

OVER  
80  
RECIPES  
INSIDE!



# healthy eating

*Delicious recipes for your  
Optimum high-speed blender*

**FROOTHIE**  
A BETTER LIFE



---

# CONGRATULATIONS

## AND WELCOME TO FROOTHIE!

---

We hope that you enjoy creating these deliciously healthy recipes  
in your Optimum high-speed blender.



love from friends of  
**FROOTHIE**  
A BETTER LIFE

# CONTENTS

*chapter one ~ page 3*  
SMOOTHIES & DRINKS

*chapter two ~ page 25*  
BREAKFASTS

*chapter three ~ page 33*  
MILK & CHEESE

*chapter four ~ page 36*  
SNACKS

*chapter five ~ page 44*  
BREADS & CRACKERS

*chapter six ~ page 50*  
CONDIMENTS : DIPS & SAUCES

*chapter seven ~ page 53*  
SIDES, SALADS & DRESSINGS

*chapter eight ~ page 57*  
SOUPS

*chapter nine ~ page 68*  
MEALS

*chapter ten ~ page 83*  
DESSERTS & TREATS

*all recipes are created by friends of frootie*

## *chapter one*

# SMOOTHIES AND DRINKS



# SUPERCHARGE ME GREEN SMOOTHIE

Easy and affordable to make this smoothie is well balanced with protein, carbohydrates, good fats and lots of fibre. It's great for the start of your day or as a 'pick me up' drink later on.

## INGREDIENTS

1 banana (fresh or frozen)  
1 kiwifruit  
1 green apple  
5 small leaver of kale  
3 small leaves of silver beet  
(or 2 tsp of spirulina powder  
if you don't have fresh greens)  
1 tbs flax seeds  
2 tbs sunflower seeds  
2 tbs Sacha Inchi Protein powder  
(or Pea protein)  
300ml coconut water or purified water

## METHOD

Place the ingredients in your Optimum high-speed blender jug and blend until smooth (about 30-45 seconds).



*supercharge me green smoothie  
serves one*

by Milena Maksimovska, Naturopath, Medical Herbalist, BHSc (Complementary Medicine) MAX Health Store [www.maxhealthstore.co.nz](http://www.maxhealthstore.co.nz)

# APPLE PIE SMOOTHIE

## INGREDIENTS

2 peeled apples  
1 frozen banana  
2 tbs coconut butter  
1 cup homemade  
almond milk  
1 vanilla pod  
½ tsp cinnamon  
Pinch of nutmeg  
Quarter of an avocado  
1 tbs maple syrup

## METHOD

Blend in your Optimum high-speed blender on 6 until smooth. Serve.



*apple pie smoothie*

by Nicole English [www.rawkiwi.com](http://www.rawkiwi.com)



# CARAMEL SMOOTHIE

## INGREDIENTS

1 frozen banana, chopped (peel your banana prior to freezing)  
6 Medjool dates, seeds removed  
½ cup coconut milk  
½ tsp concentrated natural vanilla extract  
1 cup water

## METHOD

Place all of the ingredients into your Optimum high-speed blender and blend at high speed until smooth. Serve, drink and enjoy!



*caramel smoothie - serves one*

by Bianca Slade Wholefood Simply [www.wholefoodsimply.com](http://www.wholefoodsimply.com)

# CARIBBEAN GREEN SMOOTHIE

## INGREDIENTS

2 cups spinach, fresh (tightly packed)  
1 cup orange juice  
1 cup frozen mango  
1 cup frozen peaches  
1 banana  
1 tsp maca powder  
1 tsp spirulina  
1 tsp chia seeds

## METHOD

Tightly pack your leafy greens into a measuring cup and toss into your Optimum high-speed blender. Add orange juice and blend together until all leafy chunks are gone. Next add all other ingredients and blend until smooth.



*caribbean green smoothie*

by Joseph Di Bennardo Smoojie [www.smoojie.com.au](http://www.smoojie.com.au)

# CHOCOLATE SHAKE

The following raw chocolate shake recipe is so simple but so divine.  
Served chilled in a tall cold glass, it's a true treat.

## INGREDIENTS

1 medium ripe banana  
(1 cup banana)  
¼ cup cashews  
1 tbs raw cocoa powder  
(cocoa powder)  
1 tbs honey  
¾ cup water

## METHOD

Place the ingredients into your Optimum high-speed blender and blend until smooth.

TIP: Adjust measurements to suit your taste. I like to go easy on the cocoa powder and then add more if necessary.



*chocolate shake smoothie  
serves one*

by Laura-Jane Rawtarian [www.therawtarian.com](http://www.therawtarian.com)  
[@therawtarian](https://www.facebook.com/therawtarian)  
[www.twitter.com/therawtarian](https://www.twitter.com/therawtarian) [www.youtube.com/therawtarian](https://www.youtube.com/therawtarian)

# CRANBERRY BANG SMOOTHIE

## INGREDIENTS

1 cup cranberries, or ½ cup unsweetened cranberry juice  
1 cup baby spinach  
2 stalks celery  
½ cup mixed berries, fresh or frozen  
¼ avocado  
1 tbs chia seeds  
1 tsp ginger  
½ - 1 cup coconut water, as desired

## METHOD

Add all of the ingredients to your Optimum high-speed blender in the order above. Blend until smooth.



by Marc Dellapia Body Styling Fitness  
[www.bodystylingfitness.com](http://www.bodystylingfitness.com) [@bstylingfitness](https://www.instagram.com/bstylingfitness)

*cranberry bang smoothie*

# FUJI APPLE SMOOTHIE

## INGREDIENTS

- ½ - 1 cup kale
- 1 Fuji apple with skin
- ¼ cup mango, fresh  
or frozen
- ¼ cup raspberries
- 1 small cucumber
- 2 tbs goji berries
- ¼ cup filtered water, more  
as desired

## METHOD

Add all of the ingredients to  
your Optimum high-speed  
blender in the order above.  
Blend until smooth.



*fuji apple smoothie  
serves one*

# GET HOOKED GREEN SMOOTHIE

*A good starter smoothie for  
anyone wanting to get hooked  
on green smoothies!*

## INGREDIENTS

- 2 ripe bananas
- 1 Medjool date
- 1 cup water (or almond milk)
- 2 handfuls baby spinach leaves

## METHOD

Throw everything in your  
Optimum high-speed  
blender and blend away!  
Use the tamper if needed.  
Blend until smooth.



*get hooked green smoothie  
serves one*



# GREEN PINA COLADA MOCKTAIL

Want a delicious mocktail that not only tastes good but alkalises, hydrates, fills you up and heals your body at the same time? This smoothie is fantastic if you want to provide an alcohol free alternative. It's Dairy Free, Gluten Free, Raw, Refined Sugar Free, Alcohol Free, Vegan Friendly AND taste great!

## INGREDIENTS

- 1-2 cups fresh pineapple, skin removed
- 1-2 frozen bananas
- 200g coconut meat or coconut yoghurt
- 1-2 cups coconut water
- 1-2 cups greens of your choice (spinach, mixed leafy greens or lemon sorrel work best)
- 1 tbs MicrOrganics Superfoods green powder (or green powder of your choice)
- 1 tbs Coconut Magic coconut oil
- 1 scoop Sunwarrior Vanilla Protein (optional)

## METHOD

Place all of the ingredients into your Optimum high-speed blender and blend until smooth. Serve in fancy glasses at parties to impress guests.



*green pina colada mocktail  
serves one - two*

# LEMON BASIL SMOOTHIE

## INGREDIENTS

- 2 bananas
- ½ cucumber
- ¼ cup fresh basil
- 1 handful of spinach
- 1-2 tbs lemon juice
- 1 tsp chia
- 1 cup almond milk



*lemon basil smoothie  
serves one*

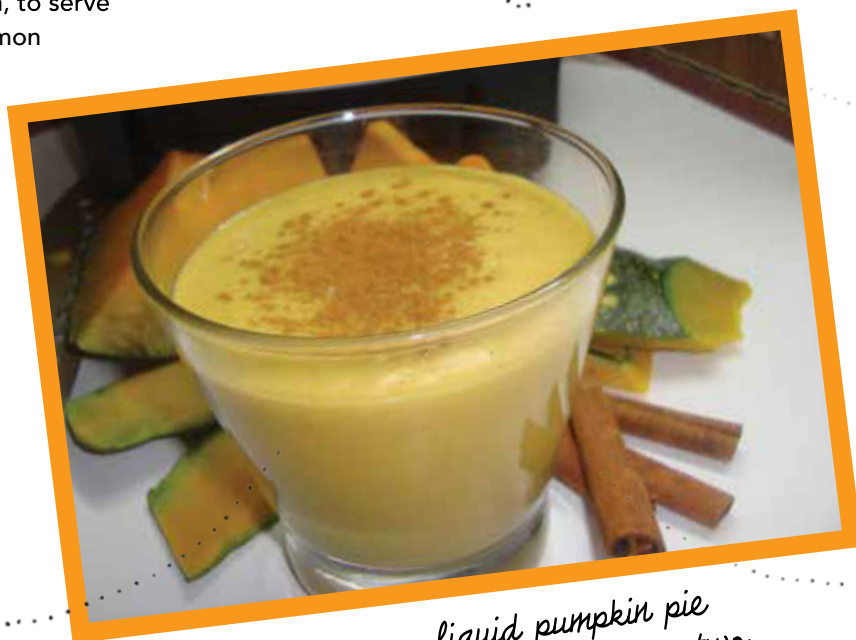
## METHOD

Place all of the ingredients in your Optimum high-speed blender in the above order. Blend until smooth and creamy! TIP: For an extra creamy smoothie, peel and freeze the bananas before blending.

# LIQUID PUMPKIN PIE

## INGREDIENTS

1 cup pumpkin purée  
1 cup coconut milk  
50g palm sugar  
¼ tsp nutmeg (or to taste),  
plus extra, to serve  
½ tsp cinnamon



*liquid pumpkin pie  
serves two*

## METHOD

Place all of the ingredients in your Optimum high-speed blender and blend until creamy. Sprinkle with a little extra nutmeg.

by Nikki Medwell Bed & Broccoli

[www.bedandbroccoli.com.au](http://www.bedandbroccoli.com.au) [www.facebook.com/bedandbroccoli](https://www.facebook.com/bedandbroccoli)

# MATCHA GREEN TEA, COCONUT & MANGO SMOOTHIE

## INGREDIENTS

1 organic young coconut  
1 serving Bare Blends Organic Vanilla Bean Native WPI  
1 frozen mango cheek  
1 passionfruit  
2g matcha green tea powder (approx. 1 tsp)  
50ml hot water



*matcha green tea, coconut & mango smoothie*

## METHOD

Whisk hot water and matcha powder in a bowl until completely dissolved and foamy on top. Allow to cool slightly while preparing other ingredients. Open the coconut and pour the water into your Optimum high-speed blender, then scoop out the flesh with a spoon and add it (make sure you remove any woody fragments first). Add the fruit, Organic Vanilla Bean Native WPI and the bowl of matcha tea to your Optimum high-speed blender. Blend until smooth, and serve in the coconut.

by Bare Blends [www.bareblends.com.au](http://www.bareblends.com.au)



# MANGO SMOOTHIE

## INGREDIENTS

½ peeled mango, seeded  
½ cup natural low-fat yoghurt  
½ chilled mineral  
or soda water  
Pinch of nutmeg and  
a sprig of fresh mint,  
to serve



*mango smoothie - serves one*

## METHOD

Place mango in your Optimum high-speed blender and purée. Add in the remaining ingredients and blend until frothy. Serve immediately.

By Sally Symonds [www.sallysymonds.com](http://www.sallysymonds.com)

# NASHI PEAR & GINGER SMOOTHIE

*Who doesn't love Nashi pears! The ginger in this recipe takes the edge off the greens and elevates it to the next level!*



*nashi pear & ginger smoothie*

## INGREDIENTS

1 big handful organic spinach  
1 Nashi pear  
½ frozen banana  
1 serve Bare Greens  
1cm piece of ginger  
250ml almond milk / coco-quench / coconut water or other

## METHOD

Blend all ingredients for 20 seconds in your Optimum high-speed blender. Enjoy!

by Bare Blends [www.bareblends.com.au](http://www.bareblends.com.au)

# PINA COLADA SMOOTHIE



*pina colada smoothie - serves two*

## INGREDIENTS

- 2 cups pineapple
- 1 frozen banana
- 1 cup coconut water or water
- ½ cup coconut cream
- 1 tsp cinnamon (optional)
- ½ tsp nutmeg
- 1 tsp maca powder or protein powder
- ½ cup cashews and almonds (optional)

## METHOD

Place all ingredients in your Optimum high-speed blender. I like to start by putting the nuts in first with the frozen banana and then the water. Add the other ingredients, and blend until smooth. Great for breakfast or lunch. The coconut cream just gives it a creamier more decadent finish.

by Rochelle Cook Chelle's Raw Food Kitchen [www.chelleskitchen.com](http://www.chelleskitchen.com)

# RASPBERRY & MANGO SMOOTHIE



*raspberry and mango smoothie serves one*

## INGREDIENTS

### For the base:

- 1 cup of frozen raspberries
- 4 frozen bananas
- 1 fresh, ripe bananas
- A little filtered water or coconut water

### For the top:

- 1 cup of frozen mango, or 1 fresh mango
- 2 ripe bananas

## METHOD

Blend the base ingredients in your Optimum high-speed blender until smooth (don't over-blend). Pour into desired glass or jar. Blend the mango and pour on top of the base. Use water sparingly as you need to have the layers thick like ice-cream.

by Nicole English [www.rawkiwi.com](http://www.rawkiwi.com)

# RASPBERRY, WATERMELON & MINT SMOOTHIE



*raspberry, watermelon and mint smoothie  
serves one*

## METHOD

Place all ingredients into your Optimum high-speed blender and blend for about 30 seconds. Pour into a special glass, relax and enjoy. Yummy.

Extra: Scoop out the young coconut flesh from your coconut after you have removed the water and place it in the blender too. Gives the smoothie a little more body and tastes divine.

by Rochelle Cook Chelle's Raw Food Kitchen [www.chelleskitchen.com](http://www.chelleskitchen.com)

# RAW VEGAN WARRIOR SMOOTHIE

One of my favourite green smoothies on the go is the "Raw Vegan Warrior". This fuels me for hours upon hours and gives me all the nutrition I need for optimum performance throughout the day. The lemon juice helps to preserve the antioxidants longer, which is fantastic if you aren't drinking it straight away.

## INGREDIENTS

- 1-2 scoops raw protein powder of your choice
- 4-5 bananas (using frozen bananas gives a creamy texture)
- 3 tbs chia seeds
- 2 Medjool dates
- 1 cup kale
- 1 cup sprouts of your choice
- 1 whole coconut (flesh and water)
- 1 tbs Coconut Magic coconut oil
- Juice of 1-2 lemons

## METHOD

Place all ingredients in your Optimum high-speed blender and hit blend. Serve into a large jar or glass bottle to take with you on the road.



*raw vegan warrior*

by Rory Bland The Whole Food Dude [www.thewholefooddude.com](http://www.thewholefooddude.com)



# SPICED CHOCOLATE- CHAGA ELIXIR

## INGREDIENTS

3 cups hot, brewed Chaga tea\*  
 ¼ cup hemp seeds  
 ¼ cup cashews, soaked  
 3 tbs cacao powder  
 3 tbs coconut sugar  
 1 tbs lucuma (optional)  
 1-½ tsp cinnamon  
 Pinch – ¼ tsp cayenne powder  
 ¼ tsp vanilla powder  
 Pinch of salt



*spiced chocolate-chaga elixir  
 serves two - three*

## METHOD

Place all ingredients in your Optimum high speed blender and blend on high for a few minutes until you have a warm and creamy drink. Taste and adjust any flavours to your preference (more sweetness, more spiciness, etc.). If you prefer your elixir extra hot, pour into a pan and warm gently over low heat.

\* or substitute with 3 cups hot water and 2 sachets instant Chaga powder.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Emma Coconut & Berries [www.coconutandberries.com](http://www.coconutandberries.com)

# SPINABANGO SMOOTHIE



*spinabango smoothie  
 serves one - two*

## INGREDIENTS

1-2 cups baby spinach  
 1 cup frozen mango  
 Small handful fresh basil leaves  
 1 cup filtered water

## METHOD

Blend ingredients together in your Optimum high-speed blender and serve chilled.

by Kisane Appleby Realistically RAW You [www.RealisticallyRAWyou.com](http://www.RealisticallyRAWyou.com)

# VANILLA, PEAR & CASHEW SMOOTHIE

## INGREDIENTS

1 pear  
1 serving Bare Blends Organic Vanilla Bean Native WPI  
1 handful raw organic cashews  
1 frozen banana  
250ml organic almond milk  
Cinnamon, to taste



*vanilla, pear & cashew smoothie  
serves one*

## METHOD

Soak the cashews for 6 hours to obtain the creamiest result (optional). Blend all ingredients in your Optimum high-speed blender for 20 seconds. Top with cinnamon. Enjoy!

by Bare Blends [www.bareblends.com.au](http://www.bareblends.com.au)

## chapter two

# BREAKFASTS





# ACAI BERRY GRANOLA BOWL

Açaí berries are a deep blue-purple fruit from the açaí palm tree, native to Central and South America. The fruit pulp is freeze dried and sold as a powder. They are antioxidant superstars, and help fight free radical damage, which may help reduce the risk of heart disease and cancer. Açaí berries are low GI, so give you a nice slow release of energy.

## INGREDIENTS

1 heaped tbs freeze dried açaí berry powder  
1 frozen banana  
½ cup frozen berries  
1 Medjool date, pitted  
½ cup apple juice, coconut water or almond milk  
1 tbs hemp seeds (optional, but adds a lovely creamy texture)  
¾ cup granola

## Topping

Sliced banana  
Goji berries  
Bee pollen

## METHOD

Blend the açaí powder, banana, berries, Medjool date, juice and hemp seeds till nice and creamy. Pour over your granola. Decorate with banana, goji and bee pollen. It's like having dessert for breakfast, and not feeling bad about it!



*açaí berry granola bowl  
serves one*

by Lauren Glucina, Holistic Health Coach, Raw Foods Chef and Educator, Student of Natural Medicine Ascension Kitchen [www.ascensionkitchen.com](http://www.ascensionkitchen.com) [rawdessertsapp.com](http://rawdessertsapp.com)  
[facebook.com/ascensionkitchen](https://facebook.com/ascensionkitchen) [instagram.com/rawdessertsapp](https://instagram.com/rawdessertsapp) [twitter.com/laurenglucina](https://twitter.com/laurenglucina)

# BLACKBERRY & APPLE SKILLET BREAKFAST CRUMBLE

Warming and comforting, seasonal blackberries and apples are coated in an autumnal spiced crumble.

## INGREDIENTS

### Crumble

100g raw almonds  
130g toasted muesli  
¼ tsp freshly grated nutmeg  
½ tsp ground cinnamon  
Pinch sea salt  
50g molasses sugar\*  
4 tbs coconut oil, melted

### Filling

150g blackberries  
300g apples  
50g molasses sugar  
¼ tsp grated nutmeg  
½ tsp ground cinnamon



*blackberry apple skillet breakfast crumble  
serves four*

## METHOD

Preheat oven to 190°C/350°F. Grind almonds in your Optimum high-speed blender. Combine in a mixing bowl with the muesli, spices, salt and sugar. Stir in the melted coconut oil until well combined and set aside. Peel and coarsely chop the apples into ¾ inch chunks. Stir the spices into the sugar and set aside. Heat your oven proof skillet over a medium-high heat. Cook the blackberries and apples for a few minutes in the dry pan. The liquid from the fruit will keep it from sticking to the pan. When the fruit has softened slightly sprinkle over the spiced sugar and stir well to combine. Cook for a further minute or so until the sauce is nice and thick. Remove from the heat and sprinkle over the crumble topping. Bake for 20-25 minutes, until the top is golden and the fruit juices are thick and bubbling. Allow to cool slightly before serving. Alternatively, leave to cool and reheat in the morning for breakfast.

\* Or as dark brown a sugar you can get.

by Elizabeth, Elizabeth's Kitchen Diary [www.elizabethskitchendiary.co.uk](http://www.elizabethskitchendiary.co.uk)

# BLENDER PANCAKES

## INGREDIENTS

450ml skim milk  
150g caster sugar  
2 eggs  
1 tsp vegetable oil  
1 tsp vanilla essence  
2 cups (250g) plain flour  
1 ½ tbs baking powder



*blender pancakes - serves 6*

## METHOD

Place milk, sugar, eggs, oil and vanilla in the blender. Add flour and baking powder. Blend until smooth. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter onto the pan, using approximately four tablespoons for each pancake. Brown on both sides and serve hot.

# RAW CASHEW YOGHURT



*Kick-start your morning with this creamy yoghurt topped with fruit, crumbled nuts and dates.*

*raw cashew yoghurt - serve as desired*

## INGREDIENTS

1 cup cashews	1 tbs lemon juice
½ cup water	1 tbs vanilla extract
3 tbs shredded coconut	Pinch sea salt
1½ tbs honey	⅓ cup coconut oil

## METHOD

Place all ingredients into your Optimum high-speed blender. Blend until it reaches a thin yoghurt-style consistency. There should be absolutely no grittiness or chunks of anything left. Transfer into a bowl and refrigerate for at least 2 hours. You now have raw yogurt! Tip: Always store your raw yogurt in the fridge.

by Laura-Jane Rawtarian [www.therawtarian.com](http://www.therawtarian.com) [www.facebook.com/therawtarian](https://www.facebook.com/therawtarian)  
[@therawtarian](https://twitter.com/therawtarian) [www.youtube.com/therawtarian](https://www.youtube.com/therawtarian)

# CRUNCHY MANGO, CHIA & BUCKWHEAT PORRIDGE

*This cool porridge breakfast bowl is delicious for those summery months!*

## INGREDIENTS

2 tbs buckwheat  
Filtered water  
1 heaped tbs chia seeds  
1 cup homemade almond milk  
1½ cups frozen mango  
1 cup buckinis\*  
1 tbs Coconut Magic coconut nectar  
1 tsp vanilla powder

## Topping

Blueberries  
Drizzle of Coconut Magic  
coconut nectar



*crunchy mango, chia & buckwheat  
porridge - serves two*

## METHOD

Place buckwheat in a small bowl and cover with filtered water. Set aside to soak for 10 minutes. Place chia seed in the bowl of your Optimum high-speed blender and cover with half of the almond milk. Leave chia seeds to soften while you drain and rinse the buckwheat. Add buckwheat, mango, buckinis, coconut nectar and vanilla powder to the chia seed mixture. Process until well combined, pouring the remaining almond milk in as you go. Do NOT over blend. Scrape down the sides if needed. Final texture should be creamy with a delicious crunch. Serve in bowls topped with blueberries and a drizzle of coconut nectar!

\*Buckinis are soaked, sprouted and dehydrated buckwheat.  
Delicious and crunchy!

by Roe Roberston Realistically RAW you [www.RealisticallyRAWyou.com](http://www.RealisticallyRAWyou.com)

# GREEN SMOOTHIE BOWL



*green smoothie bowl - serves one*

## INGREDIENTS

1 frozen banana  
1 avocado  
1 heaped tsp spirulina  
1 tbs honey  
½ tsp cinnamon  
2 cups oat milk

## Topping

Cacao nibs, chia seeds,  
crushed activated almonds,  
crushed pistachios, bee  
pollen & goji berries.

## METHOD

Blend all smoothie ingredients together until a beautiful smooth consistency in your Optimum high-speed blender and pour into a bowl. Top with your desired amount of topping ingredients. Enjoy!

by Melissa Sinclair 10 Minutes a Day [www.my10minutesaday.com](http://www.my10minutesaday.com)  
[@10\\_MINUTESADAY](https://www.facebook.com/10MinutesADay)



# RAW OATMEAL

*Raw oatmeal is a perfect way to start your morning. Top with your favourite fruit or whatever suits your fancy!*

## INGREDIENTS

1 ¼ cup steel cut oats  
1 ½ cups water  
1 apple (or equivalent to  
1 cup of cut apples)  
1 tbs raisins

## METHOD

The night before, place the water, raisins and then the steel cut oats into your Optimum high-speed blender. Let them sit overnight. In the morning, blend. While the water and oats are blending, chop the apple and then add it to the blender, too. Continue blending until the oatmeal is a nice, smooth texture. Eat!

I love to top this oatmeal with more whole raisins and a sprinkle of cinnamon. This recipe for raw oatmeal makes for a very filling breakfast. TIP: You don't have to pre-soften the ingredients, but it makes for a creamier, softer oatmeal.

*raw oatmeal - serves one to two people*



## chapter three

# MILK AND CHEESE



by Laura-Jane Rawtarian [www.therawtarian.com](http://www.therawtarian.com) [www.facebook.com/therawtarian](https://www.facebook.com/therawtarian)  
[@therawtarian](https://twitter.com/therawtarian) [www.youtube.com/therawtarian](https://www.youtube.com/therawtarian)

# CASHEW CHEESE ROUNDS

*This vegan cheese is absolutely delicious!! The taste and texture are amazing and it goes extremely well with crackers, salad, grapes and on its own. Give it a go, you'll impress all your friends with this recipe.*

## INGREDIENTS

½ cup + 2 tbs raw cashews  
¼ cup nutritional yeast  
½ tsp garlic powder  
1 tsp salt  
1 + ¾ cups soya milk  
½ cup agar flakes,  
or 8 tsp agar powder  
½ cup vegetable oil  
2 tbs white miso  
1 tbs lemon juice  
Handful of thyme



*cashew cheese rounds  
makes three small ramekins*

## METHOD

Lightly oil 2-3 small ramekins. Grind the cashews in your Optimum high-speed blender, but do not allow it to turn into a paste. Add the nutritional yeast, salt, thyme and garlic powder. Pulse a few more times to blend in the spices.

Combine the soy milk, agar, and oil in a saucepan and bring it to boil, over high heat. Decrease the heat to low, cover and simmer for 10 minutes, stirring occasionally. Allow the milk mixture to cool slightly before gradually pouring through the feeding tube with the blender running. Blend for about 1 minute, or until the mixture is very smooth and creamy. Add in the miso, lemon.

Transfer the cheese to a container; cover and refrigerate until it is very firm, about 1 and half hours. Once it is firm, use a knife to gently remove the cheese from the ramekin. Grate or slice the cheese as desired. The cheese will keep for 4 days, covered and refrigerated.

by Essential Vegan [essentialvegan.co.uk/](http://essentialvegan.co.uk/)

# VANILLA ALMOND MILK

## INGREDIENTS

1 cup almonds, soaked  
8-12 hours (overnight)  
4 cups water  
½ tsp pure organic  
vanilla extract  
3-6 Medjool dates, pitted.  
(optional)

## METHOD

Rinse soaked almonds thoroughly and place in the Optimum high-speed blender. Add water and blend for 1-2 minutes until smooth.

Using the nut-milk bag, strain the almond milk to separate the gritty almond pulp from the milk. Almond milk is now ready.

Store almond pulp in freezer for use later in other raw recipes.



*vanilla almond milk - makes 1 litre*

by Laura-Jane Rawtarian [www.therawtarian.com](http://www.therawtarian.com) [www.facebook.com/therawtarian](https://www.facebook.com/therawtarian)  
[@therawtarian](https://twitter.com/therawtarian) [www.youtube.com/therawtarian](https://www.youtube.com/therawtarian)



# SNACKS



## APRICOT GOJI BALLS

*Vegan friendly little treats of apricot, goji berry, coconut and cashews.  
Little balls of heaven!*

### INGREDIENTS

200g soft, dried apricots  
250g raw cashew nuts  
25g desiccated coconut  
25g goji berries  
1 tsp vanilla extract  
(optional)

### METHOD

Add the cashew nuts to your Optimum high-speed blender and blitz until they resemble fine meal. Add the other ingredients and blend until the mixture turns into a solid mass and comes away from the side of the jug. Scoop out balls of the mix and with your hands, roll into bite size balls (about one tablespoon). Chill in the fridge until ready to eat.



*apricot goji balls - makes 24*

# CHOCOLATE CHIA SEED PROTEIN BLOCKS

## INGREDIENTS

200g dried dates, soaked in  
100ml water for 20 minutes  
3 tsp chia seeds, soaked in  
6 tsp water for 10 minutes  
20g hemp powder  
25g pecans  
25g cocoa powder  
4-5 drops natural vanilla,  
peppermint or almond  
essence  
3 tbs agave syrup  
4 tbs desiccated coconut  
(2 for the mix and 2  
to coat)

## METHOD

Blend all of the ingredients except two tablespoons of desiccated coconut in your Optimum high-speed blender until smooth. Pile the mixture onto a sushi mat lined with cling film. Roll the mat, straightening the cling film as you go. Tuck in the ends to make a neat roll then place in the fridge for at least 2 hours.

Remove the cling film and place on a wooden board. Cut into slices about 1cm thick. Spread the other two tablespoons of desiccated coconut.



*chocolate chia seed protein blocks  
makes 12*

# CHOCOLATE PRETZEL ENERGY BARS

*These no bake bars haven't  
added sugar and are a great  
pick me up!*

## INGREDIENTS

150g dates  
50ml hot water  
150g almonds  
100g Brazil nuts  
4 tbs chia seeds  
200g dark chocolate  
25g pretzels

## METHOD

Line your tray with baking parchment. Chop your dates into little pieces and soak in the hot water and set aside. Use a bowl that will be big enough for all of the ingredients later.

Roast your nuts under a hot grill until they start to turn a deeper brown and smell lovely. Process your nuts in your Optimum high-speed blender until they're a fine rubble. Some big bits remaining are fine. Add them, along with your chia seeds, to your dates.

Melt your chocolate in a heat-proof jug. Add 150g of the chocolate to your date and nut mixture and mix well. Press the mixture into your tray. Pour the remaining chocolate into a plastic sandwich bag. I find the easiest way to do this is to put the bag in a glass, open it wide, and pour (hence melting the chocolate in a jug earlier).

Get your pretzels and tray of goodies nearby. Cut a tiny 2mm hole in your sandwich bag and start streaking the chocolate all over the surface of the date bar. When around two-thirds of the mixture has been drizzled, quickly press your pretzels into the sticky surface, then keep pouring the rest of the chocolate. If you squeezed the last tablespoon of chocolate straight out of the bag into your mouth, I'm sure nobody will judge you. Leave to rest for at least 20 minutes, then transfer to the fridge for a few hours to set.

by Emma Coconut & Berries [www.coconutandberries.com](http://www.coconutandberries.com)



*chocolate pretzel energy bars  
makes 9 X 9 tray of bars*

# RAW CUCUMBER BITES

Next time you're heading to a gathering and want to take something different that's also gluten free, dairy free, paleo and vegan friendly, give these a go. They're fresh, full of flavour, they look oh so cute!

*raw cucumber bites  
serve as desired*

## INGREDIENTS

- 1 cup raw cashews,  
soaked overnight
- ¼ cup lemon juice
- Pinch of sea salt
- 2 tbs fresh dill, chopped finely
- 1 tbs fresh chives,  
chopped finely
- 2 Lebanese cucumbers, sliced  
into 5mm thick rounds
- ½ punnet cherry tomatoes,  
halved

## METHOD

For the cashew cream: Put the cashews, lemon juice and salt in your Optimum high-speed blender, and blend until smooth. If the mixture is too sticky, add a tiny bit of water (a tsp at a time) to get it going. Add the dill and chives, and pulse until herbs are mixed through. To build your bites, use the cucumber slice as your base, add one heaped teaspoon of cashew cream mix, and top with a cherry tomato. Yum!



# GINGERBREAD SPICED PROTEIN GRANOLA BARS

## INGREDIENTS

### Spices

- ¼ tsp ground cloves
- ½ tsp ground cinnamon
- ½ tsp vanilla extract

### Dry

- 1 cup oats
- 2 cups nuts and seeds of your choice
- ½ cup vegan protein powder

### Wet

- 1 cup dried or fresh dates,  
roughly chopped
- ½ cup raisins
- 1½ cups warm water
- ½ tsp miso paste (or sea salt)
- 1 inch piece of root ginger
- ½ cup crystallised ginger (optional)
- Chocolate chips (optional)
- Dried cranberries (optional)

## METHOD

Preheat oven to 160°C. Line your tin with baking parchment. Blend the oats in your Optimum high-speed blender to make a fine flour. Mix this with the spices and protein powder, if using, in a large mixing bowl. Soak your raisins and dates in warm water for 5 minutes, then blend in your Optimum high-speed blender with the miso and root ginger. Blend for a couple of minutes to ensure the ginger has turned to mush. Pour the date mixture into the dry ingredients and stir thoroughly, to ensure there are no powdery pockets lurking at the bottom.

Blend 1 cup of your nuts and seeds for a few seconds to make a fine rubble, then tip into the other ingredients. Roughly chop the other cup of nuts, and add to the mixture and stir. If you are using any of the optional extras, you'll want them hidden at the bottom, so the sugars in them don't burn in the oven. So, spread them on your baking parchment before pouring the mixture over. Wet your hands, and spread the mixture with your fingers. Bake for 20-25 minutes, until it begins to colour and becomes a bit more firm to the touch.

by Bibi Rodgers Veggie Runners [www.veggierunners.com](http://www.veggierunners.com)



*makes 14*



# RASPBERRY SNOWBALLS



*raspberry snowballs - makes 24*

## INGREDIENTS

210g cashew nuts  
140g fresh raspberries  
120g Medjool dates  
100g desiccated coconut, for coating

## METHOD

In your Optimum high-speed blender, blitz the cashew nuts first until they become ground, then add in the remaining ingredients excluding the coconut and blitz briefly until it's well combined, but not too much - you don't want it to be too soft, just pliable.

Scrape into a bowl and using a tbs for measurement, roll out into balls. Gently roll in desiccated coconut and refrigerate until ready to eat. Can be frozen.

# SWEET POTATO & FRESH GINGER PROTEIN BALLS

Sweet Potato and fresh ginger taste so warmly, vibrantly, autumnal together. Set off with nut butter and rolled in coconut, linseeds or cocoa, these vegan little energy bites are as moreish as truffles.

## INGREDIENTS

### Protein balls

125g (1½ cups) rolled oats  
200g (1 cup) cooked sweet potato, mashed  
125g (½ cup) nut butter  
Large pinch of grated fresh ginger  
1 tbs agave nectar or honey  
½ tsp vanilla extract  
1 tbs skimmed milk powder or vanilla protein powder

### To Finish

Coconut, milled linseeds, cocoa, sesame seeds, chopped nuts, etc., whatever you have or prefer for rolling.

## METHOD

Blitz all the ingredients in your Optimum high-speed blender until combined. Roll into teaspoon sized balls, then roll in the coconut, cocoa etc. and store in the refrigerator or freezer.



*sweet potato and fresh ginger protein balls*

# BREADS & CRACKERS



## ALMOND-OAT

### FLATBREAD WITH TOMATOES & BASIL CREAM

#### INGREDIENTS

##### Almond-oat flatbread

¾ cup almond meal\*  
¾ cup oat flour\*  
½ tsp baking powder  
¼ tsp salt  
1 tbs ground flax  
3 tbs water + 1-2 tbs water,  
if necessary  
1 tbs olive oil  
1-2 tbs chopped fresh  
herbs (optional)

##### Basil cream\*\*

½ cup cashews, soaked  
at least 30 minutes  
and drained  
½ cup water  
½ tsp salt  
Handful of fresh basil  
(12 medium-large leaves)

##### Toppings

1-2 large tomatoes, thinly sliced  
Handful of fresh basil leaves  
Basil cream



*almond-oat flatbread  
with tomatoes & basil cream  
serves 2*

*recipe continues on next page*



## METHOD

For the flatbread, preheat oven to 180°C/350°F. In a small bowl, stir together the flax and water and set aside to thicken. Combine all the dry ingredients in a medium bowl (almond meal, oat flour, baking powder, salt and herbs if using).

Add the flax mixture and olive oil and stir well to combine. I find it easiest to use my hands. If it is a little dry and crumbly add a little extra water, half a tablespoon at a time, until it comes together into a dough. It should be a little bit sticky.

Roll out between two sheets of parchment paper until fairly thin (2mm-ish) and shape into an oblong (or whatever shape you like!). Remove top sheet of parchment paper and bake for 20-25 minutes, until just beginning to turn golden at the edges and firm to the touch.

Prepare the basil cream while the flatbread is baking. In your Optimum high-speed blender, simply blend all the ingredients until completely smooth. Pour into a bowl and refrigerate to store. Once the flatbread has finished baking, arrange the sliced tomatoes on top, drizzle generously with the basil cream and scatter over the basil leaves.



*almond-oat flatbread  
with tomatoes & basil cream  
serves 2*

Notes: \* Grind whole almonds or oats in your Optimum high-speed blender to make meal and flour. \*\*You will not need all the basil cream but leftovers are great as a dip for crudités or a pasta sauce with a little nutritional yeast stirred in.

# HERBES DE PROVENCE SEED & NUT CRACKERS

*Easy, nutritious, satisfying, and delicious. No soaking or faffing, just a quick spin in your Optimum high-speed blender, roll and bake.*

## INGREDIENTS

2 cups mixed raw, unsalted nuts  
and seeds\*  
2 heaped tbs nutritional yeast\*\*  
½ tsp ground pepper  
½ – ¾ tsp fine salt  
2 heaped tsp Herbes de Provence  
(or mixed dried herbs of choice\*\*\*)  
1 medium egg OR equivalent  
vegan 'egg' such as Orgran  
1½ tbs water  
Poppy seeds, to sprinkle  
Sesame seeds, to sprinkle

## METHOD

Preheat the oven to 150°C/300°F. Line a baking tray with parchment paper or Silpat. Coarsely grind the nuts and seeds in your Optimum high-speed blender. You want a coarse mix that is just beginning to clump together. I found it best to whiz on a medium speed and then pulse once it was evenly chopped but not small enough to use as dough.



*herbes de provence seed  
& nut crackers  
makes 22*

## HERBES DE PROVENCE SEED & NUT CRACKERS, CONTINUED...

Pour the 'dough' into a mixing bowl. Crumble with your fingers to break up any lumps then stir in the dry ingredients. Take a pinch to test for seasoning, adjusting as needed. Stir in the egg/vegan egg and the water; mix to form a stiff dough.

Roll out as thinly as you can between two pieces of parchment paper. NOTE: The ones in the photo are not as thin as they can go but they will be more snappy if you go further. Top with the extra seeds, slightly pressing them on nut and seed crackers. Cut into strips or shapes.

Transfer to your lined baking tray and bake in the centre of the oven for 30 minutes. For further crispness, use a spatula to lift the baked crackers onto a baking rack and return to the oven (lowest shelf) for a further five minutes. This will pull out any residual moisture from the bottom of the cracker. Allow to cool completely before storing in a sealed container.

\* I used broken cashews, pumpkin seeds and sunflower seeds \*\* For a savoury almost cheese-like flavour \*\*\* Not old stuff from the back of the cupboard, please!



*herbes de provence seed & nut crackers  
makes 22 or 1 baking tray*

## SWEET TOMATO BRUSCHETTA WITH OLIVE TAPENADE

*The glorious sweetness of late season tomatoes and salty, deep olive tapenade.  
Can it get any better? Bruschetta makes the perfect starter, snack or light lunch.  
The best food is simple and fresh.*

### INGREDIENTS

- 1 white French stick, cut diagonally into 2cm slices
- 6 red Santini tomatoes\*, diced
- 6 Orange Rapture tomatoes, diced
- 1 tbs extra virgin olive oil
- 1 tsp balsamic vinegar

### Tapenade

- 50g mixed olives, stone removed
- Juice of ½ unwaxed lemon
- Pinch sea salt
- Handful of fresh basil leaves

### METHOD

Heat a griddle pan and place the bread slices flat onto the pan. Toast over a medium-high heat for 4-5 minutes until crisp and golden.

In the meantime, combine both varieties of tomatoes, olive oil and balsamic vinegar in a bowl and set aside. Place the olives, lemon juice and sea salt in your Optimum high-speed blender and mix over a low speed until combined but still textured.

To assemble, place the toasted bread onto a serving board. Spoon over the tomato mixture and flatten slightly. Add a tsp sized amount of tapenade on top of each bruschetta. Finish with a basil leaf.

\*If Santini tomatoes are not available purchase the best tomatoes you can afford to buy - this is the trick to a great bruschetta.



*serves two - four*

## chapter six

# CONDIMENTS DIPS & SAUCES



## CHILLI, CARROT & CORIANDER PÂTÉ

*makes a good bowl full for sharing ...*



*chilli, carrot & coriander pâté  
serves two - four*

### INGREDIENTS

- 1 x 400g tinned chickpeas, drained and rinsed
- 2 large carrots, peeled and sliced (lightly blanched, optional)
- Small handful of fresh coriander leaves
- 2 tbs good olive oil (or more if too dry)
- Pinch of chilli flakes or chilli powder, to taste
- Salt and pepper, to taste

### METHOD

Start of slow and blitz all the ingredient in Optimum high-speed blender, then increase speed. Stop, taste and tweak seasoning before blitzing to a smooth pâté like consistency. Scrape into ramekins or an attractive plate and serve chilled or at room temperature.

by Shaheen Allotment 2 Kitchen [www.allotment2kitchen.blogspot.co.uk](http://www.allotment2kitchen.blogspot.co.uk)



# PISTACHIO & CARROT SPREAD

## INGREDIENTS

300g carrots, peeled,  
boiled and cooled  
150g unsalted pistachios,  
shelled  
½ cup low-fat yoghurt  
1 tsp dried sage  
Cracked black pepper,  
to taste



*pistachio & carrot spread  
serves four*

## METHOD

Rough chop the carrots and add to your Optimum high-speed blender along with the other ingredients and purée to smooth consistency. Serve with crisp bread or fresh vegetables.

by Shaheen Allotment 2 Kitchen [www.allotment2kitchen.blogspot.co.uk](http://www.allotment2kitchen.blogspot.co.uk)

## chapter seven

# SIDES, SALADS & DRESSINGS



# 10-MINUTE CAULIFLOWER RICE

A brilliant substitute for white rice, made from the humble cauliflower.

## INGREDIENTS

1 medium cauliflower

## METHOD

Peel or cut off all the leaves and the stalk of the cauliflower and put these to one side; you could add them to a dish to accompany the rice! Break the cauliflower into rough florets and process in your Optimum high-speed blender until the same size and texture as rice.

Tip into a microwavable dish and cover, then cook on high for around 7 minutes or until cooked through. Serve immediately.



*10-minute cauliflower rice  
serves two*

# COCONUT AVOCADO FRIES WITH COCONUT, CASHEW & CARDAMOM DIP

This is so simple. Creamy, coconut-y avocado slices baked to a gentle crispness, then dipped in a cardamom-infused coconut and cashew dip.

## INGREDIENTS

### Avocado fries

½ cup unsweetened shredded coconut  
1 tbs icing sugar  
2 ripe but firm avocados

### Dip

5 cardamom pods  
250ml (1 cup) coconut cream  
½ cup cashews  
1 tbs icing sugar  
(or sweetener of choice)  
1 tsp coconut oil

## METHOD

For the avocado fries, preheat oven to 190°C (375°F). Line a baking tray with parchment paper. Blitz the coconut in your Optimum high-speed blender until fine (making coconut flour). Slice the avocados into strips, then coat the pieces in the coconut flour. Place onto a lined baking tray and bake for 8-10 minutes until golden.

For the dip, remove the seeds from the cardamom pods and grind them in a pestle and mortar. Add them, along with all other ingredients, to your Optimum high-speed blender and blitz until smooth. Keep in the fridge until ready to use.



*coconut avocado fries with coconut cashew & cardamom dip - serves six*

# PERFECT YORKSHIRE PUDDINGS

## INGREDIENTS

2 large eggs,  
at room temperature  
1 tsp salt  
1½ cups milk,  
at room temperature  
1 cup plain flour  
A little oil

## METHOD

Make sure all your ingredients are at room temperature before beginning. Put all of the ingredients except for the oil into your Optimum high-speed blender. Blitz until completely smooth. Now, this is the important bit: cover it, and let it sit on the bench for one hour.

Preheat your oven to 230°C/450°F. Place a small amount of oil into each cup of a 12 cup muffin tin. Place the tin into the hot oven to heat up until the oil is hot and sizzling. Remove from the oven and quickly divide the batter amongst each muffin cup, filling them about two-thirds full.

Return to the oven and bake for 20 minutes, until well risen, browned and crispy, reducing the oven temperature by 10 degrees every five minutes. Serve hot with plenty of gravy!!



*perfect yorkshire puddings  
serves twelve*

## chapter eight

# SOUPS





# BETROOT SOUP



*beetroot soup - serves four*

## INGREDIENTS

10 fresh beetroot, peeled, trimmed and washed  
3 garlic cloves, crushed  
3 onions, diced  
2 cups low-fat natural yoghurt  
Cracked black pepper

## METHOD

Preheat oven to 250°C. Roughly chop the beetroot and bake on an oven tray lined with baking paper until cooked through (approx. 60 minutes) and set aside to cool.

Heat non-stick pan over medium heat; add onion and garlic and cook until soft. Add beetroot and 4 cups of water to the saucepan. Bring to a boil, then reduce heat and simmer for 15 minutes. Allow mixture to cool for about 10 minutes.

Place all the ingredients into your Optimum high-speed blender, place the cover on top but remove the centre cap and cover with a towel to let steam escape. Blend until smooth. Season to taste. Serve in bowls with a large dollop of yoghurt on top.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Sally Symonds [www.sallysymonds.com](http://www.sallysymonds.com)

# CARROT & LEEK SOUP



*carrot & leek soup  
serves four - six*

## INGREDIENTS

1 tbs sunflower oil  
1 onion peeled and chopped  
2 cloves garlic, peeled and chopped  
3 carrots (350g approx), peeled and chopped  
2 large leeks (300g approx), sliced  
2 sticks celery  
1 tsp mixed herbs  
1 tsp paprika  
4 cups (1L) vegetable stock  
1 small sweet potato, peeled and chopped  
1 small white potato, peeled and chopped

## METHOD

In a large heavy bottomed saucepan, heat the oil. Add the onion and cook for a few minutes until soft. Add the leeks and cook for a few minutes.

Add the garlic. Add the carrots, sweet potato and potato. Stir and cook for a few minutes until starting to soften.

Pour in the stock and add the herbs and paprika. Stir, bring to the boil and simmer for about 30 minutes until all the vegetables are soft.

Place in your Optimum high-speed blender and blend until smooth. Return to the pan and reheat. Adjust seasoning with salt and pepper.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Penny Ritson Penny's Recipes [www.pennysrecipes.com](http://www.pennysrecipes.com)

# CAULIFLOWER COCONUT & LIME SOUP



*cauliflower coconut & lime soup  
serves two - four*

## INGREDIENTS

½ tbs coconut oil  
1 medium onion, finely chopped  
1 tsp ground coriander  
1 medium cauliflower, broken into florets (approx 4 cups)  
3 cups (750ml) vegetable stock  
½ cup full-fat coconut milk  
2-3 tbs lime juice  
Salt, to taste

## METHOD

Heat the coconut oil in a large pot over medium heat. Add the onion and cook for 6-8 minutes. Add the ground coriander and cook, stirring, for a further minute, to bring out its flavour. Add the cauliflower, vegetable broth and coconut milk, stir to combine, cover and bring to the boil. Reduce heat to a simmer and cook, covered for 10-15 minutes, or until the cauliflower is very soft. Remove from heat and add the lime juice.

Leave to cool for 10 minutes or so before pouring carefully into your Optimum high-speed blender and blending until very smooth. Return to the pot to warm through again before serving. Adjust salt and lime amounts to preference.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Emma Coconut & Berries [www.coconutandberries.com](http://www.coconutandberries.com)

# RAW CORN CHOWDER

*When you want comfort food, this thick and creamy raw corn chowder will hit the spot!*

## INGREDIENTS

1 cup fresh corn kernels  
¼ cup cashews  
¾ cup water  
¾ tsp sea salt  
½ cup fresh corn kernels, additional  
Coriander, to serve (optional)  
Pepper, to taste

## METHOD

Peel your corn on the cob. Slice the kernels off the cob by holding the corn cob vertically and carefully slicing down toward your cutting board. If you're using canned corn, make sure to rinse and drain the corn kernels. Pat dry with a clean tea towel.

Add all ingredients (except the second amount of corn and the pepper) into your Optimum high-speed blender. Blend on high until very smooth and well-blended. Blend for an abnormally long time because you want this raw corn chowder recipe to be slightly warm when coming out of the blender. Pour corn mixture into a bowl(s).

Add remaining corn and stir with a spoon. Garnish with pepper and chopped coriander, if using. Eat this raw corn chowder recipe immediately, while still warm from the blender.

**TIP:** you'll need 3-4 cobs of corn for this recipe. This recipe makes one large single serving, or two small appetiser servings.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Laura-Jane Rawtarian [www.therawtarian.com](http://www.therawtarian.com) [www.facebook.com/therawtarian](https://www.facebook.com/therawtarian)  
[@therawtarian](https://twitter.com/therawtarian) [www.youtube.com/therawtarian](https://www.youtube.com/therawtarian)



*raw corn chowder  
serves four - six*

# LENTIL SOUP

## INGREDIENTS

1 tbs groundnut oil  
1 medium onion,  
peeled and diced  
2 cloves garlic,  
peeled and crushed  
2 tsp cumin seeds  
2 sticks celery, chopped  
2 medium carrots,  
peeled and chopped  
1 tbs tomato purée  
1 tsp coriander  
4 cups (1L) vegetable stock  
150g red lentils  
Salt and black pepper,  
to taste



*lentil soup*

*serves four - six*

## METHOD

Heat the oil in a large heavy-base saucepan. Add the onion and sweat for a few minutes. Add the cumin seeds and cook for a further 10 minutes, stirring occasionally. Add the garlic, celery and carrots. Sweat for a couple of minutes.

Add the stock. Stir in the tomato purée and coriander. Add the lentils. Stir, bring to the boil and then simmer gently for 30 minutes.

Place in your Optimum high-speed blender and blend until smooth. Re-heat and season with salt and black pepper to taste. Serve with some crusty bread.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Penny Ritson Penny's Recipes [www.pennysrecipes.com](http://www.pennysrecipes.com)

# MEDITERRANEAN SOUP

## INGREDIENTS

4 tomatoes  
2-3 zucchini  
1 small brown onion  
1 small garlic clove  
1 cup of raw cashews,  
soaked overnight  
1 avocado (optional)  
1 tbs of organic olive oil  
1 tsp fresh oregano leaves  
1 stock cube (yeast and  
MSG-free)  
2-3 cups of boiling water  
½ tsp Himalayan salt  
Cracked black pepper,  
to taste



*Mediterranean soup - serves six*

## METHOD

Soak cashews overnight. Wash all veggies. Chop roughly and add to your Optimum high-speed blender.

Add the oregano and garlic to the blender, along with the rinsed cashews and avocado, if using.

Boil your water and add the stock cube and water to the blender with a good crack of salt and pepper, and a small amount of the olive oil.

Whiz this all up and keep slowly adding the olive oil. Blend until smooth and creamy.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Tammy Rice Naturally Radiant [www.naturallyradiant.com.au](http://www.naturallyradiant.com.au)



# PEA SOUP

## INGREDIENTS

250g dried marrowfat peas  
Boiling water, for soaking  
2 tsp bicarbonate soda  
1 tsp butter  
2 medium leeks, sliced  
1 medium carrot, peeled  
and chopped  
1 medium potato, peeled  
and chopped  
4 cups (1L) vegetable stock  
150g red lentils  
Salt and black pepper, to taste



*pea soup*

*serves four to six*

## METHOD

Place the marrowfat peas in a bowl. Measure 1.5 litres boiling water. Add 2 tsp bicarbonate of soda. Pour over peas and leave to soak overnight, or at least 12 hours.

Rinse the peas thoroughly to prepare for use. In a large saucepan, heat the butter. Add the leek and sauté for a few minutes. Add the carrot and potato and sweat for a few minutes.

Add the peas and stock. Bring to the boil and simmer for about 20 minutes until the vegetables are soft. Season with salt and black pepper. Place in your Optimum high-speed blender and blend until smooth. Return to the saucepan to heat through. Serve with crusty bread.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Penny Ritson Penny's Recipes [www.pennysrecipes.com](http://www.pennysrecipes.com)

# PUMPKIN SOUP

## INGREDIENTS

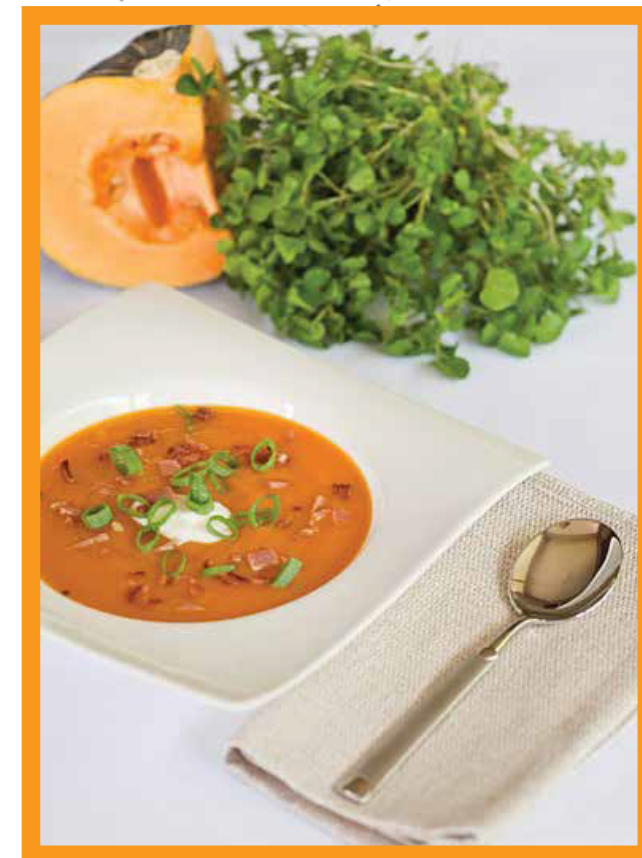
300g pumpkin  
3 tbs low-fat ricotta  
2 tbs low-fat milk  
1 tsp fresh rosemary,  
chopped  
Cracked pepper, to taste  
1 green onion, thinly  
sliced, to serve  
Low-fat bacon, diced and  
fried, to serve

## METHOD

Cook pumpkin until tender. Place peeled, seeded pumpkin, along with ricotta and milk into your Optimum high-speed blender and purée until smooth.

Mix in by hand the rosemary. Warm on stove-top.

Serve and garnish with sliced green onions and crispy bacon, if desired.



*pumpkin soup - serves one*

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Sally Symonds [www.sallysymonds.com](http://www.sallysymonds.com)

# ROASTED CAULIFLOWER, GARLIC & CUMIN SOUP

## INGREDIENTS

1 head cauliflower, chopped  
into florets  
4-5 cloves garlic, peeled  
1 tbs olive oil  
1 tsp cumin seeds  
1 medium onion, diced  
1 handful fresh thyme,  
chopped  
3 cups vegetable stock  
1 cup unsweetened rice milk  
Salt and pepper, to taste

## METHOD

Preheat your oven to 200°C.  
Chop the cauliflower into florets  
and coat in olive oil, salt and pepper.  
Place cauliflower and garlic cloves  
in a large baking dish and roast until  
golden, about 20-30 minutes. Heat  
some oil in a large pot over medium  
heat. Sauté the onion for about 5  
minutes until soft and fragrant. Add  
the thyme and cumin seeds and continue to sauté for a minute or two. Add the stock  
and roasted cauliflower, bring to a boil, reduce the heat and simmer, covered,  
for 20 minutes.

Using your Optimum high-speed blender, purée the soup until creamy and  
smooth. While you blend, add in the rice milk and combine. Season with salt and  
pepper, olive oil and fresh thyme leaves.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot  
ingredients (above 70°C = 160°F) into the blender.



*roasted cauliflower, garlic &  
cumin soup - serves four*

# ROASTED SQUASH (PUMPKIN) & TOMATO SOUP

## INGREDIENTS

2 tablespoons olive oil  
½ medium Crown Prince  
squash or Queensland  
Blue pumpkin  
1 large onion, peeled and  
quartered  
450g tomatoes, quartered  
2 carrots, peeled and  
quartered lengthways  
2 garlic cloves, peeled  
4 cups (1L) vegetable  
stock  
2 tsp paprika  
¼ tsp cayenne pepper  
Salt and black pepper, to taste



*roasted squash (pumpkin) & tomato soup  
serves four - six*

## METHOD

Preheat the oven to 180°C. Remove the seeds from the pumpkin and cut into  
chunks. Brush each piece with olive oil and place on a baking tray. Place the  
tomatoes, carrots, onion and garlic on another baking tray. Drizzle with olive  
oil then stir gently to coat in the oil. Place both the trays in the oven for about  
45 minutes.

Scrape the soft squash/pumpkin flesh from the skin and place in a large  
saucepan. Add all the other vegetables to the saucepan. Add the stock, paprika  
and cayenne pepper. Stir and bring to the boil. Simmer for 5 minutes. Place in  
your Optimum high-speed blender until smooth. Season to taste with salt and  
black pepper.

**NOTE:** You can also add warm ingredients in  
the jug but NEVER place hot ingredients  
(above 70°C = 160°F) into the blender.

## chapter nine

# MEALS



## 2-MINUTE GREEN SPAGHETTI SAUCE

### INGREDIENTS

1 ripe avocado  
100g frozen peas  
1 handful spinach  
1 handful coriander  
1 handful parsley  
4 tbs parmesan or  
nutritional yeast  
200ml a2 milk  
Salt and pepper  
Spaghetti, to serve



*two-minute green spaghetti sauce -serves four*

### METHOD

Cook spaghetti until it is al dente. In the blender, whiz up the peas, spinach, coriander, parsley, coriander, parsley, parmesan and a2 Milk.

Season with salt and pepper. You can whiz the sauce for a few minutes until it is hot, or warm it in a pan before adding the spaghetti.

Coat the spaghetti in the sauce and serve.



# CARROT & CORIANDER FALAFEL WITH LEMON TAHINI SAUCE

## INGREDIENTS

### Falafel

- 1 large carrot, grated
- 1 onion, chopped finely
- 1 small red chilli, chopped finely
- 400g can of chickpeas, drained and rinsed
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 30g coriander, chopped roughly, stalks included
- 2 tbs sunflower oil, plus extra  
for shallow frying
- 2 tbs plain flour

### Lemon tahini sauce

- 2 tbs light tahini
- Juice of 1 un-waxed lemon
- Handful of flat-leaf parsley
- 2 tbs cold water

### To serve

- 4 flat breads, warmed
- 2 handfuls of fresh lettuce
- Handful of flat-leaf parsley
- Pinch of sea salt, to taste

## METHOD

Add carrot, onion, chilli, chickpeas, cumin, paprika, coriander and sunflower oil to your Optimum high-speed blender and combine until semi-smooth. Dust a clean surface with flour and make small balls with the mixture, coating each in a little flour. Heat enough sunflower oil in a pan to shallow fry. Add the falafel to the pan when the oil is hot, cooking for a few minutes each side, until golden and crispy. Drain on absorbent paper. To make the sauce, combine the light tahini, lemon juice, parsley and cold water and whisk gently. To assemble, place lettuce and falafel on the flat breads and generously spoon over sauce. Garnish with parsley and a sprinkle of sea salt.

by Katy Beskow Little Miss Meat Free [www.littlemissmeatfree.co.uk](http://www.littlemissmeatfree.co.uk)



*carrot & coriander falafel with  
lemon tahini sauce - serves two  
makes approx ten falafel*

# CAULIFLOWER PIZZA

## INGREDIENTS

### Pizza crust

- 2 small or 1 large cauliflower
- 100g cheddar cheese, grated
- 75g mozzarella cheese, grated
- 2 eggs beaten

### Toppings

- 1 small red capsicum, diced
- 4 tbs tomato purée
- 2 tsp mixed herbs
- 2 cloves garlic, crushed
- 100g goat's cheese, sliced
- 6 slices chorizo, diced
- Handful olives, halved

## METHOD

Preheat the oven to 200°C. Prepare two baking trays with greased baking parchment. Remove the leaves from the cauliflower. Roughly chop into florets. In batches, place in your Optimum high-speed blender and whiz until its like breadcrumbs. Use the tamper to push the florets down as they are pulverised. Place the finished product in a large microwaveable bowl. Microwave on a high setting for 6 minutes. Stir in the cheeses and eggs. Spread in a circle on each of the baking trays, to about a 2mm thickness, smoothing out with the back of a spoon. Bake in the oven for 20 minutes.

Place the tomato purée in a bowl and add the herbs and crushed garlic. When the pizza bases are a light golden brown, smooth on the tomato purée mixture. Arrange the other toppings how you like them. Return to the oven and bake for a further 10-15 minutes. Serve immediately.



*cauliflower pizza - makes two pizzas*

by Penny Ritson Penny's Recipes [www.pennysrecipes.com](http://www.pennysrecipes.com)

# CORIANDER & COCONUT CURRY

*An aromatic herb based Asian style curry that cooks in minutes.*

## INGREDIENTS

### Curry paste

A large bunch of coriander, leaves and stalks roughly chopped  
1 red chilli, chopped\*  
1 large clove garlic  
1 knob of ginger, peeled  
Zest & juice of 1 lime  
2 tbs dark soy sauce  
100ml coconut cream or coconut milk  
A splash of water or vegetable stock (optional)

### Curry

1 tbs groundnut/sunflower oil  
1 clove garlic, finely chopped  
6 chestnut mushrooms, cut into quarters  
1 red capsicum, sliced into thin strips  
150g French beans, blanched  
A handful of frozen peas, blanched

### To serve

2 spring onions, thinly sliced  
1 red chilli, chopped  
Handful of cashew nuts, toasted\*\*  
Basmati rice, cooked\*\*\*

## METHOD

For the paste, place all of the ingredients into your Optimum high-speed blender and blitz until a thick paste forms. This takes about a minute. Add a splash of water or vegetable stock to loosen the paste if necessary. Store in a sterilised jam jar/glass bottle until you need to use it. It will keep in the fridge for up to four days.

For the curry, heat the oil in a wok until very hot, then add in the chopped garlic, frying until the edges turn golden brown. Add the mushrooms and red capsicum and fry for a couple of minutes over a high heat before adding in half the



*coriander & coconut curry - serves two*

quantity of the curry paste (keep the other half for another curry). Continue frying for a further two minutes before adding the peas, French beans, salt and pepper. Add a few splashes of water or vegetable stock to loosen the curry sauce. Allow the flavours to cook together for a further two minutes, then remove the curry from the heat. Check the seasoning and add more if necessary.

To serve, place rice in a couple of shallow bowls before adding your coriander and coconut vegetable curry. Sprinkle over the spring onions, red chilli and toasted cashew nuts.

\* Remove membrane & seeds if you like less heat.

\*\* Fry in a dry pan until the nuts turn golden brown, then remove from the heat.

\*\*\* Cook rice at the same time as the curry.

By Laura Scott How to Cook Good Food [www.howtocookgoodfood.co.uk](http://www.howtocookgoodfood.co.uk)



# EASY ALKALINE DINNER BOWL WITH CREAMY VEGAN DRESSING

## INGREDIENTS

### Salad

- 1 cup uncooked millet, soaked and rinsed
- 400g can brown lentils
- 2 cups vegetable stock
- 3 zucchini, sliced
- 1 small head of broccoli, lightly steamed
- 100g rocket\*

### Dressing

- 1 avocado
- 2 garlic cloves, peeled
- ½ cup water
- 4 tbsp extra virgin olive oil
- ¼ tsp Himalayan sea salt
- 3 tbs fresh lime or lemon juice
- 1½ cups basil



*easy alkaline dinner bowl with creamy vegan dressing - serves five*

## METHOD

Add the millet and vegetable stock to a medium pot. Bring to a boil, then reduce heat to medium-low. Cover and simmer for about 20 minutes, or until the water is absorbed. Remove from heat and leave lid on to steam for another 5 minutes. Fluff with a fork.

Meanwhile, gently pan fry the zucchini, broccoli (I gave the broccoli a quick steam beforehand) and any other green veggies you are using together with a generous lug of olive oil, sea salt, and cracked pepper, until cooked.

Throw all the dressing ingredients into your Optimum high-speed blender. Process until smooth, scraping down the sides as you go. Adjust seasoning to taste. Then put it all together! Toss the millet, lentils and pan fried veggies together in a large serving dish. Season. Top generously with rocket and drizzle over the dressing.

\* Feel free to add any other green veggies you like - sugar snap peas, green beans, asparagus - they'll all taste awesome.

by Hannah Horton [www.healthyeah.co.nz](http://www.healthyeah.co.nz)

# KIMCHI QUINOA BURGERS WITH JALAPEÑO AVOCADO MAYO

This burger is a budget-minded fare – and full of digestion-friendly probiotics and fibre. Use any beans you fancy – not baked though! The black and white sesame seeds add gorgeous crunch but substitute with Panko crumbs, or even left 'naked' – these burgers will still be incredibly tasty.

## INGREDIENTS

### Burgers

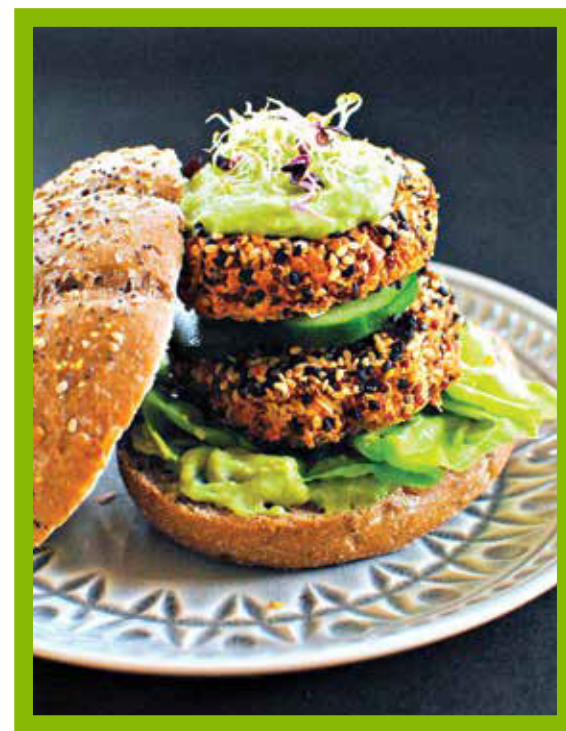
- 1 cup quinoa, cooked and cooled
- 1½ cup beans\*, lightly mashed
- ¾ cup cabbage, chopped (or radish kimchi, drained, liquid reserved)
- 2 spring onions, sliced
- 1 chia egg\*\* (or medium hen's egg)
- 2 tsp Korean pepper flakes (optional)
- 2 tbs oil

### Avocado jalapeño mayo

- ½ ripe avocado
- 1 tbs lime juice
- 1 spring onion, roughly chopped (optional)
- ½ jalapeño pepper, de-seeded
- 2-inch piece cucumber, peeled
- Pinch salt

### To serve

- Soft lettuce
- Sprouts
- Wholemeal bread roll
- Cucumber slices



*kimchi quinoa burgers with jalapeño avocado mayo - makes five - six*

*recipe continues on next page*



## METHOD

Place all of the burger ingredients, minus the sesame seeds and spring onions, into your Optimum high-speed blender. Pulse until you get a half smooth and half chunky mix. Stir in the chopped onion. Or, you could blend half and mash in the remaining. Clean out the blender jug. Sprinkle the seeds onto a plate and, with damp hands, divide the quinoa mixture into five or six balls; press into burger shapes. Lightly coat the burgers in the seeds and place onto a plate or baking sheet, place in the fridge to cool for 20 minutes.

Now make the yummy green mayo. Place all of the ingredients into your Optimum high-speed blender and blend until smooth. Taste for seasoning and adjust as needed. Make double if you like, because it's delicious and makes a great, quick, guacamole. Preheat your oven to 180°C/350°F.

When the burgers are chilled, pop onto an oiled tray and into the preheated oven; bake for 15 minutes. Carefully flip the burgers and bake for a further 10 minutes. When the burgers are almost ready, heat the oil in a sauté pan over a medium flame. Put the burgers into the pan and cook for 1½ minutes on each side. Any longer and the sesame seeds may burn. If you aren't coating the burgers then you may wish to fry a little longer to get a nice crust.

Serve on soft lettuce leaves or in a wholemeal roll/bun, topping with the avocado and jalapeño mayo, cucumber slices and sprouts.

TIP: These are GORGEOUS with sweet potato wedges and extra kimchi!

\* I used borlotti beans

\*\* a chia egg is made by mixing 1 tablespoon ground chia seeds and 3 tbs water, or in this case kimchi liquid topped up with water. This is what I did, although I used whole chia seeds in this instance.

# LEMON THYME CHICKEN BREAST BURGERS



## INGREDIENTS

2 chicken breasts  
1 lemon with rind  
2 tbs thyme  
¼ cup bread crumbs  
Pinch sea salt and pepper  
1-2 tbs olive oil  
Salad, to serve

*lemon thyme chicken breast burgers  
makes four patties*

## METHOD

Place all ingredients, except the olive oil, in your Optimum high-speed blender on high (or pulse), until well combined.

Using your clean hands, form patties in your desired size. Drizzle the oil in a large fry-pan and cook the chicken patties on medium heat, until golden brown. Ensure you flip the patties and that they are cooked all the way through.

Serve immediately with a side salad.

# ROASTED RED CAPSICUM PASTA

*This is not only quick and easy to make, but delicious. A creamy and rich sauce created using roasted red peppers, goats cheese, cream, Parmesan and milk.*

## INGREDIENTS

340g dried pasta (such as fusili or linguine)  
2 tbs olive oil  
2 cloves of garlic, peeled and minced  
1 medium onion, peeled and diced  
½ cup (110ml) milk  
½ cup (110ml) single cream  
115g crumbled goats cheese  
½ cup (90g) Parmesan cheese, grated, plus more for serving  
1 jar of roasted red capsicum, drained and chopped  
Fine sea salt and freshly ground black pepper, to taste



*roasted red capsicum pasta  
serves four*

## METHOD

Cook the pasta in a large pot of lightly salted water according to package directions. Drain well and keep warm. Heat the olive oil in a large saucepan over medium heat. Add the onions and garlic. Cook, stirring, until softened but not browned. Add the milk, cream and both cheeses. Cook and stir to melt the cheese. Add the red capsicum and heat through.

Pour into your Optimum high-speed blender and blitz until smooth. Return to the pan. Add the pasta and toss to coat. Season to taste with salt and pepper. Serve immediately, with additional Parmesan cheese for sprinkling.

**NOTE:** You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Marie Rayner The English Kitchen [www.theenglishkitchen.blogspot.com](http://www.theenglishkitchen.blogspot.com)

# THAI CHICKEN WITH PEANUT DIPPING SAUCE

8 boneless, skinless chicken thighs  
Bamboo skewers, soaked in water for approximately 30 minutes (optional)

## Marinade

2 tbs light soy sauce  
2 tbs tamarind Paste  
1 tbs ginger, peeled and grated  
2 cloves garlic, peeled and minced  
2 spring onions, minced, both the green and the white parts  
Salt and freshly ground black pepper, to taste

## Sauce

¼ cup fresh coriander leaves  
4 tbs smooth unsweetened peanut butter  
2 tbs rice wine vinegar  
2 tbs tamarind paste  
2 tbs soy sauce  
1 tbs runny honey  
1 tbs ginger, peeled and grated  
1 clove garlic, peeled and minced  
Zest and juice of 1 lemon and 1 orange  
2 spring onions, minced, both the green and the white parts  
½ jalapeño pepper, cored, seeded and minced\*  
Crushed red pepper flakes, to taste



*thai chicken with peanut  
dipping sauce - serves four*

*recipe continues on next page*

## METHOD

First make the marinade for the chicken. Stir together all the ingredients in a shallow glass bowl or a large zip lock bag. Mix them well. Add the thighs, turning them over in the mixture and rubbing it in to coat them well. Cover and set aside at room temperature for at least half an hour, or for best results, cover and leave in the refrigerator overnight.

While the chicken is marinating, you can make the peanut sauce. Combine all the ingredients in your Optimum high-speed blender. Purée until smooth. Serve immediately, or store, covered, in the refrigerator for up to a week for later use.

You can either cook the chicken on a grill or on top of the stove. Remove the chicken from the marinade and season lightly. Thread chicken on to the soaked bamboo skewers, if using, and either place on the heated grill or in a heated heavy skillet that you have sprayed with some cooking oil. Cook for 5 to 6 minutes per side, basting with some of the marinade, until it is golden brown with slightly darker edges. If you are cooking it on the grill, move it to the sides and put the lid down, cooking it for another 2 to 3 minutes. If you are cooking it in a skillet, lower the heat, cover and cook for another 2 to 3 minutes, or until the juices run clear. Discard any remaining marinade.

Remove from the grill or the pan and place on a heated serving plate to rest. Brush with some of the peanut sauce and let rest, covered loosely in foil for about 5 minutes. Serve hot, with the remaining dipping sauce on the side. Delicious!

\*Wear gloves to do this and DON'T rub your eyes or lips while preparing jalapeño.

# VEGAN PARMESAN, ROSEMARY & SHALLOT SAUSAGES WITH TOMATO GRAVY

## INGREDIENTS

### Sausages

200g extra firm or soft tofu  
2 cups (100g) breadcrumbs  
½ cup (65g) shallots,  
finely chopped  
1 tsp dried mustard powder  
1 tsp fine smoked sea salt  
12 grinds ground black  
pepper  
2 tsp fresh rosemary,  
finely chopped  
2 tbs nutritional yeast flakes,  
finely ground  
2 tbs ground almonds  
2 tbs unsweetened almond  
or soy milk, omit if using  
soft tofu  
Olive oil to grease and fry

### Gravy

1 tbs olive oil  
70g (about 4 large) shallots, sliced  
50g sun-dried tomatoes in oil, drained  
2 cups (500ml) vegetable stock\*  
2 tbs soy cream  
10 grinds freshly ground black pepper



*vegan parmesan, rosemary & shallot  
sausages with tomato gravy  
makes six sausages*



## METHOD

Instructions if using soft tofu: Drain the tofu (there is no need to press). Place everything except the milk into a large bowl and mix thoroughly with your hands. When well mixed and thick in texture, wash then grease your hands with some olive oil and shape into 6 sausages. I find it easiest to grease a ¼ cup measuring cup and press the mixture in, scoop it out then squeeze and roll into sausage shapes.

Lay out on a plate lined with cling film, cover with cling film and chill for at least 1 hour. Instructions if using extra firm tofu: Crumble the tofu (no need to press) into your Optimum high-speed blender and add the milk. Process until fine in texture and well mixed. Add everything else except the shallots and blend well, it should just come together like a dough and should be able to grab a bit of the mixture and squish it together easily.

Now add the shallots and pulse a few times until well mixed and the shallots are a little smaller - you still want bits of shallots in here though so don't over mix. Grease your hands with olive oil and shape into 6 sausages. Lay out on a plate lined with cling film, cover with cling film and chill for at least 1 hour.

To fry, add 1½ tbs of olive oil to a large non-stick frying pan and heat to medium. Add the sausages, turning to coat in the oil and fry, turning frequently until equally golden brown all over.

For the gravy, heat the olive oil in a frying pan then gently fry the shallots and pepper until the shallots are really soft and caramelised, a nice golden brown will do.

Tip into your Optimum high-speed blender with the sun-dried tomatoes and half the vegetable stock. Blend until really smooth then add the rest of the stock and blend again. It will be really watery looking at this point, that's OK! Pour the mixture into a saucepan and bring to medium heat, reduce to low and simmer with the lid off for about 20 minutes until it has reduced in volume and is thicker. Pour in the cream and stir well.

\*First, a note on the vegetable stock, it provides a lot of the flavour in this gravy so make sure you use one you really love the taste of.

## chapter ten

# DESSERTS & TREATS



# MANGO SORBET



*mango sorbet - serves four*

## INGREDIENTS

- ½ cup lemon juice
- 1 tablespoon coconut nectar
- 2 bananas
- 1 ½ cup frozen mango pieces

## METHOD

Place the lemon juice, coconut nectar, banana and mango pieces in your Optimum high-speed blender on high and using the temper blend until smooth. Serve immediately.

# CACAO & FIG CHEESECAKE WITH RASPBERRIES

## INGREDIENTS

### Crust

- 1 cup pecans
- 1 cup Medjool dates
- ½ cup raw cacao
- 2 tbs chia seeds
- 3 tbs coconut sugar
- Pinch of salt

### Filling

- 1 cup cashews, soaked overnight
- 1 cup almonds, hot soaked overnight and peeled
- ½ cup raw Coconut Magic coconut nectar
- ½ cup Coconut Magic coconut oil liquid
- 2 tbs lime juice
- 6 figs, soaked in 1 cup of water for 3 hours, chopped, ¾ cup of soaking liquid reserved
- ½ tsp salt
- ½ tsp liquid Stevia (optional)
- ¼ cup cacao
- 1 tbs lime juice
- 2 Medjool dates



*cacao & fig cheesecake with raspberries*

*recipe continues on next page*

## METHOD

For the crust, blend the ingredients together in your Optimum high-speed blender until it pulls away from the edges and starts to form a ball. Press the crust into the bottom of desired pan, about ¼ inch (0.6cm) thick. Set aside in the freezer while you are making the filling.

For the filling, add cashews, almonds, coconut nectar, coconut oil, reserved fig soaking liquid, lime juice, figs and salt to your Optimum high-speed blender. Mix until totally smooth, scraping down the sides of the blender as necessary. Also utilising your tamper will be helpful to keep it all moving. Remove ½ of the mixture and pour over the crust. Smooth out as much as possible.

Put the cheesecake back in the freezer. Add the cacao, lime juice and dates to the remaining cashew mixture blending it together, scraping down again, until the mixture is uniformly combined.

Wait 1 hour before attempting to put the chocolate layer over the top of the pale layer. Smooth over with a knife or offset spatula. Put back in the freezer for another few hours until solid right through. Remove from freezer and leave in the fridge a few hours before serving. Decorate either with thawed frozen or fresh raspberries. You can also use freeze dried raspberries or strawberries and crush them over the top.

# RAW HAZELNUT BROWNIE

## INGREDIENTS

½ cup raw cacao  
½ cup hazelnuts, soaked overnight  
½ cup cashews, soaked overnight  
2 tbs chia powder\*  
2 figs, soaked for 2 hours  
4 Medjool dates  
A splash of almond milk



*raw hazelnut brownie*

## METHOD

Drain and rinse nuts. Put cashews, figs and dates in your Optimum high-speed blender on low speed, use tamper to mix it up. Add chia powder and cacao and blend until smooth. Lastly add hazelnut and blend until they are roughly chopped (you want them to be a little chunky).

Remove from your Optimum high-speed blender and push into a square pan and chill for 3-4 hours. Turn it out and cut into squares. Enjoy!

\*You can grind chia seeds in your Optimum high-speed blender in quantities of ½ cup or more. Store excess ground seeds in a sealed container in a cool dry place.



# RAW CHERRY PIE

*Gluten free, dairy free, cane sugar free and of course delicious!*

## INGREDIENTS

### Base

1 cup almonds  
1 cup desiccated coconut  
15 dried dates, soaked in  
water for 10 minutes  
3 heaped tbs cacao powder  
1 tsp vanilla powder  
Coconut oil, for greasing  
the tin

### Filling

250g cashews  
½ cup coconut oil  
2 cups of fresh cherries, pitted  
1/3 cup honey  
Extra cherries, for serving

## METHOD

Place your almonds and coconut into your Optimum high-speed blender and blend until it reaches a coarse, gravel-like consistency. Add the dates, cacao and vanilla powder and blend on a low speed, stopping occasionally to scrape down the sides, until your becomes slightly sticky (you can test this by pressing a small amount between your thumb and forefinger). Press the mixture into the base and up the sides of a 25-30cm flan tin with a loose base, which has been greased with coconut oil. Next, blend all the filling ingredients on a medium to fast speed until super smooth. Pour into your flan tin and refrigerate until set. If you like, you can transfer to the freezer and it will set faster. Serve with fresh cherries stacked on top.



*raw cherry pie - serves twelve*

# RAW CHOCOLATE CARAMEL CHEESECAKE

## INGREDIENTS

### Crust

1 cup shredded coconut  
1 cup almonds  
10 Medjool dates, pitted  
1 tbs raw cacao  
Pinch salt

### Filling

2 cups cashews, soaked  
4 hours, drained and rinsed  
½ cup honey  
⅓ cup raw cacao  
¼ cup lemon juice  
⅓ cup coconut oil  
2 tsp vanilla extract  
2 tbs water 'caramel'  
1 cup pitted Medjool dates  
½ cup almond milk  
1 tbs honey  
1 tsp vanilla extract  
Pinch of salt

### To serve

¼ cup roasted pistachios  
¼ cup roasted almonds  
A sprinkle of salt



*raw chocolate caramel cheesecake*

*by Jules Galloway - Naturopath*

*www.julesgalloway.com www.facebook.com/JulesGallowayHealth*

*recipe continues on next page*

## METHOD

For the crust, place the almonds in your Optimum high-speed blender and pulse until they form a coarse gravel. Add the coconut and pulse to combine.

Add the remaining ingredients and blend, using the tamper, until the crust is well combined and holding together when pinched. Press firmly into a spring-form cheesecake pan and pop into the fridge to set for at least an hour before adding the topping.

For the filling, combine all ingredients in your Optimum high-speed blender and blend until smooth. Pour on top of your crust and pop into your freezer to begin setting while you make your caramel topping.

For the caramel, combine all ingredients in your Optimum high-speed blender, and blend on medium using the tamper. You will need to continue scraping down the sides of the blender and pulsing until the caramel is nice and smooth. Spread over your chocolate cheesecake.

To serve, roughly chop the nuts and mix in a bowl together with the sprinkle of salt. Dust the outside of your cheesecake with the salted nuts, serve and enjoy! To store, keep refrigerated.

# RAW CHOCOLATE MOUSSE PIE

## INGREDIENTS

### Base

- 1 cup cashews, soaked for one hour and drained
- ¼ cup dates, pitted

### Mousse

- 1 large ripe avocado
- 1 tbs cacao powder
- ¾ cup dates, pitted
- ¼ cup Coconut Magic coconut oil



*raw chocolate mousse pie*

## METHOD

For the base, blitz all ingredients in your Optimum high-speed blender until you get a buttery consistency. Press firmly and level into a dish greased with some coconut oil.

For the mousse, blitz all ingredients in your Optimum high-speed blender. Pour on top of base and level out. Cover and pop in fridge or freezer to set.

Slice and serve with yoghurt and berries.

# RAW COCONUT & VANILLA CUPCAKES

## INGREDIENTS

### Cupcakes

- 1 cup Coconut Magic coconut flour
- 1 cup coconut milk
- 1 ripe banana
- 2 tsp vanilla extract
- 1 tbs raw honey

### Icing

- 1 cup cashews, soaked for 6-8 hours, drained
- ¼ cup coconut milk
- 1 tbs raw honey
- 1 tsp vanilla extract



*raw coconut & vanilla cupcakes  
makes fifteen cupcakes*

## METHOD

Blitz cupcake ingredients in your Optimum high-speed blender. Press firmly into cupcake trays which have been lightly greased with coconut oil.

Place trays in freezer at least one hour.

Place icing ingredients in your Optimum high-speed blender and blend until smooth. Store in refrigerator for one hour.

Remove the cupcakes from the freezer and the icing from the refrigerator. Using a piping bag, pipe icing on to the cupcakes. Dust with cacao (optional). Serve! If not eating immediately, store in the freezer.

by Sheree Adams [@beingyourbestyou](http://www.facebook.com/beingyourbestyou) @beingmybestme

# RAW CHOCOLATE & COCONUT ROUGH

## INGREDIENTS

- ½ cup dry pitted dates
- ½ cup cacao
- ½ cup coconut oil
- ½ cup shredded coconut



*raw chocolate coconut rough*

## METHOD

Blitz ingredients in your Optimum high-speed blender. Pour into shallow dish and pop in freezer for 30-60 minutes until set.

Slice into bite size pieces once it has set. Store in fridge.

by Sheree Adams [@beingyourbestyou](http://www.facebook.com/beingyourbestyou) @beingmybestme



# DAIRY-FREE STRAWBERRY ICE-CREAM

*A creamy dairy free ice-cream alternative.*

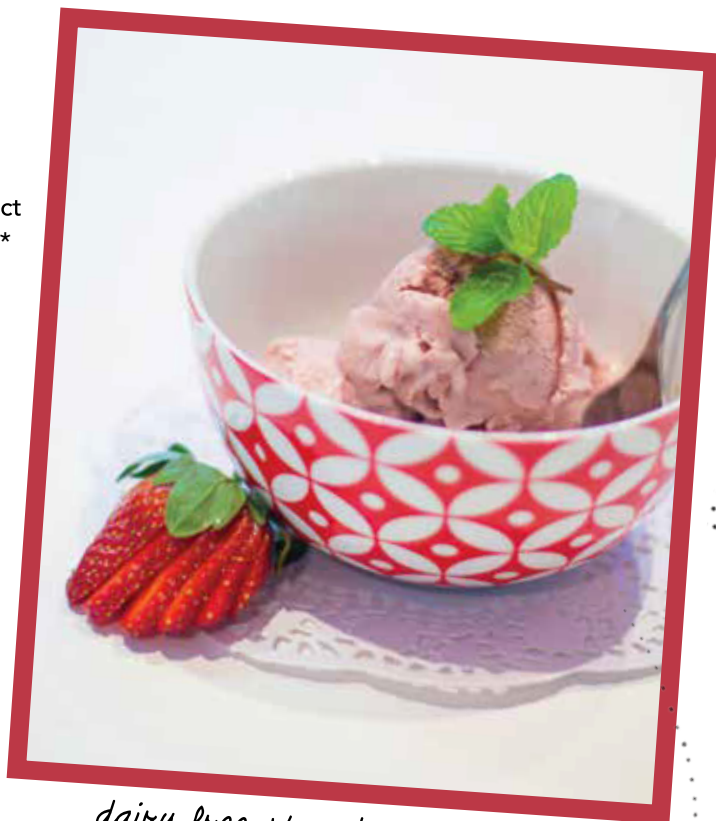
## INGREDIENTS

½ cup coconut cream  
2 tbs Coconut Magic coconut nectar  
1 banana  
1 tsp vanilla paste or extract  
2 cups frozen strawberries\*

## METHOD

Place all ingredients in your Optimum high-speed blender in the order listed and blend until smooth. Ready to serve or can be frozen for later. Ice-cream will be like soft serve if eaten immediately. If freezing you will find it goes quite hard and will need some time to soften before eating.

\*May substitute with any other frozen fruit, as desired.



*dairy free strawberry ice-cream  
serves two - three*

by Rochelle Cook Chelle's Raw Food Kitchen [www.chelleskitchen.com](http://www.chelleskitchen.com)

# MANGO JELLY

## INGREDIENTS

2 x 425g tins sliced mango  
in light syrup  
1 tbs lime juice  
100g caster sugar  
250ml orange juice  
6 leaves gelatine



*mango jelly - serves six*

## METHOD

Empty the contents (fruit and juice) of the mango tins into your Optimum high-speed blender and pulse until smooth. Add the lime juice, pulse to combine. Soak the gelatine leaves in water for 5 minutes.

Meanwhile put the orange juice and sugar in a saucepan and heat until the sugar has dissolved and it is just gently simmering. Squeeze excess water from the gelatine leaves and add to the pan.

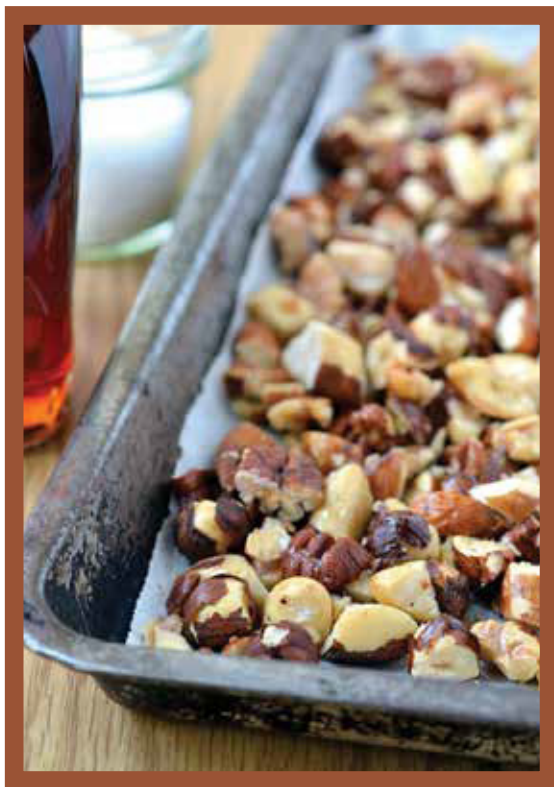
Allow to dissolve and stir gently. Add the mango mixture to the liquid and stir well. Place all the liquid in a large bowl, jelly mould, or individual serving bowls. Leave in the fridge to set for around 12 hours.

by Penny Ritson Penny's Recipes [www.pennysrecipes.com](http://www.pennysrecipes.com)

# MAPLE-ROASTED NUT BUTTER BROWNIES

## INGREDIENTS

250g (2 cups) mixed nuts, roughly chopped\*  
1 tbs maple syrup  
1 tsp coarse sea salt  
4 tsp ground flax  
3 tbs water  
1½ cups (155g) almond meal, sifted\*\*  
¾ cup + 2 tbs (85g) oat flour, sifted  
½ cup (60g) cocoa powder  
2 tbs arrowroot or tapioca flour  
¼ tsp baking soda  
¼ tsp salt  
75g dark chocolate (70% cocoa solids), plus 25g for topping  
6 tbs (80g) coconut oil  
1 cup (150g) coconut sugar, ground\*\*\*  
¼ cup (60ml) almond milk  
2 tbs instant coffee (optional)  
2 tsp vanilla extract



*maple-roasted nut butter brownies  
makes sixteen brownies*

## METHOD

Preheat the oven to 200°C/400°F, spread the chopped nuts on a parchment-lined baking tray and bake for 3-5 minutes. Drizzle over the maple syrup, sprinkle with sea salt and stir. Bake for 3-5 minutes longer. Cool. Lightly oil a 9x9" brownie pan and line with two sheets of parchment paper, going in opposite directions, for easy removal. Whisk together ground flax and water and set aside to thicken. In a large bowl, sieve together the almond meal, oat flour, cocoa, arrowroot, baking soda and salt. Melt chocolate in a glass bowl over boiling water, along with the coconut oil. When melted, whisk in ground coconut sugar, almond milk, instant coffee (if using), vanilla and flax mixture. Add wet ingredients to dry and stir well. Fold in 75 g/2.5 oz (approx 1/3) of the roasted nuts and spoon batter into the prepared pan. Spread evenly with a spatula and smooth over the top.

Reduce heat to 180°C/ 350°F and bake brownies for 25-30 minutes. Leave to cool completely (at least one hour) before topping. While cooling, add the remaining nuts to your Optimum high-speed blender and blend until you have a very smooth nut butter. Spread nut butter over brownies (you may not need all of it) and chill for 10 minutes.

Place remaining chocolate in a freezer bag and put in a bowl of boiling water for 10 minutes to melt. Remove from water and set aside for 5 minutes to thicken slightly, snip a tiny corner off the bag and drizzle chocolate generously over brownies. Leave to set completely before slicing into squares.

\* You can use any nuts here but I liked the flavour of the mix I used, which included Brazil nuts, almonds, walnuts, hazelnuts and pecans.

\*\* I grind my own meal and flours using my Optimum high-speed blender which has a jug specially designed to be able to grind grains and nuts.

\*\*\* I prefer to use ground coconut sugar for a better brownie texture. You can also substitute with cane sugar.

# MINI RAW CHOCOLATE CAKES

## INGREDIENTS

### Base

1 cup almonds  
1 cup soft dates  
¼ cup shredded coconut  
1 tsp pure vanilla

### Almond fudge

¼ cup coconut butter\*  
¼ cup raw almond butter  
¼ cup Coconut Magic  
coconut nectar

### Icing

1 cup soft dates  
¼ cup of Coconut Magic  
coconut oil  
¼ cup cacao powder  
1 tsp pure vanilla



*mini chocolate cakes raw  
serves twelve*

## METHOD

Place all the base ingredients in your Optimum high-speed blender and process until the mixture holds together. (Add a teaspoon of water if needed).

Press a tbs of mixture into muffin tins. Clean your Optimum high-speed blender and blend together the ingredients for the 'almond fudge' until well blended. Add mixture to your bases and clean the blender. Place 'chocolate icing' ingredients into Optimum high-speed blender and blend until smooth. Spread icing over cupcakes. Place in the freezer to set.

\* not to be confused with coconut oil.

by Nicole English [www.rawkiwi.com](http://www.rawkiwi.com)

# RAW OREO COOKIES

## INGREDIENTS

### Biscuits

1 cup almond meal  
150g Medjool dates, pitted  
3 tbs Coconut Magic  
coconut oil  
2 tbs cacao powder  
Water, if needed\*

### Centre cream

1 cup cashews, soaked 2-4  
hours, drained  
¼ cup coconut milk  
1 tbs raw honey



*raw oreo cookies - makes 8*

## METHOD

For the biscuits, place all of the ingredients in your Optimum high-speed blender and blitz until combined. Using one tablespoon of mixture to form 16 biscuits and pop in the fridge.

For the cream, blitz the cream ingredients in your Optimum high-speed blender until a creamy consistency.

Pull your biscuits from the fridge. Spoon about 2 heaped teaspoons of cream onto 8 of your biscuit bases. Top the biscuits with the remaining bases.

Refrigerate before serving.

\* Add a tablespoon of water at a time whilst blending, if required.

by Sheree Adams [@beingmybestme](https://www.facebook.com/beingyourbestyou)



# ROASTED BEETROOT & RAW CACAO NIB CUPCAKES

## INGREDIENTS

### Cupcakes

- 3 medium beetroot
- 2 tbs sunflower oil
- 50g raw cacao nibs
- 225g self-raising flour
- ½ tsp bicarbonate of soda
- 180g light brown sugar
- 125g butter or  
130ml sunflower oil
- 100g dark chocolate (70% cocoa  
solids)
- 3 large free range eggs

### Icing

- 300g icing sugar
- 4 tbs butter or solid coconut oil
- 2 tbs full-fat milk or non-dairy milk
- 1 tbs roasted beetroot purée
- Cacao nibs, for decoration



*roasted beetroot & raw cacao nib cupcakes  
makes twelve*

## METHOD

Preheat oven to 200°C/425°F. Wash the beetroot thoroughly under cold water to remove any traces of dirt. Leave 2-3 cm of stalk at the top and the root tail intact. Place the beetroot on a baking tray and drizzle with the sunflower oil.

Roast for 90 minutes, turning every 20-30 minutes, until the beetroot is tender. A knife will slide in and out of the beetroot easily when it is ready. Remove from the oven and allow to cool completely.

When cooled, the skin will slip off. Discard the skin, top and bottom, and purée the whole beetroot in your Optimum high-speed blender. You will likely need to use the blender tamper to keep things moving.

Preheat oven to 180°C/350°F. Line a 12-hole cupcake tin with large paper cupcake cases. Blend the cacao nibs in your Optimum high-speed blender until they form a powder. Sift the flour, ground cacao nibs and bicarbonate of soda into a large bowl. You may have some cacao which won't fit through the sieve, just chuck it in the bowl along with the rest and stir in the sugar. Break the dark chocolate into small pieces in a heat proof bowl and suspend over a pan of barely simmering water. Usually I boil the kettle, pour it into a pan, place the bowl on top and leave it off the heat, stirring once or twice, until it has melted.

If using the butter, add the butter along with the chocolate to melt. If using oil, add the oil along with the eggs after the chocolate has melted. Stir 250g of room temperature beetroot purée into the dry ingredients, along with the chocolate mixture. Stir until just combined. Spoon into the paper cupcake cases. They will be full, but rest assured it will be OK. Bake for 25-30 minutes in the centre of the oven until a skewer, inserted into the centre of a cake comes out clean. Transfer to a wire rack to cool completely.

To make the frosting, sift the icing sugar into your Optimum high-speed blender and blend with the softened butter, milk and beetroot purée until it reaches the desired consistency. Using a plastic disposable piping bag, pipe swirls of frosting on the top of the cupcakes. Decorate with cocoa nibs. Store in an airtight container. Cupcakes will keep for a few days.

# RAW WHITE CHOCOLATE & POMEGRANATE BARK

## INGREDIENTS

½ cup raw cashews  
100g cacao butter  
¼ cup coconut milk  
½ tsp vanilla powder  
1 tbs honey  
2 tbs desiccated coconut  
3 tbs dried pomegranate seeds



*raw white chocolate pomegranate bark*

## METHOD

In your Optimum high-speed blender, pulse your cashews until they become a fine powder. Next, gently melt your cacao butter in a double boiler, being careful not to heat it above 46°C (if you want your dessert to be officially considered raw).

Once your cacao butter is all melted, blend it together with your cashews, coconut milk, vanilla powder and honey, on a medium speed, until smooth and creamy.

Cover a good sized dinner plate with foil, and gently pour the mixture onto the plate until it's about 2-3mm thick. Sprinkle generously with desiccated coconut and dried pomegranate seeds and refrigerate for 2-3 hours, or until set.

Break up into random sized chunks and serve.

by Jules Galloway - Naturopath [www.julesgalloway.com](http://www.julesgalloway.com)  
[www.facebook.com/JulesGallowayHealth](https://www.facebook.com/JulesGallowayHealth)

# WHERE CAN I PURCHASE A

OPTIMUM HIGH-SPEED BLENDER &  
OPTIMUM COLD-PRESS JUICER?

To purchase your Optimum high-speed blender  
or Optimum cold-press juicer visit,

**froothie.com.au**

**froothie.co.nz**

**froothie.eu**

**froothie.de**

**froothie.fr**

**froothie.nl**

**froothie.co.uk**

For daily recipes, health and wellness tips, follow us on Facebook, Instagram, Tiktok, Pinterest and Youtube

We would also like to invite you to join our Facebook groups to stay up to date on tips, tricks, recipes and special prizes!

.....  
*Join us now:*  
.....



WELCOME TO THE FROOTHIE FAMILY!

Got a question? Need some help? Submit a ticket at:  
<http://athenasolutions.zendesk.com/hc/en-us/requests/new>

Alternatively, Whatsapp us at: +61 3 8609 2210 or call: 1300 309 900

Don't forget to head to our Youtube, Facebook and Instagram pages for more delicious content!

We'd love to see your delicious creations (and beautiful families) so don't forget to tag #Froothie or mention @Froothie on Instagram, Facebook or Youtube for a chance to win an array of prizes.

We're always watching and we can't wait to connect with you! ♥





We hope you enjoy making these delicious healthy recipes in your Optimum High Speed Blender

*Love from the Froothie Team*

