



AMCHARA
HEALTH RETREATS

detox health retreats



raw recipe manual

Change For Good

www.amchara.com

Welcome!

We are really looking forward to your arrival on retreat, and we would like to send you in advance a raw food recipe manual, so you can have a read through before your arrival.

We encourage you to increase the level of raw healthy food in your daily diet, and you will learn more about raw food preparation during the weekly demonstration with our chefs.

We recommend using gluten free bread and pastas as an alternative to gluten based products, which is easier on your digestive system or even better, completely eliminating grains to maximise energy levels.



In this manual, you will find a range of raw food sample recipes and tips for continued good health.

The 'NEW YOU' Shopping List!

In the following pages, we have put together some sample recipes of the raw food you can create at home.

If you have limited time, here is a shopping list of products, we would suggest placing in your basket:

- Organic Fruit and Vegetables – these contain so many more nutrients than the non-organic variety.
- Organic Greens and Super-foods – a selection of these are available to purchase at the retreat.
- Coconut Oil - the best oil to cook with.
- Almond Milk, Coconut Milk, Rice Milk - Fortified with Calcium, a great tasting alternative to dairy milk.
- Raw Chocolate - the tastiest Super Food on the planet.
- Organic Hummus – yummy with crudité's!
- Nuts & Seeds - great to snack on, and added to salads boost protein levels and essential fats.



Tips to Reduce Stress



We are all busy people, leading busy lives. Generally life is on fast forward and sometimes we don't take the time to stop and notice our surroundings, our feelings and our position.

At Anamchara Detox we want you to have time and space to concentrate on your mind, body and spirit; here are 3 things you can take home with you and incorporate into any daily routine.

Breathe Deeply

We tend to breath in the top part of our lungs, we sit slouched over computer screens and desks, shoulders hunched, putting pressure on our digestive systems. Take the time to notice how you sit, and try to sit up straight. Breathe deeply into the lower quarters of your lungs, hold the breath to allow the oxygen to flow through; Soften the chest and allow the tension to drop away from your shoulders. Stress and negativity can manifest as disease in the body.

Slow the Grind

Not all of us have the luxury to take time out from our busy lives, but there is a way to get some quality time... first thing in the morning, after your alarm has made its insufferable tone. Stand up straight, breathe deeply, and just take 5 minutes to concentrate on your being. Close your eyes, relax your body and try to be still in your mind, before deciding on the course of action for the day. If you find it difficult to meditate then try to focus on doing breath work.

Eat Good Food

Rushing around the supermarket late at night or with children in tow, its no wonder we sometimes make questionable dietary choices. Make the best of this though, if you can't visit a local farmers market for your organic produce, at least stock up on it in your local supermarket and try to eat one day completely raw per week and ideally juice fast one day per week if juice fasting is safe for you to do.

Super Foods

Greens



Green plants get their energy from the sun, Photons of light from sunshine is captured in the cells of green plants called chloroplasts. Green juices are healing, alkalising and have powerful anti-inflammatory properties. Greens contain a substance called Chlorophyll, this is where photosynthesis takes place in plants, it provides the basis for certain life sustaining substances in plants. The chemical structure of chlorophyll and iron are virtually identical, with only one exception: chlorophyll is bound by magnesium and haemoglobin has iron. Haemoglobin is a molecule in red blood cells responsible for transporting oxygen around the body therefore chlorophyll is a rich source of iron.

Chlorella



Chlorella is a highly nutritious single celled algae, derived from fresh water single celled algae. It is super concentrated with key vitamins and anti-oxidants such as vitamin C, beta carotene, chlorophyll, lutein, Vitamins B1, B2, B3, B5, B12 and folic acid. Chlorella has renowned disease prevention properties and works as a blood purifier detoxifying the body, boosting the immune system and encourages heavy metal removal.

Spirulina



Spirulina is a blue green micro algae that harvests the energy from the sun; it is full of bio available nutrients.

It is 60% all vegetable protein containing all 8 essential amino acids making it a complete protein. In fact ounce by ounce it contains 12x more digestible protein than beef!

It is a rich source of Vitamins A, B1, B6, B12, E and K as well as being abundant in the minerals iron, calcium, selenium and zinc.

Spirulina has a blue/green hue to it this, is due to the phytochemical phycocyanin which has excellent anti-cancerous properties. It also works wonders to boost energy, provides high anti-oxidant protection and helps to stimulate metabolism. It is also a rich source of arginine, an amino acid which promotes the release of growth hormones which stimulate the body's regenerative processes.

Barley Grass



Barley grass is made from the dried young leaves of the barley plant. Barley grass is nutrient dense containing an array of vitamins, minerals, enzymes, and amino acids. These include potassium, calcium, magnesium, iron, zinc, B1, B2, B6 and vitamin C.

Studies of its efficacy have noted its positive effects when used in anti-aging, anti-inflammatory, regeneration and cellular health therapies, and it is used in advanced healing clinics around the world. Many of the benefits of Barley grass are due to its abundance in chlorophyll.

Wheatgrass



Wheatgrass comes from young sprouting grass, it is power packed with chlorophyll as well as being a concentrated source of nutrients such as vitamins A, C, E, K, iron and calcium, as well as amino acids. It also contains other health promoting phytochemicals such as agropyrene which has anti biotic properties and pigenin which is a powerful anti-oxidant. Wheatgrass has potent anti-cancer properties.

Super Foods

Mesquite



Mesquite powder is a traditional Native American food. Mesquite is produced by gathering seed-pods from the mesquite tree which are then ground into a fine powder. The flavour is sweet and rich, similar to the flavour of caramel. There are an abundance of minerals to be found in this super food such as barium, boron, calcium, chromium, cobalt, copper, iron, magnesium, manganese, molybdenum, phosphorous, potassium, sodium, sulphur and zinc.

Maca Root



Maca is a root vegetable grown at altitudes of 14,000 feet above sea level. No other plant can survive the extreme conditions and intensive sunlight this super food grows in. Native Peruvians traditionally utilised maca since pre-Inca times for both nutritional and medicinal purposes.

Maca contains substantial amounts of essential nutrients such as calcium, magnesium, potassium, phosphorus, iron and zinc as well as vitamins B1, B2, B12, C and E.

Alkaloids from the root act upon 2 key glands in the brain, the hypothalamus and the pituitary, assisting to boost energy. It contains a chemical called p-Methoxybenzyl Isothiocyanate which has aphrodisiac properties. It is beneficial for a variety of problems such as - hormonal balancing, thyroid function, sexual function, pms, menopause, and is a tonic for healthy aging.

Bee Pollen



Bee pollen is the pollen gathered by bees from the stamens of flowers. It is considered one of nature's most nourishing foods as it contains all the known nutrients necessary for human survival. It contains 22 amino acids, 25 minerals including calcium, manganese, phosphorous, iron, sodium, potassium and magnesium. It is also an abundant source of Vitamins including B1, B2, B3, B5, C, D and E. Bee pollen is a natural antibiotic boosting the immune system particularly beneficial for allergies such as hay fever.

Cacao Nibs/Powder



Cacao beans are the raw ingredient that all chocolate is made from. Originating in Central America, cacao nibs contain over 300 identifiable chemical compounds and is abundant of natural antistress, antidepressant and bliss inducing compounds, including serotonin, tryptophan, anandamide, dopamine and PEA.

Cacao is extremely rich in magnesium which is known as "nature's tranquilizer", as well as being an abundant source of antioxidants (raw cacao is approximately 4000% higher in anti oxidants than blueberries)



Why Raw Food?



At its very basic sense, a raw food diet is one in which the food is organic, vegan (except maybe honey), and unprocessed. The food is not cooked above a certain temperature point (44°C) in order to allow it to retain its natural vitamins and minerals. The health benefits that raw food can provide are listed below, it tastes great too!

We eat too much meat in our diet. A meat free diet is generally considered to be healthier than the typical nutritional style of our Western diet. When you're not eating meat, you're not taking in cholesterol or the saturated fats associated with meats.

When you eat raw, you will also be avoiding things like trans fats that are found in processed foods, as well as chemicals that are found in nearly every packaged food today. Without these kinds of ingredients people on the raw food diet have reported:

- Fewer cases of heart disease/cancers
- Lowered cholesterol levels
- Clearer skin
- Lower weight
- Stronger immune system
- More energy
- Better digestion



The raw food diet incorporates a lot of fibre which leads doctors to believe that it may help in the prevention of certain cancers and other digestive issues.

A raw food diet doesn't require cooking, though the actual preparation of such foods can be time consuming due to chopping, dehydrating or juicing. Organised preparation is the key. Another benefit of eating raw, is that you will be buying fresh produce that allows local farmers and growers to benefit instead of larger companies.

Ten Tools for a Raw Kitchen

Before you go running for the produce department, you will want to be sure your kitchen is feeling well adjusted to such a radical lifestyle adjustment. When it comes to ease and success in raw food preparation, a well-stocked kitchen makes all the difference.

Knives



A good sharp knife is every chef's first mate in the kitchen. Though most household knife sets have several shapes and sizes, there are two knives that you'll use over and over again: an 8 inch chef knife and a 3 to 4 inch paring knife. It is worth noting that ceramic knives are ideal for most raw food kitchens - they are lightweight, which is a huge relief for your wrist, and most importantly, they stay sharp for months and even years. Keep your good knives in good company with good cutting boards.

Blender



Vital for making good healthful foods, blenders turn out smoother, more refined sauces, smoothies, raw nut cheeses and raw nut milks. Powerful high speed blenders are the best choice for making raw foods and they even make raw whole juices. An imperative raw food kitchen tool.

Food Processor



Food processors are very useful for making shredded salads, raw food pates, puddings and all types of raw food desserts that you will want your own gorgeous shiny machine. They also come in mini sizes which are fabulous for smaller projects or making food for one or two people. Remember to experiment with the grater and slicer attachments to see what they can do for you.

Mandolin



These handy devices slice, julienne and shred vegetables so quickly, decoratively and with so much ease. They earn their place in the top 10 list for their ability to turn courgettes and other raw vegetables into noodles. A less common tool called a spiralizer (also called a spiral slicer or a saladacco) can also be used to turn vegetables into long curly noodles, salad toppings or garnishes.

Juicer



Turning fresh nutritious fruits and vegetables into juice, not only creates great beverages but also makes a flavourful addition to raw soup stock, sauces and marinades. A citrus juicer is another indispensable tool in the raw food kitchen. Though you can juice citrus in any juicer, citrus juicers are smaller, much easier to clean and don't require that you peel the fruit.

Ten Tools for a Raw Kitchen

Fine Mesh Strainers



Though many raw food recipes call for straining milks, cheeses or sauces through a cheesecloth, fine mesh strainers do a very nice job in much less time and with less mess. Have fun experimenting with both techniques.

Dehydrator



Nothing says commitment to raw food like purchasing a dehydrator. These machines are invaluable to a raw foodist for dehydrating seed crackers, granolas, fresh fruits and vegetables and for heating up food just enough to give it a softer, sautéed texture. Once you get rolling you'll find a myriad of uses for it. Make sure yours comes with some Teflex sheets or other non-stick pads to lay over the mesh trays these make dehydrating a breeze and they clean up quickly.

Glass Jars



Great for storage of dry goods and prepared foods, glass jars come in most handy for fermenting foods. Raw nut cheeses, kimchi, sauerkraut and other probiotic raw foods are fermented and stored using glass or ceramic jars. Sprouting jars with their fine mesh caps also commonly make their appearance in the raw food kitchen. Sprouts are a great source of nutrients as well as anti-oxidants and sprouting them is so simple.

Spice Grinders



Also known as coffee grinders, these tools double as a great way to grind up fresh spices or small amounts of seeds or nuts. Ground flax seeds are a common ingredient in raw food cuisine and fresh ground spices are highly prized over pre-ground spices.

Accoutrements



Measuring spoons and cups, rubber spatulas, a zester, tongs, kitchen scissors and a basting brush are but a few of the accoutrements that make your life in the kitchen that much easier and more enjoyable. Add to your collection little by little. Starting with just a cutting board and knife, your creativity will expand with every addition to your arsenal of raw food kitchen tools, and the reward for your efforts will be a whole new horizon in health and vitality.

Mike's Soup



Makes: approx. 1 pint

Ingredients:

- 3 White Onions
- 4 Garlic Cloves
- 100ml Olive Oil
- 2 Sweet Potatoes
- 2 Swedes
- 3 Carrots
- 1 Butternut Squash
- 1 Pinch Cinnamon
- 1 Pinch Cumin
- 1 Bunch Coriander (Fresh Coriander Chopped)
- 3tsp Powdered Vegetable Stock



Method:

- On a low heat sweat the onion, garlic and olive oil until soft.
- Staying on a low heat, add the chopped root veg and sweat down until soft around the edges.
- Add the cinnamon, cumin and veg stock, then cover with water.
- Simmer until soft.
- Add the fresh Coriander and liquidize.
- SERVE

raw breakfasts



The Ultimate Power Cleanse Juice

Makes: approx. 1 pint

Ingredients:

- 2 apples
- 2 raw beetroots
- 2 carrots
- 2 celery sticks
- cucumber
- ginger

Method:

Juice all ingredients and stir.

Add 1 teaspoon spirulina for super nutritional boost.



Apples - A great digestive aid. Act as a laxative, relieve constipation and reactivate the beneficial gut bacteria. Remove toxins and lower cholesterol. Contain Vitamins A,B,C, Calcium, Magnesium & Phosphorous.



Beetroot - Detoxifies the liver and gall bladder. Anti-oxidant . Excellent intestinal cleanser and stimulates bowel movements. Contain Vitamins A,B,C, Calcium, Magnesium, Potassium, Manganese, Beta Carotene, Folic Acid and high in Iron.



Carrots - Excellent detoxifier. Cleansing for the liver and digestive system. Anti-Cancer. Anti-Bacterial. Aid in kidney function, eye and skin problems. Contain Vitamins A,B,C,D,E,F, Beta Carotene, Folic Acid, Calcium, Magnesium, Potassium and Phosphorus.



Celery - Great cleanser. Anti-Cancer. Rebuilds red blood cells. Lowers blood pressure. Aids digestion. Can help migraines. Prevents calcium deposits. Good for nerves. High in organic sodium. Contains Coumarins, Potassium, Calcium, Folic Acid and Vitamin C & B3.



Cucumber - Diuretic. Cleansing. Aids Digestion. Good for hair, skin and nails. Dissolves uric acid that causes kidney and bladder stones.



Ginger - Excellent for convalescence. Anti-spasmodic, prevents nausea, improves circulation. Contains calcium, magnesium, phosphorus and potassium.



Spirulina - Cleansing. Benefits cell regeneration. Reverses ageing. Fights tumours. Anti-fungal and antibacterial. Contains all 8 essential amino acids. Excellent protein source. Rich in betacarotene. Contains calcium, phosphorus, potassium, sodium, vitamin B3, zinc and selenium.

Super Smoothie

Makes: approx. 1 Pint

Ingredients:

- 1 tablespoon linseeds soaked overnight (flax seeds)
- Half tablespoon sunflower seeds soaked overnight
- Half tablespoon pumpkin seeds soaked overnight
- Half tablespoon sesame seeds
- 1 tablespoon dried goji berries soaked overnight
- The above ingredients can all be soaked in the same bowl overnight or alternatively use 2 dessert spoons of Linwoods Milled flax, sunflower, pumpkin & sesame seeds & goji berries which can be purchased at most supermarkets and health stores.
- 250ml almond milk or organic apple juice (substitute with soya/rice milk)
- 1 small banana
- 200g local seasonal berries or chopped fruit of choice
- 1 tablespoon hemp seeds/hemp protein powder
- 1 tablespoon bee pollen granules
- 1 teaspoon spirulina
- 1 teaspoon maca root powder
- 1 teaspoon mesquite powder
- 1 teaspoon wheat grass powder
- 1 probiotic capsule of powder emptied into smoothie



Method:

- Add all the ingredients to the blender and blend into a delicious, nutritious smoothie.

Variations:

- If smoothie is too filling then omit banana.
- For chocolate smoothie add 1 tablespoon cacao powder & 1 teaspoon raw cacao nibs.



Buckwheat Granola

Makes: 6 to 9 servings

Ingredients:

- 200 grams dates
- 120mls purified water
- 350-400 grams raw buckwheat groats, soaked and sprouted
- 40 grams raisins
- 100-140gms unsweetened shredded or shaved coconut
- 40 grams pumpkin seeds, soaked 4 to 6 hours, rinsed and drained
- 40 grams sunflower seeds, soaked 4 to 6 hours, rinsed and drained
- 30 grams flaxseeds, soaked 8 to 12 hours in 1 cup purified water (do not rinse or drain)
- 1 teaspoon cinnamon



Method:

- Loosely separate dates and place in high-powered blender. Add the water, and blend to a smooth paste, adding more water if necessary.
- In a large mixing bowl, combine buckwheat groats, date paste, raisins, shredded coconut, sunflower seeds, pumpkin seeds, sesame seeds, flaxseeds and cinnamon. Mix well with your hands.
- Spread the batter to about 1/2 inch thick onto a dehydrator tray lined with a non-stick sheet.
- Repeat until all of the batter is used.
- Dehydrate for 8 hours at 44°C. Flip granola onto a mesh dehydrator screen, and continue dehydrating for an additional 24 hours, until completely dry.
- Break granola apart or crumble into chunks.
- Store in sealed glass jars in the refrigerator for up to 3 months.
- Note: To sprout buckwheat groats, soak in water for at least 8 hours or overnight. Drain, and rinse them in a colander. Allow to sprout for 12 to 14 hours, rinsing every 12 hours.

Variations:

- Apple Cinnamon Granola: Add 4 cored and shredded apples.
- Berry Granola: Eliminate the cinnamon and add 500g of fresh or frozen berries.
- Granola Bars: Spread the granola batter to about 1/2 inch thick onto non-stick dehydrator sheets. Score the batter into rectangles before dehydrating. Expect dehydration time to be twice as long.



Almond Milk

Makes: 1 cups (2 servings)

Ingredients:

- 50 grams almonds, soaked overnight, rinsed and drained
- 360 mls purified water
- 2 to 3 dates, pitted
- teaspoon vanilla extract

Method:

- Place all ingredients into high-powered blender. Blend until smooth.
- To separate the “milk” from the almond pulp and skins, squeeze through a cloth mesh bag or a double layer of cheesecloth. Reserve the pulp.
- Serve chilled or at room temperature.
- The milk can be stored in sealed glass jars in the refrigerator for up to four days.
- Note: Store left over almond pulp in an airtight container in the freezer for up to four months.

Variations:

- Chai Almond Milk: Replace the vanilla extract with two squirts of chai extract.



raw dressings



Dijon Dressing

Makes: 1 cup (4 to 6 servings)

Ingredients:

- 60 mls lemon juice
- 1 teaspoon powdered mustard
- 60 mls olive oil
- 1 tablespoon Dijon or hot mustard
- 2 tablespoons finely minced red onion
- 2 teaspoons coconut nectar
- teaspoon solar-dried sea salt
- teaspoon crushed garlic
- Pinch of pepper



Method:

- In a small bowl, whisk the lemon juice and powdered mustard.
- Add the oils, red onion, mustard, coconut nectar, salt, garlic and whisk.
- Store in a sealed glass jar in the refrigerator for up to four days.
- 2 tablespoons hot mustard
- 1 tablespoon olive oil
- 1 tablespoon sesame seeds
- 2 teaspoons lemon juice
- 2 small cloves garlic
- Himalayan crystal salt

Tahini Dressing

Makes: 1 cups (6 to 8 servings)

Ingredients:

- 120 mls raw tahini
- 2 teaspoons grated fresh ginger
- 2 tablespoons lemon juice
- 1 tablespoon coconut nectar
- 2 tablespoons tamari
- 1 teaspoon crushed garlic
- 240mls purified water

Method:

- Blend all of the ingredients until smooth
- Store in a sealed glass jar in the fridge for up to one week.



Italian Herb Dressing

Makes: 6 servings

Ingredients:

- 60 mls olive oil
- 60 mls flax oil
- 60 mls water
- 3 tablespoons lemon juice
- 2 teaspoons coconut nectar
- 1 teaspoon Italian seasoning
- 1 teaspoon onion powder
- 1 teaspoon solar-dried sea salt
- 1 teaspoon crushed garlic
- Pinch of powdered mustard



Method:

- Combine all ingredients in a blender, blend until smooth.
- Alternatively, whisk ingredients by hand. Store in a sealed glass jar in the fridge for up to four days.

Tomato Basil Dressing

Makes: 4 servings

Ingredients:

- 1 tomato, chopped
- 60 mls water
- 1 tablespoon sun-dried tomato powder
- 1 teaspoon crushed garlic
- 2 tablespoons fresh basil leaves
- 1 teaspoon Italian seasoning
- 1 teaspoon solar-dried sea salt
- Pinch of powdered mustard
- Pinch of pepper
- 2 tablespoons lemon juice
- 2 tablespoons olive oil



Method:

- Blend all of the ingredients until smooth.
- Store in a sealed glass jar in the fridge for up to two days.

Creamy Coriander Dijon Dressing

Makes: 6 servings

Ingredients:

- 1 peeled and seeded mango
- 2/3 handfuls of chopped coriander leaves
- 120 mls orange juice
- 1 tablespoon olive oil
- 1 tablespoon sesame seeds
- 2 teaspoons lemon juice
- 2 cloves of garlic
- 1 teaspoon himalayan salt

Method:

- Place all of the ingredients in a blender, and blend until smooth.
- Store in a sealed glass jar in the fridge for up to three days.



Marinara Sauce

Makes: 6 servings

Ingredients:

- 500 grams seeded and chopped Roma tomatoes
- 80 mls sun-dried tomato powder
- 2 tablespoons finely minced onion
- 1 teaspoon crushed garlic
- 2 tablespoons minced fresh basil leaves
- 1 tablespoon minced fresh oregano
- 1 teaspoon solar-dried sea salt
- Pinch of pepper

Method:

- Place the tomatoes in a colander to allow remaining liquid to drain. (Drink the juice, or add to another recipe.) When the tomatoes are thoroughly drained, put them in a food processor outfitted with the "S" blade, and pulse to chop. Do not over process. The mixture should be slightly chunky.
- Add the sun-dried tomato powder, onion, garlic, basil, oregano, salt, and pepper, and pulse to mix.



Pesto Sauce

Makes: 6 servings

Ingredients:

- 2-3 handfuls of basil leaves
- 2 tablespoons olive oil
- 2 teaspoons light miso
- 1 teaspoon crushed garlic
- teaspoon nutritional yeast
- teaspoon solar-dried sea salt
- 40 grams pine nuts

Method:

- Combine all of the ingredients, except the pine nuts, in a food processor outfitted with the “S” blade, and pulse several times to begin chopping the basil leaves.
- Add the pine nuts and process until the desired consistency is achieved. Do not over process the mixture, or the oil from the pine nuts will separate, and mixture will become too oily. The texture should be creamy with tiny specks of pine nuts throughout.
- Store in a sealed glass jar in the refrigerator for up to four days. Or, freeze the pesto in ice cube trays, then store the cubes in an airtight container in the freezer for up to three months.



Cashew Mayonnaise

Makes: 6 servings

Ingredients:

- 100 grams cashews, soaked 4 hours, rinsed and drained
- 6 tablespoons purified water
- 1 tablespoon lemon juice
- 2 dates, pitted
- 1 teaspoon onion powder
- 1 teaspoon Himalayan crystal salt
- 1 teaspoon garlic powder
- Pinch of white pepper
- 2 tablespoons olive oil

Method:

- Blend all the ingredients, except the olive oil, in a high powered blender, stopping the blender to scrape down the sides with a spatula resuming blending until the mixture is completely smooth.
- Add the oil and blend again until completely emulsified.



Guacamole

Makes: 2 to 3 servings

Ingredients:

- 2 avocados, peeled and seeded
- 1 small finely minced onion (50 grams)
- 2 tablespoons lemon juice or lime juice
- 1 teaspoon crushed garlic
- 1 teaspoon solar-dried sea salt
- Pinch of cayenne

Method:

- Mash the avocados lightly.
- Add the onion, lemon juice, garlic, salt and cayenne and toss gently.
- Store in an airtight container in the fridge for up to 8 hours.
- Note: For a milder taste, the onion can be reduced to 2 tablespoons. Alternatively, green onions may be used as a replacement. They have a milder flavour.



Sprouted Chickpea Hummus

Makes: 400-500 grams

Ingredients:

- 300 grams sprouted chickpeas (see note)
- 1 cup tahini
- 1 cup lemon juice
- 2 large garlic cloves
- 1 teaspoon cumin
- 1 teaspoon cayenne
- 1 teaspoon oregano
- 1 teaspoon paprika

Method:

- Process all ingredients in with the “S” blade of the food processor until desired consistency.
- Note: Soak chickpeas for 12 to 18 hours. Allow to sprout for 2 days, rinsing twice daily.



raw snacks



Savoury Flax Crackers

Makes: 5 trays of 36 crackers per tray
(15 dozen crackers)



Ingredients:

- 700 mls carrot pulp, or chopped red bell pepper or courgette, or a mix (see note)
- 180 grams cups sun-dried tomato powder
- 240 mls purified water, plus additional water to thin as needed
- 1 small chopped onion
- 4 cloves garlic, crushed
- 2 teaspoons solar-dried sea salt
- 2 teaspoons lemon juice
- 2 teaspoons dried Italian seasoning
- 2 handfuls of minced fresh herbs (basil, parsley, dill, and/or oregano)
- 200 grams flaxseeds, ground
- 200 grams flaxseeds, soaked 8 to 12 hours in 4 cups purified water (do not rinse or drain)

Method:

- Combine the vegetables, sun dried tomato powder, water, onion, garlic, salt, lemon juice, and dried Italian seasoning in a food processor outfitted with the “S” blade, and process until smooth. If the mixture is too dry, add a little of the flax seed soak water, and blend until well mixed.
- Add the fresh herbs and pulse to mix. The batter should be smooth with a little texture from the flecks of herbs.
- Transfer the vegetable mixture to a large mixing bowl, add the flaxseeds and flax meal, and stir well to combine.
- Spread the batter evenly on a dehydrator tray approximately 2-3mls thick on to a non-stick sheet.
- Score the crackers into 36 squares per sheet (6x6). Dehydrate at 40°C (105°F) for 12 hours, until they are dry enough to turn over.
- Flip the crackers onto mesh dehydrator screens, and continue to dehydrate for 24 hours, or until they are completely dry and crisp.
- Allow the crackers to cool completely, then store them in sealed glass jars for up to three months at room temperature. The crackers may also be stored in the fridge or freezer for up to six months.
- Note: To create an attractive, multicolour appearance, use equal portions of brown flax seeds and golden flax seeds.



Kale Coleslaw

Makes: 2 to 3 servings

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon light miso
- 1 tablespoon lemon juice
- 1 tablespoon coconut nectar
- 1 teaspoon onion powder
- 1 teaspoon powdered mustard
- 1 teaspoon crushed garlic
- 1 bunch kale, de-stemmed
- 1/8 head cabbage, shredded
- 1 red jalapeno pepper (or a dash of cayenne pepper)
- 2 tablespoons red onion, finely julienned
- 1/8 teaspoon crystal salt
- 2 tablespoons oil-packed capers, optional



Method:

- For the dressing: Combine the oil, miso, lemon juice, coconut nectar, onion powder, mustard powder, and crushed garlic in a bowl and use a whisk to combine. In a large bowl, massage the kale well for a couple of minutes to soften. The kale should take on a “cooked”, broken down appearance.
- Add the cabbage, tomato, jalapeno, and red onion to the bowl of softened kale. Pour the dressing over the mixture, toss, and season with salt to taste. Garnish with the optional capers and serve.
- Kale coleslaw is best served immediately, but it can also be stored in a covered container in the fridge for up to 24 hours.



Kale Chips

Makes: 2 trays

Ingredients:

- 2 bunches of kale, broken into large pieces, by hand
- 180 mls tahini
- 60 mls tamari
- 60 mls apple cider vinegar
- 60 mls water – more if needed
- 2 spring onions
- 1 clove garlic
- 1 lemon, juiced
- 1 teaspoon solar-dried sea salt
- 1 cup fresh parsley

Method:

- Place kale in a large mixing bowl.
- Combine all ingredients in a blender and blend until smooth to get a thick consistency. More water may need to be added.
- Pour over kale. Mix well, making sure all the kale is completely coated. Massage the dressing into the kale for two to three minutes.
- Place the kale on a non-stick sheet in the dehydrator at 42°C (110°F) for 4 hours, or until crisp and dry.
- Rotate the kale occasionally, to ensure uniform drying patterns.



raw main dishes



Wrap 'n' Roll

Ingredients:

- Choice of Wrappers:
Romaine leaves, Nori seaweed sheets, Collard leaves, Cabbage leaves – red or green (blanched), Raw tortillas, Raw Essene breads.
- Choice of Vegetable Fillings:
Alfafa or sunflower sprouts, Avocadoes, thinly sliced, Red bell peppers, julienne sliced, Cucumber, seeded and julienne sliced, Thinly sliced red onion Carrots, shredded, Tomato, chopped or seeded.
- Choice of Spreads:
Spicy miso paste, Pesto, any kind of pate, Almond or cashew cheese, Hummus, Raw mayo, Raw mustard, Cabbage (sauer) Kraut, Salsa, Guacamole, Raw tahini, pumpkin butter, or almond butter.
- Other Raw Sauces and Spreads:
Garnishes, Sesame seeds, Dulse, Dehydrated pumpkin or sunflower seeds.

Method:

- This dish is a quick and easy snack or even a light meal. Just pick your choice of wrap, and fill with delicious raw vegetables and spreads. A great way to use left over spreads, pates and dips as well as any vegetables lying around in the fridge.



Courgette Pepper Wraps



Makes: 12 wraps (6 servings)

Ingredients:

- 6 yellow peppers
- 6 chopped courgettes
- 1 avocado, peeled, seeded and mashed
- 1 tablespoon nutritional yeast, optional
- 1 teaspoon solar-dried sea salt
- 3 tablespoons psyllium powder



Method:

- In a high-powered blender, blend the peppers and courgettes until smooth. Add the avocado, nutritional yeast, and the salt. Blend again. Whilst the blender is running, add the psyllium powder and blend well for a few seconds.
- Using 2 heaped tablespoons of the mixture for each wrap, use a small offset spatula to quickly form four flat disks on a dehydrator tray lined with a non-stick sheet. Each disk should be about 7 inches in diameter.
- Spread the mixture quickly, as it will begin to thicken quickly and become increasingly difficult to spread.
- Dehydrate at 40°C (105°F) for about 4 hours, or until the disks can be easily removed from the sheets.
- Turn the wraps over onto mesh dehydrator screens. Place an additional mesh screen on top of each tray of wraps. This makes them flatter and easier to store. Continue to dehydrate for another 3 to 4 hours so that it is dry but flexible.
- Store in an airtight container in the fridge for up to two weeks, or in the freezer for up to two months.

Corn Tortillas

Makes: 12 Tortillas

Ingredients:

- 4 chopped yellow bell peppers
- 400 grams of sweetcorn kernels
- 2 courgettes, peeled and chopped
- 1 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon Himalayan crystal salt
- 1 avocado, peeled, seeded, and mashed
- 3 tablespoons psyllium powder



Method:

- Place the yellow pepper and courgettes in a high-speed blender, and process until smooth. Add the corn kernels, nutritional yeast, lemon juice, and salt, and process until smooth.
- Add the avocado and blend again. While the blender is still running, add the psyllium powder and blend well for a few seconds.
- Using 2 tablespoons of the mixture for each tortilla, use a small offset spatula to quickly form four flat disks on a dehydrator tray lined with a non-stick sheet.
- Each disk should be about 6 inches in diameter, and they should not quite touch each other. Spread the tortillas into round disks quickly, or the mixture will thicken, and become difficult to spread.
- Dehydrate at 105 degrees for 4 hours, or until you can easily remove them from the non-stick sheets.
- Turn the tortillas over onto mesh dehydrator screens. Place an additional mesh screen on top of each tray of tortillas. This makes them flatter and easier to store. Continue dehydrating another 3 to 4 hours, until dry but still flexible.
- Store in an airtight container in the fridge for up to two weeks, or in the freezer for up to two months.



Enchilada de Verduras con Chili Colorado

Makes: 4 enchiladas (4 servings)

Ingredients:

- 4 Corn Tortillas (see previous recipe)
- Vegetable marinade:
 - 1 tablespoon olive oil
 - 2 tablespoons orange juice
 - 1 teaspoon crushed garlic
 - ground cumin
 - 1 teaspoon and Himalayan crystal salt
 - 1 teaspoon Mexican chilli blend powder blend
- Filling:
 - 1 cup finely shredded cabbage (1/8 head)
 - 6 crimini mushrooms, diced (1 cup)
 - 1 tablespoon diced red onion
 - 50 grams of sweet corn kernels
 - red bell pepper, diced
 - avocado, peeled, seeded and diced
- Chili Colorado sauce:
 - 2 dried chillies, stemmed and seeded
 - 2 tablespoons purified water
 - 1 red bell pepper, seeded and chopped
 - 1 tablespoon evaporated cane juice
 - 1 teaspoon onion powder
 - 1 teaspoon Mexican chilli powder blend
 - 1 teaspoon Himalayan crystal salt
 - 1/8 teaspoon ground cumin
 - 1/8 teaspoon dried oregano
 - 1/8 teaspoon pepper
 - 1 tablespoon olive oil



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Enchilada de Verduras con Chili Colorado

Method:

Make the Corn Tortillas.

For the vegetable marinade:

- Combine all of the ingredients in a large bowl and stir.

For the Chili Colorado Sauce:

- In a medium bowl, break the dried chillies into pieces, remove the seeds, and pour water over the top. Set aside for 30 minutes. Drain and discard the seeds.
- Place the chillies in a high-powered blender with the remaining ingredients, except the olive oil and blend until completely smooth. Add the olive oil and continue blending until emulsified.

For the filling:

- Toss all of the vegetables, except the avocado, with the marinade, and allow the mixture to sit for 1 to 3 hours, covered. (Or if time is limited, put the filling in a jar, and dehydrate at 115 degrees for 30 minutes.)
- Drain the marinated vegetables, gently squeezing excess moisture from the filling. Reserve the marinade for use in dressings and soups. Add half the sauce and the diced avocados to the vegetable filling, and mix well. Separate the filling into three equal portions.
- To fill the enchiladas, brush each tortilla, in turn, with approximately 1 tablespoon of the sauce. Spoon 1/2 cup of the marinated vegetables along the length of the middle of one tortilla; roll and place it, seam side down, on a dehydrator tray lined with a teflex sheet. Brush additional sauce over the top.
- Place the enchiladas in a dehydrator at 115 degrees for 1 to 2 hours before serving.

For the crème fraiche:

- Put all of the ingredients in a high-powered blender, with just enough purified water to barely cover. Blend until the mixture reaches the consistency of thick, velvet-smooth sour cream.
- Garnish each enchilada with Avocado Crème Fraiche just before serving. The enchiladas are best served immediately, warm from the dehydrator.
- However, you can make the filling a day ahead and assemble the enchilada the following day.



Courgette Pasta with Cashew Dill Sauce

Makes: 3 Servings

Ingredients:

- 4 courgettes
- 1 cup Cashew Cheese
- 1 teaspoon nutritional yeast
- 1 teaspoon light miso
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon solar-dried sea salt
- Pinch of nutmeg
- Pinch of white or black pepper
- 2 tablespoons purified water, plus additional water to thin as needed
- 1 tablespoon minced fresh dill



Method:

For the pasta:

- Transform the courgettes into noodles using a spiral slicer.

For the sauce:

- Put the cheese, nutritional yeast, miso, onion powder, garlic powder, salt and nutmeg, pepper and water in a high powered blender and blend until smooth and creamy, adding more water if necessary.
- Add the dill and blend briefly to mix.
- Gently toss the pasta with the sauce and serve immediately.
- Store any leftover sauce in a sealed glass jar in the refrigerator for up to one week.



Spinach and Mushroom Quiche

Ingredients:

Crust:

- 3 chopped courgettes
- 1 teaspoon Himalayan crystal salt
- 2 tablespoons olive oil
- 100 grams almonds, soaked 8 hours, rinsed, and drained
- 1 cup flax meal
- 5 crimini mushrooms, thinly sliced
- 1 tablespoon lemon juice
- 1/8 teaspoon Himalayan crystal salt



Marinated spinach:

- 1 small bunch spinach (1/2 cup packed)
- 1/8 teaspoon Himalayan crystal salt
- 1 tablespoon olive oil



Courgette cashew filling:

- 1 chopped courgettes
- 140 mls purified water
- 1 cup cashews, soaked for 2 to 4 hours
- 2 tablespoons light miso
- 1 tablespoon lemon juice
- 1 tablespoon onion powder
- 1 clove garlic
- 1 teaspoon white pepper
- 1/8 teaspoon nutmeg
- Pinch of cayenne
- 1 tablespoon psyllium powder
- 5 large black olives, pitted and slivered
- 40 grams sundried tomatoes, soaked in 2

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Spinach and Mushroom Quiche

Method:

For the crust:

- Shape the mixture into four 6-inch round crusts (with the edges slightly thicker than the rest), using 2 heaped tablespoons of dough for each crust. Place crusts on dehydrator tray lined with non-stick sheet, and dehydrate at 40°C (105°F) for 2 hours.
- After 2 hours, the crusts can be fluted using a pinching technique with your thumb, forefinger, and middle finger. Rotate the crust as you pinch the edge and slightly pulling upward to lift the sides as you pinch. Make sure your middle finger is always facing the centre of the crust, so the flute is symmetrical, not angled. Continue dehydrating for another 12 to 18 hours, until completely dry.

For the marinated mushrooms:

- Wipe the mushrooms with a moist towel. Toss the mushrooms in the lemon juice and the salt, and set aside.

For the courgette-cashew filling:

- Place the courgettes and water in a high powered blender, and blend until smooth. Add the cashews, miso, lemon juice, onion powder, garlic, pepper, nutmeg, and cayenne to the blender and blend until creamy.
- While the mixture is still blending, add the psyllium powder through the hole in the blender lid, and blend just until mixed. (You may need a spatula to get the mixture to blend.) Do not over mix. Place the mixture in a large bowl, and allow to sit for 5 minutes to thicken.
- Put the spinach, salt and oil in a food processor outfitted with the “S” blade, and pulse until minced. Do not over process. Gently squeeze the mushrooms to remove excess liquid.
- Add the mushrooms, spinach, olives and sun-dried tomatoes to the courgette-cashew mixture, and stir well to combine. You may reserve a few of the mushrooms, olives and sun-dried tomatoes to decorate the top of the quiches.
- Fill the crusts almost to the tops (but not exceeding the tops) with the mixture and place them on a dehydrator tray. Dehydrate at 48°C (125°F) for 1 hour.
- Store in an airtight container in the fridge for up to three days, or dehydrate at 40°C (105°F) on a dehydrator tray lined with a non-stick sheet for 8 to 12 hours and store in the fridge for up to four days.



raw desserts & sweets



Chocolate Mousse Tart with Fresh Berries

Makes: One 9-inch tart (8 servings)

Ingredients:

Crust

- 100 grams dried shredded coconut
- 100 grams macadamia nuts
- Pinch of Himalayan crystal salt
- 50 grams chopped pitted dates

Filling

- 2 avocados, peeled and seeded
- 5 tablespoons cocoa powder
- 3 tablespoon coconut nectar
- 1 tablespoon vanilla extract
- Pinch of Himalayan crystal salt
- Pinch cinnamon

Fruit layers

- 1 pint strawberries or raspberries
- 2 bananas, sliced



Method:

For the crust:

- Place the coconut in a food processor outfitted with the “S” blade, and process to a fine powder. Add the nuts and salt and blend to a coarse meal.
- Loosely separate the dates and add them to the food processor. Process until the texture resembles a graham cracker crust. The mixture should be loose and crumbly, yet hold together when pressed tightly.
- Press the crust into a 9 inch ungreased tart pan. Press firmly so the crust holds together.
- Place it in the freezer or fridge to set up while making the filling.

For the filling:

- Place the avocados, cocoa powder, coconut nectar, vanilla, salt, and cinnamon in a food processor outfitted with the “S” blade, and process until completely smooth.
- To assemble: Divide the filling into 3 equal parts. Lace a layer of sliced bananas evenly on top of the crust. Spread a layer of filling on top of the bananas. Next, place one layer of strawberry slices on the filling. Spread another layer of filling on top of the strawberries, and then layer more strawberries, another layer of filling, and the remainder of the berries.
- Chill at least 1 hour prior to serving.
- Store in an airtight container in the fridge for up to three days, or in the freezer for up to two months.

Strawberry Coulis

Makes: 6 servings

Ingredients:

- 200 grams of fresh or frozen strawberries (see note)
- 100 grams of pitted dates
- Purified water, as needed

Method:

- Put the strawberries in a high-powered blender with a small amount of water, and blend.
- Loosely separate the dates, and blend until the coulis is smooth. (Sweeter fruit will require fewer dates).
- Store in a sealed glass jar in the fridge for up to four days.
- Note: If fresh strawberries are unavailable, use organic frozen strawberries that have been thawed and drained.



Raspberry Coulis

Makes: 4 to 6 servings

Ingredients:

- 200 grams of fresh or frozen raspberries (see note)
- 50 grams pitted dates, packed, plus 50 grams additional, to use as needed.

Method:

- Process the raspberries in a food processor outfitted with the “S” blade.
- Loosely separate the dates, and add them to the food processor. Process until the coulis is smooth. If the raspberries are not very sweet, add up to 50 grams more pitted dates.
- Store in a sealed glass jar for up to four days.
- Note: If fresh raspberries are not available, substitute with organic frozen raspberries that have been thawed and drained.



Cherry Vanilla Cheesecake

Makes: One 8-inch cake (12 servings)

Ingredients:

- 250 grams pecans, soaked and dehydrated
- 3 tablespoons coconut nectar
- 40 grams seedless raisins
- 250 grams pitted dates
- 60 mls purified water
- 300 grams of cashews, soaked 2-3 hours, and drained
- 200 mls coconut oil, warmed to liquid
- 60 mls lemon juice
- 25 grams soy lecithin powder
- 2 tablespoons vanilla extract
- 1 pint fresh or frozen pitted cherries or berries of choice, thawed



Method:

- For the crust:
put the pecans, coconut nectar, and raisins in a food processor outfitted with the “S” blade, and process until the crust mixture begins to stick together. Press the mixture evenly into the bottom of an 8-inch spring form pan.
- For the filling:
Loosely separate the dates, and combine them with the water in a food processor outfitted with the “S” blade. Process until smooth. Add the cashews and coconut oil, and process again until smooth. Add the lemon juice, soy lecithin powder, and vanilla extract, and process once more until the mixture is smooth and creamy.
- To assemble the cheesecake:
pour the filling into the crust and spread evenly.
- For the topping: spread the cherries or berries over the top of the vanilla cream filling and press gently, so they are slightly pressed into the cheesecake.
- Chill for at least 2 to 3 hours before serving. Store in an airtight container in the fridge for up to two weeks.

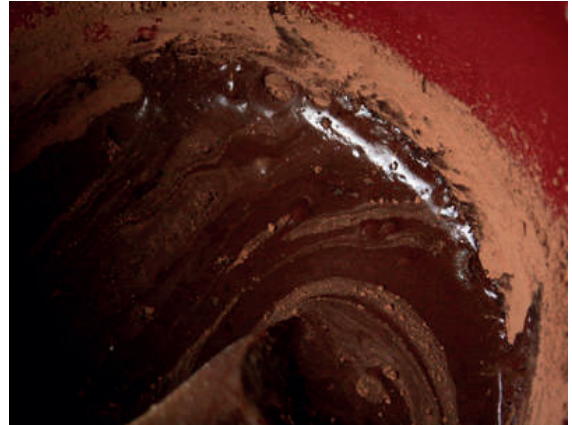


Chocolate Velvet Sauce

Makes: 3 servings

Ingredients:

- 1 avocado, peeled and seeded
- 6 tablespoons cocoa powder or carob powder
- 3 tablespoons coconut nectar
- 1 teaspoon vanilla extract
- Pinch of cinnamon
- 140 mls of purified water



Method:

- Combine the avocado, cocoa or carob powder, vanilla extract, and cinnamon in a food processor outfitted with the “S” blade with the 2 tablespoons of water, and process until the mixture is smooth.
- Add the remaining water and process again until well blended. The more water you add, the thinner the sauce. Do not over process, as the sauce will become too aerated and too fluffy.
- Store in a sealed glass jar in the fridge for up to one week.

Variations:

- For a chocolate icing, do not add the remaining water.
- For chocolate mousse, use a high-powered blender instead of a food processor adding only 60 mls of water in total, to create a fluffy consistency. For frozen fudge bars, freeze in lolly trays.

Chocolate Silk

Makes: 3 servings

Ingredients:

- 1 avocado
- 1 cup purified water
- 50 grams cocoa powder or carob powder
- 70 grams coconut nectar
- 1 teaspoon vanilla extract
- teaspoon solar-dried salt



Method:

- Combine ingredients in the food processor and blend until smooth, adding a little more water if needed. The more water you add, the thinner the sauce will be.

Variations:

- For a thick mousse, parfait or thick ganache reduce the water by half the amount. For frozen fudge bars, freeze in lolly trays.

Black Forest Cherry Brownies

Makes: dozen brownies (6 servings)

Ingredients:

- 200 grams walnuts, soaked and dehydrated
- 6 tablespoons pitted dates
- 6 tablespoons carob powder or cocoa powder
- 1 teaspoon of cherry extract
- 25 grams chopped walnuts, soaked and dehydrated
- 25 grams dried pitted cherries, chopped
- 3 tablespoons water

Method:

- Place the 200 grams of walnuts in a food processor outfitted with the “S” blade and grind them until they are the consistency of meal.
- Loosely separate the dates, and add them to the food processor. Continue to process until the mixture is well combined.
- Add the carob or cocoa powder and the cherry extract, and process to mix. Transfer the brownie mixture to a large mixing bowl.
- Add the remaining walnuts and the cherries to the brownie mixture, and sprinkle with the water.
- Mix well with hands.
- Pack mixture into a 7 by 7-inch brownie tin. Chill for at least one hour before slicing and serving.
- Store in an airtight container in the refrigerator for up to one week or in the freezer for three months.



Cacao Chip Cookies

Makes: About 2 dozen small cookies (10 to 12 servings)

Ingredients:

- 150 grams chopped pitted dates
- 150 grams of almonds, soaked 12 to 24 hours, rinsed and drained
- 100 walnuts, soaked 8 to 12 hours, rinsed and drained
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 80 grams of cacao nibs
- 50 grams walnuts, soaked, dehydrated and chopped



Method:

- For the dough, loosely separate the dates, and combine them with the almonds, walnuts, cinnamon and vanilla in a food processor outfitted with the “S” blade. Process until the mixture begins to stick together.
- Add the cacao nibs, and walnuts and stir well.
- Form the dough into rounds about 1/2 inch thick and 2 inches in diameter.
- Place the cookies on a dehydrator tray lined with a non-stick sheet and dehydrate at 40°C (105°F) for 12 to 36 hours, until the desired texture is obtained.
- Turn the cookies over and remove the non-stick sheet after about 6 hours.
- Store in an airtight container in the fridge for up to one month or in the freezer for up to a month.



French Vanilla Ice Cream

Makes 6 servings

Ingredients:

- 200 grams almonds
- 240 mls purified water
- 150 grams cashews, soaked 4 hours, rinsed and drained
- 120 mls of coconut nectar
- 2 teaspoons psyllium powder
- 1 teaspoons vanilla extract
- 1 vanilla bean
- Pinch of Himalayan crystal salt



Method:

- Blend the almonds with the purified water in a high-powered blender to make a thick almond cream. Strain the mixture through a cloth mesh bag, and store the pulp for another recipe.
- Add the whole vanilla bean to the blender along with the cashews and other remaining ingredients until smooth and creamy. The vanilla bean will resemble tiny specks of pepper.
- Pour the blended mixture into a 9 by 9 inch glass baking dish or other shallow glass container, and cover tightly. Freeze for at least 12 hours, or until firm. Serve with an ice cream scoop. If the ice cream is too hard, let it thaw for 5 to 10 minutes before scooping.
- Store in an airtight container in the freezer for up to 2 months.
- Note: Store left over almond pulp in the freezer for up to four months. Use in breads, biscuits, cookies, croutons etc.



Resources

Reading list:

- Gabrielle Cousins - Conscious eating, Green eating, Depression Free Life
- Victoria Botenko & Raw Family - Green for life, 12 steps to raw food, Eating without heating
- Dr Bernard Jenson - Tissue cleansing through better bowel care
- Kate Wood - Eat Smart Eat Raw

Useful Websites:

- www.naturalnews.com – informative independent health news
- www.whyorganic.org – provides general information on organic produce as well as links on local suppliers, food coops, veg box deliveries etc.
- www.shopwell.com – a US based company that empowers people to make better food choices
- www.imperfectlynatural.com – Janey Lee Grace offers a natural alternatives
- www.rawliving.eu – Informative raw website selling high quality raw products
- www.energiseforlife.com

Cosmetics:

- www.speitzaorganic.com – great organic products
- www.imperfectlynatural.com – a natural store selling natural organically endorsed cosmetics and much more!
- www.lovelula.com – an organic apothecary selling 1000's of products
- www.cosmeticsdatabase.com – a cosmetic safety website

Household:

- www.nutshellpaints.co.uk – toxic free paint for your home
- www.ecover.com – environmentally cleaning products

Organic Food Shops

London:

- Fresh and Wild (Lavender Hill, Brewers Street)
- Wholefoods (Kensington High Street)
- Planet Organic (Muswell Hill, Islington, Torrington Place, Westbourne Grove)

Brighton:

- Infinity Foods (North Road)

Somerset:

- Bridie's Yard (Glastonbury)

Devon:

- Marshford Farm Shop (Appledore, North Devon)
- Riverford Farm Shop (Dartington)

Organic Restaurants:

- Vita Organic (74 Wardour St, 0207 734 8986)
- TriYoga Cafe (Primrose Hill 0207 483 3344)
- Planet Organic (address as above)
- Saf (152 – 154 Curtain road, Shoreditch 0207 613 0007,
another branch is located above Wholefoods in Kensington High Street 0207 368 4555)