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Healthier Recipe Guide

These are a collection of raw, vegan and vegetarian recipes. Many of them can be categorized as “party foods” and may contain more than 10-20% daily healthy fats. Remember, when choosing menu items, simplicity is always best but if you want to make healthier versions of flavorful favorites for a special occasion then check these recipes out!

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❖ **Raw Tacos** by Sarah Britton @ www.rawfoodrecipes.com



Ever made raw tacos? No?! Well now is the time and **THIS** is the recipe to start you out on a raw Mexican food inspired path to heaven! This incredible recipe by Sarah Britton is definitely not short on the ingredients, but the end result is well worth the effort. The flavors of spicy walnut taco mix, fresh tomato salsa and tangy cashew sour cream create an absolute explosion of fresh vibrant flavors in your mouth. And not only that but you will feel refreshed and nourished after your meal. For the taco "shells" try using several varieties of cabbage such as green leaf, purple, or nappa cabbage which all work very well. This recipe puts greasy meat based Mexican food to shame. As long as you are using fresh seasonal produce and those delicious Mexican spices and herbs such as cumin, cilantro, garlic, paprika, and spicy peppers you will get that authentic flavor.

Walnut Taco Mix

1 cup raw walnuts
1 Tbsp. nama shoyu (raw, unpasteurized soy sauce)
1/8 tsp. ground chipotle pepper (or more if you like it spicy!)
1 tsp. ground cumin
1 tsp. extra virgin olive oil

Cashew "Sour Cream"

1/2 cup raw cashews
juice of 1/2 lemon
1 tsp. apple cider vinegar
5 Tbsp. water (approx.)

Raw Salsa

1 cup chopped cherry tomatoes
1/2 red bell pepper, chopped fine
1/2 orange or yellow bell pepper, chopped fine
1/2 red onion or 4 green onions, minced
1/4 cup chopped cilantro
1/2 clove garlic, minced
juice of 1/2 lime
1 tsp. raw honey
1 Tbsp. extra virgin olive oil
pinch of sea salt

Other Raw Taco elements:

ripe avocados (about 1/2 per person)
cabbage, collard, kale, romaine, or spinach leaves
limes for squeezing
extra cilantro for sprinkling

Methods/steps

Walnut Taco Mix

1. Put all ingredients in a food processor and pulse just to mix. Don't over-blend, or you will end up with walnut butter!

Cashew "Sour Cream"

1. Put all ingredients except water in a high speed blender or food processor and blend, adding water one tablespoon at a time until the desired consistency is reached. If you want a thick cream, use less water, for a thinner sauce, use more. (You will not achieve a perfectly smooth sauce with a food processor, but it is still delicious!)

Raw Salsa

1. Whisk the garlic, lime juice, honey, olive oil and sea salt in the bottom of a bowl and set aside.
2. Cut up the veggies into rather small pieces, chop the cilantro and add everything to the dressing bowl. Fold to combine and let sit for at least 10 minutes to allow the flavours to meld.



❖ **Raw Zucchini Pasta with Raw Tomato Sauce** by Koko Brill @ www.rawfoodrecipes.com



A zesty, garlicky tomato sauce made with sun dried tomatoes, fresh herbs, and cold pressed olive oil atop a bed of spiralized zucchini. The addition of 1 date gives it the perfect hint of sweetness while the cashews add a slightly creamy element. Rich in water and nutrients and absolutely free of all gluten, this recipe will never leave you weighed down.

Pasta:

Zucchini - 2 medium-sized, spiralized

Sauce:

Tomatoes - 1 1/2 cups, chopped

[Extra Virgin Olive Oil](#) - 1/4 cup

Sun-Dried Tomatoes - 3

Red Bell Pepper - 1/4 cup, chopped

Cashews - 1/4 cup

Garlic - 1 clove

Date - 1, pitted

Apple Cider Vinegar - 1 tsp

Fresh Basil - 1/4 cup, loosely packed

Fresh Thyme - 1 Tbsp

Sea Salt - To taste

Fresh ground black pepper - To taste

Methods/steps

- 1) Spiralize zucchini into noodles and set aside.
- 2) Add all ingredients for sauce into blender and blend until smooth.

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❖ **Zucchini Pasta Alfredo** by Ooh La Raw @ www.rawfoodrecipes.com



Pasta alfredo has just been reinvented by Ooh La Raw and it's healthy, fresh, and will hit the spot! This recipe is very easy to put together, and is the perfect solution for those times when you're stumped on what to make for dinner and you need something quick. Spiralized zucchini noodles tossed with cherry tomatoes, basil, and a rich cashew herb alfredo sauce. It's a win every time!

3 Zucchini, spiralized
Fresh Basil, to taste
Mini Tomatoes, halved

Sauce:

2.5 C Cashews
1 T Lemon Juice
3 Cloves Garlic
1 t Fresh Thyme
1 t Sea Salt

Addition:

Garlic Salt
Red Pepper Flakes
Nutritional Yeast
Black Pepper

Methods/steps

Sauce:

Blend everything until a creamy sauce is formed.

Assembly:

Toss zucchini noodles, fresh basil, and mini tomatoes with sauce and dig in!

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❖ **Raw Sun Dried Tomato Burger** *by Megan Elizabeth*



Makes 4-6 patties.

- 3/4 cup sunflower seeds
- 2 cups chopped carrots
- 1 1/2 cups sun-dried tomatoes
- 1/2 cup chopped green onion
- 1/4 teaspoon mustard powder
- 1 teaspoon lemon/lime juice

Instructions

1. Add ingredients to a food processor and process until completely ground up and ingredients stick together. You may want to process the sunflower seeds and carrots first before adding in the remaining ingredients.
2. Shape and eat!

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❖ Vegetarian Black Bean Burger

by <http://www.womenshealthmag.com/nutrition/veggie-burger-recipes>



1 1/2 cups canned no-salt-added black beans, rinsed and drained
1/2 yellow bell pepper, sliced
1/3 cup roughly chopped red onion
3/4 cup shredded carrot
1/3 cup dry quick-cooking oats
2 1/2 tsp canola oil
1/2 tsp cumin

How to make it:

1. Put all ingredients in a food processor and pulse until combined, 2 to 3 minutes. Form into 4 patties.
2. Mist a piece of aluminum foil with cooking spray and place foil on the grill. Cook patties on foil for 5 minutes, flip, then cook 5 minutes more.

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❖ Raw Lasagna with Cashew Cheese and Broccoli Sun-Dried Tomato Pesto

by Emily von Euw @ http://www.thisrawsomeveganlife.com/2013/03/raw-lasagna-with-cashew-cheese-and.html#.Ukdo677n_IU



Lasagna noodles:

1 zucchini

Cashew cheese:

2/3 cup cashews

2 peeled garlic cloves

1 tablespoon fresh lemon juice

1-2 teaspoons dried rosemary

2-3 tablespoons nutritional yeast (optional)

Salt and pepper, to taste

Water, as needed

Sun-dried tomato and broccoli pesto: (or use the pesto recipe here)

1/2 head of broccoli

2 tablespoons sun dried tomatoes

1 tablespoon olive oil (only if your sun-dried tomatoes aren't already stored in oil)

Salt, pepper and dried herbs, to taste

Water, as needed

Other layerings:

Mushrooms

Tomatoes

Basil leaves

Sprouts

To make the noodles: slice the zucchini on a mandolin. Or very thinly with a sharp knife. Set aside.

To make the cheese: blend all ingredients in your food processor or blender until smooth and thick, adding as little water as possible. Set aside.

To make the pesto: blend all ingredients in your food processor or blender until smooth and thick, adding as little water as possible.

Assembly: layer the noodles with the pesto, cheese and whatever you else you like, alternating as you go. If you want, make roll ups too! Enjoy.

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❖ **Raw Sushi** by *Carla Aguas* @ www.rawfoodrecipes.com



- 1 Cucumber
- * 3 large Carrots peeled
- * 1 large ripe Avocado
- * 5-6 Nori Roll Sheets
- * Pickled Ginger
- * Wasabi or Sriracha (optional, if you like spice)
- * Sundried Tomato Spread (recipe on chef's main page)
- * Sushi Rolling Mat

Methods/steps

- 1) Peel the cucumber and slice in half lengthwise and cut off the ends.
- 2) Using a large spoon, scoop out the soft seeds from the inside of cucumber. Cut in half again and thinly slice.
- 3) Next take the peeled carrots and continue peeling the carrot to achieve long ribbons.
- 4) Slice the avocado in half and lengthwise into thin strips.
- 5) Now arrange all the ingredients in front of you to prepare the sushi rolling!
- 6) Spread the Sundried Tomato Spread on the nori roll and add the carrot ribbons on top.
- 7) Layer on the cucumber, avocado, pickled ginger and wasabi or Sriracha.
- 8) Carefully roll the nori roll using a Sushi Rolling Mat. Tighten the roll with the mat often to keep it in perfect shape.
- 9) Using a sharp knife cut the sushi roll into sixths.

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❖ **Raw Ranch Dressing Recipe** *by the Rawtarian*
@ <http://www.therawtarian.com/raw-ranch-dressing-recipe>



- 1 ¼ cup cashews
- ¾ cup water (or a little more)
- 3 tablespoons lemon juice
- 1/3 cup apple cider vinegar (OR LESS!!! START WITH HALF THE AMOUNT)
- 1/3 cup extra virgin olive oil
- 3 tablespoons agave nectar (or honey) (or maple syrup)
- 2 cloves garlic
- 3 teaspoons onion powder
- 1 teaspoon dill
- 1 teaspoon sea salt

Well, just throw everything in your high-speed blender and blend until smooth! Easy!

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❖ **Ginger Tahini Dressing** by Callie England @ <http://www.rawfoodrecipes.com/>



1.5 C tahini
.33 C Sesame oil (I use half toasted, half raw – toasted adds much more flavor!)
1.25 C water
.33 C red miso
juice from 2 lemons
1-2 Inches peeled ginger
1-2 tsp ground chili paste (or, a small pinch or two of cayenne pepper)

Methods/steps

In a high-speed blender, blend all ingredients until smooth. Refrigerate in an air-tight container. With water, will last about a week.

In the above photo, I've dressed flat zucchini noodles, shredded carrot, chopped green pepper and diced green onion. However, throughout the week I added things such as: bean sprouts, red pepper, kelp noodles, shallots, etc... The possibilities are endless! The last salad, I added a dash of tamari, which also kicked up the flavors a bit.

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❖ **Kale Parmesan Chips** by *Diana Stobo* @ <http://www.rawfoodrecipes.com/>



Chips

1 bunch Lacinato or Dino Kale
2 tablespoons Cold Pressed Olive Oil
½ cup Raw Parmesan

Raw parmesan

¼ cup walnuts
¼ cup nutritional yeast
½ teaspoon sea salt

Methods/steps

- 1) Place raw parmesan ingredients in a coffee grinder, personal blender or my favorite Nut and Spice Grinder and process until a powder. Do not over process.
- 2) Wash and stem the kale. Pat dry from any excess water.
- 3) With a sharp knife cut Kale lengthwise along the vein to make long thin strips. Lay flat on a dehydrator tray lined with a Paraflexx sheet.
- 4) Using a pastry brush, brush the Kale with olive oil and sprinkle with raw parmesan. Add a touch of sea salt if necessary.
- 5) Place in the dehydrator at 110 degrees for 2-4 hours. Remove Paraflexx sheet and place chips on Grid sheet only. Dehydrate an additional 4-6 hours until crispy.



❖ **Raw Chocolate Avocado Pudding Recipe a.k.a "Chocomole"** by Gena at *Choosing Raw*
@ <http://www.choosingraw.com/raw-chocolate-avocado-pudding/>



1 ripe avocado, pitted

6-10 dates (depending on size of dates and desired sweetness – I'm usually happy with 8 medjool dates),
soaked if necessary

½ tsp vanilla

4 heaping Tbsp cocoa or 2 Tbsp. carob powder

½ cup water

Place all ingredients in a food processor (you can use a blender or Vita, but food processors work much better for this recipe) and begin blending.

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❖ **Raw, Vegan Cherry Garcia Ice Cream** by Amanda Maquire @ www.rawfoodrecipes.com



Put down that Cherry Garcia ice cream and back away from the freezer cause there's a MUCH healthier and equally as tasty alternative for you here! This recipe by Amanda Maquire of [Pickles and Honey](#) is made with a base of freshly made cashew milk and coconut cream, dates, frozen pitted cherries and dark chocolate chunks. It can be made in an ice cream maker or a blender (instructions for both included below). Think ice cream can't be deliciously decadent without the use of dairy or sugar? Try this recipe and prepare to be amazed.

For the Homemade Cashew Milk

- 1 cup raw cashews
- 3½ cups filtered water
- pinch of fine sea salt

For the Ice Cream:

- 1 can full fat coconut milk (for a truly raw version try making a rich coconut milk by following the recipe and instructions for cashew milk - just sub shredded coconut for cashews)
- 1½ cups homemade cashew milk
- 7 pitted medjool dates, soaked for an hour & drained
- ½ teaspoon vanilla bean powder
- pinch of fine sea salt
- 1 cup fresh or frozen pitted cherries, roughly chopped
- ½ cup vegan dark chocolate chunks (we recommend [stone ground raw sweetened cacao paste](#)), divided

Methods/steps

- 1) Prepare the cashew milk by soaking the cashews in filtered water for at least 4 hours in the refrigerator (overnight is okay too).
- 2) Once soaked, drain and rinse the cashews.
- 3) Add the cashews, water, and salt to a blender and blend on high for about 1 minute, or until the cashews are broken into very fine pieces. Reserve 1½ cups of the cashew milk for the ice cream recipe, and store the remaining milk in a covered container in the fridge.

You can add more water to the remaining milk for a less rich consistency. Homemade cashew milk should keep for 2-3 days. In the future, feel free to play around with the ratio of water to cashews. I typically use 1 cup cashews: 4 cups water, but I wanted a creamier texture for the ice cream.

- 4) Next, make the ice cream by adding the coconut milk, cashew milk, dates, vanilla, and sea salt to the blender and process until very smooth.
- 5) Pour the milk mixture into an ice cream maker* (see note at the end of the post for an alternative) for about 20-25 minutes, or until the texture resembles soft-serve.
- 6) While you're waiting for the ice cream, chop ¼ cup of the [chocolate chunks](#) to create smaller slivers. You want a mix of small chocolate pieces and chunks in the final product.
- 7) Once the ice cream resembles soft-serve, fold in the chocolate and cherries until they're evenly incorporated into the ice cream.

Enjoy immediately, or place the ice cream in a freezer-safe container and allow to firm up in the freezer for a couple of hours or overnight.

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❖ **Chocolate Raw Mini Mint Cookies** by *Stephanie Moram* @ www.rawfoodrecipes.com



- 1/2 cup of coconut flour
- 1/2 cup of [raw cacao powder](#)
- 2 Tbsp of liquid sweetener (maple syrup, honey, coconut syrup or even a few drops of stevia)
- 4 Tbsp of [coconut oil](#)
- 1 tsp of peppermint extract
- 1 Tbsp of vanilla flavor (less if use extract)

Methods/steps

- 1) Combine all the ingredients in a mixing bowl, and stir.
- 2) Shape the batter into a cookie shape. You can use a cookie cutter, or a glass jar like I did to make mini cookies because I don't own cookie cutters.
- 3) Place in the fridge until firm- about an hour. Once they are firm, you can keep them at room temperature and they will still be hard to the touch.

Additional Tips

- Carob can be used in place of cacao.
- Change up the cookie shape with different cookie cutters.

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❖ **Easy Raw Chocolate Brownies** by Heather Pace @ www.rawfoodrecipes.com



Brownies will forever be that classic comfort food especially for all of us chocolate lovers out there. By using raw ingredients and preparation methods you can ditch the guilt and instead just focus on the feel good fun of yummy chocolate brownie decadence. These brownies by Heather Pace of [Sweetly Raw](http://SweetlyRaw.com) are indulgent, yes, but a quick look over the list of ingredients will assure you that what you're enjoying IS actually good for your body! These turn out chewy and soft and slightly crumbly. The brownie layer is quite thin which is perfect for layering the chocolate frosting thickly over it. Check out Heather's [ebook](#) for that gorgeous chocolate sauce which she's drizzled over the top!

Brownie Base:

1 cup [almonds](#)
1/2 heaping cup [walnuts](#) or pecans
1 cup pitted Medjool dates
1/4 - 1/3 cup [cacao powder](#)
3/4 teaspoon pure vanilla extract
1/8 teaspoon Himalayan salt
1/2 - 1 teaspoon water, or as needed

Raw Chocolate Frosting:

1/2 cup melted [coconut butter](#)
1/4 cup + 2 tablespoons [coconut nectar](#)
1/4 cup cacao powder
7 tablespoons hot water
1/2 teaspoon pure vanilla extract
Pinch of salt
6 tablespoons melted coconut oil

Methods/steps

Brownie base:

- 1) Grind the almonds to crumbs/ flour in a food processor.
- 2) Roughly chop the dates.
- 3) Add the dates, walnuts, salt, and cacao to the processor. Grind until completely broken down.
- 4) Add the vanilla and water, starting with a very small amount of water. Pulse to combine.

Add more water only if needed. Press the mixture together in your hands. It should hold together easily.

5) Line an 8x8" pan with plastic wrap.

Evenly press the dough into the pan. Set aside in the fridge.

Raw Chocolate Frosting

1) Blend all ingredients until smooth and creamy in a high speed blender.

2) Spread over the brownies. Chill in the fridge for at least 8 hours or in the freezer for part of the time.

Raw Chocolate Drizzle:

My all time favorite "go to" chocolate sauce recipe [HERE](#) from Just Desserts that firms up slightly when chilled (and in this case I used a bit less water than called for).

It's also excellent as a chocolate dipping sauce for fruit.

Additional Tips

Note from chef:

Brownies:

You want to make sure the brownie dough is moist and holds together when pressed in your hand, but is not too sticky. If it's still a little crumbly, add a touch more water.

Frosting:

This is a coconut butter based chocolate frosting that is easy to make and firms up very quickly. It's firmer than a fluffy traditional frosting, so don't expect that with this recipe. In this case I had to create a firm frosting in order for the brownies to be shipped and hold up.

While it will appear slightly grainy upon blending (even after blending the heck out of it with a high speed blender), you won't notice the graininess after it chills and firms.

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