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Retailers of Organic Produce. Specialising in Raw Organic Foods & Health Appliances.

Shop 7/515 Walter Road East,
Morley, Western Australia 6062
Raw For Life Pty. Ltd.. ABN 28 138 778 908

Ph: (08) 9377 3880 Fax: (08) 9377 3885
Internet: www.AliveOrganics.com.au
E-mail: sales@aliveorganics.com.au

Iced Creamy Fruit:

Ingredients:

2 cups sliced ripe bananas.
2 cups of ripe figs, mango, apricots, nectarines, peaches or other "mushy" fruit. Watery fruits such as pineapples, citrus or berries are unsuitable.
1/4 cup of honey or agave
1 teaspoon vanilla essence (natural) or 2 vanilla pods (scrape seeds and pulp from inside of bean).
Juice of 1/2 lemon.

Method:

Place all ingredients in a blender and blend thoroughly. Place in freezer and use when frozen. Tastes better than commercial ice cream and is much healthier.

Iced Creamy Fruit makes an enjoyable addition to a fruit salad and it's a way of preserving excess fruit for later use. Honey prevents fruit from freezing too hard. A softer consistency can be achieved by adding more honey. If no honey is added the consistency will be more like an icy pole.

Fruit Bikkies:

Ingredients:

1 cup raw, shredded coconut
1 cup LSA (ground linseed, sunflower seeds and almonds) or LPA (ground linseed, pepitas and almonds).
4 tablespoons raw honey.
2 1/2 cups of purified water
2 cups of raisins, sultanas, cherries, currants or similar small fruit.
2 cups of dried apricots, apples, mangoes, figs or similar large fruit. Dried pineapples and paw paws are excellent additions as they help digestion of the proteins in the nuts and seeds.
2 tablespoons cinnamon powder.

Method:

Place coconut, LSA, small dried fruit (raisins etc.) and cinnamon in a bowl and mix well.

Dissolve raw honey in 1/2 cup of water, ensuring that the temperature is below 40° to retain enzymes.

Place large dried fruit pieces like apricots (not small fruit like raisins) in a blender. Add 2 cups of water along with the honey dissolved in water to the blender. Blend to a puree consistency.

Add the pureed fruit to the dry ingredients and mix thoroughly.

Place mixture in biscuit forming rings on a Teflex Sheet, Glad Bake paper or similar..

Dry at or below 40° for 2 - 3 days. When ready, refrigerate.

Fresh or frozen pureed fruit can be substituted for pureed dried fruit and is preferable if low temperature dried fruit is not available.

Vegan Sweet Bikkies:

Ingredients:

2 cups of Raisins
1 cup of Goji Berries
10 Dates
1/4 cup of lemon juice
8 - 10 Pears, Apples, Mangoes or similar volume of other fresh fruit in season.
4 tablespoons Lucuma Powder
3 tablespoons Carob Powder
2 Cups of ground soaked, dried, Walnuts, Almonds, Pepitas.
1 cup of soaked, dried, ground, Linseed.
1/2 cup of water

Method:

Blend lemon juice, fresh fruit and dates in a Vitamix blender or similar appliance.

Tip into a large bowl and add dried fruit. Mix well. Add

remaining dry ingredients and mix thoroughly.

Place mixture in biscuit molds on a Teflex Sheet or non-stick surface. Dehydrate for 12 - 24 hours depending on the thickness of the bikkies and required dryness.

Refrigerate or freeze to preserve.

Raw Jam:

Ingredients:

2 cups of dried fruit of choice, e.g. apricots, nectarines, figs, mangoes. Some raisins or sultanas can be added for extra sweetness.

1 1/2 cups of purified water
2 tablespoons of honey dissolved in 1/2 cup of warm water.

Puree ingredients and blend to a puree consistency. The dried fruit eventually soaks up excess water so that the mixture thickens to a jam consistency. Freeze in small jars and thaw as needed. Raw jam will keep in a fridge for about 1 week before fermenting.

Raw Sunflower Burger:

Ingredients:

4 large Celery stalks, chopped to make 1 1/2 cups
1 1/2 cups orange juice or water for soaking dates, tomatoes & apples
1 cup chopped onion (red is best)
1 cup of chopped red capsicum
10 dates, soaked for approx. 1/2 hour
1 cup dried tomatoes, soaked for approx. 1/2 hour
1 cup dried apples, soaked for approx. 1/2 hour
4 teaspoons dried oregano or 1/2 cup of chopped fresh
2 cups sunflower kernels, ground
1 tablespoon of washed kelp granules or dulse
1 cup flax seeds, ground
1/4 cup chia seeds, ground
1 lime, juiced
1/4 teaspoon chilli powder
2 teaspoons turmeric
2 large carrots

Method:

Soak dates, tomatoes, apples in orange juice or water. Process carrots, celery, onion capsicum, dates and fresh oregano in a food processor until finely chopped.

Place chopped ingredients into a large bowl, add other ingredients and mix well. Form ball and flatten into patties or place mixture into a biscuit ring.

Dehydrate burgers for 3 hours each side at 40 °C or less. Makes about 12

Lemon, Purple Corn Bikkies:

2 cups Raw Cashews
1/2 cup Desiccated Raw Coconut
1/2 cup Maca
1/2 cup Purple Corn Flour
1 cup Goji Berries - soaked 1 hour
3/4 cup Lemon Juice
1/4 cup Lemon Zest
1/4 cup Dark Agave

Method:

Blend in food processor until it becomes a dough-like consistency. Roll into balls, roll into coconut to ensure even coating, then flatten into a patty shape.

Place on mesh tray & dehydrate for 3 - 4 hours.

Refrigerate for 1 - 2 hours, then serve. May be kept for a few days in refrigerator or a few months in the freezer.

Fruity Fruit Cake:

3 cups fresh fruit e.g. pineapple, pears, mango
1/2 cup sun muscats, raisins or sultanas
1/2 cup goji berries
1/2 cup dried cherries
1/2 cup dates (pitted)

zest (grated skin) of 1 orange or lemon
 1 vanilla pod (scrape seeds and rind out of husk)
 ¼ cup cinnamon
 ¼ cup carob
 1 cup LSA or ground linseed

Method:

Blend fresh fruit, vanilla seeds & rind scrapings in a vitamix blender. Add cherries and pitted dates and blend until dried fruit forms small chunks.

Pour mixture into a mixing bowl and add other ingredients. Mix well, then place in a cake mold.

Dehydrate for 12 hours, then flip cake and remove from cake mold. Dry for another 12 hours and then freeze.

Raw Spicy Soup:

1 cup carrot juice
 ½ cauliflower
 2 cups diced tomatoes
 6 stalks celery
 1 handful of basil
 ½ handful of thyme
 ¼ cup bladderwrack or kombu soaked overnight in apple cider vinegar.
 ½ lemon juice
 1 small chilli
 ½ lettuce
 2 cloves garlic

Method:

Blend all ingredients except cauliflower in a vitamix blender, then add cauli and blend until coarse for texture. Add sprouted fenugreek or similar if available for added texture, goodness.

Spicy Raw Burgers

1 onion or a bunch of spring onions
 3 cups diced tomatoes
 4 tablespoons nutritional yeast (optional)
 1 bunch of herbs: basil, oregano, thyme or sage
 1 fresh chilli or ¼ tsp dried chilli
 2 - 3 cloves garlic
 1 - 2 tablespoons fresh ginger
 2 - 3 tablespoons apple cider vinegar
 ½ lemon, juiced
 5 - 6 stalks celery
 2 - 3 cups fresh spinach (pressed into cup)
 2 medium sized carrots or a medium sweet potato
 1 cup freshly shelled walnuts
 1 cup LSA (ground linseed, sunflower, almonds)
 ½ pkt kombu or other sea vegetable (rinse well to remove sea salt).

Method:

Blend greens, onions, herbs, chilli, garlic, ginger, lemon, cider vinegar with tomatoes in a VitaMix.

Add carrots or sweet potato and blend well.

Grind walnuts in a food processor and add this and LSA to mix.

Raw Coleslaw Dressing/Spread/Dip/Patty Mix:

2 - 3 cups diced tomatoes
 2 - 4 tablespoons nutritional yeast (optional)
 1 - 2 handfuls of fresh herbs: basil, oregano, thyme or sage
 1 - 2 tablespoons fresh ginger (optional)
 2 - 3 tablespoons apple cider vinegar
 ½ lemon, juiced
 5 - 6 stalks celery
 1 cup freshly shelled walnuts (preferably soaked 8 - 10 hours)
 1 cup LSA (ground linseed, sunflower, almonds)
 1/4 pkt kombu or other sea vegetable (rinse well to remove sea salt)
 ½ fresh pineapple.
 1 cup dried pineapple
 2 - 3 heaped tablespoons dried, powdered sweet potato, zucchini, cucumber, sea vegetables, carrots or other vegetables.

Method:

Blend fresh pineapple, herbs, ginger, lemon & cider vinegar with tomatoes in a VitaMix.

Add dried pineapple, walnuts and blend.

Pour into bowl, add yeast, LSA and mix well. This is an ideal mixture for coleslaw dressing.

To thicken more for a Spread/Dip, add more LSA and powdered vegetables. For a patty mixture add more LSA and powdered vegetables to thicken.

Joe's Spicy Soup:

5 tomatoes
 ½ fresh chilli
 2 cloves garlic
 1 small butternut pumpkin
 1 kg carrots
 ½ lime or lemon
 6 - 8 stalks celery
 6 leaves kale

Method:

Juice all ingredients. Stir well & serve. Delicious!
 (Recipe kindly provided by Joe, a dedicated raw fooder)

Raw Chocolate:

½ cup goji berry powder
 ½ cup lucuma powder
 ¼ cup carob
 ¼ cup cacao powder
 ½ cup cacao butter

Method:

Melt cacao butter in a dehydrator at 40 °C or less. Add powders to melted cacao butter and stir well. Pour mixture into chocolate molds or a small ice block making tray. Put in fridge to set.

Note: a small amount of sweetener such as agave may be added to this mixture to make a sweeter chocolate but it is quite sweet without this

Powdered Vegetable Mix:

Almost any vegetable and savoury fruit can be **diced in a food processor** and **low temperature dried** including: carrots; parsnips, sweet potatoes; celery, washed kelp or kombu; onions, spring onions; garlic; beetroot; cucumbers; zucchini; tomato; lemon; green apples; herbs, chilli, leafy greens etc.

A good mix is 1/2 onion, 1 bunch celery, ½ pkt. washed kombu or kelp, 3 zucchinis, 12 tomatoes, 2 or 3 chillis, 6 cloves garlic. A few herbs in season such as basil, rosemary, thyme, oregano, parsley, coriander etc can be added for extra flavor.

Once you have dried all the ingredients (below 40 °C), place 2 cupfuls of the dried mixture in a **Vita-Mix blender** and **pulse it on high speed setting** to pulverize the mixture into a powder. A dry blade jug is best.

No Fat, Savoury Spread:

2 heaped tablespoons nutritional yeast flakes
 4 heaped tablespoons powdered vegetable mix
 1 tablespoon apple cider vinegar
 1 tablespoon lemon juice
 ¼ cup purified water

Method:

Mix all ingredients together and serve.

Low Fat Savoury Patties:

1 bunch celery
 6 - 8 medium/large tomatoes
 1 bunch spring onions
 ½ whole lemon
 1 chilli
 4-5 cloves of garlic
 1 bunch parsley, basil or other herbs.
 1 cup flame seedless grapes or raisins.
 3 heaped tablespoons of vegetable seasoning powder
 2 cups of ground linseed

Method:

Blend tomatoes and lemon first, then add celery, spring onions and other fresh ingredients. Blend well. Pour into a large mixing bowl.

Blend grapes or raisins in 1 cup of water. Pour into bowl with other mixture. Add vegetable seasoning and ground linseed and mix well.

Put mixture into approx. 10mm high biscuit formers on a teflex sheet and dehydrate for 6 - 8 hours, then flip and dehydrate for another 4 - 6 hours. Remove from dehydrator and serve or store in fridge for up to a week or store in freezer for up to 6 months.

Alternatively, dehydrate longer, until patties are slightly moist/dry, not crispy dry. These patties will keep for a few weeks in the refrigerator.

Delish Rice Dish:

- 1 cauliflower
- 1 cup walnuts, almonds, cashews or other nuts
- 2 medium/large spring onions or 4 - 6 small
- 1 bunch coriander or parsley
- 2 bunches lemon grass or 1 lemon zest
- 1 lemon juiced
- 4 - 6 cloves garlic
- 1 - 2 capsicums
- 6 - 8 dried tomatoes, soaked for a few hours
- 4 - 5 mild chillies or ½ a hot chilli
- 6 - 8 sticks celery
- 1 tablespoon honey dissolved in warm water
- 2 cobs corn
- 3 tablespoons apple cider vinegar
- 2 tablespoons dried basil
- 3 tablespoons nutritional yeast

Method:

1. Grind nuts in a food processor until fine and empty into a large mixing bowl.
2. Peel off the tough outer leaves of the lemon grass and use the inner tender shoots. Chop into small sections.
3. Finely chop garlic, chillies and lemon grass in a food processor.
4. Add coriander or parsley, spring onions, soaked dried tomatoes, celery and capsicums and process until chopped finely.
5. Empty into mixing bowl with walnuts.
6. Chop cauliflower into small sections and chop in food processor until a rice - like consistency is achieved.
7. Empty into mixing bowl and add honey, lemon juice, apple cider vinegar and nutritional yeast. Mix well and serve.

Spicy Green Drink:

Makes 2 litres of liquid. To make a lesser quantity of juice just scale down the amounts; for 1 litre halve the ingredients. Using an Angle Juicer I get a higher percentage of juice extracted than most other juicers provide. The following whole produce gives 2 litres.

- 700g of leafy greens eg : 2 sticks celery; spinach, silverbeet, endive, dandelion, chicory, kale, parsley, lettuce.
- 800g carrots
- 250g beetroot
- 800g apple (preferably green)
- 175g of lemon with half the lemon rind included
- 100g garlic
- 50g ginger
- ½ chilli

(Recipe kindly provided by John Wood)

Activated Nut Butter Cheese:

- 1 cup of raw mixed nuts e.g. almonds, walnuts, brazil nuts, cashews, peanuts.
- 1 teaspoon of yoghurt starter or a tablespoon of yoghurt.
- ¼ cup of purified water

Method:

1. Soak nuts overnight, then rinse and leave for 8 - 12 hours.
2. Grind nuts in a food processor, juicer with pasta maker attachment or blender until fine and empty into a large mixing bowl, then add water. Alternatively, blend nuts with water in a VitaMix until creamy.
3. Add yoghurt starter or yoghurt.
4. Mix well, cover bowl and leave on a bench at room temperature for 2 days in the cooler months or 1 day in the warmer months.
5. Place in refrigerator and let it mature for 3 - 4 days.
6. Use within one week.

Perfect Patties (low fat):

- 3 medium tomatoes
- 1 medium red onion
- 6 cloves garlic
- 50mm slice ginger root
- 2 tablespoons dried basil (or bunch of fresh)
- 1 heaped tablespoon Alfalfa Powder
- 1 heaped tablespoon Barley Green
- 1 heaped tablespoon Maca Powder
- 3 heaped tablespoons Nutritional Yeast

- 1 medium head of broccoli
- 6 sticks celery
- 3 mild chillies or ½ a hot chilli
- ½ whole lemon (including skin)
- 1 bunch fresh parsley
- 3 tablespoons Vegetable Seasoning Powder
- 1/3 cup Chia Seeds (a slightly higher fat option is to use 1 cup ground linseed or a mixture of linseed & chia)
- 1 cup dried flame seedless/sun muscat grapes
- ½ cup dried pineapple slices or ½ fresh one
- 1 cup water (less if using fresh pineapple)
- 1 cup organic red wine (shiraz or cab. sav.)

Method:

Same as for Low Fat Savoury Patties.

Carrot Cake:**Cake:**

- 800g carrots
- 1 cup pecan or walnut kernels
- ½ cup ground linseed
- ½ cup ground chia
- 1 cup dates, pitted
- 1 cup Sun Muscats (raisins)
- 25mm fresh ginger or ½ teaspoon ginger powder
- 1 teaspoon cinnamon powder
- ¼ teaspoon cardamom
- ¼ teaspoon nutmeg

Frosting:

- 3 tablespoons honey or agave
- 3 tablespoons orange juice
- 1 cup raw cashews, soaked

Method:

Blend walnuts or pecans in food processor until fine. Add carrots, dates, sun muscats, spices & fresh ginger & blend until well ground. Place in large bowl and add ground chia, ground linseed & mix well. Place mixture in a pie or cake pan. Add the frosting ingredients to a VitaMix Blender & blend until smooth, then spread over cake.

Coconut Mousse:

- 4 fresh, young coconuts
- 4 tablespoons honey or 6 dates
- 2 vanilla pods
- ½ cup water or coconut water

Method:

Consume the water from 4 coconuts and save the meat. Scoop out the coconut meat & put into a VitaMix blender or similar. Add water or coconut water. Scrape the seeds and inner rind from the vanilla beans and add to the blender. Add 1/3 cup honey to VitaMix. Blend all ingredients until creamy smooth. 2 - 3 tablespoons of cacao or carob powder may be used if a chocolate or carob mousse is desired. Can be stored in refrigerator for only a day or two.

Coconut Dream:

- 4 fresh, young coconuts
- 4 tablespoons honey or 6 dates
- 2 vanilla pods
- 1/2 cup of Goji Berries, sultanas or raisins
- ½ cup water or coconut water

Method:

Same as for Coconut Mousse, then add Goji Berries or other dried fruit. Refrigerate overnight to allow fruit to soak up moisture, then put in icy pole molds & freeze. Cacao or carob may be used instead of dried fruit if a chocolate or carob mousse is preferred.

Zucchini Savoury Snacks (Low Fat):

- 6 tomatoes
- 6 sticks celery
- 5 cloves garlic
- 1 bunch fresh basil, thyme, oregano or other herbs
- 2 - 3 fresh chillis or ¼ teaspoon of dried
- 1/3 cup Chia Seeds
- 1 onion or bunch spring onions
- 3 - 4 carrots (diced, about 30mm long)

- 6 - 8 medjool dates (pitted)
- 4 - 6 large zucchinis

Method:

Put tomatoes in a VitaMix or other high speed blender and blend until liquified. Add celery, herbs, chillis, onions & blend well. Add dates and diced carrots and blend well at moderately high speed (a tamper (plunger) may be needed in the blending process as the mixture is quite thick). Also, a 3HP blender may be required or use a 2HP blender on the highest speed setting.

Place mixture in a bowl and add 1/3 cup Chia seeds. Mix well. Chia seeds soak up any excess liquid, especially if left overnight in the refrigerator (which may also initiate the sprouting process).

Cut the zucchinis into 3 - 5mm slices and with a teaspoon, spoon mixture onto each slice and place on a dehydrator tray. Dehydrate overnight or for about 8 - 9 hours. Serve.

If desired, they may be taken off the dehydrator and kept refrigerated for a few days. For longer storage, dry for another 6 - 8 hours.

Coleslaw Salad Dressing:

- 1 orange, juiced
- 1 lemon juiced or 2-3 limes juiced
- 2 garlic cloves
- 1 tablespoon apple cider vinegar
- 2 tablespoons dulse flakes
- ½ cup sesame meal or ¼ cup tahini
- 1 fresh chilli or 1/4 teaspoon chilli powder
- 2 tablespoons agave or honey
- 1 tablespoon oregano powder or bunch of fresh
- 1 heaped tablespoon chia

Method:

Blend well.

**Green Smoothies:****What are Green Smoothies and why should we have them?:**

A Green Smoothie is a mixture of water, leafy greens and fruits. It is very green but tastes like fruit. The greens are thoroughly blended with water in a high speed blender such as a Vitamix for a short period to break down their cellulose structure. This unlocks valuable nutrients that most of us lack. We only use leafy greens & celery in smoothies because

they combine well with fruits. We do not use root vegetables, broccoli, or cauliflower.

We need to have a variety of greens so we don't overdose on one food. Greens we can use include: wheat grass, lettuce, endive, kale, dandelion, silverbeet, english spinach, basil, mint and many "weeds" including malva, chickweed, plantain, miners lettuce, lambsquarters etc. Most weeds are edible, to identify them check this site: <http://www.ppws.vt.edu/weedindex.htm>

Most of us don't consume anywhere near the optimum quantity of leafy greens in our diet. Children especially seem to miss out. Green smoothies are the most pleasant way to eat more greens. What percentage of greens should our diet contain? By comparing ourselves with one of our closest evolutionary cousins, the Chimpanzee, it has been estimated that we should be having about 45% greens, 50% fruit and 5% other which may include nuts, seeds and a small portion of animal products. The Chimps are known to eat some insects but we may prefer to be

vegetarian or only have flesh foods or dairy occasionally.

To consume enough greens by having salads, we would need to do a lot of chewing and most of us don't chew anywhere near enough. We should chew each mouthful about 40 times, so to get through a huge salad, we would take quite some time.

When we thoroughly chew greens, we rupture the cells in the foods and release valuable nutrients that may otherwise remain locked up in the leaf's cellulose structure. The other way to release these vital nutrients is to pulverise the greens in a high speed blender. You may ask if this results in oxidation of some of the nutrients. The answer is yes, but only to a small degree provided we don't over do it.

A high speed blender such as the Vitamix, breaks open the plant's cells very effectively, unlocking nutrients that have proved to be very beneficial for all sorts of health problems. If we have sufficient greens in our diet, stomach acid levels can be restored which improves digestion - an important area for improving health.

The Vita-Mix Blender is a commercial quality blender and because we use it so much, its important to have a long lasting machine. It will grind linseed and powder dried foods such as, tomatoes, celery and other vegetables and also make purees and dips. This is the one appliance that is vital for the dedicated raw fooder.

There are cheaper blenders such as the Lexsun Blender that sell for about half the price and these may be an option for those on a tight budget. We have trialed the LexSun and it does seem to be of a reasonable quality, and it performs all tasks well.

Other domestic blenders can be used but they are usually nowhere near as effective in rupturing the cell walls. A juicer that juices leafy greens is an alternative - just add the juice to the fruit and blend in your domestic blender.

The benefits of Green Smoothies:

1. They are very nutritious. The ratio is, initially, 40% greens to 60% fruit. Later we may prefer more greens, up to 50%.
2. They are easy to digest because most of the cells in the fruit and greens are ruptured, making nutrients readily available.
3. They are a complete food because they still have fibre, which is essential for capturing toxins and eliminating them.
4. They are very palatable as the fruit dominates the flavour, yet the greens balance out the sweetness of the fruit, adding a nice zest to it.
5. A molecule of chlorophyll closely resembles a molecule of human blood. Two - three cups of green smoothies daily will give us enough greens to nourish and alkalise our body. Ideally, our pH should be 6.75 - 7.25.
6. They are easy to make and are far less time consuming than juicing.
7. They are loved by children of all ages as long as the quantity of greens is increased slowly. Start with 20% -30% greens. The green colour can be masked by adding berries to create a more appealing red smoothie.
8. They are very satisfying and are a great way to cut back on the consumption of oils and salt in the diet. Greens, and especially celery, supply organic sodium which balances the potassium in fruits. Our cells depend on the correct balance of sodium and potassium for effective nutrient exchange and the elimination of toxins.

Green Smoothie Recipes:**Berry-banana-lettuce**

- 1 cup of strawberries, blueberries or boysenberries
- 2 large bananas or 3 - 4 small bananas
- ½ lettuce
- 2 cups water

Apple-kale-lemon

- 4 green apples
- 5 leaves of kale
- ½ lemon juice
- 2 cups water

Pear-kale-mint

- 4 ripe pears
- 5 leaves of kale
- ½ bunch mint
- 2 cups water

Creamy smoothie

- 2 ripe mangoes, pears, persimmons or stone fruit
- 2 cups baby spinach (approx 100g)
- 3 large sticks celery
- 8 medium bananas
- 1 cup water or the water from a young coconut