

ROCKING
RAW!
CHEF 



5-Minute Desserts



© 2014 Barbara Fernandez (aka The Rocking Raw Chef)

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.



Contents

Welcome, Raw Rocker!	4	Peach Cobbler	25
About the Ingredients	6	Upside-Down Apple Pie	28
About the Equipment	9	Frozen Fruit Pie	31
Recipes		Sweet Plantains	34
Blueberry Banana Mousse	10	Fruitylicious Sorbet	37
Berries and Cream	12	Strawberry Dipping Sauce	39
Decadent Fruit Delight	15	Bonus Recipe: Raw Granola	41
Green “Rice” Pudding	18	Congratulations!	44
Pretty Perfect Pudding	21	Are You Ready for More?	45
Mango Vanilla Custard	23		



Welcome, Raw Rocker!

Thank you for joining me – this is going to be so much fun!

You already know that eating raw food is pretty awesome for your health, looks, and sanity. But **5-Minute Desserts** is here to prove that making decadent and delicious desserts can be done in super-quick time, without resorting to a boring plain old apple or a handful of dates! You'll be wowing your friends and family in no time.

Here's what else you'll get out of **5-Minute Desserts**:

- ★ **Lots of ridiculously delicious desserts.** Get ready to tickle that sweet tooth! You'll be digging into puddings, custards, crumbles, creams, and sorbets in no time.
- ★ **Five minutes or less!** Yup, you read right: every single recipe takes five minutes or less to prepare.
- ★ **No specialist equipment required.** No dehydrators here! Why not? Because they're expensive and the recipes take forever! Also, fresh food is so much better for you.





If you enjoy **5-Minute Desserts**, you might like to move on to my other products afterwards. You can check them out here: www.rockingrawchef.com/shop.

If you have *any* questions about anything to do with raw food, email me right away! barbara@rockingrawchef.com

Here's to rocking your raw food world!

A handwritten signature in brown ink that reads 'Barbara'.

Barbara Fernandez, The Rocking Raw Chef



About the Ingredients

Where to find them

The majority of the ingredients used throughout my recipes are easy to find in your local supermarket. There are some ingredients that you'll need to get from a health food store (or from Amazon), but I've tried my best to offer easy-to-find substitutions for as many of them as possible.

How raw are they?

A very small proportion of my ingredients aren't always completely raw.

For example...I'll use jalapeños or chipotles from a jar when I can't find fresh, or mustard or Tabasco sauce that I haven't made myself – even though they've been heat-treated beforehand. These foods are being used sparingly as

condiments, and I still feel just as fantastic! Dried herbs and spices fall into this category too: I use fresh herbs whenever possible, but I have a wide selection of dried herbs and spices that I use daily.

The same goes for maple syrup: while technically not a raw product (it's been heat-treated), it “works” for me as a sweetener and is healthier than agave or other forms of sugar.

Most honey has also been heat-treated, although you can get raw honey. Personally, I wouldn't worry if it's raw if you're only using a little bit. Honey has many health benefits, but you might not want it if you're strictly vegan. More than anything, I would encourage you to try to make sure you're buying honey from a reputable source that treats bees with respect and encourages them to multiply.

The only other product you'll find here that isn't technically 100% raw is cashews: they have been steamed open.



About the Ingredients

I'm all for as much raw as possible, but without being militant, crazed or just plain intolerant. You can read more about my views on that topic [here](#). However, if you would rather be 100% raw, the ingredients mentioned above are usually optional or have substitutes included in the recipe.

Which sweetener to use

There are so many kinds of sweeteners that you can use in raw food recipes! So I thought I'd try to simplify things while making you aware of all of the options available to you.

In my recipes, I mention maple syrup, honey, xylitol, and pitted dates. I use all of them, although xylitol only rarely as it isn't one of my personal favorites.



Many people like xylitol because it has a lower glycemic index than other sweeteners. If you're particularly sensitive to fructose or other sugars, you may prefer it because it

won't "spike" your blood sugar quite as much as other sweeteners. I haven't had a problem with maple syrup or honey, but then I can eat just about anything! And I want to give you all the options so that you can make the most informed choice for yourself. If you do use xylitol, you may need to taste test and add a bit more to the recipe, as it's more subtle than other sweeteners.



Some people use stevia in their recipes. Stevia comes from a plant and the leaves are very sweet. However, you need to get very good-quality stevia to avoid an aftertaste. Personally I'm not a big fan of stevia, but some people love it. It's another low-glycemic sweetener, so you may want to give it a go if you're sensitive to other sugars. It's sold as a white granular powder or as drops, and is very concentrated, so if you're a stevia fan you'll need to experiment with the quantity for my recipes.



About the Ingredients

Some people also use agave nectar, and I myself used to use it. However agave is very high in fructose (70-90%) – higher than regular sugar (50%). Why should you care about fructose? Well, because if you consume high amounts of fructose over a long period of time it can lead to insulin resistance, which basically means that your blood sugar would become chronically high. I prefer maple syrup: although it's been heat-treated, it has a lower glycemic index than regular sugar, tastes amazing, and does have some minerals and antioxidants. It is also very sweet, so you don't need very much.



Pitted dates are a fantastic sweetener too, and many raw foodies prefer them because they're the most “natural” of sweeteners, and they add a nice creamy texture to dishes when blended. If you'd prefer to use dates for recipes that require liquid sweeteners, you can make a “date paste” by blending dates with water (you may have to experiment with quantities though).





About the Equipment

I'm all about simplicity and speed. You only need basic equipment for all of my recipes:

- ✓ A knife and cutting board
- ✓ A blender or hand blender
- ✓ A food processor or the chopper attachment from your hand blender

If you're making meals for four people (or more), do yourself a favor and invest in a food processor. You'll be glad you did! Using the chopper attachment on your hand blender works great, but you'd have to prepare the recipe in batches as the food won't all fit in one go. Food processors are very inexpensive. You and your time (and your sanity) are worth it!





Blueberry Banana Mousse



I love blueberries and I love mousse, so this one was naturally on my list of dishes to create. And not only are blueberries delicious, but they're also very good for you – particularly your eyes and your brain .

This is very good as a dessert on its own, or you can use it as a pie filling for raw pies. You can also chop some fruit into it and sprinkle it with raw granola to eat for breakfast.

Don't let the simplicity fool you though: this is very filling and satisfying.

 **Makes 4 cups/960ml of pudding, to serve 4 as a light dessert.**





Blueberry Banana Mousse

You will need

- 🎵 A good blender or hand blender

Ingredients

- ★ 2 large ripe bananas
- ★ 4 cups/480g fresh blueberries (or frozen and thawed)
- ★ 2 tablespoons maple syrup, honey or xylitol, or 4 pitted dates (soak them first if they aren't soft)

How you do it

- 🔪 Put everything in the blender and push the button!

Rocking Raw Chef tips

- ℹ For extra sweetness use very brown bananas – the browner the better. A great money-saver is to buy the overripe bananas at the market that are often very cheap, and freeze them individually to use when needed. Just make sure to peel them first!
- ℹ You could also add 6 cups/1.4l of water or nut milk to make delicious fruit smoothies.
- ℹ Other soft fruits would work well too in place of the blueberries, such as mango, strawberries, or peaches, although it won't be as thick. To remedy this, add 2 tablespoons of chia seeds or ground flax seeds (add these foods after blending the rest).




Berries and Cream



This is one of my very favorite desserts because it's so easy to take with me: I just take a pot of "cream" and some fresh berries, and I'm ready for anything!

Everyone likes this recipe so it's another good one to share with guests or to bring to events. No one will know that the cream is healthy, either!

 **Makes about 2 cups/480ml of cream to pour over mixed berries for 4 people.**





Berries and Cream

You will need

- 🎵 A good blender or hand blender

Ingredients for the cream

- ★ 1 cup/140g cashews, soaked for at least 2 hours in 1 cup/240ml water (soak overnight for creamiest texture and reserve the soak water as you'll blend that too – see tips)
- ★ 1 tablespoon maple syrup, honey, or xylitol
- ★ ½ teaspoon vanilla extract or ¼ teaspoon vanilla powder

Ingredients for serving

- ★ 4 cups/480g mixed berries, such as raspberries, blueberries, and strawberries

How you do it

- 🔪 Divide the mixed berries between four glasses or bowls.
- 🔪 Blend the cream ingredients, including the soak water from the cashews.
- 🔪 Pour over the fruit and serve. That's it!





Berries and Cream

Rocking Raw Chef tips

- i Put a tablespoon of shredded beetroot in the blender for a pink cream!
- i A few leaves of spinach, or a tiny pinch of spirulina (read about that [here](#)) or chlorella (read about that [here](#)) will give you green cream... and you won't even taste the veggies!
- i You could also pour the cream over bananas, peaches, raw ice cream, any kind of raw cake, or raw cookies.
- i For extra decadence, you could add chopped walnuts or pecans.
- i Any leftover cream will keep for at least three days in the refrigerator.
- i If you're using a hand blender, you may find that your cream isn't as smooth as you'd like. There's an easy fix for this: just soak the cashews overnight first!





Decadent Fruit Delight



This is a super-quick dessert, which will take you straight to the tropics!

Lots of fruit combinations are possible here. I use whatever I have to hand, although the coconut really adds something special.

 **Serves 4.**





Decadent Fruit Delight

You will need

- 🎵 A knife and cutting board

Ingredients

- ★ 2 mangos
- ★ 2 red apples
- ★ 2 bananas
- ★ 2 large oranges, peeled
- ★ ¼ cup/30g raisins or sultanas (or goji berries if you prefer)
- ★ ¼ cup/30g raspberries, blueberries, or grapes
- ★ ¼ cup/15g raw coconut chips or shredded raw coconut (or fresh coconut if you like)

How you do it

- ✂️ Cube the mangos, core and chop the apples, slice the bananas and oranges, and put everything in a bowl. Add the remaining ingredients and mix well. That's it!





Decadent Fruit Delight

Rocking Raw Chef tips

- i Other good fruit combos: papaya, mango, and passion fruit; pear, blueberries, and raspberries; grapes, apple, and orange.
- i For a “juicier” fruit delight, you can add in ¼ cup/60ml of orange juice or coconut water. Yum!
- i Fancy a really decadent dessert? It goes without saying that this would be really delicious on top of some Fruitilicious Sorbet. (There, I’ve said it anyway!)





Green "Rice" Pudding



Do you know anyone who's reluctant to eat their greens?
This may be your solution!

The "rice" comes from soaked chia seeds which are not only super delicious, but very good for you: they're a complete protein source, great for digestion, and will give you heaps of energy for a long time!

 **Makes 4 cups/960ml of pudding, to serve 4 as a light dessert.**





Green "Rice" Pudding

You will need

- 🎵 A blender or hand blender

Ingredients

- ★ 3 cups/720ml almond milk
- ★ ¼ cup/40g chia seeds
- ★ 2 ripe bananas
- ★ One handful of spinach
- ★ 2 tablespoons maple syrup, honey or xylitol, or 3 soft pitted dates (Medjool dates are best)
- ★ 1 teaspoon vanilla extract or ½ teaspoon vanilla powder
- ★ ½ teaspoon cinnamon
- ★ ½ teaspoon spirulina (optional, for extra "greens" – see tips)
- ★ A dash of lemon juice

How you do it

- 🔪 Put the chia seeds to soak in half of the almond milk in a bowl while you get out the rest of the ingredients. Within 5 minutes they'll have soaked up a lot of the liquid. If your seeds clump up a bit, this is normal: just give them a quick stir with a wire whisk.
- 🔪 Pour the rest of the almond milk into the blender with the remaining ingredients, and blend well.
- 🔪 Pour the mixture into the bowl with the soaked chia seeds, while stirring. Garnish with slices of banana or other fresh fruit, and serve!





Green "Rice" Pudding

Rocking Raw Chef tips

- i To make a quick nut milk, soak some almonds, pecans, or brazils overnight. In the morning, blend them with water (use 2 cups/480ml of water for 1 cup/120g of nuts). Strain using muslin (if you like), or use as is.
- i You could use hemp milk or oat milk instead of nut milk. Hemp milk is made in the same way and has the same uses, although it has a very different taste. It is lighter (less fat content) than nut milk and not as sweet. You can buy hemp seeds whole or shelled. If using whole seeds, you do need to strain the milk and throw away the husks (the pulp) as they cannot be eaten. Shelled hemp seeds will enable you to make quick hemp milk without straining, and the seeds can also be eaten straight from the packet to top salads or soups. They're delicious!

- i Spirulina is very good for the eyes, as well as for helping the body defend itself against stress. It's a great source of protein, and it also contains vitamin B12 – which is important for vegans and vegetarians, as most foods rich in B12 tend to be animal-based proteins. Plus it gives this pudding its beautifully vibrant color! You can read more about spirulina [here](#).
- i You could also garnish your dessert with mint flowers, as I've done in the picture.
- i Chia seeds can be used to thicken just about any dish, although it's best to add them after blending other ingredients. You can read about chia seeds [here](#).





Pretty Perfect Pudding



Look at the color of this pudding!

My friend Pantea invited me for lunch one day, and she asked me for some recipes so that she could make me a raw lunch. I sent her some ideas for fruit puddings, and she came up with this!

It's now one of my favorite desserts...or breakfasts.

And of course it's another good way to sneak some nutrition into those you love.

 **Makes 4 cups/960ml of pudding, to serve 4 as a light dessert.**





Pretty Perfect Pudding

You will need

- 🎵 A blender or hand blender

Ingredients

- ★ 2 ripe pears, cored and roughly chopped
- ★ 1 avocado
- ★ 1 ripe banana
- ★ 1 ripe papaya, peeled, deseeded, and roughly chopped
- ★ 1 teaspoon spirulina
- ★ Sliced almonds and/or raw coconut chips to garnish (optional)

How you do it

- 🌀 Blend all ingredients, garnish with sliced almonds or coconut (if using), and serve!

Rocking Raw Chef tips

- 📖 This is a great way to get greens into those people who won't eat them. You won't taste the avocado or the spirulina – just the fruit.
- 📖 Here's an idea for you: Serve this at a dinner party, and see if people can guess the ingredients!





Mango Vanilla Custard



I love custard, so this one was a must! The base for this recipe comes from fellow UK raw food chef Russell James.

🍴 Serves 4 if poured over fruit or raw granola, 2 if eaten on its own as a dessert, or 1 if I've got the house to myself...





Mango Vanilla Custard

You will need

- 🎵 A good blender or hand blender

Ingredients

- ★ 1 cup/240ml almond milk (see Green Rice Pudding recipe tips if you'd like to make your own)
- ★ 1 ripe mango
- ★ 1 teaspoon vanilla extract or ½ teaspoon vanilla powder
- ★ 1 tablespoon maple syrup, honey, or xylitol (or 1-2 pitted dates; soak if not soft)
- ★ ½ teaspoon lemon juice
- ★ Pinch of salt

How you do it

- 🔪 Scoop out the meat from your mango, put it in the blender, and push the button! That's it!

Rocking Raw Chef tips

- 📌 The custard is brilliant either on its own or as a dipping sauce for fruit, raw cookies, or cakes.
- 📌 Some good fruits to eat with Mango Vanilla Custard are: any kind of berries (blueberries, raspberries, strawberries) or sliced fruit (apple, banana, peach, pear). You can make this dessert extra-decadent by also adding raw granola (see bonus recipe), or even a sprinkling of nuts and/or dried fruits.
- 📌 If you double the amount of almond milk you'll get a custardy mango smoothie!
- 📌 For a thicker custard you can toss in a handful of soaked cashews, ground flax, or chia seeds (read about chia seeds [here](#)).



Peach Cobbler



Peach cobbler is one of my favorite desserts, and this one tastes much better than the cooked version.

This recipe takes a bit longer than 5 minutes if you make your own topping, but it's so worth it!

 **Serves 6 as a decadent dessert.**





Peach Cobbler

You will need

- ♪ A good blender or hand blender
- ♪ A food processor or the chopper attachment of your hand blender
- ♪ A coffee grinder (optional - you can also use a food processor. See tips)

Ingredients for the filling

- ★ 4 peaches, roughly chopped
- ★ 1 cored pear, roughly chopped
- ★ 2 ripe bananas, roughly chopped
- ★ ¾ cup/90g raisins or sultanas
- ★ ½ cup/120ml maple syrup or honey, or 8 pitted dates (soak first if not soft)

★ ½ tablespoon cinnamon

★ 1 teaspoon lemon juice

Ingredients for the topping (or use any of the “crust” mixtures from another recipe – see tips)

★ 1 cup/80g ground flax seeds

★ ½ cup/70g finely chopped nuts or ground oat groats

★ 2-3 tablespoons maple syrup, honey, or xylitol

★ ½ teaspoon cinnamon

★ Pinch salt

Optional extras

★ 1 recipe of Mango Vanilla Custard (see tips)



Peach Cobbler

How you do it

- ✂ First process the filling ingredients in a food processor and pour an equal amount into 6 glass dishes.
- ✂ For the topping, use a coffee grinder to grind the flax seeds. Then mix it together with all the other topping ingredients in a glass bowl, adding the liquid sweetener last. Stir well. It should be a bit lumpy, like a crumble. Taste test for sweetness and add more sweetener if desired.
- ✂ To serve, sprinkle each dish of filling with some topping. If you've made some custard, pour that over the top.

Rocking Raw Chef tips

- ℹ The filling makes a tasty pudding on its own.
- ℹ Raw granola (see bonus recipe), or any combination of dried fruit and nuts/seeds, makes a good crumble topping too. Or use any of my "crust" mixtures.
- ℹ If you don't have a coffee grinder for your flax seeds, you can use a food processor instead. Or of course, you could buy your flax seeds already ground!
- ℹ You don't have to top your crumble with Mango Vanilla Custard – but it sure is good! You could eat it as it is of course, or top with some sweet cream (see Berries and Cream recipe).



Upside-Down Apple Pie



I love apple pie, and the raw filling is SO much tastier than the cooked version! Try it and see!

 **Makes one 8"/20cm pie.**





Upside-Down Apple Pie

You will need

- 🎵 A food processor or the chopper attachment of your hand blender

Ingredients for crust

- ★ 1 cup/80g ground flax seeds (grind $\frac{3}{4}$ cup/80g to produce 1 cup/80g ground flax seeds)
- ★ $\frac{1}{2}$ cup/70g finely chopped nuts or ground oat groats
- ★ 2-3 tablespoons maple syrup, honey, or xylitol
- ★ $\frac{1}{2}$ teaspoon cinnamon
- ★ Pinch salt

OR simply use:

- ★ $1\frac{1}{2}$ cups/210g raw granola, or a mixture of nuts and dried fruit (see tips)

Ingredients for the filling

- ★ 4 cored apples, roughly chopped
- ★ 1 cored pear, roughly chopped
- ★ 2 ripe bananas, roughly chopped
- ★ $\frac{3}{4}$ cup/90g raisins or sultanas
- ★ $\frac{1}{2}$ cup/120ml maple syrup or honey, or 8 pitted dates (soak first if not soft)
- ★ $\frac{1}{2}$ tablespoon cinnamon
- ★ 1 teaspoon lemon juice





Upside-Down Apple Pie

How you do it

- ★ Process the filling ingredients in your food processor and pour the result into a glass pie dish.
- ★ Process the crust ingredients in a food processor (or use your raw granola/dried fruit-and-nut mixture). Sprinkle on top of the crust. That's it!



Rocking Raw Chef tips

- ❖ This recipe requires you to process your pie filling (rather than blend it) because you want it to be nice and chunky. Then again, if you'd rather have a smooth filling, blend it and see what you prefer – although you may have to add ¼ cup/20g of ground flax seeds to thicken your filling.
- ❖ The filling makes a very nice dessert or breakfast on its own.
- ❖ To make your own raw granola, see the bonus recipe.
- ❖ You may have noticed that the crust recipe is the same as the topping recipe for the Peach Cobbler. This is intentional – I want you to see how versatile raw food is. A topping can become a crust, and a crust can become a topping. Try doing that with cooked food!
- ❖ You can top your pie with dollops of Mango Vanilla Custard or some sweet cream from the Berries and Cream recipe.



Frozen Fruit Pie



I came up with this recipe one day when all of my mangos decided to ripen at once. Now I'm glad they did!

 **Makes one 8"/20cm pie.**





Frozen Fruit Pie

You will need

- ♪ A good blender or hand blender
- ♪ A food processor, coffee grinder, or the chopper attachment of your hand blender (optional – for the crust)

Ingredients for the pie crust

- ★ 1½ cups/210g raw granola, or a mixture of nuts and dried fruit (see tips)

Ingredients for the filling

- ★ 2 bananas
- ★ 2 mangos
- ★ 1-2 tablespoons maple syrup, honey or xylitol, or 2 pitted dates (soak if not soft) (optional – see tips)

How you do it

- ✂️ Combine all the crust ingredients in a food processor or a bowl, and press into the bottom of a glass pie dish.
- ✂️ Combine the filling ingredients in your blender and pour over the crust.
- ✂️ Pop into the freezer until the pie is set. Remove it from the freezer 30 minutes before serving so that it thaws enough to cut easily.





Frozen Fruit Pie

Rocking Raw Chef tips

- i Your crust can be any mixture you like of nuts and dried fruit. Try equal amounts of almonds, pecans, raisins, pumpkin seeds, dried coconut, cranberries, and walnuts.
- i To make your own raw granola, see the bonus recipe.
- i Whether you use additional sweetener or not depends on how ripe your fruit is. If the bananas and mangos are nice and sweet, you won't need any.
- i You can use a lot of different combinations of fruit here. Here are some ideas:
 - Peaches and strawberries
 - Raspberries, blueberries, and bananas
 - Apples and blackberries
 - Pears and bananas with 1 teaspoon of cinnamon...

- i Lots of possibilities! The idea is to combine equal quantities of two soft fruits that taste good together. So get experimenting!
- i You could top your pie with sliced banana or fresh strawberries or raspberries just before serving, or thaw 1 cup/120g frozen raspberries and make a quick "coulis" by mixing in 1-2 tablespoons of maple syrup, honey, or xylitol and pour it over the top. Mmmmm!
- i Frozen fruit works fine too – just use half frozen and half fresh so that your blender can cope. If you use this method, you can serve your pie immediately because the filling will be like a soft sorbet! Then freeze any leftovers (ha!).



Sweet Plantains



This recipe reminds me of the “fried ice cream” that we used to serve when I worked in a Mexican restaurant in college. If you like the combo of sweet crumble that’s on the outside with a tasty filling inside, you’ll love this!

If you can’t find plantains, you can use bananas.

 **Serves 4 as a dessert, snack, or decadent breakfast.**





Sweet Plantains

You will need

- 🎵 A food processor or the chopper attachment of your hand blender (if you're grinding your own oat groats/ almonds)

Ingredients

- ★ 2 ripe plantains or 4 bananas (see tips)
- ★ 4 tablespoons maple syrup, honey, or xylitol
- ★ 2 tablespoons hemp or flax oil
- ★ ½ cup/60g almonds, ground, plus ¼ cup/30g raisins and 1 teaspoon cinnamon, or ½ cup/60g raw granola (see tips)

How you do it

- 🔪 Peel your plantains and slice them thinly. Place them in a bowl and pour in the sweetener and oil. Mix well.



- 🔪 Process your almonds/raisins/cinnamon mixture (or your granola) and put into a separate bowl.



- 🔪 Roll the plantain slices in the “crumble,” place on plates and serve. Yum!



Sweet Plantains

Rocking Raw Chef tips

- i Plantains are like bananas, but firmer and not as sweet. They're delicious in both sweet and savory recipes, so they're very versatile. The best plantains for this recipe are the very ripe ones – they've got brown spots on them and they look too ripe to eat. They're not though – they're perfect! As plantains are typically much larger than bananas, you'll need only 2 for 4 people. You can find plantains in most supermarkets.
- i No need for a food processor if you buy ground almonds.
- i You can substitute the ground almonds/cinnamon mixture with raw granola (see the bonus recipe). This could even be a handful of mixed dried fruit and nuts/ seeds that you chop finely in your food processor. Easy!





Fruitylicious Sorbet



This recipe is a great way to use up overripe fruit. You can also use frozen fruit: I usually buy packages of frozen fruit so that I have plenty on hand to make this delicious summery dessert.

 **Serves 4 as a dessert.**





Fruitylicious Sorbet

You will need

- 🎵 A good blender or hand blender

Ingredients

- ★ 2 cups/240g fresh fruit (I like strawberries and raspberries)
- ★ 2 very ripe bananas, or a tablespoon of maple syrup, honey, or xylitol (or 3-4 pitted dates – soak the dates in warm water first if they aren't soft)
- ★ 2 cups/260g frozen fruit (I used a mixture of papaya, pineapple, and kiwi)

How you do it

- 🔪 Ready? This is so easy it's embarrassing. Put everything in your blender and blend!
- 🔪 You might like to use a blender tamper (which pushes the ingredients down in the blades and speeds

everything up) if you have one, but you can definitely make do without! You might just have to occasionally take off the blender lid and push the fruit around a bit.

Rocking Raw Chef tips

- 📌 Be sure to put the fresh fruit in closest to the blades, because that will help your blender. (So in a blender, you put the fresh fruit in first, and in a hand blender, you put the fresh fruit in last!)
- 📌 If your blender can't handle too much frozen fruit at a time, use less frozen and more fresh. If the result is too soft, pop the mixture in the freezer for a few minutes. Don't forget it's there though, or it will get rock hard!
- 📌 You can sprinkle some nuts and/or fresh fruit over the top for extra decadence if you like.
- 📌 You can also put a scoop or two into some nut milk for a creamy frozen fruit shake!




Strawberry Dipping Sauce



Fruit sauces – or fruit “coulis” – are so easy to make, and they’re even better raw. They go with just about anything sweet, and I love them for dunking my fruit or cookies.

Strawberry Dipping Sauce is my absolute favorite of all though – just look at that color!

 **Makes 3 cups/720ml of coulis to serve 4 people as a dipping sauce with fruit.**





Strawberry Dipping Sauce

You will need

- ♪ A blender or hand blender

Ingredients

- ★ 2 cups/240g fresh strawberries
- ★ 1/3 cup/80ml maple syrup, honey, or xylitol
- ★ Dash lemon juice
- ★ 4 cups/480g of your favorite sliced fruit for dipping

How you do it

- 🌀 Blend all ingredients except for the “dipping fruit.” Pour into individual ramekins for each person, placing each ramekin on a plate surrounded by fruit slices. That’s it!

Rocking Raw Chef tips

- ℹ You can make other fruit sauces in the same way. Just substitute 1 cup/120g of your favorite fruit: blueberries, bananas, apples...lots of possibilities!
- ℹ Your fruit sauce will keep for at least five days in the refrigerator if you don’t eat it all right away.
- ℹ Some fruits will give a thicker result, like apples, bananas, and blueberries.
- ℹ You can make your sauce extra thick by adding 1/2 cup/60g of dried fruit, such as pitted dates or sultanas. Or 1/4 cup/30g of ground flax seed would thicken your sauce without adding any more sugar.



Bonus Recipe: Raw Granola



This is a deliciously healthy granola.

It makes a great breakfast, but it's also a fantastic base or filling for many raw desserts - some of which are included in this recipe book.

 **Makes 3 cups/420g, to serve 4 as a hearty breakfast.**





Bonus Recipe:

Raw Granola

You will need

- ♪ A food processor or the chopper attachment of your hand blender

Ingredients

- ★ 1 cup/140g almonds, soaked overnight and drained
- ★ ½ cup/50g pumpkin seeds, soaked overnight and drained
- ★ ¼ cup/20g walnuts or any other nuts you like, soaked overnight and drained
- ★ ¼ cup/30g raisins or sultanas
- ★ ¼ cup/30g dried cranberries or cherries (try to use ones without sugar and vegetable oil) or other dried fruit
- ★ ½ cup/30g raw coconut (shredded or chipped), soaked for at least 2 hours (or use fresh coconut) (optional)
- ★ 2 tablespoons orange juice

- ★ 2 tablespoons maple syrup, honey, or xylitol
- ★ ½ teaspoon cinnamon
- ★ ½ teaspoon vanilla extract, or ¼ teaspoon vanilla powder
- ★ ⅛ teaspoon allspice
- ★ ¼ teaspoon sea salt

Ingredients for serving

- ★ 4 cups/960ml nut milk
- ★ 2 cups/300g chopped fresh fruit or berries

How you do it

- ✂ The night before (or in the morning to prepare in the evening), put all the ingredients that need soaking together in one big bowl of filtered water. They'll need to soak for at least 8 hours.



Bonus Recipe: Raw Granola

- 🔪 Then add all the ingredients to your food processor and blend until chunky. The mixture should be a bit “moist” with a small amount of liquid. If you’re using the chopper attachment of your hand blender, mix in several batches and combine in a large bowl.
- 🔪 Divide between 4 bowls and serve with nut milk and the fresh chopped fruit or berries.



Rocking Raw Chef tips

- ℹ Any leftover granola will keep in the refrigerator for at least 2 weeks.
- ℹ Fresh blueberries, raspberries, sliced bananas, or sliced pears are all delicious toppings.
- ℹ You can dry your granola in a dehydrator or an oven (on the lowest setting) if you want to store it for long periods of time, although this is totally optional and of course would take more than 5 minutes. It will then keep for weeks in a sealed container.
- ℹ The soaking in this recipe is optional, but it will make your nuts/seeds easier to digest.



Congratulations!

Congratulations!

- ★ You've now got a wide variety of gorgeous sweet treats at your fingertips. You can top off any meal with the perfect dessert!
- ★ You've learned how to make a gorgeous assortment of puddings, pies, cobblers, creams, and sorbets!
- ★ You'll always be able to wow everyone with a delicious dessert that's super tasty...and yet super good for you. How cool is that?

I hope you've enjoyed it, because I have *loved* creating these recipes for you.

How are your tastebuds? Are they happy?

I sure hope so!

Have fun and let me know how it goes - I can't wait to hear what fun you're having!



Barbara

Barbara Fernandez – The Rocking Raw Chef

barbara@rockingrawchef.com



Are You Ready for More?

Now that you're a "rockin' raw dessert" pro, you may well ask...

So what's next?

Well, first of all...Make these recipes! Eat the result! Share with friends and family! Play around with different ingredients! You get the idea...!

And second of all...got questions? Let me answer them for you!

Got a question? Here's what you do: you email me. I mean it! I reply to every email. No matter what your question, I will do my best to give you a helpful answer. Try me and see!

barbara@rockingrawchef.com

Last but not least, are you ready for more?

Then I've got news for you: there's plenty more where *that* came from!

Your next step along your star-studded path of rockin' raw meals is:

Mix & Match 3-Course Meals - delicious meals in 20 minutes!

Made for you menu planning!

A carefully selected selection of starters, mains and desserts to create delicious 3-course meals that you can share with anyone. All you do is bask in your own glory :-)

For all the juicy details, visit:

www.rockingrawchef.com/mix-and-match-3-course-meals