

# **Better Way to Wellness**

## **- Get Nourished... Be Well**

### **WCRC Cooking Club Living Raw Foods**

Presented by Sandy Der, Chef and Certified Nutrition Consultant

#### **What is Raw Foodism or a Living Raw Foods Diet?**

When 80-100% of the diet consist of raw, unprocessed, uncooked organic foods. To be considered 'raw', the maximum allowed temperature ranges from 98 to 118 F.

#### **Benefits of a Living Raw Foods Diet**

A raw foods diet is enzymatically rich and full of antioxidants which might otherwise be broken down with cooking foods above 98 to 118 F.

Fermenting some foods allow them to be more easily digested and are rich in probiotics - Examples are cabbage and soy.

In addition, sprouting nuts, seeds and legumes transform these foods into very nutritious foods. Sprouting activates enzymes, inactivates compounds that block absorption of certain nutrients (ie. phytic acid in grains block Ca, Mg, Fe, Cu and Zn) and generally make the foods easier to digest. Sprouting also produces vitamin C and raises the vitamin B content.

In general, a raw foods diet can be very energizing and detoxifying.

#### **Cautions Regarding some Raw Foods**

Be aware of balancing your diet to ensure adequate intake of B-12 and protein

Some raw foods are poisonous

Buckwheat greens ([townsendletter.com/Dec2004/buckwheat1204.htm](http://townsendletter.com/Dec2004/buckwheat1204.htm))

Kidney beans, including sprouts

Rhubarb, especially leaves

Green potatoes

Use care in preparation as some raw foods may harbor bacteria or parasites that would otherwise be destroyed upon cooking with heat

Some raw foods can contain anti-nutrients - substances that block the absorption of nutrients

Alfalfa sprouts may inhibit the immune system and contribute to inflammatory conditions. Also contains canavanine which is toxic in high amounts

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Some sprouts can be irritating to your system so enjoy in moderation

### **Incorporating Raw Foods into Your Diet**

Fresh vegetables and fruits

Chopped Salads

Fermented foods

Sauerkraut, Kosher style pickles, Kvass, Kombucha, Raw milk yogurts, kefir

Miso, tempeh, natto

Sprouting

Seeds, nuts, beans

### **Recipes for a Living Raw Foods Meal:**

#### **Crispy Nuts** *based on recipes from Nourishing Traditions by Sally Fallon*

4 cups of Nuts (pecans, walnuts, almonds, peanuts, cashews)

2 teaspoons of sea salt

filtered water to cover nuts

Mix nuts with sea salt and filtered water. Soak in a warm place for at least 7 hours or overnight. Drain in a colander and dry using a dehydrator or spread on a baking sheet and place in a warm oven for 12 to 24 hours - or until completely dry and crisp. Store in a cool place in an airtight container.

#### **Sprouted Lentil Salad** *based on a recipe from veganchef.com*

2 cups lentil sprouts

1/2 cup diced cucumber

1/2 cup halved cherry tomatoes

1/3 cup sliced scallions or use onion sprouts

2 tablespoons chopped fresh cilantro

1/2 cup thinly sliced radishes (optional)

1 tablespoon extra virgin olive oil

2 tablespoons lemon juice

1 tablespoon raw apple cider vinegar or other favorite raw vinegar

1 clove garlic, finely chopped

1 1/2 teaspoons curry powder

1/2 teaspoon dry mustard

sea salt and pepper to taste

In a medium bowl, combine the lentil sprouts, cucumber, tomato, green onions, cilantro and radishes. Toss lightly.

In a smaller bowl, whisk together the olive oil, lemon juice, cider vinegar, garlic, curry powder, mustard, salt and pepper. Pour dressing over salad and toss lightly to coat. Chill for 20 to 30 minutes to allow the flavors to blend before serving.

#### **General Method for Sprouting Seeds:**

Use a sterile wide mouth quart size mason jar with a screw top and screen insert. Fill the jar 1/3 full with any grain or seed (lentils, chickpeas, dried beans, wheat, barley, spelt, radish,

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onion, chia, broccoli, fenugreek, sesame, sunflower or pumpkin.) Fill the jar with filtered water. Screw on the top with the screen. Rinse seeds. Fill the jar again with filtered water. Leave to soak overnight. With the top in place pour off the water. Add more water to rinse the seeds well and drain. Let the jar sit on it's side so air can circulate. Repeat this rinsing process at least 2 to 4 times a day. The seeds should sprout in one to four days. Rinse well, shake out excess moisture. Spin dry in a mini salad/herb spinner and store in the refrigerator. Use within 5 days. If at anytime the seeds or sprouts begin to have an off odor discard and start a new batch.

**Raw Spaghetti** based on a recipe from rawfoods.com  
2 medium or 1 large green zucchini

Julienne zucchini into long pasta like strands using a 'mandolin' slicer (easiest to use is the Japanese Benriner brand mandolin. Be careful - it is sharp!) Alternately, you may grate the zucchini but it will not be spaghetti-like

Put julienned zucchini in a colander and sprinkle with ½ teaspoon of sea salt. Let sit for 15 - 20 minutes. Pour 'noodles' onto a clean absorbent towel to remove excess moisture. Let sit while preparing sauce.

**Tomato Sauce** *based on a recipe from rawfoods.com*

10-12 "sun dried" tomatoes, soak for 10-15 minutes in warm water to soften then drain.

2 large fresh tomatoes

1 medium red pepper

1 stalk of celery

1 or more cloves of garlic

¼ - 1/3 cup extra virgin olive oil

2 teaspoons of raw apple cider vinegar or balsamic vinegar

2 tsp ground flax seeds

6 fresh basil leaves (more for garnish)

sea salt and pepper to taste

Use a blender or food processor to puree all ingredients. Ladle over bowls of fresh zucchini noodles. Serve with additional fresh basil leaves as garnish.

You can use any favorite sauce with the zucchini noodles. Pesto and olive tapenades would be delicious.

## **Coconut Chocolate Bon Bons**

½ c sprouted sunflower seeds, dry (or other favorite seed or nut)

2 Tablespoons organic cocoa powder (or carob powder)

4 oz coconut cream concentrate (ground whole coconut -not oil)

12 ea pitted medjool dates (6 oz wt)

pinch of sea salt

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optional: zest of 1 orange

Put all ingredients in the bowl of a food processor and blend until smooth. Form into small bite size balls and chill (alternately use a melon baller to aid in shaping the bon bons.)

### **Resources:**

About Raw Foodism: [en.wikipedia.org/wiki/Raw\\_foodism](http://en.wikipedia.org/wiki/Raw_foodism), [www.rawfood.com](http://www.rawfood.com) and [www.rawfoods.com](http://www.rawfoods.com)

Raw Food and Cancer:

[www.rawfoodlife.com/Articles\\_\\_\\_Research/Raw\\_Food\\_\\_\\_Cancer/raw\\_food\\_\\_\\_cancer.htm](http://www.rawfoodlife.com/Articles___Research/Raw_Food___Cancer/raw_food___cancer.htm)

Books:

Katz, Sandor. Wild Fermentation. Chelsea Green Publishing Company 2003.

Maerin, Jordan. Raw Foods for Busy People. lulu.com. 2004

Fallon, Sally. Nourishing Traditions. Washington DC: New Trends Publishing, 2001.

Sources for:

Benriner Mandolin: Sur La Table, Koreana in Oakland, shops in SF Japantown, [cutleryandmore.com](http://cutleryandmore.com)

Coconut Cream: [www.tropicaltraditions.com](http://www.tropicaltraditions.com) and [www.premierorganics.com](http://www.premierorganics.com)

Fermented Foods:

“Cultured” at Berkeley Farmer’s Markets (510) 540-5185

Three Stone Hearth in Berkeley- [www.threestonehearth.com](http://www.threestonehearth.com)

Seeds to sprout: [www.mountainroseherbs.com](http://www.mountainroseherbs.com) and [www.sproutpeople.com](http://www.sproutpeople.com)

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