

Melissa Mango's Green Cuisine ©

Success On Raw

Second Edition

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Disclaimer

This book presents information from the Author's personal experiences and research in plant based nutrition and rejuvenation. The information in this book is not intended to diagnose, cure, or treatment for any disease or ailment or be used as a prescription by the reader. The Author and Publisher are not offering or dispensing medical advice. Use the information in this book only if you are willing to accept the sole responsibility for choosing and deciding your own diet and lifestyle.

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Gratitude is the Attitude

I want to thank my Heroic Momma, feisty Grand Mother and Lil Bro Michael! From the beginning they hung in there during my wild adventures into the depths of this absolutely and utter crazy....um, I mean, discovery of The Raw-Lifestyle. Big love to the support of Terra Cherimoya, Joy Honey Bee Light, Suki Zoe, Daniel Upton, Anahata, Debra "dishlove", Debbie Zannoni, Dereth DeHaan, Nick Good, Kane laskey (my trainer), Tristan Saldana and the rest of the vibrant people who have inspired me on my Life's Journey thus far! Big love to Dahveed Haro and my son Zavier !

Author's Warning

This book does in fact contain information that will change your life and the way you eat forever. I am not Sorry. =] Once your life begins to shift for the better, your health increases tremendously and a smile lights up your face for others to see.

Simply credit yourself and proceed with the Bliss!

"What is the best that can happen?" - **Melissa mango**

"It aint easy being Green" - Kermit The Frog

What is Green Cuisine

Green building concepts, greener ways to clean your home and even shop are conscious and non-toxic solutions for you and your planet; our choices for food should be no different. Green Cuisine simple refers to meals that are made using fresh with whole, truly natural ingredients. It's really that simple! These

ingredients are not processed or adulterated by man using chemicals and industrial conveniences like a lot of the packaged junk we often see sold as food. Food that needs to be enriched because it is lacking nutrients to

begin with should be your first clue that you need to find something better to eat.

Making your meals from pure foods in the wild or harvested from rich soil is the next level of cuisine then blessing you with longer and healthier life and many regenerating benefits. Once you begin incorporating Green Cuisine into your life on a regular and consistent basis, you will reap such benefits as clearer skin, a slimmer waist, sharper mind, positive mind set, brighter attitude, increased endurance and much more yet to be discovered on your journey! By eating Green you will have the satisfaction in knowing that you are not only feeding yourself life-giving food that will greatly impact you personally, but you are also greatly impact the world around you by your green food choices.

Health is in fact our greatest wealth!

About this “cook” book

If you knew how to make tasty healthy meals in less time it took to cook and that doing so would increase your health and more, wouldn't you want to give it a try? The great news is that we will not be cooking at all! Green Cuisine will provide you with fast healthy food ideas without having to open a can, choke down a worthless low calorie puff biscuit or break your bank account with teeny un realistic portions. You are now armed with the greatest recipes that will undoubtedly uncover your supreme health on all levels. Through these pages of Green Cuisine, I give you the gift of amazingly simple recipes that will nourish every cell, gently cleanse your temple (body), restore your spirit and take you to the next level on your health's journey! Included in this book you will find truly wheat-free, agave-free and nut-free meals to accommodate varied philosophies when it comes to Green Cuisine (food). My recipes are designed to be flavorful, with attention to simplicity and easy to digest which means you can eat these meals every day without feeling stopped up with too many nuts or poorly combined meals!

With the ideas and tools listed in this book, you will be a master in your own kitchen in no time!

“Rather it a matter of how “RAW” you are, have it be a matter of what is in your heart.” – **Melissa Mango**



About Melissa Mango

Melissa Davison later nicknamed named “mango” got her first taste of the live foods lifestyle from her physical trainer Kane Laskey in 2001 while gearing up for an international dance competition. After a few short weeks of training hard in the gym and eating a mostly a Raw-Vegan diet, Melissa returned from her competition a winner and in the best shape of her life. Improvements in not only her general health but her physique and state of mind came within just a few weeks. It then became clear what she was called to share with the rest of the world. Recipes and tips and how to do it! After years of volunteering, hosting potlucks, catering and even teaching classes, Melissa paired up with friend, Chef Eric Rivkin, at **Iowa Community College**, and the **ACF** (American Culinary Federation) for professional demos. Melissa later taught **The Chef De Cuisine** some raw food preparations basics.

Melissa was one of the Chefs for six diabetics during the filming of *RawFor30Days: Healing Diabetes Naturally*, during which she was a guest Chef and a volunteer instructor at **The Tree of Life Rejuvenation Center** led by Dr. Gabriel Cousins. In 2005, Melissa was the only vegetarian/Raw Chef participating in the Grill Masters’ Competition in Boise, Idaho, where she won “Most Creative Dish” as well as “Best Show” at the 2005 Texas Vegetarian Chili cook off. Some of her earlier Southwestern recipes can be found in *The Raw 50* by Carol Alt published in 2007.

Melissa has been a reappearing guest Chef on **G Living Tv** show (www.GLiving.tv). Melissa opened California’s first South Bay Raw-Vegan, Eco-friendly cafe in the summer of 2006, **Terra Bella Café**. This social hot spot was featured in *Get Fresh* Magazine in 2009. As a busy Mom herself, Melissa Mango currently works for *Café Gratitude in* Santa Cruz California.

RAW or Nothing?

Some of my clients will say to me “Melissa, I just can’t be all raw!”

They then decide to return to their old eating choices that were more comfortable; yet feeling their health decreases, weight return and other ailments come back. I then ask

“How is it working for you”. Nine times out of ten, my clients are not happy with the setback by returning to their previous diet, yet being 100% raw isn’t where they want to be either.

I want to make it very clear that Green Cuisine is not about how raw you are and if you can not adhere to a 100% raw-vegan diet you’re a loser. I have seen there be an all or nothing attitude within the Raw Community which can be discouraging for people wanting to explore Raw Foods. Remember that just because your food is cooked does not make it garbage or poison; that is very one sided and ridged. We need a new healthy perspective on this raw or not raw topic that is more realistic and supportive. Your health results will be attained easily through your consistency of eating healthy rather than you trying to be hard core Raw. Most people when they fall off the proverbial raw wagon or decide it’s too tough to stay all raw, will swing back so hard into their old eating patterns that they eat worse than they did before they started eating raw. I know this pattern oh too well. Why do you think this is? My opinion is that it is human nature that when we try to do something that is unrealistic or so hard to follow, that we eventually lose steam and say Piss on it! And like a child revolt; often times rebelling worse than before. How can we transition without the wicked back lash?

My advice for those wanting long lasting health benefits with Raw Food is to make change a gradual and enjoyable process. Commit to small changes little by little when it comes to your food choices. Going all raw overnight is certainly fun and quite an exhilarating rush yet not sustainable for most to follow through with for the long haul. If you cannot go all raw, no biggie, do what you can. Going all raw over night proves nothing and doesn’t need to be the goal for everyone. What is most important is the state of your physical and mental health over long periods of time and how you feel emotionally about the changes you are making.

Everyone interested in adopting a diet of mostly or high amounts of Raw Foods should first remove the processed foods and who cares if you enjoy some steamed veggies with quinoa and a kick ass tahini sauce! These foods are still healthy and whole and much better than puff cereals and pizzas! May I point out that it isn’t even about being 100% raw, it is about being 100% happy and making better choices every day. The important thing is to remove toxic foods first and keep them out, then make other upgrades you can stick to.

Three simple steps you can do today that will change everything

Step 1 Focus first on removing processed foods from your diet. One at a time, get rid of items like white sugar, white flour, wheat / gluten products and pasteurized-homogenized cow dairy. Once you are consistent with just these changes for example, you can take more steps and refine as long as you are feeling good and seeing your health improve.

See chapter on Transition Your Way of Eating for easy food trade-out options that will help you do it gradually.

Step 2 Incorporate more fresh fruits and veggies at every single meal. Try new seasonal varieties or some you have never had before to insure you are getting a wide range of nutrients offered by these plant foods. Canned fruits or veggies should be avoided.

Step 3 Look into simple ways to cleanse your body which will help you tremendously.

I recommend you start with a simple step by step plan as seen in Raw Food Detox by Natalia Rose, or if you have more time or in need for serious cases, hire Suki Zoe to come to your home and guide you one on one in person.

“Simplify only to Magnify!” ~ **Melissa Mango**

Why choose Raw Foods?

Simply put, cooking your food in a large pot till it is limp begins to destroy the quality of the food and denatures the nutrients offered by fruits and vegetables. Processing foods such as anything that man has made was at one time a whole food. Today most if not all packaged foods are mere ashes compared to freshly picked fruits and vegetables and these packaged foods are simply expensive trash you are better without.

Exposing plant-based foods and fragile pressed oils to extreme levels of heat causes these foods to breakdown molecularly, becoming much less nutritious than they were before and even denaturing them into a toxic substance. Most foods once cooked or boiled look dead and not as vibrant as they once were, hence the wilt and dull grey color we are not attracted to, for obvious reasons. When it comes to your everyday meals, if you are consuming primarily over-cooked vegetables, processed man-made food items and canned fruits and or vegetables; which are cooked and preserved; do you think you are receiving all the nutrients you could be if you consumed these same foods in their fresh, in-season state and alive? For the purpose of getting more nutrients into the body, our focus should be to consume as much fresh, live, raw whole foods as possible at every meal to insure we are getting a variety and plenty of nutrients which are vital for our bodies.

Aside from taste and of course pleasure, why do we eat food to begin with?

We consume food with the subconscious intention to nourish our bodies, feed our cells, and have sustained energy to function in everyday life. Whether it be preparing for a long run, to study for an exam or to have the energy to chase or children our around, we are consistently eating food to fuel our entire system and make all of this and much more possible.

I am not against cooked foods. I am a huge fan of some cooked foods but within reason. Not all cooked foods are equal. I love fresh slow cooked soups, steamed quinoa with seasonings and other unprocessed dishes made from truly whole foods. These are food items not found in such as anything in a box, a can or convenient pre-packaging. Even though these whole food meals I love are in fact cooked, these whole foods they are very healing as opposed to the man-made foods bulging from the common pantry. When prepared in a careful manner, these whole cooked foods are far more nutritious than all fast foods. Macrobiotic foods for example are cooked, and extremely nourishing for those who have digestive systems that need to be healed through whole food nutrition or for those who may not be used to the natural fiber in fruits and vegetables because they have been eating fiber-less foods ie bread, meats, milk, cereals, ect for too long. Regardless, at some point a person needs to keep improving what they are choosing to feed their bodies and what better step to take than by adding more living, raw and whole foods to whatever you are already eating. It's important to recognize how vital it is to begin letting go of the "old junk food favorites" and increase higher quality foods. This is not an issue of simply eating all **Raw Food or Cooked Food**. The key is to recognizing what foods are truly nourishing food (cooked or raw) and what food is plain garbage not a recipe for longevity and true health.

In order to keep or re-gain a true level of health, we must consciously choose to feed our bodies with whole foods and let go of the man-made foods that tickle our taste buds and fill our bellies. These man maid foods are just what I call filler foods. These filler foods offer us ZERO nutrition yet sadly these seem to be daily staples in our meals through

plain ignorance and enticing ad campaigns tricking us into thinking the filler food has something to offer our bodies.

Where do you think amazing, nourishing foods come from? Do we find vibrant, healthy, nutritious foods in a cardboard box eight months or more on a dusty shelf? I hardly think so. If you are ever in doubt, know that vibrant foods that your body needs are not produced or manufactured by man. These vibrant foods are found in their raw and unadulterated state harvested days earlier from a life giving tree or plant that grows from the Earth in rich soil. Processed filler foods are foreign to our system and do not carry any nutritional value or necessary fiber for our body. Though labels may rattle off an impressive list of vitamins found in the product, they are nothing more than synthetics added back in by means of a paid chemist in a lab. The interesting, yet gross reality is that even though some people continue to consume garbage, low quality food day after day, meal after meal of fiber-less, chemical-ridden boxed stuff, our bodies keep on living and merely functioning at best. This is no way to live yet it is viewed as normal. There IS a better way!

Obesity today is an epidemic! Have you noticed the general public's waistlines expanding over the course of the last 20 years even though we are supposable making huge advancements and breakthroughs in healthcare? Weight is waste in the body. Even though humans are stuffing themselves with large portions of food, they are literally starving to death nutritionally and getting bigger. Why? The body is literally stuffed at each meal yet most people continue to eat because their bodies are not receiving true nutrition; only the fillers man has made. Even with a full belly, their bodies still call out for food and cannot help but to keep demanding to be full-filled nutritionally. This is a vicious cycle that can easily be broken with proper nutrition from whole, organic fruits and vegetables. By choosing to consume nutrient rich raw and whole foods a person can truly nourish themselves without needing to over eat or compromise their health.

Want to lose weight, lower blood pressure, heal diabetes, clear up your skin, build muscle, show your sexy curves, shed body fat, greatly slow or even reverse the aging process, repair your body, and excel in your life on all levels not yet imagined? This and much more can be achieved through choosing to eat more Live, Raw, Whole Foods as your daily staples. What would happen if we began putting more live foods in, and less of the junk?! It isn't rocket science and doesn't cost you anything but the cost of good food. Welcome to the greener side my friends!

"Do not blindly follow the herd. Seek out those who have the results you desire, and inquire." —**Melissa Mango**

Become a Terra-ist!

Supporter of the Earth!

Terra comes from the Latin word for Earth, land or terrain. In this book and in my everyday life, when I say *Terra-ists*, I am referring to a group or tribe of people that ARE the next evolution of conscious community here on Earth. We ARE the new communities that are making big changes for the better, beginning with our food supply.

To be Terra-ists means that you take great conscious care, and have love for YOUR earth, land and terrain in which you live. Those that choose to be a Terra-ists speak compassion through their words; have positivity in their actions and ways in which they choose to sustainably live. With the state of our world today it is becoming increasingly obvious that in order to continue to thrive on this planet harmoniously with everyone else, we must nurture our home space, our surroundings and most important of all, our bodies.

By opting to become a Terra-ist you are taking charge of your life on all levels! You are demanding greatness in all ways such as fresh air, pure foods and a supportive, sustainable environment.

Terra-ists' habits are in harmony with human's true primal, evolving-conscious nature. No matter what part of the world a Terra-ist lives, they are consistently finding ways to live in a more conscious and respectful manner with the resources they have. Does this mean we need to flee from our comfortable home and into the woods to rustically camp, or run off to a tropical island to sleep in a coconut tree to show we can be more "green conscious" or "sustainable"? Certainly not! Shine brightly and consciously wherever you are! Whether you are in the jungles of Costa Rica, or in the concrete jungle of East LA, you have a conscious choice to do the best that you can. As a Terra-ist you are choosing to stand up and make rational life decisions based on what the ripple effect is, and how it will all flow back to you personally. Waking up and choosing to shift your life's direction does not imply that you lose your authentic identity or take on someone else's in this conscious movement. No need to abruptly begin hippie-fying yourself in duds that are not your character or taking scissors to your lovely locks to fit into a popular sleek or green scene. As Terra-ists that come in all styles, influences and all cultures, I invite all people to be who they truly are, do what they love and live through example. Others will catch the conscious drift and together we stand strong with one core commonality! Terra-ists Unite!

Quick Fix Health Program

I have a secret to share. It is a big one! There is no magic pill FOLKS! Like the Tooth Fairy, Santa Claus or the drink that melts away belly fat overnight, there is no little quick-fix-it pill that brings long-lasting sustainable health to any-body. Our busy pop culture general society is sick and aging prematurely, clearly because of food and lifestyle choice-habits. Unfortunately most of the planet's population doesn't even realize they are sick because they hardly know what

being truly healthy feels like or in some cases even looks like! We have been taught to think if we feel “ill”, whether it mental or physical illness, or even a head ache or sneeze that we visit a doctor or take a pill that will make it all go away, instead of changing our lifestyle habits that cause the discomfort. Gawd forbid we skip the Dr. visit all together and drastically change what we are currently doing in our lives that has become a routine habit that is in fact the root cause of the illness. By popping prescriptions advertised remedies, and even cleverly marketed supposedly health products, we are not addressing and healing the root cause of the problem. Instead we are simply muffling the signals that our bodies are trying to tell us something is wrong!

Here is a classic example of not addressing the real health issue: Bob goes to Mc Crap for lunch. He eats a marketed “low fat” fried chicken sandwich, large fries and washes it all down with a thick vanilla faux milk shake. Bob’s belly begins to rumble and his chest begins to burn leaving him a feeling of what our society refers to as “heartburn”. Bob thinks nothing of this because he has a solution taught to him by his mother for relieving this un-comfort-ability. Bob reaches into his glove box and pulls out the Antacid pills, which keeps the heartburn at bay. With these antacid pills to the rescue, Bob can keep on eating the crap his body is trying to reject thinking of the acid reflux as an annoyance rather than a avoidable health issue. Now, does this make sense to buffer the pain your body is feeling with pills or to simple stop eating what is causing the acidity in the esophagus? Instead of popping pills such as these, let us take a closer look at what we are really subjecting our bodies to.

Health is not achieved thru depending on pills and tinctures sold to you by health charlatan propagandists or even the Medical Industry. Supreme freedom of health is achieved through consistent health-conscious habits and positive state of mind. The beauty of all of this is the fact that we all have the option to take the steps necessary to achieve exceptional health! Want to feel well? EAT WELL! Want to feel amazing and be free of supposed health annoyances? I recommend that you eat an abundance of amazing whole vibrant foods and follow through with daily practices that get you to a level of health you deserve.

Just being **“Raw”** isn’t always healthy

One afternoon I was in the raw food isle of the local health food store when I noticed a

Wide eyed girl with her shopping cart full of popular dehydrated packaged products. Naturally we began comparing our favorite goodies when she shared with me that She wasn't so sure how much longer she could keep this raw thing up with the expense of it all. I carefully pointed out to her that getting into raw food isn't about shopping in the dry packaged aisle, it is more about eating the fresh fruits and vegetables found as they are. Packaged raw food is expensive and even though it is "raw" it is still a packaged alternative to the fresh food your body (and pocket book) needs to be successful on raw foods! I advised her to spend her hard earned dollars in the fresh produce aisles and sparingly on the fancy pre-packaged raw food goods and supplements. I assured her that it was fine to treat herself from time to time and try new packaged raw food items, but to focus filling up on the juicy and fresh foods first. I saw a light bulb go off in her; the preverbal AH-HA! Moment. She was re-inspired to keep going with her progress with a few simple adjustments to her food choices I suggested. If I hadn't of laid it out for her that day, who knows how much more money she would have dumped into the Trying to be raw Money pit wondering why raw wasn't working or affordable.

Packaged raw foods on the market that surround the shopper are certainly tasty, can make food prep easier and convenient to grab on the go. The trouble is, most of these popular packaged and dry goods are heavy on the body, hard to digest, and contain way too much fat to be eating at every meal or every day. Even if a particular food contains "healthy" raw fat, too much fat from nuts for example may result in a gross sluggish feeling and even skin eruptions which is never advertised on the package. Dehydrated crackers and bags of sweet and spicy nuts and seeds should not be a primary source of your fuel. Period. This doesn't matter how strong your gut is or how many marathons you run. Dried nuts, seeds and other packaged raw foods are fantastic transitional snacks, but never should be staples if you plan on sustaining long term on Raw Foods. I am not suggesting you avoid these tasty dry foods completely, just be aware that once your body begins to run more efficiently on plant based, unprocessed living foods, it is wise to move towards the more watery fruits and veggies for the bulk of your daily meals. The addition or primary focus on foods such as cucumbers, luscious greens, red bell peppers and celery can make a huge difference on the ways in which your body digests and simulates your meals. Nothing is more convenient for on the go and cost effective cuisine as a bag of watery grapes, crisp juicy apple or fresh figs from the farmer's market!

Some of my clients will dispute the value of eating a diet high in live foods by saying "I have been eating raw for months and haven't lost any weight...what's going on?" or "I tried raw foods, and it just doesn't work for me!"

Because I am a curious cat and must understand the whole story of why people do not do well with raw foods I first ask them what foods and items exactly do they enjoy in each meal and at what time of the day. More times than not, someone who is new to live foods will swap cooked processed food items for nut-ridden meals and complicated dehydrated foods. This is the common pit fall of most new vegans replacing meat with sticky breads and highly toxic tofu/soy for satisfaction. When new to raw foods, three meals a day of bulking nuts and seeds really add up the calories and move through the body very slowly because we are not designed to pack ourselves full of dry nuts and seeds. When it comes to metabolizing food, I would rather see people keep a little meat with lots of vegetables in their diet than to 100% raw eating with cups of nuts everyday. This all of course hugely depends on your reasons for eating raw-vegan and of course your health goals. It is a good idea to ask yourself the real reasons you are removing certain foods (like meat) and if the new foods are a better choice physically and psychologically. Do you want to no longer eat meat for animal rights reasons, because you have health challenges by eating too much meat, or because it doesn't fall into the "raw food" guidelines for example? It is ok to transition slowly and not replace meat with tons of nuts in order to feel satisfied.

Beware of a sluggish digestive tract especially if you are eating too frequently throughout the day even if it is all raw! Rest assured, you may not only plug—but spackle shut—your hole with road patch pate! Indeed, most any raw restaurant menu or recipe book will offer a sedating -hole-spackling, nut pate but can they offer you a juicy and satisfying meal that you will actually digest and assimilate? I want my readers to not only make delicious food, but importantly be able to digest it and feel great afterwards. If you are not highly active, or as Gabriel Cousins would call it a "fast oxidator," nutty foods eaten too frequently throughout the day and in large amounts will be stored by the body as fuel to use later (i.e. little Raw Buddha belly over time). Nuts and seeds are wonderful and purposeful foods when enjoyed in small proportions. For proper digestion, a majority of the foods you consume should be naturally watery, highly nutritious and easy to digest as explained in the No-Nonsense raw food guidelines ahead in this book. Remember: Foods, especially dry and nutty meals eaten now yet not utilized as fuel will be stored as pouches and pockets in the body to hopefully be of use at a later time. Lesson: Eat smaller portions of nuts and seeds. Most of your meal should consist of watery, easy to digest fresh produce.

The Bigger Picture

A customer once told me why she doesn't eat vegetarian or vegan, that every Vegan she has met was pale in skin color, scrawny, wimpy, overweight, creepy or very ill due to choosing to be vegan. This would turn anyone off from desiring to change their eating habits to vegan or even incorporating raw- live foods. It is important for vegans, vegetarians and Raw Foodist to understand that the quality and variety of what you eat is vital for success, especially once the body is cleansed from years of improper nutrition. I want to also mention that a massive shift from one way of eating to another needs to be done with great care and research. In my opinion there are some body constitutions out there that do better with a small amount of cooked whole foods or high quality raw animal products such as bee pollen, real ranch eggs, raw honey, and cultured yogurts to get truly nourished for the long term especially in places like Alaska. Why do you think this is? These are all whole foods and a much better choice over any processed manufactured foods or a diet of mainly high sugar hybrid fruits in say a cold climate. Some people can go one to two years on an all raw-vegan diet even if it is imbalanced and do fine, while some may not show signs of deficiencies until year twelve. This is why it is crucial each individual research what they are doing with their diet choices, how to transition the right foods in and let go of whatever foods that are detriments to their overall health and well being. There is no ONE WAY for everybody on this planet. Finding what balances you and blesses you with the highest health is each person's own responsibility.

Simply just "going all raw" is a narrow perspective. That being said, you cannot reap the highest health benefits of a whole foods or raw food diet if all you consume is out-of-season, picked green, conventional oranges and handfuls of dry, un-sprouted irradiated almonds from of a bulk bin or even pre-packaged fancy dehydrated raw foods as your meal staples. Eating this way makes no sense yet it is a common pitfall for raw health enthusiasts! Do not automatically think that a diet focused on whole Live Foods has no value because you met someone who looked unhealthy who proudly stated they were a "Raw Foodist" or ate a diet of primarily live foods. I frequently meet Raw Foodists who look and act very unbalanced and are a complete social wreck. I also meet non-Vegan meat eaters who appear to be much healthier and happier than vegans. Why do you think this is? I have met vibrant, meat-eating, whiskey-drinking, people who appear to be healthy at first glance. Yet if you take a look on their interior and mental health you will discover other elements that need to be included in the equation. Through poor lifestyle choices, their emotions may be a mess (yet considered normal), skeletally misaligned, and have cirrhosis of the liver and depleted kidneys. I have had friends argue "My uncle Ted lived to be 89 years old, worked on the farm 14 hours a day and all he ate was sausages, chicken fried steak and cigarettes, so what's the big deal?"

We do not know what exactly Uncle Ted was eating on a daily basis, or what other elements to consider to the reasons he was an iron horse in his day. I would guess what kept him healthy was the fact he grew his own food or ate locally from surrounding farms because that's what people did back then. I would also assume that Uncle Ted loved

working hard every day instead of sitting in front of Face Book all day eating junk or sipping soda. What you leave out of your diet is just as important if not more important than what you put in. Some of our ancestors who lived in the early settling days even through the 40's were fairly healthy due to some simple lifestyle practices back then that we are not accustomed to today. These lifestyle choices were not just decisions made; that is how life was. These details may have included not being parked in front of the TV, being more physically active, and the fact that there were no packaged "junk foods" back then riddled with sugar, other denatured ingredients and empty calories. Once you factor in what earlier settlers *did not eat*, take into account the truly natural land and fresh air, and their emotional state not being bombarded with EMFs and other modern day garbage you can clearly recognize why there was a level of health we are not seeing in humans as often today!

You would never judge by looking at certain people on the outside what their true health and well-being is on the inside. Our bodies are excellent at "pulling through" and overcoming "obstacles". More than just what a person eats we cannot underestimate the principle of balance in other aspects of their life. If you meet someone who claims they eat a certain way and it doesn't impress you, don't worry. Investigate what each person is truly eating, consider their lifestyle choices, what their routines are, where they live, and also the choices they made which will reflect why they appear as they do.

No-nonsense Raw Food Guidelines

For Long-Term Balance

Whether you have decided your goal is to be 100% raw or focus on eating more whole foods cooked or not, here are some great guidelines to help you be more successful. Fruitarian or Omnivore, in my opinion one must consume a large variety of fresh, in season, ripe, raw, organic produce in order to look and feel awesome period! Take serious inventory of the types of foods you are eating a majority of the time. Often times once we bring awareness to our food choices, we can find ways to improve. If you are consuming foods that at least fit three of the criteria listed below for most of your meals, you are doing great! If you eat an all Live Food diet, yet feel unbalanced and ungrounded, don't panic! You may be either having detoxification reaction, which may last a few weeks/months depending on the health of your organs and need to be addressed. There may also be a missing element to discover and resolve to bring you back to balance. Reevaluate what types of foods you are eating daily, you may need to change things up, add a particular food or seek professional guidance.

Based on what your personal nutritional needs are, which are dependent upon not only your heritage, but also your activity level, where you live on the planet and your personal lifestyle as a whole. I urge you to seek out help from a qualified source and even get a second and third opinion.

Are you doing any cleansing to help the body flush out the old weight and junk? Is it possible you are trying to be too rigid with your new diet and your body is not ready for drastic change to this degree? Do some research on gentle cleanses that will help you support your organs while you transition your way of eating in an effective way. Doing so will leave you feeling more balanced and healthy as ever which brings on lasting results and success with raw foods

Before purchasing or consuming foods, ask yourself these questions:

1. **Is this food truly whole, raw and living?** Does the food you are eating have life-force? Though a better choice over processed food, packaged raw foods contain very little actual life force. Use your best judgment on deciding what foods are going to make you shine the brightest!

2. **Is this food Organic or pesticide-free?** Foods that are not Organic contain harmful chemicals that a good wash will not help.

3. **Does this food hydrate my body?** Eating foods that are juicy are far better for you due to the water content. Foods that have their own water are easier to digest and do not rob water from the body in order to make it through the intestinal tract. If you eat a meal consisting of dry matter, be prepared to drink more water to wash it through.

4. **Does this food or meal contain 5 or less ingredients for easier digestion?** The fewer ingredients a dish has, the better it is as far as digestion goes. If you are constantly dumping all sorts of “combo abombo” into the body with very little bouts of simplicity you will never feel the beautiful benefits of Live food nutrition.

5. **Is this food ripe and in season near my home?** Local is always superior! Nature grows what we need in places that we need it. This insured we consume a variety of fresh foods and get all that we need from the vitamin spectrum. If we live in say Idaho and eat mostly Thai coconuts shipped over, we will not experience a good healthy variety. We may even feel off balance and blame it on simply being “raw” which is hardly the case.

Tip: Unless you are a seagull do not eat anything out of the drive-up window or a greasy street cart.

“Nothing smooth is ever done fast.” – **John Connell**

Transitioning Your Way of Eating

From Processed to Superior! You are what you ate.

Shifting the foods that you have been comfortable eating for years to cleaner raw, live and whole foods is no easy task especially with pressures from media, family and social circles. Consistently incorporating more raw, live and whole foods over the old stuff you were once use to can take weeks, months or even a few years depending on where you are starting from.

Swapping poor foods out of your meals for much better choices need to be done with great care and attention to the entire process. A positive experience will equal results that are long-lasting and results that you feel motivated to follow through with for the long haul. This is not a fad diet, this is a major lifestyle change that will in fact pay off! There is no place for rigidity when it comes to improving your way of eating. RELAX! If you are one of those people that can go “cold turkey” from the foods you were used to eating rather than a more graceful tapering, well done! This is YOUR journey to supreme health. Do what feels right, and be comfortable that it may take time to get in the groove. Your personal groove to achieve the result that you desire!

In the list below are some basic food trade-out suggestions which can make the shift towards better foods gradually and virtually painless. Trading out one or two food items at a time for a fixed amount of time will make for long lasting results. There is no need to go all raw overnight, just change out a few foods for better choices.

If you are currently eating things like Costco red meats, any fast foods, pasteurized cow’s milk, white pastas, white flour and white sugars, I recommend you begin with removing just a few of these items and replace them with more mineral-rich whole food choices, natural sweeteners ect. found in the chart below. If you are starting from a place of having already removed items like these, then you will be working with new trade outs to kick it up a notch, furthering you down the road of better health. Do as many trade-outs as feels comfortable so that you can keep progressing. Only you can be the judge on what needs to be done. If you are an all or nothing type of person, go for it! Why not? If you are more comfortable with a more gradual change from packaged, not so healthy foods to Live, vibrant whole foods, do what feels

right and what you can **consistently stick to and actually do consistently**. No one needs to crash and burn for the sake of trying or because you want to be a tuffie amongst the health crowd. Strive for consistency rather than perfection.

Progress without Distress! ~**Melissa Mango**

Current choices

Better choice to try

Pasteurized / Homogenized Cow's milk	Fresh goat's or cow's milk. Rice milk or almond milk .
Soy milk, rice milk (boxed)	Fresh almond milk (made fresh). Hemp or cashew milk.
Cow's cheese pasteurized	Raw Goat cheese from a friendly local farmer
Canned soups	Homemade crockpot or slow cooked fresh vegetable soup, raw blended soups too
Eggs and bacon breakfast	Smoothie, granola, fresh seasonal fruit bowl or any breakfast item in this book
Dairy Ice cream	Coconut Bliss Ice cream (found in health food stores). Recipe in this book
White sugar	Sweeten food and drinks with stevia, honey, dried fruit, maple syrup, apple sauce or bananas when baking. Look online for white sugar substitutes in your favorite recipes.
White pasta	Whole Wheat or spinach pasta.
Wheat or spinach pasta	Pasta made from peeled zucchinis or made with a mandolin. Also try marinated kelp noodles, rice noodles or quinoa pasta found in the bulk isle.
Regular Coffee	Cold pressed coffee, herbal tea, yerba mate', Teechino
Canned Food	There is always a fresh option. Canned food is a waste of money
Boxed crackers	Home-made crackers using a dehydrator. Store-purchased live crackers
Raw organic dairy cheeses	Live nut and seed based cheeses from this book or others for a dairy free opt.
Packaged salted or roasted nuts	Raw or sprouted nuts and seeds. Seasoned nuts mixes made by you!
Junk Chocolate bars	Raw-Chocolates found in health food stores or made at home.
White vinegar	Apple cider Vinnie
Soy Sauce	Wheat-free tamari, shoyu or sea water
Canola oil	Coconut oil: most stable oil for cooking. Never use canola. Yuck! Eww!
Bottled dressing	Fresh dressings made in the blender using any recipe in this book
Bottled water	Filtered water system. Buy in bulk, refilling own bottles. Reduce reuse!
Canned sauces like marinara	Fresh marinara made in the food processor. 5 minutes tops to make!

Alcohol	Bio-dynamic wine and organic home brews
Milk shake	Frozen banana and almond milk with vanilla and sweetener of choice.
White rice	Sprouted wild rice, steamed quinoa, or millet
Chicken breast	Grilled or sautéed Tempeh (non GMO/Organic)
Tempeh/ Soy meats	Grilled or marinated Portobello or shitake mushrooms
Table salt	Pink or Himalayan salt. Sea salt (non-iodized)
White Bread	Ezekiel brand whole wheat bread or Mana Bread
Whole wheat breads	Live breads made at home in the dehydrator
Chips	Make our own in the dehydrator or use fresh foods such as cucumbers to dip

“Strive for consistency rather than perfection.” **Melissa Mango**

Life changing Routines

I recommend that you incorporate the following routines on a daily basis to the best to your abilities. I am sure even if you do one or two of these on a regular basis, you will begin to see great results in your health! Keep it up, make adjustments when needed and let the new you shine.

1. Upon rising, start your day with 1 liter of room-temp water with a squeeze of lemon: Doing so helps flush the system first thing in the morning and prepares you for your day.
2. For breakfast try something new to your routine and notice how you feel! Enjoying an abundance of seasonal fruit (simple combinations) until full, fresh smoothies or other new recipes from this book. If you want to keep eggs in your morning routine, try eating them with lightly steamed vegetables or chopped greens instead of bread and meat.
3. For lunch and dinner: Add a large salad to whatever you are already eating, Doing so helps mineralize the body and gets the body use to eating more fresh foods.
4. Buy as much of your produce organic from local farmers markets: This acclimates your body to your land. Organic produce does not have pesticides, leaving your body cleaner and healthier.

5. Drink at least 1 freshly made green juice 3x per week (See smoothie section for recipe): This mineralizes and alkalizes the system. This may increase bowel activity as your body adjusts to the live cleansing enzymes. This is a good thing. All that waste is better out than kept in. =)
6. Pick up a daily exercise routine such as walking, rebounding, yoga, climbing, running, dancing, and other low-impact sports: Move the lymph, strengthen circulation and respiratory system, gain balance, and build strength.
7. Look into gentle ways to detoxify the body as you are greatly improving your ways of eating. This will help the transition to be smooth as Coconut Butta and help remove toxin from the body effectively. Look into cleansing techniques such as colon hydrotherapy, home enemas, light skin brushing, juice feasting, exercise, body work, sunshine and fresh air. I recommend that you do some research on what is out there and a safe way of following through before taking on any cleanse of any kind.

Strive for consistency rather than perfection.

“Never run out of celery.” –**Suki Zoe** Detox specialist

Getting your Kitch' Equipped

Live food preparation is much easier with the right tools for sure! Many people start out amped about Live Food Preparation, yet try to “get by” with cheap, bendy knives, hand-me-down broken blenders and rusty food processors whose blades are dull or even missing whole parts. Purchasing used equipment in good condition is wise and economical. However, trying to get by using equipment that hardly works is frustrating and no fun at all.

Just like taking up a new hobby, getting the right equipment to make it easier and more fun is essential. If you are unsure about spending the money or worried if you will use it to its full potential, borrow some tools from a friend or buy used online until you know you will get your money's worth.

Kitchen Ninja Tools

These tools listed below are my own recommendations

High speed blender: Vita Mix

Used for blending thick sauces dressing, soups or smoothies to a smooth texture.

Food Processor: Cuisinart, seven-cup size or larger

Used for processing dough, chunky food items, crusts, and more.

Microwave: Throw this ridiculous radiated box in the garbage! Bad news for your food and your health needs.

Jack Lalanne Juicer: Easily Juices produce for one or two people.

Green Star Juicer: For slowly juicing wheatgrass or other salad greens. Not necessary for successful raw food prep

Coffee grinder: For grinding a small amount of dry herbs, nuts or seeds.

Knives: Any Japanese or Russian knives have a great reputation. Be sure your knives are sharp, easy to handle and the right size for what job you are doing. Talk with the owner of any Chef store or knife shop for details.

Nori rolling kit: Sexy sushi rolling.

Mortar and pestle: Finely grinding herbs, mashing olives and hand grinding seeds.

Cutting board: Standard table size. 12"x 12"

Bamboo or NSF-approved hard plastic is best for sanitary sake. Place a wet towel under your board to keep it from slipping as you cut away on the countertop.

Citrus reamer: Wood or steel hand-held citrus juicer that fits in your palm.

Fine-mesh Straining bag: Straining bags made of organic cotton, hemp or polyester strain the pulp out of juices and nut milks. Paint-straining sack or new knee panty hose will do in a pinch or on a budget. However, paint sacks or panty hose may contain chemicals.

Microplane: Shaped like a ruler with a handle on one end and a narrow grater on the other. Great for zesting citrus, garlic or ginger.

Mixing bowls various sizes

Measuring cups

Measuring spoons

Spatulas

Pie server: For swooping out pie slices with ease.

Mini offset spatula: For spreading icing and other topping smooth.

Large offset spatula: Spread out crackers or large surface areas with ease and precision.

7" spring form pan

7" torte pan

6" Glass pie plate

Steel or glass shaker for cocktails

Purchase Glass containers with lids to store all your yummiie leftovers.

Kitchen Tip: Most of the tools you may have luck finding online or in a second-hand store to recycle. Begin the hunt!

Your Kitchen is your Temple!

You are obviously going to be spending some good time in your kitchen, so make it feel amazing so your creativity flows! It is important that you feel comfortable and inspired in your work area. Even a very small kitchen area if properly set up can provide you the perfect space for your creations.

Tips to set your kitchen up for magic food preparation:

- Purchase used fun shaped jars for displaying your spices, dry goods and dehydrated items. It is resourceful to re-use jars you would normally toss out or recycle. Being able to see colorful nuts, seeds, spices and other items adds flair and makes it easy to peek into your cupboards and fridge and find items easily.
- Hang colorful art, photographs of nature or lovely food that brings you that warm and fuzzy feeling inside.
- Get the right tools! Recycled / secondhand or new kitchen tools can be found wherever you live. This will insure you get the job done effectively.

Now that your kitchen is a place you want to hang out in, let's make some delicious food!

“The dance of flavors in a dish should make your mouth sing!” –**Melissa Mango**

The Magic 5!

The Alchemy of balancing flavors.

As a newbie to Live Food prep, getting the right balance of taste, color and texture can be tricky unless you have a basic understanding of the Magic 5. This is generally overlooked in most raw food meals although not rocket science. Do not be intimidated by your fruits and veggies when having the desire to create a masterpiece! With a little practice and the “uncommon sense” given in this chapter, you will be creating well balanced and tasty dishes without flinching.

Within each dish, there should ideally be a balance of 5 flavors which are: Sweet, Sour, Salty, Spicy, and Bitter. In some cases especially in the raw realm, the element of creaminess has its place as well. A truly tasty dish balances these tastes delivering flavors that have a party on the tongue. A well balanced taste does not happen haphazardly, although some “chefs” find it luckily through the “little of this a little of that” technique. There is an element of alchemy that can be mastered with practice and planning. Whether it's a bowl of chilled soup or a gourmet cream sauce, the very “best of the best” have a balance of the Magic 5. These 5 flavors do not exactly apply when one is craving simplicity or more of a mono meal practiced in Natural Hygienic or even 80/10/10. These tips are useful when creating full-on raw dishes typically

made to re-create a cooked version. These tips however are slightly different when applied to “cooked” foods because in Live Food prep we are not heating anything, therefore not changing it on a molecular level, or unlocking flavors in spices. Below are tips on how to blend the magic 5 together in a harmonious way resulting in a well balanced dish.

Salty: It's easy for most people to get too much salt and MSG in their diets especially by means of packaged and processed foods. It may seem obvious, but the right amount of a high quality salt really brings out the flavors in food. I have found even a pinch of salt in a smoothie can make all the difference. When preparing a dish, add just a little at a time and keep tasting, and experience the flavors coming alive.

There are a few gourmet salts on the market these days that are considered great for Live Food prep, but there are lots of ways to add a salty flavor to your preparation other than through the salt shaker. If you experiment with these foods, you will be adding other flavors along with the saltiness which could bring a whole new element to your dish!

- Celtic sea salt or Himalayan crystal salt
- Fresh Celery
- Seaweeds: Nori, Dulse flakes or dulse strips
- Wheat-free shoyu or tamari
- Pickled foods, krauts
- Bacon bits!...just kidding

Sour : When your dish has the dreaded "blah" factor, throw a little sour into the mix, giving the whole sauce a nice zing.

Here are some sour/acid ingredients to blend or mix into your food for the needed pick me up.

- Apple cider vinegar
- Balsamic in small amounts. I won't tell!
- Lemon juice or Lime juice
- Tamarind
- Raspberries
- Cranberries
- Pickles
- Tomatoes

Sweet: Sweet foods can be an issue for those with sensitivities even to natural sugars or those that are healing their diabetes. But sometimes just a touch of something sweet can make all the difference with little or no consequence to your health. Whether using agave, honey or other truly natural sweeteners, it often doesn't take much to balance the dish. It is not uncommon for me to put only a drop or two of stevia or chicory root syrup into a dish and find that it transforms the whole thing, countering acid or harshness, rounding out corners. The food won't taste sweeter, just fuller!

- Red Bell peppers have a subtle sweetness
- Fresh coconut water
- Fresh fruits: Banana, orange, apple
- Dried fruits: Dates, cranberries, raisins
- Live food syrups : Yacon, chicory root, agave, honey
- Stevia or stevia leaf
- Maple syrup can be used in small amounts. Choose a high grade, local and unprocessed if possible.

Spicy/Hot: Around the world, there is a reason black pepper proudly sits next to the salt on many table, as well as in the kitchens of master chefs. Something that "perks up" the taste buds makes the whole dish taste better. Peppers (both from peppercorns and chile peppers) are the main spices which produce this effect, but the dish needn't be spicy-hot to benefit from peppers. Except in purposefully spicy dishes, just a touch of heat in the background won't taste spicy, just more "alive".

When using dried peppers or other spices (usually powder), the flavor comes out best by cooking it in oil, or by dry-roasting on the stove before adding other ingredients. Since we are not cooking our foods and spices, this is where the Alchemy comes in.

Note that chile peppers vary in a whole spectrum of heat. Whether fresh or dried, I like to use mostly milder peppers for fuller flavor (you can use more for more heat). Besides black or red peppers, there are other spices which lend some heat, which are more subtle:

- Curry powders or pastes (which also get their heat from peppers.)
- Coriander is perhaps my favorite spice - it's warm, with citrusy notes. It's the seed of the cilantro plant.
- Cumin (warm, not hot)
- Mustard, seeds, powder or freshly prepared mustard
- Paprika is also a member of the pepper family, which can be mild to hot, or smoked

- Turmeric - mild, warm spice used often in Indian cooking
- Some kinds of cinnamon can verge on spicy, such as Vietnamese cinnamon
- Many other common spices (cloves, allspice, fennel, etc) can convey a subtle heat
- Raw garlic can be fairly "hot"
- Raw fresh grated ginger root can bring heat and spice

In Traditional "cooking", it is said to be best to adjust flavors at the end of your preparation, using wet sauce or paste, not dried powder. This really does not apply with Live Food prep, yet you can add heat in the forms such as Hot momma sauce pg 42, middle eastern inspired paste, or any hot sauce you happen to like.

Creaminess

If the blend of spices is getting to be too much in your dish, adding a little soaked cashew nuts with a little more water or fresh coconut water can do wonders for chilling the recipe down.

You may also try:

- Avocado
- Coconut meat
- Peeled cucumber

Ingredients Which Are Blends

If you look at some of the condiments on the supermarket shelves today, you'll find that they are already combinations of flavors. Ketchup has vinegar, salt, sugar, and spices. Worcestershire sauce has molasses, vinegar, tamarind, and anchovies. Barbeque sauce has sugar and vinegar along with the spices. These name brand condiments contain awful ingredients as is, but if we convert these to "raw" and fresh ingredients; they can add several flavors at once to your preparation.

Using The Magic 5 to Improve Your Food Preparation

There are some general principles you can use to improve your ability to blend flavors, although the final outcome will reflect your own unique tastes.

Look at a familiar recipe. Does it have something from all the flavor groups? Try adding a little something from the missing group(s). (Note that all recipes don't need to have all of the 5 flavor elements. In some cases it can be overkill. I don't want any acid in my Cacao Mousse, for example.)

There is no substitute for tasting the food, making adjustments, and seeing what happens. If you go too far in one direction, often adding opposing flavors will bring the dish back into balance. Here are some examples below.

- **Too spicy?** Add some sweetness or thin out with fresh coconut meat, avocado or cucumber
- **Too sweet?** Add some sour or heat
- **Too sour?** Add sweet
- **Too bland?** Add salt, sour or some heat
- **Too salty?** Add sour, or thin out with water, coconut meat, avocado or cucumber
- **Just needs a spark?** Add acid or just a tiny touch of heat
- **Need more depth?** – Add a touch of heat or salt
- **Too harsh?** - Try just a touch of sweetness

Other ways to problem solve your masterpiece dish:

Do not like vinegar? - Substitute with Lemon, Lime, or Orange

The sauce needs more color - Strawberries, Raspberries Blueberries, Beet juice. Beet shavings, dried beet powder, soaked Goji Berries, Mango, Turmeric powder.

The blend is too thin - Thicken with: Dried and soaked figs, persimmon, Young coconut meat, Avocado, Soaked nuts or seeds, kombu seaweed soaked till soft and rinsed. fresh or frozen banana, psyllium seeds ground, slippery elm, Irish moss.

Texture is too thick- Watery fruits or veggies like tomato, cucumber, Fresh fruit or veggie juices, Purified water, Young coconut water

It needs visual interest- Vary the cut of fresh foods, garnish with slivers of colorful veggies like carrot, beet, turnips and chard stem. Arrange food in a creative manner. Use cabbage or lettuces as cups or bowls, decorate with sprigs of herbs, fresh edible flowers, Poppy seeds, Berries, or Dulse flakes. Consult garnishing books or get inspired from watching Food Network.

And remember to keep tasting, tasting, tasting. Soon your dishes will be the most requested at that dinner party or potluck! No one, yourself included will be able to duplicate such a creation if you are adding flavor as you go. When you are being creative and playing with recipes, I suggest that you write down your recipes as you go to keep track! Who knows, maybe you have a gift to share! Try my recipes a few times, then put your own spin on things for a masterpiece!

Smoothies & Beverages

Smoothies are an excellent on-the-go breakfast, pre or post work out drink or just a healthy satisfying beverage to enjoy any time of the day! Because you can add super foods without changing the taste too much, smoothies are easy to whip up and pack a nice punch of raw- bio-available nutrition!

Kitchen Tip:

Date cream

Date cream is used in some of these smoothie recipes; I find it is easier and smoother than just tossing in whole pitted dates. Make date cream once a week and store in your fridge for quick smoothie or beverage assembly.

Directions: Pit dates and place in blender. Cover dates $\frac{3}{4}$ with pure water and blend carefully until smooth. Voila! No more date clumps in your smoothie.

Apple-ginger Zinger serves 1-2

4 red apples cored, chopped

1 inch fresh ginger

2 celery stick

2 fresh limes juiced.

Juice the apples, ginger and celery. Then add the fresh lime juice. Enjoy!

The Bella Dream serves 1

Terra Bella Café's first signature smoothie inspired by Joshua Coklin was *The Bella Dream*. Light, creamy and delicious!

1 Frozen banana

1 $\frac{1}{2}$ c vanilla almond milk

1 tsp maca

1 tsp cinnamon

2 TB date cream or 2 medjool dates pitted

1 TSP VivaPura Bee pollen (optional)

Blend in blender until smooth.

Berry Patches serves 1

1 $\frac{1}{2}$ mixed frozen berries (raspberry, blueberry and strawberries)

1 c vanilla almond milk

3 TB date cream or raw honey

Blend in blender until smooth.

Carrot Cake serves 1

1 c ice

½ banana (frozen is rawkin'!)

½ c carrot juice

½ c vanilla almond milk.

½ TB Pumpkin Pie spice

3 TB date cream or 3 medjool dates

Blend in blender until smooth.

Garnish with crushed pecans

Citrus Sunrise serves 1

12 oz Fresh squeezed Orange juice

1 frozen banana

1 TB goji berries

Blend in blender until smooth.

Coco-Shake serves 1

2 c ice placed into blender

Cover ice with almond milk

1 TB carob

2 TB cacao powder

2 TB date cream or 2 medjool dates

Blend in blender until smooth.

Cookies 'n Cream serves 1

1 c ice

1 c young Thai coconut meat

1 ½ c vanilla or plain almond milk

2 TB cacao nibs

¼ tsp almond extract

1 tsp vanilla extract

4 TB date cream or 3 medjool dates

Blend in blender until smooth.

Mojo-Jito Cocktail Serves 2

1 lime quartered

4 large mint leaves

2 TB honey or agave

1 - 12oz bottle of Kombucha 2000 or Highcountry

Kombucha.

Sparkling water

Step 1: Muddle limes, mint and sweetener of choice in the bottom of glass or bar shaker.

Step 2: Fill shaker with 2c ice, cover ice with Komucha, then a splash of sparkling water.

Step 3: Shake shake shake, then pour all content into serving glass. Garnish with mint stem.

Green- Drra-nk (green drink!) Server 1-2

This drink is hard core! It took me months to crave it without a sweet apple or something to buffer the greenness, now I crave it every morning to re-mineralize, alkalize and gear up for my day. Once you press a juice at home, drink it right away, or within 20 minutes. Fresh juices have powerful enzymes that will eventually oxidize if not enjoyed immediately. So drink up!

1 bunch Dino kale

2 c spinach

2 lemons peeled

6 celery sticks

1 inch fresh ginger

1 large cucumber cut into spears

½ inch fresh turmeric (optional)

Feed everything thru the green star juicer or Jack Lalanne juicer. Drink immediately, or take with you on your way to work to sip on in the car if you are short on time to enjoy at home.

Summer Time Melon Ball! Serves 3

In the summer what better way to stay cool and hydrated than with a satisfying beverage that is in season!

8 c fresh cut watermelon. Deseeded as much as possible

2 limes juiced

Tiny pinch of pink salt

Honey or drops of liquid stevia to taste

Gently blend all ingredients in blender until relatively smooth. Serve immediately or chill first.

Iced Maca-Chino Serves 1

This recipe I developed for Bliss café in Sedona in 2009. It was a hit especially amongst those who were giving up their daily "chino" habit at the local coffee shop! This version is much healthier and delicious.

½ cup soaked cashews

1 cup ice

1 TB honey

½ tsp vanilla powder or extract

1 TB maca

1 TB Fresh organic coffee grounds or coffee extract

Pinch of pink or sea salt

Step 1. Place all ingredients into your blender then fill to the 16oz mark with fresh almond milk. Blend in blender until smooth.

Eg-No-Nog Serves 1-2

This amazing drink can be served at room temp or chilled. Make in larger batches for Holiday parties to resemble "EggNog"

2 Thai coconuts. Water and meat
½ tsp cinnamon powder
¼ tsp vanilla cream liquid stevia (regular stevia can be used in conjunction with more vanilla)
1 TB chia seeds
1 TB maca
Pinch of pink or sea salt
1 TB Viva Pura Bee Pollen
Pinch of freshly grated nutmeg
½ tsp vanilla powder
Blend in blender until smooth.

Strawberry-Orange Julie serves 1

1 ½ c frozen or fresh strawberries
1 cup Orange juice
3 TB of date cream or agave to sweeten
Blend in blender until smooth.

Sweet Mango Blaze serves 2

Juice of 2 ripe oranges
1 orange peeled and seeded
1 champagne mango peeled and seeded
1 frozen or fresh banana
2 TB goji berries
¼ tsp cayenne
1/3 dropper full of vanilla cream stevia
1 c pure water
4 ice cubes (for a slight chill)

Blend in blender until smooth.

The Grassy Knoll serves 1

This smoothie makes an excellent after-workout drink to replenish the muscles.

1 banana
½ c kale leaf torn, de-stemmed
1 small stalk of celery chopped or broken
1 -1 1/2c freshly squeezed orange juice

Blend in blender until smooth.

Drink slowly after workout, Yoga or a nice run!

Jen's Gorilla serves 1 gorilla happily

Looking for a meal in a glass? This smoothie has it all and is incredibly satisfying.

1 frozen banana chopped
4 ice cubes
1 kale leaf torn
1 tsp maca powder
¼ tsp almond extract
1 TB almond butter
1 tsp David Wolfe's sun is shining or ½ tsp Spirulina
1 TB cacao Nibs

Step 1: Place all ingredients into blender. Cover contents with fresh almond or cashew milk.

Step 2: Blend in blender until smooth.

Break-Fast of Super Heroes!

Breakfast is the first meal you get to enjoy once your body has "fasted" from food of the day before. There are no rules as to when or what meal is considered a great breakfast meal. Breakfast can be enjoyed at any time of the day whether it is at sunrise or 'round noon after an intense Yoga session! Every body's needs are different when it comes to food and the timing of the first meal of the day. Chooser's choice!

Enjoy whatever meal that will best fuel your Super Hero lifestyle!

Fresh Dairy-Free Milks

Nut and seed milks are a great start to phasing out dairy milk. These raw-vegan milks are perfect bases for smoothies, cocktails and go great with granola.

Basic Milk Recipe

When you choose a nut or seed to use, keep in mind most of them double in size once soaked. Cashews for instance double in size only if you use the whole cashew nuts. If you use cashew broken pieces, they only expand ¼ more.

1 c of almonds, macadamia, hemp, pumpkin seed or sunflower seeds soaked in water for 4-6 hrs (This will expand the nut or seed)
2 c pure water + 6 C more
Sweetener of choice

Step 1: Place almonds in blender with 2 c water to begin with. Blend for 30 seconds. While continuing to blend, add the remaining 6 cups of water a little at a time till blender is full. Blend for another 30 seconds or so.

Step 2: Using nut milk straining sack, strain the milk. You may keep milk just the way it is, or place in back in blender to customize.

Shelf life: Most will keep up to 4-5 days if sealed in glass and stored in the fridge.

Almond milk tends to only last 2-3 days from the day it is made. Pumpkin seed milk is a tad more bitter in taste than other nut milks yet highly nutritious and like sunflower and macadamia, will keep well for up to 4 days once made.

Don't have a Nut milk bag? Soaked cashew do not need to be strained!

Kitchen Tip. To save time, making a large batch of milk to last a few days; strain immediately, then either put back into blender to adding flavor sweetness or leave plain to customize later. You may sweeten and flavor your milks in small portions at time of use.

Vanilla Milk. To the basic milk recipe, add 3 tsp vanilla extract or powder, pinch of salt, and sweetener of choice (i.e. dates, honey, stevia or agave to taste.) Blend then serve or store for later use.

Chocolate Milk. To the basic milk recipe, add 2 tsp vanilla, pinch of sea or pink salt, 1tiny pinch of cayenne, 4 TB carob ¼ c cacao powder, sweetener of choice. For a darker chocolate, simply add more cacao.

Strawberry Milk. To the basic milk recipe, add 2 tsp vanilla, pinch of salt, 1 pint of fresh strawberries, sweetener of choice Blend slowly for 10 seconds.

Kitchen tip for nut milks: Soak up to 3 cups nuts of your choice.

To make sprouting easy, place nuts of choice in water before you go to bed then rinse and strain them in the morning.

Use 1 to 2 cups immediately for milk and place the other sprouted nuts in fridge till you are ready to use them. If you do not use nuts right way, just rinse every morning to prevent dryness and mold.
Keeping a fresh rotation of already soaked nuts and seeds is very helpful in making your prep easier.

Divine Crepes

Sunday brunch is always a fun to do in the raw! The nice thing about crepes is that you can make a large batch of them ahead of time and store. When you crave crepes, all you have to do is make the filling!

Crepe wrapper:

6 ripe bananas (a little bit of brown spots are best)
1 tsp vanilla extract
Pinch of salt

Step 1: Puree all ingredients in food processor until smooth.

Step 2: Pour banana mixture over 2 or 3 teflex sheet for dehydrator.

Using an offset spatula, spread mixture evenly. Place in dehydrator overnight at 110°

Step 3: The following day, remove banana from teflex sheet. Cut into long 2" wide and 6" long strips. Or shorter 2" bite size pieces. Set aside while making filling or store in bag until you are ready to use them.

Filling:

4 c of fresh strawberries
2 ripe avocados
¼ c Honey or agave
1/8 tsp salt
½ - 1 c cacao powder (The more the cacao, the darker the flavor)

Step 1: Dice strawberries and set aside to fold into filling.

Step 2: In food processor puree avocados, honey, salt, and cacao powder until beautifully smooth and creamy. Add a little pure water to help mixture turn if needed. Chocolate filling should be thick, not runny.

Place 1 large spoonful of diced strawberries and filling on one end of a banana strip. Roll. Then place on plate. Top with raw chocolate sauce or vanilla Yo gert

Kitchen Tip: Make crepe wrappers ahead of time so that this recipe can be whipped up whenever you have the urge! Crepes wrappers once dry can be stored for months in the fridge as long as they are wrapped properly. Wrap the crepes in plastic wrap or store in a sealed airtight container.

Recipe variation: Make a batch of cream cheese for another filling variation!

Fruit Loop Soup serves 6

8 lg carrots
7 large fuji apples
7 med beets
6 c ripe peaches pitted and chopped
2 c strawberries stems removed
5 kiwi peeled and quartered
3 ½ c mango peeled and chopped
3 TB Agave, honey or a few drops of stevia if fruit loop soup is too tart.

Step 1: Juice the carrots, apples and beets. Place juice in bowl.

Step 2: In a food processor, pulse the peaches, strawberries, kiwi and mango. Be careful not to over-process into baby food. Keep fruit slightly chunky.

Step3: Combine juice and fruits. Serve in a nice bowl, goblet or wine glass!

Kitchen Tip: This recipe is perfect for summer picnics, days at the beach or anytime you want a nice light, mineral rich meal!

Berry Turnovers

6 ripe pears cored and chopped
2 1/2 c of favorite berries in any variation and combination
1 recipe of cream cheese or Yo gert

Step 1: Puree pears in a food processor.

Step 2: Pour pear mixture over 2 or 3 Excalibur teflex sheets at least ¼ in thick.

Using an offset spatula, spread mixture evenly. Place in dehydrator overnight at 110°

Step 3: The following day (8-10 hrs later), remove pear fruit leather from teflex sheet. Cut into perfect squares. I suggest: 3x3
Make 1 recipe of Yo Gert or sweet cream cheese.

Assembly: Place one pear square on a cutting board like a diamond. In the center of the diamond place 1TB of Yo gert or sweet cream cheese and 2-3 TB of the chopped berries.

Fold the diamond tip closest to you over the berries to meet the top tip, fold in the sides like a diaper, then roll the turnover, over to seal the deal. **Kitchen Tip:** Just before serving, top with a dollop of sweet cream and berries or a shake of coconut powder that appears to look like powdered sugar! Assemble the turnovers within 30 minutes before serving. If these are assembled then left too long, the wrapper will get soggy.

Love Porridge Serves 3-5

A nice big bowl of warm oatmeal was hard to give up until I realized that I could have it raw!

4 c whole sprouted oats kernels (sprouted 24-48 hrs)
2 c Fresh Thai coconut water
¼ tsp sea salt or pink salt
5TB agave nectar or 3-4 T Raw Honey
2 tsp vanilla extract
2 tsp cinnamon
½ c black raisins folded in last

Step 1: Place oat kernels in water for 24-48 hrs. rinse well then drain. Place 4c into blender.

Step2: Add all ingredients except for raisins and blend at medium speed till texture begins to thicken and become somewhat smooth!

Step 3: Place love porridge into bowls, or a storage container then fold in black raisins.

Step 4: Before serving, garnish with walnut crumble or fresh banana slices

Kitchen Tip: Preparing a batch of this delicious Love Porridge ever few days will help save time when you need a quick breakfast.

Portion this out into smaller easy to grab and go containers for yourself or your little ones. As long as refrigerated, Love porridge should last 3 days.

Yo! Gert Serves 2-3

3c Young Thai coconut. Meat only
1 c of soaked macadamia nuts
1 TB lemon juice
1tsp vanilla
1TB agave or honey

Coconut water to thin as desired texture is achieved

Step 1: Open and scrape soft meat from Thai Coconuts. Save coconut water for other recipes or to drink later in the day.

Step 2: In a blender, blend all ingredients until completely smooth. Slowly add coconut water if mixture is not turning smooth.

Kitchen Tip: Make a few batches of this Yo gert once or twice a week. Portion into small containers to store in your fridge with layers of granola or fresh fruit. Yo gert made ahead is a great snack to grab on the go!

Recipe variation: Depending on what flavor you desire, add your favorite fresh fruit to this recipe to create a yummie new creation!

SEEN DEMO'D @



Pumpkin Parfait serves 4-6

1 c soaked cashews
2 C fresh carrot juice
1 c soft pitted dates

2 c Young Thai Coconut meat only
¼ c agave or raw honey
1 TB vanilla
2 TB pumpkin pie spice
½ TB pink salt
Step 1: In a high speed blender blend cashew, carrot juice and dates until smooth.
Step 2: To mixture in blender add remaining ingredients. Blend till smooth.
Assembly: Pour smooth batter into goblets, Martini glasses or wine glasses for a decorative look.
Garnish with or layer walnut crumble or Yo gert

Recipe variation: For chocolate pudding, replace carrot juice with water, remove pumpkin spices and replace with raw cacao powder. Blend till smooth, layer with pumpkin pudding.

Groovy Granola serves 6-8

Tasty Cereal does not have to come out of a box! Make large batches of this granola and store in a cute jar for when you need a quick snack or breakfast!

4c of sprouted mixed nuts (Any dry 2cup combo of almonds, walnuts or pecans placed into water for 6-8hrs)
4 apples cored and chopped
4 TB honey or agave
2 TB cinnamon
1/2 tsp salt
1 c dry coconut flakes. Large fancy variety
1 c cranberries, goji berries and or 1 c raisins
2 c mulberries

Step 1: In a food processor, pulse nuts, apples, honey, cinnamon and salt until chunky and well combined.
Step 2: Spread mixture evenly over teflex sheet. Place in dehydrator for 8 hrs at 110° or until completely free from moisture. Flip mixture; continue drying until consistency and dryness is reached
Step 3: Once nut/apple mixture is dry, fold in coconut, dry fruit of choice and mulberries. Store in sealed container in fridge.

Kitchen Tip: Granola can be enjoyed wet without having to use the dehydrator! If you wish to store the granola to enjoy at another time, or desire a crunch, dehydrate granola fully before it is stored.

Appetizers & Starters

Taquitos

Finger foods are always a huge hit at my dinner parties. Knowing I could do a non-fried taquito was exciting!
When making flax meal, keep in mind that once the seeds are ground they almost double in size.

SEEN DEMO'D @



3c red bell pepper
1tsp chili powder
2TB agave or honey
4 TB olive oil
3 tsp salt
2 T psyllium husk powder

Tacquito wrapper

3c chia meal (ground chia seeds) or 4c Brown flax meal can be substituted (apx 3 c dry flax seeds)
4c water

Spicy no-bean filling

3 1/2 c sunflower seeds soaked at least 6 hours
1 c sundried tomatoes soaked until soft
½-1 TB chili powder
1 tsp cumin
¼ c olive oil
2 tsp pink or sea salt
½ tsp-1 tsp chili flakes
1 tsp apple cider Vinnie or lemon juice
2 tsp honey

Once mixture is smooth, fold in:

1 c cilantro chopped
4 green onions chopped

Step 1: For taquito wrapper: Blend all ingredients until smooth, then pour evenly over lightly oiled Excalibur dehydrator teflex sheets. Mixture should spread evenly over 2-3 trays. Spread mixture appx ¼ in thick so that wrapper does not crack when it is dry.

Step 2: Dehydrate overnight at 110°. When wrapper is dry, carefully peel from teflex sheet and cut into rectangles 4x2

Step 3: Make spicy no-bean filling: Puree all ingredients in food processor except cilantro and green onion. Slowly add some of the sundried tomato soak water to help mixture turn. Once mixture is smooth, fold in cilantro and green onion. Mix well.

Assembly of the Taquito

Spoon in 2 TB per wrapper, roll firm, then serve or place back in dehydrator to warm.

Serve over bed of cabbage confetti with guacamole and not-yo cheese for dipping

**** Quick Recipe variation: For a ready-now! wrapper, thinly slice zucchini tip to tip lengthwise, dab on filling and roll up for fast taquito.**

Hummus Dip and Veggies

I love to whip up batches of hummus to have around for when I am craving a quick salad topper or snack with veggies.

3 c soaked cashews
1 c zucchini peeled and chopped
1/2 c lemon juice
2 garlic cloves
¼ c Raw Tahini
2 tsp salt
1 tsp cayenne
1 tsp cumin
1c pure water added slowly
½ c parsley chopped fine
Pinch of paprika

Step 1: In food processor puree all ingredients except for the parsley and paprika. Once hummus is smooth, fold in parsley and garnish with a sprinkle of paprika.

Step 2: Chop your favorite veggies up for dipping! ie cucumber rounds, carrot sticks, cherry tomatoes halved or celery sticks. Hummus makes a delicious spread for collard wraps as well!

Cauli-Cous Cous

2 small heads of cauliflower

1 lemon juiced

1/4 c olive oil

1/2 bunch cilantro de-stemmed and chopped

1/2 bunch mint torn

1/2 bunch parsley de-stemmed and chopped

1/3 c Moroccan olives pitted and coarsely chopped

1/2 pint cherry tomatoes halved

1/2 c black raisins or currants soaked until soft then drained

Step 1: trim cauliflower. Pulse in food processor until texture resembles "rice". Do not puree. Place mixture in bowl.

Step 2: Add remaining ingredients. Mix well.

Serve with Hempie Tabouli and Hummus dip for an Indian feast.

Hempie- Tabouli serves 3-4 sides

1 1/2 c raw hemp seeds

2 c tomatoes

1/3 c mint leaves

2 c packed of curly parsley

2 TB lemon juice

3/4 tsp salt

2 garlic cloves minced

Step 1: Mince parsley and mint. Dice tomatoes. Place in bowl.

Step 2: Add remaining ingredients and gently toss. It is best to let marinate 15 minutes before serving.

Kitchen Tip: Hempie-tabouli is wonderful when served with hummus and veggies or a salad topper.

Gorgeous Entrees

Manicotti rolls were a house favorite at my first café Terra Bella in 2007. This very Italian dish is sure to satisfy even the most stubborn of non-health food eaters. Mama-Mia!

Manicotti Rolls serves 4-6 Italians

3 large zucchini squash washed

Herbed Ricotta cheese

3 1/2 c already soaked whole cashews

1 c pine soaked pine nuts
¾ TB Himalayan salt
2 TB olive oil
2 tsp apple cider vinegar or fresh lemon juice
2 TB dry Italian herb
Marinara topping
8 c Ripe Roma tomatoes chopped
2 c fresh basil
1 c sun-dried tomatoes soaked till soft
1TB dry Italian herb mix
2 tsp Himalayan salt
2 tsp vinegar or fresh lemon juice
Jalapeno to taste

Pasta shells: Using mandolin slicer, slice zucchini squash from tip to tip on thinnest setting, making long wide strips .Place strips in bowl. Sprinkle with olive oil, Himalayan salt and lemon juice. Rub marinate over each strip, then set aside while you prep the cheese and marinara.

Herbed ricotta: Puree cashews, dry herbs, olive oil, and vinegar in food processor until smooth. Slowly add ¼ c pure water to thin just a tad. Cheese should be thick.

Marinara topping:

Puree tomatoes, sundried tomatoes, basil, Italian herbs, salt ,vinnie and jalapeno in food processor till mixture is well combined.

Assembly: Lay strips of zucchini vertically on counter. Spoon at least 1TB of herbed cheese on the end closest to you, then like a yoga mat, roll cheese loosely inside zucchini noodle. Place manicotti roll on patter or in lasagna pan. Repeat till all manicotti rolls are ready. In a creative and appealing manner, top zucchini pasta shells with marinara.

Kitchen tip: Wait to put marinara onto rolls till just before serving. Marinara sauce is a little juicy which may collect water on serving dish of choice.

To save on time, you can prepare these components and store separately for when you are hungry like a mobster!

Spicy Almond Thai Noodles serves 3

Almond Thai sauce
1/4 c agave or (3 TB honey + 1/8 c water)
1/2 c lemon juice
1in knuckle of ginger grated
1/4 tsp cayenne
1 1/4c pure water
Blend well, then add
1 c almond butter
½ tsp salt
3 TB Mint, 3 TB Basil, 3 TB cilantro chopped fine
Step 1: In high speed blender, blend everything except for the herbs until smooth.
Step 2: Once mixture is smooth, fold in herbs, pulse. Then serve or store.
Pour into container for storage. If sauce thickens, add a little water to make pourable.

Veggies needed:

- 1 small head of Napa cabbage
- 2 small zucchinis
- 2 c purple cabbage shredded thin
- 2 small carrots
- 2 c bean sprouts rinsed and drained
- 4 TB black sesame seeds
- 1 c fresh basil chiffonade
- ½ c fresh cilantro coarsely chopped
- ½ c fresh mint coarsely chopped

Step 1: Shred napa and purple cabbage. Using mandoline or spiralizer make zucchinis into noodles. Cut carrots into thin rounds or noodle strips using peeler.

Step 2: Toss all vegetables and herbs together in large bowl then with Almond Thai sauce then top with black sesame seeds and herbs.

Kitchen Tip: You may also serve sauce on the side to pour on as you please.

Caribbean Taco with dill dressing and pineapple salsa serves 6-8

I developed this dish for The Raw Spirit Festival 2008. We served over 2,000 of these delicious tacos and they were a festival hit!

Caribbean Pate

- 2 C sunflower seeds soaked 3-6 hours
- 3 c carrots chopped
- 2 TB olive oil
- 2 TB lime juice
- ¾ TB salt
- 1 ½ TB cumin
- 2 TB taco seasoning
- 1 tsp chili flakes
- ¾ c water
- 4 c romaine shredded
- 1 bunch collard leaves (smaller leaves) 3-6 inches

Step 1: In food processor, puree all ingredients except for the water and collards and mixed romaine. Slowly add water and continue to puree mixture till it is smooth.

Step 2: Evenly spread a few dollops of Pate onto the center of a collard leaf. Place ½ c or so of chopped romaine in taco, drizzle with Dill dressing and a scoop of pineapple salsa

Kitchen Tip: Prepare this pate ahead of time, store in the fridge and have it on hand for quick tacos, on top of a salad or on celery for a snack.

Eggplant Parmesan

This dish hits the spot when I am craving a warm, comforting Italian style meal!

- 1 recipe of marinara sauce
- Parmesan
- 1 lb eggplant sliced thin into discs ¼ inch thick
- 1/3 tsp salt
- 1-2 TB olive oil
- 1 TB lemon
- 1 ½ c red bell pepper chopped
- 1 c yellow onion chopped
- 2 garlic cloves minced
- 1 stem of fresh Thyme
- 1 stem of fresh oregano
- 2 Roma tomatoes diced

1 c zucchini fine diced

Salt to taste

Drizzle of olive oil (apx 1/8 c)

Step 1: In bowl toss sliced eggplant with salt, olive oil and lemon. Coat sliced eggplant lightly, then set eggplant on Excalibur dehydrator trays.

Step 2: In separate bowl combine marinara recipe with all other ingredients to marinate. Mix well. Let sit for 5 minutes.

Step 3: Place a few scoops of mixture on top of the sliced eggplant sitting on Excalibur teflex sheet. Dehydrate on 118°. for 1-4 hours.

Store eggplant parmesan in glass for up to 3 days.

Before serving, sprinkle Parmesan on top.

Recipe variation: Recipe can also be served in romaine leaves or over pasta noodles

Spaghetti Alfredo serves 4

Ever crave rich and creamy pasta! This dish does the trick and is so quick to make. Also, Kelp noodles are low in calories; high in minerals!

Spaghetti noodles:

3 packages of kelp noodles (12 oz each)

Veggies to fold in:

1 c button mushrooms sliced very thin

½ c red bell pepper finely diced

1 green onion chopped

White cheese sauce:

2 c soaked cashews

2 c pure water

3 TB lemon juice

1 ½ TB light miso

1 TB nutritional yeast (optional)

2 1/2 tsp salt

1 tsp cracked black pepper

1/8 tsp white pepper

2 tsp garlic powder or fresh

Pinch of cayenne

Step 1: In high speed blender blend all sauce ingredients until smooth and creamy.

Step 2: Pour sauce over noodles. Fold in veggies. Toss well. Get your hands in there if need be.

Step 3: Place dish in dehydrator at 120° or on stove top on very low heat to warm and soften noodles.

Pineapple Kabobs with BBQ sauce

Kabob veggies: Choose vegetables that are odd shapes, textures and colors for a appetizing look on the kabob

2 c Zucchini chopped or in rounds ½ inch thick

2 Portabella mushrooms ½ inch diced

1 pint Cherry tomatoes

1 lb Eggplant 1 inch dice

1 red bells pepper 1 inch dice

1 yellow bell pepper 1 inch dice

1 Pine apple chopped ½ inch dice

Place prepped vegetables on skewers in decorative and varied manner or just leave loose in pan that will fit inside your dehydrator.

Marinade:

1/4 c olive oil

1/2 c Wheat-free Tamari

1 c black mission figs soaked till soft

1 bunch cilantro de-stemmed

1 yellow or red bell seeded and chopped

4 limes juices
3 TB grated ginger
4 garlic cloves or 3 tsp garlic powder
½ tsp paprika
Water to thin (apx ½ - 1 c)

Step 1: In high speed blender, gently blend all ingredients for the marinade except for cilantro till relatively smooth. Once mixture is smooth, pulse in the cilantro. Slowly add pure water to thin.

Step 2: Pour marinade over veggies in dish or over skewers. Let veggies/kabobs marinate in dehydrator set at 118 ° for 1 1/2 hr minimum. The longer these veggies marinate, the richer the dish will taste. Using a brush or ladle, reapply marinade onto veggies every 15 minutes.

Serve Skewers with BBQ sauce and jica-tater salad

Kitchen Tip: If you do not have time to wait for the dehydrator to finish or need to leave the house for the potluck, place covered dish in the sun shine to warm and get juicy.

Luscious Salads

Caribbean Hammock Serves 4

4 c Organic mixed baby greens or shredded baby romaine
1 c mango diced
2 c strawberries halved
1/2 c blueberries
2 kiwi peeled and sliced in rounds
Handful of slivered almonds
1/3 c pecan halves
5 mint leaves coarsely chopped
¼ C fresh grapes halved
1 firm plantain peeled and chopped (optional)
Step 1: Toss greens only with raspberry vinaigrette
Step 2: Then and remaining ingredients. Gently toss, then serve.

Jicama-Tater Salad serves 6-8 sides

Summer potlucks are a wonderful time to enjoy fresh foods! I love taking this dish to public gatherings and seeing the reactions. I do not even mention that it is "raw", dairy free or not a real potato salad. I simply place it n the table and stand back to see how fast it is devoured.

Dressing for tater salad:

1 1/2 c already soaked raw cashews
3/4 c pure water
3/4 c lemon juice
3 garlic cloves
1 TB Himalayan salt
2 TB Stone ground mustard
Blend all ingredients in high speed blender till smooth. Set aside.

Veggies for Salad:

2Lb Jicama. Peeled and cubed apx ½ inch

2 ears corn (optional) husked from cob

1/4 C fresh dill. Large stems removed. Coarsely chopped

½ c red bell pepper small diced

½ c red onion chopped

2 celery sticks chopped

3 green onions chopped

Pour dressing over jicama and veggies and toss well. Add a dash of paprika over salad after plating.

Greek Salad serves 8

1-2 large head of romaine shredded

1 c kalamata or spiced black olives chopped fine

1 c red onion in thin half moon shapes

1 c cherry tomatoes halved or quartered

½ tsp of cracked black pepper

Step 1: Toss romaine in large bowl with 1- 1 ½ c of Tzatziki sauce Add more or less dressing to fit your preference.

Step 3: Add kalamata, onion, cherry tomatoes

Garnish with mo betta feta cheese and black pepper

Kitchen tip: If you want to enjoy this salad later in the day, toss only the amount of greens and dressing you will eat at a time and save the rest so they stay crisp for a later snack.

Classic Waldorf serves 2-3

Sweet Cashew dressing

½ c cashews soaked

1/3 c pure water

1 TB honey or agave

¼ tsp Salt

In a high speed blender, blend all ingredients until smooth and set aside

For Salad

3 crisp green apples cored and diced

½ lemon juiced

3 celery sticks finely chopped

1 c black raisins placed in water till soft then drained

1 c ripe red grapes halved or whole

1 c walnuts halves or coarsely chopped

Butter lettuce cups for serving

Cracked black pepper garnish

Step 1: First toss apples with lemon juice to prevent browning, then add remaining ingredients. Toss well.

Step 2: Toss everything with dressing then serve in a butter lettuce cup or on top of a bed of greens. Sprinkle with black pepper.

Plating tip: Garnish the Waldorf with fine carrot ribbon or purple cabbage finely shredded for visual interest.

Kinetic Kale Salad Served 3-4

Kale salad recipes are a raw food staple! Kale is so nutrient dense and great for cleaning your digestion I recommend at least one kale salad twice a week!

2 Bunches of kale de-stemmed
3 TB olive oil
½ TB salt
1 lemon juices or 4TB
1 c carrots finely shredded or made into noodle with a spiroolie
2 c purple cabbage finely shredded
1 c cucumber diced fine
½ c hemp seeds

Step 1: Chiffinade kale then place in bowl with olive oil, salt and lemon juice. Massage until kale begins to soften.

Step 2: Add remaining ingredients. Toss well then serve.

Mexi-Fresh Salad 4 servings

2 heads romaine lettuce shredded
2 c shredded purple cabbage
1 c carrot finely shredded or spiraled
1 red bell pepper diced
2 ears of corn shucked
3 TB olive oil
1 tsp salt
1 tsp Chili powder
Pinch of paprika
1 TB pourable honey

Step1: Place romaine, cabbage, carrot and red bells in bowl. Toss with cilantro lime dressing.

Step 2: In separate bowl toss corn with olive oil, salt, chili powder, paprika and honey. Place mixture on top of salad.

Step 3: Top salad with a few spoons of fresh salsa, spicy cabbage, guacamole, and spicy no fried beans from taquito recipe

Garnish with springs f fresh cilantro and sour cream

On the Side

No-Egg salad / Spread

My Grandmother would have a bowl of egg salad always made for quick sandwiches or salads. Thanks goodness there is now a vegan option that is nut free and faster to make than the original!

4 ripe avocados
1 tsp black salt (Indian black sulfur salt) Found in specialty markets or Indian grocer.
½ tsp cracked black pepper
1-2 TB stone ground Dijon mustard
2 -4 tsp fresh lemon juice
½ c red onion diced

Step 1: In a bowl, mash the ripe avocados with a fork.

Step 2: Add black salt, pepper, mustard and lemon juice. Mash avocados mixture until it resembles chunky guacamole.

Step 2: Mix in red onion. Serve or store in a container until you are ready to enjoy.

Kitchen Tip: Before you serve the No egg, be sure it has enough of the black salt to give it the “eggie” taste. If the dish needs more “egg” taste simply add more black salt.

Put no-egg salad on crackers, live or sprouted bread or on salad for a rich and satisfying meal.

Kitchen Tip: I recommend not placing this in a food processor due to oxidation which browns the avocados.

Garlic Butta Spread

This delicious spread was invented when I first started using Christopher Coconutty’s amazing coconut oil! It is perfect on raw crackers, Bavarian bread or even on toasted healthier breads if you are in transition and seeking a butter alternative.

1 c Vivapura coconut oil melted
2 garlic cloves
pinch salt
2 TB fresh parsley finely chopped

Step 1: In blender gently blend coconut oil, garlic and salt until well combined and smooth. Pour into glass jar.

Step 2: Stir in parsley

Step 3: Place mixture in freezer for 5 minutes to set.

Kitchen Tip: Before spreading onto live breads, bagels or mix into noodle dishes, place butta in the sun or in dehydrator to soften enough for easy spreading.

Mo Betta Feta

1 c macadamia pulp (saved from making fresh milk)
1 tsp salt (to taste)
4 TB fresh Thyme
2 TB olive oil
1 lemon juiced
1 tsp black pepper
Optional kick: 1/4 tsp cayenne

Step 1: Place wet pulp in a mixing bowl.

Step 2: Add remaining ingredients. With a fork fluff all ingredients together.

Serve on salad, crackers, cucumber slices or stuff into button mushrooms.

Guacamole’ Yields 4.5 cups

7 ripe avocados
3c firm tomatoes chopped.
1/2 red onion chopped
1/2 bunch cilantro de-stemmed
1-2 tsp sea salt or pink salt
2 garlic cloves minced (optional)
1 lemon or lime juiced

Step 1: Seed and scrape avocados into bowl. Using a short knife or large fork, cut through and mash avocados down into smaller pieces.

Step 2: Fold in remaining ingredients and mix well.

Simply Salsa Yields 3 cups

4 c ripe tomatoes
1/2C white onion
1/2 bunch cilantro
jalapeno (to taste)
½ tsp Sea salt or pink salt

Step 1: Chop tomatoes and onion and de-stem cilantro. Place all ingredients in food processor.

Step 2: Pulse until chopped and well combined, careful not to overly process into a puree .

Spicy Cabbage

Once spicy cabbage marinates, it is a delicious topping for salads, entrees and on crackers.

1 small purple cabbage shredded
2 jalapenos sliced into thin rounds with seeds
2 tsp Sea salt or pink salt
4 TB apple cider Vinnie
1 C Carrot shredded

Toss all ingredients together until well combined. Let marinade 10 minutes at least before serving.

Spicy cabbage will keep for weeks in fridge as a great condiment.

Kitchen Tip: The longer this salad marinates, the more the cabbage will breakdown, also increasing the spice factor.

Marinara Basica

Even though this recipe is very simple to make, be sure to pick in-season ripe tomatoes for the richest flavor.

8 c Ripe Roma tomatoes chopped
2 c fresh basil
1 c sun-dried tomatoes soaked till soft
1TB dry Italian herb mix
2 tsp Himalayan salt
2 tsp vinegar or fresh lemon juice
Jalapeno to taste
¼ c red onion chopped
½ tsp black pepper

Place all ingredients in food processor and puree until well combined and saucy! Serve with zucchini noodles, kelp noodles, or on bergers as a flavorful ketchup.

Pineapple Salsa

3 c Fresh pineapple chopped or frozen (thawed)
4 TB agave or honey
2 TB lemon juice
¼ tsp chopped jalapeno pepper
1 TB fresh ginger finely grated

1 tsp red chili flakes
2 TB mint coarsely chopped
In food process, pulse all ingredients until well combined. Mixture should have great texture.

Kitchen Tip: For a tasty frozen treat! Leave out the jalapeno, chili flakes, and garlic. Puree to a silky texture, then Freeze.

Cream Cheese

2 c macadamias (soaked in water at least 4-6hours and rinsed)
¼ c olive oil
½ of 1 lemon juiced
¾ tsp salt
In food processor, process all ingredients until smooth. Slowly adding water to help mixture turn for a creamy consistency.

Recipe variations:

For plain sweet cream cheese: Add 1 TB agave or honey to mixture

For strawberry cream cheese: Pulse in 1 c chopped strawberries, (½ tsp strawberry extract is needed) 2 TB honey or agave.

For herbed cream cheese: Fold in 4 TB of freshly chopped dill, 2 TB of dry Italian herb or fresh chives.

Brazil Nut Parmesan

Parmesan is a pantry must-have! This light condiment is perfect on salads!

4 c brazil nuts
2 tsp sea salt
¼ tsp cayenne
2 tsp turmeric (for color)
Pulse all ingredients in food processor until crumbly and well combined. Do not process into a butter.
Parmesan will keep well for months in sealed container in fridge.

Walnut Crumble

Walnut crumble can be the perfect addition to a layered parfait, Yo gert, fresh fruit, or a dessert topper.

2 c dry walnuts
1 TB cinnamon
Pinch of sea salt or pink salt
2 TB Rapadura (dried cane juice) or Coconut palm sugar (Viva Pure)
Pulse all ingredients in food processor until crumbly
Step 2: Sprinkle over Yo gert, fresh fruit, or salads

Kitchen Tip: Make a batch of this to keep in your fridge so you have it when you need a little crunch!

Crumble will keep for months in fridge in sealed container.

Apple-Golden Berry Relish

Serve this delicious relish with a raw veggie loaf for Thanks Giving, or as breakfast treat as is!

2 c fresh cranberries (or frozen)
3 apples cored and chopped
2 TB golden berries + 3 TB golden berries (soaked till soft)
2 TB orange zest
¼ c golden berries soaked till soft
1 whole orange peeled, seeded and chopped
1 tsp Pumpkin pie spice
Step 1: In food processor, pulse all ingredients except 3TB golden berries until well combined and chopped.

Step 2: Fold in the 3 TB More Golden berries.

Crunchy Snacks

A sprinkle of something crunchy can go a long way on a dish! Crunchy snacks can be made ahead of time and stored for when you need that certain “something” that really satisfies!

Caramelized Onions

Having caramelized onions on hand is perfect when your needing that little crunch factor in your meal!

4 sweet white onions
1/3 c agave or ¼ c raw honey
1 tsp wheat free tamari sauce
Pinch of salt
Pinch of cayenne

Step 1: Peel and slice onions into thin rounds.

Step 2: In a bowl toss onions with remaining ingredients. Spread onions mix over dehydrator teflex sheet. Dehydrate until crispy. Store in sealed container in the fridge.

Candied Pumpkin Seeds

5 c sprouted pumpkin seeds. (Seeds that have been soaked 6 hours, rinsed and drained)
1 c dates pitted and soaked till soft. (soak in 1 c warm water) save water
1 tsp of salt
½ TB pumpkin pie spice
1/3 c of honey or maple syrup
Saved date water

Step 1: Place soaked and rinsed sunflower seeds in a bowl. Blend remaining ingredients in high speed blender until smooth. Add water to help turn

Step 2: Pour sauce over seeds. Spread seeds over teflex sheet. Dehydrate for 4-6 hours or until dry.

Seasoned Almonds

4 c almonds that have been sprouted (Almonds that have been soaked overnight then rinsed and drained)
4 TB olive oil
4 TB Wheat-free Tamari
1 c black mission figs soaked till soft
1/3 bunch cilantro de-stemmed
2 limes juices
2 TB grated ginger
4 garlic cloves or 3 tsp garlic powder
Pinch paprika or Ghost chili spice (optional kick)
Pure water

Step 1: Place soaked almonds in a bowl. Blend remaining ingredients in high speed blender until smooth. Add water to help turn

Step 2: Pour sauce over almonds and mix well.

Step 3: Spread almonds over teflex sheet. Dehydrate for 4-6 hours or until dry.

Fire Flower Seeds

5 c sprouted sunflower seeds (soaked 6 hours, rinsed and drained)
1 c dates pitted and soaked till soft
2 TB Wheat-free tamari
1 tsp garlic powder

1TB Fresh ginger grated
2 tsp cayenne
1 TB dry chili flakes
Pure water

Step 1: Place sunflower seeds in a bowl. Blend remaining ingredients in high speed blender until smooth. Add water to help turn
Step 2: Pour sauce over seeds. Spread seeds over teflex sheet. Dehydrate for 4-6 hours or until dry.

Chili Lime Almonds

4 c almonds that have been sprouted. (Almonds that have been soaked overnight then rinsed and drained)
¼ c olive oil
4 TB agave or honey (more if you wish)
4 TB Wheat-free Tamari
4 limes juices
3 TB chili seasoning
1 tsp garlic powder
Pinch paprika or Ghost chili spice (optional kick)
Pure water

Step 1: Place soaked almonds in a bowl. Blend remaining ingredients in high speed blender until smooth. Add water to help turn
Step 2: Pour sauce over almonds, rub sauce in well. Spread almonds over teflex sheet. Dehydrate for 4-6 hours or until dry.

Teriyaki Seeds

3 c sprouted Sunflower seeds (soaked in water 6 hrs, rinsed and drained)
2 c sprouted pumpkin seeds
½ c Black mission figs soaked till soft
½ c Wheat-free tamari
2 tsp garlic powder
2TB Fresh ginger grated

Step 1: Place soaked and rinsed sunflower seeds in a bowl. Blend remaining ingredients in high speed blender until smooth. Add water to help turn

Step 2: Pour sauce over seeds. Spread seeds over teflex sheet. Dehydrate for 4-6 hours or until dry.

Cheesy Kale Crisps serves one piggie

I love to roll these kale chips into my nori rolls for an orgasmic flavor! No joke!

2 bunches green curly kale. De-stemmed
1 ½ c pine nuts
1 ¾ c red bell pepper chopped
1 ¾ tsp salt
1 ½ tsp apple cider vinegar
½ lime juiced
2 tsp garlic powder
½ c water
1 tsp paprika
½ tsp cayenne

Step 1: In a high speed blender, blend all ingredients except kale until smooth. Add a little more pure water to help thin if necessary.

Step 2: Smother kale leaves with sauce.

Step 2: Place saucy kale on teflex sheet in dehydrator at 110°. Dehydrate apx 6 hrs or until crispy.

Sauces

Hot Momma Sauce

This is a great raw condiment to make and store in the fridge for when you need a spicy kick! Much better than Tabasco or store purchased hot sauces.

3 c ripe in-season tomatoes chopped
2 large medjool dates pitted or 2 TB honey
1 med red bell pepper seeded and chopped
½ c sundried tomatoes soaked
3 large garlic cloves
2 1/2 TB apple cider vinegar
2 1/2 tsp salt
1 jalapeno
2 whole dry chilies of choice (The more, the hotter the momma!)
2 tsp cayenne
1 tsp cumin
1 tsp Ethiopian spice or Ghost Chili spice (for optional hotness)
Apx. 1 1/2 c of water to thin to desired consistency
Blend all ingredients well. Sauce should be pourable, not too thick
Sauce should keep well in fridge for up to 2 weeks.

Sweet Raw Mayo

3/4 c cashews soaked
½ c pure water + 2 TB
1 1/2 TB agave
Pinch of salt
In high speed blender, blend all ingredients until smooth.

Hot Mustard Inspired by Chad Sarno

Mustard is a raw kitchen must have condiment! It is easy to put on sandwiches or use in dressings or other recipes.

2 c brown or yellow mustard seeds (soaked 1 hr in water)
1 c apple cider vinegar
¼ c sea or pink salt
1 c packed pitted dates
2 tsp tumeric
Start on a low blend, then increase speed. Blend all ingredients together until smooth.
This mustard will keep in the fridge for up to 6 months!

Orange Ginger Sauce / Marinade

This delicious sauce doubles as a dressing or marinade for vegetables such as broccoli or cabbage.

1 c soft pitted dates
1 c fresh squeezed orange juice
½ c olive oil
1 c pure water
½ c Wheat free tamari
3-5 tsp freshly grated ginger
2 tsp toasted sesame oil (optional)
Pinch of cayenne

In a high speed blender, blend all ingredients until smooth.

Kitchen Variation: For thick glaze, place sauce in dehydrator overnight.

Savor the Goddess Sauce

This sauce is amazing tossed with marinated kale salad and quinoa!

1 ¼ c soaked cashews (more if sauce is too runny)
¾ c flax or olive oil
1 ¾ c pure water
¼ c braggs liquid aminos or wheat free Tamari
2 TB-¼ c brewers yeast
2 tsp dry Italian herbs
1 tsp garlic powder
1 TB lemon juice

In high speed blender, blend all ingredients except for the Flax oil until smooth. Once mixture is smooth, slowly add oil while blending.

Store in fridge up to one week.

BBQ Sauce yields 4 cups

1 c sundried tomatoes soaked till soft
2 c tomatoes chopped
1 c black raisins
1/3 c red onion chopped
1 tsp cumin
1 tsp garlic powder
½ tsp chipotle
¼ tsp black pepper
1 ½ tsp salt
1 ½ c pure water

In a high speed blender blend all ingredients till smooth.

Indian Cream Sauce Yields 3 1/2 cups

2 c soaked cashews
2 1/4 c water
1 ½ TB curry powder
1/2 TB garam masala
½ tsp cayenne
1 tsp cinnamon
2-3 tsp salt

1 1/2 TB lemon juice
Blend till creamy and smooth.

Kitchen Tip: Thin with water to make a thinner dressing if you wish. This sauce will thicken once it is chilled.

Tzatziki Sauce

3/4 c pure water
3/4 c cashew
2 garlic cloves
1/2 c lemon juice
½ TB Himalayan salt
1/2 TB Raw honey or agave
1 c cucumber finely diced

Step 1: Blend all ingredients except cucumber until smooth. Add water to help thin if needed.

Step 2: Fold in cucumber.

Sour Cream

2 ½ c pine nuts or cashews
2 tsp salt
1 ½ c pure water
1-2 tsp vinegar or lemon juice
Blend all ingredients in high speed blender until smooth

Kitchen tip: Pour into large squirt bottle for easy use in your kitchen. If you desire a thicker cream, simply use less water.

Not-yo Cheese

1 ½ c pine nuts
1 ¾ c red bell pepper chopped
1 ¾ tsp salt
1 ½ tsp apple cider vinegar
½ lime juiced
2 tsp garlic powder
½ c water
1 tsp paprika
½ tsp cayenne

In a high speed blender, blend all ingredients until smooth. Add a little more pure water to help thin.

Red Pepper Aioli

2 ½ c pine nuts (or substitute 3 c Thai coconut meat)
1 c red bell pepper seeded and chopped
2 tsp salt
1 ½ c pure water
1/8 tsp cayenne
1/8 tsp red pepper flakes
1 tsp vinegar or lemon juice
Blend all ingredients in high speed blender until smooth

Kitchen tip: Pour into large squirt bottle for easy use in your kitchen.

Salad Dressings

Salad dressings are nothing short of a life savior when it comes to eating more greens! With a tasty dressing we can turn a bowl of just shrubbery, to a bowl of *Gosh! We need more delicious salad!* I recommend keeping at least one or two bottles of home-made dressing in your fridge for when you need to dress some of your favorite greens.

Dill Dressing (raw ranch) Yields 2 1/2 cups

I use to love Ranch dressing on everything! Here is a wonderful raw version of ranch dressing that is far better for you and tastes so much like the original! Take this to a backyard BBQ and I bet no-one will notice the difference.

2 c soaked cashews
1/4 c lemon juice
1 c water
1/8 c apple cider vinegar
1 1/2 tsp salt
1 tsp garlic clove or garlic powder
1 tsp black pepper
3TB fresh dill weed chopped or 2TB dry dill weed

In high speed blender, blend all ingredients until except dill, and black pepper. Once dressing is smooth, pulse in dill and pepper. Dressing may be a bit salty, this will mellow once mixture sets up and is enjoyed with greens.

Cilantro Lime yields 1 1/2 c

1/2 c apple cider Vinnie or lemon juice
1/4 c olive oil
1 garlic clove
1 TB agave
1/2 tsp salt
1 tsp pepper
3/4 c pure water
1 c fresh cilantro de-stemmed

Step 1: Blend all ingredients except cilantro in a blender at a low speed till well combined and garlic is minced.

Step2: Once mixture is blended, gently pulse in cilantro

Mixture should be somewhat chunky.

Kitchen Tip: If dressing is too runny, add 2-3 stalks of fresh celery. Blend until creamy, then add cilantro.

Caesar Dressing

2 c soaked macnuts
2 tsp vinegar or lemon juice
1 TB dry Italian herb
1 1/2 tsp salt
1/4 tsp cayenne (optional kick)
3/4 TB dulse flakes
1 1/2 TB mellow or white miso
1 1/2 - 2 c pure water added slowly to help blend. Add more water if you prefer a lighter dressing.
In high speed blender, blend all ingredients until smooth and creamy.

Kitchen Tip: Using vinegar will help make the dressing last a little longer in fridge. Lemon may be substituted.

Raspberry Poppy Vinaigrette

¼ c agave or honey
½ tsp stone ground mustard or dry mustard
1 TB shallots minced
½ tsp salt
¼ c olive oil
½ c apple cider Vinnie or lemon juice
1/3 c fresh or frozen raspberries
2 tsp poppy seeds.

Step 1: In blender, lightly blend agave, mustard, shallots, salt, olive oil and vinegar.

Step 2: Once mixture is well blended, gently blend in raspberries and poppy seeds.

Blend very slowly till well combined. Be careful not to over blend by blasting it on high.

Store in dressing container for salads. Stores well up to 7 days

Wasabi Vinaigrette serves 2

2 tsp wheat-free tamari
2 tsp wasabi (Japanese horseradish) paste
6 TB apple cider vinnie
2 TB Agave or raw honey
1 tsp sesame oil (toasted) not raw
In a bowl, whisk together all ingredients then store in glass at room temp.

Papaya Island dressing

This dressing I came up with while I was making food for a David Wolfe retreat in Hawaii 2009. I used fresh ripe papayas off the land and it was AMAZING! This dressing tastes similar to 1000 Island dressing and also has massive enzymatic properties!

1 c olive oil (added last)
1 tsp pink or sea salt
½ c lemon juice
½ c apple cider vinegar
3 c papayas plus black seeds
¾ c red or white onion chopped
½ c raw honey
1-2 TB raw hot mustard pg 43

Place all ingredients in blender except for olive oil. Once dressing is smooth, gently blend in olive oil.

Lemon Tahini Dressing Yields 3 cups

1 1/2 c tahini
1c olive oil
2 c water

4 tsp cumin
2 tsp salt
Pinch of black pepper
1 ½ c lemon juice
Blend till smooth, Serve with falafels. Stores well for up to 2 weeks in fridge.

Soups

Delicious soups are meals in themselves! When using raw produce and quality ingredients we can easily sustain on fresh made soups any time of the day.

Miss Mango's Gazpacho serves 3-5

2 c red bell pepper chopped
3c cucumber peeled and chopped
2 c tomato chopped
2 tsp what-free tamari
½ lemon juiced
2 garlic clove minced
2 c mango diced
Pulse all ingredients in food processor until chunky, not pureed.
Garnish with more cubed mango, diced cucumber, red bell diced.

Corn Chowda serves 4

As a child my grandmother would take us to the Oregon Coast to a very popular restaurant that proudly served the best corn chowder ever! Since then I have loved thick and creamy soups especially gently warmed during the cooler months.

4 c plain almond milk from this recipe book. (no sweetener)
5 c fresh corn + 1 additional cup of fresh corn for garnish
2 small ripe avocados or 1 large
1 ½ tsp salt (more to taste if desired)
1 1/2 tsp chili powder
½ tsp cracked black pepper
1 1/2 tsp cumin
½ c red onion

In blender gently blend all ingredients except additional 1c of corn till well combined. Soup should still be a bit thick.
Fold in additional corn.

Garnish Tip: Top Chowda with fresh avocado diced, cilantro sprigs, red bell pepper and pinch of paprika and or chili powder.

Melissa Mango's Autumn Chili

This recipe won Best in Show at a Texas Chili Cook off! With no flame we wowed the judges by serving this hearty Chili straight out of a pumpkin with a mini pumpkin made into a ladle! Carol Alt loved this recipe so much, it was featured in her latest book *The Raw 50*.

1 c pine nuts
1 c pumpkin seeds
1 yellow bell pepper diced
1 orange bell pepper diced
jalapeño diced (to taste)
juice of 2 limes
¼ c olive oil
2 garlic cloves minced
3 scallions chopped
1 tsp all spice

Step 1: Dice above veggies. Mix in bowl. Set aside for 2 hrs

In a separate bowl combine:

4 c tomatoes
2 tomatillas
4 garlic cloves
1 c mango diced
1 1/2 tsp cumin
1 tsp sea salt
4 tsp chili powder
1 1/2 tsp pumpkin spice

Pulse above ingredients in food processor. Leave mixture chunky. Set aside in bowl for 2 hrs, then mix with above recipe.

Kitchen Tip: For heartier chilli, Fold in 2-3 c sprouted lentils or sprouted walnuts coarsely chopped

Spanish Gazpacho serves 3

2 c red bell peppers seeded, roughly chopped

1 ½ c cucumber

2c Roma tomatoes

1/4 c red onion chopped

jalapeño to taste (optional)

¼ c cilantro

1 teaspoon cumin

½ tsp garlic powder or 1 garlic clove

3 TB olive oil

¼ tsp cayenne

1 1/4 teaspoon salt or to taste

½ avocado diced

Step 1: Place all veggies except for the avo, in food processor and pulse until mixture is smooth, yet chunky.

Step 2: Hand mix in the avocado. Stir then serve!

Spicy Thai Coconut Soup Serves 4-6

6 c warm water

1 stalk lemon grass chopped

1 in fresh ginger root

Blend well. Strain. Place liquid back in blender then add:

3 c mature fresh brown coconut shredded or Firm Thai coconut meat

1 TB wheat-free tamari

1-2 tsp chili flakes

Zest of 2 limes

Juice of 2 limes

3 TB CocoPura coconut oil

½ avocado

3 TB raw honey

3 tsp salt

Blend till smooth.

Recipe Variation: As a whole meal, Fold in 3 c broccoli florets, green onions sliced, basil, mint, cilantro torn, 1 c bean sprouts, 1 small head butter leaf lettuce hand torn.

Tortilla Soup serves 4

4 c yellow crook neck squash or peeled green zucchini chopped

1 c red bell pepper chopped

1/4 c sundried tomatoes soaked until soft

1-2 tsp red pepper flakes

1/3 c red onion chopped

1-2 tsp chilli powder

3 TB taco seasoning

2 TB lemon juice

1 ¾ TB salt

1 1/2 tsp garlic powder

1 tsp Paprika

½ tsp cayenne

1 small avocado blended in last once mixture is smooth.

Step 1: Place all ingredients into blender except for avocado. Add warm water to 7 ½ c mark.

Step 2: Blend all ingredients well. Once soup is smooth, gently blend in avocado.

Serve in large pot, or in individual bowls garnished with avocado and diced tomatoes.

Cool Cucumber Dill Soup serves 4

6 c peeled chopped cucumbers

16 oz of my tzatziki sauce

2 c water

2 – 3 tsp salt

½ avocado

Blend all ingredients well.

Cream of Celery Serves 4

2 c zucchini peeled and chopped

3 c celery chopped

1 c cucumber

1 TB salt

3 TB lemon juice

1 TB dry Italian herb

1 tsp garlic powder

1 tsp onion powder

½ tsp cracked black pepper

3 TB fresh chives mined

¼ c olive oil

Step 1: Place all ingredients in blender except for olive oil and chives. Add water (warm if you wish) to the 7 ½ c mark.

Step 2: Blend soup until smooth. Slowly blend in olive oil

Step 3: Once soup is creamy and smooth, pour into serving bowls then top with fresh chives.

Soup will keep for 4 day in fridge.

Desserts

Raw desserts are a great and highly effective way at getting your friends and family interested into Raw Foods. The recipes that consist mainly of fresh fruits and a small amount of nuts make a great breakfast treat!

Coconut Banana Cream Pie

I love me some pie! Especially a light and easy to make pie!

6 ripe firm bananas. No spots preferred

For the Filling:

4 c Young Thai Coconut meat

1/3 c agave or honey

1/3c CocoPura coconut oil

1 tsp vanilla extract

Step 1: In a high speed blender, blend coconut meat, agave, coconut oil and vanilla until nice and smooth.

Once smooth, mixture should measure 2 ½ cups total. If not, add more coconut meat to reach 2 ½ c worth of smooth filling.

Step 2: Line a glass pie plate with fresh bananas whole or sliced. Pour Coconut filling evenly over bananas.

Step 3: For fast set up: Place pie in freezer **for 2 hours ONLY**. Or place in fridge for 3-4 hours minimum to set up and get firm.

Garnish with large shredded coconut flakes, crushed nuts, walnut crumble pg 41 or chocolate sauce.

Kitchen Tip: If pie is left in freezer more than two hour fast set up, the bananas will become mushy. Pie may be kept in fridge for however long with no harm done to bananas. If you have time, you can let pie set up in fridge overnight.

Ruby-Apple Pie

7 red apple (Fijis, Washington or Braeburn variety are perfect!) cored and chopped

1/2c black raisins

1 TB pumpkin pie spice

1 TB orange zest

1 TB psyllium husk powder

1 c fresh pomegranate seeds

Step 1: Pulse everything except psyllium and pomegranates in a food processor until mixture is chopped down. Careful not make into mush or apple sauce texture.

Step 2: Place apple mixture in bowl, fold in pomegranate seeds and psyllium. Mix well. Place mixture in a glass pie plate.

Garnish with fresh pomegranate seeds or orange slices around edges of pie.

Top with walnut crumble and vanilla ice cream before serving!

Butter Cookies Yields 41 cookies

8 c gold flax meal (apx 5 C flax seed ground into meal)

1/2 tsp salt

mix together in bowl, then add

2 tsp vanilla extract

1 tsp cinnamon

3/4 c agave

1 1/4 c melted CocoPura coconut oil

Continue Mixing in bowl, till well combined.

Using 1 TB measure place amount in desired shape of cookie cutter.

Chill for 30 minutes and enjoy!

Recipe Variation. Top with raw chocolate sauce or vanilla cream before serving

Simple Truffles

1 1/2 c dry cashews

Pinch salt

2 tsp vanilla

1 c soft pitted dates

1/2 c pure water

3 TB c VivaPura Coconut oil (oil is butter melted down)

3 TB agave

1 c Raw Cacao powder

Step 1: Process cashews, salt, vanilla dates until ground down, then add water. Continue processing until smooth.

Step 2: Then add remaining ingredients.

Step 3: Drop a spoon full of the truffle mixture onto your wet palm. Roll into ball, and then place in a bowl of cacao powder for dusting truffle. Roll once again, then place on plate or cake sheet.

Recipe Variation: Roll ball in finely crushed nuts for an added outer crunch.

Kitchen Tip: As long as truffles are rolled thru cacao powder and a little crushed nuts, they can be served right away and be moist and heavenly on the inside. You may also place truffles in fridge to firm before you serve.

Strawberry Sundae Tart

This recipe is featured on GLiving TV! Visit www.Gliving.tv , click on my name and see it being made!

2 3/4 c macadamia nuts

1/8 tsp salt

¼ c pecans

3 TB VivaPura coconut oil (soft or melted)

Pulse in food processor until mixture resembles graham cracker. Do not over process into nut butter.

Press into 7 inch tart pan. Glass pie plate will work. Place in freezer while doing next layer.

Vanilla tart Filling:

2 c Young Thai coconut meat

1 c soaked cashews

½ c agave nectar

1 tsp vanilla

1 TB VivaPura coconut oil

Blend till smooth and creamy. Spread evenly over crust.

Tart Topping:

1 pt fresh strawberries quartered and 1 large firm banana chopped or sliced.

Place cut strawberries and banana evenly spread out over vanilla layer varied in placement.

Next drizzle strawberries with Ultimate raw chocolate sauce. Freeze for 1 hour before serving.

Freezing pie longer than 1 hour may wilt strawberries.

For a classic sundae touch. Top with slivered almonds, walnut pieces or jungle peanuts!

Lemon-Blueberry Cheesecake

Crust:

2 ½ c walnuts

½ c golden raisins

Pinch of salt

1 ½ c blueberries

Process all ingredients except for blueberries until graham cracker-like. Press into spring form pan.

Place blueberries evenly on top of crust.

Filling:

2 1/3 c soaked cashews

2/3 lemon juice

½ c agave nectar or honey

1 tsp vanilla

1/8 tsp salt

3 c Young Thai coconut meat

¼ tsp turmeric for color

¼ c Coco Pura coconut oil or butter

Step 1: Place cashews, lemon juice, agave, vanilla and salt in high speed blender. Blend till creamy.

Step 2: Add remaining ingredients. Continue blending.

Once mixture is smooth and creamy, pour over crust and berries. Let freeze for 2-3 hours til firm.

Garnishing Tip: Drizzle berry sauce into filling, and stir carefully to create a swirl of goodness.

Before serving, garnish with fresh or dry blueberries.

Macaroons

6 c shredded coconut

1 tsp salt.

Mix well. In bowl then add

2 TB vanilla

1/2 c melted coconut oil

1/2 c agave

Mix till well combined. Using small ice cream scoop, scoop mixture up, place on sheet pan. Freeze for 30 minutes. Store in cooler.

Recipe variation: Drizzle macaroons with Ultimate raw chocolate sauce, set in freezer for 5 minutes and stand back!

For Dalmatian macaroons: add 4 TB c cacao nibs

For chocolate macaroons: Do recipe above, add 1/2-1/3 c cacao powder

Chocolate Almond-butter Ganache

Crust:

Step one: Grind 2 c flax seeds into meal using dry blender or coffee grinder. Hand mix in bowl with remaining crust ingredients below.

1 tsp salt

2 tsp vanilla

1/3 c agave nectar

1/4 c Coco Pura coconut oil melted

Press into 7inch spring form pan. Pan must be at least 1 1/2 inches deep.

Filling:

Step 2: In food processor Place 3 c dry cashews dry

1/8 tsp salt

2tsp vanilla

2 c soft pitted dates

3 TB agave (optional)

1 c pure water added slowly as mixture turns.

Process ingredients for several minutes until mixture becomes smoother.

Add slowly 2 more cups of pure water while mixture continues to process. Once mixture seems nice and smooth, pour in

1 1/4 c CocoPura Coconut oil (oil is butter melted down)

add 1 last cup of pure water while processing. and

1 3/4 c Raw Cacao powder

Pulse mixture a few times, then pour gently over crust.

Carefully spoon 1 ½ c of raw smooth almond butter over the cake in a swirl design. Once all the almond butter is floating on the chocolate, carefully drag a chop stick or thin utensil through the almond butter to make sure it is even.

Freeze for 4-6 hours or until firm.

No-Fried Coconut Doughnut Holes

Vegan doughnuts use to be a weakness for me! That is until I figured out how to create a similar treat, now in bite sized happiness.

2 ½ c pecan and walnuts un-soaked

1 ½ c Dried coconut flakes

½ c agave

1 TB vanilla

1/8 tsp sea salt

Step 1: In food processor combine nuts, agave, vanilla and salt. Process until smooth then place in bowl.

Step 2: To the nutty mixture in a bowl, hand kneed in the shredded coconut.

Step 3: Using a 1 oz ice cream scoop or by hand, roll mixture into bite sized holes.

Step 4: Drizzle each dough-hole with chocolate sauce and chill for 5 minutes to harden.

Recipe variation: For powdered dough-holes roll formed balls in dried fine coconut powder. Drizzle chocolate on once the powder is on.

Oreo Ice Cream Cake

Outer cookie layers:

3 1/2 c walnuts

1 c black raisins

¼ tsp salt

1 c cacao powder.

Add 2 TB VivaPura coconut oil while mixture is processing.

Step 1: In food processor, pulse walnuts, raisins, salt and cacao until crumbly. Be careful not to process into nut butter.

Step 2: Pulse in coconut oil while pulsing mixture. Mixture should be crumbly, not doughy or smooth.

Step 3: Split mixture in half. Sprinkle one half evenly at the bottom of a 7 in spring form. Set other half aside to place on top of filling.

Vanilla filling:

3 c Young thai coconut meat

2 c soaked cashews

½ c agave + 2 TB

1/8 c vanilla extract

1/8 tsp salt

Step 1: In blender, blend all filling ingredients till smooth. Add ¼ c – ½ c pure water if needed to help turn.

Step 2: Pour filling over chocolate crumble crust. Evenly sprinkle other half of crumble crust on top of vanilla filling to create the “oreo”.

Step 3: Freeze pie for at least 3 hours or until firm in the center

Optional: add ¼ c Coco Pura coconut oil to vanilla layer if you are desiring a pie more stable in room temperatures. If you care to enjoy it frozen, no oil necessary!

Serving the Oreo pie: Pie must be completely solid before removing from spring form pan and cutting. Cut pie immediately after removing from pan when it is still frozen. This will insure each slice is perfectly cut and not squashed.

Optional garnish: Drizzle pie with raspberry sauce (jelly) or Ultimate raw chocolate sauce for a nice touch.

Berry Me Softly Ice Cream

No need to wait a whole day for ice cream! This recipe is so easy you can have it in under 3 minutes!

½ c walnuts

4 frozen bananas chopped

2 TB vanilla

1 c fresh berries

Almond milk or water to help turn if needed

Step 1: Grind walnuts in coffee grinder or food processor

Step 2: Puree all ingredients in food processor until smooth.

If ice mixture is not turning, add just a tad of almond milk or water to get it going.

Step 3: Pulse until creamy and smooth.

If texture is firm, serve right away. Otherwise freeze for 30 minutes to 1 hr to have a firmer, scoop-able ice cream

Vanilla Bean Ice Cream

4 c fresh almond milk page 25

1 c pitted dates

1 vanilla bean

1 TB vanilla powder

1 tsp salt

3 TB Non GMO lecithin

Step 1: In high speed blender, blend all ingredients until smooth.

Step 2: Pour mixture into freezable container and freeze until firm.

Recipe Variation. This recipe is an excellent base to then venture out into more flavor. Simply add cacao if you desire chocolate, berries if you desire fruit or play with other flavored extracts!

Easy Chocolate sauce

Chocolate sauce is a great condiment to have on hand for desserts, smoothies or for a food fight!

1c agave

¼ c cacao powder

1/8 tsp salt

3 TB CocoPura coconut oil melted

Step 1: In high speed blender, blend all ingredients until smooth.

Step 2: Pour mixture into squeeze bottle. Store in dark cool place.

Kitchen Tip: If you store chocolate sauce in fridge, you will need to thaw it out in the dehydrator to soften.

Nut-free meals

Most individuals beginning a raw-food diet, start out eating whatever they wish in crazy combos and do fine for awhile because it is a huge step up from what they were eating before. After a period of time; like I experienced for myself, of eating lots of nuts and several ingredient- combined meals, a person will adjust their portions and ratios of fats, fruits and veggies to fit their individual needs naturally or by the way they feel.

Don't be afraid of nuts! Being fanatical can be just as nutty. When eating primarily Live foods do your best not to eat nuts all day or with every meal. Soaking and sprouting the nuts you do consume will help with digestion.

For success on Live foods for the long haul (30-50 years or more), I find it crucial to learn how to create tasty, raw dishes without relying on nuts and nutty based meals. A preference for less nuts will happen naturally, so don't worry about it right now. Who knows, maybe after a few years of eating raw...there will be no food prep, just biting into whatever whole fruit or veggie you are into. You will crave simpler foods such as just a few apples, or a cucumber. Be open to what your body may prefer no matter how insane it seems to the general public or what you have been "accustom" to in the past. Progress without distress!

Nut-free dishes will lighten the load on the digestion and keep you satisfied thru a variety of fresh watery foods. The recipes in this section are for those with nut allergies or wishing to have raw meals free of nutties!

This recipe book is packed with dishes that are nut free!

Dishes listed below have nuts yet can be altered to be nut-free. Included are tips on ways to alter them.

- *Berry turnovers: replace filling with a coconut cream base.
- *Yo-gert: Replace nuts with more Thai coconut meat
- *Taquito wrapper only, stuff with guac and salsa
- *Spicy almond Thai noodles: In sauce replace almonds with sesame tahini.
- *Eggplant parmesan: leave off the parmesan
- *Caribbean hammock: leave out pecans
- *Greek salad: use lemon, salt and olive oil for the dressing instead of creamy dressing.
- *Mexi fresh : Leave off the no-beans
- *Almond Thai dipping sauce: Replace the almonds with tahini
- *Sour cream: replace nuts with Thai coconut meat
- *Melissa Mango's Sweet Autumn Chili: leave out pine nuts and seeds
- *Ruby apple pie: Leave off the walnut crumble topping
- *Berry me softly Ice cream: Leave out walnuts

Natural Hygienic Philosophy

Something to consider.

There are live food advocates out there following the teachings of TC Fry and Herbert Shelton who recommended what is a Natural Hygienic way of eating. Natural Hygienists eat simply much like animals in nature do. Do you ever just crave an apple, one juicy mango or 5 kiwis for your complete meal? You are not crazy! In the past when I would craved a few pieces of one type of fruit for a meal I use to force myself to eat more against what my body wanted just because I thought it was weird to eat so simple. My reaction of going against what I intuitively needed was because of old eating patterns and being accustomed to eating a lot of variety in one meal.

Eating less food and in simple combinations is less stressful digestively on the body and less confusing to the senses. Food items avoided by natural hygienic are agave nectar, all cold pressed oils, shoyu sauce, dehydrated raw foods, raw food gourmet style snacks and overly combined meals (more than say five ingredients). Think simple such as one or two items, no oils, a few sprouted nuts and seeds and so on to accomplish a Natural Hygienic approach.

I find that when I eat several different combinations at once and at most meals, I do not feel my vibrant self as I do when I eat simple. I notice dishes that are overly saturated in healthy fats or complex flavors, I tend to desire more to be satisfied and craving much more food than I truly need for fuel and comfort-ability.

Bring some awareness to the foods, combinations and quantities you eat on a consistent basis. When does it change? Do you feel amazing the way in which you eat? Could you make small shifts to feel even better? Do your food choices belong to someone outside yourself instead of your own intuitive needs?

I find there is great value in the Natural Hygienic philosophy generally speaking. Like most diets or ways of eating, there is a little something to learn and incorporate into one's daily life. Do I follow a natural hygienic way of eating all the time? No I do not. Yet when I bring focus on simplifying my combinations, I feel amazing! Although tough at times, for me, eating in a more hygienic manner for the most part has brought balance and clarity to my daily routine especially for breakfast. I noticed over a period of time that when I eat a very simple fruit smoothie for breakfast instead of a heavy gourmet raw option it is the perfect start to my day with more energy.

I invite you to take a look at the foods you eat on a daily basis, the combinations and how you feel afterwards. Opening yourself to the awareness will only help yourself in the long run for success of Live foods and a healthy relationship with foods in general.

Sites and resources

"Instead of focusing on their individual agendas, collaborative partnerships establish common goals." – Atelia I. Melaville

Recommended reading

John McCabe: *Sun Food Living*. Valuable resource book for all health café listings, green products and much more! Best lifestyle-shift Bible ever!

Dr Jubb: *Secrets of an alkaline body. And Living on LifeForce* Brilliant books on health

Dr. Gabriel Cousens: *Conscious Eating, Rainbow cuisine* Live food doctor's educated and highly researched information about live foods, healing diabetes, relieving depression naturally and more.

David Wolfe: *SunFood Success System, Eating for beauty, Superfoods*

Nick Good: *Amazing Grace, SunPop*

Craig Sommers: *Raw Foods Bible*

Bruce Fife: *It's all in your head* Book about mercury and other harmful materials use in dentistry.

Bruce Fife: *Detox* Book that shows the reader in detail how to do mildly cleanses all major organs and why.

Woody Harrelson: *Go Further* Inspiring book about health, hemp and the road as an activist.

H.C Flores: *Food not Lawns* How to turn your yard into a garden and your neighborhood into a community.

Melissa Mango: *Coming soon: Wholesome Momma and other books on conscious lifestyle and health*

Amazing products

www.Cocopura.com The best, handmade, Fair Trade Coconut oil on the planet. Ask for Christopher "Coconutty"

www.VivaPura.net Source for high quality super foods and hand-made snacks.

www.Ultimatesuperfoods.com Great resource for Raw food products, Ayurvedic herbs, olives, seaweeds and more

www.EarthShift.com Information on deep cleansing and premier products sold by those truly walking the path of above average health.

To Go wear: Beautiful utensils and steel containers that you can use and use again.

Bio Doggie bags that are non toxic <http://www.flushiespoopbags.com/>

Greener cleaner products

Ecover, Bio Pac or Seventh Generation: House hold cleaners, detergents, napkins, plates, and biodegradable bath tissue. Non toxic to the environment

World Centric: Online resource for Bio ware and packaging at a reasonable price. www.WoldCentric.org

APP Paper in Los Angeles CA: If you wish to carry bulk bio bags, bio containers and more in your business.

Chris at 310.345.5545 APP Rep.

Web sites

Melissa-mango.com For healthy Lifestyle tips, free recipe and more. Excellent resource for healthy Mommas.

EpicEdenHotsrpings.com A resource for retreats, self-empowering getaways, workshops and more. Amazing Hot Springs on Apache land!

SuccessUltraNow.com Dr. Nick Good writes about how to live in natural magic through the dissolution of limiting beliefs and attitudes.

SimplyRaw.com Movie and information about how to heal diabetes through food alone.

RawFor30Days.com

GoFurther.com Woody Harrelson's inspirations.

Services Offered by Melissa Mango

Custom classes and workshops:

Melissa tailors her demonstrations and informative classes to fit the needs of the Community as well as the topics offered by the Host.

Some topics offered may include: Gentle and mindful cleansing, Live food Pregnancy, Raw Food Basic 1 & 2, Easy Dessert skills, and Themed cuisine (raw food with ethnical flair!).

One-on-One consulting: Melissa offers Live Food nutritional counseling as well as in home food prep classes. With over 10 years of experience, Melissa is able to quickly identify your specific needs to get the results you desire. Rather your goal be weight loss, healthy weight gain, allergy relief, self esteem, organ rejuvenation or even relieving early signs of diabetes, Melissa is able to guide clients through their personal transformation with positive results. Melissa does not sell or promote any pills or prescriptions of any kind.

Catering: Have Melissa cater your next event. 10-1,000 people! What better way to show your guests that you care than with the taste of Organic, vibrant foods! Melissa's Green Cuisine food booth and Liquid Lounge is available for festivals and fairs! Just ask!

Private Chef: Melissa prepares meals for clients that are short on time or just love to be pampered with clean food. In the comforts of your home, Melissa can get you and your family on the right track with personalized coaching or simply feed you right.

Demo and Dine® Parties: Have Melissa prepare a lovely 5 course meal for you and your guests while learning the techniques and philosophy of Live Food Prep! In this Two hour party, Melissa demos each dish individually, then serves each course! This party is a lot of fun, very interactive and a treat all your guests will talk about for months!

Contact Melissa: ChefMelissaMango@gmail.com

Thank You!

I hope that this book has been inspiring as well as a no-nonsense approach to enhancing your life through your food choices.

Please feel free to contact me for more information, with your feedback and your personal stories!

Sincerely, Melissa Mango