



NOURISH
raw food



GREEN SMOOTHIE

- 1 kale leaf
- 1 bag spinach
- 1 orange
- 1 lemon
- 1 passion fruit
- 6 bananas

A great way to start the day,
packed full of iron, protein and
easily usable energy to keep you
full and energetic until lunch!





CHOCOLATE SMOOTHIE

1 cup of dates
5 bananas
2 tbsp raw cacao
1 tbsp maca
(optional)

This is great to fill a chocolate bar sized hole in your life! The bananas and dates will give you tons of energy and great fibre to help rid the body of toxins, the water helps to hydrate you and the raw cacao is chocolate in its natural form, vitamins and minerals intact! We take this one to the cinema with us or have it at the weekend when watching a movie! Yum!



OOOHHHHH!



EASY SEASONAL SALAD

1 bag of organic carrots
1/2 red cabbage
2 courgettes
1 cucumber
1 raw beetroot

Throughout the year my salads vary in ingredients depending on what is seasonal and even with what is on offer. I always use carrots and cabbage as a staple because we can always use british, but try adding anything in your salads, the more variety the better!

METHOD

Simply chop all ingredients and store in an airtight container and eat throughout the week adding in extras as you go along...

Add a Simple Fresh or Mango Chili Dressing!



SIMPLE FRESH DRESSING

- 1 avocado
- 1 lime juiced
- 1 lemon juiced
- fresh coriander
- fennel seeds
- coriander seeds
- Hemp seeds
(for extra protein)

METHOD

option 1 - dressing

Simply chop the avocado and squeeze the juice into the salad and add in the other ingredients and mix.

option 2 - creamy guacamole

Pop all ingredients into a food processor with some herbs if you like and wiz into a creamy guac dressing.

MANGO CHILI DRESSING

- 1 mango
- 1 avocado
- a small piece of chilli
chopped up
- a small piece of ginger
chopped up
- fresh coriander
- 1 lime

METHOD

option 1

Add chopped ingredients.

option 2

Blend to make into a smooth dressing.



ta da! ↓

CAULIFLOWER COUS COUS

- 1 cauliflower, chopped small, then pulsed in the food processor
- 100g saltanas
- 1 orange
- 1 lemon
- 1/2 tsp hariassa spices
- fresh herbs chopped
- 1 red pepper chopped
- cherry tomatoes, halved

Everyone loves this recipe, it is so good you won't believe it's all veggies!

METHOD

Squeeze all the juice from the lemon and orange and mix with the spices. Then mix in with the chopped ingredients and enjoy!





CHOCOLATE TRUFFLES

1 cup of dates
3/4 cup of pecans
and or walnuts
1 tbsp raw cacao
1/4 tsp vanilla
powder

METHOD

Blend until smooth and roll
into truffles.



amazing!

CHOCOLATE ORANGE SLABS

1 cup of dates
3/4 cup of pecans
and or walnuts
1 tbsp raw cacao
1/4 tsp vanilla
powder
1/4 orange

METHOD

Blend until sticky and smooch
into a cling film lined baking tray.
cut into slabs and dust with cacao
and pop in the fridge to set.

