

CELEBRATING A LIFESTYLE OF GOOD HEALTH, A JOYFUL SPIRIT, AND THE MANY BENEFITS OF RAW, LIVING FOODS.

Fall
2007



**PURELY
DELICIOUS**

This Issue:

Create new
*Healthy
Holiday
Traditions*

SO MANY CHOICES

Spend a little time
getting to know
your dates

Purely Delicious

Raw Recipes for Fall

Enjoying all the season has to offer

Fresh Apple Cobbler & Sweet Vanilla Cream Sauce
See inside for this recipe and others like it!

Create New Holiday Traditions and Healthful Good Cheer

by Cherie Soria

Many of us typically throw away good sense and healthful habits at holiday time. It's not our fault—it's tradition! Thanksgiving heralds the season of overindulgence, and even those of us who usually make good food choices often fall into the trap of sharing the "good cheer". This season why not create a new holiday tradition

using favorite recipes as inspiration? Select foods you consider to be the core of your holiday tradition and ask yourself if they can be recreated without cooking. Take into consideration color, texture, flavor, appearance, and of course, taste! The textures of food can be reproduced using kitchen tools like the food processor, blender, spiral slicer, and mandolin.

Marinades and gentle massage can be used to soften and impart flavor or to remove overly pungent flavors. Onion and garlic powder can be substitutes for raw onion and garlic.

Raw Culinary Arts is an exciting and relatively new art form. We've discovered that we can recreate just about any-



Traditions

thing in a typical holiday meal except the turkey and ham. Some of the delightful healthy creations we've introduced are eggless nut nog, "bread" stuffing, mashed "potatoes" and gravy, cranberry sauce, green beans amandine, pecan pie, and most other holiday favorites. Instead of animal foods, you might replace the main dish with a delicate vegan "crab" cake. The texture of crab cakes can be recreated easily, using finely spiralized (angel hair) zucchini, cut into pieces to mimic the texture of crab. The flavor comes from sea vegetables, herbs, and spices, which impart the familiar flavors. You can even enjoy tartar sauce with it!

If you aren't interested in spending your holidays in the kitchen, there are a variety of other ways to support your health and well being. Other new holiday traditions might include traveling to a destination that supports a healthful lifestyle. These days, it's easier than ever to take a detox or spa vacation that caters to the needs of raw fooders. Or embark on a raw food educational vacation where healthy dining is the natural choice!

Don't let the holidays compromise your health! As you learn to create new holiday traditions, you'll thrive, and be a good example to friends and family as they join you in celebrating the season of good cheer.

Raw food revolutionary Cherie Soria is the author of 3 books, including the soon to be released Raw Food Diet Revolution (due out in January 2008), and founder and director of the internationally known Living Light Culinary Arts Institute. Cherie is known as the "mother of gourmet raw cuisine" and has been teaching raw vegan culinary arts to students and teachers from around the world for over 14 years. She and her husband Dan Ladermann own and operate 3 other green businesses, including an organic raw vegan café, a retail marketplace with gifts for healthful living, and an eco-friendly inn. They also offer holiday retreats, educational vacations, and detox and spa vacations. For more information about Living Light, visit www.RawFoodChef.com or call 707-964-2420.

Vegan Bay "Crab" Cakes

Serves 6 (Yields twelve 1/4-cup cakes)

1/2 cup dried porcini mushrooms, soaked for 1 hour, drained, and diced
1 1/2 cups zucchini, spiralized
1 1/2 cup macadamia nuts, ground
1/4 cup onion, finely minced
1/4 cup celery, finely minced
2 tablespoons nutritional yeast
2 tablespoons lemon juice
2 tablespoons red bell pepper, very finely diced
2 teaspoons kelp powder
2 teaspoons ground golden flax seed
1 tablespoon ground psyllium seed
1 teaspoon garlic, pureed
1 teaspoon red jalapeño, minced (or substitute cayenne pepper to taste)
1 teaspoon Himalayan crystal salt

1. Using a pair of kitchen shears, cut the spiralized zucchini into pieces about one inch in length. (A spiral slicer and a chef's knife is perfect for this task.)
2. Combine the zucchini and all remaining ingredients in a mixing bowl and mix well. Add a few drops of water, if needed, to form a firm dough.
3. Using a 1/4-cup measure, create small cakes, about one inch deep.
4. Place the cakes on a nonstick dehydrator sheet and place in a dehydrator at 120 degrees for 1 hour, then turn over to dehydrate the other side for another 1-2 hours. (This temperature will not be too hot to destroy the nutrients and enzymes, since the product has enough water and to stay cool during this time.)
5. Serve with a generous serving of Cocktail Sauce and/or Creamy Dill Sauce

Creamy Dill (Tartar) Sauce

1/4 cup cashews, soaked in water 4 hours
2 1/2 tablespoons lemon juice
2-3 tablespoons water, as needed
1/4 cup dill weed, minced
2 1/2 tablespoons capers (not typically a raw food)
2 tablespoons celery, minced
1 tablespoon horseradish
1 tablespoon red onion, minced
1/2 teaspoon salt

1. Place cashews with lemon juice and enough water to form a thick, smooth cream.
2. Add remaining ingredients and pulse. Mixture should have a slightly chunky texture. Serve over Vegan Bay Crab Cakes.

