

Making Everything Easier!™

Raw Food

FOR DUMMIES®

Learn to:

- Live a healthy, balanced, raw food lifestyle
- Add health-promoting raw foods to your diet
- Prepare more than 100 healthy and delicious raw food recipes
- Balance your weight and gain more energy

Cherie Soria

Leading authority on raw vegan culinary arts and holistic nutrition expert

Dan Ladermann

Renowned health educator and speaker



Get More and Do More at Dummies.com®



Start with **FREE** Cheat Sheets

Cheat Sheets include

- Checklists
- Charts
- Common Instructions
- And Other Good Stuff!

To access the Cheat Sheet created specifically for this book, go to
www.dummies.com/cheatsheet/rawfood

Get Smart at Dummies.com

Dummies.com makes your life easier with 1,000s of answers on everything from removing wallpaper to using the latest version of Windows.

Check out our

- Videos
- Illustrated Articles
- Step-by-Step Instructions

Plus, each month you can win valuable prizes by entering our Dummies.com sweepstakes. *

Want a weekly dose of Dummies? Sign up for Newsletters on

- Digital Photography
- Microsoft Windows & Office
- Personal Finance & Investing
- Health & Wellness
- Computing, iPods & Cell Phones
- eBay
- Internet
- Food, Home & Garden

Find out “HOW” at Dummies.com

*Sweepstakes not currently available in all countries; visit Dummies.com for official rules.



Raw Food FOR **DUMMIES®**

**by Cherie Soria and
Dan E. Ladermann**



John Wiley & Sons, Inc.

Raw Food For Dummies®

Published by
John Wiley & Sons, Inc.
111 River St.
Hoboken, NJ 07030-5774
www.wiley.com

Copyright © 2013 by John Wiley & Sons, Inc., Hoboken, New Jersey

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

Trademarks: Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc., and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. John Wiley & Sons, Inc., is not associated with any product or vendor mentioned in this book.

LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: THE PUBLISHER AND THE AUTHOR MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR EVERY SITUATION. THIS WORK IS SOLD WITH THE UNDERSTANDING THAT THE PUBLISHER IS NOT ENGAGED IN RENDERING LEGAL, ACCOUNTING, OR OTHER PROFESSIONAL SERVICES. IF PROFESSIONAL ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL PERSON SHOULD BE SOUGHT. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANIZATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANIZATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ. SOME OF THE DIETARY SUGGESTIONS CONTAINED IN THIS WORK MAY NOT BE APPROPRIATE FOR ALL INDIVIDUALS, AND READERS SHOULD CONSULT WITH A PHYSICIAN BEFORE COMMENCING ANY DIETARY PROGRAM.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit www.wiley.com/techsupport.

Wiley publishes in a variety of print and electronic formats and by print-on-demand. Some material included with standard print versions of this book may not be included in e-books or in print-on-demand. If this book refers to media such as a CD or DVD that is not included in the version you purchased, you may download this material at <http://booksupport.wiley.com>. For more information about Wiley products, visit www.wiley.com.

Library of Congress Control Number: 2012950502

ISBN 978-0-471-77011-4 (pbk); ISBN 978-1-118-46118-1 (ebk); ISBN 978-1-118-46111-2 (ebk); ISBN 978-1-118-46112-9 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



WILEY

About the Authors

Cherie Soria (Fort Bragg, California, and Montezuma, Costa Rica) is the founder and director of Living Light Culinary Institute, a culinary school that began in 1998 and is one of the four eco-friendly businesses of Living Light International. In 1992, after studying with Dr. Ann Wigmore in Puerto Rico, Cherie learned the principles of using whole, live foods to aid in healing and rejuvenation, and she began creating a gourmet raw cuisine that rivals even the most cherished cooked foods. Her efforts sparked a revolutionary trend in culinary arts, and she's often referred to as the Mother of Gourmet Raw Vegan Cuisine. Cherie has trained thousands of raw food chefs and culinary instructors from more than 50 countries. Cherie is the author of several books, and she's among the most respected professionals in the gourmet raw culinary world.

Dan E. Ladermann (Fort Bragg, California, and Montezuma, Costa Rica) is co-owner and director of Living Light International as well as president of the Institute for Vibrant Living, a nonprofit organization dedicated to global education about organic raw vegan food and its role in vibrant living. Dan is a Certified Hippocrates Health Educator and raw vegan nutrition instructor at Living Light International.

Cherie and Dan own and operate Living Light International, which includes the Living Light Culinary Institute, the Living Light Cafe, Living Light Marketplace (shop.RawFoodChef.com), and the historic, eco-friendly Living Light Inn — all located on the beautiful Mendocino coast of northern California. They travel extensively throughout the world to promote the raw vegan lifestyle, and they've received numerous awards and accolades for Living Light International, which is recognized as one of the leading raw food businesses worldwide. Cherie and Dan's mission is to spread information about the benefits of the raw vegan lifestyle throughout the globe by training teachers, chefs, and individuals to inspire others. For more information, please visit www.RawFoodChef.com.

Dedication

We dedicate this book to everyone who's open to new approaches to eating and living in order to achieve maximum health for themselves, animals, and the planet we all share.

Authors' Acknowledgments

Sincere gratitude to Heather Dismore for her help in preparing this book for publication and to all those at John Wiley & Sons, Inc., who made this book possible: Acquisitions Editor Michael Lewis, Project Editor Jenny Lerner Brown, Copy Editor Caitie Copple, and the Wiley Composition team. We owe special thanks to technical editor, Sarah Stout, for ensuring that the information in this book is accurate and complete; Emily Nolan, for testing our recipes and making suggestions to improve instructions and taste; and Angie Sheetz, for the nutritional details on each recipe.

Our deepest appreciation to cherished advisors, mentors, and colleagues: Viktoras Kulvinskis, Ann Wigmore, Dr. Brian Clement, Drs. Rick and Karin Dina, Dr. Jameth Sheridan, Brenda Davis, Vesanto Melina, Dr. Michael Klaper, and our friends at the North American Vegetarian Society who took a chance on raw foods when the word *vegan* was still a hard sell!

Eternal thanks to our wonderful staff at Living Light Culinary Institute, who care deeply about our mission to help make this a healthier, happier, greener world in which to live. Special thanks to our assistant, Terilynn Epperson, without whom we could not have met our deadlines, and to chefs Martine Lussier and Vinnette Thompson for their help with recipe development. Also thanks to Felix Schoener for his beautiful food styling on the cover of this book and to our students throughout the world who test our recipes, give us honest feedback, and continually provide us with opportunities for improvement.

Publisher's Acknowledgments

We're proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial, and Vertical Websites

Project Editor: Jenny Lerner Brown
Acquisitions Editor: Michael Lewis
Copy Editor: Caitlin Copple
Contributor: Heather Dismore
Assistant Editor: David Lutton
Editorial Program Coordinator: Joe Niesen
Technical Editor: Sara Stout
Recipe Tester: Emily Nolan
Nutritional Analyst: Angie Sheetz
Editorial Manager: Christine Meloy Beck
Editorial Assistant: Alexa Koschier
Art Coordinator: Alicia B. South
Cover Photos: © Dan E. Ladermann
Cartoons: Rich Tennant
(www.the5thwave.com)

Composition Services

Project Coordinator: Sheree Montgomery
Layout and Graphics: Christin Swinford
Proofreaders: Jessica Kramer,
Christine Sabooni
Indexer: Claudia Bourbeau
Illustrator: Elizabeth Kurtzman

Publishing and Editorial for Consumer Dummies

Kathleen Nebenhaus, Vice President and Executive Publisher
David Palmer, Associate Publisher
Kristin Ferguson-Wagstaffe, Product Development Director

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher

Composition Services

Debbie Stailey, Director of Composition Services

Contents at a Glance

<i>Introduction</i>	<i>1</i>
<i>Part I: Exploring the Basics of Raw Food</i>	<i>7</i>
Chapter 1: Raw Food 101	9
Chapter 2: Checking Out Raw-some Foods.....	23
Chapter 3: Getting Essential Nutrients.....	33
<i>Part II: Embarking on Your Raw Journey</i>	<i>49</i>
Chapter 4: Going Raw	51
Chapter 5: Gear and Gadgets: Setting Up Your Raw Food Kitchen	67
Chapter 6: Buying Organic Essentials	83
Chapter 7: Discovering Raw Food Preparation Techniques	97
<i>Part III: Enjoying Raw and Revitalizing Meals: The Recipes</i>	<i>121</i>
Chapter 8: Getting Started — No Experience Required.....	123
Chapter 9: The Supporting Cast: Tasty Condiments, Sauces, and More.....	141
Chapter 10: Mixing It Up: Smoothies and Elixirs.....	161
Chapter 11: Nourishing Breakfasts	181
Chapter 12: Appealing Appetizers	195
Chapter 13: Sensational Soups and Salads	213
Chapter 14: Sumptuous Side Dishes.....	231
Chapter 15: Gourmet Raw Entrees	245
Chapter 16: Snacks and Nutritious Nibbles.....	263
Chapter 17: Sweet Endings	273
<i>Part IV: Taking Your Raw Lifestyle to the Next Level</i>	<i>289</i>
Chapter 18: Planning Menus in the Raw	291
Chapter 19: Eating Raw on the Go	307
Chapter 20: Gathering with a Raw Community	319

<i>Part V: The Part of Tens</i>	327
Chapter 21: Ten Reasons to Go Raw	329
Chapter 22: Ten Foods Best Eaten Raw	335
<i>Appendix: Metric Conversion Guide</i>	341
<i>Index</i>	345

Recipes at a Glance

Almond Cheese	158
Almond Milk	191
Apple Baklava.....	275
Asian Fusion Salad Rolls	206
Asian Slaw	233
Avocado-Pineapple Salsa.....	198
Banana Boats on Fire!.....	266
Banana-Strawberry Sorbet.....	135
Barbeque Sauce	249
Basil Pesto	133
Béchamel Sauce	261
Beefy Barbeque Sandwich	248
Better-Than-Eggs Salad Sandwich	250
Black Forest Cherry Brownies.....	287
Blueberry-Hill Smoothie.....	163
Buckwheat Granola.....	186
Caesar Salad	218
Candied-Pecan Crumble.....	285
Carob Brownies.....	282
Cashew Dill Sauce	133
Cashew Mayonnaise	144
Cashew Sour Cream.....	147
Cashew-Sesame Tofu.....	157
Chili Colorado Sauce	257
Chimichurri Sauce	243
Chocolate Almond Bark	284
Chocolate Mousse Tart with Strawberries and Bananas.....	276
Chocolate Pecan Bars	285
Chocolate Pudding	140
Chocolate-Cherries Jubilee Smoothie	168
Chocolate-Date-Nut Caramel Truffles.....	283
Choconana Smoothie	169
Cinnamon Oatmeal	183



Cinnamon-Almond Apples	265
Coconut Almond Joyous	138
Coconut Butter	185
Coconut Milk	190
Coconut-Macadamia Rawcaroons	288
Corn Cakes	242
Corn Tortillas	150
Creamy Coconut-Lemongrass Cocktail	179
Creamy Dill Tartar Sauce	259
Creamy Red Bell Pepper–Chipotle Soup	215
Date and Walnut Wheat-Berry Scones	184
Dolmas (Stuffed Grape Leaves)	208
French Vanilla Ice Cream	279
Garlic-Herb Croutons	153
Gazpacho	130
Great Greek Olives	230
Green Burrito	252
Green Smoothie	125
Guacamole	200
Hemp-Seed Tabouli	241
Herbed Almond Cheese Spread	201
Hibiscus Rosé	176
Holiday Wild Rice Pilaf	238
Horiatiki (Greek Salad)	220
Island Paradise Smoothie	164
Italian Herb Dressing	224
Jalapeño-Onion Corn Bread	240
Layered Herb Pesto and Almond Cheese Torte	204
Lemony Zucchini Bisque with Shaved Fennel	216
Linguini with White Truffle Cream	259
Mango-Avocado Wraps	136
Mangoes in Lemon-Ginger Sauce	193
Maple-Walnut Ice Cream	280
Marinara Sauce	132
Massaged Kale Salad	127
Nacho-Cheese Kale Chips	272
Not-Salmon Pâté Tomato Sliders	251

Onion–Caraway Seed Bread	152
Orange Jewels	180
Peach Crumble	277
Peaches 'n' Cream Smoothie	167
Pickled Red Onions	227
Pico de Gallo	197
Piña Colada	178
Pine Nut Parmesan Cheese	160
Pineapple Lemongrette	223
Raspberry-Date Jam	185
Raw Power Trail Mix	269
Real Tomato Ketchup	146
Red Ants on a Log	267
Rejuvelac	172
Rise 'n' Shine Smoothie	166
Root-Vegetable Raw-violi with Basil Pesto on Tomato Concassé	262
Sauerkraut	228
Savory Cashews	270
Seasoned Seeds	226
Seventh-Heaven Vegetable Cocktail	177
Soy-Ginger-Glazed Cashew-Sesame Tofu	247
Spicy Apple-Pineapple Cocktail	175
Spicy Sweet-and-Sour Mango Sauce	137
Spinach Manicotti	260
Strawberry Fields Smoothie	126
Sun-Dried Tomato Pesto	235
Superfoods Green Smoothie	165
Sweet Almond Butter	143
Sweet and Spicy Dijon Dressing	222
Sweet and Spicy Mustard	145
Sweet Chili Sauce	207
Sweet Chili-Coconut Chips	211
Sweet Nut'ins 'n' Chocolate Kiss Cookies	286
Sweet Pepper Sesame Chips	154
Sweet Red Pepper and Zucchini Hummus	202
Tahini Dressing	225
Tamari Almonds	271

Thai Miang Kom (Thai-Style Spinach Tacos)	210
To-Live-For Green Juice	174
Tropical Fruit Ambrosia.....	194
Vegan Bay Crab Cakes.....	254
Vegetable Antipasto	236
Vegetable Enchiladas	256
Vitality Soup	128
Waldorf Salad with Dried Cranberries and Walnuts	219
Wheat Grass Blast.....	173
Wild Rice and Corn Salad.....	239
Zucchini Pasta Salad.....	234
Zucchini Pasta Three Ways	132
Zucchini-Pepper Wraps.....	149

Table of Contents

Introduction 1

About This Book	1
Conventions Used in This Book.....	2
What You're Not to Read.....	3
Foolish Assumptions.....	3
How This Book Is Organized	4
Part I: Exploring the Basics of Raw Food	4
Part II: Embarking on Your Raw Journey	4
Part III: Enjoying Raw and Revitalizing Meals: The Recipes	5
Part IV: Taking Your Raw Lifestyle to the Next Level.....	5
Part V: The Part of Tens.....	5
Icons Used in This Book	5
Where to Go from Here.....	6

Part I: Exploring the Basics of Raw Food..... 7

Chapter 1: Raw Food 101 9

Exploring the Raw Food Lifestyle	10
Going beyond roots and shoots: What is a raw food diet?.....	10
Understanding how cooked food harms your health	11
Boosting planetary health with vegan choices	12
Embracing a lifestyle, not a fad diet	13
Examining Different Ways of Eating Raw	13
Getting Proper Nutrition.....	15
Getting enough protein without meat.....	16
Dishing out the facts on dairy	17
Staying nourished all day long	17
Integrating Raw Foods into Your Life	18
Planning ahead	19
Dining out and staying raw	19
Joining the raw community	20

Chapter 2: Checking Out Raw-some Foods 23

Finding Out What's Raw and What's Not.....	23
Choosing the good stuff	24
Knowing what food and drink to avoid.....	25