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karenknowler  
The Raw Food Coach™

## Introduction

Hello and thank you for signing up to **Successfully Raw!**

You are about to begin a wonderful journey into greater energy, passion for living and an overall improvement in all aspects of your whole person health. In fact, I have no doubt that over the weeks and months that follow that your life will change immeasurably for the better depending on the amount of time and attention you give to utilising all the tools, tips, recourses and recipes you'll find within each issue.

Every week I share with you the best of my knowledge and experience to make choosing raw an exciting and fun. I bring to you over 13 years of raw food living experience, so you can feel confident that what I share with you is based on real-life success – that's what works as well as what *doesn't* - and not simply wishful thinking!

**In the pages that follow, you'll find 10 of my very favourite raw food recipes.** These recipes range from the very simple to the slightly more elaborate, but all are easy to make and very delicious! Recipes of course form the foundation of any raw lifestyle – what you choose to eat today will impact on how you think, look and feel tomorrow, so we start with the best so that you can get off to a flying start.

Now that you've signed up you also have access to the **Successfully Raw Blog** where you can access downloads and read past issues. To access it simply click log onto [http://karenknowler.typepad.com/successfully\\_raw](http://karenknowler.typepad.com/successfully_raw) and when prompted for a user name and password type **successfully** in the top box and **raw** in the second – then you'll have access to all the free information for as long as you're signed up.

All set? Then let's take a look at your 10 free recipes >>>

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We're going to start with drinks, move to breakfasts, then progress to simple main meals and finally finish with some simple sweet treats.

## Your 10 FREE Raw Food Recipes Menu

**Recipe 1:** Carrot, Apple & Ginger Juice

**Recipe 2:** Sweet Almond Milk

**Recipe 3:** Strawberry Smoothie

**Recipe 4:** Spinach and Mango "Green Smoothie"

**Recipe 5:** Raw Muesli

**Recipe 6:** Karen's Favourite Nori Rolls

**Recipe 7:** Cashew and Macadamia "Cheese"

**Recipe 8:** Chunky Almond Hummous

**Recipe 9:** Liquid Toffee Smoothie

**Recipe 10:** Real Chocolate Ice-Cream

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## Recipe 1: Carrot, Apple & Ginger Juice

This juice is one of my all time favourites as it's not as sweet as a fruit juice, but not as intense as a green juice. This is a classic recipe that everybody seems to love.

### Equipment:

Electric juicer – any kind

### Ingredients:

- 3 large **carrots**
- 2 small **apples**
- 1 small piece **ginger** (to taste)

### Directions:

1. Prepare ingredients for juicing: scrub carrots and apples, trim ends, stalks etc. and cut into juicer-friendly sized chunks. Cut a small piece of fresh ginger. It's not necessary to peel it (the fibre will get caught up in the juicer anyhow), although you can.
2. Put all ingredients through your juicer making sure that you have maximum amount of juice.
3. Pour and serve. Yum 😊

### Raw Coach's Top Tips:

- ★ If you don't like ginger this juice is still great without it.
- ★ This recipe makes an excellent base for other, more complex juices. Try adding any of these: Pineapple, orange, strawberry, raspberry, lemon or lime, or some greens like parsley or spinach. These are my favourite additions (not all at once though!).

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## Recipe 2: Sweet Almond Milk

This is a simple but delicious raw “classic” that can be modified in endless ways. This is the most basic simple recipe and will keep in fridge for about 24 hours although is best drunk right away.

### Equipment:

Blender

Nut milk bag or fine sieve or muslin (your “strainer”)

### Ingredients:

- 1 cup **almonds OR** 1 Tablespoon **almond butter**
- 3 measuring cups **pure water**
- 1-2 **Medjool dates OR** 1 Tablespoon **agave nectar** (to taste)

### Directions:

1. Place the almonds and the water in a blender and blend until smooth.
2. If you used whole almonds (and not almond butter) you will need to strain the milk, so use a nut milk bag or very fine sieve to strain the mixture so that you separate the almond skin from the milk.
3. Discard the pulp (what’s left in the strainer) – see later for ideas.
4. Clean blender jug with a quick rinse of water, then pour the clean almond milk back into it.
5. Add the dates or agave nectar (if you have a sweet tooth, try the milk first – you might prefer it plain or you might want to add 1 date rather than 2) and blend.
6. Taste-test and add more sweetener if you’d like, or drink as is.
7. Sip, savour and enjoy!

### Raw Coach’s Top Tips:

- ★ Once you have perfected this, you can use it as a base for smoothies or other drinks – simply add in the flavourings of your choice.
- ★ Make use of the pulp by composting or dehydrating to make “almond flour” for use in a cookie, pie or burger recipe.

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## Recipe 3: Strawberry Smoothie

Smoothies feature frequently in most raw food enthusiasts diets. They're quick, easy, simple and fun and are one of the tastiest things on the menu! I drink at least one smoothie of one kind or another every day.

### Equipment:

Blender

### Ingredients:

- 1 large (or 2 small) **bananas**
- 3 measuring cups **water**
- 4-8 **strawberries** (to taste)
- 1 **Medjool date** OR 1 Tablespoon **agave nectar** (to taste)

### Directions:

1. Place banana/s, strawberries and water in your blender and blend until no lumps remain.
2. Taste-test and see if your smoothie is sweet enough for you. If not, add the dates or agave nectar.
3. When you're happy that you have the perfect taste for you, pour, slurp and smile!

### Raw Coach's Top Tips:

- ★ If you don't like strawberries or would like a change, try any other fruit of your choice. Good ones are raspberries, blueberries, blackberries, pineapple, peach nectarine, apricot. Just add a few and taste-test as you go until you've found nirvana!
- ★ If you'd like a more creamy, cool version, replace the fresh bananas with frozen ones. Simply peel a few bananas, pop them in the freezer in a dish or on a plate, and freeze until hard. Take care when you come to blend them – you may have to let them thaw a little before using.

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## Recipe 4: Spinach and Mango “Green Smoothie”

A green smoothie typically comprises of roughly 50% fruit, 50% greens. They are delicious, *highly* nutritious and are good as a breakfast, snack or supper – any time of day, really!

### Equipment:

Blender

### Ingredients:

- Approx. 6 large handfuls of **baby spinach**
- 1 large **fresh juicy mango**

### Directions:

1. Chop the mango and place in the bottom of your blender.
2. Wash the spinach and add that in on top.
3. Blend the two together, making sure every piece of fruit and green has been blended together and no lumps remain.
4. Taste-test. If too green-tasting, add more mango. If too sweet, add more spinach. If too thick, add some pure water and blend to your desired consistency.
5. When you're there and happy with your smoothie (yes, the colour's very green, but taste it – it's fantastic!), pour into a large glass. You'll probably have two pint glasses full, so drink one now and put the other in the fridge and drink later – it'll keep for about 12 hours in the fridge and will still taste great.

### Raw Coach's Top Tips:

- ★ This is just the start of what's possible to make with green smoothies. Experiment with bananas, dates, nectarines, apples, pears, peaches, apricots – any of your favourite fruits.
- ★ I've suggested spinach as it's a juicy and sweet green which most people love. Don't stick with spinach – there's masses more greens to try. Read eZine number 7 (find this on the Successfully Raw blog) for a list of all the different greens you could use.

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## Recipe 5: Raw Muesli

Everyone seems to love this recipe whatever their diet and it works great for breakfast as well as for a snack or supper. There are so many variations of raw muesli, you could quite possibly eat a different one every day of the year. When you see one of these fresh raw mueslis bursting with colour and life sitting waiting for you on your kitchen table, you'll never be tempted to go back to the dried, processed and "dead" mueslis of old ever again.

### Equipment:

Sharp knife

### Ingredients:

For muesli

- 1 **banana**, sliced into rings
- 1 **apple**, cubed
- ½ handful **brazil nuts**, sliced into small pieces
- ½ handful **hazel nuts**, sliced into small pieces
- 1 handful **almonds**, whole or sliced
- 1 handful **dates**, fresh or dried, chopped into small pieces
- 1 handful of **raisins** (preferably pre-soaked, but it's not imperative)
- 1 handful of **raspberries** OR **strawberries** OR **blueberries**
- 1 handful of **coconut chips**

For nut milk

- 1 cup **almonds** OR 1 Tablespoon **almond butter**
- 2 measuring cups **pure water**

### Directions >

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## Raw Muesli continued

### Directions :

1. Prepare all muesli ingredients as listed above.
2. Place in bowl in the order listed above, saving some extra berries and coconut chips for later.
3. Mix all ingredients well by hand or with a spoon.
4. Prepare your almond milk by blending 2 measuring cups of pure water with 1 cup of raw almonds, then strain through sieve or nut milk bag. If you're using almond butter, no need to strain.
5. Pour on your almond milk.
6. Top with the remainder of berries and coconut chips – wow!
7. Optional > Sprinkle with any of the toppings suggested below.
8. Serve to a hungry crowd or devour all by yourself!

### Raw Coach's Top Tips:

- ★ **Some ideas for toppings** > Cinnamon; carob powder; mesquite powder; sprinkled raisins; nuts which have been ground up in a nut mill; some raw coconut chips or fresh coconut grated; a few dried cherries or other brightly coloured dried fruits.
- ★ **Ingredients for raw muesli might be** > Apples, oranges, pineapple, banana, mango, papaya, peach, dates, figs, prunes, raisins, sultanas, currants, coconut, almonds, hazelnuts, Brazil nuts, pumpkin seeds, sunflower seeds, sesame seeds, young sprouted wheat grains/berries, sprouted buckwheat.
- ★ Make a large batch all in one go – minus the fresh fruit – and store in an airtight container. This way you have a ready-to-go breakfast – simply add the fruit and nut milk when you want to eat it and you'll have the quickest, tastiest and most filling breakfast ever!

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## Recipe 6: Karen's Favourite Nori Rolls

This nori roll recipe is a sure-fire winner and a recipe that I can live on for days on end.

### Ingredients:

- 2 **raw nori sheets**
- 1 large **avocado**
- 2 **fresh tomatoes**
- 1 small **red onion**
- 10 **black olives**, pitted OR 6 **sundried tomatoes in oil**
- Handful of **coriander** OR **rocket** OR **watercress** OR **sunflower greens**

### Directions:

1. Lay the nori sheet out flat on a plate or cutting board and place strips of avocado along the near edge about an inch in from the outside of the sheet. And an inch up from each end.
2. Next, lay on top of the avocado some strips of tomato, followed by strips of onion, then top with the halved olives or the sundried tomatoes. You should now have quite a pile of filling! (All in a straight line)
3. Then, top it all off with your chosen greens.
4. Finally, roll up your ingredients within the nori sheet, either by hand or using a sushi mat. Make sure your fingers (or the mat) keep the nori wrapped tightly around the filling as you roll to avoid any spillage.
5. When you're done, if the final edge of the nori doesn't secure to the outside of the roll, simply dip your finger or a pastry brush in a little pure water and run it along the inside edge and seal.
6. To eat: Either cut into small bit-sized pieces or leave as is, hold the whole roll in your hands (like I do!) and enjoy 😊.

### Raw Coach's Top Tips:

- ★ To find a recipe that suits you, use your favourite raw ingredients as fillings and continue to experiment with new textures and flavours until you find "the one"!

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## Recipe 7: Cashew and Macadamia “Cheese”

A great-tasting and filling recipe that works well in salads, on its own, as a raw pizza topping or spread on crackers.

### Equipment:

Food processor or hand blender

### Ingredients:

- 2 measuring cups of raw **macadamia nuts**
- 2 measuring cups of **cashew nuts**
- Juice of 1-2 **lemons** (depending on sweetness and amount of juice)
- 1 clove of **garlic**

### Directions:

1. Place all 4 measuring cups of nuts into your food processor along with the lemon juice and finely chopped garlic.
2. Process on full power until a thick bobbly mass is formed.
3. Taste-test: Not enough lemon? Add more. Would you like it to taste a little salty like “real” cheese? Add a pinch of Celtic sea salt or Himalayan Crystal salt.
4. If after adding more ingredients it’s still too gritty, add ¼ - ½ cup of water and process again. This will make it smoother but not too runny.
5. Once you have the consistency you like, remove your cheese from the food processor, put it in a bowl and cover it, and keep in the for up to 6 days.

### Raw Coach’s Top Tips:

- ★ This cheese is extremely versatile and can be used in numerous ways. Try spreading it on raw crackers and breads with toppings; spread it on lettuce leaves with baby tomatoes and onion slices; crumble into a salad or mould it into a block, cut into cubes and make cheese and pineapple on a stick!
- ★ Make a thick cheesy dressing by adding more water and blending.

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## Recipe 8: Chunky Almond Hummous

Making a raw hummous with chickpeas (the traditional way) can be a pretty hit and miss affair. I personally prefer making an alternative with almonds, ala this recipe which is a big hit with pretty much everyone.

### Equipment:

Food processor or hand blender

### Ingredients:

- 2 measuring cups of soaked **almonds** (if not soaked then add  $\frac{3}{4}$  cup of water to this recipe)
- $\frac{1}{2}$  measuring cup **tahini**
- 1 large **garlic clove**, minced
- 2 large **lemons**, juice of
- 1 teaspoon **Celtic sea salt** OR **Himalayan Crystal Salt** (to taste)
- 2 Tablespoon **fresh chopped parsley**
- 1 Tablespoon **fresh basil**

### Directions:

1. Ideally, break down the almonds first in a high-powered food processor such as the Cuisinart, or use a nut mill.
2. When almonds are broken down, add all the other ingredients. Try to achieve a smooth consistency.
3. Add a little more water if necessary.
4. Taste-test: You may wish to add more garlic, lemon, herbs or salt, depending on your own taste and the size/ strength of the ingredients you used. Process again
5. When you're happy, pour into a bowl, cover and refrigerate for up to a week.

### Raw Coach's Top Tips:

- ★ Use as a dip, a side dish, serve with green vegetables, such as lettuce, cabbage, and kale, or spread on flax crackers.

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## Recipe 9: Liquid Toffee

I love this recipe because it feeds the child in us all yet is super-high in nutrition owing to the secret ingredient – mesquite meal, a butterscotchy-toffee-ish subtly-sweet tasting powder made from mesquite pods ground down into a fine meal. I feel this recipe is something of a classic and is so quick to make.

### Equipment:

Blender

### Ingredients:

- 3 large ripe **bananas**
- 1 - 1½ measuring cups **water**
- 4 - 6 **dates** (or 2 -3 Medjool dates) OR 2 - 3 Tablespoons of **agave nectar**
- 2 heaped Tablespoons **mesquite meal**

### Directions:

- Simply place all ingredients in a blender and blend!
- Add more mesquite or your chosen sweetener to suit your taste.
- Snuggle down into a big comfy chair, pull your feet up and enjoy!

### Raw Coach's Top Tips:

- ★ Try adding some ground cacao nibs or raw chocolate powder for the equally seductive “warm chocolate” alternative.

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## Recipe 10: Real Chocolate Ice-Cream

What a truly great, all-round winner of a recipe!

### Equipment

Blender  
Ice-cream maker (optional)

### Ingredients:

Serves 6

- 4 Tablespoons **raw chocolate powder**
- 16 **Medjool dates**
- 600 ml of **pure water**
- 4 measuring cups of **cashews** OR 4 Tablespoons **cashew butter**

### Directions:

1. Blend the cashews (or cashew butter) with the water to create cashew milk.
2. Add in remaining ingredients and blend well.
3. Pour into an ice-cream maker and process until ready to eat OR pour into a freezable container with a lid and freeze.
4. When your ice-cream is ready, serve and enjoy! (Yes, it's THAT simple!)

### Raw Coach's Top Tips:

- ★ Don't limit yourself to using just this recipe. You can add in vanilla, cacao nibs, raisins - anything you fancy, or use the basic recipe and swap the chocolate powder for other flavours such as strawberry, mango, raspberry etc. You are only limited by your imagination and willingness to experiment 😊.

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## In Closing...

If any of the recipes, ingredients or items of equipment in this packet are new to you then all of the answers to your questions can be found within either [www.TheRawFoodCoach.com](http://www.TheRawFoodCoach.com) or [www.fresh-network.com](http://www.fresh-network.com).

Although it may seem all quite new at first, don't let that bother you – it's exciting new territory you're moving into, full of new foods, new meals and new experiences that will massively improve your health, your energy and your looks - for life.

And the next place to go to get up to speed?

[Click here](#) to be taken to the very beginning where you can be hand-held through the early steps to going raw that will set on the road to a new way of looking at food and what you put into your body.

And if you fancy 50 more recipes like the ones you've just seen, as well as ideas for how to incorporate them into your everyday life with friends and family, then [this](#) will be just what you're looking for!

To your unlimited radiance!

Karen x

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