

How to be a

# RAW foodie

A social, practical and intuitive guide to a healthier lifestyle and a plant-based recipe book



**FREE  
SAMPLE**

Anya Andreeva



# WELCOME

Hi there! Thank you for reading this mini recipe e-book by Anya Andreeva.

The recipes here are divided into 3 sections: Salads, Main Meals and Desserts. This is to help you navigate through them easier.

If you want to skip to the recipes, please go to page 14.

The full book may be purchased on [LiveLoveRaw.com/book](http://LiveLoveRaw.com/book), which contains 121 raw vegan recipes (this free e-book only has 12 of them), as well as a guide on how to live the raw food lifestyle. Chapters include: raw travel, dating, parties, going out to eat, how to deal with hunger and cravings, common health myths debunked, as well as advice to find out exactly what's good for your body, meditations and much more!

I hope you enjoy this little free taster and are ready for some delicious and healthy meals!





# ABOUT ANYA ANDREEVA

## Raw Food Chef & Chocolatier

Retreats and Workshops: Worldwide

Most people think that if you have your own raw food business in your 20-s then you must have been healthy all your life. Definitely not my case! I was born in Russia and grew up in Spain and I was totally against vegetarianism until I was 16...couldn't even go through one day without eating meat. However, I was raised to be conscious of natural living and I intuitively always knew that my body had the ability to heal itself.

My raw food journey began in 2011, when I stumbled upon a lecture by Karen Knowler at a yoga centre in London. I had nothing better to do that evening and there was food, so I stuck around. I listened attentively to Karen as it was a new concept for me and I am curious by nature, though I must have been the most annoying person there, asking all the questions raw foodies hate being asked!

Turns out, the food that was there was made by a friend of mine, Richard Havardi (now NAMA restaurant co-owner, London), so I thought: "wow, people I know are into this stuff, how interesting...and delicious!" I ended up leaving with pockets full of raw brownies and a voice inside me said "this is your next step".

I became interested in health and nutrition when my grandfather was diagnosed with cancer in 2009 and since then I have experimented



and researched many different types of alternative healing methods, including Ayurveda, kinesiology and a variety of modern diets.

During my “research” phase, I realised that my acne problem was my body’s way of rebelling against the food that I ate, so I completely gave up sugar about a year before discovering raw. I had no idea how addicted I was to sweets, and I feel that that has greatly helped in making the transition to this lifestyle.

**Just a short while later, I developed a passion for making raw chocolate professionally, now available worldwide.**

From all of the lifestyles that I experimented with, raw food was what stuck out for me as it is a means of preventing any illness from the inside, and not just curing it temporarily from the outside. Plus, it just totally made sense to me that this was how our ancestors ate. Frying pans don’t grow on trees after all...

About a week after that lecture, somehow I just naturally went almost completely raw. I didn’t really think about it or struggle, it just made sense to me. I called my mum and grandma and told them about it too, and they embraced the lifestyle as immediately as I did, so thankfully I didn’t have to convince them that I wasn’t insane!

I really got into the whole process of making food, I’ve been an artist since childhood and what I enjoyed most was creating beautiful dishes that not only pleased the eye, but were organic, healthy and delicious too.

Suddenly, I found that other people around me got curious as well, so one day, when I came home to Spain for the holidays (I was still doing my MSc in GIS in London at the time), my mum said that there’s a group of 10 people waiting for me to teach them how to make raw food! I was shocked and had no idea what to do, but that is how I held my first workshop, later to be followed by many more.

## RAW CHOCOLATE

Two years after I began my raw food lifestyle, I took a raw chocolate course with Amy Levin (Ooosha). I didn’t actually want to do it, but chocolate-lovers in my family insisted! Doing the course was more exciting than I could have ever imagined, it’s like something shifted back into place in my head. By the time I got back to Marbella after a year of living in Bali, I was on the fast track to selling raw chocolates. Seeing people’s surprised look as I told them what the ingredients were, to the pleasure grin on their faces after they tried it gave me much delight. Becoming a chef was never something I planned to do, but I guess it was in me all along, waiting to come out at the perfect time.

## WHAT I EAT

I don’t really like putting labels on myself or the food I eat as I believe it creates unnecessary judgement and limitations. I believe in eating what currently feels right for me at this present moment, and I do this through listening to my intuition, which I will discuss in



detail in Chapter 4 of the full book. However, if you're really interested, I have gone through various phases on my journey, from eating 100% living food for several years, to slipping up when living in Bali and India, to realising that ultimately it's all about how you feel about the food you eat. I feel best when I eat mostly raw, but once in a while I also eat cooked food if it agrees with my body.

## OTHER PASSIONS

Raw food is not the only thing I do in life - my creative nature is always looking for new sources of inspiration. I'm a permanent traveller, so I do my healthy retreat/event catering and digital work anywhere in the world. I love discovering different cultures and seeing new places. I enjoy scuba diving, skiing, paragliding, dancing, painting, being outdoors in nature and writing.

When I'm not making raw chocolate, professionally I'm a photographer, web and graphic designer, videographer and expert in all things digital. I also organise mindful retreats and events.

My other passions lie in yoga, tantra and meditation and I believe that there is much more to us than this physical body.

You may follow my crazy adventures around the world on any social media site, either at @LiveLoveRaw or @LiveLoveRawOfficial.

I believe that we are here on Earth to have fun and experience life to the fullest, so what I promote is love, joy and health! Why health? Because many people don't realise just how good their body can feel if they eat well!! I'll be totally honest with you, I grew up lazy and addicted to sugar, but when I began to eat well, dance and do the





occasional fast, I finally began to feel how AMAZING my body really is, and how much better my life is when my “temple” is clean inside and out. I just wish you could feel that too!

## WHY DID I DECIDE TO WRITE THIS BOOK?

It all started with my blog - LiveLoveRaw.com. One day, my mind just started “writing” and it would go on “repeat” until I physically wrote it down, so I didn’t have a choice in the matter. I’ve been writing about eco-living, natural remedies and beauty products, mindful travel guides, spirituality, tantra and healthy food for a few years, until I realised that I was writing about stuff that people were looking for in the raw food literature that wasn’t there yet.

It’s sad for me to see my friends saying things like, “I’d love to eat more raw or vegetarian food, but what would I tell my family” or “how could I go out for dinner, meeting a new guy would be impossible, he will think I’m weird!”. So I wanted to write something to help people who are just getting into the raw world and don’t quite know how to handle the social pressures.

My goal is not to convert you to a raw vegan lifestyle, I just want to give you some information that I hope you will find interesting and I hope that you would consider adding more living food into your life.

In fact, many of the tips in my e-books would be applicable if you even just wanted to try out vegetarianism, or veganism.



Being healthy is actually not as difficult as it may seem, it just takes a little time to re-program our minds and delete all of the “software” that has been uploaded there by our parents, society and television.

And of course, I absolutely love making raw food recipes that are easy to make and easy to understand. So if you make a few of these delicious meals for your friends and family, they will no longer think that raw foodies eat just salads, and we can spread the word of healthy living through the art of food, will you help me?

## LETS SAVE THE PLANET TOGETHER

At University I studied Geography with a keen interest in ecology, conservation and remote sensing. Then I took a Masters degree at UCL in Geographic Information Science. I wanted to help save the planet. Somehow I didn't end up in that field of work, but through spreading word about vegetarianism, I believe I'm doing my part in preserving our environment. After all, have you got any idea how much good it would do for our ecosystems if everyone ate even just a little less meat?

The amount of energy, water, land and food needed to keep farm animals is tremendous. In the US, 70%\* of grain is grown to feed livestock...we could use all those resources to end world poverty and significantly reduce deforestation instead. Did you know that almost 80%\* of the forests cut down in the Amazon has been used for raising cattle?

The air, water and land pollution from meat and dairy farming is even worse. A vegetarian family can easily live off an acre of land, but the

average meat eating family may require up to 20 times more. We use 30%\* of our landmass for livestock farming, yet half of us are crammed up in tiny apartments with no space at all, and millions are completely homeless.

I just wanted to add that last bit in to share all of my passions with you, as I believe that everything is connected. Personally I gave up meat for spiritual reasons when I was 17, and then went raw for my physical body health, but many of us choose this lifestyle for ethical or environmental reasons, and I think that it's great that we are becoming more conscious in our day to day choices.

So by going raw, or vegan or vegetarian, not only might you improve your body's physical health, but you will also be helping to save our environment - sounds like a win-win-win situation to me :)

\* Foresight. The Future of Food and Farming (2011)





CHAPTER 1

# INTRODUCTION

Here is just 1 of my chapters on raw food basics. For the full guide to the lifestyle; including travel, dating and meditations, please get the full book.







"The food you eat can be either the safest & most powerful form of medicine or the slowest form of poison"  
- Ann Wigmore

## IF YOU'RE NEW TO RAW FOOD...

Here is a little description of what raw food actually is (and isn't) for those of you who are completely new to the whole concept.

"Living food", as it is also called, consists only of natural elements that come straight from the Earth, it contains no additives, and it is food that hasn't been exposed to temperatures above 42-47°C. In short, there is no frying, boiling, steaming or cooking of any kind.

When you mention this to people who are unfamiliar with raw food, they assume that breakfast, lunch and dinner only consist of boring salads and carrot sticks, but this is far from the truth! Raw food will amaze you with its incredible tastes, textures, colours and variety!

You can make dishes that will look similar to ones that you are used to, such as "pastas", "pizzas" or "curries" or you can create completely new recipes – use your imagination and the world of raw will transform your life!

## SO WHAT EXACTLY DO YOU EAT?

Raw food basically consists of anything that you can eat without cooking. Things like: fruit, vegetables, mushrooms, nuts, seeds,



seaweed, sprouts, berries and oils. All of these can be dehydrated up to 42°C or eaten completely raw.

To add more flavour, many raw foodies also add the following:

- Natural sweeteners such as: coconut sugar, coconut nectar, stevia, agave syrup, honey (for those who are not vegan), maple syrup (not raw, but frequently used anyway) and sometimes xylitol.
- Spices such as: natural salts (I use pink Himalayan salt), raw apple cider vinegar and a huge variety of fresh and dried spices to add a kick to your meals.
- Non-raw flavour enhancers such as: nutritional yeast, tamari or nama shoyu.

**Raw foodies have a huge variety of food to choose from and you will discover many new textures and flavours.**

I wouldn't necessarily recommend all of them, but I want you to know the different options before making a decision yourself. For example agave has been highly criticised for being too processed and not very "natural". I also just recently read that many nama shoyu brands contain gluten and MSG, so please use your own judgement when preparing meals.

## WHY GO RAW:

If you fry a seed, it will die. If you plant a raw, living seed, it will sprout into a plant. Raw food is full of LIVING ENERGY, which it will then pass onto you!

Enzymes are the primary building blocks in our bodies, they are responsible for many functions such as repair, growth and maintenance. They prevent clotting, make active hormones, repair our immune system, dissolve fiber and are absolutely vital to us for many more reasons. Cooking destroys much of the enzymes in food and the nutrient wipe-out can be as high as 80%! What's the point in eating something that is only 20% "alive"?

Raw food, is filled with vitamins and minerals that your body needs, especially if you eat local and seasonal food. Before fire was invented, this is how human beings lived for generations without needing anything else, so why is it considered unconventional now?

In my opinion, it is the most natural way for us to eat, and you can absolutely get everything that your body needs to live, cure diseases and thrive!

## BENEFITS OF RAW FOOD

**Beauty** - your skin may look younger and firmer and your hair will have a naturally beautiful glow to it.

**Great bowel movements** - one of the first things you'll notice after going raw (even after just one day), is an improvement to your



digestion. You'll forget the words: constipation, gas and haemorrhoids. Don't worry, after the initial "detox" period, your bowel movements will eventually stabilise to a regular 1-2 times a day.

**Weight loss** - you may start to naturally lose weight, it will be a healthy loss and will stabilise at the ideal weight for you. Raw food is not just some modern diet for you to fit into that new dress, but if this is your goal, then you will most likely notice a difference even after just a few days.

**Better sleep** - many people say that they have more energy in general and sleep better. I've noticed that I get up much earlier than I used to without an alarm and no longer feel sleepy in the morning.

**No morning starvation** - do you ever wake up absolutely starving and rush straight to the kitchen? I used to have that before I went raw, now I can easily hold off until 3pm before I get hungry.

**Immunity boost** - because you will be giving your body more of what it needs, all those lovely vitamins and minerals, it may respond by strengthening its immune system. When I first went raw, everyone

around me was sneezing and I wasn't affected at all until I decided to experiment and ate cooked food- immediately my nose was blocked.

**Cure diseases** - a lot of people use raw food to get rid of some diseases like diabetes, candida and even cancer, once and for all! You can read more about specific case studies online, of which there are plenty.

**No more smelly armpits** - yep, after an initial detox period, your body will have rid of many toxins so you may start to smell less and your hair won't go greasy as fast.

**Higher vibrations** - from a spiritual point of view, you will be clearing out your body and raising your vibrations. You may start to experience life a little differently and scientific studies have shown an increase in happiness levels and a decrease in stress and anxiety in people who live a high raw vegan lifestyle.





# THINK BACK TO WHEN YOU WERE A CHILD

I love doing this little exercise with people. Think back to when you were a child - what did you like and dislike eating?

When you are young, your body is still clean and reacts badly to things that aren't good for you, unlike adults whose bodies have become almost numb to food that doesn't support their health.

Most people who I've asked this said that they used to dislike eating meat, fish, dairy. Many said they didn't need to eat nearly as much as their parents wanted them to.

I remember that when I was a child, all I wanted to eat were cucumbers, cabbage, berries and my grandma's crepes (emotional attachment to the last one). I pulled disgusted faces at the sight of cheese until I was 16, prawns made me sick and the smell of fish made me run to the other side of the supermarket. Of course eventually I gave in to social pressures ("eat your prawns, they are GOOD FOR YOU") and my body got used to that stuff.

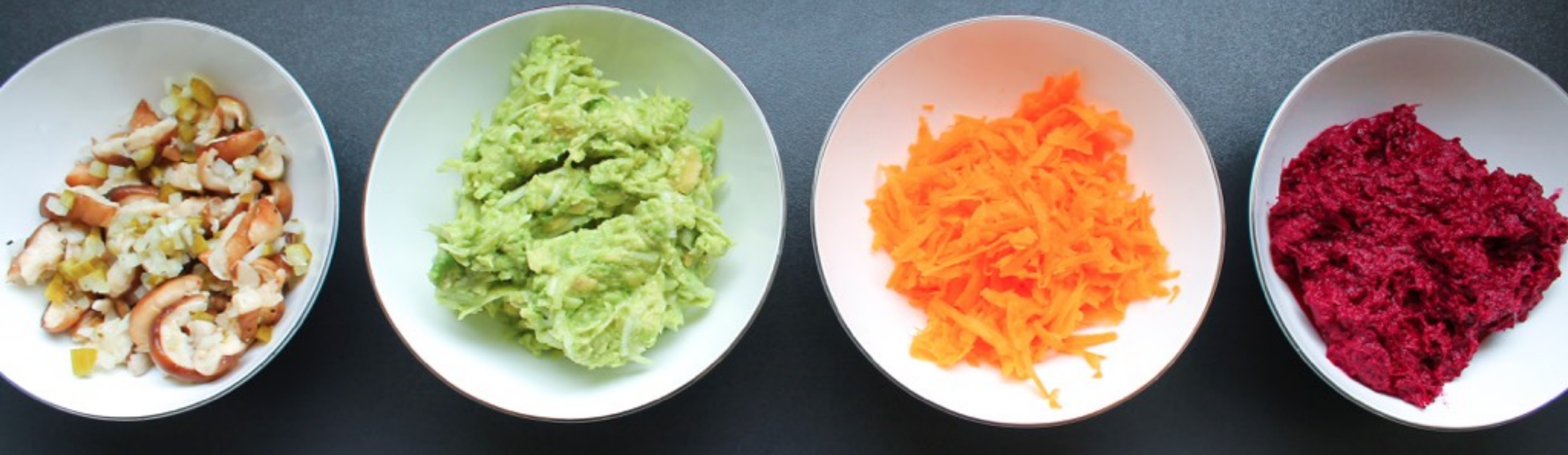
When I went raw and tried cheese again, just to see what would happen, my body reacted instantly with a heavy and sickly feeling, no way did it want that anymore!

So what did you dislike eating as a kid? By looking back to our childhood, we may figure out a few things about what we should or shouldn't be eating now.

P.S. yes that's me aged 8, just after I left Russia and moved to Spain.







## BRIEFLY ABOUT THE RECIPES

I want to ask a favour of you. When you read the recipes in this book (and any other book for that matter), I want you to NOT follow it to the dot every single time.

My tomato will be different to your tomato, which will also be different to your uncle's tomato, so every single recipe will turn out somewhat different. I could make a liquidy sauce and say you don't need to add water to it, but yours could turn out very thick and will need water.

What I'm trying to say is, make it your own and use your own judgement. Train yourself to feel what is needed in a particular meal.

*"To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."  
- William Londen*

Sure, use this book as a guideline, there are plenty of yummy things to choose from, but this advice will help you in the long run to create your own recipes and not to depend on quantities and remembering a recipe off by heart.

Do you know how I read cook books? Lets say that I have lots of carrot pulp left over from making juice and I want to use it in something. I decide that I feel like making dehydrated crackers, so I will open a book and find a recipe, any recipe, it doesn't even have to have carrots in it.



I never look at how much of what is needed in a recipe, I only look at the ingredients list to get an idea of what could go well together. If something catches my eye, I will think: “Oh I never thought of adding this, I’ll try that”, or in other cases: “they only put 3 sundried tomatoes?? I love them, I will put 10!”

This book contains a couple of recipes that are marked as “intuitive”. These are very simple recipes to make and the ingredients are provided, but the difference is...it will be up to you to decide how much of what to add. Don’t worry, there are very few of them and I’m sure you will do an amazing job! Just trust your intuition! These recipes will clearly be marked like this:



Also, when you see a star like this next to a recipe, that just means it’s a favourite of mine.

Each recipe will also give guidance on what equipment is needed, but if you don’t have something, don’t dismiss the recipe right away, there are many dishes that you can do with simpler tools. For example, you can easily dehydrate wraps in the sun, you can make zucchini pasta using a potato peeler, and you can even make cakes using a pestle and mortar if you have the patience, so don’t give up without trying it first!

## WHAT IS “LIQUID SWEETENER OF CHOICE”?

In many of the sweet recipes you will see the ingredient “liquid sweetener of choice” - this basically means it’s up to you which sweetener to use. This can either be honey, or if you’re vegan, coconut syrup, agave syrup or maple syrup (not raw). Depending on the one you pick, you may need to alter the quantities a little.

In some cases, you can also substitute it with dry sweeteners, such as coconut sugar, but you may need to add some water to the recipe.

## WELL, THAT’S PRETTY MUCH IT!

Let’s get to the recipes then!





RAW FOOD  
RECIPES





RECIPES

# SALADS

For when you want to have a quick and simple lunch.







When I first heard about the raw vegan lifestyle, I thought probably what everyone else thinks: “What’s that, do you just eat salads?”

Since I went raw I have barely eaten salads for the first 3 years - honest! I like making things look pretty, and experimenting with raw food has been lots of fun so I never needed to make a salad.

It’s always good to be able to make a tasty salad though, and I’ve actually gotten more into them lately, as I find fresh and simple food more satisfying than complicated or dehydrated food (perhaps you’ll get there too with time).

I stick to my beliefs even more for this section - it’s all about the sauce!! You can make simple carrots taste good with the right dressing :) so my advice is, just chop a bunch of vegetables that you like, add any of the sauces from the full version of this book (which you can get on [www.LiveLoveRaw.com/book](http://www.LiveLoveRaw.com/book)) and enjoy!

You may feel the need to add as many ingredients as possible to a salad, but in reality, simpler is always better. Try to keep your salads to 5 ingredients or less, as that will make it much easier for your stomach to digest.

Don’t be afraid to experiment with your food, why not go to your local organic market and pick out some greens and veggies you’ve never tried before and put them into your salad? If it doesn’t turn out quite like you wanted, you can always turn it into a smoothie :)



# BEETROOT IN GARLIC "MAYO"

Serves 2

Equipment: blender, grater

## Ingredients:

For the beetroot marinade:

- 1 large beetroot (shredded)
- A squeeze of lime or lemon
- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar

For the garlic cream/  
mayonnaise:

- 1.5 cups cashews (soaked)
- 1/2 cup sunflower seeds (soaked)
- 3 garlic cloves
- 1/2 tsp. thyme

- 1/4 tsp. cayenne pepper
- Chillies (optional)
- 1/2 - 1 tsp. salt
- 1-2 tbsp. apple cider vinegar
- Up to 1 cup water (add this bit by bit to reach desired consistency)

Extra toppings:

- 1/2 avocado
- Walnuts

This salad tastes much better if you leave it in the fridge overnight, but if you are in a rush, marinating it beforehand for at least 30 minutes will work just as well.





- First of all, shred the beetroot into thin strips and transfer to a large bowl. Add the lemon, apple cider vinegar and olive oil and leave to marinate for a couple of hours.
- The garlic mayo is very easy to make, just blend all of the listed ingredients in a high speed blender and that's it! This is double the ingredients you will need, but it will be hard to blend otherwise, plus you can always save the sauce and use it as a dressing for another salad.
- Experiment with the flavours, add some chilli if you like it spicy, or more vinegar if you like it sour, its totally up to you :)
- Mix the mayo with the beetroot.
- Cut half or a whole avocado into tiny cubes and add it to the salad, this will give it an egg-like taste. You may also wish to add some walnuts for the crunch.
- Decorate with some seeds or herbs and enjoy as a yummy side dish.





# TOMATO AND AVOCADO SALAD WITH HORSERADISH

Serves 1

Equipment: processor (only for horseradish)

## Ingredients:

For the salad:

- 1 large tomato
- 1/2 avocado
- Some salad leaves

To garnish:

- Truffle-flavoured olive oil or normal olive oil
- Apple cider vinegar
- Salt

- Spices of choice (I personally use a light mix of Bulgarian spices called "sharena sol")
- Home-made horse radish sauce (recipe below)

Optional:

- Chilli
- Any kind of seeds of nuts to sprinkle on top (I like hemp or sunflower seeds)
- Sprouts of any kind

If you ask me what my go-to recipe is, this would be it! I can eat this meal every day and not get bored of it. The great thing is, it takes just 3 minutes to make, you can change things around in it to suit your taste and the avocado is very filling so you will feel satisfied after just one portion.





### How to make home-made horseradish sauce (the pink stuff):

This is my favourite bit of the salad, but horseradish roots may be hard to find in some countries, so you can either skip this step entirely or use store bought horse radish.

- Get a hold of a bunch of horseradish roots (they need to be stored in the fridge) and soak them in cold water overnight.
- Put them into a food processor, add some lemon to taste and mix it to a paste.
- You may also add some beetroot or beetroot juice to it to make it go pink, this is purely for aesthetic reasons and will not change the taste.

Please note that the strength of the flavour of home-made horseradish will naturally soften over time.

### How to make the tomato and avocado salad:

- Peel a tomato if desired and cut it into circles or semi-circles.
- Peel an avocado and cut into thin strips.
- Take a large plate and place down all the tomatoes side by side. Now put some salad leaves on top of the tomatoes, followed by the sliced avocado.
- Once the base is prepared, just pour some olive oil and apple cider vinegar (not too much of the latter) on top and sprinkle with your favourite spices.
- As a final step, add some horseradish sauce if you have some and optionally some seeds for a little crunch.







RECIPES

# MAIN MEALS & SNACKS

A few of my simpler recipes. The full book has fancy things, like pizzas, tacos and more!







This section introduces recipes that you may wish to use as your main meal of the day or as a snack. Here you will find simple recipes, like noodles, sushi and lettuce boats. The more exciting recipes, such as pizzas, mushroom burgers and wraps can be found in the full 350-page version of this book, found here:

[www.LiveLoveRaw.com/book](http://www.LiveLoveRaw.com/book)

The more challenging recipes are still relatively easy to prepare once you get the hang of the basic techniques, so I encourage you to give them a go!

Main meals make for great transition foods as they will be quite similar to “normal” meals in that they are complex and filling in nature. As you know, I am all for simplifying food as much as possible, but sometimes it’s fun to have something a little different.

My absolute favourite thing to make as a main meal are wraps. They are super easy to make, the wraps themselves can be dehydrated in

the sun, and they are pretty light compared to many of the other meals. You can also make a lot of wraps at once and keep changing the filling around so that you don’t eat the same thing every day and get bored.

As a side note, don’t think that just because a recipe is in the main meals section, then this is what you should be having for lunch or dinner. You can easily have a simple salad or even a mono-meal of cucumbers if that is what your body desires instead.



Nut-free

# ZUCCHINI PASTA

Serves 2

Equipment: blender, spiraliser or julienne peeler

## Ingredients:

For the pasta:

- 1 large zucchini
- 1 carrot (optional)

Toppings (all optional):

- 10 cherry tomatoes
- Broccoli florets
- see: Falafels (snacks section)

For the sauce:

- 1 cup tomato
- 1/4 cup sun-dried tomatoes (not soaked)
- 1.5 medjool dates or 3 small dates (soaked)
- 1 garlic clove
- A couple of basil leaves (one stem) or cilantro

- Peel the zucchini if desired. Use a spiraliser, a julienne peeler or even a potato peeler to cut it into long noodles. Put into a bowl.
- For the sauce, mix all the ingredients in a high speed blender until smooth. Alternatively, you can use a food processor but then you should soak the sundried tomatoes beforehand.
- Mix the sauce with the noodles and serve immediately, otherwise the zucchini will start releasing liquid.
- If you prefer it softer, mix it up with the sauce, let it marinate in there for 5 minutes, then drain the liquid.





# SPICY PAD THAI

Serves 2

Equipment: blender, spiraliser or julienne peeler

## Ingredients:

For the noodles:

- 1 zucchini
- 2 carrots
- Optional: kelp noodles

For the vegetables:

- 1 tomato
- 1/4 red pepper
- Handful of soya or any other sprouts
- Sesame seeds to garnish

For the sauce:

- 1 cup red pepper (about half a large pepper)
- 1/4 cup peanut butter
- 2 tsp. tamari
- 1 tbsp. sesame oil
- 1 tbsp. onion powder
- 1 tsp. herbes de provence
- 1/4 tsp. salt
- 1/4-1/2 green chilli (or less)

- Use a spiraliser, a julienne peeler or a potato peeler to make noodles out of the zucchini and carrots. Set that aside in a bowl. You may also use kelp noodles or other vegetables.
- Put all of the sauce ingredients in a high speed blender and blend until smooth.
- Cut the vegetables into small cubes.
- Combine all together and eat right away!





# LETTUCE BOATS

Makes 8-9 tacos

Equipment: blender, dehydrator (optional)

## Ingredients:

For the tacos:

- Romaine lettuce or any other type of large-leaf lettuce

For the sauce (blend all):

- 1 cups cashews (soaked)
- 1/2 small garlic clove
- 1/2 tsp. salt
- 1/2 tsp. herbes de provence
- 1 tsp. apple cider vinegar

- 1 tsp. tahini
- 1/2 cup water

For the filling:

- 1 avocado
- 1/2 red bell pepper
- 1 tomato
- 1/2 cucumber
- see: Smoked mushrooms (Crackers, Butters & Other section) or Falafels (Snacks)
- Alfalfa sprouts (optional)

This is a super yummy meal that anyone can prepare!

- Blend the sauce ingredients in a blender.
- Wash and cut all the vegetables into small cubes or thin strips.
- Take a large lettuce leaf, fill it with vegetables and the smoked mushrooms (optional, and you don't even need to dehydrate them), and top it off with some cheesy sauce!



INTUITIVE  
RECIPE



Nut-free

# GREEN KALE SUSHI

Serves 3-4

Equipment: processor

## Ingredients:

For the “rice”:

- Kale (it also works with spinach if you don't have kale)
- Salt
- Lemon

For the rolls:

- Nori sheets

For the rest (all optional and you can substitute with whatever you want):

- Avocado
- Red pepper
- Zucchini
- Beetroot
- Tomato
- Cucumber

This is another variation of sushi, which is lighter than the cauliflower one and is quite a fun way of getting your kids to eat kale. This was invented when I was making a kale salad for a friend of mine, but he wanted sushi, so he said, why not put the salad into a nori sheet? I thought it was weird, but it actually tasted amazing, so I kept making it ever since!

Sushi tastes best if prepared fresh and eaten right away.





# 1

## Make a kale salad

- Remove the hard stems from the kale.
- Cut the kale into thin strips. Transfer into a bowl and add lemon and salt to taste (for one bunch of kale I usually do one whole lemon and maybe 1-2 tea spoons of salt).
- “Massage” the kale for a few minutes until it goes nice and soft.
- This is the same procedure you would do to make a typical raw kale salad - so if you don't have any nori sheets, just add some tomatoes and avocados to this and you've got yourself a great meal!



# 2

## Cut the veggies and put everything onto the nori

- Cut your favourite vegetables into thin strips.
- Take a nori sheet and lay it down on a rolling mat that's made especially for sushi.
- Put the kale on top of the nori sheet as shown in the photo above, 2cm from the bottom edge and about 2cm in width. Press it down so it's compact.
- Alternatively you could put the kale all over the sheet.
- Lay out the vegetables on top of the kale.



### 3 Roll the sushi

Now it's time to roll the sushi.

- Roll the sushi as shown in the photos. If you don't have a bamboo mat to help you roll the sushi, you can simply do it by hand if you're careful.
- There is no need to rush, the vegetables will not fall out if you carefully keep them in place with your fingers.
- Curl your fingers to make sure it's nice and tight, I find that watching a video of how to do this works best.
- Just before you reach the end, wet the last centimetre of the nori sheet using either water or lemon juice. This will allow it to stick to itself when you close it.
- Once you've rolled it, the nori sheet will still be a little dry, so you will want to soften it up a bit with any kind of liquid, I usually use lemon, but water will do just fine.
- Cut the roll into 6 pieces, starting from the middle and then going outwards. You will need a really sharp knife, or a ridged knife if you don't have a sharp one.
- Enjoy with some wasabi and tamari (the gluten-free version of soya sauce).







# STANDARD LASAGNE ★

Serves 4

Equipment: processor, mandoline or veg. peeler

## Ingredients:

For the pasta sheets:

- 1-2 straight zucchinis / courgettes

For the tomato sauce:

- 3/4 cup sundried tomatoes
- 3 small tomatoes (1.5 cups)
- 1 garlic clove
- Small handful of cilantro
- 1 medjool or 2 small dates
- 1/2 tsp. apple cider vinegar
- Chilli to taste (optional)

For the cashew sauce:

- 1 cup cashews (soaked)
- 1 tsp. apple cider vinegar
- 1 tsp. lemon juice
- 2 tsp. olive oil
- 1/8-1/4 cup water

Vegetable layers:

- Thinly sliced tomatoes
- Thinly sliced cucumbers
- Sliced avocado

Don't be discouraged by the way it looks, it's actually very easy and I would recommend it for beginners as it will give you some ideas on how to use different sauces, and make something yummy that looks impressive too.

The easiest way would be to make it squared, but if you have a round metal cutter, then you can make a round one too.



- Use a food processor to mix the 2 sauces and set them aside in separate bowls. The cashew sauce should be as dry as possible.
- Cut the zucchini and cucumber into thin strips of equal lengths using a mandoline. If you don't have one, you can also do it with a vegetable peeler.
- Cut some tomatoes into thin circles.
- Put the zucchini strips down on a large plate, slightly overlapping each other to make a base.
- Now for the layers in ascending order - see the photo to the right for some visual guidance:
  - First layer of zucchini strips
  - Tomato sauce first, for some reason it just tastes better that way.
  - Cover it with cucumber slices
  - Cashew sauce (crumbled - it won't spread easily)
  - Tomato slices
  - Zucchini strips
  - Top it off with some sliced avocado
- Serve right away as the tomato sauce will begin to leak after a while.







# CHEESY TAPAS

Makes 10 tapas

Equipment: processor, mandoline

## Ingredients:

For the base:

- 1 fat zucchini
- 2 tomatoes
- Alfalfa sprouts

For the beetroot marinade:

- 1 beetroot
- Olive oil
- Apple cider vinegar
- Salt

For the cheese:

- 1 cup macadamia
- 1/2 cup cucumber
- 1 tbsp. lemon juice
- 1 tsp. olive oil
- 2 tsp. nutritional yeast
- 1/4 tsp. salt
- 1/2 tsp. spicy Spanish paprika (pimentón de la Vera)

I promise these taste much better than they look, I was actually shocked at how yummy they turned out!

The main taste comes from the Spanish paprika as it gives the macadamia cheese that “smoked” smell. If you can’t find that, just use any other herb you like, like normal paprika or cayenne if you like it spicy.





## 1 Marinate the beetroot

- Cut the beetroot into super thin slices - you will need a good sharp mandoline for this as a potato peeler is not wide enough for a beetroot.
- Put the beetroot into a bowl or deep plate, one layer at a time. After each layer, sprinkle the circles with some salt, olive oil and apple cider vinegar.
- By doing this every layer, all of the beetroot circles will get some marinade (otherwise they like to stick together).
- P.S. can you believe those 3 slices above came from just one beetroot? :)



## 2 Prepare the sauce and assemble

- To make the cheese, just mix all of the cheese ingredients in a food processor, leaving some chunks to make it crunchy.
- Cut the zucchini and tomatoes into circles, about 1/2cm thick.
- Assemble the layers as shown on the photo: first the zucchini for stability, then the beetroot circle, then the tomato, followed by some alfalfa sprouts (optional) and topped with the cheese.
- If you don't have time to do the beetroot layer, just leave it out, they will turn out great either way.





RECIPES

# SWEET THINGS

Welcome to the sweetest part of this book, where you will find ways to satisfy your sweet tooth without any of the naughty stuff.







Ever since I was a child I had a major sweet tooth! I loved everything from waffles to cakes, but even just spreading condensed milk on a slice of bread did the trick!

I never gave sugar much thought until I was 16 and my yoga teacher at the time told me that sugar was bad for you and recommended I see a kinesiologist. He was the one who told me the cause of my acne and put me on a sugar-free diet right away...

Ooh that was difficult at first. I had to read the ingredients list of everything I bought and came upon a huge realisation - we are consuming ridiculous amounts of refined sugar, not just from cakes, but from ketchup, juices and even pre-made guacamole!

I was on and off the diet for a few years until I finally discovered raw food, and that's what helped me tremendously because I finally found a way to make healthy alternatives to desserts I used to love, and that tasted amazing too! I really hope this section helps you if

you are in a situation like I was. Trust me, it really gets easier with time and I actually very rarely crave sweets now.

This section includes simple desserts. For delicious cakes and even warm desserts, please see the full version of this book here: [www.LiveLoveRaw.com/book](http://www.LiveLoveRaw.com/book)

Enjoy these yummy guilt-free treats and stay healthy!



# EASY BROWNIE BALLS

Makes many  
Equipment: processor

## Ingredients:

- Walnuts or pecans
- Medjool dates
- Cacao powder
- Banana
- Liquid sweetener of choice
- Hemp seeds or coconut flakes to decorate

- Place the ingredients into a food processor and process until it sticks together, but still has some small chunks in it. Use just a small amount of liquid sweetener, it will help it stick.
- Use your hands to form the mixture into small balls, or you can also press them into some silicon moulds.
- Roll them over some hemp seeds or dried coconut flakes - it will make them look pretty and will make them easier to pick up, as they may be a bit sticky.
- Put into the freezer for 10 minutes until they harden and begin to feel fudgy.
- I use roughly 1 cup pecans, 3 medjool dates, 2 tbsp. cacao, 1/4 banana and 1 tsp. liquid sweetener, but use your own judgement to get the consistency you like.

INTUITIVE  
RECIPE





# PINK CUPCAKES

Makes 15 small cupcakes

Equipment: processor, blender, moulds

## Ingredients:

### Base:

- 1 cup walnuts
- 2 medjool dates
- 2 tsp. lucuma powder

### Topping:

- 1 cup cashews (soaked)
- 1/4 cup melted coconut oil

- 3 tsp. beetroot juice (for the colour)
- 1 vanilla pod
- 1/3 cup liquid sweetener of choice
- A bit of water to blend OR more beetroot juice, which will give them an even deeper colour
- Goji berries – to decorate

- Place the base ingredients into a food processor and process until it sticks together, but still has some small chunks in it
- Press the base mixture into small silicon moulds – they should take up about half of the small mould, or 1cm
- For the topping – put all the ingredients into a blender and blend until very smooth. Pour the mixture over the base up to the top of the mould.
- Store the cupcakes in the freezer or in the fridge if you like them softer.





# BANANA ICE-CREAM

Makes 2 cups of ice-cream

Equipment: blender

## Ingredients:

- 3 cups banana (frozen)

## Optional:

- Medjool dates or liquid sweetener of choice

- Other frozen fruit (e.g. strawberries, mango..)
- Cacao
- Nut butters
- Toppings: nuts, seeds..

This is a staple recipe in a raw foodies recipe book but the great thing is, you can vary it in so many ways that you won't get bored of it!

- Cut some bananas into chunks and freeze them.
- When done, take them out, put them in a blender and blend until smooth (don't overdo it or it will melt)
- Add some dates or liquid sweetener if you like it sweeter and top it up with anything else you like - experiment! Personally I love adding frozen mango bits to it.
- You can also do this using a food processor or twin gear juicer.



Nut-free





# SUPER FRUITY BREAKFAST

Serves 2-3

Equipment: blender

## Ingredients:

### Base ingredients:

- 1 apple
- 1 pear
- 1 banana
- 1/2 cup mango
- 1/2 cup persimmon

### Super-foods:

- 1 tsp. maca powder

- 1/2 tsp. spirulina powder
- 1/2 cup aloe vera juice (blended aloe vera gel)

### To garnish (all optional):

- A handful of nuts
- Goji berries
- Granola
- Berries or cut fruit
- Raisins

This is a recipe for those of you who like your superfoods.

- Peel the fruit if desired, cut into pieces, place in the blender and pulse it a little.
- Add the super foods. Now blend more! You may need to stir it or use the tamper stick to move it around.
- Once its done, pour into your favourite bowl and add crushed nuts and any other things you like: raisins, granola etc.



*This is the end of the free sample of this book.  
I really hope you enjoyed reading it.*

*To get the full book, please visit:  
[www.LiveLoveRaw.com/book](http://www.LiveLoveRaw.com/book)*





# CONCLUSION

Thank you once again for reading this book. I sincerely hope you have enjoyed it and will have lots of fun making these new recipes. Remember to always listen to your body and follow your inner guidance to get the greatest benefits from your food and day to day things.

Above all, love yourself, love your food and enjoy your life!





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I believe that there isn't a single diet or lifestyle in the world that will fit every single individual. Please use your own judgement and common sense, reliance on any information provided by the author, is solely at your own risk.

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