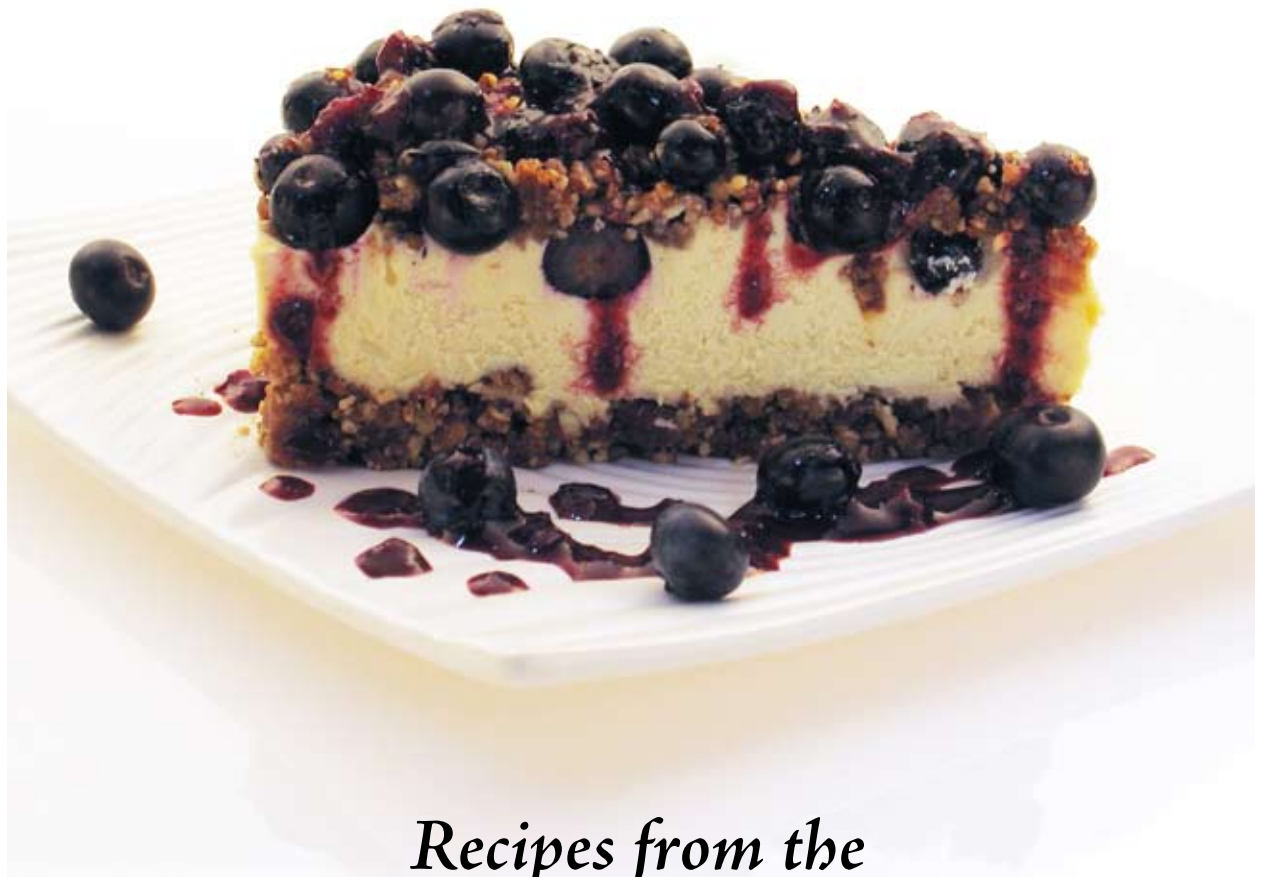




Living Light
VIBRANT LIVING

EXPO

AND CULINARY SHOWCASE™



*Recipes from the
Fifth Annual Vibrant Living Expo
and Culinary Showcase™*

Welcome to the Vibrant Living Expo and Culinary Showcase!

One of our most popular venues every year is our Culinary Showcase. This is the place where our attendees can see first hand the techniques, tips, and culinary expertise of our world class chefs. For the very first time this year, we have compiled ALL of the delicious recipes from each culinary demo during the three-day Expo, so that even if you are attending another lecture, panel, or presentation, you won't miss out on ANY of the delicious recipes our dynamic group of chefs has created for this very special event. We hope you enjoy this recipe book created for the fifth annual Vibrant Living Expo and Culinary Showcase™!

We hope you enjoy the exceptional speakers, chefs, exhibitors, musicians, films, networking opportunities, the pie contest, and of course, all of the delicious RAW VEGAN FOOD offered here during the fifth annual Vibrant Living Expo and Culinary Showcase™. The Expo is co produced by Living Light International and the Institute for Vibrant Living with the generous help of our sponsors, presenters, volunteers, student ambassadors, and of course, our wonderful Living Light staff, who have worked tirelessly to make this THE BEST EXPO EVER!

Living Light International is dedicated to providing excellence in raw vegan culinary arts and nutritional education as well as providing the ultimate in fresh, delicious, organic vegan cuisine. Our four eco-friendly businesses include Living Light Culinary Arts Institute, Living Light Cafe, Living Light Marketplace, and Living Light Inn, an eco-friendly oasis on the Mendocino Coast.

The Institute for Vibrant Living is devoted to providing quality education about organic plant-based foods and to spreading the message of health and vibrant living globally.

Our visionary directors, Cherie Soria and Dan Ladermann have been devoted to creating events that promote the raw vegan lifestyle for over 12 years. Their professionalism, standard of excellence, and dedication to sharing scientific facts vs. theories are visible throughout the Expo. The same high standard of excellence is also evident in the professional commitment of the entire Living Light Team. At Living Light we say, Teamwork makes the dream work!"

Finally, thanks to you, our Expo participants—without you there would be no Expo!



 **Living Light**
Instructors Wanted! Are you passionate about sharing the raw food message with others? No one supports raw culinary instructors better than Living Light! Check out our school brochure to learn about our culinary and nutritional science instructor programs or visit our website at RawFoodChef.com



Kari Bernardi-Ibsen

Kari Bernardi-Ibsen is a Living Light Faculty Guest Chef and Instructor. She is also a professional fun seeker, fabulous chef, great friend, and master teacher. Kari was the founding Director of the non-profit Monterey County Farm to School Partnership and has spent many years in California writing healthy school food policies and teaching farm fresh nutrition education to kids. Chef Kari is presently launching the “Yummy Tummy Food Company” where she will be focusing her talents on Guiding the Youth, Catering, Consultations, Private Instruction and Life Transformations. Visit Kari and the Yummy Tummy Food Company team at lovefromscratch@yahoo.com or call (831) 236-0987.

Meyer’s Lemon Slushy

original recipe by Kari Bernardi-Ibsen

Serves 4

This is a wonderful dessert to make on a warm summer day. It is light, refreshing and full of sunshine. My family has always grown Meyer’s lemons and I think they make this slushy especially sweet and delicious. If the lemons are really ripe you can adjust the sweetness by reducing the agave nectar. You can also adjust the amount of ice depending on how frosty or how intensely flavored you want the slushy to be.

1 cup Meyer's lemon juice
1/2 cup light agave nectar
2+ cups ice

1. Blend in high speed blender until frosty.
 2. Add more agave nectar if lemons are too tart, less if they are sweet.
 3. Adjust ice between 2-3 cups to create desired taste and consistency.
 4. Serve immediately in a fancy vessel with a glass straw and garnish with micro-planed zest of lemon rind.
- Enjoy the sunshine!

If you can't finish all of it you can refrigerate it and serve over ice or put it in the freezer in an airtight container for an icy treat later.

Fresh Lemony Ginger Apples

original recipe by Kari Bernardi-Ibsen

Serves 4

For many years I worked as a private chef and made spa cuisine for people who lived fabulous lives. This is one dessert I always loved to share with them as an afternoon pick me up. The ginger is stimulating, the lemon is refreshing and the apple is crisp. A great mid-day snack that didn't spoil their appetite for the evening meal or their afternoon activities. Simple.

4 apples, cored and chopped into bite size cubes
2 teaspoons fresh ginger root, finely minced
1/4 cup Meyer's lemon juice

1. Core and chop the apples into desired bite size.
2. Put apples in a mixing bowl with ginger bits and lemon juice. Toss together until thoroughly coated.
3. Let sit for 10 minutes. Mix again and serve. Enjoy the freshness!

Ginger Ice Cream

Yield: 5 cups Serves: 4-6

This ice cream has a wonderful ginger flavor with a creamy texture. The first time I tasted this ice cream I was teaching a recipe development class at Living Light and one of our students made this recipe in class and scribed it down for me on an index card. I wish they had written their name down on the card so I could have given them credit.

2 cups almonds, soaked 8 hours, rinsed and drained
1 1/2 cups water
1 1/2 cups cashews, soaked 4 hours, rinsed and drained
6 tablespoons ginger juice (adjust depending on strength of root)
1 cup light agave nectar
2 1/4 teaspoons psyllium husk powder
pinch of salt

1. Blend almonds and water in high speed blender until smooth.
2. Strain mixture through mesh bag and store the pulp for other uses.
3. Return almond cream to blender, add remaining ingredients and blend until smooth.
4. Place in an ice cream maker and follow manufacturer's instructions.
5. Transfer ice cream to a storage container and freeze 12 hours or until it reaches desired firmness.
6. Let rest at room temperature for 15 minutes before scooping to serve.

Lasts in the freezer for up to 2 months if you don't live with ice cream eaters.

Serve Ginger Ice Cream between two Cashew Ginger Cookies to make a cookie sandwich or serve in a fancy glass with a nice spoon. Skip steps 5 and 6 to make a delicious gingery milkshake. Enjoy the creamy goodness!

Cashew Ginger Cookie Thins

Recipe inspired by Felix Schoener

Yield depends on thickness of cookie and desired shapes.

These tasty wafers are packed with flavor and look beautiful decorated with black sesame seeds. I love to serve them on top of or on the side of ice cream or served abundantly stacked on a pretty cookie platter for a party.

Cookie Batter

1 cup cashews, soaked 4 hours and drained
1/4 cup maple syrup
1/4 cup evaporated cane juice (ex./Rapadura)
1/4 cup water
1 1/2 tablespoons fresh ginger root, grated
1 teaspoon vanilla extract
1/4 teaspoon salt

Decoration

2 1/2 tablespoons black sesame seeds

1. Blend ingredients until smooth (not including sesame seed decoration).
2. Pour 1 cup batter on a non-stick dehydrator sheet and spread evenly.
3. Spread sesame seeds evenly across batter.
4. Dehydrate at 105 degrees until batter is dry enough to remove from non-stick sheet but still flexible and not overly dry.
5. Cut or roll into desired shape or size and continue dehydrating until crisp.

May take 48 hours depending on where you live. Let cool for storage and ice cream sandwiches or serve fresh and warm out of the dehydrator.



Jennifer Cornbleet

Jennifer Cornbleet is a nationally recognized raw food chef, instructor, and author of *Raw Food Made Easy* for 1 or 2 People. A certified chef/instructor with Living Light, Jenny conducts classes and workshops in the Chicago area and nationwide. Jenny has been instrumental in developing instructor empowerment kits for Living Light graduates. She is an integral part of our Associate Chef and Instructor trainings and teaches FUNDamentals of Raw Living Foods™ in Chicago. This recipe is from her newly released book *Raw for Dessert*, published in August 2009. For more information about Jennifer, visit www.learnrawfood.com.

Jumble Berry Upside-Down Cake

By Jennifer Cornbleet, author of *Raw For Dessert* and *Raw Food Made Easy* for 1 or 2 People.

Yield: one 6-inch cake (8 servings)

An upside-down cake without the ordeal of baking? Yes, and beautiful too.

- 1 cup fresh blueberries
- 3/4 cup fresh raspberries
- 3/4 cup sliced fresh strawberries
- 1 tablespoon light agave syrup
- 2 1/2 cups Shortbread Crust (see next recipe)

1. Place the berries and agave syrup in a medium mixing bowl and toss to combine. Let sit for 5 minutes.
2. Line a 6-inch cake pan with a parchment-paper round. Place half of the berries on the paper. Top with half of the Shortbread Crust, distributing it evenly. Press down with your hand to compact. Repeat with the remaining berries, and then cover with the remaining crust.
3. Chill in the refrigerator for at least 30 minutes or up to 12 hours before serving.

To serve, run a knife around the edge of the pan to loosen the cake. Place a serving plate upside down on the cake pan. Invert, then lift the pan off. Remove the parchment round.

Covered with plastic wrap and stored in the refrigerator, Jumble Berry Upside-Down Cake will keep for 2 days.

Shortbread Crust

Yield: 2 1/2 cups

- 1 cup unsweetened shredded dried coconut
- 1 cup raw walnuts (unsoaked)
- 1/4 teaspoon salt
- 6 pitted medjool dates

1. Place the coconut, walnuts, and salt in a food processor fitted with the S blade. Process until finely ground. Add the dates and process until the mixture begins to stick together. Don't overprocess.

Stored in a sealed container, Shortbread Crust will keep for 1 month in the refrigerator or for 3 months in the freezer. The crust doesn't need to be thawed before using.

Pineapple Upside-Down Cake: Replace the light agave syrup with dark agave syrup or maple syrup. Replace the mixed berries with 2 1/2 cups of thinly sliced pineapple. Serve with Avocado Crème Anglaise, Coconut Ice Cream, or Caramel Sauce (see *Raw For Dessert*, by Jennifer Cornbleet, for these recipes).



Kevin and Annmarie Gianni

Internationally known health advocates, authors, and web TV hosts of “The Renegade Health Show”, Kevin and Annmarie have helped thousands of people through multi-media productions about optimum health, raw food, and abundant living. Kevin is the author of *High Raw: A Simple Approach to Health, Eating and Saving the Planet*, and Kevin and Annmarie co-authored *The Busy Person’s Fitness Solution*. Kevin has created over a dozen programs on natural health, including the widely viewed “Rawkathon” series. Annmarie is a certified athletic trainer, and physical therapy expert.

Kev’s and Ann’s Green Juice

This is how we like to start our day.

- 16 oz Glasses, 2
- 6 Celery stalks
- 2 Cucumbers
- 2 Heads of kale
- 1 Large lemon
- 1 Small piece of ginger
- 2-3 Cups water

Combine all ingredients to into Vita-Mix, then blend on high. Drain juice through a nut milk bag.

Green Monster Smoothie

- 1/2 cup celery and kale juice
- 1 banana
- 1 tablespoon hemp seed
- 1/2 cup water

While this smoothie does take a little time to make, it’s very easy to put together! All you do is make a celery and kale juice (using either a juicer or a blender and nut milk bag), then put about a ½ cup of it into the blender with the hemp seed and the banana. Add the water to dilute the green juice if you don’t like it too strong. You can also use SunWarrior™ Protein instead of hemp, if you want a high quality bio-fermented rice protein. You can find it here: www.MySunWarrior.com.



Andrea Griffith

Chef Andi has been preparing raw food cuisine and teaching raw food preparation for five years. She received her Living Light Associate Chef and Instructor™ certification in 2008. Andi won first place in the Rawsome Pie Contest at the 4th Annual Vibrant Living Expo and Culinary Showcase last year. Her new diet book *The Fruits and Greens Diet* has been very popular with family and friends, and she teaches raw food classes, prepares weekly raw food dinners, and sells scrumptious desserts in the Sacramento area.

Île Flottante (Floating Island)

Serves: 8-10

By Raw Chef Andi

I once worked at a French restaurant in Monterey, California called La Provence. The Île Flottante was the most popular dessert. Traditionally, the "island" is made with a slice of sponge cake, but modern chefs like to take liberty with this dish, using meringue instead of sponge cake.

Coconut Meringue

- 10 tablespoons coconut meat
- 1 1/4 cups coconut water
- 1/4 cup Irish moss paste
- 1/2 cup cashews, soaked, drained, and rinsed
- 1/2 cup agave syrup
- 1/2 tablespoon vanilla
- 1 teaspoon lemon juice

Cashew Vanilla Bean Sauce

- 2 cups cashews, soaked, drained and rinsed
- 1/2 cup agave syrup
- 2/3 - 1 cup water as needed
- 1 1/2 tablespoon vanilla
- Scrapings from 1 whole vanilla bean

Caramel Sauce

1/8 teaspoon sea salt
1/2 cup almond butter
1 tablespoon soy lecithin
1/2 cup maple syrup
9 tablespoons coconut oil, liquefied
2 tablespoons vanilla
4 dates, pitted

Additional Ingredients

1/2 teaspoon cinnamon
1/2 cup almonds, sliced
1/8 teaspoon salt
1/4 cup water

1. For the Coconut Meringue: Blend coconut meat and water in a high speed blender, then add Irish moss paste, cashews, agave syrup, vanilla, lemon juice, and sea salt and blend until creamy.
2. While blender is running, add the soy lecithin and coconut oil. Blend until well mixed.
3. Pour into 8 x 11-inch glass pan and refrigerate overnight.
4. For the Cashew Vanilla Bean Sauce: Blend all ingredients together to make a thick cream.
5. For the Caramel Sauce: Blend all ingredients together to make a thick cream.
6. To assemble: Ladle 1/4 cup of Cashew Vanilla Bean Sauce on a small plate. Scoop up between 1/3 to 1/2 cup Meringue and dollop on top of the Vanilla Bean Sauce creating an "island". Drizzle the Caramel Sauce over the Meringue and top with 2 teaspoons of sliced almonds. Serve immediately.
7. The Meringue, Vanilla Bean Sauce, and Caramel Sauce will last several days in the refrigerator.

Notes: Cashews should be soaked at least 30 minutes, but can be soaked for several hours.



Kirsten Gum

Kirsten Gum is a popular host on the Travel Channel and plans to use her 15 years in television to create a RAW lifestyle TV show. Since graduating from Living Light Culinary Arts Institute, Kirsten has been catering events and teaching classes in the LA area, as well as appearing on local television spreading the message about the raw lifestyle. Kirsten's energetic and sassy personality is addicting—you'll be fully engaged as she adds flair and style to each dish she creates.

Tropical Dessert Gyozas

With Wasabi and Hoisin Dipping Sauce

Recipe created by Gourmet RAW Food Chef Kirsten Gum

Fruit Filling

1 1/2 cup finely diced papaya
1 1/2 cup finely diced mango
1 1/2 cup finely diced pineapple
1 1/2 cup raisins
1 1/2 cup tamarind paste
4 T. agave
1 T. + 2 tsp. grated ginger
pinch of salt

Hoisin Sauce

1/3 cup raw sesame oil
1/4 cup tamari
3 T. dark miso
3 T. agave
1 1/2 tsp. toasted sesame oil
1 tsp. cayenne powder
1 tsp. lemon juice
1/2 tsp. garlic powder

*1/2 cup coconut sugar

Coconut Gyoza

5 cups young coconut cream, made from blending young coconut meat
1/2 tsp. salt

Wasabi Sauce

2 T. wasabi powder
add small amounts of water, until creamy texture

Coconut Gyozas

1. Place coconut meat and salt in blender and mix until smooth.
2. Spread 1 1/4 c. of the coconut cream evenly on each of the 4 non-stick dehydrator sheets and dehydrate at 105 degrees for 3 hours, until the wrapper can be gently lifted off... turn over and put back in dehydrator.
3. Dehydrate for 3 hours at 105-degrees. This will make the sheet pliable, yet easy to handle. Using a round, 3 1/2 inch diameter biscuit cutter, cut 12 wrappers from each dehydrator sheet.
4. Continue dehydrating the leftover pieces of young coconut wrappers to make crispy snacks or cut them into noodles

Gyoza Filling

1. Put diced papaya, mango, pineapple, and raisins into a large mixing bowl.
2. In a separate bowl, place tamarin paste, agave, ginger, and salt. Mix together with spoon until a nice texture is reached. Fold the fruit and raisins into the mixture.

Hoisin Sauce

1. Whisk all ingredients together in a bowl until smooth.

To Assemble

1. Add 1 tsp. of filling to each coconut biscuit half, fold over and pinch edges.
2. Brush outside on one side with Hoisin Sauce. Sprinkle with coconut sugar. This gives the gyozas a cooked look.
3. Plate your yummy creations with a side bowl of Hoisin Sauce and a side bowl of Wasabi Sauce for dipping. Additional fruit may be added for plating purposes

*You can store in an airtight container in the refrigerator for 2-3 days --- if there's any left!

*Sauces can be stored in fridge in a tightly closed container for up to a week.

Variations

These gyoza wraps are good with any filling you wish. Try adding another fruit such as strawberries with a chocolate dipping sauce. OR for a savory dish, fill middle with your favorite nut pate or cheese.

Make great snacks with left over gyoza skin. Toss in a sweet chili sauce and dehydrate!



Heather Haxo Phillips

Heather Haxo Phillips is an accomplished raw food chef who teaches classes throughout the Bay Area. She primarily teaches through Whole Foods Market and Café Gratitude. Heather is a certified raw food chef/instructor and graduate of the prestigious Living Light Culinary Arts Institute. Prior to teaching raw foods, she has had years of experience in the food industry, including catering and kitchen prep.

Sheikh al Maashi – The King of All Things Stuffed

Yield: One 9x13 pan, 6 – 10 servings

Recipe by Heather Haxo Phillips

1 large (or 2 medium) eggplant, peeled and sliced thin on a mandoline
3/4 cup pine nuts
Ingredients for Arabic Style Ground Veggie “Meat” (see below)
Ingredients for Marinade (see below)
Ingredients for Tomato Sauce (see below)
1/8 cup parsley, finely minced for garnish

Arabic Style Ground Veggie “Meat”

3/4 cup macadamia nuts
1 1/2 cups walnut, soaked and dehydrated
3 cups zucchini, shredded in a food processor
3 tablespoon dark red miso
3 tablespoon purified water
2 1/4 cup minced mushrooms
1 cup celery, finely minced
3/4 cup red onion, finely minced
6 tablespoons golden flax meal
5 tablespoons fresh parsley, finely minced
1 tablespoon fresh sage, finely minced
3 tablespoon nutritional yeast
3/4 teaspoon salt
1/2 teaspoon white pepper
1 1/2 teaspoon garlic, finely minced
1/2 teaspoon ground coriander seed powder
1/2 teaspoon cumin powder
1 1/4 teaspoon allspice

1. Combine the walnuts and macadamia nuts in a small bowl. Place ½ the nuts in a food processor outfitted with the S blade and process until fine. Add the zucchini and pulse to mix. Do not over process, the mixture should have a little texture. Remove and put in a large mixing bowl.
2. Pulse the remaining nuts in the food process until grainy and slightly bigger than the other batch of nuts. Add to the zuchinni-nut mixture.
3. In a small bowl whisk the miso and water together to form a loose paste. Add the paste and the remaining indredients to the mixing bowl and stir well.
4. Loosly sprinkle the mixture on a dehydrator tray and dehydrate at 115 degrees for 2 – 3 hours until the desired texture is achieved. (No non-stick sheet needed) Texture should be moist, like cooked ground meat.
5. Store in an airtight container in the refrigerator for up to three days.

Tomato Sauce

- 4 large tomatoes, seeded and chopped
- 1 cup red bell peppers, chopped
- 1/4 cup sun-dried tomato powder
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon garlic, crushed (1 clove)
- 1/3 teaspoon dried oregano
- 1/2 teaspoon sea salt, to taste
- 1/4 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon ground black pepper to taste

1. Put all the ingredients together in a food processor outfitted with the S blade.
2. Process to a sauce texture, mostly smooth with some chunks. This sauce will last up to 5 days in the refrigerator, but does not need to be made ahead of time for this recipe.

Marinade

- 1/3 cup lemon juice
- 1/3 cup orange juice
- 2 tablespoons olive oil

To prepare Sheik al-Maashi:

1. Prepare the Arabic Style veggie “meat” ahead of time.
2. Whisk the marinade ingredients together. Drench the eggplant slices in the marinade and place on a

teflex sheet. Dehydrate at 125 degrees for 1 hour if your slices are thin and slightly transparent. More thickly cut slices that are opaque will likely need 2 hours or more. The slices should remain damp and pliable, but not at all bitter.

3. Add the pinenuts to the veggie “meat” in a large bowl. Put the mixture in the dehydrator until you are ready to layer everything.

4. Prepare the tomato sauce according to above instructions.

5. When the eggplant is ready, layer ½ of the eggplant slices on a springform pan, approximately 9 x 13 in size. Place all of the meat filling on top. Place the remaining eggplant above. Add the tomato sauce on top. Place in dehydrator for 1 – 2 hours at 125 degrees. Serve immediately with the garnish of parsley.

6. Leftovers will keep for 3 – 5 days.

Variations:

Try a southwestern version of this: In the meat spices, reduce the amount of allspice and omit the sage, instead adding chili powder and/or poblano chili. Substitute lime for lemon in the marinade. In the final preparations, stage 3, omit the pinenuts and add corn and cilantro.



Barry Horton

Chef Barry Horton has a passion for food, family, and continuous education. A Cordon Bleu program graduate from Western Culinary Institute, Barry began at the Stanford Inn as an intern. In his current position as head chef, he has adapted classical French culinary training to vegetarian cookery. A proponent of locally-grown, plant-based cuisine, Barry encourages creativity in his staff. He takes his motto from Albert Einstein: “Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution of a vegetarian diet.”

Indian Breakfast Scramble

Serves 2

1/2 cup soaked almonds
1/2 cup sunflower seeds
1/4 cup water
1 1/2 tsp turmeric
1 tsp cumin
1/2 cup spinach chiffonade
1 tomato cut into small dice
2 Tbs cilantro minced
2 Tbs onion, small dice
salt

Combine soaked almonds and sunflower process until course, then add water and spices and process into a chunky scramble.

Remove and place in a bowl and fold-in spinach, tomato, onion and cilantro. Salt to taste.



Elaina Love

Elaina Love, a certified Living Light chef/instructor, is the author of Elaina's Pure Joy Kitchen and a presenter at festivals, retreats, and seminars around the world. She is the proprietor of PureJoyPlanet.com. Elaina also caters raw events for David Wolfe as well as other retreats around the globe and, offers her considerable expertise during Living Light's catering and holiday entertaining courses.

Coconut Yogurt

Makes 3 cups, or 5 servings

2 cups young coconut meat (about 4 coconuts)
1/4 - 1/2 cup coconut kefir

1. Place the coconut and coconut water in a high-speed blender and blend until smooth
2. Place the coconut cream in a jar with a lid, and allow to culture at 75-80 degrees (on top of a warm dehydrator is ideal) for 8-12 hours or until the coconut gets spongy and becomes sour.
3. Store in the refrigerator up to 1 week.

Wonderful as a breakfast, served with fresh fruit. To make fruit yogurt, blend 1/2 cup fresh fruit into the coconut yogurt and top with honey if desired.

Vegan Kefir

Makes 4 cups

4 cups coconut water, or unsweetened Almond Milk or seed milk mixed with some coconut water
1 packet vegan kefir starter (by The Body Ecology available on PureJoyPlanet.com)
or 1 vegan kefir grain (available on the internet)

1. Warm the coconut water if it is cold in a saucepan until it becomes warm to the touch.
2. Place all ingredients in a blender and process for no more than 30 seconds. Transfer to a glass jar, put the lid on, and allow to sit in a warm place (60-80 degrees F) for 8-12 hours. The beverage is ready when it is slightly effervescent and/or tastes sour. It might actually become viscous which is perfectly fine. It just means the culture is working.

Enjoy in a salad dressing in place of water and lemon juice, in a smoothie, or alone, with stevia and vanilla extract.

Kefir cleans and strengthens the immune system, improves digestion, cultivates friendly flora in the intestines, reduces food and sugar cravings, moisturizes the skin, and helps reverse the aging process by breaking down undigested proteins. Kefir is a complete protein, and an excellent source of amino acids and enzymes.

Yogurt Ranch Dressing

By Elaina Love

Makes 3 cups

- 2 cups coconut yogurt
- 2/3 cup flax or olive oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon dried dill weed
- 2 tsp. Italian seasoning
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon Himalayan salt
- 1 teaspoon psyllium powder as a thickener

1. Place all ingredients in a blender and process on low speed until emulsified. Store in a glass jar in the refrigerator for up to two weeks.
2. Serve over salad greens.

Live Sauerkraut

Recipe by Elaina Love

- 1 cabbage (purple or green)
- ½-1 tsp. Himalayan salt crystals
- 1/2 cup lemon juice
- 4 Tbs. dried dill or 1/2 cup fresh dill chopped
- 2 Tbs. caraway seeds
- 4-8 cloves garlic, crushed

1. Slice the cabbage using the 1 mm setting on a mandolin or food processor, or cut paper thin with a knife. Discard the outer leaves.
2. Mix all the ingredients together and massage it with your hands. Continue to work the cabbage until the liquid starts to release.
3. You may need to let your hands rest, so leave the cabbage sitting and come back to it every 1/2 hour until when you press on the cabbage, liquid rises to the top.
4. Place the kraut in a 1 quart glass jar.
5. Press the cabbage down until the liquid rises above it about 1/8 inch. The juice may sink back down a little and that is okay.
6. Place a lid on the jar and let sit for 4-10 days, depending on desired sourness.

7. Once the sauerkraut is to your liking, place it in the refrigerator.

8. The sauerkraut will keep for up to 8 months in the refrigerator.

Sauerkraut's benefits are two-fold. First, it's made of cabbage, which is known to fight cancer, treat peptic ulcers and provides vitamin C, fiber, manganese, vitamin B6 and folate. However, because sauerkraut is fermented, it has added benefits over regular cabbage.

Fermenting produces good bacteria known as probiotics, which produce beneficial enzymes, aid digestion and promote healthy flora in the digestive tract. Fermentation also produces isothiocyanates, compounds that have been shown to prevent cancer growth in test tubes and animals.

However, not all sauerkraut, particularly in the United States, will give you these benefits. Most sauerkraut sold in supermarkets is pasteurized, which means all of the good bacteria have been killed. In order to get the health benefits of fermentation you need traditionally prepared sauerkraut.

Purple cabbage has six to eight times the vitamin C of white cabbage, as well as significantly more protective phytonutrients. The antioxidant polyphenols found in red cabbage, particularly its anthocyanins, have also been found to help prevent Alzheimer's disease.



Martine Lussier

Martine Lussier is culinary programs manager and full-time instructor at Living Light Culinary Arts Institute. She is a certified Professional Raw Food Chef who is passionate about nutrition and culinary arts. Martine is an active sportswoman who knows the value of raw vegan foods for health and vitality. She loves developing new recipes and teaching others how to prepare health promoting foods for themselves and their families.

Sunny Chia Seed Bread with Figs, Sundried Olives, Rosemary, and Fennel

Recipe by Martine Lussier

Yield: 2 dehydrator trays / 18 square bread slices

This dehydrated bread is nutritious, delicious, and very easy to make. The chia seeds are used as a binder, and are an excellent source of both Omega 3 fatty acids and calcium. With its delightful flavors of the Mediterranean region, this bread can be served plain or with dairy free butter, fig tapenade, herbed pesto, hummus, or tomato confit.

2 cups sunflower seeds, soaked in water for 2 hours, drained
1 cup dried figs soaked in water for 30 minutes then chopped
1/2 Tbsp wheat-free Tamari
1 tsp dry ground fennel
2 gloves garlic, pureed
1 minced sweet onion
1/2 cup chia seeds, soaked in 2 cups filtered water
1/2 cup sundried black olives, pit removed, then chopped
5 drops food grade Rosemary Oil (Young Living)

1. Using a food processor with the “S” blade, process the drained sunflower seeds, drained/chopped figs, Tamari, ground fennel and garlic. Process into a smooth batter. Stop the food processor if needed and scrape the inside of the food processor bowl with a spatula.
2. Add the sweet onion to the sunflower mixture and pulse a few times.
3. Pour the sunflower mixture into a large bowl, and add the soaked chia seeds. Mix well until the chia gel is well incorporated.
4. Add the chopped black olives and the rosemary oil. Mix well again.
5. Divide the batter in half. Using two dehydrator trays with nonstick sheets, put one half of the batter on each sheet. Spread the batter using a medium offset spatula, shaping the batter into a perfect square, about ¼ inch thick. Score into 9 uniform squares.

6. Put in dehydrator at 105F for 8 hours. Flip the bread onto another dehydrator tray with a mesh screen. Remove the nonstick sheet and continue dehydrating for approximately 6 hours.

Enjoy immediately or store in refrigerator for up to 10 days.

Garlic Butter

Yield: 3/4 cup

Inspired by Living Light Culinary Arts Institute

1/2 cup coconut oil, liquid form

1/4 cup agave nectar

1 tsp lecithin powder

1 clove garlic, crushed

2 Tbsp minced parsley

1. Using a high speed blender or food processor, put in all ingredients except the minced parsley, and mix until smooth.
2. Add the minced parsley and pulse a few times. Do not over process—it looks wonderful with small flecks of green parsley in the butter.
3. Refrigerate until firm.

Serve with Sunny Chia Seed Bread.

May be stored in the refrigerator approximately one week. For single servings, pour butter into ice cube trays. Leave out at room temperature for a creamy texture, and stir if needed.

Chia Pinwheels Scented with Thieves and Filled with Chocolate and Caramel

Yield: 16 to 20 candies

Chia Sheets

2 cups chia gel (1/2 cup chia seeds, soaked in 2 cups water for about 30 minutes)

1/4 cup maple syrup or agave nectar

4 drops of Thieves Essential Oil (Young Living)

Chocolate Sauce

1 cup cacao powder

1/3 cup coconut oil, liquid form

1/3 cup cacao butter, liquid form

1/4 cup maple syrup, room temperature

1 vanilla bean, split in half, inside paste removed

1Tbsp lecithin powder

Caramel Sauce

1 cup date paste, room temperature

1/4 cup maple syrup, room temperature

1 Tbsp coconut oil, liquid form

1 vanilla bean, split in half, inside paste removed

Pinch cinnamon

Pinch sea salt

Directions:

1. In a bowl, mix soaked chia seeds with the maple syrup and stir well. Add the Thieves Essential oil and mix again. Using two dehydrator trays with nonstick sheets, put half of mixture on nonstick sheet. Using a medium offset spatula, shape the mixture into an 8-inch square shape.
2. Put in dehydrator for about 8 hours, until it is totally dry. Peel off the nonstick sheet. The chia sheets will be pliable and ready to use as a pinwheel. Set aside.
3. For the chocolate sauce, using a high speed blender, blend the coconut oil, cacao powder, cacao butter, maple syrup and vanilla bean paste. Blend until smooth.
4. Add the lecithin powder and blend again.
5. For the caramel sauce, put all ingredients in a food processor using the "S blade" and process until nice and smooth. Set aside in a bowl.
6. To assemble to pinwheels, spread 1/2 cup of the chocolate sauce on each chia sheet, leaving about 1 inch

of the chia sheet that is furthest away from you free of sauce. Spread $\frac{1}{2}$ cup of the caramel sauce over the chocolate sauce. Follow the same spreading procedure.

7. Lift the closest part of the chia sheet, and start rolling the chia sheet. The pinwheel rolling part must be done firmly and smoothly. You need to keep firm, even pressure as you are rolling, but not too strong. The end of the chia sheet without sauce will cover the end of the roll and seal the pinwheel.

8. Put in the refrigerator for 6 hours or overnight.

9. Cut each roll into 8 to 10 candies. Keep refrigerated in an airtight container for two weeks.



Matt Monarch and Angela Stokes-Monarch

Matt Monarch has been 100% raw vegan for 10 years. Matt embraced the raw lifestyle after reading Norman Walker's classic book *Become Younger*. Matt didn't go raw to relieve health issues; being raw simply made sense to him. After being raw for five years, Matt authored the book *Raw Spirit* to address the various physical challenges and spiritual shifts that going raw can involve. Matt considers his second book, *Raw Success* his "Bible" for the raw lifestyle. He travels worldwide teaching about healthy eating and the how to heal from degenerative disease.

Angela Stokes-Monarch adopted a raw food lifestyle in May 2002, and lost an amazing 160 pounds, conquering morbid obesity. She shares her dramatic transformation with her book *Raw Emotions*, which explores raw food transformations beyond the physical level. Angela offers retreats, consultations, and lectures internationally. In February 2007, she completed a 92-Day Juice Feast, and her new juicing book has inspired countless others to undertake "juicy journeys."

Raw on The Road

Many people ask how to eat raw while traveling. We live on the road, doing raw talks and events and easily stay 100% raw. In this demo, we'll share some of our favourite, fast travel recipes.

Here are some key ingredients we usually bring, or can easily pick up along the way:

Fresh Foods

romaine lettuce
fresh sprouts
tomatoes
baby leaf salads
avocados
lemon
fresh berries
apples
bananas

Dried Foods

dulse seaweed
nori seaweed
almond butter, tahini (or other nut/seed butters)
flax crackers
apple cider vinegar
green powders
chia seeds
goji berries
lucuma powder
mesquite powder
maca powder
cinnamon powder
bee pollen

A few of the recipes we create from this list include: romaine wraps, baby leaf salads, nori rolls, chia puddings, blended apple or banana meals, elixir ice creams and fresh berry/nut slides.



Terry Nieves

Terry Nieves is the Garden-Enhanced Nutrition Education Coordinator for Mendocino County Schools and a seaweed harvester who is part of the Ocean Harvest Sea Vegetable Collective. She is passionate about bringing raw, wild, live food to people and believes that engaging the senses through food is one of the best ways to learn. She has been an educator for over 25 years and is now changing the world through food! She is an avid ocean protector and encourages everyone to get involved in protecting the oceans through their daily actions.

Sea Love Salad

Serves 6-8

From *Ocean Harvest Raw Food Recipes* by Terry Nieves

This delicious seaweed salad is just the right combination of vegetables, fruits, and seeds to make it full of essential nutrients and surprisingly filling, due to the nature of the Silky Sea Palm!

1/2 ounce dried silky sea palm
1 tomato, fresh chopped
2 leaves dino kale, chopped very finely
1/2 red bell pepper, chopped
3 tablespoons sauerkraut
1 clove garlic, chopped
1/3 cup hempseeds
8-10 oil cured olives, pitted and chopped
1/4 cup sundried tomato, chopped and soaked
2 tablespoons lemon juice
pinch sea salt or dash Nama Shoyu soy sauce
1 avocado, chopped
optional: green onion, cilantro, basil or oregano as spices

1. Cut or break 1/2 ounce silky sea palm into small pieces and soak in just enough water to cover seaweed.
2. Combine tomato, kale, red bell pepper, sauerkraut, garlic, hempseeds, sundried tomato, olives, lemon juice and salt or Nama Shoyu in 2 quart mixing bowl.
3. Drain the silky sea palm and add it to the salad mix (The soaking water can be added to soup stock, or used as an alkalizing drink).
4. Add the chopped avocado and mix gently.

Store in refrigerator for up to 3 days.

Variations: You can add green onion, cilantro, basil, oregano or your favorite herbs and spices to your liking!



Matt Samuelson

Living Light head chef and instructor Matt Samuelson was previously head chef at Living Light from 2000-2004. From 2004 until 2009, Matt traveled the world as a personal chef to celebrities, restaurant consultant, teacher, and caterer of raw food retreats. Matt also launched a raw organic chocolate company, High Integrity Foods with partner Chris Peck, developing a premier raw chocolate bar, Golden Bean, sold worldwide. ChefMattSamuelson@gmail.com

Layered Chocolate Torte with Berry Coulis

Serves 6-8

Recipe by Matt Samuelson

This layered cake reminds me of cakes my mom made when I was growing up. The cake-like texture from the dry layers happens overnight as they soak up the moisture from the coulis. The zucchini pulp helps to lighten up the pecans and the tart fruit brightens the dark chocolate and coffee flavor. Serve with more coulis and a drizzle of the chocolate syrup.

Cake

7 medium zucchini (peeled)
1 cup soaked and dehydrated pecans
1 cup dried shredded coconut
1/2 tsp salt
1 - 1/2 TBS vanilla extract
1/2 TBS grain coffee optional (Inka brand)
1/3 - 1/2 cup cacao powder
1/2 - 5/8 cup date paste

Coulis

1 pint strawberries, raspberries, or pitted cherries
1/4 - 1/2 tsp lemon zest
1/2 - 1 tsp lemon juice (optional)
4 - 8 medjool dates
1/2 - 1 tsp psyllium husk powder (optional)

Place all ingredients in a food processor with an "S" blade and process until smooth. If thicker consistency is desired, add optional psyllium. Remove coulis from food processor and put in a jar.

Chocolate Sauce/Glaze

- 3/8 cup water (warm)
- 1/2 cup light agave
- 1/4 cup + 1 TBS dark agave (or amber)
- 2 TBS vanilla extract
- 1 1/8 – 1 1/4 cup cacao powder
- 3 TBS cacao butter (melted)
- 1/2 tsp salt

Place liquid ingredients except melted cacao butter in a blender bowl, then add cacao powder and salt and blend on low-medium until smooth. Remove glaze and place in jar.

1. Dry grind pecans in food processor with an “S” blade until just smooth.
2. Repeat Step 1 with dry coconut and add ground coconut to bowl with pecan meal.
3. Puree zucchini in food processor with “S” blade until just smooth. Place zucchini pulp in nut milk bag and remove excess liquid. Reserve pulp in a mixing bowl. This should yield 1 ½-1 ¾ cups of pulp and there should be around 12-14 fluid oz. of liquid removed.
4. Add the other dry ingredients to the bowl with pecan meal and ground coconut. (Cacao powder, Inka coffee, salt) Then toss well with a large spoon or rubber spatula to mix the dry ingredients.
5. Mix zucchini pulp with the date paste and vanilla.
6. Slowly add dry ingredients to the wet ingredients and mix well with a large spoon or spatula.
7. Spread the cake layer batter evenly onto 1 Excalibur dehydrator tray.
8. Dehydrate at 115 degrees for 2 hours and then turn temperature down to 105 degrees and continue drying another 4-6 hours until you can easily and cleanly remove the teflex sheet and turn the layers over. Continue dehydrating another 6-8 hours or until the layer is dry but not brittle.

Assembly:

1. Using a chef knife, divide the dry layer into 3 even rectangles or 4 squares.
2. Using a pastry brush, generously paint chocolate sauce on the bottom of the first layer and place the layer with the chocolate sauce side down on the platter or serving dish. On the top of the first layer spread a 1/8"-1/4" layer of coulis using a small offset spatula or pastry brush.
3. Place the next layer of cake on top of the coulis, then spread another thick layer of coulis on top of the second layer.
4. Repeat this layering process with all remaining ingredients.
5. When all layers have been used, place 3-4 toothpicks evenly spaced through all the layers to stabilize the cake.
6. Generously frost the top and sides with chocolate glaze.
7. Place in refrigerator overnight. Slice and serve.

Keeps for 3-4 days

Variations: Make a mint sauce with fresh mint leaves and agave and use this instead of berry coulis.

Note: For thicker coulis layers, double the coulis recipe and apply up to ½" thick layer of coulis between the dry cake sections.



Nomi Shannon

Nomi Shannon is the author of the best selling raw vegan book *The Raw Gourmet*, and co-author of *Raw Food Celebrations*. In 2008, Nomi received three “Best of Raw Awards” for Best Raw Educator, Favorite Raw Chef, and Favorite Raw Book. Raw since 1987, Nomi has been featured in *Alive* magazine, *Get Fresh!*, *San Diego North County Times*, *Galveston News*, as well as numerous radio shows. Nomi offers a free on-line newsletter as well as a free seven part email class called The Raw Truth at www.rawgourmet.com. For additional recipes from Nomi, check out the “recipes” section at rawgourmet.com.

Corn Chowder

Yield: 4 servings

Adapted from *The Raw Gourmet* by Nomi Shannon

When corn is in season, watch this delicious chowder disappear! This recipe only takes a few minutes to prepare if you have the almond milk on hand. When cutting the kernels off the cob be careful not to cut into the cob, as it contains too much roughage.

2 cups almond milk (recipe below)
4 cups fresh corn kernels (approximately 4 large ears)
1 avocado cut in chunks
1 teaspoon ground cumin
2 teaspoons finely minced onion
1/2 teaspoon sea salt

Topping: extra corn kernels, sunflower sprouts or diced red pepper or edible flowers

In a blender, combine the almond milk, corn kernels, avocado, cumin, onion, and salt. Blend well, until smooth (there will still be small bits of corn visible). Pour into serving bowls and garnish with two of the suggested toppings.

This chowder can be made 1-2 hours before eating, and leftovers will keep well for one day in a tightly sealed container in the refrigerator.

Note: If you are not used to eating a lot of roughage, strain the soup through a sieve or squeeze through a nutmilk bag.

Almond Milk

Yields approximately 3 cups

Adapted from *The Raw Gourmet* by Nomi Shannon

Almond milk can be made in a variety of strengths or richness depending how you want to use it. For corn chowder a rich almond milk works best.

1 cup almonds, soaked 8-12 hours
2 1/2 cups water

Drain and rinse the soaked almonds. Put the water and soaked almonds in a blender. Blend for several minutes until the mixture is as smooth as your blender will allow. Line a large measuring cup or small bowl with a nutmilk bag, pour the mixture into the nutmilk bag. Squeeze the liquid from the bag, discard the pulp or use it for another recipe. Proceed with the corn chowder recipe.

Almond nutmilk will keep for 1-2 days in the refrigerator. The corn chowder is best when made with freshly made nutmilk, or made no more than few hours earlier.

Note: for a nutmilk that you make to drink or use as a base for a smoothie, experiment with adding a date or two or a drop or two of stevia and a bit of vanilla for a smooth beverage.

Summer Tomato-Basil Soup

Yield: 2 servings

Adapted from *The Raw Gourmet* by Nomi Shannon

Wait until summer when you can make this beautiful red soup from fresh, juicy, ripe organic tomatoes and home grown basil.

3 cups tomato puree (6-8 medium tomatoes)
1/4 lemon, peeled and seeded
1 avocado
Large handful of buckwheat or sunflower sprouts
2 tablespoons chopped fresh basil
1 tablespoon chopped onion (optional)
1 small clove garlic, smashed (optional)
Topping: additional sprouts and basil flowers or basil chiffonade*

In a blender, combine the tomato puree, lemon, avocado, sprouts, basil, onion and garlic. Blend until smooth then pour into serving bowls. Top the soup with sprouts and basil flowers or basil chiffonade. This soup tastes best when eaten right away but any leftovers will keep for a day or two in a tightly sealed container in the refrigerator.

Variation: For a simple dressing, combine all the ingredients including the onion and the garlic and add in 1-3 Tablespoons of extra virgin olive oil, or flaxseed or hemp oil. This dressing will keep in the refrigerator for up to two days.

Note: To make the tomato puree: In a blender break up the chopped tomatoes until you have a three cup yield. The puree should be chunky, not totally smooth.

*cut in thin strips

Marvelous Mushroom Soup

Yield: 4 1/2 cup servings

Adapted from *The Raw Gourmet* by Nomi Shannon.

This rich heavenly flavored soup is a classic. Served at room temperature or warmed to 115°, it's a great choice to offer your non-raw friends. It's yummy made from crimini mushrooms or experiment with the many types of mushrooms available- just be sure they can be eaten raw!

1 cup water
1/2 cup almond butter
4-6 cups quartered mushrooms, to taste
2 tablespoons Nama Shoyu
1/4 teaspoon sea salt

Topping: 8 tablespoons finely chopped mushrooms

In a blender, combine the water and almond butter and blend. Add the mushrooms, Nama Shoyu, and salt. Blend until smooth. Pour into individual serving bowls and garnish with chopped mushrooms.

This soup can be made several hours in advance, and it will store in the refrigerator for 1-2 days. This rich soup also serves as a delicious gravy over loaves, pates or burgers.

Note: Due to the rich nature of this soup, a 1/2 cup portion is plenty, especially if you are serving it as the appetizer course.



Ronnie and Minh Skurow

Ronnie and Minh are husband and wife raw food teachers whose film Going Raw was shown at the 2nd Annual Raw Lifestyle Film Festival in Los Angeles. Ronnie is an Essene minister, and Minh is a second generation raw and living food chef, born in Vietnam into a humble and loving Buddhist family. As a child, Minh began learning about plants and how to find food and medicine in the jungle.

Green Papaya & Coconut Noodle Salad

Presented by Ronnie & Minh

The Salad

Green Papaya - Cut into thin strips.

Coconut Noodles - Use a Young Coconut and cut into "Noodles"

Cut the following into bite sized pieces:

Carrot

Celery

Fresh or Sundried Tomato

Red Bell Pepper

Fresh Basil

Mix everything together into a large bowl.

The Dressing (or "Juice" as Minh calls it)

Lemon Juice

Sweetner (Turbinado Sugar or Agave)

Coconut Water

Garlic Oil (Fresh Garlic & Olive Oil)

Dried Chili

Olive Oil

Sea Salt

Combine the dressing ingredients in a small bowl and then mix into the Salad.

Pour the Dressing onto the Salad, mix and enjoy!



Cherie Soria

Cherie Soria is founder and director of Living Light Culinary Arts Institute and co-owner, with husband Dan Ladermann, of three other eco-friendly businesses. Often called the “Mother of Gourmet Raw Cuisine”, Cherie has taught students and world famous chefs and instructors from around the world for over 16 years. Cherie is also the author of 3 books including *Angel Foods: Healthy Recipes for Heavenly Bodies*, and the newly released *Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger*.

Blueberry Vanilla Cheesecake

Recipe provided by Living Light Culinary Arts Institute

Yield: one 8-inch cake (12 servings)

Crust

2 1/2 cups pecans, soaked and dehydrated

1/4 cup evaporated cane juice

1/4 cup seedless raisins

Topping

1/4 cup evaporated cane juice

1 pint fresh or frozen blueberries, thawed

Filling

2/3 cup pitted dates, packed

1/4 cup purified water

3 cups cashews, soaked 2 –3 hours and drained

1 cup coconut oil, warmed to liquid

1/2 cup lemon juice

1/4 cup soy lecithin powder

2 tablespoons vanilla extract

1. For the crust: Put the pecans, evaporated cane juice, and raisins in a food processor outfitted with the “S” blade, and process until the crust mixture begins to stick together. Press the mixture evenly into the bottom of an 8-inch spring form pan.
2. For the filling: Loosely separate the dates, and combine them with the water in a food processor outfitted with the “S” blade. Process until smooth. Add the cashews and coconut oil, and process again until smooth. Add the lemon juice, soy lecithin granules, and vanilla extract, and purée once more until the mixture is smooth and creamy.

3. To assemble the cheesecake: Pour the filling into the crust and spread it evenly.
4. For the topping: Spread the blueberries over the top of the vanilla cream filling and press gently, so they are slightly pressed into the cheesecake.
5. Chill for at least 2 to 3 hours before serving.
6. Store in an airtight container in the refrigerator for up to two weeks.

Breakfasts of Champions

Cinnamon Oatmeal

Yield: 2 cups/500 mL (2 servings)

Oats are one of those comfort foods that remind us of childhood. This porridge goes a step beyond the old-fashioned rolled oats with brown sugar and cream that Grandma used to make. Instead of cooked rolled oats, soaked oat groats are used. Cinnamon Oatmeal is excellent served alone or with warmed Almond Milk (see recipe), sliced bananas, berries, or peaches.

Nutrition Note: Each serving of Cinnamon Oatmeal provides 387 calories, 12 grams of protein, 9 grams of fiber, and over 50% of the RDA for iron.

- 1 cup (250 mL) oat groats
- 1/2 apple, chopped
- 2 tablespoons (30 mL) purified water
- 1/2 (2 mL) teaspoon ground cinnamon
- 3 tablespoons (45 mL) raisins
- Pinch of salt

1. Soak the oat groats for 8–12 hours in 3 cups (750 mL) of purified water.
2. Drain the groats, rinse, cover again with fresh water, and allow to soak for another 8–12 hours. Drain and rinse the oats once more. Use the groats immediately or store them in a sealed container in the refrigerator for up to 3 days.
3. To make the oatmeal, combine the soaked groats, apple, water, and cinnamon in a food processor fitted with the S blade and process into a coarse porridge. Add the raisins and process for 10 seconds longer. Serve immediately.

Crunchy Buckwheat Granola

(dehydrator required)

Yield: 3 quarts/3 L (6–9 servings)

This crispy, crunchy granola cereal is a lifesaver for many raw food enthusiasts. It's delicious with Almond Milk (see recipe) or apple juice and sliced bananas, berries, or peaches. Crunchy Buckwheat Granola is easy to make and can be formed into granola bars for tasty travel treats or afternoon snacks.

Nutrition Note: Crunchy Buckwheat Granola provides a nice complement of vitamins and minerals and provides almost 9 grams of fiber per serving.

- 1 cup (250 mL) pitted dates, packed
- 1/2 cup (120 mL) purified water
- 1 pound (2 1/2 cups/620 mL) raw buckwheat groats, soaked and sprouted (see note, page XX)
- 3/4 cup (185 mL) currants or raisins
- 1/4 cup (60 mL) flaxseeds, soaked for 8–12 hours in 1/2 cup (120 mL) purified water (do not rinse or drain)
- 1/4 cup (60 mL) pumpkin seeds, soaked for 4–6 hours, rinsed, and drained
- 1/4 cup (60 mL) sesame seeds, soaked for 4–6 hours, rinsed, and drained
- 1/4 cup (60 mL) sunflower seeds, soaked for 4–6 hours, rinsed, and drained
- 1 teaspoon (5 mL) ground cinnamon

1. Loosely separate the dates. If the dates are very hard and dry, soak them in warm purified water for a few minutes to soften. Drain before using.
2. Place the dates in a blender with the water and process into a smooth paste. Add more water as necessary to facilitate processing.
3. Combine the buckwheat groats, currants, flaxseeds, pumpkin seeds, sesame seeds, and sunflower seeds in a large bowl. Add the date paste and stir well or mix with your hands to make a batter.
4. Evenly spread 3 cups (750 mL) of the batter no more than 1/4 inch (5 mm) thick onto a dehydrator tray lined with a nonstick sheet. Repeat until all of the batter is used.
5. Dehydrate for 8 hours at 105 degrees F/40 degrees C. Flip the granola onto a mesh dehydrator screen and continue dehydrating for 24 hours longer, until completely dry.
5. Break the granola apart or crumble it into chunks.
6. Stored in sealed glass jars in the refrigerator, Crunchy Buckwheat Granola will keep for up to 3 months

Date and Walnut Scones

(dehydrator needed)

Yield: 8 scones (8 servings)

These sweet, dense breads are reminiscent of English scones. Serve as is or try them with Berry-Date Jam and Sweet Cashew Cream (see Raw Food Revolution Diet) for an extra special treat!

Nutrition Note: With 10 grams of fiber, 7 grams of protein, and a nice complement of vitamins, minerals, and essential fatty acids, these scones are no ordinary sweet treat.

1 1/2 cups (370 mL) kamut or winter wheat berries, sprouted for 36 hours, rinsed, and drained
3/4 cup (185 mL) chopped pitted dates, packed
3/4 cup (185 mL) walnuts, soaked and dehydrated
1 teaspoon (5 mL) ground cinnamon
Pinch of ground nutmeg
Pinch of salt

1. Process the kamut in a food processor fitted with the S blade until the grains are broken into 3 or more pieces each. The mixture should be sticky but not mushy.
2. Loosely separate the dates and add them to the food processor along with remaining ingredients. Process just until the dates and walnuts are mixed in and broken into pieces. The dough should not be smooth; the date and walnut pieces should still be visible.
3. Transfer the dough to a dehydrator tray lined with a nonstick sheet and press it firmly into a round shape, about 1 inch (2.5 cm) thick.
4. Cut the round into 8 equal wedges. Separate them on the nonstick sheet, and dehydrate at 125 degrees F/50 degrees C for 2 hours.
5. Lower the temperature to 105 degrees F/40 degrees C and continue dehydrating for another 3 hours.
6. Turn the scones over onto a mesh-lined dehydrator tray (without the nonstick sheet), and dehydrate for 2–3 hours longer, or until dry and crusty on the outside and tender and moist on the inside. Serve warm or cold.
7. Stored in an airtight container, Date and Nut Scones will keep for up to 1 week in the refrigerator or up to 2 months in the freezer.

Note: If you like, the bread may be warmed in the dehydrator at 125 degrees F (50 degrees C) for an hour before serving.

Almond Milk

Yield: 2 cups/500 mL (2–4 servings)

If you like the flavor and creaminess of milk, you'll love this slightly sweet, pure white beverage that mimics the look and taste of its dairy counterpart. In fact, once people taste fresh nut milks, they rarely go back to dairy milk. Play with the sweetness by varying the amount of dates you use, and adjust the thickness by adding more or less water. You'll be pleasantly surprised at the possibilities, as this recipe can be used to create a light refreshing milk or thick, sweet cream.

Nutrition Note: Remember that this is a nut-based recipe, so keep your serving sizes moderate. You can also increase the water content to reduce the calories per cup. Save the mineral-rich pulp for use in recipes like Garlic-Herb Croutons.

1/2 cup (120 mL) whole raw almonds, soaked for 8–12 hours, rinsed, and drained
2 cups (500 mL) purified water
2 to 3 pitted dates (see note)
1/4 teaspoon (1 mL) vanilla extract

1. Combine all of the ingredients in a blender and process until smooth.
2. To separate the milk from the pulp, squeeze the mixture through a cloth mesh bag or a double layer of cheesecloth. Reserve the pulp.
3. Serve at room temperature or chilled. Stored in a sealed glass jar in the refrigerator, Almond Milk will keep for up to 4 days.

Notes: Dates vary in size and degree of sweetness. If you're using larger, sweeter dates, such as Medjool dates, you may wish to use 2 dates rather than 3. Store leftover almond pulp in an airtight container in the refrigerator for up to 6 days, or in the freezer for up to 4 months (defrost before using). The pulp may be used in other recipes, or you can dehydrate it and then grind it in a food processor and use it as a flour.

Comiendo Pura Vida (Eating Pure Life): The Flavors of Mexico

Mexican Corn and Avocado Salsa

Yield: 3 cups (3 servings)

Recipe from Raw Food Revolution Diet by Cherie Soria, Brenda Davis RD, and Vesanto Melina MS, RD

Get in the mood for Mexican food. This mildly spicy salsa has a lively flavor and chunky texture. We enjoy it served with Red Hot Chips (see Raw Food Revolution Diet, for recipe) and Salsa Fresca (Raw Food Revolution Diet). It's also good wrapped in Fresh Corn Tortillas (Raw Food Revolution Diet).

Nutrition Note: This salsa provides over 100% of the RDA for vitamins A and C and is a rich source of omega-3 fatty acids.

- 1 1/2 cups (370 mL) cherry tomatoes, cut into quarters
- 1 ripe avocado, diced
- 1 cup (250 mL) fresh corn kernels
- 1/2 cup (120 mL) diced red bell pepper
- 1/2 cup (120 mL) chopped fresh cilantro, loosely packed
- 1 green onion, thinly sliced
- 1 1/2 tablespoons (22 mL) freshly squeezed lime juice
- 1 1/2 teaspoons (7 mL) flaxseed oil
- 1 clove garlic, crushed
- 1/2 teaspoon (2 mL) salt
- 1/4 cup (60 mL) mung bean sprouts or Savory Seasoned Sunflower or Pumpkin Seeds (see *Raw Food Revolution Diet*)

1. Combine the tomatoes, avocado, corn, bell pepper, cilantro, green onion, lime juice, oil, garlic, and salt in a large bowl and toss gently.
2. Garnish with the bean sprouts and serve immediately.

Mexican-Style Seasoned Cabbage

Yield: 1 1/2 cups/370 mL (3 servings)

Recipe from *Raw Food Revolution Diet* by Cherie Soria, Brenda Davis RD, and Vesanto Melina MS, RD

This is one of the most popular dishes at Living Light Café and a favorite of our students. It was created to mimic Mexican seasoned rice, and it really does taste like the Spanish rice dishes served in Mexican restaurants. It's packed with nutrition, and since it tastes great, people come back for more.

Nutrition Note: Thanks to the cabbage, this dish is high in vitamins C and K and the amino acid glutamine. Peas are a good source of protein and zinc.

- 1 1/2 cups (375 mL) shredded cabbage (about 1/4 head)
- 1/2–1 cup (125–250 mL) fresh or frozen peas (see notes)
- 1 green onion, thinly sliced
- 2 tablespoons (30 mL) sun-dried tomato powder
- 1 tablespoon (15 mL) extra-virgin olive oil (optional)
- 1/2 teaspoon (2 mL) Himalayan crystal salt
- 1/4 teaspoon (1 mL) Mexican chili powder
- 1/4 teaspoon (1 mL) ground cumin
- 1/4 teaspoon (1 mL) onion powder
- 1/2 clove garlic, crushed
- 1/2 ripe tomato, diced

1. Place the cabbage in a food processor fitted with the S blade and pulse until it reaches the texture of rice.
2. Transfer to a large bowl and add the peas, green onion, sun-dried tomato powder, the optional oil, salt, chili powder, cumin, onion powder, garlic, and tomato and toss gently.
3. If you would like to warm the mixture, transfer it to a large glass baking dish and place it in a dehydrator set at 125 degrees F/50 degrees C for 30 minutes to 2 hours, or in a warmed oven (preheated to warm and turned off) for 30 minutes prior to serving.
4. Serve immediately.

Notes

- Frozen peas are not raw—they've been blanched for a few minutes. They still contain valuable nutrients as well as good flavor and color, but if you want a 100% raw recipe and have no fresh peas, they may be omitted.
- This dish is also tasty without being warmed. Try serving it wrapped in a large collard leaf or large leaf of romaine lettuce.



Vinnette Thompson

A classically trained chef, Vinnette earned a culinary arts degree from the Culinary Institute of America and is also a graduate of the Living Light Culinary Arts Institute, where she now teaches a variety of classes. Vinnette has two culinary passions, vegetarian cuisine and culinary education. A chef for over 25 years, she is currently Executive Chef of the Raw Food Underground and teaches culinary arts for the Palm Beach school district in Florida.

Fresh as a Peach Cobbler

Serves 6

Crumble Topping

1/2 cup almonds, soaked and dehydrated
1/2 cup walnuts, soaked and dehydrated
1/2 cup Brazil nuts
1/4 cup pitted dates
dash of salt
2 tablespoons water

Fruit Filling

4 cups fresh ripe peaches, pitted and diced
1/4 cup pitted dates
2 teaspoons lemon juice

1. To make the crumble topping: process the almonds, walnuts, and Brazil nuts in a food processor using the “S” blade, until the mixture resembles a coarse meal. Separate the dates and distribute them evenly over the nuts. Process again until the mixture just begins to stick together. Add the water and process again for a few seconds.
2. To make the filling: blend 1 cup of the peaches with all the dates, and lemon juice. Stir the mixture into the remaining peaches.
3. To assemble the cobbler: place the peach filling in a shallow glass baking dish. Press the crumble topping lightly on top.
4. Serve room temperature, warmed slightly in a dehydrator, or chilled. Delicious with a scoop of vanilla ice cream (see recipe).
5. Will keep in a sealed container in the refrigerator for up to 3 days.

French Vanilla Ice Cream

Yield: 5 cups (serves 6)

2 cups almonds, soaked 6 to 8 hours, rinsed, and drained
2 cups water
1 ½ cups cashews, soaked 4 hours, rinsed, and drained
1 cup agave nectar
2 ¼ teaspoons psyllium powder
1 ½ teaspoons vanilla extract
1 vanilla bean, whole
pinch of salt

1. Blend the almonds with the water in a high-powered blender to make a thick almond cream. Strain the mixture through a cloth mesh bag, and store the pulp for another recipe.
2. Add the whole vanilla bean to the blender along with the cashews and other remaining ingredients until smooth and creamy. The vanilla bean will resemble tiny specks of pepper.
3. Pour the blended mixture into a 9 by 9-inch glass baking dish or other shallow glass container, and cover tightly. Freeze for at least 12 hours, or until firm. Serve with an ice cream scoop. If the ice cream is too hard, let it thaw for 5 to 10 minutes before scooping.
4. Store in an airtight container in the freezer for up to two months.

Chocolate Fudge Coconut Dream Bars

Chocolate Ganache

2 ¼ cups cocoa powder
2 ¼ cups maple syrup
1 cup coconut oil

Bottom Layer

4 cups walnuts
4 cups pecans
3 ½ cups chocolate ganache
1 cup raisins
1 cup dried shredded coconut
1 cup dehydrated maple syrup
1 ½ teaspoons salt

Top Layer

2 cups coconut meat
¼ cup agave nectar
2 Tablespoons vanilla
½ teaspoon salt
¼ cup coconut oil (melted)
4 cups dried shredded coconut
½ cup chocolate ganache

FOR THE GANACHE

1. Blend all the ingredients for the ganache until smooth and set aside

FOR THE BOTTOM LAYER

1. In the food processor process 2 cups of walnuts, 2 cups of pecans
2. Transfer to a mixing bowl
3. Repeat with the remaining 2 cups of nuts
4. Add 3 cups of chocolate ganache, raisins, coconut, maple sugar, and salt mixed until thoroughly combined
5. Transfer the mixture to a parchment lined pan and spread into an even layer
6. Place in the fridge to set up

FOR THE TOP LAYER

1. In the high speed blender blend the coconut meat, agave, vanilla, and salt until very smooth
2. While the blender is running add the melted coconut oil and continue blending until smooth transfer the mixture to a bowl
3. Stir in 2 cups of shredded coconut
4. Spread evenly on top of the chilled bars
5. Sprinkle the remaining shredded coconut on top
6. Drizzle the half cup of chocolate ganache over the coconut
7. Place in the fridge to set up
8. Cut in to bars



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