Why Raw Food?

To live a long, natural, happy and balanced life is your birthright. It is not rocket science or something you can get from a practitioner, doctor, expert or prescription. Somewhere along the way we have been misled, conditioned, and distracted from what is essential; we have lost touch with our innate knowing, naturalness and bliss. In nature, animals eat only raw food and don’t consult experts on how to live healthy, active lives, they also don’t suffer the widespread sicknesses and ailments humans do.

My experience is that people who eat a high percentage of living, organic foods are free of most illnesses, have greater mental clarity and higher energy levels. Our bodies were not designed to be a dumping ground for dead, cooked and processed foods and as such there is a price to pay for ignoring nature’s laws.

From a scientific viewpoint all cooked food is devoid of enzymes which are vital for the absorption and digestion of food. Enzymes are the ‘life force’ or energy contained in living food and are essential for all the chemical processes within the body. Once heated above 45°C enzymes begin to be destroyed and once food is heated beyond 50°C they are totally destroyed. Eating enzyme-dead foods places a burden and eventually exhausts your pancreas and other organs. Many people gradually impair their pancreas and progressively lose the ability to digest their food after a lifetime of ingesting processed foods.

In 1930, under the direction of Dr. Paul Kouchakoff, research was conducted at the Institute of Clinical Chemistry in Lausanne, Switzerland. The effect of food cooked and processed versus raw and natural - on the immune system was tested and documented. Dr. Kouchakoff's discovery concerned leukocytes, the white blood cells. It was found that after a person eats cooked food, his/her blood responds immediately by increasing the number of white blood cells. This is a well-known phenomenon called 'digestive leukocytosis', in which there is a rise in the number of leukocytes - white blood cells - after eating. Since digestive leukocytosis was always observed after a meal, it was considered to be a normal physiological response to eating. No one knew why the number of white cells would rise after eating, this appeared to be a stress response, as if the body was somehow reacting to something harmful such as infection, exposure to toxic chemicals or trauma.

Dr. Kouchakoff and his researchers made a remarkable discovery. They found that eating raw, unaltered food did not cause a reaction in the blood. In addition, they found that if a food had been heated beyond a certain temperature (unique to each food), or if the food was processed (refined, chemicals added, etc.), this caused a rise in the number of white cells in the blood. The researchers renamed this reaction ‘pathological leukocytosis’. They tested many different types of foods and found that if the foods were not refined or overheated, they caused no reaction. The body saw them as ‘friendly foods’. However, these same foods if heated too much, caused a negative reaction in the blood, a reaction found only when the body is invaded by a dangerous pathogen or trauma.
A great visual example of what heating does to food can be seen in Kirlian photography. Kirlian photography captures the bio-electrical energy field surrounding living organisms.

The following Kirlian photographs are of organically grown living lentil sprouts. The diagram on the left shows a living organically grown lentil sprout. The diagram on the right shows an organically grown lentil sprout, blanched at 60°C for 2-3 minutes. Which food has more energy? Which food has more living nutritional benefits?

Which food would you prefer?

Living or Dead?

So should you eat more raw foods? Only if you want to live a longer, happier, more radiant, disease free life!

If you have been eating a high percentage of cooked, processed food throughout your life or have poor digestion you may initially have some challenges switching to a living food diet. Even just increasing the percentage of raw foods in your diet can cause your body to go into what is known as a cleansing reaction. Your body is an innately intelligent, self-healing mechanism and when introduced to more living foods, it may begin to eliminate toxins which have been stored in the tissues and organs for years. Headaches, nausea, rashes or even flu like symptoms are not uncommon signs that you are experiencing a cleansing reaction. These reactions usually last for 3 or 4 days (or longer if you are particularly toxic). Drinking 2 to 3 litres of pure living water a day can help with the elimination of toxins and make the ride a little smoother. Once through this phase most people feel much healthier and have more energy than before. If you have issues with digestion try green juices with a high percentage of celery. Celery is high in sodium and conditions the intestinal tract. You can add lettuce, cucumber, parsley, kale and a little apple or carrot for taste (under 10%).

To me a living food lifestyle is about self-empowerment. It’s about taking my health and well-being back into my own hands and returning to an easier more natural state of equilibrium. If this resonates with you the good news is there are now so many amazing delicious living food recipes available you will be able to eat better than ever before without the slightest sense of deprivation – it’s just a matter of changing some habits and saying yes to life.
Essential Superfoods Shake

Tools: A blender

Ingredients:

1 teaspoon of macca powder
1 tablespoon of spirulina powder
1 - 2 teaspoons of Wild or Organic Bee Pollen
1 handful of pepitas (pumpkin seeds)
5 Brazil Nuts
30ml of Goji Berry juice or 1 tablespoon of soaked Goji berries.
1 tablespoon of virgin coconut oil
1 small apple (or banana or mango.....)
1/2 a teaspoon of raw honey

Organic Trace Minerals -
Half a cup of water

Directions

In the blender, blend for a few minutes until smooth
Heavenly Almond Chocolate Milk

**Tools:** A blender

**Serves 6**

**Ingredients:**

- 2 cups of almonds – soaked for a minimum of 7 hours
- ¼ cup raw cacao – ground in a coffee grinder
- 4 T spoons raw honey
- ¼ vanilla pod – scrap the seed from the pod
- 3 cups of pure water

**Directions**

In the blender, blend for a few minutes until smooth and creamy.
Now strain the mixture through either a cheese cloth, a nut milk bag or a fine sieve. And serve!

Tip: you can add some more honey to the remaining pulp and dehydrate into cookies
Chilli Chai Smoothie

**Tools:** A blender

**Ingredients:**
- 4 frozen bananas
- 2 cups water
- 2 handfuls Almonds (1/2 cup)
- 7 dates
- 3 tsp Carob powder
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- thin slice ginger or 1/4 tsp ginger powder
- 1 tsp pure vanilla extract

**Directions**

Blend it all and delight in eating with a spoon
Raw Power Salad

**Ingredients:**
- 1 cos lettuce
- 1 sprig parsley
- 1 sprig basil
- 1 sprig coriander
- 2 red bell peppers
- 2 cucumbers
- 3 avocado
- 1 bunch spring onion
- 3 tomatoes

Chop all ingredients, mix in a large bowl and serve with our Raw Powers dressing:

**Raw Power Dressing**

**Ingredients:**
- ½ cup olive oil
- Celtic sea salt to taste
- 1-2 lemons juiced or dash of apple cider vinegar

**Raw Power Coconut dressing**

**Ingredients:**
- ½ cup virgin coconut oil
- Celtic sea salt to taste
- 1-2 lemons juiced
- Fresh basil & coriander to taste

**Sea food Salad Sprinkles**

**Ingredients:**
- ½ cup pepitas
- ½ cup dulse
- ½ cup kelp

*Note: this salad sprinkle is very rich in minerals - Kelp has the highest amount of minerals (80) in a food you can buy of the shelf in a health food shop*
Sprouted Rye Bread

**Tools:** juicer with blank screen for pastes and nut butters, dehydrator

**Ingredients:**

- 4 cups of rye (sprouted 1 – 2 days)
- 2 medium carrots
- 2 tsp of Celtic salt
- 1 tablespoon caraway seeds (optional)

**Directions**

Put sprouted rye and carrots through juicer with blank screen to make dough. Mix in salt and caraway seed. Form the dough into bread sized patties of about ½ cm thick.

Dehydrate at 40 – 45C for 4 -6 hours on a non-stick sheet until they are ready to flip over. Then remove non-stick sheet and put on to dehydrator mesh.

Dehydrate for another 4 hours (or longer if you prefer your bread drier)
Curried Crepes

Serves 3

Tools: Blender & dehydrator

Ingredients

1 cup golden flax meal
1 cup of skin from granny Smith apples
½ cup of unsweetened shredded dried coconut
½ tsp freshly ground turmeric
½ teaspoon Celtic sea salt
½ tsp freshly ground cayenne pepper
1 tablespoon of freshly squeezed lemon juice
2 cups filtered water

Directions

To make the curried crepes in a high-speed blender combine all ingredients and blend to form a smooth batter with the consistency of thick cream.

For each crepe using an offset spatula spread a ¼ cup of batter into a 1/8 inch round layer on a non-stick drying sheet. You should have 4 crepes in all. Keep any leftover batter for later use.

Dehydrate at 40C for 1 hour and 30 minutes or longer or until dry but still pliable.

Filling ideas: season and toss red tomato peeled and julienned, ½ granny smith julienned, 1 avocado, grated carrot, chopped basil leaves, lemon juice, sea salt, ground pepper
Flax Crackers

**Tools:** Food Processor, Dehydrator

**Ingredients**

- 4 cups whole flax seeds, soaked 4-6 hours
- Celtic sea salt to taste
- 2 carrots or whatever vegetables you wish

**Directions**

Soak flax seeds for 4 to 6 hours in purified water. You will then have formed a gelatinous mixture. In the food processor process the mixture with vegetables and salt - be sure to keep moist and loose for spreading.

Spread mixture as thin as possible on your dehydrator trays with a teflex sheet on top. Keep your hands wet as this will help to spread the flax seeds (or use a spatula)

Dehydrate at 40c for 5-6 hours and then flip the mixture and remove the teflex sheet. Continue dehydrating until the mixture is completely dry.

**Optional**

You could add garlic, onions, tomato, carrot juice, taco seasoning, Italian seasoning, chilli powder, cumin, pulp from your vegetable juice in any combination.
Raw Living Garden Pizza

Ingredients:

**Crust**
- 1 cup of flaxseed (soaked)
- 1 handful of desiccated coconut
- 1 apple
- 1 handful of basil
- 1 cup of sprouted buckwheat
- 1/4 teaspoon of Celtic sea salt

**Topping**
- 1 cup sunflower seeds (Soaked and/or sprouted)
- 5 tablespoons of virgin cold pressed olive oil
- ½ an avocado
- 4 tablespoons of coconut oil
- ½ tablespoon of Celtic sea salt
- 1 tablespoon of dulse/kelp/pepita sprinkles
- 1 teaspoon of lemon juice
- ½ cup of water
- ½ a small onion cut into thin slices
- 1 tomato
- 1 capsicum
- 1 handful of parsley

Tools: Blender, Food Processor & Dehydrator

Serves 8

**Directions**

**Crust**
Mix the crust ingredients in a bowl and then process through a Sampson juicer or you can use a food processor or blender. Roll dough into a ball and then spread flat into a round pizza shape using a wet spoon onto teflex dehydrator tray or pizza tray. Place in dehydrator for 8 hours at 40c. Alternatively you can place the base in your oven at a very low temperature with the door slightly ajar for 8 hours (to make sure you are not heating above 40c buy and oven thermometer to check the temperature, this way all the enzymes, life-force and nutrition will be preserved in your food!

**Topping**
Blend or process the sunflower seeds, olive oil, avocado, coconut oil Celtic sea salt, dulse/kelp/pepita sprinkles, lemon juice & water. Spread the mixture over the pizza base and then add sliced tomatoes, capsicum and onion and garnish with a handful of parsley.

If you would like your pizza warm, place in a dehydrator or oven at 40c for 30 minutes.
Sprouted Lentil Burgers

Serves 4-5

**Tools:** Food processor

**Ingredients:**
- 1 ½ cups of lentils (sprouted 1-2 days)
- 2 medium carrots grated
- 1 medium zucchini grated
- 1 small chilli pepper (optional)
- 1 teaspoon of Celtic salt
- 1 tablespoon lemon juice
- 2 teaspoons paprika
- 1 clove garlic crushed (to taste)
- 1 small red bell pepper
- 2 teaspoon grated ginger
- 1 dash of tamari (optional)
- 2 to 4 few tablespoons flax meal (as required to bind burgers)

**Directions**

Add all ingredients in food processor and process till blended.
Add enough flax meal to bind burger.
Shape mix into burger patties on dehydrator sheets.
Dehydrate at 40C for 3 – 6 hours.

Remove sheets, flip the burgers over and place on dehydrator mesh. Dehydrate for as long as is necessary.
Sweet & Sour Meatballs

Meat Balls

Ingredients:

½ cup almonds soaked overnight
2 cup sunflower seeds, soaked overnight
1 cup cilantro leaves and or parsley (coriander)
1/4 cup olive oil
1 lemon juiced
1 tablespoon nama shoyu, or wheat-free tamari
1 bunch green onions, chopped finely (shallots)
2 tablespoons freshly grated ginger
1 chilli

Tools: food processor, dehydrator

Preparation

Process greens, chilli, ginger, lemon juice, lemon juice, olive oil in food processor. Add almonds and then sunflower seeds and process until a smooth paste is formed (process less for a crunchier mix)

Place uniform balls, like mini scoops of ice-cream, directly on a mesh dehydrator tray.

Dehydrate 6 to 12 hours or until set.

Dip in Sweet and Sour Sauce (see below) and continue to dehydrate until dry on the outside, but still moist on the inside (4 to 6 hours more). Serve with extra Sweet and Sour Sauce on the side.

Sweet & Sour Sauce

Ingredients

2 large tomatoes or 2 cups chopped fresh tomatoes
1 clove garlic
6 fresh basil leaves
1 inch piece fresh ginger, peeled
1/4 cup apple cider vinegar
1/2 cup pitted dates or 1/2 cup honey
1 tablespoon olive oil
1 teaspoon Celtic sea salt

Preparation

Blend the fresh tomatoes. Add the garlic, ginger, apple cider vinegar, dates or honey, olive oil, and sea salt and herbs. Blend everything together until smooth. Adjust herbs and spices to taste.
Choc chip superfood cookies

Make 8 cookies

**Tools:** food processor

**Ingredients:**
- ½ cup pepitas
- 2 cups brazil nuts
- 3 tablespoons macca root powder
- ¼ cup raw chocolate nibs
- 1 Tablespoon raw honey
- ½ cup raisins

**Preparation**

In the food processor process the brazil nuts for 5 minutes or until it becomes oil and almost liquid. Add rest of ingredients except chocolate nibs and blend thoroughly. Mix in the chocolate nibs by hand and form in little round cookies.

Place on dehydrator mesh sheets and dehydrate for 16 hours, more or less depending on whether you like your cookies soft of crunchy.
Sprouted Hummus

**Tools:** Food processor or a powerful blender

**Ingredients**

2 Cups of chickpeas (soaked and/or sprouted)  
¾ of a cup of cold pressed olive oil  
Juice of one lemon  
A handful of fresh herbs – garlic chives, basil, coriander, parsley  
1 shallot (optional)  
1 teaspoon of Celtic sea salt  
A dash of wheat free tamari or nama shoyu (optional)  
¼ of a cup of water

**Preparation**

Soak chickpeas over night (or soak for at least 8 hours)  
Drain water from chickpeas and put them into a sprouting jar, rinsing them 2 twice a day for 2 days. (You can also make this recipe after soaking the Chickpeas for 8 hours- sprouting them is optional)

**Directions**

Place half of the chickpeas into a blender or food processor, add olive oil, lemon juice, herbs, salt, tamari and blend into a smooth paste. Slowly add the remaining chickpeas to the mix, adding water if the mix gets too thick. If you like your hummus extra creamy, add more olive oil instead of water.
Brazil Nut Pesto

Tools: food processor

Ingredients

1 big bunch of basil
2 cups of brazil nuts
1 clove of garlic
Squeeze of lemon juice
Salt to taste

Directions

In the food processor process all ingredients into a paste.

Serve with Flax crackers.
Carrot soup

**Tools:** Blender, juicer.

**Ingredients:**
- 8 juicing carrots
- ½ avocado, peeled and chopped
- 2 tablespoons chopped young Thai coconut meat
- Juice of ½ lemon
- Celtic sea salt and freshly ground pepper

**Directions**

Juice the carrots, discard the pulp and measure out two cups of juice.

Immediately pour the juice into a blender.

Add the avocado, coconut meat and lemon juice and puree until smooth.

Season to taste with salt and pepper.

To garnish sprinkle with olive oil and sesame seeds.
Brazil nut butter

Ingredients:

3 cups brazil nuts

Directions:

In the food processor process the brazil nuts for 5 minutes or until it forms a smooth creamy butter.

Store in the fridge and serve on flax crackers.

Brazil nuts are the only nuts that you can make such an easy nut butter from, they are also the richest source (in the plant kingdom) of selenium on the planet - that’s why they are our favourite nut.
Herb Nut loaf

Serves 4 - 6

Tools: Food processor, Juicer

Ingredients:

- 2/3 cup almonds (soaked for 8 hours)
- 1 ¼ cup of flaxseed
- ½ cup pepitas (soaked for 6 hours)
- 1 cup of celery juice (no pulp)
- Small quantity Finely chopped fresh rosemary
- 1 cup of finely shredded carrots
- 1 tsp Celtic sea salt (to taste)
- A few dashes of wheat free tamari or nama shoyu
- 1 tablespoons of lemon juice
- 1 small handful of parsley, onion and/or garlic chives

Directions

Grind flaxseed to a meal in a coffee grinder or suitable blender. Process almonds and pepitas in blender (or food processor).

Mix in flax meal, lemon juice, Celtic salt, shredded carrots, rosemary, parsley and chives and process a little more while slowly adding celery juice until you obtain wet but firm consistency.

Form mixture into a loaf or place it in a suitable mould. Let it stand in the fridge for 3 to 4 hours for flavours to blend.
Zucchini Fettuccini

Tools: Blender, spirooli or spiralizer

Ingredients:
3 medium sized zucchini’s – peeled
3 medium sized tomatoes
A handful of fresh basil
3 spring onion stalks
A handful of soaked almonds
½ a large avocado
A squeeze of lemon juice
1 tablespoon of coconut butter.

Directions:
Turn the zucchini into “spaghetti” using the spiralizer. If you don’t have a spiralizer you can use a vegetable peeler for create the “pasta”.

-Blend all the other ingredients in a blender to make a creamy tomato sauce.
-Mix the sauce with the “pasta”
Apple cake with banana cream

Serves 8 – 10

Tools: Food processor and/or blender, peeler

Ingredients:

Crust
1 ½ cups dates - soaked for 10 min
1 ½ cups almonds - soaked for a minimum of 7 hours

Filling
2-3 apples – peeled and chopped
2 bananas - sliced
1/2 cup coconut oil
¼ cup macadamias - soaked for a minimum of 7 hours
¼ cup lemon juice
1 ½ cups dates – soaked for ½ hour

Banana cream
4 bananas
1 cup coconut oil

Directions

To make crust, process almonds and dates in a food processor to form a sticky dough.
Press into a 9 inch pie dish.
Arrange bananas on top of the crust for a layer between the crust and the filling.

To make the filling add apple, coconut oil, lemon juice, dates and macadamias into the food processor.
Process all ingredients until smooth and pour over bananas and crust. Refrigerate.

To make the banana cream blend banana and coconut oil until smooth. Serve cake with a dollop of banana cream, and feast!
Apple Crumble Pie

Serves 8-10

**Tools:** Food processor, grater

**Ingredients**

**Crust**
1 1/2 cups pecans soaked for 8 hours
1 1/2 cups dates

**Filling**
3 apples – peeled, cored and grated
1 1/2 cup raisins
2 cups pecans – coarsely chopped
1/4 cup orange juice
2 tablespoons honey
2 tsp cinnamon

**Preparation**

**Crust**
In the food processor process the dates and pecans until there forms a smooth dough. Spread the dough evenly in a 9 inch pie dish and place in the fridge to set.

**Filling**
In a large bowl, thoroughly mix all ingredients and spread onto crust.

Place in the fridge to set for 3 hours.

You can serve as is, or place in the dehydrator at 145 F for half an hour, for a warm pie. Serve with vanilla ice cream see page 32, or custard see page 29.
Avocado Chocolate Pie

Serves 8 - 10

Tools: Food Processor

Ingredients

Crust
2 ½ cups desiccated coconut
1 ½ cups dates – soaked for 20 min

Filling
2-3 avocados
1 Banana (Optional)
3 tablespoons of raw honey (optional)
3 tablespoons of coconut butter
10 tablespoons or cocoa powder (not raw)
2 cups dates (pitted)

Directions

In the food processor process the first two ingredients for the base and press onto a 9 inch pie dish. Press down firmly and put in the fridge to set.

For the filling process thoroughly the remaining ingredients into a smooth creamy, unctuous mousse. Spread onto pie crust and eat right then or place in the fridge for later.
Apricot Banana Cake

Serves 8 - 10

**Tools:** Food processor

**Ingredients:**

**Crust:**
1 ½ cup dates/dried apricots
1 ½ cup almonds

**Filling:**
3 bananas
¼ cup coconut oil
½ cup dates

**Directions**

Using the food processor, process the apricots and almonds into a paste and spread out onto a 9 inch pie dish. Making sure to bring the dough evenly up the sides.

Still using the food processor process the bananas, coconut oil and dates until smooth and creamy. Pour onto pie crust and refrigerate. The coconut oil should completely set the pie. Decorate with crushed nuts and serve!

This is a very simple a Yummy dessert, with only 5 ingredients, it can be completed within 10 minutes. Enjoy living a gourmet lifestyle with the effort of one minute noodles!
Raw Chocolate Almond Torte

Serves 8 – 10

Tools: food processor, blender

Ingredients:

Base:
2 cups date
3 cups almonds – soaked overnight
4 tablespoons cacao powder
½ cup desiccated coconut
1 vanilla bean or 2 t vanilla essence

Cream:
1 ½ cup dates soaked for 20 mins in 2 1/2 cups of pure water
2 cups almonds – soaked overnight

Chocolate sauce:
4 tablespoons cacao powder
½ cup water
10 dates – soaked for 30 mins

Directions:
In the food processor process the base ingredients until smooth but still a bit crunchy.
You may have to do several batches depending on the size of your processor.
Shape out onto a 9 inch flat base or a large plate using your hands and bringing up to form sides. Now using a spoon shape as smoothly as possible and set aside.

Blend cream ingredients in a blender until smooth but not to long as the texture goes strange.
Pour onto cake base and smooth out with a spatula.

Blend Sauce ingredients until smooth and creamy and using a measuring or serving jug pour in a zig zag pattern to decorate the cake. Garnish with mint leaves or blackberry's and set in the fridge for 3 hours or overnight.
Carrot and Brazil Nut Cake

Serves 8 – 10

**Tools:** food processor, blender or coffee grinder

**Ingredients:**
- 7 carrots
- 2 ½ cups of brazil nuts
- 1/2 cup brown or golden flax seeds, soaked overnight
- 1 cup raw honey
- 1 cup shredded coconut
- 1 cup raisins
- 3 tablespoons psyllium powder
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

**Directions:**
Grate carrots. Blend brazil nuts and flax seeds separately into meals. Add raisins, vanilla, shredded coconut, cinnamon and honey and mix in processor until fully blended. Last of all mix in psyllium and flax meal and process a little more. Put mixture into 9 inch spring form cake tin and put in fridge for 1 hour to set. After 1 hour free cake from its container and spread icing on top.

**Icing**
- 1 cup honey
- 1 cup brazil nuts
- 2 tablespoon lemon juice
- 1 teaspoon vanilla

Blend brazil nuts, honey, lemon juice and vanilla in a blender until mixture is thick and creamy. After icing the cake garnish with your favourite nuts.
Sprouted Seed Choc Fudge

Makes 24 slices

**Tools:** Food Processor and a large biscuit tray

**Ingredients:**

**Base:**
- 1 cup sprouted sunflower kernels,
- 1/2 cup soaked/sprouted sesame seeds,
- 1 cup soaked almonds,
- 2 cups Brazil nuts,
- 1 cup dates (soaked for 15 minutes),
- 5 dried figs,
- 6 dried apricots,
- 1 cup raisins

**Topping:**
- 2 cups dates (soaked for 30 minutes or more),
- 1 and a half cups coconut oil,
- 12 tablespoons cocoa powder,
- 4-5 tablespoons honey,
- 1/2 cup almond meal or Brazil nut meal.

**Directions**

Blend base ingredients in food processor until sticky, then press evenly in to the biscuit tin.

Next blend topping ingredients in food processor until creamy and then spread evenly over the base mixture in biscuit tin.

Place in fridge for 1 hour and then slice up into 24 portions and serve.

*Warning! This fudge is highly addictive!*
Tropical Strawberry Cream Pie

Serves 8 – 10

Tools: Food Processor

Ingredients:

Crust
½ cups pitted dates – soaked for 20 min
1/4 cup dried figs
1/4 cup seeded raisins
1/2 cup soaked almonds
1/2 cup of soaked or sprouted sunflower kernels
1 cup Brazil nuts

Filling
1/2 cup strawberries
1/2 cup tropical fruit - jackfruit or papaya or mango or durian
1/4 cup Brazil nuts
1 banana (Optional)
1/4 cup desiccated coconut
3/4 cup coconut butter (coconut oil)
1/2 cup dates (pitted)
3 tablespoons agave nectar or honey

Directions

In the food processor process the crust ingredients for the base and press onto a 9 inch pie dish.
Press down firmly and put in the fridge to set.

For the filling thoroughly process the remaining ingredients into a smooth creamy mousse.
Spread onto pie crust and decorate with strawberries and tropical fruits of your choice.
For a really exotic finish sprinkle 1 teaspoon of raw cacao nibs on top.
Smooth vanilla coconut ice cream

Serves 4

**Tools:** Blender; food processor

**Ingredients:**

- Meat of 2 to 4 young coconuts, depending on yield
- 1 vanilla bean
- 4 frozen bananas (whole if using a Champion juicer, finely chopped if using a food processor)

**Directions**

Put the coconut meat in a blender. Scrape the seeds out of the vanilla bean, and add to the blender. Blend until smooth.

Combine the bananas and meat and process through a Champion juicer using the blank plate. The easiest way to do this is to add one banana and a little coconut meat at a time. You may need to mix the ice cream a little afterward to distribute the coconut evenly.

If you don't have a Champion, process the finely chopped frozen banana in a food processor. When the "ice cream" is white and fluffy, add the meat, and process for a little while longer. If you're not eating it immediately (a tough task!), put it into individual bowls and return to the freezer.

**Variation 1:** Add chopped fruit or nuts.

**Variation 2:** Make a fruit or carob sauce, and pour it over the top.