



This nutrient-dense super-strong warmed chocolate is not for the feint hearted! Beware!

Makes 4 strong cups of warm chocolate....



RECIPE & PHOTO BY
CATHERINE FROM ROARVANILLA

RECIPE FOR "WINTER WARMER"

This recipe is based on a traditional brew - we have modified it to drink it warm and with a little agave as the sweetener to better suit the modern palate! Dairy, sugar and heat treating inhibit absorption and much of the healing properties of chocolate – they destroy antioxidants, as well as many of the vitamins and minerals. The addition of chilli was common and has the affect of dilating the blood vessels to facilitate fast and effective absorption of nutrients!

- ½ cup raw organic cacao powder
- Tiny pinch of cayenne powder (to taste!)
- ½ tsp raw vanilla powder
- 4 Tbsp raw organic agave nectar (to taste!)
- 3 cups of pre-prepared yummy warmed almond milk

Mix all the ingredients well in your blender and serve!

To Prepare Almond Milk (1 litre)

1. Soak 1 cup of almonds overnight
2. Strain and rinse the almonds
3. Blend almonds with 4 cups of filtered water and a little vanilla and agave
4. Strain through 2-3 times (depending how smooth you want your milk)

Vwah-lah! Store in the fridge

Variations: Use filtered water or brewed damiana tea instead of nut milk. You can add things like blended soaked goji berries, maca, bee pollen, coconut, cinnamon or other healing herbs to super-food charge your drink!

See www.roarvanilla.com to learn more about the healing properties of raw chocolate and other superfoods

The rawfood lifestyle embraces the consumption of uncooked, unprocessed plant-based foods. It is about having fun, enjoying food and loving the life you live.

We are a passionate group, each of us with a unique story of how we embarked on our raw adventure.

We welcome your interest in this journey of a lifetime!

Events June

Tuesdays 2nd, 9th, 16th Raw Discovery gourmet series, 6pm-8:30pm at Samudra in Dunsborough, \$75 per class. Bookings (08)9779 9977 www.samudra.com.au

Sat 6th, 12pm Rawfood Picnic in Fremantle. Free - all welcome, bring a plate to share! admin@rawhope.org or *Rachan 0431 991 813* for details

Sat 6th 9:30am-3:30pm Winter Warmers & Decadent Desserts Workshop. Challenger TAFE, Baldivis. For more info call Kate 0410 605 890 or visit www.rawandvegan.com

Sun 7th Simply Raw Documentary Screening at Notre Dame University. Doors open 3pm for 4pm start. Tickets \$10 presale only. Book through Meredith on 0450125 657 or meredith@roarvanilla.com

Fri 19th – Sun 28th Couples Fertility Retreat in Bali. Clear body, mind and spirit in preparation for a healthy baby! Organic live food prepared by Simone Powers. Contact Samantha 0403 194 226 for more info or visit www.naturisme.com.au

Sun 21st 10:30am-12:30pm ROAR Super-Smoothie W/shop Fremantle \$55 Contact Meredith 0450125 657 / 6219 5114 or meredith@roarvanilla.com

Sun 28th ROAR Chocolate Party W/shop Fremantle \$40. Contact Catherine 0403176 633 catherine@roarvanilla.com

July

Sun 5th, 12pm Rawfood Picnic Free - all welcome, bring a plate to share! admin@rawhope.org or *Rachan 0431 991 813* for details

Sun 12th ROAR Chocolate Party W/shop Fremantle \$40. Contact Catherine 0403176 633 catherine@roarvanilla.com

Sun 18th 10:30am-12:30pm ROAR Super-Smoothie W/shop Fremantle \$55 Contact Meredith 0450125 657 / 6219 5114 or meredith@roarvanilla.com



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Born in the post war years of the late 1940's, I didn't grow up with the SAD diet as it is known today. Our backyard was a flurry of vegetable garden beds, fruit trees and the usual chooks and ducks. This was the regular suburban backyard as I knew it and people would not have survived without being mainly self sufficient. During my early teens more packaged and processed food were introduced and were beginning to become the norm. About this time I had developed a vegetarian consciousness and remained vegetarian for many years. It was a natural progression to become vegan and in eliminating dairy foods my asthmatic symptoms lessened considerably.



My introduction to raw veganism happened quite by accident three years ago while browsing the net for vegan recipes and health information. I came

across Angela Stokes' blog and her amazing weight loss and transformation using raw foods. This whetted my appetite and I devoured every word I could savour on living a raw food lifestyle. However I was still reverting to cooked food, mainly in winter. My 'conditioning' told me I needed cooked warming soups to ward off the winter cold. Being a 'soup Queen' this has been one of the hardest things to let go of. This winter is my testing ground.



Trying to buy organic fruit and veggies has also caused set backs as I don't drive and also due to cost. Apart from my occasional visits to City Farm in East Perth where I get some of my organic veggies at a very reasonable price, I'm caught between a rock and a hard place. It's not the easiest thing to bus or train to organic produce markets and carry it all home on public

transport (though I've been known to do it more than once). This brings me to my grand plan...



I recently moved into a unit with a small back garden area, mainly river sand. I am going to design a "square foot garden" which will utilise the space I have to produce fresh delicious veggies all year round (see www.squarefootgardening.com for more info). I'll build and frame my garden using rich organic soil over the present sand so it will be raised and easy to maintain. I also plan to pot a small lime tree, a lemon tree and design a herb spiral. So I'm on the road at 63 to total self sufficiency! (Well almost.) Seems I've been around the block and arrived back at the old 'self contained' suburban backyard. Sow be it!



Ra://www Recommendations

by Rachan

There has been a groundswell of new raw food websites since I first dial-surfed six years ago. While slow connection had its issues back then, the sheer volume of web material now can be incredibly time consuming to search through. Here is a list of five websites that I would generally consider to be the most user-friendly for exploring raw foods with.

www.giveittomeraw.com A new and promising site, this

is a good online social network and broad all-rounder.

www.thebestofrawfood.com Easy-to-access wide-ranging information within a simple layout format.

www.goneraw.com Great resource to find and share your raw food recipes, with a good online forum.

www.raw-pleasure.com.au With a local Australian forum!

www.living-foods.com An oldie but a goodie, still a happening all-rounder.

Events in Perspective

by Rachan



I write this on a cold and wet wintry night and am pleased that the next couple of raw picnics will be 'house held' events in anticipation of such weather over the coming months. There will be a small mobile Raw Library as well!

Recently a raw friend recounted how someone she knew had, somewhat out of character, become inspired towards raw foods. It's always delightful when someone takes a real interest. In the diet I mean. And I think it's even more delightful when you least expected them to do so.

Curious - at what stage in it's cultural development is raw foods within our society compared with past diets? Perhaps similar to what it must have been like to be a vegan or vegetarian about 20 years ago in that a lot of people were still starting to become familiar with the definition of the terms. Yet with its phenomenal growth via information technology combined with sheer enthusiasm, I anticipate it will be much sooner than 20 years that 'raw foods' also becomes a household term. Hard to imagine that now, but the weather often changes overnight and without one's noticing.

Thank you!

Holistic Counselling
Janet Walton

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The Raw Food Association of Western Australia

is here to celebrate raw, plant-based foods and connect the community through events and activities. For more information or to be a sponsor in the next issue of RIPE! contact Rachan on 0431 991 813 or admin@rawhope.org. Join our raw food picnic email list and download the newsletter's PDF at www.rawhope.org

