

Nutrish 'n Delish

Summer Edition

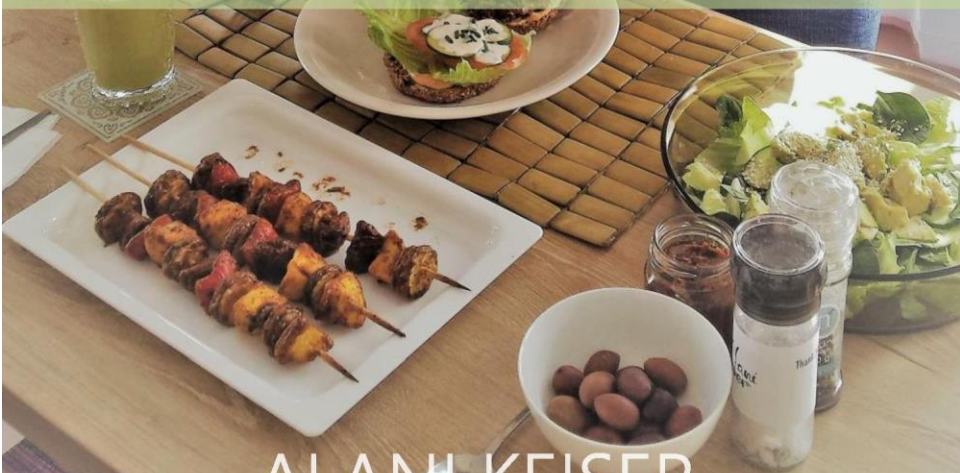
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Raw Summer

Part 1

40 EASY RAW VEGAN PLANT-BASED RECIPES



ALANI KEISER

RAW SUMMER – PART 1

NUTRISH ‘N DELISH SUMMER EDITION

ALANI KEISER

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TABLE OF CONTENTS

INTRODUCTION

ICE-CREAMS & SORBETS

ORANGE-CHOCOLATE ICE CREAM

BERRY ICE CREAM

COOKIE DOUGH ICE CREAM

ROOIBOS - VANILLA ICE CREAM

PINA COLADA SORBET

LEMONY-ORANGE SORBET

GRANADILLA ICE-CREAM

BREADS

ROSEMARY FLATBREAD

MAPLE AND OATS

SUNDRIED TOMATO BREAD

ONION BREAD

BURGER BUNS

SAVORY LOAF

LIGHT LUNCHEs

ZUCCHINI LASAGNE

CREAMY ZUCCHINI

ZUCCHINI CANNELLONI

TUNA-MAYO SANDWICH

SWEET CHILI SPRING ROLLS

RAW KEBABS

RAW PATTIES (FALAFELS)

ABOUT THE AUTHOR

OTHER BOOKS BY ALANI KEISER

INTRODUCTION

How does one balance health with guilty pleasures? Is it possible to consume wholesome nutrients that are natural and readily accessible through healthy raw foods, while still enjoying what may seem like a little “cheat” on the side?

Packed full of original and exciting recipes,

Raw Summer – Part 1 showcases the first 20 recipes of the Nutrish ‘n Delish Summer Edition, for all-year round enjoyment. Ranging from traditional favorites alchemized into healthier versions to delectable basic raw vegan ice-creams and sorbets.

With natural, wholesome ingredients such as whole plant flours to the humble Rooibos tea, ***Raw Summer – Part 1*** will enrich your food love affair, while leaving you begging for more.

See you soon, in Raw Summer – Part 2, for the next 20 delicious recipes.

Love,

Alani



Alani Keiser



ICE-CREAMS & SORBETS



COOKIE DOUGH ICE CREAM

- 1 Cup of coconut cream
- 1 Cup of date syrup
- 1 Cup of dates
- ½ a cup of desiccated coconut
- ½ a cup of almond flour
- 1 Tablespoon of almond butter
- ½ a cup of coconut oil
- 2 Tablespoons of raw cacao powder
- Pinch of salt

PREPARATION

1. Process desiccated coconut, flour, dates and raw cacao until chunky but well combined.
2. Place cookie dough in the dehydrator for 1-2 hours
3. Place all ingredients (except cookie dough) into a food processor or blender and blend until smooth.
4. Mix in cookie dough.
5. Cover and place in the freezer overnight.
6. Next day: take out of freezer and leave to thaw for 5 – 10 minutes.
7. Serve frozen

TIPS

* You can stir the ice-cream a few times during the night, this reduces the formation of water-like icicles.

*If you prefer not to use tinned coconut cream, use fresh coconut flesh / soak desiccated coconut in cashew nut milk overnight and use the coconut-cashew milk instead.

***Don't use water**



BREADS



Author's favourite

SUNDRIED TOMATO BREAD

- 1 Cup of raw oats
- 1 Cup of raw pea flour
- 1 Tablespoon of flax flour
- 1 Cup of sundried tomatoes
- 2 Tablespoons of Olive oil
- ¼ Cup of cashew nut milk
- Dash pepper
- Pinch of salt

PREPARATION

1. Place all ingredients (except the sundried tomatoes) in a blender or food processor and process until it becomes a dough-like consistency.
2. Chop the sundried tomatoes as rough as you prefer.
3. Mix the sundried tomatoes into the dough.
4. Place dough onto baking tray and roll down as thick as you like and score into shapes you prefer.
5. Turn oven on lowest temperature with fan on (if you do not have a dehydrator).
6. Place tray into oven for 2-4 hours

tips

*This flatbread is amazing on its own with an olive spread.



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ZUCCHINI LASAGNE

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1 Large zucchini
½ a Cup of Dates
½ a Cup of sundried tomatoes
1 Handful of coriander leaves
1 Tablespoon of nutritional yeast
½ a Cup of Kalamata Olives
Pinch of Salt & black pepper

PREPARATION

1. Using a food processor, process the dates, sundried tomatoes and salt & pepper into a paste.
2. Using a potato peeler, slice the zucchini lengthways.
3. Top the zucchini strips with the sweet paste and layer.
4. Top with nutritional yeast.
5. Garnish with spring onion, coriander leaves and olives.

tips

*This recipe is really delicious with homemade tomato paste too. See the recipe on page....