

18

plant powered RAW food Recipes

The same recipes I've
been eating for over
14 years living raw.



SANDRA CAMPILLO 

🍏 PLANT POWERED RAW FOOD RECIPES 🍌

SMOOTHIES

Banana-Cherry Delight

3-4 ripe bananas
1 cup (or 8-10oz) pitted cherries
1-2 Medjool dates (pitted)
1/2 cup fresh coconut water** (or distilled water)

Apple-Pear-Berry Smoothie

1 Apple
1 mango
2 pears
1 cup frozen raspberries
1/4 cup [Goji berries](#)
1/2 cup fresh coconut water** (or distilled water)

Immunity Boosting Smoothie

1/2 pineapple, cut into chunks
1 cup strawberries
2 fresh naval or Cara-Cara oranges, peeled
1 fresh grapefruit, peeled
1 mango
2 tablespoons [Coconut Butter](#) or coconut manna (optional - Artisana or Nutiva are the better brands)
Add fresh coconut water as needed**

Green Detox Smoothie

4 ripe bananas	2 cups dandelion greens
1-2 pitted dates	2 tablespoons cacao nibs
1/2 cucumber, cut into chunks	1/2 cup distilled water (give or take to reach desired consistency)
2 Celery stalks, cut into chunks	

Instructions: Blend all ingredients in your [Vitamix](#) or high-speed blender of choice until smooth, except for cacao nibs. When done, add in nibs and blend for 25 seconds.

** A good alternative to fresh coconut water is Harmless Harvest brand coconut water. They use real coconut water not processed or boiled. Otherwise, just use distilled water. Give or take on the water. It all depends on your desired consistency so start small and add from there.



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JUICES

Beet & Cucumber Juice

- 2 medium beets
- 2 cucumbers
- 1 lime (or lemon)

Ray of Sunshine Juice

- 1 head of organic romaine lettuce
- 1 lemon
- 2 carrots
- 2 stalks of organic celery
- 1 cucumber (or zucchini)
- 1 green apple

Green Juice

- 4 kale Leaves
- 2 handful bunches of spinach
- 1 small handful of cilantro (or parsley)
- 1 broccoli stalk
- 1 zucchini
- 2 gala apples (or other red apple)

Vibrant Glow Green Juice

- 1 large cucumber
- 1 medium bulb fennel
- 1 small bunch of kale
- 1 handful of parsley (or cilantro)
- 1 thumb-size piece of fresh turmeric root
- 1 granny smith apple
- 1 lemon

Citrus Flush

- 1 grapefruit
- 3 oranges
- 1 lemon
- 1 lime

This is a top pick because of how easy it is to make. It can be made with a [citrus juicer](#). I use [this one](#).



Cleansing Beet Juice

- 1 cucumber
- 5 celery stalks
- 5 kale leaves
- 1 small beet
- 1/2 bunch of fresh mint
- 1 lemon (or lime)
- 1 green apple

Note: If using a cold-pressed (masticating) juicer, you will need to peel the lemon or lime.

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SALADS

Easy Kale Salad

5 kale leaves de-stemmed, then finely chopped
1 cucumber, cut into pieces (peel if not organic)
1 avocado, diced
1 cup red cabbage, shredded
10 cherry tomatoes halved
2 tablespoons nutritional yeast
Juice of 1 lemon

Add kale to large bowl. Massage nutritional yeast and lemon juice into kale; then, add in other ingredients. Mix well.



Leafy Sprout Salad

2 cups red leaf lettuce
1 cup alfalfa/radish sprouts
1 cup pea shoots/sprouts
1 small cucumber spiralized (or sliced if you don't have a spiralizer)
¼ cup green onion thin sliced
2 roma tomatoes sliced

Toss all ingredients into a large bowl. Dress it up with the Raw & Alive Hemp Seed dressing.

Veggie Salad

1 cucumber, cut into chunks	1 avocado
2 celery stalks, finely diced	1 cup red cabbage, shredded
1 cup asparagus, chopped into pieces	1/4 cup <u>coconut aminos</u> **
2 carrots, peeled	Juice of 1/2 lemon

Toss all veggies into a large bowl, except carrots. Use veggie peeler to thinly slice carrots over veggies in bowl. Scoop out avocado into a small bowl and combine with coconut aminos and lemon juice; then, pour over salad.

** Bragg or Native are the preferable brands for Coconut Aminos

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SALADS

Romaine Lettuce Boats

6 large romaine lettuce leaves
1 large tomato, diced
1 cup broccoli sprouts, microgreens, or other sprout of choice
1 small cucumber, julienned
2 celery stalks, finely chopped
2 small avocados (1 diced)
Juice of 1 lime



Top romaine leaves with veggies. Scoop out one of the avocados into a small bowl and add lime juice; then, mash up. Add a dash of Himalayan salt to taste if desired. Spoon over lettuce boats.

Kale & Veggie "Noodle" Salad

4 kale leaves de-stemmed and finely chopped
1 small zucchini, spiralized (use a veggie peeler if you don't have a spiralizer)
1 small cucumber, spiralized
1 cup microgreens or sprouts of choice
¼ cup red onion, diced
10 cherry tomatoes, halved
Orange or yellow peppers, diced (optional)

For Dressing:

1 large avocado
1/4 coconut aminos
Juice of 1 lemon
1 small garlic clove, finely chopped
1 small piece of turmeric, finely chopped
1/4 cup distilled water

Add veggie noodles to bowl; then, add kale, cucumber, peppers (if desired), microgreens (or sprouts), onion, and tomatoes. Scoop avocado into a small bowl, add in coconut aminos, lemon juice, turmeric, garlic, and water; then mash up. Pour over salad and mix in well.

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DRESSINGS

Hemp Seed Dressing

1/2 cup hemp seeds
Juice of 1 lemon
Small bunch of green onion
1 small garlic clove
2 tablespoon nutritional yeast
1/4 teaspoon Himalayan salt (pink salt)
1/2 cup distilled water (Add more water as needed to reach desired consistency)

Blend all ingredients in your Vitamix or high speed blender until smooth and creamy. You can use a food processor if you want a chunky-like texture.



Avocado-Orange Dressing

1 avocado
1 naval orange
Small handful of parsley
1 small garlic clove
1/4 teaspoon Himalayan salt

Blend all ingredients in food processor until smooth (add water as needed).

Raw Vinaigrette

1/4 - 1/2 cup coconut aminos
Juice of 1 lemon
1/4 cup finely chopped parsley
1 small garlic clove, finely chopped
Dash of Himalayan salt to taste if desired

Combine all ingredients into a small bowl; then, mix well.

KITCHEN FAVORITES

TOOLS LIST



VITAMIX

THIS IS A HIGH QUALITY MACHINE AND AN INVESTMENT IN YOUR HEALTH. WORTH THE BUY



NAMA J2 JUICER

THIS IS A TIME-SAVING COLD-PRESSED JUICER WORTH EVERY PENNY. HIGH QUALITY



FOOD PROCESSOR

A MUST-HAVE KITCHEN ESSENTIAL THAT WILL SAVE YOU A TON OF TIME IN THE KITCHEN



VEGGIE SPIRALIZER

THIS TOOL MAKES SALAD PREPPING QUICK, FUN, EASY AND MAKES EATING VEGGIES MORE ENJOYABLE



CITRUS JUICER

A QUICK, EASY, NO-MESS WAY TO MAKE JUICE IN A HURRY AND FUEL UP ON VITAMIN C



NUT MILK MACHINE

A TIME-SAVING, NO-MESS, EASY CLEANUP & FUN WAY TO MAKE HOMEMADE PLANT MILK, JUICES, AND SORBET