

The FREE Raw-Pleasure.com.au Community Raw Food eBook

An idea grows into a magnificent vision....

On the Raw Pleasure forums we had an idea - to share our vision of how wonderful living on raw foods feels with the world! This book is the culmination of that vision. It's a gift from our hearts to yours. Pages of recipes, photos, personal stories and more to help inspire you to achieve the level of energy, joy and fulfilment you know you deserve. The full colour ebook version can be downloaded completely free of charge at <http://ebooks.Raw-Pleasure.com.au> . Feel free to share copies of these recipes with as many people as you want.



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Recipes - Drinks

Hazelnut Milk

A frothy delicious concoction!

Ingredients:

- 1 cup hazelnuts, soaked
- 3 cups filtered water
- 1 vanilla bean
- Small dash of raw agave nectar to taste
- 1/2 teaspoon ground cinnamon

Method:

1. Blend/process milk ingredients and strain through a nut milk bag to produce hazelnut milk

Hazelnut Chocolate Smoothie

Blend for an euphoric experience that is a sheer delight

~ Blue Nelly

Ingredients:

- 1 recipe hazelnut milk
- 1 small frozen banana
- 1 heaped tablespoon raw cacao powder
- Dash of raw agave nectar to taste

Method:

1. Add banana, raw cacao powder and agave nectar and blend

"Why do I eat raw? Cos u feel like going for a jog after eating and not feelin' sluggish and lazy with all that heavy food. The mind's clearer. Less thought about food. Really appreciating each moment. Feelin' the connection with nature and mother earth. Just feels good " ~ 21CarrotGurl

Change of Season Green Smoothie

I am still mourning the loss of Summer's peaches in my green smoothies, but have bravely embarked on new season variations

~ Miss Giggles

Ingredients:

Blender full of baby spinach

5 Chinese broccoli leaves

2 frozen bananas

1 new season apple cored & diced

1 pear cored and diced

1 x Valencia orange juiced

Method:

1. Fill your blender with baby spinach and broccoli leaves
2. Add up to 1 cup of filtered water
3. Blend well until the greens have broken down
4. Add the diced apple and blend well
5. Add remaining ingredients and blend
6. Add filtered water until desired (drinking) consistency is reached

Note: Green smoothies are limited only by your imagination. As the seasons change, experiment with the new fruits and greens on offer.

Light and Tangy Lemonade

This is simple and everyone probably makes it different. Blend it up and share with loved ones

~ Motherwytch

Ingredients:

1/2 blender of filtered water

2-3 lemons, juiced

1/4 cup raw agave nectar, or to taste

Method:

1. Juice lemons (taking care to remove seeds from juice - they are very bitter)
2. Blend water and lemon juice
3. Add agave nectar to taste

"I eat raw foods for the increase in energy I get when not eating cooked! Its as simple as that. To overcome chronic fatigue. Any other benefit is a bonus." ~ RawNaturopathJen

Strawberry Daiquiri

Virgin Strawberry Daiquiris were always a drink I enjoyed on holiday at the beach. They remind me of tropical holidays, blue skies and happiness! Using frozen strawberries with sugar cane juice was absolutely divine. If you don't have access to fresh sugar cane juice you can just use water and sweeten with agave nectar. Don't use raisins - they completely overpower the strawberry flavour. You could also substitute fresh fruit juice for the water - grape and apple would both be delicious. ~ Sheryl

Ingredients:

Sugar Cane Juice (fresh pressed)

Frozen strawberries

Lime

Method:

1. Fill your blender half full of sugar cane juice
2. Blend in frozen strawberries until you have a nice frozen drink texture
3. Add just a squeeze of lime juice to really bring out the flavour

Note: If you're in Brisbane, Byron Bay or the Gold Coast check the sugar cane thread on the Raw Pleasure forums. You should be able to buy fresh sugar cane juice locally and fresh. Sugar cane juice is highly perishable and must be used within one day.

"Why do I eat raw? There are so many reasons why, but simply put because I love it and it loves me back"

~ Miss Long

Omega 3 Blueberry Banana Blast

This is the smoothie that got me through pregnancy #4. I had this one for breakfast every day of my last pregnancy. Usually I had to make a second batch for myself as my boys would drink it all! ~ Motherwytych

Ingredients:

1 cup orange juice

1 cup blueberries

1-2 bananas, peeled

2 tablespoons flax, ground

Method:

1. Blend all ingredients until smooth

Variation: This recipe is also delicious made with chia seed. Just soak the chia in the orange juice for 20-30 minutes before starting the recipe

Note: Flax is also commonly called linseed. It's best to buy the whole seeds and grind them yourself as needed in a spice/coffee grinder or in your blender. That protects the oils and makes sure you get the best nutrition possible. You can pick up a basic coffee or spice grinder at department stores for about \$20.

Minty Grapefruit Refresher

This is delicious on a hot summer day ~ Sheryl

Ingredients:

2 grapefruits, juiced

2 tablespoons mint

6 ice cubes

Sweetener to taste (2 tsp raw agave nectar)

Method:

1. Blend all ingredients until frothy.

"I eat raw because I understand it is my responsibility to ensure that I treat 'my vehicle' with love and respect, to nurture and nourish and in return my life is more abundant, and creative and energetic, and so much more..... Its a two way street" ~Oksyoks

Banana Mango and Orange Smoothie

Frozen banana makes a creamier smoothie ~ RawNaturopathJen

Ingredients:

3 oranges (juiced)

1 banana

1 mango

Method:

1. Blend and serve!

Note: Peeled oranges can be used in this recipe - orange juice provides a smoother drink

Rockmelon (Cantaloupe) Smoothie

This is so smooth and delicious you'd swear it was more complicated than it is. WOW!!! ~ Sheryl

Ingredients:

1/2 rockmelon

Method:

1. Remove skin from rockmelon
2. Blend flesh and seeds in a high speed blender until smooth (less than 30 seconds).

Note: In a regular blender you may have to remove the seeds

Brazil Nut Milk

Of all the nut milks Brazil nut milk is the richest and in my opinion the most delicious. Just try it and you'll be convinced! ~ Sheryl

Ingredients:

1 cup Brazil nuts
2-4 cups of filtered water

Method:

1. Blend until smooth
2. Strain

Note: Use less water for a thick rich nut milk, or more for a more standard milk. Sweeten with dried fruit (figs are delicious) or raw agave nectar to taste.

Carob Nut Milk

Almond milk with one banana and frozen strawberries is my favourite. Next favourite is carob thick shakes with 4 frozen bananas... I must buy some vanilla beans and try a vanilla shake too. ~ Joss

Ingredients:

1 cup of almonds (soaked overnight)
3 cups of filtered water
1 tablespoon raw agave nectar (or to taste)
2 tablespoons raw carob powder
1-2 frozen bananas

Method:

1. Soak almonds overnight
2. Rinse almonds and blend with 3 cups of water for a few minutes
3. Strain through a nut milk bag, making sure all of the water is out of the almond pur?(this is your nut milk)
4. Blend 1 1/2 cups of nut milk with carob, bananas and agave nectar

Recipes - Quick Snacks

Whole Food Snack Ideas

Nothing is simpler than eating whole foods!

* Fruit & Vegetables

Yes it's really that simple!

Eating raw is the simplest thing in the entire world! Short on time? Then just grab an apple! We've seen and personally experienced a wide range of whole food snacks, and even seen raw foodists snacking on a whole head of Romaine lettuce!

Have fun exploring your local markets or speciality foods stores. Tropical Fruit World in Australia is a key location for trying new and interesting tropical fruits. We shop there regularly. Another one we love is K&K Tropical Fruits on Spadina in Toronto Canada. Nowhere in the entire world have I seen a better variety of jackfruit than in Toronto in winter! That shop is magnificent!

If you're willing to explore a little, then try out new fruits and vegetables. Search out higher quality food than found at the local grocery store. Fresh, organic food is best. You are in for a taste sensation!

Custard Apple Delight

I felt like something heavier to eat for a late lunch today, after a strong workout followed by 3 hours of non stop cleaning

~ Janita

Ingredients:

2 bananas

1 very ripe custard apple (deseeded)

2 fresh dates

dash of filtered water

Method:

1. Blend all ingredients

Variation:

Add a diced fresh ripe peach and a fresh vanilla pod

Note: Custard apples are also called cherimoya in many countries including the USA and England

"I eat raw because it was the only solution available to a health crisis. Now that I've been eating raw I do so for the amazing fresh tastes of raw food, the unbelievable energy that has just started to hit me (finally!), and the peace and clarity it is giving me." ~ Miss Manda

Fruitarian Yoghurt Delight

Best eaten on an empty stomach, as it's very satiating!

~ Durianrider

Ingredients:

2-3 ripe bananas

1/2 an avocado

1/4 - 1/2 cup of sultanas

Method:

1. Blend all ingredients together
2. Spoon into a bowl and devour

Chocolate Pudding Cup

On behalf of all chocolate lovers

~ Cee

Ingredients:

1 tablespoon raw tahini

1 tablespoon raw agave nectar

1 tablespoon raw carob powder or raw cacao powder

1 tablespoon filtered water

Method:

1. Stir in cup
2. Eat with a spoon

Note: As a raw dinner party idea, serve this pudding in individual espresso coffee cups with saucers.

Blue Nelly says:

"Delicious recipe Cee! I tried it today using raw chocolate powder instead of carob and added a generous handful of whole organic hazelnuts to it. It looked supreme with the round hazelnuts all chocolate coated and swimming in this pudding mixture."

"I sort of stumbled into raw foods through my partner Jen (RawNaturopathJen). We started with a few extra salads and a few raw platters of veg with dips. I thought it was another kinda hippy herbal type remedy but thought I would give it a go anyway. Then we started on smoothies and juices and before you know it we were both feeling like never before. I was amazed with the results and we kept phasing out more and more cooked and eating more and more raw.

To this day I am amazed about how great raw food makes my life. I am a born sceptic to anything out of the norm. Now I realise that eating as nature intended is the norm and everyone else is missing out. Eat well, train hard, love like every day is your last, and live life to the full..... on raw!" ~ Urban Forager

Sunflower Herb Pate

~ Storm and Jinjee

Ingredients:

2 cups sunflower and/or pumpkin seeds (soaked for 2 hours to overnight)
1/2 cup fresh basil leaves
1 clove of garlic (optional)
1 teaspoon grated ginger (optional)
1 tablespoon raw tahini (optional)
Juice of 1 lemon
Pinch of Celtic sea salt
Pinch of cayenne pepper
1 tablespoon vinegar
2 tablespoons flax oil or olive oil

Method:

1. Grind down in food processor with s-blade
2. Wrap in lettuce leaves, seaweed or grape leaves, or use as a dip for veggies

Note: Any other fresh or dried herbs (sage, thyme, rosemary, tarragon) can be used in this recipe. Many raw foodists choose not to use vinegar - additional lemon to taste can be used instead.

Red Hot Chilli Dip

This is my raw version of a dip that has Parmesan cheese added. I tried a bit of that one and mine tastes better. ~ Joss

Ingredients:

3/4 cup raw cashews (ground)
1/2 cup sun dried tomatoes
1 red capsicum (red bell pepper)
1/2 red chilli (deseeded and chopped)
1/4 cup olive oil

Method:

1. Blend all ingredients until smooth

Note: Try not to use too much oil, as it needs just enough to bind it all together. This is a great dip to have with cucumber rounds

Variation: For an equally delicious dip without the heat, simply forgo the chilli



Why do I eat raw?

Because I have a life worth living being raw. I have joy not depression/anxiety. I have energy not chronic fatigue. I have hormonal balance not cervical cancer and fibrous lumps in my breasts and swollen lymph glands in my groin. I have a (almost totally) painless bowel instead of chronic painful IBS. I have energy and vitality instead of debilitating chronic fatigue. I have clear skin instead of painful acne. I have a lean fit body instead of poor muscle tone and cellulite.

I now enjoy my food instead of dreading the pain that would inevitably come when I ate cooked. I now enjoy the confidence (most of the time anyway) and calmness that comes with raw instead of being stiff and self conscious and not wanting to have people look at me or talk to me. Just a few reasons I have a raw lifestyle...

~ Raw'green'Neet

Savoury Nori Snacks

These are the tastiest snacks ever!! They are modelled after our favourite raw snack in the US. Anyone with a dehydrator MUST try these - WOW!!

~ Sheryl

Ingredients:

- 2 cups sunflower seeds, soaked 6-10 hours
- 2 tablespoons lemon juice (can mix it up with lime and some orange too)
- 3 tablespoons sultanas/raisins/currants
- 2 large cloves of garlic
- 1 teaspoon sea salt
- 6 raw vegan nori sheets

Method:

1. Blend all but the Nori sheets into a thick pate
2. Lay out 1 Nori sheet and spread some pate on (about 1/2 cm thick).
3. Place another Nori sheet on top and press down
4. Continue until Nori/pate is finished
5. Dehydrate on a teflex sheet for 3 hours at 130 degrees F (54 C)
6. Flip over onto a mesh sheet (dry side down) and lower temperature to 115 F (46 C).
7. Dry until crispy! It's easy to cut them in slices with a big pair of scissors after they have been drying a couple of hours. Cutting them up helps them dry faster too.

Variations: Other favourite spices or flavourings as desired (chilli, rosemary, basil, olives, tomatoes)

Note: It's very important for taste/texture/nutrition to soak the sunflower seeds. These aren't quick to make since they need to be dehydrated, however you can make a HUGE batch and keep them ready for snacks!

Durianrider (God of Cacao) says:

"These were so good, I learnt how to open the Excalibur tray, VERY QUIETLY"

Spiced Almonds - Jordan Almonds in the Raw

The mainstream candy is a traditional Easter basket treat in my family and these make an awesome crunchy/sweet snack for watching a movie with my boys . ~ Motherwytch

Ingredients:

Handful almonds

1 teaspoon (or less) agave nectar

Celtic sea salt to taste

Method:

1. Place almonds in a small mixing bowl
2. Stir through enough agave nectar to lightly coat almonds
3. Add salt seasoning to taste
4. Mix thoroughly with a spoon and gobble up with same spoon

Note: Soaking almonds (8-12 hours) in filtered water first helps remove enzyme inhibitors in the skin and makes them more digestible. You can also then dehydrate those almonds for a really crisp almond that has a similar texture to a roasted almond.

Spiced Almonds - Jamaican Me Nuts

This is as spicy and sweet as you want. Perfect when you get hit with a salt/sugar craving and don't know which way to go.

~ Motherwytch

Ingredients:

Handful almonds

1 teaspoon (or less) raw agave nectar

1 teaspoon (or less) Nama Shoyu

Dry Jamaican jerk seasoning to taste

Method:

1. Place almonds in a small mixing bowl
2. Stir through enough agave nectar to lightly coat almonds
3. Add Nama Shoyu (or sea salt) to same effect
4. Add seasoning to taste
5. Mix thoroughly with a spoon

Note: If anyone has a dehydrator, I'm dying to know what these recipes are like dehydrated!

Recipes - Main Courses & Salads

Quick and Easy Curried Broccoli

We made something like this for a class a few weeks ago, however did a Brazil nut pate to roll the broccoli in. This version is lighter, and in my opinion tastier too!! So simple and easy. ~ Sheryl

Ingredients:

- 1 head broccoli
- 2 teaspoons coconut oil
- 1 tablespoon curry powder (home made or purchased)

Method:

1. Chop the broccoli into bite sized pieces
2. Drizzle with a little coconut oil
3. Sprinkle with curry powder
4. Massage in well (time to roll up your sleeves if you have any and get dirty!!)

Note: The oil, as little as you use, makes the broccoli start to wilt. I think in the fridge overnight it would soften beautifully. I dehydrated this for about 2 hours, and it was BEAUTIFUL. You can't imagine how delicious it was.

Janita says:

"I think I will try this Sheryl, but use a little crushed garlic instead of the curry powder, a lot of spices make me itchy, especially cumin. And I will set it out in the sunshine today, ready for my salad tonight, I think it will be very lovely. I will chop up the stalks as well, and make the broccoli into very tiny pieces. Mmm will be yummy. I don't normally tolerate any oils, but I can have a tiny amount of the coconut oil, so I am excited to try this for sure.

Just stirred the broccoli mix and nibbled a stem...mmm it's delicious already and softening with the coconut oil...oh yay! can't wait to try this dinner tonight...mmm"

"I have adopted the raw lifestyle to heal my body, and secondary to that, reduce my body weight.

My body sure needs lots of healing after the 20 years or so of abuse with junk foods and the like. I need to reduce my body weight by about 100 kilograms (220 pounds). But there are lots of other reasons for being raw. It opens my mind to other natural things, and more positive ways of thinking about myself and the world around me. I think it has made me a more sensitive person too, not that I would want to admit that to too many people." ~ Raw Aussie

Raw Mezze Plate

If you feel like eating a little bit of this, and a little bit of that... rather than get too complicated with dinner, go for a devilishly simple and exquisitely delicious raw Mezze plate

~ Miss Giggles

Ingredients:

1/2 avocado
1-2 green onions chopped
Juice of 1/2 lime
1 yellow or red capsicum
(red or yellow bell pepper)
1/2 large cucumber
Sunflower Herb Pate
6-8 raw Moroccan olives

Method:

1. Make guacamole by mashing avocado and combining with green onions and lime juice
2. Remove core and pith from the capsicum and cut into 4cm pieces
3. Slice cucumber into medium slices
4. Top cucumber rounds with guacamole
5. Spoon sunflower pate onto capsicum squares
6. Add a small dish of raw olives as the centrepiece of your platter

Variations: If you can find baby yellow capsicums, use these and simply core and cut in half before topping with sunflower pate; A sunflower sprout looks beautiful placed on top of the guacamole cucumber rounds

Diabra says:

"Yum! Again I am inspired by your meal! For lunch today I did a copy of your mezze plate, a small bowl of slightly warmed olives, and a bowl of spiced up nuts and seeds for my husband. Consumed ever so quickly, and utterly delicious."

Raw Cereal

Panda feeds a family of 6 including grand kids on raw food; this cereal is one of their morning favourites. You can make it in any size you want, with whatever ingredients you have on hand.

Ingredients:

Dried fruit - 1 cup each of the following: raisins, sultanas, dates, dried apricots (unsulphured) & dried figs

Nuts - 1 cup each of the following: cashews, pecans, walnuts, almonds, Brazil nuts, macadamia nuts & dried coconut (home made)

Seeds - 1 cup each of the following: pumpkin seeds, sunflower seeds, unhulled sesame seeds & flax seeds (linseed)

Method:

1. Mix all together and then place small amounts in food processor and process until fine or desired texture
2. Store in suitable container and eat for breakfast with water or nut milk and raw agave nectar or whatever you like. Enjoy!!!

Note: Chopped nuts are best stored cool to keep them fresh.

Green Soup

Here's a gorgeous recipe from my vegan pal Esther. I've just had a big bowl for dinner, and it is scrumptious. ~ Miss Giggles

Ingredients:

3 cucumbers (peeled and juiced)

1 cucumber diced

1 large avocado

1 clove of garlic

3 tablespoons mint (chopped)

Juice of 1 lemon

Garnish - cubes/strips of red and yellow capsicum (bell pepper)

Method:

1. Peel and juice 3 of the cucumbers
2. Pour juice into the blender and add remaining ingredients
3. Blend

Variation: If you want a thicker soup, or a decadent pasta sauce, add an extra avocado

Note: It looks glorious served in a crisp white bowl, topped with slithers (or small cubes) of red and yellow capsicum

"I love my green soup

I am hopelessly addicted to it

no other cravings exist in its presence

I am in love

~ Raw Ipharadisi aka Miss Bliss"

Super Summer Salad

This is my favourite lunch at the moment. Taste and enjoy. ~ Rabbit

Ingredients:

1-2 Roma tomatoes

1 stalk celery

1/2 - 1 Lebanese cucumber

1 Fuji apple

1/2 - 1 avocado

Method:

1. Dice all and serve on a bed of chopped lettuce or eat as is

Variation: Add 1-2 tablespoons of chopped mint

Herb Dressing

When I make this dressing I just add slurps of everything so measurements are approximations only ~ Joss

Ingredients:

Basil

Mint

Coriander (cilantro)

1/3 red capsicum (red bell pepper)

Clove of garlic

1-2 tablespoons apple cider vinegar

Raw agave nectar to taste

2-3 tablespoons olive oil

Juice of 2-3 oranges

Method:

1. Finely chop basil, mint, coriander, red capsicum and garlic
2. Put the chopped herbs and capsicum into a beaker
3. Add apple cider vinegar, dash of agave nectar, olive oil and orange juice
4. Mix well

Note: Allow to stand for the flavours to merge before using. It can be stored in the fridge for a couple of day... if it lasts that long.

"As an older person I find that a raw food diet is the best way to ward off those aches and pains that are thought of as a natural part of the aging process. Twenty five years ago I was almost crippled by arthritis. Today I am pain free. Raw food was the best present that I gave my body." ~ Joss

Raspberry Vinaigrette

A very fruity, colourful dressing

~ Alissa Cohen

Ingredients:

1 1/2 cups raspberries

1/4 cup orange juice

2 tablespoons olive oil

1/2 tablespoon lemon juice

Sea salt and pepper to taste

Method:

1. Blend all ingredients in a blender until smooth

Soaked Almond Mayonnaise

This mayonnaise will keep for a few weeks in the refrigerator. ~ Brett

Ingredients:

1 cup of soaked ("sprouted") almonds
2 limes
1 teaspoon apple cider vinegar (unpasteurised)
1 clove of garlic
1 cup filtered water (1/2 ice cubes)
1 teaspoon raw agave nectar
1 cup extra virgin, cold pressed, olive oil
1 teaspoon Celtic sea salt
Pinch of ground mustard seed
Pinch of ground pepper corns

Method:

1. The day before, put a cup of almonds on to soak (24 hours)
2. Put a glass bowl and wire whisk in the freezer before starting
3. Blanch the almonds by dropping them into boiling water for 5-7 seconds, then immediately put them in cold water, and remove the skins (almonds will still grow after blanching if you keep it quick).
4. Put blanched almonds, and garlic in a food processor and blend with chilled filtered water and ice cubes until creamy smooth
5. With the blender still going, add the oil slowly. The mayonnaise should thicken. If it doesn't, add a couple more ice cubes
6. Slowly pour the mixture into the chilled bowl (from the freezer), and add the vinegar, lime juice, agave nectar, salt, pepper and mustard, while gently and continuously beating with the frozen wire whisk. Taste and adjust the flavours as necessary
7. Put in a jar and store in the fridge

Sweet Things Fruit Salad

For extra decadence, top with Decadent Chocolate Sauce

~ Carrotgurl (And yes people do eat fruit salad as a meal - give it a try sometime!!)

Ingredients:

Orange persimmons sliced

Lady finger bananas sliced

Sultana grapes

Flame grapes

Method:

1. Combine all ingredients

2. Eat!

Decadent Chocolate Sauce

Only the smallest touch of sauce is needed to make the fruit salad sing!

Ingredients:

1 teaspoon raw cacao powder

1 teaspoon raw tahini

1/2 teaspoon coconut oil

2 teaspoons raw agave nectar

Pinch of cinnamon

Method:

1. Mix all ingredients well

Note: If a thinner chocolate sauce is desired, just add a little water and blend.

Mushroom Ravioli

This is a rich recipe, so serve it with a big green salad!

~ Merridy

Ingredients:

1 avocado
2 cups fresh mushrooms
Sprig of fresh oregano to taste
Sprinkling fresh ground black pepper
Garlic and sea salt to taste (optional)
Touch of lemon juice
A few zucchinis or fresh turnips
1 batch of Sweet Tomato Chutney
Fresh basil leaves

Method:

1. Blend the first 6 ingredients until very smooth and creamy
2. Use a mandolin to slice the zucchini or turnip as thinly as possible. A spiral slicer on the widest setting also works well
3. Take a piece of zucchini or turnip, add a half spoonful of creamy mixture, and then add another piece of zucchini or turnip on top. This is your filled ravioli
4. Continue until all the mixture is used up, arranging on a large deep plate
5. Pour over the Sweet Tomato Chutney sauce. (You can layer pasta & sauce if you like, it does produce a softer ravioli)
6. Place in fridge if leaving for very long
7. Before serving garnish with basil leaves and a sprinkling of black pepper

Note: If left to stand for a while before serving, the 'pasta' will become quite soft - turnip takes a few hours, zucchini about 1 hour

Sweet Tomato Chutney

Ingredients:

2 cups ripe tomatoes
1/4 - 1 cup soaked dates/raisins
1 tablespoon chives or green onion
1 tablespoon fresh basil leaves
Lemon juice to taste
Celtic sea salt

Method:

1. Blend all ingredients, tasting & adding ingredients until yummy!

Note: A combination of tomatoes & cherries/apricots or other sweet fruit may be used instead of only tomatoes. Vary amount of dates/raisins depending on how sweet you like it - with recipes like this it's always a good idea to start at the lower level and then adjust up as needed.

Soaked Seed Cheese

This mix will set firm in the fridge and will last several days. ~ Brett

Ingredients:

- 1 cup of soaked ("sprouted") sunflower seeds
- 1/4 cup of soaked sesame seeds
- 1/2 clove of garlic
- 1 small onion
- Mixed dried herbs
- 3 medium carrots
- 3 tablespoons Nama Shoyu (or (much less) sea salt to taste)

Method:

1. The day before, put sesame and sunflower seeds on to soak (12 hours)
2. Rinse and mince the soaked seeds (using the blank)
3. Finely chop carrots and onion into tiny pieces (using a chopping machine). (If you don't have a chopping device and don't want to hand chop, then you can mince the carrots and onion instead, but this creates a wetter texture)
4. Mix minced seed and chopped vegetables, and add herbs, crushed garlic and Nama Shoyu to taste
5. Place mixture in a sealed container in the fridge

Note: Serve with salad

Coconut Pilaf

This was a quick & yummy dish I've made regularly over the last few weeks. Harley introduced us to the idea of having coconut as a savoury base for a salad. ~ Sheryl

Ingredients:

- 1 mature coconut (flesh grated)
- ? small red onion
- 4-8 black olives
- 1 tomato
- ? cup fresh herbs
- Lemon juice or Nama Shoyu to taste
- Bed of greens

Method:

1. Grate fresh mature coconut flesh, add to bowl
2. Add chopped onion, black olives, tomato and herbs
3. Add lemon or Nama Shoyu to season
4. Serve over greens

"So much has changed since going raw. I've seen my bodyfat drop dramatically (although interestingly my body *weight*) has stayed the same! I feel more alive, my eyes have gone clearer, it's easier to feel calm, relaxed and happy, I've had skin problems that have been with me for years clear up, my hair stays soft with no shampoo, my stamina has gone up and.. well.. let's just say I could go on and on but it's enough to say that I feel extremely grateful and fortunate to have discovered this fundamental pillar to good health and fully enjoying life.

Why doesn't everyone know this most basic of secrets that any wild animal could tell us - that food still in it's natural state = our entire body feeling GREAT!"

~ Piers of Raw-Pleasure.com.au

Chunky Italian Tomato Soup

~ Miss Manda

Ingredients:

6-8 Roma tomatoes
Handful basil
Handful rocket
1 tablespoon olive oil
1 cup warm water
Salt & pepper to taste

Method:

1. Chop the tomatoes roughly, reserving half
2. Blend the remaining ingredients
3. Mix in the reserved tomatoes
4. Serve

Yield: Serves 2

Spicy Corn Chowder

~ Miss Manda

Ingredients:

Kernels from 2 large cobs of corn
1 large green capsicum (bell pepper)
1/2 cup fresh coriander leaves
1 small avocado
1/2 teaspoon cumin powder
1/2 small red chilli (hot)
1 cup warm water
Salt and pepper to taste
Coriander (cilantro) leaves for garnish

Method:

1. Blend all ingredients
2. Serve garnished with the extra coriander.

Yield: Serves 2

Note: Green, yellow and red capsicum in Australia is also known as the sweet bell peppers in other areas of the world. Green capsicums are actually just under ripe (they will turn colour if left to grow). For this reason they are cheaper, less nutritious, and harder to digest. Many choose not to eat them - and many others do. We'll leave that decision to you.

Instant Carrot Salad

Current favourite quick & easy salad ~ Cee

Ingredients:

Quantities to your own appetite:

Grated carrot
Freshly squeezed orange juice
(enough to bind)
Avocado
Pistachio nuts, sunflower seeds or
sprouted mung beans
Soaked sultanas (for sweet cravings)

Method:

1. Combine all ingredients

Blended Salad (inspired by Frederic Patenaude)

I've been a bit suspicious/nervous about trying blended salad. I loved this one, so yummy I wanted more. ~ Nikita

Ingredients:

2-3 medium tomatoes, roughly chopped
2 ribs of celery
4 leaves lettuce (big)
1 big handful choy sum (dark Asian greens)
1 green onion
1/2 avocado
1/4 cup parsley
Sea salt to taste (optional)
Water as needed

Method:

1. Blend the tomatoes together
2. Add the rest of the ingredients progressively
3. Use water only if you need to. A blended salad should be quite thick

Janita says:

"I have tried this one myself. Very good and delicious. Also really nice over spirals zucchini (as a raw pasta sauce). I find the celery gives it a natural salt."

Quick and Easy Nori Rolls

No blending required! This is a 2 minute meal and so easy to make! ~ Sheryl

Ingredients:

Raw nori sheets
Avocado
Olives
Sunflower sprouts
Chopped tomato
Lettuce
Dark greens
Chopped onion
Herbs

Method:

1. Lay out 1 Nori sheet
2. Add a mix of any or all of the above ingredients
3. Roll until you can get a hand around it and eat!

Variation: You can rub some coconut oil on the Nori to soften it first - just half a teaspoon is enough. If you let the nori roll sit just a few minutes the vegetables will also soften the nori and make it easier to eat.

Best Ever Almond Hummus

I tried a hummus recipe with sprouted chickpeas and I wasn't too keen, and then I came across this one which I love

~ LeeR

Ingredients:

1/2 cup almonds (soaked overnight)
1 tablespoon raw tahini
1 clove garlic
1/2 teaspoon sea salt
2 tablespoons lemon juice
1/3 cup water
1/4 teaspoon ground cumin (optional)

Method:

1. Soak almonds overnight, and empty out water.
2. Add almonds with rest of ingredients to blender
3. Blend well

Yield: This quantity does about 2 people for a meal

Adapted from "Rejuvenate Your Life" by Serene Allison

Creamy Green Soup

I just concocted the yummiest soup with what I had in my fridge. ~ Janita

Ingredients:

1 medium avocado
1 apple chopped and cored
Large handful of baby spinach
Leek (piece approximately 4 cm (1.5 inches) in length)
1 cup filtered water
1/4 cup fresh lemon juice
1/2 cup fresh orange juice
1/2 teaspoon of sea salt
1 large tomato
1 chopped cucumber

Method:

1. Blend until smooth

Mango and Berry Parfait

Here are a couple of 'winning' mango recipes - the non-raw eaters in the family really enjoyed both ~ Zeeraw

Ingredients:

3 cups mango diced
4 tablespoons coconut oil
1 teaspoon raw vanilla extract (or 1/2 vanilla bean, ground)
2 tablespoons lime juice
1 tablespoon lime zest
1/2 cup raw agave nectar
Fresh berries and a sprig of mint to serve

Method:

1. Blend together all ingredients except berries
2. Refrigerate for 1-2 hours to overnight
3. Layer in cups with fresh berries. Finish with a layer of berries and a fresh sprig of mint

***I am going to enjoy a truly delicious moment
of the juiciest flawlessly melt in the mouth mango.
Oh my gosh, must fly, can't wait any longer.
I hear it calling me.***

~ Janita

Mango and Tomato Salsa

I took this salad to a couple of staff parties and everyone loved it. ~ Zeeraw

Ingredients:

Mango
Tomatoes
Red onion
Coriander

Method:

1. Dice mango, tomatoes, a little red onion and coriander and combine

This quote was the winner of the "Why Raw" contest in 2005. With her humour and fun you can see why it won!!

"I realised after breaking my third tooth on a toffee and walking round like a blocked underground drainage system that I'd been killing myself for too long. Seeing that I weighed only a few kilograms less than I did just prior to having my baby caused me humiliation and horror. Puffing and panting to just carry my daughter from one place to the next, feeling like a great lard bottom when I thought I should be in my prime was the penultimate nail in my chubby flubby coffin.

But most of all, seeing one after another of my friends and family, of all ages 5-70, acquire cancer, and some of whom went on to die, finally woke me up. There was something I could do, I didn't have to be a statistic and there was no way my daughter was going to be one either..it was then and only then, that I knew.

*RAW was what I needed...I am a believer..raw is my religion.
Praise be to carrots !" :)*

~ Piggygrig31

Broccoli Soba in Spicy Almond Sauce

Pour sauce over broccoli and noodles and devour! ~ Motherwytch

Ingredients:

1 zucchini, peeled
1 yellow squash, peeled
1 carrot, peeled
1 cup broccoli florets
2 heaped tablespoons raw almond butter
2 teaspoons raw agave nectar
Curry paste to taste
2-4 tablespoons water (depending on desired consistency)
Salt (optional to taste)

Method:

1. Slice all vegetables (except broccoli) lengthwise using a mandolin with a julienne blade (stopping at seeds)
2. Put all in a bowl and toss slightly
3. Top noodles with broccoli florets and set bowl aside
4. In a small bowl or cup, mix together almond butter, agave nectar, curry paste, water and salt until creamy
5. Pour sauce over broccoli and noodles

Yield: Enough for 2 as a side dish or one for a meal

Note: 4 tablespoons of water creates a thinner sauce. Nama Shoyu may be used as a substitute for salt. If you have a high speed blender you can also use whole almonds instead of almond butter.

Variation: Top with sliced almonds for a fancier looking dish

Minty Peas

Shared with love by Merridy

Ingredients:

1 cup fresh peas
1 cucumber
Sprig of mint
3 tablespoons juice from a ripe orange

Method:

1. Blend well the cucumber, mint, orange juice and 1/3 of the peas.
2. When creamy, sweet and minty, add remaining peas and serve

Rawsome Bircher Muesli with Fruit Salad

Try not to eat the whole lot at once - I hope you are better at sharing than I am! ~ Karen Kitto

Ingredients (Muesli):

1/2 cup of each of the following soaked overnight:

Dates

Sultanas

Figs

Apricots (or other dried fruit)

Flax seeds

Sunflower seeds

Pumpkin seeds (pepitas)

Almonds

Cashews

Walnuts (or other nut)

The next day make a fruit salad. My favourite combination of fruits follows.

Ingredients (Fruit Salad):

Papaya

Apple

Pear

Mango

Custard apple

Ground vanilla bean or cinnamon

Dried coconut

(I usually only use three different fruits)

Method:

1. Chop the fruit and nuts into smaller pieces. I suggest you cut the fruit very finely (I do it with the small shredder on my V-slicer).
2. Add fruit to the muesli
3. Sprinkle some coconut and ground vanilla bean or cinnamon to taste and mix it all together
4. Let it sit in the fridge for a little while for the flavours to intensify. (Its fine to have a small bowl straight away - its to hard not to!)

Note: Top with cashew cream

Cashew Cream

Cashew cream can be made sweet to top desserts, or savoury for dips. With a high speed blender you can make a smooth cream, but it's just as delicious with a little texture too. ~ Sheryl

Ingredients:

1/2-3/4 cup of raw cashews (soaked overnight)

1/2 cup of soaked dates or 3 tablespoons raw agave nectar

Ground vanilla bean

Method:

1. Rinse the cashews and whip together with the soaked dates or agave nectar and vanilla until completely smooth and creamy.
2. Place this cream on top of your Rawsome Bircher Muesli

Note: Orange juice goes beautifully with cashew cream too. If you need to thin it use orange juice instead of water. If you have a high speed blender you can skip soaking and just blend with enough orange juice to make a cream.

Eggplant Tacos

This recipe is based on another I know, but then I played around with it to make it my own. Try it everyone

~ Gymgal

Ingredients:

1 eggplant

Filling:

Sesame seeds

Sunflower seeds

Pecans

Raw tahini (a little)

1 clove garlic

Nama Shoyu

Filtered water

Walnuts

Toppings:

Shredded zucchini or carrot

Tomato salsa

Crushed nuts

Method:

1. Peel eggplant and slice to make thin rounds
2. Lay eggplant rounds on dehydrator trays and dehydrate until soft and pliable
3. Blend filling ingredients until smooth
4. Spread it on one half of the eggplant slice
5. Top with shredded zucchini or carrot (to look like cheddar cheese)
6. Add a layer of fresh tomato salsa
7. Sprinkle with crushed nuts
8. Fold it in half to make it look like a taco
9. Return to the dehydrator until crisp on the outside

Variation: Serve with guacamole

Speedy Carrot Salad

I absolutely love this and often have it when I want something sweet at the end of my meal or by itself as a snack

~ Squidly

Ingredients:

1 carrot grated
Handful dried coconut
Handful sultanas

Method:

1. Mix together and eat!

Note: Vary the amounts to suit your taste buds

Tabouli (Inspired by Storm)

I have been inspired by the Storm's Garden Diet e-book to make something a bit different from my normal salads

~ Joss

Ingredients:

1 small gourmet cauliflower, or 250-450 grams of cauliflower
1 big handful of parsley
1 bunch spring/green onions
1-2 sprigs of mint
2-3 tomatoes chopped
1 small avocado chopped
1 tablespoon olive oil
Salt if used
Juice of 1/2 - 1 lemon
Juice of 1/2 orange

Method:

1. Process cauliflower to a grainy consistency, and set aside in a bowl.
2. Process together parsley, onions and mint and add to cauliflower
3. Add remaining ingredients and combine
4. Pour into serving bowl

Note: Garnish with a little grated beet, or mint sprigs. Use whatever fresh herbs you have in your garden

~~~ Harley Hunger ~~~

This next section is from Harley (Durianrider on the Raw Pleasure forum). He's a raw food athlete into adventure and fun. He's been known to bike more than 500km (311 miles) in a day, and also to eat durian all day long while biking through the wilds of Thailand.

He's into quick and simple and easy recipes, and has a style of his own. The following are left in Harley speak. Enjoy!

Durian Riders Banana Blast

Blend up LOTS of frozen bananas into a large bowl (using a single / twin gear / homogenizing juicer, or a high speed blender). Top bowl with a drizzle of agave nectar. Eat!

Banana Date Pie

Base is pitted Medjool dates blended with almonds or nut of choice or even dates alone. Then blended banana poured on top. Eat as is or put in freezer then serve. Optional extras are mint leaves, carob powder, vanilla bean, coconut water... a pie that is filling, calorie rich, easy to obtain and super sweet.

Pasta Pesto

Pasta spiralised zucchini. Top with pesto sauce: of blended avocado, pitted raw olives and handful of basil leaves. Or white sauce: of really raw cashews, lemon juice and pitted raw olives.



"Eat food with meaning; with life force. Food you truly want to eat that allows you to become who you truly want to be. Different food creates different thoughts. Different thoughts create different actions. Different actions create different directions. Different directions create a different destiny. Are your food choices helping your create your true destiny? Enjoy the emotional roller coaster. your in the fun park of life and if you continue coasting on raw , soon you'll need to grab the oxygen mask as you fly so high.....Raw foods is magic. If you want a life of magic, this path is for you."

~ DurianRider

Recipes - Desserts

Chocolate Truffles

Delicious, and so dark and chocolaty! This is sinfully dark chocolate. Very fudgy and firm. The chocolate and carob balance well to create a very dark and delicious truffle ~ Sheryl

Ingredients:

- 1/2 cup raw cacao butter, melted
- 1/2 cup raw agave nectar
- 1/2 cup raw cacao powder
- 1/2 cup raw carob powder
- 1/2 cup raw cashews
- 3 tbs extra raw cacao powder (for rolling)

Method:

1. Blend melted cacao butter, agave nectar and cashews until smooth.
2. Add cacao powder and carob powder and blend until smooth.
3. Chill it in the freezer
4. When firm enough roll into balls, then coat with cacao powder.

Note: In a high speed blender like the Vitamix you can turn the cashews into a smooth silky cream. If you are using a less powerful blender you might like to soak the nuts in water for a few hours first to soften, or just decide to enjoy the extra texture some small nut pieces will add.

Variation: Miriam liked the idea of adding vanilla.

Easy Recipe for Carob Truffles

Even my friends who don't usually like carob treats like this one. ~ Lee R

Ingredients:

- 1 cup almonds
- 1/2 cup dates (pitted)
- 1 tablespoon raw carob powder
- 2.5 tablespoons filtered water
- Coconut to roll truffles in

Method:

1. Put almonds into food processor and process until crumbs
2. Add dates 1 at a time until mixed in
3. Add in carob powder and process again
4. Add water and process
5. Roll into balls and roll in coconut and keep in fridge or freezer

Note: I only have small food processor so find it best to do it this way, but with a good food processor, throw in almonds, dates and carob powder and process together in one hit and add water last

Easy Apple Pie

An all-American favourite, raw style! And it's a lot easier to make than the traditional version!
~ Alissa Cohen

Ingredients:

Crust:

2 cups sunflower seeds
1 cup raisins (soaked)
1/2 apple

Filling:

6 apples
8 dates (pitted and soaked)
1/2 cup currants or raisins
1/2 lemon juiced
1 teaspoon cinnamon



Method:

1. Blend crust ingredients in a food processor and form into a pie pan
2. In a food processor, blend 2 apples with the dates until smooth
3. Pour into a bowl and set aside
4. In a food processor, pulse chop 4 apples into tiny pieces
5. Remove from food processor and place in a bowl with the dates
6. To the date mixture, add the cinnamon, lemon and currants and mix well
7. Pour filling into pie crust and let stand for at least an hour

"For me, thinking about where a food came from - like a sun ripened orange that was hand picked by someone and is bursting with flavour - that's a treat. More so than a cookie that was processed in a food plant and made of chemicals.

Fresher is so much better! It's only our minds that think that "bad foods" are treats. Maybe we should work on reconfiguring our thoughts and what we think of as treats."

~ Mallory

Frozen Chocolate Banana Sticks

Any left over chocolate sauce you can eat or use to dip strawberries in. ~ Squidly

Ingredients:

5 bananas

6-8 dates

1+ tablespoon raw agave nectar (more if you like sweeter)

1+ tablespoon raw cacao powder (double if using carob)

1/2 vanilla bean, ground (or 1 teaspoon vanilla paste)

Dried coconut, sesame seeds or crushed nuts of your choice

6 paddle pop sticks (popsicle sticks)

Method:

1. In a food processor mix 2 bananas, cacao, agave nectar, dates and vanilla. Add filtered water if you want a thinner chocolate sauce
2. Cut the remaining 3 bananas either into halves or thirds depending on their size
3. Skewer each one with a paddle pop stick
4. Roll each banana in chocolate sauce and then in sprinkle with coconut, sesame seeds or crushed nuts
5. Place banana sticks in freezer and eat as you please

Wedding Cake

This delicious coconut based cake take only MINUTES to make. It's delicious! Sweet coconut and tahini topped with cashew frosting by Sergei and Valya Boutenko of Raw Family (used with permission)

For the cake:

2 cups raw tahini
4 cups dry shredded coconut
1/2 cup raw agave nectar
1/2 teaspoon salt

For the frosting:

1 cup raw cashews
1 teaspoon mint extract
1/4 cup fresh coconut oil
2 tablespoons raw agave nectar
1/2 teaspoon salt
1/2 cup filtered water as needed

For Garnish:

Sliced fruit of your choice

Directions

To make the cake: using clean bare hands mix together the tahini, shredded coconut, agave nectar and sea salt until desired texture is achieved. For layers, add any sliced fruit of your choice.

To make the frosting: process the cashews, mint extract, coconut butter, agave nectar and sea salt; add 1/2 cup water as needed (try to use as little water as possible. The less water you use, the thicker the frosting will be).

Frost the cake and chill it in the refrigerator or freezer before serving. Note from contributors: This cake does not need to be frozen because the cake is very firm. The more coconut you add the firmer it will be.

Note from Raw Pleasure: We have substituted agave nectar for honey as a vegan option for sweetening this cake. Mint extract is optional - raw herb extracts are not widely available in Australia. You can purchase books by the Boutenko's in Australia through www.Raw-Pleasure.com.au or in the USA from www.RawFamily.com.

Carrot Cake

This is a light cake, not too rich as many raw cakes tend to be. If you drink carrot juice this is a great use for all the leftover pulp.

~ Merridy

Ingredients:

3 cups carrot pulp (left over from juicing)
1/2 cup almonds, ground
1/2 cup dates, chopped coarsely
1/2 cup psyllium husks
1 teaspoon nutmeg
Grated rind of 1 lemon
1-2 tablespoon raw agave nectar (optional)
1 batch of icing (such as Lemon Date Icing)

Note: (if you don't have a juicer, try finely processing/shredding the carrot then straining off the liquid in a muslin bag.

Lemon Date Icing

Ingredients:

1 cup soaked dates
Juice of 1 lemon
2 teaspoons psyllium husks

Method:

1. Blend or process dates, adding psyllium & lemon gradually until desired consistency & taste are reached

Strawberry Chia Sorbet

This is the prettiest pink strawberry sorbet, and would make the most perfect summer pudding. Totally delicious

~ Miss Giggles

Ingredients:

1 tablespoon of chia seeds
(chia soaked overnight in the juice of one orange)
6 large frozen strawberries
1 extra orange (juiced)

Method:

1. Add frozen strawberries and the juice of one orange to the blender
2. Add soaked chia mix
3. Blend until combined

Note: If using smaller strawberries, use at least double the quantity

Luscious Lemon Cookies

These dehydrated cookies are YUM! Beautifully zesty and delicious ~ Sheryl

Ingredients:

2 cups raw cashews
2 cups mature coconut, shredded
3/4 cup lemon juice
1/4 cup lemon zest
1/4 cup raw agave nectar (or more to taste)

Method:

1. Blend well. With a high speed blender you can add all together and blend. With a regular food processor or blender you might want to grind the cashews first
2. Dehydrate in cookie shapes until firm to the touch and chewy

Note: Both fresh and dried shredded coconut will work in this recipe.

Diabra says:

"First batch in the dehydrator. Even un-dried, absolutely delish. Thanks for the recipe Sheryl."

Coconut, Pineapple and Basil Ice Cream

A perfect summer dessert, and a delightful minty green colour. ~ Miss Giggles

Ingredients:

1/2 sweet pineapple
1/2 cup raw coconut cream
1/2 cup loosely packed Thai basil
1/2 cup loosely packed spearmint
1 young coconut
lychees

Method:

1. Blend pulp of a young coconut with 1 cup of filtered water or coconut water
2. Sieve through nut milk bag - this will yield the required ? cup of coconut cream (remember to retain the coconut pulp from the nut milk bag for use in the ice cream)
3. Peel the pineapple and juice 2/3 of it to make approximately one cup of juice (save the pineapple pulp to add to the ice cream)
4. Combine the pineapple juice, coconut cream, basil and spearmint in a blender
5. Process until smooth and slightly speckled with the green herbs
6. Transfer to plastic ice moulds and place in the freezer
7. Once frozen (this will take approximately 3 hours) return to the blender with the remaining pineapple, pineapple pulp and the flesh from the coconut
8. Process until the cubes have broken up but retain some texture from the pineapple. Serve with fresh lychees.

Note: Don't over-freeze it or it will turn out like a brick.

Frozen Banana Sorbet

When blended, frozen bananas are beautifully smooth and creamy ~ Sheryl

Ingredients:

Bananas

Method:

1. Freeze bananas
2. Blend up in a food processor, high speed blender or single/twin gear juicer

Variation: For a raw sundae, top with chopped fruit, nuts or grated coconut, and a sauce made from blended fruit with dates/agave nectar to sweeten.

"Why do I eat raw? The reason is constantly evolving, but ultimately it doesn't matter, because it is the outcome which is important, not so much the motivation.

The best reason, is to have no reason.. I just eat raw because... because why?.. just because..

Truthfully, I can say the following have been part of my motivation at one time or another:

- *desire to "experiment" on my body and mind*
- *desire to maximise health*
- *desire to improve aerobic fitness*
- *enjoyment of the lifestyle, itself*
- *enjoyment of being eccentric*
- *desire for longevity*
- *fear of becoming old and decrepit*
- *desire to save money on medical bills (especially in old age, and in a country where publicly provided health care is no longer guaranteed*
- *moral obligation"*

~ Brett

Raw Chocolate

This is a basic raw chocolate recipe base to which you can add whatever your heart desires. This is a superbly rich dark chocolate - all raw, as nature intended. Oh and it's good for you! ~ Miss Giggles

Ingredients:

1/2 cup raw cacao powder
1/4 cup raw cacao butter (melted)
2 teaspoons raw agave nectar

Method:

1. Melt raw cacao butter using the bain-marie method (placing it in a bowl in a larger bowl or sink of warm water)
2. Measure cacao powder into a mixing bowl
3. Add agave nectar and half of the melted cacao butter to the cacao powder and gently combine using a pliable spatula
4. Gradually add the remaining melted cacao butter and continue blending until all ingredients are well combined
5. Pour or spoon chocolate into tiny confectionery cases, chocolate or ice cube moulds
6. Place into the freezer to set

Note: If making by hand, always add wet ingredients to dry.

If time is of the essence, you can easily mix chocolate in a high speed blender, using the steps above as a guideline. However, it must be said that blending chocolate by hand with a mortar and pestle is well worth the investment of time and is an exquisite experience in itself.

If you do not have tiny confectionery cases or ice cube moulds, simply line a small cake tin with greaseproof paper and pour the chocolate into the tin. Gently spread the chocolate until it is evenly distributed and you have a consistent depth.

You can set it in the fridge or the freezer. If you set it in the fridge it softens a little quicker when out. You can eat raw chocolate straight from the freezer, and it is always 'melt in the mouth'.

Variation: Variations to this basic chocolate recipe are limited only by your imagination. Try substituting half of the cacao butter with coconut oil for a smooth coconut chocolate. The addition of grated orange/lemon zest, mint or raw nuts is only just the beginning.

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