

# it'suptoyou

you are what you eat

## Newsletter November'09

### Raw Food Preparation Class

On Saturday, 31 October 2009 It's Up to You held our first Raw Food Preparation Class and it was a sell-out and a brilliant success. The class learned how to make three delicious breakfasts, all chosen for their unique blend of protein and calcium nutritional qualities. After tastings, we moved onto a Pad Thai, following Raw Food principles, and after tastings moved into a dessert – white chocolate and raspberry torte – creating the dish, then leaving it in the fridge to set while continuing on with the rest of the class. A creamy



*Would it be inappropriate to lick my plate?*  
- Kylie

tomato and mushroom curry followed with its own accompaniments – mango chutney and minted 'yoghurt', served with raw parsnip rice. With just enough room left, the class was ready to sample the last dish of the day, the white chocolate and raspberry torte.

### Why Raw?

Consuming a plant-based diet, predominated by raw foods is beneficial for your health and longevity. Raw foods remain intact – having all their vitamins, minerals and enzymes available to the body to use. Heating over 41 degrees Celsius is thought to be detrimental to enzymes and the power of vitamins and minerals begins to diminish. We are alive – and we need live foods, but for enjoyment we need more than just a stick of celery or carrot – we need food that is stimulating and delicious.

### Where do I get my calcium?

Foods like Kale, Spinach, Red Cabbage, Cabbage, Broccoli, Beetroot tops, Sesame seeds, Chi'a seeds, Linseeds (flaxseeds) all contain calcium, in fact Chi'a seeds contain more usable calcium by volume than milk, *600mg in 100g of chi'a and 120mg in 100g milk*. Sunshine also provides a good source of calcium. On a Raw Food diet there is no shortage of calcium. 20 minutes a day of sunshine is recommended.

### In this issue:

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- It's Up To You Raw Food Preparation Class, October class sold out
- Free Recipe – tri-pasta with marinated mushrooms
- Homework for You!

*Raw Food Cuisine Classes  
Sunday, 6 December 2009  
Valla Beach, NSW.  
To find out more, go to  
[www.itsuptoyou.com.au](http://www.itsuptoyou.com.au)*



Where do I get my calcium?

Where do I get my protein?



*FREE RECIPE on next page Tri-Colour Pasta with Marinated Mushrooms*



### Where do I get my protein?

On a Raw Food diet there is no shortage of protein. A muesli recipe using sprouted Buckwheat, sprouted Quinoa and soaked almonds would rival any traditional protein source, without any nasties. Quinoa is one of my favourite grains to sprout. It 'wants' to sprout, it is busting to grow little tails and be used in recipes. The same could be said for Buckwheat.

Raw foods give you endurance, energy and the body is able to actually use all the vitamins, minerals and enzymes locked into the food, as nature intended. Almonds have the highest protein content of any nut. Almonds are rich in minerals, magnesium, potassium, phosphorous and Almonds are high in mono-

*By the way, when was the last time you heard of someone who was protein deficient?*

unsaturated fat which helps to lower cholesterol, especially the bad cholesterol (LDL). Almonds contain a high degree of oleic acid, which is believed to protect against heart disease. Cashews are also a good source of protein and both Cashews and Almonds feature heavily in Raw Food recipes.

### What about treats – I'm a choco-holic and can't (won't) give it up!

The first thing you will notice about researching recipes and ideas from the world of Raw Food – we are all choco-holics, don't worry! People just like you have gone before and have created delicious and decadent (but not guilty) recipes – so relax – you don't have to give up delicious treats! The only thing you'll be giving up will be the guilt.

### Homework for You

At It's Up To You we believe our bodies get up every day *expecting* to receive a variety of leafy greens, fruit, vegetables, seeds, nuts and a small amount of oils (coconut, olive and avocado). We believe that our body is ready and waiting to gather the energy and health giving properties from these foods, in a raw state, to create the most healthy and energised version of you it possibly can. However, we noticed when we didn't give our body what it needed, it adapted, for years, it adapted and gave us the best it could – we believe we jumped off the SAD (standard Australian Diet) just in time, who knows how long we had before our bodies couldn't adapt any longer and, by default, gave us chronic disease. Phew – that was close! What about You?

Your homework for this month is to evaluate 'how raw' you think you currently are. Work out what you eat each day and try to label a % of it as 'raw'. Start a journal and write all your meals in it. Slowly introduce more leafy greens, fruits, vegetables, seeds and nuts and a small amount of oils, into your daily diet. An easy way to eat more raw greens would be by adding a Green Smoothie to your day!

**Contact us on 02 6569 6633 to book in for the December Raw Food Cuisine Class – learn how to make some Christmas Dinner treats – that will be delicious and won't put you to sleep!  
Valla Beach, Sunday 6 December 12 noon – 4pm.**

*Have a wonderful November and may some of your meals be Raw, but all of them be delicious!*

## tri-pasta with marinated mushrooms

### Marinated Mushrooms

200g organic Portobello mushrooms  
½ clove garlic  
¼ cup tightly packed flat parsley  
2 T Tamari  
2 T Organic Olive Oil  
1 t lemon or lime juice

### Linguine

500g parsnip (4 medium-sized), peeled  
500g zucchini  
500g carrot  
½ T salt  
15 large basil leaves, cut chiffonnade  
2T Italian seasoning  
2c cherry tomatoes, cut into halves or quarters  
1 cup marinated (and dehydrated if you can) mushrooms, sliced

### Macadamia Mozzarella

¾ c macadamias  
¾ c cashews  
1T Tamari  
2t lemon juice  
¼ c water  
1T nutritional yeast (optional)  
¼ teaspoon cayenne pepper (optional)

### Red Pepper Sauce

½ c pine nuts  
1 red pepper  
½ T lemon juice  
1T Tamari  
1T agave

### Method

Mix all Mushroom ingredients together and set aside. (If you have a food dehydrator, dehydrate overnight).

Turn the carrot, parsnip & zucchini into thin ribbons with a vegie twister, or cut in to thin strips.

In a bowl combine the vegetable pasta (linguine) you have produced with the salt and mix well by hand.

Leave to stand whilst preparing the mozzarella.

Combine all mozzarella ingredients in a Vita Mix or food processor. Blend until a creamy texture is achieved, you may need to add a couple of tablespoons of extra water to get it all to mix. Set aside.

Mix all Red Pepper sauce ingredients in a Vita Mix or blender until smooth. Again, you may need to add water to get a 'sauce' consistency.

Go back to the linguine and you should find that it has released its water and is now softer and has a cooked 'al dente' feel about it. Wash the salt off and dry with kitchen towel or a salad spinner.

Transfer linguine to a clean, dry bowl and add the remaining linguine ingredients. When thoroughly mixed add the macadamia cheese and mix again by hand to coat all linguine in the cheese mixture.

Serve with the Red Pepper sauce.

