

Cujo
Approved



Dragon Nutrition

RECIPES



RAW FOOD RECIPES





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Introduction

Raw plant food contains more vitamins, minerals, enzymes and phytonutrients than cooked food. With 50% less nutrients in food than 70 years ago, it pays to maximise the nutrients in every mouthful. Whether you are 100% raw or just want to add a few more interesting recipes, your body will thank you! I've selected some easy raw recipes to get you started and help you to incorporate more raw food into your day and hopefully get you raw curious! All dishes are vegan and gluten free. Some contain nuts. As ingredients change from supplier to supplier, please always taste and season each dish according to this and your own personal taste.



Snacks, Sides & *Sweet* Things

Raw Balls

Simple Luxury

Raw Apple Pie

Raw Chocolate Cake

Raw Banana Freezer Pie (Bananarama!)

Choccie Chia Seed Pudding

Flax Seed Crackers

Zucchini Hummus

Tahini Mayo



Raw Balls

Having these babies in the fridge, stops you from reaching for more sinful treats!

- 1/2 cup raw sunflower seeds (or any other seeds you have to hand)
- 1/2 cup walnuts (or any other nuts you have to hand)
- 1/2 cup pitted dates
- 1/8 tsp sea or Himalayan salt
- 4 tbsp raw cacao powder or cocoa powder

Blitz up in a food processor, then add water until you can mold into balls. You can also add vanilla extract or orange juice/ lime juice if you want to change up the flavours. I usually make double quantity as the above never usually last long.

Simple Luxury

When you want something sweet and easy to make.

- 1 pear, chopped
- 4 fresh dates, chopped
- 7 walnuts, coarsely chopped

Stir all ingredients in a bowl and enjoy. Simple!

Raw Apple Pie

Everyone likes apple pie, this is a good raw version.

Crust

- 1 3/4 cups almonds
- 1 tbsp coconut oil
- 5 dates
- Pinch of nutmeg
- 2 teaspoons cinnamon
- Pinch of Himalayan salt
- 1 tbsp raw agave

Filling

- 1 or 2 apples
- 1 banana
- 2 dates
- 1 tsp cinnamon

Garnish

- 2-3 apples, sliced
- Cinnamon, to taste

Finely chop the nuts in the food processor, then add the oil, dates, spices and salt. Mix.

Add the agave to form a dough and spread out in the bottom of a pie dish.

Thoroughly blend the filling ingredients in a food processor, and place on top of the crust.

Garnish with sliced apples. Sprinkle cinnamon on top.

Raw Chocolate Cake

This cake needs no cooking (of course!) or dehydrating and can be thrown together in a flash!

- 1½ cup walnuts
- 1½ cup pecans
- 1½ cup dates
- 1½ cup raisins
- ⅓ cup raw cacao powder
- 2 teaspoons pure vanilla extract

In a food processor, process the nuts until they are well blended, so that they look like chunky flour; you should still have little bits of nuts.

Then add everything else to the food processor and continue blending. Adding the ingredients one by one will stop the processor getting bunged up! If your processor isn't very big, you can mix everything in a bowl.

Keep processing until your mixture looks like a big ball of dough, without big chunks of anything, but probably still with small flecks of nuts. Once you've got a giant raw chocolate cake dough ball, just press the dough into the desired shape for whatever you want to make. I usually just press into a cake shape on a plate.

Ice using your favourite icing. Refrigerate for at least one hour to allow the cake to firm up. Simple!

Raw Banana Freezer Pie (Bananarama!)

My husband loves this - he says it tastes like it has 4000 calories per slice. High praise indeed!

Crust

- 1 cup raw cashews
- 1 cup dried unsweetened coconut
- ½ cup dates –pitted
- ¼ tsp sea/ Himalayan salt

Place all ingredients in the blender. Press this mixture into a pie / glass dish with your hands. Crust is now done.

Topping

- 2 bananas
- ¾ cup cashews
- ¼ cup honey, agave etc.
- ¼ cup lemon juice
- 1/3 cup coconut oil
- 1 tsp vanilla extract
- 1/8 tsp sea Himalayan salt

Place all ingredients in the blender. Whizz up. Spread over base and freeze - ideally overnight - if you can keep away that long. Keep it in the freezer not fridge as it will go soggy in the latter.

Choccie Chia Seed Pudding

I eat this at almost every breakfast along with a good helping of fruit, nuts and seeds.

- 1 banana
- 1 cup water
- Half cup freshly ground chia seeds
- Half cup freshly ground flax seeds
- Dessertspoon raw cacao
- Handful of walnuts

Add all the ingredients to your mixer and blend! Add more chia or water if you need thicker or thinner consistency - it will thicken after refrigerating.

If bananas are green or if you have a sweet tooth, you might want to add a date or two.

Flax Seed Crackers

Everybody loves something crispy to nibble on or dunk into a dip. These are perfect!

- 1 ½ cups flaxseeds
- ¼ cup sesame seeds
- ¼ cup sunflower seeds
- ½ cup water
- 1 tsp spice/ spices of your choice (I like cumin and chili)
- 1 tsp Himalayan salt

Soak the flaxseed for 2-4 hours, then in a large mixing bowl, add the flaxseed, sesame seeds, pumpkin seeds and sunflower seeds to the water. Add more water if needed to achieve an oatmeal - like consistency.

Add the spices and the salt, then thoroughly mix by hand.

Spread out a thin layer of the mixture onto a Teflex sheet or baking parchment and place in the dehydrator, set to 100-115 degrees F. It will take between 8-24 hrs to dehydrate.

If you don't have a dehydrator you can cook this in the oven on the lowest setting possible, keeping opening the door periodically to release heat.

When the crackers are crispy and easy to break into pieces, they are done. Store in a sealed container.

Zucchini Hummus

Eating raw doesn't mean giving up beloved hummus. NO siree!

- 2 zucchinis/ peeled and coarsely chopped
- 1 lemon, juiced
- 1 cup raw tahini
- 1/4 cup sesame seeds
- 1/2 tsp Himalayan salt or to taste
- Freshly milled pepper to taste
- 1/2 tsp cumin
- Water as needed
- 3 tbsp extra virgin olive oil
- Paprika

Place all ingredients except for the olive oil and paprika in a blender. Blend, adding water a little at a time to make a thick smooth consistency. Taste for seasoning. Add a little more tahini, more salt or lemon? A touch of cayenne? Up to you!

Place on a flat plate and create a well in the centre. Add the olive oil to the well, sprinkle with paprika and garnish with finely chopped parsley.

Tahini Mayo

Add 1 tbsp raw tahini to a bowl with the juice of one lemon, 1 tbsp ex virgin olive oil, water to loosen to desired consistency. Add Himalayan salt to taste.

Main meals

Quinoa Tabbouleh Salad

Zoodle Salad & Asian Lime Dressing

Raw Rainbow Pad Thai

Raw Pasta Primavera

Zoodles ala Bolognese

Sushi

Beet 'Burgers' on Romaine Buns

Stuffed Peppers



Quinoa Tabbouleh Salad

First let's sprout the quinoa. Need to plan at least a day ahead for this dish.

Rinse and soak 1 cup of quinoa in a glass bowl or jar. Soak for 5-6 hours or overnight at room temperature. Rinse the quinoa. Return to the rinsed bowl or jar, loosely covered with a paper towel or cloth secured with a rubber band. Place on the countertop and rinse 2-3 times per day until you see little tails sprouting. It may take one or two days. Rinse, then use below.

- 4 handfuls of curly parsley, finely chopped
- 4 handfuls of flat parsley, finely chopped
- 6 tomatoes, cut into small cubes
- 1 ½ avocados cut into small cubes
- 2 small red onions finely chopped
- ½ cup almonds, preblended to a flour like consistency
- Plus the quinoa as above

Dressing

- Juice from 1 lemon
- ¼ cup olive oil
- Grated small clove garlic
- Pinch of salt

Mix all ingredients together in a bowl. Make the dressing and pour over the tabbouleh. Let dressing sink in for a few minutes before eating.

Zoodle Salad & Asian Lime Dressing

If you don't have a spiraliser, then you can happily make zucchini ribbons with a veggie peeler. However, I love my spiraliser and would highly recommend you invest in one; it makes raw food so much more interesting!

But what the bejiggery are zoodles? Well, they are zucchini noodles or if you're British "Coodles"! Ha! I'm really not a fan of cooked courgettes - unless my hubby cooks them on the barbecue, as I find the soggiess less than satisfactory, but these keep their bite nicely!

They are a great alternative to pasta or noodles. You can steam them, but I like them raw and just the way these naughty monkeys are naturally! This dish could be a light lunch on its own, a side dish or you can bulk it out to make it a substantial salad. If you have an unnatural aversion to courgettes, then you can also spiralise beetroot, sweet potato or carrot just as well!

So here we go:

Grab a courgette/ zucchini and spiralise. One will make enough for one or 2 less hungry people. If you are just dressing with the sauce, just add, toss and sprinkle sesame seeds (black ones look rather spiffing). If you are making this into a bigger and perhaps better salad then add whichever salad veggies you have in your possession. You could spiralise up a mixture of veggies or add tomatoes, cucumber, peppers, kale, rocket, pulses, quinoa, chilli - anything really!

Then you add the dressing - which on a scale of yum is about a 50. You have been warned!

Throw into a blender:

- 1 medium red chilli - remove the seeds, if you can't handle heat
- 2 cloves garlic, grated
- 4 tbsp fresh ginger, grated
- 4 tbsp rice wine vinegar
- 4 tbsp soy sauce, tamari or Braggs aminos
- 3tsp sesame oil
- 2 tbsp lime juice
- 4 tbsp raw nut butter
- 2 tbsp of water to get it all moving (you might want to add more later

Whizz it up. You might have to scrape down the sides a couple of times and add more water. You want a thick dressing consistency - too thick and it won't combine with the veggies, too thin and it'll be a soup. Then taste it - you might want to add more lime, more ginger etc. Go for it! Once it's perfection on a stick, add to your z/coodles/ salad, then sprinkle chopped spring onions, fresh chopped coriander and sesame seeds to the top. You could also add some raw nuts into the top as well.

Raw Rainbow Pad Thai

Crunchy, creamy and healthy...go!

For the Pad Thai:

- 2 large courgettes/ zucchini, trimmed and spiralised
- 2 carrots, peeled, trimmed and spiralised
- ¼ white cabbage, shredded
- ¼ red cabbage, shredded
- 1 red pepper, finely sliced
- 1 yellow pepper, finely sliced
- 1 sweet potato, peeled and spiralised
- ½ large or 1 small beetroot, peeled and spiralised/
- ¼ cup of hemp seeds
- ¼ cup pumpkin seeds
- Handful of mint leaves, chopped
- Handful of basil leaves, chopped
- Handful of coriander leaves, chopped
- 2x tsp black sesame seeds,

For the Dressing:

- 1 cup raw cashews
- ¼ cup rice vinegar
- ¼ cup soy sauce/ Tamari/ Braggs aminos
- 3 tbsp lime juice
- 2 tbsp raw agave
- 1 tsp Himalayan salt
- 1 garlic clove, peeled and diced
- 1 thumb ginger, peeled and finely diced
- 1 red small chilli, chopped
- ½ cup water

Prepare the veg as above and add to a bowl. Blitz the dressing ingredients in a blender. Taste and adjust seasoning accordingly. The dressing should be a sauce consistency and be perfectly balanced between salt/ sour/ chilli and sweet. Dress the veggies and add sesame seeds at the end.

Raw Pasta Primavera

What's not to like about a creamy sauce. Just yum!

Serves 2-3

Alfredo Sauce

- 2 1/2 cups cashews
- 1 tbsp lemon juice
- 2 cloves garlic
- 1/12 cups water
- 1 tsp thyme
- 1 tsp Himalayan salt

Noodles

- 4 large courgette/ zucchini
- 12 mushrooms (chopped)
- 20 cherry tomatoes (sliced in half)
- 1 cup chopped green pepper

Make the alfredo sauce by adding everything to a blender and blitz until smooth. Please note the above makes enough for 4 servings of pasta. Keep the rest in the fridge - you need to make this volume so that it will blend well.

Spiralise the zucchini (you can also use kelp noodles) or use a veggie peeler to make noodles.

Chop the rest of the veggies – you can use any veggies that you like.

Combine together just before you are ready to eat (otherwise soggiess will occur). Add a little pepper once done.

Zoodles *a la* Bolognese

This is super quick and the walnuts really give a 'meaty texture'. Serve with a fresh green salad. Serves one.

Spaghetti Sauce

- 1/2 cup fresh tomatoes (chopped)
- 1/2 cup sun dried tomatoes (chopped and pre-soaked in olive oil)
- 1/3 cup walnuts
- 1/4 teaspoon Himalayan salt

Noodles

- 1 zucchini

Add both types of tomato and salt to the food processor. Pulse briefly to incorporate. Don't over process - leave it chunky. 5 seconds should do it.

Add the walnuts and pulse briefly again - 8 seconds maybe. Don't overprocess - we want small round chunks!

Spiralize or use a veggie peeler to slice courgette/ zucchini.

You can also add cayenne pepper, chopped mushroom, celery, carrots to the tomato sauce if you'd like.

Combine, just before you are ready to eat, otherwise it will go soggy.

Nori Sushi

You can let your imagination go wild with the fillings. Get raw nori and use raw tamari and raw fillings. Serve with tamari and pickled ginger. Here are some ideas of fillings:

- Soak 1 cup of pine nuts for 2-4 hrs. Blend in a blender with a little water and add wasabi powder under the spice is just right for you
- Blend ½ cup of almonds to a flour like consistency in a blender. Add a little olive oil, salt, paprika, curry powder and turmeric and blend again
- Guacamole (see recipe above) with veggies (choose from sliced carrot, cucumber, radishes, tomatoes, sprouts, celery, leeks and pepper

To roll sushi, put the nori flat on a clean surface and place the filling ingredients in the middle of the nori. Carefully pull the ingredients tightly together while rolling the nori into a roll. Use a little water on the nori to stick it down.

Beet 'Burgers' on Romaine Buns

- 3 beetroots
- 2 carrots
- ¼ cup pistachios, optional
- ½ - 1 avocado
- 2 tsp lemon juice
- Pinch of sea salt
- 1 or tsp Dijon mustard
- Several romaine lettuce leaves
- Capers to taste, for garnishing

Finely chop/ grate the beets and carrots, using a food processor or grater. Put the beets, carrots and pistachios into the food processor. Add the avocado and blend. Season with lemon juice. Sea salt and mustard (start with a small amount and add more if desired). Put about ½ cup of the mixture on each romaine leaf, garnish with capers.

Stuffed Peppers

Serves 3 portions

- 1 cup walnuts, soaked, finely chopped
- 1 cup hazelnuts, soaked
- 3 small carrots, finely chopped
- 5 inches of leek, finely chopped
- 2 tsp tamari
- 3 bell peppers - any colour

Arugula and sprouts, for garnishing.

Soak the nuts, for approx. 8 hrs or overnight. Finely chop the nuts, carrot and leek, one ingredient at a time, using a food processor. Mix all the ingredients together in a bowl and add the tamari. Seed and cut the peppers in half and fill the peppers with the mixture. Arrange the peppers on top of the rocket and garnish with sprouts.

Side dishes

Tomato Soup

Gazpacho Soup

Cujo's Coleslaw

Tomato Salsa

Guacamole Dip

Marinated Mushrooms

Marinated Broccoli & Cauliflower

Thai Tempura Vegetables



Tomato Soup

To a blender, add 3-4 tomatoes, 1 red pepper (deseeded), handful of basil leaves and 1/2 tsp Himalayan salt. Blend until smooth. You can also add cayenne pepper if you like heat.

Gazpacho Soup

I love a cold soup on a hot day!

- 1 cucumber (sliced into chunks)
- 4 large ripe tomatoes (coarsely chopped)
- 1/2 bell pepper (any colour)
- 2 cloves garlic
- 1 celery stick (chopped)
- 1 tbsp lemon juice
- 1/2 sweet onion (quartered)
- 3 tbsp red wine vinegar or balsamic vinegar
- 1/2 tsp Himalayan salt
- Dash black pepper
- 1 tsp fresh parsley (chopped)
- 1 tsp fresh basil (chopped)
- Optional - 1/4 tsp cayenne pepper

Add everything to the blender - except the herbs - work in batches if you need - until smooth or nearly smooth (whichever texture you prefer).

Transfer to serving bowl and stir in the herbs. Refrigerate for at least 30 mins. Garnish with extra herbs if you'd like.

Cujo's Coleslaw

This a real crowd pleaser; fresh tasting without the usual cloying mayonnaise.

Veggies

- 1/2 head white cabbage, sliced finely
- 1/2 head red cabbage, sliced finely
- 1 head fennel, sliced finely
- 1 carrot, sliced finely

Dressing

- Juice of one lemon
- 2 tsp cumin
- 2 tsp sesame oil
- 2 tbsp Black sesame seeds
- 2 tsp Himalayan salt

You can slice the veggies by hand or use a food processor. Add all veggies to a bowl and then add the dressing ingredients. Mix and adjust seasoning to taste.

Tomato Salsa

Chop 1 kg of fresh tomatoes into small pieces, finely chop half a red onion and add. Grate half a clove of garlic and finely chop a fresh chilli and add. Add a tbsp of red wine vinegar and juice from a lime. Add Himalayan salt to taste, stir through a handful of chopped coriander and a handful of chopped basil, if liked. Adjust seasoning to taste.

Guacamole Dip

Stone and peel 3-4 soft avocados and add to a bowl and crush with a fork. Grate $\frac{1}{2}$ a clove of garlic and add to the avocados. Chop a small red chilli and add. Add juice of 3 limes. Add Himalayan salt to taste. Stir through a handful of chopped coriander of liked.

Marinated Mushrooms

Slice mushrooms of your choice (5 per person). Per 5 mushrooms, add 1 tbsp olive oil and $\frac{1}{2}$ tsp tamari. Marinate for one hour and then serve.

Marinated Broccoli & Cauliflower

These vegetables are perfectly al dente. Marinating vegetables makes their raw taste and texture disappear.

Cut one head of broccoli and one head of cauliflower into bite sized pieces and add to a plastic bag. Add lots of lemon juice and olive oil to each bag and a good amount of Himalayan salt. Seal the bag and place into another bag to avoid any olive oil explosions. Massage the veggies through the plastic bag. Place the bags in the refrigerator for about 8 hours. You can serve straight after marinating but the flavour will be stronger after you let the veggies marinate for a few hours. You can also marinate carrots and leek.

Try marinating with tamari or fresh/ dried spices too. Oregano, basil and thyme are great for this.

Thai Tempura Vegetables

This recipe calls for a dehydrator if you have one. If not, no problem, it will still be good, just not warm.

- 4 cups Broccoli florets
- 1 cup cauliflower
- ½ Cup pistachios, unsoaked
- 1 cup pine nuts, unsoaked
- ½ cup lemon juice
- 3 tsp Himalayan salt
- ½ cup olive oil
- 1 tsp coriander
- 2 tsp cumin
- ¼ tsp cayenne pepper
- 1 cup water

In a high powered food processor or blender, combine pistachios, pine nuts, salt, lemon, spices and olive oil. Pour water in slowly to achieve a smooth consistency. Place veggies in a large bowl. Pour sauce onto broccoli and cauli and stir thoroughly to ensure that veggies are well coated. Spoon vegetables onto teflex sheets or baking parchment on dehydrator trays and dehydrate for 2 hours at 145f/ 65C. Serve warm.

Drinks

Nut Milk

Chocolate Smoothie

Banana Milkshake

Green Milky Goodness

Nana Colada



Nut Milk

Soak a cup of nuts – mixed (or just one type) and raw - overnight, drain the water and added to the blender. Pour through a nut milk bag and squeeze out. Keep meal for biscuits, cake, bread etc. Refrigerate and use as regular milk within 3 days.

Chocolate Smoothie

Add a cup of nut milk to blender with handful of ice, plus 2 x dessert spoon of raw cacao powder and 3-4 dates (remove pits), add an optional splash of vanilla extract.

Banana Milkshake

Add a cup of nut milk to blender with handful of ice, 1 cup of water and two bananas, with 2 tsp of vanilla extract. Whizz up and taste. If you would like it sweeter add dates until desired sweetness level is reached.

Green Milky Goodness

As per the Banana Milkshake but with a handful of greens (spinach, bok choy, kale) for an extra nutrient hit.

Nana Colada

Yes I like getting caught in the rain! Add a couple of slices of fresh pineapple to the banana milkshake recipe. You can also sub 1 x cup of coconut flesh and 1 cup of water (to achieve a more realistic Colada).

Green Smoothies

The Green Pineapple

The Peppery Melon

The Berry Zinger

The Guacamole Soup

A Lil Bit of Everything

The Pink Lady

Salad in a Glass

Tomato Soup Smoothie



The Green Pineapple

- 1/4 pineapple
- 1/2 mango
- Thumb of chopped peeled ginger root (grate if you don't have a high speed blender)
- 1 celery stick
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup spinach
- 1/2 cup Bok choy

The Peppery Melon

- 1 cup watermelon
- 1 tomato
- Handful of rocket and choy sum
- 1/2 courgette
- Handful of mint leave

The Berry Zinger

- 1 banana
- 1 cup berries
- 2 cups rocket and spinach
- 2-3 mint leaves

The Quacamole Soup

- 3 leaves of kale
- 1 bunch basil
- 3 large tomatoes
- 2 stalks celery
- 1 red bell pepper
- 1 large avocado
- Juice of 1 lime
- 1 cup water

A Lil Bit of Everything

- 3 x broccoli florets
- 1 x celery stalk
- 1/4 courgette
- 1/4 mango
- 1/4 pineapple
- 1 banana
- 1/2 cup spinach
- 1/2 dragon fruit
- Thumb sized piece of ginger

The Pink Lady

- 1 small beetroot, peeled
- 1 red grapefruit
- 1/4 courgette
- Handful Bok choy
- 1 kiwi
- 1/2 dragon fruit
- Thumb of ginger

Salad in a Glass

- 1 head of lettuce
- 1 tomato
- 1/2 avocado
- 1 celery stalk
- 1/4 courgette
- Few basil leaves
- Pinch of Himalayan salt
- Cayenne pepper to taste - I added about a 1/4 tsp but you can leave out or add more
- Squeeze of lemon

Tomato Soup Smoothie

- 2 x tomatoes
- 1/2 zucchini
- 1 stalk celery
- 3 stalks kale
- 1 red pepper
- 1 small avocado
- Squeeze lemon juice
- Pinch of Himalayan salt
- Sprinkling of cayenne