

# **RAW FOOD QUICK & EASY**

**OVER 100  
HEALTHY RECIPES**

**Mary Rydman**

 **hatherleigh**

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Today's Americans are fortunate to live longer than any generation before us. Advances in science, medicine, and quality of life have led to a dynamic increase in lifespan. With more years ahead of us, we can look forward to leading productive, adventurous and exciting lives through our sixties, seventies, and even into our eighties and nineties.

Having this new frontier before us, it's clear that the health of our minds and bodies is paramount. However, many of us are coming to realize that we can't rely solely on conventional healthcare in order to keep us in optimum mental and physical health. Rather, we are choosing new, broader approaches to healthcare that cultivate a total health, body/mind connection such as yoga, qigong, and meditation. Furthermore, many of us are going one step further and thinking more deeply about what we put in our bodies. How can we get the most benefit from our fruits and vegetables? As we age, making good choices about what we eat becomes more and more important.

One way to guard your health and your future is to choose raw foods. "Eating raw" doesn't have to mean never eating meat again or refusing to cook anything, ever. Instead, you can incorporate raw foods into your regular diet as a means to boost your intake of key vitamins, minerals, and antioxidants. Eating raw has numerous benefits and can result in miraculous improvements in your overall health. Once you start to eat more raw foods, you'll notice an increase in energy and vitality—simply put, you'll begin to feel ten, twenty or even thirty years younger!

The movement towards raw food is not only a trend, it is an awareness of what creates health for the body (and the earth), but

a realization that these foods can actually taste good! My goal with this book is to provide fairly simple, easy to reproduce recipes that taste great. I do not like to spend hours and hours in the kitchen—and the majority of these recipes have been written for those who feel the same way. These recipes are guaranteed to surprise anyone who never imagined they could create tasty, filling uncooked meals. Some of these meals do take some planning, but with practice you will remember to soak your nuts and seeds ahead of time just as you would plan ahead for any other meal. Eating raw is just a different type of planning and before you know, it will become second nature.

## **THE IMPORTANCE OF SIMPLICITY**

One of the things that I find important and appreciate in daily food preparation is simplicity. Often my dinner is a large salad with one of the dressings in this book—truly a meal in itself. Given that there are other books with gourmet live food preparation ideas, I have tried to present some recipes that are relatively simple, but still very delicious and filling. The more live food you include in your diet, the more simple flavors are appreciated, so there is less need for a lot of time-consuming preparations.

There are times when you will need a chunk of time to prepare something such as crackers. Taking a couple hours to prepare some dehydrated crackers is well worth it as you then have an instant meal or wonderful travel food for many days. Top them with tomatoes, sliced avocado and some sprouts and you may be surprised to hear yourself say, “Who needs cooked food?”

**NO FANATICISM PLEASE!**

I have seen many raw-foodists become so fanatic and rigid about eating only raw foods that it can actually take away from their health, both physically and emotionally. It has recently been shown that a diet of mostly raw foods with a lesser amount of cooked food is best for most people (there are always exceptions). What that ratio is varies for everyone and you will have to decide for yourself what feels right for you and your lifestyle. A bit of experimenting may be necessary to see what works best for you and that will probably change with the seasons, your moods, and your own internal growth and change. I have found that my diet has evolved and changed, as I have evolved and changed in my life.

I believe it is also helpful to include some raw animal products from time to time, such as raw goat cheese or raw egg yolk (no egg white as it blocks the absorption of Biotin, a B vitamin). The vitamin B 12 content is in a useable form that is hard to get from other sources.

## **CHANGING WITH THE SEASONS**

It is natural, especially in colder climates, to crave more warm cooked foods in winter months. So it seems natural to me to eat more warm cooked foods during the winter. Baked yams, steamed vegetables, and warm soups are very nourishing on a cold winter day. There are wonderful recipes in this book for raw sauces you can use on steamed veggies or baked potatoes (be sure to let them cool a bit so you don't cook the sauce). In the summer, when it is too hot to cook and there are so many luscious, fresh fruits and vegetables available, you may want only raw foods for some months—it all balances out. If you want to eat more raw foods in the winter, but need something as warming as possible, try slightly



warmed raw soups. The Sesame Squash Soup is particularly good for colder winter days. You can also always add ginger to most recipes for a warming effect. The dehydrated “burgers” and loaves here are also very warming served right out of the dehydrator. Foods such as these can also be re-warmed (if they have gotten cold) in the dehydrator (110 degrees) just before serving.

## **GO ORGANIC!**

In these recipes, organic ingredients are assumed. Buying and eating organic supports not only your body’s health but the health of the planet.

## **BE CREATIVE!**

My biggest piece of advice for live food preparation is to let your creative juices flow and don’t be afraid to experiment. If you don’t have a particular ingredient, substitute something else that you like. You may find you have a whole new creation you will want to write down and keep to be re-created another time. Don’t be afraid of failure—it will happen from time to time, especially with big variations. At least then you know what *not* to do, which is just as important as knowing what to do! Use whatever is in season to achieve the best flavors. Add whatever herbs and spices you like best—everybody has their own favorites. I don’t like spicy ingredients so I tend not to use hot peppers, but if you love that flavor, go for it!

Nuts and seeds are interchangeable in many recipes. Each has a slightly different flavor and texture, so experiment to find the combination you like best.

In some recipes calling for water, the milk from a young coconut  
can be used instead. It will add a sweet flavor and extra nutrition.  
Young coconuts are the ones that come encased in their outer  
white shell. The meat is tender and a wonderful addition to many  
recipes. You can also use the milk from a mature coconut.

In 1999, my health had slowly declined to such a degree that I sought out a doctor's help and advice, which I very rarely do. I tried my usual changes in diet, along with other natural methods of healing, but was still not feeling better. I was sleeping 12 hours a day, taking naps, and was still feeling exhausted all the time. Something clearly was not right. My holistic doctor, who diagnosed me with severe anemia, was aware that poor health can also sometimes be caused by what is happening in the mouth and sent me to see a holistic dentist. I was informed that the teeth on which I had root canals many years ago were probably infected and causing my health problems (not uncommon with root canals after many years) and should be extracted. After that horrendous procedure my health took a dramatic turn for the better and I began to feel alive again. As part of my health recovery and detox from my food addictions (see [Chapter 7](#), Food and Emotions), I fasted for a week and then ate 100 percent live foods for a few months. It was during that time that I created many of these recipes (especially the desserts), as I was determined to make my meals delicious, unlike what I had thought in the past of live food—boring, unsatisfying, too much work to chew, raw vegetables. I also had to make the meals relatively easy as I have never enjoyed spending hours in the kitchen every day.

While I was physically healing, I was introduced to Emotional Body Enlightenment (EBE) and started healing the emotional causes of so many health-threatening teeth problems. I'm certain I had been in danger of getting cancer as my dentist was amazed that I did not have breast cancer when he saw what was happening in my mouth—the infected teeth were directly on the meridian that also runs through the breasts. Most of the women h

saw with as much mouth infections as I had, also had breast cancer. My mother had breast cancer which would have made it even more likely. I am certain I would not be here now if I had not discovered what was wrong and done my physical and emotional healing work.

Now, with the help of live food nutrition (I usually eat 50% to 90% raw, depending on the season) what foods are available where I am, and what I feel like eating, deep emotional healing, regular exercise, and Radiant Life Qigong, I feel more life-force in my body in my 50's than I did in my 20's and 30's. The body has huge regenerative powers and it is never too late to feel the benefits of a health-revealing lifestyle. I can tell you from personal experience that it is not necessary to lose life energy and strength just because the body reaches a certain chronological age. You won't become 20 again, but you can maximize the potential you do have.

Dry nuts and seeds should be kept in a cool, dry place in a container that is inaccessible to insects (a tightly sealed glass jar is best), or preferably refrigerated, especially in summer months. They can also be frozen. Don't buy more shelled nuts than you will use in a year, as they will not keep forever. If you buy them in bulk, it is best to buy them in the fall, since they are freshest after the fall harvest.

Nuts and seeds should be soaked before eating to improve their ability to be digested and used by the body. Un-soaked, they contain a natural enzyme inhibitor that acts as a natural protection from decay until enough water comes in to enable them to sprout and start to grow. This enzyme inhibitor would typically be dissolved during the soaking process.

To soak nuts and seeds, put them in a jar and fill with filtered water. Make sure they stay covered, as they will swell and absorb some of the water. A general rule is to soak for at least 6 hours or overnight. There are many complicated soaking tables available (all with different soaking requirement times for the same nuts), but, really 6 hours is enough and if you soak them a bit longer than required, no harm will be done. I believe in keeping it simple and not having to consult a chart every time you want to soak something.

Drain the water after soaking and the nuts are ready to use. When soaking flax and chia seeds, you will not be able to drain the water off them, so a 2:3 ratio of water to seeds is ideal for soaking these types as they will absorb all the water. After draining, the seeds will form a mucilaginous gel. Nuts with a very high fat

content like Brazil nuts, pine nuts, and cashews do not need to be soaked. Hemp seeds do not need to be soaked, either.

Legumes and grains are not the ideal food for humans (they are hard to digest and have some natural toxins), but their occasional use is fine and you will find a few recipes here using them so I have included sprouting instructions for them also.

Always use filtered water for soaking and rinsing.

## **SIMPLE RULES FOR SOAKING AND SPROUTING**

### **NUTS AND SEEDS**

Soak all nuts and seeds in filtered water at least 6 hours or overnight and then drain well before use. Walnuts have a wonderful mellow flavor and are a great snack when soaked for 24 hours and then dehydrated until dry.

### **Soaking not required for:**

- ✿ Brazil nuts
- ✿ Pine nuts
- ✿ Cashews
- ✿ Macadamia nuts
- ✿ Hemp seeds

### **LEGUMES AND GRAINS**

When using garbanzo beans, lentils, quinoa, wheat/spelt berries and oat groats, soak for 8 hours or overnight in a large jar. Drain the water, lay the jar on its side, spreading out the seeds, and let them sprout in a dark place for about 16 hours, rinsing once or twice

Exact time will depend on how warm it is—they are ready when tiny tail first appears. At that time they must be used immediately. However, if you need to wait a few hours, refrigeration will slow further sprouting. Rinse them before using.

Buckwheat groats should only be soaked for an hour or so and then drained and left to sprout, rinsing occasionally. Rinse again before using.

## STORAGE

In general, nuts and seeds should be consumed shortly after soaking. Almonds are an exception as they will keep well for a week or so if you cover them in water in the refrigerator and change the water every day.

Soaked almonds can easily be peeled with the fingers and are a wonderful snack. The peel contains a natural toxin, so almonds are actually better eaten without the skin.

Keep in mind that most cashews sold in stores are not really raw. They have been heated in the process of removing them from their shells, which kills their enzymes. Truly raw cashews are available from raw food websites.

- ✂ **A hint about nuts.** Soak nuts and dehydrate until dry again to have nuts on hand to avoid remembering to soak! This process especially mellows the taste of walnuts.
- ✂ **Grinding nuts.** There are various machines that will grind nuts, including the dry carafe of a Vitamix, a coffee grinder, and a food processor.

## GENERAL FOOD STORAGE TIPS

Most raw foods are best prepared and eaten fresh for maximum life-force availability and nutrition. Some preparations will keep for a short time, however. All raw food should be stored in glass jars or covered glass bowls. Because the food is so alive, it can absorb molecules of any plastic (and aluminum, of course!) that comes in contact with. Keep contact with plastic wraps to a minimum. The exception is dehydrated crackers—they can be stored in tightly sealed plastic containers (in a cool place) and will keep for a couple months, or longer.

Most fresh preparations will keep reasonably well for 1 day (in the refrigerator), if necessary. Tomato Sauce will keep for a week or so and Ketchup for a couple weeks.

Young coconut meat (removed from the shell) keeps well in the freezer and is handy to have in this ready-to-use form.

### **NOTE ON SALT**

You will find that most of the recipes here use Krystal Salt brine. I recommend using only Krystal Salt (available from various websites and in many natural food stores) and keeping a jar of it on the kitchen counter at all times for ready use. To make the brine put 2 or 3 Krystal Salt rocks in a jar and fill with filtered water. After about 48 hours the salt will have dissolved to a 26% solution and after that will dissolve no more. Once all the salt is gone, you need to add more until some remains undissolved so you know the solution is saturated. If there are still rocks left, you can add more water as the level goes down. If you don't have Krystal Salt brine, you can use  $\frac{1}{4}$  as much granulated Krystal salt.

### **MEASUREMENT NOTES**



Measurements used here are before soaking. In other words, 1 cup almonds, soaked, means to measure them dry before they are soaked and then soak them. The soaked measure will, of course, be greater than the dry.

## **M**EASUREMENT **C**ONVERSIONS

**SALT:** 1 teaspoon Krystal Salt brine =  $\frac{1}{4}$  teaspoon Krystal Salt granules

**STEVIA:** 1 teaspoon clear liquid concentrate = 1 teaspoon powder concentrate

Some helpful tips and possible new ideas even for those who already have experience with dehydrating:

✂ **Flavors get more concentrated** in the drying process, so be careful when adding salt or other flavors—you may end up with an overly salty or strong-tasting finished product. It takes a bit of experimenting to find out what works for you to get the best results. The finished mixture should taste not quite salty and spicy enough to you.

✂ **Turning over.** Crackers, cookies, etc. started out on the Teflex sheets should be turned over and placed on the screens when they are dry enough to hold together. This will speed drying and make the drying more even.

✂ **Water content.** The less water you use when processing your crackers and cookies, the less time it will take to dehydrate them. This means more energy saved and less time for mold and bacteria to grow in the warm air. This may require more time spent stopping the food processor to scrape down the sides, but it will be worth the extra effort.

✂ **The temperature debate.** Low-temperature dehydrating warms and dries food without destroying all enzymes. Common knowledge is that enzymes are destroyed at temperatures above 118 degrees. That is coming into question however, as the research that the 118-degree temperature was based on refers to an outside *water* temperature of 118, not the surrounding *air* temperature. What matters is what temperature the food reaches, not the air temperature. The main problem is that there has been no real research done on this subject and no one really knows at what outside air temperature the food enzymes will be destroyed. Recent research by the Excalibur Dehydrator Company found that a higher than usual starting temperature will speed drying time and lessen the chance of mold and bacterial growth (the longer a food is exposed to warmth, the more potential for bacteria to grow), with no threat to enzyme health. The high water content of the food will keep it from actually reaching the initial drying temperature so enzymes are not in danger as long as you remember to turn the temperature down after the designated time. For a more complete explanation see Gabrielle Cousen's book *The Secrets of Rainbow Green Live-Food Cuisine*. The Excalibur company recommends using a starting temperature of 145 degrees for 2 hours, depending on the water content of the food (very low water content foods, like bananas, should stay at the 145-degree temperature for less time), then lowering to desired temperature for the duration of drying time. Because of the Excalibur fan system and precise temperature control, this is only recommended for the Excalibur dehydrators and not other brands.

You can get by with just a basic blender if necessary, but there are some machines that can really make life easier and food preparation even more enjoyable. I would recommend obtaining as many of these items as you can afford. They last forever (well, a long time anyway) and are worth the investment.

✿ A **Vitamix**, including the dry carafe, will blend anything with ease without fear of burning out the motor (it will shut itself off before it lets the motor burn up). The dry carafe will easily grind dry nuts and seeds for fudge and other recipes. It's a machine that doesn't seem necessary until you get one and then you don't know how you ever managed without it. It is a time saver too, as less chopping of ingredients is necessary. You can put in large chunks of almost any ingredient without a problem. Recipes that call for chopped items may need only quartering (or no chopping at all) with a Vitamix.

✿ **Coffee grinder.** Good for grinding a small amount of nuts, seeds, and raw cocoa beans.

✿ **Food processor.** Cuisinart makes an excellent food processor, but less expensive ones will work fine, too. They are also wonderful for grating and slicing large amounts. Look for one with an 8–10 cup capacity. Small ones for small amounts are also very useful.

✿ **Hand blender.** Great for blending small or larger amounts of some ingredients, and fairly inexpensive. Some come with a mini-food processor that is handy for small amounts and will also grind nuts. I highly recommend these items.

✿ **Dehydrator.** Excalibur is the best as the fan systems and temperature control prevent “hot spots” and keeps the food at an even temperature. It is also easy to use and clean. You will need the Teflex sheets also—if you are serious about raw foods, get the 9 tray size.

✿ **Juicer.** Green Star brand has magnetic technology that creates a very alive and nutrient retaining juice. If you don't want to spend that much money, any triturating (Green Power or Green Star) or masticating (Champion, Omega) juicers do well and are capable of making nut butters and frozen desserts. Avoid centrifugal type juicers as they do not make a very good quality juice and are not as easy to use.

✿ **Ice Cream Maker.** They are fairly inexpensive and live food ice cream is such a wonderful treat! Any of the juicers recommended will also make ice cream out of frozen fruit, but with an ice cream maker you can make a more creamy version with nuts or seeds, egg yolk and whatever flavors you like.

✿ A **Spiral Slicer** creates very thin “noodles” from hard squash for raw spaghetti, and the **Mandoline** makes veggie slices of various thicknesses with precision and ease.

✿ A **ceramic knife** will not cause oxidation from the food touching metal and does not need

to be sharpened. They will chip rather easily, however, so slice carefully with them and compare your chopping with other knives. Sharp, well-made knives (including metal ones) are a must in my opinion, and are worth the investment. They make slicing and chopping so much easier and faster.

Let's review some common misconceptions about what is really raw and what is not.

Many store-bought products are labeled raw because they start with raw ingredients, but are then heated enough in the processing to no longer be considered truly raw.

If you use some ingredients that are not raw, it is not so important, but knowing what is really raw and what is not can be helpful in making an informed choice. I happen to prefer the “raw” carob powder that is not really raw. The truly raw one has a grainy taste and texture. I do recommend that foods with a high protein or fat content be raw whenever possible, as heated fat and protein has a completely different effect in the body than raw. Cooked proteins coagulate, making the amino acids difficult to be digested and used by the body. Heating fats can destroy their essential fatty acid content and actually turn healthy fats into harmful, or at the least unhealthy, ones. You are also much less likely to gain unwanted weight with raw fats than with cooked ones.

**What is not raw even though it may be labeled raw:**

✂ **Jarred nut and seed butters** that are not refrigerated. These are made with raw nuts and seeds so they can be labeled as raw, but they are either pasteurized or are exposed to too much heat in the grinding process, or both. In some locations it is possible to buy really raw nut butters but they will usually be sold in the refrigerated section and will be dated. If in doubt, ask the source.

✂ Most **cashews** are heated in the shelling process. Raw food websites sell really raw cashews.

✂ Most **raw milk cheeses** labeled as raw are heated over 120 degrees in the cheese making process, thereby killing the enzymes and making them no longer raw. Occasionally, some

local producers of raw cheese (especially goat feta) do not heat their product, but the one way to know for sure is to ask the people who make it.

✂ Most **carob powder** labeled as raw is heated in the grinding process. Jaffe Bros mail order company has an unheated raw carob powder, as do other raw food mail order sources.

✂ **Maple syrup** is used in some recipes here and in other raw recipe books, but it is definitely cooked.

## What may or may not be raw:

✂ Commercial brands of **honey** are usually pasteurized but local brands are usually not, in my experience. If they sugar and get hard after awhile, this is a good sign, as they are probably not pasteurized. If they remain as liquid, they are probably pasteurized. Again, when in doubt, ask the producer.

✂ **Dried fruits** such as dates and raisins are often dried at too high a temperature to be raw. Raw food websites are a good source for finding these foods dried at low temperatures. Jaffe Bros is a good source of raw dates.

✂ **Hemp seeds** may be irradiated when entering the United States. The company Manitoba Harvest, who packages them and sells them in most natural food stores, assures me theirs are not irradiated and are raw.

## SIMPLE WAYS TO BOOST YOUR NUTRITION INTAKE

✿ **Add green leaves to your smoothies.** Romaine lettuce (or any dark leaved variety such as chard, kale, collards, spinach (not too much because of the oxalic acid content), sunflower sprouts, buckwheat sprouts, parsley, celery, carrot tops, local wild edible greens, etc, along with your favorite fruits. Be sure to vary which greens you use. Making a green smoothie a part of your diet every day will help in many ways. Most of us do not chew well enough to get the maximum benefit from what we eat, especially greens. Blending greens helps to release the nutrients so they can be absorbed more efficiently by the body. What small amount is lost in oxidation will be more than made up for with digestibility. Green smoothies also increase the hydrochloric acid content of the stomach, which many of us have become deficient in, thereby leaving us open to various digestive problems and even parasites. Blended greens add more chlorophyll and amino acids to the diet and make the body alkaline. For a more detailed explanation of the value of green smoothies, read *Green for Life* by Victoria Boutenko. I personally recommend drinking a 5 Element Smoothie with green leaves added as your first meal of the day.

✿ **Juicing.** Make a vegetable juice of carrots, beets, and any green veggies listed above. You can also juice beet and turnip greens.

✿ **Take blue green algae from Klamath Lake.** It is the best supplement you can take because of its wide variety of hard to find important nutrients (EPA, DHA, B12, antioxidants, chlorophyll) in an easily assimilated form, and it is a wild food, therefore having the full life-force nature intended foods to have. Klamath Valley Botanicals produces a very high-quality algae.

✿ **Eat local wild edible greens.** Wild grown foods have the most life-force and nutrition of all plants. There are websites and books on this subject. Avoid plants growing next to busy streets.

✿ **Eat Goji berries.** These berries are antioxidants, minerals and vitamins packed in a small, easy to carry, tasty package.

✿ **Use Amazon Herb products.** These unique formulations with the life-force of the Amazon Rain Forest are very health supporting for the body.

### A NOTE ON AMAZON HERBS

Amazon Herbs is a company that makes herbal formulations from the Amazon Rainforest that supports the body in creating and maintaining vibrant health in its natural de-toxing process. The

are a wonderful, easy to use source of powerful antioxidants among other things. Because the sources of these products are ancient rainforests that have been undisturbed for millennia, they contain a life-force most other supplements and herbal formulations do not have. The company has found a processing method that preserves nutrients in the best way possible, keeping this life-force alive. Using the products actually helps save the rainforests as native peoples in that area earn their living by ecologically maintaining and harvesting the forests to ensure their continuing health and productivity. The company also has a full skin care line that imparts this vibrant life-force to products for the face, which the skin then absorbs, resulting in a wonderful alive feeling. These products are made without chemicals or artificial preservatives and are of very high quality.

There are many reasons to experience these wonderful products. They also have a wonderful house cleaning product and products for pets. For more information.

✂ **Use Krystal Salt** exclusively.

✂ **Drink a 5 Element Smoothie** as your first meal of the day (or any meal).

✂ **Eat organic.** Non-organic foods not only have chemical toxins on and in them (washing does not remove all chemicals), they have fewer nutrients because of the soil they are grown in, and are more likely to be hybrids or be genetically modified, which have fewer vitamins and minerals.

✂ **Get enough rest and exercise.** Exercise boosts the metabolism and is crucial for your body to obtain the energy needed to assimilate what you take in.

✂ **Take time to enjoy and appreciate your food.** Food eaten in a rush or with anxiety will not be assimilated as well as food eaten slowly with enjoyment and love.



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