

Raw Food Cookery demonstration:
Weston-Super-Mare, 3 April 2014, Luisa Hulbert.

Raw Vegan Collard Wraps

Prep time: 20 mins
Total time: 20 mins
Serves: 4

Ingredients

- 4 large collard leaves
- 1 red bell pepper
- 1 avocado
- 2-3 ounces alfalfa sprouts
- ½ lime
- 1 cup raw sunflower seeds or walnuts
- 1 tablespoon tamari (gluten-free soy sauce)
- 1 teaspoon cumin (or ½ teaspoon minced garlic and ½ teaspoon grated ginger)
- 1 teaspoon extra virgin olive oil

Instructions

1. To prepare collard leaves wash leaves, cut off white stem at the bottom that has no leaves and place them in a bath of warm water with juice of half a lemon. Let soak for 10 minutes. Dry the leaves off with paper towels and using a knife thinly slice down the central root (to make it easier to bend the leaves for wrapping).
2. Slice avocado and pepper.
3. In a food processor combine pecans, tamari, cumin (or garlic ginger mix) and olive oil. Pulse until combined and mixture clumps together.
4. Place a collard leaf in front of you and layer nut mix, red pepper slices, avocado slices, a drizzle of lime juice and alfalfa sprouts. Fold over the top and bottom and then wrap up the sides. Slice in half and serve.

Beet Ravioli

serves 2

- | | |
|--------------------------|--|
| 2 beets | 1/4 cup water, for blending (add more if needed) |
| 1 tablespoon lemon juice | 1 teaspoon dried basil |
| 1 tablespoon olive oil | 1/2 teaspoon dried oregano |
| 1 tablespoon agave | 1/2 teaspoon salt |
| 1/2 cup cashews | 1 clove garlic |

Slice the beets very thinly. They can be used as is, or stacked a few at a time and cut into heart shapes with kitchen scissors. Then, in a medium bowl, whisk together the lemon juice, olive oil, and agave, until emulsified. Add the beets and toss to coat. Cover and let marinate for a few hours or even overnight in the fridge.

When the beets are softened and ready to use, blend the remaining ingredients in a bullet type blender for several minutes until creamy.

To assemble, lay one slice of beet down and place about a teaspoon of the cashew cream in the centre. Top with another slice of beet and lightly press.

Raw Courgette Pasta with Marinara Sauce

Ingredients (serves 2)

¼ cup cherry tomatoes	1 pitted Medjool date
¼ cup chopped red capsicum	1 tb extra virgin olive oil
¼ cup packed fresh parsley (or basil, if you have it on hand)	1 Tablespoon pine nuts
¼ cup sun-dried tomatoes soaked	salt
½ clove of garlic, crushed	dash apple cider vinegar
	1 large courgette, spiralised

Method:

1. Place all ingredients (except the courgette) in a food processor and pulse until everything is mixed but not pureed, as you want the sauce to retain some texture. Alternatively, use an immersion blender on the ingredients as they sit together in a large bowl.
2. Top the spiralised courgette with the marinara, enjoy the look of it, then eat.

Raw Monkey Sandwich

Directions:

1. Cut your cucumber in half (not lengthwise, the other way!)
2. Hollow out most of the inside of the cucumber. (Just start carving in the end with a skinny, regular little sharp knife. Keep going down as far as you can.)
3. Make your nut pate (or get your leftovers from the fridge).
4. Start putting some pate inside. Try to get it all the way from top to bottom (lengthwise), but only on one side. Fill the other side with chopped veggies. It's a tight squeeze but have fun with it. The idea is to have chopped pate and some chopped veg in each bite.
5. That's it! Monkey sandwiches.

Enlightened Carrot Cake with Quick Cream Cheese Icing

Ingredients

For the cake:

- 1 cup pitted dates, soaked in warm water for 15 minutes and drained
- 1 large or 2 small red apples, peeled if desired, cored, and chopped
- ¼ cup water
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg (optional)
- ¼ teaspoon sea salt
- 1 pound carrots, peeled if desired, shredded
- ¾ cup [coconut flour](#)

For the Quick Cream Cheese Icing:

- ¾ cup cashews or macadamia nuts, soaked for 2 to 4 hours and drained
- ½ cup milk of choice
- 1 ½ teaspoons lemon juice
- 5 dates
- Pinch of sea salt
- vanilla

Instructions

1. Combine the drained dates, apple, water, lemon juice, and vanilla in a food processor and blend until fairly smooth (it may remain just slightly chunky).
2. Add the cinnamon, nutmeg, and salt and blend again until combined.
3. Place the shredded carrots in a large bowl. Add the mixture from the food processor and stir well with a wooden spoon to combine.
4. Add the coconut flour (if it's clumpy, sift it in) and stir until the batter is combined and uniform. Taste the batter, and if you think it needs a little more sweetness, add stevia to taste. Set the batter aside for 5 to 10 minutes to allow the coconut flour to absorb the liquid mixture.
5. Divide the batter between two 5- or [6-inch round springform pans](#), pressing it in firmly and evenly, and freeze for 4 hours or refrigerate overnight. (If you only have one pan, you can press half the batter into the pan and freeze it for 2 to 4 hours, placing the bowl with the rest of the batter in the fridge. When the half in the pan has firmed up, remove it to a plate and place it in the fridge. Press the remaining half of the batter into the same pan and freeze for 4 hours or refrigerate overnight.)
6. Meanwhile, make the cream cheese icing. Combine the drained cashews or macnuts, milk, lemon juice, stevia, and salt in a high-speed blender and blend until completely smooth. Taste for sweetness and add additional stevia if desired. Transfer the mixture to a bowl, cover, and refrigerate until the cake is chilled and ready to frost.
7. When both halves of the cake have firmed up, place one half on a plate or cake stand and frost the top only with the cream cheese icing. Carefully place the other cake half on top, and use the rest of the icing to frost the top and sides of the cake.
8. Refrigerate overnight, or until ready to serve. Snugly wrap leftover cake in plastic wrap and store in the refrigerator for up to 4 days.

Notes

Substitution Options

Apple: pear

Water: coconut water or non-dairy milk of choice

Stevia: a splash of your favourite liquid sweetener

Variations

Nut-Free Carrot Cake: Top the cake with your favourite vanilla non-dairy yogurt or a thin layer of coconut butter (a recipe for homemade coconut butter is provided in [Practically Raw Desserts!](#)) in place of the cream cheese icing.

Nutty Carrot Cake: Mix 1/2 cup chopped dry walnuts into the batter.

Polka-Dot Carrot Cake: Mix 1/2 cup soaked raisins into the batter.

Tropical Carrot Cake: Mix 1/2 cup unsweetened shredded or flaked coconut into the batter.

Chef's Tips: To make easy work of all those carrots, shred them in a food processor fitted with the grating disc. To make a larger cake in an 8- to 9-inch springform pan, simply double the recipe. This cake tastes best after overnight (or longer!) refrigeration, and will keep well in the fridge for several days.

Raw Chocolate Ginger Cake with Cacao Frosting

Serves 6 Author: Kimberly Snyder, adapted by Luisa Hulbert

Ingredients

- 1 cup almonds
- 3 cups walnuts
- 1/4 cup raw cacao
- 1/4 tsp high quality sea salt
- 1 tsp grated ginger
- 10 Medjool dates, pitted

- 1 tsp vanilla
- Frosting:
 - ¾ cup avocado flesh
 - *Use maple syrup if you can't find coconut nectar. Don't use agave, which is high in fructose and highly processed.
- 3 dates
- 2 Tbsp cacao
- ¼ cup coconut nectar*

Instructions

1. Directions:
2. Grind the almonds, walnuts, and cacao in a food processor until it resembles bread crumbs. Add the sea salt, ginger, coconut nectar, dates and vanilla and mix again until you achieve a smooth texture. Press the mixture into a 9 x 5 inch rectangular glass baking dish. The coconut nectar will hold the moist ingredients together, so baking isn't necessary.
3. Cut the cake in half and separate with a spatula, as you will be stacking one half of the cake on top of the other to create a two-layer cake. Frost one of the halves, then stack the other half of the cake on top. Finally, frost the top of the double-layered cake with the remainder of the frosting. Slice into six pieces lengthwise and across. Garnish with a little mint on the side to add a pop of color and enjoy!

Raw Apple Pie

Crust ingredients:

1 cup cashews
 1 cup dried, unsweetened coconut
 1/2 cup dates
 1/4 teaspoon sea salt

Apple pie ingredients:

3 (2+1) medium apples
 1 cup dates
 2 tablespoons lemon juice
 1 teaspoon cinnamon
 1/8 teaspoon sea salt

Directions

1. Place all crust ingredients in the food processor. Process until the mixture sticks together and the dates are well processed.
2. Dump crust mixture into your pie crust/glass dish. Press the crust down **firmly** in your dish with your hands. (Crust is now done.)
3. Roughly chop **two** apples, get rid of core/seeds. (Leave **one** apple alone, OK?)
4. Place all filling ingredients (**EXCEPT THAT ONE APPLE, LEAVE ONE APPLE ALONE**) in the food processor. Process until it's well mixed - a wettish mixture with a few small date chunks or apple peel that might not disappear. (You might have to pause and scrape the sides and then process again.)
5. Throw wet appley-mixture into a big bowl.
6. Slice the last apple into thin slices or small chunks. Throw these apple slices/chunks into the wet appley mixture. Stir gently.
7. Dump appley-mixture (wet + sliced apples) on top of crust. Smooth out with spoon.
8. Cover and throw in freezer. Ready in half-an-hour!
9. This raw apple pie recipe should always be kept in the freezer. (It'll get soggy if in the fridge.)

Green Sunrise Smoothie

A great breakfast idea.

1 large mango	1 large cucumber
1 avocado	½ peeled lime
1 banana	1 tsp vanilla

Notes: If you aren't using frozen fruit, add ice. For an alternative, try using ground vanilla beans.