



Be Your Best Self, Now!

RAW FOOD RECIPES

Here are some of my favorite raw recipes. Raw food is food that is uncooked, or if cooked, it's cooked at 115 degrees or less. Here are some recipes that are easy, with no special equipment needed, such as a dehydrator. For foods that need dehydrating, you can make the "cooked" recipes using an oven on a low temperature and then leaving the oven door open a few inches. Enjoy!

HAPPY SHAKE

Full of antioxidants, complete proteins, amino acids, maca (hormone balancer) and raw cacao which is full of magnesium, iron and fiber! .

In a blender add: (for one serving, double if for two people)

- ½ cup liquid base – use water or liquid from a fresh coconut
- Handful of ice
- 3-4 cups fresh spinach (2 big handfuls)

Blend to get a green liquid

Now add:

- 1 scoop Amazing Grass, "Amazing Meal" [green RAW powder](#)....wheatgrasses are green which is highly alkalizing (non-acidic to our systems) and this powder provides naturally occurring antioxidants, protein, enzymes, amino acids, essential fatty acids, and dozens of phytonutrients
- 1 Raw Egg - Eating eggs raw helps preserve many of the highly perishable nutrients such as lutein and zeaxanthin, which are powerful agents in preventing macular degeneration. Raw egg yolks also contain vital enzymes that are destroyed when cooked.
1T coconut oil or 1T raw almond butter...fat helps metabolize the greens
- 1T. [Maca powder](#) - increases stamina, endurance, mental clarity, boosts libido and balances hormones
1 heaping TBL [Raw Cacao powder](#) (Raw Chocolate)...a potent super-food rich in anti-oxidants, minerals and magnesium and 4g fiber per tablespoon
- Add ½ banana and ¼ cups frozen blueberries

Blend and enjoy!

Add more cacao for a more chocolate-y flavor

ANI PHYO's RAW KALE-AVOCADO SALAD

1/2 bunch of kale - de-stem and tear leaves into bite sized pieces

1 avocado

1 lemon's juice

1 container of sprouts, any type

Handful of sunflower seeds

[sea salt](#), to taste

In large mixing bowl, place kale and massage with avocado. Squeeze lemon juice and massage. Add sprouts and salt and sunflower seeds. Toss to mix well. Serves 2.

RAW KALE CHIPS

1 bunch of curly kale – torn into large pieces, discarding stem in middle
Drizzle TBL or less of extra virgin olive oil over kale
Hand massage olive oil into kale leaves
Add seasonings of your preference – suggestions: sea salt, garlic salt, garlic pepper, cayenne
Mix well and spread onto tray. Follow instructions below, under Raw Macaroons, to “dehydrate” in your oven for 3-4 hours

RAW CHOCOLATE PUDDING

2 dates, seeded (or 1-2 TBL agave nectar or maple syrup if no dates)
1 avocado
3 TBL of raw cacao powder
Pinch of salt

Throw in food processor and blend till creamy. Chill before serving. Try a frozen banana next time instead of the dates/agave.

RAW ROCKY ROAD “ICE CREAM” by Ani Phyo

2 bananas, frozen
1 heaping tsp. Carob powder (most carob isn't raw)
1 heaping tsp. Cacao powder (I put more!)
24 raw almonds

Process in food processor until creamy.

RAW MACAROONS

1 ½ cups of dried, unsweetened coconut flakes
¾ cup raw cacao powder
½ cup agave nectar or maple syrup (I use slightly less)
1/6 cup of coconut oil
½ TBL vanilla extract
¼ tsp. sea salt

Mix well in a large bowl. Round into TBL+ size balls or use ice cream scoop. Put in freezer for several hours to harden. Or, create a “dehydrator” effect in your oven which will keep the food alive without high heat from oven cooking, destroying the enzymes and nutrients. Set oven to lowest temperature. 150-200 are usually lowest temps. Open oven door 2-3 inches and dehydrate macaroons for 8 hours to be slightly dried on outside and moist on inside. Foods that are cooked no higher than 115 degrees are considered raw.

RAW FLAXSEED PANCAKES

1 1/2 cups ground flaxseed
1/4 cup (raw) agave nectar
1 Tbsp coconut oil, melted
1/4 tsp sea salt
2 Tbsp water

Mix all ingredients well with spoon. Divide the mixture into eight portions. Press each portion into a greased cup and press into a flat medallion with the back of a spoon. Turn cup over and tap out medallion. (You could use a round biscuit or cookie cutter).

Serve with fresh raspberries. You may also maple syrup, agave syrup or make your own sauce. Blend raspberries, a few drops of agave and a splash of water for raspberry sauce.