

Craig's Eat it Raw Food Preparation Book

While I follow a raw-foods diet, I eat approximately 80% raw foods and 20% cooked food. In this cookbook you will find mostly raw recipes and a few recipes that are quick, simple and minimally cooked.

Breakfast

Raw Oatmeal

1/4 - 1/3 cup oats - cover with distilled water and let sit overnight (use pure unprocessed oats)

In the morning add
1/2 chopped apple
1-2 TBS raisins
1/2 tsp. cinnamon
1 TBS raw honey

Stir and enjoy. This is so much better than cooked oatmeal.

Fruit Muesli

3 cup fresh fruit - cut up
1c rolled oats
1/2 cup nuts (optional)

Should be very juicy - if not add 1 tsp fruit juice. Allow to soak for 20 minutes

Any Juices

Any combination of acid and sub acid fruits

Sweet fruits

Melons

Salads

Beth's Spinach Salad

spinach leaves for bed

1/4 cup red onion -soaked in juice from a lemon for a half hour
1T chopped avocado
1/2 tomato chopped
1/4 cup cauliflower
1T sunflower seeds

top with mixed salad sprouts
tahini dressing

Rainbow Salad

Grate carrot, zucchini, daikon radish, chop tomato, broccoli, and cubed spaghetti squash. Top with a bit of sweet rice vinegar or olive oil if desired, but it really doesn't need a dressing

Carrot Salad

1 cup grated carrot
1 cup chopped tomatoes
large bunch of parsley, chopped
1 clove garlic, crushed
1/4 cup ground nuts
mix in 2 T olive oil

Broccoli Primavera

(from "Delights of the Garden" by Imar Hutchins)

3 bunches of broccoli
1/3 cup of tahini (raw, uncooked)
1 garlic clove (we add more)
1/4 cup lemon juice (fresh - NEVER bottled)
1/3 cup spring water
2 teaspoons tamari or sea salt
1/2 cup chopped mushrooms
1/2 cup sunflower seeds
1/4 cup red onion, chopped

Cut broccoli florets from the stalks and place the florets in a large mixing bowl. Next, blend the tahini, garlic, lemon juice, water and tamari or sea salt, if using, until smooth and creamy. Pour the mixture onto the broccoli florets and mushrooms and stir until evenly covered with sauce. Sprinkle in the sunflower seeds and onion. Stir again. Makes 2-3 cups

Apple Salad

(Tasha aka RedRose)

3 1/2 cups diced apples
1 cup sliced celery
1 cup diced banana
1/2 cup raisins

Mix the ingredients and serve in lettuce cups

Coleslaw

3 cup grated carrots
1 cup grated beets
3 cup grated white cabbage
1/4 cup chopped parsley

Marinate in:

1/2 cup olive oil, 1/2 cup lemon juice, 1 t honey, 1-2 garlic
cloves

Marinated Veggie Kabobs

1 medium eggplant
2 small zucchini
1 or 2 red or green bell peppers
8 medium button mushrooms
2-4 small-medium yellow onions
1/4 cup cider or balsamic vinegar
1 tablespoon spicy brown mustard
1/2 teaspoon rosemary
2 or more cloves garlic, chopped
salt and pepper to taste

Wash and cut the vegetables into chunks about 1 inch thick (I know the peppers will not be this thick, but cut them into large pieces). Place the chunks into a large bowl. In another bowl, combine the vinegar, mustard, rosemary, garlic, and salt and pepper and whisk into a uniform liquid. Pour this liquid over the vegetables and, using your hands, turn the ingredients to ensure each piece is well coated. Cover with plastic wrap and marinate in the refrigerator overnight.

Sprout Salad

1 cup any sprouts you have on hand (alfalfa, lentil, sunflower, or other)

1 cucumber, diced
2-3 scallions, chopped
3 T. lemon juice
2 T. tahini
1 clove garlic, minced
Pinch cayenne

Put the salad ingredients in a serving bowl. In a small bowl mix the lemon juice, tahini, and garlic with the salt. Add pinch of cayenne. Whisk together well. Pour dressing over salad and toss to blend flavors.

Waldorf Salad

Apples, cubed
Walnuts, chopped
Raisins or grapes
Avocado

Mix with fruit juice to moisten. Top with grated coconut if desired.

Carrot-Sprout Salad

1 cup sprouts, whatever kind you have handy
2 cups grated carrots
1/4 cup parsley, finely chopped
3 T. lemon juice
2 T. olive oil
pinch cayenne

Put salad ingredients in serving bowl. Blend dressing ingredients in small bowl. Whisk to blend. Toss dressing and salad and let sit 20 minutes before serving. Serves: 4 Time: 25 minutes

Raw Sweet Corn Salad

(Hallelujah Acres)
1 large ear of raw sweet corn
1/2 red bell pepper, chopped
1 large ripe tomato, diced
3 T. parsley, minced
1 celery stalk, diced
1/4 cup sweet red onion, chopped

Wash all vegetables, remove kernels of corn from cob, dice tomato, dice celery, chop red pepper and onion, and mince the parsley. Combine in a bowl, cover and set in refrigerator while preparing avocado dressing.

Hint: Raw corn on or off the cob is delicious. Simply clean, wash and enjoy!

Banana - Date Salad

(Tasha aka RedRose)

1 cup chopped dates
2 cups diced banana
1 cup diced celery

Mix the ingredients and serve on fresh green leaves, preferably lettuce.

Celery - Nut Salad

4 stalks celery, sliced
1 green onion, minced
parsley, minced
2 large tomatoes
1/2 cup grated nuts (walnuts or pecans)

Cut the tomatoes in small pieces and mix with the celery, green onion, and parsley.

Add a mixture of orange and lemon juice as dressing. Use lettuce leaves as a bed for this salad and sprinkle with grated nuts.

Gazpacho Salad

1/2 cup cooked brown rice OR soak rice for 48 hours
2 tomatoes, seeded and diced
1 cucumber, seeded and diced
1/4 cup onion, chopped
1 T red-wine vinegar
1 T garlic, minced
Romaine or Red leaf lettuce

In blender combine 1c tomatoes, 1/2 cucumber, 2T onion, minced garlic and 1t vinegar. In bowl combine rice and 2t vinegar. Toss well. Add remaining veggies. Toss until

combined. Refrigerate up to 4 hours. Serve on top of lettuce leaves.

Cabbage salad - Indian Style

2 cups thinly shredded cabbage
2 cup shredded carrot
1/2 cup crushed roasted peanuts
1/4 cup peanut oil (salad oil is an OK substitute)
1 hot green chili pepper, chopped
1/2 cup chopped cilantro
1/2 tsp. honey
lemon juice and salt to taste

Mix everything except salt and lemon - add them only when ready to eat.

Bean Salad

1/2 cup dry garbanzos
1/2 cup dry red or kidney beans
1/2 cup dry black beans

Soak and cook in separate pans. Drain.

Cut up:

1 onion
1 green pepper
1/2 tablespoon parsley

Stir beans and vegetables together. Add dressing.

Dressing:

1/3 cup apple cider vinegar
1/3 cup salad oil
1/3 cup honey
1 teaspoon salt
1/2 teaspoon pepper

Mix and pour over salad ingredients.

Vegetables with Spicy Peanut Sauce

Cook up a pot of rice. While the rice is cooking, heat 1 Tbsp of oil in a skillet over medium-high heat. Chop the squash into bite-sized pieces, add it to the skillet, and sprinkle it with some garlic powder and crushed red pepper flakes. Then pour 1/4 cup of water in the skillet, cover, and let it steam until the squash is tender (about five minutes). In the meantime, mix in a small bowl:

1/4 cup natural-style peanut butter
3 Tbsp tamari soy sauce
3 Tbsp Chinese rice wine or sherry
1 Tbsp toasted sesame oil
enough water to make a creamy sauce

When the squash is ready, scoop it onto a plate of rice and pour the peanut sauce on top. (Can also use spinach, broccoli, squash, and zucchini, and it's always delicious.)

Chinese Salad

(great with Chinese Dressing in following section)

1 head lettuce
1 bunch green onions
1 cucumber
1 stalk of celery
4 T peanuts
3 T sesame seeds
1 pkg ramen uncooked noodles crumbled on top.

Just before serving lightly mix noodles, peanuts, dressing and salad ingredients

Salad Dressings

Curry Sauce

(Light eating for survival)

1/2 c olive oil
1/2 c lemon juice
1 T sesame butter
1/2 t honey
1t curry powder

Blend.

Buttermilk/Flax recipe (Jacqui)

1/2 cup flaxseeds
2 cups water
1/4 cup lemon juice
1/2 cup (pine) nuts
1 garlic clove

Soak flax and nuts overnight w/2 cups water. Combine w/remaining ingred. Blend until smooth adding water for desired consistency. Leave out garlic for plain buttermilk to enjoy as a drink. Add herbs of your choice and interchange garlic w/onions.

Vinegar/honey dressing

Just mix the two in a cup for a delicious light dressing.

Vinegar/honey/avocado dressing

Mash an avocado into the above recipe for a thicker dip or dressing. Stir into salad well.

Chinese Dressing

5 T rice vinegar
2 T water
1 T lemon juice
1 T sesame oil
1 T Olive oil
5 T honey
2 t soy sauce
dash of pepper

Shake and serve.

Tahini dressing

2 tablespoons *tahini* (sesame seed paste, available at natural foods stores and some supermarkets)
3 tablespoons fresh lemon juice
1 large garlic clove, minced and mashed to a paste
1/8 teaspoon cayenne, or to taste
1/3 cup olive oil or water

Herbal Vinaigrette

juice of one lime

juice of one lemon

1/8 to 1/4 cup water

1/8 to 1/4 cup apple cider vinegar

one clove finely chopped garlic

1 tsp finely chopped thyme, parsley, cilantro, and basil

mix in a jar and keep in frig

Avocado Dressing

(Hallelujah Acres)

1 ripe avocado

1 lemon, juiced

Mash the avocado until smooth, add the lemon juice until a creamy consistency is obtained.

Tomato Avocado

Juice two lemons

One avocado

Put lemon juice and pulp from one avocado in the blender and add enough water to allow it to mix. Blend until smooth. Add the juice of two tomatoes and the pulp of one (eat the other tomato pulp while you're waiting for the blender). Refrigerate

Beet Vinaigrette

Juice a beet and add just a touch of apple cider vinegar

Vinegar/honey/tahini dressing

Mix all three and you get something between a Caesar and a Thousand Island dressing.

Sesame Dressing

1/3 cup sweet rice vinegar

1 T soy sauce

1 drop sesame oil
1 T sesame seeds - ground

Italian Dressing

1/3 c apple cider vinegar
1/3 c olive oil
1/8 c water
1 t mustard
dash of ground pepper
1/4 t basil
1/4 t oregano
2 cloves garlic (minced)
1 T honey

Cucumber-Nut Dressing

2 T. lemon juice
1 cucumber
1 green onion (with top)
1/2 cup cashews

Blend all ingredients together.

Indian Dressing

(veggies unite)
1/4 cup orange juice
1/4 tsp ground coriander
1/4 tsp chopped cilantro
1/2 tsp prepared sweet-hot mustard

Soups/Sauces

Pesto Soup

6 SERVINGS DAIRY FREE

This chilled, savory blend of fresh, ripe tomatoes, herbs and veggies is a great starter for any meal, and can be on your table in no time.

1/2 cup chopped tomato
1/3 cup finely chopped onion
1 small clove garlic, chopped
1/2 cup shredded carrot

1/2 cup shredded beet
1/4 cup pine nuts
3/4 cup fresh basil, loosely packed
1 Tbs. raw apple cider vinegar (optional)
2 to 3 cups water or as necessary
Fresh basil leaves for garnish (optional)

Combine all ingredients in blender or food processor, and process until finely chopped but not smooth. Divide among serving bowls. Garnish with basil leaves if desired.

Per serving: 61 cal.; 3g prot.; 4g total fat (1g sat. fat); 6g carb.; 0 chol.; 124mg sod.; 2g fiber.

Gazpacho Orange Soup

1/2 large tomato, chopped
1/2 lemon juiced
3/4 c carrot juice
1 T olive oil
1/4 t oregano
1/4 t basil
2 cloves garlic
1/3c pecans

Blend. Then add grated beet, grated zucchini and chopped parsley or red pepper

Asparagus Soup

Blend 1c hot water and 1/2 c walnuts
Add and blend:
2 cup raw asparagus
1 stick of celery
2 T minced parsley
2 t onion
1 t oil
1 cup more hot water

Spinach Soup

Very cooling in the summertime

1/4 apple juiced
Large bunch of spinach
1/2 tomato chopped

1 small cucumber, peeled and sliced
1/4 cup walnuts

Put in blender on chop mode. Should be fairly thick. If it's too runny, add more spinach.

No-Cook Nutty Fettucini Alfredo Sauce

9 1/2 oz silken tofu (1/2 a package)
1/3 cup tahini paste
1/3 cup lemon juice
1/3 cup nutritional yeast flakes
3 tbsp. tamari or soy sauce
basil to taste
fresh pepper to taste
1/8 tsp turmeric

Put all ingredients in a blender and blend until smooth.

Stir into a pot of cooked pasta and warm everything up over medium heat. Top with alfalfa sprouts if desired.

Serves: 4

Preparation time: 30 min

Dips/Sides

Hummus

1/2 cup ground sesame seeds
1c mashed garbonzo beans
2-3 cloves garlic, crushed
3/4 cup olive oil
2 T lemon juice
2 T chopped Parsley

Blend and serve.

Guacamole

1 ripe avocado
2 diced tomatoes
1 lemon
1 diced red pepper
onion and garlic to taste

Blend avocado to creamy lumpy consistency with fork. Add other ingredients.

Marinated Mushrooms

1/2 lb button mushrooms
1 cup olive oil
1/4 t oregano
1/4 t thyme
1/2 t paprika
1/4 cup lemon juice

Soy Mayonnaise (Back to Eden)

1/2 cup water
1/4 cup soy milk powder
1/4 t paprika
1/2 cup oil
3 T lemon juice

Blend first five ingredients in blender. Add oil slowly while blending at high speed. Take out of blender. Add lemon juice.

Cucumber Sandwich

1 fat free tortilla
1t dairy-free margarine
5 slices of cucumber
Spray fry pan w/no stick cooking spray. Put buttered tortilla in pan until margarine is melted take off heat, spread cucumber strips out and eat.

Juices

Favorite

(I love this one first thing in the morning!)

2 large carrots
1 clove of garlic
1/2" ginger root
large bunch of parsley
3 slices of apple

A few spinach leaves or bok choy leaves, optional.

Apple/Carrot/Beet is another good one

Green Juice

Take any green veggies you can find and juice them. Feel your body awaken!

Apple-Orange

(Reminds me of those orange-Juliuses. Great as an afternoon pick-me-up!)

1 1/4 apple

1 medium size orange

Lemonade

1 1/2 apples

1 lemon with rind

Mint Juice

8 oz carrot juice + 1/2 c mint leaves or 1/2 c mint tea (mint leaves work the best)

Milks

Almond Milk

(Courtesy of RAW Restaurant, San Francisco)

1 part almonds

4 parts water and blend

To activate almonds, soak overnight, pour off water and follow recipe above. For a delicious smoothie add: frozen fruit and pure maple syrup

Nut Milk

1 cup nuts

2 cups water

1 banana

1 tablespoon honey

Liquefy in blender.

Soy Milk

2 cups of organic soybeans and water
Makes: a gallon, give or take.

Soak beans overnight. Switch water and put in blender. Run mixture through juicer adding water when needed. Flavor with honey and bring to a boil for 1 min. Let cool, skim top. There you go.

Rice Milk

(from veggies unite)
4 cups hot/warm water
1 cup cooked rice (I use brown)
1 tsp vanilla

Place all ingredients in a blender until smooth. Let the milk set for about 30 minutes, then without shaking pour the milk into another container (I use an old honey jar) leaving most of the sediment in the first container. This makes about 4 - 4 1/2 cups.

Notes: When I have used cold water and the rice was taken out of the refrigerator, it just doesn't come out that well. I don't know why but its best to use warm water and warm rice (you can nuke it if its leftovers but freshly made is best) I have even let it set longer than 30 minutes (overnight) without it making a difference. For really creamy rice milk with little to strain out, re-cook the rice with part of the water until it's very soft.

Sweet Almond Milk

(from Hallelujah Acres)
1 cup almonds, soaked
6 cups distilled water
3-4 dates, pitted

Soak almonds overnight and rinse. Blend half the almonds, half the dates and 3 cups of the distilled water. Repeat with remaining ingredients. Pour through a fine strainer to remove the pulp. If being used for an infant, strain through cheese cloth also. Serve at room temperature. Refrigerate any remaining portion. (For plain almond milk, just leave out the dates.)

Ajonjoli -- Sesame Milk

1 cup raw sesame seeds

1/2 cup honey
3 cups water

Blend together, strain, and enjoy.

Hot Indian "Milk" Drink

1/2 liter of your favorite unflavored soy milk (thicker is better)
1/2 tsp ground ginger
1/2 tsp ground cloves
1/2 tsp ground cinnamon
1/2 tsp ground allspice (optional)
1 tsp sweetener (your choice, I use raw sugar - you can also use more or less)

Nut Recipes

Nut Loaf

This is so tasty, meatloaf will pale in comparison! Filling too.

Two cups nuts (Any combination of one or more or all of these: Brazil Nuts, Almonds, Cashews, Pecans, Pine Nuts, Sunflower Seeds, Pumpkin Seeds, Walnuts, Hazelnuts)

Red pepper

Tomato

Garlic

Onions

Mushrooms

Whole Pine Nuts

1. Grind nuts in meat grinder.
2. Chop vegetables finely and steam for two minutes on low. (This is breaking the rule of raw a little but steaming on low for a minute or two you won't lose many nutrients).
3. Mix vegetables and ground nuts.
4. Put in baking pan and bake in low oven for two minutes to warm
5. Spread Tahini Sauce on top (Raw tahini, lemon juice, honey, and garlic)

Great cold on Manna Bread or Essene Bread, which are brands of unleavened (no yeast) bread. They are basically just cooked a minute or two on low so they are still full of life, as you can tell by how rich and filling they are compared to normal bread.

There are all kinds of Manna Bread, made from different combinations of nuts, seeds, sprouted grains, and fruit. A real delicacy with none of the dangers inherent in bread such as wheat, flour, eggs, butter and sugar, which all clog the body.

Nut Pizza

Same as nut loaf above, but shaped like a pizza and baked in a pie dish instead of a baking pan.

Breads

Essene Bread

(from living-foods.com)

4 SERVINGS DAIRY-FREE

In the tradition of the Essenes, a living foods community said to have existed in the Middle East 2,000 years ago, this delicious flatbread is a staple of modern raw cuisine. It's sprouted, dehydrated, seasoned with herbs and spices.

2 cups soft wheat berries
1/4 cup flaxseeds, soaked 15 minutes
1 tsp. sea salt or kelp

Essene Bread

(Ann Wigmore recipe)

4 cup soaked wheatberries
1/2 cup to 1 cup minced veges
2 T seasoning (caraway seed, poppy seed, sesame seed, garlic etc.)

Soak wheat 15 hrs, allow to drain 15 hrs. wheat left from rejuvelac process can be used! Grind the wheat, add veges, season on top, form loaf. "Bake" in the Sun or warm place (70-90 deg) until firm (12-24 hrs). Bread may need to be turned so that bottom will dry. Enjoy.

Beth's Soy Bread

Wonder what to do with that pulp from the soybeans after you

make your milk? Add a bit of olive oil to it and form this mixture into flat patties on a baking sheet. Put in warm place to dry. Yum. Just like a cake, but drink with lots of water because it is dense. (If you can't wait and want to cook your bread, you can bake it at 350 degrees turning it one half way through. Be aware that if you bake it at 350, it will lose many valuable nutrients.) Add honey in mixture to make it like a cake, add basil and garlic to make it more like a cracker. Very filling

Naan

1/2 cup soy milk
4 oz apple sauce
2 cup self rising flour
1 t sugar

In 1st bowl, combine applesauce and milk. In 2nd bowl, combine dry ingredients. Mix until it forms a dough, knead 30 times or until smooth

Spray a large bowl with non-stick cooking spray. Place dough in bowl. Cover loosely with plastic wrap. Let the dough rise in a warm draft-free place for 3 hrs (I have a double oven, so I turn the bottom oven to 170 and put the dough in the top oven)

Place large baking sheet sprayed with cooking spray in center oven rack (preheated to 450). Lightly sprinkle baking surface with flour. Roll out dough. Flatten. Bake until firm, 8-12 minutes. If you like, run under broiler briefly to brown tops. Serve hot or at room temperature.

Desserts

Nut "Milk Shake"

4 SERVINGS DAIRY-FREE

A frosty nondairy drink made with frozen bananas, soaked nuts and dates.

3/4 cup almonds, soaked 2 to 8 hours or
3/4 cup cashews, soaked 1 to 2 hours
4 dates, soaked 1 to 2 hours (save
soak water)
3 to 4 peeled frozen bananas
3 cups cold filtered water or apple juice

Optional flavorings:

1 tsp. nonalcoholic vanilla extract

2 Tbs. raw carob powder

A few fresh berries

1 tsp. ground cinnamon

In blender, combine nuts, dates and water or juice until smooth. Break frozen banana into pieces, add to mixture and blend until smooth. Add one or more optional flavors if desired. Pour into glasses.

Per serving: 277 cal.; 6g prot.; 14g total fat (1g sat. fat); 38g carb.; 0 chol.; 4mg sod.; 6g fiber.

"No Bake" Oatmeal Cookies

1/3 c honey

1/4 c soy milk

1 T carob powder

1 c quick oats

1/4 t vanilla

1/4 c walnuts

handful of dried dates

Combine honey, soy milk and carob in pan. Heat till boiling and boil for 1 minute, stirring. Remove from heat. Blend all ingredients together. Drop by spoonfuls onto wax paper or baking sheet sprayed with Pam. Will set up as they cool. Refrigerate. Makes 12-14

Candy

Grind nuts

Add honey

Add dates

Can mix carob and honey for a syrup and mix in dates and nuts