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PIMP ME GREEN

# RECIPES PLANT-BASED

BY SARAH

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**FREE EBOOK**

ALL RECIPES ARE VEGAN

(NO DAIRY, NO EGG, NO HONEY)

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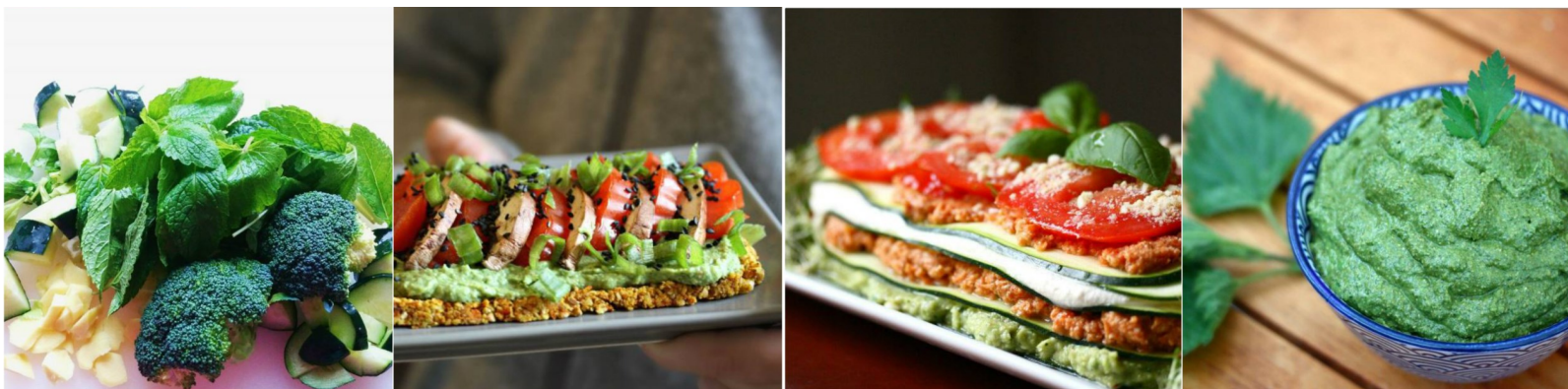
# YOU HAVE TAKEN IT INTO NOTE

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« Everyone has the right to freedom of expression. This right shall include freedom to hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers. »

This booklet is the non-exhaustive synthesis of some of my research giving some general lifestyle advice in connection with nature through some explanations and recipes. The use of this information takes place under the full and entire responsibility of the user in the same way as the use that it could make from books or magazines. It does not replace a medical consultation or advice from any other health professional. Only your general practitioner or specialist is authorized to establish a medical diagnosis and to establish the appropriate treatment resulting from it.



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# RAW FOOD

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## A little history

Our modern Western society (as well as the majority of the so-called "rich" countries) has seen its diet significantly change over the past 50 years, more so than any other period in time. According to Wikipedia and Adolphe Blanqui (then enhanced by Friedrich Engels and Arnold Toynbee), the Industrial Revolution marks a **major turning point in history**. Almost every aspect of daily life was impacted in some way: agriculture, economy, politics, society and the environment. The **Industrial Revolution** was the transition to new manufacturing processes in the period from about 1760 to sometime between 1820 and 1840. This transition included a rise in the factory system, going **from hand production methods to machines** and new chemical manufacturing and iron production processes.

The arrival of industrialization in the nineteenth century **dramatically changed society**: a new business model was developed, the economy grew, and there was scientific progress, characterized by the proliferation of discoveries and patents. Industrialization also saw a boom in the railway industry, allowing more people to move around (remember that Lamartine said "There is no man more complete than the one who travelled a lot [...]"). Thus, this revolution appeared to have a favorable outcome.

However, today we are currently experiencing our fourth Industrial revolution, and it is accompanied by the **emergence of large industries** primarily looking for profit, and profit only (also referred to financial revolution with a **search of supremacy**). For this model, the **demand must be created to stimulate the purchase** and make money. Thus, new refined and processed food products have been created, **impacting our health** and changing our palates. These foods **can be compared to "drugs"**, as they are overly rich in sugar, bad fats, modified starch, salt, diverse additives, various preservatives, etc.

The power of advertising is promoting the merits of such products, causing our society to be **overfed but malnourished**. Our food intake is not adapted to human physiology: we talk about **"empty" calories** because they do not contain the nutrients the body needs to feed its cells (including vitamins and organic minerals from the living). **Modern food contributes to the extensive development of nutritional disorders and chronic diseases, such as cancer, obesity, diabetes, hypertension and cardiovascular accidents**. It is a source of multiple complications **affecting the duration and quality of life**, and generates **increased health spending**.

While the government currently only treats diseases rather than good health on a global scale, **it's up to us to act**. By making **small changes in our own lives**, by paying more attention to our own lifestyle and diet, we can have an impact, just like our ancestors have always done throughout history.

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# RAW FOOD

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## What does a raw food diet (or mostly raw) have to do with all of this?

In naturopathy, we consider that the human body needs **two energy sources**:

- A **material one**: the calories from the food we eat, bringing us the three major macronutrients - proteins, carbohydrates and lipids;
- A **non-material one**, also called **vital energy**: any energy coming **from nature and living elements**. We can acquire it through food, that is to say everything that comes from nature, such as fruits and vegetables, (as long as they are eaten raw with the least possible transformation). Cooking beyond 42 °C removes life: imagine cooking an egg and then having a hen sit on it to try to hatch it. Despite all the love that the hen will bring to the egg, I'm not sure that a chick will be born! It's the same with plants: if you plant a seed that has been cooked, it will not grow! It's common sense, and yet we often tend to use wrong cooking methods, and very drastic ones at that. Wild animals have kept their instincts and eat what nature intended for their digestive system.

To illustrate these two energy sources, we can make the analogy with a car that requires both a battery and good fuel to function. Without either, the car won't work. With bad fuel, it will eventually break down. It's the same for our body, it requires a contribution both in material energy (of quality) and immaterial (vital energy).

Check out the impact that different temperatures have on food:

- **Any higher than 42°C**, and the enzymes begin to lose their activity. At 70°C all enzymatic activity has disappeared;
- **Between 60 and 75°C**, vitamin C, which is the most fragile vitamin, is destroyed;
- **Between 70 to 100°C**, the proteins are hydrolyzed;
- **From 90-95°C**, some B vitamins are destroyed;
- **Beyond 100°C**, minerals and trace elements precipitate and become unusable or difficult to use by the body;
- **From 110 °C**, vitamins A, D, E and K, are oxidized by heat;
- **From 120°C**, fats begin to be altered. When they exceed their critical temperature, they form toxic body carcinogens, such as acrolein and tars;
- **Beyond 140°C**, fruits and vegetables have become indigestible cellulose (this is usually caused by cooking with high oven temperatures and pressure cookers);

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# RAW FOOD

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The raw food diet focuses on raw dishes, where the temperature used does not exceed 42 °C. It is composed of mostly fruits and vegetables (with a high proportion of leafy greens), nuts, seeds, sprouted grains, high-fat fruits (avocado, olives, coconut...), algae, lacto-fermented products, raw plant-based milks and some natural sweeteners (i.e. dates – no refined sugar!).

**The ideal would be to have a 100% raw food diet.** However, this is only possible under perfect physiological conditions (living in the tropics, with sun, heat, no stress, resting time and relaxation facilities... Which is obviously what most of us unfortunately don't have access to in our everyday lives!). I therefore advocate **a mostly raw food diet of at least 80%, including some cooked food, up to 20%. Listen to your body and adapt according to the season.** In winter, when fresh fruit is not in abundance, you can cook some root vegetables to warm your body and give it the energy it needs. In contrast, during spring and summer, try to move towards a 90-95% raw food diet: enjoy seasonal fruits, vegetables and leafy greens and make various colorful, full of different textures, dishes (the different kitchen tips used in raw food will be introduced later in the e-book). These are generalities, remember to listen to your body depending on the moment (differentiating what your body really needs to food cravings from the transition process).

**A plant-based diet has been proved to be beneficial for health.** The report published in 2003, revised in 2009\*, by the American Dietetic Association has been updated this December 2016. It is confirmed that *"Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease."*

Position of the Academy of Nutrition and Dietetics: vegetarian diets. Melina V, Craig W, Levin S. J Acad Nutr Diet. 2016;116:1970-1980.

Report available here: <http://www.andjrn.org/article/S2212-2672%2816%2931192-3/pdf>

\* Position of the American Dietetic Association: vegetarian diets, Craig WJ, Mangels AR. American Dietetic Association, J Am Diet Assoc. 2009 Jul;109 (7):1266-82.



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# RAW FOOD

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## What are the benefits of raw food? *(Non-exhaustive list)*

- Weight loss (if the body needs it, but generally this is the case!)
- More energy
- A stronger immune system
- Balanced hormones
- Improved skin and complexion: prettier, smoother skin with fewer imperfections
- Reduced risk of chronic diseases: cardiovascular disease, cancer, diabetes...
- Improved emotional stability
- Improved mental clarity
- Disappearance of constipation
- Evolution of the palate, influencing flavors, taste, and food cravings (the body adapts!)

## Here is my advice to calmly and peacefully approach this transition stage towards a raw food diet:

- **Do not put pressure on yourself.** Stress and anxiety caused by a specific goal can sometimes be more harmful than food itself!
- Don't expect anything specific, **go step by step and experiment everyday. Have fun and listen to what your body is saying;**
- **Treat your eyes:** make colorful salads, full of different flavors and textures. Remember to **"Eat the rainbow" at every meal!**
- **Try it for 3 weeks by changing your diet gradually,** adding more vegetables into it. If removing a food category scares you at first, then incorporate fresh seasonal fruit as a snack between meals, adding more greens (alkalizing) to juices or smoothies, replacing wheat spaghetti or starchy pasta with vegetable spaghetti (zucchini, carrot, daikon, jicama, etc), replacing white bread with whole-wheat bread (avoiding transformed flours if you can; it's not necessarily the gluten itself that you need to stay away from) or opting for Essene bread (it's made with sprouted seeds and it's delicious!).
- **Every day, start your day with water and take the time to wake-up** (for the first 30 min, take your shower, meditate, do yoga or a little work out, etc.). Then, if you're hungry, eat fresh fruit or make yourself a homemade juice or a smoothie. I also advise switching dairy products with plant-based alternatives.
- Change one meal a day, then two, then a whole day. You can alternate days to finally move towards a mostly raw, living, and plant-based diet. Keep in mind that each individual has a different history, constitution, and temperament. **Each transition is individual,** so it can be faster or slower regarding those previous criteria, but also according to the state of mind of the individual, his or her personal and professional daily life, the environment (urban vs. rural), etc. This may take a few months, 1 year or even more.

**There are no universal rules, but basic principles that should be adapted to each of us.**

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# TECHNIQUES USED IN PLANT-BASED CUISINE

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## What techniques are used in the raw food world?

When we talk about a healthy diet, and especially a raw food diet using living food, it is important to **keep it simple**. A chef's knife, some forks, table and teaspoons, bowls, plates and glasses are largely sufficient to start a mostly raw plant-based diet.

**Living food means abundance of flavors, colors, textures**, etc. Here are some techniques you can use and the kitchen tools related (a non-exhaustive list):

- **Cutting**: a chef's knife to cut your vegetables (julienne, dicing, etc.)
- **Blending**: a quality high-speed blender (such as OmniBlend, sold with a milk bag to make plant-based milk)
- **Juicing**: a slow juicer, also called an extractor
- **Mixing / processing**: a food processor
- **Spiralizing**: a spiralizer (different types exist)
- **Soaking**: a bowl or recipient
- **Dehydrating**: a dehydrator (you can buy a cheap one to start experimenting)
- **Sprouting**: sterilized empty medium or large jars, gauze and a hair elastic to secure the gauze
- **Fermentation**: sterilized large jars (1 to 3 liters capacity)
- **Slicing or cutting** in specific ways: a vegetable peeler and a mandolin

**" The greatest medicine of all is teaching people how not to need it." Hippocrate**

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THE RECIPES PRESENTED IN  
THIS EBOOK ARE NOT ALL RAW  
BUT ALL 100% PLANT-BASED

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# MUSHROOM SOUP

## RAW

### INGREDIENTS

2 servings

180 g **raw mushrooms** of your choice

75 g **celery stalks** (with leaves if you want)

35 g **red onion**

180 g **plain almond milk** (can be easily home-made)

40 g **white almond butter**

1,5 tbsp **Tamari sauce** (it's a gluten-free soy sauce)

40 g **Medjool ou Sukkary** dates (2 to 4 dates depending on the size)

**Ground black pepper** (seasoning to taste)

#### For the garnishing:

2 tbsp **pine nuts**

**Fresh parsley** (or any other fresh herbs of your choice: coriander, basil, ...)

### HOW TO DO ?

Blend all the ingredients for the soup in a high speed blender (such as Vitamix or Omniblend). Pour into individual bowls.

Dry roast the pine nuts in a dry skillet over medium heat. Meanwhile chop the herbs. Pay attention to not burn the nuts.

Garnish with roasted pine nuts and fresh herbs. You can also add some black sesame seeds to add the final touch.

**Raw does not necessarily means cold** : you can slightly warm up the almond milk before using it, or you can serve this dish with warm veggies in the winter. Raw soups are interesting during winter because it brings you all the vitamins and minerals your body needs.





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# RAW SOUP MEXICAN STYLE

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## INGREDIENTS

2 servings

### For the soup:

2 **ripe tomatoes** (preferably organic)

1 **ear of corn** (preferably organic)

3 tbsp of **Tamari sauce**

1 nice handful of **fresh mint** (or basil, coriander or parsley)

**Spices:** Black pepper, Paprika as desired for seasoning

1 pinch of **Espelette pepper (chili flakes)** to raise the soup a little

### For the garnishing:

1 ripe **avocado**

1 small **tomato**

**Sprouted seeds** (Alfalfa and Fenugrec for example)

**Small cucumber** and / or **celery stalks** (preferably organic)

**Fresh minced herbs** (basil, parsley, mint, coriander ...)

## HOW TO DO ?

Blend all the soup ingredients in a high speed blender and pour into bowls. Garnish with diced raw vegetables, sprouted seeds of your choice and fresh minced seasonal herbs.



# CARROT CREAM CHEESE

R A W

## For the raw cashew nut cream cheese base:

- 2 cups **cashew nuts** (300 g)
- 1/2 cup liquid (1 large **lemon juiced** completed with **water**)
- 1 tbsp **Tamari sauce**
- 1 tsp **Pink Himalayan sea salt** (or any other unrefined salt)
- 2 tbsp **nutritional yeast**
- 1/4 tsp **garlic powder**
- 1 tsp **onion granules**

## For the carrot cream cheese spread:

- 1 or 2 **Medjool ou Sukkary** dates (25 g)
- 3 **sun-dried tomatoes** (sun-dried, not preserved in oil) (10 g)
- 70 - 75 g **fresh orange juice** (1 to 2 oranges)
- 1 piece of **fresh ginger** (between 5 and 10 g depending on your love of ginger!)
- 2 - 3 **carrots** (250 g)
- 1 tbsp (15 g) **Tamari sauce**
- Ground black pepper** / 1 or 2 pinch of Espelette pepper (or any other **pepper spices** you want such as chili flakes)
- 85 g **raw cashew nut cream cheese base** ([recipe above](#))

## HOW TO DO ?

Start to prepare the cashew cheese base the day before by soaking the cashew nuts (cover them with water in a container) and let them soak overnight.

The next day, put the soaked cashews and all the other ingredients of the cream cheese base into a high speed blender (I use the Omniblend brand). Blend until you get a homogeneous and creamy consistency. Note that if the mixture is too thick, you can add a little more water (and possibly lemon depending on your taste). Reserve in a bowl.

Prepare the carrot cream cheese spread by putting all the ingredients into a high speed blender (which will have previously been used to make the cashew cheese, no need to rinse it). Blend until you reach the desired consistency (a homogeneous spread will be the best so if the mixture is too thick, add a little more water).

Enjoy with raw vegetable sticks, on raw crackers, on bread, wraps, etc ...



# TARAMA PLANT-BASED

Inspired de Marie Lafôret

## INGREDIENTS

For 1 large jar

200 ml **soy cream**

1 **soy yoghurt** (90 g)

2 to 3 tbsp **mixed dried seaweeds** sold in organic store

100 g **smocked tofu**

3 tbsp **lemon juice**

1 pinch of **sea salt (or any other unrefined salt)**, ground black pepper and any other **spices of your choice** (here I used a pinch of chili flakes)

1 tbsp **Tamari sauce** (15 g)

25-30 g **raw beetroot** (for the color)

3 tbsp **chia seeds** (35 - 40 g)

## HOW TO DO ?

In a bowl, put the dried seaweeds, the soy cream and soy yogurt in priority so that the algae rehydrate slightly. Add the lemon juice and the rest of the ingredients gradually (except the chia seeds) and blend the whole mix into a high speed blender until you reach a smooth and homogeneous texture. Pour it into a jar, add the chia seeds, mix and reserve at least one night in the refrigerator.

The day after, mix before serving to homogenize the preparation.





# BLACK BEAN "HUMMUS"

## INGREDIENTS

500 g **cooked black beans** (from a large can of 800 g to facilitate the recipe, but you can use dried black beans and cook them according to the package)

50 g **Tamari** sauce (~3 tbsp)

90 g **lemon juice**

1/2 **lime** juiced (optional)

15 - 20 g **sun-dried tomatoes** (sun-dried, not preserved in oil)

**Ground black pepper** and **unrefined salt if needed** (the tamari sauce is already salty)

1 tsp **Ras El Hanout** (mix of Moroccan spices)

1/3 tsp **Paprika** (or a pinch of chili flakes if you prefer)

**Variants:** you can add different spices (like ginger powder), garlic, onion, fresh herbs, etc. Do not forget to taste and adjust the flavors according to your desires, cooking is pleasure!

## HOW TO DO ?

Take away the juice of the black bean can. Rinse well the beans with water and drain them. Put the beans into a high speed blender. Add the remaining ingredients and blend until you reach a smooth consistency. You can add water (little by little) if the mixture is too thick.

If you don't have a high speed blend, try with a food processor or a hand-held blender.





# GREEN PEA & MINT TARTINADE

Inspired de Cléa cuisine

## INGREDIENTS

200 g **frozen green peas** (or fresh if in season)  
2 to 3 large **handfuls of fresh spinach**  
2 **stems of fresh mint** with a lot of leaves  
1 or 2 **limes** (70 g of juice)  
50 g **almond butter** (or cashew butter if you prefer)  
50 g **pine nuts**  
1 bulb of a **green onion** (or a garlic clove for those who prefer)  
1 pinch of **unrefined sea salt**  
Ground **black pepper**

## HOW TO DO ?

Defrost the green peas by leaving them 4 to 6 hours at room temperature before making the recipe (overnight is perfect). You can also heat the peas in a saucepan with a small amount of boiling water for a few minutes to defrost the peas.

Meanwhile, spread the pine nuts on a baking sheet and bake them in the oven for a few minutes (grill mode at 180 ° C). Be careful, it darkens quickly! You can also dry roast them in a frying pan, stirring regularly so the pine nuts don't burn.

In a high speed blender, blend all the ingredients until you get the desired texture.

This spread can be used on whole bread that you will have previously toasted or simply as a dip served with vegetable sticks.





# MEAT-FREE BALLS

GREEN PEAS & VEGAN PARMESAN

## INGREDIENTS

2 to 4 servings

1 **flax « egg »** (1 tbsp ground flax seeds mixed with 2 tbsp of water. Let the flax seeds expand while preparing the recipe)

2 **medium garlic cloves**

2 cups of **frozen green peas** (approx. 300 g)

50 g **tomato concentrate** at 28% (2 large tsp)

30 g **sun-dried tomatoes** (sun-dried not preserved in oil)

1/3 cup plant-based raw **parmesan** ([recipe available on the blog](#))

1/3 to 1/2 tsp **unrefined sea salt**

Ground **black pepper** / 1 pinch of **chili flakes** / 1/2 tsp **Paprika**

1 tsp dried **Herbes de Provence**

3 tsp (35 g) **chickpea flour**

## HOW TO DO ?

Prepare the flax « egg » by grinding the flax seeds and mixing them with the water. Let it soak. Heat a frying pan over medium heat. Once hot, add 1 tbsp of olive oil, the garlic previously minced and the peas. Cook for 5 to 8 min. Then add the tomato concentrate, and roughly mix for 20 to 30 sec. Place the mixture in a food processor, add the dried tomatoes and spices. Process to get a kind of coarse paste (if your food processor is too small, proceed in 2 times). In a bowl, add the mixture obtained, and add the flax « egg », the raw parmesan and the chickpea flour. Using a spoon or spatula, mix together to obtain a thick mixture. Using your hands, form balls. Once all the balls are formed, heat a frying pan. Once hot, add a tbsp of olive oil. Fried the balls on several sides. Enjoy with a green salad & raw veggies (or any other side and dressing of your choice).





# Raw Chili



## VEGAN CHILI

R A W

### INGREDIENTS

4 servings

#### For the vegetables:

120 g **celery stalk**

100 g **raw zucchini**

30 g **red onion** (3/4 of 1 onion)

120 g **carrot** (~ 2)

3 large raw **mushrooms** (cremini, white or portobello)

75 g **bell pepper** of your choice (green, red or yellow)

100 g **raw corn** (from 1,5 ear)

#### Fresh coriander

For the toppings: avocado, sprouted seeds, green onion...

#### For the sauce:

500 g **fresh and ripe tomatoes**

1 **raw beetroot** (150 g)

40 g **sun-dried tomatoes** (sun-dried, not preserved in oil)

Or 20 g **sun-dried tomatoes** and 30 g **tomato concentrate** at 28%

10 g **red onion** (the remaining 1/4 of the red onion)

1 bulb of a **green onion** (15 g)

1 handful of **fresh parsley or fresh basil**

2 tsp **white miso** (30 g)

1 tsp **Paprika**

1/2 tsp **powdered ginger**

1 tsp **Ras El Hanout**

1 pinch of **Chili flakes**

2 pinches of **Himalayan pink salt** (or any other unrefined salt)

1 or 2 **Medjool ou Sukkary dates** (25 g)

2 tbs (30 g) **Tamari sauce**

30 g **lime juice** (1 lime)

1 tbs **flax seeds**



## Raw Chili



## VEGAN CHILI

RAW

### HOW TO DO ?

#### Prepare the vegetables:

Wash and dice all the vegetable (celery, zucchini, mushrooms, bell pepper, carrot and red onion). Peel and decorticate the corn ear.

Minced the fresh coriander. Set aside in a large bowl.

#### Prepare the sauce:

Wash the vegetables and peel the beetroot. Cut all the vegetables in large pieces and put them into a high speed blender along with the remaining ingredients. Blend until smooth.

Pour the sauce all over the diced vegetables into the large bowl.

Serve with sliced avocado (if in season) on top, raw crackers, fresh herbs, sprouted seeds, etc.



# LASAGNA

RAW

## INGREDIENTS

2 to 4 servings

**Layer #1 - Cashew cream cheese:** see page 12, cashew cream cheese base recipe.

**Layer #2 - Plant-based « Bolognese »:**

200 g **fresh tomatoes**

100 g **carrots**

125 g **red bell pepper**

40 g **celery stalk**

50 g **walnuts**

30 g **sun-dried tomatoes**

**Fresh Thyme** (as desired)

45 g **Medjool ou Sukkary dates** (peeled and pitted, eventually soaked in warm water for 5 min to help remove the skin)

**Layer #3 - Green sauce:**

140 g **frozen green peas** (to defrost overnight) or fresh if in season

10 g **fresh basil** (one large handful)

1 small bulb of a **green onion** (15 g)

35 g **lemon juice**

30 g **white almond butter**

25 g organic **Kale leaves** (destemmed)

**For the lasagna:** 2 or 3 **zuchhinis** depending on their size (preferably organic because we keep the skin here)





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# LASAGNA

R A W

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## HOW TO DO ?

**Layer #1 - Cashew cream cheese:** follow the method page 12

**Layer #2 - Plant-based « Bolognese »:**

In a food processor with a S blade, put all the ingredients and process until you get a more or less coarse « bolognese » texture.

**Layer #3 - Green sauce:**

In a high speed blender, put all the ingredients and blend until you reach a homogeneous consistency.

**For the lasagna:**

Using a mandolin, finely slice the zucchini in the length.

**For the assembly:**

At the bottom of a large mold with rim (or small individual molds), line the bottom with overlapping slices of zucchini. Pour some of the « bolognese » over the zucchini slices as a layer. Cover again with zucchini slices (overlapping), and spread a layer of cashew cheese. Cover again with zucchini slices, followed by the green sauce and finish with a layer of zucchini slices.

Garnish with fresh tomatoes, fresh basil and raw plant-based [parmesan](#) (recipe available on the blog)

**Note:** the order of the layers is to be modulated according to your preferences! You can continue to alternate the layers if there is any preparation left.





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# SWEAT POTATO **RAW WRAPS**

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## INGREDIENTS

400 g raw **sweet potato** (peeled and cut into large pieces)  
40 g **sun-dried tomatoes** (organic and sun-dried, not preserved into oil)  
20 g **yellow onion**  
60 g **Medjool ou Sukkary dates** (previously soaked 5 min into warm water)  
4 tbsp (55 g) **Tamari sauce**  
1/2 tsp powdered ginger  
1/2 tsp **Ras El Hanout**  
**Ground black pepper**  
10 g (1 tbsp) organic **apple cider vinegar**  
200 g **water** (approx. 1 cup)  
120 g **flax seeds** (approx. 3/4 cup)

## HOW TO DO ?

Put all the ingredients into the high speed blend (except the flax seeds) and blend until you reach a homogeneous consistency. Pour the obtained mixture into a large bowl.

Then, grind the flax seeds either with a grinder or a food processor that grinds.

Add the ground flax seeds to the large bowl and mix well. The mixture is going to thicken as the flax seeds expand.

Spread the mixture of the thickness and form desired on your dehydrator trays covered with cooking paper (or Teflex sheet if it is adapted to your dehydrator).

Dehydrate between 7 to 12 hours at 42 ° C until the wraps are dry but still soft.

Cut the side to have smooth and straight edges such as in the picture against.

**Dish suggestion:** spread some [cashew cream cheese](#) over the wraps, garnish with plenty of raw vegetables of any kind (carrot or zucchini spaghetti, fresh herbs, mushrooms, sliced avocado, etc), eventually some [raw parmesan](#). Roll and enjoy!





Raw zucchini wraps (recipe on the side) filled with a beetroot cashew cream cheese, some fresh young spinach leaves, zucchini spaghetti and raw parmesan.

# ZUCCHINI RAW WRAPS

## INGREDIENTS

- 25 g **sun-dried tomatoes**
- 30 g **Medjool ou Sukkary dates** (previously soaked 5 min into warm water)
- 1 **shallot** (20 - 25 g)
- 2 tbsp (25 - 30 g) **Tamari sauce**
- 200 g **raw zucchini**
- 160 g **fresh spinach**
- 1 **lemon juice + water** for a total amount of 115 g
- 1/2 tsp **Chili flakes**
- Ground black pepper**
- 1/3 tsp **powdered ginger**
- 100 g **flax seeds** (either golden, brown or a mix)

## HOW TO DO ?

Put all the ingredients into the high speed blend (except the flax seeds) and blend until you reach a homogeneous consistency. Pour the obtained mixture into a large bowl.

Then, grind the flax seeds either with a grinder or a food processor that grinds.

Add the ground flax seeds to the large bowl and mix well. The mixture is going to thicken as the flax seeds expand.

Spread the mixture of the thickness and form desired on your dehydrator trays covered with cooking paper (or Teflex sheet if it is adapted to your dehydrator).

Dehydrate between 7 to 12 hours at 42 ° C until the wraps are dry but still soft.

**Dish suggestion:** spread some beetroot cashew cream cheese all over the wraps, garnish with plenty of raw vegetables of any kind (spinach leaves, carrot or zucchini spaghetti, fresh herbs, mushrooms, sliced avocado, etc), eventually some [raw parmesan](#). Roll and enjoy!





# TIRAMISU

## DAIRY FREE

### INGREDIENTS

#### For the cake:

70 g **chestnut flour** (or any other kind of flour of your choice: rice, rye, whole wheat...)

35 g **corn starch**

1 tsp (3 g) **baking soda**

1 cup **liquid** (170 g warm water containing 1 tsp of [YANNOH INSTANT](#), an alternative to coffee made from roasted beans (barley and rye), with chicory and acorns)

1/2 tsp **vanilla extract**

25 g **white almond puree**

1 tsp **organic apple cider vinegar** (see notes p 24)

1/2 tsp **unrefined salt**

1 tbsp **sugar-free cacao powder**

50 g **Rapadura sugar** (or brown pure sugar cane)

#### Syrup (for 1/3 cup):

1 tsp **agave nectar**

1 tbsp **Cointreau**

Complete to 1/3 cup with **water**

#### For the plant-based « mascarpone »:

250 g **coconut cream** in brick

140 g **cashew butter** (4 tbsp)

80 g **agave nectar** (4 tbsp)

1 tsp **vanilla extract**

1 tsp **vanilla powder**

2 **soy yogurt** (180 g)

If the texture seems too thick, you can add some vegetable milk.



## HOW TO DO ?

### **Prepare the cake (or simply use Speculoos and go to next step!):**

Preheat your oven at 180°C.

Lightly oil a cake mold and spread some flour (instead of flour, you can also use cacao powder).

In a large bowl, pour the dry ingredients (flour, sugar, corn starch, baking soda and cacao powder). Mix and then add the liquid part (the Yannoh Instant, almond butter and vanilla). Mix well to avoid lumps.

Lastly, add the apple cider vinegar and mix (see note at the bottom of the page). Directly pour the mixture into the cake mold and bake for approx. 30 min (The point of the knife should come out dry).

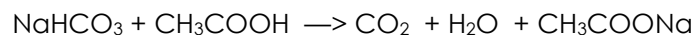
Once out of the oven, let the cake cool down for 10 to 15 minutes and unmold the cake. It may be friable, and it's normal. Using a knife, pierce the top of the cake everywhere and pour the syrup homogeneously with a tablespoon to soak the cake. The syrup makes it soft and slightly sticky to bring unctuousity to the tiramisu.

**Prepare the plant-based « mascarpone »:** mix well all the ingredients together until a homogeneous and fairly thick cream is obtained.

**Assembly:** put pieces of crumbled cake in the bottom of individual verrines / jar, cover with dairy-free « mascarpone » (you can try to make 2 layers of each if the size of your verrines allow it). Reserve for at least one night in the refrigerator for the mascarpone to take.

Sprinkle with cocoa powder on top before serving. Enjoy!

**Note :** The combination of the apple cider vinegar (at 5% of acetic acid) and baking soda is creating an acid-base reaction that produces CO<sub>2</sub> (gas which will inflate the cake), water and acetate ions. Once the reaction is done, if the cake is left longer into the oven, a caramelization reaction will happen between sugars and water. For the scientists among you, here are the acid-base reaction:



**TIRAMISU**  
DAIRY FREE

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# CHOCOLATE FONDANT

DAIRY-FREE, EGG-FREE, GLUTEN-FREE

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## INGREDIENTS

Pour 8 individual molds of 6-cm diameter:

140 g **melted dark chocolate**

200 g **soy cream**

40 g **mineral water**

30 g **whole rice flour**

20 g **corn starch**

40 g **white almond butter**

20 g **agave nectar**

1 pinch of **unrefined salt**

**Suggestions:** serve with a red fruit or mango coulis or a homemade apple sauce.

## HOW TO DO ?

Preheat the oven at **200°C**.

Break the chocolate in pieces, and melt it with the soy cream and water using the double boiler method, stirring regularly to avoid overcooking the chocolate (risk of phase separation with the fat phase).

Meanwhile, weigh the other ingredients and pour them into a bowl. Once the chocolate has melted, pour it into the bowl containing the other ingredients and mix well in order to obtain the smoothest preparation possible. Fill the cupcake molds to the top with the preparation (the dough will not swell) and bake for 5 min (not more!) Do not overcook the fondants in order to get a flowing core and to avoid a too dense texture (the fondants will be more compact as they cool).







My little brother Lukas says Hi :)

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## A THOUSAND THANKS FOR YOUR INTEREST IN PIMP ME GREEN JOURNEY

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The final word: I hope you enjoyed these recipes. If you want more recipes, you can go to the INDEX page of the blog. Please note that I remain at your disposal for any question you may have, so if necessary, do not hesitate to contact me via the contact form on the blog [HERE](#).

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"YOUR TIME IS LIMITED, SO DON'T WASTE IT LIVING SOMEONE ELSE'S LIFE. DON'T BE TRAPPED BY DOGMA - WHICH IS LIVING WITH THE RESULTS OF OTHER PEOPLE'S THINKING. DON'T LET THE NOISE OF OTHER'S OPINIONS DROWN OUT YOUR OWN INNER VOICE. AND MOST IMPORTANT, HAVE THE COURAGE TO FOLLOW YOUR HEART AND INTUITION. THEY SOMEHOW ALREADY KNOW WHAT YOU TRULY WANT TO BECOME. EVERYTHING ELSE IS SECONDARY."

STEVE JOBS, STANDFORD UNIVERSITY 2005

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