

“Eat Well. Sleep Well. Move Well. Stress Well.”

Living your best self shows up in many forms.

This sharing is about ways to incorporate raw food into your food choices.

Which one(s) resonate with you? Join my online [Facebook community](#) and keep in touch!

10 Ways To Include Raw Food Into Your Diet:

Drink Up! - Replace sugary lattes and sodas with purified water, green or herbal tea, 100% raw coconut water, and unsweetened iced tea. Reduce sugar intake, increase nutrient intake.

Replace Coffee With a Green Smoothie or Veggie Juice - Full of important nutrients and antioxidants, boosts energy levels and promotes good health. Green smoothies are high in fiber to support healthy bowel function, cholesterol levels, and a feeling of satiety.

Make a Power Salad for Lunch - Salads don't have to be boring. Add variety to salads. Lettuce, tomatoes, cucumbers, bell peppers, mushrooms, onion, avocado, broccoli, cauliflower, zucchini, seeds, nuts, you name it... throw it all in there, mix it up, and enjoy!

Make Your Own Condiments – Get creative by using pesto, avocado salsa and hummus as spreads on your favorite sandwich - there are many fun and delicious alternatives.

Raw Nuts and Seeds – Seeds are high in fiber, vitamin E, and healthy fats that can support a healthy brain and heart. Raw seeds are a good source of protein and zinc and are good for a healthy immune system. Grind them into a paste similar to peanut butter and spread on dehydrated crackers or veggies; add nuts and seeds to salads; top of soups; make a pesto.

Choose Snacks Wisely – Veggies and nut butter, kale chips, homemade snack bars.

Make Your Own Nut Milk and Smoothies – Raw, fresh, delicious! See recipes on next page.

Stock Up On Fruit & Vegetables – Buy fresh seasonal fruit & veg from local farmers' markets. Eat more color! Pigments that give fruits & veg their colors are vital antioxidants. Buy organic when you can – the less pesticides and chemicals your body has to deal with the better.

Eat Seasonal Superfoods - Mango, papaya, blueberries and cherries boast high levels of antioxidants, vitamin C and beta-carotene, which can support a healthy immune system.

Include Fermented Foods – Examples: Sauerkraut, Kim Chi, Kombucha, Yogurt, Kefir, Vinegar, Miso, Tempeh, Tamari.

Fermentation process creates beneficial bacteria known as probiotics; can support digestion; promote nutrient absorption; enhance immunity; support the liver's natural detox process.

This information is intended to be educational only. It is not a substitute for the expertise and judgment of your physician or other medical professional. To be sure this is appropriate for you, please consult with your healthcare professional before using this information.

Homemade Almond Milk

Makes about 4 cups of almond milk

Ingredients:

2 cups almonds (soaked overnight)
4 cups water
½ tsp vanilla extract (optional)
1 tsp cinnamon (optional)
2 dates (optional)

Directions:

Add all ingredients to a blender and blend until smooth.
Drain entire mixture through a nut milk bag or cheesecloth.
Store in a covered glass jar in the fridge for up to 2 days.
Play with the amounts of vanilla, cinnamon and dates if you want a little more flavor.
Note: I typically make mine with only almonds and water.

Banana, Date, Cacao Smoothie

Serves: 2

Ingredients:

1 large frozen banana, peeled and cut into chunks
4 dates, pitted (soak dates for 10 minutes to soften as needed. I usually use really fresh dates and they don't need soaking)
1 tablespoon raw cacao nibs
1 tablespoon raw cacao powder
1 cup homemade Almond Milk (or unsweetened milk of choice)
1 teaspoon vanilla extract
3-4 ice cubes (optional)

Directions:

Place all ingredients in a high-powered blender (i.e., Vitamix or BlendTec) and puree until completely smooth. Enjoy!

For more recipe ideas, checkout my [website](#).

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