



RAW & RADIANT: YOUR GUIDE TO A VIBRANT RAW FOOD PLATE

(without the heat!)

The Plant Based Grandma



STAPLES & BUILDING BLOCKS

Fruits, Vegetables, Legumes, Nuts & Seeds



FRUITS

Diverse range of flavors and textures, good source of vitamins and fiber



Citrus Fruits:

- Orange: Sweet and tangy, perfect for eating fresh, juicing, or using in marmalades and desserts.
- Lemon: Tart and acidic, ideal for adding zest and brightness to dishes, marinades, and drinks.
- Lime: Similar to lemon but with a more floral note, excellent for cocktails, guacamole, and Southeast Asian cuisine.
- Grapefruit: Slightly bitter with a hint of sweetness, enjoyed fresh, in segments, or juiced for breakfast.
- Tangerine: Tangy and juicy, like a mini orange, great for snacking and salads.
- Clementine: Sweet and easy to peel, a popular seedless variety perfect for kids and lunchboxes.
- Satsuma: Sweet and mild, another seedless option with a tender, easy-to-peel skin.

Berries:

- Strawberry: Sweet and juicy with a delicate aroma, enjoyed fresh, in desserts, jams, and smoothies.
- Raspberry: Tart and tangy with a soft texture, perfect for eating fresh, baking into pies, or using in jams and syrups.
- Blueberry: Sweet and slightly tart with a burst of flavor, perfect for snacking and yogurt bowls.
- Blackberry: Deeply tart and juicy, excellent for cobblers, jams and eating fresh with a sprinkle of sugar.
- Cranberry: Tart and tangy with a unique flavor, often enjoyed dried, in sauces, or as juice.
- Gooseberry: Tangy and sweet with a slight astringency, used in jams, pies, and chutneys.
- Elderberry: Tart and juicy, typically cooked into jams, syrups, and pies.

Tropical Fruits:

- Mango: Sweet and juicy with a touch of acidity, enjoyed fresh, in smoothies, curries, and desserts like ice cream and popsicles.
- Pineapple: Sweet and tangy with a slightly fibrous texture, eaten fresh, juiced, or used in desserts.
- Banana: Sweet and creamy with a soft texture, perfect for snacking, baking, smoothies, and adding potassium to your diet.
- Papaya: Sweet and melon-like with a soft, buttery flesh, enjoyed fresh, and in salads.
- Kiwi: Sweet and tart with a tangy green flesh & tiny black seeds, eaten fresh, in salads, or used as a vibrant garnish.
- Guava: Sweet and floral with a variety of textures depending on the type, eaten fresh, juiced, or used in desserts and jams.
- Starfruit: Sweet & tart with a unique star-shaped flesh, enjoyed fresh, in salads, or juiced for a refreshing drink.

Stone Fruits:

- Peach: Sweet and juicy with a fuzzy skin, eaten fresh, grilled, baked into cobblers, or made into jams and compotes.
- Nectarine: Similar to a peach but with a smooth skin, enjoyed fresh, or used in salads and desserts.
- Plum: Sweet and tart with a variety of colors and flavors, eaten fresh, made into jams and jellies.
- Apricot: Sweet and tangy with a soft, velvety texture, eaten fresh, dried, used in jams and compotes.
- Cherry: Sweet and tart with a juicy bite, enjoyed fresh, baked into pies, used in jams and syrups, or dried for snacking.

Melons:

- Watermelon: Sweet and refreshing with a high-water content, perfect for eating fresh on hot days, juicing, or turning into sorbet.
- Cantaloupe: Sweet & musky with a vibrant orange flesh, enjoyed fresh, in salads, or used to make gazpacho and melon balls.
- Honeydew: Sweet and mild with a light green flesh, perfect for eating fresh, blending into smoothies, or adding to fruit salads.
- Galia Melon: Sweet and fragrant with a pale green flesh and a netted rind, similar to cantaloupe but with a milder flavor.

VEGETABLES

Leafy greens, crucifers, alliums, root vegetables, etc.
for various nutrients and textures



Leafy Greens:

- Spinach: Tender and earthy, perfect in salads, wraps, or smoothies. Baby spinach has a milder flavor.
- Kale: Slightly tough and nutty, delicious massaged into salads, wraps, or used as pizza crust.
- Arugula: Peppery and spicy, adds a kick to salads, sandwiches, or dips. Try peppery baby arugula for a milder version.
- Lettuce (various types): Crisp and refreshing, ideal for salads and wraps. Choose romaine, butter lettuce, or red leaf for sturdier raw applications.
- Endive: Slightly bitter and crunchy, perfect for salads with creamy dressings or as a base for dips. Belgian endive or Treviso offer milder bitterness.

Cruciferous Powerhouses:

- Broccoli: Florets and tender stalks offer a mild, nutty crunch, enjoyed raw with dips, in salads, or as crudité's.
- Cauliflower: Florets have a sweet and neutral flavor, perfect for raw dips, salads, or rice bowls. Romanesco cauliflower has a beautiful fractal floret pattern.
- Brussels sprouts: Shaved raw, they add a nutty and slightly bitter bite to salads, slaws, or grain bowls.
- Carrots: Sweet and crunchy, enjoyed raw in sticks, salads, or dips. Try colorful rainbow carrots for a visual and flavor boost.

Allium Gems:

- Onions: Red onion adds a sharp bite to salads, sandwiches, or wraps. Green onions offer a milder, chive-like flavor.
- Garlic: Raw cloves are potent and pungent, best enjoyed crushed or grated into dips, sauces, or marinades.

Root Vegetable Delights:

- Celery: Crunchy and refreshing, perfect for raw dips, salads, or crudités. Choose inner stalks for the most tender texture.
- Radishes: Spicy and crunchy, enjoyed raw in salads, wraps, or dipped in hummus. Try daikon radish for a milder, turnip-like flavor.

Other Raw Gems:

- Bell peppers: Sweet and crisp, ideal for salads, dips, or stuffed with raw fillings. Choose colorful varieties for added vibrancy.
- Avocados: Creamy and rich, enjoyed raw on toast, in salads, or blended into smoothies.
- Cucumbers: Cool and refreshing, perfect for salads, wraps, or eaten with a sprinkle of salt and pepper. Try English or Persian cucumbers for a less watery texture.
- Tomatoes: Sweet and juicy, delicious in salads, sandwiches, or gazpacho. Opt for cherry or heirloom tomatoes for a burst of flavor.



LEGUMES

Soaked/sprouted for easier digestion and protein boost, fermented options for additional depth



Legumes:

- Soaked and sprouted legumes: Soaking and sprouting lentils, chickpeas, or beans improves nutrient absorption. Enjoy them in salads, wraps, or dips.
- Fermented legumes: Tempeh and natto add savory, protein-rich depth to salads, bowls, or sandwiches.
- Peanuts: Earthy, salty flavor, enjoyed as a snack or made into peanut butter.



SEEDS, GRAINS & NUTS

Sprouted options for enhanced digestibility, pseudograins for variety



Seeds:

- Pumpkin seeds: Pepitas (shelled) have a nutty, slightly sweet flavor, great for snacking and salads.
- Sunflower seeds: Hulled seeds have a mild, nutty flavor, perfect for snacking, baking, and trail mix.
- Flaxseeds: Mild, nutty flavor, often ground and used in baking or sprinkled on cereal.
- Chia seeds: Tiny, neutral flavor, with a high nutritional value, often used in puddings and smoothies.
- Sesame seeds: Toasted seeds have a nutty, slightly sweet flavor, used in Asian dishes, dips, and baked goods.
- Hemp seeds: Mild, nutty flavor, rich in protein and omega-3 fatty acids, enjoyed in smoothies, salads, and granola.
- Poppy seeds: Tiny, nutty flavor, used in baking and as a topping.

Grains:

- Sprouted grains and seeds: Briefly sprouted grains like quinoa, buckwheat, or brown rice offer increased digestibility and nutrients.
- Sprouted sunflower seeds add a nutty crunch to salads or dips.
- Pseudograins: Raw buckwheat groats, amaranth, or teff can be soaked and used in salads and bowls.

Tree Nuts:

- Almonds: Mild, nutty flavor, versatile for snacking and making nut butters.
- Hazelnuts: Rich, buttery flavor, often enjoyed in chocolate & desserts.
- Walnuts: Deep, earthy flavor, great for snacking, salads, & sauces.
- Pecans: Sweet, buttery flavor, popular in salads and candy. A good source of fiber.
- Cashews: Slightly sweet, creamy texture, often enjoyed salted.
- Chestnuts: Sweet, starchy flavor. Great for snacking and are high in antioxidants.
- Brazil nuts: Rich, buttery flavor, high in selenium and magnesium.
- Macadamia nuts: Buttery, slightly salty flavor, ideal for snacking.
- Pistachios: Nutty, buttery flavor with a hint of salt, often enjoyed shelled or in desserts.

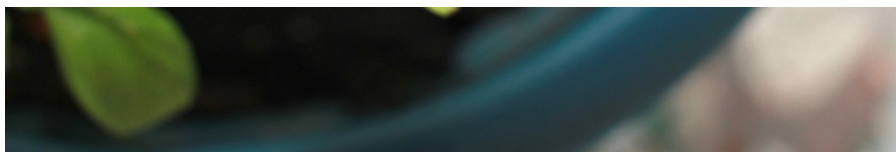
Other:

- Pine nuts: Rich, buttery flavor, used in pesto, sauces, and salads.
- Water chestnuts: Mild, crisp flavor, used in stir-fries and salads.



FLAVOR BOOSTERS & ENHANCEMENTS

Herbs, Oils, Sweeteners & Condiments



HERBS

Fresh herbs for brightness and complexity



Fresh & Fragrant:

- Basil: Pairs beautifully with tomatoes, cucumbers, avocado, and summer squash. Think Caprese salad, gazpacho, or zucchini noodles with pesto.
- Cilantro: Bright and citrusy, it elevates salsas, guacamole, wraps, and veggie bowls. Think mango salsa or a Buddha bowl.
- Mint: Refreshing and cool, it complements fruits, salads, & dips. Think watermelon salad, tabbouleh, or yogurt parfait.
- Dill: Delicate and herbaceous, it perks up cucumbers & creamy dishes. Think cucumber salad or dill dip.
- Chives: Mildly oniony; they add depth to salads and vegetables. Think potato salad and asparagus.

Bold & Savory:

- Tarragon: Anise-like flavor that dances in tomato salad and fruit cups.
- Rosemary: Earthy and woody, it enhances vegetables and potatoes.
- Thyme: Warm and peppery; it highlights beans and winter squash.
- Oregano: Pungent and herbaceous, it's a classic with tomatoes, peppers, and olives. Think pasta salad and raw herb pesto.
- Parsley: Grassy and versatile, it adds freshness to salads, dips, and pestos. Think chickpea salad, hummus, or pesto pasta.

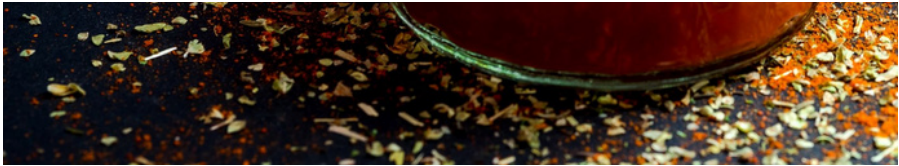
Unexpected Delights:

- Lavender: Floral and calming, it infuses honey, fruit salads, and desserts. Think lavender honey, berries with lavender syrup, or peach crisp.
- Sage: Earthy and slightly bitter, it surprises with cheeses and squash.
- Sorrel: Tangy and citrusy, it brings a vibrant lift to salads, soups, and sauces. Think green salad, chilled pea soup, or lemon-sorrel sauce.
- Lovage: Celery-like and peppery, it shines in salads and Bloody Marys. Think fennel salad, mussels with lovage, or a spicy Bloody Mary.
- Cilantro Lime Leaves: Limey and citrusy, they add a zing to Southeast Asian dishes, marinades, and dressings. Think papaya salad, or nuoc cham dipping sauce.



CONDIMENTS

Acidic dressings, savory sauces, spicy accents, etc. to elevate dishes

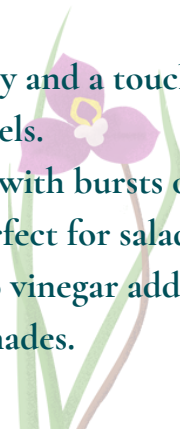


Acidic & Bright:

- Citrus Dressings: Freshly squeezed lemon, lime, or orange juice with olive oil, herbs, and a pinch of salt. Perfect for salads, vegetables, and tofu.
- Vinegars: Balsamic, red wine, or apple cider vinegar add zing and depth to salads, vegetables, and marinades. Experiment with flavored vinegars like lavender or fig.
- Tart Sauces: Chutneys, relish, and kimchi offers tangy sweetness and crunchy textures. Great with crudité's and wraps.

Sweet & Fruity:

- Honey Mustards: Creamy Dijon mixed with honey and a touch of spice. Excellent with crudité's and pretzels.
- Fruit-Infused Oils: Drizzle herb-infused olive oil with bursts of flavor from blood orange, peach, or blackberry. Perfect for salads.
- Fruit Vinegars: Raspberry, strawberry, or mango vinegar add a unique twist to salads, dressings, and marinades.



Savory & Umami:

- Tahini & Sesame: Tahini-based sauces with miso, soy sauce, ginger, and garlic. Think bowls, wraps, and dipping vegetables.
- Nut Butters: Drizzle raw almond, cashew, or peanut butter over salads, wraps, or fruit slices for a protein and flavor boost.
- Spicy Sauces: Sriracha, sambal, or gochujang add heat and depth to vegetables, tofu, and seafood salads.

Unexpected Delights:

- Chocolate Drizzle: Dark chocolate melted with a touch of coconut oil for a decadent topping on fruit slices or avocado toast.
- Spicy Honey: Infused with chili flakes or sriracha for a sweet and spicy drizzle on vegetables and tofu.
- Sprouted Seed Dressings: Creamy & nutty dressings made with soaked and sprouted sunflower seeds, cashews, or almonds.

OILS & FATS

Nut butters for creamy richness, coconut products for tropical flair



Healthy Oils:

- Extra Virgin Olive Oil: Fruity & peppery, ideal for drizzling on salads, vegetables, and dipping bread.
- Avocado Oil: Mild and buttery, great for dressings, marinades, and drizzling on roasted vegetables. High in heart-healthy fats.
- Flaxseed Oil: Nutty and earthy, best used in cold dishes like dressings or drizzled over salads. Rich in omega-3 fatty acids.
- Walnut Oil: Toasted and slightly nutty, perfect for finishing salads or drizzling over roasted vegetables. Delicate flavor, so use sparingly.
- Hemp Seed Oil: Grassy and earthy, ideal for dressings, smoothies, or drizzled on vegetables. Rich in protein and omega-3 fatty acids.

Healthy Fats:

- Nut butters: Raw almond, cashew, or peanut butter offers creamy richness to dips, sauces, or drizzled on fruit slices.
- Coconut products: Raw coconut cream or milk add a tropical touch to smoothies, bowls, or raw desserts.

SWEETENERS

Natural options like dates, maple syrup, or fresh fruit for sweetness
without refined sugars



Healthy Sweeteners:

- Pure Maple Syrup: Deep and complex flavor, used sparingly in dressings, marinades, or drizzled on fruit. Grade A dark maple syrup has the most antioxidants.
- Raw Honey: Floral and sweet, enjoyed as a natural sweetener in smoothies, yogurt bowls, or drizzled on fruit slices. Look for local, unfiltered honey.
- Medjool Dates: Rich and chewy with natural sweetness, perfect for blending into smoothies, homemade nut butters, or using as a caramel-like topping.
- Dried Fruits: Dates, raisins, cranberries, or apricots add natural sweetness and chewy texture to salads, granola, or trail mix. Use in moderation.
- Fresh Fruits: Bananas, mangoes, berries, or pineapple add natural sweetness and vibrant flavors to smoothies, yogurt bowls, or eaten on their own.

Unexpected Delights:

- Fresh herbs: Mint, basil, or cilantro can be used in savory or sweet applications, adding a refreshing twist to fruit salads, dips, or desserts.
- Spices: Raw ginger, cinnamon, or turmeric can be used in smoothies, dips, or marinades for added warmth and complexity.



UNIQUE & FINISHING TOUCHES

Seaweeds, Edible Flowers & Cacao





SEAWEEDS

Umami-rich varieties for a salty, briny boost



Seaweeds with Meaty Textures:

- Kombu: Deeply savory and umami, perfect for soaking in water or broth to enhance soups, stews, and beans.
- Kelp: Rich & meaty with a large blade-like structure, enjoyed marinated in salads, wraps, or shaved over bowls.
- Hijiki: Nutty and slightly chewy, best enjoyed rehydrated and used in salads or as a topping.

Seaweeds with Delicate Textures:

- Wakame: Sweet and mildly salty with a thin, ruffled texture, delicious in salads, soups, and wraps.
- Aonori: Mild & slightly sweet with fine flakes, used as a finishing touch on soups, salads, or rice bowls.
- Dulse: Sweet and savory with a bacon-like flavor, enjoyed crumbled raw over salads or avocado toast.



Seaweeds with Crunchy Textures:

- Sea lettuce: Mild & refreshing with a green, leafy appearance, enjoyed raw in salads, wraps, or used as a base for seaweed snacks.
- Nori: Toasty and savory with thin, dried sheets, typically used for wrapping sushi but also delicious crumbled in salads or dips.
- Sea grapes: Tiny, translucent green bubbles with a salty pop, often eaten raw in salads or used as a garnish on poke bowls.

Unique Sea Vegetables:

- Sea beans: Long, green pods with a crunchy texture and slightly briny flavor, enjoyed raw in salads, stir-fries, or pickled.
- Mermaid's fingers: Finger-like, branching seaweed with a slightly sweet and savory flavor, best enjoyed raw in salads or marinated.
- Sea truffles: Small, knobby seaweed with an intense umami flavor, used sparingly to add depth to sauces, soups, or dips.

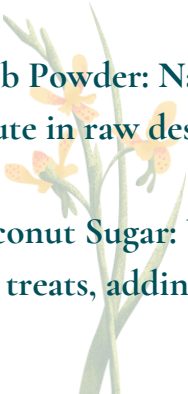
CHOCOLATE & CACAO

Raw cacao options for antioxidant-rich indulgence



Chocolate & Cocoa for Raw Foods:

- Raw Cacao Nibs: Crunchy and chocolatey with a bitter edge, perfect for sprinkling on smoothies, oatmeal, or yogurt bowls. Rich in antioxidant & fiber.
- Raw Cacao Powder: Unsweetened and intensely chocolatey, ideal for making raw chocolate bars, smoothies, or adding to energy balls. A powerful antioxidant boost.
- Cacao Butter: Rich and fatty with a mild chocolate flavor, used for melting and creating DIY raw chocolate treats. May require tempering for desired texture.
- Carob Powder: Naturally sweet and slightly roasted, used as a chocolate substitute in raw desserts, smoothies, and energy balls. Rich in fiber and minerals.
- Coconut Sugar: Unrefined and slightly caramel-like, used for baking raw treats, adding sweetness to smoothies, or sprinkling on fruit.



EDIBLE FLOWERS

Pansies, violets, etc. for a beautiful and floral touch



Unexpected Delights:

-Edible blossoms like pansies, violets, or nasturtiums add a beautiful and mildly floral touch to salads, desserts, or cocktails.





BON APPETIT!

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The Plant Based Grandma
www.theplantbasedgrandma.com