

Including recipes

with



Raw Winter

NUTRISH 'N DELISH WINTER EDITION

Alani Keiser

35 EASY RAW VEGAN PLANT-BASED RECIPES

RAW WINTER

EASY RAW VEGAN PLANT-BASED RECIPES

NUTRISH 'N DELISH WINTER EDITION

ALANI KEISER

Copyright © 2017 by Alani Keiser. All Right Reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, or by any information storage and retrieval system without the prior written permission of the publisher, except in the case of very brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.



Use of the **Rooibos** logo
in this publication
is approved by
the copyright holder
[Rooibos Limited.](#)

This book is dedicated to
everyone who loves eating.

TABLE OF CONTENTS

INTRODUCTION

WARMING WINTER JUICES

Little mary

PREPARATION

Lani's lemonade

PREPARATION

Zesty orange

PREPARATION

Oh wheatgrass!

PREPARATION

APC-123

PREPARATION

BREAKFAST

Apple raw oats

Raw muesli

Red pepper hummus

Flatbread brunch

Marinated mushrooms

DRINKS and TREATS

Cashew-chai

PREPARATION

Cashew hot choc

PREPARATION

Vanilla-coffee

PREPARATION

Chocolate-rooibos

PREPARATION

Date - cashew-milk

Banana choc chai PUD

Pears n cream

Berry lava pie

Zesty chocolate

WARM DINNER

Mushroom savory loaf

Raw stir fry

Chunky curry quinoa

Pesto pasta

PREPARATION

Hot mustard noodles

PREPARATION

Sweet chili pie

Mexican tonight

tortilla chips

PREPARATION

PREPARATION

PREPARATION

Zesty quinoa

Butternut-cayenne soup

Creamy chili pea soup

Creamy tomato soup

HOMEMADE

Sweet pickled tomatoes

Sweet berry compote

Cashew-milk

Plain cake mix

EQUIPMENT

MUSINGS

METRIC CONVERSION

ABOUT THE AUTHOR

OTHER BOOKS BY ALANI KEISER



INTRODUCTION

Winter is a season of eating. Eating comfort foods. Eating warming foods. Eating foods that bring people together in huddles.

Winter is a season of rich, spicy flavors. Flavors that awaken your senses from the inside out. Flavors that fill the house with an aroma of memories and nostalgia.

Winter is a season of love. Love for heart-to-heart experiences. Love for tradition. Love for the familiar.

Raw Winter is a Nutrish 'n Delish collection of original warming experiences with food; new healthy traditions with your loved ones; an occasion to huddle, a time to fill your house with invigorated aromatic adventures and awaken your body's senses with warming, nutritionally dense and refreshingly delicious raw plant-based foods.

Indulge in the rich, smooth dark nutty chocolate decadence; tantalize your taste buds with plump, juicy berries. Draw in the deep, fiery aroma of spices. Satisfy your needs with wholesome savory grains and delectable hearty vegetables.

This is a Raw Winter season.

With love,
Alani



*Warming Winter
Juices*

WARMING WINTER JUICES



Little Mary

LITTLE MARY

- 1 Large celery stalks
- 1 Large Rosa tomatoes
- 1 Lemon
- 1 Thumb-size piece of ginger
- 1 Small handful of parsley

PREPARATION

1. Juice all the ingredients, except the parsley.
2. Chop the parsley up into small pieces.
3. Combine juice and parsley.

Serves 1

tips

*I love adding a pinch of cayenne pepper sometimes too.

*This drink is naturally salty, quite delish!

APPLE RAW OATS

- 2 Large golden delicious apples
- 1 Cup of coconut flakes
- 1 Cup of raw oats
- 1 Cup of raisins
- 1 Cup of coconut cream
- Pinch of cinnamon

preparation

1. Soak raisins in water overnight
2. Grate the apple, with the skin, roughly.
3. Combine the apple, oats, coconut cream and coconut flakes and let stand for an hour.
4. Place all ingredients in a bowl and mix well.
5. Serve with coconut cream on top.

tips

*This recipe is even tastier when left overnight, as the oats soak up the apple juices and expand, while softening.

*You can also add a tablespoon of maple syrup if you have a sweet tooth like me! Delish!

Nutrients

Vitamins B3, C, E, K, beta-carotene,
biotin, folate; Calcium, chromium, iron, magnesium,
manganese, phosphorus, potassium, zinc; fibre;
carbohydrates



Raw Muesli



Marinated Mushrooms

MARINATED MUSHROOMS

- 2 large brown mushrooms
- 6 Baby rosa tomatoes on vine
- 1 Small red onion
- 1 Tablespoon of Olive oil
- ¼ Cup of coconut cream
- Dash pepper
- Pinch of salt
- 1 Teaspoon cumin
- 1 Teaspoon of Tamari

PREPARATION

1. Place all ingredients (except mushrooms, tomatoes and onion in mixing bowl and combine well
2. Slice onions thinly.
3. Slice mushrooms into chunky slices
4. Turn oven on lowest temperature (if you do not have a dehydrator).
5. Combine all ingredients in glass bowl
6. Place into oven for 2 hours or until mushrooms are soft.

Brunch tips

This recipe is amazing with flatbread, avocado and hummus. Scramble tofu is also a lovely addition.

Drinks and Treats



DRINKS AND TREATS



Cashew Chai

CASHEW-CHAI

½ a Cup of hot water

1 Teaspoon of mixed spices

½ a Teaspoon of cinnamon

Dash of vanilla pod powder

½ a Cup of date-cashew milk (see recipe here: **Error!**

Reference source not found.)

PREPARATION

1. Boil the kettle, but let it cool to a nice warm temperature.
2. Place a cup of warm water in the blender with other ingredients and blend on high for a minute.
3. Serve immediately to enjoy the warming flavors

tips

*I also love adding a dollop of coconut cream. So delish



Berry Lava Pie

BERRY LAVA PIE

1 Plain Cake Mix (see recipe here)

1 Cup of mixed berries

1 Tub of **Error! Reference source not found.**

1 Cup of coconut cream

2 Teaspoons of mixed spices

1 Teaspoon of cinnamon

1 Cup of strong Rooibos tea

PREPARATION

1. Place all ingredients (except cream & half the berries) in a bowl and mix thoroughly.
2. Score dough into even-sized balls and place dough onto dehydrator trays, creating a flat base, to add filling later.
3. Place in the dehydrator for 4-8 hours.
4. Remove and add some whole berries inside, cover with coconut cream and add some Sweet Berry Compote and serve

tips

*Delicious warm or cold.

*Sweet Berry Compote is easy to make – see the recipe here:

Error! Reference source not found.