



Nadia Petrova

DAILY RAW

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ISBN: 978-954-92840-1-0

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Published by 5 Avenue
BG, Sofia 1421

Designed by Deoway studio

Daily Raw
Easy raw food recipes for beginners
Digital Edition v1.0

www.NatureInsider.com

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Introduction



My philosophy about life is that we are in control and we can change things. We can change the way we eat, feel, experience, live. We decide what is best for us. Every single minute we are making a choice... to be healthy or eat junk, to stress out or calm down, to live in style or be content with what you have, to be balanced... or not. It is simple. And it is up to you.

This book is written for people who love food and want to be healthy. It uses only natural ingredients, combining them in an easy way to prepare delicious and satisfying meals. Each recipe is simplified to cut cooking time, but has a gourmet touch to make the dish look beautiful and fancy. Because this too is part of my philosophy of life and food - meals have to be tasty, easy and feast the eye the same way they nourish the body.

This book is not meant to convince you to eat 100% raw food in your daily life. It is here to help you incorporate more raw foods for health and youth; to make the transition to a healthier you smoother.

Start today, by incorporating one raw meal in your daily regime. Make something easy, like a smoothie, raw truffle or guacamole dip. Progress slowly. Take your time to feel comfortable with the change and then slowly continue with the next recipe. Again, the goal is not to eat 100% raw food, the goal is to eat as healthy as possible. My daily regime is mostly raw through the day, up until dinner. For breakfast, I drink smoothies in the summers and prepare a raw crumble in the winter months. My lunch is usually something fresh, like a salad or raw main meal. Desserts are meant to be snacks. And dinner might be something fresh or in the colder months, a warm cooked dish. Think health when you prepare your meals, and remember... Health is a choice.

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What will you need in the kitchen

Measurements

One set of measuring spoons and a measuring cup is necessary if you want to prepare the recipes exactly as described. In the raw foods cuisine, it is not mandatory that recipes are followed precisely, but for beginners, following the recipe instructions closely would come in handy.

Sharp knife and a cutting board

I am a huge ceramic knives fan; they are sharp and easy to use. They come with a cutting board of their own made out of special material that will not hurt the knife. If you do not have such a knife though, just use what you have.

Blender

This is a crucial appliance in raw food preparation. Something you will have to buy if do not have one! Most of the recipes require a blender. You do not need to have the most expensive and fancy one, a simple blender will work.

Food processor

It is something like a blender, but bigger and with different knives. When a recipe calls for using the S blade, it means using the big bowl of your food processor with its metal blade shaped as an S. The food processor can be used also to grate vegetables, juice citrus fruits and make dough. Some companies sell a combo kitchen robot with blender and food processor; personally, I use one of those.

Metal rings

Absolutely unnecessary unless you care about presentation, like I do. I believe food should always look yummy and appealing, so the way you serve and prepare it matters. Metal rings are super easy to use and cheap, so it will not hurt to have them around.

Spiralizer or peeler

The spiralizer is used to make the raw pasta recipes. You can substitute it by slicing the vegetables with a peeler and then cutting them with a knife into pasta, but this task is more time-consuming. The peeler is a tool I strongly advise you to use if your vegetables are not of organic origin. Most of the chemicals are stored in the skin, so you better peel that skin off. If you, however, use organic produce, leave your vegetables whole.

Drinks | Homemade nut milk bursting with flavors



Cheese | Hearty almond cheese



Main meals | Fresh from the garden raw spaghetti



Desserts | Smooth criminal... the chocolate mousse



I have been experimenting with raw chocolate mousse recipes for almost a year now and can confidently say that I have tried them all. The avocado one, the cashew one, I even tried to make a mousse out of coconut cream once, but you do not want to hear about it, it was a disaster! So, when I finally created this one and had the first spoonful, a wave of relief overcame me. Finally, I had achieved the perfect balance of taste, structure and flavors. Mission accomplished. I hope you will like it as much as I do.

Chocolate mousse

- ✓ 1/2 cup almond butter or vegan nutella
- ✓ 1/2 cup coconut oil
- ✓ 1 cup soaked pitted dates
- ✓ 1/2 cup spring water
- ✓ 4 teaspoons cacao powder
- ✓ 1/4 teaspoon salt

Instructions

1. Soak the dates in the water by covering them all.
2. Peel the dates, strain the soaking water and blend the dates with the water.
3. Melt the coconut oil in hot water bath.
4. Add everything and blend using the blender.
5. Pour in cups and leave in the fridge to set.
6. Sprinkle with cacao powder and serve cold.

Preparation time: 10 minutes

Serves: 4

Tips and tricks

- * Hot water bath: To melt the coconut oil, place it in a glass, pour hot water in a bigger bowl and put the glass with the coconut oil inside the bigger bowl. Be careful not to splash water inside the glass with the coconut oil. Leave it there for 5-10 minutes to melt.
- * The mousse will be liquid right after blending, but do not worry. Pour it in cups and leave in the fridge, it will harden there.
- * This particular chocolate mousse is perfect for a cream substitute in any raw cake recipe. Just make any crust and pour the mousse on top! And while we are on the topic, here is a crust idea - try making one using the raw truffles a la France.
- * You can adjust the chocolate flavor by adding more or less cacao powder. Keep in mind that raw cacao has a bitter taste, so if it is too bitter for your taste feel free to add maple syrup, honey or stevia to sweeten it.
- * The almond butter can be substituted with any homemade nut butter, but I personally like my mousse best as is the original recipe.

This is just a sample.

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