

RECIPE & PHOTO BY
RAWFOOD GRANDMA



FUDGY CHOCOLATE ORANGE CAKE

If you want a rich, fudgy, treat food then this is it!!! The smell of orange greets you invitingly every time you go near it, so keep it wrapped in the fridge after you make it. A truly decadent chocolate 'fudge' you'll only need a square or two a day to keep up that feeling of being spoiled.

Ingredients

- ½ C grated cacao butter
- ½ C almond meal
- ½ C cashews
- 1 C sultanas
- ¼ C carob powder
- ¼ whole orange, or 1 mandarin, no pips but including skin
- 1 tablespoon maca powder
- 1 tablespoon agave nectar
- Pinch celtic sea salt
- Teensy bit ginger root (optional)

Method

1. Bring cacao butter to a liquid state in a double bowl.
2. Place all the ingredients in a food processor and whizz until smooth.
3. It should be 'clumpy' in texture so adjust with almond meal if too wet or orange juice if too dry and whizz again.
4. Press mixture in to a foil lined cake tin or mould and then place in the fridge for at least 2 hours to set.

Cut into small squares as it's really deliciously rich! It stores happily in the fridge for 2 weeks.

See www.livingraw.com.au to follow the adventures of Rawfood Grandma on Raw Living Magazine

Events

August

Saturday 1st, 12pm Rawfood Picnic in Roleystone. Free - all welcome, bring a plate to share! admin@rawhope.org or [Rachan 0431 991 813](tel:0431991813) for details

Sun 2nd, 3pm – 5:30pm ROAR Chocolate Party W/shop Fremantle \$45. Contact Catherine 0403 176 633 catherine@roarvanilla.com

Sat 8th 2 - 4pm Uncooking 101 Canning Eco-Centre, Wilson; \$57 Kate 0410 605 890 or visit passionategourmet.com.au

Saturdays 8th, 15th, 22nd, 29th 4pm – 6:30pm Raw Discovery Class Series Samudra, Dunsborough; \$75/class. Call (08) 9779 9977 or visit samudra.com.au

Sun 9th 1pm – 3pm Intro To Raw at Mt Claremont Community Centre. Call Heath 0409 323 441 or Emma 0432 966 933 or visit therawkitchen.com.au

Sat 15th 1pm – 4pm Seasonal Uncooking: Winter Menu at Loose Produce, Como; \$70 (special) Kate 0410 605 890 passionategourmet.com.au

Sun 16th ROAR Super-Smoothie W/shop Fremantle \$55 Contact Meredith 0450125 657 / 6219 5114 meredith@roarvanilla.com

Sat 22nd 1pm – 4pm Seasonal Uncooking: Winter Menu Canning Eco-Centre, Wilson; \$97 Call Kate 0410 605 890 or visit passionategourmet.com.au

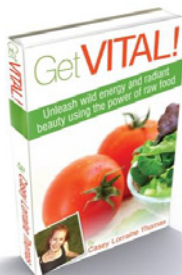
Sat 29th 9:30am – 3:30pm Seasonal Uncooking: Advanced Winter Menu Challenger TAFE, Tranby College Baldivis; Call TAFE 1300 300 252 and mention "Vegetarian Healthy Uncooking" class

September

Thurs 3rd - Sun 6th Conscious Living Expo Claremont Showgrounds. Keep an eye out for raw talks/stalls. Visit consciousliving.net.au/expo2/

Sun 6th, 12pm Rawfood Picnic Free - all welcome, bring a plate to share! admin@rawhope.org or [Rachan 0431 991 813](tel:0431991813) for details

Sun 6th 1pm – 3pm Decadent Desserts at Mt Claremont Community Centre. Call Heath 0409 323 441 or Emma 0432 966 933 or visit therawkitchen.com.au



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It's a stunning Perth winter's day, July 2009, and I am reminded by the sea breeze, the clear sky and the sunshine of why we live here and raise our baby here. My name is Meredith and my journey towards optimal health and wellbeing has been going on since I was about 18 years old when I began to eat fruit again after a very long strike of around 15 years which must have driven my mother to distraction... That was 16 years ago and the way has been at times crystal clear and certain and at other times very foggy and confused. 

What is optimal health and wellbeing? I could say that my life has become a search for the answer to this and I suspect it will take most of it to find the truth, to find *my* truth. Raw food came into my life in 2006 when I was living in London and went to the Bonnington café in Vauxhall one Sunday evening with Mark, my patient, curious and hungry partner, to enjoy a three course raw food supper. There I met Anya who, with her sister, took over the kitchen every second Sunday night to showcase her delicious and delectable raw food cuisine. Although Mark popped in to the fish and chippy on the way home(!), we both loved it and returned with friends several times. This experience opened my eyes to the possibilities of a gourmet cuisine based upon raw food that could be both exciting and nourishing and since then Mark and I

have transitioned to between 50-100% raw on any given day. We have definitely experienced more energy, more resilience, more power, more focus, better digestion, better immunity, clearer thinking and clearer skin since increasing the raw element of our diet. We encourage people to make and drink a green smoothie everyday and enjoying the benefits of this usually leads to making more positive health choices, from a position of abundance rather than deprivation. Beautiful raw food can satisfy a human on an intensely deep level and, after a while, it becomes what you crave and what you choose not to do without.

 Our quest to understand health and wellbeing has become more interesting, far-reaching and more urgent in a way, since the arrival of our daughter Lakota who is now 15 months' old. With absolute certainty of purpose, we have raised her on formula-free, cow milk-free, processed food-free, meat-free, sugar-free, white carbs-free food since she was born. She was 100% raw for the first 6 months' of her life and for the last 3 months we (and she!) have enjoyed introducing a few cooked whole grains and home-grown organic eggs (thank you Catherine and Willow!) so that she has more variety of tastes and textures and so that we can meet her growing body's nutritional needs in what we believe is the most effective way. Having a child

increases my awareness of the fact that what leads to optimal health and wellbeing for all people is based upon fundamental principles of physiology but then must take into account the very unique and individual character and constitution of each one of us. I believe the most important step is to deeply comprehend that our health and wellbeing is up to us, is our responsibility 100% and from this position we can build our knowledge and determine what food, what lifestyle, what level of consciousness, what work, what play and what activities will lead us to our personal expression of the ultimate health and wellbeing. 

For my family, raising our consciousness to courage, acceptance, love and joy has become as important as the food we partake of. How can we expect optimal health and wellbeing if we don't begin and end each day with love and tranquillity in our hearts? We believe that within the framework of a high raw, whole-food, plant based diet there is a great deal of variation that will support health and wellbeing in combination with a joyful, loving and compassionate approach to ourselves, to others and to the world. 

To help people incorporate delicious raw food into their daily lives, Meredith runs monthly raw smoothie workshops in Fremantle. Please contact her for more information on 0450 126 657 or Meredith@roarvanilla.com or visit www.roarvanilla.com


Thank you!

Holistic Counselling
Janet Walton

93751300 Morley

Find us on naturaltherapypages

www.naturaltherapypages.com.au/therapist/19608

The Raw Food Association of Western Australia is here to celebrate raw, plant-based foods and connect the community through events and activities. 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! 

For more information or to advertise 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

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.