

ROCKING  
RAW!  
CHEF



## 5-Minute Raw

Your FREE family-friendly menu...with each dish ready in 5 minutes or less!



# Your *free* family-friendly menu

...with each dish ready in 5 minutes or less!

5-minute recipes, an easy-peasy shopping list, FAQs, a list of suppliers, and lots more – it's your perfect introduction to delicious, nutritious and super-quick rockin' raw meals!



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# Welcome, Raw Rocker!

Thank you for joining me – this is going to be fun!

You already know that eating raw food is pretty awesome for your health, looks and sanity. But I'm here to show that you that raw food prep can also be easy, uncomplicated, stress-free, and suitable for the whole family!

So many raw food recipes require *hours* of time, *bucketloads* of cash, and the patience of a saint. And don't get me started on all the appliances and food required: usually a dehydrator, a high-speed blender, and 25 exotic ingredients that can only be found in an overpriced specialist store – all for a simple sandwich!



## Here's what you'll get with my recipes

- ✓ They're quick! They usually take just five minutes or less to prepare.
- ✓ The ingredients can be found in your local supermarket.
- ✓ You can combine my recipes with "traditional" foods such as meat, rice, and pasta for the meat-eaters and carboholics of the family. No need to prepare separate meals!
- ✓ No special equipment required.
- ✓ Deeelicious and filling! (I am so *not* a carrot stick kind of girl!)



“5-Minute Raw is your introduction to my raw food world. All my other products keep to these same principles, and you can check them out here: [rockingrawchef.com/shop](http://rockingrawchef.com/shop).”

If you have *any* questions about anything to do with raw food, email me right away! [barbara@rockingrawchef.com](mailto:barbara@rockingrawchef.com)

Here's to rocking your raw food world!

A handwritten signature of Barbara in a cursive, brown ink style.

Barbara, The Rocking Raw Chef

p.s. [Here's a bit more information about me.](#)



## FAQS

### What is raw food?

Put simply, raw food – sometimes called “living food” – is any food that has not been heated to above 48 degrees Celsius (117 degrees Fahrenheit). It is food that has been prepared without traditional cooking methods so that the life-enhancing enzymes present in all natural foods are kept intact for us to consume and use.

**If you eat food that is alive, you feel...get ready for it...more alive! It's that simple.**

There are many easy ways to prepare food without heating it excessively, which means you can eat all kinds of amazing dishes and lose weight, feel amazing, gain energy, have great skin, and feel like you're ready to party! It just requires some guidance and a bit of know-how.

### Do I have to be 100% raw to get the benefits of a raw diet?

Absolutely not! If at least 50% of your intake is raw, you'll definitely see some brilliant results – and sooner rather than later.

The amazing thing is that the more raw food you eat, the less junk food you'll want to eat. You may still get cravings (most of us do), but even if you give into them, you won't eat as much of it because your body will want more and more “clean” food. This is truly magical!

For more advice on whether to go 100% raw, read my article [here](#).



## FAQS

### Am I going to be hungry?

**Nope – well-balanced raw food dishes are really filling!**

Raw food has lots of nutrients, so you'll be surprised by how much less you actually need to eat to feel satisfied. There's no limit to the quantities, but I would start with smaller portions than what you may be used to... mainly so that you've got room for dessert!



### Will I feel ill from “detoxing”?

If you start to incorporate a lot more raw food into your diet than you've had before, you might feel a slight headache for the first few days. If you're concerned about the effects of detoxing, read my top detox tips [here](#).

### Are there any quick and easy ways to jazz up a rockin' raw meal even further?

Yes! It's easy to make salads and other savory dishes extra fun if you have some favorites that aren't listed in my recipes. You can:

- ★ Add some nuts, seeds, or dried fruits. Currants or raisins can make all the difference, as can a handful of cashews, pumpkin seeds, pecans, sunflower seeds, and walnuts.



## FAQS

- ★ Sprinkle your favorite superfood powder on top! You may not be into superfoods now, but if you do have a favorite, try half a teaspoon over your salad and see what you think. Chlorella, spirulina, maca...many come to mind, so feel free to experiment. You could also blend them into your favorite dressing. Read more about superfoods [here](#) and [here](#).
- ★ Add some sprouts! I'm not talking Brussels sprouts here, but sprouted nuts, seeds, beans, or grains like sprouted quinoa, alfalfa sprouts, sprouted chickpeas and so on. Sprouts are *super* magical: all the energy of an entire plant is concentrated in each tiny sprout. They're crunchy and relatively sweet, so most people enjoy them. Plus they're soooo beautiful, so they make any dish look absolutely gorgeous! You can create your own sprouts (see [Raw Foundations](#) for how to do that easily), or just buy some from your local supermarket or health food store.

### What if the rest of the family doesn't eat raw?

Aha! I've got two teenagers who don't eat raw, so they're uppermost in my mind when I create my recipes.

For salads, cook meat or starches separately and serve yourself first. For wraps, cook separately and wrap up along with the raw ingredients. For curries, soups, and other warm dishes, serve yourself first and put the meat into the sauce or soup for everyone else. For my raw "pasta" and "rice" dishes, you can simply give the starch fans my sauce on top of regular pasta or rice.

Easy! You don't have to prepare multiple meals.







# FAQS

## What equipment do I need?

The vast majority of my recipes (throughout all my products) simply require a good blender or hand blender, a knife and a cutting board. It's also useful to have a food processor to make things even faster. If you're making small quantities, you could dispense with the food processor and use the mixer attachment that comes with your hand blender. Here's what it looks like:

*And that's it!*





## FAQS

### How do I find the ingredients I'm looking for?

With my recipes, you won't have to trek to absurdly overpriced specialist stores (or worse: other countries) to find the ingredients.

The vast majority of my recipes contain ingredients that can *all* be found in your local supermarket.

Some recipes have an extra superfood thrown in on occasion, but the superfoods are always optional and are included for fun – in case you want to experiment.

### What happens if I really can't find the ingredient(s) I'm looking for?

Firstly, give Amazon a try!

Secondly, please don't get stressed out if you don't have all the exact ingredients: it isn't always necessary to have every single ingredient to make a recipe, and some of my best recipes have emerged from substitutions or playing around!

For example, if you can't get any raw chocolate powder, unsweetened cocoa powder will still give you a way healthier chocolate pudding than anything you can get elsewhere.



# Berry Bliss Smoothie



I'll always remember when a ten-year-old boy looked at me with wide eyes and said,

"Wow, I didn't know you could make a smoothie without milk! And it tastes even better!"

This is one of my favorite recipes: it's delicious *and* versatile. You can have it for breakfast, as a snack, for dessert... anytime! And what's more, you can experiment with heaps of different fruits.

If you have children, get them involved: even two-year-olds can tip fruit into a blender and push the button...with your supervision of course!

 **Serves 4 as a drink to accompany breakfast, or 2 as a breakfast on its own.**





# Berry Bliss Smoothie

## You will need

- ♪ A knife and cutting board
- ♪ A blender or hand blender

## Ingredients

- ★ 1 cup/120g fresh fruit, e.g. mango, strawberries, peaches, cubed/chopped
- ★ 2 large, ripe bananas (we love bananas and they're a great brain food)
- ★ 1 cup/130g frozen strawberries or other frozen berries
- ★ 2-3 cups/480-720ml water, coconut water, nut milk or hemp milk (add 2 cups first and blend, then check consistency – see tips below)





# Berry Bliss Smoothie



## How you do it

- ✂️ Put everything in the blender and push the button!

## Rocking Raw Chef tips

- i You can add “bulk” easily to this recipe by tossing in a handful of ground flax (linseed) or other nuts if your blender can blend them smoothly.
- i You may need to add more or less water depending on the fruit you’re using, so start with 2 cups and see if you want to add more.
- i The more frozen fruit you use, the thicker the smoothie. Bananas make smoothies thick and sweet, as do blueberries... if you leave your shake for later and you’ve put blueberries in, it will be like a thick pudding.



# Corn Cakes with Mango Salsa



*These are TOO good!*

I've tried a lot of different "nut burger" recipes, but they were always too heavy for me, or they tasted too much like minced nuts. This one is gorgeously decadent – and you don't even need a dehydrator!

**🍴 Makes 4 Corn Cakes, or one per person as a main dish when served on a bed of salad leaves with the Mango Salsa.**





# Corn Cakes with Mango Salsa

## You will need

- ♪ A food processor (for speed, but a knife and cutting board will do fine too)
- ♪ A blender or hand blender

## How you do it

- ✂ Put the ingredients for the Corn Cakes in your food processor and push the button to mince well. You'll have to scrape the sides a few times to get it to mix thoroughly.
- ✂ Form into patties with your hands and place on a bed of salad.
- ✂ For the Mango Salsa, mix the ingredients together in a bowl. Serve dollops of it on your salad, or just eat it on its own. That's it!

## Ingredients for Corn Cakes

- ★ 1¾ cups/420g corn kernels, thawed frozen (you can use fresh, but thawed frozen ones work best for your patties to stick together)
- ★ ½ cup/60g sunflower seeds (soak first if you wish – see tips)
- ★ ½ cup/60g raw almonds (soak first if you wish – see tips)
- ★ 1 large tomato, roughly chopped
- ★ 1 red pepper, roughly chopped
- ★ 1 tablespoon dried or fresh parsley
- ★ ¾ tablespoon lemon juice
- ★ ¼ teaspoon each of: garlic powder, onion powder, turmeric and salt
- ★ 4 cups/300g salad leaves (for serving your Corn Cakes)



# Corn Cakes with Mango Salsa

## Ingredients for the Mango Salsa

- ★ 1 small to medium-sized large mango, cubed (enough for about 2 cups/330g)
- ★ 1 red pepper, diced
- ★ ¼ cup/10g (about one handful) fresh mint
- ★ ¼ cup/35g diced red onion or spring onion
- ★ 1 tablespoon diced jalapeño (either fresh or from a jar)
- ★ 1 tablespoon lemon or lime juice
- ★ Pinch of salt







# Corn Cakes with Mango Salsa

## Rocking Raw Chef tips

- i** I usually soak my nuts and seeds overnight before using them in this recipe, as it makes them easier to digest. It's totally optional however – if I'm in a hurry I just toss them into the food processor as they are. (See [Raw Foundations](#) for more details on soaking and sprouting.)
- i** Got some Corn Cake filling left over? Use it the next day to have in a wrap, roll it in a sheet of nori (seaweed used for sushi), or even use it as a hearty topping for a soup.
- i** For those who prefer it with cooked food, combine the Corn Cake mixture into a cooked soup or sauce, or serve it as a cold salad with cooked rice. You can also top your Corn Cakes with pieces of grilled chicken or fish.
- i** Not sure how to cube a mango? On the next page is some photo guidance for you!





# Corn Cakes with Mango Salsa

## How to cube a mango

✂ Start by slicing the mango lengthwise from either side of the stem:



✂ Make cuts lengthwise to form cubes to scoop out with a spoon.



✂ Scoop out the cubes!





# Creamy Chocolate Pudding



Warning: You will be asked to make this dish repeatedly! It's SO good.

It's also a great way to get children or other reluctant eaters to enjoy avocados if they don't eat them otherwise.

You can make this with bananas instead of avocados if you prefer: they're both super creamy and delicious.

 **Serves 4, either as a dessert or a decadent breakfast.**





# Creamy Chocolate Pudding

## You will need

♪ A blender or hand blender. If you don't have a blender, you can always just use a fork – see my tips below

## Ingredients


- ★ 4 ripe, large avocados or 8 large bananas (about 4 cups/600g of flesh – see tips)
- ★ ¼ cup-½ cup /80ml-160ml filtered water (see tips)
- ★ ¾ cup/180ml maple syrup or 15 soft pitted dates
- ★ 1 cup/100g raw chocolate or raw carob powder (I use ½ cup/50g of each)
- ★ 1 teaspoon vanilla extract or ½ teaspoon vanilla powder









# Creamy Chocolate Pudding

## How you do it

 Put everything in your blender and blend well. That's it!



## Rocking Raw Chef tips

-  Avocados will give you the creamiest result. My favorite combo is avocado with maple syrup.
-  Make a deeeelicious “blender leftover” drink of chocolate milk or hot chocolate by pouring in some nut milk or very warm water!
-  In a huge hurry? Peel the avocado, put the flesh on a plate, drizzle a tablespoon of maple syrup on top, sprinkle with 2 tablespoons of chocolate powder, and mash with a fork! Super delicious!
-  Note: maple syrup isn't technically a raw product (it's been heat-treated). It “works” for me as a sweetener and is healthier than agave or other forms of sugar, but if you want to be completely raw, you should use pitted dates in the recipe instead (just know that you'll probably need to add more water to your blender). Read about sweeteners [here](#).



# Your Shopping List

## Fruits and veg

- Mangos, 2 large**  
You need 1 for the Mango Salsa and the other for if you want it in your Berry Bliss Smoothie.
- Frozen berries, ½ cup/60g**  
For your Berry Bliss Smoothie.
- Strawberries or other berries**  
For your Berry Bliss Smoothie.
- Bananas, 8 large**  
For your Creamy Chocolate Pudding if you aren't using avocados. Add 2 more bananas if you're putting them in your Berry Bliss Smoothie.
- Tomato, 1 large**  
For your Corn Cakes.
- Red pepper, 2**  
1 for your Mango Salsa, and 1 for your Corn Cakes.
- Avocado, 4 large**  
For your Creamy Chocolate Pudding, unless you're using bananas.
- Red onion, 1**  
For your Mango Salsa. You can use 2 scallions (spring onions) instead.
- Fresh mint, ¼ cup/10g (about one handful)**  
For your Mango Salsa.
- Dried or fresh parsley, 1 tablespoon**  
For your Corn Cakes.
- Lemons, 2**  
For your Corn Cakes and Mango Salsa. You can substitute lemon with lime for the Mango Salsa.
- Corn kernels, fresh or frozen, enough for 1¾ cups/420g**  
For your Corn Cakes.



# Your Shopping List

## Staples

- Coconut water (optional), 2-3 cups/480-720ml**  
For your Berry Bliss Smoothie if this appeals to you.  
Otherwise use water, nut milk, or hemp milk as per the recipe.
- Nut milk or hemp milk (optional), 2-3 cups/480-720ml**  
For your Berry Bliss Smoothie if this appeals to you.  
Otherwise use water or coconut water as per the recipe.
- Maple syrup (¾ cup/180ml) or dates (15)**  
For your Creamy Chocolate Pudding – so choose what appeals to you. You can also use pitted dates, xylitol, or stevia if you prefer. Read about sweeteners [here](#).
- Raw almonds, ½ cup/60g**  
For your Corn Cakes.
- Sunflower seeds, ½ cup/60g**  
For your Corn Cakes.
- Onion powder, enough for ¼ teaspoon**  
For your Corn Cakes.
- Turmeric, enough for ¼ teaspoon**  
For your Corn Cakes.
- Sea salt, a few pinches**  
For your Corn Cakes and Mango Salsa.
- Garlic powder, enough for ¼ teaspoon**  
For your Corn Cakes.
- Jalapeños, enough for 1 tablespoon, fresh or from a jar**  
For your Mango Salsa.  
  
You can use 1 teaspoon chili sauce, Tabasco sauce, or chipotle sauce instead.



# Your Shopping List

## Staples

- Raw chocolate powder, enough for 1 cup/100g**

For your Creamy Chocolate Pudding.

Note: If you can't find raw, just get unsweetened cocoa powder. It isn't raw, but it's way healthier than the other stuff!

- Raw carob powder**

For your Creamy Chocolate Pudding as an alternative to raw chocolate powder (if you want to avoid the small amount of caffeine. Plus it tastes delicious!).

- Vanilla extract (1 teaspoon) or vanilla powder (½ teaspoon)**

For your Creamy Chocolate Pudding.

## Kitchen equipment

You'll need a knife and cutting board, a blender or hand blender, and ideally a food processor (for optimum speed).







# Are You Ready for More?

And there you have it: A super-fast raw food menu that you can use for all occasions!

I hope you've enjoyed it, because I have loved creating this super tasty menu for you.

## So what's next?

Well, first of all...Make these recipes! Eat the result! Share with friends and family! Play around with different ingredients! You get the idea...!

## And second of all...got questions?

### Let me answer them for you!

Got a question? Here's what you do: you email me. I mean it! I reply to every email. No matter what your question, I will do my best to give you a helpful answer. Try me and see!

[barbara@rockingrawchef.com](mailto:barbara@rockingrawchef.com)

Last but not least, are you ready for more?

Then I've got news for you: there's plenty more where that came from!

Your next step along your star-studded path of rockin' raw meals is:

## Raw Foundations – Your essential playlist of recipes and resources

**Raw Foundations** contains 7 building-block recipes from which you can create a huge variety of dishes. Plus there's in-depth coverage of all the basics: prep techniques, equipment, ingredients, eating out... and winter!

For all the juicy details, visit:

[www.rockingrawchef.com/raw-foundations](http://www.rockingrawchef.com/raw-foundations)