



# Living nutrition®

NOURISHING MIND • BODY • PLANETARY HEALTH  
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SEVEN  
STEPS TO  
HOME  
GARDEN  
PARADISE

WELLNESS  
CRUSADER:  
DR. HENRY  
L. N. ANDERSON

Summer Raw Food Entrées,  
Party Desserts & Luscious  
Nut & Seed Milks

- ✦ MEDITERRANEAN SALAD WITH GREEN GODDESS, CITRUS MINT & MANGO CILANTRO DRESSINGS
- ✦ ALMOND & CAROB ICE CREAM
- ✦ RASPBERRY COULIS
- ✦ LASAGNAS FOR ONE
- ✦ CAROB BROWNIES
- ✦ TASTY TACOS
- ✦ EASY PIZZA

LIFE SKILL #1:  
FOLLOWING YOUR SENSES

The Garden of  
Archidelic Delights





Cherie Soria • [www.rawfoodchef.com](http://www.rawfoodchef.com)

Cherie Soria is the founder and director of Living Light Culinary Arts Institute and the author of the classic *Angel Foods: Healthy Recipes for Heavenly Bodies*. She has been teaching vegetarian culinary arts for national and international organizations for more than 30 years, and gourmet raw vegan cuisine since 1992. Cherie has personally trained many of the world's top raw food chefs and instructors, and is often referred to as the "Mother of Gourmet Raw Vegan Cuisine." For more information about Cherie and the Living Light Culinary Arts Institute, call 707-964-2420, or e-mail [info@rawfoodchef.com](mailto:info@rawfoodchef.com).

Here are several recipes that can be used individually, or in concert. Chewy brownies, maple walnut ice cream, and two sweet sauces—chocolate and raspberry. The brownie can be cut in traditional squares for an after-school treat; the ice cream could be served alone or with any of the sauces as a simple dessert; or the ice cream and brownie could be served together as cake and ice cream with one or two sauces. In the accompanying photo, you can see that I chose to take it a step further. I pressed the brownie mixture firmly into a very shallow rectangular pan, 1/2 inch thick, and froze it. I did the same with the ice cream. Then, I place the ice cream layer on top of the brownie layer, sliced it in half, and placed one half on top of the other, creating a frozen layered cake. I served it sliced, in six layers, with all the layers visible, on a grid of sauces.

### Carob Brownies

Serves 8

- 4 cups walnuts, soaked 8 to 12 hours, then dehydrated
- 1/2 cup pitted soft dates, chopped
- 1/2 cup dried figs, soaked 15 minutes, drained, and chopped
- 2 tbs. coconut oil, warmed to liquid
- 1 cup raw carob
- 2 tsp. vanilla extract
- 1/4 tsp. ground cinnamon
- 1/2 cup chopped walnuts, soaked for 8–12 hours, then dehydrated

Place the 4 cups of walnuts in a food processor and pulse until they reach the consistency of meal.

Add the remaining ingredients and continue processing until well mixed and sticky. The mixture should hold together when pressed into a ball. If oil begins to separate from the mixture, it is over-processed. You may still use it, but it is not the desired effect. Press the mixture firmly into an 8 by 8-inch brownie pan. Cover and chill. To serve as brownies, cut into 8 equal pieces. It may be stored in a sealed container in the refrigerator or freezer. Keeps in the refrigerator for 1 week or in the freezer for 1 to 2 months.



### Maple Walnut Ice Cream

Serves 8

- 2 cups walnuts, soaked 8–12 hours
- 1 cup cashews
- 2 1/4 cups water
- 1 cup pure maple syrup
- 1/4 teaspoon maple extract
- 1/2 cup chopped walnuts, soaked for 8–12 hours, then dehydrated (optional)

Drain and rinse the walnuts. Place the soaked walnuts, cashews, and all remaining ingredients, except the chopped walnuts, into a blender and blend until smooth and creamy. The mixture should resemble the consistency of a thick milkshake. Pour the walnut cream into ice cube trays and freeze solid. Run the cubes through a Green Life or Champion Juicer with the blank plate installed. Stir in the chopped walnuts and return to the freezer for a couple of hours. Serve immediately or store in the freezer until ready to use. Keeps in the freezer, in a sealed container, for 1 to 2 months.

### Chocolate Velvet

Serves 8

- 2 ripe avocados, peeled, seeded, and mashed
- 1 1/4 cups water
- 3/4 cup organic raw cocoa or carob powder
- 1/2 cup evaporated cane juice
- 1/8 tsp. ground cinnamon
- 1 vanilla bean's soft center scraping, or 1 tsp. vanilla extract

Combine ingredients in a food processor or blender and purée until smooth. Add a little more water, if needed. The more water you add, the thinner the sauce will be.

## Raspberry Coulis

Serves 8

1 pint fresh raspberries  
1½ cups soft dates, pitted  
water, if needed

Place raspberries in a blender with a small amount of water, if needed, and blend till puréed. Pour the blended raspberry sauce into a mesh bag and strain to remove the seeds. Return the raspberry sauce to the blender along with the dates and blend until smooth. Store the coulis in a sealed container in the refrigerator until ready to use. Will keep for one week in the refrigerator.

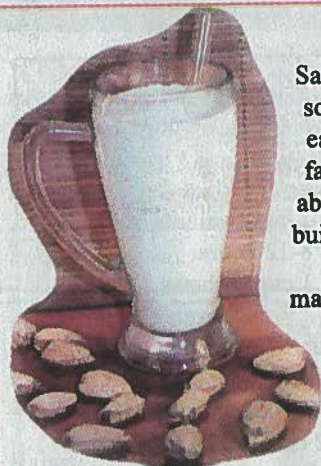
## Shaved Almond & Carob Ice Cream

Serves 6

½ cup agave nectar  
½ cup orange juice  
½ cup coconut oil  
¾ cup carob powder  
1 tbs. Rapadura  
¼ tsp. almond extract  
2 avocados, peeled, seeded, and mashed  
½ cup almonds, soaked, peeled, and slivered (for garnish)

Combine agave, orange juice, coconut oil, cocoa powder and Rapadura in a high-powered blender, and purée until smooth. Using a rubber spatula, keep folding the mixture into the center to promote thorough blending without adding water. Add mashed avocado and blend until the mixture is smooth and creamy. Pour the mixture into a 9 by 9-inch glass lasagna pan or other shallow glass container, and stir in the almonds. Cover tightly with plastic wrap and freeze for at least 12 hours, or until firm. Serve with an ice cream scoop. If the ice cream is too hard, let it thaw for 5 to 10 minutes before scooping. Store in an airtight container in the freezer for up to two months.

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## Luscious Nut & Seed Milks

One 10-12 oz. serving

Satisfy fat cravings perfectly and soothe your nervous system with easily digested, cholesterol-free fatty acids and amino acids, plus an abundance all the necessary bone-building elements.

Nut and seed milks are easily made fresh in your kitchen and offer superior nutrition for everyone, from children to seniors. These rich drinks are delicious "nude," needing no sweeteners or other additives. (Sweet, non-acidic additives combined with

high-fat/high-protein foods actually produce digestive and metabolic problems.) The plain milks make a satisfying meal. Alternatively, they may be combined with acid fruits, which is a suitable combination for digestion, as the acid helps break down the fat and protein. One exception: although it is a sweet fruit, a dash of raw carob powder, which has a high fat content itself, will not compromise digestibility, while adding a chocolate flavor. In lieu of milks, less water or citrus juice may be used to make a thicker dressing or dip.

Obtain high-quality, raw, low-temperature dried, organic nuts and seeds, avoiding old, rancid, cheesy, yellowed or soft nuts and seeds. Any quality raw or germinated nut or seed may be used to make milks. Soaking the nuts and seeds for 2 to 12 hours makes them easier to break down in blended drinks, enhancing the availability of nutrients. Longer soaking durations will result in oxygen starvation and death of the germinating nut or seed. Almond and pecan skins are known to contain bitter toxic tannins; it is imperative that they be soaked for at least 2 hours and then thoroughly rinsed.

2-3 oz. raw or soaked nuts or seeds

8-10 oz. purified water

Alternatives: substitute juice from 1-2 fresh-squeezed oranges or tangerines for all or part of the water, or add some pineapple or acidic berries as desired. (Black berries; raspberries and strawberries yield delicious drinks.)

At high speed, blend ingredients for approximately 4 minutes to produce a fine milk. The soft macadamia nut beverage will be so fine that straining is not possible. Other beverages may be strained using either a fine-mesh metal strainer basket, a cloth, or nylon nut milk (or sprouting) bag. You may make your own bag from hemp or muslin cloth. If using a metal strainer, you will need to apply pressure to push the liquid through the mesh using a wooden spoon. After the initial straining, add water to the strainer or bag to release of more milk. Pulp may be composted or added to put food. Serve at room temperature or chilled. Slowly sip your milk, mixing with your salivary juices, and enjoy!

### Sources for Quality Organic Raw Nuts & Seeds

**Almonds:** Jaffe Brothers and Living Tree Community Foods (see adverts on pages 83 and 63)

**Brazil nuts:** Jaffe Brothers

**Macadamia nuts:** South Kona Macadamia Nut Company (see advert on page 31)

**Pecan nuts:** Jaffe Brothers and Living Tree Community Foods

**Pistachio nuts:** Happy Nuts Farm (see advert on page 88)

**Pumpkin, sesame and sunflower seeds:** Jaffe Brothers

**Walnuts:** Jaffe Brothers and Living Tree Community Foods