

PURE JEEVAN PRESENTS...

RAW FOOD RECIPES



**Delicious creations filled with
vibrant, life-giving energy!**

by Wendi and Jim Dee



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about pure jeevan

The sun shines its energy and the clouds pour their rain down onto the earth. Plants absorb that energy and rain, allowing them to grow and produce even more plants. When we consume those plants — their leaves, roots, fruits, vegetables, nuts, and/or seeds — we are taking in the sun's energy and the healthiest, purest filtered water in the world. Life comes from life; nothing dead can give life. Eating raw (uncooked), live foods is truly a vibrant way to live; it gives you pure life! *Jeevan* is the Hindi word for *life*. Thus, *Pure Jeevan* means “*pure life*.”

Founded in 2006 by Wendi Dee, Pure Jeevan offers a **holistic approach for transforming yourself!** Wendi and her husband Jim, both enthusiastic raw foodists, are committed to sharing their personal paths of change (in body, mind, spirit, and emotion) and to offering inspiration for others during their own transformations. Life isn't stagnant; let's all continually make changes that move us into a more authentic way of living, loving, and sharing.



Since launching Pure Jeevan, Wendi and Jim have **steadily increased their commitment to serving the raw and living foods community.** In early 2008, plans were put into motion to transition Pure Jeevan, along with its many wonderful goals and visions for the future, into a *full-time* effort for both of them. As of this writing, they're closer than ever to embarking on that exciting path.

Along the way, Pure Jeevan has launched and maintained a number of **valuable resources meant to assist other raw foodists**, from newcomers through lifelong practitioners. These resources include:

- a web site at **www.PureJeevan.com**, dedicated to information about raw foods
- a blog at **www.PureJeevan.com/blog**
- the “**Know Your Food**” video series, on YouTube and through the Pure Jeevan blog
- the *All Raw Directory* at **www.AllRawDirectory.com**, a free raw food directory
- and **several other major projects** being worked on, but not yet announced!

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In addition, Pure Jeevan has given retreats, hosted raw food meetup groups, and offered informational Q&A presentations. They participate in many online raw food communities and continually field questions from readers and friends about the raw food lifestyle. Wendi and Jim are **thrilled beyond words** to be very close to expanding Pure Jeevan's outreach more than ever — and this eBook is one small part of that! They don't do things in small ways, so expect a lot and they promise to do their best to meet your expectations.

about this raw food recipe eBook

You'll find a mixture of super-easy recipes as well as some that are a bit more complex. We encourage you to experiment with these as well as any other recipes you may use. Follow your intuition for what you feel would make the recipes taste even better. We'd love to hear about your experiences with the recipes in this eBook, so don't hesitate to send us an email when you've tried some of them!

Offered to you with love,

**Wendi Dee &
Jim Dee**



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BREAKFASTS





Pomaceous Morning

(Serves 2)

We've served this to many guests here at Pure Jeevan and have always received rave reviews. It makes us laugh because this is so simple and can easily be made in any kitchen!



Ingredients:

2 apples
1/4 cup chopped walnuts
1/4 teaspoon cinnamon (more, or less, depending on taste)
1/2 Tablespoon agave nectar (more, or less, depending on taste)
dash of salt

Directions:

Wash apples, remove core and seeds. Chop into small pieces. Mix apples, chopped walnuts, cinnamon, agave, salt, and serve!



A Note About Ingredients

Here at Pure Jeevan, we purchase organic food almost exclusively and recommend that others do the same to the extent possible — especially for fruits and vegetables that tend to carry the highest pesticide loads. If you visit the All Raw Directory at www.AllRawDirectory.com, and search for the term "pesticide," you'll find links to a few different guides that list the riskiest foods in terms of pesticide load.

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Vivid Bites with a Lemony Embrace

(Serves 4)

We created this recipe for a raw food retreat and it was one of the favorite breakfasts served. The cream sauce turns a simple fruit salad into something gourmet.



Vivid Bites with a Lemony Embrace (bottom left) served with Pomaceous Morning (bottom right, see p. 6), and Jim's Dangerously Famous Brownies (top, see p. 37).

Fruit Salad

Ingredients:

- 12 ounces of raspberries
- 1 pound of strawberries
- 2 navel oranges
- 2 kiwi fruits
- 12 ounces of blueberries
- 1 banana

Lemon Cream Sauce

Ingredients:

- 1/2 cup cashews (soaked for two hours)
- 1/2 cup water
- 3 Tablespoons lemon juice
- 3 Tablespoons agave nectar
- 1 1/2 teaspoons shredded coconut
- few dashes of salt

Directions:

Wash and chop fruit, as desired, for the fruit salad (remove peels of oranges, bananas, and kiwi fruit). Blend together all ingredients for the cream sauce. Serve chopped fruit in bowls, topped with lemon cream sauce. Enjoy!



Milky Swizzle

(Makes 3-4 cups)

Here's a basic recipe that can be used to create any nut milk! Sometimes we add a vanilla bean or a little bit of carob powder to the milk. If you want your drink to be cold, you can include some ice in with the water measurement or place it in the freezer for a little while to chill.



Ingredients:

1 cup of nuts or seeds
3 cups of water
Dash of salt
2-5 dates (to desired sweetness) or agave
syrup (to desired sweetness)

Directions:

Place nuts/seeds and water into blender. Blend until smooth. If you aren't using raw cashews (which are very soft), then you may want to use a mesh strainer (or nut milk bag) to separate the pulp from the liquid. Once your milk is strained, add the salt and sweetener of your choice.

Notes:

We almost always strain the milk, unless we're making a smoothie of some sort. You can use almonds, pecans, walnuts, hazel nuts, cashews, Brazil nuts, sesame seeds, or hemp seeds. If there's some other nut or seed you'd like to try, go for it! Nut milk is delicious.



Dreamy Coconut Elixir

(Serves 2-3)

This is a recipe for the coconut shake that brought Wendi's cholesterol levels from very unhealthy down to extremely healthy within the span of one month! The holistic doctor she was seeing wasn't surprised; she said coconut is very good for the heart (even though we've been told otherwise).



This is what a young Thai coconut looks like. They can be found in Asian grocery stores, among other places.

Photo by Flickr user Malcolm Tredinnick.

Ingredients:

Flesh and water from one young Thai coconut
 2 bananas (frozen is tastiest)
 2-5 dates (depending on how sweet you like it)
 2 Tablespoons hemp protein powder
 2-4 Tablespoons carob powder
 few small handfuls of nuts (almonds or hazelnuts)

Directions:

Blend in a high-power blender until smooth. You can add some ice if you don't like it room temperature. (If you use the frozen bananas it will make the drink cold.)

Notes:

To truly pulverize all of the ingredients in this and other smoothies, we recommend investing in a quality high-power blender. The Vitamix is our preferred choice. (See the Resources section of this eBook, p. 39, for more information.)



Luscious Fruity Shiver

(Serves 2)

Sometimes simple is better, right? You can't go wrong with this simply delicious smoothie. Don't pay too much attention to precision. If you like more or less of something, go ahead and experiment.



Photo by Flickr user Ody5iu5.

Ingredients:

- 4 bananas
- 1 bag frozen strawberries
- 4 dates, pitted (we like Medjool dates)
- 1 1/2 cups water

Directions:

Place all ingredients in blender and blend until smooth.

Notes:

Note that we use fresh dates for our sweetener. You could just as easily use agave nectar, honey, or perhaps even no sweetener at all! For a creamier version, try adding a handful of either raw cashews or raw almonds.

To make this a green smoothie, add a handful or two of spinach, kale, or collard greens. Or, try adding a tablespoon of your favorite green powder.

Recently, we helped our friend Kevin Gianni work on his new book that compiles smoothie recipes from many well-known raw food community leaders. If you love smoothies, this is the book for you! You can learn more about his new book on his smoothie web site at www.UltimateSmoothieRecipes.com.

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SALADS





Refreshing Cauli-Mint Medley

(Serves 4)

If you like raw cauliflower and fresh mint, we recommend you try this dish. Wow!

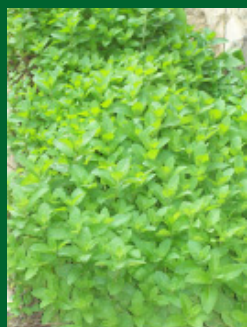
Ingredients:

- One medium head cauliflower
- 1 cup packed fresh spearmint leaves (if you use peppermint, you may want to use a lot less)
- 1/4 cup semi-firmly-packed loveage leaves (you can use parsley instead)
- 1/4 - 1/2 cup freshly shelled peas
- 4 Tablespoons olive oil
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon chopped fresh cilantro
- 1 teaspoon salt (start with less, and increase to taste)



Directions:

Finely grind (pulse) the cauliflower until it is in tiny pieces, but stop processing before it turns into a paste. Pick some fresh mint, if you have any growing in your yard. If you don't, and you enjoy mint, then we recommend growing some! It's easy to grow and smells wonderful. You'll want to plant it in an area that is confined, however, or else it takes over. Next, mix the spearmint, loveage, olive oil, salt, cilantro, and lemon juice with the cauliflower. Then add the peas.



A picture of Pure Jeevan's mint bed.

Notes:

We served this dish with a simple side salad with just salt, oil, and lemon (and some chopped tomatoes). This refreshing cauliflower mint salad is very flavorful, so you'll want to eat it with something plain. This dish is best eaten as soon as it is prepared. When it is freshly prepared, it is light and fluffy. The longer it sits, the softer the cauliflower gets and the overall dish becomes a bit watery. It still tastes great, but the texture isn't the same.



Cosmic Kale Awakening

(Serves 2)

Right before grocery shopping, when we don't have a lot of food in the house, we usually take a look at what we have and then try to come up with something tasty. It's kind of an art form, to create something out of next to nothing. Wendi learned this art from her mother, who had to make things stretch on a very minimal budget. Here's what we created one day, and it turned out great!



Ingredients:

6-10 large kale leaves, chopped very small
 1 large red pepper
 1/4 cup finely sliced onion
 juice of 1/2 a lemon (or more to taste)
 2 Tablespoons olive oil
 1/4 cup chopped cilantro
 salt to taste
 1/2 teaspoon chat masala (optional)

Directions:

Sprinkle the chopped kale with some salt and a little bit of olive oil, and then massage it (yes, *massage* it—it causes the kale to wilt, as though it was cooked!). Chop half

of the red pepper into small pieces, and finely slice the other half into nice long, thin strips. Mix all ingredients together.

Notes:

Want to fancy it up a bit? Consider adding some additional ingredients. One common variation we use is to sprinkle some ground cayenne pepper to taste. Another is to dry-blend a half-dozen or so sun-dried tomatoes using a Vitamix blender. Then, sprinkle the tiny pieces onto your salad before serving. Or, for a sweeter variation, try sprinkling a handful of raisins onto your salad! There are no rules with this stuff; experiment and have fun!

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Pure Jeevan Bed of Greens

We at Pure Jeevan enjoy eating salads. Each of us has our own way of dressing our individual salads, but we all thoroughly enjoy very large bowls of them at least once a day. In the past, salads were those “diet” meals that we’d consume when trying to lose weight. We’d sit at the table staring at our small plates of greens, feeling like we were missing out on the “great” food everyone around us was eating. We’d feel hungry after the meal and extremely unsatisfied.

What happened? What made a salad go from a dreaded diet food to one of our favorite meals? It would probably take a lot of time and thought to fully understand all that has transpired to bring about this change, but here are the main, obvious changes:



- ☆ We started viewing food (raw food) as what it truly is — a source of life-giving properties that our bodies need to thrive. Who can look at a salad in a negative way with this mindset, right?!
- ☆ Going on a “diet” wasn’t something we were interested in anymore. We were looking for a lifestyle change, not a way to deprive ourselves in order to lose weight. Salads became food, not deprivation.
- ☆ An unhappy small plate of greens transformed into a large joyful bowl of vitality!
- ☆ We began using our intuition when choosing ingredients for our salads. There was no longer a one-topping-fits-all salad mentality in our home.

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Here's a salad that we've been eating a lot lately:



One of our many salads, before being tossed.

Pure Jeevan Salad

(Serves 2-3)

Ingredients:

- 1 large head of romaine, chopped
- 3 large handfuls of spinach
- 2 - 4 large handfuls of mixed baby greens
- 1 tomato, chopped
- 6 Brazil nuts, ground to a powder in a Vitamix blender
- garlic powder, to taste
- salt, to taste
- 1 Tablespoon olive oil
- juice of 3/4 lemon

Directions:

Place all ingredients into a bowl, toss, and serve.

Notes:

Some additional toppings we often use include sunflower seeds, raisins, pepitos, cucumber, apples, grapes, carrots, celery, and more! What's your favorite way to eat a salad? What kinds of toppings do you include? Send us an email and let us know. We'd love to hear from you!



Lemony Luminous Surprise

(Serves 3)

This recipe is an adaptation of one from Rawvolution, by Matt Amsden. As of this point in time, Rawvolution is our favorite recipe book. Most of the recipes are high in sodium and fat, but very satisfying for those who are used to eating cooked foods.



Ingredients:

- 1 cup cashews
- 1/2 - 3/4 cup water
- 1/4 cup Macadamia nuts
- 1/4 cup pine nuts
- 1/4 cup hazel nuts
- 1 whole small lemon without skin
- 1 1/2 teaspoons turmeric
- 1-2 cloves garlic
- 1 - 1 1/2 teaspoons sea salt
- 1/3 cup chopped scallions or onions
- 1/2 cup chopped celery
- 1/2 cup chopped red bell pepper

Directions:

In a food processor, blend the nuts, water, lemon, turmeric, garlic, and sea salt. Blend until very smooth. Stir in the scallions/onions, celery, and bell peppers. We enjoy this served on top of a large lettuce and spinach salad. It's wonderful!



Summer's Simplicity

(Serves 3-4)

This is a favorite, especially in the summertime, when we pick the peppers and tomatoes warm and ripe from the vines.



Ingredients:

- 2 tomatoes
- 2 yellow peppers
- 2 orange peppers
- 1/2 teaspoon salt (or less, depending on taste)
- 1 Tablespoon lemon juice
- 1 Tablespoon olive oil
- 1 clove garlic, chopped (optional)

Directions:

Chop tomatoes into small pieces. Cut both peppers into slices. Mix together in a bowl with salt, lemon juice, olive oil, and optional chopped garlic.

Notes:

This tastes extra flavorful if you allow it to sit for a while before eating. You can also add chopped fresh herbs from the garden for variety and extra flavor. Sometimes we like to keep it simple when eating this alongside more flavorful dishes.



LUNCHES





Tahini Genie Spread

(Serves 3-4)

This is our version of a beanless hummus. One of our close friends adores the taste of Israeli Hummus and she thinks this tastes just like it. So, try it for yourself and let us know!



Photo by Flickr user Avlyxz.

Ingredients:

3 cups of zucchini (peeled and chopped)
 3/4 cup tahini
 1/2 of a lemon, peeled
 1/4 cup olive oil
 3 - 4 cloves of garlic
 1 1/2 - 2 teaspoons salt, to taste

Garnish:

drizzle of olive oil for top
 paprika to sprinkle on top

Directions:

Place all ingredients in a food processor (we prefer the Cuisinart because the motor is so powerful) and process until smooth. Pour into a dish and garnish with the drizzle of olive oil and sprinkling of paprika. Serve with chopped veggies (cucumbers and tomatoes are great with this!) or raw purple corn chips (*see next page*).

Note:

The measurements don't have to be exact. If you have 2-3 zucchinis, it should be plenty. Some zucchinis are huge and you'd only need one — just go by taste and texture to adjust the recipe as needed.



Crunchy Purpleicious Chiposity

(Serves 4-6)

We first learned this recipe in a more or less roughed-out form from Matt Miller, a raw chef in Pittsburgh. If you look up "Pure Jeevan" videos on YouTube, there's a video of Jim interviewing Matt about how to make these delicious chips. Since they are great with the raw hummus, we figured we'd include them here, altered and formalized a bit more, as an unplanned bonus recipe.



Photo by Flickr user "Eric in SF."

Ingredients:

8 ounces dried purple corn kernels
 1 cup golden flax seeds
 1 cup sunflower seeds
 1 cup sesame seeds
 Salt to taste
 Chili powder to taste

Directions:

First, source some Purple Corn. If you don't have purple corn, you can substitute fresh yellow corn, or you can buy some purple corn from the same

place we get it (see *Resources*). Get yourself a 16-ounce bag and soak half of it overnight.

Then, using your Vitamix, mill up about a cup of flax (we use golden flax) into a rough powder. Empty that into a bowl and then mill up about a cup of sunflower seeds into a powder as well. Pour that into the same bowl along with a large handful of whole raw sesame seeds and enough salt and spices (chili powder works well) to season the entire mixture (which will include the contents of the bowl, the corn, and enough water to make it blend). Stir this all up.

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Now take the soaked purple corn and pour off the water. Put the corn into a Vitamix and add a few cups of fresh water. Pulverize the corn and water, and then begin slowly pouring the dry mixture into the Vitamix as it's going. Keep adding until it becomes very thick and pasty, yet is still mixing. Your "batter" should be a rich, vibrant purple color! Transfer the batter to a large bowl.

Before you start the process of transferring sheets to the dehydrator, pre-cut some sheets of parchment paper. The above recipe should yield about 4 to 5 trays in a large dehydrator. We have a 9-tray Excalibur dehydrator (so, to use the entire dehydrator, double the recipe).



Photo by Flickr user "bdjsb7."

Spread the batter as thinly as you can to make great chips. We like the hands-on method. Just reach in and grab a large handful of batter, then spread it evenly on each sheet, smearing it as thin as possible. When you've got all of your trays filled and in, clean up as quickly as possible because the flax mixture is sticky and difficult to clean once dry.

When you've cleaned up, open the dehydrator and add another sprinkle of sesame seeds, as well as a sprinkle of coarse salt, any additional spices you want, and even some more chili powder if you like them spicy. After several hours, they'll be dry enough to flip each sheet over and remove the parchment paper. We normally continue to dehydrate overnight. Then break the sheets up into chips and enjoy!

Note:

For this recipe, we strongly recommend trying this only if you own a quality high-powered blender such as a Vitamix or Blendtec. Other blenders may not be able to handle this recipe (although a decent high-power food processor could probably handle the job).



Infinite Layers of Inspiration

(Serves 4)

We love eating sandwiches here at Pure Jeevan! Once the weather gets warmer, we enjoy them more and more. Sometimes we make our own raw breads; other times, we purchase prepackaged raw breads. Here are two recipes for the spreads we put onto our sandwiches.

Sunflower Spread

Ingredients:

- 1 cup sunflower seeds, soaked for a few hours
- 1 medium clove of garlic
- 2 teaspoons of lemon juice
- 1/2 to 3/4 teaspoon of salt

Directions:

Process in a food processor until smooth.

Cashew Cheese

Ingredients:

- 1 cup cashews
- 1/2 cup macadamia nuts
- 1 medium red pepper, seeded and chopped in large pieces
- 2 medium cloves garlic
- 1 Tablespoon lemon juice
- 1 Tabela spoon Nama Shoyu

Directions:

Process in a food processor until smooth.



>>> continued >>>

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Notes:

For the sandwiches, we spread the sunflower paste onto the bread, top it with a slice of tomato, onion slices, lots of sprouts, a scoop of the cashew cheese, and then top the entire sandwich with a large green leaf of lettuce (to serve as the top piece of bread). We've eaten these in the past with two pieces of the raw bread, but we felt they were a bit dense. So, we now eat them with a large leaf as the second piece of bread and they are super yummy!

You don't *have* to purchase or make raw bread, however. We have many times created tiny sandwiches with slices of cucumber (sliced long, rather than in small circles). Just top them with your fixin's and they are super yummy. In the picture on the previous page, you can see some tiny round cucumber sandwiches that only have the sunflower spread in the middle and a tiny dollop of the cashew cheese on the top.

When it comes to making sandwiches, the variations of what you can put together are endless. How do you create raw sandwiches? Send us an email to share your creations!



What Is Nama Shoyu?

Some of the recipes herein call for Nama Shoyu. This is a raw, organic, unpasteurized soy sauce product that many raw foodists use in their recipes. Substitutes for this could be Tamari soy sauce or salt and a tiny bit of water.



Garden Gourmand

(Serves 3-4)

Here's a simple, tasty tomato soup. No simmering and pot-watching necessary. All you'll need is a high-speed blender.



Ingredients:

- 2 cups grape tomatoes
- 1 very large red bell pepper
- 1/4-inch cube of fresh ginger
- 2 large stalks of celery
- 1 1/2 garlic cloves
- 1/4 of a lemon, peeled
- 1 cup water
- 3/4 teaspoon salt
- 1 dried spicy red pepper without all of the seeds (optional)

Directions:

Wash and coarsely chop all produce and place into Vitamix blender. Blend and serve garnished with some celery and a squeeze of fresh lemon juice.

Note:

Over the past two years we have realized that if a dish is going to be blended and lemon juice is called for, it's better to simply remove the lemon skin and use the entire lemon instead of just its juice. You get more of the lemon juice this way, as well as more of the nutrients that would normally be wasted.



Rouge Revitalization

(Serves 2)

Here's another tomato soup recipe, though much more basic. We encourage you to try adding or subtracting various ingredients from the recipes in this book. You never know what a little addition or subtraction will lead you to!



Photo by Flickr user "Rafel_Miro."

Ingredients:

- 2 tomatoes
- 1 Tablespoon olive oil
- 2-3 small cloves of garlic
- Juice of 1/2 a lemon
- 1 spicy pepper (we use dried ones from our garden, seeds removed)
- Thyme, to taste (we use a lot)
- Salt, to taste

Directions:

Place all of the ingredients into the Vitamix and blend. Sometimes we put the soup into a dish and pop it into the dehydrator on 105 degrees for a few minutes (stirring it occasionally) until it's warm.



The Herbalist's Cauldron of Flavor

(Serves 4)

Herbs, fresh from the garden, just can't be beat. They add a richness and complexity to any dish. If you don't currently grow your own herbs, we highly recommend that you look into growing some, even if it's only in a tiny pot on a window sill.

Ingredients:

- 1 1/2 cups water
- 1 cup coarsely chopped celery
- 1/4 cup coarsely chopped onion
- 2 carrots, peeled
- 1/2 red pepper
- 1/2 cucumber, peeled
- 1/4 cup loosely packed fresh sage leaves
- 1/4 cup freshly packed fresh parsley
- 1/8 cup loosely packed fresh thyme
- 1/4 cup olive oil
- 2 garlic cloves
- 1 Tablespoon lemon juice
- 1 teaspoon agave nectar
- 1 teaspoon dried rosemary
- 1 teaspoon salt (or more, to taste)



Directions:

Place all ingredients in blender. Blend until smooth.



DINNERS





“Baked” Rice and Veggie Bites

(Serves 3-4)

Here's a recipe that may make you raise an eyebrow. “Baked?” “Rice?” Well, it's not really baked and there isn't really rice in it, but it tastes like a baked rice and veggies dish! Wendi created this one day by mistake and we all loved it.

Ingredients:

2 cups pureed sunflower seeds
 2 1/2 cups pureed zucchini
 2 cups total of celery and carrots, chopped
 with food processor
 1/2 bell pepper
 1/2 small onion
 3 cloves garlic
 1/2 bunch parsley
 1 lemon, juiced
 2 Tablespoons olive oil
 1/4 cup Nama Shoyu
 salt (to taste)
 1 teaspoon sage
 1 teaspoon ground bay leaf
 1/4 cup chopped onion
 1/2 bunch parsley, chopped



Directions:

In a food processor, puree the bell pepper, onion, garlic, parsley, lemon juice, oil, and Nama Shoyu. Mix puree with pureed sunflower seeds, pureed zucchini, chopped celery, and carrots. Mix in salt, sage, and bay leaf, then add chopped onion and parsley. Spread mixture on a dehydrator sheet until it is about 1/4 to 1/2 an inch thick. Dehydrate at 105 degrees, until the top starts to get a little dry and the mixture isn't too wet. Scrape the mixture off (it should be a little warm) and serve. It will have a crumbly “baked rice and veggie” appearance and taste!

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Night at the Symphony

(Serves 2-4)

This recipe is a frequent favorite in our home. If you like pasta with alfredo sauce, you're in for a real treat. It's great to be able to eat a rich alfredo sauce and know that it's healthy instead of eating dairy.

Beet Pasta

Ingredients:

2 pounds of beets, made into pasta

Alfredo Sauce

Ingredients:

1/2 cup water
1 cup raw cashews
1/3 cup pine nuts
2 cloves garlic
1 teaspoon salt
1/4 cup, or less, lemon juice
1/4 teaspoon nutmeg
1/16 teaspoon cayenne pepper, ground



Garnish

Ingredients:

1/3 cup finely chopped parsley

Directions:

Using either a spiral slicer or a veggie peeler, create pasta with the beets. Sprinkle the pasta with salt and massage it into the beets. Let the pasta sit in a colander while you create the sauce. It will become softer, like an *al dente* pasta. In a food processor, mix together all sauce ingredients. Place pasta onto individual serving plates, top with sauce and parsley. Enjoy!

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Radical Rawvoli

(Serves 4-6)

This dish is amazing! We've served it to KDcat's friends once and they gobbled it right up!

Rawvoli "Pasta"

Ingredients:

1 fat turnip, thinly sliced on a mandolin
olive oil
salt
juice of 1/3 lemon

Directions:

Marinate turnip slices in olive oil, salt, and lemon juice until very pliable.



Filling:

Ingredients:

1 cup total nuts (almonds and cashews, mixed)
1/2 cup sunflower seeds, soaked for a few hours
1 lemon, peeled
2-4 cloves garlic
1 Tablespoon Nama Shoyu
dash nutmeg
2 Tablespoons fresh chopped herbs (parsley or basil)

Directions:

Blend filling in food processor, until smooth. Then add 2 Tablespoons finely chopped parsley or basil. Salt to taste.

Take the filling and place a small dollop of it inside a piece of "pasta" and fold the pasta over to form a rawvoli! Keep doing this until either the turnip or filling is all gone. Serve this as is, or top with pesto or marinara sauce. Enjoy!

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Rawsome Refried Reward

(Serves 8)

Here is a picture of the Mexican meal Wendi created for Pure Jeevan's 3-Day Raw Food Spiritual Ashram Retreat. The refried beans are stuffed into the collard wrap shown at the back of the plate. You can't see them, but they look similar to refried beans and taste great!



Ingredients:

- 2 cups sunflower seeds (soak these for a few hours)
- 3/4 cup of sundried tomatoes (soaked for a few hours—save the soak water)
- 1 Tablespoon Nama Shoyu
- 1/2 teaspoon ground cumin
- 2 teaspoons chili powder
- 2 teaspoons ground coriander
- 1 teaspoon lemon juice
- 2 Tablespoons olive oil
- 1 Tablespoon agave nectar
- 1 teaspoon sea salt, plus more to taste
- 1 hot pepper (optional)
- 2 scallions, chopped
- 1/4 cup chopped cilantro

Directions:

Place all ingredients (except for the scallions and cilantro) into a food processor. Process until you have a refried beans consistency. If you need more moisture, add one Tablespoon at a time of the sundried tomatoes soak water. When you achieve the desired consistency, mix in the chopped scallions and cilantro.

Notes:

This is a slightly altered version of the “spicy beans” recipe found in *Raw Food, Real World* by Matthew Kenney and Sarma Melngailis. The recipe stays well in the fridge and tastes fantastic the next day! You can also add some chopped tomatoes and onions to it.

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Veggie Stir Don't Fry

(Serves 6)

This is one of those raw food dishes that you taste and say to yourself, "Wow, why DO we normally fry this?" This recipe basically transforms a traditional artery clogging dish into a vibrant explosion of flavor, providing you with real nutrition in every bite.

Ingredients:

5 carrots
 4 stalks celery
 peeled stalks from 2 bunches
 of broccoli
 2 bunches of broccoli, tops only
 1 yellow pepper, thinly sliced
 1 red pepper, thinly sliced
 2 scallions, thinly sliced
 2 cups snow peas, sliced in half
 with ends removed
 small handful of hulled sesame seeds
 juice of 1 lemon
 6 Tablespoons olive oil
 1/2 cup Nama Shoyu
 2 teaspoons garlic powder
 salt, to taste
 Bragg's Amino Acids (optional)



Directions:

In a food processor, with the shredding disc in place, shred the carrots, celery, and peeled broccoli stalks. Finely chop the broccoli tops. In a very large mixing bowl, or soup pot, mix together the shredded vegetables, chopped broccoli tops, sliced vegetables, and snow peas. Add the sesame seeds, lemon juice, olive oil, Nama Shoyu, garlic powder, and salt. Mix well. This can be served with Bragg's Amino Acids on the side for those who like a saltier Veggie Stir Don't Fry.

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DESSERTS





Sweet Apple Awareness

(Serves 8)

Back when Wendi ate cooked foods, she was the apple pie queen. No one made a better baked apple pie anywhere in a 200-mile radius. So, her standards and expectations for apple pie are nothing short of the highest levels. This pie is great, just as the pumpkin one is (also included in this eBook for you). When we bring these pies to cooked family gatherings, they disappear quickly (the pies, not the family)!



Ingredients:

2 cups walnuts
5 dates
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon apple pie spice
1/4 teaspoon cardamom
1/8 teaspoon ground cloves
1/8 teaspoon allspice
dash salt
1/4 cup carob powder
1 1/2 5-pound bags of apples,
washed and cored

Directions:

Place the walnuts, dates, spices and salt into a food processor. Process until nearly smooth. Sprinkle the

carob powder onto the bottom of a pie dish. The carob keeps the crust from sticking. Press the spiced nut mixture on top of the carob, forming a crust at the bottom and up the side of a pie dish.

In the food processor, blend all but three of the apples. Squeeze a lot of the apple juice from the mixture (save to drink!), and place the processed apples on top of the crust. Thinly slice the remaining three apples and decorate the top of your pie any way you like!

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Mellifluous Pudding

(Serves 2)

Here's a super-quick and yummy recipe Wendi created. One summer, she ate this at least twice a day for more than a month!



Ingredients:

3-4 medium oranges
few handfuls of cashews
squirt of agave nectar, or 1-2 dates
1 vanilla bean (optional)
dash of salt

Directions:

Take the oranges and cut away the orange part of the skin. You can leave the white pith on, or not, depending on how much you like the taste of it. Remove the seeds and drop the peeled oranges into a high-speed blender. Toss in a few handfuls of cashews (start off with just a little, and add

more as needed to obtain pudding consistency), agave or dates, salt, and vanilla bean. Blend until smooth (if it's too watery, add more cashews—too firm, add another orange).

Scoop the pudding out and chill for half an hour (if you can wait that long). This is a super easy dish that is extremely delicious. We've made it in the past and served it over fresh blueberries and bananas. Yum!

Notes

We started off eating this recipe on the thick side and lately we've been adding fewer and fewer cashews, so it's less thick but still so delicious! It tends to thicken up some more if we put the leftovers in the fridge. We also love adding fresh or frozen blueberries.

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Pumpkin Preponderance

(Serves 8)

This pie is amazing and exactly like a traditional cooked pumpkin pie! Try it and see for yourself. We're not kidding!



Filling:

Ingredients:

5 cups loosely packed pumpkin (peeled chunks)
 6 dates
 2 teaspoons cinnamon
 2 teaspoons nutmeg
 1 1/2 teaspoon ginger
 1/2 teaspoon cardamom
 1/4 teaspoon cloves
 1/4 teaspoon allspice
 1/8 cup of agave nectar
 2 Tablespoons coconut oil
 1 1/2 Tablespoons ground psyllium
 salt to taste

Directions:

In a food processor or blender, process ingredients until they are very smooth. Be careful to not burn the motor up if you aren't using a heavy-duty machine. You may need to add a tiny bit of water if it's too thick. We usually process the pumpkin first, by itself.

Crust:

Ingredients:

2 cups nuts (almonds, walnuts, pecans,
 or a mixture of them)
 6 dates
 1/2 teaspoon cinnamon
 1/2 teaspoon nutmeg
 salt, to taste

Directions:

Process all ingredients in a food processor. Place mixture into the bottom of a pie plate and press until you have formed a crust. Then add your pumpkin pie filling and chill until firm. It's so wonderful!

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Jim's Dangerously Famous Brownies

(Serves 4-8)

Sometimes you just need a fast, yet tasty dessert. These sweet, rich-tasting brownies can be whipped up in just a few minutes. All of our friends and family request these brownies that Jim invented.



Ingredients:

- 2 cups raisins
- 1 cup walnuts
- 1/2 cup pecans
- 1 1/2 Tablespoons agave nectar,
or more if the mixture is too dry
- 2 teaspoons cinnamon
- 2 Tablespoons carob powder
- 4 drops food-grade orange essential
oil (optional)

Directions:

Combine all ingredients in a food processor and process for one minute, or so, until the mixture is thoroughly moist. Spoon mixture into a baking

dish (but you won't be baking this, of course!), and press it flat. Cut into brownie-sized pieces and enjoy!



Wendi's Wonderful Treat

(Serves 4+)

Jim and KDcat created this decadent indulgence for Wendi's birthday in 2008. It's rawsome. Give it a try!



Assemble all parts as shown in the picture.

The “cake” part:

Ingredients:

2 handfuls of walnuts
1-2 handfuls of raisins
3/4 cup of shredded coconut
1 Tablespoon coconut oil
1 handful of pecans
2 Tablespoons agave nectar
Cinnamon to taste
Few dashes of salt

Directions:

Process for a minute or two, until it's all blended, sticky, and moist. Roll with a rolling pin into small thin (about 3/4 inch

thick) pieces. With the lid of a mason jar, cut out round circle pieces — like you'd do for cookies. Place on a dehydrator tray & dehydrate (at 105 degrees) for 12 hours, or so.

The “sauce” part:

For the sauce: blend up a couple of **oranges** along with some frozen **bing cherries**. It's a pretty good “sauce” but it's really more of a sweet relish.

The “ice cream” part:

Toss a fresh **pineapple** (chunked, skin removed) into a Vitamix. Once it's pulverized, add a couple of **frozen bananas** and a cup or two of **frozen strawberries**. (Normally, this alone is an excellent smoothie!) Then, pour into a large container & place in the freezer overnight.

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- **finding purple corn or other ingredients listed herein** (and/or other tough to find raw food items)
- **finding popular raw food book titles**

...visit: www.PureJeevan.com/resources

☞ **Pure Jeevan's main site:** Tons of free raw food information, links, resources, and more! Visit: www.PureJeevan.com

☞ **Pure Jeevan's blog:** Regular updates about what we're up to, what we're thinking about with respect to issues in the raw foods community, our *Know Your Foods* video series, and much more! Visit: www.PureJeevan.com/blog

☞ **All Raw Directory:** The entire raw and living foods community, organized. This is a community-run site, provided by Pure Jeevan as a resource for the raw food community. If you know of a resource for raw foodists, please add it to the site! As of this writing, there are approximately 1,500 web sites listed that deal directly with raw foods. Events, suppliers, teachers, information, recipes, and much more! All free! Visit: www.AllRawDirectory.com

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