



30-Day Whole Food

real food RESET

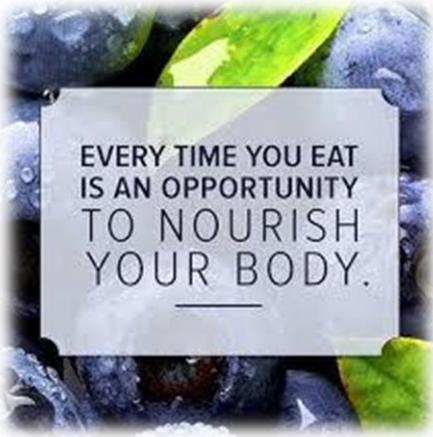
Real Simple - Real Delicious

Food is our connection to life. Yet most of us are not eating food as nature intended it or anything close to it. The major components of the Standard American Diet: **Sugar, Grains and Dairy**, may be wreaking havoc with your body, your energy, and your mood. Add in **artificial sweeteners, bad fats, additives, preservatives and junk calories** and you may have unwittingly accelerated the ageing process ten-fold. It may be time for you and your family to pause and experiment with a more natural way of preparing and eating food. I invite you to take 30 days to focus on eating real food. Take 30 days to let your taste buds rediscover the pleasure of real food.

REAL Food is unadulterated, unprocessed, or *minimally processed* food in as close to its *natural* state as possible.

Real food is the original fast food. It takes no time to grab an apple, orange or peel a banana. A handful of raw nuts and seeds or celery filled with almond butter is a cinch. A leafy green salad with homemade avocado dressing takes just minutes to prepare. Even roasting vegetables in olive oil or sautéing them in coconut oil is a couple of minutes away. Frying an egg, roasting a chicken, baking wild salmon or broiling a turkey or beef burger is really not a daunting task. There is no need to make eating real food a big deal. But for those of you who want to try some delicious recipes we have included some breakfasts, lunches and dinners here; all of which are interchangeable. You can have eggs for dinner and salmon for breakfast.





Breakfast anyone? My top 3 personal favorite breakfast are Deb's Fruit Bowl, (see below) a Smoothie of any kind, (right now I love Deb's Chocolate Cherry Peanut butter Smoothie) or simply a green juice from Rijuce followed later by some fruit and raw nuts. Many of you prefer a heartier breakfast so I hope you will try some of the ideas I have included here. Remember, real food can be real simple; a couple of hardboiled eggs, a homemade juice or smoothie, even a quick salmon or turkey burger will do. Always drink 16-32 ounces of water in the morning, lemon optional.

Sweet Potato Breakfast Skillet with Bacon

Serves: 4 generous servings

INGREDIENTS:

12 ounces of bacon, cut into 1-inch pieces
Additional bacon fat, lard, ghee, or coconut oil
5 cups diced sweet potatoes (about a 1/2 inch dice)
4 cups diced zucchini
1 cup chopped onion
1 red bell pepper, chopped
6 large eggs



INSTRUCTIONS:

1. In a 12-inch cast iron skillet, cook the bacon pieces over medium-low heat until crisp (cooking the bacon at a lower temperature will render more fat).
2. Use a slotted spoon to remove the cooked bacon from the pan. Set aside. There should be enough rendered bacon fat to coat the entire bottom of the skillet, about 1/8 inch deep. If your bacon didn't render this much fat (it can vary from brand to brand), add additional bacon fat, lard, ghee, or coconut oil to your skillet until there is 1/8 inch of fat.
3. Preheat oven to 400 degrees (F).
4. Increase heat to medium-high and carefully place the diced sweet potatoes in the hot oil. Cook the sweet potatoes without stirring until the bottom of the cubes start to turn golden brown (this can take several minutes). Stir and cook until the cubes just start to soften.
5. Increase heat to high and add the zucchini, onion, and bell pepper to the skillet. Cook until the vegetables are just starting to soften.
6. Stir in bacon pieces. Remove from heat.
7. Make 6 wells in the potato and veggie mixture; break one egg into each well.
8. Place skillet in the oven and bake for 9-14 minutes, or until the eggs are set. Serve immediately.

NOTES FROM MEGAN

You can place a lid on your skillet prior to baking to help the eggs cook faster (and more thoroughly if you don't care for runny eggs), but it isn't required.

You can easily swap out the zucchini in this recipe for whatever veggies you'd like.

Grain Free Coconut Crunch Mango Granola

Adapted from I Quit Sugar by Sarah Wilson

INGREDIENTS:

- 3 cups coconut flakes (unsweetened, found in health food shops)
- 2 cups cashews, roughly chopped
- 2 tbsp. chia seeds
- 1/3 cup flax meal
- 1/2 cup almond meal
- 1/2 cup coconut oil, melted
- 10 drops liquid stevia (optional)
- 1/2 cup dried mango, roughly chopped

INSTRUCTIONS:

1. Preheat oven to 150 degrees Celsius (300F), and line a baking tray with baking paper
2. Combine the coconut oil and stevia in a bowl, mixing well, then add the remaining ingredients-except the mango-mixing until combined.
3. Tip the ingredients onto to baking tray, spreading evenly, and place in the oven to cook for 40-60 minutes. After 20 minutes has passed, remove the tray from the oven, and using a spatula flip the mixture so all sides cook evenly. Return to the oven and repeat this process every 10-15 minutes until it has reached the desired color of golden brown.
4. Once toasted, remove from the oven, add the mango and let cool on the tray. Once it's cooled, place in an air tight container (or your mouth!) and store for up to a week.

www.brookes-kitchen.com



Kale & Red Pepper Frittata

INGREDIENTS:

- 1 tbsp. coconut oil
- 1/2 cup chopped red pepper
- 1/3 cup chopped onion
- 3 slices crispy bacon, chopped
- 2 cups chopped kale, de-stemmed and rinsed
- 8 large eggs
- 1/2 cup almond or coconut milk
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat oven to 350 degrees. In a medium bowl, whisk the eggs and milk together. Add salt and pepper. Set aside.
2. In a non-stick skillet, heat about a tablespoon of coconut oil over medium heat. Add onion and red pepper and sauté for 3 minutes, until onion is translucent. Add kale and cook until it wilts, about 5 minutes.



3. Add eggs to the pan mixture, along with the bacon. Cook for about 4 minutes until the bottom and edges of the frittata start to set.
4. Put frittata in the oven and cook for 10-15 minutes until the frittata is cooked all the way through. Slice and serve.

Serves 4

www.paleogrubs.com

Carrot Cake Smoothie



Serves 1

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 small carrot, chopped roughly
- 1/4 cup unsweetened coconut cream
- 1/2 banana
- 2 tablespoons chia seeds
- 1 teaspoon maca powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon nutmeg powder

Blend and Enjoy!

Topping:

- Grated carrot
- Walnuts

This carrot cake smoothie is so tasty and really does taste like carrot cake, except that it is much healthier. I found the original recipe from Amy Crawford's (AKA The Holistic Ingredient) 'A nourishing kitchen' cookbook and have adapted it a little. I used maca powder instead of ground flaxseed.

Deb's Comments: Add a date or two for sweetness or a scoop of Green's Frist Vanilla Boost

Jason's Juicy Thickie

INGREDIENTS:

¼ of a pineapple, skin removed
2 large celery stalks
1 large carrot
2 organic apples
½ organic lemon
½ avocado
1 banana
Optional: 1 scoop Green's First Vanilla Boost

Instructions:

Juice the first 5 ingredients in a juicer, *not a blender*. Next, transfer to a blender and add the banana and avocado, plus a few ice cubes. Blend and enjoy! Delicious!



Carrot Cake Smoothie in a Bowl

INGREDIENTS:

for the smoothie

2 bananas
1½ cups plain non-fat yogurt
3 tablespoons Almond milk
2 tablespoons almond butter
½ cup finely shredded carrots (liquid strained out)
2 tablespoons sweetened coconut flakes
¼ cup fresh pineapple
½ teaspoon cinnamon

For the toppings

1 banana, thinly sliced
Unsweetened coconut flakes
whole roasted almonds
shredded carrots
golden raisins

INSTRUCTIONS:

1. In a large blender, combine all smoothie ingredients and pulse on high speed until well blended.
2. Pour equally





Bento Box with Fruit & Homemade Granola

A traditional Bento box is a single-portion takeout or home-packed **meal** common in Japanese cuisine. A traditional **bento** holds rice, fish or meat, with pickled or cooked vegetables, usually in a **box-shaped** container. Very simple & delicious. You can also take the idea of the Bento Box and adapt to your liking.

My simple homemade granola isn't granola at all but combines Dried mulberries, dried apricots or dates or organic raisins, raw nuts & seeds and a chopped apple. Yum!

Smoked Ham & Mushroom Omelets - Breakfast Bowl Style

Serves: Serves 1

INGREDIENTS:

- 1-2 tablespoons ghee or lard
- 3 large pastured eggs
- ¼ cup full fat coconut milk
- 150g organic black forest smoked ham, cut into bite size pieces
- 100g mushrooms, sliced
- Salt and pepper to taste
- 1 cup baby arugula leaves



INSTRUCTIONS:

1. In a non-stick pan set over medium heat, melt about one tablespoon of ghee or [lard](#). When pan is hot enough, add the sliced mushrooms and cook until nice and golden brown, about 2-3 minutes.
2. Add the pieces of ham and continue cooking until they too get a nice golden coloration. Remove to a plate.
3. Add the eggs and coconut milk to a mixing bowl, season with salt and pepper and whisk vigorously until well combined and somewhat frothy.
4. Add a little bit more cooking fat to the pan, let it come up in temperature for a few seconds then pour the egg mixture right in and swirl it around to spread your omelet evenly over the entire surface of the pan. Let the omelet set for a few seconds then run a heat resistant rubber spatula around the edge to sort of break it down a little bit, then start swirling again. You want some of the uncooked eggs from the top to get under the omelet. Don't be afraid to break it up

a little bit. Repeat that process 2 or 3 times until the top really starts to set. Remove from heat and let your omelet sit for a few minutes until the top is completely (or almost completely) set. You can cover it if you want to speed things up a bit...

5. Delicately slide your omelet into a bowl, (it might help to fold it in half first), then add about half the arugula, followed by half the ham and mushroom mixture; repeat with the rest of the arugula and ham mixture.

Serve immediately (www.thehealthyfoodie.com)

Banana Nut Porridge

SERVES: 4

INGREDIENTS:

- ½ cup raw cashews
- ½ cup raw almonds
- ½ cup raw pecans
- 1 very ripe banana (makes it easier to digest plus adds a little more sweetness)
- 2 cup coconut milk
- 2 teaspoons cinnamon
- dash of sea salt for soaking water

INSTRUCTIONS:

1. Place the nuts in a large bowl and sprinkle the sea salt over them. Fill the bowl with filtered water so the nuts are covered by at least 1 inch of water. Cover and soak overnight.
2. Drain the nuts and rinse 2 or 3 times, until the water runs clear.
3. Add the drained nuts to a food processor or high-speed blender. Blend the nuts with the banana, coconut milk, and cinnamon until smooth.
4. Divide it into bowls and microwave for 40 seconds or put all of the porridge in a pot on the stove and heat over medium-high heat for 5 minutes.
5. Serve with raisins, chopped nuts, and an extra splash of milk if desired.

-Danielle Walker

www.againstallgrain.com



Dijon Pork Breakfast Skillet

INGREDIENTS:

- 1 lb. ground pork
 - 8 oz. mushrooms, coarsely chopped
 - 2 medium zucchini, trimmed, and cut into half-moon slices
 - ½ tsp pepper
 - ½ tsp garlic powder
 - ½ tsp salt
 - ½ tsp basil
 - 2 Tbsp. Dijon mustard (check ingredients)
- Season to taste.



INSTRUCTIONS:

1. Heat 1 Tbsp. of oil in a large skillet over medium-high heat. Add the mushrooms and brown for 3-4 minutes.
2. Add zucchini and season with salt and pepper to taste. Cook for 3-4 minutes or until tender.
3. Push the veggies to the sides of the pan leaving the middle open.
4. Add the ground pork and the spices. Break the meat into pieces and brown the meat, but don't mix in the veggies yet.
4. Once the meat is cooked through incorporate it with the veggies.
5. Add Dijon mustard and heat through.

www.hoisticallyengineered.com

Deb's Fruit Bowl

2–3 servings of fruit, cut up
(Example: 1 orange, 1 apple, ½ banana or 1 c berries and 1/2 banana)

Sprinkle with cinnamon

Add: Any combination of the following:

2 tbsp. shredded coconut
1 T Almond butter or Peanut butter
1–2 tbsp. ground flaxseed, hempseed or chia seeds
2 T raw nuts
½ cup Kefir poured on top
½ cup organic plain coconut yogurt

Enjoy!



Fruit Bowl with Carob or Raw Chocolate Pudding

I love this simple Breakfast or snack! Pudding recipes are in the snack section. They are all slightly different but equally enjoyable. *Real Food* tastes Yummy!



Lunch= Dinner Of course any Breakfast can be made for lunch and any lunch could be served for dinner. Again, there is nothing complicated about real food no matter what meal of the day. I often make a wild salmon burger, veggie burger, lentil burger, turkey burger etc. for lunch because it takes just a couple of minutes to fry on each side and that's it. Then I place it on a bed of mixed greens with either balsamic vinegar or my avocado orange dressing. Add some veggies (steamed, roasted, raw or sautéed from the previous day; I make a big batch for the week), maybe add a green juice or some fruit and you are out the door. Sometimes I will add some quinoa or

some squash or of course, a sweet potato. Other days, especially in summer, I will eat lots of veggies and fruit and have a warm meal for dinner. The most important thing to remember when you transition to eating real food is that you will need to think outside the fast food box. You do not have to be a great cook, you do not need to re-invent the wheel, but initially you may need to think ahead, prepare for the day and bring a food bag with you to work with plenty of real food in it so you are not craving whatever your co-workers are ordering from the pizza place or deli-shop.

Squash, Orange & Carrot Soup

INGREDIENTS:

1 large squash of your favorite kind, about 3 lb., peeled and cubed;
4 carrots, peeled and chopped;
Juice from 1 orange;
4 cups vegetable or chicken stock;
1/4 cup coconut milk;
1/2 tsp. chili flakes; (optional)
Cooking fat;
Sea salt and freshly ground black pepper;

INSTRUCTIONS:

1. In a saucepan over medium heat, melt the cooking fat and cook the carrots and squash for 4 to 5 minutes.
2. Pour in the stock and cook for 10 to 15 minutes, or until everything is soft.
3. Pulse the soup with the coconut milk using an immersion blender until the texture is smooth. Add more coconut milk or stock for a smoother soup.
4. Pour in the orange juice and give one last stir.
5. Serve the soup topped with chili flakes and season to taste



Paleo Butternut Squash Salad

INGREDIENTS:

For the Chicken*

1 lb. organic chicken tenderloins
1 tbsp. organic coconut oil, melted
sea salt and black pepper
½ tsp onion powder

1 tsp lemon juice

For the salad:

3 cups mixed salad greens
3 cups cubed (1") butternut squash
1 tbsp. coconut oil, melted
fine grain sea salt
1 med-large apple, sliced thin
1 cup raw pecan halves, roughly chopped

INSTRUCTIONS:

Roast the Butternut:

Preheat your oven to 425 degrees. Put the cubed butternut in a bowl with the 1 tbsp. melted coconut oil and toss to coat. Sprinkle with sea salt, then spread out in a single layer on a large baking sheet lined with parchment paper. Roast for about 30 minutes - until golden brown and soft.

Make the chicken:

Heat a large heavy skillet over med-high heat. Mix together the melted coconut oil and lemon juice and coat the chicken pieces in the mixture, then sprinkle with salt, pepper and onion powder. Cook in the hot skillet 3 minutes on each side, until no longer pink in the center. Remove from heat and set aside.

Toast the pecans:

When the butternut is done, lower the heat to 300 degrees and toast the pecans on a baking sheet, in a single layer for about 5 minutes.

Assemble the salad:

Chop the chicken into bite size piece and arrange the salad: Greens, sliced apples, roasted butternut, chicken, toasted pecans. Serve with dressing drizzled over the top. Enjoy!

www.paleorunningmomma.com



EASY PALEO AVOCADO LIME TUNA SALAD

Quick and easy kid friendly Paleo Avocado Lime tuna salad, packed with crunchy veggies, tons of flavor, healthy protein and fats. Great to pack for school lunch or have as an after school snack with plantain chips!

Serves: 3-4 servings

INGREDIENTS:

- 1 can Bumble Bee® Solid White Albacore Tuna, drained
- ½ large red bell pepper, diced
- ½ large carrot, peeled and diced
- ¼ cup grape tomatoes, diced
- 1 scallion, green part only, thinly sliced
- ½ large ripe avocado (or 1 smaller one), mashed
- juice of 2 small limes (about 1 tbsp.)
- ½ tsp fine grain sea salt, or to taste

INSTRUCTIONS:

1. In a medium bowl, mix together the tuna, all the diced veggies, mashed avocado, lime juice, sliced scallions and salt until well combined.
2. Serve alone or over a salad, in a wrap, or with grain free crackers or plantain chips.
3. Enjoy! Store any leftovers tightly covered in the refrigerator for up to 2 days.



Dr. Bill's Lentils

Packed with protein; lentils are your friend!
Dr. Bill follows the bag directions but reduces the water by ½ cup. While cooking, he chops up carrots and celery and adds some pepper and caraway seeds (or whatever spice he has on hand). Enjoy on salads as a main course or as a side dish.

Paleo Egg Roll in a Bowl

Prep Time: 10 minutes

Yield: 5-6

INGREDIENTS:

2 tablespoons coconut oil
2 tablespoons sesame oil
1 large cabbage, sliced
1 large onion, sliced
1 cup chopped carrots, about 3-4 medium
1 inch ginger, grated
3 cloves garlic, grated or diced
1/4 cup coconut aminos
1 1/2 pounds ground pork or chicken

INSTRUCTIONS:

1. Add the oils to a large skillet or wok and heat over medium heat.
2. Add the cabbage, onion, and carrots and cook until tender, stirring often- about 15 to 30 minutes depending on how big your pan is.
3. Add the ginger, garlic, and coconut aminos and cook for 5 more minutes.
4. Add the ground pork, break up with a spatula and cook until fully cooked through, about 10-15 minutes. Stir regularly to evenly distribute.
5. Serve with sweet and sour sauce if desired.



Early Morning or Late Night Fast Food

Grab some pre-cut organic kale, toss with pre-peeled and cut butternut squash, chop some onions, your favorite spices and sauté in coconut oil to desired taste. Enjoy!





Cauliflower Pizza Bites

Yields 8 normal size muffins

INGREDIENTS

4 cups grated cauliflower
3 eggs
1 tablespoon olive oil
1 tablespoon Italian seasoning
1 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon red pepper flakes (optional)
Fillings:

Meat (about 4 oz.): pepperoni, beef, sausage, bacon, ham, etc...

Veggies: bell peppers, onion, olives, artichokes, spinach, etc...

INSTRUCITONS:

1. Preheat oven to 400° F. Combine grated cauliflower, eggs, oil, and seasonings in a large bowl.
2. Add in your desired fillings. Be sure to not use too many or they won't hold together. I use 4 ounces of meat, and about a cup of veggies.
3. Fill the muffin tin by packing the filling into them. Be sure to press down to help them form.
4. Bake for 30-35 minutes or until the tops are golden brown. Serve with your favorite marinara.

www.wickedspatula.com

Paleo Tuna Avocado Salad

INGREDIENTS:

1 avocado
1 lemon juiced, to taste
1 tablespoon chopped onion to taste
5 ounces cooked or canned wild tuna
sea salt to taste
fresh ground pepper to taste



INSTRUCTIONS:

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about 1/4-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with tuna salad and serve.

www.cooeatpaleo.com

Simple Beet Salad

Just buy shredded or spiraled beets and carrots or chop do yourself. Add some purple cabbage put on a bed of your favorite salad greens. Add sunflower seeds, walnuts or hemp seeds.



Simple Avocado Orange Dressing

1 orange, peeled

1 1/2 avocado peeled/ cored

Blend in blender! That's it!

This dressing pours out very thick. You can also top your fruit bowl with this. If you don't use the day you make it, just stir it the next day due to slight browning. Enjoy!



Rule #1: PLAN AHEAD

Rule #2: PLAN AHEAD

A little pre-planning can go a long way. Making a salad the night before (hold the dressing until you are ready to eat) can inspire you as you are rushing off to work.

The veggie portions you see here work when you have the salad too; without the salad you will need to expand the veggie portion.

While we all love fruit for dessert; if you have any digestive issues try eating your fruit first. Fruit is an easy to digest clean food but is better eaten before animal protein.



Good to Go!

Grab a banana, an apple and an orange and you have 3 three great fast food snacks.

Pre-bag about a ¼ cup of raw nuts & seeds, add 1 T organic raisins
or a date and you have another great snack.

Hard boil a dozen eggs on Sunday and eat all week as snacks,
side dish or meal.

Snacks: Let's Keep it Real! When it comes to snacking most Americans are not grabbing an apple with some almond butter or or sprinkling a little sea salt on a beefsteak tomato. We are the world's largest consumers of potato chips, crackers, pretzels, candy, popcorn, donuts, cookies, granola bars, questionable protein bars and the like. And we have a health care crisis to prove it. First of all, eat enough at your 3 square meals. Next, realize that a "snack" can be a mini meal. You can eat some left over chicken or fry up an egg or two. You can make my favorite food: a delicious smoothie. Of course, smoothies can be a meal or a snack. You can make a tropical smoothie or a kale smoothie or a chocolate peanut butter smoothie and probably a thousand more before you get bored. You can add protein powder or not. You can add coconut oil, avocados, raw grass-fed organic eggs, seeds, nuts (soak them overnight for easier digestion and less stress on your blender), leafy greens, and practically the kitchen sink. You can even throw in some super foods, like Green's First Greens or Spirulina or Maca powder or super blue green algae. I love to add organic pumpkin to my smoothies. But I also realize that not everyone loves smoothies and sometimes we want to eat other snacks.



Deb's Awesome Chocolate Peanut Butter Smoothie

2 T shredded unsweetened Coconut
1 banana
1 cup Unsweetened vanilla almond milk or Coconut milk
2 Tbsp. unsweetened cocoa or carob powder
1-2 Tbsp. Organic Peanut butter or almond butter
1 scoop vanilla or chocolate Dream Protein
1 scoop of Vanilla or Chocolate Green's First BOOST*
1 cup frozen cherries or strawberries

*The Boost is made by Green's First and acts as a multivitamin, antioxidant and prebiotic and is yummy. Also, you can omit the Peanut butter for a lighter smoothie.





Deb's Glowing Raw Chocolate Pudding

INGREDIENTS:

3 bananas
3 T unsweetened almond butter or peanut butter (usually I have 1 T of PB and 2 almond butter)
5 T unsweetened raw cacao or cocoa, or carob (I usually do 2 cocoa/3 carob)
1 tsp vanilla (non-alcohol)
3 date rolls or 3 large medjool dates
½ cup fresh or organic canned pumpkin
1 tsp cinnamon

INSTRUCTIONS:

Put all ingredients in food processor and blend until smooth. Chill. You can use a good blender but it is more challenging to clean up. This is currently my favorite pudding. You can omit the pumpkin, if you like but it adds to the texture. Makes about 5 servings.

Deb's Quick Chocolate or Carob Pudding

INGREDIENTS:

2 ripe bananas (can use frozen)
½ cup almond or coconut milk
1 T Unsweetened cocoa or carob
2 T shredded coconut
2 dates or 1.5 date nut roll

INSTRUCITONS:

Put all in blender for a few seconds; chill in fridge. This is not a thick pudding like the one above. Makes 1-2 small servings

Oh, She Glows Raw Chocolate Pudding

INGREDIENTS:

3 bananas
½ avocado
¼ cup almond butter (no sugar)
4-5 T unsweetened cocoa, raw cacao or carob
1 tsp vanilla (non-alcohol)

pinch Himalayan salt

Deb's option: I add 2 dates or 1.5 date nut roll because there is no sweetness to pudding otherwise

INSTRUCTIONS:

Put all ingredients in food processor and blend until smooth. Chill. You can use a good blender but it is more challenging to clean up.

Makes 5 servings

Raw Chocolate Pudding

INGREDIENTS:

1 medium sized ripe avocado
1/2 cup dates
2 1/2 tablespoons raw organic cacao or unsweetened cocoa powder
1/4 cup water + 1/8 cup water
pinch stevia
1/8 teaspoon sea salt (or less)

INSTRUCTIONS:

Blend and blend again. You might need to start and stop this a few times to get it to blend properly because the dates will require more blending than pudding recipes that don't contain dates. You may need to add a tiny bit of extra water to facilitate blending. You may want to soak dates in a warm water for an hour or so, so that they are soft and easier to blend, especially if you do not have a high-speed blender. Tastes best when chilled in the fridge for at least a few hours.



Chocolate Popsicles



Prep time: 5 minutes Freeze time: 3 hours, Special Equipment: blender and popsicle mold, makes 6-8 popsicles.

INGREDIENTS:

4 ripe bananas
1 avocado
½ cup unsweetened raw cacao, cocoa or carob
½ cup unsweetened almond butter (optional)

INSTRUCTIONS:

1. Add all ingredients to blender and blend until smooth.
2. Add mixture to popsicle mold and freeze for 3 hours or until frozen.
3. Run popsicle mold under warm water to get the frozen popsicles out.

Simply Banana Chocolate Soft Serve Ice Cream

This simply banana chocolate peanut butter coconut ice cream was incredibly silky smooth and sweet with banana essence throughout with after tones of peanut and chocolate.

INGREDIENTS:

4 ripe organic bananas, cut into one inch pieces and frozen*
2 Tbsp. raw peanut butter
1 tsp. pure vanilla extract
a few drops liquid stevia (or to taste)
1/4 cup raw cacao powder
2-3 Tbsp. coconut

INSTRUCTIONS:

Remove from the freezer and place in a high speed blender or food processor with the peanut butter, vanilla, coconut water, cacao and stevia. Blend until smooth, using the tamper to press the mixture down into the blade (if using a blender), or stopping the machine to scrape down the sides (if using a food processor. It takes about a minute to blend with a high speed blender, but may take about 4-5 with a food processor. Enjoy right away!

*when freezing the bananas, place them on a foil lined sheet and spread them out so they do not stick together.

Homemade Energy Bars

Here's a great and easy recipe for homemade energy bars. They're like *Lara bars*, raw, vegan and gluten free. Great for traveling or a quick snack.

INGREDIENTS:

About 6 bars

1.5 cups dates (or mix)
1 cup nuts (i.e. raw cashews, almonds, pecans, or mix)
Pinch of salt

INSTRUCTIONS:

1. Pit the dates and place in a bowl.
2. Turn the dates into a paste. I use a knife and cut them in small pieces. If you do it in a blender or food processor, the dates stick to the knives.
3. Place the nuts in a food processor, hand slicer or do it by hand with a sharp knife or cleaver. Process them but don't blend to a powder. The bars taste better with tiny pieces of nuts in them.
4. Add the nuts to the dates and mix. This is easiest with your hands. Mix until fully combined.



5. Take the doughy and make 2 long "snakes". Then flatten the top and edges with a wooden spoon. Cut each "square snake" into 3-4 pieces.
6. You may wrap each one in baking paper (or plastic wrap). You can even put stickers on the wrap or draw on the paper to really surprise yourself, partner or kids.
7. Store them in the fridge until ready to eat.
8. They travel well, are a great afternoon snack and make happy kids if you put them in their lunch box.

TIPS:

1. This is just the basic recipe. Your variations are limitless. Mix dates with figs, apricots, dried apple, raisins, goji berries or try (a) different (combination) of nuts. It's also delicious with hemp seed or sesame seeds. Just make sure the proportions are about 1.5 fruit and 1 nut. Add vanilla, cinnamon, chocolate powder or lemon juice for extra delicious taste.
2. If you find making bars and wrapping them too much hassle. You can also just roll balls.
www.thebestofrawfood.com



Raw Almond Milk

Fresh, homemade almond milk is easy to make from scratch. This homemade almond milk recipe is a completely raw food recipe, a real raw treat! Use your homemade almond milk in smoothies or shakes, soups and other raw food dishes.

INGREDIENTS:

1 cup raw almonds
water for soaking nuts
3 cups water
2 dates (optional)
1/2 tsp vanilla (optional)

INSTRUCTIONS:

1. Soak the almonds in water overnight or for at least 6 hours.
2. Drain the water from the almonds and discard. Blend the 3 cups of water, almonds and dates until well blended and almost smooth.
3. Strain the blended almond mixture using a cheese cloth or other strainer.

Homemade raw almond milk will keep well in the refrigerator for three or four days.

-From Jolinda Hackett, About.com Guide

Cashew Milk:

makes one glass

INGREDIENTS:

Small handful cashews or any other nut
Dash of cinnamon
Sweetener if desired (dates, maple syrup, agave)
1-2 cups water

INSTRUCTIONS:

Blend all those guys all together in your high-speed blender and enjoy! Best after being refrigerated for a bit. (If you want smooth nut milk, put it through a sieve before drinking.)

Green Pudding

INGREDIENTS:

1 Banana
2-4 pieces of frozen fruit, any kind
(example: 2 large frozen strawberries,
2 slices frozen peach)
1/8 cup water
1/8- ¼ organic lemon with skin
½ avocado, peeled and cored

Optional: ½ scoop Green's First Vanilla
Boost

INSTRUCTIONS:

Put into blender and Blend. Very
refreshing!



Deb's Comments:

I hope you will join us on our **30- Day Whole Food Real Food RESET** and discover not only the health benefits but also the pleasure of eating *Real Food*. Remember, it's okay to keep it simple and throw some chicken in a crock pot or fry up an egg or put some watermelon in your blender to have instant watermelon juice. In other words, for those of you who enjoy discovering new recipes and experimenting with new ideas; try some of these recipes and let us all know what you think. For others; just keep it simple and grab a banana or a handful of raw nuts & seeds and you are on your way to health & wellness. One day at a time. **Enjoy the ride!**