



Living Light HOT **RAW** CHEF

5 in 5 Recipes



Introduction

Another fantastic and exciting Living Light contest has come to fruition! Many thanks to you and thousands of others from around the world who voted in the 5 in 5 Hot Raw Chef Video Recipe Contest! Contests such as this are our way of continuing to support teachers of raw culinary arts and provide a means of showing the public how easy and delicious raw food preparation can be! Who would have thought of a raw recipe contest using only 5 main ingredients that can be prepared in only 5 minutes?! Living Light Culinary Institute, the premier raw culinary school in the world!

We were again amazed by the response to our third video recipe contest. The quality and creativity of many of the chefs who entered was top notch, and selecting one winner was not an easy task! We hope you enjoy these simple but elegant recipes, made with only five main ingredients in five minutes or less. We hope that the recipes will inspire you to incorporate more raw vegan foods into your diet, because of the amazing health benefits and delicious taste.

The recipes presented here are in the order they were received. Living Light cannot endorse or recommend individual recipes, as we could not test them before voting. Therefore, the contest results were based primarily on teaching and presentation skills, more than whether the recipe might tempt the palate, but these recipes certainly do look promising!

Living Light Culinary Institute is proud to announce the winners of the 5 in 5 Hot Raw Chef Video Recipe Contest!

1. Overall Grand Prize

The Grand Prize Winner receives the opportunity to perform a culinary demo at our annual Living Light Chef Showcase: Hot Chefs, Cool Kitchen, August 26-28, 2011, which will be streamed online to viewers all over the world. This prize includes a full pass to the showcase with meals, dessert reception, and a special gala dinner at the renowned Ravens Restaurant. The winner will also receive the 2-day Food Styling for Photography class with world famous food stylist and author Denise Vivaldo, on the Tuesday following the showcase – a total value of \$1450 (not to mention the amazing marketing value of winning the coveted title of **Hot Raw Chef!**)

And the winner is: Christina Archila - Pear Napoleon with Pistachio Crumble and Fig Confit

2. Runner-Up

The runner up winner receives \$450 credit towards any culinary class at Living Light. This certificate is transferable so they can choose to continue their Living Light education or give it as a gift to someone they love!

And the winner is: Jill Kilpatrick - Spicy Korean Collard Wraps

3. People's Choice

People's Choice Award winner receives a \$250 gift certificate to use at any of our 4 green businesses, including our eco-friendly Living Light Inn, Living Light Marketplace, Living Light Café, and Living Light Culinary Institute.

And the winner is: Christina Archila - Pear Napoleon with Pistachio Crumble and Fig Confit

Congratulations to all of our winners and contestants!

The voting among our judges was very close. We evaluated the teaching style and recipe writing style of the contestants, using 24 different judging criteria. That amounted to only 80% of the total points – so the People's Choice online voting, worth an additional 20% overall weighed heavily in determining not only the People's Choice Winner, but also and the Grand Prize and Runner-up Winners.

And thanks to each of you who voted for your favorite video, two lucky (and determined) raw food chefs have earned their day in the spotlight!

Even if they were not one of the three top prize winners, each of the contestants might have been viewed by the nearly 5,000 people who voted in the contest. Congratulations to each of you for sharing your talents and your recipes with over 5,000 voters and untold numbers of others, who watched but did not vote!

Every one of you is a winner!

Judging Criteria

The votes by Living Light teaching faculty counted as 80% of the vote and took into consideration overall presentation, teaching style, quality of recipe, and adherence to guidelines. The People's Choice votes helped determine the People's Choice Award Winner, AND counted as 20% of the overall vote, so the people's online vote helped to rawk the vote!

All submissions were judged on the following criteria:

1. Overall Presentation and Teaching Style - 60%

Includes professionalism, teaching skills, enthusiasm, culinary expertise, culinary tips, ease of recipe, and attractiveness of final product.

2. Quality of Recipe - 20%

Includes originality, creativity, ease of preparation, clarity of written recipe.

3. Adherence to Guidelines - not adhering to guidelines resulted in a deduction of up to 40% of the vote.

This category amounts to a deduction of points if guidelines are not followed. Examples of not following guidelines included: too many non-raw ingredients, using more than 5 main ingredients or more than 5 flavor enhancers, promoting personal business products, offering unsubstantiated nutritional information, etc.

4. Votes by the Public - 20%

The person with the most votes in this category won the People's Choice Award. Votes also counted towards the overall score.

About Living Light Culinary Institute

Our founder, Cherie Soria, started Living Light Culinary Institute in 1998, inspired by her commitment to teach raw vegan chefs and instructors. Since that time, people from over 46 countries around the world have attended our chef and instructor training programs at Living Light Culinary Institute, and have changed their lives for the better.

Many of our graduates have started restaurants, written books, become full or part-time culinary or nutritional science instructors, private chefs or dozens of other exciting new career choices, while many others attended simply to learn how to make great tasting, nutritionally sound meals for themselves and their families. All of our students have been thrilled with the high standard of excellence at Living Light. After many years in business, we know what people want, and as experts in our field, we know how to deliver!

Living Light is located on the beautiful northern coast of California, just a few blocks from the ocean. We have four eco-friendly businesses to support our students: Living Light Culinary Institute, which offers both culinary and nutritional science courses, Living Light Cafe, Living Light Marketplace, and Living Light Inn.

Put yourself in the picture! Become a student at Living Light and you'll learn everything you need to know about raw culinary arts, from basics to gourmet. Whether you are a novice in the kitchen or a professional chef, 18 or 80—it will change your life! Why wait any longer? Go to RawFoodChef.com today and check our schedule of classes, or call and speak with one of our enrollment specialists at 707-964-2420.

Do yourself a favor and DO IT NOW. You'll be glad you did!

YOU could be the next Hot Raw Chef!

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The New Hot Raw Chef is Cristina Archila!

Cristina Archila is a graduate of Ringling School of Art & Design, Living Light Culinary Arts Institute, and Matthew Kenney Academy. She has studied raw food nutrition, instruction, & preparation with reputable chefs: Cherie Soria, Jennifer Cornbleet, Matthew Kenney, and Russell James. She is the co-author of *Snog Healthy Treats Cookbook* published in London by Ryland, Peters + Small.

Her clients include Snog, (a London based international frozen treat shop, voted as one of Britain's CoolBrands 2010/2011), Discovery Channel, and Whole Foods Market. Through her company RAW FOOD ARTIST, Cristina offers chef services and classes. Her mission is to inspire people to eat healthier foods. She is a native of Bogota, Colombia and lives in Los Angeles.



Thank you Living Light International for making raw food preparation a recognized profession. Winning this competition means a lot to me. Through raw cuisine I have extended my creative vision into the realm of taste, well-being, and oneness. My ultimate realization is that I found a new medium to produce the kindest artwork I have yet created. Sharing scrumptious recipes that inspire people to eat more fruits and veggies is an amazing experience! This competition provides a great platform to share this art with many people who will benefit all over the world. Thank you again and again!!!



Pear Napoleon with Pistachio Crumble and Fig Confit - Page 24

1. Jessica Mishra

I Love Banana Ice Cream Sandwiches (made with pecans)

Yields 3 Sandwiches

Ingredients:

Cookies

- 1 cup raw pecans
- 1 tablespoon raw cacao powder
- 1 tablespoon extra virgin coconut oil
- 1/8 cup raw agave nectar

Filling

- 1 large frozen banana, chopped
- ¼ teaspoon almond extract
- ½ teaspoon ground cinnamon

1. Add the pecans to a food processor. Process until the pecans turn into a medium grind meal/flour. Add the cacao powder, coconut oil, and raw agave nectar. Process again until all the ingredients are well combined and the mixture starts to stick together.
2. Form mixture into balls and flatten with your hands to prepare them for the cookie cutter. Place on a tray or plate covered with parchment paper. Gently press a heart shaped cookie cutter into the dough and use a knife to remove the excess dough from the edges of the cookie cutter. You will have enough dough to make 6 small heart shaped cookies.
3. To make the filling, combine the bananas, almond extract, and cinnamon in a food processor or high-powered blender. Blend the mixture until the consistency of ice cream is reached. Using a small spoon, scoop the ice cream on to 3 of the cookies. Now take the remaining cookies, and gently place them on top of the ice cream to make a sandwich. You may need to clean up the edges a bit. For a gooey sandwich, eat right away or set them in the freezer for 30 minutes for a firmer sandwich. Enjoy!



2. Tracie Walker

Coconut Macaroons

1 cup ground almonds or almond meal

1 cup ground cashews

1 ½ cups coconut flakes

½ tsp salt

½ cup maple syrup

¼ cup coconut oil

½ tsp vanilla extract

½ tsp almond extract

Grind the cashews and almonds in a food processor for about a minute to make a flour. Pour the flour mixture into a medium size bowl. Add the remaining dry ingredients to the bowl. Add the last 4 wet ingredients into the bowl and stir until mixture is well blended and forms a good dough consistency. Spoon onto dehydrator screens using a large spoon or cookie scoop. Dehydrate the macaroons for 8 hours at 112 degrees. Makes about 20 cookies.



3. *Shannon Meder*

Crunchy Red Cabbage Tacos with a Cauliflower White Corn and Cilantro “Rice” Filling and an Avocado Spread

Yield: 2 servings of 2 tacos

Ingredients:

4 red cabbage leaves

2 avocados

1 tablespoon minced garlic

a squeeze of fresh lemon juice

salt and pepper to taste

1 1/2 cups chopped cauliflower

3/4 cup white corn

3/4 cup rough chopped cilantro

1 tablespoon fresh lemon juice

1 tablespoon fresh lime juice

1 tablespoon olive oil

salt and pepper to taste

Instructions:

1. Remove 4 cabbage leaves from the cabbage head. Wash the leaves and pat dry.
2. Scoop out 2 avocados into a small mixing bowl. Add the garlic, lemon juice, salt and pepper and stir until smooth.
3. Add 1 1/2 cups chopped cauliflower to the food processor. Pulse a few times then let it run for about 20 seconds until the consistency appears like a white fluffy rice.
4. Combine the cauliflower, corn, cilantro and flavor enhancements (lemon juice, lime juice, olive oil, salt and pepper) to a medium size mixing bowl. Mix thoroughly to combine all the ingredients.
5. Using a spoon or spatula place 1/4 of the avocado spread on the bottom of each cabbage leaf and top with 1/4 of the cauliflower “rice” mixture.

ENJOY!!!



4. Andrea Primm

Spicy Sunflower Seed and Bell Pepper Pate

Yield: 2 cups

Ingredients

1 red bell pepper, seeded and chopped
2-3 cloves garlic
1/4 C lemon juice
1/4 C tamari, Nama Shoyu or Bragg's
2 C sunflower seeds (soaking optional)

Directions

First, place the red bell pepper, garlic, lemon juice and tamari in the food processor and process to as close to a liquid as possible. Then, add sunflower seeds and process until smoother than chunky peanut butter, but not as smooth as creamy peanut butter. Add water if necessary to achieve desired smoothness.

This recipe is great as a dip with celery, in wraps with tasty veggies, or dehydrated as croquettes and placed atop a salad!



5. *Haley Turney*

Brownies

Yields 10 Brownie Balls (A.K.A. Truffles)

Ingredients:

1 cup walnuts

1 cup raisins

2 tablespoons raw cacao powder

1 teaspoon of your choice of spice (examples are shredded coconut, crushed almonds, cinnamon, orange zest, cacao powder, cacao nibs, etc.)

Instructions:

1. In a food processor with an 's' blade, process the one cup of walnuts until it is ground fine.
2. Add the one cup of raisins and process the mixture until a smooth ball of dough is formed.
3. Add the raw cacao powder and process once again until the grease released from the walnuts begins to clean the sides of the food processor – or until it glistens and is a smooth ball of dough.
4. Pinch an inch of dough from your food processor and roll it into a ball.
5. Roll each ball into the spice of your choice (coconut, cinnamon, etc.).
6. Refrigerate and enjoy!



6. *Maiah Albi*

Date Energy Cookies

Ingredients:

1-1/2 cups oats
¼ cup diced dates
¼ cup raw pumpkin seeds
1 teaspoon cinnamon
1 tablespoon agave syrup
2/3 cups water

Directions:

Food-process 1 cup of oats until powdery. Add in 1/3 cup water, dates, seeds, cinnamon and agave syrup; process together. Pour mixture in bowl to make sure thoroughly combined. Add remaining water only if necessary. Pour in the rest of the oats, mix well and form into cookies.

Depending on cookie size, makes 10-15.



HOT CHEFS, COOL KITCHEN

August
26-28

LIVING LIGHT CHEF SHOWCASE



Cherie Soria



Judita Wignall



Martine Lussier



Vinnette Thompson



Colleen Cackowski



Cristina Archila



The Living Light Chef Showcase: Hot Chefs, Cool Kitchen August 26-28 celebrates 12 talented gourmet raw food chefs, including the winner of the 5 in 5 Hot Raw Chef Video Recipe Contest. For three full days we'll dazzle your imagination and tempt your palate with fabulous raw vegan recipes. We have a limited number of seats available in our studio audience, AND if you'd like to watch from the comfort of your home, we'll be creating a streaming video event and DVD packages to capture each demo from these talented gourmet chefs. You'll see step-by-step demos of healthy raw vegan dishes with a gourmet spin – everything from soup to nuts!

- **Healthy Gourmet**
- **Raw Vegan Recipes**
- **Many Dairy-Free, Gluten-Free**
- **Many Low-Glycemic, Sugar-Free**
- **Pâtés, Appetizers, Soups**
- **Breads, Crackers, Dips**
- **Entrées, Sauces, Cheeses**
- **Incredible Desserts**

"Feast and lose weight" is the concept driving the raw food diet revolution. If you'd like to gain energy and feel younger while enjoying gourmet versions of your favorite dishes, sign up for the Living Light Chef Showcase: Hot Chefs, Cool Kitchen. Cherie Soria and a hand picked group of talented chefs will take you on an extraordinary creative exploration of gourmet raw cuisine.

Call 707-964-2420 for information and registration, or register online at RawFoodChef.com.

Limited number of seats available in the live studio audience and for our specialty classes, including **Take a Walk on the Wild Side: Discover Raw Green Super Foods from the Ocean, Raw Food Styling for Photography, and Sharpen Up Your Knife Skills!™ Intensive.**



Nomi Shannon



Brian James Lucas
aka Chef BeLive



Solla Eiriksdottir



Alicia Ojeda



Tina Jo Stephens



Amy Bacheller



Living Light
Making Healthy Living Delicious!™

7. *CanCan Broom*

CanCan's Simple Salad

Slice, chop and combine:

- cucumbers
- tomatoes
- onions
- sun dried tomatoes
- fresh herbs, such as dill
- Himalayan rock salt, if desired

Toss and enjoy!



8. *Nancy Clayburn*

Minted Orange Slushie

6 medium sized oranges of any kind. Valencia works nicely, however. Quarter the oranges leaving in the seeds. Peel the skin off leaving some white pith which contains a rich source of bioflavonoids. This is a nice source of vitamin C which helps work your immune system.

¼ of a fresh pineapple, washed. Leave the skin on and also the core. The core of the pineapple is rich in bromelain which aids in digestion. The pineapple should be yellow with a nice sweet fragrance. Cut off the top of the pineapple, slice it down the center and then cut off 6- 1” pieces or more according to your desires. Halve these cuts again.

6-8 large mint leaves. Peppermint leaves are ideal.

A good size fistful of wheatgrass. You may grow your own or buy it already grown.

Directions:

Place several orange quarters in the Hurom Juicer before turning the unit on. Now turn it on. As the oranges juice, place in a few mint leaves. Add more oranges. Now cut some wheat grass. Go ahead and put a half inch wad into the mouth of the juicer. It may squeak, that is OK. Follow this with some pineapple pieces.

Keep alternating between the juicy fruit and the leaves and grass until you have finished. It is beneficial to end with the juicy fruit.

Slightly stir the mixture and pour over crushed ice. Place a few mint springs on top along with several fresh red raspberries. Add a straw and you are in for a treat!



9. Cathrine Mette Mork

Spiced Banana Nut Frappé

Ingredients:

4 medium frozen bananas, peeled and pre-frozen
3 large dates, pitted (and pre-soak if desired)
2/3 cup raw walnuts, chopped
1/2 teaspoon vanilla extract (or 1/2 a pod's worth of beans)
1 teaspoon cardamom powder
1 tablespoon cinnamon powder
small pinch Himalayan pink salt

Directions:

If you have a high-speed blender, simply process all the ingredients except the nuts at high speed until smooth. A tamper or plunger (included with a Vitamix blender) is useful to quickly and easily incorporate everything. If you do not have a high-speed blender, you will likely have to stop midway a few times and stir by hand to help the ingredients along. Add in the nuts after your base is smooth, and blend just a little at low speed to incorporate them. Serve in a small bowl and enjoy! You can sprinkle with cinnamon to decorate if you like. The recipe serves two.

Note: You can play with the amount of spices and consistency of the dates and nuts. For example, you can grind the walnuts up separately in a processor or coffee grinder for a less nutty consistency. If your dates are hard, this might work out nicely - the small date pieces may not fully blend into your mixture, but the small chunks left will look and taste like pieces of caramel! Unless you have a high-speed blender, be sure not to add whole frozen bananas. Peel and chop them into pieces before you freeze them so as to be less taxing to your machinery.



10. Hezekiah Condron

Black Pearl in the Lotus

Yield: 6 Lotus salad balls

1 head purple cabbage
2 carrots, grated
1 red pepper, finely diced
2 cups swiss chard, roughly chopped
extra large black olive (pitted), save the juice!

You will also need a dozen toothpicks to secure your salad balls.

This dish is nutritious and beautiful. It is designed to be fun to eat• so the kids will pay attention and your guests will be delighted! It also naturally incorporates all colors of the spectrum which qualifies it for Chinese Food Medicine.



The challenge of this dish is choosing the right ingredients. Garden fresh is best when available, especially for the swiss chard and purple cabbage. Separating the leaves from the core of the cabbage is the key to this dish. Use the tip of a cutlet knife to remove the core. It may help to rehydrate the leaves by placing the cabbage in a bowl of water while you prepare the other ingredients as described.

Chop the cabbage in half then gently pull the top layers of leaves away. Choose the leaves with a good balance of pliability and bounce. You judge this by folding the edges into the center. Those that fold easily and spring back out when released are perfect!

Assembly:

Place the cabbage leaf, on a cutting board or plate. Layer swiss chard, carrots, red peppers in that order in the “bowl”. Leave enough space for the leaves to close over the treasure inside. Be sure to make your layers noticeable. Place one olive – the black pearl! – in the center.

Gather the edges into the center so that the cabbage leaf forms a ball around the salad. Gently fold in opposing sides of the leaves, tucking in the sides and pinching them together with your thumb and index finger. Use one or two toothpicks like a needle to secure the leaves in place. Each salad ball will be a unique creation and this is where you can get the kids involved. Place on a serving dish and put to the side while you prepare your dressing.

Dressing

1T extra light virgin olive oil
1/4 fresh squeezed lemon or 1T juice
tsp garlic
tsp rosemary
tsp thyme
1/4 cup black olive juice

Place all ingredients in a glass or small bowl and whisk for 30 seconds, or use a blender if you desire a smoother consistency. Drizzle over the salad bowls, serving the remainder in a cruet on the side.

*As a bonus, your salad can be stir-fried for those who may find it difficult to digest raw vegetables.

11. Debra Secunda

“Green Sunshine” Soup

A salad in a blender! The following recipe is a delicious embellishment of Dr. Ann Wigmore’s “Energy Soup”, which has been used as a nutrient-rich, detoxifying agent since the 60’s. This easily digested “salad-in-a-blender” is filled with fiber, enzymes, vitamins, minerals, phytochemicals, essential fatty acids and protein. The alkalizing, leafy greens provide your cells with a blast of chlorophyll, oxygen, and are a great source of bio-available calcium. All you need is a blender with “ice-crush” capacity to enjoy a large batch as a satisfying day-long “fast”. Everything can be washed/chopped/stored ahead of time: Buy organic!

1/2 peeled, quartered Lemon
1 Tomato or Red Bell Pepper
1/2 C chopped Celery, Zucchini or Cucumber
1/2 Avocado
1 package of Baby Spinach (5 - oz.)

Blend first 4 ingredients first (with filtered water halfway up the combination) and then add the Spinach

Season with celtic & cayenne for “YUM-O on the GO”!



12. Corinne Rice

Peach Pie with Lavender Hazelnut Crust and Blueberry Lemon Sorbet

(makes one 6" pie, serves 4)

crust:

1 1/2 cups hazelnuts
1 tablespoon maple syrup
3 teaspoon dried lavender
1 teaspoon coconut oil
1/8 teaspoon salt

directions:

Place all of the ingredients in a food processor until well blended. Line a 6" tartlette pan with plastic wrap and press mixture into the plastic wrap. The mixture should come all the way up the sides and fill the entire pan. Set aside



filling:

1 cup chopped frozen, then thawed peaches
2 tablespoons maple syrup
1/8 tsp salt
4 " vanilla bean, seeds only

directions:

Combine all of the ingredients in a small bowl and set aside.

sorbet:

2 cups blueberries, frozen
1 tablespoons lemon juice
1/4 cup maple syrup

directions:

Using the tamper, blend all of the ingredients in a high speed blender until sorbet like.

assembly:

Remove the crust from the tartlette pan by pulling up the plastic wrap up on either side. Fill the crust with the peaches and top with the sorbet. Garnish with lavender (optional).

13. Carissa Leventis-Cox

Raw Coconut Gazpacho

Yield: around 3 cups

Soup Ingredients:

- 2 cups raw coconut milk (puree together flesh and juice of raw fresh Thai coconut)
- 1/2 cup freshly ground flax seeds
- 1/4 cup extra virgin olive oil
- 1/4 cup raw almond butter
- 3 Tbsp raw apple cider vinegar
- 1 Tbsp raw agave syrup
- 2 tsp sea salt
- 1 clove garlic (if you like it less pungent, use only 1/2 a clove)

Place soups in bowls and garnish with:

- slices of fresh raw Thai coconut meat from another coconut
- raw agave syrup

Instructions:

1. Puree all the soup ingredients in a high powered blender.
2. You can place the soup in decorative soup spoons or small bowls immediately, or wait for a few minutes until the soup thickens slightly.
3. Top the soup with a coconut slice and drizzle with agave syrup.
4. Serve.



14. *Shkehlaht Belit*

“Cauliflower Sunshine”

½ head cauliflower
½ carrot
½ red bell pepper
7 pitted, sun-dried olives
4 de-stemmed broccoli leaves
1T cold-pressed, virgin olive oil
1T zahtar
1T sumac
1T cumin
1t kelp

To make cauliflower sunshine you first need to wash all the vegetables, the ½ head cauliflower, the ½ carrot, the 1/3 red pepper, the pitted sun-dried olives and the de-stemmed broccoli leaves. Next we will break up the cauliflower into smaller pieces and place them into the food processor. We will then add the carrot, the red bell pepper, the sun-dried olives and the broccoli leaves. We will process them for about ten seconds so that there are no large pieces, somewhat like the size of small grain like couscous or bulghur.

We will then put the mixture into a large bowl and add the tablespoon of olive oil, the tablespoon of cumin, the tablespoon of zahtar, the tablespoon of sumac and the teaspoon of kelp. The next step is to mix all the ingredients well. Put some in a bowl. Voila, cauliflower sunshine. Enjoy!



15. Linda Clark

Carrot Avocado Soup

1 cup carrot juice (6-8 carrots)

1 avocado

½ cup almond milk

To taste: sea salt, lemon juice, graham marsala

Veggies for garnish

Blend the carrot juice, avocado, and almond milk in a high speed blender until smooth.

Add to taste: sea salt, lemon juice, graham marsala

Place veggies as garnish and enjoy!!



16. Karen Osborne

Spicy Curried Sweet Potato With Spinach

Yield: 2 servings

Ingredients:

- 1 large garnet yam, jewel yam or sweet potato, peeled (I prefer the garnet yam)
- juice of one lemon
- 1/2 teaspoon salt
- 1/4 teaspoon curry powder
- 1 dash of cayenne or to taste
- 1 handful of spinach leaves, thinly sliced

Instructions:

1. Shred the yam or sweet potato in a food processor.
2. Place the shredded yam or sweet potato in a medium sized bowl.
3. Add all of the remaining ingredients except the spinach.
4. Gently squeeze the ingredients together with your hand until the seasonings are mixed thoroughly and the yam or sweet potato begins to wilt.
5. Add the spinach, and briefly mix again until the spinach is evenly distributed.
6. Enjoy!

Notes:

This dish can be made ahead and stored in the refrigerator for up to two days.
Garnet yams and jewel yams are actually types of sweet potatoes.



17. Kris Keating

Salsa Avocado Roll

Serves 4

A thinly sliced avocado, rolled around fresh Mexican salsa; a delightful new twist on traditional guacamole.

2 Roma tomatoes, chopped and seeded (about 1 cup)

½ cup sweet onion, chopped

¼ cup fresh cilantro, chopped

½ Serrano pepper, diced

1 teaspoon chili powder

1 teaspoon sea salt

¼ teaspoon cumin

1 ripe avocado

1. In food processor, combine all ingredients except avocado. Process a few seconds, scrape down sides with a rubber spatula. Process again for a few more seconds until all large chunks of tomato and onion are gone. Don't over process or you will create too much liquid and end up with a tomato sauce instead salsa. You want to see small bits of tomato and onion when you're finished. Over a bowl, place mixture into strainer and allow moisture to drain while preparing the avocado.
2. Slice your avocado in half; remove pit. Take a large spoon and slide it between the avocado and the skin; lift avocado out and place it on a cutting board, flat side down. Slice away about ¼ -½ inch of the avocado, so you have a larger section to start with for your slices. Next cut your avocado into very thin slices, about 1/16 inch, 12 slices per roll. As you cut your slices, lie them down on the cutting board, overlap each slice, making sure you can see the top edge of each slice as you go. Slide your chef's knife under the entire strip of slices. Carefully, flip the avocado strip over, so you can now see the accent of the green lines.
3. Place 2-3 tablespoons of your salsa mixture along the center of the avocado strip. Slide your knife under one side of the avocado and slowly roll it over the salsa mixture. Using both hands, gently tuck the avocado around the salsa and roll it until the opening is on the bottom. Slide your knife under the roll and carefully place it on a plate.
4. You can garnish it with a dusting of chili powder and a sprig of cilantro. Enjoy.



Raw Food Styling for Photography

A Special 2-Day Class at Living Light Culinary Institute



2011 Dates: August 30–31, December 12–13

Time: 9:00 AM–5:00 PM (1-hour no-host lunch break each day)

Tuition: \$895, plus \$95 lab fee

Location: Living Light Culinary Studio

Prerequisites: None

Recommended Text: *The Food Styling Handbook* by Denise Vivaldo

All materials provided, except optional camera

Now you can learn from two of the top experts in their respective fields, who will teach you how to showcase beautifully presented and photographed culinary creations on your website, and in your recipe books, brochures and other marketing materials! It's true—"Pictures speak a thousand words." Nothing builds your reputation and creates an audience for your business as well as exquisitely plated and designed food photos!

Living Light has created this special 2-day workshop with a focus on the art of food styling for the media. Students will learn basic presentation skills, how food reacts under the camera, and the "ins and outs" of choosing perfect props and preparing for a shoot. This course covers numerous tricks and techniques for preparing food styled for media, and includes information about building a portfolio, elements of design for photography, and the importance of colors, textures, and negative space.

Raw Food Styling for Photography which is taught by Living Light Director Cherie Soria and Denise Vivaldo, who has trained many of the professional food stylists working in Los Angeles today. Denise has catered more than 10,000 parties for celebrities, and is one of the most highly sought-after food stylists in the business. She works in all forms of media, including TV, movies, books, and magazines. She has collaborated on a number of recipe books, transforming simple foods into exquisite culinary art for the camera. Her latest book, *The Food Styling Handbook*, will be released in August 2010.

Denise is also the author of several books, including *How to Start a Home-Based Catering Business* and *How to Start a Home-Based Personal Chef Business*—she brings a world of style to the table!

There will be time during class both days for student questions. Every day features opportunities for students to practice the techniques they are being taught. Students are encouraged to bring their cameras and go home with photographs of their work.



Living Light
Making Healthy Living Delicious!™

Cristina Archila is a graduate of both Living Light Culinary Arts Institute and 105 degrees Academy. She has studied raw food nutrition, instruction, & preparation with reputable chefs: Cherie Soria, Jennifer Cornbleet, Matthew Kenney, Russell James, and Haylee Otto. She is the co-author of Snog Healthy Treats Cookbook published in London by Ryland, Peters + Small. Her clients include Snog, (a London based international frozen treat shop, voted as one of Britain's Cool-Brands 2010/2011), Karla Conceptual Events — The Sacred Space Miami, Discovery Channel, and Whole Foods Market. She has also been a private chef to some of South Beach's finest addresses. Through her company RAW FOOD ARTIST, Cristina offers chef services and classes. She is a native of Bogota, Colombia and lives in Los Angeles.

Grand Prize and People's Choice Winner

18. Christina Archila

Pear Napoleon with pistachio crumble and fig confit

Yield: 6 servings

INGREDIENTS

fig confit:

12 dried smyrna figs,
de-stemmed and finely
chopped

1/2 cup water

1 tablespoon maple
syrup or raw agave
nectar

1 tablespoon lemon
juice

pinch of salt

pistachio crumble:

1 cup raw pistachio
nuts, shelled

2 tablespoon maple syrup or raw agave nectar

pinch of salt

3 Anjou pears

INSTRUCTIONS

1. Place the figs, water, maple syrup, and lemon juice in a small mixing bowl. Using a whisk, mix and muddle for about 30 seconds until the water turns into a golden syrup, the figs reconstitute a bit, and the seeds come loose.
2. Place the pistachio nuts, maple syrup, and salt in a food processor. Process until coarsely chopped and the mixture sticks together. Do not over process.
3. Using a mandolin or Chef's knife, thinly slice the pears lengthwise. You will need 5 slices per serving.
4. For each napoleon, lay a slice of pear on a plate and cover with 1 tablespoon of the fig confit. (Reserve some of the syrup from the confit for garnish.) Layer another pear slice and cover with 1 tablespoon of the pistachio crumble. Continue to layer 3 more slices alternating with both fillings.
5. Drizzle with the syrup from the fig confit and sprinkle with a few loose crumbles. Serve immediately.
6. The fig confit and pistachio crumble will keep for 5 days, when stored individually in a sealed container, in the refrigerator.

NOTE ON PEARS

Anjou pears work best for this recipe because they are firm and have a mild flavor. If you prefer a juicier fruit then use Bartlett pears and if you want a crisper one then use Bosc pears.



19. Robyn Law

Spicy Kelp Noodles

Serves 2

Ingredients

1 avocado
2 tablespoons sesame oil
1/2 cup of water
1 tablespoon of lime juice
1 tablespoon shoyu
1 teaspoon of ginger root
paprika to taste
1 bag of kelp noodles, rinsed and drained
1/2 cup julienned red pepper/capsicum
1 tablespoon of chopped green onion

1. Place all of the ingredients, save for noodles, red pepper/capsicum and green onion in blender and blend until the mixture is smooth
2. Pour the mixture over the kelp noodles and mix well by hand, ensuring all noodles are heavily coated with the mixture.
3. Add the red pepper/capsicum and combine well.
4. Serve the coated kelp noodles into 2 medium sized serving bowls and garnish with green onion on top.



20. *Shannonmarie*

Rawdorable 5 in 5 Banana N'ice Cream Split

Ingredients

3 bananas (2 should be frozen and sliced into chunks)

½ cup chopped frozen strawberries

1 or 2 Tbsp. raw cocoa powder

Dash of sea salt

Touch of vanilla extract

Handful of diced pineapple

Cherry for garnish (optional)

Directions

1. Peel the unfrozen banana and slice it in half lengthwise. Place in serving bowl.
2. Add 2 chopped frozen bananas, a dash of sea salt and a touch of vanilla to a mini food processor and process into a soft-serve consistency. Remove one large scoop and place it in the serving bowl with the unfrozen banana slices.
3. Add most of the strawberries to the soft-serve in the food processor (reserving some for the topping) and process to combine. Scoop out about half of the resulting strawberry n'ice cream and add it to the serving bowl.
4. Add the cocoa powder to the food processor and process into chocolate n'ice cream. Scoop it into the serving bowl.
5. Top the n'ice cream trio with the reserved berries and pineapple. Garnish with a cherry on top.



21. *Nancy Riedesel*

Coco-nutty Banana Parfait

Serves 2

Ingredients:

Meat from 1 Thai coconut

1 C coconut water

1 C cashews or almonds

4 TB Chia seeds, ground to powder

¼ C Maple syrup or other sweetener

1 tsp vanilla

Pinch of salt

2 ½ bananas, (1/2 is sliced in thin rings for layering)

Instructions:

1. Open the Thai coconut, remove the meat, and measure out 1 cup of the coconut water.
2. Place coconut meat, water and cashews in high speed blender and blend till creamy and smooth.
3. Add ground Chia, sweetener, vanilla and salt, and then blend for about 10 seconds more.
4. Add 2 bananas and blend again quickly until thick. Do not over blend.
5. This will thicken more as it chills
6. When chilled, layer the pudding in 2 parfait glasses with sliced bananas rings and chopped cashews or almonds.
7. Top with a sprig of mint and serve.
8. This recipe takes only 5 minutes to prepare as a quick breakfast treat, or a cool summer evening dessert. The kids love this easy nutritious blend of flavors.
9. If you want more fiber in your diet, use almonds with the skin instead of cashews. They add a whole new dimension to the pudding.



22. *Sheri Yohe*

Un-BEET-Able Veggie Salad

makes 3 cups

salad ingredients:

pulp from 2 large beets
2 medium carrots, grated
1 medium granny smith apple, peeled and diced
1 tbsp. onion, minced

lemon ginger dressing:

1 tbsp. ginger juice
1 lemon, juiced, about 2 tbsp.
1 tbsp. nama shoyu
1 tbsp. raw olive oil
1 tbsp. tahini
1 tsp. maple syrup

1. Juice the beets and place the pulp in a medium, mixing bowl. Add the grated carrots, the chopped apple and the minced onion to the beet pulp. Tip: In the same juicer, juice the ginger and the peeled and quartered lemon.
2. Place all the dressing ingredients in a regular blender or personal blender and blend well.
3. Pour this dressing over the beet mixture.
4. Mix the ingredients together and serve.



Have FUN in Vegas!

but Don't Gamble with Your Health!

Join Cherie Soria for **FUNDamentals of Raw Living Foods™**
and Experience Health Transformation!



Date: Thursday October 20, 2011

Time: 8:30 AM–5:00 PM

Location: Suncoast Hotel and Casino
9090 Alta Drive, Las Vegas, NV

Tuition: \$395 Includes a delicious
organic raw vegan buffet lunch

Required Text: *Angel Foods: Healthy
Recipes for Heavenly Bodies* by Cherie Soria
(*see special offer below)

To Register: Call 707-964-2420 or
800-816-2319, or visit RawFoodChef.com

*Those enrolled in both FUN in Vegas and
the Lifemax annual conference, Shine, slated
for the following day, will receive a free copy
of the required text, *Angel Foods: Healthy
Recipes for Heavenly Bodies*, by Cherie Soria.

Take this opportunity to have FUN in Vegas with Living Light founder and director, Cherie Soria! **FUNDamentals of Raw Living Foods™** is the premier 1-day intensive course providing comprehensive instruction in raw living food preparation. Living Light Culinary Institute is widely recognized as the top raw vegan training program in the world for novices and professional chefs alike. Thousands of people from over 45 countries have taken FUNDamentals since it was developed over 13 years ago and it is continually refined to bring you the latest developments in raw culinary arts.

During this introductory workshop, students will attend superb culinary presentations showing how to create a wide variety of delicious, easy-to-prepare recipes! Here is just a sampling of what they will see and taste: ♦ **appetizers** ♦ **fruit smoothies** ♦ **soups** ♦ **green juices** ♦ **salad dressings** ♦ **simple entrées** ♦ **patés** ♦ **wraps and rolls** ♦ **nut milks** and **luscious nondairy cheeses** ♦ **crunchy crackers** and **other dehydrated goodies** ♦ **amazing desserts** ♦ **fermented foods** ♦ **sprouting and kitchen gardening** ♦ **essential equipment and supplies used in a raw kitchen** ... and much more! A full buffet lunch of organic raw vegan foods will be provided as well as samples of most of the foods prepared. Tuition includes all course materials with the exception of the required text, *Angel Foods*.



For more information about FUNDamentals of Raw Living Foods™ or other Living Light Culinary Institute chef training classes, please call 707-964-2420 or visit RawFoodChef.com



23. Sarah Ives

Strawberry Almond Chia Pudding

Yield: 4-6 servings

This pudding makes a wonderful breakfast, snack or dessert. You can be creative by adding different berries and by using more or less dates to adjust the level of sweetness.

Ingredients:

3 cups of water

½ cup Chia seeds, presoaked in 1 ½ cups of warm for 30 mins

1 cup strawberries, stems removed, reserve one strawberry for garnish

2 Tbsp. raw almond butter

6 Medjool dates, presoaked in warm water for 30 mins

Pinch Himalayan sea salt

½ Tbsp. vanilla extract

Drizzle of maple syrup for garnish (optional)

1. Add the water, chia seeds and soak water, strawberries (reserving one for garnish), almond butter, medjool dates, sea salt, vanilla extract in a blender.
2. Blend until dates are fully incorporated.
3. Pour into dish or glass.
4. Using reserved strawberry, roughly dice it and sprinkle on top of the pudding.
5. Drizzle a touch of maple syrup over the strawberries, if desired for sweetness.
6. Enjoy!



24. Donna Wilson

Raw Chocolate Chia Pudding

1/2 cup organic coconut milk
1/3 cup raw organic chia seeds
1/4 cup organic maple syrup grade b
2 tablespoons raw cacao powder
½ cup of fresh organic blueberries, to garnish the pudding, after blending

Seasonings

1 teaspoon vanilla
dash of himalayan salt
1 tsp. cinnamon
dash of cardamom

1. Place the first 4 ingredients into a high-speed blender. Save all the blueberries over to the side, to be placed on top of the chocolate pudding as a garnish at the very end, when finished blending all the ingredients.
2. Once you've added all of the seasonings listed above, blend all ingredients (except the blueberries) on high-speed for about a minute.
3. Pour into a bowl, & be sure to use a spatula to get every last bit out of the blender! It will thicken, quickly. Garnish with fresh blueberries. Enjoy!



25. April Weller

Summer Radish Salad with Wild Roots and Chickweed

Yield: Serves 2 to 3

Ingredients:

- 3/4 c. of thinly sliced red radishes
- 1/3 c. of thinly and diagonally sliced fresh, raw burdock root
- 1/4 c. of thinly sliced fresh, raw wild carrots
- fresh juice of 1/2 of a lemon
- 1 T. of raw, cold-pressed, extra-virgin olive oil
- 1 clove of chopped garlic
- 1/4 t. of salt
- 1/8 t. of freshly ground black pepper
- 1/4 of a large spiceberry
- 2 1/4 c. of chickweed

Instructions:

1. Put the radishes in a medium-sized bowl. Add the burdock root. Then add the carrots. Stir. Then squeeze the juice out of the lemon. Pour it into the radishes, burdock, and carrots, and stir.
2. In a small bowl, put in the oil, then the salt, then the pepper, then the spiceberry. Mix with a whisk. Then pour into the other bowl. Stir.
3. For each serving, put 3/4 c. of chickweed onto a salad plate. Spoon the radish mixture onto the plate.



26. *Kiersten Kerr*

Watermelon Gazpacho

Yield: 2 (6oz) servings

Main Ingredients

1c watermelon
1/3 c tomatillo
¼ c yellow onion, finely diced
½ green apple, small, finely diced
2 cloves garlic

Flavoring Agents

1 T lime juice, or half of lime squeezed
1 T grapeseed oil
½ t sea salt (or to taste)
¼" fresh ginger
2 sprigs mint (garnish optional)

Instructions

1. Scoop 1 heaping cup of watermelon into your measuring cup, place in blender.
2. Dice, finely: ½ of a small to medium green apple, 1 ½ small to medium tomatillo, ¼ c yellow onion.
3. Combine watermelon with 1 clove garlic, 1 T green apple, ¼" ginger, ½ t sea salt, 1 T grapeseed oil, ½ lime (juiced), and 1 T yellow onion in your blender to incorporate all of the ingredients and flavors in your Gazpacho base.
4. Once thoroughly blended split the Gazpacho base into two 6 oz. portions.
5. Split your remaining diced ingredients: apple, tomatillo, & yellow onion; and incorporate your crunch into your Gazpacho.
6. Garnish your Gazpacho with mint and a sprinkle of sea salt to taste.



27. *Linda Graziano*

Nut So Sloppy Joe Lettuce Cups

Yield: 3 cups, 8 entrée size servings or 16 appetizer size servings

Equipment:

Food processor with an 'S' blade, blender, cutting board, knife, spatula, tasting spoons, serving spoon

Nut Mixture:

2 cups walnuts, soaked 4 hours or overnight, drained

Sauce:

3 cups chopped tomatoes (heirloom if available)

½ cup sundried tomatoes, soaked 1-2 hours, and drained

¼ cup chopped red bell pepper

2 teaspoons onion powder

1 teaspoon sea salt

1 tablespoon extra virgin olive oil

1 tablespoon apple cider vinegar

1 teaspoon ground chipotle chili pepper

Lettuce Cups:

1 – 2 heads of Bibb, Romaine or Boston lettuce

Instructions:

1. Place the walnuts in a food processor with the 'S' blade and mix until walnuts are in small pieces. Leave the mixture in the mixing bowl of the food processor.
2. Place the sauce ingredients (the tomatoes, the sun dried tomatoes, the red bell peppers, the onion powder, the salt, the olive oil, the apple cider vinegar and the ground chipotle pepper) into a blender and blend until nearly smooth.
3. Pour approximately ¾ of the sauce mixture from the blender into the walnut mixture in the food processor and mix until the sauce is well incorporated.
4. Spoon the desired amount of the mixture onto lettuce leaves. At this point you may add more sauce, or garnish with chopped tomatoes or red bell peppers for additional texture.

Tips:

This is a versatile recipe: it can be an appetizer, using small size lettuce leaves, or entrée', using larger leaves, such as Romaine. In the case of entrée size, you might serve the entrée with an accompanying side dish or salad (as pictured).

This mixture will store in the refrigerator in a covered glass bowl for up to 3 days.



Runner-Up Winner

28. *Jill Kilpatrick*

Spicy Korean Collard Wraps

Yield: Makes three hearty wraps

Ingredients:

3 large collard green leaves, with the thickest part of the stem removed

2 medium carrots (3/4 cup chopped into matchsticks)

1-2 pears (1 cup chopped)

Spicy Walnut Pâté

1 1/2 cups walnuts

1/4 cup red basil*

1 tablespoon cold pressed sesame oil

2 medium cloves garlic

1 large dried arbol pepper (look for one about 3-4" long)

1 tablespoon lemon juice

1 tablespoon Nama Shoyu**
water



* You may use cilantro, mint or thai basil in place of the red basil. All work well, it's up to your tastes and what you have available.

** Nama Shoyu is a raw soy sauce. The recipe would certainly work with regular soy sauce, Bragg's Aminos or even just a little sea salt to taste.

Instructions:

1. Wash all your produce thoroughly, being especially careful to keep the collard green leaves intact.
2. Chop the carrots and pears into matchstick sized pieces and set aside
3. Place all the pâté ingredients in your food processor. You'll need a food processor bowl with a capacity between 5-12 cups to allow the ingredients to have enough room to combine properly.
4. Pulse the food processor a few times to start mixing the ingredients.
5. Add a little water at a time, and continue to pulse. You'll be looking for your mixture to resemble cooked ground beef- still some chunks of walnuts, but starting to stick together.
6. Spoon 1/3 of the pâté into each of the collard greens.
7. Top with the pears and carrots and roll each of the collards into a wrap; folding the thin edge of the leaf over your fillings and then rolling each side over.

Enjoy! The pâté will keep 2-3 days in the refrigerator. I like to make extra ahead of time so I can throw one together in minutes in between work and the evening's activities.

I was totally unaware of raw food, until one day I got very sick. Doctors were no help, they just scared me silly. After months of serious illness, eating a high raw, mostly vegan diet helped me get my life back, and I am devoted to sharing my story and the healing potential of proper nutrition. I love the scientific quality of recipe development; I'm constantly having friends and family over for lunch, dinner and brunch to try out my newest creations. I want everyone to know just how well they can feel; I want to help as many people as I can to realize the health, vibrancy, and energy living foods have brought me.

29. Elizabeth Fraser

Blueberry Cobbler

Makes 6-8 servings

- 1 cup of pecans
- 1 cup of almonds
- ½ cup of pitted Medjool dates
- 2 Tbsp coconut butter or coconut oil
- pinch of sea salt
- 3 ½ cups of fresh blueberries
- 1 Tbsp raw agave nectar-optional, for added sweetness

1. Place the pecans and almonds in the food processor and blend until well chopped. Add in the pitted Medjool dates, coconut butter and sea salt and blend until a crumble texture is achieved. Remove crumble mix from food processor and loosely spread it into a pie plate.
2. Blend 1 ¾ cups of blueberries (and 1 Tbsp of agave if you would like to sweeten the mix a little more) in the food processor and blend to a syrup. Pour syrup over the top of the nut crumble mix and top with remaining 1¾ cups of fresh blueberries. Let the blueberry cobbler sit for a half hour before serving so that the flavors have a chance to mix together, or simply refrigerate it until you are ready to serve it. Serve as is or top with some raw nut cream or ice cream.

NOTE: Feel free to get creative and substitute strawberries or mango and pineapple or apple, cinnamon and raisins in for the blueberries for a different take on this cobbler recipe.





Advanced Raw Culinary Arts Instructor Training Certification™

With Jennifer Cornbleet, Professional Raw Food Chef and Instructor



Jennifer Cornbleet

is a nationally recognized raw food chef and instructor, and a faculty instructor at Living Light. She offers classes, hands-on workshops, and consultations nationwide. Her first book, *Raw Food Made Easy for 1 or 2 People*, has already sold over 100,000 copies. Her second book, *Raw for Dessert*, was published in August, 2009.

When you're ready to become a raw food teacher at the highest level, this intensive, career-focused learning experience will help you rise to the top of your profession quickly. Each module is specifically designed to prepare you to share your expertise with people who are eager to improve their health and embrace a raw food approach to eating.

Building a business takes dedication and direction. If you provide the former, course instructor Jennifer Cornbleet will supply the latter. She'll share practical tips and tools for becoming a popular speaker/teacher whose services are in-demand to the growing audience of raw food enthusiasts.

Course Prerequisites:

Successful completion of the Associate Chef and Instructor Training Certification™ Series.

Included in Your Course of Study:

- **The Foundation of Success: Goal Setting and Time Management**
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- **Going One-on-One: Tips for Providing Personal Coaching**

A career as a raw food expert has never been easier. Living Light International's **Advanced Raw Culinary Arts Instructor Training™** is a comprehensive course of study that is challenging, as well as intensely rewarding and a great deal of fun.

2011 Class Schedule: July 3–7 September 25–29

Tuition: \$1,575

Class size is limited—reserve your place today!



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30. Samantha Gibbs

Party Cucumbers

Yields: 15-20 single serving pieces

Ingredients:

- 1 seedless cucumber, washed with peel left on
- 2 roma tomatoes, sliced in rounds and de seeded
- 1 small bunch of fresh basil
- 1/2 cup raw cashew pieces
- 3 teaspoons apple cider vinegar
- 1/2 teaspoon sea salt

Instructions:

1. Slice cucumber into rounds using a sharp knife or decorative slicer. Set aside.
2. Slice tomatoes into rounds and de seed all pieces. Set aside.
3. Using a nut grinder or a coffee grinder, blend cashews into a fine flour.
4. Add in sea salt and apple cider vinegar. Blend several times stopping every few seconds to scrape down the sides. Blend until well incorporated.
5. Use a small spoon to scoop out mixture and place onto cucumber rounds. Form the nut mixture around the entire surface of each cucumber round.
6. Place 1 tomato round on each cucumber slice.
7. Add one small piece of basil to the top of your party cucumbers.
8. Arrange on a platter or decorative plate and serve.



31. Denise Madeja

Lemon Basil Pasta Salad

Yield 4-5 side dish servings or 2-3 entrée portion servings

4 cups zucchini noodles

½ cup grape tomatoes, diced

½ cup cucumber, seeded and diced

½ cup red, yellow, or orange bell pepper, cut into 1 inch strips

2 tablespoons finely chopped lemon basil

Place all ingredients into large bowl.

Flavor enhancers

1 tablespoon pine nuts

1 tablespoon olive oil

2 teaspoons lemon juice

¼ teaspoon garlic powder

¼ teaspoon salt

Add the pine nuts to the vegetables Place remaining ingredients into small bowl and whisk together until well blended. Pour over vegetables and toss with tongs until dressing is mixed in well. Serve and enjoy. The pasta salad will keep in refrigerator 3-4 days.



32. Marcella Wing

Lemon Hibiscus Mini Cakes

Makes 2...one for your sweetie and one for you. :)

You will need a 3" mold for this recipe. They can be bought at most culinary shops.

Bottom layer

1 cup dry raw walnuts that have been soaked and dehydrated

1/4 cup raw cacao powder

1/4 teaspoon sea salt

1/4 cup raw agave

Put the walnuts into the food processor. Process till the texture is a coarse meal then add the cacao powder and salt. Process again just enough to incorporate the mixture. Then add the agave a little at a time. You may not need it all and you don't want this to be too sticky. You want it to be the texture of a coarse meal but when you squeeze it between your fingers it should hold it's shape. Set aside.



Top layer

1 cup of coconut

1 1/2 lemons juiced

1/4 cup of agave

zest from 1 lemon

pinch sea salt

1/3 teaspoon dried hibiscus

Put the coconut in the food processor. Process till a fine meal texture. Add the juice from 1 1/2 lemons (approximately 3 Tablespoons). Then add the agave and the zest from 1 lemon. Process again till well incorporated. Add the dried hibiscus and process just long enough to incorporate it into the mixture.

Assembly

Rub coconut oil on the inside of your mold so your ingredients won't stick. Place the mold onto the plate you are going to serve the dessert on. You can then add up to 1/2 of the bottom layer mixture to the mold. (Keep in mind that the more of the chocolate you use the more the dessert will taste like a chocolate dessert than a lemon hibiscus dessert.) Press the amount you have decided on into the mold firmly. Give the mold a little twist to loosen it up. Then add up to 1/2 of the top layer mixture on top of the chocolate mixture in the mold. Press this down. (You can use the back of a spoon to accomplish this.) Give the mold a little twist and lift it off the cake very slowly and carefully. Sprinkle some of the grated lemon peel and a little hibiscus on the top for decoration. If you have edible flowers, you can also add this to the dish for decoration. Repeat for the second one. Chill before serving. An hour should give it time to set up and also give the flavors enough time to develop.

33. *Gail Johnson*

Stuffed Red Pepper Vegetable Hummus

Serving size is approx. 8-10

Ingredients

- 3/4 c sun-dried tomatoes
- 1 c chopped carrots
- 1 red pepper, 1/2 chopped and the other 1/2 set aside to stuff
- 2 lemons, juiced
- 1 c tahini
- 1 clove garlic

Preparation Instructions

1. Place the sun-dried tomatoes in a food processor and finely chop. You may soak the sun-dried tomatoes in warm water for 15 minutes to soften before chopping.
2. Add the carrots and red pepper into the food processor with the sun-dried tomatoes and finely chop.
3. Pour the lemon juice and tahini into the mixture. Also, add the clove of garlic and process for about 1 minute until all ingredients are evenly mixed together.
4. Stuff the bottom half of the red pepper with the vegetable hummus mixture and serve on a platter with vegetables or bread.



34. *Chandra Halma*

Green Sea Goddess Pasta Salad

Serving Size: 1 cup of avocado sauce with 1 cup of kelp noodles

Yield: 1 serving of pasta salad (1 cup of green avocado sauce with 1 cup of kelp noodles)

Main ingredients:

- 1 medium-sized ripe avocado, halved and pitted
- 4 to 5 thinly sliced and seeded grape or cherry tomatoes
- 1/8 cup mung bean sprouts, freshly rinsed
- 1/2 teaspoon freshly grated carrot
- 1 cup kelp noodles, briefly rinsed in cool water

Flavor enhancers:

- 1 tablespoon filtered water
- 1 tablespoon freshly squeezed organic lemon juice
- 1 tablespoon sweet barley-based miso if available, or sweet mellow white or yellow rice-based miso
- 1 tablespoon of organic onion powder (ground up beforehand in a coffee grinder)
- 1/8 teaspoon of organic ground Sichuan pepper (alternatively you may use black pepper or cayenne, but cayenne will give the recipe a spicier and less bitter flavor)

Equipment:

- 1 spoon to scoop avocado out of avocado skin onto the bowl
- 1 medium-sized mixing bowl
- 1 fork to mash the avocado
- 1 small wire whisk
- 1 small tapered spatula for scraping ingredients out of the bowl onto the kelp noodles
- 1 round 8" plate with kelp noodles already placed on top of it

Instructions:

1. Set the main ingredients, flavor enhancers, and equipment in place before making the recipe. Place the main ingredients and flavor enhancers on two separate plates. Use the ingredients in order listed above.
2. To make the avocado sauce, use the metal spoon to scoop the avocado flesh out of the skin of the fruit into the medium-sized plastic mixing bowl.
3. Mash the avocado with the fork until you can easily mix it with other ingredients with the metal wire whisk.
4. Pour the tablespoon of filtered water into the mixing bowl and whisk it together with the mashed avocado.
5. Pour the tablespoon of freshly squeezed organic lemon juice into the water and avocado mixture and whisk all the ingredients together.
6. Whisk the tablespoon of sweet barley-based miso together with the avocado mixture until mixture is relatively smooth.
7. Whisk the finely ground organic onion powder with the avocado mixture until the powder has been completely absorbed into the mixture.
8. Whisk the Sichuan pepper into the avocado mixture.

9. Place a dollop the avocado sauce onto the kelp noodles in the center of the noodles.
10. Smooth the avocado sauce into a round relatively flat circular shape on top of the noodles.
11. Place the tomatoes on top of the avocado sauce in a star or box pattern.
12. Place the mung bean sprouts on top of the tomatoes and avocado sauce, preferably in a matchstick pile with sprout tips facing one another in a circle in the center.
13. Place the grated carrot on top of the mung bean sprouts in a triangular shaped- mound or scatter over the sprouts neatly.
14. You may garnish the plate with Sichuan pepper, lemon wedge, and mint leaves or as you desire.
15. Serve and enjoy.



35. *Louis Bush*

Apricot Chocolate Cookies

Raw, vegan, chewy and crunchy!

Five reasons why this is a GREAT recipe!

1. Very easy and quick to make.
2. Great for parties and pot lucks. In fact we just made them for a birthday party and everybody liked them... even the people who are not vegans!
3. It has a great pleasure mix of chewiness from the dried apricots with the crunch of the macadamia nut and the creaminess of the chocolate melting in your mouth!
4. No equipment needed!!
5. Easy to find ingredients!



Ingredients:

1/4 cup coconut oil or cacao butter, liquid (cacao butter is preferred if you want to keep the finished chocolate solid at a higher temperature)

1/4 cup cacao or carob powder

1/4 cup coconut nectar or 6 tablespoons agave nectar

1 vanilla bean, seeds

Dried Turkish apricots, halves (remember to get the ones that have NO sulfur dioxide)

Macadamia nuts, halves

Preparation:

1. To mix all ingredients, the coconut oil or cacao butter should be melted first. Melt by placing the oil in a glass jar into hot water.
Cacao butter - Melting Point 93 - 100 degrees Fahrenheit
Coconut Oil - Melting Point 76 Fahrenheit
Coconut oil is usually melted on warm summer days.
2. Mix very well melted coconut oil, cacao powder, and vanilla seeds in the bowl. Mix with a whisker or spoon/fork.
3. Pour chocolate sauce in to squeeze bottle.
4. Pull open the apricots with your fingers.
5. Place apricots with sticky inside facing up. Squeeze the chocolate sauce on to the inside top of half of the apricots.
6. Add macadamia nuts on top of each chocolate apricot cookie. They are ready to eat, or you can refrigerate or freeze for 5-10 min to harden chocolate. Best served cold!

Important Notes:

Choice of sweetener: If you are going to use alcohol base vanilla extract then use agave as your sweetener because the coconut oil will separate from the chocolate sauce.

Avoiding GMO's (genetically modified organism): To avoid GMO sources use only organic vanilla extract or vanilla powder.

Vanilla powder can have maltodextrin which can be made from GMO corn.

Alcohol can be made from GMO corn.

Vegetable glycerin can be made with GMO rapeseed (aka canola oil).

Cacao beans do not contain (or very little) caffeine it has a theobromine. BUT... Some manufacturers add caffeine to chocolate.

Variations: Substitute dried apricots with dates or other dried fruits.



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36. *Nancy Ellis*

Zucchini Beet Summer Pasta Salad

Yield: 2 cups (1-2 servings)

1 golden beet, peeled and transformed into 1 cup of angel hair pasta
1 zucchini, peeled and transformed into 1 cup of angel hair pasta
1/2 cup grape tomatoes, halved
1/3 cup cucumber, peeled, seeded, and diced
1/4 cup orange pepper, diced
1 tablespoon olive oil
1 tablespoon fresh squeezed lemon juice
1 tablespoon fresh basil, cut into ribbons
1/4 teaspoon fresh minced garlic
1/8 teaspoon Himalayan crystal salt

1. Using a spiral slicer, slice the golden beet into 1 cup of angel hair pasta. Set the pasta on a 8 x 8 square plate.
2. Using a spiral slicer, slice the zucchini into 1 cup of angel hair pasta. Set the pasta on same plate as the beet angel hair pasta.
3. Separate all of the angel hair pasta into single strands with your fingers. Mix the beet pasta and zucchini pasta together also with your fingers. Pull up on the pasta to add height to your salad.
4. Place the grape tomatoes artfully on top of the angel hair pasta. Putting this salad together is like painting a picture. Put it together as if it were creating a work of art.
5. Place the cucumber on top of the angel hair pasta, filling in spaces where there are no grape tomatoes.
6. Next place the orange pepper onto your creation.
7. Sprinkle fresh, fragrant basil ribbons around the top of the salad.
8. In a 1 cup size glass bowl whisk together the olive oil, the lemon juice, the minced garlic, and the salt with a wire whisk.
9. Drizzle the dressing over the top of the salad.
10. Serve immediately. Salad will keep in the refrigerator for one day.



37. *Tiffany Robbins*

Zucchini Rounds

1 large organic zucchini
1 large ripe organic avocado
1/4 c. of fresh lemon juice
1/2 c. diced tomatoes
1/2 c. organic corn kernels
1/4 tsp. Celtic sea salt
1/4 tsp. ground garlic
1/4 tsp. cumin
1/4 tsp. onion powder
a dash of cayenne red pepper

1. First open the avocado and scoop out flesh into a medium sized bowl. Immediately pour the lemon juice over the avocado, to prevent discoloration. Next add the sea salt, ground garlic, cumin, onion powder, and cayenne red pepper to the avocado and lemon juice. Mash the avocado with a fork to your desired consistency (either chunky or smooth). Lightly fold the tomatoes into the avocado mixture.
2. Next slice the zucchini on a diagonal (slicing on a bias gives more surface area) into 1/8 or 1/4 inch rounds.
3. Spread avocado mixture onto zucchini rounds. Top each round with corn kernels.
4. Lightly press corn kernels into avocado mixture, so that the corn doesn't slide off the zucchini rounds.
5. This recipe can be used as an hors d'oeuvre, an appetizer, or light snack. Depending on zucchini size, this recipe should yield 12 - 15 zucchini rounds.



38. Megan Elizabeth

Mango Chutney

2 to 4 Servings (Approximately 4 cups) by

Ingredients:

Tomato

Mango

Scallions

Dates

Lemon Juice

2 cups chopped tomato

2 cups chopped mango

3/4 cup chopped scallions

2 pitted and chopped medjool dates

2 teaspoons lemon juice

Equipment:

You will need a medium sized food processor that should be at least 5 cups.

Directions:

If you're using very dry dates, soak them for 20 to 30 minutes ahead of time. This will make them easier for you and your food processor to chop. Chop each ingredient and add it to your food processor, but do not start mixing until all the ingredients are added. Squeeze 1/2 a lemon and pour the juice in with the rest of the ingredients. Pulse chop your mixture until it's the consistency of a chunky salsa. Pour it into a medium sized bowl (about 5 cups). You can garnish it with a few left over scallion pieces. The Mango Chutney can be served with cucumber slices, on top of a large salad, or inside of lettuce wraps. Any way you serve it, it's sure to be a hit!



39. *Angela Salvucci*

Tropical Fruit Cobbler with a Kick

2 cups mango, cut into ¼ thick, bite-size slices
2 cups pineapple, cut into ¼ inch thick, bite-size slices

1 cup Medjool dates, pitted
1 cup raw almonds
1 ½ teaspoons ground cinnamon
¼ teaspoon sea salt

2 additional Medjool dates, pitted and soaked 10 minutes

Juice of ½ a lime (about 2 teaspoons)

1/8 teaspoon cayenne (or less, to taste)



1. Combine the mango and pineapple slices in a medium bowl or a 9-inch pie plate, and set the mixture aside.
2. In a food processor, combine the cup of pitted dates and the almonds with the salt and cinnamon until a coarse, crumbly texture develops. The mixture may start to clump, but don't let it get doughy. Set the mixture aside.
3. Drain the two extra dates. In a food processor, combine dates, lime juice, and cayenne with ½ a cup of the fruit. Process until smooth and syrupy. Stir into the remaining fruit until the fruit is well coated with the syrup, and spread the mixture in a pie plate or other shallow, 9-inch dish. A spring form pan, cake pan, or other container of similar dimensions is also just fine.
4. Crumble the crust mixture over the fruit. Some fruit will still peak through. Press down lightly on crust to roughly flatten. Scoop out portions – no need to be neat about it! This is delicious at room temperature as well as chilled. Cover and store in the refrigerator, and the cobbler will keep for several days. Serves 6-8.

Note: This can be made with any kind of fruit! Try berries with lemon instead of cayenne and lime, or apples and pears with ginger or nutmeg. Soaked almonds may be used, but dry them well in a dehydrator first to achieve the crumbly texture for the crust.

40. John Kohler

Creamy Strawberry Dressing

Yield: 1-2 servings

Ingredients:

- 1 tangerine (may use an orange)
- 1 pint strawberries
- ½ cup raw macadamia nuts
- 16 ounces spinach (or other leafy green)
- 1 cup fresh picked edible flowers

Instructions:

1. Squeeze the juice of the tangerine into blender carafe.
2. Add de-stemmed strawberries into blender carafe.
3. Add macadamia nuts into the blender carafe.
4. Blend the mixture on high until creamy consistency.
5. Pour the creamy strawberry dressing over spinach.
6. Place the flowers on top of the creamy strawberry dressing.

This dressing can also be used as a dip or sauce.



41. Deva Putney

Raw Hummus Recipe

Ingredients (5-6 cups)

4 cups chick peas (already soaked for 48 hrs)

½ cup olive oil

½ cup raw tahini

1 ½ lemons juiced

1 TBS garlic crushed

1½ tsp salt

½ tsp paprika

Equipment

Cuisinart or blender, measuring utensils, garlic crusher and spatula

Instructions

1. Soak one cup of chickpeas for 48 hrs, this will give you about 4 ½ cups chickpeas.
2. Add all of the ingredients into the cuisinart or blender and blend on low for 2 -3 minutes or until creamy. Then use spatula to pour Hummus into a container and refrigerate if you are not going to eat it right away. This will keep it fresh and delicious for up to a week. Great with fresh veggies or anything you like...also great salad topper.



42. *Liloux*

Luscious Whole Watermelon Gazpacho

Yield: Six Main Dish Servings, or more if served as a side dish.

Ingredients: watermelon, cucumber, avocado, limes, pink Himalayan salt, cumin, spearmint, and raspberries, pomegranate seeds or other as a garnish.

You need a juicer, a blender, suitable knives for chopping and cutting, measuring cup(s), one or two medium to large bowls and possibly two half gallon jars if you will not be serving the Whole Watermelon Gazpacho immediately.

To prepare this hot-summer-day crowd pleaser with multi-level flavors, start with an organic, seeded watermelon. Cut the melon, starting at either end or in the middle, into discs. The thickness of the disc will depend on what watermelon rind-width will fit into your juicer. My juicer, a Jack LaLanne, works with discs cut to 1½ to 2 inches in width.



With a paring knife, cut the red center of the watermelon flesh and set the rind to the side. (Use only as much watermelon as you need to achieve four cups of watermelon rind juice).

Cut up all of the watermelon flesh into bite-sized pieces.

Cut up cucumber into 4 cups of bite-sized pieces.

Take the watermelon rind and juice it, to obtain four cups of rind juice.

Set the chopped watermelon flesh and cucumber to the side, in either a large jar or a large bowl.

In a blender:

Blend the 4 cups of watermelon rind juice with a cup of avocado. If you prefer a richer soup add more avocado.

Add 1 teaspoon of pink Himalayan salt, to taste. You may substitute another high quality salt if desired.

Add ½ to 1 teaspoon ground cumin seeds.

Add between ¼ to ½ cup lime juiced (I like closer to ½ cup).

Blend as you go, tasting and adjusting the spices to your own palate.

Remove the spearmint from the stems and add ¼ cup (for a hint of mint) to ½ cup (for a mint blast) of tightly packed spearmint leaves to taste. Once you have added the spearmint leaves, only blend for a short time. If you have pieces of spearmint leaves in the gazpacho, that is fine.

Keep the green soup mixture and the chopped watermelon and cucumber mixture in separate containers until you are ready to serve.

To serve: In each bowl, add the watermelon cucumber mixture chunks, leaving the green juice mixture aside until ready to serve. (The red juice will act with the green soup mixture and turn that brown, which should be avoided to keep the colors vivid). Spoon or pour the green soup mixture over the red watermelon/cucumber mix. Top with raspberries and a few fresh mint leaves for a visual boost and enjoy!!

The structured water and minerals of the watermelon and the fats of the avocado offer mineral-rich energy and refreshment. This makes a perfect meal to prepare as a thank-you for a summer time yard work party, in lieu of the traditional spaghetti lunch or dinner, or better yet, share it with your beloved to refresh and recharge one another!!! Enjoy by itself, with raw crackers, crudité's or a salad.



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Living Light/Cherie Soria is an independent Lifemax distributor

43. Novalee Truesdell

Pizza Bites

Serves 4-8 people as an appetizer

- 3 Persian cucumbers cut into rounds
- ½ cup chopped and soaked sundried tomatoes
- ¼ cup pitted and sliced black olives

Make sure your cucumbers are cut into rounds, your olives are pitted and sliced in half, and your sundried tomatoes have been soaked long enough to rehydrate (about 5 minutes). Line up the cucumber rounds on a platter and then make the pine nut cheese. Recipe below:

Pine Nut Cheese

- 1 cup pine nuts
- 1 Tbsp miso
- 1 Tbsp nutritional yeast
- 2 small oranges juiced
- * water (up to 1/4 of a cup) depending on the power of your blender

Add all the ingredients into the blender and blend until smooth. Only add the extra water if necessary. Make sure to remove the seeds from your oranges or they will impart a bitter flavor. For this recipe I used a dark brown rice miso but any type of miso will work just as well.

Spread the pine nut cheese on the cucumber rounds and then top with a sundried tomato piece and half of an olive. Finish with one more dollop of pine nut cheese and then top with another cucumber round to make a mini sandwich. Serve them at your next gathering and pop them into your mouth for a delicious bite!



44. Jillian Love

Spicy Raw Chocolate Seduction

1 ½ cup raw cocoa powder
½ cup cocoa butter
½ cup coconut oil
¼ cup lucuma
½ cup coconut nectar
½ tsp chipotle
½ vanilla bean
1 tsp cinnamon
½ tsp cardamom
¼ tsp salt



Directions:

1. Warm cocoa butter and coconut oil in dehydrator at 105 or in a bowl of warm water till liquid.
2. Add all ingredients to blender.
3. Blend till smooth and well combined.
4. Chocolate sauce will harden when chilled.
5. See serving suggestions below.

Serving Suggestions:

1. Individual Chocolates:
Pour chocolate sauce into chocolate molds and add your favorite toppings if desired (nuts, nibs, dried berries...) Chill and enjoy.
2. Chocolate Covered Strawberries:
Pour chocolate sauce in bowl and dip chilled strawberries. Sauce will harden when it cools on the surface of the chilled fruit.
3. Chocolate Bark:
Pour chocolate sauce onto a chilled plate till about ¼ inch thick and add your favorite toppings. (nuts, nibs, dried berries...) Chill and enjoy.
4. Chocolate Stash:
Pour chocolate sauce into a small jar, get a small spoon and share with your friends. It is a great way to bring your chocolate with you and not have to worry about it melting and making a mess in your bag.
5. Chocolate Seduction:
Pour chocolate sauce into a small bowl, dip your finger in and enjoy!

45. *Angie Lam*

Asian Salad with Irish Moss

Yields 1-2 servings

Ingredients:

- 1 1/2 cup Irish moss (soaked and drained)
- 1/2 cup sliced carrot
- 1/2 cup sliced cucumber
- 1/2 cup sliced red bell pepper
- 1/2 cup sliced celery

Seasoning for Dressing:

- 1 Tbs Raw Tahini
- 1 Tbs Nama Shoyu
- 1 Tbs Apple Cider Vinegar
- 1 Tbs Coconut Sugar
- 1/2 Tbs Organic Sesame Oil

To prepare Irish moss:

Rinse the Irish moss at least 5 times to remove all the salt and impurities until it is very clean. Soak it in the water for at least 3 hrs or overnight. Rinse well with filtered water and drain. Gently cut it into about 2 inch long pieces.

Dressing:

For the dressing, whisk all the ingredients together or use a blender if you prefer. Place all of the ingredients for the salad in a large mixing bowl. Pour the dressing on top of the salad and toss to coat. Serve immediately.

Enjoy this easy-to-make scrumptious salad!



46. Chaya-Ryvka Diehl

Paradise Roll with a Sweet & Spicy Papaya Dressing

Serves 2

Sweet and Spicy Papaya Dressing:

- 3 Tbs. chopped papaya
- 1 Tbs. lime juice
- 2 Tbs. young coconut water
- 1 Tbs. coconut nectar or other liquid sweetener
- ¼ tsp. sea salt
- 1/8 tsp. crushed red chili flakes

Instructions:

Blend all ingredients in a spice grinder until smooth. If you only have a large blender you can double the recipe and use your blender.

Store your dressing refrigerated in an airtight container for up to 5 days.



Paradise Roll Ingredients:

- 1 large avocado peeled
- 1 cup ripe papaya strips
- 1 cup jicama strips
- 1 cup Thai young coconut strips
- 1 Tbs. mint chiffonade
- 3 nasturtium flowers

Instructions:

1. Layer two foot long sheets of saran wrap, one layered upon the other, set lengthwise on your counter or cutting board.
2. Use a vegetable peeler to create flat strips of avocado. Place the first strip of avocado on your saran wrap base toward the left hand side. Continue placing the strips of avocado on the saran wrap one slightly overlapping the next in a horizontal line. Continue until you have a row about 6 inches long. Start again with a second row beneath the first, the bottom row slightly overlapping the top. Once the bottom layer is as long as the top, you are ready to layer your filling.
3. Place a row of each filling ingredient across the avocado wrapper about a third of the way up from the bottom.
4. Top the filling ingredients with a sprinkle of mint, and a few nasturtium flowers.
5. Finally drizzle some of the dressing over the ingredients and roll as follows:
6. Lift the edge of the plastic wrap closest to you. Carefully fold it over so that the avocado closest to you touches the avocado furthest from you. Pull the filling ingredients back towards your body to tighten the roll. Continue to roll away from your body and lift the plastic wrap as you roll. Continue until the plastic wrap is removed and you have a fully wrapped avocado roll.
7. Slice and serve right away!

47. *Evan Rilling*

Super Food Chia Pudding

Yields: 4 cups (fits perfectly in a quart size mason jar)

Ingredient list:

2 cups water
1 cup cashews
½ cup hemp seeds
½ cup coconut sugar
¼ tsp sea salt
2 tsp vanilla extract
½ cup coconut oil
2 ½ Tbsp chia seeds

Instructions:

1. Soak the cashews in water for 4-6 hours. When finished rinse the cashews with water and strain.
2. If coconut oil is solid place in a pan or double boiler on the lowest temperature possible. Once oil becomes a clear liquid turn the heat off. Coconut oil should melt at 80 degrees Fahrenheit.
3. Place the water, the soaked cashews, the hemp seeds, the coconut sugar, the salt, and the vanilla extract in a high-speed blender. Blend on high until you have a nice creamy consistency.
4. Turn the blender on low and while it is running slowly pour in the melted coconut oil.
5. Place the lid back on and run the blender on high for a few seconds.
6. Turn the blender on low and slowly pour in the chia seeds. You will want to make sure the chia seeds stay whole.
7. Place mixture in a sealed container (a quart size mason jar works great) and refrigerate over night.

Super Food Chia Pudding is great topped with cacao nibs and hemp seeds or fresh berries. Love light and Yummmm, for every one.



48. Melanie Maria Holzheimer

Raw Hot Chocolate

Makes 1 cup

- 15 Cashews
- 1 cup water
- 1 Medjool Date
- 1.5-2 Tablespoons Raw Cacao Powder
- 1 Teaspoon Agave
- 1 pinch Vanilla
- 1 pinch Himalayan Crystal Salt

Using a high-speed blender, blend all the ingredients at the highest speed until smooth and creamy. If you are not using a high-speed blender, strain it through a nut milk bag before serving.

Recipe keeps for a day when refrigerated.



49. Asa Eddy (age eight)

Asa's Raw Watermelon Chia Pudding

Ingredients:

½ cup chia seeds

½ cup water

1 cup fresh juice from two or three slices of watermelon

handful of dried blueberries

splash of maple syrup (optional)

strawberry garnish (optional)

Mix the water and the chia in a bowl and stir. Then place the cut pieces of watermelon, including the rind in a juicer and juice it until you have created one cup of liquid. (If you grow your own, then you may also juice the skin). Then shut off the machine and slowly stir the juice into your chia mixture. You may need to use a potato masher to break up some clumps.

Then you may add in your dried blueberries, and sweeten it with a little maple syrup if you wish. You may garnish with sliced strawberries that you stick to the side of a small, clear glass single-serving bowl, and then pour in your chia pudding. This makes about six small servings.

Note from Mom: Asa truly created this recipe. I did however, add the strawberry garnish.

Also, please note that in order to have the recipe complete in five minutes, we began soaking the seeds immediately in water (my idea also). However, if you want to make this recipe yourself, it's easier to just make 1½ cups of juice and sprinkle in the chia seeds, without any water, but this will take slightly longer than the five minute limit of the contest to set.)



Cherie Soria

Gazpacho

Yield: 2 cups (1-2 servings)

3 tomatoes
¼ cup celery, diced
¼ cup cucumber, seeded and diced
3 tablespoons red bell pepper, diced
1 tablespoon lemon juice
½ avocado, peeled, seeded, and cut into small cubes
1 tablespoon green onion, thinly sliced
1 tablespoon olive oil
1 teaspoon Himalayan crystal salt
Freshly ground pepper

1. Seed the tomatoes and strain the seeds from the juice through a cloth mesh bag. (Set the juice aside.)
2. Finely dice the tomatoes.
3. Put the tomato juice in a blender along with half the celery, half the cucumber, half the bell pepper, and all the lemon juice, and blend until smooth.
4. Stir in the remaining ingredients and serve immediately, or chilled
5. Store in a sealed glass jar in the refrigerator for up to two days.



Cherie Soria

Mango Cucumber Avocado Wraps with Cilantro and Spicy Sweet & Sour Mango Sauce

Yield: 4 large wraps (serves 2-4)

- 1 mango, peeled, seeded, and cut into julienne strips
- 1 avocado, peeled, seeded, and cut into julienne strips
- 1 cucumber, peeled and cut into julienne strips
- 1 bunch cilantro sprigs, stems removed, washed and towel dried
- 1 tablespoon green onion, very thinly sliced

4 large leaves Romaine lettuce

Spicy Sweet and Sour Mango Sauce (see recipe below)

1. Divide the mango, avocado, cucumber, cilantro and green onion into four equal portions.
2. Place 1 portion of each ingredient in each lettuce leaf.
3. Serve with Spicy Sweet & Sour Mango Sauce drizzled over the top and extra on the side.

Spicy Sweet & Sour Mango Sauce

- 1 cup mango, diced
- 1 cup cucumber, peeled and diced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon lime juice
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon Himalayan crystal salt

1. Combine all of the ingredients in a blender and blend until smooth.
2. Adjust flavors, if needed, to suit your individual taste. (You may want more lime juice, cayenne, ginger, or salt.)
3. Store in a sealed glass jar in the refrigerator for up to three days.



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Dr. Sheridan is co-founder of HealthForce Nutritionals.™ During the past 20 years, he has created one of the premier superfood companies in the world, providing the best quality and value in bio-compatible nutritional superfoods to an international clientele, including those who suffer from life threatening conditions. Some of his best known formulas are Vitamineral™ Green, Vitamineral™ Earth and the HealthForce Healing Cleanses™.

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You can rest assured that you are getting only the best available products at the best price. If it is not good enough for our personal use, then it will not be sold to you. We believe in complete confidentiality when it comes to our clients. We have a very friendly and knowledgeable staff providing you with the best customer service anywhere. We are always happy to take the time to answer your questions and treat you with courtesy and respect. Sharing the many benefits of all our products brings us personal joy. These gifts of nature have enriched thousands of lives. For more information, please contact us, we will be happy to answer any questions you may have.

Thanks to you, over \$250,000 worth of products have been donated to clients and patients of our clients. The recipients of these donations have serious illnesses rendering their financial condition unable to purchase anything not covered by medical insurance. By supporting our products, you can help us continue this effort.



Setting the Standard for Excellence in Raw Culinary Arts



Culinary and Nutritional Science Courses

Since 1998 **Living Light Culinary Institute** has established itself as the world's premier gourmet raw culinary school, attracting people from nearly 50 countries around the world, and all walks of life. We offer a variety of practical, yet fun and life-transforming culinary and nutrition programs to suit every student, from novice to professional chef! Whether you want a career in the fast-growing arena of gourmet raw foods, or simply want to prepare meals for family and friends, our courses inspire every student to create healthier, more conscious cuisine without sacrificing taste, presenta-

tion, or the emotional satisfaction of food. **Living Light Culinary Center** is a state-of-the-art facility located on the beautiful Mendocino Coast in Fort Bragg, California, designed to provide the latest advances in raw culinary education and services. Dine on raw vegan cuisine at **Living Light Café**, find healthy lifestyle products for the raw chef or your home at **Living Light Marketplace**, and stay at the eco-friendly **Living Light Inn** for a memorable experience! Visit RawFoodChef.com for more information about classes, schedules, tuition, registration, and lodging.

RawFoodChef.com

Making Healthy Living Delicious!™

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