

THE RAW ALCHEMIST

MORE THAN 100 RAW AND VEGAN RECIPES FROM ALCHEMY RESTAURANT



SHANTI ALLEN & LESYA PYATNICHKO

Stroll through the idyllic streets of Ubud, Bali and you'll soon hear someone ask, "Have you been to Alchemy, yet?" The raw food destination is drawing foodies and health advocates from all over the globe, and it's no wonder why. With a breakthrough menu of inspired juices and smoothies, decadent desserts and gourmet salads, Alchemy Café has made healthy eating equally indulgent.

From seed to plate, vegetables are harvested daily from their organic farm and all ingredients are made tirelessly from scratch; The Alchemists are leading a return to bygone values, when growing, preparing and eating food was sustainable, and an expression of love for the body, mind and earth.

"The best restaurant ever. Best salad I've had in months."

David "Avocado" Wolfe

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PT. LOVE PEAS AND NUTRITION

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By Alchemy

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THE RAW ALCHEMIST

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ALCHEMY

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FOREWORD

BY GABRIEL COUSENS

I discovered Alchemy Café and their wonderful organic, unprocessed, live food offerings during a retreat I was hosting in Bali, together with my wife. As I enjoyed the food I was acquainted with the key players creating this wonderful fare, and was introduced to their book, *The Raw Alchemist*.

Alchemy Café, and *The Raw Alchemist*, represent a return to a food culture that is a sustainable expression of love for our health and the living planet. With their culinary experience, nutritional knowledge, and devotion to quality, the Raw Alchemists help us upgrade our relationship with food. Their spiritual and holistic approach gives a subtle and unique quality to the food, and to the recipes in this wonderful book. They have added an interesting angle to live food cuisine that originates in the Balinese spiritual awareness, where art merges with food and becomes a true rainbow diet experience.

These recipes touch on the key high notes of a full rainbow cuisine that can serve a variety of tastes and interests. It is an excellent book for the growing number of people who are just waking up to the healing powers of live food, as it introduces live food cuisine in a playful, creative and inspirational way. Also, there is much to commend in the originality of the book and the recipes, so my feeling is that it will also serve as an inspiration for many people who are already experienced in the preparation and eating of live food offerings.

Gabriel Cousens, MD, MD(H), ND(hc), DD, Dip. Ayurveda, Dip. American Board of Integrative Holistic Medicine

Founder and Director of Tree of Life Foundation

Founder and Director of Tree of Life Center US

Founder and Director of Cousens' School of Holistic Wellness

"In each generation we are given the medicine for the healing of that generation. The Raw Alchemist is part of the live food vegan answer for the healing of the planet. It's a great offering, and may you be blessed with the delicious inspiration therein."

Gabriel Cousens, M.D.



AN INVITATION

Be your best self

Bite into the flesh of a juicy tomato still warm from the sun, and lose yourself in its exquisite flavor. Savor its sweet fragrance, its intense red beauty, and the magical sensation of its nutrients being absorbed into your body. If it's something your system wants or needs, your senses will guide you.

The time has come to reimagine our relationship with food. Natural, seasonal ingredients exude life force. When prepared and consumed with intention, they elevate your food's flavor, quality and healthfulness to standards never before experienced.

The doors to the Alchemy kitchen are open, the pantry is stocked and we are waiting to take you by the hand and lead you on a culinary adventure. This is your time to delve into exploration; to eat, drink, and thrive as a Raw Alchemist.

*Meet me at
the farmers' market*

A WORD ABOUT OUR RECIPES

Across these pages span a rainbow of raw vegan ingredients, minimally processed to enhance and preserve their essences. We use fresh, organic fruits, vegetables, nuts, seeds, seaweeds, sprouts, spices, berries and superfoods. We don't use animal products, gluten, dairy or refined white sugar.

WHY RAW?

The benefits of raw food are endless, but the most important are super small, and invisible: Enzymes. 'Living foods' contain loads of 'living enzymes' and because they're alive, they don't survive being cooked. Likewise, experiments show that 60-80% of a food's nutrients are also lost when heated.

WHY VEGAN?

With industrialized practices making 'ethical, sustainable animal farming' a contradiction in terms, vegans choose not to consume animal products. This means no meat, poultry, seafood, dairy or eggs. For some it can also mean avoiding insect-sourced products like honey and bee pollen, and many vegans choose not to use animal materials such as leather, silk, fur, feathers or products that have been tested on living creatures.

Cool Food

Our fresh produce can be chopped, mashed, sliced, stirred, blended dehydrated and warmed, but it can't be cooked, baked, steamed, fried or grilled. That is, none of our recipes involve heating above 43°C (110F).

WHY RAW FOOD IS FABULOUS

*Go raw vegan,
and you'll
never have to
cook again*

Powerfood: Raw plant food is full of vitamins, minerals and antioxidants.

Great digestion, thanks to its living enzymes. This means more energy and happy vibes.

Wanna get high? The life force in raw plants leaves a smile on your dial.

Radically improved health, means a strengthened immune system and unprecedented well-being. Find out how good you are meant to feel.

Cleansing makes you look and feel lighter and rejuvenated.

Alkalizing your body leads to clearer thinking and healing.

Weight management without dieting is not a dream, but a reality.

By buying organic, local produce you cast a vote for sustainable farming and ethical treatment of animals.

A COMPASSIONATE LIFE

Compassion is an ancient concept, but it will never go out of style. Treating others as you would like to be treated makes sense, and the need for this kind of thinking has never been greater. We don't always have time to make dinner from scratch, the discipline to eat 100% raw, or the money to donate to every charity. But we do have the option to consume with compassion. If someone or something suffered in the process, it's simple to say 'no thank you'. In this age, the consumer choices we make matter like never before, influencing global economies, politics, industry, the planet's species, water, soil, air ... and of course, us.





7 STEPS TO HEALTH

1. DO WHAT YOU CAN. It doesn't have to be all or nothing; less-than-perfect is a whole lot better than nothing. Most importantly, *don't let visions of perfection stop you from doing what you actually can do.*

2. CLEANSE. Some food substances contain addictive toxins. If you quit them cold turkey you might suffer headaches or other discomfort as your body flushes them out. However this will only last a few days and presents an excellent opportunity to undergo a juice cleanse, assisting your body in its detox before launching into fresh, clean eating habits.

3. HAVE YOUR CAKE and eat it too...all of it! Food made with loving ingredients is good for you, even if it tastes sinful, so lose the food shame and diet dramas.

4. GOOD HABITS. The secret to success is found in your daily routine. Change the things you do on a daily basis to create lifelong habits that support health and longevity. For many of us, however, really rigid practices are unsustainable, and it's great to loosen up on special occasions.

5. IF YOU FALL OFF THE WAGON and find yourself binging on a bucket of ice cream, there's no need to beat yourself up. Simply enjoy it for the moment it was, and recommit. The fall doesn't need to be followed with a great wallop of self-punishment. In fact, studies show that if you are able to forgive yourself for a lapse, you are much more likely to get back on track with your goals.

6. ONE STEP AHEAD. Of course, you can make it easier on yourself by tossing out all the things in your pantry that don't serve your new objectives. It's much easier to say no to the ice cream if it isn't glittering seductively every time you open the freezer door. Think of the chapter "Ingredients We Love" (page 12-46) as your new shopping manual, and stock your pantry full of raw alternatives. When dining out keep track of restaurants with organic, raw, or vegan options on the menu, so you're not forced to order the garden salad every time.

7. CROWD OUT. Living raw is not about 'giving up' your favorite indulgences, but about adding in and upgrading your food choices, then allowing them to crowd out less optimal ones. Let a piece of raw chocolate crowd out processed versions. Add a delicious smoothie made with fresh fruit and superfoods to your routine. Every time you add in something worthy, you crowd out something that isn't. Like all sustainable habits, it should be automatic, and effortless.

CROWD OUT	UPGRADE TO
Wheat flour	Nut, oat or coconut flour (pages 13, 14, 18)
Bread	Raw bread or crackers (pages 150 - 156)
Potato chips	Kale chips (page 147), or corn chips (page 149)
Parmesan	Rawmesan (page 145)
Cream cheese	Creamy Dill & Onion Dip (page 109) or any cream cheese made with nuts or seeds
Feta cheese	Almond feta (page 125)
Butter	Honey lemon butter (page 23)
Bacon	Coconut bacon (page 145)
Milk	Nut m!lk, seed m!lk (page 71), or coconut m!lk (page 19)
Yogurt	Coconut yogurt or cashew yogurt (page 77)
Ice cream	!ce cream (pages 161-166)
Whip cream	Coconut whip (page 173)
Processed chocolate	Raw chocolate (pages 183-194)
White refined sugar	Xylitol, coconut palm sugar, raw honey, coconut palm nectar, maple syrup, yacon syrup or stevia.
White refined salt	Mineral rich sea salt, pink Himalayan rock salt, Bragg's Liquid Aminos or Tamari.
Plastic bottled water, tap water, fluoride or chlorine treated water.	Living spring water or coconut water.

*"The most essential ingredient
of all homemade food is
love for those
you are making it for."
- Sophia Loren*



INGREDIENTS WE LOVE

The secret to delicious food can be found in the quality of your ingredients, so success as a Raw Alchemist starts with your pantry. Seek out your region's organic farmers, community markets and well-stocked health shops.

What are the specialties in your neighborhood?

We Love

Organic, and cold-pressed alternatives are always preferable to processed and unnatural options.

Do it

Keep your pantry well stocked with the best in wholesome basics, to make healthy food preparation convenient.

Good Habit

Get used to valuing your health, it can take practice! If asked to pay slightly more for organic, non-GMO, raw or ethical goodness, whisper our magic, special mantra: I'm worth it!

Know How

There are a myriad of products branded with misleading words such as 'natural', 'low cholesterol', 'no added sugar', 'fat free', 'enriched', and so on. See through this and go straight to the label, where the true story can be found.

NUTS, SEEDS & GRAINS

Transformed into creamy sauces, rich desserts, crispy crackers and so much more, these tiny energy packs are a raw gastronome's best friend. The options are seemingly endless: cashews and macadamias are valued for their mild taste and creamy texture, almonds for their nutrients and unique alkalizing quality, and walnuts for their brain-boosting omega 3s. But there are many members in this merry tribe. Nuts and seeds will keep for months in a dry, dark pantry, and even longer in your freezer. And because they don't actually freeze, they remain ready for instant use.

We Love HEMP SEEDS

One of the most nutritious and complete foods in existence, hemp has an exceptionally high amount of essential fatty acids. Hemp's omegas 3 and 6 will boost your immune system, give you energy, brighten your mood and make you smarter.

Nutflour can be made with pretty much any nut or seed. It's as easy as grinding dry nuts in a blender or grinder, or, if you have leftover pulp from last nut m!lk batch, you can up-cycle. Simply place a thin layer of the pulp on dehydrator trays lined with Teflex sheets, and dehydrate for approximately 12 hours at 43°C (110°F). Once dry, blend into a fine powder and store in a sealed container in a dry, dark place.

Psyllium husk is the Alchemist's 'secret something', famous for bringing elasticity to raw breads, pancakes and more. Warning: can cause arguments with friends who refuse to believe your light, spongy baked goods are indeed, "raw". Psyllium is an ideal source of soluble fiber, great for intestinal health, lowers cholesterol and strengthens the heart. Most health food stores and supermarkets carry psyllium husk, either powdered or whole. We use the whole husk in our recipes as it's a bit more effective than the powdered version, but powdered psyllium is fine too.



Nuts about you

Chia Seeds are the best known plant based source of omega 3 fatty acids, which make you super-smart. They're also remarkably high in antioxidants, fiber, protein and good calcium.

Buckwheat is not related to wheat. Contrary to the name, buckwheat is not a grain, but a seed. This glute free power food contains lots of high quality, digestible protein, fiber, immune boosting minerals, and is even said to slow down aging. This little non-wheat wonder is found in most grocery stores, and is great in crackers, granolas, breads and cookies. Buckwheat is easy to "activate" (page 15), and becomes even more nutritious if sprouted (page 83).

Rolled Oats are often steam-treated or processed in some way to allow a quicker cooking time. Look for organic raw oats, which contain even more immune-boosting antioxidants. Raw oats are also known for lowering cholesterol and stabilizing blood sugar levels. While gluten-free, some are processed in facilities that treat wheat, so people with intolerances may be sensitive to certain brands and should purchase 'gluten-free oats'.

Oat Flour can be made at home by pulsing rolled oats in a food processor, blender or grinder. It's also easily purchased readymade. Store oat flour in a sealed container in a cool, dark and dry place.



ACTIVATING NUTS N' SEEDS

Raw nuts and seeds are essentially plants waiting to grow, but the reason your pantry hasn't exploded with seedlings is thanks to 'enzyme inhibitors'. When the seeds come in contact with water for a certain period these inhibitors are washed away and the seeds wake up. If you eat them at this stage you'll ingest the same life force that would otherwise make them bloom, and once activated, they're much easier to digest. Activated nuts and seeds are 300% to 1200% more nutritious (amazing, huh?) and can be used as they are, or dehydrated and stored.

makes: 1¼ cup

1 cup nuts or seeds

2 cups water

Rinse the nuts/seeds and place them in a glass bowl, then add the water. Cover the bowl with a clean towel, and let it sit in room temperature. Refer to the guide on the next page for the recommended soaking time. Change the water every 8 hours, if the soaking time is more than this.

Dispose of the water after soaking, as by now it has absorbed the enzyme inhibitors and is unusable.

Rinse the nuts/seeds and store in the refrigerator for use within a day or two. Or, dehydrate at 43°C (110°F) for approximately 24 hours, if you want them dry and crispy.

Activated and dehydrated nuts/seeds will keep for months, stored in a sealed container in a dry, dark place.

SOAKING GUIDE

NUT/SEED	SOAK TIME (HOURS)	NOTE
Almonds	8	
Buckwheat	8	Buckwheat soaks up a lot of water, so be sure to add enough. Got slimy groats after soaking? Don't worry, this is totally normal and easy to rinse off.
Cashews	1 - 4	Cashews don't have enzyme inhibitors, so we soak to ensure they're clean and creamier once blended.
Chia Seeds	1 - 4	Typically chia seeds are not drained after soaking. Soak them in the liquid you intend to consume them with.
Flax Seeds	8	Flax seeds get gooey when soaked and are impossible to drain, so best to embrace it. The goo is also great for recipes requiring binding.
Hemp Seeds		Hemp seeds don't have enzyme inhibitors, so soaking is not required
Macadamia Nuts	1 - 4	Macadamias don't have enzyme inhibitors, so we soak to ensure they're clean and creamier once blended.
Mustard Seeds	24	When the soaking time is long it's good to change the water every 8 hours.
Pecans	8	Some nuts, especially walnuts and pecans, may contain fungi. For these guys it's great to add 1-2 tsp food grade hydrogen peroxide* to the water. Soak for 20 minutes, rinse thoroughly, and soak again in pure water for the recommended time.
Pine Nuts	1 - 4	Pine nuts don't have enzyme inhibitors, so we soak to ensure they're clean and creamier once blended.
Pumpkin Seeds	4	
Sesame Seeds	4	
Sunflower Seeds	4	
Walnuts	8	Some nuts, especially walnuts and pecans, may contain fungi. For these guys it's great to add 1-2 tsp food grade hydrogen peroxide* to the water. Soak for 20 minutes, rinse thoroughly, and soak again in pure water for the recommended time.

**3% food grade hydrogen peroxide is nature's perfect cleanser, composed only of water and oxygen, it wipes out germs and microorganisms via oxidation. Simply put this non-toxic disinfectant in a spray bottle and apply it to your worktops, kitchen utensils, mirror, hands, or whatever you wish to clean. It can also be added to the soaking water of nuts or seeds to eliminate traces of fungi.*

ALFALFA SPROUTS

One of the oldest cultivated plants in history, the ancient Arabs were so convinced of the seed's benefits they named it 'Alfalfa', meaning the 'father of all foods'.

makes: 8 cups

1/4 cup alfalfa seeds

1 cup water



Rinse the alfalfa seeds and place them in a clean glass bowl or jar. Add the water and cover the jar with a clean towel. Soak the seeds for about 8 hours or overnight.

Rinse and drain the seeds and place them either in a fine mesh sieve, on a sprouting tray or in a sprouting bag, and leave them to start growing.

Rinse and drain the sprouts 2-3 times per day for 4 days. From day 5, continue rinsing twice a day, but relocate the sprouts to indirect natural light to encourage photosynthesis to take place, turning the sprouts green. They should be fully grown by day 6. Store in the refrigerator for up to 7 days.

Sprout Up

Drain the water from activated nuts or seeds and keep them moist to watch the magic unfold. When tiny tails begin to appear, they've officially graduated into sprouts! At this stage of their cycle the sprouts are brimming with enzymes and vitality. These little guys are a concentrated natural source of minerals, vitamins, enzymes and protein, and can grow indoor year-round. Most seeds can be sprouted, including alfalfa, mung bean, sunflower, pumpkin, fenugreek, clover, buckwheat and lentils.

CRAZY ABOUT COCONUT

Meet the star of the Alchemy kitchen. We use coconut in every form you can imagine (including coconut milk, butter and young coconut flesh), as rich, creamy alternatives to dairy. Dried shredded coconut makes a great base in place of flour and nuts. Coconut oil is also a fabulous alternative to butter, a great stabilizer in desserts and a nutritional supplement. We even use coconut palm leaves to make our take-away containers!

Dried Shredded Coconut

As the most popular coconut product, you can find it in any grocery store. We make our own by shredding mature coconut, spreading on dehydrator trays lined with Teflex sheets, and dehydrating at 43°C (110 °F) for approximately 12 hours.

Dried Shaved Coconut

Same as above, only in larger flakes.

Coconut Flour

Make your own by grinding dried shredded coconut in your blender or food processor. You can also buy coconut flour readymade.

Coconut Oil (see page 33)

Mature Coconut

Easily distinguishable by their golden brown (rather than green) exterior husks, mature coconuts have sweeter water than young coconuts, but far less of it, as by this stage the liquid has been mostly absorbed into its meat.

Young Coconut Flesh and Water

Coconut water is full of vitamins, electrolytes, minerals, and enzymes. It's the ultimate sports drink, hangover remedy and anti-ageing elixir.

And The Amazing Coconut Flesh...

Scoop out the white, gelatinous flesh from inside, trimming off any bits of brown residue with a paring knife. Use within a day or two, or store it in the freezer. If the flesh is hard, chances are you have a mature coconut with meat that's better suited for shredding.



COCONUT MILK

You can find cans, jars or cartons of coconut milk in practically any supermarket. Look for gum-free and BPA-free brands without emulsifiers, preservatives or thickeners. Ideally, the only ingredients should be coconut and water. Better yet, make your own coconut milk in two simple steps. The leftover pulp can be used in crackers, energy balls, crusts and cookies.

makes: 2 1/2 cups

1 1/2 cups dried shredded coconut
3 cups water

Put the coconut and water in a blender and blend for about 1 minute or until smooth. Strain through a nut-milk bag or fine mesh sieve. Use the milk in smoothies, desserts and sauces.

COCONUT BUTTER

Not to be confused with coconut oil, the butter is thick and white (non-transparent), and entirely made up of dried coconut. Use this amazing product in chocolates and desserts, or as a spread on bread and crackers. Or when no one's looking, devour it with a spoon.

makes: 2 cups

5 cups dried shredded coconut

Put the coconut in a blender, blend for a couple of minutes, and voilà—you have your smooth, creamy butter.

Store in a sealed container in the refrigerator, where it will set solid. Before using, gently melt it in a double boiler.



mature
coconut

coconut
milk

dried
shredded
coconut

coconut
butter

shaved
coconut

Condiments You'll Relish

NUT & SEED BUTTER

It's easy to find raw, organic nut and seed butters in health food shops, but it is also easy to make your own if you have a good quality food processor. Nut butters keep for months in the refrigerator.

makes: about 1 cup

2 cups nuts or seeds

1/2 teaspoon salt

Put the nuts and salt in a food processor and grind, stopping once in a while to scrape down the sides. Continue grinding and scraping until it turns into a creamy butter. The process may take between 10 and 20 minutes, depending on the efficiency of your food processor.

We Love BLACK TAHINI

For extra nutrition, make sesame butter (tahini) with black sesame seeds. Plant foods with dark pigments are known for their anti-ageing compounds, not to mention striking appearance, adding a great visual accent to your plating.



*pumpkin seed
butter*

black tahini

hazelnut butter

almond butter

cashew butter

HONEY LEMON BUTTER

This is a great replacement for butter and yummy to spread on breads and crackers, or to melt over your pancakes.

makes: 1 cup

1/2 cup honey

1 teaspoon finely grated lemon zest

1/2 cup coconut oil, melted if solid

Whisk all of the ingredients in a mixing bowl until combined. Place in the refrigerator for about 5 minutes then whisk again until re-combined, and place back in the refrigerator for another few minutes. Repeat as many times as necessary until the mixture has turned into a solid butter.

Be sure to whisk frequently so the ingredients don't solidify while separated; the oil and honey should be homogenized as they solidify.

Store in a sealed container in the refrigerator for up to 1 month.



LEMONGRASS SAMBAL

Drumroll please... In this book you will find many of our bestselling, world-renowned dishes, but this unassuming little sambal is our number one favorite recipe of all. This condiment transforms dishes from bland to sensational, so whether you spread, sprinkle, mix or smear it... just promise us you'll try it!

makes: 1 1/2 cups

1 cup (150g) finely chopped
lemongrass

1 teaspoon salt

2 small shallots, chopped finely

2 cloves garlic, chopped finely

2 red chili peppers, chopped finely
(deseeded if you prefer less spice)

5 kaffir lime leaves, chopped finely

1/4 cup coconut oil, melted if solid

Massage the lemongrass with the salt
for about 10 minutes or until softened.

Add the remaining ingredients and
mix until combined. Serve on your
salad, or as a condiment to enhance
any meal. Store in a sealed container
in the refrigerator for up to 3 days.



TOMATO SAUCE

This easy-to-make-at-home condiment is a good substitute for ketchup, allowing you to avoid the high fructose corn syrup found in most commercial brands.

makes: 1 1/2 cups

2 cups (300g) sun-dried tomatoes
1 cup water
3 tablespoons honey
2 tablespoons olive oil
3 tablespoons apple cider vinegar
1 tablespoon salt

Put all of the ingredients in a blender and blend until smooth.

Store in a sealed container in the refrigerator for up to 10 days.

SUN-DRIED TOMATOES

Make yours at home by spreading sliced tomatoes on dehydrator trays lined with Teflex sheets, and dehydrating at 43°C (110 °F) for approximately 24 hours. Homemade dried tomatoes need to be rehydrated before using. Place the dried tomatoes in a bowl, cover in water, and let soak for at least 20 minutes. If the recipe calls for water to be added then use the soaking liquid for more flavor.

DIJON MUSTARD

You can buy organic mustard or make your own using yellow mustard seeds. Mustard seeds require 24 hours soaking time so plan ahead. Change the soaking water every 8 hours (page 16).

makes: 2 cups

1/2 cup yellow mustard seeds,
soaked and drained
1/3 cup apple cider vinegar
1/3 cup honey or sweetener of choice
1 tablespoon ground turmeric
1/2 cup water
1 tablespoon salt

Put all of the ingredients in a blender and blend until smooth. Transfer to a sealed container and place in the refrigerator for a few days to allow the flavors to age.

Mustard seeds contain a natural preservative, so this condiment will keep for several months in a sealed container in the refrigerator.

[illegible]

1 cup olive oil

Once smooth, continue blending while adding the olive oil in a slow and continuous drizzle. Store in a sealed container in the refrigerator for up to 7 days.



FABULOUS FERMENTATION

Fermenting is a traditional way to preserve food, giving it a delicious, sour flavor. In addition to the benefits of preservation and taste, there are lots of other reasons to get culturing:

- The fermentation process produces probiotic ‘friendly’ bacteria, crucial for a healthy tummy.
- These little friends promote a flourishing digestive system, which in turn prevents Allergies, Asthma, Candida, IBS and many other conditions.
- Fermenting enhances the nutritional content of the food.
- It also increases the enzyme content, which supports the body’s ability to absorb those extra nutrients.
- The probiotic bacteria preserve the food so it keeps for months (sometimes up to a year) in your refrigerator.

PINK SAUERKRAUT

makes: about 15x350ml jars

2 heads (about 1.5kg each) red cabbage sliced thinly

1 head (about 1.5kg) white cabbage sliced thinly

2 tablespoons salt

2 carrots, shredded

1/4 cup finely chopped ginger

4 cloves garlic, chopped finely

2 red chili peppers, sliced thinly (deseeded if you prefer less spice)

Massage the red and white cabbage in a very large bowl with the salt for about 10 minutes, or until the cabbage starts to become juicy and soft. Add the carrot, ginger, garlic and chili and mix well. Transfer the sauerkraut (including all liquid) to a large crock or pot. Pack tightly so that the juice seeps up to the surface, as you want to submerge the cabbage under the brine. If any pieces of cabbage remain uncovered or exposed to the air, the wrong type of bacteria (mold) can grow. To ensure the cabbage stays under the juice, cover it with a plate and use

something heavy, such as a jar filled with water, to weight it down. Cover the kraut with a towel and let it sit at room temperature for 6 to 12 days, depending on the temperature of the room. The warmer the room temperature the faster fermentation will occur. Check regularly to ensure that the sauerkraut is covered by the brine. You can tell when it’s ready by tasting. Transfer to smaller sterilized (page 31) jars and refrigerate. Sauerkraut will keep for several months in the refrigerator. For more recipes with fermentation see coconut yogurt (page 77), and almond feta (page 125).



Good Habit

Studies show that children who regularly eat fermented foods develop fewer allergies. Even as little as one tablespoon of sauerkraut per day is shown to strengthen their immune systems.

Know How

Use only glass, clay or wooden utensils and vessels for fermented food. Metal interferes with the growth of the friendly bacteria.



PICKLED CUCUMBER

makes: about 5 x 350ml jars

1kg cucumber, sliced (or use whole baby cucumbers)
2 bay leaves
4 cloves garlic, whole peeled
1 cup fresh dill, with stems
2 teaspoons whole black peppercorns
1 teaspoon yellow mustard
2 tablespoons coconut palm nectar or sweetener of choice
1/4 cup salt
3 cups apple cider vinegar
1 cup water

Layer the cucumber, bay leaves, garlic, dill, peppercorns and mustard seeds tightly in sterilized glass jars. Whisk the palm nectar, salt, vinegar and water in a jug until dissolved, and then pour the vinegar mixture over the cucumbers until covered.

Top up with a little extra water and vinegar if required. Seal the jars and let the cucumbers pickle for about 3 days in the refrigerator prior to using. These will last for a few months in the refrigerator.

Know How

STERILIZING A GLASS JAR

Option 1: Wash the jar thoroughly with dishwashing liquid and water. Rinse well and place in an adequately sized pot or bowl. Pour hot water in and around it, then let it sit for a few minutes. Rinse with cold water.

Option 2: Run the jar through a heavy duty cycle in the dishwasher.



OILS

Coconut oil is a very useful and versatile product for Alchemists. It makes a great stabilizer for raw cakes and desserts because it becomes solid when chilled, and can also be added to smoothies and drinks for its health benefits. Coconut oil contains antiviral, antimicrobial and antibacterial properties. It is rich in antioxidants and known to lower cholesterol. And get this: the fatty acids in coconut oil actually boost the metabolism, thereby promoting weight loss. Look for cold pressed, virgin coconut oil and avoid deodorized, refined and bleached options. Store in room temperature in a dark and dry place. The melting point of coconut oil is around 20°C (70°F). In cold climates it will get solid, so submerge the bottle in hot water for a couple of minutes to gently liquefy the oil. If you fall off the 'raw wagon', coconut oil is definitely the best option for cooking and frying. Able to endure high temperatures without changing chemically or reaching its smoking point, this is a very stable oil. And an insider tip: it makes great (ahem, edible) massage oil as well.

Toasted sesame oil. OK, so it's not technically raw but, just a little goes a long way and it adds wonderful flavor to Asian dishes in particular.

Olive oil is made by crushing and pressing olives, so its quality is largely dependent on the processing method used. Cold pressed Extra Virgin olive oil is best, as only low heat has been applied to extract the oil and it's been bottled after the first stage of pressing, thereby retaining more nutrition and flavor. We recommend using olive oil on salads, in dressings and for drizzling on a variety of savory raw or cooked dishes. Cooking with olive oil should be avoided as it has a low smoking point, diminishing its nutrition and allowing unwanted substances like acrylamide to form. Olive oil is sensitive to heat and light, so store it in a cool, dark place.

Flax seed oil is an excellent source of omegas 3 and 6, and mostly used as a nutritional supplement by adding a spoon or two to your everyday diet. It should not be heated. We recommend drizzling this beautiful, bright yellow oil on your salad. Flax oil is good for your health, fertility, and lowers cholesterol. It can heal inflammation and it's also great for the skin and joints, whether you consume it or apply it topically. Use it to soothe eczema, acne, psoriasis and sunburn. Flax oil has a short shelf life of only a few months, so store it in the refrigerator and remember to consume before the expiration date.

Cacao butter is a beautiful, pale yellow fat extracted from the cacao bean and has amazing antioxidant properties. With a mild chocolate flavor and aroma, it is often mixed with cacao powder and sweetener to create raw chocolate, cakes, cookies and other treats. Look for 100% pure, cold pressed, and organic cacao butter without preservatives. The butter can also be used as a massage oil and skin moisturizer. Cacao butter also has very long shelf life, lasting for up to a year in your pantry.

Know How

MELTING CACAO BUTTER

Before use, cacao butter needs to be melted in a double boiler (bain-marie). Heat water in a saucepan on the stove until hot, but not boiling, then turn the heat off. Crush the cacao butter into small pieces and put in a heat-proof bowl. Place the bowl on top of the pan with its base submerged in the hot water. Stir occasionally until the cacao butter has melted.

SPICE MIXES & FLAVOR FIXES

Salt comes in many forms. We use Celtic sea salt, pink Himalayan salt, or any other sundried, natural, unprocessed and mineral rich crystal salt. You can find good salt at most health food shops. Switching from processed salt to mineral rich salt is a simple, effortless and incredibly beneficial upgrade. Good salt actually lowers blood pressure, helps your body rid itself of toxic heavy metals, balances your pH levels, increases hydration and improves circulation. Refined white salt, on the other hand, is chemically bleached, depleted of all minerals, and treated with anti-caking agents and other substances that are best avoided. The easiest way to tell if your salt has minerals is by its color. Unrefined salt is never bright white. It can be off-white, gray, pink or any other color, depending on the trace minerals it contains.

Smoked salt will enhance the flavor of your favorite savory dishes with a touch of BBQ smokiness, and it's completely vegan. Look for smoked salt rather than smoke flavored salt, to avoid unnatural flavor additives.

Tamari is a gluten free, wheat-free version of soya sauce, made with fermented soy. Buy the organic option to make sure it's not made with genetically modified soybeans. If you can't find Tamari, you can use soya sauce, nama shoyu or Bragg's Liquid Aminos.

Miso is a traditional Japanese soybean paste used to give depth and flavor to soups, dressings, sauces and marinades. As with anything that contains soybeans, make sure you buy organic, otherwise it may be genetically modified. Also avoid the pasteurized version and invest in the enzyme-rich product, which is loaded with beneficial probiotics. You can find miso in different colors, such as white, yellow, red, brown and black, as well as miso made with rice, barley, chickpeas and other grains, if you want to avoid soy.

Bragg's Liquid Aminos is a great substitute for Tamari and soya sauce. Also gluten free, this condiment is made with non-GMO soybeans. Use in salads, dressings, veggies and sauces.

Nutritional yeast might not sound mouthwatering, but it adds a delicious, cheesy flavor to dairy-free dishes. Blend it into sauces, dressings, dips, spreads, soups, or sprinkle on top of your salad or meal. Available as flakes or powder either option works well and comes packed with vitamin B, proteins and amino acids. Stored in a sealed container in a dry place, nutritional yeast can keep for up to a year. If you can't find nutritional yeast it's OK to leave it out of recipes that require small amounts. White miso makes for a good flavor substitute, but add less salt when seasoning to compensate.

Ginger juice can be made by running fresh ginger through a juicer. You don't even need to peel the root, just wash it thoroughly. Store the juice in a sealed jar in the refrigerator and it will keep for about 7 days.

Super quick ginger juice is great when you only need a small amount. Simply shred fresh ginger on a manual grater, and squeeze out the juice with your fingers.

Essential oils live up to their name in our kitchen, adding an essential depth of flavor that makes a good dish, a great one. We mostly use peppermint, orange and lemon essential oils from Young Living and Doterra.

For cold pressed, organic flavor essences, Medicine Flower is our favorite brand. We use mainly chocolate, raspberry and hazelnut flavor, but they've packed the entire Garden of Eden into their range, including peach, mandarin, caramel, almond, coconut, coffee, jasmine, kiwi, rum, walnut violet, and the list goes on. Whichever brand you go with, make sure the essential oils and essences you use are food grade and natural.



CHAI SPICE

It is said that every family in India has its own chai recipe, and we like to think our aromatic kitchen has come up with a version worthy of the most scrupulous Hindi grandmother. For the best flavors possible, buy whole spices and grind them in your blender, spice grinder or mortar and pestle.

makes: 1 1/3 cups

1/2 cup ground cinnamon

1/2 cup ground cardamom

1 1/2 tablespoons ground cloves

1 tablespoon ground ginger

1 tablespoon grated or
ground nutmeg

1 tablespoon ground star anise
(optional)

Combine all of the ingredients in a small bowl and mix well. Store in a sealed container in a dry and dark place for up to 6 months.



VANILLA EXTRACT

makes: 1 cup

5 whole vanilla beans, split in half lengthways

1 cup vodka, bourbon or brandy



Place the vanilla beans in a sterilized mason jar and pour the vodka on top, making sure all the tips of the vanilla pods are submerged. Close the lid tight and keep in a dark, dry place for 4 weeks to infuse. Once in a while, give it a shake. As long as the vanilla beans are kept submerged beneath the alcohol, this extract can last for years.

BUDGET TIP

Save scraped-out vanilla pods as they have plenty of flavor left to give, and can be used to make vanilla extract. When using spent vanilla pods in place of fresh ones, add more and leave them to infuse for longer.

We Love VANILLA BEANS

While they can be hard to source raw (and the accompanying price tag might cause heart palpitations) the flavor vanilla beans add to drinks and desserts is pretty unbeatable. Look for plump, soft beans. To store, wrap your beans in plastic wrap and place in an airtight container, then keep in a cool, dark and dry place. Do not store your vanilla beans in the refrigerator, as this can make them moldy. To open the bean, split it lengthways with the tip of a small, sharp knife and scrape out the sticky seeds.

NATURE'S SWEETENERS

Maple Syrup is made from tapping the sap of the Maple tree, but it's boiled to evaporate excess moisture and therefore not considered a raw ingredient. We still love it for its unique, beautiful flavor, and even heated it contains some valuable nutrients. Choose the 100% pure, less processed option and watch out for imitations. Store in the refrigerator after opening.

Honey is one of few sweeteners that is easy to source raw, however many don't consider it a vegan ingredient because it's produced by bees. At Alchemy we're OK with it, as long as the honey's been purchased from local beekeepers, devoted to the art and craft of ethical honey production. It should be 100% pure and raw to preserve its countless health benefits.

Coconut Palm Nectar is made from a sap harvested from the blossoms of the coconut palm tree, which is then boiled and evaporated into a concentrated, thick syrup. Although it's not a raw product, it is one of our favorite sweeteners. Compared to others, coconut palm nectar is packed with nutrition, low glycemic and high in minerals. Our taste for this nectar has been long lasting; it's believed to be the earliest form of man-made sweetener.

Coconut Palm Sugar is technically not raw, but often used in the raw kitchen nonetheless as a relatively low glycemic sweetener from the coconut palm tree. Some recipes call for palm sugar powder to make it easier to dissolve, so place the sugar in a dry blender or grinder and process for about 1 minute, or until it turns into a fine powder.

Know How

Honey is anti-bacterial and can be used topically on scrapes and sore places. However these same properties hamper the growth of good bacteria too, so keep it out of any foods that require fermentation.



Yacon Syrup is a thick, caramel tasting syrup made from the Yacon root from South America. Low glycemic and low calorie, it's known for speeding up the metabolism to encourage weight management. That's right, this ultimate sweetener can actually make you lose weight! It's best to source raw, organic, 100% pure yacon syrup to ensure nothing weird has been added.

Xylitol (birch sugar) is extracted from the birch tree, a unique, zero glycemic sweetener that's actually good for your teeth. Studies have shown Xylitol can prevent and reduce diabetes, and contributes to keeping blood sugar levels low and stable. Just note that not all brands are raw.

Some recipes call for powdered xylitol that's easier to dissolve. Simply place the sugar in a dry blender or grinder and process for about 1 minute, or until it turns into a fine powder.

Stevia: This South American herb is up to 300 times sweeter than white sugar, and you can find it as a liquid or in powdered form, where only a tiny pinch is required to sweeten an entire recipe. Stevia powders and liquids have different levels of sweetness, so make sure you don't use too much, and use your taste to season each recipe. The best news? This sweetener has no calories, and is zero glycemic. Aside from being every calorie-counter's dream, this also means it has no effect on blood sugar levels, as it doesn't even register in the body as sugar.

DATE PASTE

makes: 2 cups

2 cups (280g) seeded dried dates,
chopped coarsely

1 cup water

Cover the dates with the water in a bowl and set aside to soak for 30 minutes. Transfer the dates and soaking water to a blender and blend until smooth. Store in a sealed container in the refrigerator for up to 10 days.



Superfoods

FOR SUPERBEINGS

Raw Cacao or the ‘King of Superfoods’ comes in many shapes and forms, and at Alchemy we use them all. Beans, nibs, butter, paste, powder—you name it, we love it. No matter what form you use, make sure it’s raw. Raw cacao is the most nutritionally complex food on the planet, with hundreds of healing properties, including antioxidants to boost your immune system and magnesium for strong bones. But this wonder food goes way beyond general health to be soul nourishing as well. Containing the neuro-transmitter anandamide, this miraculous food will leave you feeling blissed out, body and mind.

Carob Powder is a delicious, caramel tasting superfood, often used as a caffeine-free substitute for cacao powder. Make sure it’s raw to reap the benefit of its antioxidants, iron, magnesium, protein and calcium. Carob is also great for digestion and is a known remedy for an upset stomach.

Turmeric Root is a medicinal root similar to ginger, but bright orange on the inside. Fresh, the root can be juiced or blended into drinks. Dried and powdered, turmeric is used as a spice that gives a dish a gorgeous yellow color. Whether you drink it or sprinkle it, turmeric strengthens your immune system, increases red-blood cell formation, and can remedy a whole host of bodily complaints.

Bee Pollen is a nutritionally complete food that could sustain you indefinitely, even if it was the only thing you ate. Richer in proteins than any animal source and containing more amino acids than beef, eggs, or cheese, pollen offers the perfect boost for any busy-bee. Bee pollen is not considered vegan because it is produced by bees for bees, but we use it sparingly and with gratitude.

Goji berries are pink, chewy little drops of goodness, full of antioxidants, vitamin C and iron. Goji berries strengthen your immune system, make you happier and are also said to be a natural aphrodisiac.

Maca Root Powder has become popular for increasing libido and fertility (an interesting, if not dangerous combination) and its high levels of protein. This miracle powder includes adaptogens, which are said to stabilize psychological processes and balance hormones.

Lucuma Powder is made from a tasty Peruvian fruit that’s known locally as the “Gold of the Incas”, and it’s no wonder why. It’s delicious caramel flavor makes this a versatile addition to desserts, and one that comes with a free dose of antioxidants, fiber and healthy carbohydrates.



IRISH MOSS GEL

Irish Moss is a seaweed that grows in the Atlantic and Pacific oceans. The raw food religion worships this algae for two reasons: firstly, it's an amazing thickener or stabilizer to use instead of gelatin. This makes raw vegan ice creams, desserts and even savory dishes much smoother. But convenience aside, raw Irish moss is a superfood in its own right, bursting at the seams with important trace minerals and nutrients such as magnesium, potassium, iodine, sulphur, iron, protein, calcium, and even vitamin B12.

makes: 3 cups

2 cups (150g) Irish moss
water for soaking

1/2 - 1 cup water for blending
(not the soaking water)

Rinse the moss thoroughly and cover in water. Set aside and allow to soak for approximately 5 hours, then drain and discard the soaking water. Put the soaked moss in a blender with a little fresh water and blend until smooth. Use as little water as possible, as the thicker the gel the better.

Store in a sealed container in the refrigerator for up to 10 days.

Try it

Irish moss gel is also a great skincare product. Use topically as a moisturizer or facemask to promote a healthy, hydrated and glowing complexion. It's also known to heal skin conditions such as eczema, rashes, psoriasis and sunburn.



Edible Flowers give a dull dish flower power. Great in salads, desserts, beverages, chocolate, tea and as garnish, literally hundreds of species are available for your use. Want to impress your hipster friends? Try freezing flowers in ice cubes and serving in lemonade. Some of the most common edible flowers are calendula, clover, arugula flower, basil flower, chamomile, lavender, squash blossom, violet, marigold, dandelion and roses. But our favorites are the nasturtium and borage flowers, for great peppery flavors beyond just their good looks.



TOOLS OF THE TRADE

High speed blender: The blender trumps the stove as the centerpiece of the raw food kitchen, and the majority of the recipes in this book require one. We recommend you get a ‘high speed’ model, which will last longer, make your foods smoother, and comes with the additional capacity to grind your ingredients. Blendtec and Vitamix are the brands we use.

Tamper: This plastic poker pops through a hole in the blender lid and allows you to direct ingredients towards the blades while the blender is running. It’s great for recipes that don’t contain a lot of liquid, like ice cream or nut butter. Most high speed blenders come with a tamper, and it should always be used with the lid secured in place to ensure it doesn’t come into contact with the blades.

Personal blender: Also called a ‘Bullet’ blender, this little dynamo is fantastic for blending smaller quantities. It makes life a whole lot easier when your regular blender is too big, and the ingredients end up on the bottom, unmixed, while the blades spin away above them. You can also use a personal blender to grind up spices and seeds. We’ve found the Tribest models to be our favorite over the years.

Mandolin: Slice, julienne or grate ingredients quickly, easily and precisely. A mandolin will save hours of your time, and ensure your handwork is worthy of the finest Michelin eatery. Our favorite brand is Benriner.

Spiralizer: Also known as a ‘turning slicer’, this tool can take some practice to perfect but it’s great at transforming vegetables like zucchini, carrot, beets and daikon into super fun long noodles. Simply peel or wash your vegetable and cut into about 10cm (4 inch) pieces, and secure in place. Apply constant pressure to the handle while turning it, and watch your veggies transform into ribbons. Our favorite brand is Benriner.

Nut milk bag: While a cheesecloth will do the same trick, a nut milk bag makes the straining job less of a...strain. Simply blend soaked nuts or seeds in fresh water and pour the mix through the bag. If you don’t have a juicer, you can make vegetable juice in your blender by blending vegetables and greens with water, and straining the pulp out through your nut milk bag as well. But the fun doesn’t end there: nut milk bags are also great for sprouting (page 17).

Juicer: Cold press juicers operate at a lower speed than centrifugal juicers, and are therefore better at retaining beneficial enzymes and nutrients. They are more suited to extracting juice from leafy greens, usually have a higher yield and produce juice that lasts longer when stored. We recommend brands such as Omega, Champion, Hurom and Green Star. On the flipside, centrifugal juicers can be quicker and easier to use and are generally less expensive.

Dehydrator: Yes, we love dehydrators, the ‘ovens’ of raw cuisine. They’re used to slow-dry food with gentle heat over a longer period, preserving nutrients and locking in flavors. Crispy or chewy snacks such as cookies, breads, wraps, dried fruits and vegetables are all possible with this fun piece of equipment. Our dehydrator of choice would be the Excalibur, and most come with a set of mesh screen inserts that keep items from dropping through the spaces in the trays.

Teflex Sheet: It might sound like a cowboy’s yoga mat, but these baking sheets are actually used to line the trays in a dehydrator, and prevent foods from sticking and dripping. Teflex sheets are required for spreading crackers, pancakes, cookies, granola, fruit leathers and so much more. Bottom line: without them the variety of recipes you can make is drastically reduced. They can also be useful out of the dehydrator for things like chocolate truffles, which need to set after dipping.



*Sorry for
what I said
while on
my juice cleanse*

A JUICY TRUTH

Homemade fruit and vegetable juice provides an instant blast of enzymes, vitamins and antioxidants. It also stimulates cell regeneration, helps restore the alkaline balance and supports the body's ability to heal. When you drink raw juice you're allowing the nutrition to assimilate into your cells without the digestion system having to do as much work. Instead, your body can focus its energy on cleansing, healing and rejuvenating.

We Love

Fresh is best; drink as soon as possible after it's been made.

Good Habit

Absorb even more goodness on an empty stomach.

A Little Tip

Cold pressed is optimal, because the enzymes are still alive. (See page 46 for more information about juicers)

Know This

Organic isn't just a marketing ploy, when it comes to juicing it's a must. Juicing concentrates large amounts of nutrients, but if your produce has been grown with pesticides then the toxins will be concentrated too.

CLASSIC GREEN JUICE

This recipe has been with us since the day Alchemy Cafe opened in 2011. Dark green leafy vegetables like spinach, parsley and kale contain loads of chlorophyll, which is a powerful, rejuvenating boost for your body.

serves: 3

2 cucumbers

5 apples

1 stalk celery with leaves

1 bunch parsley, with stems

1 bunch spinach, with stems

1 bunch kale, with stems

1 lime, juiced

Chop the cucumber, apple, celery, parsley, spinach and kale into manageable pieces and run through a juicer. Strain through a sieve if you prefer pulp free juice. Mix in the lime juice and serve.

V9

Minus the preservatives, pasteurization, and the aluminum can.

serves: 3

3 stalks celery, with leaves

3 carrots

6 tomatoes

1 red bell pepper

1/4 cucumber

handful parsley, with stems

handful spinach, with stems

1 small pinch ground cayenne pepper

1 teaspoon olive oil

1/4 teaspoon salt

Chop your produce into manageable pieces and run through a juicer.

Strain through a sieve if you prefer pulp free juice. Stir in the cayenne, olive oil and salt and enjoy.



TURMERIC TONIC

Fresh turmeric root looks a lot like its relative ginger, but sliced open it reveals a wonderful orange center. This traditional medicine is famous for eliminating illness and inflammation, and is thought to cure just about anything.

serves: 3

4 carrots, chopped

4 cm piece ginger

6 cm piece turmeric root, peeled

10 oranges, squeezed

Run the carrot, ginger and turmeric through a juicer. Mix in the orange juice and strain through a sieve if you prefer pulp free juice.

BASIL LIPS

serves: 3

3 cucumbers

1 pineapple, peeled

1 bunch basil with stems

1 lime, juiced

Chop the cucumber and pineapple into manageable pieces and run through a juicer with the basil. Strain through a sieve if you prefer pulp free juice. Mix in the lime juice and enjoy.

THINK PINK

serves: 3

1 pineapple, peeled

1/2 beetroot, peeled

1/4 watermelon, peeled

1 lime, juiced

Chop the pineapple, beetroot and watermelon into manageable pieces and run through a juicer. Strain through a sieve if you prefer pulp free juice. Mix in the lime juice and sip on it throughout the evening. Then make some more!



basil lips

think pink

turmeric tonic

FENNEL LOVE

If you aren't familiar with this delicious vegetable, here's a super easy way to get on a first name basis.

serves: 3

8 apples

1 1/2 cucumbers

1 fennel bulb

1 lime, juiced

Chop the apple, cucumber and fennel into manageable pieces and run through a juicer. Strain through a sieve if you prefer pulp free juice. Mix in the lime juice and enjoyt



WARNING!

The following symptoms have been reported by live subjects across the world. Drinking fresh, organic juices may result in:

- Reduced appetite for candy bars and potato chips
- Disappearance of unpleasant body odor and bad breath
- A deep sense of emotional stability and a feeling of general “awesomeness”
- Mental clarity and awareness of unprecedented levels
- Healthy, glowing skin
- Rejuvenation as toxins are flushed from the body
- Improved digestion
- Surges of energy sustained throughout the day
- A strong desire walk barefoot and hug trees
- Hair that’s shiny, thick and lustrous
- A sudden increase in complimentary statements from strangers and friends
- Increased stamina in the bedroom, and all other rooms (kitchen and garden included)

A top-down photograph of a glass bowl filled with fresh raspberries and blueberries. The bowl is positioned in the lower right quadrant. To the left of the bowl is a large, irregular pile of crushed ice, which appears to be melting. The entire scene is set on a light-colored wooden surface with visible vertical grain lines. A semi-transparent pink circle is overlaid in the upper right area, containing the text "Fruit is fast food" in a white, cursive font.

*Fruit is
fast food*

SUBLIME SMOOTHIES

Full of goodness and with nothing artificial, this chapter proves that you don't need milk or dairy to make a delicious smoothie.

We Love

Make a batch of nut m!lk (page 71) every couple of days and keep it in the fridge. It's a great staple to add to smoothies, tea, sauces, etc. Shake before using.

Save Time

No time to make nut m!lk? Substitute with water and a spoonful of nut butter, and add to your blender with the rest of the smoothie ingredients.

A Little Tip

Leftover nutm!lk, or coconut m!lk? Pour it into ice cube trays and place in the freezer; frozen cubes are a great addition to iced coffee, m!lk-shakes or your next smoothie. Yum!

Good Habit

Load up your blends with superfoods for an easy way to get those good things into your system.

We Love

Store cut-up fruit in the freezer. It makes smoothies delicious and cold, without diluting the flavor with ice. It's also a great way to save excess fruit before it spoils in your fruit bowl.

Try it

Leftover smoothie? Make fruit roll-ups! Spread a thin, even layer of the leftover mixture on a dehydrator tray lined with a Teflex sheet, and dehydrate for 12 hours. Gently peel off the sheet and roll up in parchment paper for a chewy, nutritious treat that's great for little ones.

BEE HERE NOW

Richer in protein than any animal source, and containing more amino acids than beef, eggs or cheese, bee pollen offers the perfect boost for any busy-bee.

serves: 3

2 cups water or coconut water

2 cups (300g) frozen chopped mango

2 passion fruits (pulp only),
or 1/2 cup passion fruit purée
(fresh or frozen)

2 teaspoons honey

2 teaspoons bee pollen + extra
for garnish

Put all of the ingredients in a blender and blend until smooth. If you are using fresh passion fruit pulp you may like to strain the smoothie through a fine mesh sieve to remove the seed fragments. Garnish with a sprinkle of bee pollen and get buzzing.

We Love PASSION FRUIT PURÉE

Scoop out the passionfruit pulp and blend, then strain through a fine mesh sieve to remove seed fragments.

Pour the purée into ice cube trays and place in the freezer. These store well when frozen, and are super convenient to grab and add to any recipe in need of a sweet, exotic twist, minus the seeds.

CAROB CARAMEL

serves: 3

3 cups (390g) sliced and
frozen banana

3 cups almond m!lk, or
other nut/seed m!lk (page 71)

1/4 cup carob powder

2 tablespoons cacao powder

seeds of 1 vanilla bean

1/2 teaspoon ground cinnamon

pinch salt

Put all of the ingredients in a
blender and blend until smooth.
Serve immediately.

We Love

CAROB POWDER

Substitute carob one-for-one in any
recipe that calls for cacao. Or use half
cacao powder and half carob powder
to add new depth to a recipe's flavor.
Carob is great in truffles, brownies,
energy balls, chia pudding, nut m!lk
and smoothies (see more on page 41).



bee here now

*piña
colada*

*carob
caramel*



PIÑA COLADA

serves: 2

3 cups (330g) chopped and
frozen pineapple

1 1/2 cups coconut milk (page 19)

1/4 cup coconut palm nectar or
liquid sweetener of choice

seeds of 1 vanilla bean

2 teaspoons coconut oil,
melted if solid

pinch salt

Put all of the ingredients in a blender
and blend until smooth. Serve im-
mediately.

GREEN MUSTACHE

Everyone knows green is the new black, but if a green colored mo' isn't your thing, we suggest you find a straw.

serves: 3

2 cups (260g) sliced
and frozen banana

2 cups freshly squeezed orange juice

2 tablespoons coarsely
chopped ginger

2 teaspoons lemon juice

2 teaspoons spirulina powder

pinch salt

Put all of the ingredients in a blender
and blend until smooth.

Serve immediately.

We Love SPIRULINA

This magical superfood has everything your body needs, with the exception of vitamin C. Combine it with a vitamin C rich orange juice, and you've fulfilled all your nutritional needs in a single glass. Get in the habit of adding spirulina to any smoothie, as it slows down aging and purifies your blood; the key to radiant skin.



MANGO LASSI

serves: 2

2 1/2 cups (375g) chopped and frozen mango

2 cups coconut milk (page 19)

2 tablespoons coconut palm nectar or liquid sweetener of your choice

Put all of the ingredients in a blender and blend until smooth. Sit back and enjoy while dreaming of the Taj Mahal.

LOLLIPOP

serves: 2

2 cups freshly squeezed orange juice

1 1/2 cups (200g) sliced and frozen banana

2 drops food grade orange essential oil (or 2 teaspoons finely grated orange zest)

2 teaspoons vanilla extract (page 38)

2 teaspoons beetroot juice for color (grate the beet and squeeze out the juice)

Put all of the ingredients in a blender and blend until smooth. Serve immediately.

PEPPERMINT KISS

serves: 2

1 cup (130g) sliced and frozen banana

1 1/2 cups cashew milk, or other nut/seed milk (page 71)

1/2 cup loosely packed fresh spinach

1/2 cup loosely packed fresh mint leaves

2 drops food grade peppermint essential oil

seeds of 1 vanilla bean

Put all of the ingredients in a blender and blend until smooth. Serve immediately.



BERRY-CADO

serves: 2

STRAWBERRY LAYER

1 1/2 cups (270g) frozen strawberries
1/2 cup water
1 tablespoon honey
1 1/2 teaspoon lemon juice
1/2 teaspoon vanilla extract (page 38)

AVOCADO LAYER

1 1/2 cups (200g) coarsely
chopped avocado
1/3 cup cashew m!lk, or other
nut/seed m!lk (page 71)
3 tablespoons honey
1 tablespoon lemon juice
1 teaspoon vanilla extract (page 38)
1/3 cup ice
pinch salt

For the strawberry layer, put all of the ingredients in a blender and blend until smooth. Pour into serving glasses, filling each half way.

Rinse out the blender and add all of the ingredients for the avocado layer. Blend until smooth. Gently pour atop the strawberry layer, until you have a pretty two-tone drink. Enjoy immediately.

We Love AVOCADO

There are so many reasons to revere this fruit; its high content of healthy, unsaturated fat is beneficial to your body in so many ways, lowering cholesterol, slowing down aging, and strengthening your heart.

Still not head over heels? When added to a salad with tomatoes, carrots or spinach, the fat in the avocado increases the body's ability to absorb the nutrients of its natural friends. And, this happy helper is the ultimate equalizer, helping you to gain weight if you need it and shed weight if you don't.



ROYAL RASPBERRY

This is decadence in a glass, but you don't have to feel guilty indulging. To enjoy a beautifully sweet flavor and maximum anti-oxidants, use berries that are fully ripe.

serves: 2

CHOCOLATE SYRUP

1/4 cup cacao powder
1/4 cup maple syrup or liquid
sweetener of choice
1 teaspoon vanilla extract (page 38)
1/4 teaspoon salt

RASPBERRY SMOOTHIE

1 cup (135g) frozen raspberries +
extra for garnish
1 cup (130g) sliced and
frozen banana
1 1/2 cups almond m!lk or other
nut/seed m!lk (page 71)
2 teaspoons vanilla extract (page 38)

Combine all of the ingredients for the chocolate syrup in a bowl and whisk until smooth. Transfer the syrup to a piping bag or a squeeze bottle with a fine nozzle.

Put all of the smoothie ingredients in a blender and blend until smooth. Drizzle some of the chocolate syrup along the inside of each serving glass, then pour in the raspberry smoothie, take an Instagram photo, and serve.





*If you want
breakfast in bed
sleep in the kitchen*

RISE & SHINE

'Breakfast' literally means to "break your fast", referring to your empty stomach after a full night's sleep. Unless you've been making midnight raids on the kitchen your digestive system should have had at least nine hours of rest, with your body now in 'cleanse mode'. Pre-breakfast is the perfect time to support your body in its daily detox, so enjoy a big glass of water shortly after rising to flush your system ahead of a nutrient dense meal. A splash of lemon juice or apple cider vinegar in your drink will also help kick-start your day.

Variation

For a sugar-free start, replace liquid sweetener with stevia powder. Each Tbsp of liquid sweetener can be substituted with approximately 1 pinch stevia powder. Note that stevia powders have different levels of sweetness, so make sure you don't overdo it and season to taste.

Good Habit

Organize your breakfast the night before. There's nothing like waking up to a jar of chia pudding in the fridge, fermenting cashew yogurt on the counter, or honey oat bread warm out of the dehydrator. Activating nuts the night before makes for easy milk preparation.

Fastfood Breakfast for 2

Slice a watermelon in half. Serve with 2 spoons.

Try it

Here's a controversial idea: skip breakfast altogether! Breakfast is important for a great start to the day, however a meal laden with wheat, gluten and dairy puts your metabolism back to sleep. Easing into the day by eating light or fasting until noon provides a nice break for the digestive system. However, only do this if you feel your digestive system needs a break, and make sure you drink lots of nutritious liquids.

Save Time

On busy days keep breakfast simple. Nature's fast food: fruit, provides an optimal start and requires next to no time in the kitchen.

Good Habit

Add a splash of raw apple cider vinegar to your glass of water and drink before breakfast, for a digestion boost and alkalizing start to your day.

NUT M!LK

Almost any kind of nut or seed (such as cashews, almonds, macadamias, hazelnuts, brazil nuts, hemp seeds, sunflower seeds, sesame or pumpkin seeds) can be blended to make creamy, delicious, dairy free milk. For maximum health benefits they should be ‘activated’ first, meaning soaked in pure water to get rid of enzyme inhibitors, thus increasing their nutritional value. Soaking the nuts and seeds also makes them easier to blend and results in a creamier m!lk. For information on various soaking times, refer to the guide on page 16. You can store nut m!lk in the refrigerator up to 2 days, but be sure to shake before using.

makes: 3 1/2 cups

1 cup nuts or seeds, soaked
and drained (page 15-16)
3 cups water (not the soaking water)
1 tablespoon coconut palm nectar or
sweetener of choice (optional)
seeds of 1 vanilla bean
1/4 teaspoon salt

Blend the soaked nuts and fresh
water until smooth. Strain through a
fine mesh sieve or a nut milk bag
(save the pulp for future use).
Pour the m!lk back into the blender
and add the sweetener, vanilla seeds
and salt, then blend briefly. Chill and
serve.

A LITTLE TIP

At Alchemy we save our leftover nut
pulp for cakes, cookies, brownies and
breads. Dehydrated pulp can be
ground to a fine flour, or kept in the
freezer and incorporated fresh once
thawed.

INSTANT M!LK

This recipe for instant m!lk takes just a few seconds, and doesn’t require any soaking or straining.

makes: 3 1/2 cups

3 1/2 cups water
3 tablespoons nut or seed butter
(page 21)

1 tablespoon coconut palm nectar or
sweetener of choice (optional)
seeds of 1 vanilla bean
1/4 teaspoon salt

Put all of the ingredients in a blender
and blend until smooth.
Chill and serve.



CAROB M!LK

makes: 3 1/2 cups

3 1/2 cups nut or seed m!lk (page 71)

2 tablespoons carob powder

2 tablespoons maple syrup or
sweetener of choice

seeds of 1 vanilla bean

pinch salt

Put all of the ingredients in a blender

and blend until smooth.

Chill and serve.

STRAWBERRY M!LK

makes: 4 cups

3 1/2 cups nut or seed m!lk (page 71)

1 cup (120g) strawberries

2 tablespoons honey or sweetener of
choice

seeds of 1 vanilla bean

pinch salt

Put all of the ingredients in a blender

and blend until smooth.

Chill and serve.

HAZELNUT M!LK

makes: 4 cups

3 1/2 cups nut or seed m!lk (page 71)

1/4 cup hazelnut butter (page 21)

1/4 cup maple syrup or sweetener
of choice

1 tablespoon cacao powder

3 drops Medicine Flower hazelnut
extract (optional)

seeds of 1 vanilla bean

1/4 teaspoon salt

Put all of the ingredients in a blender

and blend until smooth.

Chill and serve.



ICED CHAI

makes: 4 cups

1 cup nuts (we use almonds, cashews or macadamias), soaked and drained (page 15-16)

3 cups water or your favorite tea

1/4 cup maple syrup or sweetener of choice

1 1/2 tablespoons chai spice (page 37)
seeds of 1 vanilla bean

1/4 teaspoon salt

pepper, to taste

1 cup ice (optional)

Put the nuts, water or tea in a blender and blend until smooth. Strain through a nut milk bag or a fine mesh sieve. Pour the liquid back into the blender and add all of the remaining ingredients. Pulse until the ice is crushed. Serve immediately.

Variation WARM CHAI

On chilly days leave out the ice and warm up the chai in a small saucepan on the stove. Or, if you have a powerful blender, you can leave it blending until the blade friction warms it up. Keep the temperature under 43°C (110°F) to keep it 'raw' and preserve the nutrients.



COCONUT YOGURT

makes: 2 1/2 cups

1 probiotic capsule (page 78)
2 cups (400g) young coconut flesh
1 cup water
2 tablespoons coconut palm nectar
or sweetener of choice (not honey)
2 teaspoons vanilla extract (page 38)
1 teaspoon lemon juice
seeds of 1 vanilla bean
1/2 teaspoon salt

Open the capsule and empty the contents into a blender. Add the remaining ingredients and blend until smooth. Pour into a sterilized (page 31) glass bowl and cover with a clean towel. Leave the yogurt to ferment at room temperature for 12-24 hours. When the yogurt is ready it will have thickened slightly and become sour. The best way to tell if it is ready is to taste it.

Place the yogurt in the refrigerator and allow to set and thicken for at least 6 hours before serving. Store in a sealed container in the refrigerator for up to 10 days.

Know How

As an anti-bacterial, honey doesn't promote the growth of bacteria, so keep it out of any foods that require fermentation.

Variation CASHEW YOGHURT

makes: 2 1/2 cup

1 1/2 cups cashews, soaked and drained (page 15-16)
1 1/2 cups water
1 teaspoon lemon juice
2 tablespoons coconut palm nectar
or sweetener of choice (not honey)
1 tsp vanilla extract (page 38)
seeds of 1 vanilla bean
1/2 teaspoon salt
1 probiotic capsule (page 78)

Put all of the ingredients, except the probiotic capsules, in a blender and blend until smooth. Open the capsules, empty the contents into the blender and blend briefly. Pour into a sterilized glass bowl and cover with a clean towel. Leave the yogurt to ferment at room temperature for 12 - 24 hours. Allow to set and thicken in the refrigerator for 6 hours before serving. Store in a sealed container in the refrigerator for up to 10 days.



We Love PROBIOTIC CAPSULES

These magic pills are helpful culture starters when making fermented foods such as vegan yogurt or cheese. There are various products available, and you can use either capsules or powder. Make sure they contain at least one of the most common probiotic bacteria such as acidophilus, bifido, bulgaricus or thermophiles. Also make sure the bacteria culture is active, and vegan, if that is your preference. We can recommend Klaire Labs Ther-Biotic Complete powder and Nature's Way Primadophilus Reuteri.

SPIRULINA YOGURT

makes: 3 cups

2 1/2 cups coconut
or cashew yogurt (page 77)
1 (about 200g) banana, peeled
1/2 teaspoon spirulina powder

Put all of the ingredients in a blender
and blend until smooth.

BLUEBERRY YOGURT

makes: 4 cups

2 1/2 cups coconut
or cashew yogurt (page 77)
1 cup fresh or frozen blueberries
1/4 cup coconut palm nectar or
sweetener of choice
seeds of 1 vanilla bean

Put all of the ingredients in a blender
and blend until smooth.

Variation

Instead of blueberries, try raspberries, cherries, strawberries or black currants. Or a berry mix.



spirulina yogurt

strawberry yogurt

cashew yogurt

blueberry yogurt

BERRY BASIL JAM

makes: 2 cups

1 cup (120g) strawberries, quartered

1 cup (120g) mixed berries,
fresh or frozen

1 tablespoon honey
or sweetener of choice

1 teaspoon finely grated orange zest

1/2 teaspoon vanilla extract (page 38)

2 tablespoons fresh basil leaves,
sliced thinly

1 tablespoon psyllium husks
or 1 1/2 tablespoons chia seeds

pinch salt

Put all of the ingredients in a small bowl and mix gently. Place in the refrigerator for approximately 1 hour to marinate and thicken. Store in a sealed container in the refrigerator for up to 7 days.



ZESTY CITRUS GRANOLA

makes: 8 cups

DRY MIX

3 cups rolled oats
2 cups (about 300g) sliced fresh fruit
(we use pineapple, papaya and apple)
1 cup dried shaved coconut
1 cup mixed dried berries
(we use goji berries and cranberries)
1 cup nuts, chopped coarsely
(we use almonds)
1 cup fresh mint leaves,
chopped coarsely

GLAZE

3/4 cup freshly squeezed orange juice
or any fruit juice
1/3 cup nut butter (we use almond
butter) (page 21)
1/4 cup honey
2 teaspoons lemon juice
1 tablespoon orange or lemon zest
seeds of 2 vanilla beans
1/2 teaspoon salt

Combine all of the ingredients for the dry mix in a bowl and mix well. Put all of the ingredients for the glaze in a separate bowl and whisk until combined. Pour over the dry mix and stir well until the oats are thoroughly coated with the glaze. Spread over two dehydrator trays lined with Teflex sheets and dehydrate at 43°C (110°F) for approximately 24 hours or until dried out. Store in a sealed container in a cool dry place for up to 2 months.

Variation

ZESTY GRANOLA BARS

Press the granola firmly into a square or rectangle pan or container and dehydrate at 43°C (110°F) for approximately 12 hours. Remove the granola from the container and continue dehydrating another 12 hours, then cut into bars. Makes for a great snack on the go.

ONLY THE BEST ZEST

When ingesting the peel it is extra important to avoid sprayed fruit, so stick to organic oranges and lemons when zesting.

CHOCO BUCKWHEAT SPRINKLE

makes: 8 cups

1/2 cup cacao powder, sifted
1/2 cup maple syrup or liquid
sweetener of choice
1 tablespoon coconut oil,
melted if solid
2 teaspoons grated fresh ginger
2 teaspoons vanilla extract (page 38)
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
2 cups buckwheat, soaked and
drained (page 15-16)
1 cup pecans or walnuts,
chopped coarsely
1/2 cup cacao nibs
2 bananas, sliced
2 cups dried shaved coconut

Whisk the cacao powder, maple syrup,
coconut oil, ginger, vanilla, cinnamon
and salt in a bowl. Add the buck-
wheat, nuts and cacao nibs and mix
well. Spread over two dehydrator trays
lined with Teflex sheets, then place
the banana slices over the top in a
single layer. Dehydrate at 43°C
(110°F) for approximately 24 hours.
When the buckwheat is crispy and
banana completely dried, remove from
the dehydrator, crumble and toss with
the dried coconut.

Store in a sealed container in a cool
dry place for up to 2 months.

SPROUTING BUCKWHEAT Rinse the buckwheat groats and place them in a clean glass bowl or jar. Add enough water to cover the groats, plus a bit. Cover the jar with a clean towel, secured with a rubber band. Soak for about 8 hours or overnight. Drain and rinse the groats, place them in a fine mesh sieve or on a sprouting tray and leave them to do their thing. Rinse the sprouts a couple of times per day until you can see their tiny tails start to grow. Use in any recipe calling for sprouted buckwheat. You can also dehydrate them for about 24 hours after sprouting, and store in a sealed container. Sprinkle on cereal, toss with your trail mix, or just munch on.



*zesty citrus
granola*

*choco buckwheat
sprinkle*

*zesty granola
bars*



choco buckwheat
sprinkle
(page 83)

blueberry
yogurt
(page 79)

zesty citrus
granola
with nut m'l!k
(pages 71, 82)



strawberry yogurt
(page 79)

chia pudding
(page 87)

cashew yogurt
(page 77)

iced chai
(page 75)

banana
pancakes
(page 89)

BERRY CHIA PUDDING

serves: 6

4 cups nut or seed m!lk (page 71)

3/4 cup chia seeds

seeds of 1 vanilla bean

1/2 teaspoon salt

2 pinches stevia powder

4 cups (about 600g) mixed berries
(we used strawberries, cherries,
raspberries and blueberries)

Whisk the m!lk, chia seeds, vanilla, salt and stevia in a medium bowl. Cover and place in the refrigerator to soak and thicken for 1 hour, re-whisking from time to time. Mash the berries roughly and spoon into 6 serving glasses. Pour the chia pudding on top and serve.

We Love CHIA SEEDS

With three times more antioxidants than blueberries, double the protein of any other seed or grain, and richer in omega 3 than salmon, no wonder chia is so revered. This high-endurance seed is also a great source of highly assimilable calcium, and will hydrate the body if soaked prior to eating.



BANANA PANCAKES

makes: 15 mini pancakes

1 cup oat flour
1 cup almond flour
1/2 teaspoon baking soda
2 cups (260g) sliced banana
1 1/2 cups almond m!lk (page 71)
2 tablespoons coconut oil,
melted if solid
1 1/2 teaspoons salt

Mix the oat flour, almond flour and baking soda in a bowl. Put the banana, almond m!lk, coconut oil and salt in a blender and blend until smooth. Pour over the oat mix, and stir gently until combined.

Pour about a quarter of a cup of batter for each pancake on dehydrator trays lined with Teflex sheets. Spread out with an angled spatula to about 1 cm thick, or to desired thickness.

Dehydrate at 43°C (110°F) for about 2 hours, before turning over, and dehydrating for another 1-2 hours or until golden brown on the surface and still moist on the inside. Serve warm out of the dehydrator with maple syrup, coconut whip (page 173), chocolate syrup (page 67), berry basil jam (page 81), and/or fresh berries. Dust with powdered xylitol for extra sweetness and dazzle.

Know How

To make oat flour or almond flour, simply process rolled oats or almonds in a blender or grinder until super fine.

*If I call you honey,
will you make me banana pancakes?*



Peace begins
on your
plate



SOUPS N' SIDEKICKS

They may be small and light, but when it comes to flavor and impression these dishes are whopping. We've included our best appetizers, side dishes and soups to get you in the mood for the main event.

Try it

Raw soups are great for when you are cleansing or fasting. You get the satisfaction of a meal without giving your body solid foods to digest.

Variation

Turn these appetizers into full-sized meals by increasing the portion size, or combining with a soup.

A Little Tip

If you have a high speed blender you can let your soup blend a bit longer, until the friction of the blade makes it warm. Just make sure it doesn't get too hot if you want to keep it raw (and preserve your blender motor).

MISO NOODLE SOUP

One of Alchemy's signature dishes is this hearty miso, also known as a 'hug-in-a-bowl'. Curl around this on a winter's day to warm up from the inside out. Served at just under 43°C (110°F), it's still raw and full of enzymes.

serves: 6

7 cups water

1 cup light miso paste

2 teaspoons toasted sesame oil
(not a raw product)

1/2 zucchini,
peeled and spiralized

1/2 carrot, spiralized

1/2 cup wakame, cut into strips and
soaked in water for 10 minutes

handful fresh cilantro leaves

small handful chive sprigs,
finely chopped

1 tablespoon black sesame seeds

Put the water, miso and sesame oil in a large saucepan and whisk while warming over very low heat. Keep the temperature below 43°C (110°F) to preserve its live enzymes. Pour into serving bowls and add the zucchini and carrot noodles, wakame and cilantro. Sprinkle with chives and sesame seeds and serve warm.

Know How

CHECK THE TEMPERATURE

Use your (clean) index finger to check the temperature of your warm soups, drinks or food.

If you are able to dip your fingertip without discomfort it means the food is still raw and nutrients are intact. Or use a thermometer to ensure it's below 43°C.

A Little Tip

If you don't have a spiralizer you can use a mandolin, vegetable peeler, or sharp knife to cut thin, long noodles.



TOMATO SOUP

Raw soups suit the most slovenly chefs; no cooking time or dirty pots and pans, simply blend and serve. It's as easy as making a smoothie.

serves: 4

Olive oil, for drizzling
Rawmesan (page 145), to serve

SOUP

10 tomatoes, cut into quarters
1 cup (150g) sun-dried tomatoes
1 cup water
1 tablespoon apple cider vinegar
3 tablespoons coarsely
chopped onion
1 clove garlic, chopped coarsely
1/2 teaspoon ground paprika
1/2 teaspoon pepper
1 teaspoon salt

Put all of the ingredients for the soup in a blender and blend until smooth. You may need a tamper (page 45) to gently push the ingredients down toward the blades while blending.

Spoon the soup into serving bowls and drizzle with olive oil. For an extra flavor and texture hit, add a sprinkle of Rawmesan.

Store leftover soup in a sealed container in the refrigerator for up to 3 days.



COOL AVOCADO SOUP

serves: 4

SOUP

3 avocados
peeled and seeded
4 cucumbers, peeled and cut into
chunks
1 cup fresh dill
1 shallot,
chopped coarsely
2 tablespoons apple cider vinegar
2 teaspoons salt

TOPPINGS

1 avocado, peeled, seeded and
chopped finely
1 shallot, chopped finely
2 radishes, sliced thinly
4 sprigs fresh dill

Put all of the ingredients for the soup in a blender and blend until smooth. You may need a tamper (page 45) to gently push the ingredients down towards the blade while blending. Spoon the soup into serving bowls and sprinkle with the topping ingredients. Best served fresh.



BREEZY BRUSCHETTA

serves: 6 as an appetizer

6 pizza crackers (page 150)

2 tomatoes, sliced or chopped

1/4 cup olives, pitted and sliced

1 tablespoon mixed fresh Italian herbs, chopped (we use parsley, marjoram, thyme, oregano and basil)

pinch pepper and salt

olive oil, to drizzle

fresh oregano, to garnish

PESTO

2 cups basil leaves

1/2 cup olive oil

1/2 cup pine nuts or walnuts

2 cloves garlic, chopped coarsely

2 tablespoons lemon juice

1 teaspoon salt

Pulse all of the ingredients for the pesto in a food processor until chunky. Spread the pesto on the crackers, add the tomato and sprinkle with olives, herbs, salt and pepper. Drizzle with the olive oil, garnish with the oregano and serve immediately.

Variation

Replace the pizza crackers with any of your favorite bases.



POMELO LEMONGRASS TARTARE

serves: 8 as an appetizer

POMELO SALSA

1 1/2 cups lemongrass sambal
(page 25)

2 cups pomelo segments, crumbled
into small pieces

handful fresh cilantro leaves,
chopped coarsely

MAYONNAISE FILLING

1 cup mayonnaise (page 28)

2 cups pomelo salsa (see above)

2 cups (200g) finely
chopped cauliflower

1 cup (130g) finely chopped daikon

1 cup (120g) finely chopped carrot

AVOCADO CHUNKS

4 avocados, peeled, seeded and cubed

juice of 1 lime

salt, to taste

Put all of the ingredients for the pomelo salsa in a bowl and mix well. Reserve 2 cups for using in the mayonnaise filling, and set aside the remaining salsa for the top of each serving.

Combine all of the ingredients for the mayonnaise filling in a bowl and mix well. Splash the avocado chunks with the lime juice and sprinkle with salt.

For each serving, place a 10cm ring mold in the center of a serving plate and fill halfway with cubed avocado. Add a layer of the mayonnaise filling and top with the reserved pomelo salsa. Remove the ring mold to serve. If you don't have a ring mold you can serve the tartare in a big messy pile; it tastes just as good.

We Love POMELO

Available at most Asian or Latin American markets year round, Pomelo is a citrus similar to grapefruit, but bigger and sweeter. The enveloping membranous skin surrounding the segments is tough and bitter, and should be peeled off.



VIETNAMESE SPRING ROLLS

makes: 6 rolls

COCONUT WRAPPERS

3 cups (about 600g) young coconut flesh (from 4-6 coconuts)

3 cups (300g) peeled and coarsely chopped zucchini

SESAME DIP

1/2 cup tahini

3/4 cup tamari

1/4 cup honey

1/4 cup toasted sesame oil
(not a raw product)

3 tablespoons apple cider vinegar

1 red chili pepper, coarsely chopped
(deseeded if you prefer less spice)

FILLING

1/2 small jicama, julienned

1/2 carrot, julienned

1/2 cucumber, julienned

1/2 yellow bell pepper, julienned

1 leaf red cabbage, sliced thinly

1/2 mango, julienned

1/2 cup (50g) mung bean sprouts

handful fresh cilantro leaves

Put all of the ingredients for the coconut wrappers in a blender and blend until smooth. Spread an even, thin layer on dehydrator trays lined with Teflex sheets (about 1 cup per tray), then dehydrate at 43°C (110°F) for about 8 hours or until firm, but still flexible.

Put all of the ingredients for the sesame dip in a blender and blend until smooth.

For each roll place a small pile of the vegetables, mango, sprouts and cilantro in a line across one edge of a coconut wrapper. Then, tuck the filling in while rolling up the wrap tightly. Cut diagonally into 3 pieces. Repeat with the remaining wraps and fillings. Serve with the sesame dip on the side.

Store any unused dip in a sealed container in the refrigerator for up to 10 days.

Variation

If you don't have young coconut flesh for the wrap, you can substitute with 3 cups of mango or papaya.

A Little Tip

Use double wrappers to make the coconut rolls less fragile. Place one coconut wrapper directly atop the other before assembling the rolls.



PUMPKIN CARPACCIO

serves: 4 as an appetizer

3 cups (100g) arugula leaves,
hard stems removed

1/4 cup green olives, sliced

2 tablespoons pine nuts

olive oil, to drizzle

MARINADE

1 cup freshly squeezed orange juice

2 tablespoons olive oil

2 teaspoons lemon juice

2 teaspoons honey

2 teaspoons fresh oregano leaves,
chopped finely

2 teaspoons fresh thyme leaves

1 teaspoon fresh rosemary,
chopped finely

1-2 teaspoons salt, to taste

pinch white pepper

VEGGIES

2 cups (240g) thinly sliced fresh
pumpkin, sliced on a mandolin

1 yellow bell pepper, sliced thinly on a
mandolin

1 small shallot, sliced thinly

Whisk all of the ingredients for the
marinade in a bowl, then fold in the
pumpkin, bell pepper and shallot,
until completely coated. Cover and
place in the refrigerator for 24 hours
to marinate.

To serve, make a bed of the arugula
on a large serving plate, drain the
marinated pumpkin and veggies and
then spread over the top of the
leaves. Sprinkle with the olives and
pine nuts, and finish with a drizzle of
olive oil.



WALNUT TAPENADE

makes: 2 1/2 cups

2 1/2 cups (400g) green or black olives, pitted

1 cup walnuts

1/2 cup mixed fresh herbs
(we used parsley, cilantro, thyme, basil and tarragon)

1/4 cup (35g) sun-dried tomatoes, chopped coarsely

1/2 red chili pepper, sliced thinly
(deseeded if you prefer less spice)

2 cloves garlic, chopped finely

1 teaspoon pepper

1/4 cup olive oil

1 teaspoon lemon juice

Add all of the ingredients to a food processor and purée until textured, without being too chunky. Serve on bread, crackers or fresh vegetables.

Know How

To activate the walnuts, soak them in water for 8 hours. This rids them of enzyme inhibitors, increases their nutritional value and makes them easier to digest (page 15-16).



We Love OLIVES

Loaded with wonderful healthy fat and vitamin E, olives make your skin beautiful. They're also packed with protein and the best kind of calcium, which is easy for your body to absorb. Straight off the tree they're bitter and need to be cured to become edible, but modern processing methods vary in nutritional value. Least desirable are canned, pasteurized olives that have been treated with chemicals. The best are either water-cured, sea salted, or sun-dried.

MUSHROOM ASPARAGUS MEDLEY

serves: 4 as an appetizer or side dish

SESAME MARINADE

2 tablespoons olive oil or cold pressed sesame oil

1/2 tablespoon toasted sesame oil (not a raw ingredient)

3 tablespoons Bragg's Liquid Aminos

1 teaspoon apple cider vinegar

1 clove garlic, bruised

2 tablespoons finely chopped ginger

1 teaspoon sesame seeds

VEGGIES

15 pieces green asparagus, trimmed and cut in half

2 yellow or green zucchinis, cubed

15 cherry tomatoes, halved

1/2 small onion, chopped

2 bell peppers, cubed

8 button mushrooms, quartered

1/4 cup fresh parsley leaves, chopped

Whisk all of the ingredients for the marinade in a bowl. Pour over the veggies and marinate for about 30 minutes. Drain the veggies and transfer to a dehydrator tray lined with a Teflex sheet. Dehydrate at 43°C (110°F), for at least one hour or until softened slightly.



FRESH DILL CREAM ‘CHEESE’

makes: 8 people happy

2 1/2 cups cashews or macadamias,
soaked and drained (page 15-16)

2 tablespoons white miso

2 tablespoons lemon juice

1 teaspoon salt

1 cup water

1/4 onion, chopped finely

1/4 cup fresh dill, chopped

2 cloves garlic, chopped finely

assorted vegetables, to serve

fresh herbs and edible flowers,
to garnish

Put the nuts, miso, lemon juice, salt
and water in a blender and blend until
smooth. Add a tad more water if
needed, to make blending easier.

Transfer to a mixing bowl and fold in
the onion, dill and garlic.

Serve with crispy, assorted vegetables
such as baby carrots, baby cucumbers,
radishes, snow peas, celery sticks,
asparagus or cherry tomatoes.

Garnish with fresh herbs and edible
flowers for a little extra love.

We Love MACADAMIA NUTS

These have the richest source of omega 9 found in any food. The fatty acids in macadamia nuts actually boost metabolism and promote weight loss.



CHEDDAR DIP

serves: 8 as an appetizer

2 cups cashews or macadamias,
soaked and drained (page 15-16)

1 cup water

1 red bell pepper

2 teaspoons ground paprika

3 tablespoons nutritional yeast

1 tablespoon lemon juice

2 teaspoons miso

1 teaspoon salt

assorted veggies or corn chips
(page 149), to serve

Put all of the ingredients in a blender
and blend until smooth. Serve with
veggies or corn chips.



CHEESY CAULIFLOWER POPCORN

serves: 6 as a snack

2 heads cauliflower

1/2 teaspoon salt

POPCORN SAUCE

1 1/2 cups cashews or macadamias,
soaked and drained (page 15-16)

1 cup fresh, raw corn kernels,
cut from the cob

1/4 cup nutritional yeast

2 tablespoons Bragg's Liquid Aminos

2 teaspoons lemon juice

1 teaspoon miso

Cut the cauliflower into small florets, popcorn size. Place in a colander, sprinkle with the salt and leave to soften for about 20 minutes.

Put all of the ingredients for the sauce in a blender and blend until smooth.

Coat the softened cauliflower in the sauce.

Spread in single layers on dehydrator trays lined with Teflex sheets and dehydrate at 43°C (110°F) for 2 hours or until the sauce is sticking to the cauliflower.



*Skip the diet,
just eat healthy*



RAISING THE *(Salad)* BAR

Walk into our salad bar and you will be met by a culinary cornucopia of crispy fresh greens, mouth watering toppings and dressings to die for. The following salads are not simple side servings or garnishes, they are the saucy stars of our main course menu, the quintessential real food, and the essence of raw cuisine.

Good Habit

Supercharge your salad with superfoods like spirulina, chlorella, bee pollen or goji berries.

Good Habit

Drizzle your salads with high quality oils such as hemp, flax or walnut oil for an extra boost of omega 3.

A Little Tip

If you're interested in increasing the raw element of your diet, try replacing just one meal per day with a salad. It should be big enough to really satisfy you, and have changeable toppings and dressings so it never gets boring.

PEAR & WALNUT SALAD

with Honey Mustard Dressing

serves: 4 as an appetizer

2 cups (60g) loosely packed arugula,
hard stems removed

1/3 cup walnuts, chopped coarsely

1 pear, sliced thinly on a mandolin,
deseeded

1/3 cup (60g) purple grapes,
halved and deseeded

1/8 red onion, sliced thinly

HONEY MUSTARD DRESSING

1/4 cup water

2 tablespoons Dijon mustard (page 27)

1 tablespoon honey

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon salt

pinch pepper

1/2 cup olive oil

Put all of the dressing ingredients,
with the exception of the olive oil,
in a blender and blend until smooth.

While the blender is running add
the olive oil in a slow drizzle,
allowing the dressing to emulsify
and become slightly thickened.

Make a bed with some of the arugula
on 4 serving plates and place a couple
of pear slices on top. Sprinkle with
a few walnuts, grapes, onion, a few
more arugula leaves and pear.

Repeat these layers three to four
times, and then drizzle with the
honey mustard dressing. Store any
unused dressing in a sealed container
in the refrigerator for up to 10 days.

Know How

Slice the pear just before serving, and toss with
extra lemon juice to prevent it from going brown.



THE CAESAR

makes: 4 generous serves

3 heads (about 500g) romaine lettuce,
leaves picked apart

1/2 cup capers

1 cup (120g) sliced strawberries

1/2 cup rawmesan (page 145)

8 strips coconut bacon, cut into bite
sized pieces (page 145)

pepper, to taste

CAESAR DRESSING

1/2 cup water

1/2 cup nutritional yeast flakes

4 cloves garlic, chopped coarsely

2 tablespoons lemon juice

1 teaspoon salt

1 1/2 cups olive oil

To make the dressing put the water,
yeast, garlic, lemon juice and salt in a
blender and blend until smooth.

While the blender is running add the
olive oil in a slow drizzle, allowing the
dressing to emulsify.

Toss the lettuce leaves with about
half of the dressing until evenly
coated. Sprinkle with capers,
strawberry slices, rawmesan and
coconut bacon. Season with pepper.

Store any unused dressing in a sealed
container in the refrigerator for up to
10 days.

Know How

Make sure all ingredients for the dressing are room
temperature. It helps the ingredients to emulsify.



BUDDHA BOWL

makes: 4 generous serves

1 head (about 700g) Chinese cabbage
1 carrot, julienned on a mandolin
1 cucumber,
julienned on a mandolin
2 avocados,
julienned on a mandolin
1/8 red cabbage,
sliced thinly
1 cup (40g) alfalfa sprouts
4 sprigs fresh cilantro,
chopped coarsely
small handful chives, chopped finely
2 tablespoons black and/or
white sesame seeds
2 sheets nori

SESAME TAMARI VINAIGRETTE

1/2 cup rice vinegar
1/2 cup water
1/4 cup toasted sesame oil
(not a raw ingredient)
2 tablespoons tamari

Cut the firm stem and central rib from the Chinese cabbage leaves and set aside. Coarsely chop the leaves and divide between 4 serving bowls. Julienne the stems and ribs, and place them in small separate piles with the remaining vegetables in the serving bowls on top of the Chinese cabbage.

Sprinkle with the cilantro, chives and sesame seeds. Cut the nori into thin strips with scissors and place in the center of each salad. Whisk all of the vinaigrette ingredients in a small bowl until combined. Drizzle over the salad and serve.

Store any unused vinaigrette in a sealed container in the refrigerator for up to 3 weeks.



THE ALCHEMY SALAD

with Herb Vinaigrette

Each day our customers compose their own fresh creations at our salad bar. The toppings are always changing and the options endless, so there is no such thing as the definitive Alchemy Salad; it exists in literally thousands of forms. This recipe is simply an example of one Alchemy salad, to give you a bit of inspiration.

makes: 4 generous serves

300g mixed greens (we used spinach, beetroot leaves, watercress, wasabi leaf and mizuna)

6-8 radishes, sliced thinly

1/2 cup (60g) peas

1/2 cup (80g) yellow or red cherry tomatoes

handful cauliflower florets, sliced and lightly salted

1/2 (about 150g) cucumber, sliced

1/2 cup shelled hemp seeds, or other seeds/nuts

handful fresh mixed herbs

edible flowers, to garnish (we used sugar snap pea blossoms)

1 lemon, cut into wedges

HERB VINAIGRETTE

1 1/2 cups olive oil

1/2 cup apple cider vinegar

1 tablespoon lemon juice

1 tablespoon Dijon mustard (page 27)

1/2 tablespoon honey (optional)

2 pinches pepper

1 teaspoon salt

1/2 cup mixed fresh herbs (we used parsley, basil, dill, tarragon, rosemary, oregano and mint)

Divide the mixed greens between 4 serving bowls and add the remaining salad ingredients. Put all of the ingredients for the herb vinaigrette in a blender and blend briefly until combined.

Store any unused vinaigrette in a sealed container in the refrigerator for up to 10 days.

Add Your Favorite Toppings

- Goji berries
- Avocado
- Olives
- Sun-dried tomatoes
- Alfalfa sprouts (page 17)
- Lemongrass sambal (page 25)
- Sauerkraut (page 29)
- Mushroom asparagus médley (page 108)
- Cauliflower popcorn (page 112)
- Coleslaw (page 126)
- Almond feta (page 125)
- Rawmesan (page 145)
- Coconut doodles (page 149)
- Smoky almonds (page 146)
- Pad Thai (page 137)



GREEK SALAD

with Almond Feta

makes: 4 generous serves

1 head (about 1kg) iceberg lettuce,
chopped coarsely

2 cucumbers, sliced

8 tomatoes, sliced

1 green bell pepper, sliced

1/2 red onion, sliced thinly

1 cup (160g) Kalamata olives

1 cup (100g) almond feta cubes
(page 125)

salt and pepper

handful mixed fresh herbs (oregano,
parsley, basil and/or thyme)

1 lemon, cut into wedges

CLASSIC VINAIGRETTE

1 cup olive oil

1/3 cup red wine vinegar

1 teaspoon honey

1 clove garlic, crushed

1 teaspoon salt

pepper, to taste

Place the lettuce in the bottom of 4
serving bowls. Top with the
vegetables, olives and feta cubes.

Sprinkle with salt and pepper.

Garnish with fresh herbs and lemon
wedges. Put all of the vinaigrette
ingredients in a small bowl and
whisk until combined. Drizzle the
salad with the dressing just before
serving. Store any unused vinaigrette
in a sealed container in the
refrigerator for up to 1 month.



ALMOND FETA

makes: 4 cups

2 cups peeled almonds
2 cups water
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon salt
pinch pepper
2 probiotic capsules (page 78)

Put all the ingredients, with the exception of the probiotic capsules, in a blender and blend until smooth. Add the contents of the capsules and blend again briefly.

Using an angled spatula, spread the feta about 1 cm thick on a dehydrator tray lined with a Teflex sheet. Dehydrate at 43°C (110°F) for about 8 hours or until firm. Cut into cubes and store in a sealed container in the refrigerator. This cheese will keep for up to 2 weeks in the refrigerator, thanks to the probiotic culture.

Know How PEELING ALMONDS

Soak the almonds for 8 hours, drain and then use a paring knife to remove the skin. If this drives you nuts, you might consider blanching the almonds by placing them in boiling water for about 1 minute. The skin will pop right off, although the almonds will no longer be raw.

GRANDMA'S COLESLAW

serves: 4 as an appetizer or side dish

1 pineapple, peeled, cored and
julienned
1/2 head white cabbage, shredded
1 carrot, grated
1 teaspoon salt
pinch pepper
3/4 cup mayonnaise (page 28)
1 tablespoon Dijon mustard (page 27)
1/2 tablespoon apple cider vinegar
2 tablespoons finely chopped chives

Toss the pineapple, cabbage and carrot in a mixing bowl with the salt and pepper. In another bowl, combine the mayonnaise with the mustard and vinegar. Pour the mayonnaise over the cabbage mixture and gently fold in, then sprinkle with the chives. This is great to pre-make for parties as it will keep in a sealed container in the refrigerator for up to 5 days.



*Happiness
is homemade*



OUR MIGHTY MAINS

Get ready to rock your taste buds, fill your belly, and leave that cheeseburger cowering in its greasy wrapper. You won't find any 'rabbit food' at this picnic.

A Little Tip

Make a habit of reading through the whole recipe before you start, to see if there are any ingredients that need to be soaked, marinated, dehydrated or prepared in advance.

We Love LEMON JUICE

Lime or lemon juice is great to have ready-made for kitchen efficiency. Squeeze a bunch and keep the juice in a sealed jar in your fridge. Quick and convenient to add to your delicious creations, splash some on your meal, or infuse your glass of water.

Save Time

We're known for making almost every component of our food from scratch. To ensure each ingredient is organic, natural and raw, we dry our own tomatoes, grind our own nut flour and mix our own mustard. But if you're short on time, you can always make raw life easier by buying these elements ready-made.

Good Habit

For smooth and efficient (un)cooking, keep your knives sharp, prepare and cut all ingredients before you start, and clean up as you go.

‘DA BOSS’ B.L.T.

Coconut Bacon, Lettuce and Tomato Sandwich

When you think 'raw vegan food', a bacon-filled sandwich is probably the last thing that comes to mind, which is probably why this BLT is one of the favorites on our menu. It's always been a secret recipe, and now it's yours to enjoy. Don't bother with the cutlery, this is a hands-on job; you'll be licking your fingers (and the plate).

serves: 4

1/2 head iceberg lettuce, leaves
picked apart

1/2 onion, sliced thinly

2 tomatoes, sliced

1/2 cup mayonnaise (page 28)

1/2 cup pickled cucumber slices
(page 31)

1 cup (40g) alfalfa sprouts

12 strips coconut bacon (page 145)

4 cherry tomatoes

4 wooden skewers

BBQ SAUCE

1/2 cup (75g) sun-dried tomatoes

1/2 cup (60g) coarsely chopped
fresh tomato

2 tablespoons onion, chopped coarsely

1 clove garlic, chopped coarsely

1/2 teaspoon smoked salt

pinch cayenne pepper

1/4 cup water

1 tablespoon honey

1 tablespoon apple cider vinegar

1 tablespoon Bragg's Liquid Aminos

Put all of the ingredients for the BBQ
sauce in a blender and blend until
smooth.

To assemble the BLTs start with a
couple of pieces of crispy lettuce for
each sandwich. Stack with some
onion, tomato, mayonnaise, BBQ
sauce, pickles, and alfalfa. Place the
coconut bacon in the middle and
continue with another round of
pickles, BBQ sauce, mayonnaise,
onion and tomato. Top with more
crispy lettuce leaves. Seal the deal
with a cherry tomato on top, and
pierce the masterpiece with a wooden
skewer to help hold it together.
Serve wrapped in sandwich paper.



NACHOS

serves: 6

3 cups (about 200g) shredded iceberg lettuce
3 avocados, cubed
1 1/2 cups (180g) seeded green olives, sliced
6 slices lime
fresh cilantro, to garnish
Corn chips (page 149)

TACO 'MEAT'

8 carrots
2 cups (300g) sun-dried tomatoes
1/2 cup sunflower seeds
2 tablespoons onion powder
2 tablespoons ground cumin
2 teaspoons ground paprika
2 teaspoons salt
1/4 teaspoon cayenne pepper
1 1/2 cups water
1 tablespoon lime juice

SALSA

5 tomatoes, chopped finely
1 mango, chopped finely
1/2 cup (80g) fresh corn kernels
1/4 onion, chopped finely
1 cup fresh cilantro, chopped
1 teaspoon lime juice
1/2 teaspoon salt

SOUR 'CREAM'

2 cups cashews or macadamias, soaked and drained (page 15-16)
2 tablespoons white miso
2 cloves garlic, chopped finely
1 teaspoon salt
1 cup water
2 tablespoons lemon juice

Put all of the ingredients for the taco 'meat' in a food processor. Blend until the mixture is combined, but still a bit chunky. Put all of the ingredients for the salsa in a bowl and mix until combined. Put all of the ingredients for the sour 'cream' in a blender and blend until smooth. Add a tad more water if needed, to make blending easier.

To assemble, spread the lettuce on each serving plate. Sprinkle with taco 'meat', salsa, avocado and olives. Add dollops of sour 'cream', and garnish with cilantro and lime. Serve with corn chips.

Store any leftover sour 'cream' in a sealed container in the refrigerator for up to 3 days



ALOHA PIZZA

serves: 4

1 cup tomato sauce: (page 27)

Pizza Crust: ('variation' page 155)

TOPPINGS

1/2 teaspoon dried oregano

1/4 pineapple, peeled, cored and sliced thinly

4 button mushrooms, sliced thinly

1/4 green bell pepper, chopped finely

1/4 cup black olives, whole or sliced

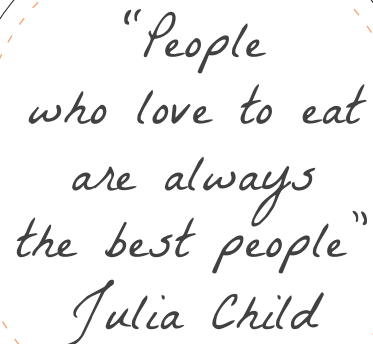
pinch paprika powder

small handful sprigs fresh oregano and/or fresh thyme

handful arugula leaves

olive oil, to drizzle

Spread the tomato sauce on top of the pizza crust, sprinkle with the dried oregano and all toppings, except arrugula. Place the pizza on a dehydrator tray lined with a mesh screen and dehydrate at 43°C (110°F) for about 2 hours. Spread the arrugula leaves on top, drizzle with olive oil and serve warm.



"People
who love to eat
are always
the best people"
Julia Child



PASTA PRIMAVERA

with Tarragon Mint Pesto

This recipe depends on fresh, organic and seasonal spring vegetables. Use what you have at hand and get creative!

serves: 6

TARRAGON MINT PESTO

1 1/2 cups fresh mint leaves
1 cup pumpkin seeds
1/2 cup fresh tarragon leaves
3/4 cup olive oil
3/4 cup water or apple juice
1/4 cup lemon juice
3 tablespoons honey or liquid sweetener of choice
1 tablespoon apple cider vinegar
pinch of white pepper
2 teaspoons salt

NOODLES

8 zucchinis
2 carrots
2 avocados, cubed
2 cups (about 320g) cherry tomatoes, halved
1 yellow bell pepper, cubed
1 cup (200g) capers or
1 cup (150g) olives
1 cup (150g) sun-dried tomatoes, chopped
1 cup (about 70g) snow peas, trimmed and sliced lengthways
1/2 cup fresh tarragon leaves, chopped coarsely
1/4 cup olive oil
zest and juice of 2 limes
salt and pepper, to taste

Put all of the pesto ingredients in a blender and pulse briefly, leaving the pesto a bit chunky.

Use a vegetable spiralizer (page 46) to make long noodles of the zucchini and carrot. If you don't have a spiralizer, a mandolin or sharp knife can also be used to cut thin ribbons.

Toss with remaining ingredients in a large bowl and serve with a dollop of the tarragon mint pesto.

A Little Tip

The bits and bobs leftover after spiralizing zucchini and carrot can be used when making focaccia (page 155), honey oat bread (page 152), pizza crackers (page 150), or any other dehydrated snack.



PAD THAI

We love the flavors of Thailand. This gluten free and low-carb Pad Thai will transport you to limestone cliffs and golden temples, hints of lime leaves and ginger wafting through the air.

serves: 6

SAUCE

1/4 cup (35g) sun-dried tomatoes
1/2 cup almond butter (page 21)
2 tablespoons rice vinegar
2 tablespoons tamari
2 tablespoons ginger, chopped coarsely
4 cloves garlic
1/2 red chili pepper, chopped coarsely (deseeded if you prefer less spice)
2 kaffir lime leaves, sliced coarsely

NOODLES

2 zucchinis
2 carrots
1 daikon
1 yellow bell pepper, julienned
2 cups (200g) mung bean sprouts
2 cups (140g) snow peas, julienned
3 spring onions, sliced thinly
1 red chili pepper, sliced diagonally (deseeded if you prefer less spice)
1 kaffir lime leaf, sliced very thinly
handful fresh cilantro leaves, chopped coarsely
1/2 cup smoky almonds (page 146) + extra for sprinkling, chopped coarsely

Put all of the ingredients for the sauce in a blender and blend until smooth.

Use a vegetable peeler to shave long ribbons of the zucchini, carrot and daikon. Or, use a vegetable spiralizer (page 46) if you have one. Combine with the remaining ingredients in a large mixing bowl.

Toss the noodle mixture with the sauce. Serve sprinkled with the extra chopped almonds.

We Love

KAFFIR LIME is a thick, aromatic leaf from the Kaffir lime tree, and is often used in Asian cooking.

You can keep the leaves in a sealed container in the refrigerator for a few weeks, or store them in the freezer for months, with no thawing required.



CALIFORNIA ROLLS

With the delicious ‘zing’ of our homemade pink sauerkraut, this recipe is another crowd favorite. Unlike traditional sushi, this dish is rice and sugar free but 100% packed with flavor. Small but filling, these rolls are a great summer party food, or get hands-on and allow every guest to roll their own.

makes: 6

6 sheets nori
wasabi, to serve

SESAME DIP

1/2 cup rice vinegar
1/2 cup ginger juice (page 36)
1/4 cup tamari
1/4 cup toasted sesame oil
(not a raw ingredient)

SESAME ‘RICE’

3 cups (300g) coarsely
chopped cauliflower
3 cups (390g) coarsely chopped
jicama or daikon
1/4 cup sesame seeds
2 tablespoons toasted sesame oil
(not a raw ingredient)
2 tablespoons rice vinegar
1 teaspoon salt

FILLINGS

1 cup pink sauerkraut (page 29)
2 carrots, julienned
on a mandolin
1/2 cucumber, julienned on a mandolin
1 yellow bell pepper, julienned
1 avocado, peeled,
seeded and cut into long sticks
handful fresh cilantro, with stems

Whisk all of the ingredients for the
sesame dip until combined and
set aside.

To make the ‘rice’, pulse the
cauliflower and jicama or daikon in a
food processor until chopped finely.
Be careful not to over-process; the
consistency should be grainy, like rice,
not mushy.

Use a nut milk bag to squeeze out
excess liquid. Transfer to a bowl and
mix with the remaining ingredients.

To assemble the rolls, place a nori
sheet shiny side down on a bamboo
sushi rolling mat. Spread approximately
1 cup of ‘rice’ on the bottom two-thirds
of the nori. Place one-sixth of the
fillings across the bottom edge of
the rice.

Use the mat to roll firmly away from
you, ensuring that the rice and fillings
stay in place. Stop about 2.5cm from
the top edge. Dab with water and seal.
Repeat with the remaining ingredi-
ents.

Using a sharp knife, cut each roll into
10 pieces. Serve with sesame dip and
wasabi.



SPINACH QUICHE

This classic was created by our skilled head chef Wayan. It has been with Alchemy Cafe since the very beginning, and continues to be one of our bestsellers.

serves: 10

1 cup (160g) yellow or red cherry tomatoes, halved
4 - 5 basil sprigs
small handful edible flowers (we use nasturtium)

CRUST

1 cup almonds
1/2 cup walnuts
1/2 cup pumpkin seeds
3 tablespoons coconut oil, melted if solid
1 teaspoon salt

FILLING

2kg spinach
2 tablespoons lemon juice
1 teaspoon salt
1/2 onion, sliced thinly
1/4 cup (about 25g) thinly sliced fennel
1/4 cup Bragg's Liquid Aminos
2 tablespoons olive oil
1 cup (about 100g) thinly sliced button mushrooms

CREAM 'CHEESE'

1 1/2 cups cashews or macadamias, soaked and drained (page 15-16)
1 teaspoon miso
1 teaspoon salt
3/4 cup water
2 teaspoons lemon juice

Put all of the ingredients for the crust in a food processor and blend until combined. Press the crust into a 24cm pie pan or casserole dish. Cover and place in the refrigerator while making the filling.

Remove the stems from the spinach and discard, or save them for juicing. Chop the spinach leaves coarsely and place in a mixing bowl. Add the lemon juice and salt and massage the spinach until it becomes juicy, then squeeze out and discard the excess liquid.

In another bowl, massage the onion and fennel with the aminos and olive oil until soft. Combine the spinach with the fennel mixture and add the mushrooms.

Distribute the spinach filling inside the pie crust, pressing gently. Cover and set aside in the refrigerator while making the cream 'cheese'.

Put all of the cream cheese ingredients in a blender and blend until smooth. Spread on top of the spinach layer.

Sprinkle the tomato, basil and flowers over the top just before serving.



*A pinch of patience
a dash of kindness
a spoonfull of laughter
and heaps of love*



TRY IT, DRY IT.

Drying, or dehydrating food, is one of the world's oldest methods for preservation. Fresh fruit and veggies can be dried in sunlight when the climate allows, or with 'the oven of raw cuisine', the dehydrator (see page 46). By heating food at a low temperature for a long time the flavors become concentrated, while the nutrients and enzymes remain largely intact. Simple to make, but requires some patience for the drying to take place.

Know How

When using the dehydrator you'll need mesh screens and Teflex sheets (see page 46 for more information).

Budget Tip

Don't let excess produce go to waste, preserve by dehydrating before it goes bad.

We Love

Dried food is perfect for your picnic, lunch box or travel food. Mix and match with fresh veggies and spreads.

A Little Tip

Apples and pears benefit from being soaked in a citrus bath prior to drying, to lock in the enzymes and avoid browning. Mix 1 part lemon juice with 2 parts water and soak the fruit for a minimum of 5 minutes.

Try it

If you don't have a dehydrator you can use a conventional oven at the lowest possible temperature, with the oven door propped open a few centimeters.

RAWMESAN

Believe it or not, even vegans love cheese. We'll deny it at first, but the truth is that most of us are cheese-addicts sentenced to permanent recovery. Thankfully, vegan Alchemists the world over have come up with options that are just as deliciously addictive, and don't leave you feeling ill after an overdose. Along with our almond feta and cashew cream cheese, this raw parmesan will satisfy your strongest craving.

makes: 1 cup ground Rawmesan, or 2 cups Rawmesan flakes

2 cups cashews or macadamias,
soaked and drained (page 15-16)

1/4 cup nutritional yeast

1/4 cup (about 30g) coarsely
chopped onion

1/2 cup water

2 tablespoons lemon juice

salt, to taste

Put all of the ingredients in a blender and blend until smooth. Add a tad more water if needed to make blending easier. Use an angled spatula or dough scraper to spread an even, thin layer on dehydrator trays lined with Teflex sheets, about 1 cup of 'cheese' per tray.

Dehydrate at 43°C (110°F) for 12 hours or until crispy. Break the Rawmesan into flakes, or grind into a powder using a blender or food processor.

COCONUT BACON

makes: 2 trays

2 tablespoons tamari

2 tablespoons honey

1 tablespoon smoked salt

4 cups (about 800g) young coconut
flesh, long whole pieces

Whisk the tamari, honey and salt until combined. Gently fold in the coconut flesh and marinate for at least 30 minutes. Spread in a single layer on dehydrator trays lined with Teflex sheets and dehydrate at 43°C (110° F) for about 24 hours or until the coconut is fully dried and chewy.

Know How

Use a spoon to scoop out the white, gelatinous flesh from inside the coconut. Try to get pieces that are as long and whole as possible. Trim off any bits of brown residue with a paring knife. You will need about 6-8 young coconuts for this recipe.

SMOKY ALMONDS

makes: 4 cups

4 cups almonds, soaked and
drained (page 15-16)

2 tablespoons smoked salt

1 teaspoon ground cinnamon

Mix the almonds, salt and cinnamon
in a bowl until the almonds are evenly
coated. Spread on a dehydrator tray
lined with a Teflex sheet in a single
layer, and dehydrate at 43°C (110°F)
for 24 hours, or until crispy.



CHEDDAR KALE CHIPS

makes: 3 trays

1 cup cashews, macadamias, almonds, or sesame seeds, soaked and drained (page 15-16)

1/2 red bell pepper, chopped

2 tablespoons nutritional yeast

2 teaspoons ground paprika

2 teaspoons miso

1 teaspoon salt

1/2 cup water

1 tablespoon lemon juice

500g kale

Put all of the ingredients, except for the kale, in a blender and blend until smooth. Destalk the kale and tear into bite sized pieces. Mix the kale and the sauce until thoroughly coated in a large bowl. Spread on dehydrator trays in a single layer and dehydrate at 43°C (110°F) for about 20 hours or until crispy.

Store in a sealed container in a cool dry place for up to 3 weeks.

Know How

When destalking kale, hold onto the end of the stalk with one hand and run the fingers of your other hand along its edge, stripping off the entire leaf from bottom to top. But don't throw those stalks away, they're great for juicing.

BASIL CRISPS

makes: 4 trays (about 15 cups)

3 cups cashews or macadamias, soaked and drained (page 15-16)

10 kaffir lime leaves, chopped roughly

2 tablespoons onion powder

1 1/2 tablespoons ground cumin

1 1/2 tablespoons salt

1 teaspoon chili powder

1 1/2 cups water

3 tablespoons coconut oil, melted if solid

3 cups dried shredded coconut

10 cups loosely packed (200g) whole basil leaves

Put everything, except for the shredded coconut and basil leaves, in a blender and blend until smooth. Transfer to a large mixing bowl and stir in the coconut. Then, add the basil leaves and mix to coat thoroughly. Spread on dehydrator trays lined with Teflex sheets in a single layer and dehydrate at 43°C (110°F) for about 20 hours or until crispy.

Store in a sealed container in a cool dry place for up to 3 weeks.

*cheddar
kale chips*

coconut doodles

corn chips

basil crisps



COCONUT DOODLES

These make for a delicious snack or textured salad topping. If you don't have patience for rolling and dehydrating, just whizz everything up in your food processor and serve fresh, sprinkled atop your salad.

makes: 6 cups

7 cups dried shredded coconut
3 tablespoons nutritional yeast
1 tablespoon salt
1 teaspoon ground turmeric
1 teaspoon paprika
1 cup water
1 tablespoon olive oil

Put all of the ingredients in a food processor and process until finely chopped and combined. Roll into round doodles (about 1/2 tablespoon each in size).

Place on dehydrator trays lined with Teflex sheets in a single layer and dehydrate at 43°C (110°F) for 12 hours, or until crispy. Store in a sealed container in the refrigerator for up to 2 weeks.

HIPSTER CORN CHIPS

makes: 3 trays (about 140 pieces)

1 1/2 cups cashews or macadamia nuts, soaked and drained (page 15-16)
1 tablespoon chopped onion
1 tablespoon onion powder
1 tablespoon garlic powder
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon ground paprika
1 teaspoon salt
3/4 cup water
5 cups fresh, raw corn kernels off the cob

Put all of the ingredients, except for the corn in a blender and blend until smooth. Add the corn and blend briefly until combined, but still retaining some texture. Use an angled spatula or dough scraper to spread an even layer of the batter on dehydrator trays lined with Teflex sheets (about 1 1/2 cups per tray).

Score into triangle shaped chips and dehydrate at 43°C (110°F) for 20 hours or until crisp. Once dried, break into individual pieces.

Store in a sealed container in a cool dry place for up to 3 weeks.

PIZZA CRACKERS

makes: about 40 crackers

1 cup flax seeds
1 1/2 cups almond flour
1/2 cup chopped fresh Italian herbs
such as oregano, thyme, parsley
and basil
1 tablespoon dried oregano, plus
extra for sprinkling
1 1/2 cups (150g) chopped zucchini
1 cup (150g) sun-dried tomatoes
2 tablespoons salt
1 tablespoon rosemary leaves,
chopped finely
3/4 cup water
1/4 cup olive oil
1/4 cup lemon juice

Put the flax seeds in a blender or grinder and grind to a flour. Combine the flax flour, almond flour, chopped herbs and dried oregano in a large bowl and mix well.

Put the zucchini, tomatoes, salt, rosemary, water, olive oil and lemon juice in a blender and blend until smooth. Add to the dry mix and stir until thoroughly combined. The consistency should be like thick nut butter. Add a little extra water to adjust the consistency if required.

Transfer the dough to dehydrator trays lined with Teflex sheets. Use an angled spatula or dough scraper to spread an even layer, with about 1 1/2 cups of dough per tray. Score the crackers into squares with the spatula and sprinkle with the extra dried oregano. Dehydrate at 43°C (110°F) for about 4 hours or until firm enough to flip over and remove the Teflex sheets. Return the crackers to the dehydrator for another 8 hours, or until crispy.

Store in a sealed container in a cool dry place for up to 4 weeks.

CUMIN FLATBREAD

makes: about 40 crackers

1 cup flax seeds
3 cups almond flour
1 cup oat flour
1/4 cup ground cumin
3 tablespoons salt
2 cups water
2 tablespoons olive oil
2 teaspoons whole cumin seeds

Put the flax seeds in a blender or grinder and grind to a flour. Combine with the almond and oat flours, ground cumin and salt in a bowl. Add the water and olive oil and mix well.

Transfer the dough to dehydrator trays lined with Teflex sheets. Use an angled spatula or dough scraper to spread an even layer, with about 2 cups of dough per tray. Score into desired shapes and sprinkle with the cumin seeds.

Dehydrate at 43°C (110°F) for about 4 hours or until firm enough to flip over and remove the Teflex sheets. Return the crackers to the dehydrator for another 8 hours or until crispy.

Store in a sealed container in a cool dry place for up to 4 weeks.

We Love FLAX SEEDS

Use either brown or golden seeds. Contains omega-3, omega-6, and omega-9, plus lots of fiber.

HONEY OAT BREAD

makes: 2 loaves

1/2 cup flax seeds
1 cup oat flour
1 cup almond flour
1 cup psyllium husks
1 cup (100g) zucchini, peeled
and chopped
1 1/4 cups water
1/4 cup honey
2 tablespoons lemon juice
1 1/2 tablespoons salt
1/2 teaspoon ground turmeric
olive oil, for brushing
rolled oats, for sprinkling

Put the flax seeds in a blender or grinder and grind to a flour. Mix the ground flax seeds with the oat and almond flours and psyllium husks in a large mixing bowl. Put the zucchini, water, honey, lemon juice, salt and turmeric in a blender and blend until smooth.

Pour the zucchini batter over the dry mix and stir until well combined, then divide the dough into two pieces and form into loaf shapes. Brush with olive oil and sprinkle with the oats.

Place on dehydrator trays lined with mesh screens and dehydrate at 43°C (110°F) for about 12 hours or until firm.



cumin flatbread





pizza crackers

honey oat bread

FOCACCIA

serves: 8

2 cups almond flour
1 cup psyllium husks
1 cup (100g) coarsely
chopped zucchini
1 cup (150g) sun-dried tomatoes
1 onion, chopped coarsely
2 cloves garlic, chopped coarsely
1 tablespoon salt
1 cup water
2 tablespoons olive oil

SPRINKLES

1 clove garlic, sliced thinly
1 tablespoon olive oil
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon dried thyme leaves
1 teaspoon dried rosemary leaves

Mix the almond flour and psyllium husks in a bowl. Put the zucchini, tomatoes, onion, garlic, salt, water and olive oil in a blender and blend until smooth. Pour over the flour mixture and stir until combined.

Empty the dough onto a clean working surface. Pat it into a flat rectangle, about 1.5 cm thick. Use your fingertips to make little dents in the dough, then transfer the bread to a dehydrator tray lined with a mesh screen.

For the sprinkles, dip the sliced garlic cloves in the olive oil before pressing into the finger-dents in your dough. Drizzle the rest of the olive oil on top and sprinkle with salt, pepper and herbs. Dehydrate for 6-8 hours and serve warm out of the dehydrator.

Variation PIZZA CRUST

Follow the directions for focaccia as above, but form the dough into a round shape and make it thinner (1cm thick or less). See page 133 for pizza recipe.



FRUIT ROLLS

A spoonful of sugar might make the medicine go down, but a kilo of natural fruits could spare you a trip to the doctor's altogether. Feel free to exchange the mint leaves listed below for any leaf or herb, as this is a great opportunity to add extra chlorophyll to your treat and a couple of teaspoons of your favorite superfoods as well.

makes: 2 big rolls

2 bananas, peeled
1 cup (120g) strawberries
1 cup (120g) mixed berries, fresh or frozen (we use raspberries, blueberries and cherries)
1 cup (130g) chopped watermelon
1/2 cup fresh mint leaves
1 teaspoon finely grated orange or lemon zest
1 teaspoon vanilla extract (page 38)
pinch salt

Put all of the ingredients in a blender and blend until smooth. Pour onto 2 dehydrator trays lined with Teflex sheets and use an angled spatula or dough scraper to spread out in thin, even layers. Dehydrate at 43°C (110°F) for about 12 hours or until firm but flexible. Peel off the Teflex sheets and roll up in baking paper.

Cut into pieces and store in a sealed container in a cool, dry place. These will keep for months.



*Stressed is desserts
spelled backwards*



SWEETS *With* HEART

In today's world of deep-fried chocolate bars and fluro-colored confections, it's easy to see why desserts have been unfairly labeled as 'bad for you'. But we believe that a sweet offering, made with nutritious superfoods and enjoyed with mindfulness, can be truly healthy and even healing. There's no reason for flavor to stop at processed sugar, dairy, eggs, transfat and white flour. Mother Nature's treasure chest offers wonderful alternatives to all of the above, and best of all, you can indulge in them without guilt.

Know This

Be careful not to over-blend coconut oil as it can effect the flavor. For this reason coconut oil is added at the end of blending as you see in most of our recipes.

A Little Tip

Keep a separate cutting board reserved for desserts only, to avoid flavor contamination from savory ingredients.

Forget it

CALORIE COUNTING

Junk is junk, no matter how many calories it contains. Reducing calories from food doesn't necessarily make it any better for you. Instead, pay close attention to whether the food in your fridge is 'real' or not. Food is our 'life force', the fresher and less adulterated, the better.

BANANA BOMB

Banana Raspberry Ice Cream

It's hard to imagine that something so simple could taste so good, but we've seen this wonderful dessert make kids' eyes widen in delight, and grown women sigh in contentment.

serves: 2

2 1/2 cups (325g) sliced
and frozen banana

1/2 cup water

3 tablespoons lime juice

zest of 1 lime

1 teaspoon coconut palm nectar or
sweetener of choice

1/4 cup raspberry liquid
(a byproduct of thawing raspberries)

Add all of the ingredients, except
raspberry liquid, to a high speed
blender and blend until smooth.

You will need a tamper (page 45) to
gently push the contents down
towards the blade while blending.

Spoon into sundae glasses and pour
the raspberry liquid on top.

Serve immediately.



FRENCH KISS

Strawberry Banana Ice Cream

serves: 3

1 1/2 cups (200g) sliced
and frozen banana

1 1/2 cups (180g) frozen strawberries

1/4 cup water

Add all of the ingredients to a high speed blender and blend until smooth. You will need a tamper (page 45) to gently push the contents down towards the blade while blending. Serve immediately.

A Little Tip

Place your sundae glasses in the freezer for a couple of hours before serving. This gives them a gorgeous frosted look, and also delays the melting of the ice cream



CHILL OUT

Watermelon Lime Sorbet

serves: 2

2 1/2 cups (325g) chopped
and frozen watermelon

2/3 cup (90g) sliced
and frozen banana,

1 tablespoon coconut palm nectar
or sweetener of choice

1/4 cup water

2 tablespoons lime juice

zest of 1 lime + extra for garnish

Add all of the ingredients to a high speed blender and blend until smooth. You will need a tamper (page 45) to gently push the contents down towards the blade while blending. Garnish with lime zest. Serve immediately.



MARBLED HALVAH

with Candied Zest

It might seem like a simple treat, but this dish has just as much history as flavor. Go back 3,600 years and you'll find something similar to halvah listed in the scrolls of the Ebers as a favored medicine. In ancient Babylon, women were believed to use a mixture of honey and sesame seeds to prolong youth and beauty, and Roman soldiers ate it for energy and strength (we imagine they looked good, too).

makes: 30

Candied Zest

zest from 2 oranges

2 tablespoons honey

2 teaspoons ginger juice

HALVAH

4 cups sesame seeds

3/4 cup honey

2 tablespoons vanilla extract (page 38)

2 teaspoons salt

1/4 cup cacao powder, sifted

honey, for drizzling

Combine all of the ingredients for the candied zest in a small bowl and mix well. Spread out in a thin layer on a dehydrator tray lined with a Teflex sheet and dehydrate at 43°C (110°F) for about 12 hours, or until the honey has firmed up a bit and is sticking to the zest.

Grind the sesame seeds in a blender or grinder. Put the ground seeds into a mixing bowl, stir in the honey, vanilla and salt and mix well.

Divide the 'dough' into 2 portions, and then knead the cacao powder into one portion, mixing well. Now roll each portion of dough into a rope about 40cm in length.

Twist the ropes together, then fold and knead the dough briefly until the colors of the plain and chocolate dough become marbled. Avoid kneading too much or the dough will become one homogenous color.

Press the marbled dough into a 20cm x 20 cm square dish that has been lined with plastic wrap. Place in the refrigerator for an hour or until firm, before gently removing from the dish and cutting into squares, diamonds, or any shape that takes your fancy.

Drizzle with honey and top with the candied zest.

Store in a sealed container in the refrigerator for up to 2 weeks.

Know How

QUICK GINGER JUICE

Simply grate fresh ginger and squeeze out the juice.

We Love SESAME SEEDS

It's easy to see why the ancients loved sesame seeds; they're packed with protein, fiber, calcium, iron, B vitamins and healthy fats.



CARROT CUPCAKES

with Orange Frosting

Aside from being super tasty, carrots are packed with dietary fiber, vitamins and anti-oxidants, which give your skin a healthy glow and improve your eyesight.

makes: 8

CUPCAKES

1 cup almond flour
1 cup oat flour
2 teaspoons chai spice (page 37)
1 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/2 cup carrot juice
1/2 cup maple syrup or liquid sweetener of choice
1/4 cup cacao butter, melted, or coconut oil, melted if solid
seeds of 2 vanilla beans
1 teaspoon apple cider vinegar
1 cup finely grated carrot
1/4 cup raisins

FROSTING

1 cup cashews or macadamias, soaked and drained (page 15-16)
1/2 cup freshly squeezed orange juice
1/4 cup maple syrup
1 tablespoon lemon juice
2 teaspoons vanilla extract (page 38)
3 drops food grade orange essential oil, or 1 tablespoon orange zest
pinch salt
1/4 cup coconut oil, melted if solid

Put the almond and oat flours, chai spice, salt, baking soda and cinnamon in a large mixing bowl and mix well.

In another bowl combine the carrot juice, maple syrup, cacao butter, vanilla and vinegar.

Whisk until the vanilla is dissolved, then add the grated carrot and raisins. Add the flour mixture and mix gently until combined. Spoon into 8 muffin cases and place in a dehydrator at 43°C (110°F) for approximately 8 hours, or until the cupcakes are firm but still moist inside.

Put all of the ingredients for the frosting, except the coconut oil, in a blender and blend until smooth. Add coconut oil and blend until incorporated. Place in the refrigerator for approximately 4 hours to firm. Optional: pour the frosting into a piping bag before placing it in the refrigerator. Spoon or pipe on top of the cupcakes.



APPLE PECAN CRUMBLE

This really is as 'easy as pie'. These crumbles can be made in 30 minutes, and without the need for a dehydrator.

serves: 8

1 apple, peeled, cored and diced

PECAN CRUST

3 cups pecans

2 cups dried shredded coconut

seeds of 2 vanilla beans

1 teaspoon salt

1/4 cup maple syrup

FILLING

6 apples, peeled and cored

1 cup raisins

2 tablespoons psyllium husks

2 tablespoons maple syrup

1 tablespoon lemon juice

2 teaspoons finely grated lime zest

2 teaspoons apple cider vinegar

2 teaspoons vanilla extract (page 38)

pinch salt

To make the crust, grind the pecans, shredded coconut, vanilla and salt in a food processor. Stop and add maple syrup, then grind again until everything is combined. Put aside half a cup of the crust mixture for using as crumble on the top later. Press the remainder into 8 individual pie ramekins. If you prefer, you can also make a single standard-sized (20cm) pie.

Put all of the ingredients for the filling in a food processor and process until smooth. Spoon the filling into the pie crusts.

Sprinkle the diced apple and reserved pie crust mixture evenly over the pies. You can serve these apple crumbles as they are, or dehydrate at 43°C (110°F) for a few hours and serve warm.



BANOFFEE PIE

serves: 12

5 bananas, peeled

COCONUT WHIP

1 cup cashews or macadamias,
soaked and drained (page 15-16)

1 cup (200g) young coconut flesh

1/4 cup Irish moss gel (page 43)

3 tablespoons xylitol
or other sweetener

seeds of 1 vanilla bean

1 cup water

1 cup coconut oil, melted if solid

CRUST

2 cups rolled oats

1 cup dried shredded coconut

seeds of 1 vanilla bean

1/2 teaspoon salt

1/2 cup maple syrup, coconut palm
nectar, or liquid sweetener of choice

2 teaspoons lemon juice

CARAMEL

3/4 cup cashews or macadamias
(not soaked)

1 tablespoon lúcumá powder

1 1/2 teaspoons salt

pinch ground cinnamon

1 cup yacon syrup, maple syrup
or dark coconut palm nectar

3/4 cup cacao butter, melted

1/4 cup coconut oil, melted if solid

1 teaspoon vanilla extract (page 38)

seeds of 2 vanilla beans

Blend all of the ingredients for the coconut whip, except for the coconut oil, until smooth. Add the coconut oil and blend until combined. Pour into a bowl, cover and place in the refrigerator to set for 5 hours (or overnight).

To make the crust, put the oats, coconut, vanilla and salt in a food processor and process until combined. Add sweetener and lime and process again. Gently press the crust into a 20cm pie pan with removable bottom. Cover and refrigerate.

Put all of the ingredients for the caramel in a blender and blend until smooth. Pour into the pie crust, then cover and refrigerate for about 2 hours, so that the caramel firms up. Once the cake is set, remove the pie pan.

Slice the bananas and spread over the top of the caramel.

Spoon or pipe the chilled coconut whip on top of the banana. Refrigerate for a further 2 hours (assuming you have the patience!)

Variation

Feel free to substitute xylitol with other sweeteners such as palm nectar, honey or maple syrup. We use xylitol in this recipe because it gives the coconut whip a snow white tone that contrasts nicely with the caramel.



CLOUD 9

Raspberry Vanilla 'Cheese' Cake

serves: 12

RASPBERRY TOPPING

seeds of 1 vanilla bean
pinch salt
1 1/2 tablespoons coconut palm
nectar or liquid sweetener of choice
1 tablespoon chia seeds
1 1/2 cups (200g) frozen raspberries

CRUST

1 1/2 cups rolled oats
1/2 cup dried, shredded coconut
pinch salt
1/4 cup dried seeded dates
1/4 cup liquid from the raspberries
(see raspberry topping method)
2 tablespoons coconut oil,
melted if solid
1 1/2 tablespoons vanilla extract
(page X)
1 tablespoon coconut palm nectar
or liquid sweetener of choice
1 tablespoon lemon juice
1/2 tablespoon finely
grated orange zest

FILLING

1 1/2 cups cashews or macadamias,
soaked and drained (page 15-16)
1 cup (200g) young coconut flesh
1/3 cup coconut palm nectar
or sweetener of choice
1/4 cup coconut milk (page 19)
3 tablespoons lemon juice
seeds of 2 vanilla beans
pinch salt
1/2 cup coconut oil, melted if solid

To make the raspberry topping,
dissolve the vanilla and salt in a bowl
with the palm nectar. Add the chia
seeds and fold in the raspberries. Set
aside while making the crust. After a
while, the raspberry mixture should
start to 'leak' some wonderfully sweet
raspberry vanilla juice. Strain the
raspberries, and use ¼ cup of this
liquid in the crust.

For the crust, put the oats, coconut
and salt in a food processor and
pulse until combined. Add the
remaining ingredients and continue
processing until a dough is formed.
Stop to scrape down the sides if
necessary. Press the crust evenly into
the base and side of a 20cm spring-
form cake tin. Cover and set aside in
the refrigerator while making the
filling.

Blend all of the ingredients for the
filling, except coconut oil, until
smooth. The batter should not be
grainy, so make sure the
cashews/macadamias are adequately
blended. Add the coconut oil and
blend briefly until incorporated.

Pour the filling into the crust and
refrigerate for at least 5 hours, or
until set. If time is an issue, you can
let it set in the freezer. Once the cake
is firm, remove the cake tin and cover
with the raspberry topping.

*"A party without a cake
is just a meeting"
-unknown-*



QUEEN OF HEARTS

Strawberry and Goji Berry Swirl 'Cheese' Cake

serves: 12

CRUST

1 1/2 cups shredded dried coconut
1 cup rolled oats
seeds of 1 vanilla bean
2 pinches salt
3 tablespoons water
2 1/2 tablespoons honey or liquid sweetener of choice
2 tablespoons lemon juice
2 tablespoons coconut oil, melted if solid

STRAWBERRY FILLING

2 cups cashews or macadamias, soaked and drained (page 15-16)
3/4 cup honey
1/2 cup lemon juice
1/4 cup water
1/4 cup Irish moss gel (optional, for a smoother texture and firmer cake) (page 43)
1 tablespoon vanilla extract (page 38)
1 teaspoon salt
1/2 cup coconut oil, melted if solid
1/4 cup cacao butter, melted
3 cups (360g) strawberries
1/2 cup (65g) sliced banana

GOJI SAUCE

1 tablespoon goji berries, soaked in water for 10 minutes and drained
4 strawberries
1 teaspoon coconut oil, melted if solid
1 teaspoon lemon juice

To make the crust, put the coconut, oats, vanilla and salt in a food processor and pulse until combined. Add the remaining ingredients and continue processing until a dough is formed. Press the crust evenly into the base and sides of a 20cm springform cake tin. Cover and refrigerate until required.

To make the filling, put the nuts, honey, lemon juice, water, Irish moss gel, vanilla and salt in a blender and blend until smooth. The mixture should not be grainy, so make sure the nuts are adequately blended.

Add the coconut oil and cacao butter, and blend briefly until incorporated. Then, add the strawberries and banana and blend for about 10 seconds. Pour the filling into the crust and set aside while making the goji sauce (note: don't refrigerate the cake yet!)

Drain and discard the soak water from the goji berries. Combine all ingredients for the goji sauce in a bullet blender, and blend until smooth.

Follow the instructions on the next page to make the swirling hearts. Refrigerate the cake for about 5 hours, or until set. If you are in a hurry you can place it in the freezer to set.



Swirling Hearts

Use a teaspoon to carefully pour round drops of goji sauce on the strawberry filling. Stick the thin end of a chopstick halfway into the strawberry filling. Sweep the tip of the chopstick through the center of each goji drop in a swirling motion. The trick is not to hesitate, and never go back.



*Chocolate comes
from cacao, which
is a tree.
That makes it a
plant, chocolate is
a vegetable.*



CHOCOLATE IS THE ANSWER

The difference between commercially processed chocolate and raw cacao is beyond comparison. Cacao in its original state is a superfood full of antioxidants, magnesium, vitamin C, and anandamide (also known as the “bliss chemical”). Raw cacao builds strong bones, strengthens your heart and lowers cholesterol. It also raises serotonin levels, which makes you happy. Mix it with other health promoting ingredients and you have a first class treat worthy of being called the ‘food of the gods’.

Try it

If you haven’t tried eating cacao in its original state as cacao beans, we highly recommend it. Super packed with nutrition and power, cacao beans will instantly energize you. Sprinkle the nibs on your breakfast, or eat the whole beans as they are.

Know This

Chocolate does not bond with water. Just a few drops can make the whole recipe seize, so make sure all the equipment and tools you’re working with are completely dry.

Save Time

If you don’t have silicone molds, or rolling truffles feels too time consuming, you can pour the chocolate fudge into a Tupperware container lined with plastic wrap. Place in the refrigerator to set, then simply remove it from the container and cut into squares.

WHY RAW CACAO WILL ROCK YOUR WORLD

Happy Heart: Cacao is rich in heart-supporting magnesium and antioxidants, to regulate heartbeat, lower blood pressure, and open up your heart.

Chillax: Nature's anti-depressant chocolate, is an excellent mood elevator. Filled with antioxidants, and anandamide, it helps alleviate depression, promotes creativity and optimism, and gives you a natural high. It also boosts serotonin and dopamine production which calms the mind, and keeps you resistant to everyday stress.

Brain Food: Full of B vitamins and magnesium, cacao is an extraordinary brain nourisher that boosts cognitive function. Raw chocolate makes you sharp, focused and smart!

Radiance: Raw Cacao has high levels of the mineral sulfur, which builds strong nails and hair and promotes a clear complexion. Have you tried melted cacao butter as moisturizer, or massage oil? Cacao body scrubs are also a great for smooth and silky skin.

Get it On: Filled with 'love chemicals' (phenylethylamine), chocolate is known as one of the world's most effective natural aphrodisiacs.

Weight Loss: Many diet products on the market contain cacao because it diminishes the appetite and can lead to weight loss.

Pain Relief: Cacao naturally soothes menstruation pains, which is why women often intuitively crave chocolate during their menstruation.

Chocolate Healing: Cacao concoctions have been used as medicine for thousands of years, dating right back to ancient civilizations. But cacao is not just a medicine in itself; it is also an excellent delivery agent for other remedies. Blend raw cacao with superfoods or natural medicines and it's easier for the body to absorb and assimilate their benefits.

Chocolate Fortune: In ancient civilizations raw cacao was used as currency and valued more than gold. So once upon a time, money did grow on trees!

Taste: Need we say more? Nothing makes women smile and children salivate like chocolate.

Live Strong: The phosphorus and magnesium in chocolate builds strong bones, and the flavanols increase muscle mass.

Live Long: Studies show that raw cacao eaters live longer than abstainers, so as they say, 'the proof is in the (chocolate) pudding'.

FOOD *of* THE GODS

Our chocolate kitchen is a sorcerer's sacred temple; chocolate-making our meditation. Gathering all the ingredients and making the preparations; melting the cacao butter, stirring and watching the white pieces disappear into a warm, smooth liquid. Measuring cups of cacao powder, scraping the seeds out of vanilla pods and adding spoons of superfoods, careful not to spill the goodness in our excitement.

Our workspace is surrounded by bottles of raw honey, local palm nectar, organic orange zest, chai spices, ginger root and red chilies. Around us, shelves are stacked with mason jars filled to the brim with cacao beans, activated almonds, shredded coconut, dried fruits, goji berries and superfood powders.

The air is filled with gentle vanilla, spicy cinnamon and a warm, seductive chocolate fragrance. We mix the ingredients, add more, stir slowly, taste, inhale the aroma and taste again. The stereo plays mantra music and incense burns at our small altar, a Tibetan singing bowl greeting the chocolate creations with vibrational blessings as they exit our kitchen on their journey to you.



M!LK CHOCOLATE

makes: 20

3/4 cup cacao powder, sifted
1/2 cup smooth cashew
or macadamia butter (page 21)
1/2 cup cacao butter, melted
1/4 cup coconut butter (page 19)
2 tablespoons xylitol or palm sugar,
finely powdered in a blender or
grinder
pinch stevia powder
1/4 teaspoon salt
seeds of 2 vanilla beans
pinch ground cinnamon

Put all of the ingredients in a blender
and blend until smooth. Pour into
15ml chocolate molds and refrigerate
for about 1 hour or until set.

Store in a sealed container in the
refrigerator for up to 3 weeks.

WHITE MAGIC

makes: 24

1 cup smooth cashew
or macadamia butter (page 21)
1 cup cacao butter, melted
1/2 cup coconut butter (page 19)
1/4 cup xylitol, powdered in
a blender or grinder
pinch of stevia powder
10 drops Medicine Flower extract,
chocolate flavor (optional, for more
chocolate taste)
pinch salt

Put all of the ingredients in a blender
and blend until smooth. Pour into
15ml chocolate molds and refrigerate
for about 1 hour, or until set. Store in
a sealed container in the refrigerator
for up to 3 weeks.

Variation

STRAWBERRY MAGIC

Fill each chocolate mold half way,
and place a whole strawberry in
the center. Top off with more
chocolate until the molds are full,
and refrigerate.



PERFECT CHOCOLATE MOUSSE

You'd think it would take hours to make a dessert this decadent, but you'll only need a few minutes. Perfect for emergency chocolate cravings, heart shattering break-ups, or when the in-laws pop in and catch you in your PJs.

serves: 4

2 avocados,
seeded and peeled
1 banana, peeled
1/2 cup cacao powder, sifted
3 tablespoons maple syrup or liquid
sweetener of choice
1 tablespoon coconut oil,
melted if solid
1 tablespoon vanilla extract (page 38)
1 teaspoon finely grated orange zest
1/2 teaspoon salt
pinch cayenne pepper

Put all of the ingredients in a blender and blend until smooth. You may need a tamper (page 45) to gently push the ingredients down towards the blades while blending. Chill the mousse before serving. Meanwhile, lick the bowl. You only live once.



SEXY BROWNIES

serves: 8

1 cup almond flour
1 cup dried shredded coconut
1 cup cacao powder, sifted
1 teaspoon salt
1 teaspoon baking soda
3/4 cup maple syrup or liquid sweetener of choice
1/2 cup water
2 teaspoons coconut oil, melted if solid
1 teaspoon apple cider vinegar
1 teaspoon vanilla extract (page 38)

GANACHE

1/2 cup maple syrup or liquid sweetener of choice
1/4 cup coconut oil, melted if solid
1/2 cup cacao powder, sifted

Mix the almond flour, coconut, cacao, salt and baking soda in a large bowl. In another bowl, whisk the maple syrup, water, coconut oil, vinegar and vanilla. Add the wet mixture to the dry, and stir gently until combined.

Pour onto a Teflex sheet and use an angled spatula or dough scraper to spread into an even layer about 1.5cm thick. Transfer the Teflex sheet with the brownie onto a dehydrator tray and dehydrate at 43°C (110°F) for 2 hours, or until the brownie is firm enough to flip onto a mesh screen.

Remove the Teflex sheet and continue to dehydrate for a further 4 hours, or until firm but still moist on the inside. Remove from the dehydrator and set aside to cool.

Add all of the ingredients for the ganache to a blender, starting with the liquids first and cacao last. Blend until combined and then chill for about 30 minutes, so it's less runny and easier to manage. Spread over the cooled brownie until every little bit is covered.



YUMMY CHAI FUDGE

makes: 20

1 cup cashews or macadamias,
soaked and drained (page 15-16)

1/2 cup coconut butter (page 19)

1/2 cup coconut palm nectar
or liquid sweetener of choice

2 tablespoons vanilla extract (page 38)

1 1/2 tablespoons chai spice (page 37)

3/4 teaspoon salt

1 cup cacao butter, melted

1/2 cup milk chocolate,
melted (page 183)

Put the nuts, coconut butter, palm nectar, vanilla, chai spice and salt in a blender and blend until smooth. Add the cacao butter and blend briefly until incorporated. Pour into 20ml silicone molds, filling each mould three-quarters full. Spoon most of the melted milk chocolate on top, until the molds are filled. Reserve the remaining chocolate for drizzling over the finished fudge.

Refrigerate for approximately 1 hour or until set. Pop out the fudge and flip over, so that the chocolate is on the bottom and the fudge on top.

Using a piping bag with a very small opening, drizzle with the remaining chocolate. Chill before serving.

Store in a sealed container in the refrigerator for up to 3 weeks.



ORANGE TRUFFLES

makes: 20

1/2 cup coconut oil, melted if solid
1/4 cup cacao butter, melted
1/3 cup maple syrup
2 tablespoons coconut butter (page 19)
1 1/4 cups cashews or macadamias,
soaked and drained (page 15-16)
1 teaspoon vanilla extract (page 38)
1/2 teaspoon salt
pinch chili powder or cayenne pepper
pinch ground cinnamon
13 drops food grade
orange essential oil
2 teaspoons finely grated orange zest +
extra for garnish
3/4 cup cacao powder, sifted + extra
for garnish

Put all of the ingredients in a blender
in the order listed, and blend until
smooth. Make sure you place the
liquid ingredients in the bottom of the
blender and the cacao powder last, to
allow the blades to work effectively.

Transfer to a bowl and place in the
refrigerator for 30 minutes, or until
firm enough to roll. Scoop out chunks
of the batter (about the size of one
tablespoon each) and roll into truffles.
Coat the truffles with the extra sifted
cacao powder. Refrigerate until firm
before serving, garnished with the
extra orange zest.

Store in a sealed container in the
refrigerator for up to 3 weeks (see
photo on page 194).

ZESTY GINGER TRUFFLES

makes: 50

2 cups cashews or macadamias
(not soaked)
1 cup cacao butter, melted
1 cup coconut palm nectar or liquid
sweetener of choice
1/4 cup coconut palm sugar
1/3 cup ginger juice
seeds of 2 vanilla beans
1/2 teaspoon salt
1 1/2 cups cacao powder, sifted
1/4 cup almonds, chopped
1/2 cup raisins, chopped
chopped mixed nuts, for coating

Chop half of the cashews or macadamias and set aside. Put the remaining nuts, cacao butter, palm nectar, palm sugar, ginger juice, vanilla and salt in a blender and blend until smooth. Transfer to a mixing bowl and add cacao powder, reserved chopped nuts, almonds and raisins and stir until well combined.

Chill for about 1 hour, then use a spoon to scoop out chunks of gooey chocolate about the size of one tablespoon each, and place on a lined tray.

Chill for a bit, so they're firm, then use your hands to roll into round truffles. Roll each truffle in the chopped mixed nuts until coated. Refrigerate until firm before serving.

Store in a sealed container in the refrigerator for up to 3 weeks (see photo on page 194).

CACAO POW!

They may look little but they pack a punch, so it's easy to see why our Cacao Pows! are Alchemy's most popular bite-sized treat. Disclaimer: we use cold pressed coffee but with roasted beans, so technically it's not raw. May the gods forgive!

makes: 20

3/4 cup coconut palm sugar,
powdered

1/2 cup cold pressed coffee

1 1/2 tablespoons vanilla extract
(page 38)

seeds of 1 vanilla bean

1/2 teaspoon salt

2 cups rolled oats

2 cups dried shredded coconut +
extra for rolling

1/2 cup cacao powder

1/4 cup cacao nibs

2 tablespoons coconut oil

1 tablespoon Maca powder,
or other superfood (optional)

Whisk the palm sugar, coffee, vanilla extract, vanilla seeds and salt in a medium bowl until the sugar is dissolved. Add the remaining ingredients and mix well. Scoop out chunks of the batter, about 2 tablespoons each, and roll into balls. Roll in the extra coconut until coated.

Store in a sealed container in the refrigerator for up to 7 days.



*cacao,
pow.*

orange truffles

*zesty ginger
truffles*

FOOD OR FRAUD?

Artificial additives, modified genes, chemical flavors...these ‘ingredients’ are the miscreants of the food industry. They should be locked up, but they’re hiding in just about every shelf of the supermarket. Here is our list of the biggest offenders, and how to avoid them.

MSG (MONOSODIUM GLUTAMATE)

A chemical flavor enhancer that’s a dodgy manufacturer’s dream; highly addictive, delicious tasting and an appetite stimulator. It also disturbs the body’s ability to process energy, encouraging overeating and obesity. If that weren’t bad enough, MSG has been linked to serious ailments like diabetes, dementia and Parkinson’s.

How to avoid it

In almost all countries the presence of MSG must be listed on the label. Beware though, this particular villain goes by many aliases, and is sometimes even referred to as “natural flavor”.

GMO (GENETICALLY MODIFIED ORGANISM)

Thankfully the sale and production of GMOs is restricted or banned in many countries. However some jurisdictions don’t even require labeling, despite scientific research indicating over fifty health related issues. GMOs are poisoning the planet too, causing an increase in pesticide and herbicide use, and genetic pollution when accidental cross-pollination occurs.

How to avoid it

The future of our planet relies on consumer rejection of GMOs. If labeling is not required in your region, keep in mind what crops are most commonly modified and make a habit of buying organic.

MSG ALIASES

E621	Glutamic Acid
Maltodextrin	Textured Protein
Yeast Extract	Sodium Caseinate
Malt Extract	Calcium Caseinate
Autolyzed Yeast	Ajinomoto
“Hydrolyzed...”	Natural Flavors

COMMON GMO CROPS

Corn	Wheat
Soybeans	Tomatoes
Cottonseed & Canola Oils	Potatoes
Animal Feed	Sugar
Milk	
Rice	

PESTICIDES, FUNGICIDES & HERBICIDES

Everyone knows that the pesticides used to spray food crops are toxic. Throughout history countless offenders have been banned after devastating afflictions have exposed the danger. So why continue to employ them, and in greater quantities each year?

Most would answer that they're essential for protecting crops. Not so. In the U.S., the use of insecticides and pesticides has dramatically increased since the 1950s, but the percentage of crops lost to pests each year has more than doubled. Certain strains of insects and "superweeds" have developed resistances that hinder crops as the ecological balance is tipped.

How to avoid it

Go organic. If you don't think you can afford to, consider it an investment for the following three reasons:

- In the long-term, the cost in health issues and pollution makes pesticides more expensive for individuals, and society as a whole.
- Nutritional content is 200% to 1,000% greater in organic foods, so they provide a whole lot more bang for your buck.
- Ultimately, organic food is not more expensive to produce. It has evolved to be because government subsidies for non-organic crops have reduced competitive prices. When there is more demand for organic, sustainable food an economy of scale comes into the picture, allowing the price to come down.

Vision

What if organic farming was subsidized, instead of GMO crops and agrochemical farming?

ASPARTAME,
NUTRASWEET,
EQUAL,
AMINOSWEET,
E951

All names for the same artificial sweetener now considered a leading cause of damage to the central nervous system. This includes impaired vision, migraines, seizures, brain tumors, leukemia, lymphoma and cancer. It shouldn't be on the market, and you only need to look at where it comes from to know it's better left alone. Aspartame is made by genetically modified waste matter of the E.coli bacteria...bon appétit!

How to avoid it

If the package says "Sugar Free", this can often be translated to, "We removed one thing that's bad for you, and replaced it with something much, much worse." Check the label for aspartame and its aliases, and ditch 'diet' products for good.

WHITE
SUGAR

The 'sweet and silent killer' is not just found in sweets, but in the majority of processed savory snacks and premade meals as well. Sugar contains calories but they're of a toxic nature and offer nothing we need for healthy body function (check out Dr. Robert H. Lustig's book, "Fat Chance: The Hidden Truth About Sugar"). Time and time again studies confirm sugar is bad for our teeth and causes diabetes, heart disease, fatty liver and obesity.

How to avoid it

Replace sugar with raw honey, stevia, coconut palm nectar or any other natural (less processed) sweetener. Xylitol is a magical alternative; its granules look and taste very similar to the sugar we've grown addicted to.

HIGH FRUCTOSE CORN SYRUP (HFCS)

Thought that white sugar sounded pretty bad? It gets worse. High fructose corn syrup is an industrial product that has made its way into pretty much every soft drink, condiment and snack food on the market. It is mostly made from GM corn and processed with GM enzymes. Studies show HFCS causes even greater incidences of obesity than sugar, and is linked to diabetes, cancer, heart disease, dementia, liver damage and accelerated aging.

How to avoid it

Like the other bad guys in our ‘Most (Un)Wanted List’, the best way to avoid HFCS is to shop in the fresh produce section of your grocery store, avoid processed foods and always read the label.

TRANS FATS & HYDRO GENATED OIL

Adding hydrogen to vegetable oil causes it to remain solid in room temperature, bestowing processed goods with a longer shelf life. Unfortunately, it reduces the ‘use by date’ of the people who eat it. No one disputes the associated dangers; even the FDA says it should be pulled off the market. It’s clogging our arteries, lowering good cholesterol and causing heart disease.

How to avoid it

If the term “partially hydrogenated” appears on the label, consider it a red flag. It means there is trans fat in the product, and chances are the rest of the ingredients on the label are of a low quality as well. Avoid processed cookies, crackers, baked goods, snacks, fried food and margarines.

MEET THE ALCHEMISTS



Shanti Allen

Alchemy chef and co-founder, Shanti started her career in some of Sweden's finest restaurants. She believed that culinary creation was an expression of love, but this concept seemed at odds with commercial food practices, and the modern Western diet. Converted to raw veganism, she discovered a world of pure, organic produce, and has since become known for transforming it to culinary art. As a mother of twins brought up on green juice, she uses the 'crowding out' method (pages 9-10) to inspire (read: trick) her boys into making their own healthy food choices.



Lesya Pyatnichko

Plant based chef, food stylist, and co-founder of Alchemy Restaurant, Lesya is dedicated to pure food, well-being and longevity. She left processed food behind at the age of 16, when she discovered the strong influence of food on her physical, mental and energetic states. Years of in-depth research and experimentation followed, bringing her to where she is today: a vegan and mostly raw foodie. While she enjoys "eating simple", nothing ignites her like creating gourmet raw recipes and spreading the life-changing message of raw food goodness.



Elena Cholovsky

With a master's degree in Business and Leadership, Alchemy co-founder Elena Cholovsky is the creative mind behind the Alchemy concept. As a vegan chef, food lover, adventurer, writer and salad whisperer, Elena is dedicated to spreading the knowledge of conscious lifestyle design. An insatiable lust for life drives this self-proclaimed Magic Entrepreneur to design healthy living concepts and sustainable businesses.



Wayan Rina

Head Chef at Alchemy Cafe, Wayan has extensive culinary experience in traditional Balinese cooking, Western cuisine and her specialty: raw, vegan fare. Originally from Ubud, Wayan's devotion to her work, creativity in the kitchen, and mindful leadership inspires every member of the Alchemy family.



Anthony Abbagnano

Founder and visionary of Alchemy Café, Antonio Abbagnano has been a student of the healing arts for over twenty years. He is also a clarity breathwork practitioner, and the founder of Community of Healing, an international organization promoting the union of Western medicine with all other modalities.



Andrew Salony

For the past four decades Andrew has helped countless companies and individuals ignite and re-invent their life passion and purpose. The global entrepreneur, motivational speaker, advisor and transformational life coach primarily resides in Bali, where he also serves as the Managing Partner of Alchemy Holistic, a naturopathic health and wellness clinic located in Alchemy's Ubud complex. He continues to fund, advise and co-manage a plethora of global eco, health and wellness enterprises.



James Sebastiano

Alchemy co-founder James Sebastiano has a master's degree in Vegan Live Food Nutrition from the Tree of Life Center. He's also a marketing expert and conscious entrepreneur, passionate about ethical, environmentally sustainable business. Originally from the U.S.A., James grew up on an American fast food diet and watched his health radically improve after transitioning to organic vegan food.



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And finally to you, our reader and customer, whose support has made us what we are today.

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"This beautiful book has perfectly captured the vibrant and wonderful cuisine of one of my favorite restaurants, Alchemy"

Matthew Kenney

"The Raw Alchemist gives the gift of time, love and emotion into this very timely book, making it, honestly, one of the best cook books I've ever seen."

Elaina Love

"Don't miss out on the guilt-free desserts that are without doubt some of the best Bali has to offer."

Yogi Times

"A number of places in Bali are now making raw chocolate, but Alchemy, a quirky health café in Ubud has the best."

Alison Bone, Let's Eat magazine

"Their raw chocolates, pies and cakes are so rich and smooth, it is hard to believe they are made without refined sugar, dairy or gluten."

Katie Beck, BBC Travel

"Alchemy is a place that symbolizes loving my body and treating it with respect."

Kevin James Carrol, musician

THE RAW ALCHEMIST

MORE THAN 100 RAW AND VEGAN RECIPES FROM ALCHEMY RESTAURANT

Tucked in the backstreets of Ubud, Bali's spiritual center, lies a culinary Mecca attracting gourmets and raw devotees in their thousands. Some come to Alchemy Café for the delectable flavors, others pursuing high-energy, natural fare, but they all share one thing in common: a love of good food. Food that not only tastes good, but is good for you and the world in which it's created.

The Raw Alchemist contains a master collection of the café's bestselling recipes and techniques. With organic, unprocessed and vegan offerings from culinary wizards Shanti Allen and Lesya Pyatnichko, you'll discover everything you need for an introduction to raw food or a complete health and lifestyle transformation.

"The Raw Alchemist is part of the live food vegan answer for the healing of the planet. It's a wonderful read and a tremendous culinary experience. I strongly recommend it."

Dr. Gabriel Cousens, M.D.

