

european blender recipe contest



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# Introduction

Dear reader,

first of all, heart-felt thanks for downloading and reading this booklet - or for taking part in the *European Blender Recipe Contest*, if you did. We really appreciated the pleasant, creative and knowledge-sharing environment, therefore it is our pleasure to share the contest eBook with you!

Please, note that we would be extremely pleased if you shared this booklet with your friends, your readers and if you spread the word about it wherever you want :)

We would like to emphasize that not only was choosing the winner hard, but also choosing the recipes to include in the booklet has been very difficult (it was impossible to include each recipe: the participation was numerous and enthusiastic, while unfortunately the resources we could allocate for the project were not infinitely many).

We hope you will enjoy it!

Froothie Team & La Tortoise



# 1 The Winners

## 1.1 No-bake Coconut And Cacao Biscuits



Recipe by Adam Graczynski  
<http://naturanatalerzu.pl/>

### Ingredients:

#### a. Cacao layer:

1 cup ground almonds  
 4 tbsp raw cacao powder  
 4 tbsp maple syrup (or agave syrup)  
 1 pinch sea salt  
 4 tbsp extra virgin coconut oil (melted)

#### b. Coconut filling:

1/2 cup desiccated coconut  
 1/3 cup extra-virgin coconut oil (melted)  
 4 tablespoons coconut milk

### Directions:

Combine all the ingredients

for the cacao layer in a food processor. Shape the mixture into a ball and then roll it out on the baking parchment. To prevent the mixture from sticking to the roller cover the mixture with another sheet of baking parchment. Using a round pastry cutter cut out small discs and transfer them into the freezer for 20 minutes. In the meantime combine all the ingredients for the coconut filling in a high speed blender and process until smooth. Using the same round pastry cutter, cut out small discs and transfer them into the freezer for 5 minutes. Put



two cacao discs and one coconut disc together making sure that the coconut one is in between the chocolate

ones. Store in the fridge. They taste best the next day!

## 1.2 Almond Creamy Dessert With Strawberry Roses



Recipe by Marzia Riva  
La Taverna Degli Arna

### Ingredients:

#### a. Creamy dessert:

50 g peeled almonds  
10 g cocoa butter  
1 Medjool date (use 1/2 if too big)  
3 tbsp Irish moss gel  
1/2 cardamom pod

#### b. Strawberry pastry:

200 g strawberries  
1 Medjool date  
1 tbsp Irish moss gel

### Directions:

In a powerful food processor, blitz the almonds until they start to form a fine powder, remove and set aside. Now pop the date into the food processor along with a little water and process until smooth and creamy, blending intermittently. Add the Irish moss gel and blend again. In the meantime, melt the cocoa butter either over a bain-marie (with warm water) or in the dehydrator. Add cocoa butter to the mixture and blend. Eventually, add almond flour and blend until well-combined and smooth. Lightly oil your moulds. Pour the mixture into the moulds and level off evenly using a spoon and gently beating them on a worktop (in order to prevent air bubbles). Transfer to the freezer to harden. In the meantime, prepare the fruit pastry. Clean the food processor; wash, chop and process the strawberries. Add the date, blend and set 2 tbsp of sauce aside. Put the Irish moss gel into the food processor and blend until perfectly smooth. Spread the

batter uniformly on baking paper or Teflex dehydrator sheets. Let it dehydrate for about 9 hours at 40°C. The pastry should be dry and pliable. Cut the pastry into ovals and glue them together by overlapping their ends and pushing, thus obtaining a flower. Cut the remaining pastry into stripes, which you will roll up. Turn each mould upside down

onto a serving plate, hold the plate and the mould and shake to loosen, then remove the mould. Transfer to the refrigerator. 20 mins before serving, take the creamy dessert out of the fridge and let it rest at room temperature. Garnish with strawberry sauce, strawberry roses and pastry stripes and serve. Buon appetito!



## 2 Spreads & Sauces

### 2.1 Almond mayonnaise



Recipe by Valentina Vico  
Naturalentamente

#### Ingredients:

100 g almonds  
70 g water  
15 g lemon juice, filtered  
3 tbsp extra virgin olive oil  
3 pinches unrefined sea salt  
1 pinch turmeric

#### Directions:

Blitz almonds until they start to form a fine powder. Gather all ingredients in a bowl and start mixing with a fork, getting all the lumps out. Blend (with an immersion blender) until the mixture is to your desired consistency. Let it rest in the fridge for 1 hour before serving. Store in an airtight glass jar in the fridge up to 1 week. Should it become too hard in the fridge, add a dash of water and mix before serving.

### 2.2 Basil Pate With Buckwheat Bread

Recipe by Cinzia Raciti  
AlchimieVegane

#### Ingredients:

##### a. Pate:

100 g cashew nuts  
50 g Macadamia nuts  
fresh basil  
salt  
2-3 garlic cloves  
extra virgin olive oil  
4 tsp mustard  
1/2 lemon, juice  
3 tbsp unsweetened soy yo-

gurt

##### b. Bread:

500 g buckwheat flour  
100 g wholegrain rice flour  
1 cube fresh yeast  
450 ml warm water  
salt  
3 tbsp extra virgin olive oil

#### Directions:

a. Pate: soak cashews in water overnight. The day after, rinse and drain them, add them to the



food processor along with macadamia nuts, lemon juice, mustard, yogurt, salt, basil, oil and garlic. Process until creamy. Add salt to taste. Pour into a glass jar and let it rest in the fridge overnight.

**b. Bread:** sift the flours, make a well in the center and add the yeast (crumbled) and oil. Gradually add warm water and start kneading. Add salt and go on kneading until you get a nice elastic ball. Let it rise for two hours in a warm place. Shape the dough into Vienna loaves and let them rise again for 2 hours. Bake at 220°C for about 35-40 minutes (place a steel pot

full of water in the oven to prevent your bread from drying out).



## 2.3 Fruitarian Mayonnaise



Recipe by Francesca Piu  
Follow The Green Bunny  
**Ingredients and directions:**

- take a yellow bell pepper
- take a juicy peach
- blend them together
- that's it!

The beauty of fruitarian cuisine, "monkey proof". Its flavour is sweet and at the same time distinctive.. super creamy! You will get astonished by its plain and simple deliciousness.. (You can eat it plain or add a few sesame seeds/walnuts and a drizzle of apple vinegar) I ate it with gherkins cut into strips, but it can be used in salad dressing, as a dip or



sweet and sour stuffing.



## 3 Cheese

### 3.1 Cheese With Crackers and Caramelized Onions (Raw)



Recipe by Emanuela Caorsi  
<http://www.larapacruda.it/>

#### Ingredients:

##### a. **Cheese:**

70 g cashew nuts  
 70 g Macadamia nuts  
 35 g Brazil nuts  
 1/2 tsp salt  
 1/2 tbsp nutritional yeast  
 1 capsule vegan probiotics  
 80 ml water

##### b. **Crackers:**

70 g almonds  
 35 g sunflower seeds  
 1/4 tsp Himalayan salt  
 1 tsp extra virgin olive oil

##### c. **Caramelized onions:**

1 organic red onion

1 tbsp coconut nectar  
 2 tbsp water  
 1 pinch salt  
 fresh marjoram/thyme

#### Directions:

a. **Cheese:** soak nuts in separate bowls for at least 2 hours. Drain and thoroughly rinse them, then throw the nuts into a blender jar, along with salt, nutritional yeast, probiotics and water and blend at high speed until smooth. Pour the "cheese" into a strainer covered with sterile gauze and put the strainer over a bowl (some liquid will drain out). Let it ferment at room temperature for 1 or 2 days.

b. **Crackers:** Soak almonds and sunflower seeds in two different bowls for at least 12 hours. Drain and thoroughly rinse them, throw them into a small blender jar and blend along with other ingredients until well-processed. Shape 4 round bases with the help of a dough cutter, then let them dehydrate on a teflex sheet for at least 3 hours. Remove the teflex sheet and let them dehydrate for 5 more hours.

c. **Caramelized onions:** thinly slice the onion and set aside. In a small bowl mix coconut nectar, salt and water. Toss sliced onions into the bowl and



mix by hand. Place the onions on a teflex sheet and let them dehydrate for 2 or 3 hours.

d. *Assembly*: spread some

cheese onto the bases and top off with caramelized onions. Garnish with fresh marjoram or thyme and serve.

## 3.2 Caprino Cheese



Recipe by Laura Paoella  
<http://www.veganofficina.it/>

### Ingredients:

150 g macadamia nuts,  
 soaked for 12 hours  
 90 g water  
 50 g lemon juice  
 5 g nutritional yeast  
 5 g maca powder  
 3 g Himalayan salt  
 1 capsule vegan probiotics  
 0.5 g garlic powder  
 3 g cocoa butter

### Directions:

Drain macadamia nuts and rinse them very well, then throw them into the blender

jar, along with water, lemon juice, salt, garlic and nuts. Process until perfectly creamy, then add maca, yeast and melted cocoa butter. Blend again until well-combined, then add lactobacillus. Transfer the mixture to a ricotta baked mould (or a strainer) covered with sterile gauze, to drain the liquid out. Let it ferment at room temperature for about 24/48 hours. Shape your "caprini" and wrap them singularly in baking paper strips. Store them in the fridge until right before eating.



### 3.3 Aged Almond Ricotta



Recipe by Laura Paoella  
<http://www.veganofficina.it/>

#### Ingredients:

##### a. *Ricotta*:

150 g peeled almonds (unroasted)

50-60 g spring water

1 capsule vegan probiotics

4 g Himalayan salt

##### b. *Strawberry "aspretto"*:

100 g strawberries

10 g extra virgin olive oil

5 g balsamic vinegar

Himalayan salt

+ vegetables and flowers to garnish

#### Directions:

a. *Ricotta*: soak almonds

for 12 hours, drain and rinse them thoroughly. Blend almonds along with water until perfectly creamy. Add lactobacillus and quickly blend again. Transfer to a sterilized glass container, cover with baking paper and let it ferment for 48 hours in a cool place. Add salt and mix well, then transfer the mixture to two ricotta basket moulds and let it rest in the fridge for 14 hours to drain the liquid out. Transfer to the dehydrator for 36 hours or until the crust is done. Wrap your 2 ricotte in baking paper and let them age in the fridge for 15 days. As time goes by they will become even more compact and flavoursome.

b. *Strawberry "aspretto"*: blend strawberries and pass their pulp through a chinois, add oil, salt and balsamic vinegar. Serve immediately (e.g. to season the salad).



## 4 Main courses

### 4.1 Zucchini And Avocado Tartare With Herb Cheese And Camone Tomato Cream



Recipe by Martino Beria  
La Cucina Vegetariana

#### Ingredients:

##### a. *Tartare:*

100 g green zucchini  
60 g Hass avocado  
black pepper  
Maldon salt  
3 drops Tabasco  
lime juice, some drops  
pumpkin seed oil

##### b. *Almond cheese:*

100 g unpeeled almonds  
4 chive stalks  
unrefined salt  
extra virgin olive oil

##### c. *Camone mayonnaise:*

100 camone tomato

#### Directions:

1. Soak almonds in cold water for at least 4 hours.
2. Drain and rinse your soaked almonds. Move them to a tall thin glass jar along with 150 ml of water (or more if need be), salt and chives. Blend with an immersion blender, at low speed so as to convey porosity to your cheese.
3. Wash and clean tomatoes, cut them in half, throw them into a tall thin jar and blend them with an immersion blender. Add neither salt nor oil.
4. Wash zucchini, cut the ends off and randomly dice them. Peel and stone the avocado and chop it as well. Transfer both ingredients to a bowl and mix well.
5. On one side of a rectangular dish, dish out the zucchini tartare by using a dough cutter, dust with Maldon salt, drizzle with 3 drops of tabasco and garnish with pumpkin seed oil.
6. On the other side, place some camone cream, then form a quenelle of almond cheese and place it onto the cream. Garnish with chives and drizzle with quality olive oil.

## 4.2 Home-made Tagliolini With Wild Garlic



Recipe by Luna Storta  
MaraviglieVeg

**Ingredients and directions:**  
Start off by preparing the dough: mix 200 g of whole-wheat flour with 2 tbsp of extra virgin olive oil, salt and warm water until you have a firm ball. Wrap the dough in cling film and let it rest for half an hour. Pesto: wash the leaves of 2 bunches of wild garlic, dry them and throw them in the blender jar, along with some almonds, lemon juice and a generous amount of

olive oil, then blend everything together. Roll the dough out (with a rolling pin) and sprinkle the sheets with flour. Tightly roll each sheet and cut cylinder cross-wise into 5-mm-wide strips. Unroll strips and toss with flour, then cover them. In a small saucepan pour 200 ml of spelt cream, add 2-3 tbsp of wild garlic pesto, salt, pepper and let it simmer for a couple of minutes. Cook your tagliolini in plenty boiling salted water, add some wild garlic sauce and serve.



## 4.3 Marinated White Asparagus



Recipe by Felicia Sguazzi  
Le Delizie Di Feli

### Ingredients:

#### a. *Marinade*:

1 bunch white asparagus  
1 cm fresh ginger  
1/2 organic lemon, zest and juice  
1 tsp umeboshi vinegar  
fresh marjoram  
1 tbsp organic extra virgin olive oil  
1 pinch organic turmeric water

#### b. *Carrot pesto*:

50 g organic peeled almonds  
3 organic carrots  
unrefined sea salt  
1 cm organic fresh ginger  
thyme  
1/2 organic lemon, juice and zest  
1 tbsp organic extra virgin

olive oil

#### c. *Macadamia cheese*:

100 g organic Macadamia nuts  
1/2 organic lemon, juice and zest  
fresh chives  
unrefined sea salt  
water (if need be)

### Directions:

a. *Marinade*: finely grate ginger into a small bowl, add lemon juice and zest, umeboshi vinegar, oil some water and some fresh marjoram leaves. Mix thoroughly, emulsifying the ingredients, taste and adjust the ingredients according to your own taste. Trim the asparagus, cut the tips off and cut them in half lengthwise, then thinly slice the rest. Place the marinade in an airtight container, toss the asparagus into the marinade and let it rest in the fridge overnight.

b. *Carrot pesto*: soak almonds in water for at least 30 minutes, rinse them and throw them into the blender jar, add chopped carrots, ginger, thyme, lemon zest and juice and blend. Add water if need be - your pesto should turn out soft, compact and rich. Drizzle some olive oil, pour the pesto into an airtight container and let it rest in the fridge for a couple of hours.

c. *Macadamia cheese*: soak Macadamia nuts in cold wa-

ter for a couple of hours, rinse them and throw them into the blender jar. Add lemon zest and juice, chives and a pinch of salt. Blend for some minutes, preferably without adding any water. Taste and adjust. Line a small container with cling film, pour the cheese mixture, level off evenly and let it rest in the fridge for at least 30 minutes.

Take the cheese out of the container and move it to the dehydrator rack, then let it dehydrate for 3-4 hours. The cheese develops a crust on the exterior through dehydration, but the interior remains largely the same: soft and creamy. Should you prefer drier cheese, just let it dehydrate for longer. While dehydrating, turn it upside down at least once,

so that the dehydration is uniform.

I suggest that you should prepare asparagus, pesto and cheese one day in advance. You can store the cheese in the fridge for some days.

Right before serving asparagus, take some marinade, pour it into a small bowl, add a pinch of turmeric, some drops of extra virgin olive oil, emulsify the ingredients and dissolve the turmeric.

**d. Assembly:** spoon some marinade onto serving plates, plate the asparagus and drizzle some turmeric marinade. Serve with carrot pesto and Macadamia cheese.

If you want a softer cheese, it's enough to add more water when preparing it and to skip the dehydration.

## 4.4 Veg Pad Thai



Recipe by La CRUsine de Sophie  
La CRUsine de Sophie

Ingredients:

- 1 can coconut milk
- 2 garlic cloves
- 2 spring onions
- 2 tbsp fresh ginger
- 1 tbsp agave nectar
- 4 pitted dates
- 1/2 lime, juice
- 1 orange, juice
- 3 tbsp tamari
- 1 tbsp umeboshi pate
- 2 tbsp sesame seed oil
- 1 tbsp miso pate
- 1 tbsp fresh lemongrass
- 1 tbsp coriander seeds or fresh coriander
- 2 tbsp thai curry powder or



thai curry paste  
1 tbsp fresh coriander to garnish

**Directions:**  
Sauce: Blend everything together.

Serve with zucchini or carrots cut into tagliatelle (using a potato peeler), some minced garlic and ginger, sesame seed oil and shredded coconut. You can also add red bell peppers.

## 4.5 Pulled BBQ Seitan - Great For Summer Burgers



Recipe by Stefanie Zaun  
<http://2women2cats.com/>

**Basic seitan:**  
1 cup kidney beans (cooked)  
4 sage leaves  
3 tsp roasted onion  
2 cloves garlic  
1/4 cup olive oil  
2 tsp smoked paprika  
3 tsp paprika

3 tsp freshly ground pepper  
3 tsp salt  
1 tsp cayenne pepper  
1 tbsp soy sauce  
1 tsp yeast extract  
1 1/4 cups water  
2 3/4 cups seitan flour

First heat up some water in a steam kettle. If you don't have one you can just use a big pot and put a colander

in it to steam the seitan. In a food processor blend together the beans, sage, garlic, onion and olive oil until everything is really smooth. Add the rest of the spices, mix well and add the water and seitan flour. Depending on the type of gluten you're using you might have to add more water. The dough is right when everything sticks together nicely. Form a loaf and wrap it in aluminium foil. Make sure it's packed tightly and nothing can come out of the sides. When the water is ready, steam the seitan for 60 minutes. Turn it around once after 30 minutes.

When your loaf is done steaming you can continue with the next step to make pulled BBQ seitan.

**Ingredients:**

1 loaf (or less) of the ready steamed seitan  
 1 small onion  
 3 cloves pressed garlic  
 1 tsp olive oil

**For the BBQ sauce:**

1/2 cup ketchup

1/2 apple vinegar  
 1/3 cup muscovado (or brown) sugar  
 1 tbsp smoked paprika  
 1 tbsp paprika  
 3/4 cups vegetable broth  
 1 tsp cayenne pepper  
 2 tsp salt  
 1 tbsp Worcester sauce  
 3 tsp freshly ground pepper

In a bowl mix together all the ingredients for the sauce and set aside.

Pull the seitan apart with a fork and fry it in a pan with the oil until it gets a crust.

Add the onions and the garlic only after 8 minutes or so since the seitan will take a while to fry and you don't want to burn them. When the seitan looks done and the onion is glossy turn the stove to medium-low heat and add the bbq sauce. Let it simmer for a while until most of the liquid is gone.

Serve with freshly made burger buns or on sandwiches. We ate our burgers with fresh rucola, avocado and mint. It made a great combination!



## 4.6 Stuffed Pancakes



Recipe by Valentina Vico  
Naturalentamente

Ingredients (yield: 8 servings):

160 g chickpea flour  
450 ml water  
1 kg herbs  
2 zucchini  
1 slice yellow pumpkin  
500 ml unsweetened soy milk  
2 heaping tbsp whole-grain rice flour  
nutritional yeast  
garlic powder  
saffron  
nutmeg  
sweet paprika  
unrefined sea salt  
extra virgin olive oil

Directions:

a. **Batter:** put chickpea

flour into a bowl and gradually add water, beating with a fork (or whisk) to avoid lumps. Salt to taste. Let it rest.

Wash and clean herbs, then boil them, drain and throw them into the food processor, along with salt and garlic. Quickly blend (you don't want to mush your herbs).

Steam zucchini and pumpkin for about 10-12 minutes, throw them into the blender jar and purée them.

b. **Béchamel:** heat up 2 tbsp of extra virgin olive oil over low heat, add 2 tbsp of rice flour, mix well, then gradually add soy milk, whisking continuously. If your béchamel turns out too

thick, add soy milk. Add saffron, nutmeg and salt to taste.

Cook your stuffed pancakes in a nonstick pan (1 pancake = 3/4 ladleful of batter).

Preheat the oven to 180-200°C and assemble your stuffed pancakes.

Place the herbs onto each pancake, then fold it in two.

Oil an oven pan, spoon out

half of the zucchini and pumpkin purée and place all the stuffed pancakes onto it. Cover with the remaining purée and béchamel. Sprinkle with nutritional yeast and sweet paprika, then bake for 40-45 minutes or until golden brown.

Let them rest for 10 minutes before serving.



## 5 Sweets

### 5.1 3-Ingredient Choco-Hazelnut Cream



Recipe by Francesca Longo  
La Tana Del Riccio

**Ingredients:**

500 g hazelnuts  
450 g coconut sugar  
75 g cacao powder (fair trade)  
a pinch of unrefined sea salt,  
vanilla, cinnamon or spices  
of your choice

**Directions:**

Place hazelnuts on a baking tray in a single layer and bake at 160°C until they begin to give off a pleasant scent. Let them cool down to room temperature, then Then vigorously rub the nuts against themselves

to remove most of the skins. Place sugar in a food processor, make powdered sugar and set aside.

Grind the nuts by using the "pulse" setting on the food processor (stop occasionally not to overheat the food processor). Blend until perfectly smooth.

Add spices, salt and go on blending. Gradually incorporate powdered sugar into the mixture and eventually add cacao powder.

Blend again until perfectly smooth. Pour into airtight jars, store at room temperature and keep out of direct sunlight.



## 5.2 Tofu Chocolate Cake



Recipe by Misha Susa

### Ingredients:

1 cup dates  
1 cup peeled almonds  
1/2 cup rolled oats  
2 packages of tofu natural (1 package of about 200 g)  
1 ripe banana  
1 cup almond milk  
1 bar-quality bittersweet chocolate, cut into chunks  
sliced almonds for garnish

### Directions:

Let dates soak in water for about 1 hour. In the meantime, toss almonds and rolled oats into the food processor and finely grind them. Drain and rinse

dates, then add them to the food processor. Process until you get a sticky dough. Press the dough down onto the bottom of a lined cake tin. Pour almond milk and chocolate chunks into a saucepan. Heat it up, stirring continuously, and once the chocolate is melted, pour the mixture into the food processor. Add tofu, banana and blend. Add date syrup according to taste if need be. Pour the cream onto the base and level off evenly. Let it cool down in the fridge. Sprinkle with chopped almonds before serving.



## 5.3 (Almost) Raw Berry Cheesecake



Recipe by Valentina Goltara  
<http://sweetkabocha.com/>

**Base:**

120 g sunflower seeds  
 50 g mulberries  
 140 g raisins  
 40 g raw cacao powder  
 1 pinch of Himalayan salt  
 135 g almonds (unroasted)

Roughly chop almonds, place in a bowl and set aside. Throw sunflower seeds and mulberries into the food processor and process until a fine flour begins to stick slightly to-

gether. Add raisins, cacao and salt and process again until the mixture comes together. Transfer to the bowl and knead by hand to incorporate the almonds. Press the mixture into the bottom of a lined cake tin (diam: 18 cm).

**Cream:**

270 g raw cashews (soaked at least 5 hours or overnight)  
 240 g Medjoul dates  
 135 g strawberries + 50 g to garnish  
 130 g raspberries + 70 g to garnish  
 145 g blueberries + 70 g to garnish  
 65 g blackberries + 70 g to garnish  
 1/2 lemon, juice  
 5 + 1/2 cocoa butter, melted (about 75 g)  
 2 vanilla beans

Blend all ingredients (except for the garnish) in a high speed blender until smooth. Pour the cream onto the base and let it rest in the freezer for at least 3 hours. Take it out of the freezer one hour before serving and garnish with the remaining berries and some mint leaves.

## 5.4 Coconut And Raspberry Cheesecake



Recipe by Luna Storta  
MaraviglieVeg

### Ingredients:

#### a. Cream:

200 g cashew nuts, soaked overnight

100 ml coconut oil

1 can coconut milk

1 tbsp soy lecithin, dis-

solved in some water

agave nectar to taste

1 vanilla bean

1 punnet raspberries

#### b. Base:

100 g crumbled biscuits

60 g cocoa butter

### Directions:

Prepare the base by mix-

ing crumbled biscuits with melted cocoa butter, then press the mixture into the bottom of a lined cake tin (diam: 20 cm) and let it rest in the fridge.

Prepare the cream: blend cashews along with vanilla, then add coconut milk, agave nectar and blend again. Eventually add soy lecithin and melted coconut oil and quickly blend again. Pour the cream onto the base and let it rest in the fridge for at least 2 hours. Take the cake out of the fridge and garnish with raspberries.



## 5.5 Raw Bounty Cake

*Pan di Zenzero*

Recipe by Alessia Pellegrini  
Pan Di Zenzero

Ingredients (for a small tart  
- diam: 10 cm):

**a. Crust:**

30 g raisins  
20 g raw almonds  
30 g shredded coconut  
2 tsp virgin coconut oil,  
melted  
1 pinch of unrefined salt

**b. Cacao cream:**

90 g raw cashews, soaked for  
at least 4 hours  
20 g raw agave nectar  
10 g raw cacao powder  
1 Medjool date  
20 g coconut or almond milk  
10 coconut oil, melted

**c. Coconut cream:**

50 g shredded coconut  
50 g cashews, soaked for at

least 4 hours

35 g raw coconut or almond  
milk

**Directions:**

First of all, soak cashews in  
water for at least 6 hours  
(preferably overnight).

Blend raisins, almonds and  
coconut until almonds have  
released almost all their oils  
and the mixture comes to-  
gether. Add coconut oil  
(melted over a bain-marie)  
and quickly blend again to  
amalgamate everything.

Press the crust dough into  
the bottom of a lined 10-cm  
cake tin. Let it rest in the  
freezer.

Blend shredded coconut un-  
til creamy/liquid. Add  
drained cashews and co-



conut milk and blend again. Take the base out of the freezer, place a round dough cutter in the middle (diam: 6 cm) and pour the coconut cream, then level off evenly. Set aside 1 or 2 tbsp of coconut cream to garnish. Let it rest in the freezer for about 1 hour.

Throw the remaining (drained) cashews into the blender jar along with agave nectar, cacao, 1 pitted date and coconut milk. Blend until perfectly smooth. Take the cake out of the

freezer, pipe the chocolate cream into the circular crown surrounding the coconut cream circled (use a piping bag) and remove the dough cutter, then level off evenly. Finish off with a layer of chocolate cream on the whole surface. Set aside some tbsp of cream to garnish.

Let the cake rest in the freezer for some hours, then take it out of the freezer at least one hour before serving. Garnish by piping some cream as you please.

## 5.6 Tiramisu (With Raw Biscuits)



Recipe by Valentina Goltara  
<http://sweetkabocha.com/>

Notes: the day before,

prepare the biscuits, soak cashews and prepare the coconut milk cream; the following day, finish off and as-



semble the sweet. If you don't want to use coffee, prepare barley coffee. As traditional tiramisu, after 2 days in the fridge it's even better!

**Biscuits:**

210 g rolled oats  
370 g Medjoul dates  
1 pinch salt  
60 ml strong coffee

In a food processor, finely grind rolled oats, add the remaining ingredients and process until the mixture comes together.

Shape your biscuits into rectangles and let them dehydrate for a couple of hours.

Before preparing tiramisu, soak biscuits in coffee.

**Cream:**

140 g raw cashews  
1/2 lemon (juice) + 2 tbsp of water  
1 can coconut milk  
40 g corn starch  
60 g coconut nectar  
5 g raw cacao powder

In a small saucepan, dis-

solve corn starch in coconut milk, bring to a boil and whisk in order to avoid lumps.

Once the cream begins to thicken, remove from the stove and stir in coconut nectar.

Pour the cream into a bowl, cover it, let it cool down to room temperature, then store it in the fridge. Soak the cashews.

The following day, drain and rinse cashews, then blend them along with lemon juice and water until perfectly smooth. Add coconut milk cream and blend again.

**Assembly:** in an oven pan (or glass jars or whatever you prefer), spoon out a layer of cream, then add a layer of biscuits, then spoon out another layer of cream and so on. Finish off with a sprinkle of cacao powder.

Let it rest in the fridge for at least 12 hours; should there be leftovers after 4 days (unlikely), store them in the freezer.

## 5.7 Raw Fruit Tart



Recipe by Lorena La Rocca  
Ricette Crudiste

### Ingredients:

#### a. Crust:

2 cups almonds  
1 cup dates  
1 pinch of salt

#### b. Mango cream:

2 ripe mangos  
2 1/2 cups cashew nuts  
3/4 cup coconut butter  
3 tsp agave nectar  
1/2 tsp organic vanilla powder  
+ fruit to garnish

### Directions:

a. **Crust:** soak dates in water for at least 1 hour. Coarsely blend almonds, place them in a bowl and set aside. Blend

dates until smooth. Add date paste and salt to the bowl and knead. Press the mixture into the bottom and up the sides of a lined tart pan. Let it rest in the fridge while preparing the cream.

b. **Mango cream:** soak cashews in water for at least 30 minutes. Blend all ingredients together until perfectly smooth (mind the temperature while blending!).

**Assembly:** pour the cream onto the base. Slice your favourite fruit and garnish the tart. Drizzle the surface with lemon juice to prevent browning.

Let it rest in the freezer for 4 hours.



## 5.8 Cocoa Spread



Recipe by Gabriela Cistino unaelle

**Ingredients:**

200 g white kidney beans, cooked (or 100 g dry)  
 150 g bean cooking water (or tap water)  
 100 g dates, pitted (preferably Medjoul)  
 80 g hazelnuts, shelled and

peeled  
 20 g unsweetened cocoa powder (heaping tbsp)  
 1 tsp rice malt syrup (optional)  
 1 tsp oil (optional)  
 1 pinch of vanilla powder (optional)

**Directions:**

Soak beans in water overnight.

The day after, cook them in plenty boiling water as long as necessary.

Throw beans, dates, hazelnuts and cocoa into the food processor. Blend and gradually add water until the mixture is well-combined.

When the mixture looks as smooth as possible, add rice syrup, oil and vanilla (if you want your cream to look glossy).

It goes without saying that the better the blender, the better the result.

Pour into a glass jar and store in the fridge up to 3-4 days.

Perfect with bread, crepes, to stuff cookies or tarts and as comfort food, etc. etc.

## 5.9 Raw Coconut Cheesecake With Berries And Lavender



Recipe by Francesca Bettoni  
<http://beautyfoodblog.com/>

**Ingredients (cake diam: 14 cm):**

**a. Base:**

40 g walnuts  
 40 g almonds  
 6-8 pitted date  
 1 tbsp raw cacao powder  
 1 tbsp shredded coconut

**b. Cream:**

100-110 g cashews, soaked in water  
 120 g coconut cream  
 1 tsp lemon juice  
 1 tbsp vanilla powder or 1/2 tbsp vanilla extract  
 20 g coconut oil (at room temperature)

15-20 frozen raspberries  
 2-12 frozen blueberries  
 70-80 g rice syrup  
 lavender or edible flowers  
 1 tbsp unsweetened cacao powder

**Before starting:**

Soak cashews in water for at least 6 hours or preferably overnight. Put the coconut milk can in the fridge at least 4-6 hours before preparing the cake (you will just need the creamy part).

**Directions:**

Line a cake tin or dough cutter with baking paper or cling film.

Drain and rinse cashews. Take coconut milk out of the can, discarding the watery part.

Blend walnuts, almonds, pitted dates and cacao until well-combined (but still crunchy).

Add shredded coconut and knead by hand.

Press the mixture into the bottom of your cake tin/dough cutter. Let it rest in the freezer. Blend cashews along with coconut milk. Add coconut oil, rice syrup and vanilla. Blend until smooth and creamy. Divide the mixture into three parts.

**Cacao layer:** add 1 tbsp of cacao to 1/3 of the mixture. Mix thoroughly. Pour it onto the base, level off



evenly and put it back into the freezer.

*Raspberry layer:* add lemon juice to the remaining cashew mixture and blend for 30 seconds. Set half of the mixture aside. Add raspberries to the remaining half and blend. Add rice syrup if need be. Pour the mixture onto the cacao layer, level off evenly and put it back into the freezer.

*Blueberry layer:* put the remaining lemon cashew cream into the blender jar,

add blueberries and blend until smooth. Add rice syrup if need be. Stir in flowers and mix well. Pour the cream onto the raspberry layer and level off evenly.

Garnish with flowers. Cover with a bowl and put it back in the freezer for at least 2 hours. Take it out of the freezer 10-15 minutes before serving.

Garnish with berries and serve.

Store in the freezer for up to 1 week.

## 5.10 Small Pastries With Cacao Cream (Raw)



Recipe by Laura Cuccato  
Salto Nel Crudo

### Pastries:

150 g unpeeled almonds

2 tbsp date syrup  
1 pinch salt  
1/2 tbsp vanilla powder

Grind almonds in a blender,



add date syrup and blend until the mixture comes together. Wrap the dough ball in cling film and let it rest in the fridge for 1 hour. Shape your pastries and let them dehydrate at 45°C for 6 hours, then turn the pastries upside down and take them out of the moulds. Let them dehydrate for 6 more hours.

#### Cacao cream:

1 ripe avocado  
1 ripe banana

3 tbsp raisins, soaked in water  
4 tbsp raw cacao or carob powder  
1/2 tsp vanilla powder  
100 g raisin soaking water  
lemon zest  
pistachio nuts

Throw all ingredients (but pistachios) into the blender jar and blend until smooth. Using a piping bag, pipe the frosting into the pastries. Chop pistachios and garnish your pastries.

## 5.11 Raw Lemon Cheesecake



Recipe by Iselin Amanda  
Stoylen  
The Uncooked Vegan  
Kitchen

#### Ingredients:

##### a. Crust:

2 dl cashews  
2 dl dried, shredded coconut  
10 dates (pitted)  
pinch of salt

##### b. Lemon filling:

2 cups / 4dl cashews  
(soaked for at least 2 hours)  
5 tbsp agave  
5 tbsp water  
1/2 cup / 1 dl coconut oil  
juice of one lemon

#### Directions:

Place cashews and coconut in your food processor and process until flour. Add dates and salt and continue processing until everything sticks together. Press the crust out in a lined cake-tin and set aside. To make the lemon filling add all ingredients for the filling to your blender. Blend until the ingredients have turned into a creamy batter. The batter should be thick and smooth.



If the batter is too thin add more cashews, if it's too thick add more coconut oil (or water). Feel free to add more lemon or agave to taste. Spread the mixture evenly over the crust and put in the refrigerator

for at least four hours or more. If you want to speed up the process you can put it in the freezer after an hour and leave it there for another hour. Serve the cake with blueberries or any other berries that are in season.

## 5.12 Raw Tiramisu



Recipe by Serena La Paz  
<http://ildragoparlante.com/>

### Ingredients:

10 very ripe bananas  
 400g young coconut yogurt  
 10 soaked dates  
 1 avocado  
 1 tablespoon of carob powder  
 50g chopped mulberries (optional)

### Directions:

As I live in Ecuador I have the opportunity to prepare

a home-made coconut yogurt. Preparing it is very easy. In order to make 400g of coconut yogurt you just need to blend the meat out of 2 young coconuts with the juice of 2 lemons and leaving the mixture to rest for 1-2 days at room temperature. Now, let's prepare the Tiramisu: instead of the biscuits we will cut 9 bananas horizontally into very thin slices. To prepare the cream we blend the coconut yogurt with the dates, date soaking water, and one banana. Don't blend for too long otherwise the banana may get a metallic taste because of oxidization. Instead of the coffee, we will prepare a smooth cream blending the avocado with the carob powder and 100ml of water. The carob powder will give it a chocolate flavor, too!

It is time to make the Tiramisu by arranging the ingredients in layers: start by fully covering the bottom layer with banana slices, then add the yogurt-



cream and after that a thin layer of carob-avocado cream. Repeat this process until the ingredients are finished, using the carob-avocado cream for every second layer. If you like that extra sweetness and kick, you can add a layer

of mulberries or any other dried fruit you enjoy, in the middle. Finish this masterpiece by sprinkling some carob powder and more mulberries on top. Leave it in the fridge for about an hour and serve to the people you love most.

## 5.13 Guilt-free Chocolate Cake



Recipe by Emanuela Caorsi  
<http://www.larapacruda.it/>

### Ingredients:

#### a. Base:

- 40 g almonds
- 30 g pecan nuts
- 20 g cacao beans, chopped
- 1 1/2 Medjool dates

#### b. Cacao Cream:

- 70 g cashews

- 30 g cold-pressed coconut oil
- 20 g coconut sugar
- 1 tsp soy lecithin
- 20 g raw cacao
- 60 ml filtered water

### Directions:

Soak cashews in water for at least 2 hours.

Base: in a small blender, blitz almonds and pecan nuts until they start to form a powder, add cacao beans and blend for some seconds. Add dates and blend until well-combined. Press the mixture into the bottom of a lined cake tin or dough cutter. Let it rest in the fridge.

Cream: melt coconut oil over a bain-marie (using warm water). Throw all ingredients into the blender jar and blend at high speed for 20 seconds or until smooth and frothy. Pour it onto the base and let it rest in the fridge overnight or in the freezer for at least 2 hours (moving it to the fridge one hour before serving).



5.14 Raw Crepes With Strawberry Jam And Chocolate Cream



Recipe by Dita Krizkova  
Rawsuperfood  
<http://www.rawsuperfood.cz/>

**Light crepes:**

2 large bananas  
5 Medjool dates  
1 tsp lemon juice  
1-2 tbsp agave nectar  
1/2 tsp cinnamon  
1 pinch of Himalayan salt  
→ Blend until smooth.

**Dark crepes:**

2 large bananas  
2-3 tbsp agave nectar  
1 heaping tbsp raw cacao  
1 tbsp virgin coconut oil  
1 pinch of Himalayan salt  
→ Blend until smooth.

**Strawberry jam:**

2 cups strawberries  
2 tbsp chia seeds  
2 tbsp agave nectar  
1 pinch of vanilla  
→ Blend everything together.

**Chocolate cream:**

1/2 avocado  
2-3 bananas  
2 tbsp raw cacao  
3 Medjool dates  
1 tsp preferred sweetener (agave syrup, coconut sugar, xylitol...)  
1 tsp cocoa butter  
1 pinch of vanilla  
→ Blend until smooth.

**Jam:** mix all ingredients and let them rest in the



fridge overnight. In this way you can make jam out of (almost) all fruit.

**Crepes x 2:** mix everything thoroughly and pour onto baking paper. Let it dehydrate for at least 6 hours, then stuff with fruit, cashew cream, hemp

whipped cream, fruit pudding or chocolate cream. Delicious!

**Tip:** you can also make another variation of this crepes by adding 250 g of fruit (blueberries, apricots, currants, strawberries...) to the basic dough.

## 5.15 Raw Carrot Cake With Cashew Frosting



Recipe by Alessia Pellegrini  
Pan Di Zenzero

**Ingredients (for 2 small cakes - diam: 8 cm):**

230 g carrots, cleaned and chopped  
250 g cashews, soaked for at least 4 hours  
150 g peeled almonds  
2 tbsp lemon juice  
100 g Medjool dates, pitted  
2 tbsp virgin coconut oil or cocoa butter  
1/2 tsp cinnamon powder

raw almond milk  
1/2 tsp nutmeg  
1/2 tsp vanilla extract  
1 pinch unrefined salt  
2 tbsp cocoa butter or coconut oil  
60 g agave nectar

### Directions:

Blend carrots, along with almonds, cinnamon, nutmeg and salt, until puréed. Add dates and go on blending until the mixture comes together. Add cocoa butter and blend again. Divide the mixture into two three parts, place them on baking paper (on a tray) and shape them into three equal circles (same size and thickness) with the help of a dough cutter. Let them rest in the freezer for about 1 1/2 hours. In the meantime, prepare the cream: drain the cashews and blend them along with agave nectar, lemon juice and vanilla extra until smooths (or as smooth as your blender will allow). To make it even creamier, add some raw al-



mond milk and go on blending. Remove the three bases from baking paper. Fill a piping bag with cashew frosting. Place one base on a serving plate and garnish by piping the frosting. Take the second base and place it very carefully onto the

frosting layer, exerting little pressure. Garnish with cashew cream and finish off with the third carrot base. Garnish as you please with cream and almond flakes. Let it rest in the fridge for at least 2 hours, then serve at room temperature.

## 5.16 Plum mousse



Recipe by Felicia Sguazzi  
Le Delizie Di Feli

### Ingredients:

yellow plums  
50 g unpeeled almonds  
5 Medjoul dates  
lemon juice  
100 ml water  
2 level tsp agar agar

### Directions:

Soak almonds overnight.

Soak dates for at least 1 hour. Stone and blend the plums. I got 650 ml of plum smoothie: according to this quantity, I chose to add 2 level tsp of agar agar. I generally use 2 tsp of agar agar per 500 ml of water; this time I didn't want to jellify my mousse, but only to thicken it, therefore I adjusted the quantity accordingly. Almond and dates make the plum purée rich and thick, serving the purpose that flour and starch serve in a traditional mousse. Drain, peel and rinse almonds, blend with pitted dates, adding 1-2 tbsp of plum purée if need be. Mix almonds, dates and plum purée. Pour 100 ml of water into a small saucepan, add agar, dissolve it and let it simmer for some minutes. Let it cool down for a while, then pour the fruit mixture into the saucepan and blend with an immersion blender. Pour the mixture into pudding moulds (ingredients yield 11 puddings). Let it cool down

to room temperature, then let it rest in the fridge for at least 4 hours. Serve with diced fresh plums. No

bake, no flour, no starch, no sugar/no sweetener... yet the perfect plum mousse.

## 5.17 Mint Chocolate Raw Squares



Recipe by Aurélie Cappellini  
<http://www.mavegetable.com/>

### Ingredients:

100 g cashew nuts  
 1 handful raw spinach leaves

35 g coconut cream  
 80 g melted coconut oil + 2 teaspoons  
 13 ml agave syrup  
 1 little handful mint leaves  
 15 drops of mint essential oil  
 100 g raw chocolate  
 Some crushed nuts for the cover

### Directions:

Rehydrate cashew nuts one night in water. Then dry them.

Blend all ingredients (except chocolate and crushed nuts) together, to get a very smooth cream.

Line a tray with baking paper. Spread 50 g melted chocolate (mixed with 2 teaspoons of coconut oil) inside and take it into the freezer 5 minutes. Then pour the cream on it. Spread the last 50 g melted chocolate on it and add some crushed nuts if you want. Take it again into the freezer 1 hour. Enjoy!



## 5.18 Carrot + Ginger Cupcakes With Orange Frosting



Recipe by Francesca Bettoni  
<http://beautyfoodblog.com/>

### For 6-8 cupcakes:

150g (1 cup) grated carrots (about 3 carrots)  
80g (1/2) spelt or all-purpose flour  
50g (1/4 cup) almond flour (homemade is always better)  
60g (1/4 cup 2 Tbls ) vegetable oil (I used peanut oil)  
40g (1/4 cup ) brown sugar  
50g (1/4 cup) rice syrup or corn syrup or agave (or any other syrup of your choice)  
50g (1/4 cup) soy yogurt  
4g (1tsp) or to taste fresh

ginger, grated  
1/2 tsp baking soda  
1/2 tsp baking powder  
zest of 1/2 orange  
pinch of salt

You can make a gluten free variation by changing following ingredients:  
substitute spelt flour with buckwheat flour  
add 10g (1Tbls ) soy yogurt  
add 5g (1 tsp) oil  
add 1 tbls arrowroot  
your mixture must be creamy and not too dry

### For frosting:

140g (3/4 cup) cashews, soaked overnight  
70-80g (1/2 cup) grated carrots  
1-3 tsp or to taste rice syrup or corn syrup or agave (or any other syrup of your choice)  
1-2 Tbls vegetable oil (to make the frosting smooth)  
40ml (4-5 Tbls) fresh orange juice (or more if needed)  
2g (1/2 tsp) or to taste fresh ginger, grated  
zest of 1/2 orange

Preheat the oven to 180°C (350°F).

Line muffin tin with paper liners.

Clean and peel the carrots and then grate them.

Place whole almonds inside your blender and pulse for

few seconds at time until you get a fine, grainy consistency. Do not pulse almonds for too long otherwise you'll end up having almond butter rather than almond flour!

In a bowl, mix together vegetable oil, sugar, syrup and orange zest and whisk well. Sift in spelt flour, almond flour, baking powder, baking soda, salt and mix well. Add 150g (1 cup) grated carrots and mix very well: you want a creamy and smooth mixture.

Fill the paper liner with the mixture using a spoon and bake for 20-25 minutes.

Test the doneness with a toothpick.

Leave the oven door open to let the cupcakes cool there

slowly.

In the meantime, prepare cashew frosting.

Place cashews, oil and syrup in a powerful blender and blend at high speed.

After a couple of minutes, add orange juice and grated carrots (70-80g or 1/2 cup) and blend until smooth and creamy.

Finally add orange zest and ginger and blend for few more seconds.

Adjust flavor to taste by adding ginger, syrup or more oil if you want it more creamy.

Fill your pastry bag with cashews cream and frost the top of your cupcakes.

Enjoy!!



## 5.19 Raw Goji And Mulberry Cupcakes With Salted Chocolate Frosting



Recipe by Stefanie Zaun  
<http://2women2cats.com/>

**For the cupcakes (makes 4 pieces):**

65 g raw pitted dates  
65 g raw almonds  
65 g raw hazelnuts  
2 tsp raw agave nectar  
50 g dried goji- & mulberries (plus some for decorating later)

Process everything except the berries in a food processor until the ingredients start sticking together. This will take a few minutes. Add the berries and just process the mixture until the berries have the desired size. For the shape I

used a silicone muffin pan. Press the mixture down really firmly so they won't break later. Let them rest in the freezer for around half an hour. Meanwhile you can start preparing the frosting.

**For the frosting:**

1 ripe avocado  
4 tbsp raw cacao powder  
4 tbsp raw agave nectar  
1 heaped tbsp raw cacao butter  
sea salt

Melt the cacao butter really carefully and not too hot if you want to keep it raw (under 40°C). Blend together the avocado, nectar and ca-

cao powder in a food processor until everything is really smooth. Add some sea salt to your taste and at the very end the melted cacao butter. Mix until it's nicely incorporated. Take the cupcakes out of the freezer and carefully out

of the silicone pan. Pour the frosting into a piping bag and decorate the cupcakes. Decorate the cupcakes with some berries. If you don't eat them right away keep them cool in the fridge. Enjoy!



## 6 Smoothies

### 6.1 Pineapple Mousse With Strawberries And Chia Seeds



Recipe by Francesca Longo  
La Tana Del Riccio

#### Ingredients:

1 cup soy kefir (or yogurt)  
1/2 avocado  
1/4 pineapple  
5 dates

### 6.2 Green Machine Smoothie

Recipe by Eduardo Ferrante  
VivirVegan

#### Ingredients (x 2):

1 glass of raw oat milk  
100 g fresh spinach  
1 green apple

1 tbsp flaxseeds  
1 tbsp almonds  
1 slice organic lemon  
1 fistful spinach (preferably wild)

strawberries to garnish

#### *Strawberry pudding:*

1 cup strawberries  
1-2 tbsp chia seeds  
apple juice concentrate

#### Directions:

Blend strawberries and add apple juice concentrate to taste. Mix your strawberry smoothie with chia seeds and let rest in the fridge overnight.

Blend kefir with avocado, pineapple, lemon, dates. Pour half of the cream into a glass and blend the remaining cream with the spinach. Pour the strawberry chia pudding into the glass, then pour also the spinach smoothie.

Garnish with fresh strawberries cut in half and serve immediately.

1 kiwi  
1 tsp of spirulina  
1 tsp of ground hemp seeds  
1 small piece of fresh ginger

#### Directions:



The night before soak 50 g of oats in 400 ml of water, so as to obtain the milk with a blender. Grind hemp seeds in a coffee grinder. Wash the spinach repeatedly to eliminate the dirt from the leaves. Peel kiwi, wash the apple (if not organic peeling is mandatory because the skin contains a high percentage of pesticides!). Finally peel ginger and set it aside. When everything is prepared, create your smoothie, starting with oat milk (the instructions call for more oat milk than needed in the recipe - store the leftovers in the fridge). Pour the oats and the soaking water into the mixer, along with additional half liter of warm water. Blend at high speed for several minutes, then with help of a cotton or hemp cloth, I pull out the serum, by filtering all in a kitchen container.

Take one glass of your oat milk and keep the rest in the fridge for more recipes, or simply as a refreshing drink. Then pour all the ingredients into the blender, starting from the milk, then the spinach, fruits and finally spirulina and hemp. Blend at increasing speed until the smoothie is smooth (if still too thick, add milk). Pour into a glass and enjoy! Good life!





## Contact



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