

winter cleanse - issue one - february 2009

“A day by day guide to a raw food lifestyle”



Presented by Heather Gardner from:
www.KombuchaChic.com



An intro to raw foods:



Back in 2005, I had reached a point in my life when I seriously needed some change. I wasn't as healthy as I wanted to be, I wasn't as happy as I wanted to be and I was ready to move in a new direction. A breaking point was reached when I stepped on the scale and was shocked to read that I almost weighed 200 lbs. The minute I saw those three digitized numbers, I knew that it was time to take the first step.

I began to research raw food and I was amazed at what I found. People were able to change every aspect of their lives simply by changing their diet. While I had never thought my diet was too bad, (I had been a vegetarian for many years) I realized that it could be so much better. A big motivator for me was to see before and after pictures. The difference in the bodies of those who switched to raw food was very impressive. There also seemed to be a difference of countenance in these people. They looked so much happier.

If you've read anything about raw foods, you know that the live enzymes existing in raw foods is one of the main reasons we eat this way. Raw food is pure nutrition, plain and simple. I believe it is the healthiest way for people to eat, and I've personally experienced the transformation that eating raw can produce.

I was completely raw for a total of 6 months in 2005 and I never felt better in my life. I lost 70 lbs and my life was completely changed for the better. I had more energy than I knew what to do with and my body felt so pure and clean. My skin looked better than it had in years and everything felt so balanced. I was at peace with my body, and at peace with myself. I felt complete comfort in my own skin.

While amazing changes can take place in 6 months of eating raw, you can get a taste of what these changes are like in as little as one week. After my first week, I had more energy, I lost weight and I could see just how amazing eating raw could be if I stuck with it. And I did stick with it, all through the spring and summer and even into the fall. Once it started to get cold, I had a hard time staying raw, and I slowly introduced cooked foods back into my diet.

These days, I am anywhere from 50-85% raw. I think its time to go for one whole week again and see how it affects me now. This ebook is a small guide to staying raw for one whole week. Included are grocery lists, daily menus, recipes and more! I hope that you can use this ebook to help yourself to stay raw for one week. The recipes featured are simple enough for anyone to make and I hope you enjoy them as much as I will.

Feel free to follow my progress on KombuchaChic.com. I will give daily updates with video journals, recipe photos and much much more. Please enjoy this free gift of health from me and the contributors to you and have fun being One Week Raw!

-Heather Gardner



Kitchen Tools:



Some people find the challenge of raw food to be daunting because of the complexity of many recipes. While its true that some recipes can be time consuming, knowing what you need to make the recipe and having the right equipment can prove to be extremely helpful.

Here is a list of the most common appliances that help in the preparation of raw food.

High Speed Blender - I think this is probably the most important tool for raw food preparation. Blenders are wonderful for smoothies, sauces, nut milks and many more uses. Many raw foodists recommend the powerful [Vitamix Blender](#). You can't go wrong with this one!

Food Processor - Second in line of importance is the food processor. A good food processor can do a lot of grunt work for you in the kitchen. Find one with different slicing attachments so you can easily shred, slice and process your raw food. I've used my [Kitchenaid food processor](#) for countless dishes, one of my favorites is raw energy bars.

Juicer - A juicer can be a very useful tool for detoxifying the body. Nothing is more nutrient dense than a tall glass of fresh, raw juice. Most juices that you buy in the store have been pasturized to extend the shelf life. If juicing is something you are interested in, [Champion Juicer](#) makes a wonderful model that is time tested and works like a charm.

Dehydrator - Having a dehydrator isn't necessary for raw food preparation, but they are useful in creating many "cooked" food textures and flavors. Dehydrators can make chips, crackers, pizza crusts and plenty of other goodies. I bought my [Excalibur Dehydrator](#) after a year of dabbling in raw food and I've thoroughly enjoyed what I've gotten out of it.

Spiral Slicer - Another optional tool used for creating long, thin strips of veggie "pasta".

Vegetable Peeler - This tool creates a different style of veggie "pasta".

Mandolin Slicer - For every other kind of slicing need, a mandolin is sure to fulfill the need.

This is just a basic list of kitchen tools for the raw kitchen and you will probably only use the blender and food processor and a good knife for most of the simple recipes in this ebook.





Shopping for days 1-3:

Produce:

fresh fruits

bannanas
apples
oranges
lemons (4)
limes

1 bag of frozen fruit

fresh greens

spinach
salad greens
collard greens
collard greens
kale
cilantro

green papaya

carrots

green or red cabbage

2 red onion

bean sprouts

young coconut

thyme

garlic

kaffir lime leaves

thai basil

chili peppers

2 parsnips

celerybunch dill

tomato

zucchini

You can buy a lot of ingredients inexpesively at Asian markets. Look for green papayas, goji berries, miso and many common produce items.

Bottled Goods:

extra virgin olive oil

nama shoyu - (*Japanese for*
"raw soy sauce")

raw tahini

red bell peppers

avocados

alfalfa sprouts

dates

Fo-ti

vanilla

raw almond butter

raw honey or agave nectar

apple cider vinegar

miso paste

Bulk Section:

almonds

goji berries

pine nuts

flax seeds

nutritional yeast

rolled oats

onion powder

hemp seeds

nutmeg

maca powder

carob powder

cocoa powder

sunflower seeds

cashew nuts

macadamia nuts

ground cumin

buckwheat groats

For small amounts of spices needed in recipes, try buying in bulk. Many large superstores offer spices in bulk and you can find them in abundance at natrual food stores.





Day one:

Breakfast: Green Smoothie

- 1 banana
- 2 cups frozen fruit
- 1/3 bunch spinach
- 1/2 cup goji berries soaked in warm water for 10 min. (optional)
water for consistency

Blend all ingredients, adding water to desired consistency.

Lunch: Green Papaya Salad with “Peanut Sauce”

- 2 cups green papaya, shredded
- 1 cup carrots, shredded
- 1/2 cup green or red cabbage, shredded
- 1/4 red onion, thinly sliced
- 1 cup bean sprouts
- 1/2 cup cilantro, chopped

Mix all ingredients together and set aside and make salad dressing.
(See yellow box to on right hand side of page...)

Green Papaya Salad assembly: Lay 2 cups of the marinated salad on a bed of greens. Drizzle with “Peanut” Sauce. Avocado is a delicious garnish for this salad.

Salad Dressing:

- 1 clove garlic
- 1 tbsp minced ginger
- 4 tbsp apple cider vinegar
- 3 tbsp extra virgin olive oil
- 2 tbsp honey
- 1 tbsp nama shoyu
- Juice of 1 lime
- salt and pepper to taste

Blend all ingredients and toss with salad. Set aside and make “Peanut” Sauce.

Peanut Sauce:

- 1/2 cup raw almond butter
- 1/4 cup water
- 1 tbsp nama shoyu
- 2 tbsp honey
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 2 tbsp lime juice
- 6 or 7 kaffir lime leaves
- 1 bunch thai basil
- 1 thai chili pepper

Blend all ingredients together until smooth. You can adjust ingredient portions to personal taste.





Day one continued:

Dinner: Dolmas Salad

2 Parsnips peeled and chopped
1 Celery stalk chopped
1/3 Onion chopped
1 Clove of Garlic chopped
1/2 Cup Raw Sunflower Seeds
1/4 Cup of Raw Cashews
1/4 Cup Raw Macadamia Nuts
1/4 Cup Extra Virgin Olive Oil
Juice of 1-2 Lemons
3/4 Bunch of Fresh Dill
1 Tsp Ground Cumin
Sea Salt to taste
1 Tomato Chopped
1 Tsp Apple Cider Vinegar
1-2 Cups Chopped Salad Greens



Blend all ingredients except the greens, tomato and apple cider vinegar in a food processor until is slightly chunky. The mixture should stick together and have texture to it. Toss the salad greens with the vinegar and if you like a bit of extra virgin olive oil, and then add the parsnip mixture on top. Garnish with chopped tomatoes and a tiny sprinkle of cumin.

Snack: Fruit of choice and a handful of raw nuts.

Nuts are a great source of energy. My personal favorites are macadamia, cashews and almonds. To get the most out of almonds, try soaking them in water over night, and eating them soft in the morning.





Day two:

Breakfast: Buckwheat Cereal

1/2 cup buckwheat groats (soaked overnight and rinsed very well, dehydrated for 4 hours if you have one, if not just enjoy soaked and rinsed). Add goji berries, any dried fruit or nuts you desire, a banana and an apple sliced small. Use fresh almond milk as your milk.

Almond Milk:

Soak 1 cup of almonds over night.

Rinse and add to blender with 2 cups of purified water

Blend until smooth.

Strain through a cheesecloth or strainer so no almonds are in the milk.

As an alternative blend a ripe banana with water for milk.

Lunch: Big green smoothie

Blend banana, a handful of any green, 1.5 cups of frozen mango, and coconut water until smooth.

Big Kale Salad:

3 cups of kale sprinkled with juice from half of a lemon and drizzled with olive oil season as desired and massage with your hands until every leaf is coated. Sprinkle hemp seeds on top and enjoy!

Dinner: Collard Wraps

Take 3 large collard leafs and fill them with avocado, carrots, chopped red pepper, and sprouts. Rolled them up into wraps and enjoy.

Blended Soup:

Take about a cup of spinach (more if you'd like) blended with one whole avocado, 1 clove of garlic, 1/4 cup of water, and season with sea salt and pepper. Sprinkle hemp seeds or nuts on for extra crunch.

Snack / Dessert: Blend frozen banana with frozen strawberries and cacao powder until smooth, stick back into the freezer for 30 min. and enjoy!





Day three:

Breakfast: [Super Choconana Shake](#)

- 1 banana
- 2 cups almond milk
- 1 medjool date
- 2 tsp raw cacao powder
- 1 tsp carob powder
- 1 tsp maca
- 2 capsules Fo-Ti, also known as Ho Shou Wu* (optional)
- 1/2 tsp vanilla extract
- Dash nutmeg

* Fo-Ti/Ho Shou Wu is a Chinese herb and can be found at health or supplements stores.

Blend all ingredients until smooth and frothy in high power blender. If you don't have almond milk already made, you can quickly whip some up by blending 2 tbs of almond butter with 2 cups water. Depending on the ripeness of your banana, you may want to add a touch of agave nectar for sweetness. If using fo-ti, open the gel caps and empty the content (powder) into the blender.

Lunch: [Green salad with Dill-icious Dressing](#)

Dill-icious Dressing:

- 1/2 avocado
- 1/2 cup olive oil
- 3/4 cup water (or until desired consistency is reached)
- 1/8 cup apple cider vinegar
- 1/4 cup lemon juice
- 2 or 3 garlic cloves
- 2 tablespoons tahini
- 1 tablespoon miso (or 2 tbs Braggs)
- 1 teaspoon salt, or to taste
- 1/4 cup fresh dill

Blend all ingredients except dill until smooth. Add dill and process briefly. Alternatively, you could finely chop the dill and add it by hand. Serve on a bed of greens.



Day three continued:



Dinner: Zucchini Pasta in Creamy Spinach Sauce

Zucchini, peeled and spiralized using the smallest setting. If you don't have a spiral slicer (a 'noodling' gadget), simply use a veggie peeler to make long, thin zucchini strips.

Creamy Spinach Sauce

- 4 cups spinach
- 1 small garlic clove
- 1/2 cup cashews
- 1/4 cup water
- 1 tbs lemon juice
- 1 tbs olive oil
- 1/2 tsp salt
- 1/4 tsp nutmeg
- 1/4 tsp thyme

Blend in high speed blender until very smooth.

Pine Nut Parmesan

- 1/2 cup macadamias
- 1/2 cup cashews
- 2 Tbs pine nuts
- 1 Tbs lemon juice
- 1Tbs flax meal (grind in high speed blender)
- 1 clove crushed garlic
- 1Tbs nutritional yeast
- 1/2 tsp salt

First process macadamias and cashews until ground. Then add the pine nuts and process briefly. Follow with the rest of the ingredients and process until well mixed. You don't want to over-process the pine nuts as they release a lot of oil.

Snack: Cheddar Cheeze Spread with veggie sticks

- 1 cup red or orange bell pepper
- 3/4 cup cashews and/or almonds, soaked
- 1/2 cup water
- 2 - 3 tbs rolled oats
- 2 tbs nutritional yeast
- 2 tbs lemon juice
- 2 tbs tahini
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt

Blend all ingredients until smooth. Add more water or oats until desired consistency is reached.



Shopping for days 4-7:



Congratulations on making it half way through the week! Remember, the first few days of transition are always the hardest. It just gets easier to eat better after this! It's time to get back to the store to stock up on some fresh produce for the next four days.

Produce:

Fresh Fruit:

- strawberries
- grapes
- bannanas
- apples
- oranges
- grapes
- mango

Fresh Greens:

- swiss chard
- salad greens
- cilantro
- parsley
- spinach

- raisins
- cherry tomatoes
- pumpkin or
- butternut squash
- turnip
- yellow bell pepper
- alfalfa sprouts
- red bell pepper
- dates
- frozen fruit
- green onions
- mushrooms
- heirloom tomato
- cucumber
- red onion
- basil
- cauliflower
- white onion
- garlic

Bulk Foods:

- dried currants
- dried apricots
- brazil nuts
- cinnamon
- sunflower seeds
- dried cranberries
- raw pumpkin seeds
- walnuts

Garlic is an amazing food that should always be kept in stock. [Check out my top ten reasons to keep garlic in your kitchen on my site!](#)





Day four:

Breakfast: Apple Porridge

- 2 small red apples (quartered and added to blender - including cores)
- 4 tablespoon dried buckwheat (previously soaked and dehydrated)
- ¼ teaspoon 5 spice mix
- 1/8 teaspoon cinnamon
- small chunk peeled ginger
- ¼ cup nut milk (I used almond milk)
- a small handful of raisins (as topping)
- 1 tablespoon dried buckwheat (as topping)



Add all of the above (not the toppings) to the blender and blend up but not to a puree, you want to have texture to it still. Place in a bowl and add the toppings.



Lunch: Coleslaw Salad

- mixed salad greens
- 1 cup red cabbage
- 1 cup pumpkin or butternut squash
- 1 cup turnips
- 1 cup carrots
- cherry tomatoes (cut in half)
- yellow pepper (sliced thinly)
- 1 small handful of alfalfa sprouts

Place the washed salad leaves on a plate and top with the cherry tomatoes and yellow pepper (you can add to this dish anything else that takes your fancy, i.e. cucumber, red and green peppers too, radish or spring onions etc) Meanwhile, shred the red cabbage, pumpkin, turnips and carrots in the blender using the 'shredder' facility (if not, you can always use a grater to do this by hand) Place the shredded vegetables in a large mixing bowl and mix up well whilst dribbling in the satay sauce to help bind together.

Satay Sauce:

- 10 pitted dates
- 1 side slice of red pepper
- 1 tablespoon of nama shoyu
- 2 tablespoons of almond butter
- 1" chunk of peeled ginger
- filtered water

Process, add water until desired thickness



Day four continued:



Dinner: Coconut and Raisin Soup

- 2 small handfuls of spinach
- 1 small carrot
- 3 Tablespoons of shredded coconut
- 2 Tablespoons of raisins
- 1 Tablespoon of tahini
- ½ teaspoon of 5 Chinese spices
- ½ teaspoon of nama shoyu
- 1" peeled ginger
- filtered water (enough to reach your desired consistency)
- 2 or 3 ice cubes

Look for cocounut, Chinese 5 spice, nama shoyu, carrots and ginger at your local Asian Market. You might be very surprised at how inexpensive the prices are!

Simply blend all of the above together and serve immediately. This soup is an easy soup to devour because of it's slight sweetness (due to the raisins). I would recommend this chilled and not warmed as you can do with certain soups.

Did you know there are around 30 different varieties of bannanans?

Bananas are rich in potasium, magneseum, and vitamans A, B and C.

The high carbohydrate and low fat ratio found in bananas make this a wonderful source of "on the go" energy food. Mashed, blended, or eaten plain, you can't go wrong with this fruit!

Snack: Nana Mash

A quick and easy snack in between meals and still nutrient full would be the 'nana mash'. This is simply a banana mashed up with a fork and a tablespoon of '5 seed mix' added and mashed together. Due to the addition of the seeds, you also acquire your necessary daily intake of essential fats and B vitamins to say the least.





Day five:

Breakfast: Green Smoothie

2 leaves of swiss chard
1 banana
1 cup water
1 cup frozen strawberries
Blend until smooth (use a high speed blender if available).

Lunch: Spring Mix Salad With Goddess Dressing Salad

1 lb organic spring mix lettuce
1 cup raisins
cilantro and parsley, chopped (opt)

Goddess Dressing:

1/4 cup sesame seeds (ground in coffe grinder)
1.5 Tbsp Nama Shoyu (or braggs liquid aminos, or dash of salt)
1 Tbsp fresh ginger, chopped
1 Tbsp honey or agave
2.5 Tbsp lemon juice
1 Tbsp apple cider vinegar (unpasteurized)
1/4 cup olive oil (unfiltered, cold pressed)
1 clove garlic, diced
dash of ground black pepper
1/2 Tbsp green onions (opt)
1/2 Tbsp parsley or cilantro (opt)

Blend all ingredients in a blender. Store in the fridge for up to two weeks, longer if you don't add herbs/lemon to the dressing until prior to serving. Top the spring mix with the raisins and herbs. Add goddess dressing and serve.

Snack: Raspberry Pudding

2 cups frozen raspberries (or fresh, if available)
1 banana
Spoonful of agave (optional)
Blend until smooth. Serve immediately while cold. Sprinkle fresh berries on top if desired.



Day five continued:



Dinner: Carrot Polenta with Mushroom Gravy

This dish tastes best with yellow carrots. They are less flavorful than orange carrots, so they make an excellent polenta. Orange carrots can be used instead, they are delicious as well. The three parts of the dish can be prepared and marinated in advance. Then you can pop them in the dehydrator for 2 hours, then dinner is served! Don't be intimidated ñ prep time for each dish takes only 10 minutes, then you let the mushrooms marinate several hours or overnight, and then you simply dehydrate all three for a couple hours. It is delicious!

Carrot Polenta

- 1 cup cashews, soaked
- 2-3 cups carrots
- lemon juice
- nutritional yeast
- salt

Blend all ingredients in the food processor, taste and adjust flavors as desired. Spread on a teflex dehydrator sheet. Dehydrate at 115 degrees for 2-3 hours, until mixture is crumbly. Alternately, it can be served as a mashed potato style pate without the process of dehydration. Top with gravy.

Mushroom Gravy

- 1/3 cup extra virgin olive oil
- 1/3 cup water
- 1 1/3 cup mushrooms (button, crimini, or portobella)
- 1-2 tsps apple cider vinegar
- salt

Blend all ingredients until smooth

Dehydrated Portobella Mushrooms

- 2 portobellas, thinly sliced
- 2 Tbsp safflower or olive oil
- 3 Tbsp Nama Shoyu (unpasteurized soy sauce)
- fresh rosemary

Marinate the mushrooms for several hours or preferably overnight in the oil/shoyu/rosemary mixture. Dehydrate for several hours. The mushrooms should be meaty and tender. Serve warm out of the dehydrator. Take a large scoop of polenta, put some portobella mushrooms and gravy on it, and sprinkle sliced green





Day six:

Breakfast: Spinach Breakfast Drink

1 cup spinach, washed and packed into measuring cup
½ cup strawberries, green tops removed, halved
½ cup green grapes, or red or black
½ cup orange juice, fresh squeezed [about have an orange]

Run the spinach leaves in a juicer. Pour the spinach juice in a blender and add the remaining ingredients. Blend until all the fruit is liquefied.



Lunch: [Gazpacho](#)

Apple cider vinegar [1 – 1 ½ tablespoons] can substitute the lemon juice called for in this recipe.

1 large heirloom tomato [about 1 ½ cups], diced
1 large red bell pepper [about 1 cup], seeded, diced
1 half red onion, peeled, diced
1 medium cucumber, diced
2 stalks celery [about ¾ cup], diced
2-3 garlic cloves, minced
1 cup filtered water
2 tablespoons lemon juice, fresh squeezed
2 teaspoon fresh basil, chopped
1 teaspoon fresh thyme, leaves removed from stem
1 teaspoon fresh parsley leaves, chopped
1 – 1 ½ tablespoons extra virgin olive oil, stir in at the end
Sea salt and pepper, to taste

Dice the tomatoes, red peppers, red onions, cucumber, and celery; divide each in half. Place one half of each diced vegetable in a blender or food processor. Place the remaining diced vegetables in a bowl and set aside. Add the garlic, vinegar, basil, thyme, and parsley to the blender or food processor and puree until smooth. Pour the puree to the bowl of diced vegetables. Add the extra virgin olive oil and stir to combine. Add salt and pepper to taste. Allow the soup to stand for a couple hours, allowing the flavors to combine, or refrigerate overnight. Serve garnished with lemon and cilantro or parsley.





Day six continued:

Dinner: Orange Cauliflower Rice with Dried Currants and Almonds

- 1 head cauliflower, roughly chopped into 1-inch pieces
- 2 oranges, 1/2 an orange juiced, the remaining 1 1/2 segmented
- 2 tablespoons extra virgin olive oil
- 1 small bunch curly parsley, coarsely chopped
- 2 stalks celery, thinly sliced
- 1/2 white or yellow onion, finely chopped
- 2 green onions, thinly sliced
- 1/2 cup dried currants
- 1/2 cup almonds, coarsely chopped
- Sea salt and fresh ground pepper, to taste



Cut away the core of the cauliflower from the bottom by making incisions along the base with a sharp knife. Break away the cauliflower flowerets, then break or roughly chop the cauliflower into 1-inch pieces.

Wash the florets carefully and drain off any excess water. Working in batches, chop the cauliflower in a food processor in short pulses until roughly the size of grains of rice (the sizes will vary from a combination of very fine pieces to larger pieces). Transfer the cauliflower into a large bowl.

Cut one orange in half and juice one of the orange halves (reserve the other half for segmenting). Add the extra virgin olive oil the juice and whisk together and season with sea salt and fresh ground pepper, to taste. Pour over the cauliflower rice and stir to mix. Add the parsley, celery, onions, dried currant, and almonds; stir until well mixed, then carefully fold in the orange segments.

Garnish with parsley or orange segments.



Day six continued:



Snack: Brazil Nut Truffle Cookies

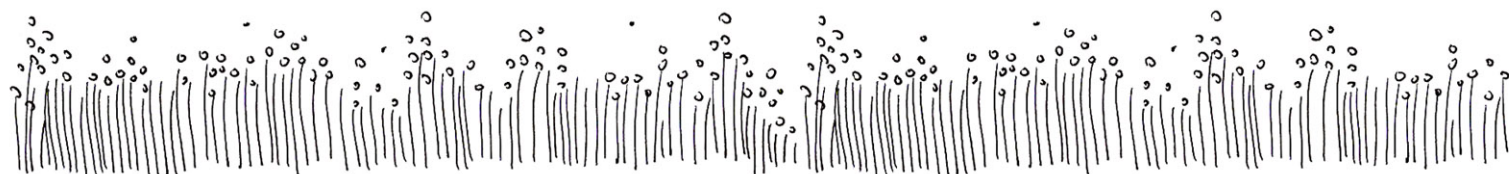
1 cup brazil nuts, ground to flour
½ cup coconut flour
½ cup dried apricots, chopped
¼ cup coconut flakes
1/3 cup agave
1 teaspoon organic vanilla extract



Place all ingredients in a food processor and process until the dough turns into a ball. Shape the truffle cookies by scooping out a spoonful of dough and shape into round balls. Repeat.

Coat the cookies by starting an assembly line from left to right – start with the truffle cookies, use a bowl or cup with enough agave to coat the truffle cookies, a small bowl or cup with coconut flakes or finely chopped brazil nuts, and a clean plate. Working from left to right, take one truffle cookie with your left hand and dip it into the agave making sure to coat the entire cookie. Next drop the agave-coated cookie into the coconut or brazil nuts. Using your right hand roll the truffle cookie in the coconut/brazil nuts to thoroughly coat, then place on the plate. Repeat until all cookies are coated. A nice variation to this recipe are Carob Coated Brazil Nut Truffle Cookies. Simply roll the truffle cookies into organic carob powder after coating with agave.

These yummy little morsels perfect for a quick snack or treat anytime you crave something sweet.





Day Seven:

Breakfast: Bannana Nut Smoothie

- 1 banana
- 2 cups filtered water
- Juice of one orange
- 2-4 tbsp raw almond butter
- 2-4 tbsp honey or agave nectar
- 1 tsp pure vanilla extract
- dash of salt
- ice

Blend all ingredients together in the blender, adding as much ice needed for desired consistency.



Lunch: Spinach Salad

- 1/3 bunch of spinach, chopped
- 1 clove of garlic, minced
- 1 tomato, diced
- 1/4 cucumber, sliced
- 1/2 cup pine nuts, chopped
- sprouts of choice
- avocado slices

Make a bed of chopped spinach on the plate. Sprinkle the garlic on first, then add the remaining ingredients, garnishing with the sprouts and chopped pine nuts. Drizzle with extra virgin olive oil and balsamic vinegar, or a vinaigrette of your own choice.



Day Seven continued:



Dinner: Mango Lettuce Wraps

Marinade:

- 1 tbsp nama shoyu
- 1 tsp raw tahini
- 3 tbsp honey
- 3 tbsp apple cider vinegar
- 1 clove garlic minced
- dash of orange juice
- 1 tsp ginger
- 1 tsp cumin
- pepper and salt to taste

Mix up the marinade by whisking with a fork. Add and subtract ingredients to personal tastes. I prefer mine to be a tangy sweet sauce kind of like a teriyaki.

Assembly:

Now comes the fun part. Take one large iceberg lettuce leaf and smear on some guac first. Then add the filling. Then add a generous portion of mango and the rest of the add ons. Roll up and eat to your hearts desire!

Filling:

- 1 cup mushrooms
- 1 cup strawberries
- 1 red chili pepper
- 1/2 zucchini
- 6 green onions

I chop these up or julienne them finely and put them in the marinade to soak in the flavor a bit.

Avo Spread:

- 1 avocado
- 1 tsp apple cider vinegar
- salt pepper to taste

Mix well and set aside.

Extras:

- Bean sprouts or other sprouts
- sliced olives
- sliced mango

Snack: Raw Energy Bars

- | | |
|-----------------------------|--------------------|
| 1/2 pound of dates, chopped | 1/2 cup raisins |
| 1/2 cup almonds | 1/2 cup coconut |
| 1/2 cashews | 1/4 cup honey |
| 1/2 cup walnuts | 2 tbsp maple syrup |
| 1/4 c flax seeds | 2 tbsp cinnamon |
| 1/4 cup hemp seeds | 2 tsp nutmeg |
| 1/4 cup Sunflower seeds | 1 tsp allspice |
| 1/4 cup pumpkin seeds | 2 tsp vanilla |
| 1/2 cup dried cranberries | 1/4 tsp sea salt |

In a food processor, break the nuts down into a grainy meal and set aside. Next, process dates down into a chunky paste. Transfer to a large bowl and stir in the nut meal. Stir in remaining ingredients, then press the dough into a casserole dish. Cover the dish with foil and refrigerate until they are cool. Cut into bars and enjoy!



About the Contributors:



Carmella from [The Sunny Raw Kitchen](#)

“Carmella’s raw journey began in January 2001, at a time when she desperately needed to make some serious changes in her life, including the way she treated her body. Embracing a mostly raw diet was one of the steppingstones in the recovery of her health, helping her with a number of conditions such as depression, vicious mood swings, insomnia, migraine headaches, lethargy, SAD (Seasonal Affective Disorder), and chronic digestive problems. In the last two years, a great deal of Carmella’s time and energy has been going towards her websites, [The Sunny Raw Kitchen blog](#) and [Raw Freedom Community Forum](#). She has released two recipe ebooks, [The Best Of The Sunny Raw Kitchen](#) and [The Best of Raw Freedom Community](#), which feature some of the best creations to have come out of her raw kitchen. Carmella and her Sunny Raw Kitchen blog recently won in the Raw Website, Raw Media and Raw Chef categories for Best of RAW 2008.”

Loulou from [Loulou’s Raw Moments in Time](#)

My name is Loulou. I am 35 years old and I have only recently transitioned to the raw world (less than a year ago)I have not looked back since. I live in a beautiful part of South East France with my French Basque husband and our 2 dogs. I am a pastry chef by trade and my husband is a Private Chef. I don’t claim to be 100% raw but most of my recipes on my blog are. I enjoy photography and sports and I just can’t get enough of this healthy living lifestyle I have embarked upon. I consider myself a very fortunate person because of this.



About the Contributors:



Lauren from [Ginger is the New Pink](#)

My name is Lauren, I am 25 years old. I live in New Jersey with my husband and our pug Ginger. We just bought a house in September and spend most of our time working on it. I have Crohn's Disease and have been in and out of the hospital numerous times in the past 3 years. I stay in remission by eating a high raw vegan diet. Nothing has helped me more then my diet. I do take medication (only Humira) and I have been on and off of prednisone. My health is very important to me and I try to focus on eating the purest healthiest diet I can. I enjoy reading, fashion, cooking (and un-cooking), watching movies,



Ingrid from [Raw Epicurean](#)

Ingrid first discovered raw food and began her raw food journey in March 2007 while living in Budapest, Hungary. She enjoys learning and exploring the many ways of preparing nature's bounty of wholesome organic food into raw food recipes. Her raw food journey led her to create two web blogs. Raw Epicurean, where she shares her recipes, presents interviews, hosts giveaways, and information related to raw vegan food and the lifestyle, and Natural Living Cuisine, a post-by-post chronicle of food and recipes. She also offers two e-books, Raw Epicurean Cookies – 20 Raw Vegan Cookie Recipes and Raw Epicurean Beverages – 101 Fresh Organic Drinks.



About the Contributors:



Winona from [Too Juicy!](#)

I've been eating very high-raw, all-vegan food since January 2007. I've been vegetarian since 1999. Raw foods has given me emotional stability, clarity, compassion, and confidence. These attributes have helped me to change the direction of my life, make friends with similar interests, and give my life meaning. Having a healthy body is the first step toward improving every aspect of your life. I'm a truly different, more inspired, motivated, accomplished, joyous person now that I eat raw foods. Living foods will make you more alive, there is no doubt!

Heather from [KombuchaChic.com](#)

Heather is a healthy living enthusiast who enjoys an active lifestyle. She is also loves to drink and brew kombucha, hence the name of her website: KombuchaCHIC.com. In April of 2009, she will relocate from her lifelong home to a new home in Costa Rica. Here, she plans to run an ecotourism business with her husband Joe. In the future, they plan to host health retreats there, in which week long seminars in raw foods, belly dance, and photography will take place. Raw foods changed Heather's life 4 years ago and she has been striving for optimal health ever since.



Closing Statement



I want to thank all the wonderful people who shared their time and talents with me and everyone who downloads this ebook. I am very proud and happy to collaborate with such amazing people! For those of you who are reading this, please take a moment and check out the blogs of the contributors. Each one is an asset to the raw food community. I would also like to thank my husband [Joe](#) for all his hard work and support.

This ebook is meant to be a guide only. Please feel free to use it as you please. If you can't find all the ingredients in a recipe, don't worry. Try to improvise and use your creativity; the outcome may pleasantly surprise you!

I am offering this ebook for free in hope that will help people transition to a more healthy lifestyle. I hope you enjoy these delicious, living recipes and I know you will benefit from the purity of this food. Please let your freinds and family know about this free offer of health. I hope your raw journey is as satisfying as mine.

Remember to be patient with yourself, have fun and always take a moment of the day to yourself. Be well, and check back in the Spring for a brand new issue of One Week Raw!

- Heather Gardner

<http://www.kombuchachic.com>

P.S. I'm looking for contributures to the spring oneweekraw ebook. email me with your blog address and sample menu for consideration. My email address is kombuchachic@gmail.com

