

Be inspired, feel motivated and get cooking!



UKRAINIAN BORSCHT WITH HARICOT BEANS

Ingredients

1 onion, diced
1 clove garlic, minced
2 carrots, diced
2 potatoes, peeled and diced
1 small parsnip, diced
Celeriac, peeled and diced,
(same amount as parsnip)
4 medium raw beetroots
400g tin haricot beans, or 350g
of fresh cooked haricot beans

3 pimentos
1 bay leaf
2 tsp fresh marjoram or 1
tsp of dried marjoram
Lemon juice to taste
1 tbsp apple concentrate
Sea salt
Coarsely ground black
pepper

Method

In a large pot, sauté the onion in a little olive oil to soften. Add the garlic and sauté for a few minutes more. Add the carrots and 1 litre water, bring to a boil. Add the potatoes, parsnip, celeriac, pimentos, bay leaf, marjoram and sea salt. Lower the heat, cover and simmer for 15 minutes. Peel and roughly grate the raw beetroot and add to the pot along with the cooked haricots. Cook for a further 10 minutes. Check that the vegetables are tender. Add the apple concentrate. Season with salt, pepper and lemon juice for a balanced sweet-and-sour taste. Serves 6.



* Image and recipe taken from *Blazing Salads 2* by Lorraine Fitzmaurice, published by Gill and Macmillan is available from amazon.

Apple and Date Granola

Ingredients

170g dried dates, soaked for 20 minutes, then drained
125ml freshly squeezed orange juice
6 apples, chopped
1 tsp ground cinnamon
½ tsp sea salt
325g almonds, skin on, soaked for

2 hours, then drained
130g pecan nuts, soaked for 2 hours, then drained
75g pumpkin seeds, soaked for 2 hours, then drained
160g sunflower seeds, soaked for 2 hours, then drained
25g dried coconut flakes

Method

Put the dates, orange juice, apples, cinnamon and salt into a food processor and process until you have a sweet thick paste. Add the nuts and pulse until well chopped, then add the seeds and coconut and pulse a few more times. Scoop the mixture onto three Paraflexx sheets then put the sheets onto dehydrator trays and dehydrate at 49°C/120°F for 12 hours. The granola can be stored in an airtight container in the refrigerator for two weeks. Serves 12



* Recipe and image taken from *Annelie's Raw Food Power* by Annelie Whitfield and costs £12.99, ISBN: 978-1-908005-95-3. www.ivypress.co.uk