



# A Plate Full of Health

150 Great Recipes  
of Live Raw Food

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# Introduction

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## Abbreviations used in recipes:

FP = Food processor

1 tsp = teaspoon = 5 ml

1 tbsp = 1 tablespoon = 3 tsp = 15 ml

1 cup = 15 tbsp = 225 ml

# What is Live Food?

When the student is ready, the teacher will appear. In my case, these are the same. One evening when my husband left on a business trip and I got children to bed, my eye accidentally rested in the library for a small book with an unusual name: "Forget cooking".

How can I forget cooking? Me, one who cooks every day, because my family definitely prefer my home cooked food to school lunches and restaurant food. Under the title it read: "What doctors do not tell you". The combination of cooking and doctors aroused my curiosity.

"Reading it won't hurt," I told myself. I knew that in the morning I would have to get up early and prepare my kids for school, but when I finished reading that book at 4 am, I decided that if it was true: that nuts, seeds, fruits and vegetables are all you need for health, as the book suggested, I would try being a raw-foodie for one day.

When the children returned from school, they had their usual food on the table. However this time, including a bowl of salad, for me. I was surprised after a whole day of eating fruits, vegetables, and nuts was not as difficult as I thought it would be. On the contrary, it was pretty fun.

I did not have to watch my weight. I could enjoy the sweet, juicy flavour of oranges, the fine fragrance of bananas, and the crunchiness of cucumbers and carrots. I decided for the next day on raw, but if any negatives should arise, I would stop. I didn't have to stop; on the contrary, I kept feeling better and better. My headaches stopped, the inflamed rash on my skin disappeared, and my digestion improved.

Therefore, I continued being on raw foods. I also found that there was a positive reaction from the people around me. I received a lot of compliments about my looks, I lost weight, my skin cleared up, my hair gained strength, my vision improved dramatically, the hot flashes (age-related) that had bothered me before stopped, my whole body was in harmony, and I had a surge of energy and zest for life. The words from the book began to be confirmed; that food is the cause of our diseases and health problems.

Since that important day, I have been on raw food consistently. Not because someone said that it was right for me, but because I had never felt such a positive effect, and I never want to go back. For me, it is important how I feel, because I know that when I'm healthy, I can enjoy life and I can do everything I want. This is what Live food mean to me.

What does live food mean to you, you must wonder.

What is live food in general?

Live food, or "Raw food" means food that has preserved its natural components. High temperature or industrial processing has not destroyed it. Foods that have not been boiled, baked, or pasteurized. Raw food can however be modified by sprouting, marinating, mixing, or drying at low temperatures. The main principle is not to exceed the temperature of 42°C/107°F. This preserves all the vitamins, minerals, enzymes, and antioxidants. Also proteins, carbohydrates and fats remain in the most usable form. When exceeding this temperature, the quality of the food decreases. In the long-term this can imply health problems.

The raw food movement is spreading rapidly around the world. Stores offer more raw products. Restaurants serving only raw foods are opening. Recently, new clinics have opened, successfully treating many diseases and health problems with raw food.

## **Why is there such a big difference between the effects of cooked and raw foods?**

All live things contain enzymes. Enzymes are like building blocks. Their function is to create, sustain the functions of the body, and take apart and fix issues in proteins, fats, carbohydrates, vitamins and minerals. They are very sensitive to heat; higher temperatures increase their activity. Therefore, our body temperature increases due to sickness, accelerating the degradation of pollutants, and increasing immunity. As for us as well as for enzymes is a temperature of 42°C/ 107°F critical. Somewhere there life ends and death begins. At 48°C/118°F, all enzymes are destroyed. Cooling and freezing enzymes is not as destructive.

Our body can produce all the enzymes necessary to digest food, whether it is raw, containing enzymes; or heat-processed and without enzymes. Nevertheless, there is a fundamental difference in food with or without enzymes. If we leave an unripe banana lying in a basket of fruit, after a few days it matures and becomes sweet. This happens, thanks to the work of enzymes in the banana, which decompose starch into simple sugars.

The same happens when you eat a banana. Chewing and body temperature accelerate the activity of enzymes. Why is there such a difference in the effects of cooked and raw food? In the stomach, the body adds its own enzymes and the food is successfully digested. When we eat food that contains no enzymes, the body has to use extra enzymes for digestion. The enzymes that would of been responsible for metabolism (converting sugars and fats into energy), the functioning of organs, protection from pollutants, and restoration and repair. The negative effect of cooked food is not immediately visible, but it appears with increasing age when the body cannot handle persistent congestion. Some of these negative results include obesity, fatigue, increased morbidity, rapid aging and premature death. Through the process of cooking, other changes occur; the structure of proteins change, many vitamins are destroyed, including those that improve the utilization of other vitamins and minerals. The body reacts to cooked food as it would to toxins: it increases the number of white blood cells used as a defence against enemies. Cooked food exhausts the immune system, which over time result in a lack of immunity and high morbidity or on the other

hand, constant activity and excessive defence - allergies. Cooked food depleted in minerals and vitamins often result in larger portions leading to obesity.

Some good news:

1. We know that food treated with heat has negative effects on our health and we can change it. When our body has a sufficient supply of vitamins and enzymes it is capable of fast regeneration. There is a renewal and regeneration of all cells and organs, overall rejuvenation of the body, is clearly seen and felt.
2. It is sufficient if most of your dishes are raw, so your body will not react even to the food that is cooked as it reacts to toxins.
3. Eating live food, not destructed by heat, can have the same or be an even greater gourmet pleasure than eating cooked food. This book may help with this.

# Soaking Nuts and Seeds

Nuts and seeds bear in themselves the strength and health of the whole future plant.

Therefore, they have significant strengthening, regenerative, and protective effects also on our body.

Even in these, enzymes have an important role.

When the nut is ripe, it falls to the ground.

Here it waits for the right conditions to germinate. Why not germinate immediately?

Seeds and nuts contain inhibitors that prevent the enzyme in their activities. Moisture and warmth cause the inhibitors to lose their power and enzymes to start working. Squirrels, like dogs, like hiding food in the ground. Practically, this results in destruction of inhibitors and full use of enzymes in their favour. If we eat nuts and seeds non-soaked, inhibitors block the enzymes in a nut and they also affect digestive enzymes that our body produces.

Try to soak nuts in water for half a day before eating and you will find out that they taste much better than when dry. Non-soaked nuts may cause some people indigestion. After soaking, these difficulties disappear, because nut inhibitors stop blocking enzymes necessary for digestion.

Soak hazelnuts, almonds, or poppy seeds and you will find that even poppy seeds do not require grinding and they are tastier.

Instructions:

Pour a sufficient amount of cold water to cover nuts or seeds and soak overnight at room temperature. Then pour off excess water, rinse the nuts in a sieve, and drain the water.

If you do not use them immediately, keep them in the fridge covered with plastic wrap and rinse with water once every 2 or 3 days. Do not use the water that was used for soaking, as everything that was useful remained in the nut.

# Sprouting



Sprouting is the process for when a food turns into a medicine. The strength, health, and future of a grown plant is activated in the sprout, in a concentrated form. After consuming sprouts all their live strength is taken over by the body. Therefore, the effect is very strong and healing. That is why pills cannot replace it.

Instructions:

Small seeds:

Use a sprout tray and follow the instructions.

Large seeds:

I have had the best experience with transparent containers sized 12x20cm/4x8in and 12cm/4in high.

Pour a sufficient amount of water over 1/2 - 1 cup of seeds and leave to soak overnight. In the morning strain the water, rinse the seeds well in a sieve, drain and return to the container. Cover lightly with plastic wrap and leave in a lighted place, but not in direct sunlight. The plastic wrap protects the seeds against insects and dust and keeps in moisture. In the evening, rinse the seeds again and put back in the container. Repeat for several days until the sprouts are long enough. I use some of seeds when the sprout is three times as big as the original seed (e.g. chick peas, lentils, mung beans). I leave others (radish, watercress) to grow their first leaf. Wheatgrass needs to be about 12-20 cm/4-8 in. It is up to you to find out, when the sprout is most tasty, as its flavour changes with time.

# Wheatgrass



Wheatgrass juice is a gift to our health. It is a very strong detoxifier. It directs everything that is not good for the body into the bloodstream and further out of the body. After drinking wheatgrass juice for several weeks the whole body is cleansed, immunity strengthened, cells renewed, and the body beautified. It will help you exactly where you need it.

## Instructions:

Soak 1/4 cup of wheat seed and leave to sprout in a transparent container (minimum 15cm/6in high) the same way as with the other seeds. After 2-3 days, sprouts will be interlaced as to form one unit. Now stop place sprouts into a sieve, but leave them in container and run cold water over them several times, until the water is clean and not turbid.

When growing wheatgrass, it is easy to happen, that between roots widen the mould, which likes damp and warm. To prevent this, store the grass in the fridge once it has grown to about 3cm/1in tall and leave it in the light for 6-8 hours a day to gain a beautiful green colour. Also, rinsing it with cold water will help. This way you will be able to grow beautiful and strong green grass. I start a new container every 2-3 days to keep the grass gradually growing.

## Wheatgrass juice uses:

We are not cows, therefore our chewing and digestive system is not able to chew and digest such a large amount of grass as would be needed. Therefore we juice the grass in a manual or electric juicer. The juice extracted is a very strong concentrate and we do not need a large amount of it. You can start with a teaspoon a day and build up to 1/2 cup a day for an adult. Children can drink the juice from 2 years of age. If a breastfeeding mother drinks the juice, her baby can also benefit from it. It is most effective when drunk on an empty stomach. You can add water or combine with a cocktail if needed.

# Drying Food

Drying is actually the thermal processing of food to preserve enzymes.

The temperature of food must not exceed 42°C/107°F.

There are several way to dry food.

1. The food dehydrator of Excalibur, Sedona type is the most appropriate and frequently used by raw foodies. It allows drying a large amount of different foods in several layers without mixing aromas. It has a thermostat to set the temperature. To dry liquid and pulpy foods Teflex silicone sheets are used.
2. A traditional fruit dehydrator does not allow drying large pieces of food or of pulpy structures. Many of them do not allow temperature control or evenness of drying.
3. Oven - set to the proper temperature and used with the door partly open is also a possible solution.
4. Solar drying or drying on a heater.

Drying in the dehydrator:

Follow the recipe and prepare the dough.

Divide the dough on Teflex sheets and shape to form pieces as needed. Dry at a temperature of 42°C/107°F.

When nearly dry, finish drying without Teflex sheets.

Drying time depends on the thickness and humidity. It usually takes 6 - 18 hours, sometimes up to 48 hours.

Dried pieces of food should be stored in a sealed container at room temperature.

Semi-dried pieces (if required by the recipe) are kept in the fridge and should be consumed within several days.

Cutting Dough for Bread:

Follow the recipe to prepare the dough.

Put it on Teflex sheets.

Use a spoon to spread the dough into a square 5mm/0.2in thick. You can use a ruler to form straight sides.

Use a skewer (or chopstick for china food) to cut the square into halves both horizontally and vertically and then diagonally. There will be 8 triangles on each of the Teflex sheets.

# Warming soup

The fact that we do not boil and bake when preparing food does not mean that we cannot eat a warm dish. If possible, measure the temperature of a liquid to 42°C/107°F to know what it feels like. You will discover that it is the temperature of a warm soup or tea, which is not hot anymore. The body itself knows what is good for it. We just get used to ignoring its signals. Measuring will help you later with preparation of warm foods.

When warming food it is fundamental that: **HOT LIQUID IS Poured INTO LIVE FOOD** and not vice versa. This means that we pour hot water into live soup, hot coffee into live milk, hot dissolved agar into live cream... **STIR** constantly when pouring hot liquid into live food. Do this in such a way you assure the temperature of the food that you are warming will increase gradually until it reaches 42°C/107°F. If you want to try the adverse process, try pouring almond milk into hot coffee. The milk will curdle and the enzymes will be destroyed.

Instructions:

Follow the recipe and prepare the concentrated soup. When serving the soup add hot water according to the recipe (most frequently in ratio 1:1, e.g. to a ladle of soup add one ladle of water). Nowadays electric kettles are available with temperature settings.

Serving soup this way has several advantages: No stress that the soup will cool down till all the people are seated at the table.

Nobody will burn his or her tongue.

Everybody can mix the temperature and taste as they like it. People who prefer more spicy food will use less water.

You can put the rest of the soup concentrate back to the fridge without uselessly warming it up. You can use it the next time the same way. (If you want to prepare the soup according to your own recipe, season to taste and then double the amount of salt and spices.)

# Agar

Agar (or agar-agar) is seaweed without any taste, colour, flavour, or calories with a high gelling ability. After being dissolved in a liquid, heated to more than 90°C/194°F and cooled to 40°C/107°F, it thickens. However it is not raw, it is of plant origin with beneficial effects on the human body. The highest benefit of agar is that just a small amount of it substantially widens the range of the raw cuisine.

Instructions: (depends on the recipe)

Pour water into a small saucepan and an appropriate amount of agar. Mix by constantly stirring, bringing to a boil. Let it cool for a while and then stirring or mixing it, pour the mixture into the cream that has been prepared (follow the recipe). Mix quickly to ensure that agar has been mixed evenly and pour everything into a mould and let it set. Refrigerate.

Approximate ratio is:

1 cup of water : 1 tsp of agar : 3 cups of cream.

# Fermentation

Fermentation is a metabolic process in which enzymes break down sugars into simpler substances, releasing energy. Fermentation is used in the production of tea, wine, cocoa, sauerkraut, pickles, olives, soy sauce, Miso paste, yogurt, kefir, and bryndza (the special Slovak sheep cheese).

People have been using the effects of enzymes for thousands of years. It seems that longevity of some nations is related to high consumption of these fermented products. This is the case only when the traditional process of fermentation is used. Pasteurization, thermozation, and other heat-treatment processes, used to extend the storage life of products destroy the beneficial effects.



# Measuring and weighing

Consider paying close attention to the quantities listed in the recipes, especially when becoming acquainted with raw food recipes. You will obtain a satisfactory result that you can modify to taste the next time. It is very useful to get appropriate scales and dipsticks. In case of emergency you can use a measuring cap from an empty bottle of cough syrup.

Measuring:

1 tsp = teaspoon = 5 ml

1 tbsp = 1 tablespoon = 3 tsp = 15 ml

1 cup = 15 tbsp = 225 ml



# Ingredients

Use the best ingredients you can find. These are the building materials from which your body is made up. Choose natural food products, not heat treated, without chemical additives and preservatives, bio food.

If you are allergic to a certain food, skip it or replace it. After a while, when your body stops being in a constant state of war readiness and becomes relaxed due to a raw food diet, you can gradually start adding the allergen into your food. I have gotten rid of my allergy to pineapple this way.

## ✨ Avocado

Use ripe avocado that will yield under the gentle pressure of your fingers. Hard avocado will ripen in several days at room temperature.

Cut the avocado in half, remove the pit and either peel the fruit and cut it or scoop out the flesh with a spoon and put into a blender. Blend slowly, otherwise avocado will turn bitter.

## ✨ Citrus zest

Use bio powder. You can buy it in health stores. If you want to grind citrus peels yourself, wash the fruit properly in hot water to remove the top wax layer they are treated with.

### ✨✨ Date fruit

Use soft dates approximately 2 cm big. If they are bigger, reduce the number of dates used. If they are hard, soak them or cut into smaller pieces.

### ✨✨ Cocoa

Commercially available cocoa and chocolate have been made of roasted cocoa beans. Fortunately, nowadays you can buy unroasted cocoa nibs or powder, as well as chocolate made of unroasted cocoa, in organic shops.

### ✨✨ Oils

Many high quality types of oil are available. Buy those that have been “cold pressed” (Extra virgin).

### ✨✨ Nuts and seeds

Time saving tip:

Recipes often use nuts or seeds that have been soaked and dried before usage. It is useful to prepare them ahead and store them in a sealed container and use as needed. I keep on hand 1kg/2.2 lbs of almonds, walnuts, and pecans and 1/2kg/1.1 lbs of sunflower seeds and pumpkin seeds.

### Note:

Unless otherwise indicated, all seeds and nuts have been soaked and dried beforehand.

### Cashews

You can seldom buy raw cashews, as they are difficult to peel. Cashews labelled as dried have been briefly exposed to hot steam during peeling. Therefore they are not perfectly raw. However, they are often capable of germination.

### Flax

You can use brown or golden flax. Brown flax has a more intense flavour.

### Almonds

You can but do not need to peel them. It is difficult to do so without boiling them in water. Peeled almonds sold in shops are not raw.

### Buckwheat

Use only unroasted buckwheat. It is a light green colour. Brown buckwheat has been roasted and it is not suitable.

## ✨ Probiotics

are bacteria with health benefits. They are available at pharmacies in the form of powder. Keep them in the fridge.

## ✨ Salt

Sea salt contains more minerals than table salt. Himalayan salt is the better salt as it contains 84 different minerals.

## ✨ Soy sauce and Miso paste

Use unpasteurized and GMO-free types, e.g. Nama Shoyu or Tamari.

## ✨ Vanilla

is available as powder or whole pod. You may cut the pod in half and scoop out the meat or cut the whole pod into small pieces and blend with other ingredients.

Alternatively you can prepare Vanilla water:

 3 vanilla pods - cut into small pieces

 1 cup water

Put into blender and blend until smooth. Keep vanilla water in the fridge in a sealed container.

It will last for several weeks.

Instead of vanilla pods you can use vanilla powder or vanilla water.

1 tsp vanilla powder = 5 cm vanilla pod = 4 tsp Vanilla water.

# Sweetening

There are many options of how to obtain a sweet taste while avoiding white sugar.

Agave syrup

Honey

Topinambur syrup

Yacon syrup

Maple syrup

Cane molasses

Stevia

Date paste

Fruit and dried fruit

## ✨ Important note:

I usually indicate agave or agave syrup in recipes. However, you can use any of the above-mentioned sweeteners.

Each of these natural sweeteners has its specific features.

### Agave syrup

is cold pressed nectar made from a plant resembling cactus and growing in Mexico. It is sweeter than white sugar with half the calories.

It has a low glycaemic index and is absorbed slowly, thus preventing oscillation of blood sugar levels. Besides this, it improves functionality of the gall bladder and bowels, blood cell formation, decreases cholesterol levels, and it is beneficial for bones. It is suitable for diabetics.

### Topinambur syrup

is suitable for diabetics, because it decreases blood sugar levels. It also reduces blood cholesterol levels, controls blood pressure, improves functionality of the digestive system, and protects the liver and kidneys. It has anti-stress and detoxifying effects.

### Date paste

Despite the fact that date paste has a higher glycaemic index, it does not impact blood sugar levels significantly. It regulates digestion, and helps with cold and sleeplessness. It lowers blood pressure and helps with blood circulation.

It is an excellent source of energy when participating in sports.

### Yacon and Yacon syrup

This is another “super food” coming from the Andes. Its tuberous roots resemble potatoes and are the most important part of the plant. They are juicy, crispy, and sweet. Their flavour is similar to that of an apple and melon mix. Roots are eaten raw, or dried. Yacon roots contain up to 67% Fructooligosacharides (FOS). It is a special type of sugar that is not digested by the body. It acts as a probiotic - it is a food, nutrition for beneficial bacteria in the intestines.

Yacon syrup is low in calories, containing half the calories of honey. It reduces appetite and blood fat levels; hence it is an excellent weight loss aid. It does not elevate blood sugar levels, and it is suitable for diabetics. It helps the bones and protects against osteoporosis, lowers cholesterol levels and blood pressure, improves blood quality and digestion, and it supports metabolism. It has an anti-inflammatory and diuretic effect. It relieves stress and it is a recognized anti-cancer agent. It slows down aging. It adds a caramel taste and a caramel colour to food.

## Honey

contains almost all minerals. A tablespoon of honey every morning will help your liver and digestive system; it will strengthen your heart and immune system. Honey is an immediate source of energy. In the evening it will help you to fall asleep, to fight nervousness and irritation. Honey contains iron in a nearly perfect form, which supports blood cells. Your body can use almost 100% of it.

Honey has strong antibiotic effects.

The bee is a sort of biological filter, when a toxic substance poisons a bee; it will not make it back to the hive and will die on the way. Thus clean honey does not contain any toxins. It does not have allergic effects. In comparison to sugar or grape or cane sugar, honey increases the blood sugar levels slowly; that is why it is good when doing sports or physical activities. It is not suitable for diabetics.

Honey is rich in antioxidants. The darker the honey is, the more antioxidants it contains. Use only good quality honey, which has not been heated to higher temperatures to keep it permanently liquid. Heating turns it into a sweet mush without any smell, flavour or healing effects. The best quality honey is the one that crystallizes after time.

## Stevia

This 50 cm tall subtropical plant has one extraordinary quality - its leaves are sweet.

Dried leaves are about 30-times sweeter than sugar. Stevia (syrup) and powder is an 80-95% concentrate and it is 250-300-times sweeter than sugar. At the same time stevia is low in calories. It is beneficial for people with diabetes and for people trying to lose weight. It lowers blood pressure, while not affecting normal blood pressure. Due to its antibacterial effects and beneficial contents of minerals it is very suitable for prevention and treatment of cavities and other oral cavity diseases. Stevia improves digestion and functionality of intestines. It calms down the stomach and stimulates the function of the liver, spleen and pancreas. It helps with chronic fatigue syndrome, and improves the quality of sleep. Due to its strong antimicrobial effect it may be used to treat Candida. It has strong anti-inflammatory and antibacterial effects. It treats many skin diseases (acne, eczema, etc...). Stevia rejuvenates skin and restores its elasticity. It protects skin against aging. Stevia helps to combat different addictions. Its regular consumption reduces the urge to smoke, drink alcohol and eat sweets.

## Cane molasses

This dark brown to black, thick syrup is obtained in the production of cane sugar. Blackstrap molasses is especially unique in the content of minerals and vitamins - all in organic form. Regular consumption of cane molasses leads to the regeneration of the body, and elimination of a wide range of lifestyle diseases. It is an excellent source of organic iron and calcium. Molasses is almost the only source of iron with an absorption rate of 100%. It improves the blood quality, eliminates fatigue, and strengthens immunity. It is beneficial in pregnancy, during the menstruation period, in menopause, for children in development, smokers and people in recovery. It is helpful with hair loss, it stimulates kidneys, detoxifies and prevents over acidity. It benefits joints; it dissolves inorganic calcium sediments in the cartilage of joints. Molasses contains more calcium than milk. Calcium is needed for healthy development of bones, teeth, and to postpone osteoporosis.

## Maple syrup

This syrup is a dark brown colour. Maple syrup is made from spring sap of the Canadian maple tree, by its thickening. Sugar is contained in this syrup as the only one not transported directly into blood, but it is absorbed in the intestines, thus the body can use only the necessary amount needed at a specific moment. The pancreas is not burdened this way, blood sugar levels do not rise and the body is protected against diabetes. Moreover, it improves blood quality, strengthens immunity, relieves fatigue, strengthens bones and the nervous system.

## Fruit and dried fruit

Fruit contains fructose. Fructose is easy to digest. It is an excellent source of energy for athletes, active children, the elderly and sickly people, and in the case of appetite loss (for diabetics only after medical consultation). It helps in regeneration.

# Equipment



## Food Processor (FP)

Used for chopping and pureeing foods. Sufficiently high power (at least 1000W) is very important.



## Hand Blender

Used to blend the food quickly at a lower speed. It can be replaced by blending in a blender at the lowest speed.



## Blender

Used to process liquid and mushy foods. The result is smoother than with a FP.



## Mini Food Processor (miniFP) or a coffee grinder

Used to chop and grind small amounts of hard foods. It is often a part of a food processor or hand blender.



## Sušička

An ideal dryer is an Excalibur or Sedona. This dryer allows you to evenly dry large quantities at the

same time, maintains the selected temperature, and with Teflex sheets, small, mushy, and thin foods can be dried.



## Juicer

There are two types of juicers to choose from - centrifugal or pressing. A centrifugal system

is the most commonly used juicer. Its advantage is a lower price; on the other hand the centrifugal power smashes the cells of juice and thus lowers its quality considerably. Pressing systems work differently. Juice extracted this way preserves all the vitamins, colour and flavour for a long time. It does not change colour, or separate into layers.



## Spiral Slicer

A slicer that easily cuts hard vegetables into long thin noodles. It is useful but not necessary in raw cuisine.



## Germination tray

is a set of trays with a draining system. Excellent for germinating small seeds.

## Mandolin slicer

This is a V-shape slicer with interchangeable blades.

# Morning drinks

A glass of green smoothie with banana slices and a mint leaf on top, next to a whole banana.

Almond Milk 21

Banana Milk 22

Fairy tail Cocktail 23

Student Cocktail 24

Currant-Banana Cocktail 25

Pina Colada 26

Apple Spritzer 27

Strawberry Cocktail 28

Dandelion Cocktail 29

Wheat-Banana Cocktail 30

Melissa-Pear Cocktail 31

Apple Lemonade 32

Rose hip Tea 33

# Almond Milk

Healthy and tasty replacement for cow's milk in cocktails, soups, and desserts.

## Instructions:

🥥 1 cup almonds - unpeeled  
Soak overnight. Rinse and drain, place in a blender.

🥥 2 1/2 cup water  
Add and blend until smooth. Drain.

✨ Other nuts or seeds can replace almonds.

✨ To drain the milk you can use a bag for nut milk, mull placed into a sieve, or a press juicer.

✨ You will have milk that can be kept in the fridge 2-3 days, and a dry mass that can be frozen and used in other recipes.

✨ If you use milk in coffee, pour hot coffee into the milk.

## Almonds

are a perfect food during periods of rapid growth for children and adolescents, in times of stress, and too much work, and during convalescence. Almonds reduce cholesterol levels; benefit the brain, and the nervous system. They stimulate sexual energy and slow down the aging process. They ease cramps and compose inflammation, relieve coughs, and help digestion.