



HOLMES PLACE



RAW MONTH

UNCOOK UNPROCESSED
FOOD

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RAW MONTH - UNCOOK UNPROCESSED FOOD

Imagine going back to basics in harmony with what nature offers us and finding balance and energy like the first humans did, way before the industrialization of the world.

Starting a raw food diet, be it in a short detox period or has part of a new lifestyle, is all about making sure no processed, cooked or otherwise altered food finds its way on to your dish. It's a great way to get back to the essentials and consider the first, most pure forms of feeding our bodies.

Raw advocates believe the heating in cooking releases toxic compounds that can be harmful, provoke difficult digestions and that it also diminishes the foods benefits, reducing antioxidants and vitamins. If you go fully vegan with your raw diet is up to your philosophy as tartar or sashimi sushi can be part of the diet as well but they shouldn't represent more than 10% to 15% of your diet.

When you go raw it is advised to also try to go organic, as it is important to make sure you avoid chemicals, pesticides and fertilizers. Buy at your local farmers market to get the most of your produce. It will be most certainly in season, fresh and cheaper, as you are buying local, improving regional economy and reducing your carbon footprint in the process.



Preparing the food in your new diet is fairly simple and you can, if you choose too, prepare meals faster and more creatively resorting to blenders, juicers or food processor machines. If not just have some fresh water to rinse and clean, a sharp knife and a chopping board. If you wish to prepare recipes with rice or grains you'll have to soak them overnight to make sure they are digestible.

Even if you don't go fully raw at this point for a short detoxing period of time you should consider removing processed foods, refined sugars and flours and all those factory made trans fats products. Consider that about 85% of your daily diets should already be a combination of fruits and vegetables and having them raw is just an extra push for a more 'natural' diet.

In this raw introduction to raw food we'll be serving some delicious recipe ideas and an infographic with the fundamental ingredients to take directly from the field and straight home with you. So check our website and reach out to us if you need further ideas and tips.



RAW MONTH - UNCOOK UNPROCESSED FOOD

WHEN YOU DECIDE TO START,
THIS IS WHERE TO BEGIN,
WITH THE ESSENTIAL RECIPES
BY STACEY FISHER

GOODNESSIS.COM

Enjoy

Raw recipes. The starters Kit

ALL THE FRUITS YOU CAN FIND

For diversity, nutrients, hydration and sweetness



SPICES

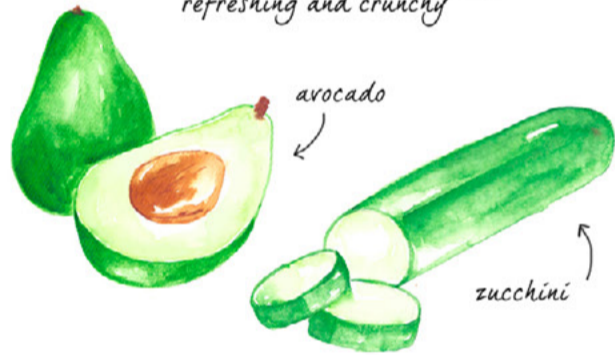


NUTS



AVOCADO TO ZUCCHINI

A to Z - creamy and rich in healthy fats; refreshing and crunchy



TAHINI



Ground sesame seeds for a delicious dressings

BEANS

Full of protein and fulfilling

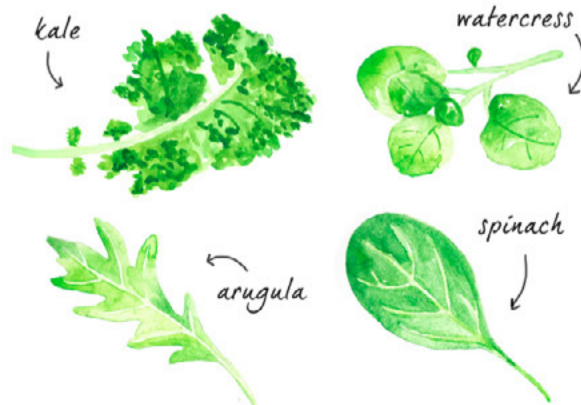


FRESH HERBS

Rich in nutrients, filled with flavour



Fresh and great for detox



**YOU MIGHT NEED:
BLENDER OR FOOD PROCESSOR**

RAW MONTH - UNCOOK UNPROCESSED FOOD

01

Summer Gazpacho

Summer Gazpacho with Garden Salsa

Serves 4

Gazpacho is a Mediterranean must during the summer hot days. This raw recipe is a flavorful version developed by Stacey, from goodnessis.com.

For our favorite Chef this recipe makes for an easy and delicious meal: “is such a light, soft and refreshing soup with very low effort. It holds all the flavours of summer. It would be lovely garnished with a diced avocado or mango pieces added to the salsa. It is best served the day it is made, but will also keep in the fridge for a day or two”.

INGREDIENTS

4 - 5 large ripe tomatoes, roughly chopped

1 small chilli, seeded

2 tablespoon of cold pressed olive oil

Juice of one lemon

½ teaspoon of sea salt

1 sweet red capsicum/pepper

1 medium cucumber, peeled

2 tablespoons of finely sliced fresh basil

2 tablespoon of chopped coriander



TO GARNISH

Small slivers of green pepper

Handful fresh mint leaves

Small red & yellow cherry tomatoes,
halved

Drizzling of olive oil

Wash the vegetables, peel the cucumber and set aside a quarter of the cucumber and red pepper. Chop these into small cubes and set aside. Place the tomatoes in a blender; add half of the seeded chilli, olive oil, lemon juice, salt, the remaining cucumber and capsicum/red pepper. Blend on the highest speed for a minute or two or until smooth. Taste, adding more salt if needed and tasting for spiciness, if you want to add the remaining half of the chilli. Pour into a jug and place in the fridge for 1 - 2 hours or until cool.

TO MAKE THE SALSA

Combine the finely chopped fresh basil and coriander, drizzle with olive oil, season with salt and pepper and a squeeze of lemon juice. Stir to combine.

To serve, divide the gazpacho between four bowls, spoon on the salsa, a few cherry tomatoes, slivers of green pepper/capsicum, fresh mint leaves, and a drizzle of olive oil.





02

Raw Carrot Cake

Raw Carrot Cake with Lemon Cream

Serves 12

You could use spice powders that have already been ground, just reduce the amounts but I find that the freshly grated/ground spices make a huge difference in the aromatic taste of this heavenly raw carrot cake. It is well worth the extra effort.

INGREDIENTS

2 cups finely grated carrots
(approximately 4 carrots)

$\frac{3}{4}$ cup rolled oats (gluten-free if possible, quinoa or rice flakes will also work)

$\frac{3}{4}$ cup dried coconut

1 cup raw walnuts

1 tblsp freshly grated ginger

$\frac{1}{4}$ tsp freshly grated nutmeg (can use the smaller side of a box grater)

$\frac{1}{4}$ tsp freshly ground cardamom (3 pods)

A pinch of salt

1 tsp cinnamon powder

1 + $\frac{1}{2}$ cups medjool or soft dates, pitted

$\frac{1}{4}$ cup of dried cranberries (dried apricots would work nicely as well)

Lemon cream

1 cup raw cashew (soaked overnight or for at least four hours)

1 vanilla bean

1 tblsp solid coconut oil

4 tblsp lemon juice

4 tblsp maple syrup/honey

Zest from two lemons

Line a 9 inch square tart pan with baking paper or if you have available a 9-inch square loose based pastry tray. Wash and peel the carrots and grate them by using the smaller grater attachment of a food processor or the smaller side of a box grater. (If using the box grater you may have to squeeze out any excess juice). Measure to make sure you have two cups. Set aside.

In a food processor, or high-speed blender, process/grind the oats until they begin to make a coarse flour. Add the dried coconut and process for 15 seconds. Place into a medium-sized bowl.

Next, process the walnuts until they begin to turn into a coarse flour. Pour into the medium bowl with the oat and coconut flour. Remove the outer pods from the cardamom. Place the seeds in a mortar and pestle and grind until you have a rough powder. Grate the nutmeg and ginger using the smaller side of a box grater. Add the all spices and ginger to the oat mixture along with the salt and cinnamon powder. Mix well to combine.



Add the grated carrot, dates and dried cranberries to the food processor, and mix until the dates become well incorporated and chopped. Combine this with the oat mixture, mixing everything together by using a pressing motion with the back of a metal spoon. Make sure everything is well incorporated and mixed together.

Press the cake mixture into the pan as evenly as possible.

Prepare the lemon cream.

Drain the cashew and place in a high-speed blender. Run a knife down the length of the vanilla bean and scrape out the seeds. Add to the blender along with the coconut oil, lemon juice, zest and maple syrup. Puree until smooth. Taste and adjust the amount of lemon or maple syrup.

Spread the lemon cream evenly over the cake. Garnish with coconut, roughly chopped pumpkin seeds, walnuts and edible flowers. Cover and place in the refrigerator for at least an hour before cutting into small squares. Find a quiet corner in the garden and enjoy the vibrancy of this food!



03

*Raspeberry &
Coconut Ice-cream*

Raspberry & Coconut Ice-cream

A Raw Ice Cream recipe is just what the chef suggests to cool during these warm sunny days.

This recipe, by Stacey from goodnessis.com, was originally inspired by vanelja.com.

BEFORE WE BEGIN HERE ARE A FEW TIPS

1. Make sure all the ingredients are cold before blending and freezing (this helps achieve a good texture).
2. To achieve a rich and creamy texture, it is very important to add fat. Full fat coconut milk and nut butters are a great addition to an ice-cream mixture.
3. It is important to cover the bowl or container in the freezer to prevent ice crystals forming.
4. When making ice-cream, a blender or food processor is necessary. If you have an ice-cream maker, follow the directions for use. If you are like me, and you do not own one, it is very possible to make ice-cream without a machine. It just needs a bit more time and work, and the results come out slightly less creamy, but oh so delicious.

“Normally I need to try a recipe twice or more before I am content with the final outcome but with this one, there was no need to. I added a lot of berries as the coconut taste does come through and to be honest, the texture does balance between an ice-cream and a sorbet. You could use this as a base and replace it with any type of berry you would like”, suggests Stacey.



INGREDIENTS

1 can of full fat coconut milk (place the can in the fridge an hour or overnight before using)

¼ cup of liquid sweetener of choice (maple syrup, honey, brown rice syrup) + 2 tblsp (divided)

2 tspn vanilla extract

3 cups frozen raspberries (divided as in recipe)



Line a loaf tin with waxed paper on the base and sides.

Place in a blender, the cold coconut milk, ¼ cup of maple syrup, vanilla extract and 1 cup of the frozen raspberries.

Blend until smooth. Pour the mixture into a bowl, cover and place the bowl in the freezer.

Mix with a fork or a small beater, every half an hour for three hours. When mixing, make sure you bring the frozen outer edges into the unfrozen middle.

Just before the last stirring session, add a cup of whole raspberries and gently stir into the ice-cream mixture. For easier scooping, pour the very cold berry mixture into the lined loaf tin. Place the last cup of frozen berries & 2 tablespoons of maple syrup into the blender or food processor. Blend until smooth, then pour this onto the ice-cream mixture.

Swirl through with a fork, then tightly cover with cling film. Place in the freezer until frozen (3 - 4 hours). Allow to thaw for 15 - 20 minutes before serving.



04

*Raw Zucchini
Pasta*

Raw Zucchini Pasta with Green Dressing and Pine Nut Parmesan

This is a light and refreshing raw meal with signature of Stacey, our favorite Chef that you can also find at goodnessis.com and that was originally inspired by Vibrant Food, the cookbook by Kimberley Hasselbrink.

In this recipe you'll be amazed at how the zucchini noodles behave so similar to pasta. Tossed with a creamy herb dressing it is a perfect meal on a hot summer's day.

INGREDIENTS

2 large / 800 grams mixed zucchinis (yellow and green zucchinis are a nice combination)	2 tbsp freshly squeezed lemon juice
1 tsp fine Himalayan salt	1 tbsp balsamic vinegar
½ cup raw cashews (soaked overnight or for a minimum of 4 hours)	½ cup chopped fresh basil
2 tbsp of water	¼ cup chopped fresh parsley
2 tbsp extra-virgin olive oil	2 tbsp of fresh mint leaves
	Freshly ground pepper
	Raw pine nut parmesan for sprinkling



Wash, dry and cut the ends off the zucchinis. Take a box grater and place it on its side with the side with the largest grating holes on its face up. With pressure, push the zucchini along the top of grater, in long strokes in order to create long, thin ribbons of zucchini.

Sprinkle the zucchini with the salt, toss gently, and place in a colander over a bowl for 20 minutes, allowing the excess liquid in the zucchinis to drain. Carefully and gently squeeze the zucchinis over the colander. Pat with a clean, absorbent kitchen towel to dry and soak up more of the liquid.

Drain the soaked cashew nuts. Place in a high-speed blender or food processor, with the water, vinegar, olive oil and lemon juice.

Blend until smooth and creamy. Add the basil, parsley and mint leaves and blend again until the herbs are well incorporated. Using your hands, gently toss the squash with about three quarters of the dressing. Sprinkle over the pine nut parmesan, a few rounds of fresh pepper and toss again, using more dressing if needed. To serve garnish with more pine nut parmesan, and small leaves of basil & mint. This dish is best served immediately.

PINE NUT PARMESAN

½ cup pine nuts

2 tblsp unhulled sesame seed

2 tblsp sunflower seeds

1 tsp lemon zest

2 tblsp nutritional yeast (sold in the UK under Engevita & in Australia it is called savoury yeast flakes)

½ tsp Himalayan salt



In a small food processor/upright blender, add the pine nuts, sesame, sunflower seeds, lemon zest, nutritional yeast and salt, grind until coarsely ground. I like it quite coarse with a few seeds whole for a little crunch and a surprise. Check seasonings and adjust to your liking. Pour into a jar and store in the refrigerator.

05

*Strawberry,
Raspberry & Goji
Smoothie*

Strawberry, Raspberry & Goji Smoothie

serves 6 small/3 medium glasses

For the best results in making smoothies, use your own homemade nut milk. Nutritionally, it is higher in quality and the taste is incomparable. Use very ripe strawberries that are in season - the maceration process really makes a difference to bring out the luscious flavour in the berries. You could easily use fresh coconut milk instead of the almond milk, grinding 1/2 cup of the white flesh with the juice for a real coconut flavour. The addition of goji berries provide an extra boost of antioxidants, trace mineral, amino acids, Vitamin C and beta carotene. Combined with the red berries, it is a power-house, nutrient-rich smoothie.

INGREDIENTS

1 + ½ cup homemade almond or nut
milk of choice

2 medjool dates

450g very ripe strawberries

½ cup raspberries

2 tbsp goji berries (soaked for at least 30
minutes)

3 tbsp maple syrup



Soak the goji berries in water until soft. Top the strawberries and cut into quarters. Place in a bowl with the raspberries, drizzle with maple syrup and a squeeze of lemon. Allow to sit and macerate for at least 1 hour, or preferably overnight. (For a very cold smoothie place the berries in the freezer for an hour after it has macerated.)

Place the berries and their juices into a blender and puree for a few seconds until smooth. Pour the puree into a jug and set aside. Rinse out the blender and place the nut milk and dates into the blender and blend until smooth and frothy.

To serve, fill a little more than half of the glass with the strawberry puree, then add the frothy nut milk on top. For a decorative swirl, stir the puree with the nut milk, so that it creates a swirling design. Use a toothpick on top to create a finer decoration.

Decorate with fresh mint and a spoon of heart-shaped strawberry pieces on top of each glass.





06

Summer Rolls

Summer Rolls Raw and Healthy

Here is a delicious raw suggestion of a savory meal, done by our cook expert Stacey from Goodnessis.com.

When we have this at home, I lay out all the fillings on an extra-large chopping board in the middle of the table, set up two soaking stations on either side for the rice paper, and let everyone construct their own. Other times I make them up before hand and pack them into little tiffin tins to enjoy out on a walk or for a school lunch. When the weather cools down I add sautéed sesame covered tempeh or sweet potato strip to the rolls.

INGREDIENTS

8 - 12 round rice paper wrappers

8 - 12 small lettuce leaves

1 carrot, peeled

1 beetroot, peeled

1 cucumber/zucchini

½ red bell pepper

Handful of cilantro and mint leaves



Using a box grater or the grater attachment on a food processor. Grate the beetroot and carrot together. Cut the avocado and bell pepper into slices, and drizzle the avocado with a fresh lemon juice. Using a potato peeler, cut thin strips of cucumber/zucchini. Wash and dry the fresh mint & coriander. Place all the fillings into individual bowls or lined up on a large cutting board.

To assemble the salad rolls, fill a deep bowl with hot water. Dunk one of the rice paper rolls for 5 - 6 seconds, then lay on a work surface. The paper will be slightly stiff but will continue to soften as it sits. Place a leaf of lettuce in the center of the rice paper roll. Arrange a thin bundle of grated carrot, beetroot, avocado slices, shaved zucchini/cucumber, bell pepper, sprinkle a few leaves of coriander and mint over the vegetables. Pour a little of the tahini sesame sauce over the top and pull the bottom of the roll up to enclose the filling tightly. Fold one side over, then the other and continue to roll the roll up snugly. Repeat with the remaining wrappers. Serve with both sauces.



**FOR MORE NUTRITION TIPS AND
DELICIOUS RECIPES, CLICK ON THE
BUTTON BELOW.**

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TAHINI - SESAME DRESSING

2 tblsp sesame seeds (I used even amount of white & black)

¼ cup tahini

1 tblsp rice vinegar (or umboshi plum vinegar)

1 tblsp tamari

1 ½ tsp toasted sesame oil

⅓ cup water

In a high-speed blender, add the sesame seeds and grind them until they are roughly ground. Add tahini, vinegar, tamari, oil and water and blend until well mixed. Depending on the thickness of the tahini, you may need to add more water. I like the consistency quite thick. Left overs can be used as a salad dressing or served with brown rice and sautéed vegetables.



TAMARI - GINGER SAUCE

3 tblsp tamari

1 tblsp maple syrup (or sweetener of choice)

1 tbsp finely grated fresh ginger

Grate the ginger place in a bowl, add the tamari and sweetener. Mix together and set aside for the ginger to become flavourful.



07

*Instant Banana,
Coconut, Vanilla
Bean Ice-cream*

Instant Banana, Coconut, Vanilla Bean Ice-cream

Serves 4

This instant ice-cream is remarkably easy, yet so creamy. The added coconut cream softens the banana taste, and is a perfect way to enjoy the fresh fruits of the season. Placing the coconut milk in the fridge allows for the milk and cream to separate, and for the cream to rise to the top for easy scooping. I keep the left-over liquid to add into soups or smoothies.

Serve with a fresh plums and raw Pecan Crumb. When plums are not available, try with apricots, peaches, nectarines or any seasonal fruit or berry.

Recipe from 'Kind Ice-cream for You'

INGREDIENTS

- 2 frozen bananas (peeled, cut and frozen for at least 4 hours, or overnight)
- 1 can (400ml) full fat coconut milk (refrigerated overnight)
- 1 vanilla bean
- 1 tbsp honey/maple syrup
- ½ tsp ground cardamom
- ½ cup pecans or nuts of choice
- 1 date - seed removed
- 8 small ripe plums
- 2 tblsp honey/maple syrup



Place the nuts, date and cardamom in the blender and pulse until the mixture becomes a fine crust. Pour into a bowl and set aside.

Cut each plum in half and remove the stone. Slices into 1/2-inch slices and set aside. Prepare the banana ice cream.

Open the coconut milk can and scoop out the thick, solid white cream. Add the coconut cream, frozen bananas, and honey/maple syrup to a blender. Run a knife down the length of the vanilla bean and scrape out the seeds. Add this to the blender and blend until smooth. You will have to scrape down the sides of the blender a couple of times until it forms a smooth texture. Scoop into glasses. Place a big spoon of the sliced plums on top, sprinkle with the raw pecan crumb and drizzle with honey/maple syrup. Serve immediately.





Enjoy the journey.

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