

# it'suptoyou

you are what you eat

## Newsletter December 2009

### Raw Food Cuisine Class

On Sunday, 6 December 2009 a group of very enthusiastic It's Up to You customers attended a Raw Food Cuisine Class. I'm not sure if new people expected to learn 101 different ways with Celery, but they were instead greeted with mini flax crackers topped with tomato and beetroot chutney, fresh cucumber topped with macadamia cheese and marinated & dehydrated fig. The Class learned how to make a



basic Green Smoothie and a basic Green Juice, followed by a Summer Berry Tart, Pesto Stuff marinated mushrooms, Mint Marble Cake, Zucchini Rollups stuffed with Cashew and Beetroot cream – have I left anything out – oh yes – and a couple of salads!



Photo's by Linda Schofield

The day was made very special with the assistance of the **Raw Power Girls** who plated up, served up and cleaned up.

#### In this issue:

- It's Up To You Raw Food Cuisine Class, December class sold out
- Can I thrive on Raw Food?
- A Raw Christmas Dinner?
- 12 Steps to Raw
- Homework – did you do last months?
- Free Recipes – Crunchy Thai Salad and Summer Trifle

*Raw Food Cuisine Classes*

*February 2010*

*Valla Beach, NSW.*

*To find out more, go to  
[www.itsuptoyou.com.au](http://www.itsuptoyou.com.au)*



*Peter and I would like to  
wish you all a very Merry  
(Raw) Christmas*



## What did the December Raw Cuisine Class learn to make?



## Can I thrive on Raw Food?

Before I answer this question, I often think the question should be “are you **currently** thriving on your SAD (standard Australian Diet)?” The answer to the first question “can I thrive on a Raw Food Diet?” is of course YES. Even on your worst day on a Raw Food Diet, you could be consuming far more vitamins, minerals, nutrients and enzymes than on a good day on a SAD diet. Starting your day off with a Green Juice and some Fruit Salad, is a brilliant way to get into the day. Include a Green Smoothie somewhere

along the line, plus a main meal (perhaps

Crunchy Thai Salad – see free recipe following), perhaps some nuts, or even a Christmas Fruit Mince Pie, all that food, in a

raw state, is packed with a nutritional punch that far outweighs the high sugar, high fat, high sodium, processed grains, dairy, fried, baked, broiled, roasted kind of food from a SAD diet.



## The First Rule of Raw Food

it must be DELICIOUS!

## A Raw Christmas Dinner?

Like most of you we are being invaded by family this year. Does that mean that we are suddenly going to revert to cooked food? The menu for Christmas day (and the remaining days we have our beautiful guests) will be *mainly* raw. We certainly won't be cooking anything ourselves, but if family want to barbecue some fish or make a vegan pizza, they are welcome to. However, they will be nourished and spoilt rotten on the very best raw gourmet delights I can make. It might be like other family/friends who have stayed for a week and not really noticed that they have just been 100% raw for 7 days, until they leave and go back to their old eating habits, get bloated, sleepy, irritable, etc.

At your Christmas table why not do your usual fare, but simply include some raw options – you don't have to make a big song and dance about the dishes being raw – just sit them alongside other menu items and see what happens. Some things I will be making for my guests are:

- ♥ Summer Berry Tart
- ♥ Summer Trifle with Fresh Fruit
- ♥ Pomegranate Cheesecake
- ♥ Choc-Mint Icecream

Sounds delicious doesn't it ... I can't wait ... come on Santa!

*Do we want everyone to go 100% Raw? No, of course not ... but gee wouldn't it be great if you could go 30% raw ! Imagine how your body would feel!*

*Take a long term view of your entry into the world of Raw Foods. Think about the next 5 – 10 years, what changes will you make?*

*It's not all about the food – it's about family, sharing meals with friends and loved ones. It's about getting out in the sunshine, it's about laughing, creating, bonding, being connected to food and society.*

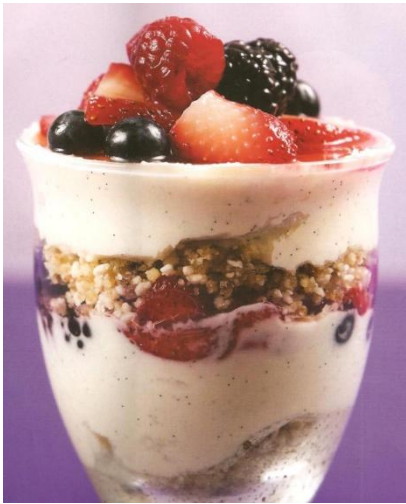
## 12 Steps to Raw

- ♥ Drink plenty of liquid each day, either through pure water, smoothies or fresh juices.
- ♥ Try not to drink any liquid with your meal - I know it's what we do, however in terms of the enzymes in raw food being able to do their job – it's not recommended. Try not to drink with food, it is recommended (but hard to get used to) no closer than 30 minutes before eating, and no sooner than 3 hours after eating.
- ♥ Only eat when hungry.
- ♥ Understand FALSE HUNGER – I'm hungry because I'm emotional, I'm hungry because I'm angry, I'm hungry because it's midday, I'm hungry because I'm standing in front of the fridge – none of those reasons actually mean you are hungry. Are you hungry? Yes – then eat. No, just bored or emotional – then go find something to do.
- ♥ Aim for one vegetable juice or smoothie per day, minimum.
- ♥ Fruit, when eaten, should be eaten before a main meal, never after. Why? Because your body is a funnel and the food that gets digested quickest should go into the funnel first, with a few hours in between, then the food that takes a while to digest (72 hours+ in the case of meat) should go in last, with a space in between the next input into the funnel. If not, you will block up the pipes, cause bloating, gas, intestinal cramps, and putrefaction. Yuck!
- ♥ Eat something green and organic at every main meal.
- ♥ Eat sprouted foods every day.
- ♥ If you're not eating a lot of raw just now, eat a large fresh organic salad with each cooked meal.
- ♥ If you're eating lots of raw, eat at least one high density food in adequate amounts (examples: flax crackers, nuts, seeds, olives, avocado, pâté, dips, macadamia cheeses).
- ♥ Just as in a SAD (standard Australian diet) desserts are a treat – not something we eat everyday. Save them for special. If you have a sweet tooth, make some cacao chocolate balls and keep them in the fridge to stave off temptation. But don't overeat them, either!
- ♥ Try to eat no later than 7pm every night. If the sky is dark, your body is also shutting down for the day and digestion will be more difficult. If you have experienced difficulty sleeping in the past, particularly on a SAD diet, you might want to try really hard at this one.

## Homework

Your homework for this month is to plan ahead and have sufficient greens and suitable fruit to include one Green Juice and one Green Smoothie in your day, every day for one whole week! We highly recommend you start Christmas Day and Boxing Day with a green juice. Try hard to get organic where possible. If you haven't shopped at Growers Markets before, give it a go, it's a whole new experience and a lot more fun.

Have a wonderful December and Holiday season, may some of your meals be Raw, but all of them be delicious!



## Summer Trifle

### Crunchy layer

- 1 cup desiccated coconut
- 1 cup walnuts
- ¼ teaspoon Himalayan Salt
- 6 pitted Medjool dates
- 2 dried Turkish figs (soaked for 2 hours)

Place the coconut, walnuts and salt in a food processor fitted with the 's' blade. Process until finely ground. Add the dates and figs and process until the mixture begins to stick together. Don't over process.

### Creamy layer

- ½ cups of Thai Coconut meat (young coconut)
- 1/3 cup of light Agave Syrup
- 1/3 cup of water
- 1 Tablespoon Freshly Squeezed Orange juice
- 1 teaspoon vanilla extract, or seeds from one vanilla bean
- Pinch of Himalayan Salt
- Pinch of Turmeric
- 2 Tablespoons Coconut oil
- 1 Tablespoon of Lecithin powder or Agar Agar

Place the coconut meat, agave, water, orange juice, vanilla, salt and turmeric in a blender and process until very smooth. If you are using a household blender, you might like to stop and push down the sides, then blend again. Add the coconut oil, lecithin or Agar Agar and process until very smooth.

### Berry Layer

- 1 cup fresh strawberries
- ½ cup fresh blueberries
- ½ cup fresh raspberries
- ½ cup fresh blackberries or similar
- 2 Tablespoons light Agave syrup
- 1 Tablespoon freshly squeezed lemon or lime juice

Place all ingredients in a bowl and mix through.

## To Assemble

In individual fancy glasses, spread a layer of the Crunchy mixture, then add a layer of the creamy mixture, followed by a layer of the Berry mixture, pressing down lightly after each layer. Repeat the layers. Chill in the refrigerator for at least an hour before serving. This trifle will keep for 48 hours so don't make it too far in advance.

## crunchy thai salad

2 cups zucchini noodles  
1 cup bean sprouts  
1 red pepper, cut julienne  
1 handful baby spinach  
1 finely sliced and seeded red chili  
1 handful rocket  
2 spring onions, sliced  
1/3 cup cucumber, cut julienne with a mandoline  
1 cup finely sliced savoy cabbage or substitute for any available cabbage  
1/3 cup sugar snap peas, sliced  
10 mint leaves, cut chiffonade  
10 basil leaves, cut chiffonade  
1 small handful coriander  
Sesame seeds and sunflower sprouts (or any other sprout), for garnish



### Dressing

¼ cup tahini  
1 Tablespoon tamari or nama shoyu  
2 Tablespoons lime juice  
3 Tablespoons cold pressed sesame oil or olive oil  
1 teaspoon agave  
1 Tablespoon minced ginger  
½ clove minced garlic  
1 red chili, seeded and finely sliced  
1 large handful fresh coriander (cilantro) and  
10 basil leaves, chopped

Blend all ingredients in a Rocket Blender or shake in a glass jar with tight fitting lid. You may wish to add some pure water to the dressing to make it thinner. Pour over the salad. Garnish with sesame seeds and sprouts.