

# Fruitfest Recipe Book

A fantastic selection of delicious raw vegan meals for all occasions.

**compiled by Ronnie Smith**



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## Legal Information and Disclaimer

The contents of this book are designed to give an introduction to creating raw vegan recipes. The recipes and general diet information should not be used in place of treatments or therapies recommended by professional medical practitioners.

If you are concerned that a change in your diet could cause a problem for you then please seek the advice of a trusted and qualified professional to discuss your concerns. If you or others around you are concerned that you may have a dysfunctional relationship towards food, please get support for this issue before deciding to transition to a raw vegan diet.

A raw vegan diet, properly planned and applied can be a long term and healthy diet for anyone. As transition to this lifestyle can take time, it is worth seeking coaching or advice from professionals when making a change to a raw vegan diet.

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# Introduction

The raw vegan diet is the essence of simplicity. It consists of a choice of foods that can be enjoyed on their own without the need to season, process or dress the food in any particularly special way.

The only chef is the sun, under who's warm rays of light plants seem to miraculously bloom and mature every year, providing us with a rich variety of incredible, vibrant fruits , vegetables, nuts and seeds.

In our modern world, we have been trained to think that food is not that simple. Every form of media is saturated with information about food. Every day, new recipes are published, new restaurants with original concepts are opened and unknown chefs take their first steps to fame on the TV screen. Entire industries have been created to make inedible food edible and make bland food taste and look exciting. We have become obsessed with food and for many people it has become the beloved centre of their social and family life.

Food is essential, of course, but our modern obsession with the stimulation that modern food can provide has come at a cost. Obesity continues to rise, as do diseases that are connected to poor nutrition.

Many people have started to realise a truth that most find unthinkable; that the standard diet that most of us grew up with is not as healthy as we were lead to believe. In light of this, a growing movement of people are moving towards alternative diets to seek the health they believe is being denied to them by their previous eating habits.

There are many alternative diets but the raw vegan diet is not that. The raw vegan diet is, simply put, a diet in which we consume the foods that our body is adapted to obtain and consume in their whole, raw and natural state. Like all animals, we have been equipped with all the tools necessary to thrive on our species specific diet. Humans are correctly classified as frugivores and are adapted to consume a diet based mostly on fruit.

Changing our habits of a lifetime can be hard. When people make the change towards a raw diet they often miss the flavours of the past. To help with that transition, raw recipes allow people to eat the healthiest possible versions of the flavours and recipes they used to know and love.

In time, you will learn to love the raw versions more than the old versions, especially as you feel so much better after eating them.

Enjoy these recipes and continue to learn about this lifestyle. In no time, you will be inspiring other with your new found health, vibrant energy and happiness.

In health,  
Ronnie Smith  
(Director, UK Fruitfest Ltd.)

# 1. Buying Food For A Raw Vegan Diet

If you are starting a raw vegan diet there are many things that you will need to change. One of those things is the way that you buy food. As fruit is often sold unripe it is important to think ahead. You will eventually get into a rhythm and you will always have enough fruit around to fulfil your need for calories.

If you are following a fruit based raw vegan diet such as The 80/10/10 programme (which I recommend) it is likely that the staples of your diet will be sweet fruits that are dense in calories. The best and most common sources tend to be Bananas, Mangoes, Persimmons and Dates.

Though you could almost live on any fruit for a period of time, at some point it will be essential to include higher calorie foods to maintain body weight and make sure you have enough fuel to compensate for the energy expended during vigorous exercise.

## **Tips on buying Bananas**

Bananas are usually unripe in the supermarket and must be bought at least 5 to 7 days in advance of eating. Bananas are best when brown spots appear on them but they have yet to go soft. They can be edible for as much as a week, sometimes more.

Bananas should never be left in the cold and should stay in the house. If they are left in the cold they may never ripen properly and spots will not develop.

## **Tips on buying Mangoes**

Mangoes are less abundant and often more expensive but generally available all year long in many supermarkets. My tip on picking Mangoes is to never buy a rock solid mango. The problem with them is that you never know if they will ripen properly. Always find Mangoes that have a little give when you push the skin and give them a smell to make sure they have a strong aroma.

Mangoes can be bought to eat straight away sometimes. At certain times of the year, special varieties appear. In the the UK, around July, Mangoes are imported from Pakistan and India in large quantities.

They are yellow in colour and a little smaller than the big green Mangoes in the supermarket. They are called Honey Mangoes, despite actually being a few different varieties, and are some of the best fruit you will ever eat. Often, they will not appear in the supermarkets and you will

need to find an Asian supermarket or fruit seller to find them, but they are well worth the find.

### **Tips on eating Dates**

Dates are a great back up if fresh fruit is not available. They are always ready to eat and are abundant in almost any supermarket. It is a mystery to me why Dates are not eaten widely as they are a much healthier alternative to sweet caramel flavoured snacks. I often call them the caramel of the fruit world.

In middle eastern shops, you will find dates in larger quantities and will sometimes find fresh dates which are yellow. Fresh dates can take weeks to ripen fully.

You can buy 5kg boxes of Dates that will last a long time. As Dates are dried, they last for months without going off.

### **Tips on eating Persimmons**

Persimmons are not available all year but the period in which they are available seems to get longer and longer every year. Another fruit that is not commonly eaten, they are incredibly sweet and delicious and can be eaten at different stages of ripeness.

Persimmon are often rock hard in the supermarket. It can take, in some cases, a month before they are fully ripe. YES, that's right, one whole month. But other varieties do not take so long and some can be eaten while still relatively firm.

Many fruitarians leave persimmons til they are falling apart and look rotten as this is when they are very sweet. I prefer them to be a little firm, as I can slice them up and almost feel like I am eaten little biscuits.

### **When to buy fruit at its best**

The supermarkets have an incredible range of fruit. Much of it is not ripe. You have to be prepared by buying in advance. You also need to know what is good, what will ripen and what is likely to never be good. This you will develop over time. In fact ,you will become very adept at simply looking at fruit and knowing how it will taste and whether it will ripen well.

Buying fruit in season is best. However, we are now importing better and better fruit from the southern hemisphere. It is no longer uncommon to find good stone fruit in the winter. Over the years you will get use to, and look forward to, certain fruits coming into season and you will feel sad about that season coming to an end.

If you really want to improve your shopping experience try to find a wholesale market near you. This is different to a farmer's market as it is designed to sell fruit in bulk to shops. Despite this, I have never been turned away from a wholesale market and noone has asked me if I own a shop or not, you should have no problem turning up with your cash to buy.

You will find the fruit is much cheaper than usual. For example a box worth of bananas,

(roughly 100 per box or 18kg) can be around £19 in the supermarket but could be as much as £35 when buying organic from an upmarket retailer. At a wholesale market you can often buy boxes of bananas for as little as £5, a huge discount.

Also, as they sell to shops, ripe fruit will often not be purchased. A whole pile of boxes of fruit may be sitting there unsold and waiting to be thrown away. You may be able to get large trays of fruit for only a few pounds each. In their mind it is better you take them away than they have to throw it away.

Buying at a wholesale market will make your raw vegan diet much easier. There can be a few issues. Don't expect the clean aisles and wonderful customer service of the supermarket, think more forklift trucks running around large open warehouses. Be careful not to get in the way of a forklift truck or the many vans and trucks driving around. Also, they may only be open at unsociable hours, like 3am to 9am so it may be hard for you to fit it into your routine.

Another option may be to order fruit from a shop or supermarket. This can help a lot with things you are getting regularly like bananas. But it can become harder as fruit is changing all the time and it is hard to find someone that you can trust to buy your fruit .

Almost all of the major supermarkets have ordering processes which seem to work well and will save you having to travel and carry large amounts of fruit. There are smaller organic deliveries that seem to work well also but you will have to do further research as there is not one specifically I have experience with recommending.

Looking for something more exotic? Chinese supermarkets and asian markets often have more exotic and interesting fruits than other shops. Durian is generally only found in Chinese markets and is often very expensive. There are a few places to order great exotic fruit online. I have used Orkos and My Exotic Fruit for the UK Fruitfest. Both have supplied very good quality fruit. The downside may be that you may not like the fact that it is air freighted into the country and the price is at a premium. You should be aware that it is air freighted in case you have an environmental ethic about that. It may be more of a party food than something you buy regularly.

Farmers markets can be wonderful places to buy fruit. In the UK, farmers markets are more commonly populated with people selling meat and eggs and the fruit stands tend to be smaller. Probably the further south you go this may change but you will have to investigate your own area.

It can be a good idea to develop a relationship with the people that sell or grow your fruit. If they have unperfect fruit they are going to throw away they could phone you and let you take it off them for next to nothing. Let them know that you eat a lot of fruit and will take lots of fruit off their hands. Even if you can't eat it all, take it from them and pass it on to other vegan friends. Let them get into the habit of contacting you when they need to get rid of their excess fruit.

Pick your own. Picking fruit is a great joy as it is part of our nature. When you do it you will notice parts of your brain and eyesight kicking into gear to find the best fruit on the tree. You

will notice how well suited your hands are for picking fruit and how your body enjoys the twists and turns of climbing a tree.

Foraging is an adventure and great to do with another person or a group. In some parts of the world there will be trees in your local neighborhood that grow and drop many kilos of delicious fruit without anyone taking advantage. You should always ask the owner of the garden. From the experience of many friends of mine, people are very happy to allow you to take away the unused fruit falling from their trees.

## **Growing Your Own**

Growing your own fruit is another great experience. In the UK, there are a number of fruit suppliers that supply trees that grow well in the UK. In Scotland, I have purchased trees from John Hancox of Scottish Fruit Trees. John is an expert on rare fruit tree varieties and knows what will produce great fruit in a number of climates.

In the UK, Apples will grow very well (apple require the frost of winter to produce in summer) and depending on your location, Plums, Pears and Cherries will all produce good fruit. In some parts, further south you may even be able to grow some stone fruit such as peaches.

You should always buy a tree rather than grow from seed. All commercial fruit varieties in shops are technically clones. This is because the seed is the combination of two different trees and a mixture of those genetics. The seed from a Granny Smith therefore will not produce a granny smith, but most likely will produce a crab apple. Fortunately, branches can be removed from trees then transplanted onto other root stocks to create another tree with the same apples on it. This is how almost all of our fruit is grown and how it is consistently the same look and flavour.

Many people will use a greenhouse to grow fruit that requires more heat and protection from the frost. This will allow you to grow more Mediterranean options like tomatoes, grapes and some stone fruit.

Strawberries, raspberries, blackberries, redcurrants and blueberries can all grow very well in the UK climate and can easily be grown in your garden.

When it comes to trees, a little more space is required but the best thing is always to buy a tree with a dwarf root stock. This means the tree will remain relatively small and will not grow to a massive height.

An effective way to grow a number of varieties in a small space is to grow a cordon of trees. This is where a simple fence structure is built and the trees are trained along the fence to sit at an angle to the ground. The theory goes that this makes the tree function more like a branch and instead of producing further branches it produces fruit. This is the best option for someone with limited space looking to produce a lot of fruit.



No space? If you have no garden you can apply for an allotment. These are patches of land that people can rent incredibly cheaply and use for growing food. You should check your local area or phone your council to find out about these. Some may not allow fruit tree growing so check in advance.

An alternative is to ask around. Someone may like the idea of having some fruit growing in their garden and may lend you some space in return for a rental fee or in return for half of the fruit produced. You may be able to find farmer that will allow you to grow a whole orchard in return for you helping out with their land.

Get creative. Think about ways to bring more fruit into your life. Don't just assume that the supermarkets are the only option, there are many many ways to purchase more fruit.

## 2. Example Of A Raw Vegan Meal Plan

It is probably hard to wonder what a typical day on a raw diet may look like. Here is how a typical day might look:

### One day low fat raw vegan diet menu sample:

	<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>	<b>Approx. Calories</b>
<b>Breakfast:</b>	<b>Banana smoothie</b> Blend 10 ripe bananas with water	<b>Blue Mango Salad</b> 4 mangos and 1 cup blueberries mixed	<b>Grapes</b> 1300g of red grapes	910
<b>Lunch:</b>	<b>Persimmon Mono Meal</b> 660g or 7 large persimmons	<b>Bananas date smoothie</b> 5 medjool dates, 4 medium bananas, blended together with water.	<b>Mangos with celery</b> 1300g of mango plus 3 celery stalks	810
<b>Dinner:</b>	<b>Course 1: Fresh squeeze Orange Juice</b>  1160g of orange juice.	<b>Course 1: Parsley Peach soup</b> 5 medium peaches with skin removed and 1/2 cup of parsley, all blended.	<b>Course 1: Blue Smoo</b>  2 cups of blueberries.	800

	<p><b>Course 2: Salad Greens with almond- strawberry dressing</b> 110g of strawberries + 29g of almonds blended together to make a dressing.100g of diced cucumbers, 460g of chopped lettuce and placed in a bowl and pour over dressing</p>	<p><b>Course 2: Raw Pasta</b>  Spiralize 2 large zuchinni into raw "pasta"  Pour over a sauce of blended tomatoes, sun dried tomatoes, celery and dates</p>	<p><b>Course 2: Raw Tacos</b>  Cut lettuce into shells. Fill with diced tomatoes, cucumbers and peppers and pour over a walnut, lemon, date and tomato dressing</p>	
	<p><b>Total Calories</b></p>	<p>2,500</p>		

# 3. Chef Jake's Raw Vegan Recipes

Changing to a new diet can be challenging in many different ways. Learning some new recipes can help to make the transition more enjoyable as you learn ways of replicating the flavours of your previous diet.

Take some time over these recipes and you will soon have a whole new approach to preparing fresh delicious meals.

## Chef Jake Iremonger's Delicious Raw Vegan Recipes



At the UK Fruitfest in 2015, Chef Jake Iremonger and his team created an unforgettable menu that the attendees raved about.

There was an abundance of food and everyone was looking forward to the next day's meal. Jake was able to use a mix of international flavours with local produce to create a unique set of dishes that were the delight of the event.

On the last day Jake was scheduled to give a demonstration. The attendees were eager to see the recipes and techniques that Jake had brought together. However some unexpected tasks had to be taken care of under Jake's watchful eye on the last day and he was unable to take time away for the demonstration.

Not one to leave people disappointed, Jake committed to writing the recipes down so that these could be distributed to everyone from the event and future supporters of the festival.

## **Chef Jakes Fruitfest Recipes**

### **1. Italian Night**

**Zucchini noodles** - 2 zucchini medium

**Hemp seed pesto** - 2 tablespoon hemp seed, handful sun dried tomato, 2 medium sized tomato, Inner of noodles zucchini Large handfuls of basil, arugula, and spinach 1-2 medjool dates.

**Instruction:** blend fresh tomato, zucchini, date, and sun dried tomato. Add greens generously, tamper and pulse in slowly. Add hemp seeds at the end, pulse in with love.

#### **Sun dried tomato marinara:**

I do want to say for all recipes the quality of your ingredients, is essential in how they will turn out, especially great quality tomatoes

2 medium tomato, 1 medium red bell pepper 1-2 large handful of sun dried tomato, - (depending on how thick you want your sauce ) Large handful basil Few sprigs of oregano 1 medjool date or dried mango (optional chives )

**Instructions:** Blend the tomato and bell pepper smooth. Add and use tamper to blend in the sun dried tomato, medjool date, or dried mango. Add oregano and basil last, to preserve flavor, pulse in slowly with love.

### **2. Jake's Raw Pad Thai**

Noodles:

2 medium zucchini 1/4 red cabbage or Napa cabbage, 1 carrot, 1 small daikon radish

**Instruction:** Noodle carrots, daikon radish, and zucchini, saving the inner parts for the sauce. Cut cabbage fine, as you would a coleslaw.

Coconut curry pad Thai sauce :

1 large mature coconut 1-2 medium tomato Leftover of carrot, daikon, and zucchini 1 large fresh mango, Large handful Sun dried tomato, handful basil, handful cilantro Dried mushroom ( optional) Dried zucchini ( optional) Chives or green onion (optional) Curry powder (optional)

**Instructions:** Get water out of the coconut, into a blender. Crack open mature coconut to expose the meat, take your time, using a butter knife, to pry out all the meat of the coconut. Blend coconut meat with water ( sometimes it can be handy to have another young coconut on hand for extra water).

Strain out fiber with nut milk bag or cloth.

Blend tomato, mango, daikon carrot, zucchini with coconut milk and blend. add dried items, and blend smooth. Add basil and cilantro, pulse in slowly.

If you like spice this pad Thai goes really well with a hot Thai chili  
Also, if you don't want to go through the coconut milk process, this recipe works very well, with 2-4 tablespoons of tahini instead.

### **3. Mexican Celebration!**

Taco wrap:

I love using romaine lettuce or ice burg Boats for tacos, you can use any greens you desire

**Salsa:**

4-5 Tomato, 1 1/2 large red bell and or yellow and orange bell pepper, 1 ear sweet corn, handful sun dried tomato, large handful cilantro. ( optional green onion / chive )

**Instruction :** Dice 4 of the tomato, and 1 large bell pepper, and corn, reserving a bit of tomato and bell pepper. Hand chop cilantro all into one big bowl!

Blend remaining tomato, bell pepper, and sun dried tomato, into nice thick sauce, pour over salsa.

### **Guacamole**

1-2 large avocados Cilantro Optional green onion or chive Optional zucchini

I like my guacamole thick and fatty, but if you want to enjoy more of your guacamole without using excessive amount of avocado, try blending your avo, with zucchini, it really stretches out the volume

### **4. Kohlrabi Mushroom Rice**

1 large head kohlrabi, 3-4 medium mushroom of your liking, 1 lime 1-2 medium tomato

Handful Sun dried tomato

**Instruction:** Pulse kohlrabi in food processor, or blender until a rice like consistency (you don't want to over pulse, or it becomes too wet, so take it slow)

Chop mushroom fine, add in with the juice of one lime

Blend tomato and sun dried tomato, and mix all together with lots of loveeee!

I like to dehydrate this, for a hour of possible, if not, it's perfectly delicious on its own as it is.

## 4. More Raw Recipes

Donated by previous attendees and supporters of the UK Fruitfest.

### 5. Raw Vegan Pumpkin Burger Recipe

#### Ingredients

- 1 medium lettuce
- 2 cups chopped raw pumpkin
- ¼ cup walnuts
- 1 tablespoon ground flax
- 1 cup sundried tomato
- ½ cup coconut water
- 1 tablespoon chopped chives

#### Instructions

1. Grate pumpkin and place in bowl.
2. Place a cup of walnuts, flax seeds, ½ cup sun dried tomatoes and green onions inside the food processor and mix together.
3. Mix in the pumpkin.
4. Create burgers with your hands.
5. Dehydrate at 110F for 3 hours. Rotate and dehydrate for 3.5 hours.
6. For the sauce: blend together coconut water, ½ cup sun dried tomatoes.
7. Chop the lettuce and arrange onto a plate.
8. Put the burgers on the lettuce
9. Add the sauce and enjoy!

### 6. Kentucky Fry Flavour Cauliflower

#### Ingredients

- 1 large cauliflower
- 1 cup fresh tomatoes  
handful dried tomatoes
- 2 tablespoons tahini
- 1 tablespoon chopped green onions
- the juice of a lemon



- add spice if you like

### **Instructions**

1. Cut cauliflower into florets. Place into a bowl.
2. Blend together fresh and dried tomatoes, tahini, green onion and lemon.
3. Mix sauce with cauliflower (it should stick)
4. Put onto dehydrator trays.
5. Dehydrate at 110 for 4-6 hours.

## **7. Fruit Kebabs**

### **Ingredients**

Kebabs

- 2 pineapples
- a tangerine
- 2 pear
- 6 grapes

Sauce

- Cup of blueberries
- 1/2 a cup coconut meat

Instructions

1. Cut pineapple into small slices
2. Open tangerine and separate slices
3. Peel skin off pears and cut into small slice
4. Skewer a mixture of fruit pieces onto each
5. Blend blueberries and coconut mean together
6. Enjoy!

## **8."Coodles" (Cucumber Noodles) and Avo Sauce**

### **Ingredients**

- 2 cucumbers
- Cup of cherry tomatoes

- Large handful of spinach
- half a medium avocado
- Small handful fresh cilantro
- Juice of half a lemon

#### Instructions

1. Peel and spiralize the cucumbers
2. Add noodles to bowl
3. Blend the rest of the ingredients
4. Add the sauce to the noodles and mix
5. Enjoy!

### **9. Raw Spicy Noodle Salad With Mango Tomato Dressing**

#### **Ingredients**

- 2-3 courgettes
- 2 mango
- 2 tomato
- Handful of sun dried tomatoes
- Third of a cup of coconut meat
- One lettuce
- Tablespoon of green onion
- Teaspoon of ginger
- Handful of coriander
- Juice of a whole lemon

#### **Instructions**

1. Chop lettuce finely and add to bowl
2. Spiralise the courgette and add to lettuce
3. Add flesh of one mango into blender
4. Finely chop other mango into the bowl
5. Put the fresh and sun dried tomatoes into blender
6. Put ginger, onion, coconut and lime juice into blender.
7. Blend fully
8. Add dressing to salad
9. Sprinkle over the coriander

10. Enjoy

## **10. Raw Wraps With Salsa And Raw Guacomole**

### **Ingredients**

- 4 kale leaves
- Half a yellow pepper
- Half a red pepper
- Half a cucumber
- Half cup of corn
- A tomato
- Half an avocado
- Bunch of coriander
- Juice of a half lemon

### **Instructions**

1. For the salsa: slice the yellow and red pepper and add to bowl
2. Dice 1/2 cucumber and add into the bowl
3. Add 1/2 cup of sweet corn into the bowl
4. Dice 1 tomato and add it into the bowl
5. Mix well
6. Place the avocado into the food processor
7. Add coriander
8. Squeeze lemon juice into processor
9. Pulse until well combined
10. To make the tacos: Fill the leaves first with avocado mash and then top with salsa.  
Enjoy!

## **11. Russian Style Soup**

### **Ingredients**

- 1 peeled cucumber
- half a pepper
- a tablespoon of chopped radish
- 1/4 cup of coconut meat
- half an avocado

- a cup of coconut water
- 1 tablespoon lemon juice
- half a cup of chopped dill

### **Instructions**

1. Pour coconut water into bowl
2. Dice cucumbers and bell pepper
3. Slice avocado and coconut meat into small pieces
4. Add diced ingredients to the bowl with coconut water
5. Add lemon juice
6. Sprinkle on chopped dill
7. Enjoy!

## **12. Raw Vegan Alfredo Noodles**

### **Ingredients**

- 3 medium courgettes
- half an avocado
- The juice of one orange
- 5-9 small tomatoes
- a head of iceberg lettuce

### **Instructions**

1. Spiralize 2 courgettes to make noodles
2. Dice the remaining courgette into the blender.
3. Add avocado and orange juice.
4. Blend all together until smooth.
5. Pour the sauce over your noodles.
6. Mix.
7. Add chopped tomatoes.
8. Add lettuce to separate bowl.
9. Enjoy!

## **13. Raw Vegan Macaroni Cheese**

### **Ingredients:**

2 courgettes, 2 cups of corn, half of a fresh red pepper, half a cup of sun dried tomatoes,  
3 green onions, half of a lemon (juiced), 2 sticks of celery  
2 tablespoons of hemp seeds

### **Preparation**

Step 1: How to make noodles

- Peel the courgettes and spiralize them.
- Cut into smaller "macaroni" shapes
- Leave in bowl

Step 2: For the “cheese” sauce

- Add the sweetcorn, pepper, sundried tomatoes, green onion stems, lemon juice, celery and hemp seeds to the blender.
- Blend together til smooth.

Step 3: Serve

- Stir the sauce into the courgette noodles.
- Enjoy!

## **14. Raw Food Lasagna with Red and Green sauce**

### **Ingredients for the layers:**

2 courgettes

### **Ingredients for red sauce:**

2 tomatoes

single sundried tomato

1 stalk of celery

a teaspoon of oregano

pinch of ground cinnamon

handful of chopped green onion

### **Ingredients for green sauce**

half a ripe avocado, one courgette, a cup of freshly chopped chard

tablespoon of lemon juice, 2 teaspoons mint

### **Ingredients for topping:**

6 cherry tomatoes, 12 slices of cucumber, pinch dried oregano

## **Preparation:**

### Step 1: Prepare base

- Peel courgette
- Slice to thin slices (use mandolin slicer to help)
- Place the courgette slices onto a lasagna dish. Add the zucchini slices alternately until you cover the bottom of the dish with courgette slices.

### Step 2: Prepare red sauce

- Chop tomatoes in half
- Chop celery to 1 inch pieces
- Add tomatoes, sundried tomatoes, celery, oregano, cinnamon and green onion to blender
- Blend
- Place aside for now

### Step 3: Prepare green sauce

- Peel courgette and cut into chunks
- Place zucchini, avocado, chard, lemon and mint into the blender
- Blend to a thick green sauce
- Place aside for now

### Step 4: Layer the lasagna

- Spread green sauce over courgette base, leave some for topping
- Place a second layer of courgette over sauce
- Spread red sauce over the second courgette layer, leave a tablespoon for the topping
- Place the third courgette layer over red sauce
- Spread red sauce over half of the top layer and the green sauce over the rest

### Step 5: Decorate and Serve the Lasagna dish

- Cut the cherry tomatoes in half
- Add the cucumbers slices onto top
- Sprinkle fresh herbs. Serve and enjoy!

## **15. Raw Porridge**

### **Ingredients:**

- 1 peeled Apple with core removed
- 2 bananas, peels removed
- 3 dried dates, pits removed

### **Directions:**

1. Blend bananas til smooth.
2. Add in dates and blend more.
3. Add in apples, only blend til chopped up

## 16. Tomatillo Veggie Stew

**Corn:** 4 cobs

**Cucumbers:** medium sized

**Tomatillos:** 5 large fresh

**Red Peppers:** 2 large, dice these up

**Courgette:** dice one large one

**Spinach:** a handful

**Lime Juice:** one tablespoon

**Chives:** half of a handful

**Celery:** half a bunch

### Directions:

1. Put celery and cucumber through a juicer to extract the juice.
2. Soup: blend juice with the tomatillos, spinach and lime juice
3. Dice veggies and remove corn from cob
4. Mix pepper, zucchini, green onion (chives), corn, and cucumber
5. Pour the blended base over the diced vegetables
6. (optional) if not already done, chiffonade the spinach and quarter the tomatillos reserved in step 1 for garnish
7. Divide the soup into bowls and optionally garnish the top of the bowl with tomatillo wedges, spinach, and veggies.
8. Serve.

## 17. Raw Gazpacho Soup

### Ingredients:

**Tomato:** 10 medium tomatoes

**Cucumber:** 3 large cucumbers

**Bell Pepper:** 1 large

**Celery:** 1 bunch

**Courgette:** 1 medium

**Lemon Juice:** juice of half

**Chives:** finely chopped, half a handful

### Directions:

1. Chop up bell pepper, courgette, cucumber, celery, and tomato.
2. Place diced vegetables in bowl

3. Juice cucumber and celery
4. Blend tomato.
5. Mix together diced vegetables, blended tomato, lemon juice, chives, and vegetable juices
6. Serve.

## **18. Taco Salad**

### **Ingredients:**

1 medium lettuce  
2 substantial Tomato  
1 avocado  
half a cup of freeze dried Corn  
half a cup of lime juice  
1 Tbsp celery powder  
1 tsp cumin  
3 little carrot  
1/8 medium cabbage  
Use cucumber or zucchini noodles

### **Directions:**

1. Finely hack the romaine lettuce.
2. In a different bowl: pour the lime squeeze more than 1/2 measure of the dried or new corn and blend completely.
3. Exchange the lime juice corn blend into the nourishment processor and include cabbage, carrot, celery powder and cumin. Prepare this with the S-sharp edge. The surface ought to be about the measure of corn meal. This will be the taco "meat" of the serving of mixed greens.
4. Crush avocado into a cream and blend with diced tomato.
5. To collect the plate of mixed greens layer the taco "meat" over the lettuce beat by the corn salsa and complete with the guacamole.
6. Serve.

## **19. Raw Vegan Gingerbread**

### **Ingredients**

- 1 cup walnuts



- 1 cup dates
- 1 cup dried figs
- 1 tablespoon ground ginger powder
- 1 teaspoon ground cinnamon
- 1 tablespoon carob powder
- 1 tablespoon coconut flour

### **Instructions**

1. Rinse walnuts, put into the food processor and pulse
2. Remove pits from dates add them into the food processor and pulse
3. Rinse figs, add into the walnut-date dough and pulse
4. Add cinnamon and ginger into the dough and pulse until well combined
5. Get the dough out of the food processor
6. Flatten the dough with a rolling pin
7. Use cookie cutter to make cookies or roll into balls
8. Mix the coconut flour and carob powder together
9. Roll the cookies in the coconut-carob mix
10. Sprinkle more coconut flour over the cookies
11. Sprinkle with ginger powder, if desired
12. Place in the fridge for 4 hours to set OR place in the dehydrator and dehydrate for 4 hours on each side

## **20. Raw Vegan Applesauce**

### **Ingredients:**

3 apples  
 1 banana  
 1 pitted date  
 1/2 cup water  
 1 tsp cinnamon  
 dash of allspice

### **Directions:**

1. Place apples, water, banana, cinnamon and allspice in a Vitamix (or food processor) and push down using the tamper, and blend until creamy. Using a frozen banana will give you a nice cool applesauce.
2. Garnish with sliced or chopped apple, raisins, shredded coconut or additional cinnamon.
3. Serve immediately, or refrigerate for later.

Makes 3 cups

### **Additional Tips:**

I use this when I also need some applesauce for baking, and just omit the date and cinnamon if it would affect the recipe. It's a great way to use up some extra apples and banana when you don't want them to go to waste!

## **21. Raw Mexican Corn Soup**

### **Ingredients:**

3 cobs of corn  
2 yellow peppers, cut into chunks  
1 small onion, cut into chunks  
1 small avocado or 1/2 large  
1/2 cup cilantro diced  
2 1/2 tsp cumin  
1 1/2 large limes juiced  
1/2 red pepper, diced  
green onions to garnish

### **Directions:**

1. Cut the corn off the cob. (Make sure you have a sharp knife, a bowl or plate to catch the corn, and a towel. It's messy!)
2. Put half of the corn, both yellow peppers, avocado, onion, half of the cilantro, cumin, and lime into the Vitamix or food processor.
3. Use the Vitamix tamper to push ingredients down into blade and blend until creamy. (If you don't have a Vitamix and need to add a little water to make it blend, do so)
4. Pour into 2 bowls. Add remaining corn, and red peppers. If you like it spicy add diced chilli peppers.
5. Garnish with cilantro, red pepper and green onions.  
Serve!

## **22. Raw Vegan Zucchini Cashew Ranch Dip**

Makes enough dip to serve with 1 large veggie tray

### **Ingredients:**

1 courgette peeled and diced into small cubes  
1/3 cup cashews  
1-2 medjool dates  
2- 2 1/2 tbsp lemon juice  
1 tbsp diced sweet onion  
1 tbsp chopped curly leaf parsley  
1 green onion sliced (green top portion only)  
Fresh ground pepper to taste

**Directions:**

1. Combine everything but the parsley, green onion and pepper in a Vitamix or a food processor and blend. (It's important to have everything in small pieces so it's easier to blend together. A high powered blender with a tamper is preferable.)
2. Add remaining ingredients and blend on medium low to break up the fresh herbs into smaller pieces. Taste test and add additional salt, pepper or lemon juice as desired.
3. Refrigerate before serving.

**23. Raw Vegan Green Smoothie**

**Ingredients:**

2 ripe bananas  
1 ripe mango  
2 cups whole strawberries  
1 handful of lettuce  
1/2 cup of water

**Directions:**

Place ingredients into VitaMix or blender in order listed. Blend on medium speed and use the tamper (if necessary) to push the lettuce down until they are incorporated. (If you have a regular blender you may want to chop the lettuce first into smaller pieces.)

**24. Raw Vegan Summer Drink Recipe**

**Ingredients:**

1 medium Thai coconut – water and meat scooped out  
2 cups pineapple chunks (about 1/2 small fresh pineapple)  
1 large ripe banana (frozen is best)  
1/2 cup of ice

**Directions:**

Place ingredients in the order listed into your VitaMix or blender. Blend until smooth and creamy.

Add more ice if desired. Serve with a fresh pineapple wedge and a straw.

Enjoy!

## **25. Watermelon Peachy Banana Green Smoothie**

### **Ingredients:**

4 cups watermelon chunks

2 ripe bananas

4 cups frozen peaches

1 cup baby spinach

### **Directions:**

Place ingredients in Vitamix or blender in the order provided and blend until smooth.

## **26. Raw Vegan Yellow Summer Smoothie**

### **Ingredients:**

juice from 3 oranges

2 ripe mangoes

1 ripe banana

1 ripe peach

### **Directions:**

Use a hand juicer or citrus juicer to juice the oranges. Place ingredients into blender or Vitamix and blend until smooth. Add a little bit of water if desired for a thinner consistency.

## **27. Raw Vegan Pineapple Mango Smoothie**

### **Ingredients:**

1 ripe mango

1 1/2 cups fresh pineapple (or frozen if needed)

1 medium ripe banana

1/3-1/2 cup water to blend

### **Directions:**

Place ingredients into blender in the order listed and blend until smooth. Serve and enjoy!

## **28. Raw Vegan Berry Smoothie Recipe**

### **Ingredients:**

2 ripe bananas  
2 mangoes  
1 cup frozen mixed berries  
1/3 cup water

### **Directions:**

Add ingredients to your Vitamix or blender starting with the mangoes and bananas at the bottom, add the water and place the frozen fruit on top. Blend until smooth.  
Drink and enjoy!

### **Variations:**

You can also use frozen cherries, just raspberries, or just blackberries instead of the mixed berries if desired.

If you don't have bananas just add another mango, if you don't have mangoes add another banana.

You can easily make this a green smoothie by throwing in a handful or two of baby spinach or chopped kale (remove the stems first though).

## **29. Banana Raspberry Pineapple Smoothie**

### **Ingredients:**

2-3 bananas  
1 cup of frozen raspberries  
1 cup of frozen pineapple  
a little water to blend

### **Directions:**

Add ingredients to blender starting with the bananas at the bottom and the water and frozen fruit on top. Blend until smooth.

Drink and enjoy!

## **30. Raw Vegan Slaw Costa Rican Style**

### **Ingredients:**

5 cups cabbage  
1 medium tomato, diced  
1/3 cup white onion, diced  
1 large lime juiced  
1/4 tsp fresh ground pepper or to taste

**Directions:**

1. Place cabbage or slaw mix into a bowl. Add tomatoes and onions and seasonings. Roughly squeeze and massage the cabbage to wilt it and make the tomatoes release their juices.
2. Taste test and add more lime if desired.
3. Let sit in the fridge for at least 30 minutes to soften before serving.

**31. Pomegranate Apple Grape Juice**

**Ingredients:**

1 pomegranate  
3 peeled apples  
2 cups of red grapes

**Directions:**

Cut the pomegranate in half and using a citrus juicer, juice half of the pomegranate at a time. Really press down with the juicer until the pomegranate seeds all come out.

Repeat with the other half. For any seeds you missed in the strainer, use a spoon and push down on them to pop out the last bits of juice.

Take your apples and grapes and run them through a juicer. Pour into a glass and pour your pomegranate juice into the glass and mix.

Serve with ice cubes.

**32. Raw Vegan Persimmon Pudding**

**Ingredients:**

2 persimmons, very ripe  
1 banana  
2 tbsp raisins  
dried coconut

Use ripe persimmons. They will be soft, a little wrinkled on the outside and look overripe.. They are amazing blended at full ripeness.

**Directions:**

1. Slice the persimmons in half, take out insides and put into blender.
2. Add banana and blend on high.
3. Top with raisins and coconut.

**33. Raw Green Pea Soup****Ingredients:****Soup Base**

2 cups courgette, peeled and chopped  
2 cups of tomatoes, chopped  
1 cup of celery, chopped  
1/2 cup dill, chopped  
4 green onions, chopped  
6 small dates, pitted  
1/2 lemon, juiced

**Veggies:**

1 celery stalk, diced  
1/2 cup courgette, diced  
1/2 cup cucumber, diced  
1 cup fresh peas  
1 green onion, diced

**34. Raw Vegan Mango Salsa****Ingredients:**

1 mango  
1 tomato  
1/4 cup red onion, diced  
1/4 cup cilantro diced

**Directions:**

Score the mango into cubes and cut off with a knife or spoon, or peel the mango and use square plate or veggie chopper to cube. Combine ingredients in a bowl and mix gently.

# 5. What To Do Next

This book is merely the tip of the iceberg when it comes to raw vegan recipes. Your choices are truly endless and you can come up with an almost infinite variety of combinations.

If you would like to donate a recipe for a future version of this book please feel free to send it to [info@fruitfest.co.uk](mailto:info@fruitfest.co.uk).

If you have tried making one of these recipes please take a picture, we would love to feature it on our website. You can either send it to the above email address or mention @ukfruitfest if you are sharing it on Instagram. We would also be happy for you to use any of these recipes as the basis for a video or demonstration on preparing raw meals.

If you are even more keen then you could consider becoming a raw chef. There are many events popping up around the world that require a professional raw chef. Very few people have mastered the art of being a raw chef for a large event. If you choose to master that skill you may find yourself to be in high demand.

There are tales of raw vegan chefs being hired to work with famous athletes and film stars to help them improve their health and expand their career. Many opportunities could arise for a competent raw chef. Something to think about.

Enjoy these recipes and enjoy learning about this lifestyle. It is important that you share your food with others and spread the raw message.

Finally, if you would like to receive more information about Fruitfest you can view a film of our event here:

<http://www.fruitfest.co.uk>

or alternatively, you can send your address to [info@fruitfest.co.uk](mailto:info@fruitfest.co.uk) and you will receive an information pack about the next available event.





Fruitfest 2015, 2016 and 2017

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For more information visit our website at <http://www.fruitfest.co.uk> or email [info@fruitfest.co.uk](mailto:info@fruitfest.co.uk).

## 6. Recommended Reading and Products List

To help you further your education about this lifestyle we have provided below a list of books written by other great raw vegan chefs and writers. We have also included some trusted kitchen appliances that can help with preparing raw vegan meals.

If you purchase these products through the links provided, a small commission will be returned to Fruitfest by the seller. This helps us to cover some of the expenses incurred in promoting the message of health to the world.

### **Raw Vegan Recipes Books**

**By Chris Kendall:**

*101 Frickin' Rawsome Recipes-* <http://amzn.to/2EfigSe>

*TRA Retreat Treats: Transitional Raw Vegan Gourmet Recipes-* <http://amzn.to/2EoZnD6>

**By Kristina Carillo-Bucaram-**

*The Fully Raw Diet* <http://amzn.to/2sc7RS0>

**By Dr Douglas Graham**

*Simply Delicious Raw Recipes: 80/10/10 Deserts-* <http://amzn.to/2E4cMqf>

*Simply Delicious Raw Recipes: Salads and Slaws-* <http://amzn.to/2BXcLlQ>

*Simply Delicious Raw Vegan Recipes: Soups-* <http://amzn.to/2E1Rqd2>

### **Books About The Raw Vegan Lifestyle**

***The 80/10/10 Diet by Dr Douglas Graham***

Hands-down the best book out there for anyone starting on a raw vegan diet. Describes in detail the most successful version of the raw vegan diet which has been followed by thousands of people around the world for long lasting success.

Easy to read, enjoyable and compelling. A complete go-to guide that can be read many times over the years to deepen your knowledge.

**801010 Audiobook** version, click here > <http://amzn.to/2jRBu83>

**801010 Kindle** version, click here > <http://amzn.to/2jUBwvz>

**801010 Paperback** version, click here > <http://amzn.to/2jUDWKZ>

### ***Fruitarianism: The Path to Paradise by Anne Osborne***

A classic text on Fruitarianism written by one of the world's most well loved Fruitarian advocates. Anne teaches around the world and helps to run the biggest Fruitarian festival. Copies of the book have been known to sell for as much as \$200 on Ebay.

To get the book, click here > <http://amzn.to/2jS1NLa>

### ***Creating Healthy Children by Karen Ranzi***

An important book for parents looking for information and reassurance about bringing up their children on a healthy raw vegan diet. Karen has coached thousands of parents with this information.

Get the book, click here > <http://amzn.to/2hZZRzN>

### **Kitchen Products**

**Vitamix Blender-** The most trusted and long lasting name in the blender industry. A powerful blender that lasts for years and won't break down like cheaper blenders. If you think about how many times you will use it over the next 10 years you will quickly see it is worth the investment.

Get your Vitamix, click here > <http://amzn.to/2ioniJo>

**Excalibur Dehydrator-** The Excalibur dehydrator is another industry leading machine. It allows you to dry food under a controlled, low temperature to create different textures and flavours without compromising on nutritional value. Can be used to create amazing wraps, breads, burgers, pizzas, crackers, kale chips, pancakes and other raw vegan alternatives to cooked food options. A must have for the creative raw chef.

Get your Excalibur today, click here > <http://amzn.to/2jTXyi9>

**Citrus Juicer-** You can't beat the taste of freshly squeezed orange juice but it can be a lot of effort and time. This juicer will allow you to juice up a fresh glass of OJ in no time.

Get your citrus juicer, click here > <http://amzn.to/2jSV9Ek>

**Spiralizer** If you have ever wanted to emulate the raw vegan pasta dishes then you will need to get a spiralizer. These will help turn any vegetable into pasta, ribbons and noodles easily and in no time at all. Another tool you will use many, many times.

Get your spiralizer, click here > <http://amzn.to/2jT6BzM>