

Other Nice Side-Benefits Of Consuming Raw Foods

Convenience- raw food meals can be very simple to prepare (you can't get much easier than an all-fruit lunch!), and the clean-up is even easier. No soaking or scrubbing pans with cooked-on food or cleaning a stovetop.

Less hygienic issues- body odor, phlegm, bad breath and tartar build-up on your teeth will not be the problems they are with a cooked food diet.

Less health issues- because raw foods are in the state God originally created them for the optimal support of our bodies, they do not support or cause illness or degenerative diseases. Eating raw can also allow us more clarity in our thoughts.

Natural weight maintenance- whether you are overweight and need to shed a few pounds or underweight and need to gain a few, raw foods will allow your body to normalize to its correct weight and maintain it year in and out. That's a nice side-benefit!

Keeps appetite in check- raw foods satisfy with less. Cooked foods, in contrast, stimulate our appetite and encourage us to overeat on nutrient-robbled foods.

Great source of clean, pure water- we don't have to obsess over how much water we're taking in when we're consuming raw foods so rich in naturally distilled water.

Undiscovered benefits of raw foods- considering the fact that the nutritional components we do know about (vitamins, minerals, protein, fats, enzymes, . . .) are injured, altered or destroyed by heating, we should ask ourselves what other benefits might we be unknowingly missing out on by cooking our foods.

Food combining is simplified- when eating cooked foods, principles of food combining are important to follow to limit digestion problems. (Basic principles: Proteins and starches can be eaten with non-starchy vegetables, but not with each other. Fruits should always be eaten on their own). Food combining becomes less of an issue when consuming all raw foods. This means you can be more flexible with adding fruits to salads, for instance.

Food allergies/sensitivities become less of a problem. These are most often the body's response to refined, processed and cooked foods.

Problematic foods often aren't in their raw form- ingredients that are often a problem for people with candida (for example- honey, vinegar) are rarely so when consumed in their whole, natural, raw form.

Sunflower Sour Cream

¾ sunflower seeds	½ tsp. sea salt
juice of 1 large lemon	¼ tsp. garlic powder
½-2/3 cup water	1 tsp. onion powder
2 tsp. olive oil	

PREP: Presoak sunflower seeds at least 6 hours

Drain sunflower seeds and add with other ingredients to blender. Puree until smooth.

Serve topped with fresh chopped chives.

French Onion Dip

1 ½ tsp. onion powder (addit.)	½ tsp. poultry seasoning
1/3 cup dried onion flakes	¼ tsp. kelp granules

Prepare "Sunflower Sour Cream" (above) and mix in rest of ingredients (can also add some dill or fresh minced chives).

*Great for scooping up with flax crackers,
"potato chips" or cut veggies.*

Dehydrated Crackers

Can be enjoyed on their own, as a snack.

Can be used for scooping up salsa, guacamole or dips.

Can be used as pizza crusts (make a little thicker in this case)

Can be used for "sandwiches"- spread with filling or sauce

and add lettuce, avocado, sliced tomato and any other veggies.

The key to good crackers is often the use of flax seeds. When flax seeds soak they form a gelatinous mixture that binds together the ingredients. Cracker "batter" should be thicker than pancake batter, but thinner than cooked oatmeal.

Tip on soaking nuts/seeds- instead of soaking each nut and seed for it's own specified amount of time, soak them together overnight. They all get at least an 8 hour soak that way!

Try your hand at creating your own cracker!

Garlic Chili Flax Crackers

2 cups flax seed	1 ½ tsp. onion powder
<i>½ cup sesame seeds</i>	<i>1 ½ tsp. chili powder</i>
<i>3 cups water</i>	<u><i>optional:</i></u>
<i>4 cloves garlic</i>	<i>6 sun-dried tomatoes</i>
<i>juice of 1-2 lemons</i>	<i>1 fresh tomato</i>
<i>1 ½ tsp. sea salt</i>	<i>1 stalk celery</i>

PREP: Presoak flax and sesame seeds in water (3 cups, as indicated) for at least 4-6 hours. (Presoak sun-dried tomatoes for 1 hour, if using).

Process garlic cloves in food processor, then add lemon juice (amount to preference), sea salt, onion powder, chili powder and any optional ingredients. Mix into presoaked seeds. Spread thinly (about ¼") on parchment paper. Dehydrate at 100 degrees for about 8-12 hours, until crisp. Flip crackers onto empty dehydrating tray and remove parchment paper midway through dehydration time. Store in refrigerator.

Soft-Serve Ice Cream

8-10 frozen bananas ¾ cup almonds
2-3 cups frozen fruit or walnuts

Using the "blank" (not screen) in your juicer, alternatively process bananas, fruit and nuts into a bowl. Stir well and enjoy! Delicious topped with chopped fresh fruit and/or nuts.

Strawberry Ice Cream- use frozen strawberries

Blueberry Ice Cream- use frozen blueberries

Peach Ice Cream- use frozen peaches

Mango Ice Cream- use frozen mangos

Banana Ice Cream- omit frozen fruit, use more bananas

Cinnamon Raisin Ice Cream- add ½-1 cup of soaked
raisins in place of frozen fruit and up to 2 tsp. cinnamon.

Cookie Dough Ice Cream

Make banana ice cream and mix in small pieces of
"Date Nut Dough".