



by Steve Charter – at www.eatmoreraw.org

RECIPES, FOOD PREPARATION AND MEAL IDEAS

This is a short and delicious 'taster' version of the 16 page practical recipes section in ***Eat More Raw Too***.

There are many raw food recipe books containing a host of wonderful dishes, both savoury and sweet, to entice the palate, to boggle the eyes and to make the taste buds dance with joy. To get you off to a good start, in this bit of **Free Stuff** you have a range of basic recipes which are easy to prepare and usually scrumptiously delicious, as well as providing fantastic nutrition. Is that your mouth watering already?!

This isn't trying to compete with the various glossy recipe books out there – it's more practical than that, and to give you more of a handbook for getting going and learning some 'tricks of the trade'.

Just as in conventional eating, most people rely on a few basic recipes which they rotate and vary. So with this good set of standard meals you're more than half way there - and once you've started more options and choices will come your way.

I want you to feel confident about experimenting and creating your own favourite meals – which is easy once you've got the hang of it. I don't use exact quantities, I just develop a good sense of how much of what to include. Some of the donated recipes below include measurements, and others do not. Remember, there's a much fuller list of practical recipes and meal ideas in ***Eat More Raw Too***.

STEVE'S RECIPE FOR SUCCESS

Keep a good selection of fruit and salad vegetables through the week (home grown and/or bought), then choose each day according to what you fancy. Use 5 to 15 basic salad ingredients, then play around with different proportions and mixtures, using the additional flavours suggested below for variety as you like. Some days you can leave out one, two or three ingredients, and on other you can leave out a whole bunch and just have a really simple mix of your favourites. Other days you can add a whole bunch more.

So here's a list of different salad ingredients you can go for:

- Salad leaves and cabbage family: kale and cabbage (red, white, green); rocket; lettuce (particularly Romaine); spinach; oriental greens (mizuna, etc); chicory/endive; wild greens and perennial greens – mixed salad packs if you are buying.
- Roots: carrots; beetroot/beets; kohlrabi; parsnip; onions; sweet potato; turnip.
- Veg Fruit: tomatoes; cucumbers; courgette/zucchini; red or yellow sweet/bell pepper.¹
- Other Veg: celery; broccoli; cauliflower, etc.
- Avocados.
- Sprouts: alfalfa, green lentils, radish, mixed sprouts, etc.

Flavourings: On the side, the following can be useful to help the transition to an eat more raw lifestyle: sea weed (e.g. dulse), olive oil, garlic, spices (cayenne/chilli, cumin, etc.), ginger.

Often, the simpler the better – try not to get 'addicted' to strong stimulating flavours, enjoy them, yes, and at the same time make sure you have regular simple meals without them. Adding lemon juice brings out flavours and helps prevent oxidation of foods. Cold pressed olive oil and salty flavours (e.g. tamari) are also often helpful in making a transition from a normal diet to one which is 'high raw'. Apple cider vinegar is a great alternative to lemon juice, particularly for temperate or cooler climates. Balsamic is another option.

¹ I suggest you do not use green peppers as they are unripe red or yellow peppers – remember, ripe simply means 'ready to eat', whilst unripe means 'not ready to eat'.



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Equipment: add to your basic ingredients a good knife and chopping board, a grater and perhaps one or two gadgets like a hand mincer and hand seed grinder, a good and ideally beautiful bowl or plate or two that you enjoy eating from, and then you're away...! You can definitely get by with basic blenders and juicers (I did for years), if you're on a low income (as I was for many of my raw years). Although if you can afford it good equipment will do a better job.

SOME REALLY DELICIOUS AND RADICALLY HEALTHY RECIPES

Many of these recipes have been donated by friends and contacts who support the 'eat more raw' philosophy and way of life, and who have all travelled the road of transition – so thanks to you all. They know how to prepare meals that taste great, whilst also helping our minds and bodies get used to eating differently.

BREAKFAST AND MORNING

Vary between any of the following, or stick with your favourites:

- Fruit only breakfast / Fruit snacks through the morning - or a dried fruit and seeds / nuts snack for late morning – seasonal and climatically appropriate local/regional fruit make this a very **eco** option;
- Freshly made juice - especially with celery, greens, etc (e.g. carrot, apple and celery is a great basic juice);
- Raw muesli;
- Freshly made hemp / seed / nut milk (can include nettles / greens, or super foods to 'up' the power of this fantastic food even further) – put all the ingredients in a blender with spring water, blend well and then strain;
- Super-nutrient breakfast pudding: 1 cup + soaked figs / raisins / dates, blended with 1 cup + soaked pumpkin, flax and sunflower seeds / walnuts, plus all or any of the following: approx. 20 drops of Marine Minerals' liquid ionic trace minerals, 1-2 tsp of maca powder, 1-2 tsp barley greens / green superfoods powder, high quality vitamin B12 supplement, tbsp flax / hemp oil, 1 tbsp raw cacao, 2 tsp carob powder, etc, and a little spring water if needed – this is fantastic for children and for pregnant / nursing mothers – serves 2+ depending on appetites / size etc – you can also add orange peel, orange / apple / banana, and a *small* quantity of herb salt if needed - note: you can make twice as much as you need and keep it in the fridge for a day;
- 'Dada Porridge' as it's known in my house: banana, a little lemon or orange juice, pumpkin seed, flax seed, sunflower seed, raisins, goji berries, flax oil and water – variants include adding raw cacao nibs, blueberries, apple or pear, date, fig or whatever else takes my fancy;
- Smoothie – a variation on the breakfast pudding recipes above, with more fresh fruit and with or without smaller quantities of soaked seeds / nuts or dried fruit;

Note 1: the nutrient-dense pudding recipes are excellent for brain building for young and older alike, particularly the super-nutrient breakfast pudding.

Note 2: having a heavy breakfast of unsoaked nuts / dried fruit etc will create too much work for the body in the early part of the day, so it's good to keep breakfast lighter and if nuts and seeds are used they should be soaked or blended with fruit and / or water. I tend to move towards the puddings in autumn and winter, but usually find them too heavy at other times of the year.

Ideally drink water when you get up, before you have breakfast – and if you're using green superfoods drinks, also have these before any breakfast meal.

Practical Working Lunch / School Lunch

A selection from the following will see you through the day, and make a great difference to afternoon energy levels:

- Mix of dried fruit and nuts / seeds e.g. brazils, almonds, cashews, raisins, figs, pumpkin, sunflower;
- 1, 2 or several fruits, ideally seasonal and local;



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- Salad mixed with soaked seeds (use a re-usable container of a size that suits your needs) include for example variations of the following: romaine lettuce, rocket, sliced red onion, grated carrot / beetroot / kohlrabi, dressing (ideally lemon juice and flax oil), sliced cucumber/celery etc;
- Chunk of cucumber / stick of celery / sticks of carrot;
- Raw snack bar;
- Dehydrated crackers (e.g. flax crackers).

GREAT 'EVERYDAY' SALAD DISHES

- Grated carrot with orange and ginger makes a great combination of flavours.
- Raw grated beetroot/beets is fantastic as it is, or with just a dash of olive oil, lemon juice or apple cider vinegar - beetroot/beet is easy to grow in a good rich soil.
- Surprisingly to many ... grated parsnip with chopped leek, green onions or plenty of chives, with or without a little lemon juice, tamari and olive oil is deliciously fantastic;
- Celery stems, and sliced carrot, cucumber or courgette/zucchini are great for dipping into the raw humous, guacamole, paté or seed dips mentioned above – zucchini and celery are relatively easy to grow, whilst cucumbers can require a bit more attention and carrots do best in certain soils (loose/rich/sandy).
- Sprouted green lentils are easy, cheap to produce organically and delicious. Soak them overnight, rinse them once a day and then they're ready in two or three days. I find them simpler and more tasty than many others sprouts. Chick peas are equally easy and delicious, and a great option if you like something to get your teeth into. Alfalfa and radish can be easy too.

Seed / Nut Patés

There are variations on the basic seed paté recipe, and my experience is that they are often very popular with non-rawfooders. Soaked seeds are best, which usually will be organic hemp, sunflower or pumpkin, all or any of them – soaked nuts can also be used. These should be put through the hand grinder or mincer, the blender or a masticating juicer with the non-juicing attachment. Ground dry linseed/flax seeds are a good addition which will thicken up the blend, and of course sesame can be used too. If you haven't soaked your main seed ingredients then dry seeds can be put through a grinder (hand or electric). To these can be added other ingredients, with the two keys being lemon juice to bring up the flavour and prevent oxidation, and a salty element, which may be any of those mentioned in the Humous recipe above.

These additional ingredients can include fresh or dried herbs, tomatoes, mushrooms and all sorts of other ingredients – I find that red / yellow peppers, red/Spanish onions and dried tomato are particularly excellent paté ingredients. Include chilli or ginger to spice it up if you like that. You should not use more than 100 grammes (3-4 ounces) or so of seeds per person, so it works well to add in the minced vegetables with the seeds to bulk it up. Add more watery ingredients carefully so that the paté does not get sloppy.* Put everything together through a hand mincer or food processor. If you experiment you'll find your own favourite paté mixes.

With this paté recipe (and the dip recipes that follow) you can use carrot/cucumber/celery/ courgette(zucchini) sticks, lettuce/chicory leaves, cauliflower, broccoli, dehydrated crackers ... all sorts of things.

* Note: Ground Linseed is a great ingredient to use to thicken up savoury or sweet dishes alike, if they get a bit sloppy.

Raw Coleslaw

This is another dish that goes down well at parties and gatherings, and I've had many non-rawfooders tell me that my coleslaw is the best they ever had! Thinly slice white and / or red cabbage and red onion, add grated carrot and mix. Make a white dressing with sunflower, pumpkin and flax seed blended with water, apple cider vinegar, oil, lemon juice and garlic – adding some sundried tomato and / or red pepper to the blended sauce also works very well.



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Mix together and ideally leave to stand for a few hours before eating, though this is far from essential. Add chopped chives, coriander / cilantro and / or other herbs.

Real 'Salad Sandwiches'

Similar to the raw tacos ... Take any range of salad ingredients and savoury dishes and heap them into a large cabbage leaf, romaine lettuce leaf, kale leaf, chard leaf or whatever else may be available. Fold over or roll up and enjoy.

Basic Green Salad

Romaine or other lettuce leaves; sliced red onion; spinach, coriander / cilantro, etc if available; chopped or sliced avocado; alfalfa sprouts; other salad leaves fresh from the garden (rocket, saladini, etc); squeeze of lemon juice and simple dressing – mix it about a little then serve with other dishes. Yum.

Raw Mayonnaise - (thanks Matri & Lucho, Cana Dulce – www.permaculturacanadulce.org) blend together soaked sunflower seeds, with a little linseed, with water, garlic, olive oil and herb/sea salt.

SAVOURY DISHES FROM AROUND THE WORLD

CURRY DISHES

Chris' Raw Curry (thanks to Chris Kennett at Veggie Power - www.veggiepower.co.uk)

This can be a real eye-opener and taste-teaser for normal eaters and raw foodies alike. A genuine tasting, delicious raw curry... wow!

- Many ingredients: avocado, red or other onions (according to your taste preferences), chopped / grated carrots, some chopped cauliflower stem, some soaked dates (make a real difference), lemon juice, and any other chopped veg you feel like throwing in.
- Fresh coconut, or organic coconut butter / creamed coconut is a great addition;
- Spices and flavour: cumin seeds (the key to the genuine curry flavour), curry powder, ginger, garlic, chilli/cayenne, etc.
- Raw 'Rice' base**: cauliflower, chopped very fine or put through food processor or a hand mincer. Other white ingredients can also be used either with or instead of cauliflower, such as white cabbage or radish/mouli, as well as additional flavoring ingredients such as ginger, coriander/cilantro leaf, cumin seed.

Mix or hand mince the main curry ingredients, spices and flavours together, ideally by hand-mincer or using a food processor rather than a blender, so that you have lots of chunky bits. Finely chop the cauliflower using a hand-mincer or food processor, or finely chop by hand, to create the fine white 'rice' bed and then serve the curry on top or at the side, with other side dishes (e.g. cucumber) and garnished as you wish. It looks great and it's delicious!

Funky Raw Curry Sauce - can be used with raw rice** above (thanks to Rob, www.funkyrav.com)

- 2 sundried tomatoes (soaked)
- 4 tomatoes
- 1 carrot
- handful fresh coriander
- 1 wild garlic leaf (you can of course use shop bought garlic if you prefer!)
- 1/2 tsp dried coriander
- 1/2 tsp cumin
- 1/4 tsp fenugreek
- 1/2 tsp tumeric
- 1/2 tsp garam masala

Put all ingredients into your blender, including a little soak water from the dried tomatoes and blend.



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MEXICAN / SOUTH AMERICAN DISHES

Raw Tacos (Eco Med) (thanks to Matri and Lucho at Cana Dulce – www.permaculturacanadulce.org) - Chop up and mix together: Red pepper, red/spring onion or leek (a very strong flavour when raw, so use sparingly), shredded lettuce or other greens, diced tomato, coriander and / or parsley, avocado – a little olive oil and chilli are optional. You can make a sauce from blended seeds, fresh / sundried tomatoes, garlic, lemon juice, olive oil, etc. Scoop into a large cabbage or romaine lettuce leaf – or possible a large kale or chard leaf - fold over or roll up and enjoy.

January's Sprouted Quinoa Salads - this January is a lively long term UK raw food chef and teacher who does some amazing things with sprouted Quinoa! Quinoa is one of those fantastic foods that most people think you have to cook; but you don't. Soak it for a few hours, or overnight, then drain it off and you'll almost be able to watch those little sprouts grow before your eyes. Rinse and drain them once a day, and they are ready from 2 to 3 days, but don't last well beyond that. They are very healthy sprouts. January's Quinoa salads vary enormously and are always delicious: tomato, a little red onion, some seaweed, celery, a little lemon juice, some fresh herbs... whatever takes your fancy. The great thing about sprouting Quinoa (organic of course) is that it is so simple, quick and cheap, and a totally reliable basis for a sprouted salad.

TWO ITALIAN DISHES

Raw Lasagna (Seasonally Eco)

Slice courgette/zucchini into long strips to form 'pasta' slices. Make a blended sauce of tomatoes, olive oil and basil, with chopped red onion and a little mixed herbs added in – soaked dried tomatoes will make the sauce much richer; added herb salt / sea salt to taste.

Blend together soaked sunflower, pumpkin and flax seed, with garlic and a little oil to create a fine 'white' sauce. Mix soaked walnuts or sprouted lentils into the tomato sauce (chopped olives are another optional extra) and then layer this followed by white sauce and then 'pasta' two or three sets of layers deep. Ground linseed (or a little dried brewer's yeast) can be sprinkled on the top.

Raw Spaghetti and other Raw Pastas (Seasonally Eco)

It's possible to find specialized food slicers, graters, etc which enable you to make thin strings from courgette, squash and other vegetables (one is the rather expensive but fun Saladeco 'spiralizer'). With this you can make raw spaghetti creating a variation on the lasagna recipe above. You can experiment with grating, slicing and chopping these vegetables in different ways to make various pasta dishes. Basil and pine nuts can be blended together to make a raw pesto.

ORIENTAL DISHES

Sushi (thanks to Matri & Lucho at Cana Dulce – www.permaculturacanadulce.org) Soak pumpkin seeds overnight, then blend into a thick mix with with stoned olives, a little lemon juice, olive oil, and tamari, as well coriander / cilantro, some red pepper and ground black pepper. Paste the mix on Nori sheets and then add a thin layer of grated carrot, finely chopped red onion and celery. Roll it all up, leaving an uncovered edge of Nori to seal the roll with a little water. Slice into pieces and serve. Grate any white vegetable for a rice effect.

Noodle dishes can be easily created with the help of a 'spiraliser' used on courgettes, parsnip, daikon or other white vegetables. Mung **bean sprouts**, and many other sprouts, can be used in a wide range of dishes. **Sweet and sour sauces** can be created by blending soaked dates, lemon juice, apple cider vinegar, sweet pepper and sundried tomatoes, with a variety of other ingredients added to vary the sweet and sour flavour.

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MIDDLE EASTERN DISH

Raw Chickpea Humous

Organic dried chickpeas, soaked overnight and then sprouted for between 1 and 3 days. Use a hand mincer / blender / food processor to combine chickpeas and garlic, and some water if using the blender. Then mix in lemon juice and olive oil. Depending on what I have available, and who I'm preparing it for (i.e. those who are on a 'normal' diet tend to want a bit more of the salty flavours).

Other tastes you can add to the humous:

- Salty element (desirable for many, but not essential): celery or chard stalks, seaweed, dried tomatoes, miso, tamari – or if you are still using salt then good quality seasalt.
- Seeds: linseed/flax, ground sesame (not soaked before hand), sunflower, hemp, pumpkin (ideally soaked before hand) – or if you prefer you can add tahini (ideally raw, but which normally is difficult to obtain raw).
- Chopped herbs to mix in or sprinkle on top when blended or minced.
- Chilli (preferably fresh raw or sundried), ginger or other hot ingredients to spice it up when I feel like it.
- Finely chopped tomato and/or onion can be added on some days.
- Sometimes, if I'm a bit low on chickpeas and it needs filling out, or if I fancy a flavour change, I might add some carrot, squash/pumpkin or parsnip.

Humous is a delicious and cheap base for salads in cooler climates, where avocados (which are another favourite base for salad dishes) might be out of the price range and ecologically less desirable (due to their 'food miles') – and it's also great for warmer climates. It is great with dips, with salads or in 'real salad sandwiches' – humous and other ingredients rolled up or folded in a spring cabbage, Romaine lettuce or kale leaf.

RAW SOUP

Gaspacho

Blend together lots of tomatoes with celery, garlic and coriander, as well as olive (or flax) oil or a bit of avocado for a thicker soup. Finely chopped red onion can also be added.

SUNDRIED (IN A WARM CLIMATE) OR DEHYDRATOR DISHES

A dehydrator is very much an option, and not an essential. It can be helpful for getting to 50:50 raw, or in transition to a high raw diet.

Flax / Mixed Seeds Crackers - Proportions: 1 cup soaked flax seeds (or a mixture of seeds – pumpkin, sunflower and flax), blended with carrot and / or celery, mixed with 1 cup ground dry flax seeds and finely chopped red onion / chives – key extra ingredients are sundried tomatoes and red/yellow sweet pepper. Add herb salt, pepper, etc. to the mix according to taste, and dehydrate overnight. You can make much larger quantities to keep in an air tight container for several days / 1 week.

A CULINARY TIP – TWO VERSIONS OF 'THE 5 TASTES'

This secret of success is evidently part'n'parcel of the conventional culinary arts, as well as raw foods cuisine.

- Victoria Bountenko's recipe success is based significantly on combining five key flavours, in very varying mixes, from savoury dishes to sweets. Those five flavours are: Sweet, Sour, Salty, Spicy and Bitter;
- A variation on this (promoted by Holly Paige in the Funky Raw network) is to combine the following: Fat, Salty, Acid, Pungent (e.g. cumin), Sweet.

The point is that if all these tastes are included as elements of a dish then all the tastes are stimulated and satisfied by the meal.

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OTHER SAVOURY DISHES FOR ANYWHERE AND EVERYWHERE

Turner's Field T'rific Green Salad (Eco) - the idea of this recipe is that once you've read this book you'll go out and grow a whole lot of these plants in your garden, allotment, window box, a friend or any place you can get your hands on. This salad involves walking round the garden, preferably barefoot, picking all or any of the following that can be combined into a green salad of unbelievable vibrancy and deliciousness! It's also great to take children round to help you, giving them the chance to taste (with care, as some tastes are strong) and see each of the plants as you go:

- Rocket, perpetual spinach, perennial onion leaves, perennial or annual broccoli (leaves and/or sprouts), perennial or annual kale, chives, lemon balm, sorrel, landcress, lovely lovage, parsley, *Peltaria*/garlic cress, campanula, sweet cicely, fennel, thyme, garlic chives, leek leaves, dandelions, with some finely chopped sage or rosemary, and if its spring or early summer ransoms and hedge garlic (Jack-by-the-Hedge), oriental salad leaves and so on. That's what I call a salad!

And if you want a lettuce then Romaine is great, or try Black Seeded Simpson's for something more unusual. The final vital and vibrant ingredient that gives it that special touch is a few (or loads!) of whatever flowers are available: borage, calendula, chives, mallow, lavatera, nasturtiums, and so on (most of you will probably want to remember to shake the little bugs out of the flowers as you go!). There is nothing quite like a flower-festooned salad to bring beauty to the meal.

A DIFFERENT KIND OF RECIPE FOR SALAD SUCCESS

Take the seeds of a wide range of perennial and self-seeding salad plants – these might be rocket, lettuces, endive/chicory, kale, tomatoes, perennial spinach, chard, oriental salad greens (Mitsuna or mustard greens), celery, lovage, etc. (see forest garden and permaculture sections for easily grown perennial veg), and add some seeds of edible flowers such as nasturtiums, mallow and calendula. Sprinkle these lightly in appropriate parts of the garden, in large pots or in window boxes. Add water. Add more water according to climatic needs on the days following the day of sowing and then as needed during the growth of the plants. Leave in the sun for 2 to 4 months, and then harvest and eat with some of the other fabulous recipes detailed above.

SWEET DISHES

If you are trying to encourage a health creating diet, then knowing a few good raw sweet dishes is especially useful. However, recognise that these dishes should not be used to reinforce unhealthy patterns of behaviour, when they are not such healthy food combinations themselves. For me, the very best sweet dishes are the simplest – fruits on their own!

Devin's Pie (thanks to Devin) - Like Chris's Curry, the legend of Devin's Pie has spread far and wide – although many raw food recipe books also have one or several variations of the raw pie! The raw pie is great fun to make because you get to lick all the sweet stickiness of the dates off your fingers! Essential ingredients for this recipe are:

- Dates and almonds are best for the base, sunflower seeds and raisins are good too, although other nuts and seeds can be used.

- Various fruits for the filling, with avocado and banana being great staples for this. Fruits that are 'pretty' either sliced or whole to place on the surface (kiwi, apple, orange, strawberry, grapes, raspberries, etc.).

Mince and mix the dates and almonds (preferably soaked beforehand) in a hand mincer or a food processor; sunflower, hemp, walnuts, linseed, etc can also be added. Press this sticky base firmly into a dish (lightly running over the dish with avocado or cold pressed olive oil before to help when serving it!). Keep the avocado separate, mixing it with some lemon juice. Blend together all or any of the following: banana, pear, apple, mango, cherimoya, and so on. Finely ground linseed will help to thicken up the filling or bind the base, but it is not essential). Pour this fruit mix into the base first, then spread the mashed / blended avocado layer on top of it.

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Slice the 'pretty' fruits finely and lay them on top of the fruit filling to finish off; one or several carefully placed flowers will also add to the 'wow' factor when its brought on to the table. You might need to keep a second one hidden away just in case your life's in danger for not providing second helpings...! You can try all sorts of fruit mixes, including blackberry and apple pie for example or a summer soft fruit pie. Hazel nuts and walnuts can be used as a base also.

Delicious Lemon Pie (thanks to Veronika) - make an almond or other nut base, using dates or raisins to gain the appropriate consistency with the nuts (as per Devin's Pie above). Press the base into a flan dish or a plate (rub oil or avocado lightly on the dish to prevent the base from sticking). Blend together the juice of several lemons with a handful of dates and a little fruit (such as nectarines or peaches), and also include some lemon rind in the blend. Glaze the base with the lemon-date mix, place a layer of sliced fruit on top of this, and then glaze with a second layer of the mix. Absolutely delicious! It's the lemon rind that does it!

Raw Chocolate - well, if the western world *is* addicted to chocolate – and it is – then raw chocolate is a way to work with the nature of that reality, and use the addiction as positively as possible. However, some within the raw food movement appear to have a less than balanced relationship with raw chocolate - but given the addiction, not surprisingly, raw chocolate bars and dishes have become very popular. My favourite variation on raw chocolate includes the option of including orange or lemon peel in a mix that is primarily made up of dried seeds and dried fruit:

- ¼ cup raw cacao powder and / or nibs
- ½ cup sunflower and / or pumpkin seeds – almonds or walnuts can also be used
- ¼ linseed / golden flax seed
- 1/4 cup cacao butter (white) and cacao mass (dark), grated (can also be partly coconut butter)
- Approx 1/3-1/2 cup raisins / figs / dates (vary to taste)

Other possible additions include :

- Orange and / or lemon peel – approx 1 tsp (optional)

Process: using a good blender, vitamix or masticating juicer, process all the dry ingredients together, add in the dried fruit and grated raw cacao butter / raw cacao mass. Don't over blend as it will get too hot. Remove and form into a block in a dish / container and leave in fridge / cool place for 1-2 hours.

For a super-nutrition version, using superfoods, and want something deliciously nutritious for kids, partners or friends, you can add any or all of the following: goji berries, approx. 20 drops of Marine Minerals' liquid ionic trace minerals or two Marine Minerals Lightning tablets, 1-2 tsp of maca powder, 1-2 tsp mesquite powder, 1-2 tsp green superfoods powder, etc.

Lexi's Green Pudding (thanks to Tish)

This is Lexi's pudding in the sense that she loves eating it as well as making it... at least she did when she was five when the first edition of this book was written. It's very simple, and delicious. Just take two avocados, two bananas and the fresh juice of either two oranges or two apples, and blend them all together, dole it out and then eat it. Yum. Oh, yes, and please try to remember to leave some for the kids! To add an extra dimension to the nutritiousness you can add a spoonful of spirulina. To vary the flavour another option is to add a spoonful of carob powder.