



Spring INTO
VITALITY

THE RAW FOOD
RECHARGE RECIPES OF

CHEF

KAREN OSBORNE

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Spring into Vitality

The Raw Food Recharge Recipes of Chef Karen Osborne

Spring into Vitality The Raw Food Recharge Recipes of Chef Karen Osborne	3
Eat and Recharge Like a VIP!	5
Spring into Vitality Menu Plan	6
Breakfast Dishes	7
Blueberry Chia Porridge	7
Cashew Yogurt	8
Low Glycemic Granola	9
Quiche Crust	10
Quiche Filling	11
Smoothies (Low Glycemic)	12
Italian Smoothie	12
Lemon Ginger Smoothie	13
Onion Garlic Smoothie	13
Soups, Salads, Sandwiches, and Entrées	14
Collard Roll-Ups	14
Cucumber Dill Soup	14
Kale, Collards & Cabbage	15
Nori Rolls (Sushi)	16
Spinach Salad	17
Tacos	17
Zucchini Lasagna Alive	18
Sauces, Dips, Patés, and Dressings	19
Sauces	19
Marinara Sauce	19
Dips	20
Creamy Cheddar Dip	20
Guacamole	20
Onion Dip	21



The Raw Food Recharge Recipes of Chef Karen Osborne

Sour Cream	21
Tomato Salsa.....	22
Zucchini Hummus	23
Paté.....	24
Not Tuna Paté	24
Dressings.....	25
Fat Free Raspberry Vinaigrette	25
Fat Free Tomato and Herb Dressing	26
Honey Mustard Salad Dressing	26
Ranch Dressing.....	27
Nut Cheese	28
Creamy Nut Cheese	28
Goat Cheese.....	29
Lasagna Cheese.....	30
Low Glycemic Desserts	31
Low Glycemic Amaretto Truffles.....	31
Low Glycemic Fudge	32
Low Glycemic Mudslide Pie	33
Low Glycemic Mudslide Pie Crust	33
Low Glycemic Mudslide Pie Bottom Layer	34
Low Glycemic Mudslide Pie Filling	35
Gels for Recipes	36
Chia Gel.....	36
Irish Moss Gel	36
About Chef Karen Osborne	37
About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN	37
Health Restoring Books and Programs.....	38
Vibrant Living Video Classes.....	39



Eat and Recharge Like a VIP!

Chef Karen Osborne and I are pleased to share with you the recipes from our exciting **Spring into Vitality** event in Austin, Texas. We put together the fresh ingredients and healing foods we wanted to share with our valued VIP members, so everyone could experience what it's like firsthand to dine on these delicious gourmet creations.

All of the recipes are gluten-free, sugar-free, and dairy-free. They are packed with nutrition and harness the benefits of whole, living foods to give your body the fuel you need to go after your goals with gusto!

We hope you continue to enjoy these recipes and all the vibrant living energy recharge benefits they have to offer!



A Transformational Workshop with Dr. Ritamarie Loscalzo



Spring into Vitality Menu Plan

	Friday	Saturday	Sunday
Breakfast	<p><i>Chia Porridge</i> <i>Smoothies</i> <i>Cashew Yogurt</i> <i>Blueberries</i> (topping for yogurt) <i>Low Glycemic Granola</i> (as a topping for the yogurt or porridge)</p>	<p><i>Chia Porridge</i> <i>Smoothies</i> <i>Cashew Yogurt</i> <i>Blueberries</i> (topping for yogurt) <i>Low Glycemic Granola</i> (as a topping for the yogurt or porridge) <i>Quiche</i></p>	<p><i>Chia Porridge</i> <i>Smoothies</i> <i>Cashew Yogurt</i> <i>Blueberries</i> (topping for yogurt) <i>Low Glycemic Granola</i> (as a topping for the yogurt or porridge)</p>
Lunch	<p>Salad Bar <i>Tomato Herb Dressing</i> <i>Honey Mustard Dressing</i> <i>Ranch Dressing</i> vegetables for dipping <i>Zucchini Hummus</i> <i>Onion Dip</i> <i>Cheddar Dip</i> Not Tuna Paté in tomatoes garnished with sprouts</p>	<p>Salad Bar <i>Tomato Herb Dressing</i> <i>Honey Mustard Dressing</i> <i>Ranch Dressing</i> vegetables for dipping <i>Zucchini Hummus</i> <i>Onion Dip</i> <i>Cheddar Dip</i> <i>Nori Rolls</i></p>	<p>Salad Bar <i>Tomato Herb Dressing</i> <i>Honey Mustard Dressing</i> <i>Ranch Dressing</i> vegetables for dipping <i>Zucchini Hummus</i> <i>Onion Dip</i> <i>Cheddar Dip</i> <i>Collard Rolls</i></p>
Dinner	<p>Salad Bar <i>Tomato Herb Dressing</i> <i>Honey Mustard Dressing</i> <i>Ranch Dressing</i> vegetables for dipping <i>Zucchini Hummus</i> <i>Onion Dip</i> <i>Cheddar Dip</i> <i>Tacos</i> <i>Low Glycemic Fudge</i></p>	<p><i>Spinach Salad</i> (with choice of raspberry or mustard dressing) <i>Cucumber Dill Soup</i> <i>Zucchini Lasagna Alive</i> <i>Mudslide Pie</i></p>	



Breakfast Dishes

Blueberry Chia Porridge

Ingredients:

- 1/4 recipe *Chia Gel*
- 1/2 cup fresh nut or seed milk (optional)
- 1 tablespoon flax seed, freshly ground (optional)
- 1/2 cup blueberries, quick pulsed in food processor or hand chopped
- 1/4 cup shredded unsweetened raw coconut
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- stevia if desired for extra sweetness

Directions:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in blueberries, coconut, and cardamom and stir well.
4. Check sweetness and add stevia if desired.



Cashew Yogurt

Ingredients:

- 1 cup water
- 1 heaping cup raw cashews
- 1 teaspoon probiotic powder, **Healthforce Nutritionals**

Directions:

1. Blend the cashews and water in a high speed blender until smooth.
2. Add the probiotic powder and blend at low speed just until it is incorporated.
3. Pour mixture into a clean glass jar and just rest the lid on top to keep mixture clean but to allow air in.
4. Let mixture sit at room temperature in a warm location for 24 hours.
5. Close lid and refrigerate.



Low Glycemic Granola

Ingredients:

- 1/2 cup almond meal flour (process 1 cup of almonds to a powder)
- 4 cups soaked dehydrated almonds
- 1 cup shredded coconut
- 2 cups diced Granny Smith apple, or less, to taste* 24 drops stevia
- 1 teaspoon vanilla extract
- 1 tablespoon cinnamon
- 1/2 teaspoon sea salt
- 2 tablespoons chia seeds, ground in coffee or spice grinder

Directions:

1. Process the 1 cup of almonds to a powder in the food processor.
2. Pulse all other ingredients, except the apple, in a food processor until chopped.
3. Add the apple and pulse to incorporate.
4. Dehydrate chunks on mesh screens at 145°F for 45 minutes.
5. Turn dehydrator down to 105°F and continue dehydrating until crispy.
6. Store in an air tight container in the freezer.

Personal Note: Substitute the apple with zucchini and double the stevia if you are blood sugar sensitive and unable to tolerate any fruit.



Quiche Crust

Ingredients:

- 1 cup almonds, soaked and dehydrated
- 1 tablespoon psyllium flakes
- 1/2 teaspoon pink Himalayan or sea salt
- 1 1/2 cups pecans, soaked and dehydrated
- 2 tablespoons filtered water

Directions:

1. Place the almonds, psyllium flakes, and the salt in a food processor and pulse chop until they are a fine powder.
2. Add the pecans and pulse chop until they are finely chopped being careful not to let them turn into a butter.
3. While the food processor is running, add the water and process just until the mixture holds together when pinched.
4. Press into a 9-inch tart pan preferably with a removable bottom.
5. Refrigerate while you prepare the filling.



Quiche Filling

Ingredients:

- 1 1/2 lb. zucchini, peeled and chopped
- 1/4 cup filtered water
- 1 1/2 cups raw cashews
- 1 1/4 teaspoons Himalayan or sea salt
- 2 tablespoons lemon juice
- 1 teaspoon organic onion powder
- 1/2 teaspoon organic garlic granules
- 1 1/2 teaspoons sweet smoked Spanish paprika
- 4 packed cups organic spinach, pulsed in food processor with 1/4 teaspoon salt
- 3 cups Roma tomatoes, diced
- 1/4 cup minced scallions
- 1/4 cup psyllium husk flakes, or 2 tablespoons of psyllium powder

Directions:

1. Place the zucchini and water in a blender and blend until smooth.
2. Add the remainder of the ingredients (except the spinach, tomatoes, and scallions).
3. Blend until creamy.
4. Pour mixture into a bowl and stir in the spinach, tomatoes, and scallions.
5. Fill the crust.
6. Let it set at least 15 minutes before serving. Refrigerate if not serving right away.
7. Bring to room temperature or warm in dehydrator for an hour at 105°F before serving.



Smoothies (Low Glycemic)

***Substitutions:** We actually used fresh onion and garlic at the event; fresh ingredients offer more flavor, but if you prefer a lighter taste, then use dried ingredients. You can substitute sea salt (to taste) if you do not have Ume vinegar.

Italian Smoothie

Ingredients:

- 2 cups water
- 4 Roma tomatoes
- 4 cups thinly sliced celery
- 1/4 cup ume vinegar*
- 1 teaspoon garlic granules*
- 1 teaspoon Italian seasoning (more to taste)
- 8 cups baby kale or baby bok choy
- 1 avocado

Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed until smooth.
3. Add avocado, blend until incorporated, and enjoy!

Lemon Ginger Smoothie

Ingredients:

- 2 cups water
- 1/4 cup lemon juice
- 2 cups sliced cucumber (1/4" rounds)
- 8 cups baby arugula
- 4 cups thinly sliced celery
- 1/4 cup ume vinegar*
- 3 - 4 tablespoons fresh ginger (small dice)
- 1 avocado

Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed until smooth.
3. Add avocado, blend until incorporated, and enjoy!

Onion Garlic Smoothie

Ingredients:

- 2 cups water
- 4 cups thinly sliced celery
- 2 cups sliced cucumber (1/4" rounds for measuring)
- 8 cups Lacinato kale
- 2 teaspoons onion powder*
- 1 teaspoon garlic granules*
- 1/4 cup ume vinegar*
- 2 tablespoons lemon juice
- 1 avocado

Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed until smooth.
3. Add avocado, blend until incorporated, and enjoy!

Soups, Salads, Sandwiches, and Entrées

Collard Roll-Ups

Ingredients:

- 2 - 3 collard green leaves, raw, blanched or lightly steamed
- 2 - 3 handfuls arugula (1 handful for each collard leaf)
- 2 - 3 small handfuls broccoli sprouts (1 handful for each collard leaf)
- 2 tablespoons raw sauerkraut for each collard leaf (optional)
- 2 tablespoons *Creamy Nut Cheese* or *Creamy Cheddar Dip* for each collard leaf, or you can substitute the nut cheese with any other raw dip or spread you have on hand.

Directions:

1. Lay out your collard leaf and fill with amazing and body-healing ingredients!
2. Essentially, you'll want to layer your ingredients, roll them up tight, and cut into chunks.

Cucumber Dill Soup

Ingredients:

- 1 cup cucumber purée, from peeled cucumbers
- 1 cup filtered water
- 1/2 teaspoon organic garlic granules
- 1 teaspoon organic onion powder
- 2 tablespoons lemon juice
- 1/2 teaspoon Himalayan or sea salt
- 1 avocado
- 2 teaspoons dried dill weed
- 2 - 4 sprigs fresh dill, for garnish (optional)

Directions:

1. Blend all ingredients (except the avocado and the dill weed) in a high speed blender until smooth.
2. Add the avocado and the dried dill weed and blend briefly until incorporated.
3. Refrigerate until service.
4. (Optional) Garnish with fresh dill or a sliver of lemon and enjoy.



Kale, Collards & Cabbage

Ingredients:

- 1 cup julienned red onion
- 4 cups chiffonaded kale leaves, de-stemmed
- 4 cups chiffonaded collard leaves, de-stemmed
- 4 cups shredded cabbage
- 3 tablespoons lemon juice
- 1/2 - 3/4 teaspoon sea salt
- 1 - 2 avocados, roughly chopped, more to taste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Directions:

1. Soak the julienned onions in water while you prepare the greens.
2. Combine the kale leaves, collard leaves, cabbage, and onions in a large bowl.
3. Add 1/2 teaspoon of sea salt and 2 tablespoons of lemon juice.
4. Massage the greens in the salt and lemon juice until they become half the original size.
5. Pour off excess liquid.
6. Add the avocado, garlic powder, onion powder, another tablespoon of lemon juice and 1/4 teaspoon of salt (if necessary).
7. Massage the seasonings into the greens breaking up the avocado and coating all of the greens.



Nori Rolls (Sushi)

Ingredients:

- nori sheets
- a nut or seed paté, pesto, chopped veggie salad, or avocado
- any combination of the following ingredients chopped, sliced, diced, shredded or julienned: cucumber, carrot, avocado, celery, field greens, romaine lettuce leaves, sprouts, or veggies of your choice

Directions:

1. Lay a sheet of nori shiny side down on a dry bamboo sushi mat (available inexpensively at most Asian markets) or on a cutting board.
2. **Option 1:** Place a large lettuce leaf on the nori sheet. Place a strip of paté over the lettuce leaf, being sure to go all the way to the side edges. Add desired toppings and roll and cut as directed below.
3. **Option 2:** Place greens and vegetables on the nori sheet. Put a few dollops of paté or sauce over the veggies. Season with salt or herbs and roll and cut.
4. **Option 3:** Place a thin layer of paté on the nori sheet. Spread to within 1 inch of the edge at the bottom and 2 inches at the top and all the way to the edge at the sides. On top of the paté, layer a handful of field greens, vegetables, avocado and any desired toppings. For additional flavor, I sometimes use a pinch of umeboshi plum paste and a few slices of pickled ginger or a small amount of miso (not 100% raw, but a living food with live cultures). Roll and cut as directed below.
5. **To Roll:** Grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers and press the filling back towards you with your other fingers. Using the mat to help you, roll the front edge of the nori completely over the filling. Squeeze gently with the mat, then lift the mat and continue rolling. Tap the roll gently and open the mat. Just before closing the roll, dip index finger in water and run along the edge of the nori sheet. This will seal the seam of the roll.
6. **To Cut:** To cut rolls, use a pointed sharp knife, cutting in a see-saw motion slicing through the roll. For uniform pieces, cut in half, then each half in half. For variety in presentation you can also cut at a 45-degree angle.

Personal Note: For our *Spring into Vitality VIP* meals, we'll be making a version that uses parsnips and cashews processed with apple cider vinegar and salt, with additional cucumber, avocado, and dulse.



Spinach Salad

Ingredients (all amounts are to taste):

- spinach
- mushrooms
- dulse
- pecans, soaked and dehydrated
- *Goat Cheese*
- choice of *Honey Mustard* or *Fat Free Raspberry Vinaigrette* dressing

Directions:

1. Combine and enjoy.

Tacos

Taco Shells:

- romaine lettuce hearts

Toppings:

- *Creamy Nut Cheese* or *Sour Cream* optionally with garlic and/or chives
- *Guacamole*
- *Tomato Salsa*

Garnishes:

- sprouts: alfalfa, daikon, radish, broccoli, mixed
- micro greens
- shredded carrots
- shredded lettuce or cabbage

Directions:

1. Hold romaine heart in your hand or place on plate, concave side up.
2. Top with salsa, guacamole, and cheese.

Personal Note: If serving a family or group, put each ingredient in a separate bowl and let everyone create their own.

Zucchini Lasagna Alive

Ingredients:

- 4 - 6 large zucchini or yellow squash, peeled if desired
- 1 lb. of spinach (wilted with lemon juice and salt)
- 1/2 teaspoon sea salt
- 1 recipe *Marinara Sauce*
- 1 or 2 recipes *Lasagna Cheese*

Directions:

1. Prepare “noodles”: Using a mandolin or sharp knife, thinly slice squash lengthwise. Slice to about the same thickness, or a little bit thinner, as regular lasagna noodles. Place squash slices in a flat baking dish and sprinkle with salt. Allow to sit at room temperature 10 minutes so that they soften a bit.
2. Wilt spinach by adding a sprinkle of lemon juice and sea salt. Massage, then allow to sit at room temperature 10 minutes so that the spinach softens.
3. Make one or two recipes of *Lasagna Cheese* (or your favorite nut cheese)
4. Make *Marinara Sauce* or your favorite raw food chunky tomato sauce.
5. Drain the squash and spinach, reserving liquid for use in other recipes or soups.
6. Line the bottom of baking dish with a thin layer of sauce.
7. Lay squash slices on the pan bottom, slightly overlapping to cover completely.
8. Add a layer of softened spinach.
9. Spread a layer of cheese over the squash and then a layer of sauce.
10. Continue to layer (sauce, squash, spinach, cheese), ending with a layer of squash covered with sauce.
11. Warm (optional): The lasagna can be eaten “as is”, warmed in a dehydrator, or warmed in an oven that has been turned to warm.
12. Dehydrate until warm for up to 24 hours, until desired texture is achieved. If you do not have a dehydrator, turn oven on to the lowest setting. Put a thermometer in to monitor. After it has reached about 110°F, turn the oven off and set the pan inside to warm.

Personal Note: This is a special occasion entrée that takes about an hour to make.



Sauces, Dips, Patés, and Dressings

Sauces

Marinara Sauce

Ingredients:

- 1 cup sun dried tomatoes, soaked for several hours (until softened) in 1 cup of water
- 1/2 - 3/4 cup tomato soak water
- 2 cups tomatoes
- 1 teaspoon oregano
- 1 clove garlic
- up to 1 teaspoon of sea salt
- 1/4 cup fresh basil, minced, or 2 tablespoons dry
- 1 tablespoon olive oil (optional)
- Italian seasoning to taste (optional)

Directions:

1. Process all ingredients, except the fresh basil, in a food processor.
2. Adjust liquid and seasonings to taste.
3. Stir in basil.

Dips

Creamy Cheddar Dip

Ingredients:

- 1 large red bell pepper
- 1 cup macadamia nuts or cashews
- 1 large lemon, juiced
- 1/4 teaspoon sea salt

Directions:

1. Roughly chop the red bell pepper and place them in a blender with the salt and lemon.
2. Blend on high speed until smooth.
3. Add the nuts and blend until creamy.
4. If need be, adjust to desired consistency by adding water to thin or additional nuts to thicken.

Guacamole

Ingredients:

- 3 medium avocados
- 1 lemon, juice of
- 1/2 teaspoon sea salt
- 1/4 cup cilantro, finely minced

Directions:

1. Put avocado and lemon juice in a bowl and mash with a potato masher or fork until smooth.
2. Add salt cilantro and stir well.
3. Adjust lemon and salt to taste.



Onion Dip

Ingredients:

- 1 1/2 cups water
- 2 cups macadamia nuts, or cashews or mix
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 2 - 4 tablespoons dried minced onion

Directions:

1. Combine all ingredients except the onions in a high speed blender.
2. Blend until smooth.
3. Stir in the minced onion.
4. Refrigerate.

Sour Cream

Ingredients

- 1/2 cup cashews
- 1/2 cup macadamia nuts
- 1 large lemon, juiced
- 1/4 - 1/2 teaspoon sea salt
- 1/2 cup water

Directions

1. Place cashews and macadamia nuts in a blender with lemon juice, salt, and water and blend well on high speed.
2. Add additional water if needed to achieve desired consistency.
3. Blend on high speed until smooth.



Tomato Salsa

Ingredients:

- 2 tomatoes, diced
- 2 teaspoon cilantro, minced
- 1 - 2 teaspoon green onion, minced
- 1/2 cup lime juice
- 1 clove garlic, crushed
- 1/4 teaspoon jalapeño, minced (or a dash of cayenne)
- 1/8 teaspoon sea salt

Directions (Option 1):

1. Stir all ingredients together in a bowl.
2. Let the salsa sit for 10 minutes before serving to allow the flavors to mingle.
3. Add pineapple and/or mango for a variation (if you can tolerate high-glycemic fruits).

Directions (Option 2 with Food Processor):

1. Rather than cutting the ingredients by hand, put everything except the lime juice in the food processor and pulse-chop until it reaches the desired consistency. Do not over process.
2. Stir in lime juice and let salsa sit for 10 minutes before serving to allow the flavors to mingle.



Zucchini Hummus

Ingredients

- 2 zucchini, peeled
- 4 tablespoons raw tahini
- 4 tablespoons lemon juice
- 1/4 teaspoon garlic granules
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon Himalayan or sea salt
- 1/2 cup cashews

Directions

1. Blend all ingredients (except cashews) in a food processor or blender until smooth and creamy.
2. Add the cashews and blend until smooth.
3. Adjust seasonings to taste.
4. Add water to make it thinner if desired.

Paté

Not Tuna Paté

Ingredients:

- 1 1/2 cups walnuts, soaked
- 1 cup parsnips, coarsely chopped
- 1/2 cup lemon juice
- 1 tablespoon kelp powder
- 1 teaspoon Himalayan or sea salt
- up to 3/4 cup water as necessary to process
- 1 teaspoon dried dill or 1 1/2 teaspoons fresh minced
- 1/2 cup minced celery
- 1/2 cup minced red onions
- 1/2 cup minced parsley
- 3 tablespoons capers

Directions:

1. Process the walnuts, parsnips, lemon juice, kelp powder, and salt in a food processor fitted with the “S” blade until it is the texture of a paté. Add water as necessary to process.
2. Remove the paté to a bowl and stir in the dill, celery, onions, parsley and capers.



Dressings

Fat Free Raspberry Vinaigrette

Ingredients:

- 1/2 cucumber
- 1/3 cup raspberries, frozen and thawed
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic granules
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 12 drops stevia
- 1/4 teaspoon oregano

Directions:

1. Blend all ingredients in a high speed blender until smooth.

Fat Free Tomato and Herb Dressing

by Cherie Soria in *The Raw Food Revolution Diet*, adapted by Karen Osborne

Ingredients:

- 1 1/2 cups coarsely chopped ripe tomatoes
- 1 cup peeled and chopped zucchini
- 1/4 cup chopped celery
- 2 tablespoons freshly squeezed lemon juice
- 4 drops liquid stevia, optional
- 2 teaspoons Italian seasoning
- 2 cloves garlic
- 1 teaspoon onion powder
- 1/2 teaspoon chopped red onion
- 1/2 teaspoon salt
- 1 pinch of freshly ground black pepper

Directions:

1. Combine all of the ingredients in a high speed blender and process until smooth.

Honey Mustard Salad Dressing

Ingredients:

- 1 cup finely chopped, peeled zucchini
- 1 1/2 tablespoons Dijon mustard
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic granules
- 8 drops stevia
- 1/2 teaspoon Himalayan or sea salt
- 2 teaspoons **Lakanto** sweetener
- 1/8 teaspoon turmeric

Directions:

1. Combine all ingredients in a high speed blender and blend until smooth.



Ranch Dressing

Ingredients:

- 1 cup cashews
- 3/4 cup water
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 - 1 teaspoon salt
- 1 tablespoon fresh minced basil or 1 teaspoon dried basil
- 1 tablespoon fresh dill or 1 teaspoon dried dill

Directions:

1. Blend all ingredients except the basil and dill in a high speed blender until smooth.
2. Add the basil and the dill. Pulse to mix.



Nut Cheese

Creamy Nut Cheese

Ingredients:

- 1 cup cashews, macadamia nuts or a combination
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor

Directions:

1. Put all ingredients into blender or Vitamix.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.



Goat Cheese

Ingredients:

- 1 cup water
- 2 cups macadamia nuts, soaked
- 1 teaspoon probiotic powder
- 1/2 teaspoon salt
- 3 tablespoons nutritional yeast flakes
- 1 cup *Irish Moss Gel*
- 1 teaspoon psyllium powder

Directions:

1. Blend the water and the macadamia nuts in a high speed blender until smooth.
2. Add the probiotic powder and blend again on low speed until incorporated.
3. Pour mixture into a bowl and set the lid on, not closing it, so air can get in.
4. Let this mixture sit on a counter top in a warm area for 24 - 48 hours.
5. Put the mixture back in the blender with the Irish moss, salt, and nutritional yeast flakes.
6. Blend until mixed well.
7. Add the psyllium and blend until well incorporated.
8. Put mixture in a bowl and refrigerate for at least four hours.
9. Crumble a small bit on top of your salad.



Lasagna Cheese

Ingredients:

- 1 cup cashews, macadamia nuts, or a combination
- 1 tablespoon lemon juice
- 1 cup water
- 1 teaspoon sea salt or to taste
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor
- 1 teaspoon psyllium flakes

Directions:

1. Put all ingredients, except psyllium, into a high speed blender.
2. Blend on high speed until smooth.
3. Add the psyllium flakes and blend again until the mixture begins to thicken.

Low Glycemic Desserts

Low Glycemic Amaretto Truffles

Ingredients:

- 4 tablespoons almond butter
- 3 tablespoons coconut oil
- 8 drops chocolate extract
- 2 tablespoons **Zero**, powdered
- 1 pinch sea salt
- 1/2 tablespoon almond extract
- 1/2 cup carob powder
- 8 drops liquid stevia
- 1/2 teaspoon konjack flour
- 2 tablespoons water

Directions:

1. Process all ingredients in a food processor just until combined. If you process it too long, the oils will separate from the mixture.
2. Roll the mixture into desired size and shape.
3. Refrigerate until firm.



Low Glycemic Fudge

Ingredients:

- 1/2 cup almond butter
- 6 tablespoons coconut oil
- 16 drops chocolate extract
- 1/4 cup **Lakanto** sweetener, powdered in a coffee grinder
- 1 dash salt
- 1 cup raw carob powder
- 12 drops liquid stevia
- 1/4 cup water
- 4 drops **Medicine Flower** peppermint extract or to taste or 1 tablespoon almond extract
- 1 teaspoon konjack flour

Directions:

1. Combine all ingredients (except the konjack flour) in a high speed blender until smooth.
2. Add the konjack flour and blend until incorporated.
3. Spread into a parchment lined or removable bottom 8" x 8" pan.
4. Chill until firm.
5. Slice and serve.

Low Glycemic Mudslide Pie

Ingredients:

- 1 *Low Glycemic Pie Crust*
- 1 *Low Glycemic Mudslide Pie Bottom Layer*
- 2 *Low Glycemic Mudslide Pie Filling*

Directions:

1. Alternate pouring the two fillings into the crust in increments.
2. Spoon the rest of the chocolate bottom mixture randomly over the pie.
3. Use a chopstick to swirl them together.
4. Allow to set up in the refrigerator until firm (about 12 - 24 hours).
5. Keep refrigerated until service.

Low Glycemic Mudslide Pie Crust

Ingredients:

- 1 1/2 cups almonds, soaked and dehydrated
- 1/4 cup flax seeds, ground
- 2 tablespoons lucuma powder
- 1/4 teaspoon Himalayan or sea salt
- 2 tablespoons **Lakanto** sweetener
- 2 teaspoons vanilla extract
- 2 tablespoons coconut oil
- 1 tablespoon water

Directions:

1. Place the almonds in a food processor and grind to a powder.
2. Add the ground flax seeds, lucuma powder, salt, **Lakanto**, and process until ingredients are thoroughly combined.
3. Add the coconut oil and vanilla extract and process until they are incorporated.
4. With the food processor running, add the water and process just until the mixture begins to stick together.
5. Press into a 9" pie plate.
6. Refrigerate while you prepare the filling.



Low Glycemic Mudslide Pie Bottom Layer

Ingredients:

- 1 cup +2 tablespoons carob powder, wild, raw
- 1 cup +2 tablespoons filtered water
- 1/2 cup coconut oil
- 24 drops chocolate extract, **Medicine Flower**
- 24 drops liquid whole leaf stevia, **Sweet Leaf Brand**
- 1/4 cup **Lakanto** sweetener

Directions:

1. Blend all ingredients in a high speed blender until smooth.
2. Pour and spread 1 cup on top of the crust and allow to set in the refrigerator while you prepare the filling. Set aside the remaining mixture - do not refrigerate.

Low Glycemic Mudslide Pie Filling

Ingredients:

- 2 3/4 cups filtered water
- 2 cups dried unsweetened shredded organic coconut
- 1 1/4 cups cashews
- 1/4 teaspoon Himalayan or sea salt
- 2 teaspoons vanilla extract
- 28 drops liquid whole leaf stevia, **Sweet Leaf Brand**
- 1/4 cup **Lakanto** sweetener
- 1 tablespoon liquid sunflower lecithin
- 1/2 cup cacao butter, melted in bowl of warm water or in dehydrator
- 1/2 cup almond butter, raw, organic

Directions:

1. Blend the water and the shredded coconut in a high speed blender and then squeeze through a nutmilk bag to make coconut milk.
2. Blend the coconut milk with all ingredients (except the lecithin, cacao butter, and almond butter) until well incorporated.
3. Add the lecithin and cacao butter and blend until mixture is smooth and all ingredients are incorporated.
4. Pour 2 1/2 cups of the mixture into a measuring cup and freeze, stirring occasionally so it won't stick to the sides of the container. Freeze mix until it's thick like a cake batter.
5. Add the almond butter to the remaining mixture in the blender and blend briefly until incorporated.
6. Put mixture in the refrigerator until thick like cake batter.



Gels for Recipes

Chia Gel

Ingredients:

- 1/2 cup chia seed
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store in the refrigerator up to a week.

Personal Note: This is the base for several of the chia dishes.

Irish Moss Gel

Ingredients:

- 1/2 cup Irish moss
- 1/2 cup filtered water

Directions:

1. Rinse the dry Irish moss. Cover it with water in a bowl and soak it for 3 to 8 hours. It will expand to about one cup of Irish moss.
2. Rinse it again making sure to rinse away all of the sand and salt.
3. Put the Irish moss in a high speed blender with 1/2 cup of water and blend until it is smooth.
4. Refrigerate the paste for 2 hours to let it set.
5. This will last in the refrigerator for 10 days in a glass jar with an air tight lid.

Personal Note: Wheatsville Food Co-op in Austin, TX is a source for finding Irish moss.

<http://wheatsville.coop/>

About Chef Karen Osborne



Karen Osborne, a lifetime active pianist, has been preparing gourmet raw food since being introduced to it in 2001. Karen's body became her new, finely tuned instrument after experiencing the energy and great health that followed the elimination of gluten, dairy and refined sugar from her diet and adding lots of greens. Karen's passionate performances now are focused on creating raw food experiences as treats of harmonic sensations, developing flavors like a symphony. From delicate to dynamic, her food is music to the palate.

Specializing in tantalizing raw versions of favorites like Tiramisu, she loves to help people with the food part of their transition to a healthy lifestyle that also includes exercise, sun and sleep.

Karen is a graduate of both The Natural Epicurean and The Living Light Culinary Arts Institute. Karen sells her creations in the Austin, Texas area where she gives private instruction in Raw Food preparation, demonstrates Raw Food Joy regularly for a market in South Austin, manages Dr. Ritamarie's Co-op and teaches classes. You'll find Karen's website here:

<http://www.chefkareno.com>

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie has been sharing her passion for raw and living foods for more than 25 years, lovingly catalyzing others to create joy, success, and abundance in their lives.

As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods.

As a licensed health care provider, Dr. Ritamarie has seen the magical transformations that occur when her patients and students apply the ancient healing wisdom of whole fresh foods and supportive lifestyle practices with a touch of modern scientific research.

Dr. Ritamarie offers online courses, long distance coaching and counseling, as well as in-person classes and hands-on healing methodology. www.drRitamarie.com

Health Restoring Books and Programs

Dessert: Making It Rich Without Oil: The only dessert book comprised of 100% gluten-free, dairy-free, sugar-free, soy-free, and oil-free whole raw ingredients. Each recipe includes a mouth-watering, full-sized photograph. The recipes are easy to make, fun to eat, and will make the transition to a healthier diet a very pleasant experience.

<http://www.DrRitamarie.com/makeitrich>

Dried and Gone to Heaven DVD Home Study Kit: Complete with DVDs, recipe guide, and more, this kit includes full instruction on the care and use of your dehydrator, health gems, and complete recipe demonstrations. Make all your favorite comfort foods in ways that support your health, rather than drain it.

<http://www.DriedAndGoneToHeaven.com>

Power Breakfasts Ideas: Quick, healthy, and energizing recipes and tips for starting your morning with recipes that give you plenty of energy to fuel you throughout the day!

<http://RawPowerBreakfast.com>

Seasonal Specials: Halloween, Thanksgiving, Christmas and Hanukah recipe books and videos will help you get healthy instead of heavy over the holidays.

<http://www.drRitamarie.com/shop/seasonal>

GREEN Cleanse: A 7-day cleanse built upon the healing benefits of eating leafy greens, rich in minerals and nutrition, is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens!

<http://www.GreenSmoothieCleanse.com>

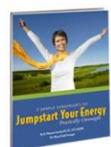
B4 Be Gone Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain energy, focus, and self-confidence. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, and more, you'll have an effective and balanced lifestyle approach to reclaiming your health.

<http://www.B4BeGoneSystem.com>

FAST (Food Allergy Spy Training): You'll be guided step-by-step through my clear, proven system to uncover your food allergy culprits, repair the damage, and remove the underlying causes of your food intolerances.

<http://www.FoodAllergySpy.com>

7 Simple Strategies to Jumpstart Your Energy Practically Overnight: Here you can access a copy of my **free e-book** where you'll find energy boosting ideas and easy ways to make changes! www.JumpstartYourEnergy.com





VITAL Community: Dr. Ritamarie's VITAL Community offers ***Vibrant Ideas and Tools for Awesome Living!*** VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, have questions for Dr. Ritamarie, and who enjoy the fulfilling benefits of Awesome Living!
<http://www.VITALHealthCommunity.com>

Vibrant Living Video Classes

www.RawFoodUniversity.com

These include access to a private web page, a PDF format recipe e-book with photos of each recipe, and a separate video for each recipe.

Amazing Gluten Free Bread - The Ultimate Comfort Food Turned Health Food

Online Video: There's no need to feel deprived. With a little creativity and advance planning, you can enjoy mouth-watering sandwiches, bread, and pizza - all brimming with nutritious goodness.

<http://www.drritamarie.com/go/bread>

Thai Food Goes Raw Online Video: Gluten-free, dairy-free and brimming with exotic spices, these recipes are easy to make and will delight any palate.

<http://www.drritamarie.com/go/Thai>

Gluten Free Pizza and Pasta Online Video: Experience the traditional tastes of Italy with a gluten-free and dairy-free twist as we prepare pizza (crust, sauce and cheese); Living Lasagna, Rawvioli, Manicotti, Spaghetti and other pasta dishes; "Parmesan Cheese", and more.

<http://www.drritamarie.com/go/RawPizzaPasta>

Cheese: No Dairy, No Guilt Online Video: Learn to make delicious, nutritious raw cheeses that satisfy your cravings and nourish your body.

<http://www.drritamarie.com/go/cheese>