

Love & Peace Food

Your gift: 3 magical raw vegan recipes

by Silke / loveandpeacefood.de

Wonder-ful delicious raw food, vegan, low fat & super-simple to prepare ... you can do this, it's much easier than you think!

Here i am giving you three of my favourite recipes as a gift.

I wish for inspiring you thereby ... to a more natural, healthy, love- & peaceful way of eating and living. And for you enjoying some happy beautiful moments preparing & enjoying these recipes ... for life is all about the moments.

So love and enjoy each and every one of them! <3

Chufa Cacao

What you need (for 1 person):

- 1 handful chufas
- 1 glas of water
- ½ tsp cacao- or carob powder
- 1 dash of cinnamon

How to prepare:

Soak chufas in water over night. Drain and mix with the fresh water in your mixer or blender. Pour through a strainer or nut milk bag and put the milk back into your mixer. Add cacao or carob and cinnamon & blend again.

Enjoy!

If you prefer your drink sweeter and more filling, add banana or fresh dates.



Spaghetti „Marinara“

- What you need (per person):
- 1 zucchini
 - ½ avocado
 - juice from ¼ lime
 - a handful soaked spaghetti algas
 - 1-2 tbls from the water you soaked the algas in
 - 1 roma tomato
 - 2-3 mushrooms
 - 1 clove of garlic
 - 1 handful spinach and dill each
 - 1 dash cayenne

How to prepare:

Blend the avocado with the water from the algas, lime juice & cayenne. Dice the tomato, slice the mushrooms and chop the garlic. Stir in the avocado marinade and let sit for 1 to 2 hours.

Process the zucchini with a spiralizer; that's your spaghetti. Chop the dill, finely slice the spinach. Put the marinade, the greens, the spaghetti and the spaghetti algas in a bowl and mix well.

Arrange on a plate & enjoy!



Chocolate-with-cream Pudding

What you need (per person):

- 1 ripe kaki
- ½-1 tsp cacao powder
- 1 banana, peeled, sliced and frozen

How to prepare:

Take the banana slices out of the fridge and let sit for 15 minutes. Meanwhile cut off the leaves and stem from the kaki and blend with cacao. Put this pudding in a glas. Now blend the frozen banana pieces to a „whipping cream“. Add to the pudding & enjoy!



Did you enjoy these?

Find more of my recipes & inspirational ideas in my newsletter, my blog and my recipe ebooks which you will find on my website loveandpeacefood.de

