

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.

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.

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.