

SOAK YOUR NUTS

KARYN'S CONSCIOUS COMFORT FOODS

*recipes for
everyday life*

Karyn Calabrese

VEGAN FARE



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my thoughts about nutrition

I've been a vegan for over forty years and a raw foodist nearly as long. I don't worry about how much protein or calcium I'm getting, and I've never counted a calorie. In these past forty years, I've also never struggled with my weight, taken any medication, or visited a doctor. So what's the secret to my near-perfect health? I eat raw and living foods every day, as nature intended. I also eat intuitively, satisfying my body's needs without stuffing myself (remember your stomach is the size of your fist—that's it!), fasting when I feel the need, and detoxing regularly.

It is my wish that everyone is able to enjoy the same optimal health that I have. I've devoted my life to sharing my knowledge, experience, and delicious healthy food. The biggest lesson I've learned is that people need a bridge from their less-than-ideal diets to the “hard core” world of raw veganism. You don't make converts by introducing people to wheatgrass and sprout salad and telling them to eat it because it's good for them. This is where my cooked recipes come in. I call them “conscious comfort foods,” because they offer familiar flavors and textures without the harmful animal products that cause poor health. When you're ready for the next step, my raw-food recipes will blow you away. Not only are they perfectly nutritious, but they're delicious and deeply satisfying as well.

I purposely chose not to include nutritional information for the recipes in this book, because I don't want you to fixate on numbers that may or may not make any sense for you. No two people are alike and neither are their nutritional needs. Who's to say you need so many glasses of water or grams of protein a day without knowing your unique makeup and lifestyle? My goal is for you to work your way towards eating as closely as nature intended; focus on taking out the animal products and adding in more fruit, vegetables, whole grains, and nutritious fats. Most importantly, remember, you can't go from A to Z overnight; any transition is a process and changing your eating habits is one of the most difficult transitions you can make. Whether you need convenience foods to help you juggle a busy schedule or you just want to fit in with friends and family, finding the time and place in your life to eat right can be hard work. Why add more stress by measuring yourself against standards that may or may not make sense for your body? Eat intuitively, eat as nature intended, detox (very important), find the right balance for you, and treat yourself with love and patience—every step of the way.

Veggie-Potato Potpies

See photo on facing page.

YIELD: 6 POTPIES

Potpies in our home were the result of my great-grandparents having weathered The Great Depression and living by the adage, "waste not, want not." We cooked Monday through Thursday, and Friday was Potpie Day, a combination of the week's meat and vegetable leftovers baked in a yummy crust. Dig in to your fridge and get creative.

Vegan buttery spread

¼ cup plus 2 tablespoons olive oil

**2 (16-ounce) bags mixed frozen vegetables,
such as green beans, carrots, corn, and peas**

Sea salt

¼ cup chopped garlic

2 tablespoons red miso

3 cups cold water

3 tablespoons cornstarch

8 cups cooked and mashed potatoes

1 (10-inch) pie crust

Preheat the oven to 400 degrees F. Coat 6 (4-inch) ramekins with the vegan buttery spread. Set aside.

Heat the oil in a large saucepan on medium heat. Add the frozen vegetables and salt to taste. Cook and stir for about 5 minutes, or until the vegetables are tender. Add the garlic and miso.

Meanwhile, combine the water and cornstarch in a bowl until smooth. Stir it into the vegetables. Form the mashed potatoes into 1½-inch balls and add them to the saucepan with the vegetable mixture. Cover and remove from the heat.

Cut the pie crust into circles to fit the tops of the ramekins, gathering up the scraps and rolling out to cut more circles. Divide the vegetable mixture among the ramekins. Top each with a pie crust. Poke 4 slits in each crust with a sharp knife. Bake for 30 minutes, or until the crusts are golden brown.



• • • • • **Veggie-Potato Potpies**, on facing page • • • • •

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RAW RECIPES

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The Buddha

YIELD: 2 SERVINGS

This smoothie is great after a workout. The minerals and electrolytes in coconut water will replenish and hydrate your body, and the natural sugar in the honey and apple juice will give you energy.

¾ cup apple juice

¾ cup coconut water

½ cup ice cubes

1 to 2 tablespoons tahini

1 teaspoon honey

1 teaspoon lemon juice

1 teaspoon spirulina or kamut (optional)

Put all of the ingredients in a blender. Process until smooth.

How to Sprout

You can significantly increase beans' digestibility by sprouting them before they're cooked, because the sprouting process breaks down many of the heavy starches that cause digestive discomfort.

Sprouting is easy. Just soak dried beans in enough water to cover for 8 hours. Drain and rinse. Repeat the soaking, draining, and rinsing every 12 hours, just until the beans

begin to sprout. In most cases, this will take 2 or 3 days. The beans are sprouted when they crack and begin to grow a "tail." They also will be soft enough to bite into. (This method also works for sprouting the wheat berries for the Rejuvelac recipe on page 13.)

Sprouted beans take less time to cook than dried beans. Plan on cooking sprouted beans about 35 minutes.

Strawberry Ice Cream

YIELD: 2½ QUARTS

This recipe is a very popular treat for children and grownups.

8 cups frozen strawberries

2 cups almonds

2 cups honey

1½ cups coconut butter or coconut meat

½ cup vanilla extract

Put all the ingredients in a blender. Process on high speed until smooth and creamy, stopping occasionally to scrape down the blender jar. Pour into an ice-cream maker and follow the manufacturer's instructions.



about the author

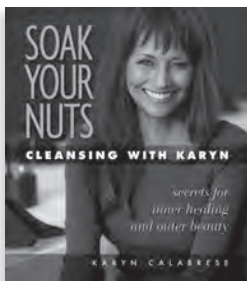
Karyn Calabrese is a successful entrepreneur and popular holistic health expert based in Chicago. For the past 30 years, Karyn has been committed to taking care of her body and helping others to do the same.

Karyn started on her journey to health after suffering from a host of allergies and ailments as a child. In her 20s, she turned to a natural approach and a plant-based diet to improve her health, gradually transitioning from a vegetarian to a vegan to a raw diet. Her journey not only resulted in lifelong personal health and fitness, but also in a mini empire of four natural food restaurants, holistic health and teaching programs, a cleansing and detoxification therapy center, a line of all-natural foods and supplements, and home care, skin care, and cosmetic products.

As a student of Dr. Ann Wigmore and Viktoras Kulvinskis, Karyn used raw food and detoxification to heal her illness, fatigue, and allergies. With two children to raise, she began growing and distributing wheatgrass, the first step in opening Karyn's Fresh Corner. It became a thriving success, and to this day is the longest-standing raw-food restaurant in the country. In addition, she developed a detoxification program that she teaches to hundreds of people each year in Chicago. That led to her debut book, *Soak Your Nuts: Cleansing with Karyn*. To facilitate this process of cleansing, she opened a holistic therapy center, Karyn's Inner Beauty Center.

Karyn has enjoyed huge success as a health expert in the local and national media, including two appearances on The Oprah Winfrey Show. She was awarded the first annual Raw and Living Foods Golden Branch Award in 2002 for introducing raw and living foods to the greatest number of people in the mainstream public.

Now 65, Karyn has helped thousands of people on their own health journeys. *Soak Your Nuts: Karyn's Conscious Comfort Foods* is her second book.



Soak Your Nuts
Cleansing with Karyn
978-1-57067-264-4
\$16.95