



## 7 Day Raw Food Challenge

You can do just about anything if it's only for 7 days, right? We all need to eat more raw fresh fruits and vegetables and summer is the perfect time to give your body a re-set, take advantage of locally grown produce, give your metabolism a kick start and, maybe even increase your energy and decrease stress on your organs. Whether you choose to eat just one raw meal or snack a day or have 2 raw meals and a cooked, clean meal for dinner; now is the time to add some juicy living food to your menu. Perhaps you might like to try eating

80% of your calories from fruits, vegetables, greens, raw nuts & seeds with some avocado and coconut and about 20% of your calories from cooked foods such as sweet potatoes, quinoa, beans, legumes and clean proteins. . . Where ever you decide to start, *Let's Go Raw* together for 7 days! May all your meals be healthy and delicious. Enjoy! -Deborah

For those of you that aren't familiar with the raw food diet, it revolves around the principle that no food is eaten that is heated above 118 degrees. Think no microwaves, ovens, or cooking on the stove top. The idea behind the diet is to preserve the "life force" of a food. Raw foods are packed with enzymes and possibly more nutrients as a result. Many are also easier to digest because enzymes help aid in digestion. Though this isn't the case for all raw foods, one thing is for certain: raw foods are packed with dense, unprocessed nutrition that each of us can benefit from, even if we don't go 100 percent raw. -taken from onegreenplanet.org



**I have included 7 Raw food breakfasts to enjoy any time of day and several links to websites with FREE sample Raw Food Menus as well as some of my favorite raw food books to read.**

## Deb's Raw Food "Cereal" with Banana Milk

I've come a long way from the Golden Grahams & Rice Krispies with packets of sugar drizzled on top that I ate as a child. When I traded in my kid friendly cereal for granola in my late teens, who knew that I'd be eating exponentially more sugar in the so called healthy alternative. Commercial cereals are some of the most processed, nutrient deficient food stuffs on the market; truly devoid of any real nutrition. I had long ago given up on most of them, due primarily to the sugary, over-processing and empty calories that most cereals provide. Recently, however, while I was on a Raw Food Cleanse, I rediscovered the art of creating a really delicious bowl of nutrient dense, satisfying raw cereal. I prefer to eat my "cereal" in the evening as a snack but you can enjoy this any time of day including breakfast.



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- ¼ cup wheat berries
- 1 T *Go Raw* granola
- 1 T raw nuts & seeds (I use raw cashews, almonds, pecans, sunflower & pumpkin seeds)
- 1/2 T organic raisins
- ½ banana sliced
- Handful of organic strawberries, sliced
- Handful of organic blackberries
- Handful of organic raspberries
- 1 date chopped (or more to taste)
- 2 T shredded organic coconut
- Optional: 1-2 tsp. raw almond or pecan butter



**Directions:**

Just toss into a bowl, sprinkle with organic cinnamon and top with Banana Milk

## Banana Milk



- 1 Banana
- ¼ cup coconut water

Blend until smooth; pour on top of raw cereal. This is sweet and yummy! It will grow on you and soon other milks just won't taste as good.

## Kale & Strawberry Breakfast Bowl

This is a great way to get Kale into your breakfast without having a smoothie

**Ingredients:**

- 1 large handful kale
- 1/2 cup water (or almond milk), or more for blending
- 1 banana, sliced and frozen
- 1 cup frozen strawberries
- 3-4 dropper's stevia (optional)
- 2 teaspoons tahini
- 2 teaspoons maple syrup
- 2 tablespoons dried coconut flakes
- fresh raspberries, blackberries, and/or other berries



**Directions:**

In a blender, puree the kale with a little water or almond milk. I do this first, even in my VitaMix, because greens can be tough to get really smooth. Then add the banana, frozen strawberries, and a couple squirts of stevia, if you prefer a sweet taste, otherwise, just skip the stevia. Puree again until thick and creamy, like firm soft serve ice cream. Spoon into a bowl and add a drizzle of tahini and maple syrup, a dusting of dried coconut flakes, and your favorite fresh berries.

-rawon10.com

## Raw Breakfast Plate Grab & Go



Making a raw food breakfast plate is easy. Cut up a banana and a nectarine, apple or peach, grab a handful of raw nuts, 2 medjool dates, a few strawberries or grapes and a *Lara Bar*, *Kit's Organic Bar*, *Raw Rev Bar* or *Go Raw Bar*. Cut up a few slices of avocado for some healthy fat. There are many variations on this theme, Feel free to add more quantity to feel full and satiated.

## Deb's Summer Fruit Bowl

This is my year round Fruit Bowl

Ingredients:

- 1 sweet apple
- ½ cup fresh pineapple
- 1 orange
- 1 banana
- 1 T shredded coconut
- 1/3-1/2 cup frozen or fresh berries



Just chop fruit and mix together. Add 1 T of raw almond or pecan butter if you like. In summer I add strawberries, blueberries, blackberries and raspberries. Always yummy!

# Chocolate Maca Super Food Smoothie Bowl

## INGREDIENTS

- Vanilla Smoothie
- 2-3 frozen bananas
- ¼ cup almond milk (or non-dairy milk)
- 1 teaspoon Maca Powder
- ¼ teaspoon vanilla bean powder (or vanilla extract)

- Carob Smoothie
- 2-3 frozen bananas
- ¼ cup almond milk (or non-dairy milk)
- 1-2 tablespoons carob powder (or cacao powder)
- 1 teaspoon Maca Powder

- Toppings
- Cacao Nibs
- Raw Mountain Spirulina Buckwild
- Strawberries
- Blueberries
- Mango
- Kiwi



## INSTRUCTIONS

1. Chop up fruit toppings of choice and set aside.
2. Add maca smoothie ingredients to a high-speed blender or food processor (pour in less almond milk for a creamier consistency), blend on low and slowly increase speed as bananas break down.
3. *If you are using a vitamix, push bananas down using your tamper as you blend. If you are using a food processor, you may need to stop and scrape bananas down from the sides with a spatula.*
4. Scoop smoothie out into a bowl and place in the freezer.
5. Add carob smoothie ingredients to blender (pour in less almond milk for a creamier consistency), blend on low and slowly increase speed as bananas break down.
6. Scoop carob smoothie into bowl next to your vanilla smoothie, add toppings and enjoy immediately!

# Deb's Chocolate or Carob Breakfast Pudding

- 2 bananas
- ½ cup unsweetened almond milk or coconut milk or coconut water I usually use some of each)
- 2 T shredded organic coconut
- 1 ½ to 3 medjool dates or date rolls

Directions:

So easy! Blend until creamy. Pour into parfait cups and let chill. I eat this by itself or pour over berries.



## Keep it Simple Watermelon Juice

What could be more refreshing on a summer day? I love to kick start my morning with about 16 ounces of nothing but pure watermelon juice. No need to anything else. Just slice up about 3 pieces of watermelon, toss in blender and enjoy. It keeps well in refrigerator for more than 24 hours so I usually make about 32 ounces to drink some later in the day. For variety you can add a banana or strawberries when you blend.

Watermelon is by far, one of the most powerful, body-healing fruits out there! The amazing health benefits of watermelon cover everything from your brain all the way to the cells in your feet. Watermelon is incredibly hydrating (up to 92% water!) and is naturally low-fat. Make this melon a part of your daily

diet and you will reap amazing benefits that range from improving cardiovascular health to nourishing your eyes and revving up your immune system! Read more at <http://livelovefruit.com/8-amazing-health-benefits-of-watermelon>.

[www.onegreenplanet.org](http://www.onegreenplanet.org)

[www.fullyraw.com/21-day-challenge/](http://www.fullyraw.com/21-day-challenge/)

<http://www.brownvegan.com/blog/7-day-raw-food-challenge-are-you-in>

### Deb's Recommended Reading:

*Brad's Raw Made Easy*-by Brad Gruno

*Eat Smart-Eat Raw*-by Kate Wood

*The Fully Raw Diet*-by Kristina Carillo-Bucaram

*Green Smoothie Revolution*- by Victoria Boutenko