

Vegetarian

Perspectives on Healthy, Compassionate & Ecological Living

voice

Volume 31 | Number 3
Fall 2009

BUILDING HEALTHY BONES

Calcium Supplements and
Dairy Foods Have Failed
What Really Works?

SHOULD WE BE EATING MORE RAW FOOD?

RAW FOOD DIETS

A Noted Dietitian Looks at
Their Strengths, Weaknesses
and Promises

TRANSITIONING TOWARD MORE RAW

A Celebrated Raw Food Chef
Gives Us Some Easy Steps

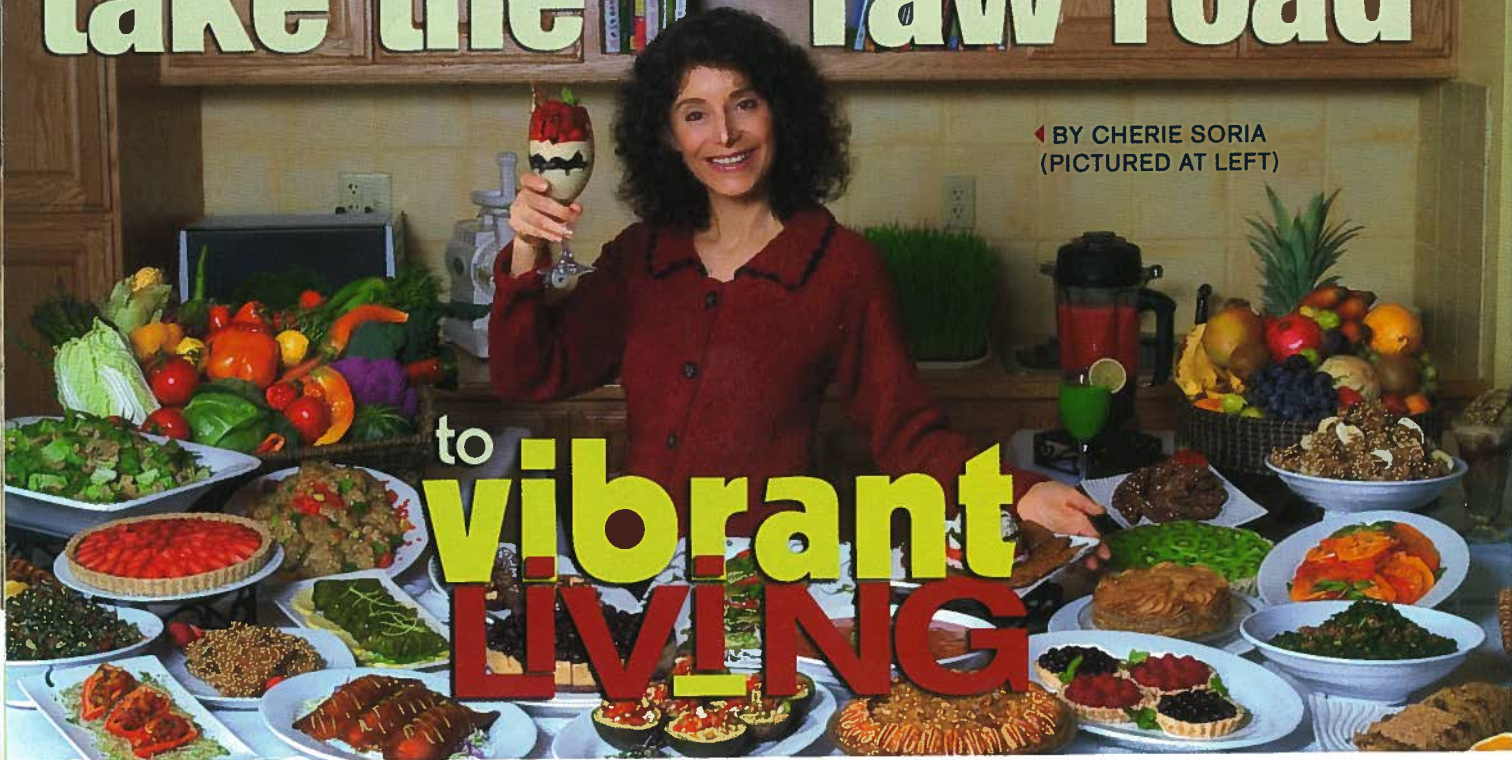
HUMAN-ANIMAL RELATIONSHIPS

On the Cusp of
a Paradigm Shift



take the **high** raw road

◀ BY CHERIE SORIA
(PICTURED AT LEFT)



to **vibrant** **LIVING**

Taking the first step toward vibrant living is easy – simply add more delicious, raw, plant-based foods to your diet. It is a profound way of taking responsibility for your own well-being and getting on the road to conscious, joyful living. The results are better health, more energy, more enjoyment of the foods you eat and more appreciation of the simpler things in life. This back-to-nature approach to eating provides more vibrant life and increased connection of body, mind and spirit.

People are often surprised when they begin eating a high raw diet to find that they experience even greater enjoyment in eating than they did with their previous Standard American Diet (SAD) lifestyle. This depth of satisfaction is not only physical – it is mental and spiritual as well. Eating more raw foods increases one's health and encourages a new appreciation of life and a greater connection with nature. This does not mean that eating cooked food is bad for you – only that the more we replace the cooked foods that are not optimally health-promoting with healthy raw foods in our diets, the more vitality, clarity of mind and presence of being we may experience.

Many people think it's difficult or complicated to get started on a

high raw diet; that it takes a long time to prepare and it requires special equipment. The truth is raw food preparation can be as simple as making a smoothie or as complicated as making cheesecake. Both are fun to learn how to prepare, but the smoothie is what you will probably make every day, while the cheesecake is a once-in-a-while treat. Here are some suggestions to show how easy it is to get started adding more raw fruits and vegetables to your diet and put more life into living – every day!

Start the day with 16 ounces of pure water with a little lemon. Then have a smoothie, and/or some sprouted cereal with almond milk (see accompanying recipes).

Begin typical lunches and dinners with a salad sprinkled with

seeds like pumpkin, sunflower or hemp, dressed with a low-fat or whole fat dressing, or half an avocado. Another option is to have a raw soup as a starter to your meal. (See accompanying recipes). Then have whatever cooked foods are appealing to you (cooked legumes are a good choice).

If you snack, eat raw vegetable sticks, banana ice cream and/or drink green juices instead of other snacks (see accompanying recipes). Drink pure water between meals rather than with meals, for better digestion.

If you just do these three steps, you will automatically be eating more than 50 percent raw foods. Next, begin reducing or eliminating these unhealthy foods from your diet:

- ▶ **JUNK FOOD**, packaged snacks, fried foods, alcohol, white sugar and white flour;
- ▶ **ANIMAL PRODUCTS**, if you haven't eliminated them already;
- ▶ **COOKED STARCHES**, especially wheat.

For those of you just getting started, making these simple changes may seem overwhelming at first, but take one thing at a time and don't put pressure on yourself. As you continue to add more health-promoting organic raw fruits and vegetables to your lifestyle, you will find that the foods you used to find desirable no longer hold the same attraction and you appreciate the flavors and textures of fresh food, as well as the way it makes you feel. There is no substitute for vibrant health and once you experience it, you will not want to go back to being a SAD eater!

Below are a few recipes from "Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger" to

assist you on your journey toward vibrant living. Simple, easy-to-prepare recipe such as these will become unnecessary once you become familiar with raw food preparation. Then, you will be able to make your own creations with ease. Don't be afraid to substitute one fruit or vegetable for another. You will discover with relief and satisfaction that you can prepare your own delicious foods and live the raw food lifestyle in style! 🌱



Special thanks to the Living Light Culinary Arts Institute for providing the photos in this article.

BREAKFAST

Blue-Green Smoothie for One

Yield: 24 ounces (1 large serving)

- 2-3 cups coarsely chopped kale, firmly packed
- 1 1/4 cups fresh or frozen blueberries
- 1 large ripe banana, broken into chunks
- 1 medium-sized orange, coarsely chopped
- 1/2-1 cup purified water

Combine all of the ingredients in a blender and process until smooth. Add water as needed to achieve the desired consistency. Serve immediately.

Cinnamon Oatmeal

Yield: 2 cups (2 servings)

- 1 cup oat groats
- 1/2 apple, chopped
- 2 tablespoons purified water
- 1/2 teaspoon ground cinnamon
- 3 tablespoons raisins
- Pinch of salt

1. Soak the oat groats for 8 to 12 hours in 3 cups of purified water.
2. Drain the groats, rinse, cover again with fresh water and allow to soak for another 8 to 12 hours. Drain and rinse the oats once more. Use the groats

immediately or store them in a sealed container in the refrigerator for up to 3 days.

3. To make the oatmeal, combine the soaked groats, apple, water and cinnamon in a food processor fitted with the S blade and process into a coarse porridge. Add the raisins and process for 10 seconds longer. Serve immediately.

Almond Milk

Yield: 1 1/2 cups (2 servings)

- 1/2 cup almonds, soaked overnight, rinsed and drained
- 1 1/2 cups purified water
- 2 to 3 dates, pitted
- 1/4 teaspoon vanilla extract

1. Put all of the ingredients in a high-powered blender and blend until smooth.
2. To separate the "milk" from the almond skins and pulp, squeeze through a cloth mesh bag or a double layer of cheesecloth. Reserve the pulp.
3. Serve at room temperature or chilled.
4. The milk may be stored in a sealed glass jar in the refrigerator for up to 4 days. Store leftover almond pulp in an airtight container in the freezer for up to four months. Use in breads, cookies, croutons, cinnamon rolls and scones.

Recipes continued on page 16 ▶

◀ **CHERIE SORIA**, founder and director of Living Light Culinary Arts Institute, is the author of "Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger" (coauthored by Brenda Davis and Vesanto Melina). She has been teaching vegetarian cuisine for more than 35 years and gourmet raw vegan cuisine since 1992 when she studied with Dr. Ann Wigmore. Cherie is often referred to as the mother of gourmet raw vegan cuisine, and has personally trained many of the world's top raw food chefs and instructors. For more information about Living Light Culinary Arts Institute visit www.RawFoodChef.com.

LUNCH/DINNER

Green Salad with Liquid Gold Dressing

Yield: 1 cup dressing (4 servings)

Dressing

- 1 cup peeled and chopped zucchini
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup nutritional yeast flakes
- 2 tablespoons flaxseed oil
- 2 tablespoons tamari
- 2 teaspoons ground flaxseeds
- 1 teaspoon Dijon mustard
- 1 teaspoon agave syrup
- 1/2 teaspoon ground cumin
- 1/2 teaspoon crushed garlic (optional)

- 1 large head Romaine lettuce, washed, spun dry and torn into bite-sized pieces
- 4 cups raw vegetables of choice
- 1/2 cup seeds of choice

1. Combine all of the ingredients for the dressing in a blender and process until smooth.
2. Toss dressing with lettuce and vegetables, sprinkle with seeds and serve immediately.
3. Stored leftover dressing in a sealed glass jar in the refrigerator for up to 2 weeks.

Garden Blend Soup

Yield: 2 1/2 cups (1 to 2 servings)

- 3/4 cup purified water
- 1/4 cup freshly squeezed orange juice, or 1/2 orange, coarsely chopped (see note at end of recipe)
- 3-4 cups chopped kale leaves, packed
- 1/2 apple, chopped, or 1/2 small cucumber, peeled and chopped
- 1/4 cup fresh cilantro or basil leaves, or fresh dill weed, packed
- 1 1/2 tablespoons light miso
- 1 1/2 teaspoons freshly squeezed lemon juice
- 1/2 clove garlic
- 1/4 red jalapeno chile, with seeds, or pinch of cayenne
- 1/2 green onion (optional)
- 1/4 cup sunflower seeds, soaked for 1 hour, rinsed, and drained, or 1/2 ripe avocado, coarsely chopped
- 1/4 cup mung bean sprouts

1. Combine the water, orange juice, kale, apple, cilantro, miso, lemon juice, garlic, chile and optional green onion (in this order) in a blender and process until smooth.



2. Add the sunflower seeds and process until smooth.
3. Garnish each serving with some of the sprouts and serve immediately.

(Note: For a less sweet soup, reduce or eliminate the orange juice or orange and replace it with 1/4 cup additional purified water or an additional 1/2 cup peeled cucumber, coarsely chopped.)

SNACKS

Green Giant Juice

Yield: 3 cups (2 servings)

- 1 bunch (about 8 ounces) kale, including stems
- 1/2 head romaine lettuce
- 1 cucumber, quartered lengthwise
- 1 apple
- 4 stalks celery
- 1 lemon, peeled

Juice all of the ingredients. Serve immediately.

Bananas! I Scream

Yield: 4 cups (3 servings)

- 5 ripe bananas, peeled and frozen

1. Run the frozen bananas through a Champion or Green Star Juicer fitted with the homogenizing plate. Alternatively, break the bananas into chunks and process them in a food processor fitted with the S blade until smooth.
2. Serve immediately. Stored in a sealed container in the freezer, Bananas! I Scream will keep for several hours before it freezes solid, making it impossible to serve. Once frozen solid, it will need to thaw slightly before serving.