

Raw Food Sidebar

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Taking a stroll down the raw road is the best way to determine if the path is for you.

Shanti Devi, is a New York City-based raw and lifefood chef and nutritional advisor. Shw offers Yoga and Raw/Lifefood Education classes, retreats and workshops in New York City, Key West, Costa Rica, and Israel. Here she provides a day's worth of raw ideas to whet your appetite.

All recipes serve 2-4 people. Sources for hard-to-find ingredients are listed at the end of this article. Read the recipes through in advance, as raw nuts require overnight soaking.

Breakfast

“Smoothies are a great way to get all our nutrients in, especially when we add superfoods to them,” Devi said. Such dietary dynamos include cacao (from which chocolate is made), maca (a “new” Peruvian superfood loaded with protein), bee pollen, hemp seeds and spirulina.

Devi offers two smoothie options. She suggests buying organic frozen berries or freezing your own.

Berry Antioxidant Liquid Booster

3 cups water or herb tea

1 cup frozen blueberries

1 cup frozen raspberries

1/8 cup cacao nibs** (optional)

3T honey or agave nectar** or one packet stevia powder for diabetics and sugar sensitivities

2T raw coconut oil*

1/2 stick vanilla bean or 1/2t vanilla extract

1/3 cup hemp seeds* or raw cashews

optional: 2T green powder, maca** or spirulina*

Blend all ingredients in a blender. You can use other fruits in place of the berries. Mangoes, peaches, pears, strawberries or cherries are excellent choices.

Banana Spirulina Smoothie

3 cups water or herb tea

2 frozen bananas

1T honey or agave nectar** (optional)

1/2 t vanilla extract

1/4 cup almond butter

1T spirulina*

optional: add green powder, bee pollen, cacao or any other superfood

Blend all ingredients.

Lunch

For a mid-day meal, enjoy one of the smoothie recipes above or try one of the following:

- A Super Salad with dressing and/or raw pate or humus
- Devi's gourmet raw creation

Super Salad

A super salad is made of any of the following greens: romaine or red leaf lettuce, arugula or dandelion greens, kale, sprouts, parsley, herbs or any other dark leafy green vegetable. Devi usually adds olives and/or avocado for some essential fats. Top with one of the two following dressings:

Tahini Dressing

1/2 cup tahini

1/4 cup water

1 fresh lemon juice

½ t celtic sea salt

2 cloves of garlic

pinch of cumin

½ t ginger(optional)

drop of honey

Blend all ingredients to a creamy consistency.

Spirulina Dressing

2T Spirulina powder

1 cup olive oil

1/2 cup fresh basil

2 t sea salt

1/2 cup fresh lemon juice

2 cloves garlic

Blend all ingredients.

Middle Eastern Pate

3 cups raw sunflower seeds soaked overnight

one cup fresh cilantro

½ cup fresh parsley

½ cup olive oil

1t cumin

1t coriander

1t celtic sea salt

1t paprika

½ t white pepper

Process all ingredients in a food processor using the S blade.

Zucchini Humus

2 small zucchinis

1 cup water or more as needed

1 cup sesame seeds

½ cup tahini

1/3 cup lemon juice

2-3 cloves garlic

1t sea salt

¼ cup olive oil

Blend all ingredients. Garnish with fresh tomatoes, olive oil and paprika.

Garlic Mac-Mash Un-Potatoes with Marvelous Mushroom Gravy

“Raw” doesn’t need to mean “boring.” Devi demonstrates the gourmet side of raw in this recipe.

1 head of cauliflower

2 cups soaked raw macademia nuts or cashews

Process in a food processor using the S blade. Add 1-2 cloves of garlic, 3T olive oils and sea salt, coarsely ground black peppercorns and lemon to taste.

Mushroom Gravy

2 avocados

2 cloves garlic

1/4 cup red onion

1 t celtic sea salt

1 cup water

2 portabellos marinated in 1/2 cup fresh sage, 1/2 cup olive oil, 1t sea salt for at least 2 hours

1t black pepper

Blend all ingredients.

Dinner

Enjoy a small super salad (see above recipes) or an uncooked soup.

Thai Squash Soup

3 cups raw Kobucha squash

2 cups water

2 T chopped ginger

1/2 cup fresh cilantro minced

2T lemongrass

2 t sea salt

1 shallot

1t coriander

1/2 t cayenne pepper (optional)

1 cup raw pumpkin seeds soaked for 2 hours

juice of two limes

Blend all ingredients except for the raw pumpkin seeds.

Raw Desserts

You probably thought you'd kissed sweets good-bye. Not so. Raw desserts are not only delicious, they're naturally low in cholesterol and a great substitute for unhealthy desserts

rich in cream, eggs, butter, margarine, hydrogenated oils, wheat and refined sugar. Here are two to try:

Energy Balls

3T Spirulina powder* (optional)

2 cups dates or unsulfured turkish figs

3 cups brazil nuts or almonds

2T finely grated lemon rind

dash sea salt

1 1/2 cups shredded coconut

Process the salt, dates, spirulina and brazil nuts in food processor using the S blade. Add the lemon zest, water and shredded coconut and process for two more minutes. You may add a bit of water as needed.

Strawberry Mousse

2 cups frozen strawberries

2T fresh lemon juice

1/2 cup raw walnuts

1/8 cup water

1T honey or agave nectar**

1/2 t vanilla

Blend all ingredients.

**Good quality raw coconut oil, hempseeds and Spirulina can be found in most healthfood stores.*

***You can order excellent quality raw cacao beans or nibs, Maca and agave nectar (a natural low-sugar sweetener made from the agave cactus) online at www.rawfood.com.*

RAW RESOURCES

To get your started, peruse the following web sites and cookbooks. They will open your eyes and forever change your perception of what you may think it means to eat raw.

- “Raw: The UNcookbook” by Juliano
- “Living in the Raw” by Rose Lee Calabro
- “The Raw Gourmet” by Nomi Shannon
- “Hooked on Raw” by Rhio
- “The Sunfood Diet Success System” by David Wolfe
- “Raw” by Charlie Trotter and Roxanne Klein
- “Your Natural Diet: Alive Raw Foods” by T.C. Fry and David Klein
- www.purejoyliving.com
- www.rawfood.com
- www.living-foods.com
- www.naturesfirstlaw.com
- www.sunorganic.com (not all foods are raw)
- www.shantidevi.org