stay warm," says lead author Professor Mike Cawthorne. Cold water showers have been repeatedly linked to higher immune system function, more efficient lymphatic flow, and more efficient fat loss. A bonus to get you motivated? Short immersion cold water (30sec-2min) is also correlated to heightened sensory response and more mental alertness. What better way to start your day?

## How do I start?

Can't imagine giving up your scalding hot morning shower? If you're not used to cold showers, you can transition gradually. Begin your shower at a comfortable temperature and slowly nudge the knob to a cooler temp.

When this becomes comfortable, nudge it again a bit colder. To reap the full benefits, turn your water to completely cold at the end of your shower and stand under the frigid water for 20-30 seconds. Build up your time under the cold water.

Another method to try is alternating hot and cold showers. This is great for recuperation from hard training, a stressful day, or when you are ill. Simply stand under the hot water – as hot as you can stand it – for two to three minutes. Then change to completely cold water and stand under for one to two minutes. Repeat several times. Very invigorating! After you shower, towel off vigorously with a clean, fresh towel. This helps activate your lymph system and move more toxins out of your body.

## 3 Find ways to fidget

Everyone knows they should exercise everyday. But, what about those days when you just can't find the time? Or you can't seem to muster the willpower? Well, you can continue burning more calories throughout the day by becoming more kidlike in the way you work, drive and watch television. Kids just can't seem to sit still, and neither should you! The difference could mean that last dress size.

### Why does it work?

Obese people spend an average of 2.5 hours more each day sitting compared with their skinnier peers. This translates into burning 350 fewer calories each day. Our bodies are very adaptable, when we use very little energy throughout the day, our body becomes really good at being inert and lazy. When we are continually on the go, our body naturally attunes to our pace. So whether you are fairly sedentary and would like to start exercising more, or an active person who happens to be stuck at a desk job or a 12-hour flight, start fidgeting! This chemically tells your body to be

ready for action, so you keep your metabolism and energy level higher than someone who is sitting still.

### How do I start?

When you are sitting at your desk working, or sitting on the couch watching TV, wiggle your toes, tap your thumbs on the desk, or squeeze and release large muscle groups like the glutes and shoulders. Change your sitting position frequently, bounce your leg, tap the desk, get up and pace around the room when you need a break from your work to think. In the car on your way to work, flex your foot back and forth (the left, non-driving foot) or do leg raises. Put a pop song on the radio and bounce in your seat. You may get a few weird looks from the car in the lane next to you, but they won't be laughing when they see your slim figure after losing those last few pounds.



Jennifer Garner enjoying a delicious, alkalining green juice!

## 4 Stop eating 2 hours before bedtime

If you eat at night, your body works to digest the food you consume while you are sleeping. This requires a lot of energy that could be used for detoxification, repair and rejuvenation – processes that are supposed to be happening when you sleep. Consuming a lot of calories right before bed is a killer in terms of any effort to lose weight. You're adding those calories

## THOSE WHO FAIL TO PLAN, PLAN TO FAIL.

Proverb

at the same time your metabolism is naturally starting to ebb.

### Why does it work?

Your body just can't handle food well at night. This affects the quality of your sleep. When you eat late at night, you probably wake up feeling tired and lethargic in the morning – even if you get eight hours of sleep. That's because the need to digest the food hinders your body's natural overnight processes that are so important to health and energy.

### How do I start?

Make sure you have a filling, hearty dinner with plenty of fiber 2-3 hours before bed. Zucchini or beet noodles are good examples. If you get hungry again, make a cup or two of soothing tea like mint, ginger or chamomile.

## 5 Plan to fail

A successful diet is about more than just restricting and burning calories -- it's a mental game as well. A recent study in the International Journal of Behavioral Nutrition, found that participants who expressed doubts about their ability to stick to a strict diet lost more weight than those who expressed total confidence. Accepting that you are not perfect and probably will fall off the bandwagon a time or two.. or three.. will dramatically IMPROVE your likelihood of losing weight and keeping it off.

### Why does it work?

"A cheat day only works with dieting when it's enough to feel indulgent, but not so much that you set yourself back or end up wanting to eat more," says Marjorie Nolan, dietitian and spokeswoman for the Academy of Nutrition and Dietetics. Plus, having a specific treat to

look forward to can help you avoid temptation and stay on track the rest of the week. You say to yourself, "I'll pass on these mediocre-looking brownies

because I know I'm going out to brunch on Sunday!"

Psychologically, the promise of a future reward increases your present motivation to make healthy choices. Mentally choosing future gratification over present indulgence, not only strengthens your willpower, it can also physically decrease pesky cravings - you know you WILL be able to eat it, so you can resist the temptation now. Knowing you are going to "cheat" and that it is totally okay, removes guilt, a trigger for emotional eating.

Furthermore, a spike in your caloric intake (a binge day or just one cheat meal) decreases your risk of metabolic damage. The most common mistake people make on a raw food diet is not getting enough calories. Caloric restriction tells the body to enter a starvation mode, conserving energy and slowing the metabolism. So, going a little wild every once and awhile can reboot your metabolism and actually help you lose weight.

### How do I start?

Build in a "cheat" day to your diet. An alternative is building a small indulgence into every day. If you can't go to bed without some sort of sweet treat to end your day, make sure you have healthy treats on hand. Have a few dates, hot chocolate made with almond milk, honey and raw cacao, some dairy-free ice cream or even a raw chocolate brownie. Have healthy desserts available so you can "give in" without giving up.

Give it a try. Some people do better with no treats at all, some do better with a daily treat and still others might do well with one cheat day every week. The most important thing to do is to be kind to yourself and determine what will work for you.

# Enjoying this issue?

*Please take a moment to share the love.*



Every



**5-STAR REVIEW**

helps us gain approval by Apple so we can continue delivering beautiful, healthy content to your iPad.

**LEAVE A REVIEW**

(Only takes 13.7 seconds!)

# BEAUTIFY

## **Edible Cosmetics**

Because what goes on your skin matters



## **Natural Glow Body Butter**

Quick and Easy DIY moisturizer and sun protectant



# Edible Cosmetics

what you put on  
your skin *matters*

**I**f you wouldn't eat it, then  
WHY are you putting it on  
your skin?

Human skin is not quite as permeable as many anti-cosmetics voices would have you believe.

Not everything we touch or put on our skin is fully absorbed into our bodies. Otherwise, we'd quite swell up like a sponge in the bathtub.

However, our skin *is* semi-permeable. Skin is a primary agent of breathing (alongside the lungs), our primary external defense system, and our largest ORGAN, not some separate shell we need to slather with sulfates and chemicals to keep pretty.

So, before you run out to buy more expensive cosmetics (an industry forecast to gross \$13 billion by the end of 2013), pamper yourself with natural ingredients you already have in your pantry!



# Blueberry Coconut Body Butter

Do-it-yourself recipe for naturally radiant skin

By Bethanne Wanamaker

Each day seems to be bringing more sun and warmer days and I am loving every minute of it! I'm spending more time in the sun outside on my deck each day and using this simple homemade body butter as a **natural tanner, sun protector, and moisture replenisher**. If you're like me and enjoy time outside, consider protecting your skin before and after exposure.

This butter is especially excellent for mature, dry and sun-exposed skin and allows you to maintain your youthful look easily. If you want to look and feel super smooth, silky and glowing on your face and body, you'll adore this easy to whip up edible love butter.

## Ideal for

face & body, underneath your eyes, achy feet and hands, dry, peeling & sun-kissed skin, nails and cuticles

## What you need

7-8 tablespoons softened organic extra virgin coconut oil  
4-5 tablespoons melted organic raw cacao butter (start with 4 unless it's HOT out)

A few drops each of blueberry and dark chocolate medicinal flower extracts (aka flavor extracts)

*\*\*You do not have to use these exact measurements to handcraft a perfect body butter. Use a ratio of approx 4:2 (coconut oil: cacao butter)*

## Make, Use & Store

Blend on the LOWEST setting in the Vita-Mix for just a few seconds, until you've reached a whipped consistency. Use a silicon spatula to pour the oil into a dark amber glass jar and allow to "set" (room temperature overnight or in the fridge if you cannot wait to use it). Slather your body with your creation... love every moment... feel sexy... and give yourself the love you deserve.

Store at room temperature and remember, it may soften during high heat and that's the beauty of raw body care made without emulsifying agents and thickeners. Test-run the recipe and adjust amounts to your liking.



# INSPIRE



**Gwyneth Paltrow**

World's most beautiful woman, her diet criticized



**Being Normal on Raw**

42 Min interview Sprint Canoeist, Pam Boteler





The “World’s Most Beautiful Woman,” mom of two, Hollywood actress and cookbook author has been widely criticized for her “crackpot health ideas”.  
We don’t agree.

Photo courtesy of Marie Claire, UK

*gwyneth*

Gwyneth Paltrow, starring in the newly released blockbuster, *Iron Man 3*, has been blowing up the press lately.

She was recently awarded the title “World’s Most Beautiful Woman” by *People* magazine. Last month she released her cookbook “It’s All Good.” And, her lifestyle blog “Goop” has launched an iTunes app with city-guides of London, Los Angeles, New York and coming soon, Paris.

Despite this work explosion, Gwyneth, 40, is a hands-on mom of two—Apple (9) and Moses (7)—taking charge of the kitchen and devoted to providing a healthy environment for them to grow up.

Gwyneth, who looked stunning alongside Tony Starks in her role as Pepper in *Iron Man 3*, has been widely criticized for her “crackpot diet” and “unrealistic” or even “dangerous views on diet and exercise.”

“I’m a real lightning rod,” Paltrow has stated, “People project a lot of stuff onto me. It’s nothing to do with me. I don’t read stuff about myself. I feel like it’s none of my business.”

Paltrow was originally introduced to vegetarianism by actor Leonardo diCaprio in the 90s. “I hung out with Leonardo DiCaprio when I moved to New York. He was vegetarian and he’d talk about how dirty meat is and how bad factory farming is,” she said about DiCaprio, who has also been outspoken as an environmentalist. “I haven’t eaten red meat in 20 years and although Leo’s not totally responsible, he definitely planted a seed. When I turned seriously macrobiotic, it coincided with my father having been diagnosed with cancer [in 1999]. I felt I could heal him by proxy.”

Since then, health has become an increasingly pinnacle focus. She has learned the most from the times she fell off the health bandwagon: “I had to sing at awards shows, which was fun but stressful. I’d have a Guinness and a beta-blocker every time,” she said. “I also was constantly getting on airplanes, trying to knock myself out with sleeping pills and wine, waking up, trying to sweat it out with exercise and a steam, and then working really hard all day.

“Eventually, I had a panic attack. My body was like, ‘What is happening?’”

Transitioning away from processed foods on her doctor’s advice wasn’t easy.

“My doctor, Alejandro Junger, recommended that I cut out basically everything: dairy, sugar, gluten, anything processed,” she said. “I was like, ‘What the [expletive] am I going to eat now?’”

“That’s why I made the book: to stop eating brown rice out of the fridge because I didn’t know what else to eat -- it was demoralizing.”

Now some of her favorite snack recipes that you can find on [Goop.com](http://Goop.com) include chocolate-covered goji

berries, slow-baked kale chips, or a slice of avocado on a raw flax cracker. Turns out there is plenty to eat after cutting our dairy, sugar, gluten and processed foods. Welcome to raw vegan living!

In the April 2013 issue of *Self*, Paltrow says going on a restrictive diet did more

than change Gwyneth Paltrow’s health -- it stabilized her moods and changed her marriage and friendships, too.

“You feel lighter and your emotions get smoother,” Paltrow told the *Self*. “I had a lot of unexpressed anger. I made everyone else’s feelings more important than my own. I’d suck it up and then be alone in my car yelling at traffic or fighting with hangers in my closet when they got stuck together.”

Gwyneth Paltrow has received a lot of flak from the media for her juice feasts, open support of raw food, and more recent claims that she refuses to feed her kids carbs and is depriving them of important nutrition. Paltrow takes the critics lightly, “They say I don’t give my kids carbs, and I’m feeding them seaweed ... I have no idea.”

On a “Dr. Oz,” appearance, Paltrow explained the dietary restrictions in her family: “My son has very bad eczema and he’s allergic to gluten and she [Apple] is allergic to cow dairy. I try to make everything gluten-free for him because the difference in his comfort is unbelievable when he’s sticking to what he’s meant to be eating.”

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**ALL I DO IS TRY TO EAT REAL FOOD, THE WAY OUR ANCESTORS WOULD. IT’S FUNNY HOW PEOPLE REACT, AS IF IT’S REVOLUTIONARY THAT I DON’T WANT MY CHILDREN TO EAT OREOS EVERY DAY.**

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“All I do is try to eat and cook real food, the way our ancestors would. It’s funny how people react, as if it’s revolutionary that I don’t want my children to eat Oreos, or the English equivalent, every day. I believe in real food, things being delicious.”

Although, she leans toward a plant-based raw vegan diet and follows it strictly a few times a year, Gwyn realizes that life is a balancing act. “Life is about balance. It’s good to work in healthy food, whether it’s five days a week or five meals a week. And if you’re going to do it, it should be awesome food you’re psyched to make.”

She has been enjoying promoting her book and her role in Iron Man, officially regaining status as a cool mom with her son, Moses, when he saw her don the Iron Man suit on set. But, she values her job as a mother above all else.

“I say no to everything pretty much. When I have an interesting part or really interesting people to work with, I love acting. It’s just a lot of time away when the kids are so little. You’re gone. So it’s hard. I’m not sure what I’m going to do next. Something really worth my time.”

Her favorite place to be? Home in London, where she cooks something every day for her kids — skewers and vegetarian chili are favorites — and tries to live as quiet a life as possible.

A normal England day for Gwyn: “I wake up with the kids. Breakfast. School run. I have an hour to work. I work out, and then I do Goop until it’s time to pick up the kids. It’s kind of my real main job. I can only do one movie a year. It’s too hard on the family. It’s great to have a few jobs! I work hard to keep it good.” She is looking forward to being back with her kids and her husband, Chris Martin (Coldplay frontman). “Right now I’m just so (expletive) tired,” she says. “After my Iron Man and cookbook press tour and this, I’m done. I think I’ve answered every conceivable question. Your brain freezes.”

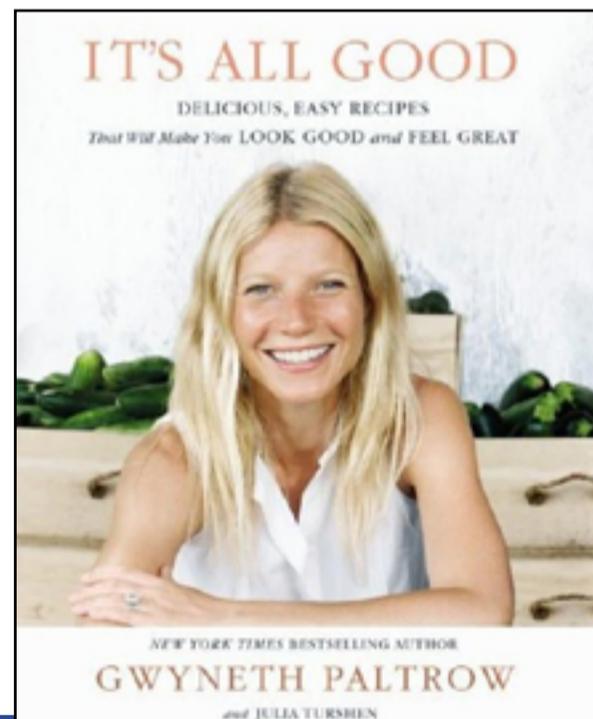
And, when she found out being named the World’s Most Beautiful Woman was not a practical joke being played by her publicist, she says, “my husband was really proud. It was very sweet. I got so many e-mails about that. I loved it, because I feel like I’m a mother and I’m a woman. I was very, very honored. It’s a huge title, even though it’s not true. I always see

what’s wrong with me. I’ve got crow’s feet, and one boob is sagging more than the other.”

Despite recent success and her life appearing chic in every way, Paltrow confesses, “I don’t have a perfect life. I don’t have a perfect anything. I have incredible struggles, and I’m far from perfect. I struggle like every other woman, every other mother.”

She says she will always feel the most beautiful when she’s at home and loved and confident. “I have good kids. I’m doing a good job. I’m OK — when I’m not putting pressure on myself or criticizing myself.”

Gwyneth has no plans to stop promoting natural whole foods and plant-based nutrition, despite media criticism. No, she is not “starving” or “depriving” her kids by steering them away from processed foods, meat and dairy. Instead, she is teaching her family how to be truly nourished, leaving some wiggle room to be gentle with yourself when we all sometimes fail to make the very best choice.



Gwyn’s cook-book, “It’s All Good” came out last month and has sold over 100,000 copies.

## PALTROW’S FAVE CANDY BARS

*Recipe courtesy of It’s All Good*

### INGREDIENTS

- 1 1/2 cups raw cashews
- 1 1/2 cups dates, pitted & chopped
- 1/2 cup almond butter
- 1/2 cup maple syrup
- 1/2 cup coconut flour
- 1/2 cup unsweetened shredded coconut
- 1/2 teaspoon almond extract
- 1 1/2 cups dark chocolate chips (or nibs)
- 1 1/2 tablespoons coconut oil



Photo credit: Brian K. Donnelly

# PAMELA BOTELER

Emotional Eating, Competing &  
Being “Normal” on a Raw Food Diet



*Play time: 64 minutes*

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**YOU CAN'T MOVE THROUGH LIFE AS A WANDERING  
GENERALITY. NAME YOUR MISSION AND LET IT BE  
YOUR LIGHTHOUSE. I KNOW MY 'WHY'**

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## WANT TO SUPPORT OLYMPIC EQUALITY?

WomenCAN International is a group of women and men dedicated to creating racing and development opportunities for women in Olympic Canoeing.

Without more international race opportunities, women and girls find it difficult to justify the time, financial resources and effort required to train seriously. Without international race opportunities, local clubs, coaches and parents, state and federal organizations, even corporate or private donors, find it difficult to justify supporting the athletes with the coaching, equipment or financial resources they require to train seriously.

Visit [WomenCanIntl.com](http://WomenCanIntl.com) to learn more; and, please “like” their facebook page to support adding women’s sprint canoeing to the 2016 Olympic games in Brazil.



Photo credit: Brian K. Donnelly

**P**am Boteler is a world-class athlete and advocate who has been making waves in her sport since 2000. She made USA Canoe/Kayak history at the 2000 National Championships by becoming the first woman to compete in sprint canoe – against the men. She continued to race against the men in 2001, winning Gold in the Men’s C4 (4 person canoe). Finally, in 2002, influenced by her success on the water and lobbying off the water, USA Canoe/Kayak changed its by-laws to allow women to compete at the National Championships in events of their own. Finally, U.S. women sprint canoeists had a league of their own.

As an athlete, President of WomenCAN International, and now an instructor at the Global Academy leadership school, Pam works as a global voice for equality in Olympic Canoeing and to inspire people to achieve their dreams. And, Pam fuels her full, high-energy, passionate life with a high-raw diet full of fresh fruits and veggies. Now, that’s inspiring.

# LEARN

## **Alkaline vs Acid**

VIDEO: What is PH and WHY should you care?



## **Kale vs Spinach**

Who is the nutritional boss of the leafy greens?



## **Still not losing weight?**

WATCH: Interview with the author of pH Miracle



# What is pH & WHY should you care?

*Elaina Love on Alkaline vs Acid*

Recently, the body's PH level has been the focus of a number of bestselling books, including the PH Miracle, The Acid-Alkaline Food Guide, The Ultimate pH Solution, among others. So, what's the big deal? Elaina teaches you the basics plus three easy recipes to get you started alkalining your body today.



## 3 Easy Alkalining Recipes

### **The Green Juice (16oz)**

1 head of celery  
1 cucumber  
Juice of 1/4 lemon  
5 leaves of kale  
Optional: 1 green apple  
*Directions: Juice!*

### **The Green Smoothie (4 cups)**

3-4 cups of Celery  
2 Oranges  
Optional: Purified water  
*Directions: Blend!*

### **Easy Energy Soup (4 cups)**

1 Cucumber, chopped  
1 Red Bell Pepper, chopped  
1/2 Apple, chopped

1 Avocado  
1 bunch Cilantro, chopped  
1/2 tsp of Cumin Powder  
1 tsp Onion Powder  
Pinch Cayenne Pepper  
1/2 tsp Himalayan salt  
1 tbs Tamari  
1/2 cup Purified Water  
*Directions: Blend!*

## Food Faceoff

# Kale vs. Spinach

Leafy greens. You keep hearing how much you NEED to eat your leafy greens. Its ALL about the leafy greens. Okay! Enough already! But, which green rules them all? Do you go for chard? arugula? dandelion greens? Spinach and Kale are our frontrunners; now let's take a look at which one packs the fiercest nutritional punch.



## Kale

A vegetable in the same family as broccoli, cauliflower and collard greens.

### Taste

Can be tough and bitter; generally softened with lemon and salt for a salad base or added sparingly to a smoothie. Excellent juiced with apple or ginger.

### Nutrition Facts (100g/3.5oz)

Calories: 50, Fat: 1g, Sodium: 43mg, Carbohydrate: 10g, Fiber: 2g, Sugars: 0g, Protein: 3.3g, Vitamin A: 308%, Calcium: 14%, Vitamin C: 160%, Iron: 9%  
Vitamin K: 907%, Magnesium: 11%

### Average Cost

Average grocery store - \$2.19, Organic - \$3.32

### Conclusion

Although double the calories of the same serving of spinach, kale packs a bit more protein, insane amounts of vitamin K, C, and A, plus a higher amount of calcium--important for those with no dairy in their diets. Nutritionally speaking Kale is the green boss.



## Spinach

An annual flowering plant native to central and south-western Asia which grows to a height of 30 cm.

### Taste

Smooth soft leaves that are somewhat bitter but often have little to no taste; a great salad base; disappears into green smoothies.

### Nutrition Facts (100g/3.5oz)

Calories: 23, Fat: 0g, Sodium: 79mg, Carbohydrate: 4g, Fiber: 2.2g, Sugars: 0g, Protein: 2.9g, Vitamin A: 188%, Calcium: 10%, Vitamin C: 37%, Iron: 15%,  
Vitamin K: 537%, Magnesium: 15%

### Average Cost

Average grocery store -\$3.92, Organic - \$4.01

### Conclusion

Spinach is a nutritionally rich leaf, with more sodium than kale, but also slightly more iron and magnesium, which strengthens bones. For the price, we prefer kale, but we will never rule out spinach. Spinach is a crowd pleaser, nutritionally dense and easy to add into smoothies and salads.

# Still not losing weight?

Dr. Robert O. Young, author of **pH Miracle** says the key to weight loss is not what you think

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



## **Have you ever wondered...**

Why you are not losing weight even though you are eating raw foods?

What the purpose of fat is?

What else might be causing you to retain fat besides food?

How to get the body to release fat?

How long it takes to lose weight the healthy way?

Laura Fox, founder of Best of Raw, has struggled with her weight her entire life. Now, after being high-raw to fully-raw for twelve years, she sat down with Dr. Robert O. Young to learn why she still carries excess weight and how she can lose the last 50 lbs.

Learn about the process of healthy weight loss, the importance of all FOUR methods of elimination and how the acidity in your life directly correlates with your waistline.

# EAT

## 25 Guilt-free Snacks

that are quick, raw, and delicious!



## How to Make Your Own

Delicious, nutritious green smoothie every morning!



## 3 Green Smoothie Recipes

to get you started



# 25

# Guilt-Free Snack Food Recipes



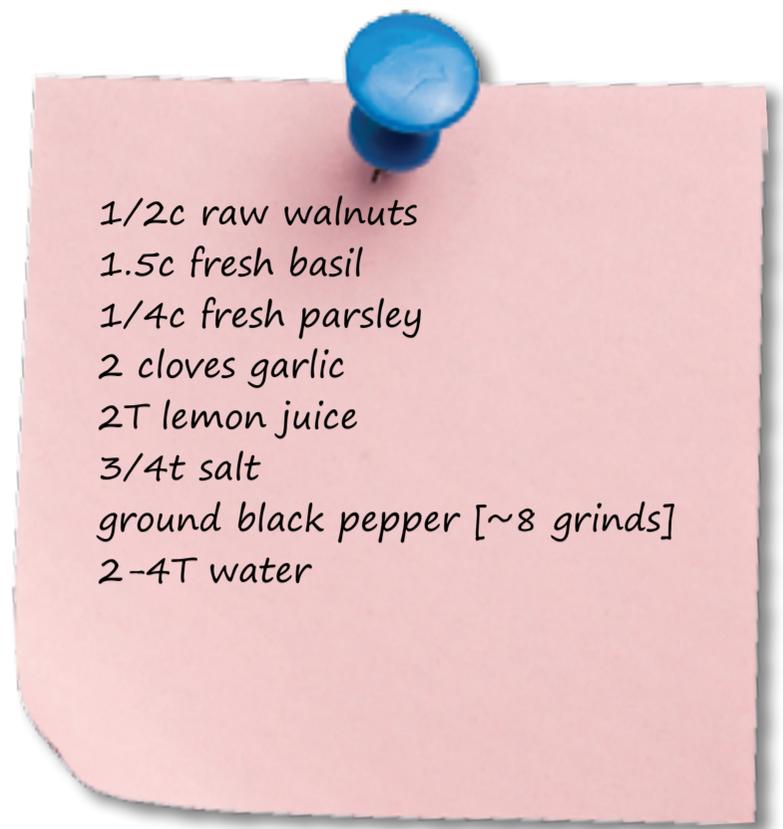
Photo Credit: Dreena Burton  
PlantPoweredKitchen.com

## Quick Dips (1-5)

Prepare these in advance. Many raw foodies set aside one morning or afternoon, say Sunday, to prepare food for the entire week. Make a big batch of 2 or more of these sauces to enjoy on the go for the rest of your week.

# 1. Raw Basil Pesto

By Ashley McLaughlin  
[EdiblePerspective.com](http://EdiblePerspective.com)



Combine and blend everything until creamy. Start with 2T of water and slowly add more until desired consistency is met.

\*I used my Vita Mix but you could definitely use a food processor or magic bullet, etc.

Prepare a big batch of pesto to keep in the fridge and make quick snacks spooning some tasty basil pesto onto cucumber slices or squares of fresh red bell pepper. Yum!

---

# 1. Creamy Raw Ranch Dressing

By Jason Wrobel  
[JasonWrobel.com](http://JasonWrobel.com)

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



## 3. Yum Raw Guacamole



### INSTRUCTIONS:

Cut avocados in half. Remove the seed and scoop out into a large bowl.

Sprinkle all the other ingredients over the avocado.

### Ingredients:

Haas Avocado - 3 ripe  
 Diced Onions - 3/4 cup  
 Garlic - 1 large clove, minced or pressed  
 Plum Tomatoes - 2, diced  
 Salt - 1/2 teaspoon  
 Cumin - 1/2 teaspoon  
 Cayenne - 1/2 teaspoon  
 Cilantro - chopped, 1 tablespoon  
 Lime Juice - 2-3 teaspoons

Use a wooden paddle to break up the avocado and thoroughly mix all ingredients. Some people like to use a potato masher for this.

You will want to use purple cabbage to shovel this goodness right in!

## 4. Zucchini Hummus



### Ingredients:

\* 1 large zucchini, cut into chunks  
 \* 1/2 cup tahini  
 \* 1 clove garlic, peeled  
 \* 1 Tablespoon olive oil  
 \* 2 Tablespoons lemon juice  
 \* 1 teaspoon sea salt  
 \* 1 teaspoon cumin  
 \* 1 teaspoon cayenne

### DIRECTIONS:

Combine all the ingredients in a high powered blender or food processor and process until smooth. Taste and adjust the seasonings to taste.

Eat with carrot sticks, broccoli or sliced zucchini.

## 5. Mango Salsa Wraps

I recommend making extra salsa and storing in an airtight container in the refrigerator. Whenever you need a tasty snack or quick lunch, simply spoon some salsa onto a collard green leaf for a yummy raw vegan taco!



### Ingredients:

Original recipe makes 8 servings

1 mango - peeled, seeded and chopped

1/4 cup finely chopped red bell pepper

1 green onion, chopped

2 tablespoons chopped cilantro

1 fresh jalapeno chile pepper, finely chopped

2 tablespoons lime juice

1 tablespoon lemon juice

### DIRECTIONS

In a medium bowl, mix mango, red bell pepper, green onion, cilantro, jalapeno, lime juice, and lemon juice. Cover, and allow to sit at least 30 minutes before serving.

## 6. Cheezy Cauliflower Popcorn

By India-Leigh

[aveganobsession.blogspot.com](http://aveganobsession.blogspot.com)

Serves 2

### Ingredients:

Ingredients

1 head of cauliflower

4 tbs nutritional yeast

1 tbs extra virgin olive oil

1/2 tsp salt (or to taste)



### METHOD

1. chop the cauliflower into small bite-sized pieces and place into a zip lock bag or a plastic tub with a lid or deep sides.

2. add the oil and water to the bag and give it a good shake

3. next put in the seasoning and shake, shake, shake until the florets are covered and golden.

next - there are 3 ways to do this...

**raw-raw** - that's it, you are finished and can snack at will

**raw-put** onto a paraflex sheet and dehydrate for 5-7 hours

**baked** - add an additional tbs of oil and pop into the oven for 20 mins.

\*Nutritional Yeast - Don't skip this recipe just because you don't have this ingredient or know where to get it. Nutritional yeast is a good bacteria, often a strain of *Saccharomyces cerevisiae*, which is sold in the form of flakes or as a yellow powder and can be found in the bulk aisle of most natural food stores.

## 7. Ants on a log

This childhood classic makes a great raw snack.

Simply take 3 in slices of celery, spread a layer of your favorite nut butter and sprinkle with raisins!




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## 8. Apple Sandwich

Kids love this raw snack.

Cut  $\frac{1}{4}$  inch apple slices and remove the core.

Spread a layer of your favorite nut butter to a slice of apple

Sprinkle on raisins, chopped nuts or seeds, even cacao nibs onto the nut butter. Top with another slice of apple. Voila! The apple sandwich.



## To-Go Baggies (9-13)

Fill baggies with fruit, nuts, seeds, one of these granola recipes and keep in the fridge, freezer or on the countertop ready to grab-n-go

### 9. Frozen Berries



I like to buy lots of fresh berries when they are cheap and in-season. The extras, I place in small plastic snack baggies in the freezer. This makes the perfect, easy treat to grab on your way out.

### 10. Grapes and Cherry tomatoes



Olympic canoeist, Pam Boteler, gave us this recommendation. This is her favorite snack to stay full and hydrated on hot days. She simply fills a bag with fresh grapes and cherry tomatoes and pops them like fresh bursts of yummy hydrating candy!

# 11. Raw Beet and Hemp Granola

By Gena  
ChoosingRaw.com

Makes 2 1/2 cups  
 1 cup rolled oats  
 1/2 cup sunflower seeds  
 1/2 cup hemp seeds  
 1/3 cup goldenberries (substitute raisins or cranberries if they're easier to find)  
 1 medium to large beet raw and chopped  
 6 large, pitted medjool dates, soaked for four hours or more and drained  
 1/2 cup water  
 1 tbsp coconut oil  
 1 tsp cinnamon  
 Pinch of salt

- 1) Blend the beet, dates, water, oil, cinnamon, and salt in a blender till smooth.
- 2) Mix the oats, seeds, and goldenberries. Pour beet and date mixture over them.
- 3) Line a dehydrator sheet with Teflex or a baking sheet with aluminum foil. Spread with granola.

You can either:

- a. Bake at 375 for 10-12 minutes, or until browning but not burning (not raw)
- b. Dehydrate at 115 degrees for about 6-8 hours, or until totally dry and crispy

# 12. Make-Your-Own Trail Mix

Mix together a big bowl of raw trail mix and then put in individual snack bags for quick energy on the go. I recommend combining ingredients that you like and that are readily available to you. Choose 1 or 2 options in each category and combine in a large bowl or

## Nuts

Almonds  
 Cashews  
 Brazil Nuts  
 Macadamia Nuts  
 Pecans  
 Walnuts

## Dried Fruit

Raisins  
 Dried Cherries  
 Dried Blueberries

## Superfoods (optional)

Goji berries  
 Cacao nibs  
 Hemp seed

## Seeds

Sunflower Seeds  
 Sesame Seeds  
 Flax seeds

Do not limit yourself to these options; experiment with options that you like.

For a spicy mix, toss with cinnamon, ginger, and ground paprika.

## Chilly Treats (13-16)

### 13. Fresh Juicy Popsicles

Whenever I juice fruits and vegetables in the summer, I always pour the extra juices into popsicle molds to keep as quick tasty treats in the freezer. Some of my favorite combinations are:

Watermelon-Cucumber-Orange

Beet-Apple

Kiwi-Celery-Honeydew

Pineapple-Banana

\*\* Popsicle molds are available in kitchen supply stores, supermarkets, and some hardware stores. Can't find them? No worries. Pick up popsicle sticks at a craft store, get some small paper cups and you're all set. These are a snap to make. Just whip up one of the recipes below, pour or spoon the mixture into molds and freeze.

### 14. Smoothie Pops

Smoothies make great, quick snacks. When you have extra, or are in the mood for something a little bit different, simply blend your green smoothie and pour into popsicle molds. Place in the freezer and enjoy on a warm afternoon! Your kids will love these, too.



### 15. Frozen carrot juice

Have leftover carrot juice? Fill a mason jar all the way to the top with fresh carrot juice and place in the freezer overnight.

Either throw the juice in your purse in the morning and wait for it to thaw—making a nice cool carrot-y refreshment for the afternoon—or remove and eat with a spoon, a tasty carrot slushy.

## 16. Ice Tray choc covered strawberries



### Ingredients

2 tbs Raw Cacao butter or coconut oil, melted  
 1/4 c Cacao Powder  
 1 1/2 tbs maple syrup or agave nectar ( I am wondering if raw honey will work)  
 1/2 tsp vanilla Powder  
 Enough fresh strawberries to fill your ice tray(s)

In a glass bowl, blend all the ingredients in the order above. If the chocolate becomes too thick, put the glass bowl in a warm water bath to re-melt the cacao butter or coconut oil.

Fill an ice tray with raw chocolate, put in strawberries, refrigerate until chocolate hardens.

## 17. Oatmeal Raisin Cookie Larabars

By Katie

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

Make these ahead of time and always have one on hand to take to the office, out for errands or on a hike!

This recipe makes a little over three Larabar-sized (45g) bars. I like to double the recipe—the bars last at least two weeks in the fridge. They can also be frozen.

### Ingredients:

- 1/2 cup raisins (80g)
- 6 tbsp oats (30g)
- 1/2 cup walnuts (40g)
- 1/8 tsp plus 1/16 tsp salt
- 1/4 tsp pure vanilla extract



For the full instructions on how to make these bars click [HERE](#).

# 18. "Instant" Chocolate Chia Pudding Cups

By Dreena Burton

Plantpoweredkitchen.com

This chia pudding sets quicker than other versions, since the seeds are blended first. It sets up almost instantly, and is fudgy, coconutty, and yummalicious!

1 cup plain or chocolate non-dairy milk (see note)

1/2 cup (packed) pitted dates, plus another 1-3 dates to taste (or 2 tbsp pure maple syrup plus 2-3 tbsp coconut sugar or more maple syrup, adjust sweetness to taste, see note)

3 tbsp chia seeds (black or white)

1 1/2 tbsp cocoa powder

1/8 tsp sea salt

1/2 tsp pure vanilla extract (or can use the seeds scraped from one vanilla bean)

2 - 3 tbsp unsweetened shredded coconut

2 tbsp mini vegan chocolate chips or cacao nibs





In a blender, add milk, dates (or coconut sugar/maple syrup), chia seeds, cocoa, salt, and vanilla. Blend (starting on low speed and then working up to high speed) for a minute or more (depending on blender), until the seeds are fully pulverized. Taste, and if you'd like it sweeter, add another few dates or another tablespoon of maple syrup (or coconut sugar). If you'd like a thinner pudding, add another drop of milk and blend again (it will thicken a little more as it chills). Transfer mixture to a large bowl/dish, stir in coconut and chocolate chips, and refrigerate until chilled, about 1/2 hour or more (it will thicken more with chilling, but really can be eaten straight away – especially if using the dates as they also thicken the mixture). Serve, sprinkling with more coconut, and topping with fresh berries or other fruit if desired. Serves 3.

**Milk Note:** I typically use unsweetened plain or vanilla almond milk when I make this pudding. If you are using a sweetened vanilla or chocolate milk, you may want to reduce the sweetener.

**Sweetener Note:** Dates are terrific in this pudding! I wasn't sure I'd like it as much as using maple syrup or coconut sugar – but I like it as much, or more! If you'd prefer to use all maple syrup, it will thin the mixture slightly more than if using a combination of coconut sugar and maple syrup. So, reduce the milk measure just slightly under 1 cup.

Serve pudding in small cups topped with fresh berries. The pudding will keep in the fridge for up to a week.

# 19. Raw Fruit-roll-up

By Maggie

[Rawified.blogspot.com](http://Rawified.blogspot.com)

These are perfect for when you're on the go - I'd suggest keeping some in the fridge for whenever you need a quick and healthy snack. Most fruit leathers available out there are full of processed sugars and preservatives, but if you make your own you can feel good knowing exactly what you're eating!

This recipe makes eight fruit leather rolls, but it can easily be doubled or quadrupled to fit your needs. If you don't like raspberries, strawberries or blackberries will work just as well.

## Ingredients

1 banana  
2 cups fresh or frozen raspberries

## DIRECTIONS:

In your food processor, puree the raspberries and banana into a thick fruity paste, adding water as needed. If you don't like the seeds, just use a sieve to strain the puree before adding the banana.

Next, grease your dehydrator sheet with a thin layer of coconut oil and cover with fruit mixture, using a spatula to make sure it's spread evenly. Dehydrate on 118 degrees for 8 to 12 hours, or overnight - fruit leather should be pliable, but not sticky. Cut into eight equal strips, and roll into cylinder shapes.

## Nutritional Information (per one roll)

Calories: 31  
Calories from fat: 0  
Total fat: 0g  
Saturated fat: 0g  
Cholesterol: 0mg  
Sodium: 0mg  
Total carbohydrates: 7.63g  
Dietary fiber: 1.75g  
Sugars: 4.38g  
Protein: 0.63g

## 20. Celery Bites with Savoury Cashew Cheese

By Alison Murray  
OmNomAlly.com



### Ingredients

- 6 celery sticks, rinsed and cut into 5cm lengths
- 1 cup raw or unroasted cashews
- 1 long red chilli, diced
- 2 cloves of garlic, minced
- Water
- ½ tsp miso
- ½ tsp tamari, soy sauce or shoyu

### INSTRUCTIONS

1. (Optional) Activate cashews by soaking in water overnight. Drain and pat dry before proceeding with recipe.
2. Place all ingredients except for celery in a food processor, pulse until well combined and still a little chunky. Add a water, a little at a time if needed to help mix.

Spoon mixture into celery sticks. Chill before serving.

## Packaged Foods (21-25)

Okay, we get it. You can't always be a raw rockstar who has time to prep an entire weeks worth of snacks and never runs out. Here are some of our favorite raw snacks that you can purchase ready-to-munch.

## 21. Living Intention's Gone Nuts!

Thai Curry Cashews, Almonds and Coconut



**INGREDIENTS:** Organic Raw Cashews, Sprouted Almonds (pesticide free), Organic Coconut, Organic Coconut Palm Sugar, Organic Lemon Juice, Organic Clear Agave Nectar, Organic Thai Curry Spice Blend (including garlic, onion and chilies) Organic Coconut Oil, Himalayan Crystal Salt and Lemongrass Oil.

We love the spicy, zesty flavor of this mix. It packs a punch of flavor and a punch energy, so a snack to get excited about throughout the day.

## 22. Raw Organic Lydia's Herbs de Provence Kale Krunchies

There are many different types of kale chips on the market these days. I recommend visiting your health food store and trying a few different brand to see which ones you like. I particularly enjoy the flavor of these.

Lydia's Organics Kale Krunchies are hand made and each leaf is coated with organic creamy nuts and seasonings.

Ingredients: Kale, Sprouted Sunflower Seeds, Sprouted Pumpkin Seeds, Sesame Seeds, Cashews, Lemon, Cold Pressed Sunflower Oil, Himalayan Salt, Herbs de Provence and Love.



## 23. Two Moms in the Raw Blueberry Granola



### INGREDIENTS

Organic Agave  
 Gluten-free Organic Oat Groats  
 Organic Sunflower Seeds  
 Organic Buckwheat  
 Organic Pumpkin Seeds  
 Organic Blueberries  
 Organic Millet  
 Organic Apples  
 Organic Sesame Seeds  
 Organic Flax Seeds  
 Organic Pecans  
 Organic Almonds  
 Organic Cinnamon and Sea Salt

When you don't want to make your own, "settle" for (it won't taste like settling!) a box of Two Moms in the Raw Blueberry Granola. Winner of this years Best of Raw award, tasty and nutritious.

## 24. Brad's Raw Crackers – Sun Dried Tomato

Made with flaxseeds, sun dried tomatoes, lemon juice, apple cider vinegar, pink Himalayan sea salt, garlic powder, onion powder, and tomato powder, Brad's Sun Dried tomato crackers are tasty enough to eat on their own, or dip them in some raw pesto or zucchini hummus for a delicious snack any time of day.



## 25. Bearded Brothers - Bodacious Blueberry Vanilla Energy Bars



### INGREDIENTS

Organic Dates, Organic Almonds, Organic Vanilla Rice Protein, Organic Dried Blueberries\*, Organic Chia Seeds, Sea Salt

We normally shy away from so-called “energy bars” as they are generally ultra-sweet and processed. Bearded Brothers, though, makes one heck-of-a tasty bar.

The energy bars are sold in a four pack or by the case. One case includes 12 energy bars. This bar is 100% raw, and 100% good.

# How to Design Your Own Delicious Power-Packed Green Smoothie

By Amie Sue Oldfather  
NouveauRaw.com

Smoothies are a terrific way to boost your health, get your daily dose of fruits and veggies, along with many other health benefits!

- excellent protein
- calcium
- iron, magnesium, manganese, zinc, copper
- vitamin C, vitamin K, vitamin A,
- vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6,
- vitamin E,
- omega 3 fatty acids,
- potassium,
- tryptophan, folate,
- good fiber

Green smoothies do not have: cholesterol, saturated fat, hydrogenated oils (trans-fats), MSG, GMOs, added hormones, antibiotics, artificial color, artificial flavor, preservatives, nor sugar.



**W**hen you first start out making smoothies you might find yourself using more fruit than veggies. This is normal. For some people it takes time to build up the pallet for greens. I do however encourage you to gradually decrease your fruits and increase the vegetables. Fruits are often high in sugars, natural ones sure, but none-the-less, I think it's best to eat natural sugars in moderation. There are ample benefits in recharging your "green batteries", so make that a goal. One fruit that seems to really mask the fla-

vors of greens is the mighty banana! I make smoothies with 6 cups of spinach and in just adding a banana; I have transformed the taste of my smoothie immensely.

**Ingredients** (See below for ideas)  
1 bunch green leafy vegetable of choice (50% or more of the total)  
Fruit of choice (50% or less if possible of the total)  
1-2 bananas or 1 avocado to emulsify (make creamy)  
Sweeteners – if desired  
Superfoods (optional)  
Fats (optional) \*\*

Fruit and vegetables are good sources of vitamins, minerals, antioxidants, photochemicals and fiber. Many of these nutrients (e.g. beta carotene, vitamin D, and vitamin E) are fat soluble and their absorption is enhanced when consumed with a small amount of healthy fats. Add a small amount of healthy oil (e.g. extra virgin olive oil or flaxseed oil) to the salad dressing or whilst cooking, or include other healthy fat sources such as avocado, coconut, nuts or seeds.

## Tips:

Wash the vegetables & fruits.

Pre-cut the vegetables to manageable sizes that your blender can handle. Put all liquids and the foods with the highest water content in the blender first. Your blender will thank you! I like to put in the liquids and any greens that I am using in first, then run it till the greens are broken down.

Make sure you add enough water for blending. This will help your blender in creating a nice and smooth smoothie. If you have more dense fruits and veggies that are lower in water content you will need to add more than usual.

Blend long enough so your foods will be really smooth, but not so long that they get warm.

## DIRECTIONS

Put all ingredients in your blender.

Add enough water, nut milks, coconut water, teas, etc to cover all ingredients.

Blend till smooth.

Drink immediately.

## EXAMPLES OF POSSIBLE INGREDIENTS:

### 1 bunch green leafy vegetable of choice (50% or more of the total)

Arugula has a peppery taste and is rich in vitamins A, C, and calcium. Arugula can be eaten raw.

Collard Greens have a mild flavor and are rich in vitamins A, C and K, folate, fiber, and calcium.

Dandelion Greens have a bitter, tangy flavor and are rich in vitamin A and calcium.

Kale has a slightly bitter, cabbage-like flavor and is rich in vitamins A, C and K.

Mustard Greens have a peppery or spicy flavor and are rich in vitamins A, C, and K, folate, and calcium.

Romaine Lettuce is a nutrient rich lettuce that is high in vitamins A, C, and K, and folate.

Spinach has a sweet flavor and is rich in vitamins A and K, folate, and iron.

Swiss Chard tastes similar to spinach and is rich in vitamins A, C, and K, potassium and iron.

### FRUIT OF CHOICE (50% OR LESS IF POSSIBLE OF THE TOTAL)

Fruits lowest in Sugar: lemon, lime, rhubarb, raspberries, blackberries, cranberries

Fruits low to medium in Sugar: strawberries, casaba melon, papaya, watermelon, peaches, nectar-

ines, blueberries, cantaloupes, honeydew melons, apples, guavas, apricots, grapefruit.

Fruits fairly high in sugar: plums, oranges, kiwi, pears, pineapple.

Fruits very high in sugar: tangerines, cherries, grapes, pomegranates, mangos, figs, bananas, dried fruits.

## SWEETENERS – IF DESIRED

Fruit is the simplest way to get some sweet flavor into your foods. Ripe bananas in particular are very sweet and are commonly used in smoothies and blended foods.

Lucuma - maple like flavor. Add to your favorite smoothie for an extra sweet treat. Lucuma has a low glycemic index.

Yucan – maple like flavor. Rich in antioxidants and low in calories. Yacon also functions as a prebiotic – stimulating beneficial bacteria in the intestine to help maintain the immune system.

Honey is full of antibacterial properties and high in natural sugar content.

Stevia is a great herbal alternative to an artificial sweetener. It is very sweet with a glycemic index of zero. It is most commonly sold as an extract, but can also be obtained as a whole leaf, dried and ground.

Mesquite Pod Meal is another specialty item which can be used as a sweetener for dehydrated foods, raw desserts, smoothies, etc. It is made from the ground-up pods of the mesquite tree, and is high in protein and minerals. It has a strong flavor, so a little goes a long way.

Coconut Secret Coconut Nectar – When the coconut tree is tapped, it produces a naturally sweet, nutrient-rich 'sap' that exudes from the coconut blossoms. This sap has a very low glycemic index score and contains 17 amino acids, minerals, vitamin C, broad-spectrum B vitamins, and has a nearly neutral pH.

Superfoods (optional)

Chia seeds For insoluble fiber and omega 3's, 8 times more omega 3 oils than salmon, highly stable due to high antioxidant capacity (unlike unstable sources like flax and fish and hemp). It's a complete protein and has 18 amino acids, 5 x more calcium



## ENJOY YOUR

Better absorption. Green leafy vegetables such as lettuce, kale and spinach are hard to digest when raw. Your blender will start the breakdown process. In doing this you'll absorb the lycopene and beta-carotene easily. Be sure to "chew" your smoothies as well. Digestion starts in the mouth as your saliva juices blend with the foods.

A smoothie uses the whole food, no waste. You will get the juice and all the fibers. Smoothies are a great way to eat your vegetables, especially for kids! Get them involved. Greens are the most alkalizing, mineralizing and healthiest foods. If getting in your daily veggie and fruit quotas are difficult for you, this is a no brainer! Not only will you get dense doses of nutrients, you will fall in love with them. Blending is the quickest and easiest way to prepare large amounts of raw food. It is always best to consume your smoothies right after making them but you can make them ahead of time if need be. I recommend drinking them within 24 hours. It is also best to store them in a mason canning jar, filling the jar with your smoothie as full as you can get it. You don't want much air between the lid and drink, to avoid oxidation and loss of nutrients.

than milk, 3 x more iron than spinach, 15 x more magnesium than broccoli.

**Bee Pollen** Though not vegan, bee pollen is an amazing source of nutrients and cannot be synthesized in a laboratory. Bee-gathered pollens are rich in proteins, free amino acids, vitamins, including B-complex, and folic acid. Bee pollen can have allergic reactions in people so must be used with caution.

**Hemp seeds** Hemp seeds contain all the essential amino acids and essential fatty acids necessary to maintain healthy human life.

**Goji Berries** – They are a complete protein source, contain 19 different amino acids, 21 trace minerals, are extremely high in Iron and one of the highest antioxidant foods in the world. Antioxidants protect us from free radicals and counter the creation of cancer cells. Goji berries also support the adrenal glands, boost immune function, increase alkalinity, improve eyesight and much more.

**Maca** is a member of the cruciferous family. This incredible veggie supports and balances your hormones, heals depression, increases libido, supports the Endocrine system, and provides thyroid support. In men, Maca has proven to heal many issues involving the prostate.

**Spirulina** contains all eight essential amino acids, rich in vitamins and minerals, chlorophyll, an anti-inflammatory, balances brain chemistry, a blood builder, immune booster, high in antioxidants, and contains Gamma-Linolenic Acid, which gives us soft silky skin and healthy hair.

**GREENS ARE THE MOST ALKALIZING, MINERALIZING AND HEALTHIEST FOODS.**

**Camu Camu** – This berry is known as the Vitamin C Sun King. It contains the world's highest vitamin C content. It also supports immune function, improves eyesight, creates beautiful skin, supports strong collagen, decreases inflammation, reduces stress, and improves lung health.

**Aloe** is great for all types of digestive problems, including Crohn's Disease, it aids in relieving fungal infections, kills yeast, and is great for weight loss. Aloe Vera also reduces inflammation, reduces cancer tumors, normalizes blood sugar, produces white blood cells, promotes healthy kidneys and increases the elasticity of our skin.

There are far too many to list!!!

## FATS (OPTIONAL)

Fats (good fats of course) actually aid the absorption of our fat soluble Vitamins like K and E, both super important and also the absorption of minerals. These are rich in greens so put a little fat in your smoothie and a little fat on your greens when eating a salad. In a smoothie try coconut flesh, coconut oil/butter, chia seeds or ground flax seeds, ground nuts, hemp seeds, Tahiti, avocado, nut milk, flax oil, avocado and many others.

Healthy fats actually aid the absorption of our fat soluble Vitamins like K and E, both super important and also the absorption of minerals. In a smoothie try coconut flesh, coconut oil/butter, chia seeds or ground flax seeds, a few ground nuts, hemp seeds, Tahiti, avocado, nut milk, flax oil.





# Magic Mango Smoothie

By Noelle TWIGGS  
GreenLemonade.com

**Serving Size: 1 (210 calories per serving)**

## Ingredients

1 cup mango, frozen  
1/2 banana, frozen  
1/2 cup oranges, frozen  
1/2 teaspoon bee pollen  
1 cup water 1 heaping  
tablespoon hemp seeds  
1 handful baby spinach

**Mangoes** – One serving of mangoes provides 100% of your daily vitamin C and 35% of your vitamin A, both important antioxidant nutrients. Vitamin C supports healthy immune function and collagen formation. Vitamin A is important for vision and bone growth.

**Bee Pollen** – Bee pollen is rich in B vitamins (including B12) which play an important role in your mood and in your memory. Bee pollen is also believed to be a powerful hormone rejuvenator (which some health gurus believe helps boost a woman's fertility). I find that a little goes a long way, and it's best to start out gradually with a 1/4 teaspoon to 1/2 teaspoon serving.

## Directions

Place ingredients into a powerful blender until smooth and creamy. Thin with water or thicken with ice if desired. Enjoy!

# Two Favorite Smoothies for

# Little Kids and Big Kids

By Sarah WALDMAN  
twobluelemons.com

## The Rainforest

1/2 cup coconut milk  
1/2 cup mango chunks  
(fresh or frozen)  
1 banana  
1/2 cup fresh orange juice  
(like squeezed from oranges)  
1 cup baby spinach leaves

Blend until smooth.

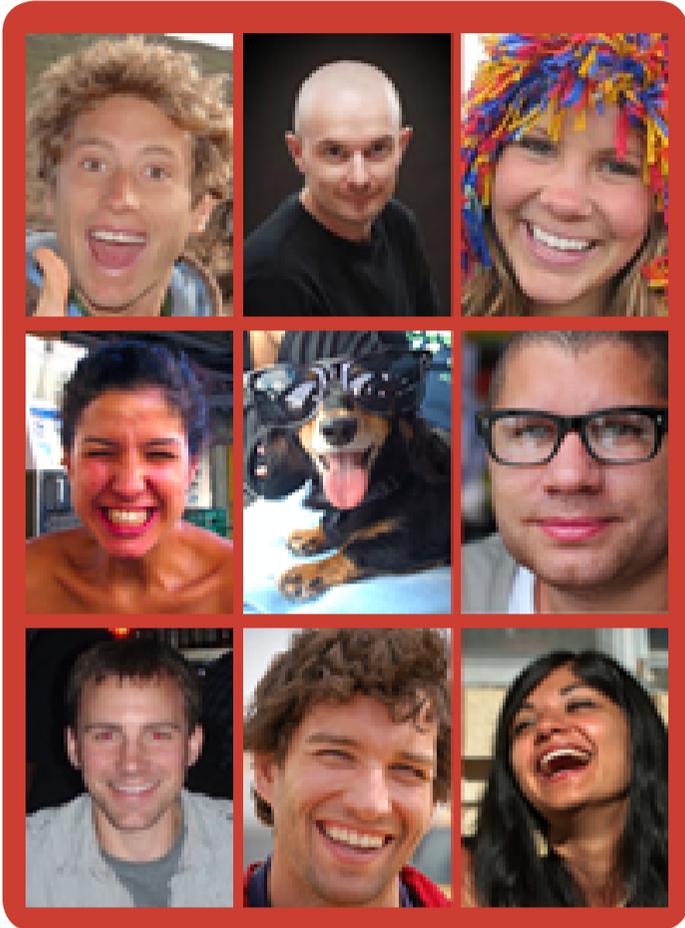
## The Dino

1/2 cup unsweetened vanilla  
almond milk  
1/2 cup blueberries  
(fresh or frozen)  
1 banana  
1 cup kale leaves  
2 tablespoons almond butter

Simply blend until smooth.



# Want to get involved?



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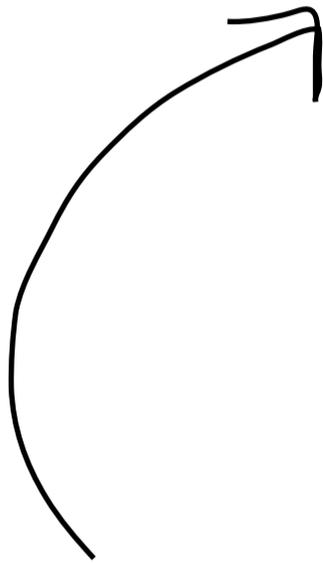
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*Haley Marie, Editor*