

# Sun Food Yoga Retreat Spain

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# LUNCH & DINNER

## Seaweeds

Seaweeds are eaten for thousands of years! It is a source of vitamin A, B, D, calcium and iodine, a mineral that is very important for the functioning of our thyroid gland. Seaweeds also have a strong antiseptic and detoxing effect on the body.

You can buy seaweed fresh and in dried form. Mostly it is soaked or cooked before you can eat it such as Wakame and Kombu, and some can be eaten directly from the packaging such as dulse for example.

Seaweed is very salty and has a particular taste, some people love it and some find the taste very strong, you can begin to add small amounts to your salad or soups.

The amount of dry seaweed is tenfold once it is soaked, so 5 grams becomes 50 grams when it is soaked, good to keep this in mind when using dried seaweeds.

## Wakame Salad

### Ingredients:

- 1 cucumber
- 1 handful wakame
- 1 tablespoon sesame seeds

### Method:

- Grate the cucumber or cut thin slices and drain out the excess water
- Soak the wakame for 10 minutes in water or use the water of the cucumber
- Toast the sesame seeds in a dry frying pan
- Mix everything together and Enjoy!



## Oriental Cabbage Salad:

### Ingredients:

- 1 large carrot, grated
- 2 cups Chinese cabbage, sliced
- 2 cups bean sprouts
- 1 tablespoon kelp powder
- 1/4 teaspoon chili or cayenne pepper
- 3 tablespoons sesame oil
- 2 tablespoons tamari (soy sauce bio)
- 1 squeezed lemon
- Handful of chopped parsley
- 2 nori sheets, small torn



### Method:

1. Put the vegetables in a large bowl, and mix in the kelp powder and cayenne or chili pepper.
2. Place a plate on the vegetables and a weight on the plate, so there is pressure on the vegetables.
3. Set it aside for min. 6 hours.
4. Then drain the vegetables and add sesame oil, soy sauce, lemon juice and parsley.
5. Sprinkle some nori pieces over the salad for the finishing touch.

# Sushi Cauliflower & Cashew-Rice

(For 2 people use about 4 Nori sheets)



## Ingredients:

- 1/4 of a large cauliflower
- 1/4 cup ground cashew nuts
- \* Optional 1 or 2 teaspoons rice vinegar

## How to make:

Grind the small cauliflower in a food processor (blender) or manually with a grater. Add the crushed cashews and if you like the vinegar and mix well.



## Filling example

Marinated, julienned vegetables like carrot, cucumber, zucchini, bell peppers of different colors, green asparagus.

Also cut into small strips, soaked shi-take mushrooms, you can put these for a night in the same marinade as the vegetables.

Other nice additions are: chives

alfalfa sprouts

sliced avocado

## How to make:

Make a marinade, for example, tamari, lemon juice, olive oil, ginger and garlic and let the vegetables marinate overnight (already 2 to 3 hours is enough).

## Wasabi Sauce

- 1 large soft avocado
- 1 teaspoon wasabi paste water and lemon juice if necessary.
- salt and pepper

## How to make:

Mix all ingredients with a fork or in food processor until you have a soft paste.

## Wakame and Cucumber Salad

### Ingredients:

- 1 cup dried wakame
- 1 cucumber thinly sliced
- 1 tablespoon toasted sesame oil (not raw but very tasty!)
- 1 tablespoon sesame seeds

### How to make:

1. Soak the wakame in enough water for half an hour, so it is just covered, then pour off the excess water and mix it with the thinly sliced cucumber and sesame oil. Sprinkle with the (toasted) sesame seeds.



## Making the Sushi Roll

1. Place the nori sheet with the shiny side down on the mat.
2. Spoon enough cauliflower rice on the nori to get an even layer, leave 2 cm at the top and bottom
3. Spread some vegetables, alfalfa and chives on the rice, put them close together and sprinkle a few drops of wasabi sauce.
4. Now grab the bottom of the mat and roll the nori with filling into a tight roll (it takes some practice to find the right turn).
5. Make your fingers wet with water and brush the top of the nori-sheet to have the sheet stick better together. Keep it here, until it closes properly. Make sure you have a good sharp knife to cut the roll into about 6 pieces

**Serve** with wakame salad and marinated vegetables and the wasabi sauce that remained. Also nice to cut some ginger into very thin pieces and briefly marinate in ume su (salty plum vinegar).



# Spinach Mushroom Tarts

## Ingredients:

- 2 cups mushrooms
- 1/3 cup olive oil
- 1/3 cup balsamic vinegar
- 2 cups soaked almonds (1 cup of them soaked)
- 1/2 cup brown flax seeds
- Himalayan sea salt (or another good salt)
- pepper (to taste)
- 2 cups soaked cashews
- 1/2 lemon
- 1 clove garlic (roughly chopped)
- 3 tablespoons shallots (roughly chopped)
- 1/2 cup spinach



## Advanced Preparation:

You will need to soak the almonds, cashews and marinate the mushrooms the night before. The crust will need to be dehydrated for 1-2 hours.

Wilting the spinach by rubbing the leaves with your fingers and a tablespoon of olive oil and tamari.

- Marinated Mushrooms
- 2 cups mushrooms (use whichever ones you like)
- 1/3 cup olive oil
- 1/3 cup balsamic vinegar
- 1 tablespoon raw honey or agave (optional)

1. Whisk together olive oil, balsamic vinegar and honey or agave.
2. Place mushrooms in a bowl, pour marinade over mushrooms.
3. Cover and let sit over night ( or just a few hours) in the refrigerator.
4. You can stir occasionally to make sure you get good distribution.

## Crust:

- 1 cup soaked almonds
- 1 cup almonds
- 1/2 cup brown flax seeds
- pinch celtic sea salt
- pepper (to taste)
- Drain almonds. Place in food processor with the dry almonds, flax seed, salt and pepper.

1. Process until a coarse meal texture is achieved.
2. Place enough in ring to make a layer about 1 cm thick. You want to pack it in.
3. Place in dehydrator for 1-2 hours at 115. Cool.

## Filling:

- 2 cups soaked cashews
- juice of half a lemon
- 1 clove garlic (roughly chopped)
- 3 tablespoons shallots (roughly chopped)
- pinch celtic sea salt
- 1 cup marinated mushrooms, drained (save the second cup for topping)
- 1/2 cup wilted spinach

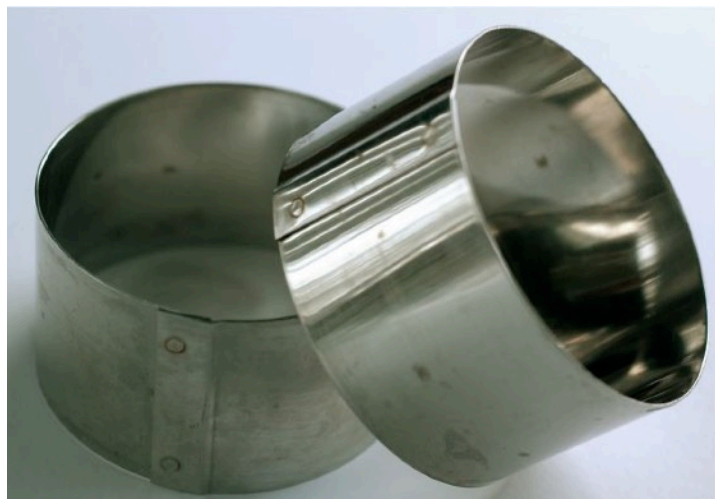
1. You will be making the filling in two steps. Begin by placing the cashews, lemon juice, garlic, shallots, and salt in the food processor. Process until smooth.
1. Remove from food processor, mix in 1 cup of the mushrooms.
2. Half the mixture and place in two separate bowls.
3. To the second bowl, add the wilted spinach.

**You are now ready to make the tart.**

## How to make the tarts:

1. Get your crust.
2. Your first layer will be the mushroom cashew without the added spinach. Make this layer about 2 cm thick. Pat it in.
3. Second layer will be the mixture with the spinach.
4. Refrigerate for at least 1 hour.
5. Un-mold if you are using the rings. Top with additional mushrooms and spinach.

If you want to make this tart like the picture, you will need baking rings (see picture below). You can find them at any cooking store. Get the ones that are about 4 or 5 cm long. You could also make this tarts like a quiche, then you could just make it in any tray and cut pieces afterwards.



# Humus

(for 4 people)

**Soak** 1 1/2 cup sunflower seeds (4 till 6 hours)  
(sprout them for one day when you like)

**Mix them with:**

- 1 1/2 cup of grated courgette
- Some tahini (about 2 tbsp)
- Half a lemon (juice)
- 1 garlic crushed
- Teaspoon salt
- Little bit of olive oil ( about 3 tbsp.)

and water till you have the right thickness.

Put it all in your blender or kitchen machine and decorate if you like with a bit of oil and paprika and cumin powder in a bowl.

*Goes really well with vegetables crudités and with falafel of course!*





# Falafel

## Ingredients:

- 2 cups pumpkin seeds (or use sunflower seeds instead)
- 4-5 stalks celery
- 2.5 cups chopped carrots
- 1 cup fresh parsley
- 3/4 cup tahini
- 2 tablespoons cumin
- 1 tablespoon garlic powder
- 1 tablespoon freshly chopped chives
- 3/4's cup of ground flax
- 2 1/2 cup freshly squeezed lemon juice
- 1 tsp. salt (the celery sticks help to give it a salt taste too)



## Method

- In a food processor, “pulse” pumpkin seeds until you have a somewhat chunky consistency. “Pulsing means you don’t turn on the food processor and just let it run, you use the “pulse” option (if your food processor comes with one) to get a chunkier consistency. The trick with this recipe is that you want some of the pumpkin seeds to be more ground and smoother, while still having some chunky pieces in there for texture.
- Place pumpkinseeds in a large bowl.
- Chop up carrots and place them in the food processor until you have a similar chunky (very small chunks) consistency.
- Place in large bowl with pumpkin seeds.
- Chop up celery, place in food processor and pulse until you get the same chunky consistency so you have bits of celery.
- Place in bowl with pumpkin seeds and carrots.
- Use a knife to finely chop up 1 cup of loosely packed parsley.
- Add to bowl.
- Add the tahini, cumin, garlic powder, chopped chives and mix all ingredients in the bowl by hand.
- Then add in the flax and mix again.
- Lastly slowly add in lemon juice and thoroughly mix in.

**Note:** start with 1/4 cup of lemon juice and if your batter is too liquid, you can either hold off on the remaining lemon or add a little more flax to absorb some of the moisture and allow you to add in more lemon. These were the ratios that worked well for me, but every recipe always varies. Roll into little balls in the palm of your hand, then flatten them just a bit, making them about 2 1/2 cm thick.

Space them on a dehydrator tray about 2 1/2 cm.apart and dehydrate for about 8-10 hours on 45 degrees.

The time in the dehydrator always varies depending on how much moistness your falafel balls have, and how you would like your final raw falafel to turn out.

I like it chewy and soft, so I don’t dehydrate as long. Others like it crunchy and crispier, which would require more time.

Take a taste test after 6 and 8 hours to see how you like it!

Keep in mind that this is just one version of a raw falafel recipe.

Get creative, add your own unique flare if you like.

I like ti use it with the humous recipe and salad or roll the falafel in a big salad leave with some tomatoes and cucumber!

Enjoy!

# Lasagne Pasta

## Ingredients

- 5 medium courgettes mandolined or cut lengthways thinly
- 4 tbsp. Olive oil
- 2 tbsp. lemon juice
- 2 tsp. salt
- 1/2 tbsp. tamari Tomato sauce
- 1 1/2 cup sundried tomatoes soaked in warm water until soft min 30min 1 1/2 kg tomatoes seeded
- 3/4 tbsp. olive oil
- 1/2 tsp. Himalayan salt
- Basil and oregano
- 1 tbsp. tamari
- 2 clove garlic
- 1/2 small leek or onion 1/2 red pepper
- 6 dates soaked
- Cashew cheese sauce: 2 cups cashews soaked or blanched almonds/macadamias or a mix ! preferably 4-6hrs 1/2 lemon juiced
- Salt pepper
- Yeast flakes 1 tsp.
- Walnut and carrot layer
- 1 1/2 cups walnuts finely chopped
- 1 cup finely chopped sunflower seeds 2 carrots finely grated or 2 large florets 2 tbsp. olive oil



## Method

6. First mandoline the courgettes and marinate in the other pasta ingredients
7. Make the cashew cheese using a blender, drain the nuts and add water bit by bit until you have a thick sauce consistency and place in fridge for min 1/2 hr.
8. Make tomato sauce by placing all the ingredients into a food processor and season accordingly.
9. If making one large lasagne take a large dish and place a layer of the marinated courgettes first. Make sure to take of excess moisture with kitchen roll!
10. Next add a layer of tomato sauce , then a courgette layer, then the cheese sauce, next add layer of tomato, followed with the walnut mix( this can be also added to the tomato sauce) and a layer of tomato followed by courgette
11. Continue until the last layer is the cheese sauce.
12. Garnish with basil leaves or black pepper and a sprinkle of yeast flakes.

## Tuscany Bolognaise

For 4-6 people

### Ingredients:

- 4 very large tomatoes peeled. 2 medium red peppers.
- 8 black olives stoned.
- 10 sun dried tomatoes.
- 2 tsp of oregano, or 1 handful of fresh oregano 1 dsp of tamari.
- 1/2 small onion or 1 shallot or garlic.
- juice of a medium orange.
- 1 tsp of date syrup.
- 1 tsp of balsamic vinegar, or umboshi plum vinegar. 1/2 tsp of black pepper.

### Method:

Blend the whole lot adding water till consistency of a thick porridge  
Serve with orange fennel salad and courgette noodles.

## Pizza Base

Makes about 8-10

### Ingredients:

- 150 gm Hazel nuts ground and milk removed.
- 100 gm pumpkin seeds soaked and sprouted.
- 50g sunflower seeds soaked and sprouted.
- 1 dsp olive oil.
- 2 dsp psyllium husks.
- 1 small apple peeled and cored.
- 375g courgette



### Method

Blend all ingredients together and then ladle into rounds on teflon sheets

Put the ground nuts through a sieve. Separate the milk from the nuts.

The milk can be used for smoothies or what ever. The ground nuts will be used for the pizza ingredients.

## Pizza Cashew Cheese

Makes enough Cheese for 10-12 Pizzas.

### Ingredients:

- 200 Gm Cashew.
- 1 tsp Lemon.
- 1 tsp Nutritional Yeast.

### Method

1. Blend all ingredients with enough water to a smooth consistency.
2. Spread over Red Pepper sauce on pizza bases.
3. dehydrate for at least 2 hours.

Serve with green salad.

## Red Pepper Pizza Sauce

This makes 4 pizzas

### Ingredients:

- 1 med red pepper.
- 2 dates.
- 2-3 sundried tomatoes.
- 2 tsp Tamari.
- 2 tsp oregano.
- splash of umboshi plum vinegar. 1 lemon/or orange

### Method:

Blend and spread over pizza bases

# Mediterranean Tart

Makes approx. 6

## Base

- 3/4 cup finely chopped walnuts
- 1/2 cup finely chopped almonds
- 1/4 cup of linseeds before grinding in coffee grinder
- Season with oregano, salt and pepper
- 1tsp of olive oil
- 2tbsp of water or enough to bind together
- Chop the nuts in the food processor and then add the milled linseeds and season.
- Add the oil and enough water to bind, use less if not dehydrating

## Filling 1

- Basil and sun dried tomato paste
- 6-8 soaked and chopped sun dried tomatoes
- 1 cup of chopped basil and parsley
- 1 soaked dates
- 1 clove of garlic
- 1tbsp olive oil
- Blend until smooth and mixed

## Filling 2

- Wilted spinach
- 200g of fresh spinach stalks removed
- 1 tsp of salt
- ½ lemon juiced and a drizzle of olive
- Add the ingredients to the spinach and mix thoroughly with your hands. Leave for 30 minutes and massage the leaves and leave until wilted. Squeeze out with ??????????????????????????????????????



## Raga Raw Rice

### Ingredients:

- 1 small cauliflower.
- 150 ground coconut.
- 35 gms sesame seed ground.
- 1/2 teaspoon of freshly ground black pepper.

### Method:

1. Take the florets from the cauliflower and grate.
2. Then add ground coconut, ground sesame seed and freshly ground black pepper
3. Mix together well and serve

## Indian Curry

Serves 4 people.

### Ingredients:

- 600 gm of Courgettes 750 gm of Squash.
- 1 medium red pepper 1 orange
- 3/4 bar of creamed coconut. Spice Mix~
- Tikka Masala Paste (you could buy this ready made) 1Dsp Tumeric
- 1Dsp Paprika
- 1Dsp Coriander
- 6 Sun Dried Tomatoes 4 Dates soaked till soft 1Inch of peeled and finely chopped ginger 1juice of orange
- 1Tsp Mustard powder
- 1Tsp Funegeek leaf 1Tsp Coriander Small onion chopped 4 Tbsp Olive Oil
- 2Tsp Apple Cider Vinegar



### Method:

Blend all this together if its too dry add some of the sun dried tomato water it should be like a paste.

#### The night before serving this dish

1. Wash and cube squash, and courgette
2. Cut pepper into 1 inch thin strips
3. Add 100 mls of water & Juice of 1 orange.
4. Mix the water orange together and then cover the vegetables equally ,massage in and marinate over night.

#### Following day

1. Stir well and add half of the Tikka Masala paste, make sure the veg are evenly covered.
2. Spread this whole mixture evenly on your dehydrator sheets. There will be juice left from the marinade and paste mixture, keep this to one side and every time the veg get dry in the dehydrator tip a little of the juice over the veg evenly, you can add extra water dehydrate until the veg are softish
3. Dehydrate approximately 6 hours.
4. Melt the coconut with the of the Tikka Masala paste ,and add little water and spread over the veg again.
5. Dehydrate for a further half an hour.

**Serve** with freshly chopped coriander and Raga rice which is Cauliflower, Sesame seed and desiccated Coconut mixed together.

# Thai Green Curry

Serves 4 people.

## Ingredients:

- 600 gms of courgette.
- 750 gms of squash.
- 1 medium red pepper.
- 1 whole bunch of coriander.
- 1/2 bar of coconut cream , or 75grams of coconut butter melted.
- 1 inch of ginger.
- 2 pieces of lemon grass.
- 1 small clove of garlic (optional)
- 2 dsp of coriander.
- 1 dsp of cumin.
- 1 dsp of Tamari
- Fresh ground black pepper half a teaspoon 4 lime leaves ground
- Juice of 2 oranges
- Juice of 2 limes and a bit of the zest
- 1 dsp of date syrup
- Chilli (optional)
- 16 fluid ozs of spring water

## Night before

Serving wash and cube the courgettes and the squash. (Any other soft vegetables can be used).

Cut pepper into 1-inch thin strips, place all the chopped vegetables in a shallow bowl.

Blend all the rest of the ingredients , with the spring water. Use only half of this mixture stir into the vegetables ,infact I like to massage this in with my hands for a few minutes, leave over night or for at least 9 hours stir well occasionally. Leave the rest of the sauce in the fridge.

## Next day

Stir the vegetables again and then spread on dehydrator sheets and dehydrate for 6-8 hours or as desired. There will be juice from the sauce use this to stop veg from drying out. Add the rest of the sauce and then dehydrate for a further hour and serve with the raga raw rice.



## Creamy Thai

Serves 4-6 persons

### Ingredients:

- 150grms cashew.
- 1 can of coconut milk ( of good quality or half a bar of creamed coconut melted with a little water )
- 1 inch of ginger peeled
- 3 pieces of lemon grass
- 1 clove of garlic
- 1 dsp of cumin
- 1/3 of a bunch of fresh coriander
- 1/4 tsp of a chilli flakes, add more if hotter is desired
- 1 lime juice and zest of.
- 1 dsp of date syrup
- 1 dsp of tamari
- 1/2 tsp of freshly ground black pepper

### Method.

- Cashew nuts washed and soaked for 2 hours at least
- Blend till creamy
- Add all the rest of the ingredients and blend again
- Add coconut and blend again.

It is best left to sit for an hour or make the night before and store in the fridge.

Serve with courgette noodles and green mango and green leaf salad.



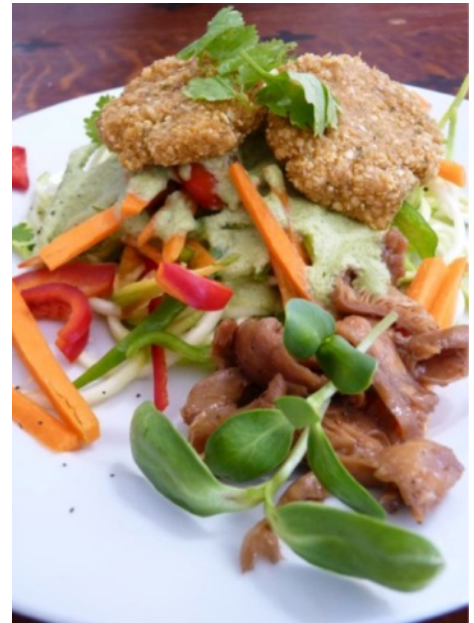
## Thai Almond Patties

with courgette noodles and coconut sauce

Serves 4

### Almond patties

- 1 cup of almonds soaked 4 hours or overnight and peeled
- 1 lime juiced and half the zest
- ¼ cup of fresh coriander
- 1 tsp ground coriander seeds
- 2 tsp of ground cumin seeds
- 2 cm cube of grated ginger
- ½ tsp of cayenne pepper
- 1 tbsp of toasted sesame oil (optional as not raw)
- 2 tbsp of olive oil
- 4 tbsp of coconut flakes ground/ desiccated coconut
- 1 tbsp of tamari
- ¾ cup of tahini or almond butter



Maybe its just me being to dumb, but somehow I feel something is missing in this recepie

Daniel :)

# Oriental Explosions

makes 12 approx

## Base

- 3 large carrots.
- 100 grams of hazelnuts.
- 2 lg onions.
- 3 chopped sun dried tomatoes.
- 2 dates.
- Tip of a tsp. grated cinnamon.
- 1/2 tsp. of ginger powder.
- 1/2 ts. of freshly ground star anise.
- 1 ts. of fennel seed ground.

Put everything except the carrots in the processor and grind up small. Then add grated carrot and form into a pate or push it into a form, like a triangle.

## Sauce

- Approximately 8 fresh plums skinned and pipped (if in season) or approximately 100 grams of dried fruit. E.g. Prunes, Dates, Figs.
- 7 sun dried tomatoes soaked.
- Juice of 3 oranges.
- Half a thumb of grated ginger.
- 1 dsp of tamari.
- 1 tsp of umboshi vinegar.

Blend until creamy consistency.

Serve with Oriental Explosions and marinated vegetables, or salad dressed with sesame oil dressing.



## **Cheese and Onion Sensations**

### **Ingredients:**

- 650 gm Courgette
- 2 large Onions
- 2 Apples
- 55 gm of sprouted Buckwheat, then dehydrated and ground. 2 dsp Psyllium husks.
- Pinch of Black Pepper.

### **Method**

1. Water to blend to a porridge consistency
2. Ladle into rounds 6 inches across on your dehydrator sheets and dehydrate for 8 – 10 hours.
3. Peel off Teflon sheet and dehydrate for a further 2 hours until dry and soft, but not crispy.
4. Serve with nut or seed cheese inside and pre marinated dehydrated veg.
5. Fold and dehydrate for 1-2 hours more.

Serve with a large green salad and a simple dressing.

Makes 10 -12 sensations depending on the size of the ladel.

{If they are a bit dry store in a Tupperware container and they become soft again}

## Onion Bhajis

Makes 12 small balls

### Ingredients:

- 2 large onions.
- 100 grms sunflower seeds ( soaked and sprouted.) | medium carrot.
- 4 sun dreid tomatoes soaked.
- tamari | dsp
- 1 tsp of apple cider vingar or umboshi vinegar Curry spices to taste.
- Enough water to blend into porridge consistency.

### Method

1. Chop the onions and spread them over Teflon sheet.
2. Cover them evenly with the mixture.
3. Dehydrate until half dry (approximately 8 – 10 hours) on 115.
4. Shape into balls and dehydrate further for 4-6 hours.



# SOUP

## **Spinach and Avocado Soup**

Serves 4

- 1 large avocado
- 2 cups of celery juice
- 1 cup of almond milk
- 2 packed cups of spinach or more
- 1 clove of garlic
- Handful of fresh parsley and basil
- ½ juice of lemon or lime
- 1 fresh chilli
- Salt and pepper

Put all in the blender on high speed until smooth and add water for desired thickness

## **Creamy Spicy Carrot Soup**

Serves 4

- 3 cups carrot juice
- 1 ½ cups celery juice
- 1 large avocado
- 1 clove of garlic
- 5cm piece of ginger juiced
- 2 chilli
- 2 handfuls of coriander and parsley
- 1 tbsp of tamari
- Salt and pepper

Place all in the blender and add water if desired  
Chilli flakes to decorate and some coriander leaves

# Thai Inspired Soup

Can be warm or cold (serves 4-6)

## Base

- 6 tomatoes
- 1 heaped tbsp. of dark miso
- 1 tin of coconut
- optional ¼ cup of cashews soaked
- 2 kaffir leaves ground in coffee mill
- 1 cup of water if needed at the end

Blend tomatoes and sieve liquid, place in saucepan if heating or a bowl if not  
In blender mix other ingredients and add to tomato heat gently if warm soup is required

## Vegetables

- ½ red onion sliced finely
- 2 sticks of celery cut into small pieces
- 8 shitake or portabello mushrooms fresh or soaked
- 3 florets of cauliflower
- 1 carrot cut into thin juliennes
- 8 stems of asparagus
- Handful of fresh coriander
- 

## Marinade

- 3cm piece of ginger
- 2 cloves of garlic crushed
- 2 fresh chilli's add more for personal taste
- 4 tbsp tamari
- 2 tbsp sesame or olive oil

Marinate the vegetables for a couple of hours if possible and then add to the base mix, if warm soup keep vegetables in on a gentle heat, turn off and leave to soften in warm soup for a while

## Decoration

- Few sprigs of coriander
- 4 tsp of lime juice
- Course black pepper

# Gazpacho

(serves about 3 people)

**Equipment needed:** Blender

For those who are unfamiliar with the name, gazpacho is a cold soup and one of the most popular Andalusian (Spanish) dishes, served as a starter, a tapas or main meal. It's basically a refreshing cold tomato soup, perfect for hot summer days. It's so easy to make, and tastes great!

## Ingredients for a raw vegan gazpacho:

### For the soup itself:

- 3 big tomatoes (3 cups)
- 1/2 red pepper (1.5 cups)
- 1 medium cucumber (1.25 cups).
- 1/2 cup water.
- 1 tbsp. olive oil.
- 1 tbsp. apple cider vinegar.
- 1-1.5 tsp salt.
- 1 garlic clove.

### For the toppings, pick any:

- Cucumber
- Avocado
- Pepper
- Onion
- Tomato
- Cilantro or any other fresh herbs

You simply blend all of the soup ingredients in a high speed blender.

For the toppings, use any vegetables you like and cut them into small cubes. It's nice to vary these from time to time to make it taste different. My favourite are cucumber, avocado and red pepper.





# BREAKFAST & DESERT

## Raspberry, Pineapple & Coconut Loop

### Ingredients:

- 1 Pineapple.
- 200 grms of figs soaked.
- 2 apples.
- 350 grms of courgette.
- 2 dsp of psyilimu husks ground.
- 1 bar of coconut cream.
- 100 gm of raspberries
- Sponge



### Method:

1. Peel and core pineapple ,use only half of the pineapple flesh ,add peeled and cored apples peeled courgette and psyilium husk.
2. Blend
3. Spread to all 4 corner of your dehydrator sheet
4. dehydrate for 6 -8 hours
5. Peel off sheet and dehydrate for a further 1-2 hours

### Filling

6. Blend raspberry and fig to make a jam.
7. Spread over sponge
8. Blend the rest of the pinapple leaving some for garnish. Spread over jam.
9. Melt 2/3 of coconut and drip over pineapple.
- 10.Wait for the coconut to harden.
- 11.Roll up cake quickly on the Teflon sheet and place the whole thing in the freezer. If it is too big cut in half.
- 12.Defrost 1 1/2 hours before you want to serve it.
- 13.Best cut when still slightly frozen.

Serve with fresh raspberries.

# Chia porridge

makes 3-4

## Ingredients

### The night before soak;

1 cup of almonds for the milk

In a 2nd container soak;

- ½ cup sunflower seeds
- cup of pumpkin seeds
- ¼ cup of walnuts

In a 3rd container soak

- 1/4 cup of raisins or cranberries
  - 4 dates chopped
- topping

- 1 banana

In a 4th container soak;

- 4 tbsp. of chia seeds in 1 cup of water



### In the morning

1. Discard the water that the almonds have soaked in and make the almond milk with 3 cups of water. Blend until creamy, strain using a cheese cloth
2. Return the almond meal to the blender for a second time with a small amount of water and whizz again and strain.
3. Drain the water from the nuts and seeds
4. In a bowl pour the dried fruits with the soaking water and add the nuts and seeds. Add the chia seeds, this will be a thick paste!
5. Add the almond milk, reserving a small amount for the top. Mix thoroughly, using your hands is easiest.
6. Divide into bowls top with sliced bananas and some almond milk. Sweeten if desired or add

## Chocolate Pancakes

Makes about 9-12 pancakes

### Ingredients:

- 7 large bananas
- 120 grams almonds sprouted over night or other nuts with the milk removed
- 4 apples cored and peeled
- 2 dsp. of psyllium husks ground
- 3 dsp of chocolate powder

### Served with:

4 pears peeled cored and sliced marinated with juice of 2 oranges, 1dsp date syrup (add a little water if necessary to cover the fruit), leave over night

### Sauce:

1 punnet of raspberry or strawberries blended with 1dsp date syrup or sweeten to taste with any good alternative sweetener.

### Method

1. Grind nuts with 2 cups of water in the food processor.
2. Strain the nuts, removing the milk.
3. Place the milk in a jar and put in the fridge.
4. This can be used at some other time for shakes or others use. Take the nut meal, and all the other ingredients , and place in the food processor and blend.
5. Then using a soup ladle so your pancakes have even size , spoon the mixture in small circles on to the dehydrator teflon sheets
6. Dehydrate for 4-5 hours peel off the sheets ,and further dehydrate till firm approx for hours.
7. Make layers of pancakes and pears stacked up and drizzle with sauce.



## **Mango and Banana Smoothy**

Serves 2

### **Ingredients**

- 3 bananas(frozen can be nice)
- 1 mango
- 300ml of water of to your personal choice of consistency
- 2 tsp barley or wheat grass
- 2 tsp of maca
- Superfood Topping
- 1 tbs of goji berries soaked in water for ½ an hour
- Bee pollen
- Cacao nibs (optional)

Place in a blender and blend until smooth! Top with superfoods.

## **Buckwheat Banana and Brazil Breakfast**

Serves 2

- 1 cup of buckwheat soaked for 4hrs min rinsed and sprouted for 1-2 days
- 10 brazil nuts soaked for 4hrs or overnight ( chopped)
- Small handful of raisins and prunes chopped and soaked for
- 2-3 bananas mashed
- 1 tsp of cinnamon
- 1 apple grated or spiralised

Rinse the sprouted buckwheat and add to the mashed or processed banana add the cinnamon and the dried fruits.

Place in a bowl and add the nuts and the fruits

## Apricot and Chocolate Nests

Makes 16 nests

### Base

- 2 cups of almonds
- 1 cup of coconut flakes
- 1 cup of dates
- Food process the nuts and coconut until a fine breadcrumb consistency
- Chop the dates and add to processor and mix until sticky
- Make 16 balls with your hands and push with your thumb into the centre to make a well, use some apricot water if mixture is a little dry



### Apricot filling

- 1 cup of dried apricots
- 2 tsp. lucuma
- 2 tsp. cinnamon
- O Soak the apricots in sufficient water to cover 30mins. Minimum
- &l Drain and reserve the water from the apricots
- \*l Place apricots and lucuma and cinnamon in a blender with some of the water and blend. Add more water if needed to make a thick jam like paste.
- Spoon the paste into the nests

### Chocolate Topping

- ½ a cup of cacao butter ( chopped)
- ½
- a cup of cacao paste (chopped) or powder
- 2
- tbsp. of coconut oil
- tbsp. of agave syrup or coconut
- l Melt the cacao butter and paste in a baine marie
- &l Add the coconut oil and sweetener and mix well
- Let cool in the fridge until thicker, and top the apricot filling and let set

## Banana Pancakes

Makes 12 pancakes.

### Ingredients:

- 7 large bananas
- 120 grams of sultanas soaked
- 120 grams of sprouted almonds
- or hazelnut or any nut ,milk removed. 2 tbsp. of psyllium husks ground
- 2 apples cored and peeled

### Method

7. Grind nuts with 2 cups of water in the food processor.
8. Strain the nuts, removing the milk.
9. Place the milk in a jar and put in the fridge.
10. This can be used at some other time for shakes or others use. Taking the nut meal and all the other ingredient, except the soaked sultanas and place in the food processor.
11. Blend.
12. Then using a soup ladel spoon the mixture in small circles on the tray. It should make 9 circles on the Teflon tray.
13. Place small handfuls of the soaked and strained sultanas into each pancake mixture.
14. Dehydrate for 8-10 hours.
15. Peel off the Teflon and place on the mesh tray and dehydrate for a further 4-6 hours.

### Serve with:

250 grams of strawberries, the juice of two medium sized oranges and a dsp of date syrup or any other sweetener. Blend and drizzle over the pancakes.



# Banana Delight

Serves 2 people

## Ingredients:

- 6 Bananas
- 2 handfuls of Strawberries, Cherries or dark fruits. 10 gm of ground seeds or nuts
- Soaked sprouted and re dried
- Buck Wheaties soaked; sprouted and re dried
- 1 handful of light fruits nectarines , apricots or peach.

## Method

1. Blend 4 bananas (for a variation strawberries or coco powder here)
2. Add all the other fruit chopped or whole if small. Sprinkle with nuts and the Wheaties.



## Mulberry Ice Cream with Chocolate Sauce

Serves 4-5 people

### Ingredients:

- 500 gms of Mulberry.
- 2 large creamy Avocados ready and soft.
- 3 dsp of Date Syrup or Coconut sugar or Xylitol

### Method:

1. Blend all ingredients and freeze.
2. Defrost about 2 hours before you want to serve it. Make into balls
3. Serve with Chocolate sauce

## Chocalate Sauce

### Ingredients:

- Juice of 3 medium Oranges
- 6 tsps of Coco powde
- 3 dsp of date syrup or alternative sweetener it should be quite thick.

### Method:

Bain Marie for 10 minutes and serve immediately.





