



# 5 No Dehydrator *Required Recipes*



Brought to you by:

the **raw**  
**food** kitchen





Amanda Brocket asserts her right to be identified as the author of this work in accordance with the Copyright, Designs and Patents Act 1988 as amended from time to time.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.

**Copyright © Amanda Brocket 2013, Fairlight, Sydney, Australia.**

First published in Sydney, Australia by Amanda Brocket of The Raw Food Kitchen in 2013.

The (first) edition published in August 2013 by Amanda Brocket, Fairlight, Sydney, Australia.

[amanda@therawfoodkitchen.com.au](mailto:amanda@therawfoodkitchen.com.au)

[www.therawfoodkitchen.com](http://www.therawfoodkitchen.com)

Designed by Amanda Brocket.

**Disclaimer:** The techniques and advice described in this book represent the opinions of the author based on her experience. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a result of using any of the techniques, recipes or recommendations suggested herein. If in any doubt, or if requiring medical advice, please contact the appropriate health professional.



## Welcome to the 5 No Dehydrator Required Recipe eBook!

*Hi!*

First of all I just want to say a big Thank You for downloading my “5 No Dehydrator Required Recipes” eBook, it’s great you’ve decided to try out some new and delicious raw recipes that are super easy to make and don’t require a dehydrator!

When starting out with raw and raw recipes the best advice I can give you is to start with baby steps.

Just incorporate what you can to begin with and the first step means finding and crafting easy raw recipes that don’t require too much fancy equipment.

Try the raw recipes out, and if you absolutely love how they taste and make you feel amazing, try them out on your friends and family too!

If you know that raw is going to be a part of your life (and it will be!), keep building on your raw recipes and invest in some more equipment for your raw kitchen then.

When I started going raw I had an average food processor and blender, and managed very well and really I was amazed how easy it was to be making so many creative and varied raw dishes with just basic kitchen equipment.

I hope this eBook gives you the stepping stone and hunger to add more raw recipes to your day and start exploring the rawsome world of raw further.

Some of these recipes are my personal favourites and I’m sure they will become yours too!

*Amanda x*

**PS. Special raw measuring terminology: C= cup. T= Tablespoon. t= teaspoon**



*the* **raw**  
**food** *kitchen*



## Sun-Dried tomato & Spinach Pesto

### *Ingredients:*

- ☐ 12 organic sun dried tomatoes
- ☐ 2T basil
- ☐ 2 cloves garlic
- ☐ 1/4C filtered water - more if needed
- ☐ 1/2C baby spinach
- ☐ pinch himalayan crystal salt
- ☐ 1/2C cashews
- ☐ 1T lemon juice
- ☐ 1/2C extra virgin olive oil

### *Method:*

Soak sun dried tomatoes for 30 minutes in hot water (not boiling). Drain and rinse. In a blender add garlic, basil, lemon juice, cashews, spinach, water. Blend slowly while pouring in extra virgin olive oil until its combined. Try to leave the pesto consistency a little chunky. Stir in pinch of salt, transfer to a glass jar and it will keep in the fridge for 7 days. Great over your favourite crackers or garnished with a soup or salad!

**Makes approximately 250g tub.**





## Sunflower seed *Gazpacho*

### *Ingredients:*

- ☐ 1 lebanese cucumber chopped
- ☐ 1/2 onion chopped
- ☐ 1 red capsicum deseeded chopped
- ☐ 2 cloves garlic, finely chopped
- ☐ 1/2C basil chopped
- ☐ 3T apple cider vinegar
- ☐ 2 stalks celery chopped
- ☐ 4T olive oil
- ☐ 1C cherry tomatoes sliced in half
- ☐ juice of 1/2 a lemon
- ☐ 1/2 an avocado
- ☐ 2 medjool dates soaked 30 mins to soften
- ☐ 1T miso paste
- ☐ 1C sunflower seeds soaked 4 hours, drained
- ☐ salt & pepper to taste

### *Method:*

Place cucumbers, basil, celery, avocado, onion, garlic and miso in food processor and blitz. Ensure mix remains chunky. Remove and place in a bowl. Add tomatoes, medjool dates and capsicum to food processor. Blitz, ensure mix remains chunky. Transfer to bowl. Lastly blitz the sunflower seeds until just coarsely chopped and place in bowl with other vegetables. Add lemon juice, salt and pepper, olive oil, and vinegar. If you prefer the mix to be less chunky you can add a few cups of the mix back into the food processor and combine until liquid and then add back into the mix. Serve with extra slices of avocado and a sprinkling of fresh herbs. **Serves 4.**



## Caesar Salad

### *Ingredients For The Dressing:*

- ☐ 3/4C raw cashews, soaked 2 hours, drained
- ☐ 4T apple cider vinegar
- ☐ 5T nutritional yeast
- ☐ 2T lemon juice
- ☐ salt & pepper to taste
- ☐ 2 medjool dates, soaked 30 mins to soften
- ☐ 2 stalks celery, chopped
- ☐ 1T dulse flakes
- ☐ 1/2C filtered water + more to thin if needed
- ☐ 1t onion powder
- ☐ 1t garlic powder
- ☐ 1T miso paste

### *Method:*

Combine all ingredients together in a high speed blender. Adjust to taste and set aside while you make the salad.

### *Ingredients For the Salad:*

- ☐ 1 head cos lettuce, roughly chopped
- ☐ 1/2C cherry tomatoes, sliced in half
- ☐ 1/4C finely sliced red onion
- ☐ 1 stalk celery, finely sliced
- ☐ 1/2C roughly chopped black olives
- ☐ 1/2C sunflower seeds to garnish
- ☐ 1 clove garlic, finely chopped
- ☐ extra nutritional yeast to garnish

### *Method:*

Combine all ingredients in a salad bowl, toss through salad dressing. Serve on individual plates and garnish with nutritional yeast and sunflower seeds. **Serves 4.**





## Fig & Ginger Chia *Porridge*

### *Ingredients:*

- ☐ 1C almond milk (see page 9 for recipe)
- ☐ 1t cinnamon
- ☐ 1/4C chia seeds
- ☐ 2 medjool dates soaked 30 mins in hot
- ☐ 2T dark raw agave  
water to soften
- ☐ 2T lemon juice
- ☐ 1t vanilla extract
- ☐ 1t ground ginger
- ☐ 2 fresh figs + extra to garnish
- ☐ 1t coconut oil
- ☐ sprig of mint to garnish
- ☐ pinch himalayan crystal salt

### *Method:*

Blend agave, lemon, ginger, cinnamon, vanilla, medjool dates, coconut oil, 2 figs and salt with the almond milk. Pour into a bowl. Whisk the chia seeds into this mix and allow to sit for half an hour in the fridge until chia seeds have become gelatinous. When the mix is a nice porridge consistency, place into serving bowls, and pour almond milk around the outside of the porridge. Top with fresh figs and mint. Serves 2.

**Note: If you can't get fresh figs, substitute with fruit of your choice.**



## Chocolate *Brownies*

### *Ingredients for the chocolate brownie base:*

- ☐ 2C walnuts
- ☐ 1C cashews
- ☐ 2T yacon syrup or agave syrup
- ☐ 1/2C cacao powder
- ☐ 1C medjool dates soaked 30 mins to soften
- ☐ 3 squirts stevia

### *Method:*

In a food processor, blend nuts until breadcrumb like, then add dates and blend until well blended and the mixture starts to "stick". Add cacao and blend until mixed through. Press mixture into a non stick slice tray and press down until packed firmly.

### *Ingredients for the chocolate brownie icing:*

- ☐ 1C medjool dates soaked 30 mins to soften
- ☐ 1/2C cacao powder
- ☐ 1/4C coconut oil warmed till liquid
- ☐ 2T yacon syrup or agave syrup
- ☐ 3 squirts stevia
- ☐ 1/2C filtered water
- ☐ pinch himalayan crystal salt

### *Method:*

In a magic bullet blender or high speed blender blend all ingredients until smooth and you have the right consistency. Add more water in tiny amounts (1T at a time) if needed. Spread icing onto base and smooth out. Place in freezer to set for 15 - 30 mins, and then keep in the fridge for when the brownie craving hits! **Makes approximately 16 slices.**





## Almond Milk

### Ingredients:

- ☐ 1C raw almonds, soaked overnight in filtered water
- ☐ 1C cashews
- ☐ 3C filtered water
- ☐ Stevia to taste or 1-2 dates

### Method:

Drain and rinse almonds. Put into high powered blender. Add the 3C filtered water. Add 3 squirts Stevia or dates. Blend until well mixed. Pour through a strainer or nut milk bag into a pouring jug. Squeeze out excess milk from the pulp. Save pulp by placing in a container and placing in the freezer so you

can make almond crackers, cakes, desserts or bread at a later date!

Almond milk is another great way to get you alkaline, and will keep in the fridge for 4-5 days. Serve with a mix of your favourite mixed nuts, chia seeds, dates and fresh berries for a delicious, nutrient dense breakfast.

Makes approximately 1 litre.

# About The Raw Food Kitchen



The Raw Food Kitchen came about after a 5+ year battle with systemic candida which made me a sick, depressed, bloated insomniac shell of my former self. I spent countless hours and hard earned dollars trying to find a cure from conventional medicine (big mistake!) to naturopaths and alot of trial and error, 2 steps forward, 1 step back treatment programs.

During my search and discover moments on my path to wellness I came across raw foods. Within 2 weeks I began to feel happier, healthier, more centred, I craved less junk - instead my body started to crave green juices!

After a month of raw I had lost the weight I had never been able to lose while trying to get better, I was sleeping through the night and waking up with energy and feeling alive again!

After two months of eating raw I had cured myself of systemic candida.

All the principles of raw make complete sense to me, eating as close to nature as possible, sourcing local produce where possible, a smaller carbon footprint, adding fermented foods, superfoods and sprouts to heal the gut, boost the immune system, increase nutritional intake, easing the digestive load on the body and receiving the life force of the plant food.

Now I want to share the power of raw by teaching and inspiring others to heal their bodies, and live happier lives with a raw food lifestyle. And it doesn't need to be overwhelming, living raw is very achievable.

The Raw Food Kitchen is the place to visit if you want to get healthy, lose weight, stop the cravings, be inspired, have more energy and vitality, experience a profound shift in the way you see yourself, feel nourished, and change the way you think about the word "diet".

Let me introduce you to the Raw Food world, learn how to prepare delicious and nutritious raw recipes and be amazed at how satisfying each meal is. Say goodbye to food cravings. Watch the bloat and weight melt away. Feel alive and well again!

Please feel free to browse [www.therawfoodkitchen.com](http://www.therawfoodkitchen.com) - grab a copy of our famous The Raw Food Kitchen Book, look at joining a live workshop or retreat, buy superfood products and more from our store, or simply read our blog or grab some free recipes!

Don't forget to check out our 28 Day Rawsome Transformation Program - it's all online and is the next step to take in your raw food journey.

Stay rawsome!

*Amanda*

the **raw**  
**food** kitchen



# What's Next?



If you enjoyed our eBook you are probably ready to take the next step! Why not try our 7 Day Raw Food Plan? Its all online and instantly downloadable!

The 7 Day Raw Food Plan is for you if you are curious about going raw, not sure how to start and need some guidance, recipes, and a meal plan to get going.

Tons of awesome bonus video content from Amanda to help you feel motivated and excited to try all the yummy recipes!

The recipes are super simple, do not include too many fussy superfood ingredients, or fancy equipment needed to get going. This is a must try - in just 7 Days you can experience the amazing benefits of going raw!

Sound good? Head to:

<https://therawfoodkitchen.com/7-day-raw-food-plan/>

## GET THE RAW FOOD KITCHEN BOOK!

Inside you'll find over 80 delicious raw recipes covering everything from juices, smoothies, snacks, breakfast, lunch, dinner & desserts. Plus learn more about Amanda's story and her journey from illness with systemic candida to wellness through healing with raw foods, plus all her detox tricks and tips she learnt along the way. Out now!

Head to: <https://therawfoodkitchen.com/product/raw-food-kitchen-book/>



the **raw food** kitchen