



A Yogic Food Journey

Livtar Kaur

A Yogic Food Journey has been developed as part of my own journey as a student, and now as an Associate Teacher Trainer with i-SKY*. Part of teacher training consists of the students undertaking a 40 day yogic diet, a food journey, to support them in deepening their understanding of their relationship with food. Through carrying out the diets myself, as well as supporting students with advice, guidance and recipes, I decided to create a book full of my own recipes in order to support anyone embarking upon this journey. Whether you are a Yogi or not, you can gain much from this adventure.

The three diets on offer are:

- Fruit, Nuts and Vegetables; for rejuvenation of the body, cleansing and detoxing.
 - Eat only fruit, nuts and vegetables for 40 days.
- Green diet; for alkalinity in the body, cleansing the liver, losing weight, relieving mucus conditions and clearing the skin.
 - 40 days of green foods.
- Mung Beans and Rice; a good cleansing diet for the kidneys, colon and digestive organs.
 - Eat only mung beans and rice for 40 days, with lots of fresh vegetables cooked into it. Fruit can be eaten between meals.
- *Yogi tea can be drunk with all these diets.*

The diet is for 40 days, as it is said that *40 days breaks a habit*.

Before you embark on a 40 day food journey with one of these diets your body needs be prepared by modifying your existing diet. This is through the removal of any processed foods, meat, fish and poultry, as well as the removal of caffeine, bread, dairy, sugar, nicotine and alcohol from your diet. Try one day of each type of diet and then consider which one your body needs and which one would suit your lifestyle to be able to carry it out for 40 days.

After the journey remember to break your diet slowly, and gradually reintroduce foods. Observe how your body feels.

* The International School of Kundalini Yoga



This book is dedicated to my husband, Livtar Singh, my beautiful children, my precious gifts of grandchildren, and all the amazing staff and students at i-SKY.

I just love to cook and share food with those whom I care deeply about. I am a messy, creative and practical cook and thank my family, our friends and our children's friends for allowing me to practise on them over the years!

This book is a form of seva for all the wonderful students who have passed through, and will pass through, the teacher training at i-SKY, to help them discover the joys and challenges of the yogic diet. It is hoped that this simple recipe book will help and encourage the undertaking of the yogic diet, recognising the simplicity of the recipes coming from the bountiful food that the earth provides us, for which no animal has suffered.

Sat Nam. Eat well, create well, and enjoy sharing the journey of spiritual nutrition with your own soul.

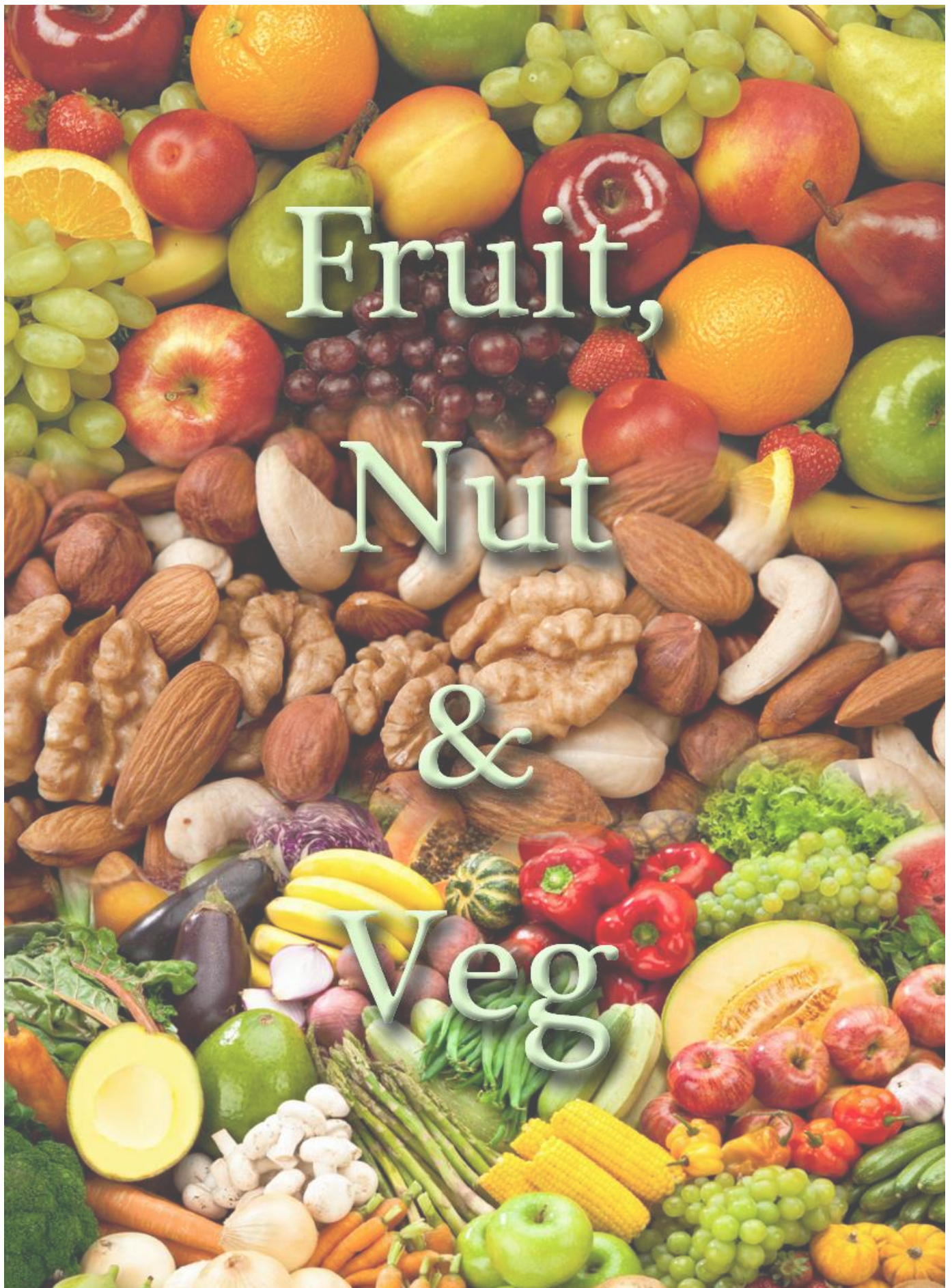
Useful Resources

- A blender; the best you can afford.
- A food processor.
- A dehydrator; this is great, but not necessary for most of these recipes. If you are serious about raw food they are a great investment.
- A variety of large bowls.
- Chopping boards; I use large pieces of prepared wood.
- Knives; again, the best you can buy.
- Wooden spoons.
- A spiraliser or good quality vegetable peeler.
- Measuring cups. I use measuring cups and spoons as they are easier and quicker than scales; they are definitely worth investing in - a set can be as cheap or as expensive as you like. If you don't yet have a set, then use a large tea cup and ordinary spoons.

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Almond 'Cheeze'

Snack

Makes: a small jar

Ingredients:

- 1 cup of almonds
- 1 lemon juiced
- 2 cloves garlic
- ½ cup olive oil
- ½ cup water

Method:

Blend all ingredients together.

You will need:

Blender



Further information:

Keep in a screw topped jar, in the fridge.

Almond 'Mylk'

Breakfast

Makes: 1litre

Ingredients:

- 1 cup almonds
- 6 dates
- 750 ml water

You will need:

Blender

Method:

Blend the ingredients together.

If you have a Mylk bag or muslin, you can strain the liquid through it; if not just bottle and shake before use.

Further information

Use with breakfast cereals.



Autumn Biscuits

Snack

Makes: 16 pieces

Ingredients:

- ♥ 2 fresh figs
- ♥ ½ cup dried or 1 cup of fresh blackberries
- ♥ 1 cup cashews
- ♥ 1 banana
- ♥ ¼ cup agave or maple syrup



You will need:

- Blender or Food Processor
- Dehydrator

Method:

1. Blend altogether.
2. Take a teaspoon of mixture and place on a paraflex sheet (used for dehydrators). Use a spoon to spread them into flat circles.
3. Dehydrate for 8 hours at 40°.

Basic Casserole

Lunch or supper

Serves: 2

Ingredients:

- 3 carrots
- 1 courgette
- 1 aubergine
- 3 onions
- 1 cup chopped potato
- 1 cup chopped sweet potato
- 1 cup chopped squash
- 2 tins tomatoes
- 2 tbsps tomato purée
- 250ml vegetable stock
- 3 tps herbs to your taste
- Pinch of salt
- 1 tsp paprika
- 1 tsp fenugreek
- 1 tsp savoury

You will need:

Slow cooker.

Method:

1. Chop onions and fry lightly in oil.
2. Add all vegetables, chopped finely, and fry lightly; add more oil as required.
3. Add herbs, spices, tomatoes, tomato purée and vegetable stock.
4. Pour the mixture into a slow cooker and cook on auto all day. Alternatively, cook overnight in an oven at 180°.



Basil and Tomato Soup

Lunch or supper

Serves: 2

Ingredients:

- 2 large handfuls of spinach
- 250g cherry tomatoes
- 6 Chantry carrots
- Large bunch of basil
- 2 tbsps olive oil

You will need:

Blender



Method:

To serve: Blend the ingredients and pour into bowls – raw. Chop ½ an avocado into each bowl.

Cabbage Nut Rolls

Lunch, supper or snack

Serves: 6

Ingredients:

- Sweet pointed cabbage leaves

Filling:

- 20 olives
- 125g pistachio nuts
- 2 tsps spirulina
- 6 cherry vine tomatoes
- 50g macadamia nuts
- 1 tbsp lemon oil
- ½ cup water

Garnish:

- Avocado
- Tomatoes
- Mushrooms

Method:

1. Blend ingredients together.
2. Serve wrapped in the cabbage leaves.
3. Garnish with sliced avocado, tomato and sliced mushrooms.



Cashew Puree

Spread or sauce

Makes: a medium jar

Ingredients:

- 1 cup cashews
- 1 Romano pepper
- 1 avocado
- 1 tbsp almond butter
- 1 tbsp coconut butter
- 2 tbsp olive oil
- 1 cup water

Method:

Blend all the ingredients together in a food processor so that it remains 'chunky'.

You will need:

Food processor

Serving suggestions:

- Serve with salad as a dressing.
- Serve on spiralised courgette noodles.
- Serve with Kelp noodles.



'Cheeze' Sauce

Lunch or supper

Makes: small jar

Ingredients:

- 75g cashews
- 2 cloves garlic
- ½ lemon - squeezed
- 50 ml water
- 2 tbsps energivita
(Optional and not for the diet!)

Method:

Blend altogether.

You will need:

Blender

Serving suggestion:

Serve with 'Spinach, Basil and Tomato Sauce'* or poured over spiralised vegetables.

* p35

Coconut-Spinach Dip

Relish

Serves: 2 - 4

Ingredients:

- 2 cups spinach
- ½ cup coconut oil
- ½ cup sunflower
- 1 orange - peeled and torn into segments
- 5 dates - pitted
- 1 tsp dried oregano

You will need:

Blender

Method:

- Blend all ingredients together.

Serving suggestion:

Serve in Nori or cabbage rolls with strips of cucumber and carrots.

Creamy Carrot and Spinach Soup

Lunch, supper or snack

Serves: 6

You will need:

Blender.

Ingredients:

- ♥ 9 large carrots - chopped
- ♥ 500g spinach
- ♥ 1 large onion
- ♥ 4 cloves garlic
- ♥ 1 apple - chopped
- ♥ 2 avocados - chopped
- ♥ 2 tbsp olive oil
- ♥ 2 tsp kelp
- ♥ 750 ml water

Method:

Place all the ingredients into a blender.
Blend in batches and purée until smooth.

Green and Ginger Side Salad

Lunch or supper

Serves: 2 hungry or 4
lighter appetites

Ingredients:

- ♥ 6 Romaine lettuce - leaves shredded
- ♥ 2 avocados - diced
- ♥ 1" ginger - grated
- ♥ 3 tbsps olive oil

Method:

Mix the oil and ginger, and pour over the lettuce and avocado.



Mango and Gooseberry 'Cheezecake'

Snack or pudding

Serves: 4 - 6

Ingredients:

Base

- 150g pecan nuts
- ½ cup dates
- ½ cup desiccated or flaked coconut
- ½ cup coconut water

Filling

- 1 tub gooseberries - topped and tailed
- 2 mangoes - sliced
- 3 tbsp coconut oil

Garnish

- 250g blueberries

Method:

- Make the base by blending the nuts, dates and coconut. Add coconut water, in small amounts, as required.
- Spoon into base of flan dish, and press down.
- To make the filling, add the chopped fruit to coconut oil, and blend.
- Pour mixture into flan and leave to set; cover in blueberries to serve.

You will need:

Blender
Deep flan dish

Further information:

Time: 20 minutes preparation and 1 hour to set.

Mango Pie

Lunch or supper

Serves: 8-10

Ingredients:

Base:

- 3 cups pecans
- 1 tsp vanilla
- ¾ cup pitted dates

Filling:

- 1 cup pitted dates
- 3 tbsps coconut oil
- 1 tsp vanilla
- ⅔ cup water
- 2 very ripe mangoes sliced

Method:

Base:

Blend ingredients together and press into flan dish.

Filling:

Process altogether, pour into crust base.

Decorate with fresh fruit.

You will need:

Blender.
Deep flan dish.



Pasta Sauce

Lunch or supper

Serves: 2

Ingredients:

- 1 cup walnuts
- 1 bunch spring onions
- 1 courgette
- 2 avocados
- 3 large vine tomatoes
- ½ lemon - juiced
- 2 tablespoons olive oil
- 2 large handfuls of spinach

Method:

- Chop vegetables.
- Blend altogether retaining the sauce as 'chunky'.



Serving suggestion:

Serve on a bed of peeled courgettes, spinach and sliced tomatoes.

Pecan and Coconut Sauce

Sauce

Serves: 2

Ingredients:

- ✿ ¼ cup pecans
- ✿ ½ cup coconut oil
- ✿ ¼ cup olive oil
- ✿ 1 orange - juiced
- ✿ ½ orange or red pepper
- ✿ ¾ cup water

You will need:

Blender

Method:

- ✿ Blend all ingredients together.
- ✿ Pour over spirals, or peeled courgettes.



Pesto

Condiment

Makes: small jar

Ingredients:

- 2 cups basil
- ½ cup pine nuts
- 3 tbsp olive oil

You will need:

Food processor

Method:

- Place the nuts in a food processor, add garlic and blend.
- Add basil and olive oil, and blend.

Serving suggestion:

Delicious in raw lasagne or over spiralised vegetables.

Pesto Sauce

Lunch or supper

Makes: small jar

Ingredients:

- ♥ ½ cup cashews
- ♥ 4 baby courgettes
- ♥ 1 tomato
- ♥ 1 avocado
- ♥ ½ cup of pesto

You will need:

Blender

Method:

Blend all ingredients together in a food processor.



Serving suggestions:

Stir into spiralised vegetables.
Spoon into jacket potato.
Pour over cooked green lentils and serve with a green salad.

Pick-me-up Soup

Lunch, supper or snack

Serves: 2

You will need:

Blender

Ingredients:

- 🌸 8 vine tomatoes
- 🌸 2 large cups rocket
- 🌸 2 tbsp hemp protein powder
- 🌸 4 tbsp spirulina
- 🌸 400 ml water

Method:

Blend and drink.

Raw ' Bolognese Sauce'

Lunch or supper

Serves: 2

Ingredients:

- ♥ ¼ red pepper
- ♥ 150g shelled peas
- ♥ 1 bunch asparagus
- ♥ 4 tomatoes
- ♥ 1 large bunch fresh basil
- ♥ 6 sundried tomatoes
- ♥ 2 tbsps oil
- ♥ 3 handfuls cashews
- ♥ 100 ml water
- ♥ 2 courgettes

Method:

- ♥ Chop the vegetables.
- ♥ Blend them together with water; for texture, leave quite chunky.
- ♥ Spiralise courgettes or peel them finely.
- ♥ Pour sauce over the courgettes.
- ♥ Sprinkle with raw 'cheeze'.

You will need:

- ♥ Blender or Food Processor
- ♥ Spiraliser or potato peeler

Further information:

Time: 15 minutes

Raw Blueberry Cheesecake

pudding

Serves: 6

Ingredients:

Crust Ingredients:

- 1 cup slivered almonds
- ½ cup dates - pre-soaked
- ¼ cup unsweetened shredded coconut
- ½ a lemon – cut up
- ⅓ cup water

Cheesecake Layer Ingredients:

- 1 cup cashews - pre-soaked
- 2 dessertspoons coconut oil
- ¼ cup maple syrup
- ¼ cup desiccated coconut
- 1 tsp vanilla extract
- ½ cup water
- Juice of ½ a Lemon

Blackberry Topping Ingredients:

- 200g blackberries (extra for topping – fresh raspberries and blueberries are also appetising)
- ¼ cup agave nectar
- 2 dessertspoons coconut oil

Method:

1. First, pre-soak cashews and dates separately overnight.
2. Spray an 8"× 8" baking dish with a healthy non-stick oil.
3. Place all crust ingredients into your food processor and pulse until dough-like.
4. Place dough in your baking dish and press down evenly.
5. Place all cheesecake filling ingredients into your blender or Vitamix and blend until completely smooth (stopping to scrape down the sides).
6. Place on top of your crust and spread evenly.
7. Place all blueberry topping ingredients into your food processor and pulse until mixed.
8. Place on top of the cheesecake layer and spread evenly.
9. Place in the freezer for 4 hours or overnight, covered with saran wrap.
10. Remove from freezer, cut into squares and top with fresh blueberries if desired.

You will need:

Blender or Vitamix
An 8"× 8" baking dish

Further information:

Preparation Time: 10 minutes



Raw Green Quiche

Lunch or supper

Serves: 4 - 6

Ingredients:

For Base

- 100g pistachio nuts
- 6 celery stalks
- 1 cup pumpkin seeds
- 1 cup water

Topping

- 1 courgette
- 1 head broccoli
- 4 spring onions
- 2 large handfuls spinach
- 1 avocado
- 1 lime
- 2 tsp dried tarragon
- 1 tbsp physillium
- 3 cups water

You will need:

Blender
Dehydrator

Method:

1. Blend all ingredients for the base together, put into a ceramic pie dish and place in the dehydrator for 10 hours at 40°.
2. Chop the vegetables and blend together.
3. Add physillium, blend again and spoon quickly onto the base.
4. Refrigerate until set.

Serving suggestion:

If on the Fruit, Nuts and Vegetable diet, you can serve with new potatoes and vegetables, or jacket potato and salad.

Raw Strawberry Pie with Walnuts

Lunch or supper

Serves: 6-8

Ingredients:

Base:

- ♥ 2 cups walnuts
- ♥ 2 cups pitted dates
- ♥ 1 cup water

Almond Crème:

- ♥ 1 cup almonds
- ♥ ½ cup coconut oil
- ♥ 1 tsp raw vanilla

Strawberry Topping

- ♥ 2 punnets strawberries
- ♥ 2 tbsps raw agave

Method:

- ♥ Blend all the ingredients for the base together and spread into a pie dish.
- ♥ Blend the Almond Crème ingredients together and spoon on top of the base.
- ♥ Blend the Strawberry topping together and pour over the Almond Crème.
- ♥ Place in a fridge to set.

You will need:

Blender
Pie dish

Further information:

Time: 1 hour, including setting.



Pizza... Raw

Lunch or supper

Serves: Makes 2 pizza bases, which serves 4.

Ingredients:

Base:

- 1 cup water
- $\frac{1}{3}$ cup olive oil
- 12 olives
- 4 celery sticks
- 2 cups flaxseed
- 2 vine tomatoes

Tomato paste:

- 14 cherry tomatoes
- 1 handful fresh coriander

'Cheeze'

- 1 cup of almonds
- 2 garlic cloves
- $\frac{3}{4}$ cup water

Raw vegetables of your choice



You will need:

Blender
Dehydrator

Method:

To make the base:

1. Grind the flaxseed.
2. Blend all ingredients together with the water.
3. Spread on a flexi sheet in a round pizza shape.
4. Dehydrate for 10 hours at 40°.
5. Flip bases over and dehydrate for a further 6 hours at 40°.
6. Make the 'Tomato Paste' by blending the ingredients together, and then spread on dehydrated pizza base.
7. Blend together the 'Cheeze' ingredients and spread on top of the tomato paste.
8. Add raw vegetables of your choice.

My favourite pizza toppings are:

- *Sweet corn (sliced off the cob);*
- *Sliced tomato;*
- *Sliced courgette;*
- *Raw olives;*
- *Avocado - diced;*
- *Baby leaf salad;*
- *Sprinkled with a drizzle of olive oil.*

Raw Sweet Potato Curry

Lunch or supper

Serves: 4

You will need:

Grater
Blender

Ingredients for Base:

- 2 sweet potatoes
- 1 carrot
- ½ cup walnuts – chopped
- ¾ cup currants

Ingredients for Sauce:

- 3 carrots
- 1 onion
- 1 knob ginger
- ½ cup almonds
- Handful spinach
- 1 medium red chilli
- ½ cup almonds
- 4 dessertspoons coconut oil
- 1 tsp garam masala
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp turmeric
- 30g Fresh coriander
- 3 cups water
- ½ cup oil

Recipe for Base:

Chop the walnuts.
Grate the carrot and sweet potatoes.
Mix together with currants.

Recipe for Sauce:

Chop all vegetables and de-seed chilli.
Place all ingredients in blender and
blend together.

To finish:

Pour over potato and carrot mix.



Roasted Vegetable and Coconut Soup

Lunch or supper

Serves: 2

Ingredients:

- ♥ 12 large tomatoes
- ♥ 6 cloves of garlic
- ♥ 2 courgettes
- ♥ 1 large bag baby leaf spinach
- ♥ 1 red pepper
- ♥ 1 green pepper
- ♥ 200g block of creamed coconut
- ♥ ¼ cup olive oil

You will need:

Blender

Method:

- ♥ Cut the tomatoes in half.
- ♥ Chop the courgettes and peppers into small pieces.
- ♥ Place in roasting dish, pour olive oil over and roast in oven for approximately 45 minutes.
- ♥ Remove vegetables from the dish, chop onion and fry in the remaining oil.
- ♥ Put the roasted vegetables back and add the bag of spinach.
- ♥ Stir well until the spinach is wilted.
- ♥ Blend altogether.
- ♥ Place back in dish or in a saucepan, add the block of coconut, heat until melted through and serve hot.

Further information:

Time: 1 hour to prep and cook.

Shepherds Nut Pie

Lunch or supper

Serves: 12

Ingredients:

- ➔ 3.5 kg potatoes
- ➔ 2 large leeks
- ➔ 16 large carrots
- ➔ 8 onions
- ➔ 4 sweet potatoes
- ➔ 2 courgettes
- ➔ 700g walnuts
- ➔ Olive oil
- ➔ Basil
- ➔ 4 tins tomatoes

Method:

- ➔ Food process the walnuts.
- ➔ Peel, chop and boil the potatoes, then mash with olive oil.
- ➔ Peel and chop all vegetables into small bite size pieces.
- ➔ Fry onions in olive oil.
- ➔ Add vegetables.
- ➔ Add nuts.
- ➔ Add tomatoes and water for a thick consistency.

- ➔ Cook until cooked through.
- ➔ Spread the mashed potatoes on top.
- ➔ Bake in oven at 180° for 45 minutes - 1 hour.



Simple Raw Lasagne

Lunch or supper

Serves: 6

Ingredients:

- 2 courgettes
- 8 cherry tomatoes
- Large handful of spinach
- Large handful of rocket and watercress in equal proportions
- ½ red pepper
- ¼ cup water
- 1 tsp dried basil
- 2 cloves garlic
- 1 cup walnuts
- ¼ cup water
- ½ cup olive oil
- 1 cup cashews
- ¼ cup water
- ¼ cup oil

You will need:

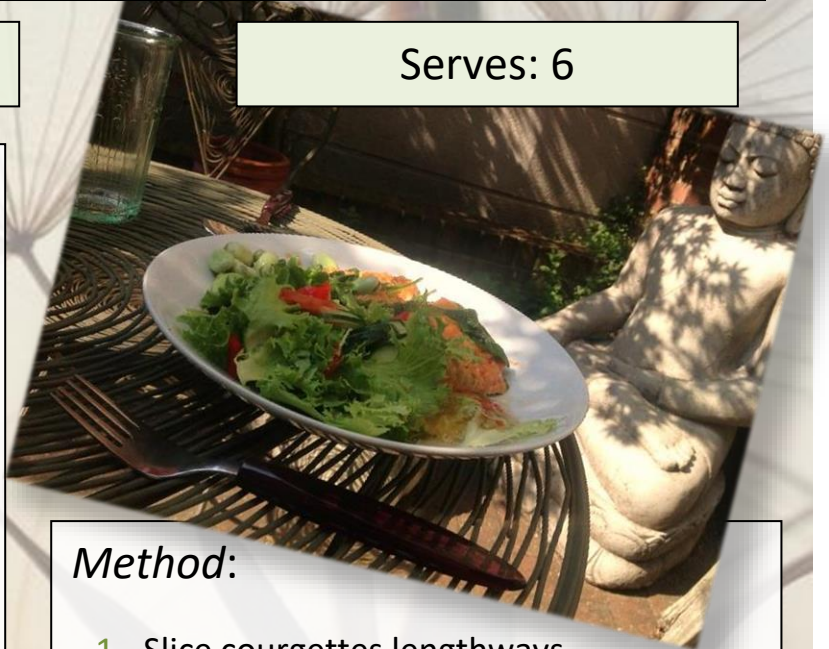
Blender

Serving suggestion:

Serve with a green leafy salad.

Method:

1. Slice courgettes lengthways.
2. Place half of the courgettes in a dish and sprinkle ½ tsp of salt over them.
3. Place tomatoes, spinach, rocket, watercress, pepper, basil and ¼ cup water in a blender and blend until smooth.
4. Pour the sauce over the courgettes.
5. Blend garlic, walnuts, ¼ cup of water and the oil.
6. Spoon over the tomato sauce.
7. Place the other half of the courgettes over the walnut mix and sprinkle with ½ tsp salt.
8. Make the 'cheeze' by blending together the cashews, water and olive oil; spoon over the courgettes.
9. Leave all to marinate for a few hours.



Spinach, Basil and Tomato Sauce

Lunch or supper

Serves: 2

Ingredients:

- 1 avocado
- 2 handfuls spinach
- 6 tomatoes - medium
- 4 spring onions
- 6 sprigs fresh basil
- ¼ cup water
- 1 carrot
- 1 courgette
- 6 asparagus stalks

You will need:

Blender.
Spiraliser or peeler.

Method:

- Spiralise the carrots and courgettes.
- Chop the asparagus into small pieces.
- Blend the spinach, tomatoes, onions, basil and avocado with the water.
- Pour mixture over the vegetables.

Serving suggestion:

Can also serve along with 'Cheeze' Sauce*.

* See Page 15

Strawberry and Pineapple Pie

pudding

Serves: 8

You will need:

Blender
Processor

Method:

Base

- 1 cup Brazil's
- ½ cup walnuts
- 1 cup dates
- 1 cup raisins
- ⅔ cup water
- 1 tbsp banana powder
- 1 dessertspoon vanilla

Place all in processor and chop until chunky.

Kreme

- 2 cups cashews
- 2 tbsp coconut butter
- 1 cup water
- ⅓ cup raw agave

Blend altogether.

Fruit

- 1 small pineapple - chopped
- 1 punnet strawberries
- 1 passion fruit

In same blender that the Kreme was blended in, blend the fruit with agave.

Press base into flan dish.

Spread with Kreme.

Top with fruit purée.

You can add fresh fruit to decorate.

Strawberry Mylkshake

Snack

Serves: 2

Ingredients:

- 10 ice cubes
- 12 strawberries
- 8 brazil nuts
- 6 dates
- ½ litre plain water or coconut water

You will need:

Blender

Method:

Blend everything together and pour into glasses.

Serving suggestion:

Serve in a glass with a sprig of fresh mint.

Vegetable Crumble

Lunch or supper

Serves: 2 large or 4 lighter appetites.

Ingredients:

- 1 medium onion
- 9 new potatoes - parboiled and sliced
- 1 medium aubergine
- 2 courgettes
- 1 red Romano pepper
- 4 large vine tomatoes
- 500g mushrooms
- A good glug of olive oil
- 2 large or 4 small cloves of garlic
- 2 tsps mixed herbs

Topping:

- 200g almonds
- 2 garlic cloves

You will need:

Casserole dish
Grinder

Method:

1. Blend garlic, tomatoes and herbs to a juice; leave on one side.
2. Chop the onions and fry in olive oil until golden.
3. Add diced courgettes, aubergine and pepper (*You may need to add more oil for the aubergine*).
4. Add sliced mushroom.
5. Stir and cook lightly.
6. Stir in tomato sauce.
7. Spoon into casserole dish.
8. Grind nuts and garlic and sprinkle over dish.
9. Bake in oven for 30 minutes.

Serve with 'Green and Ginger Side Salad'*

*See page 15

Further information:

Time: 30 minutes to prepare, 30 minutes to bake at 180°/Gas Mark 4.

Thai Green Curry with Sticky 'Rice'

Lunch or supper

Serves: 4 - 6

Ingredients for Vegetable Base

- 12 cherry tomatoes - halved
- 20 French beans - chopped into small pieces
- 2 large handfuls of chard or spinach - chopped very small
- 1 onion - white and grated
- 2 large carrots - grated

Ingredients for Sauce

- 3 sticks celery - chopped
- 1 cup coconut oil
- ½ white onion
- 2 tsps turmeric
- 2 tsps garam masala
- 2 tsps cumin seeds
- 1 tablespoon curry powder
- 1 cup water

Ingredients for Sticky 'Rice'

- 1 small cauliflower
- 1 cup coconut



You will need:

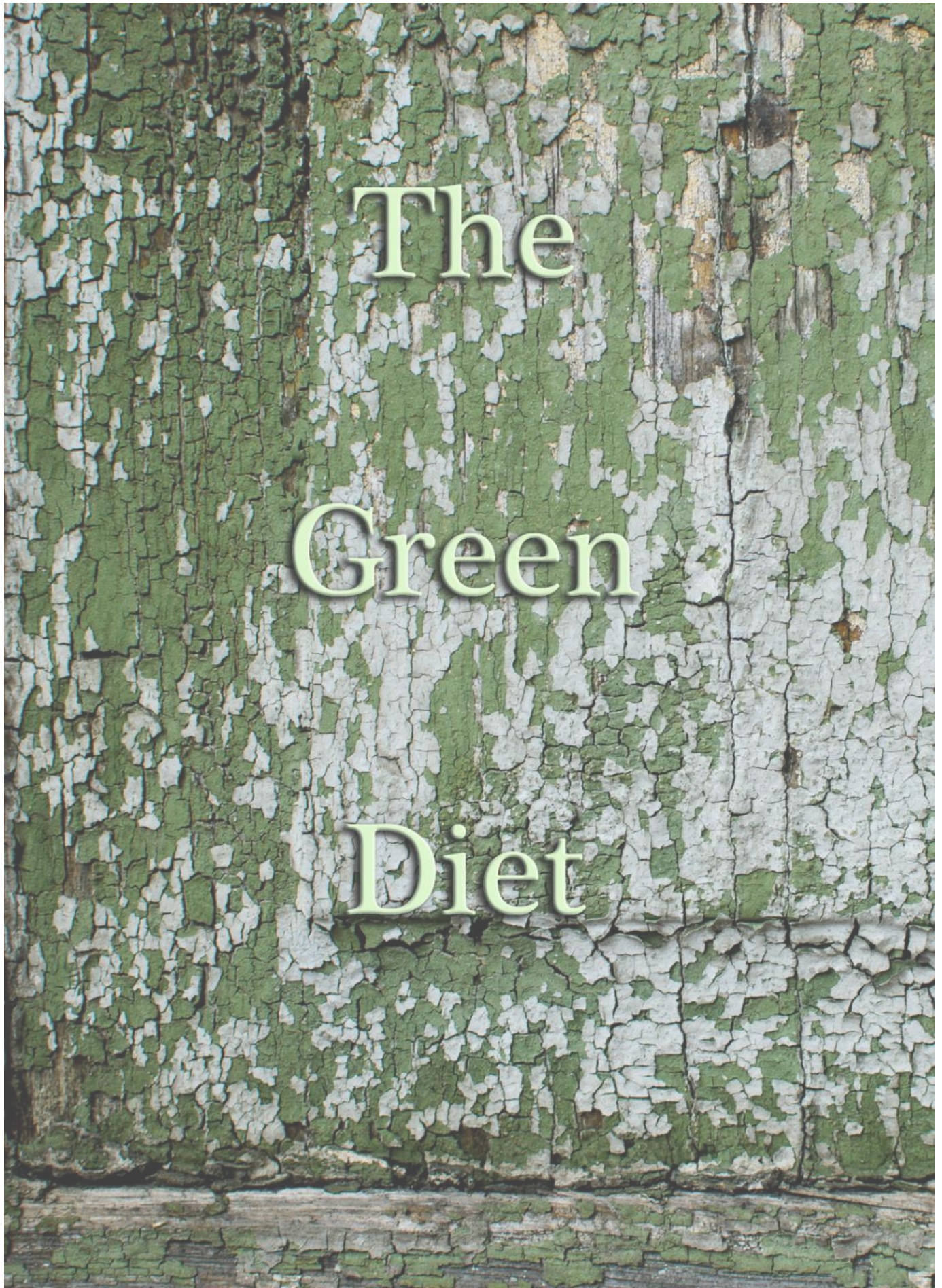
Blender
Food Processor

Method:

1. Chop all vegetables and place in a large bowl.
2. Blend all the ingredients for the sauce.
3. Pour the sauce over the vegetables and stir in well.
4. Chop cauliflower into the florets.
5. Place cauliflower into the food processor bowl - which has been washed out with water and NOT dried.
6. Place coconut into food processor bowl and process both the cauliflower and coconut.

The wet bowl makes the cauliflower 'rice' sticky.

Serve the curry over the rice.



Green Bean Casserole with Cardamom & Cumin

Lunch or supper

Serves: 2

Ingredients:

- ♥ 4 spring onions - chopped
- ♥ 225gm runner beans - chopped
- ♥ 3 sticks celery - chopped
- ♥ 1 tin flageolet beans
- ♥ 1 tin foil water
- ♥ 2 tbsps olive oil
- ♥ Juice of 1 lime
- ♥ 4 tbsps cumin seeds - crushed
- ♥ 1 tbsp cardamom
- ♥ 1 tsp green peppercorns

Method:

- ❖ Chop onions and fry lightly in oil.
- ❖ Add spices and stir in well.
- ❖ Add vegetables and peppercorns, and stir in.
- ❖ Add flageolet beans and water.
- ❖ Squeeze lime juice over.
- ❖ Place in a casserole dish and cook for 40 minutes.

You will need:

Casserole dish

Further information:

Time: 40 minutes.

Oven: 180°

Serve with a green leaf, olive and herb salad dressed with olive oil.



Green Casserole with Mung Beans

Lunch or supper

Serves: 2

Ingredients:

- 125g mung beans
- Bunch spring onions
- 1 green pepper
- 150gm green beans
- 100gm sugar snap peas
- 10 green peppercorns
- 2 tbsps dried basil, or a handful of fresh basil
- 1 tsp fennel seeds
- ¼ tsp thyme
- 2 tbsps olive oil
- 1 lime - juiced and grated for zest
- Can of green lentils or 100gm dried lentils - soaked and cooked

You will need:

Casserole dish.

Method:

- Chop onions and fry in olive oil.
- Add chopped pepper and stir in.
- Chop beans finely and add to vegetables.
- Add herbs and stir.
- Chop sugar snap peas and add to vegetables.
- Stir in zest and juice of lime.
- Add water to cover vegetables.
- Add mung beans; stir.
- Place in casserole dish, cover and cook for 45

Further information:

Time: 15 mins preparation, 45 minutes to cook in the oven at 180°.

Green Casserole

Lunch or supper

Serves: 2

You will need:

Slow Cooker or oven on low heat

Ingredients:

- Good glug of olive oil
- 1 bunch spring onions
- 1 green pepper
- 1 bunch asparagus
- 20 Brussels sprouts
- 200g fine green beans
- 130g spinach
- 100g green olives
- 1 tbsp tarragon
- 2 tsps fennel seeds
- 150 ml water

Method:

1. Finely chop all vegetables.
2. Fry onions and peppers until soft.
3. Add asparagus, herbs and seeds; stir well.
4. Add Brussels, beans and olives; stir well.
5. Add spinach, cold water; stir.
6. Place in slow cooker and cook on low for 6-8 hours.

Serving suggestion:

Serve with a portion of minted green peas, finely chopped broccoli cooked lightly and covered in olive oil.

Green Raw Lasagne

Lunch or supper

Serves: 4-6

Ingredients:

- 1 large courgette
- 100g shelled pistachio nuts
- 100g pumpkin seeds
- 1 bunch spring onions
- 1 green pepper
- 100g spinach
- Sprinkle of marjoram
- 16 peppercorns
- 2 tbsps olive oil
- 3 tps green garlic leaves
- 3 tbsps olive oil
- 1 tsp spirulina
- 3 tps raw pesto

You will need:

Blender or Food Processor
Rectangular baking dish

Serving suggestion:

Serve with a green salad.

Method:

- Slice the courgette into long thin strips.
- Chop vegetables.
- Blend pepper, pumpkin seeds and spring onions with marjoram, peppercorns and ½ cup of water.
- Sprinkle marjoram and 2 tbsps of oil over the spinach; leave for a while to wilt.
- Blend pistachios with garlic, 1 tbsp oil, pesto and spirulina.
- In the baking dish layer:
 - the courgette,
 - pumpkin mixture,
 - pistachio mixture ,
 - and spinach.
- Then repeat.
- Serve.

Green Raw Pizza

Lunch or supper

Serves: 2

Ingredients:

Base

- ⇒ 100g pistachio nuts
- ⇒ 1 cup pumpkin seeds
- ⇒ 4 small spring onions - chopped
- ⇒ 3 sticks celery - chopped
- ⇒ 150 ml water

Pesto

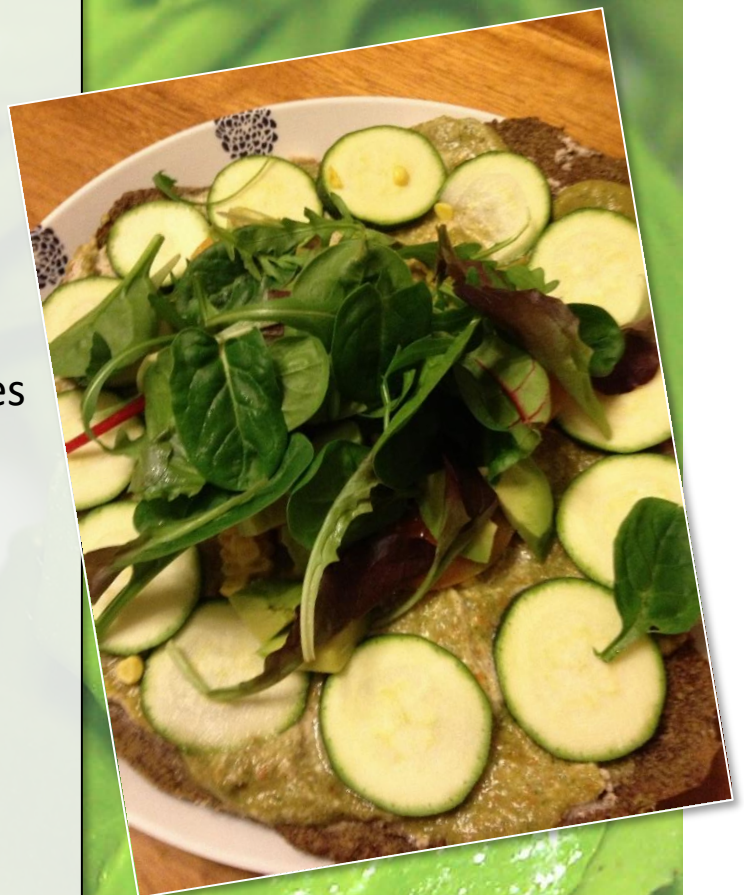
- ⇒ 50 g pistachio nuts
- ⇒ 2 handfuls of basil
- ⇒ 2 cloves of wild garlic leaves
- ⇒ 2 tbsps olive oil

Topping

- ⇒ 6 green tomatoes
- ⇒ 1 green pepper
- ⇒ 20 green olives
- ⇒ 1 avocado - chopped
- ⇒ Handful of rocket
- ⇒ Handful of spinach

You will need:

Blender
Dehydrator



Method:

Base

- Place nuts, seeds and chopped vegetables into blender, add the water and blend down.
- Spoon mixture onto dehydrator tray and spread into circular pizza base shape.
- Dehydrate for 10 hours.

Pesto

- Blend the pistachio nuts and herbs with the olive oil.

Topping

- Blend the nuts, basil, garlic and olive oil together.
- Spread the 'pesto' mix onto the base of the pizza.
- Chop the pepper and avocado into small chunks and lay on top of the 'pesto' mix.
- Thinly slice the tomatoes and lay on top of the vegetables.
- Place the olives on top .
- Shred the spinach and rocket, and place on top of the pizza.

Kale Salad

Lunch or supper

Serves: 4 as a side dish,
2 as a main.

Ingredients:

- 1 bag kale
- 2 tbsps fresh basil
- A good glug of olive oil
- 1 avocado
- 2 diced courgettes
- 250g sugar snap peas
- 2 green pears
- 2 tsps capers - finely chopped
- 125 g pistachios
- Green unpitted olives

You will need:

Blender

Method:

- Chop the kale finely and place in a bowl.
- Add chopped avocado, courgettes, pears and sugar snap peas.
- Add green olives and pistachios.
- Mix basil and capers into olive oil and stir into the salad.

Further information:

Time: 5 minutes

Leek, Celery and Watercress soup

Lunch or supper

Serves: 2

Ingredients:

- 175g chopped leeks
- 6 stalks of celery
- 30g watercress
- 1 tbsp shelled pistachio nuts.
- 2 tbsps pumpkin seeds
- 2 tsps of dried or fresh tarragon
- 1 tsp green pepper corns
- Olive oil - a good glug
- 1 litre hot water

You will need:

Hob.

Method:

- Lightly fry the leeks in olive oil.
- Add celery and fry for about 5 minutes.
- Add herbs and seeds and stir well.
- Add water and watercress; simmer for about 30 minutes.
- Leave to cool, then blend, reheat and serve.

Further information:

Time: 30 minutes.

Serving suggestions:

- Sprinkle chopped rocket on the top.
- Dice an avocado and add to a bowl of soup.

Lentil and Broccoli Casserole

Lunch or supper

Serves: 2

Ingredients:

- Juice and zest of 1 lime
- 1 bunch spring onions
- 1 medium head of broccoli
- 2 leeks
- 200g fine green beans
- 1 tbsp ground cumin seeds
- 1 tbsp ground cardamom (green) pods
- ½ tbsp fennel seeds
- Olive oil - a good glug
- 400g cooked green lentils
- 2 large handfuls of spinach leaves

Method:

- Chop onions, leeks and beans into small pieces.
- Add to a frying pan with the olive oil, and lightly sauté.
- Add spices and stir well.
- Add broccoli, lentils and lime juice; stirring well.
- Add water, and place in a slow cooker, or casserole dish for the oven.
- Add spinach towards the end of the cooking time so that it gently wilts in.

You will need:

Slow Cooker or Oven at 180°.

Further information:

Time: 8 hours in Slow Cooker or 1½ hours in oven.

Serve with lightly sautéed courgettes and green peas covered in finely chopped mint.

Marrow Parcels

Lunch or supper

Serves: 2

Ingredients:

- 1 marrow cut into rings
- 5 small leeks
- 1 courgette
- 125g green olives
- 2 large handfuls of rocket
- 1 lime - juice and zest
- 100g shelled pistachio nuts
- 2 tsps tarragon
- Glug of olive oil
- 1 green chilli

Method:

- Cook marrow rings in boiling water.
- Drain marrow and place in baking dish.
- Fry chopped leeks in olive oil with chilli.
- Add chopped courgettes and cook for about 5 minutes.
- Add olives, herbs and rocket, and cook for 3-4 minutes.
- Place in blender with the pistachio nuts and the zest and juice of the lime; blend until smooth.
- Place the mixture into the centre of the marrow.
- Bake in oven for 20 minutes.

You will need:

Blender
Deep flan dish

Further information:

Time: 30 minutes preparation, 20 minutes oven.

Oven: 180°, Gas Mark 4.

Serve with a green salad and cooked mung beans mashed with olive oil.

Pea Soup with a twist

Lunch, supper or snack

Serves: 2

Ingredients:

- ★ 4 leeks
- ★ 1 bunch large spring onions
- ★ 910g frozen peas (a bag!)
- ★ 2 large sprigs of fresh mint
- ★ 2 ripe avocados
- ★ 6 cups of water
- ★ ¼ cup olive oil

You will need:

Blender
Hob

Method:

- ★ Chop leeks and onions finely and lightly.
- ★ Sauté in the oil.
- ★ Add the peas and chopped mint; stir well.
- ★ Add the water and bring to the boil, then simmer for 20 minutes.
- ★ Blend the soup adding avocados to the blender.

Further information:

Time: 30-40 minutes.

Serve warm straight away or leave until cold; it's delicious cold!

Warning! This soup does not reheat well because of the avocados.

Pears Poached in Fresh Basil

pudding

Serves: 6

Ingredients:

- ★ 6 green pears
- ★ 1 mug of peppermint, fennel and basil tea (steeped for at least 5 minutes), and made with 2 tea bags
- ★ 28 leaves of fresh basil

Method:

- ★ Cut pears into quarters.
- ★ Make tea.
- ★ Place pears in flat dish.
- ★ Pour the tea over the pears.
- ★ Place basil on top of pears.
- ★ Cook in oven for 30 minutes, uncovered.
- ★ Remove from oven, cover in foil and cook for a further 30 minutes.

You will need:

Flat baking dish



Further information:

Time: Place in oven for 1 hour at 180°.

Pistachio and Lime Biscuits - *cooked or raw*

Snack

Makes: approximately
30 biscuits

Ingredients:

- 3 kiwis
- 1 pear
- 100g pistachios
- 1 lime
- 1 cup pumpkin seeds
- 100ml water

You will need:

Blender.
Dehydrator or Oven.

Method:

- Chop fruit and place in blender.
- Add pistachios.
- Add zest and juice of lime.
- Blend together; adding water as necessary, and stopping and poking down.

Raw:

- Take 1 heaped tsp of mixture and place on flexisheet and dehydrate; flatten down.

Cooked:

- Take 1 heaped tsp of mixture and place on baking tray covered in lightly oiled greaseproof paper; flatten down.

Further information:

Cooked: 40 minutes for oven at 180°.

Raw: 6-8 hours in dehydrator at 40°.

Poached Green Apples and Greengages

pudding

Serves: 2

Ingredients:

- ♥ Small punnet of greengages - about 8 fruits
- ♥ 2 large baking apples
- ♥ 2 nettle tea bags steeped in a mug of hot water
- ♥ Fresh basil chopped - about 2 handfuls

You will need:

Casserole dish

Method:

- ♥ Chop apples and place in a baking dish.
- ♥ Halve greengages and remove stone, then place in dish.
- ♥ Make the mug of nettle tea and leave to stand for 5 minutes.
- ♥ Sprinkle fresh herbs over the fruit.
- ♥ Remove tea bags and pour tea over the fruit.
- ♥ Cover dish with a lid or foil and bake in oven for 1-1½ hours at 180°.

Further information!:

Time: 1-1½ hours in oven at 180°.

Lovely served with 'Pistachio and Lime biscuits'*.

*See page 55

Pumpkin Seed Butter

Snack

Makes: a small jar

Ingredients:

- 200g pumpkin seeds
- 1 cup water
- ⅓ cup olive oil
- 10 green peppercorns

Method:

- Soak pumpkin seeds for a couple of hours.
- Blend all the ingredients together.
- Place in screw top jar and keep in fridge.

You will need:

Blender

Further information:

Keeps in fridge for about 5 days.

Pumpkin Seed Flatbread

Snack or lunch

Makes: small jar

Ingredients:

- 🍂 300 g pumpkin seeds - soaked
- 🍂 2 sticks of celery
- 🍂 2 large handfuls spinach
- 🍂 1 cup water
- 🍂 1/3 cup olive oil

Method:

- 🍂 Chop celery and drain pumpkin seeds.
- 🍂 Blend altogether; add just enough water so that it remains fairly soft.
- 🍂 Dehydrate for 10 hours at 40 degrees.
- 🍂 Turn-over and dehydrate for a further 2 hours.

You will need:

Blender
Dehydrator

Serving suggestion:

Delicious served with a green vegetable soup or with Pumpkin Seed Butter*.

*See Page 57

Split Pea Broth

Lunch, supper or snack

Serves: 2

Ingredients:

- ★ 2 large spring onions
- ★ 2 courgettes
- ★ 225g runner beans
- ★ 1 bunch asparagus
- ★ 1 big sprig broccoli
- ★ 150g split peas soaked and cooked
- ★ 250ml water
- ★ 1 tbsp cumin
- ★ 1 tsp green peppercorns
- ★ Glug olive oil

Method:

- ★ Chop vegetables and fry in oil.
- ★ Add split peas.
- ★ Add spice and peppercorns.
- ★ Add water and bring to boil, then lower heat.
- ★ Simmer gently for up to an hour or place in a slow cooker and leave overnight or for the day.
- ★ Serve as it is or blend it if you prefer a finer texture.

You will need:

Cooker hob or slow cooker

Further information:

Time: On hob or in slow cooker set to high, for 6 hours.

Split Pea Casserole

Lunch or supper

Serves: 2

Ingredients:

- 2 courgettes
- 1 bunch spring onions
- 225g green beans - runners or dwarf beans
- 1 bunch celery
- 1 green pepper
- 250 g split peas - soaked and cooked (*Soak overnight, drain and wash well then place in saucepan, cover with boiling water and simmer until soft; approximately 30-40 minutes*)
- 1 lime
- 1 tsp green peppercorns - ground
- 1 tbsp cardamom
- 1 tbsp cumin seeds
- Olive oil
- 150ml water

You will need:

Wok or deep frying pan
Casserole dish with lid.

Method:

- Soak split peas overnight.
- Grind spices.
- Chop all vegetables into small bite sized pieces.
- Stir fry altogether in olive oil in a wok or frying pan.
- Add spices, lime juice, lime zest and water.
- Add the split peas; drained well.
- Stir altogether and cook for about 5 minutes.
- Transfer to casserole dish and cook, at 180° for approximately 45-60 minutes.

Stuffed Marrow

Lunch or supper

Serves: 4

Ingredients:

- 1 marrow - sliced, cored and boiled for 10-15 minutes
- 1 bunch spring onions
- 125g mung beans - soaked and cooked
- 2 courgettes
- 125g asparagus tips
- 90g green olives
- Fresh coriander
- 2 tbsps olive oil
- 1 dessert spoonful ground cumin seeds

You will need:

Sharp knife or multi-chopper.

Method:

- Chop the vegetables finely, (using a multi chopper if you have one) except for the asparagus which you slice.
- Fry onions and cumin together in olive oil until golden.
- Add chopped courgettes and coriander, stir and cook together for 2 minutes.
- Stir in asparagus, cooked mung beans and green olives.
- Place drained marrow in baking dish.
- Add vegetable mix, cover dish in foil and bake for about 40-45 minutes.

Further information:

Time: 1 hour 15 minutes in oven at 180°.

Superfood and Lime Soup

Lunch, supper or snack

Serves: 2

Ingredients:

- Good glug of oil
- 8 sticks celery
- 125g rocket
- Head of broccoli
- 1 medium courgette
- 2 handfuls of kale
- 2 tsps green peppercorns
- 2 tsps tarragon
- 1 tsp of green powder, either spirulina, barley grass, wheat grass ... according to taste
(Experiment with them!)
- 2 pears
- 2 limes - zest and juice
- 250ml water

You will need:

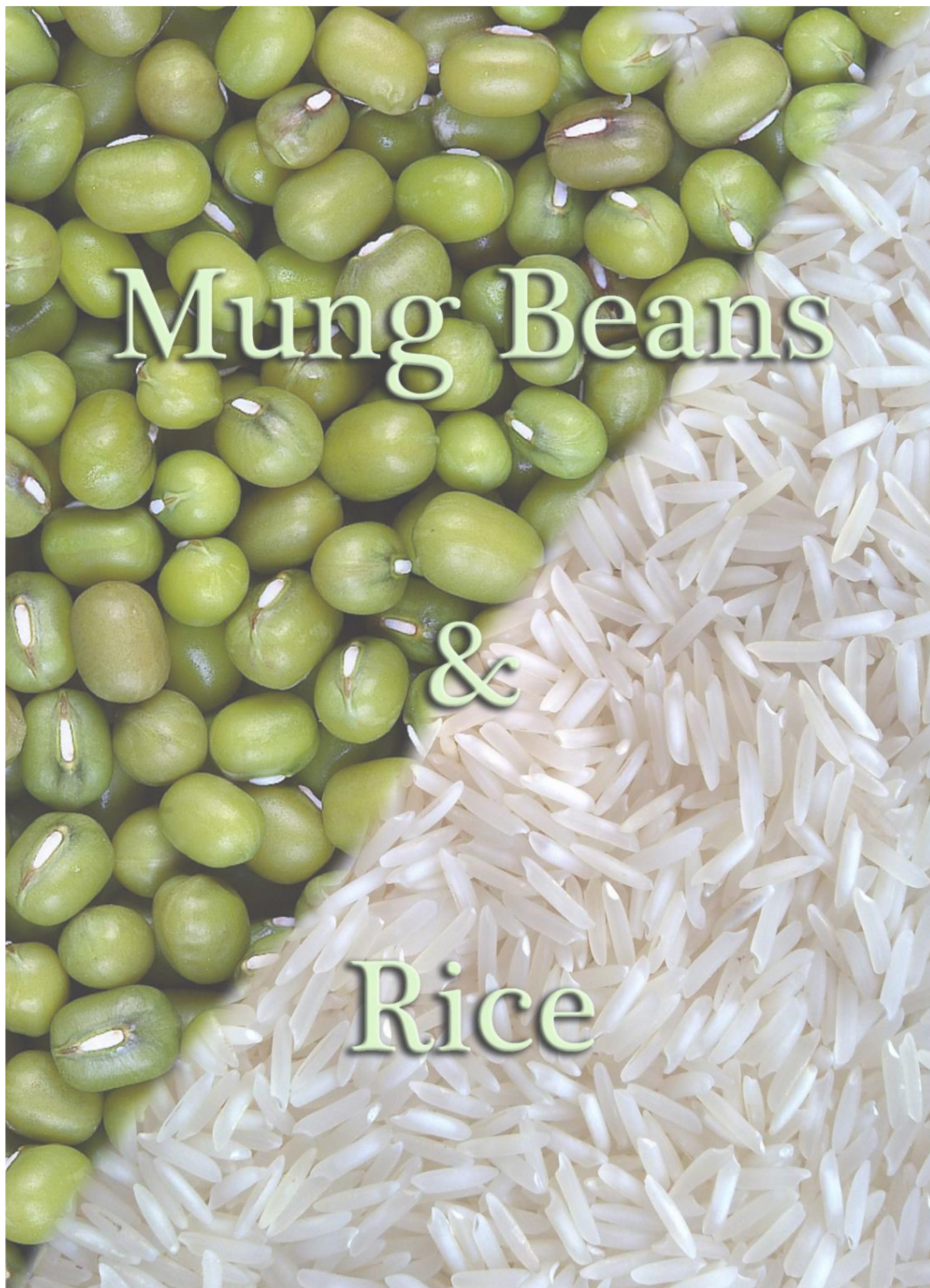
Blender

Method:

- Chop all vegetables and pears.
- Stir fry vegetables in oil until they are starting to soften.
- Add water, grated lime zest and juice to pan; stir well.
- Add peppercorns and tarragon.
- Add the green powder of your choice; I personally like this with spirulina.
- Simmer gently until vegetables are soft.
- Blend the soup.

Serving suggestion:

Serve in a mug or bowl, on its own or pour over lightly steamed vegetables (green), and eat as a hearty broth on a cold day.



Mung Beans and Rice

Lunch or supper

Serves: 10

Ingredients:

- 2½ cups mung beans
- 6 litre water
- 2½ cups basmati rice
- 1 cup ginger - diced
- 5 onions
- 5 garlic cloves
- 10 cups chopped vegetables
- 10 tablespoons oil
- 3½ tsp turmeric
- 1 tsp crushed red chilli
- 1-2 tsp ground black pepper
- 2-3 tsp coriander
- 2-3 tsp garam masala
- 2-3 tsp ground cumin
- 1 tsp cardamom pods
- 2-3 bay leaves

Method:

1. Make the sauce by placing shredded basil, spinach, chopped avocado and water into blender.
2. Rinse beans, add to boiling water and cook until split.
3. Rinse rice and add to beans.
4. Add chopped vegetables.
5. Heat oil in a separate pan and fry onions, ginger and garlic, and sauté.
6. Add spices and cook 10 minutes, stirring.
7. Add all this to the lentils and rice and continue to cook.

Further information:

If you missing raw vegetables, add some raw chopped vegetables to your plate as you serve.

Mung Bean Bake

Lunch or supper

Serves: 2

Ingredients:

Vegetables

- ♥ 2 courgettes
- ♥ 3 large spring onions
- ♥ 1 green pepper
- ♥ 2 large leeks
- ♥ 20 green olives
- ♥ 1 large tsp Herbs de Provence
- ♥ Oil - to toss vegetables in
- ♥ 250g mung beans - soaked and cooked

Sauce

- ♥ 100g spinach
- ♥ Large handful fresh basil
- ♥ 1 large avocado
- ♥ 100 ml water

You will need:

Blender
Baking Dish

Method:

- ♥ Soak and cook mung beans.
- ♥ Chop all vegetables bite size and place in a baking dish.
- ♥ Add the olives, dried herbs and enough oil to coat the vegetables in.
- ♥ Bake for approximately 1 hour at 180°.
- ♥ Make the sauce by placing shredded basil, spinach, chopped avocado and water into blender.
- ♥ Take the vegetables out of the oven and add the cooked mung beans into the dish, stir well, add the sauce and stir again.
- ♥ Place a lid, or foil, over the dish and bake in oven for 30 minutes.

Further information:

Time: 1 hour for veg and mung beans and 30 minutes to bake at 180°.
Serve with a green salad tossed with fresh chopped mint mixed with olive oil and a freshly squeezed lime.

Mung Bean Burgers

Lunch or supper

Serves: 2

Ingredients:

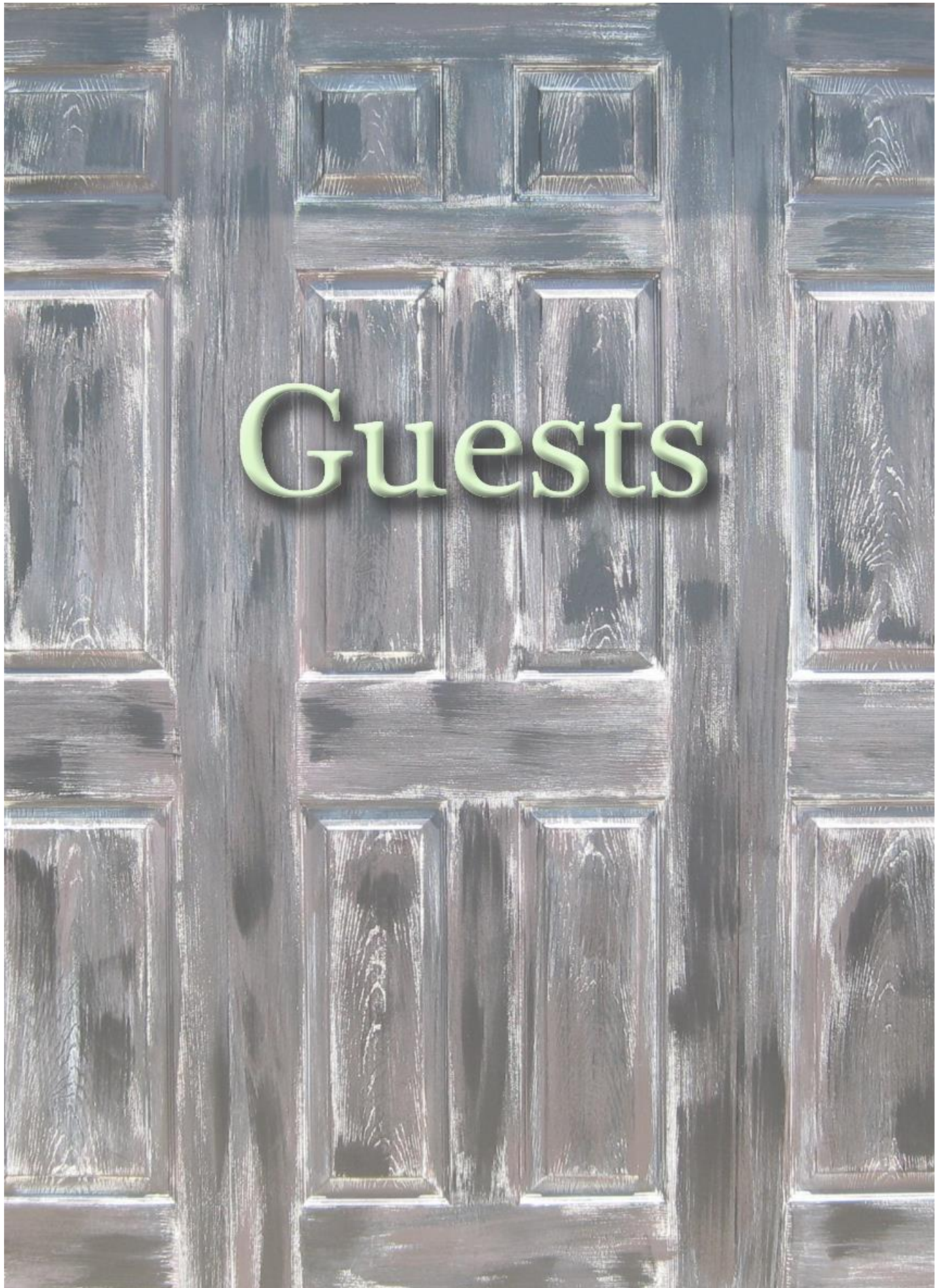
- 🌸 2 cups sprouted mung beans
- 🌸 6 Chantry carrots - small and diced
- 🌸 1 medium onion - diced
- 🌸 ½ avocado
- 🌸 ½ cup sunflower seeds
- 🌸 1 tsp mixed herbs
- 🌸 ½ tsp salt
- 🌸 1 tbsp olive oil
- 🌸 ½ cup water

You will need:

Food Processor
Dehydrator

Method:

- 🌸 Blend altogether.
- 🌸 Shape into burger shapes.
- 🌸 Dehydrate for 12 hours.



Crunchy Chocolate Cake: created for 'Jody's Wedding'

Snack

Serves: 10-12

Ingredients:

Cake

- 1 cup buckwheat – sprouted and then dehydrated
- 1 cup raw cocoa butter
- 2 cups lucuma
- 1 cup almonds
- 1 cup cashews
- ½ cup coconut nectar - sugar
- 1 tsp vanilla
- 2 large tbsp purple corn
- 1 cup olive oil
- 1 cup coconut oil

Icing

- 1 avocado
- 1 cup cashew nuts
- ⅓ cup water
- 1 tsp vanilla essence

You will need:

Grinder.
7" cake tin.



Method:

- Grind the buckwheat and nuts.
- Melt the cocoa butter over a bowl of hot water.
- Place all dry ingredients into a bowl and stir well to introduce air.
- Add the coconut oil, melted cocoa butter and vanilla essence.
- Stir well and place in a 7" cake tin with a loose bottom.
- Place in fridge.
- Remove cake from tin.
- Blend icing ingredients and spread over cake.

Further information:

Created for Jody's wedding by Livtar Kaur

Time: 2 hours to set in fridge.

Can top with fresh fruit, blackberries and raspberries; these work really well.

Hari Baldev's Raspberry Biscuits

Snack or lunch

Serves: 2

Ingredients:

- Punnet of raspberries
- 2 large cups of raw oats
- Generous squirt of agave syrup
- raw preferably
- 3 dates - chopped
- Grated lemon rind and juice
- 1 cup cashews - chopped
- 1 tsp cinnamon powder

You will need:

Dehydrator

Method:

Blend all ingredients together.

Form into flat biscuits.

Dehydrate for 6 hours on 40°.

Jake's Fruit 'Cream'

Pudding

Serves: 2

Ingredients:

- ♥ 1 banana
- ♥ 2 handfuls cashews
- ♥ 1 handful raisins
- ♥ 1 orange - squeezed
- ♥ 100ml water

Method:

- ♥ Blend together.
- ♥ Chill in the fridge.

You will need:

Blender

Further information:

Time: 5 minutes to prepare and blend.

Serve with fruit salad or raw fruit pie.

Livtar Singh's Tacos

Lunch or supper

Serves: 12 as starter or 6 as main

Ingredients:

Taco

- 6 sweet corn - kernels sliced from the cob
- 2 limes
- 1 medium onion
- ½ tsp paprika
- ½ tsp cayenne pepper
- 1 pinch salt

Nut Filling

- 1 cup Brazil nuts
- 6 spring onions
- 6 sundried tomatoes
- 3 garlic cloves
- 2 tbsps olive oil
- ½ cup water
- Cheeze sauce *Page 14
- ½ cup cashews
- 1 cup macadamia nuts
- Juice of 1 lemon
- ½ cup water

You will need:

- Blender
- Dehydrator
- 2 serving bowls



Further information:

Time: Dehydrate for 22 hours at 40°.

Method:

- Blend the taco ingredients in a blender.
- Spread thinly on a sheet and dehydrate.
- After a couple of hours, score.
- Dehydrate for further 22 hours.

- Food process the nut filling.
- Place in a small dish.

- Blend together the Cheeze sauce.
- Place in a separate dish.

Mia's Drink

Snack

Serves: 2

Ingredients:

- 1 large glass of cloudy apple juice
- 1 pear
- 10 black grapes
- 1 glass spring water
- 2 sprigs of mint
- Ice cubes

You will need:

Blender

Method:

- Chop the pear.
- Place pear, grapes, apple juice and water into blender and blend until smooth.
- Pour over ice and add a sprig of mint.

Michael's White Bean Dhal

Snack or lunch

Serves: 2

Ingredients:

- 1 sprig fresh rosemary
- 100g white beans (cannellini or butter beans) either tinned or soaked and cooked
- 4 cloves garlic
- 30ml olive oil - plus a splash more when cooked
- Salt
- Pepper to taste

You will need:

Saucepan.

Method:

- Put 30ml oil in saucepan.
- Mix in chopped garlic.
- Add a sprig rosemary and lightly cook the garlic.
- Remove rosemary and keep to one side.
- Add cooked or tinned beans and cook through.
- When piping hot mash to a pulp adding salt and pepper to taste.
- Place into a bowl, pour olive oil in the middle for colour and to stir through.
- Lay the rosemary on top.

Further information:

Time: 30 minutes.

Serve with a green salad and chapattis.

Taranbir's Karma Cupcakes

Snack

Serves: 10-12

Ingredients:

Cupcake

- 1 cup oats - processed into flour like consistency
- 1 cup dates - soaked for a couple of hours
- 2 tbsp of cacao powder
- 1 tsp vanilla

Toffee

- ¼ cup dates - soaked for a couple of hours
- ⅛ tsp Himalaya salt (optional)
- ½ cup almonds - soaked for a couple of hours
- ¼ cup agave
- ½ tsp vanilla
- 2 tbsp coconut oil - made liquid in a bain-marie or dehydrator

Frosting

- 2 tbsp coconut oil - made liquid in a bain-marie or dehydrator
- 1 tbsp cacao
- 1 tbsp coconut nectar

You will need:

Food Processor.
Grinder.
Small cake tins.

Taranbir's Karma Cupcakes

Snack

Serves: 10-12

Method:

1. Process the cupcake ingredients in the food processor until it sticks. Put spoonfuls of the mixture into lined cake tins and press down, making an indentation for the filling.
2. Chill.

For the toffee:

3. Process the almonds into flour.
4. Add everything else. Blend until it achieves a sticky, toffee like consistency.
5. Spoon into the cupcakes.
6. Chill again.

For the frosting:

7. Stir all ingredients until smooth. Drizzle over the top of the toffee.
8. Chill again.

Further information:

You might have left overs of the toffee, but that is fine. It is good just eaten from the spoon.



I have watched with admiration and pleasure the growth of a culinary star. She has lit a path along which others can follow, and have followed; including myself.

In the 1970s, as a vegetarian, she developed many recipes; using all that was available at the time; from 'Farm Shops' to fruit picking to foraging. She created culinary delights which the family and friends devoured with pleasure and satisfaction.

Her love of food gradually moved away from vegetarianism as she began to embrace and explore the idea of veganism. Throughout the 80s, 90s and noughties the use of milk (to which she is allergic), yoghurt and cheese gradually melted away allowing her to focus upon the delights of pure veg.

Now, this focus too is beginning to wane as purity and freshness become more apparent in her creations. 'Raw' is now her catchword. This has allowed more experimentation and enjoyment (with the occasional disaster!) for herself and all those around her.

Her path has been gradual. Her followers many.

May her radiance continue to guide her family, friends and followers on their own personal transformational journeys.

Love & Light.



