

Fennel salad



For 3-4 servings:

3 fennels, finely sliced
1 bunch parsley, finely chopped
juice from one lemon
1 1/2 tablespoon olive oil
salt and pepper to taste

Mix all ingredients.

Raw carrot cake

For a medium sized cake, 8-10 servings:

Required:

- spring form (22-24 cm)
- food processor

For the first layer:

15 medium carrots, peeled and cut into pieces

100 g walnuts

200 g dates

2 tsp. vanilla essence

1 tablespoon lemon juice

Process all the ingredients until smooth.

Place the edge of the spring form (without the bottom) on a round platter. Add the carrot mix, spread evenly and press it.

Refrigerate until you prepare the second layer.

For the second layer:

200 g cashew nuts, hydrated in water at least 2 hours

2 tablespoons date syrup (or any other vegan syrup)

1/2 can coconut milk

5 tablespoons coconut flakes

1 tablespoon lemon juice

1 teaspoon vanilla essence

Refrigerate the coconut milk overnight. Use only the hardened part.

Process all the ingredients until smooth. If needed add little by little more coconut milk until the mix has the consistency of crème.

Spread on top of carrots mix.

The last layer (orange jelly):

fresh orange juice from 5-6 oranges

1 tablespoon sugar or any light color syrup

5 g of agar-agar

Strain the orange juice. Add the sugar and bring it to a boil, stirring occasionally. When it starts boiling add the agar (dissolved in a little bit of orange juice, otherwise it will form lumps). Cook it for 2 minutes, stirring. Allow to cool, check and stir regularly because it hardens relatively quickly.

You can decorate the cake with some carrot slices/forms. Carefully pour the jelly mix over it.

Refrigerate for at least 1/2 hour.

Keep it in the fridge up to 2 days.

Variation: you can use the mini forms.

Cantaloupe melon sorbet



Cantaloupe melon
sorbet

1/2 kg cantaloup melon, cut in pieces

1/2 cup water

1/3 cup sugar

Put all ingredients in blender or food processor and blend until smooth and the sugar has dissolved.

Put the composition in the ice cream maker or pour it into a container with a lid and place it in the freezer. After about an hour remove from the freezer and mix well, with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

Banana & redcurrant ice cream



Banana & redcurrant
ice cream

For 2-3 servings:

2 large banana / 3 small, frozen

1 cup redcurrants

1-2 tablespoons raw sugar, to taste (optional)

Freeze the bananas peeled.

Put all ingredients in blender/food processor and blend/process until smooth.

Serve immediately.

Raw spring rolls



Raw spring rolls

For 10 pieces:

10 rice paper sheets

200 g vegetables: carrot, cabbage, cucumber, green onion, bell pepper (red), cut julienne

1 cm ginger, grated

1 clove of garlic, mashed

2 tablespoons fresh lemon juice

2 tablespoons soy sauce

2 tablespoons fresh cilantro (or parsley), finely chopped

Prepare a marinade of soy sauce, lemon juice, garlic and ginger. Add the vegetables and mix well.

Prepare the rice paper sheets as directed on the package. Place 1-2 tablespoons of vegetable mix along edge of the sheet, fold over until ingredients are covered, fold in each side and roll up.

Serve with chili sauce or soy sauce with garlic.

Variation: can also use different vegetables: soy sprouts, lettuce, avocado, etc. and smoked tofu.



Raw spring rolls

Peach sorbet



Peach sorbet

1 1/2 cup peaches, unpeeled and cut in pieces

1/2 cup water

1/3 cup sugar

Put all ingredients in blender or food processor and blend until smooth and the sugar has dissolved.

Put the composition in the ice cream maker or pour it into a container with a lid and place it in the freezer. After about an hour remove from the freezer and mix well, with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

Raffaello



Raffaello

For 15 to 20 pieces:

1 cup raw cashew nuts, soaked for 2-3 hours

3-4 large soft dates

2 tablespoons maple syrup/raw sugar, to taste

2 tsp vanilla essence/amaretto

1 tablespoon coconut butter (optional), melted

2 tablespoons coconut flakes
juice of half a lemon/orange
zest of a (bio) lemon/orange

Blend all ingredients using a blender/food processor until it becomes a fine paste then form small balls with wet hands. Roll each ball into the coconut flakes.

Refrigerate for at least half an hour before consuming. They will melt in your mouth!

Zucchini spaghetti with pesto sauce



Zucchini spaghetti with
pesto sauce

For 4 servings:

2 medium zucchini

[see pesto recipe here](#)

Cut the zucchini in the shape of spaghetti (you can use a julienne knife).

Season the zucchini spaghetti with the pesto sauce and garnish with basil.

Raspberry & cranberry cake



Raspberry & cranberry cake

For a cake with a diameter of 26 cm (12 to 14 servings)
springform (26 cm)

Crust:

2 cups walnuts
200 g dates
50 g raisins
50 g dried cranberries

Put all the ingredients in the food processor. Process until ground fine. Mixture should hold together when pressed. Line the springform cake with baking parchment. Place the mixture in the springform and press until you form the crust. Refrigerate.

Cream:

600 g raw cashew nuts
vanilla from 1 stick
5 tablespoons maple syrup
5 tablespoons melted coconut butter
1 cup vegetable milk (preferably almonds or hazelnuts)

Soak the cashew nuts in water for 2-3 hours/overnight. Let it drain.

Put all the ingredients, except the vegetable milk, in the food processor and process. Add the vegetable milk little by little until a smooth paste is obtained (thick cream texture).

Pour the cream over the crust and spread evenly.

Top layer:

200 g fresh/frozen raspberries and cranberries
100 ml fruit lemonade (preferably red)
5 g of agar – agar

Place the fruit evenly over the cream so that the entire surface is covered.

In a saucepan, cook the fruit lemonade. When it starts boiling and add the agar (dissolved in a tbsp syrup/water, otherwise it will form lumps). Continue to cook for 2 minutes, still stirring. Allow to cool a little bit, checking and stirring regularly because it hardens relatively quickly.

Pour over the fruit making sure that all the empty spaces will be covered.

Refrigerate for at least half an hour before serving.

Run a knife around the edge of the cake and remove from the form.



Raspberry & cranberry cake

Raw vegan chocolate cake



Raw vegan chocolate cake

For a medium sized cake, 8-10 servings:

Crust:

2 cups walnuts

1/2 cup raisins

1/2 cup of dates

1 tsp vanilla essence

Put all the ingredients in the food processor. Process until ground fine. Mixture should hold together when pressed. Place

the mixture on a round cake plateau and press until you form the crust. Refrigerate.

Layer 2:

100 g strawberry jam

Spread evenly over the crust. Refrigerate.

Layer 3: cashew cream

2 cups raw cashew nuts

3 tablespoons melted coconut butter

2-3 tablespoons raw sugar / maple syrup

1-2 tsp vanilla essence

Soak the cashew nuts in water for 2-3 hours. Let it drain.

Put all the ingredients in the food processor and process until a smooth paste is obtained.

Pour on top of the jam, spread evenly and refrigerate for at least an hour.

The last layer : chocolate cream

2 ripe avocados

2 tablespoons of melted coconut oil

3 tablespoons cocoa

2-3 tablespoons raw sugar / maple syrup

1 tsp vanilla essence

Process all the ingredients in the food processor until you get a very fine paste. Spread evenly over the cake, including the sides. Refrigerate.

Whipped cream for garnish : see recipe here

Before serving garnish with vegan whipped cream.