

A wooden cutting board with a knife and two apples. The knife is positioned diagonally across the board. Two apples, one red and one yellow, are placed on the board. The background is a soft, light-colored gradient.

Raw Food

With

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Medicinal Raw Recipe

Daily Green Juice

2 organic cucumbers (if not organic, peeled)

½ bunch celery

3 leaves dark leafy greens (chard, collards, kale, bok choy, parsley, dandelion etc)

1 lemon, skin removed but keep white pith on

1 green apple (with seeds)

Fresh piece of ginger to taste

A pinch of dulse to add at the end

Put all ingredients through a juicer. It helps to alternate between water rich vegetables (cucumber, celery, lemon) and the less juice giving ingredients (greens, ginger). After you have finished juicing, try putting the pulp through the machine again to extract even more juice.

In this medicinal recipe:

Greens – give Vitamins A, C, E and K, rich in chlorophyll, blood purifiers

Dulse – gives Iodine, Vitamins B6 and B12, protein, hormone health

Ginger – digestive aid, cold and flu prevention, anti-inflammatory, immune health, cancer prevention



Cabala Juice

1 Carrot

1 beetroot

1 red apple

½ lemon or lime

Ginger to taste

Put all these ingredients through a cold press juicer.

Lemon Juice

Add 500ml of purified water. Always add the water first into the jug of your food processor. It needs to cover the lemon, this is very important.

1 big lemon cut in half and the juice

1 pinch of Himalayan salt

In the summertime add ice



This recipe is a great formula for detox, weight loss and dissolving kidney stones

Smoothies for Better Health



Green Smoothie

- 1kg of fresh oranges – juiced
- 1 big handful of spinach
- 1 handful of basil

Add orange juice to food processor, then add the spinach and basil. You might wish to use a filter or sieve.

This is a great formula for iron absorption. It will keep in the fridge for 48 hours.

Turmeric Smoothie

- 1 cup hemp or coconut milk
- ½ cup frozen pineapple or mango chunks
- 1 fresh banana
- 1 tablespoon coconut oil
- ½ teaspoon turmeric (can be increased to 1 teaspoon)
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- 1 teaspoon chia seeds (crushed and soaked)
- 1 teaspoon maca (optional)

Add all ingredients into a blender and process until smooth

This recipe is best consumed in the morning on an empty stomach. Not only will it increase your energy for the first half of the day, but it will clear your mind and infuse your body with some of the most powerful antioxidants in the world. Now that's a great breakfast idea!

Everyday Smoothie

- 1 stalk of celery
- ½ cucumber
- 1 green apple
- A bunch of parsley
- A bunch of coriander (reduces heavy metals, especially mercury)
- A bunch of kale (optional)
- A small piece of ginger
- Half a lemon (leave the skin on as this is the best part)
- ½ glass of coconut water or purified water
- To bind it needs a mango or banana and 3 dates

Mango Smoothie

It is important to use fruit when it is in season. The fruit is better and will have better health benefits.

- 1 mango
- ½ banana
- ½ cup protein powder
- 2 desert spoons of psyllium husk
- 1 teaspoon of cinnamon
- 2 glasses of purified water or coconut water
- ½ glass of aloe vera juice

Summer Mint Choc Chip Super Smoothie

A refreshing and energising blend of

- Natural Raw C coconut water
- Organic avocado
- Frozen organic banana
- Fresh mint leaves
- Kale leaves (2)
- Raw cacao nibs
- Organic fresh dates
- Raw macadamias

Enjoy 😊

Green Smoothie Formula

Choose Your Base

Almond Milk
Rice Milk
Green Tea
Coconut Water
Filtered Water

Choose Your Greens

Kale
Spinach
Swiss Chard
Collards
Beet Greens
Dandelion

Choose Your Fruit

Banana
Any Berries
Mango
Avocado
Peach
Pear
Melon
Papaya
Kiwifruit
Pineapple
Apple

Super Charge It!

Protein Powder
Chia Seeds
Ground Flaxseed
Moringa Leaf Powder
Nut Butter
Raw Cacao
Cinnamon
Spirulina
Maca
Vanilla Extract
Seamoss

Before You Blend Add A Little Sweetness

Chopped Dates – soaked
Stevia
Maple Syrup
Honey
Raw Agave
Coconut Palm Sugar

Blend and Enjoy

Breakfast for Champions

2 dessert spoons of oats, or you can use buckwheat

3-4 dates (soaked)

Coconut oil (3 small spoons)

1 small spoon cinnamon

6-7 almonds (soaked)

1 apple cut, leave the seeds

Pulse in a food processor, or ladyship

Add coconut water, coconut milk or almond milk