

FREE Raw Food Recipes



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FREE Raw Food Recipes



CONGRATULATIONS

Thank you for downloading Raw Blend's **FREE Raw Food Recipes eBook** and congratulations for being committed to improving your health and wellbeing.

Life in the fast lane, often leaves us all burning the candle from both ends as we place ourselves at the bottom of the 'to do list.' Busy, modern day lifestyles have us all searching for foods deemed "quick," "easy," and "cheap." However, we often forget that sometimes these "easy" food choices are often packed with lots of nasties our bodies don't need – like flavour enhancers, food colourings, chemicals and preservatives.

At Raw Blend we encourage you to start eating more Raw Foods, a diet full of natural colour with lots of beautiful fresh produce. Supercharge your health by adding more fruit, more vegetables and more dark leafy greens into your diet with our delicious, yet nutritious recipes. Eating healthy doesn't have to be boring – in fact it's super tasty when you know how and the benefits you experience will help you make some positive health changes – that you will keep for life.

These **Free Raw Food Recipes** are full of delicious energy boosting breakfast recipes, easy and flavour-some lunch & dinner recipes, as well as some dangerously, delightful, dessert options that will leave you craving for more. A Vitamix or a similar high powdered blender is required for most recipes in this eBook.

Making changes to your existing diet can be very challenging so we recommend finding a blending buddy to share in your favourite recipes and the amazing health benefits you experience from eating cleaner, healthier food. We truly appreciate your feedback and comments so please come and say hi on our [Facebook page](#) and please let us know how you are enjoying our **Free Raw Food Recipes**.

Happy Blending!

Tommy Nicholas
National Sales Manager



Green Smoothies



Green Smoothies are jam packed full of goodness and are a fantastic way to ensure we get as many greens and nutrients into our diet as possible.

You would never sit down at breakfast and eat a bag full of spinach or kale - it would taste horrible and you would be chewing on it all day. However, if you mix greens with some sweet fruit in your blender it's not only going to taste amazing, you will also get the nutrition your body is craving.

Here you will find a list of our favourite **Green Smoothie** Recipes. Happy Blending!



Show Signature Green Smoothie



Makes: 1.5–2 Litres

Serves: 2-4

Ingredients

- 1 handful green seedless grapes
- 1 slice honeydew melon (with seeds)
- 1 orange (peeled)
- 1 whole green apple (quartered)
- 1 slice pineapple (with core)
- 1/2 banana (peeled)
- 1 stick celery (with leaves)
- 1-2 cups spinach leaves
- 1 handful parsley
- 2 cups ice



Method

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase speed to 10, then High.
3. Use tamper to press ingredients into the blades.
4. Blend for 60-90 seconds or until smooth and serve.

Notes

This recipe can be reduced by half and made in a Vitamix 0.9L Wet Container.

Avocado Green Smoothie



Makes: 0.5 - 1 Litre

Serves: 1-2

Ingredients

- 1 cup filtered water
- 1/2 avocado, no skin
- 1/2 green apple, with skin
- 1 banana (peeled)
- 1 orange (peeled)
- 1 lemon (peeled)
- 1/2 lime (peeled)
- 1 big bunch parsley

Method

1. Place all ingredients in your Vitamix in the order listed above.
2. Select Variable 1. Turn the machine on and quickly increase speed to 10, then High.
3. Use your tamper to push ingredients onto the blade.
4. Blend until smooth and serve.



It's Easy Being Green Smoothie



Makes: 1.5 - 2 Litres

Serves: 2-4

Ingredients

- 2 handfuls kale
- 2 handfuls parsley
- 2 handfuls baby spinach
- 1/2 cucumber
- 1-2 slices pineapple (with core)
- 2 slices honeydew melon (with seeds)
- 1 whole apple (quartered)
- 1 whole pear (halved)
- 1-2 cups ice cubes
- 1/2 cup water



Optional

- 1 tsp Spirulina
- 1 tsp organic honey
- 1 tbsp LSA mix

Method

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase speed to 10, then High. Use tamper to press the ingredients into the blades if required.
3. Blend for 60-90 seconds or until smooth.

Notes

This recipe can be reduced by half and made in a Vitamix 0.9L Wet Container.

Passion For Green Smoothie



Makes: 1.5 Litres

Serves: 2-4

Ingredients

- 1 fresh coconut (flesh and juice only)
- 1/2 lemon (peeled)
- 1 pear (cut in half)
- 2 small passion fruits (pulp only)
- 4 pitted dates
- 1 scoop Lariese purely organic hemp protein powder
- 2 Tbsp chia seeds
- 1 tsp cinnamon
- 100g spinach
- 1 small banana (peeled)
- 2 cups ice

Method

1. Add all ingredients to your Vitamix and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase the speed to 10, then to High
3. Use your tamper to press the ingredients into the blade
4. Blend for 45-60 seconds or until smooth and serve.



Lime Green Detox Smoothie



Makes: 1 Litre

Serves: 1-2

Ingredients

- 1/3 cup filtered water
- 1 banana (without peel)
- 1 lime (peeled)
- 1/3 cucumber
- 2 leaves kale
- 1 handful parsley
- 1-2 cups ice

Method

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase the speed to 10, then high.
3. Use tamper to press ingredients into blade.
4. Blend for 45-60 seconds or until smooth.



Superfood Smoothies



Superfoods are nutrient powerhouses. They contain massive amounts of antioxidants, vitamins and minerals that help to keep our body and mind healthy and feeling amazing.

Superfoods have been said to have some fantastic health benefits including but not limited to helping with stress, digestion, joints, heart health and helps to give your skin a glowing, radiant complexion. Who doesn't want these benefits, right?

Here are some of our favourite **Superfood Smoothie** recipes for you to try at home.

Please note: we have a large range of **Superfoods** available for purchase on our website at: www.rawblend.com.au



Blueberry Superfood Smoothie



Makes: 0.5 - 1.5 Litres

Serves: 1-2

Ingredients

- 1 cup home made almond milk
- 1 banana (peeled)
- 1/2 cup frozen blueberries
- 1/2 cup organic rolled oats
- 1 Tbsp chia seeds
- 1 tsp spirulina
- 1 cup ice



Optional

- 1 tsp organic honey

Method

1. Put all the ingredients into the vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase the speed to 10, then high.
3. Use tamper to press the ingredients into the blade
4. Blend for 40-60 seconds or until smooth.



Orange Protein Smoothie



Makes: 1 Litre

Serves: 2

Ingredients

- 2 whole oranges (peeled)
- 1 pear or banana (peeled)
- 1 cup or unsweetened almond milk or water
- 2 Tbsp vanilla pea protein powder
- 2 tsp chia seeds
- 1 tsp bee pollen
- 1 cup ice

Method

- Place all ingredients into your Vitamix in the order listed above and secure your lid.
- Select Variable 1. Turn the machine on and quickly increase the speed to 10, then High.
- Use your tamper well to push ingredients down to the blade.
- Blend until really smooth.



Super Cacao Healthy Milkshake



Makes: 0.5 - 1 Litre

Serves; 1-2

Ingredients

- 1 cup home made almond milk
- 3 tbsp. cacao nibs
- 1 banana (peeled)
- 5 strawberries
- 1 Tbsp goji berries
- 1 tsp chia seeds
- 1/3 vanilla bean stem
- 1 cup ice

Optional

- 1 tsp organic honey

Method

1. Put all ingredients into your Vitamix in the order listed above and secure the lid.
2. Select Variable 1. Turn machine on and quickly increase speed to 10, then High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 40-60 seconds or until smooth.

Notes

This recipe can be reduced by half and made in small containers.



Meal Replacement Smoothie



Makes: 750ml

Serves: 1 (as a meal replacement when you are on the run!)

Ingredients

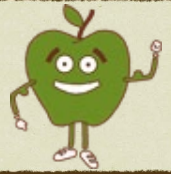
- 250ml Natural Raw C Coconut Water
20 calories
- 1 banana (peeled)
100g banana contains about 89 calories
- 1 cup frozen blueberries
1 cup - 148g about 85 calories
- 1 cup whole strawberries
(100g - 33 calories)
- 1 cup spinach (chopped)
(1 cup - 7 calories)
- 1 Tbsp ground flax seeds
(3 calories)
- 2 tsp Green Superfoods Powder
(20 calories)
- 6 drops liquid stevia
- 1/2 cup ice



Method

1. Place all ingredients in order as listed above into your Vitamix and secure the lid.
2. Select Variable 1. Turn your machine on and quickly increase speed to 10, the High.
3. Use your tamper to press ingredients into the blade.
4. Blend until smooth!

Protein Hit Smoothie



Makes: 0.5 - 1 Litre

Serves: 1-2

Ingredients

- 1 cup unsweetened almond milk
- 1 cup strawberries
- 2 scoops vanilla pea protein powder
- 1 tsp chia seeds
- 1 tsp greens powder
- 1 handful of spinach
- 1 peach (without seed)
- 1 cup ice

Method

1. Place all ingredients into your Vitamix in the order listed above and secure the lid.
2. Select Variable 1. Turn on machine and quickly increase speed to 10, then High.
3. Use your tamper to press ingredients into the blade if needed.
4. Blend until smooth and enjoy!





Making **soups** in a Vitamix machine is fast, easy, delicious and packed full of goodness.

When you cook a soup on the stove - the lovely aroma you smell is actually the flavour and goodness being cooked out of your soup. When you make soup in the Vitamix you are not boiling the soup on the stove for hours and as a result, you are not destroying the enzymes in the food - you gain maximum nutrition and flavour.

When making our **soup recipes** we try to source the freshest, organic produce. We wash our vegetables but we don't peel them, this gives us 100% nutritional value. Much of the good nutrition is actually found in the parts we usually throw away - the seeds and peels.

We also know that people today have limited time so these recipes are super fast and easy to make without compromising on taste. In the same time it takes you to drive through your local fast food restaurant, you can now easily make a soup at home in your Vitamix Blender.

We have put together for you some of our most popular **soup recipes** that will leave your dinner guests coming back for more. Bon appetite!



Thai Ginger Soup



Makes: 1 - 1.5 Litres

Serves: 4

Ingredients

- 2 cups spring water
- 1 slice red capsicum
- 1 medium carrot
- 1 stick celery (with leaves)
- 1 yellow squash
- 1 shallot/spring onion (with root)
- 1 handful cabbage
- 1 slice lemon (with peel and seeds)
- 1/2 apple (with peel and seeds)
- 2 handfuls cashews
- 1 fingertip fresh ginger root (with peel)
- 1 clove garlic with skin
- 1 small handful coriander
- 1 tsp Herbamare or a Massel stock cube
- Pinch Himalyan rock salt & pepper



Optional

- 1/4 jalapeno or chilli (with stems and seeds)
- Garnish with some coriander and cracked pepper

Optional Chunky Style *(Blend on variable 6 for 10 seconds)*

- Handful cabbage
- Cooked quinoa, rice or lentils

Method

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase speed to 10, then High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes

- If using hot water, run only for 1-2 minutes.
- This recipe can be reduced by half and made in small containers.
- Raw Foodists like to only heat their soup to about 45 degrees so no enzymes are lost.

Tomato & Basil Soup



Makes: 1 - 1.5 Litre

Serves: 4

Ingredients

- 2 cups spring water
- 3 whole tomatoes
- 1 shallot/spring onion (with root)
- 1 stick celery
- 1/2 carrot
- 1 handful cabbage
- 1/4 red capsicum
- 1-2 handfuls cashews
- 1 handful basil (with stalk)
- 1 garlic clove
- 1-2 tsp Herbamare/ sea salt or a Massel stock cube
- Pinch Himalyan rock salt & pepper



Optional

- One slice of ginger (with peel)
- 1/4 jalapeno or chilli (with stem and seeds)
- Garnish with some thin slices red capsicum and fresh basil leaves

Optional Chunky Style *(Blend on Variable 6 for 10 seconds)*

- 1/2 tomato
- 1 handful basil

Method

1. Put all ingredients into Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase speed to 10, then High. Use tamper to press ingredients into the blades if required.
3. Blend for 4- 6 minutes or until soup reaches desired temperature.

Notes

- If using hot water, run only for 1-2 minutes.
- This recipe can be reduced by half and made in small containers.
- Raw Foodists like to only heat their soup to about 45 degrees so no enzymes are lost.

Beautifying Beetroot Soup



Makes: 1 - 1.5 Litres

Serves: 4

Ingredients

- 2 cups room temperature water
- 2 beetroots (peeled)
- 2 whole tomatoes
- 8 strawberries (with stem)
- 5 shallots/spring onion stalks (without root)



Method

1. Put all ingredients into Vitamix container in the order listed above and secure the lid.
2. Select Variable 1. Turn the machine on and quickly increase speed to 10, then High.
3. Use your tamper to press the ingredients onto the blade if required
4. Blend for 4- 5 minutes or until desired temperature reached.

Notes

- If using hot water run for only 1- 2 minutes.
- Raw Foodists like to only heat their soup to about 45 degrees so no enzymes are lost.
- This recipe can be reduced by half and made in a Vitamix 0.9L Wet Container.



Chilli & Lime Soup



Makes: 1 - 1.5 Litres

Serves: 4

Ingredients

- 2 cups room temperature water
- 1 small slice lime (with peel)
- 1 small slice hot red chilli
- 2 medium carrots
- 2 small tomatoes
- 1/2 a stick celery
- 1/2 small yellow squash
- 1 slice red capsicum
- 1 small piece zucchini
- 1 shallot/spring onion (with root)
- 1 small handful cabbage
- 1 clove garlic (with peel)
- 1 Massel stock cube
- Pinch Himalyan rock salt & pepper



Optional Chunky Style *(Blend on variable 6 for 10 seconds)*

- 1/2 tomato
- 2 handfuls organic corn chips

Method

1. Place ingredients into Vitamix container in the order listed above and secure the lid.
2. Select Variable speed 1. Turn on machine and quickly increase speed to 10, then High.
3. Use tamper to press ingredients into the blade if required.
4. Blend for 4- 6 minutes or until soup has reached desired temperature.

Notes

- If using hot water, run only for 1-2 minutes.
- Raw Foodists like to only heat their soup to about 45 degrees so no enzymes are lost.
- This recipe can be reduced by half and made in a Vitamix 0.9L Wet Container.

Pumpkin & Chestnut Soup



Makes: 1 - 1.5 Litres

Serves: 4

Ingredients

- 2 cups spring water
- 2-3 cups butternut pumpkin (peeled, seeded & chopped)
- 1 carrot (whole)
- 1/2 shallot stick
- 1/2 celery stick
- 1/4 zucchini
- 10 chestnuts (without shell)
- 1 stock cube (Massel)
- 2 leaves basil
- 1 small sprig parsley
- 1/2 sprig rosemary
- 1/2 sprig thyme
- Pinch Himalyan rock salt & pepper



Method

1. Place ingredients into Vitamix container in the order listed above and secure the lid.
2. Select Variable speed 1. Turn on machine and quickly increase speed to 10, then High.
3. Use tamper to press ingredients into the blade if required.
4. Blend for 4- 6 minutes or until soup has reached desired temperature.

Notes

Chestnuts can be purchased (peeled and frozen) from some grocery outlets when out of season. Cashews, macadamias or any other nut can be substituted.

Ice Cream



You can make hundreds of different frozen desserts in your Vitamix Blender.

Gelato, sorbet, traditional **Ice Cream**, fat free, sugar free, dairy free.. whatever you decide.

Next time you're at the supermarket take a moment to have a look at the **Ice Cream** label, you'll see a long list of ingredients of nasty chemicals and preservatives - it's concerning what food corporations get away with putting into our food.

Our home made **Ice Cream** recipes are free from of all these nasty chemicals and packed with nutrition and most importantly - taste. We control what we put into our Vitamix and therefore control what we put into your bodies. We have decided to share with you some of our most popular and delicious **Ice Cream** recipes for you to try at home!



Salted Caramel & Banana Ice Cream



Serves: 2-4

Ingredients

- 1/2 banana (peeled)
- 1/2 cup dates (pitted)
- 1/4 cup macadamia nuts
- 1 Tbsp honey
- Pinch Himalayan rock salt
- 2-3 cups ice

Method

1. Put all the ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1. Turn the machine on and quickly increase the speed to 10, then to High.
3. Use tamper effectively to press the ingredients into the blades. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
4. Stop the machine. Serve immediately.



Notes

Do not over-mix or the ice cream will begin to melt.

Pineapple Ice Cream



Makes: 0.5 - 1 Litre

Serves: 2-4

Rule = 1 part liquid to 3 parts frozen fruit

Liquid Ingredients

(Select only 1 ingredient from list below)

- 1/2 cup vanilla or plain yogurt
- 1-2 bananas (peeled)
- 1/2 cup milk (nut, rice, soy, oat)

Frozen Ingredients

- 500g frozen pineapple (with core)

Optional Ingredients

- 1 Tbsp organic honey or sweetener
- 1/2 frozen banana



Method

1. Put all the ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1. Turn machine on and quickly increase the speed to 10, then High.
3. Use the tamper effectively to press the ingredients into the blades. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
4. Stop machine. Serve immediately & enjoy!

Notes

Do not over-mix or the ice cream will begin to melt.

Strawberry Ice Cream



Makes: 0.5 - 1 Litre

Serves: 2-4

Rule = 1 part liquid to 3 parts frozen fruit

Liquid Ingredients

(Select only 1 ingredient from list below)

- 1/2 cup vanilla or plain yogurt
- 1-2 bananas (peeled)
- 1/2 cup milk (nut, rice, soy, oat)

Frozen Ingredients

- 500g frozen strawberries (with stem)

Optional Ingredients

- 1 Tbsp organic honey or sweetener
- 1/2 frozen banana



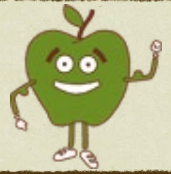
Method

1. Put all the ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1. Turn machine on and quickly increase the speed to 10, then High.
3. Use the tamper effectively to press the ingredients into the blades. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
4. Stop machine. Serve immediately & enjoy!

Notes

Do not over-mix or the ice cream will begin to melt.

Blueberry Ice Cream



Makes: 0.5 - 1 Litre

Serves: 2-4

Rule = 1 part liquid to 3 parts frozen fruit

Liquid Ingredients

(Select only 1 ingredient from list below)

- 1/2 cup vanilla or plain yogurt
- 1-2 bananas (peeled)
- 1/2 cup milk (nut, rice, soy, oat)

Frozen Ingredients

- 500g frozen blueberries

Optional Ingredients

- 1 Tbsp organic honey or sweetener
- 1/2 frozen banana

Method

1. Put all the ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1. Turn machine on and quickly increase the speed to 10, then High.
3. Use the tamper effectively to press the ingredients into the blades. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
4. Stop machine. Serve immediately & enjoy!

Notes

Do not over-mix or the ice cream will begin to melt.



Orange Sorbet



Makes: 1.5 - 2 Litres

Serves: 2-4

Ingredients

- 1 orange (peeled)
- 1/2 carrot
(for food colouring)
- 1/4 cup raw sugar
(or other sweetener eg. honey)
- 3-4 cups ice

Optional Ingredients

- 1/4 cup powdered milk
(or milk substitute)
- 1 small handful cabbage
(stealth health)



Method

1. Put all the ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1. Turn machine on and quickly increase the speed to 10, then High.
3. Use the tamper effectively to press the ingredients into the blades. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
4. Stop machine. Serve immediately & enjoy!

Notes

Do not over-mix or the ice cream will begin to melt.

Dips & Spreads



Vitamix is the most amazing kitchen tool you can have on your kitchen bench at home.

Not only can it help you prepare a three course meal for your friends and family but it can also help you create some of the tastiest **Dips & Spreads** ever imagined.

These **Dip & Spread** recipes are guaranteed to be a hit at your next party or gathering.

Happy Blending!



Spicy Capsicum Dip



Makes: 2 cups

Serves: 4

Ingredients

- 1/2 large red capsicum (seeds & stem removed)
- 1 avocado (peeled no pit)
- 1 cup macadamia nuts
- 1-2 hot chillies (depending on how spicy you like it)
- Beetroot 3cm x 3cm cube (peeled)
- Juice 1/2 - 1 lemon
- 1 clove garlic (peeled)
- Generous crack Salt & Pepper (to taste)



Method

1. Place all of the ingredients into the Vitamix Wet container in the order listed and secure the lid.
2. Select Variable 1. Turn machine on and increase speed to variable 10. Then to High.
3. Use Tamper to press the ingredients into the blades.
4. Blend for 5-10 seconds. The mixture should be blended through but still remain a thick consistency.
5. Stop the machine and serve.

Notes

Do not over-mix. Leave chunky. Serve with tortilla chips.

Kale Walnut & Chilli Pesto



Makes: 2 cups

Serves: 4

Ingredients

- 3/4 cup quality olive oil
- 2 cups tightly packed kale
- 1 cup tightly packed basil
- 3/4 cup walnuts (or pine nuts)
- Juice of 1 lemon
- 1 clove garlic (peeled)
- 1/2 hot birds eye chilli (optional)
- Pinch salt & pepper to taste



Method

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and increase the speed to variable 7.
3. Use tamper effectively to press the ingredients into the blades.
4. Blend for 30-60 seconds or until desired consistency is reached.
5. Stop the machine and serve.

Notes

Recipe yields enough sauce to coat 500 grams of pasta.

Summer Salsa



Makes: 2 cups

Serves: 4

Ingredients

- 5 Roma tomatoes (quartered)
- 1/2 spring onion
- 1/4 red capsicum (seeded)
- 1 clove garlic (peeled)
- 1/2 red chilli or jalapeno
- 1 handful coriander
- 2 tsp lemon/lime juice
- Pinch salt & pepper



Method

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and increase the speed to variable 3.
3. Use tamper effectively to press ingredients into the blades.
4. Blend for 10-20 seconds or until desired consistency is reached.

Notes

Do not over-mix. Leave chunky. Serve with tortilla chips.

Rose & Mary's Garlic Nut Butter



Makes: 2 cups (500ml)

Serves: 4

Ingredients

- 2-3 cups roasted peanuts
- 1 garlic clove
- 8-10 sprigs rosemary (without stems)

Optional Ingredients

- Salt for flavour
- Add chilli for spicy hit



Method

1. Pour nuts into the Vitamix container and secure lid.
2. Select Variable 1. Turn machine on and increase speed to Variable 10, then to High, using the tamper to push the ingredients into the blades.
3. In 1 minute, you will hear a high pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change from a high pitch to a low labouring sound.
4. Stop the machine and serve.

Notes

Store in an airtight container. It can also be frozen for longer storage.

Will keep in the fridge for 3-4 weeks.

Please note: this recipe is not classified as raw as the peanuts are roasted.

Olive Spinach Tapenade



Makes: 1 ½ cups

Serves: 4

Ingredients

- 1 ¼ cups of pitted olives
(we used quality pitted Kalamata's)
- 1 tightly packed cup spinach
- 1/3 cup olive oil
- 2 small garlic cloves
- Himalayan sea salt and pepper
(to taste)



Method

1. Place all your ingredients into your Vitamix and turn your variable speed to 1 and pulse on and off about 10 times.
2. Turn the variable speed up to 3 and blend until it forms a nice chunky tapenade
3. You may need to use your tamper to help form the 4 peaks.
4. Stop the machine and serve.





We will keep this section short and sweet... very sweet...

Raw Dessert Recipes... amazing, healthy, delicious & guilt free!

Yes please! Yum! Mmmmmmmmm!!

These are some of our favourites **Raw Dessert** recipes, we hope you love them as much as we do. Happy Blending!



Chocolate, Rosemary & Sea Salt Fondue



Makes: 2 cups

Serves: 4-12

Ingredients

- 125ml spring water
- 1 cup raw cashews
- 180g dark chocolate
- 3- 5 sprigs rosemary (without stem)
- Good pinch of rock salt

Method

1. Put all the ingredients into the Vitamix container In the order listed and secure the lid.
2. Select Variable 1. Turn machine on and increase the speed to 10, then to High.
3. Use the tamper immediately and effectively to press ingredients into the blades.
4. Continue to use the tamper whilst blending for 2½-3 minutes or until steaming hot. Stop the machine and serve.



Raw Lemon Tart



Makes: 1 tart

Serves: 8-10

Ingredients Crust

- 1 cup finely shredded dried coconut
- 1 cup almond meal
- 6-8 medjool dates (pitted)
- 1/2 tsp organic vanilla paste
- 1/4 tsp sea salt

Ingredients Lemon Filling

- 1/4 cup very hot filtered water
- 1 Tbsp flaked agar agar
- 1/2 cup lemon juice
- Zest of 1 organic lemon
- 1 Tbsp raw coconut nectar
- 1 tsp pure vanilla extract
- 3 Tbsp raw coconut butter
- 1 Tbsp raw coconut oil



Method Crust

1. Place all crust ingredients into your 2L Vitamix container and secure the lid.
2. Select Variable speed 1. Turn your machine on and immediately turn variable speed to 10, then to High. Use your tamper to press all ingredients into the blade and blend until the ingredients are starting to hold together, forming a rough dough.
3. Press the mixture into a lined cake tin. Make sure to mould up the sides about 2cm so you can fill it with the lemon mixture.
4. Place your crust into a dehydrator and dehydrate for about 6 hours at 43 degrees Celsius. If you don't have a dehydrator you can set the base in the freezer for about an hour.

Method Lemon Filling

1. Place the agar agar into a bowl and dissolve with about 2 Tbsp of very hot filtered water. Once dissolved, let cool to room temperature and then add it to your 2L Vitamix wet container along with the 1/4 cup hot water, lemon juice, lemon zest, coconut nectar, vanilla extract, coconut butter and oil.
2. Select Variable speed 1. Turn machine on and quickly increase speed to 10, then to High.
3. Use your tamper to push ingredients down to the blade. Blend until smooth.
4. Pour the Lemon filling into the prepared crust and place in the fridge for about 4-6 hours or until set and chilled. Garnish with strawberries and kiwi fruit.

Raw Choc - Cherry Slice



Makes: 1 family block

Serves: 4-10

Ingredients

- 1 cup melted coconut oil
- 1/4 cup coconut nectar
- 4 Tbsp cacao powder
- Handful shredded coconut
- Large handful frozen cherries
- Large handful raw pistachio nuts



Method

1. Mix the coconut oil, coconut nectar, cacao powder and shredded coconut in a bowl until smooth.
2. Line a small glass baking dish with some baking paper and evenly distribute cherries and pistachio nuts along the bottom.
3. Pour the chocolate mix all over the cherries and pistachio nuts and then pop in the freezer for about an hour to set.
4. Keep in the freezer between serves.



Sesame Seed Bar



Makes: 1 large slice

Serves: 4-10

Ingredients

- 2 cups sesame seeds
- 1 cup goji berries
- 1/2 cup shredded coconut
- 1/2 cup ground flaxseeds
(we used Vitamix Dry Container)
- 1/2 cup tahini
- 1/4 cup coconut oil
- 1/3 cup maple syrup or raw honey
- 1 tsp vanilla paste
- 3/4 tsp Himalayan rock salt



Method

1. Add all ingredients into a large bowl and combine really well.
2. Line slice tray with some baking paper and press mixture firmly down into a large dish.
3. Cover and freeze for at least 1 hour. Bars should always be kept in the freezer and eaten when chilled.



Raw Vanilla Drop Cookies



Makes: 8-10

Serves: 2-5

Ingredients

- 2 cups dried, shredded coconut
- 1/2 cup tahini
- 1/2 cup raw coconut nectar
- 1/2 cup coconut oil (liquid)
- 1 tsp pure vanilla extract (or 1 vanilla bean)
- 1 pinch ground cinnamon
- 1/2 teaspoon celtic sea salt



Method

1. Add all ingredients into a large bowl except the shredded coconut.
2. Stir with a spoon until well mixed.
3. Once combined, add shredded coconut. Stir again until well combined.
4. Drop cookies onto a cookie sheet. Cover and freeze for at least 30 minutes.

Notes

Store left over raw vanilla drop cookies in freezer.
They should keep for about 2 weeks.

