

# RAW VEGAN ABUNDANCE

*Recipes for Healthy Taste Explorers*

55

RAW RECIPES

PLANT-BASED

HIGH-CARB

GLUTEN-FREE

BY ANAIS RATH



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# ABOUT ME

ANAIS RATH



I've always been excited to try new things – let it be in nutrition, travel destinations or ways of living. So of course I was on board when my partner Johann wanted to jump into a plant based diet in 2013. Apart from the health aspects, we found out so much more about the ethical and environmental reasons for going vegan. How could we have followed something for so long (conventional diet) without questioning it at any point?

It came a time of big transitions, since many more aspects of our life were put into reconsideration. We started meditating, sold a lot of our stuff, tried yoga for the first time, began to explore spiritual topics and then in 2018 started a new life as digital nomads in warmer climates.

Today, I am a trained Raw Food Chef, student of Regenerative Detoxification, Pranic Healer and raw fruits and veggies are the foundation of my diet. The information you'll find in here is based on many, many years of self-education through books, videos, articles, documentaries as well as my own experiences.

To spread this knowledge and help other people improve their lives, I've founded Raw Expansion, a platform where I share inspiring content about raw food, holistic health, conscious lifestyle habits and integrated spirituality. If you are excited about such topics, take a look at my website and Instagram account to learn more:

Website: [www.rawexpansion.com](http://www.rawexpansion.com)

Instagram: @rawexpansion

*This ebook was actually created while we were traveling from one location to the next so that you will find recipes in here that were born on a rooftop terrace on a tropical island, during a house sit for five horses as well as another house sit for five cats, while living with an Indian family in an Airbnb and finally in a little home in the lush rainforest.*

# MY RAW FOOD JOURNEY

FROM RICE BOWLS TO ZUCCHINI NOODLES

In spring of 2017 I was training for my first half-marathon out of fun, curiosity and the drive to challenge myself. At that time, I was already eating a whole-food plant-based diet with a lot of fruits. But only a few weeks before the race I couldn't manage to keep up with my training goals.

Back then, my partner Johann was researching natural approaches to heal skin issues he was dealing with and heard about raw food. Along the lines, I stumbled across the Australian couple Alan and Janette Murray who together ran a marathon each day for a whole year - just on raw foods. I was blown away and got super excited to try it myself. A few days later I exchanged my vegan oatmeal for a green smoothie and had a big salad for dinner instead of my usual rice and veggie dish.

A week into this experiment, I already noticed more energy and a faster recovery after my running sessions. I was surprised to also feel my senses getting sharper, a joyful lightness and enhanced mental clarity. So I continued blissfully. At the race a few weeks later fuelled

by a big banana smoothie, I totally crushed it and succeeded my wildest expectations.

THIS WAS MY NEXT STEP TOWARDS  
MORE FREEDOM.

Now, three years later, I am still happily munching on raw fruits and big salads and am so excited to finally share my favourite dishes with you. Hopefully creating these recipes will give you an idea about how amazing raw food can look, taste, feel and that health and vibrancy can be so much more than the absence of illness. We are born to thrive, let's start today.

*Have fun exploring!*

*Anais*

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MANGO-RASPBERRY  
NICE-CREAM





THOUSAND ISLAND  
SALAD



HEARTY BROCCOLI  
PASTA



SWEET-SOUR  
NOODLE SOUP

## RAW SALADS

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ORANGE-CHOCOLATE  
PUDDING



A glass jar filled with a thick, light-colored smoothie, garnished with a fresh green mint leaf. The jar sits on a dark wooden surface next to a whole orange and a sliced orange. A blue and white plaid cloth is partially visible in the background.

## RAW FOOD FOUNDATION

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Only with the right information can we make conscious, healthy choices. Learn about the benefits of a plant-based and raw food lifestyle and how it can transform your physical health, mental ability and emotional state one meal at a time.



# The Journey to Thrive

## FROM OMNIVORE TO FULLY RAW

If you are eating like the average person in nowadays society, the idea of eating just raw food might be hard to grasp. I myself once thought I could never live without cheese, let alone eat just raw foods which for me seemed crazy at that time. But with our experiences grows our wisdom and nowadays a raw diet feels the most natural to me. Let me put this lifestyle into perspective for you with the most common steps towards such a way of eating.

### OMNIVORE

Consuming all animal products including meat, fish, dairy, eggs and any other foods like grains and veggies

### PESCATARIAN

Different than omnivores, pescatarians don't eat meat such as beef, chicken or pork but fish is still part of their diet

### VEGETARIAN

Going one step further and excluding fish as well - not consuming any animal meat

### VEGAN

Turning the back on any animal products while enjoying the colourful world of plant foods. This can also include vegan meat and dairy options you find in the supermarket or organic store - like plant-based burger patties, vegan cheese or scrambled egg mixtures

### WHOLE-FOOD PLANT-BASED

Bye-bye processed foods, convenience products and ready-made meals - focusing on whole plant foods alone, such as fruits, veggies, greens, legumes, potatoes, grains, etc.

### RAW TILL DINNER

Including more fresh, raw foods into the day with a raw breakfast and lunch (mostly of fruits) but a whole-food plant-based cooked dinner

### FULLY RAW

Moving from a cooked dish in the evening over to raw options like salads or zucchini noodles. Living mostly on fresh fruits, veggies, greens, nuts and seeds



# Benefits of Raw Food

## ALIVE, FRESH AND VIBRANT

By now, we know about the benefits of a plant-based diet, but since a raw lifestyle is fairly new to a lot of people - why is it worth including more living plant foods into our diet?

## RICH IN NUTRIENTS AND ENZYMES

The process of cooking changes the structure of nutrients and often decreases their health properties. This can not only leave us without the necessary nutrition in our food but also leads to an accumulation of substances that can not be properly digested and unnecessarily burdens our elimination organs.

Live Food Factor, Susan Schenck, Chapter 9: Man's Fatal Chemistry Lab

Enzymes are one of the substances that don't survive the heat. These powerful catalysts have their hands in all the processes our system works on - digestion, energy storage, fighting off pathogens or cell regeneration. Heating our meals above 48 degrees Celsius destroys the enzymes present in our food that would otherwise take care of predigesting it. As a result our body has to send enzymes from other organs e.g. stomach, pancreas or liver to aid in this process. This leaves less enzymatic power for those parts of our system.

Spiritual Nutrition, Dr. Gabriel Cousens, Chapter 20, The Light of Live Foods

## BALANCING OUR PH VALUE

Our body works best in an environment with a certain pH value which should in general be slightly alkaline. Acid-forming foods can tip off this balance and lead to an over-acidification of our system - our cells and organs can not work properly, pathogens on the other hand thrive in this milieu. Commonly consumed cooked foods are often very acid-forming - with animal





## RAW SALADS

Just sad lettuce leaves and a boring sauce? That is so far from the truth when it comes to raw salads. Playing with different colours, textures and exciting flavours, these creations will definitely surprise you.





## Creamy Kale Salad

LOW-FAT | < 15 MIN | NUT-FREE

- 1 Prepare the tomato sauce, see next page.
- 2 Cut up all the ingredients and mix well with the sauce. Enjoy!

FOR 1-2 PORTIONS

- 2 cups lettuce
- 2 cups kale
- 2 cups bok choy
- 1/2 medium cucumber
- 2 tomatoes
- 1/2 cup fresh cilantro
- 1/2 cup sprouts

*You can use any kind of sprouts - my personal favourites are alfalfa and broccoli sprouts.*



## FOR THE SAUCE

- 1/2 avocado
- 1/4 cup pumpkin seeds
- 2 tomatoes
- 2 tbsp lemon juice
- 2-3 garlic cloves
- 1/2 tsp onion powder
- 1 tsp cumin
- 2 tsp dried oregano
- 1 tsp smoked paprika
- Dash of Himalayan salt
- Dash of black pepper
- Optional: 1/2 tsp mustard seeds



1

Put everything into the blender and mix well until smooth.

*Depending on your current way of eating, you might already be more sensitive to flavours. Feel free to add a smaller amount of any spices first and adjust if needed.*



# THANK YOU

## FOR JOINING ME ON THIS JOURNEY

With this ebook I wanted to create a guide for everyone out there who - like the younger version of myself - just started to dive into plant-based and raw dishes having to go through watery salad dressings, always the same smoothies and a lot of insecurity about how to eat what and when. Thank you for the opportunity to share my recipe creations with you, to help you out with tips and tricks gained from my own challenges and to learn so much myself through the birth of this ebook.

A big bowl of gratitude goes to my partner Johann who tirelessly tried every recipe, gave me the most valuable advice on all the knowledge sections in here, and always supported me along this journey.

You are amazing!

If you want to explore alternative lifestyle choices beyond food and nutrition, check out my [Raw Expansion](#) website or [Instagram account](#) for snippets of inspiration about holistic health, conscious living and integrated spirituality.

*Since you've made it till the very end of the book, I am pretty sure you got something out of it. I would be more than happy to hear about your feedback. And yes, I am also very grateful for any suggestions for improvement so that future readers can benefit from it.*

*Drop me your feedback via [contact@rawexpansion.com](mailto:contact@rawexpansion.com)*

Let the end of this book be the beginning of your new taste adventure. Let this be your moment to start thriving.

*Enjoy your journey!*

*Anais*





## IMPRESSUM



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