

PUMPKIN SPICE LATTE ★ RAW REESE'S CUPS

INSIDE:
New raw
research!

Raw Food Magazine

Issue 6 • September/October

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MEAL
PLAN**

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Easy Raw
RECIPES

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FAST**

7 Minute
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Free***
Halloween
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Eating in Season

**+ Holiday
SURVIVAL
GUIDE**



RAISING HEALTHY HAPPY KIDS
with Sarah Creighton

Contributors



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As a Certified Raw Vegan Gourmet Chef, Raquel is also the CEO and Founder of the Raw Done Tastefully Education Program--mentoring individuals on living healthy and abundant lifestyles.

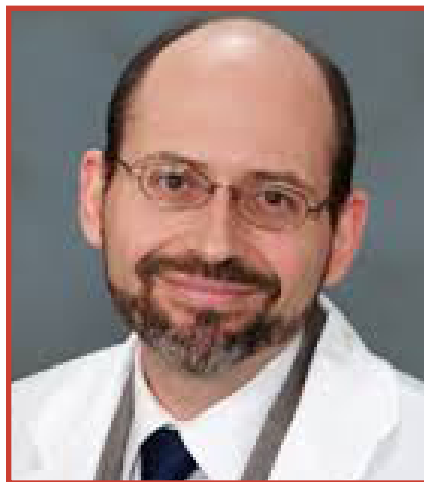
RawDoneTastefully.com



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Veggie-Kids.com



Joelle Amiot

Raw Vegan Chef and photographer, Joelle Amiot just released a new book. "live eat learn RAW" is an avant-garde twist on traditional recipes and methods for eating and living raw.

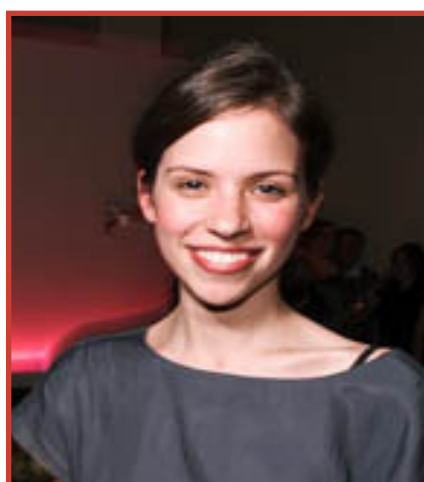
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ChoosingRaw.com



rfm team :)

We are so grateful to bring these vibrant, passionate & talented individuals together to share with you!

To learn more about how YOU can join this community and share your ideas, please visit us on the web!

RawFoodMagazine.com

On the Cover...

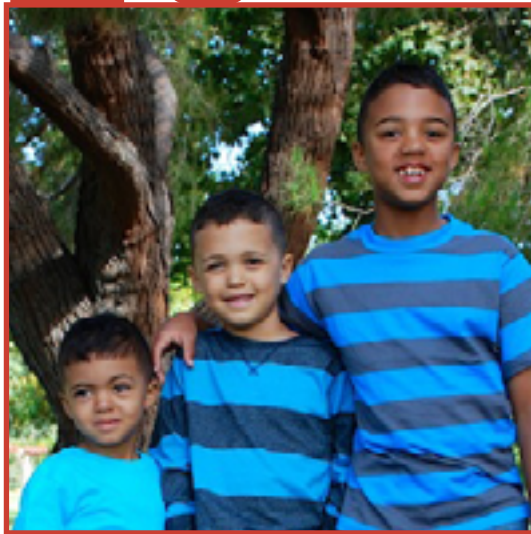
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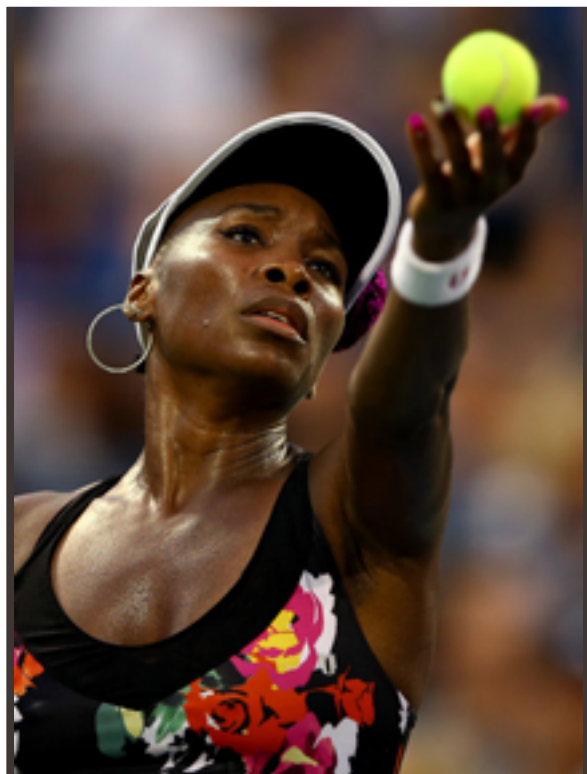
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buzz

Athletes, Artists & New Raw Vegan Treats



VENUS WILLIAMS

Raw Vegan Power

Pro tennis player, Venus Williams whose sister Serena just won her 5th U.S. Open title this year, transitioned to a raw vegan diet in 2011 after being diagnosed with Sjogren's syndrome, an immune system illness that had caused her to suffer shortness of breath, chronic fatigue and muscle pain. In an interview earlier this year, Venus stated that switching to a

plant-based diet has relieved many of her worst symptoms. "I do a lot of juicing, wheat grass shots, lots of fresh juices and things like that." According to Venus, the most important things are to get enough rest, eat plenty of natural organic foods and love yourself for who you are.

“Changing my diet has made a big difference, I’m not perfect, so I forgive myself when I make mistakes.”



Paul Ridge, better known by his stage name name Drapht, opened the health conscious, gourmet eatery in Perth.

RAPPERS AND RESTAURANTS: RAW FOOD IN AUSTRALIA

It seems to be a growing trend among celebrities to open up their very own restaurants. From Robert De Niro's Nobu restaurant in NYC to Tony Hawk's Market del Mar in San Diego, this trend has spread across the U.S. Now, though, it seems the celeb cafe trend has gone international and with a raw twist. Australian rapper, Drapht, opened a now-popular vegan restaurant in Perth Australia raved to have mouthwatering raw vegan cheesecake among other raw options.

2 NEW RAW VEGAN PRODUCTS ARE SHAMELESSLY INDULGENT



Blue Mountain Cashew Cremery Ice Cream

With flavors like Mint Cacao Chip, Strawberry, Mango and

Cappucino, Blue Mountain's new line is raw, organic non-dairy and absolutely delicious. It has the richness and creaminess of real dairy ice cream!



Better-Than-Roasted Raw Pumpkin Seed Butter

This pumpkin butter is made from sprouted organic pumpkin

seeds dehydrated below 108°F and blended into this delectable and nutritious butter that couldn't come at a better time of year. Pumpkin seed butter is perfect for dipping fresh fruit, spreading on a raw cracker or adding to your favorite smoothie. We love this flavor for fall!

Research Round

Fruits and Veggies Need Sleep, too! Honoring the Circadian Rhythms of Plants Can Help Protect Us

The next time you walk through the fresh produce section of the supermarket or farmer's market, think about this: those veggies and fruits are alive. A recent study discovered that when produce like sweet potatoes, cabbage, lettuce, zucchini, blueberries and carrots are kept in the light/dark cycles that follow natural circadian rhythms, they are working extra hard to protect themselves from pests. This is possible because they know when their pests feed on them, and therefore are able to prepare their defense mechanisms. This process is seen for as long as 7 days after harvest.

What this means for us is that we no longer have to spritz our food

with pesticides and harmful chemicals. And it's also been found that growing vegetables like cabbage in the natural cycle also may help to increase the number of anti-cancer nutrients in it by three fold.

The Study

The study, published in *Current Biology* earlier this year found that cabbages which were kept in the natural day and night schedule as its pests - the cabbage looper moth caterpillars - were damaged to a much lesser degree as compared with other cabbages in different light/day rhythms.

Also the concentrations of a chemical called 4MSO, which has strong anti-cancer properties, tripled in the first batch of cabbages.

When the great discovery was made with cabbages, others were studied, including lettuce, carrots, blueberries, spinach, zucchini, all of which responded in the

same way.

How To Implement the Findings

So how do we make the most of these findings? Researchers suggested that instead of transporting newly harvested produce in the dark, it would be better for us to keep it in a natural light and day cycle that follows their circadian rhythms. Buying fresh local produce and keeping as much as possible on the countertops near a kitchen window is the best way to incorporate these findings into your life.

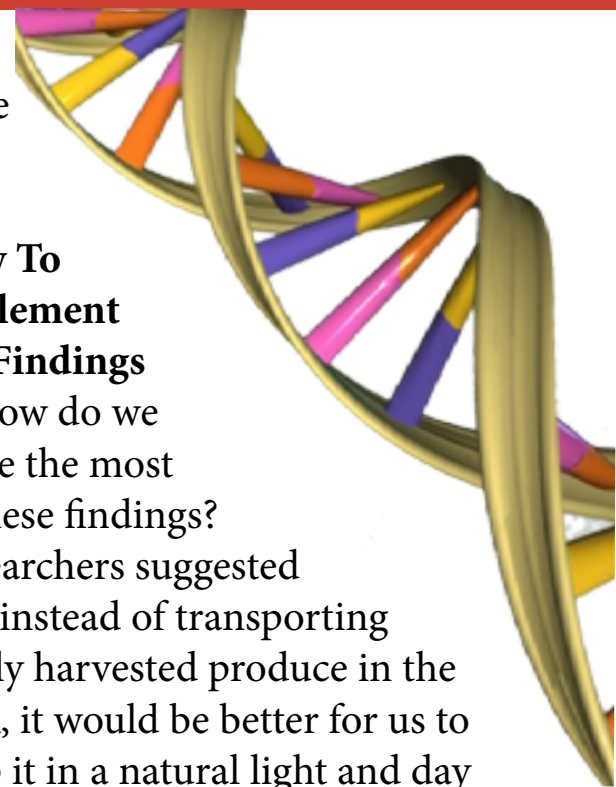
*Source: Goodspeed, Danielle et al. "Postharvest circadian entrainment enhances crop pest resistance and phytochemical cycling". *Current Biology*. 23(13): 1235-1241 8 July 2013. Web.*

A Healthy Lifestyle May Contain the Elixir of Youth

Scientists have been looking for the elixir of youth for a long time and it's no surprises that aging may be controlled by nothing more than exercise, a regular balanced diet and meditation.

What's surprising about a new research however is that for the first time, scientists have found good, solid proof at the genetic level. And there's more - rather than aging simply stopping at a point like Peter Pan, it may

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actually be able to reverse the process!

Before we all get excited about the findings to follow, it's good to stop and note the fact that these are early findings. Much research is yet to be done.

The Study

The study was carried out earlier this year by a University of California team and published in Lancet Oncology. The research suggests that going into a disciplined regime of diet,

exercise and meditation may help to reverse aging at the level of the cell.

To understand what scientists have seen, imagine a chromosome. Imagine caps at the end of the chromosomes. These are called telomeres, and they are armors for our chromosomes. They prevent genetic data from being lost during the cell divisions that are constantly taking place. Telomeres also get shorter and weaker as we age until our cells begin to die.

Now, scientists had 10 men out of a group of 35 go through a strict vegetarian

diet and a yoga, meditation and exercise timetable. These were men with prostate cancer. Yet after 5 years, the telomeres of the 10 men were seen to have grown longer by an average of 10%!

Now this exciting Benjamin Button style reversal may change the future of humanity, but not just yet. It's still only a pilot study. Experts say the studies are exciting but there's not just enough evidence yet. And shorter telomeres may not be the only explanation for aging. We'll just have to keep our fingers crossed and wait for more evidence!

Prof Ornish, Dean, MD. "Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5 year follow-up of a descriptive pilot study". The Lancet Oncology, Early Online Publication 17 September 2013).

Raw Garlic Powerhouse Against Cancer

Recently released research claims We love a smidgeon of garlic in our baked potatoes or loads of it in our Chinese takeout, even if it may make us hard to kiss for a while after. But a new research has shown that when eaten raw, it may actually be able to keep away cancer.

The Koreans seem to have been unwittingly going in the right direction; they have eaten garlic raw for a long time to soften the skin. A study by a Jiangsu Provincial Centre for Disease Control and Prevention team in China found that people who ate garlic raw at least twice in a week can bring down lung cancer risks

by a whopping 44 percent!

The study also adds that the garlic would remain effective even if the subjects were exposed to cooking oil fumes at high temperatures or tobacco smoke. Both of these are cancer causing, as you may know.

According to the researchers, if you love your cigarettes, you could still benefit from raw garlic. Even with tobacco smoke going into your lungs, raw garlic works away at your system to reduce the chances of lung cancer by as much as 20 percent.

The Study

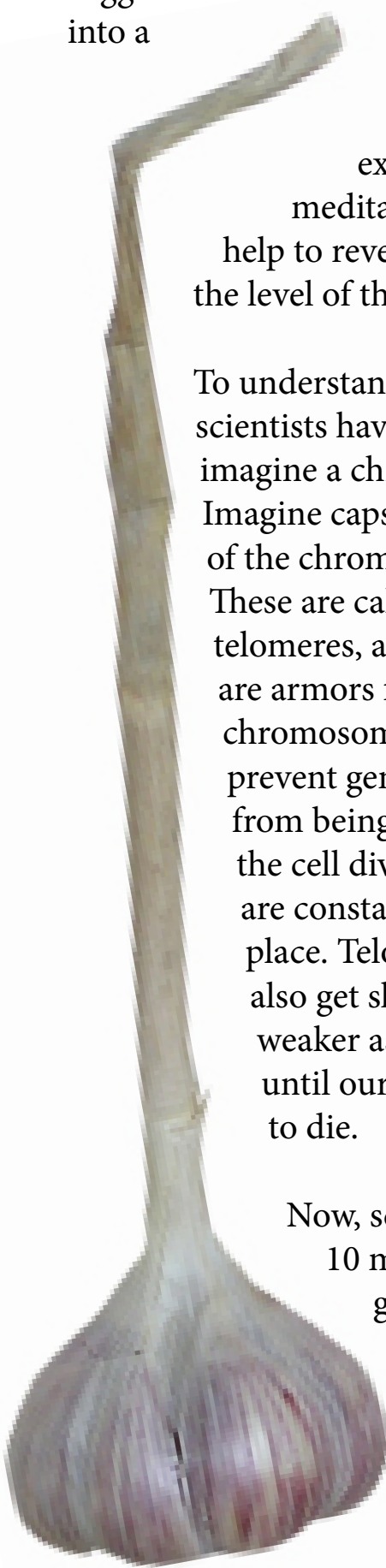
Here's how the researchers arrived at the conclusion. Over a period of 7 years (between 2003 and 2010) they interviewed 1424 lung cancer patients and 4500 healthy Chinese adults. The interviews were face to face. The subjects were asked questions about their lifestyle and diets, whether they smoked or ate raw garlic.

The Chemical Samaritan

The nutrient in raw garlic that may be the Samaritan here is a chemical called allicin, which is released when a garlic clove is chopped or smashed. It reduces inflammations and is an antioxidant.

This finding may tempt you to increase the amount of garlic in your garlic bread or roasts, but it's not clear if cooked garlic has the same effect. But it's certainly great findings for the raw food community!

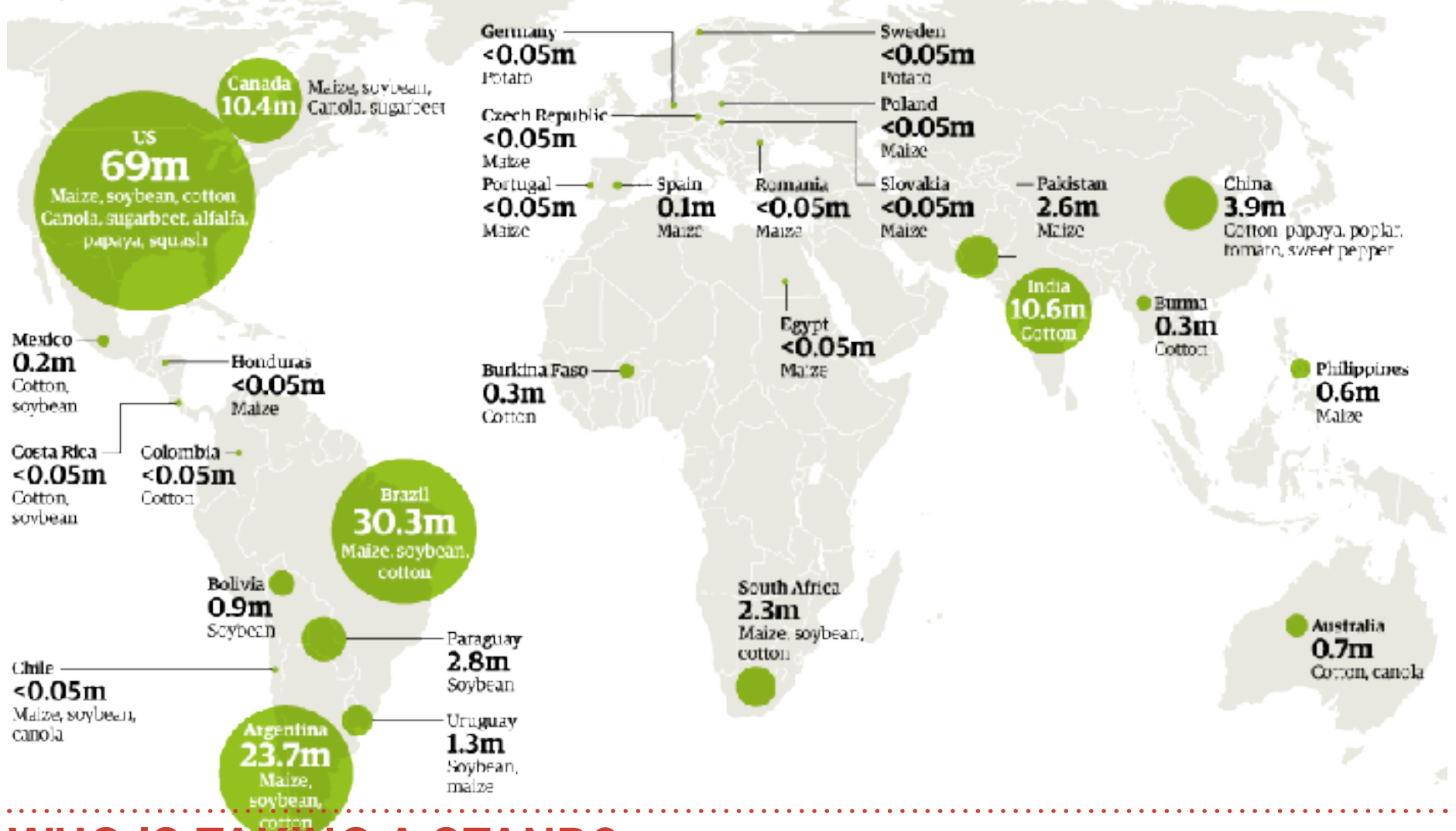
Jin, Zi-Yi and Wu, Ming et al. "Raw Garlic Consumption as a Protective Factor for Lung Cancer, a Population-Based Case-Control Study in a Chinese Population". Cancer Prevention Research. 6(7); 711-8 (2013). Print. September/October 2013



Have GMOs gone global?

Global status of commercial GM crops

2011, by millions of hectares



WHO IS TAKING A STAND?

Russian Prime Minister, Dmitry Medvedev, recently ordered relevant Russian agencies to consider banning the import of any products containing genetically modified organisms (GMOs) into the country. The decision will come to a conclusion on October 15th.

While genetically modified crops are being grown in all parts of the world, the United States is by far the largest grower and exporter of contaminated crops. Russia is by no means the only nation taking a hard line against GMOs, which stands to change the U.S.'s position in the international food trade.

Earlier this year, Peru joined Ecuador as the second nation in the Americas to ban GMOs. In June, after the U.S. Food and Drug Administration revealed GMO contamination in wheat grown stateside, South Korea joined a Japanese ban on U.S. wheat imports.

Infographic Courtesy of TheGuardian.com

In August, the French government announced that, despite a ruling by the French Council of State that the longstanding ban violates European Union law, France would indeed extend its current ban on the cultivation of Monsanto's genetically modified corn.

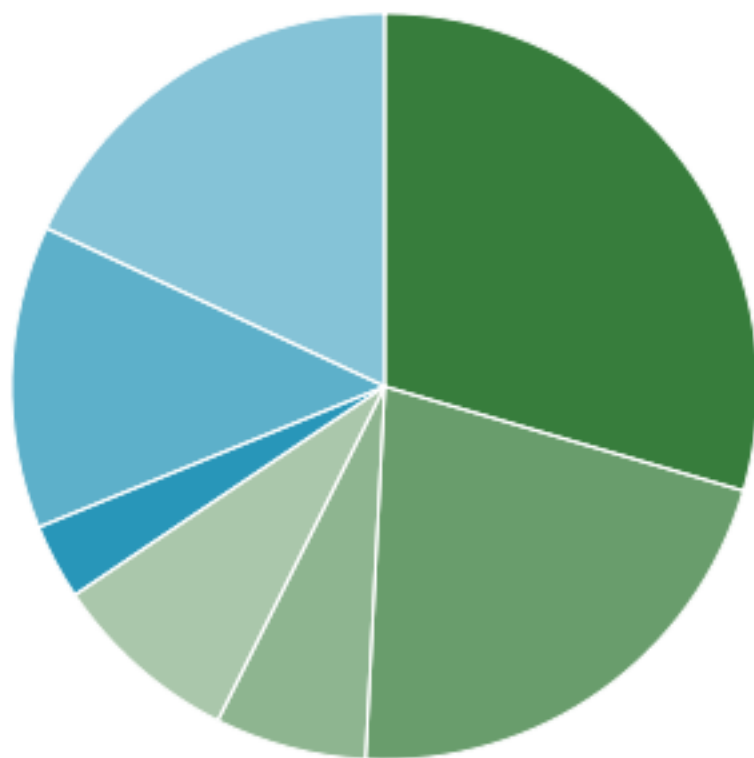
Currently, more than 60 countries including Australia, Japan and all of the countries in the European Union, carry significant restrictions or outright bans on the production of GMOs.

As new research continues to show risks of genetically modified foods, experts say more bans are in store. Even in the U.S., where up to 80% of processed foods contain potentially dangerous GMOs, recent polls suggest that 3/4 the population want to know if their food contains GMOs.

On a global scale, GMOs are starting to lose their grip; and its about time.

Last issue we asked...

What is the HARDEST thing for you to give up?



★	Cheese and other dairy (yogurt, milk, ice cream)	29.51%
★	My morning cup of Coffee	21.31%
	Bacon! and other meat - ribs, burgers, sausage.	6.56%
	Cake, Cookies & other baked goods (cinnamon rolls, pumpkin bread...)	8.2%
	Caaaandy, all the sugary goodies	3.28%
	Chips, pretzels and popcorn	13.11%
★	Bread! bagels, toast, heck even tortillas	18.03%

Missed last issue?

Tap on each graph to cast your vote!

When do you feel HAPPIEST?

Spending time with my family		27.12%
Spending time with my friends		8.47%
Witnessing a beautiful, natural environme		16.95%
During my favorite sport or activity		5.08%
Having some alone time -- reading, journaling, meditating		22.03%
Working - I love my job!		1.69%
In the kitchen making something delicious		13.56%
Other:		5.08%

Need some inspiration?

One of our readers recommended this documentary, *The Raw Natural*, and we loved it. This pro-snowboarder shows how our breaking points can save us and that changing the way you approach food changes the way you approach life.



New Polls! Now get instant access to the results!

What aspect of your health is HARDEST for you to maintain?

☐

Drinking enough water

☐

Getting the right amount of sleep

☐

Exercising regularly

☐

Managing stress

☐

Eating the right foods

☐

Other:

Vote

What is your FAVORITE holiday food?

☐

Gingerbread cookies

☐

Thanksgiving stuffing

☐

Sweet potato casserole

☐

Egg nog!

☐

Pumpkin Pie

☐

Mashed potatoes and gravy

☐

Other:

Vote

We want to feature YOU in RFM. Tell us *your* story!



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!

SHARE YOUR STORY

Readers Talk

Love this mag, glad I subscribe, love the recipes, keep up the good work, you make us happy!

Majella Marks
Facebook



Best Natural Health & Raw Food Magazine!

I hardly ever buy magazines because too often they are filled with too many advertisements and little useful and good content. this magazine is totally different and is honestly the best written, useful, engaging, well thought out & organized with EXCELLENT content magazine that I have ever seen. It was not hard to determine that I will become a loyal and well satisfied new customer and subscriber. I am very excited about this magazine and as an avid book buyer of raw & living food books can tell you that the tips, articles, various raw food info and the fantastic recipes will have me anxiously waiting for each new release!

Gamer7girl, iTunes Review

Wow! Thank you! -rfm

Your favorite things from the last issue?

- +The video how-to!
- +Easy recipes for every day and for entertainment!

Mrs. Hala Saab, Canada

Dear rfm,

I used some of the tips from the last issue to get my kids (and my husband) to eat more vegetables without knowing it. And.. it worked! Looking forward to more helpful advice!

Barbara M., California

I enjoyed the BBQ food recipes (burgers, potato salad, etc.) I am interested in more beauty and health articles. I'd also like to see recipes for raw "soul food" or southern foods if there are any.

Sonja Seabon
New York



Click to
e-mail us today

Tim VanOrden Issue

Just wanted to write in and tell you I thought it was an excellent bonus to receive the mini-issue about running and training raw. Tim is an inspirational guy. I appreciate your effort to seek out the best and bring their advice to us. I'm a satisfied subscriber.
Gregory, Massachusetts

Good news Sonja!
There are some fabulous good ol' southern comfort food recipes we are excited to share in our holiday issue! We hope you love it and thanks for the input :)
-rfm



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



Join the Community!

Want to *ENJOY* eating more raw food
but aren't sure how to get started?

Join our FREE community.

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

Join the Community!



LIVE

Holiday Survival Guide



9 Toxic Home Products



Save on Organic Produce



7 Minute Fitness at Home



Celebrating the HOLIDAYS

RAW SURVIVAL GUIDE

By Raquel Smith



It's that time again, time to gear up for the Holidays. In the midst of family gatherings, house cleaning and gift exchanges, there is the concern of "what will I eat as I attempt to not be the odd one again among family members. Of course, the family is still not used to you being "different" and eating outside of the norm. As much as you love family, the stress is almost overwhelming when you think of sharing a meal. You would much rather stay at home but that would be even worse. However, this year you are hoping that it will be different. Especially with mainstream going green and eating cleaner. So what's a girl to do? I have stopped asking a long time ago, what's on the menu. Instead, I prepare myself by doing these things:

Eat before going to any gathering.

That way I am not hungry when I get there and I can mingle without getting off track. There might be questions as to why you are not eating. You can deflect those by saying you will eat something later. There might some kind of veggie there that you can munch on if taken to task.

Take a dish (or three!) to share.

I make sure that the dish is presentable and tasty with mass appeal. So it is not presented as raw, it is just food. In fact, one Thanksgiving dinner I decided to take an appetizer, a main dish and a dessert. Not necessarily for others but, mainly to ensure that I had something to eat since I was going to be there for several hours. Well, the appetizer was a hit because they never had appetizers at Thanksgiving before. Everyone loved it (I almost did not get any) and I got an attentive audience to teach about raw food.

Offer to help create the menu.

This is under the pretext that I can use my expertise to help to include vegetarian dishes. The result will be a menu that has something for everyone to enjoy.

Visualize your intended outcome.

Before I leave home, I spend some time to visualize how I want my interaction to be with the family. I go down the list of each family member who will attend and imagine how pleasant our exchange will be for the evening. I see myself as being just another family member enjoying the meal and company. As a result, when I get there I am more open to conversation and have them talk more about themselves than have the conversation focused on me. In the event that someone happens to be negative, I take a deep breath and remind myself that I do not take any negative comment towards raw food or my eating habits personally.

Refrain from judgment.

Everyone is at a different level on the health journey and needs room to grow. The best thing to do is offer suggestions or recommendations lovingly. Let the other person decide if they want to pursue it or not. It is a free country and we can choose what we put in our bodies, good or bad.

The holidays need not be a time of stress but one of true celebration. We can prepare our minds and hearts to be in a constant state of gratitude. This attitude of gratitude will carry you a long way throughout the season and beyond. Life will be more pleasant when you live in the present and each moment is viewed as a gift for which to be thankful. In that spirit, you can research tasty recipes to share with family and friends or make up your own. The recipes should be close to traditional food as possible so that it is not the exception. It should blend in.

On that note, I would like to share my Sweet Potato Bisque with you. I've brought it to many social gatherings and it is always a big hit!

Sweet Potato Bisque

Serves 10

Ingredients:

6 – 8 Sweet Potatoes, Peeled & Chopped
2 Red Bell Peppers, Chopped
3 Cups Sesame milk
1 Avocado, Mashed
1 Teaspoon Cinnamon
1 Teaspoon Mace
1 Teaspoon Allspice
1 Teaspoon Vanilla
½ Teaspoon Nutmeg
A Pinch of Salt (Optional)
Sesame Milk (1 Cup Sesame Seeds, Soaked;
3 Cups Water; Blend ingredients well. Strain
mixture through a nut milk bag or cheese cloth.
* Pulp can be dehydrated to make parmesan
cheese, just add desired spices.

Directions

Run sweet potatoes and bell peppers through a juicer. Let the juice sit for 10 minutes so that the starch can settle on the bottom. Pour juice in a blender being careful not to mix in the starch. Add the sesame milk and all the spices and blend well. Add the avocado and lightly blend, just enough to mix in the avocado. Enjoy.

* The sweet potato pulp from the sweet potato and red bell pepper can be used to make crackers.

9 Toxic Products You Use & Healthy Natural Alternatives



INSECT REPELLANT

Contains: DEET (N, N-Diethyl-meta-toluamide)

Why is it bad?

Studies done at the Duke University Medical center have linked DEET to neurological problems and determined it to be toxic to the central nervous system. While periodic applications of a low-concentration formula may not affect you in the short term, better to opt for a natural alternative!

Use THIS instead:

Burn candles with eucalyptus oil or citronella oil in the area. If you will not be stationary try applying some highly diluted (99% water to 1% oil) Ceylon cinnamon oil, which has been documented to be highly effective against mosquitos.

AIR FRESHENERS

Contains: Phthalates

Why is it bad?

Phthalates are known to disrupt the endocrine system, which can cause reproductive and neurological damage. The word “fragrance” on your air freshener is a clue-in that it might contain phthalates.

Use this instead:

Instead of scenting your home with chemically toxic air fresheners, opt for naturally scented candles or small dishes of essential oils like jasmine or lavender.



NON-STICK COOKWARE

Contains: Perfluorinated compounds (PFCs)

Why its bad?

PFCs are compounds with chemically altered carbon-hydrogen bonds that are used in non-stick cooking materials like Teflon and many stain-resistant fabrics. PFCs have been linked to birth defects and can stay in the body after exposure for long periods of time.

Use THIS instead:

Choose cast iron or stainless steel cookware and recommend that your friends do the same!





PLASTIC BOTTLES

Contains: Bisphenol A (BPA)

Why is it bad?

BPA has been racking up a slew of negative associations in recent studies. From heart disease, diabetes and liver abnormalities to brain and hormone development problems in children and even fetuses, scientists continue to affirm the toxicity of this very common substance.

Use THIS instead:

When choosing a plastic bottle, make sure you opt for recycling codes 1, 2 or 5 which are least likely to contain BPA. If you can, choose glass containers. Mason jars make excellent smoothie cups.

ANTIBACTERIAL SOAP

Contains: Triclosan

Why its bad?

When Triclosan is mixed with chlorinated tap water, the toxic gas chloroform is created. The use of antibacterial soaps has been seen to increase growth of super bacteria that highly resistant to antibiotics.

Use THIS instead:

Natural soaps (there are many) like Castile.



TOILET BOWL CLEANER

Contains: Chlorine

Why its bad?

The Environmental Protection Agency found that chlorine byproducts are 300,000 times more carcinogenic than the chemical pesticides. Yikes!

Use instead:

There are many natural cleaning agents including baking soda, lemon juice, vinegar, hydrogen peroxide, and castile soap. Take your pick!

PARTICLE BOARD FURNITURE

Contain: Formaldehyde

Why its bad?

Formaldehyde, which is commonly known for its use to preserve deceased animals for dissection, is a known carcinogen. It is extremely toxic and found in carpentry, soaps, detergents, and cabinetry. The Environmental Working Group classifies it as a HIGH LEVEL THREAT carcinogen.

Use instead:

Buy solid wood furniture for you home. If this is not possible, make sure all pressed wood furniture have been sealed.



LAUNDRY DETERGENT

Contains: Volatile Organic Compounds (VOCs)

Why is it bad?

VOCs are emitted from paints, pesticides, and many building materials as toxic gases linked to asthma and cancer. The highest emissions, however, come from scented, petroleum-based laundry detergents and are a serious source of indoor air pollution.

Use THIS Instead:

Buy unscented plant-based laundry detergent or an even more natural approach like laundry berries. Opting for no-VOC paints can minimize your exposure even more.



WINDEX/GLASS CLEANERS

Contains: Ammonia

Why is it bad?

When ammonia enters the body as a result of breathing, swallowing or skin contact, it reacts with water to produce ammonium hydroxide. This chemical is very corrosive and damages cells in the body on contact. Direct exposures can cause immediate burning of the eyes, nose and throat and in severe cases have resulted in blindness.

Use THIS instead:

Vinegar and hydrogen peroxide are alternative window cleaners. A popular natural recipe is to mix 1/4 cup vinegar, 1/2 teaspoon liquid soap or detergent, and 2 cups of water in a spray bottle—clean away!



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!)

DON'T BREAK THE BANK

How to Save Money Eating Organic this Season



If you want to keep organic fruits and vegetables as the base of your daily diet through the fall and winter, you will notice that some foods can become difficult to find. Some foods are not available during the winter or may be significantly more expensive.

Keeping your weekly grocery bill manageable and keeping the pantry stocked with fresh organic foods is indeed possible. How can you keep your family eating healthy on a budget this season? Here are ten tips to keep organic groceries available this winter:

1 Buy food that is in season

Berries, bell peppers, grapes, and other summer fruits and vegetables will not be at their peak flavor and price during the winter. They will tend to be much more expensive, especially as organics. Potatoes and sweet potatoes, beets, and many root vegetables like carrots, and dark leafy greens are in season and great to buy organic during the winter.

2 Prioritize the “dirty dozen” for your organic purchases

If you can, prioritize your grocery list to the ‘dirty dozen’ suggested organic purchases. These are: apples, celery, cherry tomatoes, cucumber, grapes, hot peppers, nectarines, peaches, potatoes, spinach, strawberries, and sweet bell peppers.

3 Opt for grocery bins instead of packaged food products

Try purchasing herbs, nuts, and dried goods in the bulk bins. The grocery stores often have organic options there and, because you’re not paying for anything extra, they will be cheaper.

4 Store all of your produce appropriately for lasting freshness

In order to save money in the long term, store all of your produce appropriately to make it last longer. Remove the greens from green-topped vegetables; keep leafy greens with a damp paper towel on top, and store apples and soft fruit in the fridge. Potatoes, garlic, and onions need to be kept in paper bags in the dark. They sprout in the light!

5 Try organic frozen and organic canned products

If you're looking to purchase fruits or vegetables out of season, try organic frozen or canned. They are processed at the 'peak' of ripeness and are a valid option for out-of-season foods. These will be much cheaper, just as flavorful, and more abundant than trying to buy fresh.

6 Don't be afraid to comparison shop!

Grocery stores everywhere offer organic produce and the prices can vary widely. Specialty stores like Whole Foods may not be as affordable as your local Safeway. On that same note, you can often purchase house brands for much more cheaply than you would be able to find the big 'name brand' options. Occasionally, you can also find coupons for a variety of stores. If buying organic is important to you, it may be worth it to shop at a few stores to get the best deals.

7 Buy directly from your local organic growers

Find local organic growers, if possible, and buy directly from them. You can find many at local farmer's markets. There are often local CSA groups that provide organic, local fruits and vegetables

from local farmers. If it is an option, you can try purchasing these items online or grow your own vegetables at your home. This may not be possible depending on your locale and the growing season.

8 Buy from bulk or wholesale retailers and freeze what you won't use

Buy in bulk when you can and freeze what you will not use immediately. This ensures you will have access to your organic foods as long as possible. This means that out-of-season options can be purchased while in season and saved for the winter. If you are willing, it's also possible to preserve your own vegetables.

9 BE FLEXIBLE and enjoy harvest season surprises!

If you are at the grocery store and looking for a specific list, don't be afraid to nab a good deal when it's available. You can even freeze it if you won't use it. This lets you have more options when you may not be able to find organic options during down

EXPERT TIP

"Could you tell me how much money you have already spent on groceries this month? Don't worry, most people can't. The first step is just to find out how much you spend on food. Knowing what you spend empowers you to identify and remove miscellaneous purchases. Significant savings can be as simple

as isolating your most expensive items and finding a new source or a cheaper alternative food."



Brandy Rollins, M.S.
RawFoodsonaBudget.com

7 Minutes to Fit

Use scientifically supported high-interval training to get a full body workout in record time.



Follow along with instructor Kate Hamm, Senior Program Guide at the Ranch at Live Oak, as she shows you the movements with variations to make each move harder or easier.

Or do this workout on your own by completing the following twelve exercises in the order listed. Complete each move for 30 seconds at your highest intensity and rest for 10 seconds between moves.

This exercise works most efficiently by alternating between major muscle groups so each muscle group has just enough time to rest before being challenged again, making for an effective workout in the fastest time possible.

To increase the intensity of the workout, run through the entire circuit 2-3 times.

The Moves

30 seconds on, 10 seconds rest

1. Jumping Jacks
2. Wall Sit
3. Push-up
4. Abdominal Crunch
5. Chair Steps
6. Squat
7. Tricep Dips
8. Plank
9. High Knees
10. Lunge
11. Push-up and rotation
12. Side plank

Do not try and complete this workout every day! Rest is important for rebuilding muscle. Completing the 7-minutes to fit routine 3-4 times a week is ideal for getting that full-body fitness you want heading into the holidays!



BEAUTIFY

Dry Skin Autumn Scrub



sweet autumn scrub for dry skin



By Joelle Amiot
www.JarOHoney.com

"All of my life I have had dry sensitive skin."

Even though I have a very healthy diet, my skin has always lacked moisture. I do drink plenty of water so that is not the problem; it is just in my genes. If you are also on this boat, you know how frustrating it is to find products that do not dry out and irritate your skin. I have searched for natural products that are free of dyes, fragrances, organic, raw, and edible. Well that is like trying to find a unicorn in the forest... I finally started experimenting making my own beauty products at home in the kitchen. To get all of these attributes in one fine face scrub, I make my HONEY SUGAR FACE SCRUB. It is one of the most simple and by far the most effective."

This face scrub is free of dyes and fragrances so it does not irritate my skin. It is also made with 100% raw, organic and edible ingredients.

This face scrub only contains two ingredients: raw honey and raw organic sugar, that's it. Do not let the ingredient list fool you because these two ingredients have multi-purposes.

The Honey contains natural enzymes that act as an antiseptic to clean out your pores. The antimicrobial agent in the honey helps fight acne by slowly releasing natural hydrogen peroxide.

The Sugar exfoliates your pores and skin. The sugar actually has high mineral content that contributes to moisturizing your skin.

Together they make a great natural scrub. One of the best things is that this can be used as an all-over body scrub, too.

The Recipe

FACE SCRUB AMOUNT

1/4 cup raw organic sugar
2 TBSP raw local honey
optional: raw organic unrefined coconut oil

Mix in a small mixing bowl, gently rub small amounts on all over your face until smooth-you can also use a soft natural bristle brush. Rinse well and pat dry with a soft towel. OPTIONAL-Apply small amounts of hand warmed coconut oil to finish as a moisturizer.

BODY SCRUB AMOUNT

1 cup raw organic sugar
1/2 cup raw local honey
optional: raw organic unrefined coconut oil

LIME

is known to rejuvenate the skin and keep it shining due to the presence of a large amount of vitamin-C and Flavonoids. Those are both class-1 antioxidants, and have antibiotic and disinfectant properties. When applied externally on skin, its acids scrub out the dead cells, and treat dandruff, rashes, and bruises.

HYDRATING BANANA

Banana has moisturising properties which are extremely good for people who have dry skin. It will not only moisturise it but also hydrate and seal it in your skin. Be sure to choose a ripe banana (brown, speckled exterior) and mash it into your honey-sugar scrub to reap the most hydrating benefits.



REFRESHING: ADD A SQUEEZE OF LIME

INSPIRE



Veggie Kids Exclusive!



Healthy School Lunch Ideas





Sarah Creighton and her three sons ages 4, 7, and 9.

SARAH CREIGHTON

Author of *The Boy Who Loved Broccoli* on
Healthy Parenting & Raising Kids on Veggies



Play time: 43 minutes

Full-Text Version Available for the Hearing impaired.



We would like to support our readers who are hearing-impaired. We now offer text-only versions of our private interviews to RFM subscribers. Thank you for reading!

ONCE IN AWHILE, KIDS AT THE LUNCH
TABLE SAY “WHY DON’T YOU EAT THIS?”
AND THEY EXPLAIN IT IN THE WAY THAT
KIDS EXPLAIN IT. IT’S SO SIMPLE.
I THINK GROWN-UPS MAKE IT
COMPLICATED, BUT IT’S
JUST SO SIMPLE.

Grove: Well, hello. This morning we are here with Sarah Creighton of Veggie Kids, and we’re so excited to have you here. Thanks for being with us today, Sarah.

Creighton: Thanks so much for having me.

Grove: We are going to take a look – Sarah is not only a mom of three and a vegetarian and vegan culinarian, but she also founded the blog and the brand Veggie Kids and is the author of a children’s book called *The Boy Who Loved Broccoli*. In addition to that, she just recently released an eBook that’s a two-week recipe ideas meal plans for a plant-based diet to kickstart and help you transition to a more plant-based way of eating. It’s a precursor to a full-length cookbook that will be coming out. When might that be coming out?

Creighton: I’m hoping this summer, actually. It’s taking a lot longer than I thought, but... [laughs]

Grove: Projects tend to do that.

Creighton: Yeah, they do.

Grove: Well, Sarah, I’m excited to get to talk to you and dive in. This is such a huge topic, especially for our readers, many of whom are moms and have kids at home. But before we jump into your family, tell us a little bit about you, what you do, your journey towards health.

Creighton: I’m totally obsessed with nutrition and feeding kids and families healthy foods. I guess it all came from my own discovery that the body is self-healing and that we have this ability to heal ourselves. Back in 2008, I discovered that I had a large cyst in my ovaries, and the doctors immediately wanted to do surgery, and I just knew that was not an option for me.

So I just delved into nutrition and plant-based diet and how to heal yourself and holistic methods and such. Within two weeks, I completely healed myself; there was no sign of the cyst at all, and the doctors were amazed.

That’s when I learned about the body’s natural ability to heal, and I was completely sold. I just could not get enough information on veganism and just how our pH levels in our body really matter because that affects if diseases can grow and such. So I feel like the more you know, the further you can go. It just kind of took off from there, and I started Veggie Kids as a blog to keep track of what I was fixing for my family because it was all new to me. It was sort of like a diary, and then it just took off from there.

Grove: What kind of regimen were you on, what were your eating habits during the weeks that you were able to heal from your cyst?

Creighton: I wasn’t really a big meat-eater, but I realized that I was probably having too much dairy. I was a cheese lover, and I think it just threw my body out of whack. So I upped the greens, I made sure to get a green smoothie in at least twice a day, dark, leafy green salads, and then I’d also make tonics. I’d read about different tonics that you could create with little tinctures and stuff, and it’s just amazing how quickly the results came. I couldn’t believe it.

Grove: What’s your favorite tonic?

Creighton: You know, I haven’t made one in awhile, which is so funny. One thing I discovered though, is that we have these trees in our yard, loquat. A lot of people aren’t familiar with it, but in the Asian cultures, they are. It’s incredible, the healing qualities of not just the fruit, but the leaves. So I’ve been making a tea with the leaves of the loquat, and it’s so bene-

ficial to the body, so I make my whole family drink it. I sneak them in smoothies and stuff.

Grove: At this point in your life, were you already with your husband? Did you have any kids at this point?

Creighton: Yeah, I was with my husband and we had two kids at that point. I have a brother who was vegan for a long time and highly raw, and now he's completely raw and so healthy. So he was kind of always in the back of my head. I knew some things, but I wasn't quite ready. That situation with the cyst definitely kickstarted it for me, and my husband's getting onboard. He's not as far along as I am, but he's getting there.

Grove: Yeah, everyone has their own journey that they need to go on. But while you were changing your eating habits so dramatically during this time, did that have an effect on your family? Did any of your kids or your husband become more interested in health?

Creighton: Absolutely, especially my kids. One thing that I don't know if a lot of moms and parents realize is that our kids are watching every move we make, so if we eat junky, processed foods, they'll ask for that. They'll mimic it, they'll taste it. But when us as moms make the decision to eat healthier, make healthier choices, the kids just follow suit so quickly. Since in our home, I'm the one that's in charge of making meals and stuff, it was really easy to get my kids onboard.

My husband, I totally respect his opinion. He's definitely not ready to go to a fully plant-based diet, but he's come onboard with the green smoothies and having a big green salad for lunch and stuff. It's the small changes that make a big difference over time.

Grove: Absolutely. Sure do. Green smoothies are some of my favorite. Then in your beliefs, your experience, it seems like the age-old battle of kids versus vegetables. How to get your kids to eat vegetables. For your kids, in your experience, did they, even as very young, did they hate vegetables?

Creighton: No, they didn't, but I always gave them vegetables. I think that's another key, is the sooner you allow your kids to taste the different flavors and the textures of vegetables, the better off you are. Another thing is to just keep offering it to them. Vegetables were always a big part of our diet, and I just incorporated it more

and more over time. So it never really was an issue with them. Maybe they'd turn it down once in

awhile, but I just kept offering it. And it paid off.

Grove: What about your husband? Has he always loved vegetables?

Creighton: No. [laughs] No, is not a vegetable lover at all. But he knows all the stuff I've told him, the reports I've read about how important it is to get your vegetables in, and especially those cruciferous vegetables that are cancer-fighting and stuff. He knows. He'll just force himself. And my kids, they'll say, "Dad, you've got to eat your broccoli."

Grove: The kids are onboard now. That's perfect, that's beautiful. So you have three boys; what are some of their favorites? What's a usual snack or meal for them that they really enjoy?

Creighton: They love broccoli, and it might be because we've been growing our own vegetables when we can, and broccoli is one of them that we always have. So they like to see it grow and nurture the plant, and they taste it just fresh

September/October 2013

NOT EVERYONE IS READY TO GO TO A FULLY PLANT-BASED DIET. RESPECT THEIR OPINION. IT'S THE SMALL CHANGES THAT MAKE A BIG DIFFERENCE OVER TIME.



from the garden like that. So they really do love broccoli, and once in awhile I'll steam it for them or steam cauliflower and drizzle a little olive oil and sprinkle some sea salt on it. Something simple like that.

But they also like sushi, which I think is a great way to sneak vegetables in, do some veggie sushi. We do a lot of veggie pizzas, maybe sauté some vegetables and throw it on top, with no cheese, of course. Or even just vegetable pasta. One of the tools that I use a lot in our kitchen is the vegetable spiralizer, and it makes those raw noodles. It's so fun; kids love it.

Grove: What's your favorite thing to make noodles out of? Do you make zucchini noodles, or what's the typical...

Creighton: Yep, zucchini and carrot, because I just like the color of that.

Grove: Yes, it's so colorful.

Creighton: Once in awhile, cucumber too. I like to put a raw marinara sauce on it. When my kids do it, they eat more of it, when they're participating.

Grove: Giving your kids that understanding,

that connection to what real food is and where it comes from.

Creighton: Yeah, absolutely. And also giving them the power. It's like, "This is your plant. You take care of it, and then you get to reap the benefits of it."

Grove: Yeah. You'd better take care of it, otherwise you don't have dinner.

Creighton: That's right. "No food for you." [laughter]

Grove: What about outside the home? Inside the home, there's different ways you can create an atmosphere that encourages healthy eating and having those foods available and planting the garden with your children. Do you find that they tend to continue making good decisions when they're at school or at their friend's house?

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raw vegan molasses cookies

raw nuts and seeds

raw fruit salad

Sarah's healthy lunchbox ideas

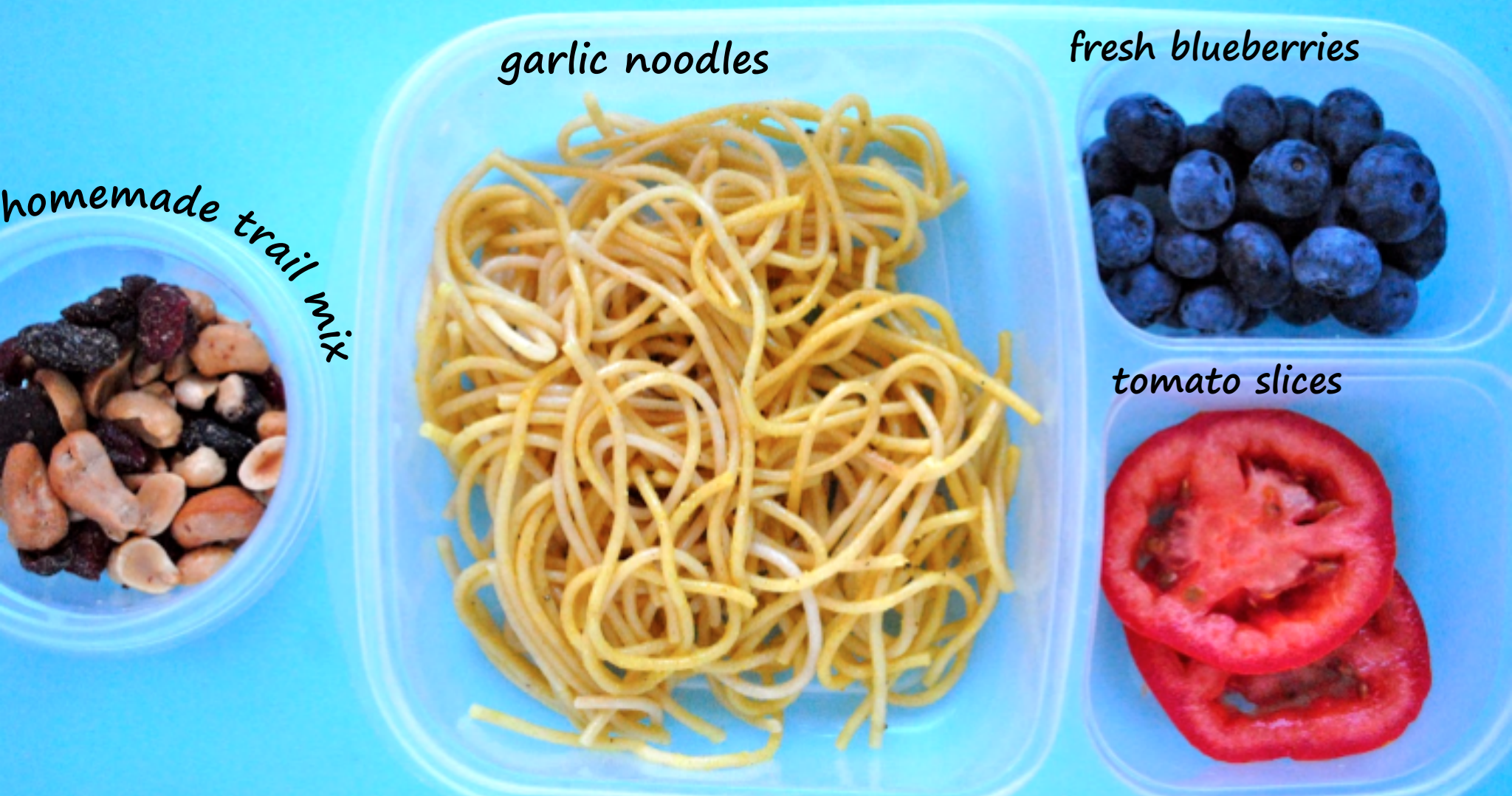
whole-wheat mini bagel (or flax cracker)

fresh strawberries

black olives

vegan mayo or hummus spread

chopped greens & bell peppers



garlic noodles

fresh blueberries

homemade trail mix

tomato slices

Sarah says: "if your kids are old enough, be sure to enlist their help in choosing what goes into their lunch and packing it themselves. (Studies have shown kids are much more likely to make healthier food choices when they get to help in the kitchen!)"

For more healthy ideas for your kids, visit Sarah at www.veggie-kids.com



inari

edamame

organic strawberries

veggie sushi rolls

LEARN

A photograph of a fall festival display. In the foreground, several ears of yellow corn with husks partially removed are hanging from a red wooden post. Below the corn, there are several pumpkins and gourds of various sizes and colors, including orange, white, and green. The background shows more pumpkins and the structure of a festival tent.

Sweet Potato vs. Yam



Reversing Your Heart Disease



Sweet Potato vs. Yam

The USDA requires the label “yam” to also say “sweet potato” leading many Americans to confuse these two starchy vegetables which not actually botanically related. How are they different and which one is better? Let’s find out!



Sweet Potato

Sweet potatoes are *roots* found mainly in tropical America and are part of the Morning Glory

family. There are two varieties of sweet potato: the pale version has a very thin, yellow skin with a bright yellow flesh. The darker skinned sweet potato has a thicker, orange skin with a sweet, moist flesh. Both varieties have the same general shape and size—they are tapered at the ends and much smaller than yams. The US government starting labeling the orange-fleshed sweet potatoes “yams” to differentiate the two, which has only created more confusion. Sweet potatoes come from the plant group Dicotyledon, are short and blocky with tapered ends, have smooth skin and are more moist and sweeter than yams.



Yam

Yams are *tubers* (or bulbs) of a tropical vine found in Central and South America, the West Indies, Africa and Asia. The word yam

comes from an African word, which means “to eat.” The yam holds great importance as a foodstuff because it keeps for a long time in storage. Yams come from the Monocotyledon plant family, are long and cylindrical, have rough, scaly skin and are more dry and starchy than sweet potatoes. The true yam can be as small as a regular potato or can grow to be very large, up to 5 feet in length. The flesh has a range of colors from off-white to yellow, pink or purple. The skin color may range from off-white to dark brown. Yams can be found in international markets, such as those that specialize in Caribbean foods.

Nutritient Breakdown		
114	Calories	177
0g	Fat	0g
0mg	Chlstrl	0mg
73mg	Sodium	13mg
27g	Carbs	42g
4g	Fiber	6g
6g	Sugar	1g
2g	Protein	2g
377%	Vit A	4%
4%	Calcium	3%
5%	Vit C	43%
5%	Iron	4%

*Amounts for 155 grams, raw

Conclusion

While yams contain more Vitamin C and fewer grams of sugar per serving than the sweet potato, sweet potatoes surge ahead by offering triple the daily recommended allotment of Vitamin A. Vitamin A keeps skin and the mucous membranes of cells healthy. Natural dietary Vitamin A has been shown to fight cancer by inhibiting the production of DNA in cancerous cells. It slows down tumor growth in established cancers and may keep leukemia cells from dividing. Considering sweet potatoes sweeter taste and easier texture (not as dry and starchy as the yam) plus the fact that its an immune boosting powerhouse root, we will opt for the sweet potato every time whether it is labeled “yam” or not.

Is Heart Disease a Grown-Up Problem?

"If there is anyone watching this video that is older than 10 years of age, the choice likely isn't whether or not to eat healthy to prevent heart disease, it's whether or not you want to reverse the heart disease you already have."

Michael Greger, MD



It was this landmark article published in 1953 that radically changed our view about the development of heart disease forever. A series of 300 autopsies performed on U.S. battle casualties of the Korean War, average age 22. 22 years old, but 77% of their hearts had gross evidence, meaning visible-to-the-eye evidence, of coronary atherosclerosis, hardening of their arteries. Some of them had vessels that were clogged off 90% or more. As an editorial in the Journal of the American Medical Association concluded,

"This widely cited publication dramatically showed that atherosclerotic changes appear in the coronary arteries decades before the age at which coronary heart disease becomes a clinically recognized problem." Follow-up studies on the hearts of thousands more soldiers over the subsequent years confirmed their results.

How young does it go? Fatty streaks, the first stage of atherosclerosis, were found in the arteries of 100% of kids by age 10. What's ac-

counting for this buildup of plaque even in childhood? In the 80s we got our first clue in the famous Bogalusa heart study. This looked at autopsies of those who died between the ages of 3 to 26 year-olds, and the #1 risk factor was cholesterol intake.

You could see the stepwise increase in the proportion of their arteries covered in fatty streaks as the level of bad cholesterol in the blood increased. As powerful as this was, this was only looking at 30 kids. So they decided to study 3000: three thousand accidental death victims, ages 15-34.

After thousands of autopsies, there were able to produce a scoring system that could predict the presence of advanced atherosclerotic lesions in the coronary arteries of young people. The higher your score, the higher the likelihood you have these lesions growing in the arteries that pump blood and oxygen to your heart. So if you're in your teens, twenties, early thirties and you smoke, your risk goes up by one point. If you have high blood pressure at such a young age, that's 4 points. If you're an obese male, that's 6 points, but high cholesterol was the worst of all. If your non-HDL cholesterol (meaning your total cholesterol minus your good cholesterol) is above 220 or so, that was 8 times worse than smoking. Let's say you're a woman with

relatively high cholesterol, but you don't smoke, you're not overweight, your blood pressure and blood sugars are OK. At your sweet 16 there's just a 1 in 30 (3%) chance you already have an advanced atherosclerotic lesion in your heart, but if you don't improve your diet, by your 30th birthday, it's closer to a 1 in 5 (20%) chance you have some serious heart disease, and if you have really high cholesterol it could be closer to 1 in 3 (33%).

WE CAN START REVERSING HEART DISEASE IN OUR KIDS, TONIGHT. HEART DISEASE IS A CHOICE.

Bring your cholesterol down to even just that of a lacto-ovo vegetarian and your risk levels are way down, and if you exercise to boost your HDL you can extrapolate down to here, etc. So what this shows us is that even in 15- to 19-year-olds, atherosclerosis has begun in a substantial number of individuals, and this observation suggests beginning primary prevention at least by the late teenage years to ameliorate every stage of atherosclerosis and to prevent or retard progression to more advanced lesions.

If you start kids out on a low saturated fat diet, you may see

a significant improvement in their arterial function by 11 years old. "Exposure to high serum cholesterol concentration even in childhood may accelerate the development of atherosclerosis. Consequently the long-term prevention of atherosclerosis might be most effective when initiated early in life," as in weaning infants.

Atherosclerosis, hardening of the arteries, begins in childhood. Remember, by age 10, nearly all kids have fatty streaks, the first stage of the disease. Then... the plaques start forming in our 20s, get worse in our 30s, and can start killing us off in early middle age. In our hearts it's a heart attack, in our brains it's a stroke, in our extremities it can mean gangrene, and in our aorta, an aneurism. If there is anyone watching this video that is older than 10 years of age, the choice likely isn't whether or not to eat healthy to prevent heart disease, it's whether or not you want to reverse the heart disease you already have. Ornish and Esselstyn proved you can reverse heart disease with a plant-based diet; we don't have to wait until our first heart attack to reverse the clogging of our arteries. We can start reversing our heart disease right now. We can start reversing heart disease in our kids, tonight.

Heart disease is a choice.



GROW

Explore Your Farmers Market: What's In Season



fall at the Farmer's Market

Discover what's **in season** at your local farmer's market! Try one of these nutritious, delicious foods for a healthy flavorful fall.

BUD VEGETABLES: ARTICHOKE



Flower vegetables and bud vegetables (cauliflower, artichokes, asparagus, broccoli) are often low in calories and high in fiber. They are generally packed with Pro-Vitamin A and Vitamin C.

Try Smooth & Nutty Artichoke

Discard the tougher leaves and serve raw. Artichokes are excellent dipped in seasoned olive oil, nama shoyu or added to a fresh salad.

Selection:

Choose artichokes that feel heavy for their size. A fresh artichoke will make a squeaky sound when squeezed. The leaves should be too tight to pull apart easily, and should not look pitted or dry.

STEM VEGETABLES: RHUBARB



Although many leafy greens and root vegetables contain significant amounts of edible stem tissue, the term is generally only used for vegetables composed of aboveground edible stems.

Try Tart & Refreshing Rhubarb

When eating rhubarb, be sure to remove all the leaves, as they are poisonous.) Dip the stalk in raw honey, maple syrup or your favorite sweetener to mellow its tartness a touch. Or try sprinkling diced rhubarb over a smoothie bowl or cup of granola.

Selection:

When buying fresh rhubarb, look for moderately thin, crisp, dark pink to red stalks. Greener, thicker stalks are stringier, coarser, and more sour. The leaves should be unwilted and free of blemishes.

LEAFY GREENS: ARUGULA



Leaf vegetables (spinach, sorrel, chard, lettuce, cabbage) are always very low in energy and rich in Vitamin B9. They have high levels of Pro-Vitamin A & Vitamin C.

Try Aromatic Arugula

Arugula tends to be gritty, so rinse the leaves thoroughly. Mix with spinach for a salad base or add a handful to your next green smoothie!

Selection and Use:

Fresh arugula has long, firm, bright green leaves. Larger leaves are more peppery than small ones. Holes, tears, and yellowing edges are signs the greens are past their prime. If you can, buy arugula in bunches with the roots intact; this helps retain freshness.

TUBERS: SWEET POTATO



Tubers, such as sweet potatoes, cassava and yam, are a part of a plant similar to a root that stores energy and nutrients underground for the plant to use to survive periods of drought or temperature change.

Try Succulent Sweet Potato

Spiralize sweet potatoes to make a hearty raw pasta and top with your favorite sauce. Or you can dehydrate thin slices to make sweet potato fries or chips that taste great with a raw ketchup dip!

Selection:

Look for potatoes that are small to medium in size, with smooth, bruise-free skin. Avoid any with a white stringy “beard,” a sure sign the potato is over mature.

ROOT VEGETABLES: TURNIP



Root vegetables (carrots, beets, turnips, radishes, etc.) generally have few calories. They are rich in fiber, and some contain high levels of Pro-Vitamin A.

Try Crisp Tangy Turnip

Try to find the youngest, smallest turnips as they are the sweetest and most tender. Then, cut into wedges and serve with raw ranch dressing for a quick snack or add to a salad to for some zing.

Selection and use:

When choosing a turnip, look for a nice smooth skin and good-looking fresh greens. The greens should smell sweet. Smaller turnips are often sweeter and most tender.

FRUIT VEGETABLES: PUMPKIN

Fruit vegetables (zucchini, eggplant, tomato) are low in calories. They supply fiber, Vitamin B9 and Vitamin C. Fruit vegetables are generally sold as vegetables although they are botanically classified as fruits.

Try Rich Raw Pumpkin

For eating, we recommend “pie” pumpkins, which weigh in at 2 to 5 lbs., with flesh that is firm and sweet. Pumpkins are wildly versatile--you can use the raw flesh to make soups, smoothies or pumpkin pie. The pumpkin seeds are edible raw or can be used to make pumpkinseed cheese!

Selection:

Look for a pumpkin with 1 to 2 inches of stem left. If the stem is cut down too low the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy; shape is unimportant. 1 pound pumpkin = 1 cup pumpkin puree.



FRUITS: FIGS

A fruit is a part of a flowering plant that comes from specific tissues of the flower and is the means by which these plants disseminate seeds.

Try Luscious Sweet Figs

Figs are a tender, sweet snack with a slight crunch from the seeds. Eat them whole (no need to peel) or slice them in half and add a dollop of your favorite nut or seed cheese--delicious!

Selection:

Select figs that are clean and dry, with smooth, unbroken skin. The rounder they are, the better. The fruit should be soft and yielding to the touch, but not mushy. Use your nose. Smell the fruit. If it smells slightly sour, it has already begun to ferment.



FRUITS: PERSIMMON

Try Pudding-y Persimmon

Persimmons are tasty in smoothies and make a fine snack on their own; but, we especially like them cut in wedges and dressed with mint, lime juice and a bit of raw honey.

Selection:

Whatever the variety, choose persimmons that have deep, saturated colors. In fact, if you're looking for already ripe Hachiyas, you'll often see some black staining on the skin. This is not a problem.





eat

Halloween CANDY! ▶

3 Day Autumn Meal Plan ▶

Your Raw Barista ▶





RAW CHAI TEA LATTE RECIPE

Fall is around the corner & with that comes rich fall flavors. One of our favorite things to make is Raw Chai Tea Lattes! This recipe will have you heading for the blender on a regular basis! The combination of ginger, spices & rich nut milk soothes, satisfies & leaves a warming & memorable impression.

This Indian chai tea recipe is caffeine-free, vegan, and suitable for a raw food diet.

Prep Time: 15 minutes

Soak Time: 2 hours

Total Time: 2 hours, 15 minutes

Yield: 4 cups



PREPARATION:

Place all of the ingredients except the agave nectar (or natural sweetener) in a blender & blend on high speed for 30 to 40 seconds or until the nuts are thoroughly ground. Pour the mixture through a nut milk bag & squeeze out any remaining liquid.

Rinse the blender and pour the spiced nut milk back into it. Add the agave nectar (or natural sweetener), blend for a few seconds, taste and adjust any of the flavors or sweetener to your liking before serving.

Enjoy your raw food chai latte!



Ingredients:

4 cups water
1 1/2 cups soaked walnuts, almonds
or other nuts
4 cinnamon sticks or 1 teaspoon
cinnamon
2 tablespoons green cardamom pods
or 1 teaspoon ground cardamom
1/2 teaspoon whole cloves or 1/4 tea-
spoon ground cloves
1/4 teaspoon whole black peppercorns
or pinch fresh ground pepper
1/2 cup sliced ginger
1/4 cup agave nectar, liquid stevia, or
coconut sugar to taste



PUMPKIN SPICE LATTE

By Megan
www.Detoxinista.com

Prep time: 5 mins

Total time: 5 mins

Serves: 2

This homemade pumpkin spice latte is a lighter alternative to the coffee shop variety, combining a hint of pumpkin puree, homemade almond milk, fall spices and a splash pure maple syrup. It tastes like a decadent coffee drink, without the use of artificial syrups or preservatives! If you don't care for coffee, feel free to use extra almond milk instead, for a caffeine-free drink!



INSTRUCTIONS:

Combine all of the ingredients in a high-speed blender, and blend until smooth and creamy. Adjust flavor to taste, and serve warm! A high-speed blender should keep the contents hot enough to serve immediately, but if you're using a traditional blender, you may want to transfer the contents to a saucepan and warm over the stove top before serving.

Ingredients:

1 cup homemade almond milk
1 cup hot brewed coffee
2 tablespoons pumpkin puree
2 tablespoons pure maple syrup, or stevia to taste
1/2 teaspoon pumpkin pie spice

HALLOWEEN CANDY GONE RAW



Peppermint Patties



Rolos



Snickers Bar



Mounds



Reese's Cups





PEPPERMINT PATTIES

By Maggie
www.Rawified.com

Ingredients:

1/2 batch of raw chocolate
1/4 cup cashews
1/4 cup shredded coconut
1/4 cup coconut oil
1 tbsp honey
1/4 tsp peppermint oil



DIRECTIONS:

In a food processor, grind cashews and shredded coconut together into a fine powder. Add coconut oil, peppermint oil, and honey, and pulse until combined - be careful not to over process! Place in refrigerator to set while you make the chocolate sauce, which will need to be warmed slightly inside a bowl of hot water to ensure a liquid consistency. Once the cream has hardened, use a tablespoon measure to section out nine equal portions, which can then be shaped into patties with your hands - I find the best method is to roll the cream into a ball and press it flat. Place patties in the freezer for 10 minutes or so. When the patties are fairly cold, dip them one at a time into the chocolate sauce, which should harden immediately. I was able to dip each patty about three times before I ran out of chocolate. These will keep in the freezer for a week or two, and in the fridge for about three days.

These do take a little bit of time to make, but they're totally worth it. If you don't have peppermint oil you can substitute it with peppermint extract, or even fresh mint leaves - although in that case the center will be green rather than the traditional white. You'll also want to omit the honey from the chocolate sauce for this recipe, to get that bitter dark chocolate taste.



Nutritional Information (per one patty)

Calories: 175
Calories from fat: 145.5
Total fat: 16.17g
Saturated fat: 14.04g
Cholesterol: 0mg
Sodium: 5.61mg
Total carbohydrates: 7.45
Dietary fiber: 1.99g
Sugars: 2.15g
Protein: 1.84g





RAW 'ROLOS'

By Rebecca Kane
www.shineonraw.com



Ingredients:

Chocolate

½ cup of melted coconut oil
½ cup of cacao powder
¼ agave syrup Pinch salt

Caramel

½ cup of melted coconut oil
1/3 cup almond butter
½ cup agave syrup
1 tsp vanilla extract
1 tsp lucuma powder (optional)
Pinch of salt



DIRECTIONS:

Chocolate

Mix all the ingredients together with a whisk

Caramel

Blend all ingredients together until smooth . Place the caramel in the squeezezy bottle

Assembly

Pour the chocolate into the mould and fill ¾ full . Put the nozzle of the caramel container into the liquid chocolate and squeeze a small amount of caramel into the chocolate. Place in the freezer to set .
Enjoy at room temperature

EQUIPMENT

Food processor/blender
Squeezezy bottle with small nozzle
Chocolate moulds





RAW SNICKERS BARS RECIPE

{Raw Vegan} Gluten, egg, dairy, refined sugar-free

Makes 16 snack-sized Snickers Bars

Ingredients:

Nougat Filling (see below)
Caramel (see below)
3/4 c. raw peanuts

Recipe for Raw Chocolate (in melted form)

For the Nougat filling:
1/2 c. cashews, soaked for 1-2 hours
1/4 c. macadamia nuts, soaked for 1-2 hours
1/4 c. almond or oat flour
1 date, chopped
2 tsp agave
1 tsp coconut oil, melted
dash of vanilla extract
pinch of salt



1. Combine everything in a food processor until a smooth dough forms.

2. With your hands, form the bottom layer for the candy bar. Set on a plate lined with a piece of wax paper.

3. Refrigerate.

For the Caramel:

12 dates, depitted and chopped

1/3 c. water

6 Tb agave

1 1/2 Tb coconut oil, melted

1. In a high speed blender, combine all ingredients until completely smooth. Will take about 5 minutes total.



ASSEMBLING DIRECTIONS:

1. Combine peanuts and date caramel sauce. Using your hands, place on top of already formed nougat bottoms.

2. Freeze for 15 minutes.

3. Dip each bar into raw chocolate until fully coated. Set back on plate and freeze or chill in the fridge until chocolate has set.

These suckers are melty bad boys so you will want to devour immediately once out of the freezer/fridge.



MOUNDS CANDY BARS

By Elana Amsterdam
www.elanaspantry.com

Ingredients:

- $\frac{3}{4}$ cup chocolate chunks
- $\frac{1}{2}$ cup unsweetened shredded coconut
- $\frac{1}{4}$ cup coconut oil
- 1 tablespoon agave nectar or honey



Tip #1: This is important – they will need to be kept in the refrigerator/freezer to keep their shape because of the coconut oil which will get soft at room temperature.

Tip #2: If you'd like to have the chocolate indentation in the center (as shown in the photo), just add the spoonful of the chocolate topping to the peanut mixture BEFORE putting the cups in the freezer. The peanut butter mixture will be soft and you can push the chocolate mixture down with your spoon, then spread the rest evenly over the top. This way, you will only put them in the freezer one time.

Tip #3: This recipe will make approximately 10 – 12 peanut butter cups in a standard sized muffin cups filling them up about half full. The **set I use** is easy to clean and easy to remove the treats from. I'm not sure how the paper muffin cups would work if you use those.

DIRECTIONS:

- Melt chocolate in a small pan over very low heat; you can use a double boiler if you wish and **temper the chocolate**
 - Using a **small paint brush**
 - , coat the bottom and sides of a **mounds candy mold**
 - Place mold in freezer for 10 minutes to allow chocolate to harden
 - In a small bowl, combine shredded coconut, coconut oil and agave
 - Remove mold from freezer
 - Fill chocolate lined molds with coconut mixture
 - Paint chocolate over coconut mixture to cover bars
 - Place in freezer for 10 minutes to harden
 - Remove from freezer, turn mold upside down and pop mounds out of mold
 - Serve
- Makes 9 mounds bars (depending on your candy mold)*



HEALTHY PEANUT BUTTER CUPS

By Karielyn

www.thehealthyfamilyandhome.com

DIRECTIONS:

For the peanut butter bottoms

Step 1

Combine the peanut butter, maple syrup and liquid coconut oil (melt if needed) in a medium size bowl and stir until well combined.

Drop a spoonful at a time into silicone muffin cups until they are approximately 1/2 full.

Put them into the freezer for at least 15 minutes or until hardened.

For the chocolate topping

Step 2

Combine the raw cacao, maple syrup and liquid coconut oil (melt if needed) in a medium size bowl and stir until well combined.

Drop a spoonful at a time on top of the frozen/hardened peanut butter in the silicone muffin cups.

Put them into the freezer for at least 15 minutes or until hardened.

Step 3

Keep in the freezer until served because they will melt and lose their shape at room temperature if the coconut oil begins to melt.

Enjoy!

Ingredients:

For the peanut butter bottoms

3/4 cups organic peanut butter

1 tablespoon organic grade b maple syrup

2 tablespoons organic coconut oil (melted/liquid)

For the chocolate topping

1/4 cup organic raw cacao powder

1 tablespoon organic grade b maple syrup

1/4 cup organic coconut oil (melted/liquid)



DAY 1

For the Love of Pumpkin!

Breakfast – Vanilla + Pear Smoothie

Lunch – Massaged Kale Salad with Fresh Figs

Dinner – Butternut Pumpkin Pasta

Dessert – Raw brownies with Pumpkin Frosting

BREAKFAST

VANILLA + PEAR SMOOTHIE

By Felicia

Asimplyrawlife.blogspot.com

THE ESSENTIALS

1 frozen banana
2 pears peeled
1 c. coconut milk
1/2 tsp. vanilla extract
1 inch. vanilla bean



THE PROCESS

Scrape the inside of the vanilla bean and blend it with the coconut milk for 20 seconds. Then add all other ingredients in the blender and blend until smooth.

Serves 1. Makes approximately 2 cups.

LUNCH

Massaged Kale Salad with Fresh Figs

By Lauren Talbot
Diaryofanutritionist.com

A little avocado. A little citrus. Kale salad, I will never tire of you.

This time I opted to sweeten our greenery with a hefty drizzle of raw honey and fresh figs. This is the ideal salad for enetertaining. Don't miss out on the creamy but sweet flavors this salad has to offer.

Gosh. I want some right now.

Ingredients - Party Size (Serves 6-12)

4 heads of raw organic kale, pulled from stems, hard ribs removed
½ cup lemon juice, freshly squeezed
Pinch of sea salt, optional
3 ½ organic avocados, pits removed
2 cups ripe figs, rinsed, stems removed, quartered
¼ cup shallot, thinly sliced
3 tbsp raw honey
3 tbsp fresh mint leaves, finely chopped

THE HOW TO:

Place kale leaves in an oversized bowl and start by sprinkling your greens with sea salt. Next add your lemon juice and avocado. Use your fingers to really massage the oils and citrus into the leaves until sufficiently covered. The leaves will have wilted. This should take about 5 minutes.

Set aside figs and throw in remaining ingredients.

Toss.

Add in figs and gently toss

DINNER

Raw Butternut Pumpkin Pasta

By Hannah
blog.afoodlyaffair.com

Serves 6-8 as an entree.

You will need a good vegetable peeler, whisk (or fork), citrus juicer (or fork), mortar & pestle (or fork) and two large bowls. See how versatile and essential a fork can be as a kitchen utensil?



Ingredients you will need:
1 small butternut pumpkin
1 clove garlic
apple cider vinegar
good olive oil
salt, to taste
pepper, to taste
110g walnuts, shelled & weighed
out of their shells
few sprigs marjoram
dulse flakes, to serve
[optional] parsley flowers, to serve
[I actually think that fennel flowers
would be brilliant with this recipe]



THE PROCESS

Start by preparing your pasta. Cut the ends off the pumpkin and peel off the skin; all of this can be composted. Next, peel long, thin strips from your pumpkin, as long and even as you can make them. Peel until it gets too hard to handle or you get close to the seeds. Place the peeled pumpkin into a large bowl; save the rest of the pumpkin for another recipe. My efforts reaped 550g in pumpkin 'pasta'.

Next, make the dressing. To do this, pour a good lug of apple cider vinegar and twice as much olive oil into the other large mixing bowl. Roughly crush the garlic clove and add it to the bowl; do not finely chop the garlic, as you want to remove the bits of garlic before you use it on your pasta. Add a sprinkling of salt and a few grinds of pepper.

Whisk until the emulsion becomes creamy in texture. Taste. Add more of anything you feel is lacking. Whisk well. Taste again.

When you are happy with the flavor, pour a little dressing (minus the garlic) over the pumpkin pasta then toss it through, ensuring that just enough dressing is added to coat your pasta without making it dripping wet.

I am deliberately imprecise with my measures for the dressing, as it all depends on personal taste. You can quickly make more dressing if you need it. It also stores well in the fridge if you make too much. Next, crush the walnuts into large crumbs, using a fork or a mortar & pestle, and add to the pasta.

Remove the marjoram from its stems and finely chop, then add it to the pasta.

Toss all of this through the pasta very well, tasting and adding more salt and pepper as needed (and it will probably need more salt).

Serve stacked beautifully in a bowl and sprinkle with dulse flakes and parsley flowers, if you can get your hands on them.

DESSERT

Raw Brownies with Pumpkin Chocolate Frosting

By Gena Hemshaw
www.ChoosingRaw.com



Pumpkin Chocolate Frosting (vegan, gluten free, soy free)

Makes over 2 cups

1 3/4 cups pumpkin purée (or 1 can organic pumpkin—I like the Farmer's Market organic brand because the texture is nice and thick) 3 tbsp raw cacao powder 1/4 cup almond butter 3-4 tbsp agave nectar or maple syrup (to taste) 1 tsp cinnamon

Blend all ingredients together in a food processor or blender. Serve on top of raw brownies (recipe below) or any other raw treat!



Raw Brownies (vegan, raw, gluten free, soy free)

Makes 8-10 brownies

2 cups walnuts 2 cups pitted dates 1/2 tsp sea salt 6 tbsp raw cacao powder

Blend all ingredients together in a food processor fitted with the S blade. Press into an 8 inch pan, cut into brownie shapes, and serve. You can easily cut the recipe in half if you like.



DAY 2

Fresh Fall Palate

Breakfast - October Green Smoothie Bowl

Lunch - Autumn Soup

Dinner - Hearty Harvest Salad

Dessert - Persimmon Pudding

BREAKFAST

PEAR, BLUEBERRY & ORANGE GREEN SMOOTHIE BOWL

By Claire Ragozzino
Vidyacleanse.com



SMOOTHIE BASE

½ cup water 2 stalks celery 1 cup spinach 1 avocado 2 cups frozen blueberries 1 pear 1 tbsp flax oil 3 drops Young Living orange essential oil *Optional: 1 tbsp Vitalmineral Green powder*

TOPPINGS

3-4 sliced strawberries ½ chopped pear 2 tbsp hulled hemp seeds 2 tbsp bee pollen 1 tsp cacao nibs

In a high-speed blender combine the celery, spinach, and water first. Blend until a smooth liquid. Add the remainder of the base ingredients and blend again until creamy. Pour into a bowl and garnish with sliced fruit and superfoods.

See more at: <http://vidyacleanse.com/2013/09/my-perfect-breakfast-blueberry-pear-orange-green-smoothie-bowl/#sthash.elkbEvWS.dpuf>



LUNCH

AUTUMN SOUP

By Sophie Jaffe

philosophiemama.wordpress.com



Ingredients:

- 3 C carrot juice (fun tip: did you know carrots are in the parsley family!?)
- 1 small, ripe avocado
- 1/4 C Coconut meat (or use Coconut Butter if you don't have coconuts on hand)
- 1/4 C lime Juice
- 1 T Green dream powder
- 2 T agave
- 1 T minced ginger
- 1/4 t cayenne pepper
- 1/4 t sea salt
- 1 T optional Olive Oil for garnish



EASY DIRECTIONS:

1. In a vita-mix or high-speed blender, puree all the ingredients until completely smooth. Taste for extra seasoning.
2. Divide among bowls and garnish with a drizzle of olive oil and a few cilantro leaves in the middle. If you want it heated: Gently warm the soup over very low heat in the saucepan, stirring continuously for a few minutes until it's warmed through.



DINNER

AUTUMN SALAD

Yield: about 8 cups

DIRECTIONS:

1. Add the grate/shred blade to food processor. Turn machine on and drop in the brussels sprouts to shred. Now drop in the carrots to shred. Alternatively, you can finely chop brussels and shred carrots with a hand-held grater. Transfer to a large mixing bowl.

2. Stir in the diced apple, celery, pumpkin seeds, and raisins into the carrot and brussels sprout mixture.

3. Add lemon juice, salt, pepper, and optional fresh thyme to taste. Add a small amount of maple syrup (about 1/2-1.5 tsp) to take the edge off the lemon juice. Sprinkle with cinnamon if desired. Serve & enjoy!

Ingredients:

400 grams brussels sprouts (about 18), washed and stems removed

280 grams carrots (about 2 large), peeled

1 apple, diced (I used Honeycrisp)

1 large celery stalk, diced

1/2 cup pumpkin seeds

4-6 tbsp raisins

2-4 tbsp fresh lemon juice, to taste

1/4 tsp fine grain sea salt or

Herbamare, or to taste

1 tsp fresh Thyme leaves (optional), or other herbs of choice

Pure maple syrup, to taste



DESSERT

PERSIMMON PUDDING

By Swathi
Tastedeindia.com

Servings: 2



Ingredients:

1. Fuyu Persimmon – 2 Very ripe (No need to peel the skin)
2. Walnuts – 8 (Optional)
3. Cardamom powder – ¼ tsp (Use your choice of flavor-vanilla)
4. Honey – 1 tbsp (Sweetener of your choice)
5. Chia seeds – 1 tbsp (Optional)



METHOD:

1. Wash, dice and take out the leaves of persimmons (deseed, if there any).
2. Add them to blender along with honey and cardamom powder and blend them to smooth paste
3. Taste and adjust sweetness, Add chopped walnut.
4. Immediately pour this into a mold, this puree will settle very fast, if you want to pour it in mold then pour immediately after blending or you can serve the puree as is.
5. Wait for 5 to 10 minutes, until the pudding thickens and settles.
6. Scoop pudding carefully on to a serving plate and garnish with chia seeds. Serve chilled or as is.



DAY 3

Cozy Comfort Foods

Breakfast – Huevos-less Rancheros
Lunch – Luscious Beet Salad
Dinner – Down Home Corn Chowder
Dessert – Snickerdoodle sandwich cookies

BREAKFAST

HUEVOS-LESS RANCHEROS

By Joelle Amiot
Jarohoney.com



SERVES 2 NOTE:

there are 4 different elements to this recipe. To make it easy, I will provide the ingredient list and directions for each element. Make all of the elements in listed order and they will be ready at the same time.... the polenta, salsa, and onion strings will all be dehydrated at the same time.

CORN POLENTA

1 1/2 cup of fresh organic yellow corn kernels, freeze overnight 1/4 tsp fresh ground pink salt 1 tsp. whole cumin seeds, grind fine (I use an old coffee grinder) 2 tsp. unrefined organic cold pressed sesame oil 1/2 small organic lime, zest and juice 2 large fresh organic garlic cloves, fine chopped In your food processor, fine chop the frozen corn kernels to a coarse meal, add this to a medium mixing bowl. Now fold in the pink salt, ground cumin seed, sesame oil, lime zest and juice, and chopped garlic cloves. Mix well and place on a solid dehydrator tray. Dehydrate for 2 hours

FRESH TOMATO PEPPER SALSA

2 cups fresh ripe organic pearl tomatoes 1/2 organic jalapeno pepper 3 large organic garlic cloves 1/2 fresh organic red bell pepper 1/3 cup fresh organic cilantro leaves, wash and spin dry 1 black cardamon pod, fine grind in your grinder 1/2 tsp. fresh ground pink salt 1/2 organic lime, zest and juice In a food processor, pulse all of the ingredients about 15 times, you want this to be slightly chunky. Place this mixture on a solid dehydrator tray. Dehydrate for 2 hours RED ONION STRINGS 1/4 medium organic red onion Lay the onion on its side on a flat surface and slice thin rounds, place on a slotted dehydrator tray. Dehydrate for 2 hours AVOCADO FANS 1 large ripe organic avocado 1 small organic lemon, juice and reserve peel for another recipe AFTER ABOVE



ELEMENTS ARE DONE:

Cut the avocado lengthwise in half and pit. Gently peel the avocado halves and place pit hole down on a cutting board. Now cut each half into 8 thin slices length wise and dip them in the lemon juice to coat all sides well. You will be arranging in a fan on the polenta bed. Start from the left hand side with an end piece. Now lay the next slice slightly

on it at a slight angle. Continue with the other slices of that half to complete a fan shape. Repeat with the other half of the avocado. On two serving plates, lay down on each 1/2 of the polenta in a round circle about 1/4 inch thick. Now top each with an avocado half in a fan shape as described above. Smother with 1/2 of the salsa and garnish with 1/2 of the red onion strings. IT'S A FIESTA!

LUNCH

RAW BEET SALAD

Makes: 4 servings

Time: 20 minutes

Beets, like carrots, can be eaten raw. And they're delicious that way, crunchy and sweet. So sweet, in fact, that they need a strongly acidic dressing like this one for balance.

DIRECTIONS:

1. Peel the beets and shallots. Combine them in a food processor and pulse carefully until the beets are shredded; do not purée. (Or grate the beets by hand and mince the shallots, then combine.) Scrape into a bowl.
2. Toss with the salt, pepper, mustard, oil and vinegar. Taste and adjust the seasoning. Toss in the herbs and serve.

Raw Beet Salad with Cabbage and Orange.

Quite nice-looking: Use equal parts beet and cabbage, about 8 ounces of each. Shred the beets (with the shallot) as directed; shred the cabbage by hand or by using the slicing disk of the food processor. Add 1 navel orange (including its juice), peeled and roughly chopped.

Raw Beet Salad with Carrot and Ginger.

Ginger and beets are killer together: Use equal parts beet and carrot, about 8 ounces of each. Treat the carrots as you do the beets (you can process them together), adding about a tablespoon of minced peeled ginger to the mix; omit the tarragon. Substitute peanut for olive oil, lime juice for sherry vinegar, and cilantro for parsley.

Ingredients:

- 1 to 1 1/2 pounds beets, preferably small
- 2 large shallots
- Salt and freshly ground black pepper
- 2 teaspoons Dijon mustard, or to taste
- 1 tablespoon extra virgin olive oil
- 2 tablespoons sherry or other good strong vinegar
- 1 sprig fresh tarragon, minced, if available
- 1/4 cup chopped parsley leaves

DINNER

CREAMY CLAM CHOWDER

By Sarahfae Bedelia
www.addictedtoveggies.com



INGREDIENTS:

Creamy Chowder Base:

1 c Macadamia Nuts
1 c Zucchini – peeled and chopped
1/2 c Corn (you can use fresh or frozen)
1/4 c Mushroom (Crimini or Shiitake) – chopped
1 tsp Apple Cider Vinegar
Sea Salt to taste
Water
High Speed Blender: 1 c Water
Food Processor: 1/2 to 3/4 c Water

Flavoring the Plain Chowder:

1 Tbsp Onion powder
1 tsp Kelp Granules
1 tsp Ground Celery Seed
1 tsp dried Parsley
Black Pepper to taste

More Chowder Ingredients:

1 c Corn
1/4 c Celery – chopped well
1/4 c Carrot – chopped well
Dash of sea salt salt and black pepper

METHODS/STEPS

CHOWDER BASE:

- 1) In your high speed blender or food processor puree your base ingredients until whipped and creamy
Food Processor puree time: 2-3 minutes. Stopping to scrape down the sides as needed. Add 1/2 c water first, and 1/4 c more water if needed. Puree an additional 2-3 minutes until very creamy.
- 2) Add in your chowder flavoring ingredients and pulse 5-10 times until evenly mixed with your creamy base.
High Speed Blender time: 2-3 minutes on high, until creamy and hot.

ASSEMBLY:

- 1) Toss corn, celery and carrots in a bowl with a dash of sea salt and cracked black pepper.
You can opt to heat these ingredients in your food dehydrator if you like.
- 2) Mix your chowder AND ingredients together, and serve with a dash of Kelp Granules.
Enjoy!

DESSERT

MINI RAW SNICKERDOODLE SANDWICH COOKIES

By Amy

Fragrantvanillacake.blogspot.com

Makes 8

CINNAMON CREAM:

3/4 cup raw cashews, soaked for at least 2 hours and drained

3/4 cup young coconut meat

1/2 cup coconut water

2 Tbsp agave nectar or honey

seeds of one vanilla bean or 2 tsp pure vanilla extract

a pinch of sea salt

1/2 tsp cinnamon

1/4 cup coconut oil, warmed to liquid

Cookies:

1 1/2 cups shredded dried coconut

2 cups almond meal*

1/4 cup raw agave nectar or honey

2 tsp pure vanilla extract or seeds of one vanilla bean

1 tsp cinnamon, plus more for sprinkling

1/4 tsp sea salt



To make cookies, place coconut and almond meal in the food processor and process until finely ground like flour. Add agave nectar, vanilla, cinnamon and sea salt and process until it is well incorporated and starting to hold together. Shape the dough into 16 balls, and flatten to form small cookies. Sprinkle with a little cinnamon and place on dehydrator sheets. Allow to dehydrate for 8-10 hours, or until dry but still a little soft in the middle.

To make cream, combine the cashews, coconut, coconut water, agave nectar, vanilla, and sea salt in a food processor

and process until smooth. With the motor running, add the coconut oil until well blended. Place in the fridge to firm up to frosting consistency, about 2 hours. Or if you place it in the freezer, 30 minutes.

When the cream is chilled, place in a pastry bag and pipe frosting (about 1 Tbsp each) onto half the cookies on the bottom side. Top each with the remaining cookies and enjoy!

*grind soaked and dried almonds to a pulp if you do not have almond meal on hand.

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