



Berry Bliss Smoothie Bowl

Servings: 2

Prep: 10 min

Ingredients

2 cups mixed berries
1 ripe banana
1/2 cup coconut water
2 Tbsp chia seeds
1/4 cup raw almonds
Handful of fresh mint
Optional toppings:
Sliced kiwi
Hemp seeds
Coconut flakes

Directions

1. Blend the mixed berries (strawberries, blueberries, raspberries, etc...), banana, and coconut water until smooth.
2. Pour into two bowls.
3. Top with chia seeds, raw almonds, mint leaves, and optional toppings.



Avocado and Tomato Toast

Servings: 2

Prep: 5 min

Ingredients

- 4 slices of raw vegan bread
or flaxseed crackers
- 1 ripe avocado
- 1 small tomato, sliced
- 1/4 red onion, thinly sliced
- Fresh lemon juice
- Salt & pepper to taste
- Fresh basil leaves
for garnish

Directions

1. Mash the avocado and spread it over the bread or crackers.
2. Top with tomato slices, red onion, a squeeze of lemon juice, and season with salt and pepper.
3. Garnish with basil leaves.



Almond Butter and Banana Wraps

Servings: 2

Prep: 5 min

Ingredients

- 2 large bananas
- 4 Tbsp almond butter
- Spinach
- 2 Tbsp raw honey or agave syrup
- Sprinkle of cinnamon
- Handful of walnuts
- 2 large raw vegan wraps (like coconut or lettuce wraps)

Directions

1. Spread 2 Tbsp of almond butter on each wrap.
2. Add a layer of spinach leaves.
3. Place banana on each wrap.
4. Drizzle with honey or agave syrup.
5. Sprinkle cinnamon, if desired.
6. Top with walnuts.
7. Roll up the wraps and slice in half.



Cucumber Hummus Rolls

Servings: 2

Prep: 10 min

Ingredients

- 1 large cucumber, thinly sliced lengthwise
- 1/2 cup raw hummus*
- 1 carrot, julienned
- 1 red bell pepper, julienned
- Fresh dill for garnish

Directions

1. Lay cucumber slices flat on a plate.
2. Spread a thin layer of hummus on each side.
3. Place a few sticks of carrot and red bell pepper on one end of each cucumber slice.
4. Roll them up and garnish with dill.

*Raw hummus - mix together sprouted chickpeas, tahini, lemon juice, garlic, and olive oil.



Almond Stuffed Dates

Servings: 2

Prep: 5 min

Ingredients

8 Medjool dates, pitted
16 raw almonds
2 Tbsp almond butter for
drizzling (optional)
Pinch of sea salt (optional)

Directions

1. Insert an almond into each date where the pit was removed.
2. Drizzle with almond butter and sprinkle a tiny bit of sea salt, if desired.



Veggie Sticks with Cashew Dip

Servings: 2

Prep: 10 min (excluding dip prep time)

Ingredients

1 cup raw cashews, soaked
for 4 hours and drained
1/4 cup water
2 Tbsp lemon juice
1 garlic clove, minced
Salt to taste
Assorted veggie sticks
(carrots, celery, bell
peppers, etc...)

Directions

1. Blend cashews, water, lemon juice, garlic, and salt until smooth to make the cashew dip.
2. Serve the dip with the assorted cut-up veggie sticks.



Rainbow Veggie Wraps

Servings: 2

Prep: 15 min

Ingredients

4 collard green leaves, stems trimmed
1 small beet, grated
1 carrot, grated
1/2 red bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
1/2 cucumber, julienned
1 avocado, sliced
Hummus for spreading
Sprouts or microgreens for added crunch
Salt and pepper to taste

Directions

1. Spread a layer of hummus on each collard leaf.
2. Arrange grated beets, carrots, bell peppers, cucumber, and avocado slices in the center of each leaf.
3. Add sprouts or microgreens.
4. Season with salt and pepper.
5. Roll up the leaves, tucking in the sides as you go.



Spicy Thai Salad

Servings: 2

Prep: 20 min

Ingredients

- 4 cups mixed greens
- 1 mango, diced
- 1 small cucumber, diced
- 1/2 red bell pepper, sliced
- 1/4 cup cilantro, chopped
- 1/4 cup mint, chopped
- 1/4 cup raw cashews, chopped

For the Dressing:

- Juice of 1 lime
- 1 Tbsp tamari or soy sauce
- 1 Tbsp maple syrup or agave nectar
- 1 tsp grated ginger
- 1 small chili, deseeded and minced (optional)

Directions

1. Toss mixed greens, mango, cucumber, bell pepper, cilantro, and mint in a large bowl.
2. Whisk together the dressing ingredients and drizzle over the salad.
3. Top with the cashews.



Raw Sushi Rolls

Servings: 2

Prep: 25 min

Ingredients

2 cups cauliflower florets,
pulsed in a food processor,
until rice-like
1 Tbsp raw rice vinegar
4 nori sheets
1/2 avocado, thinly sliced
1/2 cucumber, julienned
1 carrot, julienned
1/2 red bell pepper,
julienned
Tamari or soy sauce
for dipping

Directions

1. Mix the cauliflower rice with the rice vinegar.
2. Lay a nori sheet on a sushi mat, spread a layer of cauliflower rice, leaving a space at the top.
3. Arrange avocado, cucumber, carrot, and bell pepper on the rice.
4. Roll up the sushi tightly, using the mat, and then cut into pieces.
5. Serve with tamari or soy sauce for dipping.



Zucchini Noodle Pasta w/ avocado pesto

Servings: 4

Prep: 15 min

Ingredients

4 medium zucchini,
spiralized into noodles
2 ripe avocados
1/2 cup fresh basil leaves
2 cloves garlic, minced
1/4 cup pine nuts
2 Tbsp lemon juice
Salt and pepper to taste
Cherry tomatoes and
additional pine nuts for
garnish

Directions

1. Blend avocados, basil, garlic, pine nuts, lemon juice, salt, and pepper until smooth to create the pesto.
2. Toss the zucchini noodles with the avocado pesto.
3. Garnish with cherry tomatoes and additional pine nuts.



Raw Taco Salad

Servings: 4

Prep: 20 min (excluding soaking walnuts)

Ingredients

2 cups walnuts, soaked for
4 hours
1 Tbsp tamari or soy sauce
1 tsp cumin
1 tsp chili powder
Mixed greens
1 diced tomato
1/2 red onion, diced
1 avocado, diced
Fresh cilantro for garnish
Lime wedges for serving

Directions

1. Process the soaked walnuts with tamari, cumin and chili powder to make the taco "meat".
2. Assemble the salad with the mixed greens, walnut taco "meat", tomato, red onion, and avocado.
3. Garnish with cilantro and serve with lime wedges.



Bell Pepper Boats

Servings: 4

Prep: 20 min

Ingredients

4 bell peppers, halved
and seeded
1 cup sprouted quinoa
1/2 cucumber, diced
1/2 cup cherry tomatoes,
halved
1/4 cup red onion, diced
1/4 cup fresh parsley,
chopped
2 Tbsp olive oil
Juice of 1 lemon
Salt and pepper to taste

Directions

1. Mix sprouted quinoa, cucumber, cherry tomatoes, red onion, and parsley.
2. Whisk together olive oil, lemon juice, salt, and pepper.
3. Pour over the quinoa salad.
4. Spoon the salad into the bell pepper halves.



Raw Lemon Cheesecake Bites

Servings: 2

Prep: 20 min + chilling (and soaking time)

Ingredients

1 cup raw cashew, soaked
for 4 hours & drained
1/2 cup shredded coconut
1/4 cup lemon juice
Zest of 1 lemon
1/4 cup coconut oil, melted
1/4 cup maple syrup or
agave nectar
Pinch of sea salt

Directions

1. Blend all ingredients until smooth and creamy.
2. Pour into a lined muffin tin or small molds.
3. Freeze for at least 2 hours.
4. That for a few minutes before serving.



Raw Berry Crumble

Servings: 2

Prep: 15 min

Ingredients

2 cups mixed berries
1 cup raw walnuts
1/2 cup dates, pitted
1/2 tsp cinnamon
Pinch of sea salt

Directions

1. Place half of the berries in serving dishes.
2. Pulse walnuts, dates, cinnamon, and salt in a food processor until crumbly.
3. Sprinkle the crumbles over the berries.
4. Top with the remaining berries.



Raw Mango Tart

Servings: 2

Prep: 20 min + chilling

Ingredients

For the Crust:

- 1 cup raw almonds
- 1/2 cup shredded coconut
- 1 cup dates, pitted
- Pinch of sea salt

For the Filling:

- 2 ripe mangos, peeled and diced
- 1/2 cup coconut cream
- 2 Tbsp maple syrup
- 1 tsp lime juice
- Zest of 1 lime

For Garnish:

- Thinly sliced mango
- Lime zest
- Shredded coconut

Directions

1. Make the crust:
 - a. Process almonds, shredded coconut, dates, and a pinch of sea salt in a food processor until it forms a sticky dough.
 - b. Press the mixture into the bottom of a lined tart pan. Chill while preparing the filling.
2. Prepare the filling:
 - a. Blend mangos, coconut cream, maple syrup, lime juice, and lime zest until smooth.
 - b. Pour the filling over the crust and smooth out the top.
3. Chill for at least 2 hours, or until set.
4. Garnish with thinly sliced mango, additional lime zest, and a sprinkle of shredded coconut.