

HOW TO GO RAW *for a* DAY

Everything you need to enjoy 24 hours of delicious raw food meals

easy-to-prepare
recipes



step-by-step
instructions



...and much
much more!



Jennifer Cornbleet

Raw Food Made Easy

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INTRODUCTION

Hello and welcome to my world...a place where delicious, healthful eating is simple, fun, and oh so satisfying. It's the world of Raw Food Made Easy.

My name is Jennifer Cornbleet and for the past ten years, I've been enjoying a variety of sumptuous meals and snacks that can be prepared in practically no time at all, using nothing but fresh, natural ingredients.

I'm sure you already know that it's healthy to eat fresh, uncooked fruits and vegetables every day. A raw food diet simply says that these foods should be most of what we eat.



Introduction

The Reasons I Love Raw Food

Here are just a few of the reasons I prefer to prepare and enjoy food the way 'mother' intended. (Mother Nature that is).

- ∞ **BETTER NUTRITION** - There is increasing evidence that naturally occurring micro-nutrients in fresh, raw foods help prevent cancer and other diseases. But most micro-nutrients, including vitamins, are damaged or destroyed at temperatures above 130 degrees.
- ∞ **BETTER DIGESTION** - Raw fruits and vegetables contain food enzymes which aid the digestion process. But enzymes are the most heat sensitive of all nutrients, and are damaged or destroyed at temperatures above 118 degrees.
- ∞ **BETTER HYDRATION** - Fruits and vegetables are rich in pure water, and consuming a water-rich diet will keep you well hydrated.

Introduction

🌀 **BETTER WEIGHT MAINTENANCE** - The easiest way to lose excess fat is to eat low-calorie foods. Raw greens and vegetables have the lowest calories per bite of any food. And for those people who need to gain weight and are doing it the healthy way (by gaining muscle through strength and resistance exercise), the added calories they need can be easily and naturally obtained through additional sweet fruits, nuts, seeds, and avocados.

There are many other reasons that more and more people are getting on the raw food band wagon. But you know what may be the best reason of all? It's:

🌀 **BETTER TASTE** – When you replace the processed ingredients that are found in many foods (such as refined sugar, salt, and fat, for example), you let the *real* flavor of food shine through.


I'll let you in on one more secret. Preparing meals with raw food is fast and easy. As you'll learn yourself when you try the recipes in this guide, raw food recipes come together quickly so you can spend less time working in the kitchen and more time enjoying the fruits (and vegetables) of your labor.

Introduction

Most of the recipes in this one-day 'passport' to the world of raw food dining come from my best-selling book *Raw Food Made Easy for 1 or 2 People*. The title really says it all. The recipes I've created are simple to prepare whether you're an accomplished kitchen veteran or a novice.

The dessert and snack recipes are from my book *Raw for Dessert*. These are some of my favorite creations.

All the recipes include a list of the equipment you'll need to prepare them, as well a list of ingredients, and step-by-step instructions. I've also included some of my favorite secrets for preparing and serving these dishes...and a few 'fun facts,' too.

 **MY GOAL IS SIMPLE:** to fill your day with unforgettable flavors that will leave you wanting more.

Enjoy!

Jennifer Cornbleet

TIPS

These are some of my favorite tips, tricks and secrets for making raw food preparation even easier.

HOW TO STORE INGREDIENTS

Fresh fruits and vegetables are stored in either the refrigerator or at room temperature. Keep spices and dried fruits in a cool, dark cabinet, away from direct light and heat. You may store dates at room temperature for up to two months; in the refrigerator for up to six months; and in the freezer for up to one year.

Nuts and seeds may be stored in sealed containers at room temperature for up to two weeks; in the refrigerator for up to six months, or in the freezer for up to a year. (Make sure you always purchase raw, not roasted, nuts and seeds).



Tips



HOW TO FOLLOW RECIPES AND MEASURE INGREDIENTS

The ingredients in each recipe are always listed in their order of use. Water may be added last to allow you to thin a recipe to its desired consistency.

Avocados and fresh herbs are also saved for last since their delicate texture and taste may be adversely affected by over-blending.

Before you measure, note how each ingredient is prepped. Is it ground, soaked, grated, sliced, chopped or minced? Are dates pitted, soaked, or unsoaked?

Always prep the ingredients as specified *before* measuring them. For example, if a recipe calls for '1-1/2 cups dates, soaked,' measure the dates out and then soak them. But if the recipe calls for '1-1/2 cups soaked almonds,' you measure the nuts *after* the soaking process.



Tips

HOW TO CLEAN PRODUCE

Most fruits and veggies may simply be cleaned with purified water. Greens, such as Romaine leaves, require special care since they usually need to be dried after they are washed.

If a recipe calls for whole leaves, clean them with a damp paper towel. This will eliminate the need for drying.

For fresh herbs such as parsley and dill weed, hold the bunch by the stems and swish it around in a bowl of water. Shake well to dry, then press the bunch of herbs between layers of paper towels to remove any remaining moisture.



Tips

☞ HOW TO SOAK RAW NUTS

Some recipes call for soaked nuts and seeds to make them easier to process. Raw nuts and seeds should be soaked long enough to soften them, but not so long that they become soggy and lose their flavor, or 8-12 hours.



☞ HOW TO PEEL AN AVOCADO

To peel an avocado, place it lengthwise on a cutting board. Cut in with your chef's knife until you hit the pit, then turn the avocado over while rotating your knife all the way around the pit.

Give the avocado a twist to separate the halves. Push the lower part of the blade into the pit and twist the knife to pull it out.

Scoop the flesh out of the peel with a spoon, then slice or mash.

Tips



ADVANCE PREPARATION

Preparing some ingredients in advance allows you to make some of the following recipes very quickly. For example, some of the dishes call for small amounts of crushed garlic, minced onion, and lemon juice. Since these items keep for one week in the refrigerator, you can save time by preparing them in advance, when you have a spare moment.

You can soak nuts and seeds in advance, too. However they last for just a few days, so you'll need to keep an eye on them.



BREAKFAST

Almond Milk and Granola

A light morning meal will leave you feeling energized and ready to begin your day. Juices and fruits are perfect for breakfast since they are nutrient dense, yet low in calories and easy to digest. You can simply grab an apple or an orange, of course, or pop your favorite fruits, vegetables, and/or greens into a juicer or blender.

But some mornings, I want a little something more. When that happens, I like a hearty bowl of cereal and milk.

There are no processed dairy products in the world of raw food. So I make 'almond milk.' It's more delicious than boxed non-dairy milks and it only takes minutes to make.

NOTE: Almonds must be soaked in advance.



Almond Milk Recipe

🌀 EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Blender
- Fine-Mesh Strainer or Sprout Bag
- Medium Bowl
- Rubber Spatula



🌀 INGREDIENTS:

- 2-1/2 cups water
- 1-1/2 cups soaked almonds (see below)
- 3 pitted medjool dates, soaked
- 1/2 teaspoon vanilla extract (optional)

Almond Milk Recipe

DIRECTIONS:

TO SOAK ALMONDS

Place 1 cup of dry almonds in a mason jar. Fill with cool water, screw on the lid and allow them to soak 8-12 hours. The 'yield' will be the 1 1/2 cups of moist, soaked nuts that you need to make almond milk.

TO SOAK DATES

Place dates in a bowl with enough water to cover and soak for 10 minutes. Drain off excess water.

TO PREPARE MILK

Place 1 1/2 cups of the water and the soaked almonds, soaked dates, and optional vanilla in a blender. Blend on high speed until very smooth. Add the remaining 1 cup of water and blend until very smooth.

Place a fine-mesh strainer over a medium bowl and pour the almond mixture through it. Using a rubber spatula, stir and press the pulp that is caught in the strainer to extract as much milk as possible. (Alternatively, use a mesh bag to strain the milk).

Granola Recipe

🌀 EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Food Processor
- Rubber Spatula
- Cutting Board
- 8-inch Chef's Knife
- Paring Knife
- Small Bowl



🌀 INGREDIENTS:

- 1/2 cup soaked raw almonds
- 1/4 cup soaked raw sunflower seeds
- 1/4 cup soaked raw walnuts
- 4 pitted medjool dates, chopped (do not soak)
- 1/4 teaspoon ground cinnamon
- Dash salt
- 1/2 cup chopped or sliced fresh fruit (such as apple, banana, berries, kiwi, mango, peach, or pineapple)

Granola Recipe

DIRECTIONS:

TO SOAK SUNFLOWER SEEDS

Place 1 cup of dry sunflower seeds in a mason jar. Fill with cool water, screw on the lid and allow them to soak 6-8 hours. The yield will be 1 1/3 cups of moist, soaked seeds.

TO SOAK WALNUTS

Place 1 cup of dry walnuts in a mason jar. Fill with cool water, screw on the lid and allow them to soak for 4-6 hours. The yield will be 1 1/2 cups of moist, soaked nuts.

TO PREPARE GRANOLA

Place the almonds, sunflower seeds, and walnuts in a food processor fitted with the S-blade and pulse briefly, just until coarsely chopped. Add the dates, cinnamon and salt, and process briefly to mix.

Transfer to a small bowl and combine with the fruit.

Serve immediately with Almond Milk.

LUNCH

Soup and Sammy

I love the classic, all-American combination of soup and sandwich. Here's a raw food version of 'Cream' of Tomato Soup and a Veggie Sub.



'Cream' of Tomato Soup Recipe

🌀 EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Cutting Board
- 5" Serrated Knife
- 8" Chef's Knife
- Garlic Press
- Blender
- Rubber Spatula



🌀 INGREDIENTS:

- 3 ripe tomatoes, chopped (about 1 1/2 cups)
- 1/4 cup water
- 1/2 teaspoon crushed garlic (1 clove)
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt
- 1/2 ripe avocado, chopped
- 1 tablespoon extra virgin olive oil
- 2 teaspoons minced fresh dill weed or 1/2 teaspoon dried

'Cream' of Tomato Soup Recipe

DIRECTIONS:

Place the tomatoes, water, garlic, onion powder, and salt in a blender and process until smooth. Add the avocado and olive oil and blend again until smooth. Add the dill weed and blend briefly, just to mix.

Serve immediately.

Veggie Sub Sandwich

🌀 EQUIPMENT:

- Cutting Board
- 5" Serrated Knife
- 8" Chef's Knife



🌀 INGREDIENTS:

- 2 large Romaine lettuce leaves
- 1 cup alfalfa or clover sprouts
- 1/2 ripe avocado, sliced
- 6 thin slices cucumber
- 1/2 Roma tomato, sliced
- 6 thin slices onion
- 1 tablespoon Lemon Herb Dressing ([see next recipe](#))

Veggie Sub Sandwich

DIRECTIONS:

Arrange the sprouts, avocado, cucumber, tomato, and onion on one leaf of the Romaine. Drizzle with 1 tablespoon of the dressing. Put the second Romaine leaf on top.

Serve immediately.

TIP: To get cucumber and onion slices super-thin, use a mandoline.

Lemon Herb Dressing

🌀 EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Citrus Juicer or Reamer
- Garlic Press
- Cutting Board
- 8" Chef's Knife
- Small Mixing Bowl
- Whisk



🌀 INGREDIENTS:

- 1/4 cup fresh lemon juice
- 1 tablespoon minced fresh herbs (parsley, basil, dill, mint, tarragon, or oregano)
- 1/2 teaspoon crushed garlic (1 clove)
- 3/8 teaspoon salt
- 1/4 teaspoon Dijon mustard (optional)
- Dash black pepper (optional)
- 1/2 Cup Extra-Virgin Olive Oil

Lemon Herb Dressing

DIRECTIONS:

Place the lemon juice, herbs, garlic, salt, mustard, and pepper in a small bowl and whisk to combine. Add the olive oil and whisk until well-blended.

DINNER

A Whirlwind Tour of the Middle East



Middle Eastern cuisine represents one of the oldest culinary traditions on earth and encompasses a diverse array of food from countries such as Egypt, Turkey, Saudi Arabia, Greece, and Israel, as well as influences from Africa and Europe. It is, literally, the food of life. Throughout the region, cultures and people have intermingled and nomadic peoples carried with them their foods and traditions of eating.

No other place in the world is there such a blending of cultures that has mingled so much, yet maintained its distinct, natural flavors. The staples are the succulent fresh fruits and flavorful vegetables that grow in the hills...enhanced and enriched by bold spices and flavors such as lemon, mint, and (of course) olive oil.

Healthy, unadulterated and delicious, it's little wonder that the cuisine of the Middle East is so popular with diners worldwide.

Jerusalem Salad

🌀 EQUIPMENT:

- Cutting Board
- 8" Chef's Knife
- Measuring Spoons
- Small Mixing Bowl
- Rubber Spatula



🌀 INGREDIENTS:

- 1/2 cucumber, seeded and diced
- 1/2 tomato, seeded and diced
- 2 tablespoons Tahini Lemon Dressing ([see next recipe](#))
- 1 tablespoon minced onion
- 1 tablespoon minced fresh parsley

Jerusalem Salad

DIRECTIONS:

Place all the ingredients in a mixing bowl and toss to combine.
Serve immediately.

Tahini Lemon Dressing

EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Citrus Juicer or Reamer
- Garlic Press
- Blender
- Rubber Spatula



INGREDIENTS:

- 1/2 cup raw tahini
- 1/3 cup water
- 1/4 cup fresh lemon juice
- 1/2 teaspoon crushed garlic (1 clove)
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- Dash cayenne
- 1 tablespoon minced fresh parsley

Tahini Lemon Dressing

DIRECTIONS:

Place the tahini, water, lemon juice, garlic, cumin, salt, and cayenne in a blender and process until smooth. Add the parsley and pulse briefly just to mix.

Not Meat Balls

EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Food Processor
- Rubber Spatula
- Small Mixing Bowl
- Citrus Juicer or Reamer
- 8-inch Chef's Knife
- Cutting Board



INGREDIENTS:

- 1 cup soaked raw walnuts
- 1 tablespoon fresh lemon juice
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon tamari
- 1/4 teaspoon garlic powder
- Dash salt
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced onion

Not Meat Balls

DIRECTIONS:

Place the walnuts, lemon juice, olive oil, tamari, garlic powder, and salt in a food processor fitted with the S-blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a small mixing bowl. Stir in the parsley and onion and mix well.

Form the paté into balls and place on a serving plate, Cover each ball with a thin coating of Middle Eastern Marinara Sauce ([see next recipe](#)).

Serve immediately.

Middle Eastern Marinara Sauce

EQUIPMENT:

- Cutting Board
- 5" Serrated Knife
- 8" Chef's Knife
- Measuring Cups
- Measuring Spoons
- Garlic Press
- Food Processor
- Rubber Spatula



INGREDIENTS:

- 1 ripe tomato, chopped (about 1/2 cup)
- 1/2 cup sun-dried tomatoes, soaked or oil-packed
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon minced fresh basil, or 1 teaspoon dried
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed garlic (1 clove)
- 3/8 teaspoon salt
- Dash black pepper
- Dash cayenne, ground cardamom, ground cinnamon, ground cumin

Middle Eastern Marinara Sauce

DIRECTIONS:

Place all the ingredients in a food processor fitted with the S blade and process until smooth. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.

Swiss Chard with Pine Nuts and Raisins

EQUIPMENT:

- Cutting Board
- 8-inch chef's knife
- Measuring spoons
- Medium mixing bowl



INGREDIENTS:

- 4 Swiss chard leaves, stems removed
- 1-1/2 teaspoons extra-virgin olive oil
- 1-1/2 teaspoons fresh lemon juice
- 1/8 teaspoon salt
- 1 tablespoon raw pine nuts
- 1 tablespoon golden raisins, soaked 10 minutes and drained
- Dash black pepper (optional)

Swiss Chard with Pine Nuts and Raisins

DIRECTIONS:

Stack 2 of the chard leaves with the stem end facing you. Fold in half lengthwise and roll tightly, like a cigar. Slice crosswise into thin strips. Repeat with the remaining two leaves.

Chop the chard strips crosswise a few times so they aren't too long. Place in a mixing bowl and add the olive oil, lemon juice, and salt. Toss well with your hands, working the dressing into the greens.

Add the pine nuts and raisins and toss gently. Season with black pepper, if desired. Marinate for 10 minutes before serving.

Carrots with Moroccan Spices

EQUIPMENT:

- Cutting Board
- 8" Chef's Knife
- Mandoline (optional)
- Citrus Juicer or Reamer
- Measuring Cups
- Measuring Spoons
- Medium Mixing Bowl
- Rubber Spatula



INGREDIENTS:

- 2 carrots, peeled
- 2 tablespoons chopped fresh parsley
- 2 tablespoons fresh orange juice
- 1-1/2 teaspoons fresh lemon juice
- 1-1/2 teaspoons extra-virgin olive oil
- 1/8 teaspoon salt
- Dash cayenne, ground cinnamon, ground cumin, black pepper

Carrots with Moroccan Spices



DIRECTIONS:

Thinly slice the carrots using a mandoline or a sharp knife. Place in a mixing bowl along with the remaining ingredients. Toss well.

DESSERT

Ice Cream and Cake Sundae

When exquisite desserts began appearing in the best raw-food restaurants and cafes several years ago, I began to wonder how many of my favorite treats I could recreate using all-natural, unprocessed ingredients without sacrificing taste and texture.

The answer: lots of them! This discovery was the genesis of my book *Raw for Dessert*.

The following recipes eliminate animal products (such as milk, eggs, and butter), processed ingredients (such as white sugar, trans fats, and chemicals) and even take the 'baking' out of baked goods.

Each of the three recipes below – Flourless Chocolate Cake, Brazil Nut Vanilla Ice Cream, and Chocolate Ganache – can be enjoyed separately, or put them all together for a decadent ice cream and cake sundae.



Flourless Chocolate Cake

This dessert makes a wonderful finale to the Middle Eastern dinner menu.
(or any meal for that matter!)

🌀 EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Food processor
- Rubber spatula
- Small mixing bowl
- Serving Plate



🌀 INGREDIENTS:

- 1-1/2 cups raw walnuts, unsoaked
- Dash salt
- 8 pitted medjool dates, unsoaked
- 1/3 cup unsweetened cocoa or carob powder
- 1/2 teaspoon vanilla extract (optional)
- 2 teaspoons water
- 1/2 cup fresh raspberries for garnish (optional)

Flourless Chocolate Cake

DIRECTIONS:

Place the walnuts and salt in a food processor fitted with the S-blade and process until finely ground. Add the dates, cocoa powder, and optional vanilla, and process until the mixture begins to stick together. Add the water and process briefly.

Transfer to a serving plate and form into a 5-inch round cake. Decorate the cake and plate with fresh raspberries before serving, if desired. Top with Brazil-Nut Vanilla Ice Cream ([see next recipe](#)) and Chocolate Ganache ([see following recipe](#)) for a divine dessert.

Covered with plastic wrap, Flourless Chocolate Cake will keep for five days in the refrigerator or two weeks in the freezer. Bring to room temperature before serving.

Brazil-Nut Vanilla Ice Cream

What's cake without ice cream? This dairy-free frozen confection gets its luxuriant richness from Brazil nuts.

🌀 EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Cutting Board
- Paring Knife
- Blender
- Rubber Spatula
- Jar
- Ice Cream Maker



🌀 INGREDIENTS:

- 2 cups unsweetened Brazil Nut Milk (Use the same method for as for making Almond Nut Milk from the recipe in the **breakfast section**, substituting Brazil nuts for the almonds)
- 1/2 cup raw cashews, soaked for 6-8 hours, then drained and rinsed (yield will be 2/3 cup after soaking)
- 1/2 cup light agave syrup
- 2 teaspoons vanilla extract
- 2 vanilla beans (seeds only)
- 1/8 teaspoon salt

Brazil-Nut Vanilla Ice Cream

DIRECTIONS:

Pour 1/2 cup of Brazil Nut Milk and all the cashews in a blender and process until very smooth. Add the remaining 1-1/2 cups of milk and all the agave syrup, vanilla extract, vanilla bean seeds, and salt and process until blended.

Transfer to a jar and chill in the refrigerator for at least 2 hours or up to 2 days. Put the mixture in an ice-cream maker and freeze according to the manufacturer's directions.

Note: Brazil Nut Vanilla Ice Cream tastes best if eaten immediately, but will keep for 5 days stored in a sealed container in the freezer. (Thaw for a few minutes before serving.)

Chocolate Ganache

“Ganache,” the French term for a smooth mixture of chocolate and cream is the classic base for truffles and frosting. My raw food version replaces traditional ingredients with virgin coconut oil and agave syrup.

Try it as a hot fudge sauce with Brazil Nut Ice Cream or turn it into chocolate fondue and dip in your favorite fruits (I recommend strawberries, orange slices, bananas, and slices of mango.)

🌀 EQUIPMENT:

- Measuring Cups
- Measuring Spoons
- Small Saucepan
- Blender
- Rubber Spatula



🌀 INGREDIENTS:

- 3/4 cup dark agave syrup or maple syrup
- 3/4 cup cocoa powder or raw cacao powder
- 1/3 cup virgin coconut oil, melted (see next page)
- 1/8 teaspoon plus a pinch of salt

Chocolate Ganache

DIRECTIONS:

TO MELT THE COCONUT OIL

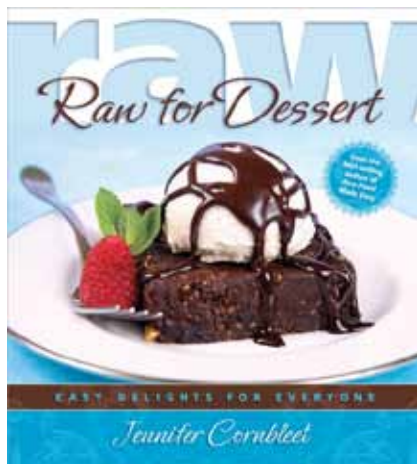
Fill a saucepan with several inches of hot water and bring to a boil. Place the jar of coconut oil in the hot water and let sit for 20 minutes.

TO MAKE THE GANACHE

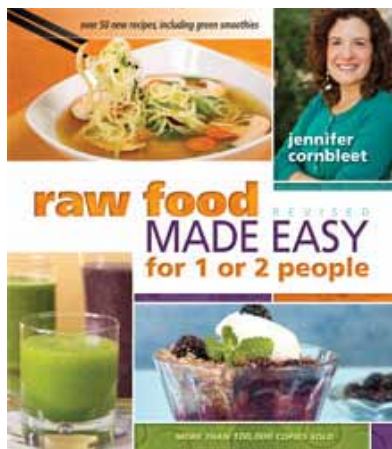
Place all of the ingredients in a blender and process until smooth. Stop occasionally to scrape down the sides of the blender jar with a rubber spatula.

To warm the freshly made ganache, place about 2 inches of water in a saucepan and bring to a boil. Turn off the heat. Place a small bowl of the Chocolate Ganache in the hot water. (The sides of the bowl should be high enough so that the water from the saucepan cannot flow into the bowl.) Allow the Chocolate Ganache to sit in the hot water bath for 10 minutes.

Learn More!



Now you can have your cake and eat it too! You can stay vegetarian, vegan, gluten-free, or just plain health-conscious and still eat delicious desserts.



Getting 5 servings of fruits and vegetables a day has never been so delicious and easy!

Over 100 foolproof recipes that use common ingredients and basic equipment, along with lunch and dinner menu plans.

**Click to learn more about
Jennifer Cornbleet's great books!**

About the Author

Jennifer Cornbleet is a nationally recognized raw food chef, instructor, and author. She offers lectures, classes, hands-on workshops, and consultations nationwide.

Jenny is the author of ***Raw Food Made Easy For 1 or 2 People*** and ***Raw for Dessert***. She is also the host of a companion DVD, ***Raw Food Made Easy***.

Jenny is a faculty instructor at the Living Light Culinary Arts Institute, a raw food chef school, in Fort Bragg, California.



Connect

Whether you are just starting out on your raw foods journey or you're a raw food enthusiast in need of some raw food inspiration, the following links and resources are useful for everyone. Make sure you bookmark them and check back often!

www.learnrawfood.com



Facebook.com/RawFoodMadeEasy



Youtube.com/user/JenniferCornbleet



Learn more about
my new online training

Ready for Raw

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