
Raw Vegan Recipes:

Raw Vegan Cookbook

By

Valerie Alston

Table of Contents

Introduction

Part 1. Raw Vegan Recipes Facts and Tips

Part 2. Raw Vegan Recipes

RAW VEGAN BREAKFAST RECIPES

RAW VEGAN LUNCH RECIPES

RAW VEGAN DINNER RECIPES

RAW VEGAN DESSERT RECIPES

RAW VEGAN DRINKS RECIPES

Conclusion

Thank You Page

Raw Vegan Recipes: Raw Vegan Cookbook

By Valerie Alston

© Copyright 2013 Valerie Alston

Reproduction or translation of any part of this work beyond that permitted by section 107 or 108 of the 1976 United States Copyright Act without permission of the copyright owner is unlawful. Requests for permission or further information should be addressed to the author.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. This work is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional services. If legal advice or other expert assistance is required, the services of a competent professional person should be sought.

First Published, 2013

Printed in the United States of America

Introduction

Raw Veganism is a diet and lifestyle that combines being a vegetarian and being a raw foodist together wherein being a vegetarian involves consuming mostly vegetables in the diet and not eating meat as well as being a raw foodist involves consuming foods in their natural and unprocessed form. When these two are combined, it turns into raw veganism which involves consuming foods in their natural form and not eating meat as well. There are several advantages of eating raw vegan recipes and one is that these recipes are healthier since the foods prepared are not robbed of their nutrients. Two, raw vegan recipes aid in weight loss and this is because the foods that are mainly consumed in this diet and lifestyle are free from fats and high calories as they are mostly fruits and vegetables. Three, these recipes are toxin-free which is why they aid in cleansing and detoxifying the body which in turn benefits beauty as well.

If you want to experience these benefits from now on, you can start whipping up several raw vegan recipes on your own. However, there are also some facts and tips you need to consider before trying out these recipes.

Part 1. Raw Vegan Recipes Facts and Tips

Knowing and understanding these raw vegan facts and tips will help you be prepared and be aware of what you are getting yourself into as well as what you should expect and should not expect with it. These tips also prepare you as to how you can ensure that raw veganism will work for you.

Raw Vegan recipes strictly do not contain meat. Unlike other diets wherein you can eat meat in small portions, raw vegan recipes are different. And since the taste of meat is missing, you may find the taste a bit different and lacking especially if you are used to having meat for all your meals. But since meat is absent on raw veganism, you must condition your mind about this fact and try your best to get used to it.

Use organic ingredients. Most of the time, raw vegan recipes are just as its name implies; raw or eating them in their natural form which is why it is a must to use organic fruits and vegetables or those that were not grown using pesticides and harmful chemicals. This is to avoid giving toxins access to your body and causing harm to your health.

Prepare your foods and ingredients well. Since most of the ingredients and raw vegan food sources nowadays are inorganic especially if you buy them from malls wherein they are waxed, just make it a point to prepare your food well such as washing the fruits and vegetables thoroughly or peeling them. This is so that you can get rid of the toxins on their skin and prevents them from harming your health.

Raw Vegan Recipes may require financial investment and budget. This is depending on the type of fruits and vegetables you are using. If you want to start raw veganism, it helps when you are also prepared financially or expect that some of the vegetables to buy for your recipes as well as fruits and ingredients may be a bit expensive especially if they are imported or not grown from your place. Of course, there is no need to spend a lot with raw veganism as you can

incorporate fruits and vegetables that are not that expensive but filled with the nutrients that you need but if you want to try out other fruits and vegetables or other recipes that require rare ingredients, you may consider preparing a budget for that.

Experiment with natural ingredients. While you are not banned to use a bit of ingredients like salt and sugar for your raw vegan recipes, you can make your recipes a lot healthier by experimenting with other ingredients that are natural but are known to be flavor enhancers such as herbs and fruits so that even if meat is banned as well as even if you are eating your foods naturally or raw, you are still not depriving yourself of great tasting recipes. This is especially true for those who cannot tolerate the taste of vegetables and need other ingredients to cover up the taste.

Make sure your foods remain fresh. Once you buy your fruits and vegetables from the market, they have their freshness period and once this period lapses, your foods may no longer be fresh already. So, if you are stocking them inside your fridge, make sure that your fridge has the ability to lock in freshness of the produce you bought so that even if you won't be using them right away, you can be assured that by the time you want to use them already, they are still fresh.

Part 2. Raw Vegan Recipes

If you are just starting out with raw veganism, various raw vegan recipes can help you decide what meals to prepare. The following recipes are categorized for breakfast, lunch, dinner, desserts and drinks for your easy reference.

RAW VEGAN BREAKFAST RECIPES

1. Raw Buckwheat Porridge

Ingredients:

Water

2 cored green apples

½t cardamom, ground

1c buckwheat groats, raw and hulled

1c raw walnuts

1 juiced orange

½t vanilla

Pomegranate,

Cacao nibs

Nut butter

Berries

Bee pollen

Coconut flakes

Procedure:

-
- Get a bowl and place the buckwheat in it. And then, get another bowl to place the nuts in it too.
 - Let the buckwheat and the nuts soak in water overnight or an hour as you desire.
 - Then, rinse and drain the water from the bowl of buckwheat and nuts.
 - Get a food processor and put in all the ingredients including the soaked nuts and buckwheat but excluding the pomegranate down to the coconut flakes.
 - Blend the ingredients together and wait until they are smooth and well blended.
 - Transfer to a bowl and top this porridge with the ingredients from pomegranate to coconut flakes.
 - Refrigerate and serve.

2. Raw Oatmeal Breakfast

Ingredients:

3T nut milk

½t vanilla extract

¼c soaked walnuts

¾c soaked oats

1T maple syrup

2T pumpkin seeds

¼c of raisins

Procedure:

-Start by draining water from the oats and the nuts well and washing them as well.

-Then, get your food processor and pulse the oats, maple syrup, vanilla, water and pumpkin seeds together.

-Once they are well blended, add walnuts on the mixture as well as raisins and continue processing them until you reach a soft and chewy texture of the mixture.

-If you want to adjust the texture, you can add water or milk on it slowly. Mix well again and transfer to a bowl.

-It is up to you if you are going to garnish this breakfast with extra ingredients such as nuts and raisins, etc.

3. Date and Walnut Breakfast Scones

Ingredients:

¾c dates, pitted and chopped

1t cinnamon, ground

A pinch of salt

1 ½c rinsed and drained winter wheat berries

¾c soaked walnuts

A pinch of nutmeg, ground

Procedure:

- Get a food processor and start processing the winter wheat berries until it is sticky.
- Add in the dates along with the rest of the ingredients and process again until the walnuts are broken to pieces and the dates are well mixed in.
- Line a dehydrator tray with a sheet and transfer the mixture onto it, pressing them firmly so that it gets a round shape with a thickness that's about 1 inch.
- Now, start cutting the round shape into oval wedges. Place them on a separate sheet to dehydrate for 2 hours.
- Then, it's time to lower down the temperature but still continuing to dehydrate the mixture for 3 hours more.
- Next, transfer the scones onto the separate dehydrator tray lined with mesh and dehydrate again for 3 hours.
- You can serve these cones chilled or warmed as you wish.

4. Coconut Steel-Cut Oats Breakfast

Ingredients:

4 ½c water

1 pinch of salt

½t nutmeg, freshly ground

2T virgin coconut oil

2c steel-cut oats, organic

1t cinnamon freshly ground

Toppings: coconut flakes, pumpkin seeds, banana slices, almond milk, blueberries, flax seeds, etc.

Procedure:

- Get a large saucepan and start melting the coconut oil. Put the oats into the pan and coat well with the oil.
- Cook for a few minutes with increased heat.
- Now, add water, cinnamon, salt and nutmeg on the pan and bring the mixture to a boil.
- Let this simmer for at least 7 minutes.
- Next, you can remove the pan from heat and start to ladle the mixture onto jars.
- Cover the jars and set this aside to sit overnight. Refrigerate hours before breakfast.
- Once you are ready to eat breakfast, pour the mixture onto a saucepan to heat a bit and then transfer to a bowl.
- Top with your desired toppings.

RAW VEGAN LUNCH RECIPES

1. Raw Zucchini Pasta Lunch

Ingredients:

1 zucchini, medium

Salt

Olive oil, extra virgin

1 splash of coconut milk

Min, freshly chopped

Baby salad greens, fresh

Watermelon slices

Yellow tomatoes

Fresh cilantro

Cashew cream sauce

Procedure:

-Start by peeling the zucchini and slicing its end evenly. Then slice the zucchini in half and slice these halves into strands to make zucchini strands.

-Pour these strands onto a mixing bowl and drizzle oil onto it and sprinkle gently with salt.

-Lift the strands and toss to mix well with the salt.

-Next, thin the cashew cream sauce using a coconut milk and season it with the herbs.

-Mix well.

-Finally, pour in the sauce to the zucchini strands one at a time while tossing and mixing the strands after every pouring of sauce.

-Prepare your plate with the yellow tomatoes and the salad greens and slowly place the zucchini paste on the center. You can garnish watermelon slices on top.

2. Broccoli Bon Bon Sauce Lunch

Ingredients:

2c boiling water

5c broccoli florets

For the Bon Bon Sauce:

2T fresh ginger, grated

2T agave syrup

1 crushed clove of garlic

½c raw tahini

2T lemon juice, freshly squeezed

2T tamari, wheat-free

Procedure:

-Get a heatproof bowl and place the broccoli florets on it with the boiling water. Let the broccoli be submerged on the boiling water for a minute.

-After that, submerge the broccoli on cold water. Then, drain well.

-Meanwhile, prepare the sauce first by combining all the sauce ingredients inside a blender.

-Process all of them until they become smooth.

-Pour into a jar and refrigerate if you are still not going to use it. But if you are going to use it, pour directly onto the broccoli.

-Serve and enjoy.

3. Raw Vegan Veggie Luncheon Medley

Ingredients:

For the Couscous:

2/3c pine nuts

2T virgin coconut oil

Salt and pepper

2 cauliflower heads, large

2T yeast

1T agave, raw

For the Veggie Medley:

1c corn

1c diced mushrooms

¼c minced parsley

2T virgin olive oil

Salt and pepper

1c Fava beans

1c diced carrots

1c diced zucchini

2T minced basil

1T lemon juice

For the Sauce:

¼c lemon juice

3T raw agave

½c wheat free tamari

1T apple cider vinegar

1T virgin olive oil

Procedure:

-Make the couscous first by processing all the couscous ingredients together in a food processor. Season with salt and pepper and set aside.

-Next, prepare the sauce by combining all the sauce ingredients in the food processor as well and blend until well combined.

-Next, prepare your veggie medley by mixing and tossing all the veggie ingredients in a bowl. - Mix well.

-Now, add the couscous mixture onto the veggie medley and combine well.

-Then, top the veggie medley with the sauce by spooning it onto the medley.

-Serve.

4. Spicy Collard Wraps for Lunch

Ingredients:

2 carrots, medium

¼c red basil

2 garlic cloves, medium

1T lemon juice

Water

3 collard green leaves, large

2 chopped pears

1 ½c walnuts

1T sesame oil

1 large arbol pepper, dried

1T nama shoyu

Procedure:

-Wash the produce ingredients well.

-Start chopping the pears and carrots into matchstick sizes. Set them aside.

-Now, create the spicy walnut paste by blending the walnuts, basil, sesame oil, garlic, pepper, lemon juice, nama shoyu and water together until the mixture resembles ground beef texture.

-Pour slowly this mixture onto the collard leaves and top this mixture with the sliced and chopped pears and carrots.

-Now, roll the collard wraps with the mixture and place on a plate until all mixture has been rolled inside the collard leaves.

-Serve.

RAW VEGAN DINNER RECIPES

1. Raw Vegan Save-the-Salmon Cutlet

Ingredients:

For the Salmon Paste:

½c soaked sunflower seeds

½c carrot pulp

4T minced red onion

4T lemon juice

¾t paprika, smoked

½t dill weed, dried

A pinch of salt

½c soaked almonds

2T flax oil

4T minced celery

4T minced parsley

4T golden flax seed, ground

½t kelp powder

½t crystal salt

For the Dulse Layer:

2T tamari

2T soaked dulse

For the Brazil nut Crumble:

¼c finely ground almonds

1t yeast

½t paprika

¼t garlic powder

A pinch of black pepper

½c ground Brazil nuts

1t onion powder

1t chili powder

¼t poultry seasoning powder

¼t crystal salt

Procedure:

-Make the cutlets first by processing the sunflower seeds and almonds using a food processor.

Add a bit of flax oil for easy processing.

-Then, put the processed mixture into a bowl while you add in the remaining salmon cutlet ingredients. Mix the ingredients well using your hands.

-Now, start forming the mixture into an oval shape resembling salmon and make sure it is ¾ inch thick already. Set this aside.

-Make your tamari dulse layer by simply mixing together the tamari and the soaked dulse and whisking them until smooth. Set this aside as well.

-Now, make your Brazil Nut Crumble by combining the crumble ingredients in a food processor. Process them well but not too much.

-Finally, take out the cutlet you have made and brush the tamari dulse sauce you made. Now, coat the cutlet with the crumble. Place it in a dehydrator tray and dehydrate for at least 2 hours.

-Serve.

2. Raw Taco Salad Dinner

Ingredients:

1 lime

1 large and shredded lettuce head

1T minced onion, dehydrated

1t cumin

1t salt

2c soaked walnuts

3T chili powder

½t oregano

A pinch of cayenne pepper

For the Guacamole:

½ c diced tomato

Juice of half a lime

2 small avocados, ripe

3T diced red onion

Salt

For the Pico:

½ diced red onion, medium

1T lime juice

Salt

2 seeded and diced large tomatoes

¼c minced cilantro

1 seeded and minced jalapeno

For the Sour Cream:

½c water

1t apple cider vinegar

½c water

½t salt

2T lemon juice

Procedure:

-Get a food processor and start blending the walnuts first. Wait until they turn into crumbs but do not over mix.

-Next, add the rest of the ingredients and process as well. Set this aside.

-Then, get a small bowl and start mashing the avocados. When it is fairly smooth already, add the rest of the ingredients and mix together well. Set aside.

-Now, start mixing together all the pico ingredients in a small bowl and set this aside.

-Make your sour cream by blending the cashews with water in a food processor. Wait until smooth before adding the rest of the sour cream ingredients.

-Combine the taco meat, guacamole, and pico mixture together.

-Finally, place a large lettuce on a plate and start spooning combined taco meat, guacamole and pico mixture.

-Top the salad with the cashew sour cream you made and squeeze lime juice as well.

-Serve.

3. Spicy Red Pepper Soup

Ingredients:

5 red bell pepper, cored

1c water

1c coconut milk

2t salt

1t black pepper

1 Dash of lime juice

1 coconut water and flesh

5T olive oil

1c sunflower seeds, soaked and rinsed

1t cayenne spice

1t masala spice

Procedure:

-Get a food processor and blend all these ingredients together until very smooth.

-Transfer to a bowl, garnish and serve.

4. Wild Rice Pilaf Dinner

Ingredients:

1 ½ diced celery stalks
1c shredded carrot
3T minced parsley
1 ½t poultry seasoning
1T onion powder
¼c olive oil
1 ½T tamari, wheat-free
A pinch of crystal salt
4oz. wild rice
1 sliced green onion
¼c chopped pecans
2 thinly sliced mushrooms
3T currants, dried
¼t garlic powder
1 ½t lemon juice
1 ½t dark miso

Procedure:

- Start by rinsing the rice and placing it in a gallon jar covered with water. Dehydrate this for 24 hours.
- Then, drain the water from the rice and rinse again. Drain again well.
- Now, you can add celery, carrot, parsley, poultry seasoning, onion powder, green onion, pecans, mushrooms, and garlic powder already.

-
- Get a separate bowl and stir in olive oil, tamari, orange zest, lemon juice and miso and mix well to combine. Add this mixture to the rice mixture and stir well while adding salt and pepper.
 - Transfer this pilaf to a warm dehydrator first before serving.

RAW VEGAN DESSERT RECIPES

1. Raw Vegan Cheesecake Dessert

Ingredients:

½c dates

1 pinch salt

1 ½c pine nuts

¼c unsweetened coconut, dried

¾c coconut oil

3c cashews

¾c agave nectar

Procedure:

- Make the filling by melting coconut oil first in a saucepan.
- Then, get a blender to transfer the coconut oil to it and add the agave nectar and the cashew to it. -Blend all of them until smooth.
- Meanwhile, make the crust by blending the pine nuts, dried coconut, dates and agave nectar until they are finely chopped.
- Finally, get a large pan or a mold and pour in the crust mixture. After that, pour the cheesecake mixture on top of it to layer.
- You can now place it on the fridge to solidify or harden.
- Serve and enjoy.

- [**download online Flock of Dodos: Behind Modern Creationism, Intelligent Design and the Easter Bunny**](#)
- [**download online Choice of Evil \(Burke Series, Book 11\)**](#)
- [*A Modest Proposal and Other Writings pdf, azw \(kindle\)*](#)
- [From Word to Kindle \(Revised 3rd Edition\) book](#)

- <http://omarnajmi.com/library/Green-Papaya--New-fruit-from-old-seeds---how-I--seduced-Australia-with-my-food.pdf>
- <http://diy-chirol.com/lib/Mad-About-Mirabelle.pdf>
- <http://www.freightunlocked.co.uk/lib/The-Nibelungenlied--The-Lay-of-the-Nibelungs--Oxford-World-s-Classics-.pdf>
- <http://aircon.servicessingaporecompany.com/?lib/From-Word-to-Kindle--Revised-3rd-Edition-.pdf>