

Raw Living

Made Easy

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When I talk to people about the benefits of eating raw foods, one of the most common responses is, "Yes, it sounds really good, but I don't think I could do it myself." And then I discuss with them about what they are actually eating on a daily basis, and it is amazing how easy it is to up your raw food quota to over 50 %, just by subtracting XYZ and adding ABC.

To me, this is one of the real beauties of raw eating. It doesn't have to be another fad diet; although some people do follow it like one, they are less likely to get sustained results, than the people who approach it with a little more pragmatism and common sense.

If you are eating over 50 % raw on a daily basis, you're still going to feel the benefits. These include: increased

physical energy, less fatigue, more stamina; more mental clarity and focus; a greater sense of contentment and well-being and less mood swings; and even a heightened spirituality and openness to life. Most people find 70 % raw is a good place to stick. This means you get all the increased vitality and zest for life, but without having to miss out on family get-togethers and meals out with friends, and without having to forego any of your favourite treats.

So there are two basic approaches you can take. The first is to start including more raw foods at every meal. For example, have some freshly made juice with your morning cereal, or have some fresh fruit with soya milk or yoghurt. Lunch could be a salad with a baked potato, a rice salad, or a sandwich stuffed full with avocado, tomato and alfalfa sprouts. Snacks would include trail mixes,

fruit, raw snack bars, smoothies, and even raw chocolate. Dinner might consist of some roast veggies and a salad, or pasta in a homemade raw tomato sauce.

The other approach is just to start with one or two raw meals a day. Have a smoothie for breakfast, a salad for lunch, and a cooked dinner. Or porridge for breakfast, a sandwich for lunch, but then eat raw snacks all day, and have a raw supper.

With raw foods, there are no set rules. It's all about listening to your intuition and learning about what foods work for you. What's going to make you feel totally great right now? What's going to please your palate, fill your belly, and delight your body with lots of wonderful nutrition? You may be surprised when you lift the lid on raw food cuisine what a varied and interesting diet it can be.

Sesamayo

Serves four as a dip or eight as a dressing.

Takes ten minutes to make with at least two hours pre-soaking needed.

You will need a blender.

We always, I repeat, always, have this or a variation of this in the fridge. It is the most infinitely variable recipe ever, and is the first staple I'd recommend making to ensure your raw meals are easy and tasty. This recipe is taken from the Raw Living website, <http://rawliving.eu>, where you can find dozens of other easy and delicious raw food recipes.

You can use it

- as a dip for crudites
- as a salad dressing, thinned with a little extra oil or water
- as a filling in nori rolls (vegan sushi)
- as a spread for crackers and breads
- as a sauce over rice or vegetables

- * 1 cup (100g) sesame seeds, soaked 2-4 hours
- * 1 lemon, juiced
- * 1 clove garlic

- * handful parsley
- * 4 sticks celery
- * 1 tsp raw honey or agave
- * 1 tsp miso
- * 1/2 cup (125 ml) olive oil
- * 1/2 cup (125 ml) water

Soak the seeds for a short while first, to increase their nutritional value and make them easier to digest. Juice the lemon, peel the garlic, and chop the parsley and celery into pieces small enough to fit comfortably in your blender. Put every single ingredient in the blender at once and blend for a minute until creamy. Stored in the fridge, this will keep for up to one week.

I like to use celery because it doesn't have a strong flavour, but really ups the nutritional content and alkalising abilities of this mayo. For different flavours, you can substitute just about any vegetable - cucumbers, carrots, broccoli, tomatoes and red peppers all work well.

You can also use pumpkin seeds, sunflower seeds, or almonds in place of some or all of the sesame.

