

Raw Vegan Lecture & Demonstration

with

**The Raw Trainer, Marisa DiCenso-Pelser
and
Fresh Fork Market**

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Fresh Fork Market is proud to work with Marisa, The Raw Trainer on this collaborative workshop, featuring recipes using local, seasonal ingredients.

The focus of this event is to help get you and your family on your way to more mental and physical clarity when dining with more whole, living raw foods in your diet. Marisa will provide a good foundational understanding of raw foods. Her signature dishes are both amazing to the eye as well as to the palette – health-giving contemporary, fine food that is beautiful and alive so you can be, too!

* recipes starred on the following pages will be sampled today!



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Why Raw? Frequently Asked Questions

1. What is the raw food diet?

"Raw" means food that is unprocessed, unrefined, and untreated with heat. The three main raw food groups are fresh fruits, vegetables (particularly green leafy vegetables) and natural fats, such as avocados, nuts, and seeds. Raw food isn't a radical concept; most nutritionists agree that we need to eat more fresh fruits and vegetables. The raw food diet simply suggests that these foods should be *most* of what we eat, and should be prepared in a way that maximizes nutrient content.

2. What are some of the nutritional benefits of the raw food diet?

Eating a diet rich in fresh greens, vegetables, and fruits is the easiest way to maintain optimal health and weight. It helps you avoid the foods that have been linked to degenerative diseases and weight gain, including "bad carbs" (such as white sugar and white flour) and "bad fats" (saturated and trans-fats). Additionally, raw greens, vegetables, fruits, nuts, and seeds have vitamins, minerals, phytonutrients, enzymes, and fiber--all essential for good health. Better nutrition will not only help prevent disease and overweight, but also slow the aging process and increase energy.

3. Do you recommend eating a 100% raw diet?

Eating raw foods doesn't need to be all or nothing. A small percentage of people eat 100% raw, but this isn't practical for most of us. Eating even 50-75% raw foods can improve health and vitality. The main point is to increase the percentage of fresh fruits and vegetables in the diet.

4. What is the importance of enzymes in the raw food diet?

Enzymes help "digest" or break down raw foods. For example, when fruits ripen, their enzymes change starches into simple sugars (which is why unripe fruit isn't as sweet). Raw fruits, vegetables, nuts, and seeds contain the enzymes necessary to complete the digestion process. (The enzymes in nuts and seeds are activated through soaking them.) The importance of food enzymes in the diet is currently a subject of debate among nutritionists. What we do know is that enzymes are the most heat sensitive of all nutrients, destroyed at temperatures above 118 degrees. More and more research suggests that eating high-enzyme foods aids digestion, and that our bodies can recycle many of the enzymes in food, which means less depletion of its own store of enzymes. Eating an enzyme-rich diet is thought to increase vitality and slow the aging process.

5. Is the raw food diet high in fat, with all those nuts, seeds, and avocados?

There are good fats and bad fats. The bad fats include trans-fats, saturated animal fat, and refined polyunsaturated fats, such as the fat in refined cooking oils. The "good fats" are all the raw ones: the mono-unsaturated fats, present in avocados, almonds, and olive oil; Omega-3 fatty acids, present in hemp seeds, flax seeds and walnuts; and medium-chain saturated fatty acids, present in coconut and coconut oil. True, you don't want to eat too much fat of any kind, but as long as you are getting enough fresh fruits and green leafy vegetables, and not overeating, you don't have to worry about including the good fats in your diet.

6. Where do I get my protein?

Protein can be found in all natural foods. Vegetables and fruits taken together have about 15% of their calories as protein. Nuts, seeds (especially hemp and sesame), nut/seed butters, dark leafy greens and sprouts, and algae (such as spirulina) are rich sources of protein. More protein is assimilated in raw foods than in cooked foods, which means you don't need to eat quite as much protein if it's from raw sources. Even non-vegetarians (who consume more protein), should still also add at least 50% raw foods to their diets. Once they do, non-vegetarians often find that they naturally reduce the amount of animal protein they consume.

7. Is the raw food diet expensive?

When you make easy recipes, the raw food diet is less expensive than the Standard American Diet. True, organic fruits and vegetables cost more than conventional ones, but they are still cheaper than meat, dairy products, and processed foods. And even if organic fruits and vegetables do cost more money, the benefits to your health will save you money in the long run.

8. I don't like green leafy vegetables. What can I do to disguise them?

The easiest way to eat more greens is to blend them into a delicious fruit smoothie. Here is an example: 1/2 orange, 1/2 banana, 1/2 cup blueberries, 2 leaves kale, and water to thin. Another example: 1/2 cup pineapple, 1/2 cup strawberries, 1/2 cup spinach, and water to thin. You won't even notice the greens.

9. I'm worried my digestive system can't handle too many raw fruits and vegetables. What can I do?

Raw fruits and vegetables are high in fiber, so there may be an adjustment period. Fruits generally aren't the problem--they are easy to digest, as long as you eat them in moderate amounts and on an empty stomach. As far as vegetables go, emphasize the easy-to-digest greens and vegetables at first, such as lettuce, celery, cucumbers, tomatoes, summer squash, red bell peppers, and green, leafy sprouts. And make sure you chew really well. Dark greens and cruciferous vegetables, such as kale, collards, cabbage, and broccoli are very nutritious (rich in protein and minerals), but can be harder to digest. Try shredding them fine and massaging them with a little sea salt, olive oil and lemon juice to soften them. Or, take greens as juices and blended soups, as you gradually adapt to eating more raw foods. You can also add your greens to blended fruit smoothies (use 60% fruit, 40% greens, and water to thin). Dehydrated green superfood powders are convenient supplements, especially while traveling.

10. How can I stick to a raw food diet in the cold weather?

Just because you want to eat raw doesn't mean foods should be out-of-the-refrigerator cold. Let them come to room temperature. You can also warm soups and sauces over low heat on the stove for a couple of minutes. And drink hot teas. Getting vigorous exercise will also warm you up in the winter.

11. How do you make raw, tough greens like kale and collards palatable?

To make a raw green such as kale more palatable, cut it into really fine ribbons, and then add a dressing of extra-virgin olive oil, lemon juice, and sea salt. Don't just toss it gently the way you'd toss a green salad. You *want* the kale to wilt, so massage the dressing into the greens with your hands. The result will be kale as soft as steamed or stir-fried, but more colorful and flavorful.

12. I have to take my lunch to work and I don't want to bring a large salad. Any suggestions for portable lunches?

Try making a raw soup, which is like a smoothie, but with vegetables instead of fruits. Start with a lot of greens and veggies, because when you blend them down, they condense in volume. You can transport raw soup in a jar or thermos and drink it or eat it with a spoon. Also try a dip or paté, such as Not Tuna Paté, with cut up veggie sticks. You can eat this like finger food--much easier than eating a salad when you're on the go.

13. Do you have any tips for sticking to a healthy diet while traveling?

When traveling, I eat lots of fresh fruits, since they don't require preparation. I also bring a small blender with me, which takes care of a breakfast smoothie (usually orange, banana, and 2 tablespoons of one of the "green" powders on the market). Snacks are easy with all the delicious raw food bars that are available. Apples and almond butter also make a good snack. For lunch try some cut up veggies and raw flaxseed crackers (also widely available in natural food stores these days), with store-bought guacamole and salsa, or simply with some

avocado or almond butter. At a restaurant for dinner, you might decide to be more flexible. Try to keep your choices as healthy as possible, avoiding red meat, fried foods, white bread, and white sugar.

14. I have a really busy week--I don't even have 30 minutes most weekdays! Are there any raw food dishes I can make in advance?

Almond milk, salad dressings, patés (dips made from soaked nuts and seeds) and desserts all keep for five days in the refrigerator.

Adapting to a Raw Food Diet

Simple steps to adding raw foods to your diet:

1. Start the day with 16 oz of pure water. Then have juice, a smoothie, and/or fruit.
2. Begin typical lunches and dinners with a salad, maybe with avocado. Alternatively, have a raw soup as a starter.
3. If you snack, eat raw vegetable sticks, and/or green juices as between meal snacks instead of other snacks. Drink pure water between meals.

If you just do these three steps, you will automatically be eating about 50% raw foods.

Then, begin reducing or eliminating unhealthy foods from your diet:

1. Start by reducing or eliminating junk food, packaged snacks, fried foods, alcohol, white sugar, and white flour.
2. Then reduce or eliminate animal products, especially red meat and pasteurized dairy products.
3. Then reduce or eliminate cooked starches, especially wheat.

Making Raw Food Prep Easy

1. **Buy a book or video**
2. **Do some advance prep once a week.** Mince onions, crush garlic, juice lemons, and mince parsley. These all keep for a week and are used in many recipes. If you want to do more advance prep, make almond milk, a paté, a salad dressing, and a dessert.
3. **Take a class.**

Shocking Pink Smoothie

1½ cups coconut water (or purified water)
2 tsp vanilla extract
1 large carrot
½ medium raw beet, peeled
¼ cup dates
1 tbsp protein powder (optional)
12 frozen strawberries

1. Blend all the ingredients in your Vitamix or high speed blender.

***Watermelon & Greens Smoothie**

6 cups cubed watermelon, fresh
2 cups spinach (or kale)

1. Blend all the ingredients in your Vitamix or high speed blender.

Green Giant Smoothie

½-1 cup Purified Water
3 cups Spinach
2-3 Bananas

1. Mix all the ingredients in a blender adding more water as needed and some ice cubes.

Creamy Vegetable Soup

1 cup water
1 large zucchini, chopped
2 medium tomatoes, quartered
3 stalks celery, chopped
2 cups carrot, chopped
2 dates, pitted
1 clove garlic
2 tsp sea salt
1 tbsp onion powder
¼ cup olive or flax oil
1 red bell pepper

1. Blend all of the ingredients, except for the oil, on high speed in your blender until creamy. Then, while the blender is running on low speed, add the oil.
2. Continue blending, at a higher speed until it is slightly warm.
3. Divide into bowls and garnish with red bell pepper.

Stuffed Mushrooms

Mushrooms:

20 mushrooms
¼ cup Olive oil
1 tbsp Tamari or Bragg Liquid Aminos

1. Remove the stem of the mushroom and wipe clean by using a damp paper towel.
2. Let mushroom stand upside down in marinade while preparing the stuffing.

Stuffing

¾ cup walnuts
¾ cup zucchini
½ cup carrot
½ cup parsley
1-2 cloves garlic
½ tsp cumin
juice of ½ lime

2 tsp tamari or Bragg Liquid Aminos

1. Place all ingredients in a food processor and blend until semi-smooth.
2. Use 1-2 teaspoons of stuffing to fill each mushroom. Enjoy as is or place stuffed mushrooms on a dehydrator tray and dehydrate at 105 degrees for 2 hours.

Zucchini Hummus

1 good size zucchini (about 3 cups) peeled and chopped
4 tbsp raw tahini (or raw cashew butter)
4 tbsp fresh lemon juice
1 tsp crushed garlic (1 clove or to taste)
½ tsp ground cumin
¼ tsp paprika (optional, I omit this)
¼ tsp salt or to taste

1. Place all ingredients into Vitamix and blend until smooth. Stop occasionally to scrape down the sides with a rubber spatula. Stored in a sealed container in the refrigerator, Zucchini Hummus will keep about 5 days.

***Red Pepper Pate**

1 red bell pepper
1 cup walnuts
1 celery stalk
½ scallion
½ tsp sea salt

1. Combine all ingredients into food processor & blend until smooth texture.

Serving suggestion: Serve on plate as is, over a salad, rolled up in green leaf or cabbage leaf, or use as a veggie dip!

Easy Kale Salad

1 head of kale, destemmed and shredded
1 cup tomato, diced
2½ tbsp olive oil
1½ tbsp lemon juice
1 tsp sea salt
½ tsp cayenne

1. In a mixing bowl toss all ingredients together, squeezing as you mix to "wilt" the kale.

Peppercorn Ranch Dressing

1 cup olive or flax oil
⅓ cup water
⅓ cup lemon juice
⅔ cup walnuts
5 cloves garlic
2 tsp peppercorns
1 tsp sea salt or more

1. Blend all ingredients adding the peppercorns at the end.

***Hearty "Living" Vegan Chili**

2 cups dry hulled barley, soaked 8 hours, rinsed
10 tomatoes, medium, diced small
1 green bell pepper, medium, diced
¼ cup red onion, small, diced
1 ear corn, shaved from cob if available
¼ cup chili powder
½ tsp cayenne
½ tsp curry
1½ tsp sea salt
1 cup purified water
2 oranges, juiced

1 onion, small

1½ cup dates, pitted, soaked 15 minutes

1 cup sundried tomatoes, soaked 15 minutes

4 cloves garlic

1. In a very large bowl, mix together the barley, tomatoes, green pepper, red onion, corn, chili powder, cayenne, curry, salt, water and orange juice.
2. In a food processor, blend onion, dates, sundried tomatoes, and garlic into a thick paste.
3. Remove from the food processor. Add this paste to the bowl with the other ingredients and stir until well mixed.

***Garden Vegetable Burger**

1 cup walnuts, pecans, or sunflower seeds
½ cup flax meal
⅓ cup sundried tomatoes, soaked
2-3 cloves garlic
1 tsp sea salt
2-3 carrots, chopped
1 celery, chopped
½ cup bell pepper, chopped
½ cup zucchini, chopped
¼ cup onion
1 tbsp lemon juice
1 tbsp water
½ cup dates

1. In a food processor, process the nuts, sundried tomatoes, garlic, and sea salt, and then set aside in a large bowl. Add flax meal to nut mixture bowl.
2. Process the remaining ingredients, leaving it chunky. Add the vegetable mixture to the nut mixture and mix well.
3. Form mixture into ½ cup patties, enjoy as is or place on mesh dehydrator screens. Dehydrate at 105 degrees for 8 hours.

MayoNOTaise

1 cup cashews, soaked
¼ cup water
¼ cup lemon juice
2 pitted dates
1 tsp sea salt
1 tsp onion powder
½ tsp garlic powder
4 tbsp olive or flax oil

1. Blend all ingredients except oil, and then add oil at the end while the blender is still running.
2. Store in a glass jar and it can last up to 4 weeks.

Raw Ketchup

¾ cup tomato, blended (1-2 medium tomatoes)
1 cup sun-dried tomatoes
2 tbsp raw apple cider vinegar
6 dates
2 cloves garlic, peeled
1 tsp sea salt or more to taste
1 tsp onion powder

1. Combine all ingredients in a high-speed blender. Blend until smooth.

***Pasta with Marinara Sauce**

Sauce:

2½ cups tomatoes, diced
10 sundried tomatoes, chopped
¼ cup olive oil
3 dates, pitted & soaked in warm water at least 10 minutes
3 cloves garlic, diced
2 tbs parsley or basil
⅛ tsp cayenne
1 tsp sea salt
black pepper to taste
2 zucchini squash, shredded into "noodles"

1. *For thinner sauce:* Place all ingredients into food processor or blender, and blend until smooth.
2. *For thicker sauce:* use hand style chopper/mixer or mix by hand ensuring to break up dates & sundried tomatoes.

Spaghetti:

1. For saladacco cutter: cut squash into 3 inch slices & run through machine.
2. For spaghetti noodles by hand: use standard grater for fine noodles or make larger fettuccini style noodles by utilize carrot slicer.

***Energy Wraps**

1 very large collard leaves or greens of choice
4 tbsp any cheese spread, dip, or pate
handful of mixed greens or sprouts
1 carrot, julienne
½ of a green onion, sliced
¼ cup bell pepper, julienne
1 avocado, cubed, optional
small handful of raisins or shredded apple, optional

1. Lay the collard leaves flat with the insides facing up.
2. Place all the ingredients on one leaf and wrap tightly.

Kiwi Berry Parfait

Strawberry pudding, diced kiwi, strawberries, raspberries or blueberries

Strawberry Pudding

4 cups roughly chopped strawberries
1 cup cashews
⅓-½ cup liquid sweetener
3 tsp lemon juice
3 tsp coconut oil

1. Blend all but the oil until smooth and creamy. Add the oil and blend again.
2. For a juicy/liquid fruit effect, use frozen fruit which has been partially thawed, otherwise use fresh fruit.
3. Layer all ingredients in a wine, martini or parfait glass.

Marisa's Raw Brownies

3 cups Walnuts (unsoaked)
Dash Sea Salt
1 cup Dates (unsoaked, pitted)
1/2 cup Cocoa Powder
1 tsp Vanilla Extract

1. Put all ingredients in a food processor* and mix until dough like texture.
2. Spread in a square 8 x 8 pan.

Note: If you want a nut brownie, only make the mix with 2 cups of walnuts. Then take the 1 cup and chop in pieces and add it by hand to the blended mixture before you spread it out in the pan.

*If you are making this in a Vitamix, halve the recipe so that it can handle the volume.

***Raspberry Sorbetto**

2 cups raspberries, frozen
1/4 cup maple syrup
1 tbsp lemon juice
1/2 tsp vanilla extract

1. Using a Vitamix blender or food processor, blend until smooth and creamy.
2. Serve immediately or keep in the freezer.