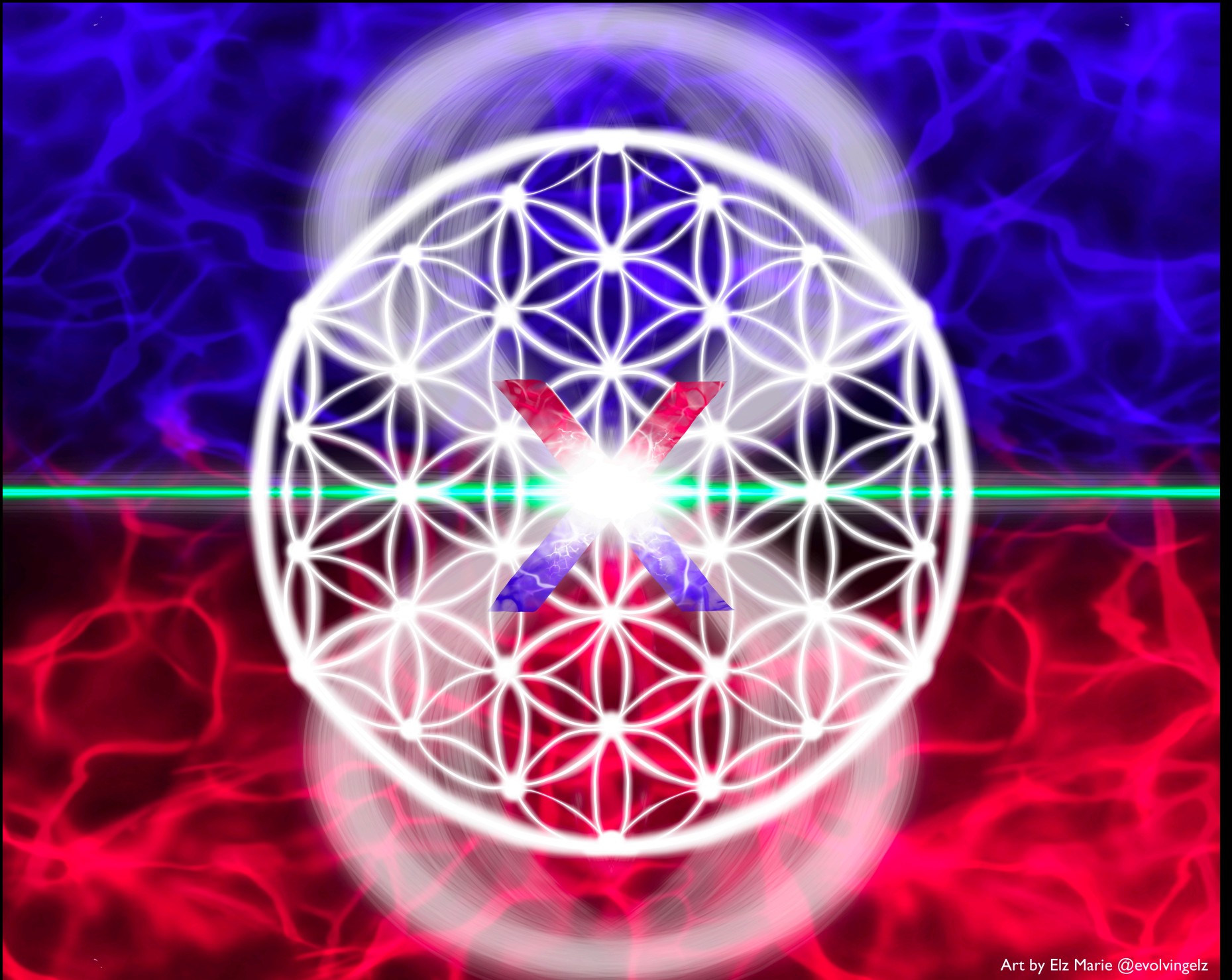


HEAL—THY SELF

with

Heal—Thy Me—Als



Art by Elz Marie @evolvingelz

Transform yourself and your life with transitional, wholistic recipes from cooked, raw, ice creams and treats, delicious smoothies and juices.

Josh and Michelle X

*Then God said,
“I give you every seed bearing plant on the whole earth and every tree that has fruit with
seed in it.
They will be yours for food.”
Genesis 1:29*

Welcome to the X family

Thank you so much for supporting this journey. We really hope you in-joy these recipes and we also hope that you can find things that will serve you throughout these pages.

This book is raising funds to create a food jungle; a healing centre with a tranquil space for enlightenment (non-thought) where beings can come for free healing, to pick fresh organ-i-c heirloom fruit. This is also to encourage the rapid raising of awareness in man-kind.

We have the experience and have helped thousands of be-au-ti-ful beings reverse terminal dis-eases, lose weight, feel more incredible than one could ever know until eating this way, and ultimately experience so much freedom. We just wish to help more in need.

This book will set you free in so many ways— mentally it will give you more and more clarity, remove brain fog, higher function and quicker processing speed as you progress and act-ion with the divine plan. Physically you will be free from dis-ease and reverse all ailments, become lean and lose body fat faster than any other way. Spiritually you will be so clean that all your DNA and amino acid coding will upgrade and you will be receptive to life and receive more unseen etherical energies and find your self naturally connecting back with nature and becoming Super-natural...

If you can inner-stand what real food is for our bodies, how our body assimilates and processes food, you will soon know that food can dumb you down, suppress your divine nature and cap your abilities (capabilities) and it is up to us to take control of our own life and not leave it to a soulless entity named corporations (legal fiction) in the world of business.

Our body's fuel is glucose, and this is for all of our functions.

Really, it's that simple, so the closer we get to this source the less our digestive system needs to be working and digesting so it can continue gaining energy (prana). If we cook foods we cook out digestive enzymes, so our body has to make these internally, thus creating lethargy and fatigue. This causes many different issues such as body odour and basically all dis-ease, all all unwanted adversities within our physical body

Your food is your form in *every* way; your energetic form, physical, emotional and your whole current stasis of being is down to firstly, what you put into body. I cannot convey how important it is. Everything that we eat out of its wholistic form is acid

forming to our body, which removes our stored energy and minerals and depletes and lowers our vibration.

The time is **now** to gain control of you and your families health with HEAL-THY MEALS as the food be-co-me-s you and your family.

We are so grateful that you are here reading this.

Love and light to you all x

What is the best water to drink?

To us, there is nothing more pure than distilled water. It's a natural thing that would happen within the rain. Well, unfortunately the skies have been sprayed with pollutants since 1917, Patent 1338 343, and the clouds aren't necessarily naturally formed anymore. Tap water is not a very good source of water. It is recycled and cleaned via a chemical process, and fluoridation is a key element to this process. Fluoride is a neurotoxin and should be avoided. There are many other chemicals; heavy metals, herbicides, pesticides, aluminium, arsenic, barium, lead, antibiotics, and hormones all in trace elements, but they do accumulate and cause dis-ease within the system.

If we can distill water in a copper distiller, this is the ultimate source of water.

If you are distilling yours in a modern-day distiller that has been made from stainless steel, then it would be best (once the distiller has given you a certain amount of water) to store it in a copper vessel for 1 - 10 hours. Then put in a glass container. Now, this glass container will carry water with only the memory from the copper vessel, negatively-charged magnetically and this will allow your body to pull all the positively charged ions outside or balance them. It is important that our water has space. The more memory space that water has, the more ability it has to uptake unwanted positive charged particles, neutralise them and clean the system. The more parts per million inside the water, the less chance you have of cleaning the system.

Ultraviolet light is incredible for water. And if you're able to, just place it into the sunlight. Before you drink any water put an amazing intent into it and you will find this structure will be the most healing. If you have not come across the experiments done with water by Dr Emoto, then please take a look. This is why prayer and blessings have been used since ancient times.

The Highest truth on Salt

There are many types of salt; pink salt, Celtic sea salt, sea salt, rock salt, black salt, table salt...

Table salt is the worst type of salt you could ingest, as it is full of micro particles of plastic, glass, bleach and salt.

Salt is an essential nutrient, called sodium, without which you cannot survive.

Fortunately, you get all of the sodium you need on a whole plant food diet (fruit being the most highest form of food). Salt has a powerful effect on over eating by stimulating more dopamine in the brain, and as a result of this you will systematically eat more on foods containing additional salt than you would on a whole food diet.

We all know that Salt is used as a preservative and what it does when in contact with bugs/bacteria and micro life. You have a trillion bacteria living inside your gut, thousands of strains that are very important in the role of uptaking nutrients into the body, fermenting the food and keeping your immune system optimal. If salt is a preservative, can you try to see what could be happening if we put a high salt/sodium rich diet into this delicate environment...?

It can alter the Gut micro environment which is key for prana production, use and storage. Sugar, oil and salt (processed foods) affect it..

Fluid retention, joint pain, congestion, aches and pains, high blood pressure — it all comes from the fluid the body retains from the symptoms associated with eating salt. However, in saying this, to consume salt such as Himalayan or Celtic sea salt in a part of your transition from a standard western processed food to a whole plant food diet is an incredible leap and health benefit, and to progress through the stages of evolutionary eating to a point of the highest form which is mono fruits, you will then understand why fruit does not taste good with the addition of salt and why we will never welcome this flavour.

Keep progressing and never worry that it will add to acidity...

Stay with this book as your lifestyle bible and you will feel the system change and prana(energy) fill your body up with light.

Meat

Meat offers us nothing but death and destruction of our cells. To consume death is to become death.

If we just step back and see that we are consuming the flesh/muscle tissue... and for what? A secondary source of amino acids, and then the body has to convert and recode that source into an available fuel which is extremely acid forming.

We run off of glucose... Can you see how hard that would be to convert this and ferment?

The animals eat the grain, grass, seeds, fruits, have steroids, growth hormones, antibiotics and all of this is inside the flesh that the consumer eats and only has trace elements of the food nutrition.

Not only this, the poor sentient animals mostly live in bad conditions in stress. As they are murdered they release hormones such as cortisol, adrenaline and emotional content that all has to be broken down by your system which eventually builds and becomes a part of your psychological and physical makeup.

Ever wondered why you are angry, stressed and cant put a finger on it?

Not only is this destruction of your self, it is also of the land and earth that the captive unnatural animals inhabit, taking up land and having to grow all the food and water to feed these animals that we need to eat and feed ourselves. In animal production, breeding and feeding for example, a huge cow is bred for 1 to 5 years just for the milk—which is for the baby calf— and then the corpse is eaten—which is rotting flesh. It is so unnatural and illogical, it makes no sense whatsoever. This is not a good source of fuel and it will run your body on an acidic wavelength—the lowering the frequency, disconnection in consciousness, lowering the capabilities of the experiencer. All in all just a very negative way of existence.

The protein myth

What is protein and why do corporations tell us we need protein?

Protein is made inside our body. This is called protein synthesis. Our body uses amino acids from the fruits to convert into protein synthesis, where they're readily available to make new cells.

The reason why animal tissue has a large amount of protein is because the protein has been created from what the animal has eaten into muscle tissue. If our body uses glucose as an energy source and amino acids to code the body, why would we want to eat meat which has very little glucose inside, and only *secondary* amino acids from fruit, vegetables, grass and grains that they have eaten. We should be going straight to the source and the source that is easily assimilated by our body is the glucose, sugar that is inside of fruit.

Anything other than the source of glucose, our body has to convert into glucose to use as a fuel. This is what causes acidity to the body. We do not need protein, we *make* protein.

Table sugar (sucrose)

Sugar is poison, it is a chronic liver toxin and an immune system suppressant that is 10 times more addictive than crack cocaine.

Just 5 grams of table sugar stops your immune system working for 4 hours. This highly feeds and breeds candida which in turn causes cancer and all of the problems associated with sickness and disease.

This is among the most acid forming foods, meat dairy, sugar and processed foods. Yeast is candida and candida is fed by all dead food that you put into your body. Your body only wants raw alive soft simple natural sugar from fruit. This is Al-kaline and starves candida, Freeing one from all the symptoms of disease.

If you are looking to heal and raise your true awareness to spiritual innerstanding, the vessel/body/avatar must be clear, clean and receptive to be functioning well. Why? Your endocrine system which is essentially linked to our Chak-ra system that is connected to our nervous system, determines a connection to the divine life force experienced in the physical resonance.

Light will fill your body and you will feel this very quickly when eating correct.

The B12 myth

B12 is the bacteria that is created inside the lower intestine and is excreted in the bile and effectively reabsorbed—this is known as *enterohepatic circulation*. The amount recycled can range from 1 to 10 micrograms per day.

There is much hearsay and untruths around b12 and there is one such as... “though the intrinsic factor is produced in our stomachs and that our intestines are known to produce b12, the bacteria is too low down for absorption.”

This is *false*. We **do** absorb it through our intestine, and that theory is obsolete science fear.

Good bacteria, which the body needs is inside the gut, and this allows the fruit/food that you're ingesting to be broken down and fermented so the body can utilise the vitamins and minerals.

The industry has promoted things such as B12(myth), Omega 3,6 and 9 and a wide variety of supplements. Supplements cause more issues and the body has to break things down into absorbable nutrients or separate them as just toxic waste which puts stress on the liver and kidneys, to then get stored within the fat cells. It's not a good idea to try to supplement real food with things created by man. As this is how we get into the problem in the first place.

The gut bacteria is destroyed by use/over use of antibiotics or from the residue in meat, dairy, alcohol (liver becomes damaged and drinkers need more b12), smokers and high temperature cooked food and also stress causes the need for more b12.

There are also a few other thing which are deadly and destroy b12 and gut flora. They are onion, radish, garlic and oils.

Also, please note that meat eaters are known to be more likely b12 deficient, and this had been KNOWN since before 1960.

Rebuilding the recycling of the b12 is **key**, and soft easily fermentable fruits is vital in rebuilding this. Remember, the fruit that bears the seed is the only logical thing that mankind has to keep sustaining life.

The food is alive, the food creates life. The food has seeds, the seeds create trees and the trees create fruit. Trees give us oxygen and take our carbon dioxide and *this* is how life is and should be sustained.

The future is stress and disease free and we will find this by planting organic fruit trees and eating from them for free in abundance.

Alcohol

Translated from the meaning "Demon who seizes and destroys", all alcohol also contains yeast. The only beverage with no yeast in the making is gin but it still causes serious issues.

Acute symptoms of alcohol:

Domination from ego/entity voices controlling you and you not on control

Central nervous system suppression

Blood vessel dilation

Hypothermia

Rapid heart rate

Myocardial depression

Diuresis

Hypoglycaemia

Motor control loss

Chronic exposure:

Blood disorders

Electrolyte abnormalities

Hypertension (high blood pressure)

Cardiac dilation

Heart disease

High blood triglycerides

Pancreatitis

Malnutrition

Obesity

Fatty liver disease

Fetal alcohol syndrome

Addiction

Stay away from this evil... It serves man no thing but destruction.

Destruction of mind, body and connection to the divine..

Em-power-ment, do not destroy ment...

Washing your produce

When we are buying produce from the supermarket, the food has been handled and more than likely sprayed with a multiple concoction of chemicals. It's very key for us to wash these off properly, so, if we're not peeling our food then we need to wash this food. The pesticides that are sprayed on the food are insoluble so water and the rain doesn't wash them off, and so the best way to get these off would be to use vinegar and a sodium bicarbonate solution with warm water. Check our youtube channel "Josh X" for a video on how we do it.

Wash them in an initial first wash very well, and then use a secondary wash of just pure water to rinse any excess off before you eat your food.

It is very key for the next step of your evolution in consciousness with your food.

Once you can grow in your garden, there's a whole different story, and then you can become one with the fruits that surround you. Until then, *keep your food clean.*

Herbs and spices

Just some food for thought when buying herbs and spices that are dried and ground.

If you buy in-organic or non-organic herbs and spices ground, there is no way of washing off the pesticides.

If you're still buying organic herbs that are dried, please try to think about the factory that has processed these, as each machine needs to be cleaned with chemicals such as bleach due to regulations of cleanliness. So, you will be getting small particulates enter in the body. The best way to have herbs is to grow them yourself, and to dry them yourself and to use a pestle and mortar to grind.

Nuts

I do not recommend nuts as a food source for the al-k-aline diet and healing the acidic life force energy body. They are far removed from the bodies optimum food source—**glucose**. Nuts cannot be digested very well at all and they cause acidosis. The best way to consume them is to soak them in water, for at least four to six hours and this will change the structure of the seed/nut and it will begin to create enzymes that can be digested easier as it begins to create a sprout. This will allow it to be easier digested within your system. But again, I still suggest to refrain from nuts as you progress on this journey. Nuts can be a great transitional food, and you can create such wonderful cakes and curries and flavours. I haven't put many recipes in here containing them and that's because it is something that I want to move away from.

But if you do wish to use nuts, here's a few examples of how you can use them.

If you blend nuts in a smoothie, it creates a thicker richer texture. It will also fill you up for longer, which is not necessarily a good thing. This just means that the body is finding things hard to digest and doesn't want you to put in any more food.

If you blend nuts in a curry, you create a wonderful cream and a flavour of richness.

If you blend any type of nuts in a food processor (stirring regularly), you will make nut butter. You can add a pinch of salt to bring out the flavour.

Mushrooms

Mushrooms of all edible types can be a great replacement for the meat mind. To wash and keep the mushrooms whole, place them in a dry pan on a medium high heat with a sprinkle of salt. Keep turning them until browning and all the water has reduced

You will find that oyster mushrooms are like chicken/shredded pork.

Portabella = chicken/pork.

Shiitake= beef.

Learn to experiment. This is a great way to transcend the programming of dead flesh.

Juice fasting

The main reason we juice fast is to allow the digestive system to rest, but at the same time filling the body with glucose and an abundance of amino acids, vitamins and minerals to restore what has been lost during poor eating habits, helping to heal and reverse dis-ease.

A lot of our energy is taken by constantly digesting food. The blood flow and energy that is spent usually digesting will be free to flow and heal/recharge the body back up. During a fast, a metamorphosis occurs, as the body undergoes a destroying and rebuilding of damaged materials. Fasting has the ability to rejuvenate and give you a greater connection to the Divine. You will become youthful and your body will start to repair as it dissolves diseased cells in a systematic manner leaving only the healthy tissue. The result is a cleansing of the tube membrane and cellular structures. There is a redistribution of nutrients in the fasting body as it hangs onto minerals and vitamins whilst flushing out the old tissue toxins and inferior materials in each cell of your body. As a complete living entity, It needs a constant supply of oxygen and nourishment.

If you have any of the following symptoms, this means the cells are deprived and they will start to degenerate:

Nutritional deficiencies

Feeling sluggish

Sedimentary lifestyle

Overeating

Poor digestion

Overweight

Chronic illness

Lack of fresh air

Insufficient rest and motion.

The normal process of cell rebuilding slows down and your body starts to become sick and grow old. It's resistance to illness and viruses will diminish and you will become in a state of dis-ease. Large amounts of blood and energy has to be sent to the digestive organs to digest a meal, and if these energies are not required there then they can be used in other areas for healing or cognitive function. The increase in mental clarity doesn't usually happen until after the first 72 hours of a fast because the body is busy cleaning out the excess toxins, so the first few days can be a period of detox symptoms such as;

Headaches

Aches and pains
Candida
Ulcers in the mouth
Tummy upset

This makes the first stage of fasting the hardest, but as the body cleanses, the brain is fed by a cleaner bloodstream. The mental powers and clarity are extraordinarily increased and the other senses also become much more acute. The clarity is like nothing you can describe and your abilities are enhanced. You become more alert and open to new heights

As the mental and physical senses are heightened, there is often a feeling of euphoria especially during longer fasts.

You will experience mental and emotional stability if this is done in the correct way. When we water fast, we completely purify the body, We increase our energy network and our immune function.

Fasting restores the free movement of the vital Chi/prana (life force), helping to eliminate infections and cancer cells, relieving allergies, cleaning the kidneys and bladder and it also helps the heart and can reverse chronic disease. In addition to the health benefits, you feel great. The toxins do not release all at once a longer fast can continue to increase your energy even more but each fast is different and we each follow our own personal times when we experience different symptoms as these toxins release.

It takes at least 72 hours for each organ to eliminate the different toxins that affect it. Fasting without total release may actually be harmful since you are simply moving the toxins throughout the body without eliminating them. We fast for at least 72 hours four times a year on both the solstices and the equinoxes and in-joy intermittently fasting most days. Detoxify your body when mother nature naturally changes season and cleanses the Earth.

The change of seasons is of significance for health maintenance and we should eat the fruits of each season, preferably grown by ourselves, to ensure physical, mental and spiritual health during the time of year that follows. But remember, that the only reason man has been scattered away from the equator and can survive all seasons is down to busi-ness (commerce). This wisdom has been proven throughout many centuries.

Fasting in different seasons will have different effects on how your body detoxifies based on the elements. This is why each fast is different as we detoxify. Drink as

much distilled water as you need for a day so that you can flush all of the toxins from your system. If you have never fasted before, starting with a juice fast is important, then follow by a water.

Please note that any fasting Journeys should be embarked upon with care and preparation. Please make sure that you are truly ready and have made the correct preparation steps before starting and breaking any fast..

Water Fasting

There are the most incredible benefits from water fasting. Long term water only fasting has such a profound impact on mechanisms in our bodies for healing. Just weight loss from the fat stores are usually recorded averaging 1lb a day (the weight lost will not be regained if you continue a whole food diet—you will actually continue to lose the fat as you refeed) this is scientifically proven.

The only weight that will be added will just be the glycogen storing inside the muscle tissue. Not only body fat will go you will lose visceral fat.

Water fasting induces improved efficiency and effectiveness of the enzymes systems and they persist after the fasting, which is the same as an athlete training who would get better each time they train, and you get better at fasting each time you do it.

This is why intermittent fasting daily such as 16 hours with no food and a 8 hour refeed window will have a sign-if-i-can-ce in your improvement of your body physiology and longevity.

Long term fasting has such a profound impact on the body health, mental health and longevity one should give fasting a go at least once or twice a year.

There is also a something that occurs during water fasting, that is not found so much in juice fasting, and as the body dumps a load of excess fluids and this happens straight away. This drops blood pressure instantly, gets rid of the congestive heart failure systems, eliminates some of the joint swelling and arthritic symptoms, also helps repair regenerate non-healing wounds, removing all of the excess sodium accumulated from poor lifestyle choices.

Water fasting is the ultimate rapid detoxifying measure and rapidly mobilises toxins accumulated in the fat cells (fat cells contain hundreds of different chemicals in various proportions, heavy metals, pesticides residues).

The re-feed after the fasting...

Once we have done a fast, we should be conscious of what we need to do after. What we re-feed our body with is essential for good gut bacteria/flora and the trillion microbiome that we want to build back to alignment with our system and future eating habits.

If you are coming from a water fast, then initially refill the glycogen stores with juice (orange juice, apple) and slowly intake a litre over the period of an hour. You may wish to juice for 1 whole day on fruit and this would be optimal.

The weight gains during this process will be in the muscle (glycogen).

On the second day (and if you have done a juice fast this is your 1st day), start by consuming the softest fruits at a very ripe stage. Great examples such as papayas, mangoes, kiwi, pears, plums and nectarines...

The fruit that ferments the easiest is the best for you, especially at this time.

Don't over indulge, just allow the fruit to sit inside for a good hour and then slowly intake more.

Try to be really present with this food and appreciate the realness of what is there for you at this moment..

Feel every aspect of the nature of where you are and that level of gratitude with serve you in life.

Then after the 1st day, slowly integrate what your new average daily food source will be.

Each time you fast, food awareness picks up and progression to the sensitivity of your inner mechanics will bring clarity to what foods harm and what foods heal.

Be gentle...garlic, onions, chillies, meat, dairy— too much heavy cooked food, *please avoid...*

But this is essentially your journey, so learn and grown at your own pace.

*We are light
Always receiving information
And so the body needs light
Not acid and inflammation
What we consume becomes us
And so we must choose right
We must be virtuous
To thrive in this life
We must choose food that's alive
We can elevate our consciousness
If only we are conscious of
That which we put into our temple
We can heal
With every meal
Take note of each bite
How do you feel?
Mother Earth has provided us with everything we need
All the fruit, the plants, the trees
We have it all
May we choose healthy feed
Over unhealthy greed
Sow the seeds
Of the God food
Regenerate your cells
Your body, mind and spirit can be freed
Out of these pages you see
Please, take a leaf...*

*—Elz Marie
@evolvingelz*

Cooked section

Welcome to the whole-food cooked food section...

This is a L-eve-L up from buying any food in packages, any pre-cooked, convenience food with additives such as sugar, caffeine and more. These recipes are going to make someone whom eats that type of food feel incredible and experience an enhanced awareness. And for one whom is eating raw and wants a cooked meal now and again, can turn to these recipes as a cheat meal, and to recognise the feeling of denser cooked food to progress on the awareness through food sensitivity.

Humans are the only species on earth that cooks food, and by cooking we are only denaturing it. Cooking removes digestive enzymes and live nutrients and so the body will now have to make these, causing stress and acidity. This is why one will feel lethargy after a big cooked meal, as in turn it takes away prana, our life-force energy, which is stored in our gut. It also drops the alkaline nature of foods and increases acidity.

Eating cooked foods as a staple will ultimately cap your vibration and for those seeking the highest, keep progressing.

Enjoy these recipes, and always stay present and shape the flavour with your ingredients. Try to play with your food as a part of your conscious creations and become one with it all. After all, you become it and it becomes you.

Remember also, that not all food tastes the same. Some things like dates, tomatoes and peppers are sweeter than others, so you may need to add more sweetness, i.e. more dates, apples, a banana, *or* for more acidity you can add things like lemon juice, apple cider vinegar, and more or less salt for your acquired taste.

Bring great love and intention to your food.

You are magic and you control the water that surrounds you...

Every thought is felt.

We love you.

X fam

The most creamy mash you've ever known...*without cream*

Cooking time: 20 mins

Serves: 4

Ingredients:

2kg Marfona muddy potatoes (my choice), or you may choose your favourite

5 ripe medium or 3 large avocados

Sea salt or Himalayan salt

Step 1

Bring a saucepan of water to the boil.

Step 2

Peel, wash and chop the potatoes.

Step 3

Add the potatoes(preferably cubed), into the boiling water and bring back to the boil.

Let simmer for 20 minutes.

Step 4

When the potatoes are lovely and soft, drain them.

Step 5

Cut and de-seed the ripe avocados. You can either blend them, add them to the potatoes and mash, *or* you can simply scoop them into the potatoes.

Add a tablespoon *or* your required amount of salt and mash very well.

Bonus

Add chopped chives, red onion or even some raw garlic cloves before you blend the avocados. If you feel spicy, add a chilli or some black pepper.

Please note... even if people say they don't like avocados, it's because they are not using or eating them right or ripe.

This mash tastes like you've added milk and cream but is much better for you— and very healing.

Perfect plant based pizza

Serves: 1 as a meal or 2 to share with a side salad and chips.

For a real b-aby-l-on but heal-thy experience.

Prep time: 30 minutes.

No yeast, no oil— one of the keys to better health.

For the base make a potato panini—which is in this book, or as you wish, make any base you feel you need at this very moment...we just do not promote any flours.

Ingredients:

5 large tomatoes

4 dates— if you have none, try 1 apple

2 garlic cloves

2 red onions

Non-gmo *organic* sweet corn

1 chilli pepper

2 bell peppers (1 green, 1 red)

Smoked paprika

Coriander

Sea salt

Non-fluoride/chlorine water

Step 1

Wash and peel all of the ingredients.

Step 2

Make the potato panini/pizza base.

Step 3

Blend 4 large tomatoes with 4 dates and add a good pinch of salt and half a teaspoon of paprika powder. Let this sit until the rest is ready and the water will slightly separate, so you can either tip it off or cook down for 10 mins reducing the tomato to a paste like consistency.

Step 4

Use the remaining tomato and slice into thin circles. Chop the peppers into slices approximately half cm thick and 5 cm long, and do the same with the onions. Finely chop the coriander and slice the chilli into small chunks.

Step 5

Once the base is cooked, place on an oven rack/tray and decorate.

Use a spoon and evenly spread the tomato paste. Place the tomato circles over the base alongside peppers, then sprinkle a good handful of sweetcorn on too, with a

good helping of onions. Lastly, finely grate 1 garlic clove per pizza and place under a heated grill. Keep an eye on it for roughly 5 to 8 minutes. Once out, sprinkle a layer of fresh coriander and a sprinkle of salt. Serve with your favourite salad, chips and chunks of avocado.

In-joy family!

A simple healthy Pizza

Ingredients

5 medjool dates
14 cherry tomatoes
1 large red bell pepper
1 large green bell pepper
2 avocados
1 lemon
15 grams of coriander
Salt, pepper to taste
8 large (fries/chipping) potatoes

Step 1

Wash all of the ingredients.

Step 2

Grate 2 potatoes into a panini from this recipe book. This makes a wonderful base free from flours/grains/glutens ext.

Step 3

For the pizza base sauce

5 medjool dates
1/3 of a red and green pepper
1/2 an avocado
6 cherry tomatoes
Coriander
A squeeze of lemon
Teaspoon of salt
Pinch of black pepper
Blend all these ingredients well.

For the topping

Grate 1/3 of the red and green pepper.
Chop the remaining red and green pepper into thin slices.
Slice 8 cherry tomatoes into thin circles.

Once the potato panini's have cooked, coat the top with the sauce.
Sprinkle the grated Peppers evenly over this.
Place the circles of tomatoes on top.
Slice the avocado into cubes, scoop out and spread evenly over the top.
Add a pinch of salt and a squeeze of lemon.
Slice and serve!

High grade fruit curry

Serves: 4-6

Preparation time: 40 mins

ingredients:

Potatoes boiled or chips, sweet or white

5 apples

5 oranges/tangerines

12 vine tomatoes

200 grams 100% creme coconut block

1 big garlic bulb

Thumb of ginger

3 bell peppers (2 green, 1 red)

Fresh coriander 70 grams

1 big ripe mango

Spring onion or red onion

500 grams of mushrooms

4 green finger chillies

Sea salt

Step 1

Wash and peel all of your ingredients.

Step 2

Juice the oranges and add the liquid in a large cooking pot.

Step 3

Finely chop 2 or 3 bell peppers of any colour, alongside the tomatoes and the apples (peel them first). Finely chop 6 garlic cloves and 2 thumbs of ginger.

Chop 4 green finger chillies for a good heat—or 2 for a milder heat.

Step 4

Add to the orange juice and sprinkle a tea spoon of Himalayan salt or Celtic sea salt into the liquid.

Bring these ingredients to a simmer with a lid on, and leave on a slow heat for approx 20 minutes.

Step 5

Add 200 grams of cream coconut block with the oil scraped away (pure creamed coconut block 100% Lucy B is great product).

Step 6

Wash or peel the mushrooms and chop to desired sizes (meaty or thin—I like big meaty chopping). Add them to the curry for ten minutes, in the simmer and stir in well. Leave the lid off and stir when needed.

Step 7

After the ten minutes with mushrooms simmering, add 2 to 3 teaspoons of salt, remembering that all salt is different density so always stir and taste, as a perfect balance of salt is needed... You will know when you hit the sweet spot.

Step 8

Turn off the curry and chop a large ripe mango or 2 small mangoes into small chunks 1cm x 1cm and add to the curry.

Chop coriander and add it to the mixture too.

Stir in well for 30 seconds.

Serve on the plate and garnish by adding the chopped onions/spring onions and the rest of the coriander.

Finish off with a squeeze of zesty lemon.

The most incredible flavours one can imagine...divine!

Optional extra:

Add in chopped okra or sugar snap peas for that extra texture. Or even some big squash chunks added from the start, and it will be cooked to perfection.

This size will serve 6 to 8 with some leftovers. Serve with black rice or no oil oven chips or even both... if you have spare avocados, slice and place over the top as a bonus.

In-joy! This was a favourite transition meal for us.

S-uper Spag bol

Serves: 6

Preparation time: 35 mins

Ingredients

3 dates

5 carrots

4 apples

3 bell peppers

5 celery sticks

500 grams of mushrooms

10 tomatoes, preferably vine. 800 grams to 1Kg

5 garlic cloves

Handful of coriander and handful of basil

Black pepper

Sea salt

2 zucchini/courgettes per head or 2 cucumber (spiralized)

2 onions

1 lemon or apple cider vinegar

Step 1

(Wash all ingredients as usual.)

Blend the apples, carrots, tomatoes, garlic, dates and celery.

Step 2

Put all blender ingredients in a huge cook pot or wok, and add 2 teaspoons of sea salt.

Step 3

Chop the bell peppers into small or medium chunks and chop half of the mushrooms into tiny chunks for mince, and the rest of the mushrooms into your preferred size. I love chunkier size pieces as they shrink down half the size.

Add this to the pan along with half a teaspoon of black pepper.

Step 4

Bring to a bubble and simmer down for 30 mins.

Check the taste. I would add salt to your preference, depending of the size and density of your salt.

Step 5

I don't recommend eating any flours, so pasta is not the choice I would make to power a body *but* organic buckwheat is the best type.

I recommend getting a spiralizer and now spiralizing the zucchini or cucumber or even butternut squash all raw—you can heat them up.

Lightly salt the spiralized fruit and add to a main dish bowl.

Step 6

Chop up the basil and coriander as fine as you can, turn off the heat and add to the Bolognese.

Add one tablespoon of apple cider vinegar or lemon, stir in well and again, add salt to taste if needed.

Optional extra

Add 100 grams of organic creme coconut block and see the subtle change. If you have real coconut and a masticating juicer, juice the meat of 1 whole coconut and you will find clotted cream is left in the juicer, so take apart the juicer and scrape the cream out.

Serve plenty of noodles, place a big serving of the bolognese on on top, lightly mix and serve.

Oil free chips

Serves: as many as you wish

Preparation time: 15 mins

Cooking time: 45 mins

Ingredients

Potatoes of your choice.

Note: it is good to use glass oven trays as I've noticed from parchment paper you can end up having paper stuck...but you can use unbleached parchment paper and if you take care you will have perfection either way.

Patience is a virtue.

You can part boil or put straight in the oven or air fryer...you may try both but it's quicker to put them straight in the oven. We recommend Maris Piper for chips.

Step 1

Bring a pan of water to the boil.

Step 2

While waiting for water to boil, wash and peel potatoes.

Step 3

Thick cut the potatoes into 1.5cm wide(ish) chips.

Add the chopped potatoes into the boiling water and bring up to boil, turn down and simmer for 12 to 15 minutes.

Please note that these should not be too soft and once at at the right consistency(just able to get a fork through).

Step 4

Preheat the oven to 220 degrees celsius.

Drain water and leave the potatoes to steam off the excess water for ten mins (this will stop sticking and will allow crispy fluffy niceness).

Place on a non stick pan with no oil.

Cook for 20 minutes on one side and then turn the chips over— you may not need to but I would to ensure perfection.

And leave to cook for a further 20 minutes. Watch the golden brown oil free chips bring delight to your being...

Or you can just cut the potatoes, (preferably Maris piper) and keep turning them and shape to your preferred shape. Bake for 45 minutes turning every 15 minutes.

Extra: make a spicy/garlic/lemon/plain guacamole or hummus for a dip, or add to a main meal.

Carbon-a-ra

Serves: 2

Preparation time: 15 mins

Ingredients

300 grams mushrooms (champignon preferably)

2 garlic cloves

3 large or 5 medium zucchini

2 medium avocados

1 lemon (juiced)

Black pepper

Salt

Step 1

Chop the mushrooms into slices approximately half cm to 1 cm thick, and finely chop the garlic. Place them in a pan filled with a tablespoon of water and a pinch of salt. Use a lid to retain all of the water from them and be careful not to overcook.

Step 2

Peel and spiralize the zucchini/courgettes into noodles or keep peeling them until you have made strips.

Step 3

Blend avocados with salt to taste.

Step 4

Add a tablespoon of the avocado blend to the noodles and work in with your hands.

Step 5

Add the rest of the avocado to the mushrooms with the juice of the lemon, half teaspoon of black pepper and salt to taste. Give this a good mix.

Lastly, serve the noodles on a plate or in a bowl and add the mushrooms with sauce on top. This is amazingly tasty and quick to prepare.

In-joy!

Chi-knees pepper n black bean

Serves: 4

Preparation time: 20 mins

Ingredients

3 bell peppers

1 white onion

4 apples

4 vine tomatoes

500 grams of mushrooms

2 green finger chilli

Salt

Coriander

5 garlic cloves

1 thumb of ginger

Black pepper

Spring onions

Step 1

Wash and peel ingredients.

Step 2

Chop finely; apples, chilli, tomatoes, garlic and ginger. Or you could quickly blend them for ease. Add 2 teaspoons of sea salt and half a teaspoon of black pepper.

Step 3

Add to a wok and bring to a simmer with a lid on for approximately 10 minutes.

Step 4

Roughly chop the bell peppers and onions into inch squares or rectangles. Chop the mushrooms as thicker slices than normal—or cubes, as it gives a real authentic feel.

Step 5

Add these ingredients into the wok on a really high heat and keep gently stirring with a wooden spoon for 5 minutes. The sauce will turn dark and sticky from the mushrooms. The peppers and mushrooms cook perfect in that time.

Chop the coriander and spring onions finely and add in once cooked. You can also decorate the top, or do both for best flavour.

Serve with oil free chips, black rice or even creamy mash.

In-joy.

Chilli no-con-carne

Serves: 4

Preparation time: 30 mins

Ingredients

400 grams of kidney beans

200 grams of black beans

2 medium sweet potatoes and/or butternut squash

10 tomatoes

1 tbsp of ground cumin seeds

5 apples

Coriander

5 garlic cloves

5 carrots

2 green bell pepper

2 green finger chillies

Salt

500 grams of mushrooms

Black pepper

100 grams of creme coconut block

1 lemon

(If you have transcended chilli, use extra black pepper and increase to your desired heat)

Serve with oil free chips or rice (wherever your vibration is at this moment) and a guacamole dip from the raw section.

Step 1

Wash and peel the ingredients.

Step 2

Blend the apples, garlic, green chillies, tomatoes and carrots together.

Put into your cooking pot and bring to a simmer.

Step 3

Add 200 grams of finely chopped mushrooms for mince replacement, then add a teaspoon of salt.

Step 4

Cube the sweet potatoes or butternut squash into rough chunks, around an inch in size. You can cook separate and add in at the end of the chilli to ensure the potatoes stay intact, or you can add them to the base and keep simmering until done. It

should be ok to do this as it works for me perfect, but *you* will find the perfect spot super chefs.

Step 5

Chop the remainder of the mushrooms alongside the green bell pepper into cubes and then add the beans to the chilli.

Step 6

Add 1 tablespoon of cumin and further salt if needed.

Add the coconut block and the juice of a lemon *or* a tablespoon of apple cider vinegar, and allow to mix to simmer down for a further 15 minutes.

Step 7

Add a finely chopped handful of coriander— around 30 to 50 grams, and stir in well. Lastly, add the sweet potatoes or squash at the end if cooked separate. Stir them in slow and add salt and pepper to taste if required.

Serve with the oil free chips or rice, or even both.

And a huge guacamole dip...

In-joy family.

Oil free-kin great nut roast

Serves: 4

Preparation time: 1hr

Ingredients

(Nut roast)

200 grams of walnuts

200 grams of pine nuts or sunflower seeds

6 large carrots

5 garlic cloves

Rosemary

Coriander

Salt

Use your usual veg/potatoes to go along with this, or try this...

Veg

Broccoli

Cauliflower

Carrots

Peas

2kg potatoes

Parsnips

Onions

Peppers

2 Sweet potatoes

For the nut roast:

Step 1

Peel and chop the carrots and add to boiling water. Cook until nice and soft, then pre heat the oven to 200 degrees.

Step 2

Blend the nuts together with chopped rosemary, garlic and coriander. You can remove the rosemary for more of a veggie burger taste.

Step 3

Add the whole mix into a bowl and add 2 to 3 teaspoons of sea salt but keep trying to check for your perfect taste. I would say to slightly over salt and mash with a fork. Keep going until it reaches the patè texture and then add to a glass dish and press in with a spoon to level off to around an inch high. Or you can use a non bleached parchment paper and press in any container oven suitable to around an inch high.

Place in the oven for 45 minutes, checking for even cooking half way. Once done remove from the oven and allow time to cool before removing from the dish. Enough time will ensure it binds during the sweating and cooling process.

For the roast vegetables:

Step 1

Boil water for potatoes, sweet potatoes and parsnips.

Peel and cut them to the desired size. Cut the sweet potatoes slightly bigger as they cook a little faster.

Add to boiling water, allow for water to re-boil and simmer for 13 minutes.

Step 2

Once cooked enough so that you can press a fork in without breaking, drain and allow to sweat steam off for 10 minutes.

Then place on a glass dish or your normal non-stick cookware, in a preheated oven at 220 degrees celsius for 30 minutes, turning them at around 20 minutes and cooking until crispy.

Step 3

Steam or boil your vegetables at personal desired times.

I like to use a 3 tier steamer and have the carrots and the bottom sliced thick in half, the cauliflower in the middle and the broccoli at the top and twenty mins would be sufficient.

Step 4

Chop medium rough chunks of onion, bell pepper with 2 garlic cloves and add to a wok, fry in small amount of water. Keep adding water if needed; start with around 50ml and add 25ml each time and cook on a high heat until soft and starting to brown on edges.

Step 5

Steam or boil the peas for 5 mins before finishing.

Drain and serve.

Timing can be planned to perfection and you can serve this abundance of flavours. Little tip: salt everything individually before serving.. this is such a winner.

SuperSensualSinewaveSoup

Serves: 4

Preparation time: 20 mins

Ingredients

2 parsnip

1 butternut Squash

200 grams coconut creme block 100% or 1 old coconut if you have a high speed blender

Half a swede

10 vine tomatoes

5 apples

Tablespoon of Apple cider vinegar or lemon juice

1 mango (not needed but a bonus sweetener)

2 bell peppers

2 green finger chillies

5 garlic cloves

Fresh coriander

Fresh thyme

Step 1

Roughly chop or blend all ingredients except the coconut, fresh coriander and thyme then add to your soup cooking pot.

Step 2

Turn heat on and add 2 small sticks of fresh thyme and simmer for around 25 minutes. Add 5 teaspoons of salt, remove the two sticks of thyme and then add the coconut creme and fresh coriander just before you turn the heat off.

Step 3

Now use a hand blender and blend until super fine.

Add half tea spoon of black pepper and again salt to balance taste to perfection.

In-joy!

Note: The parsnip and swede will give this soup an extremely different and wonderful new taste paradigm. If you remove these you will have a wonderful soup without the intense flavours of these but I do recommend trying it first as it is a beauty.

Top tomato soup

Serves: 4 to 6

Preparation time: 10 mins

Ingredients

12 vine tomatoes (or similar tomatoes)

5 apples

4 garlic cloves

2 red peppers

4 carrots

1 sweet potato

100 grams of coconut creme block/ cream of one juiced coconut or avocado

30 grams of fresh basil leaves

Salt

Pepper

Step 1

Roughly chop or blend all ingredients except the coconut/avocado and fresh basil then add to your soup cooking pot.

Step 2

Turn the heat on and simmer for around 25 minutes. Add 4 teaspoons of salt then add the coconut creme and fresh basil just before you turn the heat off.

Step 3

Now use a hand blender and blend until super fine.

Add half a teaspoon of black pepper and salt if needed to balance the taste to perfection.

Ital Shepherds Pi

Serves: 4 to 6

Preparation time: 45 mins

Ingredients

1.5 kg of White potatoes

2 stick of celery

6 carrots

150 grams of peas

8 tomatoes

2 onions

300 grams of mushrooms

4 apples

5 garlic cloves

Coriander

Salt

Black pepper

Step 1

Wash all of your produce and peel as you heat up a pot of boiling water for the potatoes.

Step 2

Blend up the apples, garlic with tomatoes and celery for the base.

Chop carrots into small cubes around half a centimetre.

Step 3

Heat up saucepan or wok, adding the above ingredients in and then bring to a simmer and put the lid on.

Step 4

Add the potatoes to the boiling water and cook for 20 mins for the mash.

Step 5

Chop the onions, mushrooms and add into the wok or pan. Add the peas after 3 mins of cooking.

Add salt to taste.

Step 6

Cook and stir with the lid off for a further ten minutes.

Once done chop and add a handful of coriander and half tea spoon of black pepper.

Preheat oven to 220 degrees.

Step 7

Once the potatoes are done, drain the water and mash with very well, adding salt or pepper if needed and taste until the mash tastes LUSH...

Empty the contents of the sauce into a heat proof glass oven dish and level off before adding the mash to the top.

Please fork the top also as this allows it to crisp well.

Place in the preheated oven for 20-25mins until *crispyfied*...

Once cooked leave to cool slightly for ten minutes then serve with a beautiful salad.

Tun-a mind body with spirit

Serves: 2

Preparation Time: 10 mins.

Ingredients

400 grams cooked Chickpeas

2 tablespoons of apple cider vinegar

1/2 teaspoon ground black pepper

Salt to taste

Half a cucumber

100 grams of sweet corn

Tablespoon of chopped red onion

(For an oily taste tuna, blend 100grams of pine nuts with 3 tablespoons of water and 1 teaspoon of salt)

(For a brine flavour with a mayonnaise blend 100grams of cashew with 3 tablespoon of water and 1 teaspoon of salt)

(if you want it without any nuts, it still tastes very much tuna like)

Step 1

Mash the cooked chickpeas/garbanzo beans well with a fork, adding the apple cider vinegar and black pepper.

Step 2

Peel and chop the cucumber into desired sizes, add the sweetcorn and finely chopped red onion to the mix.

Step 3

Your choice

If you are having the nuts, then blend and add to the mix.

Stir and mix well until the consistency is married perfectly.

Salt to taste.

And in-joy...

Serve with oil free chips, jacket potato, a salad or anything that you feel at the time.

Potato Pan-in-i

Each panini serves 1

Preparation and cooking time: 20 mins

For this you will need a normal non stick pan, or a panini maker/press and a grater.

Ingredients

Potatoes (must use potatoes for chipping, like maris piper, *not* a mashing potato)

4 medium or 2 large but you can use more once you find the sizing to your pans or presses

Salt

Step 1

Peel and wash potatoes.

Step 2

Grater the potatoes into a bowl and add small level teaspoon of salt.

Step 3

Work in the salt with your hands squeezing the grated mix. Once worked in and the potato mix has started to lose water and starch, get the pan or panini maker close by and grab a big handful of the mix and squeeze hard trying to remove the water (you could use a cheese cloth) and place into pan.

Step 4

Press the mix down in to the pan and evenly spread until level to the edge of the pan. Put on a medium to high heat for around 10 minutes in a pan (if you have a panini press no need to turn just keep on for 18 mins) and turn/flip.

To do this it needs to have cooked to a clean crispy and not burnt consistency. Use a tea spoon to gently remove the edges stuck to pan and lift to unstick. It should be a clean process.

Either flip like a pancake once unstuck or use your hands.

Now cook for 5 minutes on the other side and then flip one more time for 1 minute to remove the moisture from flipping.

Serve!

Use this as a wrap and fill with you favourite filling.

In-joy!

Perfect Patties

Serves: 10 patties

preparation time: 35 Mins

Ingredients

200g sunflower seeds

100g pumpkin seeds

300g carrots (2 large)

1 large clove of garlic (optional)

1 teaspoon sea salt

Small handful fresh parsley

Step 1

Grind seeds in a food processor until you get a meal.

Step 2

Chop carrots into small pieces and boil until soft. Blend or mash the carrots.

Step 3

Crush or finely chop the garlic and wash and finely chop parsley.

Step 4

Add the carrots and seeds into a mixing bowl with the crushed garlic and add the salt and parsley. Mix until everything is thoroughly combined and the mix should stick together really well.

Step 5

Take portions of the mix depending on how big you want your patties, and shape into round, about 1.5cm thick.

Pop them in the oven on a baking tray to bake for 30 minutes on 180C degrees.

Potato salad

Serves : 2

Preparation time: 15 mins

Ingredients

1kg of potatoes

2 large avocados

2 lemons or 2 tablespoons of apple cider vinegar

4 spring onions or scallions(chives if you don't eat onion)

Tea spoon of salt

1/2 tsp of black pepper

Step 1

Wash and peel all the ingredients.

Step 2

Chop the potatoes into 2 cm squares and place in a steamer for 15 mins (you can boil for 12).

Step 3

Blend the avocados with lemons or apple cider vinegar and salt.

Step 4

Chop the spring onions(you can use chives) into thin slices.

Step 5

Once cooked, mix the potatoes and avocado together, add the black pepper and spring onion and mix well.

Salt to taste.

In-joy

Be-au-ti-ful banana curry

Serves: 4

Preparation time: 15 mins

Ingredients

5 bananas

1 mature coconut coconut

4 medium vine tomatoes

1 red pepper

1 green pepper

30 grams of chive or red onion

30 grams of fresh coriander

5 dates

Ginger root (thumb sized)

1 apple

2 oranges juiced

Teaspoon of ground Black pepper

Step 1

Wash and peel the ingredients.

Step 2

Cook down the bananas by mashing them first and then constantly stirring on a medium heat in a pan for around 5 minutes until sweet, soft and caramelised.

Step 3

Keep one tomato aside and chop all the ingredients roughly, then add to a high speed blender saving half of the coriander and chive/onion. Crack the coconut and add all of the meat.

Blend extremely well.

If you do not have a high speed blender put the coconut through a masticating juicer and put the creme and pulp in the mix.

Step 4

Add this to the pan and heat slowly.

Serve hot with a salad, cauliflower or carrot rice, basmati rice, chips or even jacket potatoes.

Note: you don't have to cook down the banana but creates a texture so incredible. If you choose to have fully raw then use 2 bananas only.

G-r-8 Guac

(this is raw, so can be used with raw or cooked food)

Serves: 1-2

Preparation time: 5-10 minutes

Ingredients

1 tomato

Half a cucumber

15 grams of chives and or red onion

15 grams of fresh coriander

Chilli or not chilli your choice

1 large avocado

Half 1 lemon

Step 1

Make the potato panini from this book.

Step 2

Wash all ingredients.

Step 3

Mash the avocado with salt then chop chives and coriander and mix this with the juice of half a lemon before mixing everything with the avocado.

Step 4

Slice tomato thinly and slice cucumber into circles.

If you eat onion, garlic and chilli, you could add slices of red onion, with grated garlic and fresh chilli.

Add salt to taste.

Lastly, add contents into the panini and enjoy.

You could serve with few oil free chips and salad.

Potato naan bread

(No flours needed)

Use the same ingredients and method as our panini recipe but double the potato quantity.

Make it thicker and cook for slightly longer.

If you eat garlic, onion and chilli you could also incorporate this into the mix.

Once served leave for 5 minutes to cool and it will bind more to a bread consistency.

This can be in-joyed with a curry.

Hot potato pockets

Use a sandwich toaster for this recipe.

Use the same method as the panini recipe but press the grated potato into the sandwich toaster press for 18 minutes. This will seem like a toasted sandwich with cheese inside... You can open and fill it or eat as they are and dip in your favourite sauce *or* add to an Indian meal as a samosa.

Be free to experiment with herbs, spices, chilli, onion and garlic.

Hand(me)some hummus

Makes a huge serving for abundance and will last in fridge for 36 hours.

Ingredients

800 grams cooked chickpeas (you can buy or cook own)

4 x large lemons juiced

1 x whole garlic bulb 6 to 8 cloves

Sea salt to taste

Step 1

Blend to a paste in a high speed blender.

Keep adding water and salt blending to get to the acquired consistency of your palate.

Apple & Blackberry comfort crumble

Serves: 6 portions

Preparation time: 45 minutes

Ingredients

Filling

6 sweet apples (medium sized)

Big handful blackberries

2 - 3 tablespoons water

2 teaspoons ground cinnamon sticks

6 dates

1 vanilla pod (optional)

***Blend ALL the dates with a small amount of water to make a soft paste*

Topping

50g ground nuts or seeds (your favourite choice)

150g oatmeal (ground, organic, gluten free oats)

8 dates

1 ground cinnamon stick

Step 1

Chop the apples into small cubes.

Step 2

Cook apples with blackberries and 2 to 3 tablespoons of water in a pan for about 10 minutes. The small amount of water will be enough to help the cooking process (not too much). Stir regularly, but keep replacing the lid. After cooking, mix in the cinnamon, blended dates and vanilla.

Making the crumble topping:

Mix all topping ingredients together until you create a crumble. This crumble should stick together when you press firmly with your fingers - that's when you know it is ready.

Put the fruit filling in a baking dish and top with the crumble.

Gently level the crumble mix and pat to encourage a certain amount of holding.

Put into a pre-heated oven at gas mark 5 (375F/190C) and leave for 30 minutes.

Serve hot or cold.

Coconut Cookies

(with a masticating juicer)

Serves: 6 cookies

Preparation time: 50 minutes

Ingredients

1 coconut

20 large dates

Step 1

Chop up the coconut into small pieces (keeping the coconut water aside) and put through your masticating juicer. You should be left with the cream and the pulp.

Put the pulp into a pan on a medium heat and keep stirring until the coconut turns golden brown.

Step 2

Put this into a food processor and whizz up until it's a fine crumble, then keep aside.

Step 3

Wash and blend the dates with a hand blender (keeping about 10-15% of the date mix aside).

Combine the golden coconut mix with the dates and make them into cookie shapes of your choice.

Step 4

Bake them on a tray for 35 minutes (190C degrees) turning half way.

Step 5

Remove and place the cookies onto a cooling rack to enable the cookies to harden a little.

Bonus step

Add the coconut cream to the remaining dates and you can also add some of the coconut water to make the sauce thinner, add cacao to create chocolate or keep it the same for caramel.

Alternatively you can just enjoy the water with your cookies.

Add the topping to your cookies as needed and serve.

Sweet Porridge

Serves: 1

Preparation time: 10 mins

Ingredients

5 medjool dates

60 grams of organic gluten free oats

350 ml of water

(Optional 50 grams of coconut creme block—this would be added into the hot water with dates)

Step 1

Wash the dates.

Step 2

Place the dates in a pan with the hot water and boil with lid on for 5 minutes.

Step 3

Add the oats and keep stirring until it is the desired consistency.

(Add cinnamon if you wish, or 25 grams of cocoa for a chocolatey flavour)

Roasted nuts

Use a frying pan dry, and place the nuts of your choice in the pan on a medium/high heat.

Use a wooden spoon and keep stirring the nuts until they begin to brown and release a fragrant smell.

You can eat these alone, or add sea salt and pepper.

Or wash dates and eat nuts with dates.

Bonus tip

Make an abundance of real mc crisps. Use these to place raw food on to enjoy as a wonderful party snack/treat anytime.

“The real mc Crisps”

For this you will need a panini press/grill.

Use as many chipping potatoes as you wish- start with 1 or 2 large.

Step 1

Peel the potatoes

Step 2

Cut into 3 ml thick slices

Step 3

Put in a bowl and add pinch of salt, also you could add garlic or onion powder, paprika..

Make your own creations

Step 4

Place in the panini press for around 14 mins. Have them as crispy as you wish.

Take them out and leave them for 1 min and enjoy.

Make a avocado dip and in-joy..

Or anything you may fancy...

Great for entrees.

Another idea;

Grate equal cabbage and carrot mix in lemon juice and salt.

Peel a cucumber and make strips.

Chop a tomato in circles.

And mash avocado with lemon and stir in chopped chives with salt..

For the spicy Sauce

Blend 2 tomatoes with 5 dates, juice of half a lemon, teaspoon of black pepper and salt.

Spread avocado on bottom of the crisps/chips then add a slice of tomato, followed by a sprinkle of the carrot and cabbage lemon mix.

Then a few strips of cucumbers

Lastly, drip the sauce on top and salt everything to taste.

This will be a favourite... Party snack and a crave crusher.

Raw food section

Raw is unchanged. The sun radiates our food to pure perfect-ion, as you are as pure awareness. Only the physical aspect can be manipulated by thoughts, emotions, life experiences, food etc, and one main way the body, mind and spirit connection has been asleep in mankind for so long is the mis-education of truth... You should only be consuming foods in its wholistic state and that which bears seeds are the optimum source of fuel. Your body makes protein via protein synthesis from amino acids and uses glucose as a primary food source, and to keep this in a constant supply, *real* fruit is key to awaken the true life force inside us all.

Glucose—real wholistic sugar from fruit—is the simplest form for digestion and energy, causing no acidosis therefore allowing the body to get the minerals and amino acids it needs to recode to our physical. To eat raw fruits and vegetables is a wonderful vibration. To consume fruit whole and in juice is a whole new level. One should always remember that during this process you will start to become very sensitive to life and will also feel the effect of pesticides, par-fumes, soaps, make-up etc and it is great to transcend these ideas of b-abyl-on creations of man.

To heal-thy self from 99% of dis-ease, a simple transition from cooked to raw foods with juices to add more minerals than one can ingest for 6 weeks should be enough to reverse the most tear-eyeball (terrible) dis-eases. The more rest our digestive system can get the more healing can take place.

An ideal maintenance eating plan for amazing vibrancy in a world lacking fruit trees in abundance is; a juice upon rising, a smoothie 2 hours later, fruit in its whole form to snack if you do commerce a main meal between 4 and 7 and a juice in the evening.

Remember, stay full to stay on course and you will gradually find a natural balance to your energy load.

For children, keep offering fruit, meals, juices, smoothies and they will be nothing but healthy and will never be sick again.

Enjoy a simple way to eat to find more time for life. This is why we have added a few daily foods that can be enjoyed time and time again.

We love you all so much. Keep at it!

Raw chef, with raw dishes creating dishes that suit you is key. With the ideas in this book, it is down to you to add and create dishes full of different flavours and textures. Lots of the raw section is side dishes to create a huge bowl of wonderful flavours that truly satiate the desires from cooked food. So, experiment and create fun and tasty dishes while learning and growing with your experience in life.

The key is to master the food element to understand how to make what is right for your lifestyle. Play around, mix these foods, and really become one with what you are creating. Use these as a guideline to bring sight into the lifestyle you are looking for.

We do not, but you can grate garlic, add chopped red onion, chillies with lemon and coriander to any dish to create a mouth watering sensation.

Blend almost anything to create sauces.

Really experiment...

Learn to *love* this process.

Dehydrated fruit

This the true tre-eat, the sweets for snacks that can help transform even the sweetest tooth snacker.

If you can get a good dehydrator you can make so much to help you on your raw food journey and will be so helpful for children's transition...

A list of examples are below— all incredible

Whole figs

Sliced bananas

Mango slices

Strawberries

Raspberry

Apple rings

Pears

Peaches

Plums

Apricots

Cantaloupes

Blueberries

Carrots

Celery

Corn

Green beans

Tomatoes

Raw pizza bases (zucchini)

Raw burgers

Kale chips

Cauliflower buffalo wings

The list goes on.

We will do a micro book on this in the future.

For now experiment and research, you will find abundant information.

Everyday raw salad to go

Serves: 1

Preparation time: 10 mins

Ingredients

1 large cucumber

1 large avocado

6 cherry tomatoes

200 grams of peas

15 grams chives (or tablespoon of red onion)

1/2 lemon

Half a teaspoon of ground black pepper

Step 1

Peel and wash ingredients (defrost peas in hot water).

Step 2

Mash the avocado with salt to taste.

Step 3

Peel the cucumber with a vegetable peeler to create strips like tagliatelle and slice the tomatoes in small rings. Lastly, chop and chives/onion finely.

Step 4

Add all the ingredients to a bowl and mix very well, adding salt/pepper to taste if needed.

Squeeze a lemon on top and serve.

Simple everyday lunch or anytime salad.

In-joy!

Ital super salad

Serves: 2 as a main meal or 6 as a salad to add to a meal.

Preparation time: 20 mins

Ingredients

6 medium avocados

12 tomatoes

2 little gem lettuce

Shelled hemp seeds

1 lemon

2 red peppers

1 whole cucumber

1 ripe mango

Coriander

5 apples

30 grams of chives and/or red onion

Add extra texture and crunch with sugar snap peas

Sea salt

Apple cider vinegar

Before you begin wash all the produce before chopping.

Step 1

Chop the coriander, tomatoes, apples, peppers, cucumber and mango finely, then add to a huge salad bowl and salt to taste.

Step 2

Prepare the avocados by slicing around the middle and removing the seed, then score the meat with a knife in slices or cubes.

Step 3

Chop the lettuce and add the avocados and sliced lettuce to the bowl.

Step 4

Add in the juice of 1 lemon, apple cider vinegar and salt to taste.

Step 5

Mix everything in together very well until the mango and avocados incorporate.

Dish the salad portion out and serve topped with red onion and or chives chopped finely before sprinkling shelled hemp seeds over the top.

Enjoy on its own or with a meal of your choice.

Raw Wrap

Serves: 1

Preparation time: 5 Mins

Ingredients

4 large cos lettuce leaves

(you can also use kale, cabbage, chard or any leaves of your choice)

1 medium ripe avocado

1 handful of coriander (or any herbs of your choice)

½ lemon (juiced)

Half a red bell pepper

6 cherry tomatoes

1 raw carrot or a quarter beetroot

Step 1

Wash and peel all ingredients.

Step 2

Scoop out the avocado flesh and blend with the lemon juice and coriander.

Step 3

Peel and grate your carrot or beetroot—or both, and slice bell pepper thinly. Cut tomatoes as desired.

Step 4

Mix all of this together and season with salt and black pepper. If you eat onion or garlic you could add half a finely grated garlic clove and a tablespoon of finely chopped red onion.

Step 5

Spread out your leaves flat and fill with the mix, then wrap it up.

In-joy!

Lett-u-ce simple salad

Serves: 1

Preparation time: 8 minutes

Ingredients

1 ice gem or romaine lettuce

1 cucumber

1 large avocado

5 cherry tomatoes

1 lemon

1 tea spoon of salt

Step 1

Wash and peel all of the ingredients.

Step 2

Chop the lettuce roughly, finely dice the cucumber and tomato.

Step 3

Blend the avocado with the juice of the lemon.

Step 4

Mix all of this together.

And in-joy!

Tasty noodles with creamy spicy sauce (asian style)

Serves: 2

Preparation time: 15 mins

Ingredients

2 zucchinis and 2 cucumbers (spiralized)

350 grams of frozen thawed or fresh peas

For the sauce

4 medjool dates

2 vine tomatoes

Teaspoon of black pepper

A thumb size finely grated fresh ginger

Big pinch sea salt

Pinch of black pepper

1 avocado

30 grams of chives

2 pinches of finely chopped coriander

Juice of 1 lemon

Step 1

Wash and peel the ingredients and chop into rough pieces, then pop straight into the blender.

Step 2

Peel and finely grate the ginger.

Step 3

Add all of the sauce ingredients— ginger, salt, pepper, and avocado— and blend for 1-2 minutes until creamy.

Step 4

Spiralize the noodles of choice.

Lastly, add in the peas to the noodles and mix the sauce with the noodles and peas. Serve immediately.

Raw Slaw

Serve: 3

Preparation time: 10 minutes

Ingredients

1 small avocado

Lemon juice (optional)

1/4 purple cabbage (thinly sliced)

2 medium carrots

1 small onion (optional)

Sea salt

Step 1

Mash or blend the avocado and add the juice of half a lemon to the avocado.

Step 2

Peel and grate the cabbage and carrots. You can also add beetroot and/or apple to change flavour at times.

Step 3

Peel and finely chop or grater half the onion and put the grated and chopped veggies in a salad bowl and mix in the avocado to combine all of the slaw.

Remember, try as you create and add more of certain ingredients to suit your palate. This is great to have with a simple salad or with chips, inside the potato panini or anything you may fancy.

Sweet beet

Ingredients

1 large beetroot

3 lemons juiced

1/2 teaspoon of salt

Step 1

Peel the beetroot and juice the lemons.

Step 2

Slice the beetroot into 4mm slices and half them.

Step 3

Place in a small bowl or jar and add the lemon juice and salt, making sure it is all covered.

Serve with a salad, and a mixture of lots of sides, carrot rice, avocado, potato salad... anything you wish.

Trio pepper mix

Ingredients

1/2 red bell pepper

1/2 green bell pepper

1/2 yellow bell pepper

20g of chives

Juice of lemon

And 1/2 tsp of salt

Step 1

Wash the ingredients.

Step 2

Finely chop the peppers into small cubes and finely chop the chives before placing in a bowl.

Step 3

Add the lemon juice and salt and mix well.

Use as addition to other salads as a bowl of different textures and flavours.

Dipper Stix

Make any dipping sauce of your choice and chop any of these into sticks to dip and eat as a meal or a snack.

Ideas....

Cucumbers

Carrot

Peppers (red, green, orange, yellow)

Celery

Apple

Sugar snap peas

Zucchini

Parsnips

Asparagus

Cherry tomatoes

Lettuce

Broccoli florets

Cauliflower florets

Cucumber nut salad

Ingredients

2 large cucumbers

1 large avocado

100 grams of walnuts or peanuts

Lemon juice

1/2 teaspoon of black pepper

20 grams of chives

Tsp of salt

Step 1

Prepare, wash and peel the ingredients.

Step 2

Roughly chop the cucumber into different sizes and angles. Create different textures.

Step 3

Blend the avocado with the teaspoon of salt and lemon juice.

Step 4

Finely chop the chives, coriander, add to the avocado and stir in.

Step 5

Place the nuts in a food processor and give a few pulses to break down to smaller pieces.

Step 6

Place in a bowl and mix well.

Serve with any dish of your choice. In-joy with lettuce cups, tomatoes, raw slaw and trio pepper mix or even a raw curry.

S-awesome S-au-some Sauce

Serves 2-4

Serving time 10 mins

Ingredients

Half a red bell pepper

4 medjool dates

2 lemons juiced

2 vine tomatoes

1 avocado

1 apple

30 grams of chives

15 grams of coriander

1 small mango

Half a yellow bell pepper

1 and a half teaspoons of black pepper

1 and a half teaspoons of salt

Step 1

Wash, deseed and peel everything.

Step 2

Blend everything well.

Use this as a dipping sauce for anything you choose.

Or simply peel some cucumber strips or spiralize them and/or zucchini.

Add some peas. Pour on the sauce and enjoy..

Just add ginger if you'd like to make this a Chinese style.

Creamy, Chive & Pea Soup

Serves: 4 bowls

Time: 15 minutes

Ingredients

1kg fresh or frozen garden peas

30g fresh chives

1 large avocado

1.5 teaspoon of sea salt

150 - 200ml distilled (or spring) water

You want to just c-over the peas with the water.

Step 1

Thaw the frozen peas, then wash the peas and chives.

Step 2

Add the peas, avocado, chives, salt and water to a blender and blend well.

Eat raw or slowly heat constantly stirring until a desired eating temperature.

A great quick and easy, tasty treat.

Raw tomato soup

Serves: 2 to 4

Preparation time: 15 mins

Ingredients

15 vine tomatoes

2 dates

1 large avocado

1 red pepper

1 apple peeled

Salt

Pepper

1 lemon juiced

Step 1

Wash everything well.

Step 2

Add all the ingredients to a high speed blender. Add salt and pepper to taste and blend.

*Note: You can consume this raw **or** warm in a pan slowly and keep stirring until slightly too hot to eat and serve.*

Raw Jamaican style curry

Serves: 4

Preparation time: 20 minutes

Ingredients

6 medjool dates

2 big thumbs of ginger (grate on smallest and squeeze over to release juice into sauce)

2 green peppers

1 red pepper

2 oranges

2 bananas

4 vine tomatoes

1 coconut meat (or creme coconut block 120 grams)

20 grams fresh thyme

Half small red onion or 30 grams of chives

1 apple

Black pepper

Salt

Step 1

Wash and peel all ingredients.

Step 2

Add all ingredients apart from the 6 bananas to high speed blender and blend until a very creamy texture.

If you want raw just add in 2 banana to this blender, but if you're happy with some heated/cooked down banana it will give a new dimensions.

Step 3

Add some water to a pan and add 6 bananas, cooking them down and stirring until broken and creamy, like rice pudding.

Step 4

Add the blended mix to the banana and warm slowly while stirring.

Serve with: Real basmati rice, c-au-l-i-flower rice, carrot rice, oil free chips, potatoes roti, salad, or even all the above.... Maybe a quick raw mango chutney would be a nice addition also.

Raw curry sauce

Serves: 2-4

Preparation time:15 mins

Ingredients

5 vine tomatoes

8 medjool dates

Meat of 1 brown coconut

1 green pepper

Thumb of ginger

Half tea spoon of black pepper

1 apple

Handful of coriander

Chives

(You can also add 1 garlic clove, 1 green ginger chilli and half a red onion if you eat them)

1 lemon juiced

Step 1

Wash everything well.

Step 2

Add everything to a high speed blender and add salt and pepper until perfect taste.

Step 3

Now add your favourite steamed curry accompanies; peas, tomatoes, squash, potatoes, cauliflower, baby corn, mushrooms, then heat the curry slowly and add together.

Or you can keep it fruity and add cubed mango, papaya and banana...

Lastly, warm the curry up slowly and serve with your choice of whatever you like; carrot rice, cauliflower rice, real rice, oil free chips, salad...

Find your families speciality.

Raw bolognese sauce

Serve 4 as sauce

Preparation time: 10 minutes

Ingredients

4 vine tomatoes

2 large carrots

(1 garlic clove and half red onion(if you consume these))

1 green bell pepper

1 apple

4 medjool dates

100 grams of coconut meat (if you have no coconut use an avocado)

30 grams of fresh coriander

15 grams of basil

Black pepper

Salt

Step 1

Wash and peel all ingredients.

Step 2

Put all the ingredients into a high speed blender, add 1 teaspoon of Himalayan salt and half a teaspoon of black pepper and blend until creamy consistency.

Serve with whatever you fancy but as a raw quick dish, spiralize or peel cucumber and or courgette/zucchini. 2 large cucumber and 2 medium courgettes should be sufficient for 3 or 4 servings.

Mash or blend 2 medium avocados and mix with the noodles. Place on a plate and pour over the sauce.

Remember if you fancy warm, heat slow and enjoy a raw warm-ish dish.

In-joy.

Tagli-a-tel-i pasta

1 to 2 Cucumbers per head

Preparation time: a couple of minutes

Step 1

Peel the cucumbers skin, and then just keep peeling into a bowl—this creates a tagliatelle shaped pasta-like addition to your texture and flavours...

This is great mixed with blended avocado and salt. Add anything and get creative!

Raw Cauli Mash

Serves: 2

Preparation time: 10

Ingredients

1 medium large cauliflower

Juice of 1 lemon

10g of salt

Pinch of black pepper

Half teaspoon of ground cumin seeds

30 grams of chopped chives

1/2 avocado

Step 1

Wash ingredients.

Step 2

Remove the florets of cauliflower and place in a food processor. Process well, and then add all of the other ingredients and process further until mixed evenly.

Serve with raw slaw, tomatoes, cucumber and avocado, any salad or anything you choose.

Remember to get creative!

Couscous alternative

Serves: 2

Preparation time: 5 mins

Ingredients

5 carrots

25g fresh coriander

Half lemon

Salt

Step 1

Peel and chop carrot and coriander roughly.

Step 2

Use an S blade food processor and add in the carrots with 15 grams of fresh coriander.. and of course...add a pinch of salt.

Step 3

Process until it looks like a couscous texture.

Add to bowl, squeeze of lemon, stir salt to taste

Serve with anything you like.

Guacamole of the gods

Serves: 2-3

Prep time: 5 mins

Ingredients

3 ripe avocados

Tbsp of water

1 lemon

20 grams of chopped chives

1 teaspoon sea salt (or to taste)

Step 1

Dice or scoop out your avocados add to the avocado in a bowl. Add salt (you can also blend this).

Step 2

Wash and finely chop chives before mixing all of the remaining ingredients into a bowl with a fork until you reach your desired consistency. If you prefer to blend for a smoother consistency, put the chopped chives in after. Just simply whizz it up for a smooth spread.

We enjoy this rustic, mashed dip and blended at other times.

Enjoy with salad, as a chip dip, veggie dip, in a lettuce wrap, with baked potatoes or add to any dish as an awesome addition.

Salad creme

Ingredients

2 large avocados

7g salt (1 1/2 teaspoon)

2 tbsp of apple cider vinegar

Pinch of black pepper

Blend all ingredients together well and serve!

Raw mayo

Ingredients

200 grams raw cashews
1 Tbsp lemon juice
1 Tbsp apple cider vinegar
1/4 teaspoon of black pepper
1 garlic clove(optional)
1/2 teaspoon of sea salt
50 ml or 2 tablespoons of water

Step 1

Soak cashews in water for 4 hours or hot water for 30 minutes.

Step 2

Add cashews along with all other ingredients to the blender and process until smooth and creamy.

Step 3

Add more apple cider vinegar for tanginess, lemon juice for acidity, more salt if needed and more water if you want the consistency to be less thick.

Blend once more after making final adjustments. Pour into a jar or container and store in fridge until ready to use.

Will store for 2 days.

Mango chutney sauce

Serves: 2-4

Preparation time: 5-10 mins

Ingredients

1 mango

1 apple

20 grams of chives

Small sprig of mint

1 banana

6 medjool dates

10 grams of sea Salt

Level tea spoon of fine black pepper

Half tea Spoon of ground cumin seeds

Juice of 1 Lemon

Step 1

Wash and peel everything.

Step 2

Add to a high speed blender and blend well.

Serve with curries, chip/french fry dip, raw salad sauce or just anything you wish.

Raw chilli sauce

Serves: 2-4

Preparation time: 10 minutes

Ingredients

4 vine tomatoes

Half an avocado

2 garlic clove

4 medjool dates

1 green finger chilli

1 lemon juiced

Half a red onion

30 grams of coriander

Salt

Step 1

Wash and peel ingredients.

Step 2

Add to a blender.

You may now serve!

No oil chips with a simple salad and chunks of avocado with this drizzled over is great.

Raw Entrees ideas

Slice a cucumber on an angle to create a bigger surface area/ or big slices of tomato. Then make an abundance of them, you can use carrot as-well.

Use these to place raw food on to enjoy as a wonderful party snack/treat anytime.

Grater equal cabbage and carrot mix in lemon juice and salt.

Chop a tomato in circles.

And mash avocado with lemon and stir in chopped chives with salt..

Spicy Sauce;

Blend 2 tomatoes with 5 dates, 1 apple, juice of half a lemon, teaspoon of black pepper and salt.

Spread avocado on bottom of the cucumber slices, then add a slice of tomato, followed by a sprinkle of the carrot and cabbage lemon mix.

Then drip the sauce on top...

Salt everything to taste.

This will be a favourite... Party snack and another crave crusher.

Simple every day smoothies

For a meal per man/wombman, use 3-4 banana's as an average smoothie for 1. Here is a simple way to add smoothies to your eating habits. If you add 1 medium avocado to any smoothie you will turn the texture to a yoghurt-like consistency. Also, you can pour into a mould and can make n-ice cream lollies. If you freeze your 5 bananas chopped in a container and blend with normal fruits it will create an ice creamy texture.

Add

Raspberries

Blackberries

Strawberries (most berries are sprayed and is hard to clean off the pesticides). If you get a good source of organic they are great additions to flavours.

Man-go crazy for this simple sweet snack...

200 ml of orange juice

5 banana

1 mango

Wash and peel the fruit.

Add to blender and blend.

This is a great easy filling, charging and healing smoothie. This could be a basic everyday go to for fast food that heals and charges your avatar.

Super sweet smoothie

4 ripe nectarines

5 bananas

Wash and peel the fruit.

Add to blender and blend.

Custard smoothie

5 bananas
1 mango
1 avocado

Step 1

Wash and peel the fruit.

Step 2

Add to blender and blend.

Simple sweet sensation

4 plums
5 bananas
200 ml Orange juice
4 pears

Step 1

Wash and peel the fruit.

Step 2

Add to blender and blend.

Kiwi kick

4 kiwi
5 bananas
1 lemon juiced

If there is not much produce around try a simple 5 banana and 2 lemons juiced.

Step 1

Peel and blend all ingredients.

Play around with your favourite fruits and get creative. Find your favourites and in-joy the healing power of fruit.

Strawberry shortcake smoothie

Serves 2 as a meal

Prep time: around 10 mins

Ingredients

100 grams walnuts

1 punnet of washed and trimmed strawberries or raspberries (raspberries give it more of a correct flavour but use both if you can)

6 frozen or non frozen banana (frozen is best)

3 ripe pears

Step 1

Empty the walnuts into the blender and blend until fine.

Step 2

Add the rest of the ingredients and blend really well.

Serve and enjoy.

Jelly 'n' ice cream smoothie

Serves 2 as a meal

Ingredients

2 pomegranate

7 bananas

4 ripe pears

1 mango

1 avocado

Step 1

Juice the pomegranate. It does juice well if you cut in half and squeeze over a sieve into your blender.

Step 2

Peel bananas, pears, avocado and mango.

Step 3

Blend well and in-joy!

For more of an ice cream feel, chop and freeze the bananas before blending or try and keep an advance in the freezer for regular lifestyle choice.

McVanilla shake

Serves 2 for a meal or 4 to 6 for a dessert

Prep time: 15 mins

Ingredients

6 frozen bananas

6 dates

50 grams coconut block

4 very ripe pears

Add in 1 vanilla pods (still "*vanilla-ish*" without)

1 avocado

Step 1

On the previous day or in the rising chop 6 bananas in a glass bowl and place in the freezer for at least 7 hours,

Step 2

Remove the bananas from the freezer and leave for 5 to 10 mins to unstick from the sides and the other banana pieces.

Step 3

Place all the ingredients in the blender and blend very well.

Enjoy this amazing vanilla, guilt free heal-thy ice-cream anytime of day!

McChoco ice cream shake

Super sweet raw Ital ice cream smoothie

Ingredients

6 frozen bananas

6 dates

50 grams coconut block

2 very ripe pears

25 grams of raw cacao powder

1 avocado

Step 1

On the previous day or in the rising, chop 6 bananas in a glass bowl and place in the freezer for at least 7 hours.

Step 2

Remove the bananas from the freezer and leave for 5 to 10 mins to unstick from the sides and the other banana pieces.

Step 3

Place all the ingredients in the blender and blend very well.

Enjoy this amazing rich chocolate guilt free heal-thy ice cream.

Simple strawberry nice cream

Serves: 2

Prep time: 10 mins

Freeze 8 banana peeled chopped for 6 hours

Ingredients

8 medjool Dates

250 grams of strawberries

Step 1

Remove the bananas from freezer to thaw off for 5 mins and wash the strawberries and dates.

Step 2

Add the dates, 25 ml of water and strawberries to a high speed blender with the frozen bananas on top and blend until ice cream texture.

Step 3

Serve and in-joy this b-as-i-c be-au-ty...

Lovely lemon nice cream

Serves 2

Prep time: 5-10 mins

Ingredients

Freeze 8 banana peeled and chopped

8 medjool Dates

4 lemons

Step 1

Remove the banana from freezer to thaw off the bowl for 5 mins and wash the dates.

Step 2

Add the dates and 25 ml of water and juice of 4 lemons to a high speed blender with the frozen bananas on top and blend until ice cream texture.

Step 3

Serve and in-joy this sweet tarte ice cream!

Simple cocoa-late nice cream

Serves 2

Ingredients

Freeze 8 banana (peeled & chopped

8 medjool dates

1 table spoon of organic 100% cocoa or cacao powder

Step 1

Remove the banana from freezer to thaw off the bowl of 5 mins and Wash the dates

Step 2

Add the dates and 25 ml of water and cocoa powder to a high speed blender with the frozen bananas on top and blend until ice cream texture..

Step 3

Serve and in-joy quick simplicity.

“Creamy Dreamy” Coconut and Mango nice cream

Serves: 4 portions

Ingredients

100g dried mango

50g pitted dates

2 coconuts (juiced in masticating juicer)

OR

400ml coconut milk (full fat and drained from water)

Instructions

Step 1

Wash dates and soak the dried mango and the dates in coconut milk in a bowl in the fridge overnight.

Step 2

Blend all the ingredients until creamy and smooth.

Step 3

Pour the mixture into a small glass tub and freeze for a minimum of 4 hours. Leave out for a few minutes before scooping.

This is amazing...

Nice cream lollies

Make any flavour smoothie of your choice.

Use ice cream lolly moulds and fill with your smoothie.

This will be an amazing addition to summer days or giving children heal-thy snacks.

Keep the freezer full of nice lollies!

Nice lollies

Make any juice flavour of your choice

Pomegranate

Orange

Apple

Apple and lemon

Apple ginger lemon

Grape

Oranges and ginger

Orange, lemon and lime

Pear and apple

Pear

Juice the fruits of your choice and pour into ice lolly moulds.

Freeze for 6 hours and enjoy...

Children love these pure heal-thy tre-eats.

S-lush pup-ease

Use ice moulds and fill 4 trays with any flavour juice you want or are making at the time...

Pomegranate

Orange

Grape

All are amazing.

Freeze for 5 hours. Place into your blender and blend away...

Pour into your cup, use a glass straw and enjoy.

Butterscotch angel-o-delight

Serves 2 as a snack

Ingredients

6 bananas

10 dates

1 avocado

Step 1

After washing and pitting the dates, blend the bananas, avocados and dates well.

Add to glass cups and put in fridge or consume right away...

Use frozen banana for ice cream flavour.

SUPER satisfying yogurt

Ingredients

6 bananas

1 mango

1 avocado

The juice of one lemon

2 oranges Juiced

1 kiwi or golden kiwi

1 small papaya

Step 1

Peel all of the fruit.

Step 2

Blend all of the ingredients together keeping the papaya and kiwi separate.

Slice the papaya in half, then deseed and cut into squares. Chop the Kiwi up into small cubes.

Step 3

Pour the Smoothie into a bowl and then add the cubes of fruit into the bowl.

Stir well. Serve cold and enjoy.

A taste of Treacle tarte

Serves 4

The most simple ingredients for the most amazing flavour.

Ingredients

200 grams walnuts

12 dates of your choice

Step 1

Wash the dates and leave soaking while doing the nuts(if your dates are hard soak for 2 hours before)

Step 2

Blend up the nuts and add to a mixing bowl .

Step 3

Blend the dates until a caramel texture.

Step 4

add dates to nuts mix in well...

Step 5

Roll into bitesized balls put on a plate.

Step 6

Place in freezer for 2 hours for a better texture...

If you can't wait, eat right away.

“Forerro roche” balls

Serves 4

So simple and so delicious...

Ingredients

200 grams hazelnuts

12 dates medjool dates

Cocoa powder

Step 1

Wash the dates and leave soaking while doing the nuts(if your dates are hard soak for 2 hours before).

Step 2

Blend up the nuts— I recommend a food processor “s” blade and pulse until a rustic/ broken even texture... Once done, take out 30% of the nuts as this will be for rolling the balls in after. Blend the rest to a fine powder/small bit then add to a mixing bowl.

Step 3

Blend the dates until a caramel texture and add 1 tablespoon of cocoa powder.

Step 4

Add dates to nuts and mix in well.

Step 5

Roll into bitesized balls on a plate and put the other crushed nuts on a plate and roll the balls covering all the surface area.

Step 6

Place in freezer for 2 hours for a better texture.

If you can't wait, eat right away!

All butter taste flapJax

Ingredients

100 grams of coconut block or add 30 grams more oats if not required

12 dates

65 grams of pure organic gluten free oats (amisa)

80-100ml water

Step 1

Blend oats and coconut block together in an “s” blade food processor or work with hands until the oats and coconut have gone to an even texture, not too fine.

Remove this and put in a glass dish.

Step 2

Blend the dates (after removing stones) with 30 to 50 ml of water and blend until soft caramel texture.

Step 3

Add the date mix to the oats and coconut, mix in very well and add small amounts of water until a tacky consistency. Press down to a thickness desired and put in the fridge for 1 hour to bind and consume raw.

Or shape them into cookies and place in a warm pan and heat through until golden brown both sides. Have patience and use a fork to keep from sticking by lifting the cookies during cooking from underneath.

Allow 1 min to cool and serve, this changes the flavour to a slight caramel cookie rather than an all butter flap jack.

In-joy!

Raw Pecan pie

Serves: 2-4

Preparation time: 15 mins

Cake base

200 grams of pecans

12 medjool dates

2 tablespoons cacao powder

For the Caramel

9 medjool dates

Half a teaspoon of cinnamon

200 ml of water

For the Topping

Handful pecans

Cinnamon

CAKE

Step 1

Put the pecans in your food processor and process until they become small crumbs.

Step 2

Add the rest of the ingredients and process until it all begins to stick together.

Step 3

Press into a small spring form pan about 6 inches, leaving the sides slightly higher than the centre so you can later pour in the caramel.

Place in the freezer for an hour.

To make the caramel:

Step 1

Blend the dates and 150ml of water to get a caramel consistency.

Step 2

Pour into the centre of your cake and spread to the sides.

Top with pecans or other nuts if you wish.

In-joy

Chocolate flapjax

Serves 8

Ingredients

100 grams of Lucy B organic coconut creme (optional, if not add 30g oats)

20 medjool dates

65 grams of pure organic oats

30 grams of organic cocoa or cacao powder

80-100ml water

Salt

Step 1

Blend or keep oats as they are (your choice— chunky or fine) and coconut block together until the oats and coconut have gone to an even texture, not too fine.

Remove this and put in a glass dish.

Step 2

Blend the dates (after removing stones) with 30 to 50 ml ml of water and blend until soft caramel texture.

Step 3

Add the date mix to the oats and coconut, mix in very well and add small amounts of water until a slight tacky consistency.

Step 4

Blend the remaining 8 dates with the cocoa/cacao powder, 2 tablespoons of water and a pinch of salt.

Once blended to an even thick texture spread over the top of the flapjack and refrigerate for at least one hour...

In-joy!

A Millionaire sweet cake

Ingredients

1 large mature coconut

24 medjool dates

Coconut water from the coconut (save this)

Step 1

Wash the dates, drain the water from the coconut and then crack the coconut.

Step 2

Remove all of the coconut meat and put through a masticating juicer.

Keep the coconut fibre separate from the cream.

Step 3

Blend the dates with 80ml of coconut water until a caramel consistency. Separate 1/3 of the date sauce and add the coconut milk the cream from inside of the juicer (stuck around the masticator) mix well.

Step 4

Add the coconut fibre into the remaining date sauce and mix very well.

Step 5

Find yourself some small glass bowls or glass cups and for the bottom layer put some date sauce mixed with the cream.

Step 6

Do a layer of coconut fibre and date mix followed by another small layer of the cream mixed with dates.

Step 7

Roll up a ball of the coconut fibre and date sauce and place on top. Put in the freezer for a minimum of two hours. Serve chilled.

A chocolate Millionaire sweet cake

Ingredients

1 large mature coconut

24 medjool dates

Coconut water from the coconut (save this)

25 grams of cocoa powder

Step 1

Wash the dates, drain the water from the coconut and then crack the coconut.

Step 2

Remove all of the coconut meat and put through a masticating juicer.

Keep the coconut fibre separate from the cream.

Step 3

Blend the dates with 80ml of coconut water until a caramel consistency. Separate 1/3 of the date sauce and add the coconut milk the cream from inside of the juicer (stuck around the masticator) add the cocoa and mix well.

Step 4

And the coconut fibre into the remaining date sauce and mix very well.

Step 5

Find yourself some small glass bowls or glass cups and for the bottom layer put some chocolate date sauce mixed with the cream.

Step 6

Do a layer of coconut fibre and date mix followed by another small layer of the cream mixed with dates.

Step 7

Roll up a ball of the coconut fibre and date sauce and place on top. Put in the freezer for a minimum of two hours. Serve chilled.

A chocolate Reecey sweet cake

Ingredients

1 large mature coconut

24 medjool dates

Coconut water from the coconut (save this)

25 grams of cocoa powder

50 grams of peanut butter

Step 1

Wash the dates, drain the water from the coconut and then crack the coconut open.

Step 2

Remove all of the coconut meat and put through a masticating juicer. Keep the coconut fibre separate from the cream.

Step 3

Blend the dates with 80ml of coconut water until a caramel consistency

Separate 1/3 of the date sauce and add the coconut milk, the cream from inside of the juicer (stuck around the masticator), the cocoa and 25 grams of peanut butter and mix well.

Step 4

Add the coconut fibre into the remaining date sauce and mix very well.

Step 5

Find yourself some small glass bowls or glass cups, and for the bottom layer put the remaining peanut butter in, followed by some chocolate date sauce mixed with the cream. Then do a layer of coconut fibre and date mix.

Follow with another small layer of the cream mixed with dates.

Step 6

Roll up a ball of the coconut fibre/peanut and date sauce and place on top. Put in the freezer for a minimum of two hours. Serve chilled.

Raw fruit tart

Serves: 2 to 4

Ingredients

2 banana

1 kiwi

6 strawberries

1/2 a ripe mango

1 mature coconut

20 medjool dates

Step 1

Wash and peel the fruit, drain the water from the coconut and then crack the coconut.

Step 2

Remove all of the coconut meat and put through a masticating juicer. Keep the coconut fibre separate from the cream.

Step 3

Blend the dates with 80ml of coconut water

Until a caramel consistency

Separate 1/3 of the date sauce and add the coconut milk the cream from inside of the juicer (stuck around the masticator) and a banana blend with a hand blender

Step 4

And the coconut fibre into the remaining date sauce and mix very well.

Step 5

Find yourself some small glass bowls and press the coconut date mix around the bowl. Pour in the banana/date /coconut creme mix. Chop banana and layer the top, then slice strawberries and finely chop the mango.

Finish with a few slices of kiwi.

Freeze for 2 hours...then in-joy...

Homemade nut milk

Serves: 800ml bottle

Preparation time: 8 mins

Ingredients

100g nuts (almonds, walnuts, cashew, hemp seeds)

5 pitted dates

800ml water

Vanilla pod (optional)

Step 1

Soak the nuts and dates overnight (or for at least 4 hours). The following day, rinse and drain thoroughly.

Step 2

Put dates and nuts into a blender, adding the vanilla pod along with the water.

Step 3

Blend on high for about 2 minutes to give the nuts and dates time to break down, then pour through a nut milk bag or sieve into a large bowl.

Step 4

Squeeze nut milk bag or push down the sieve until you get as much liquid out as possible, then pour the milk into a jug. Pour into a clean glass bottle for storage.

Refrigerate before serving.

This will keep for a few days in the fridge.

Hot Not Chocolate

Serves: 2 cups

Preparation time: 10 minutes

Ingredients

Nut / seed milk (see our recipe for this)

OR

2 full cups of water

2 - 3 teaspoons carob, cocoa or cacao

To sweeten use 4 dates blended (strain after heating)

Step 1

Put all the ingredients in a blender together.

You can play with the ingredient ratios a little to see how it tastes for you.

Blend for about 60 seconds until everything is fully blended together.

Taste and see if you want to tweak it.

Step 2

Pour into a pan and gently heat.

Stir regularly over two or three minutes. It should start to thicken as it reaches temperature.

Simmer and allow to heat for another minute.

Pour into cups through a sieve.

In-joy a rich, unbelievable hot-not-chocolate.

JUICES

Ginger beer

Serves 2

Ingredients

12 apples

1 small mango

2 thumbs of ginger

Step 1

Peel ginger and apples then core apples.

Step 2

Juice the apples and ginger.

Step 3

Peel mango and add to the juice.

Blend together really well . Add more ginger for more fiery flavour.

Heal-thy Al-k-aline

Ingredients

10 apples

1 cucumber

1 lemon

Small thumb of ginger

You will need a juicer for this, they are as cheap as £38 at any big store.

Step 1

Peel then juice all of the ingredients.

Step 2

Use a sieve and sieve the juice into a container..

ENJOY THIS PERFECT BALANCED ELECTRI-PHYING, BODY CORRECTING SUPER JUICE.

Sweet juice

Ingredients

1 kilo of carrots

10 apples

1 lemon

Thumb of ginger by choice

Step 1

Peel and juice all the ingredients.

Step 2

ENJOY THIS beautiful drink!

Sweet 'n' herby

Serves: 1

Ingredients

10 apples

A big handful of coriander

Step 1

Wash the coriander thoroughly and prepare the apples for juicing.

Step 2

Juice the apples then coriander, using a sieve to get rid of the froth. Lastly, pour into a glass and in-joy.

V e-ight

Serves 1

5 sticks of celery
12 vine tomatoes
8 large carrots
1 apple

Step 1

Wash and peel ingredients.

Step 2

Juice all ingredients.

Strain with a sieve and in-joy!

Po-me-granate and O-range

Serves 1 as a meal or 2 as a drink

Ingredients

500 ml of orange juice

3 large pomegranates

Cut the pomegranates down the centre of the sides away from the stem, and squeeze them over a sieve.

Sunshine juice

1 litre of fresh orange juice
1 juice of a lemon
And a huge thumb of ginger

Play about with the amount of ginger you like and create the level of spice enjoyed for you.

Juice the ginger and add to orange in stages and try.

A simple protocol for wonderful vibration and living high holistic and interactive with life

Rising / break-fast

1 litre of orange juice

Two hours later

A smoothie

Three hours later

A meal - raw preferably

Two - three hours later

A smoothie

Followed by a juice before you go to bed.

If you are training, try fresh fruit juice during your session, this will keep glucose topped up and there is a lesser chance of fatigue.

It has real live amino acids and glucose. This will power your work outs and stop the body using all the stored glycogen. For bodybuilding and muscle growth, make sure you consume enough food to increase the mass, as you only grow as big as you can eat.

There is nothing better than moving towards a mono fruit diet, as all fruit has seasons and if we were to live among the trees that produced the food we would know that fruit comes in abundance and all fruit has different solo periodic ripening.

So, mono fruits would be a natural way to eat as the fruit should be dropping at a similar period over the course of a month or so. Say to indulge in particular fruits throughout the day and to eat them on their own but as much as one can to fulfil the satiation needed. The body easily converts the fruits as the fruits ferment the easiest.. Fermentation is what goes on inside the gut.

We had many many recipes from transitioning in the past, but we wanted to stay away from certain things such as grains flours, coconut sugars / flours, oils, nuts, seeds, breads, onion, garlic, chilli. All of the finest flavours we think and creativeness come from those ingredients, but they cause inflammation and acidosis and this book has unique recipes to steer one away from these things.

We love you very much. We truly wish you all balance and happiness and we hope you find great ideas inside this book.

Inside this book is a timeless secret, a secret so forgotten that most beings on earth can't comprehend how valuable it is...

In the 21st century, mankind have completely forgotten about the food that is fit for consumption, and have lost inspiration and knowledge on how to transition to our real diet.

If you are looking to make a change from commercial CON-venience, CON-fectional, to a whole-food diet, whether your goal is raw, cooked, juice fasting or smoothies, this will be your perfect guide.

Our bodies fuel is glucose, and this is for all of our functions, and it is that simple. The closer we get to this source, the less our digestive system needs to be working and digesting so that we can keep gaining energy (prana).

The time is now to gain control of yours and your families health with "HEAL-THY ME-ALS", as the food becomes you and your family.

This book will guide you to Heal-thy self and transition to a Super Natural being with whole-food original recipes; raw, cooked, cakes, ice-creams, smoothies and juices.

Reverse dis-ease and in-joy real food.

Josh and Michelle X