

A close-up photograph of several purple grapes hanging from a vine. The grapes are in sharp focus in the foreground, while the background is a soft, out-of-focus green, suggesting a vineyard or garden setting. The lighting is bright and natural, highlighting the texture of the grape skins.

Healthy Food in a Flash

Eat something healthy right now with these 7 simple and delicious recipes you can whip up in 15 minutes or less

by Nikki H Stokes, EatingVibrantly.com

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Healthy Food in a Flash

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First published by Nikki H Stokes in Australia in 2016.

This first edition published in September 2016 by Nikki H Stokes.

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Getting Started

The last thing you need when you're hungry is a recipe with a long list of ingredients and hours of preparation time. Before you know it, all your best "healthy eating" intentions have evaporated, and you're back to eating the same old rubbish. But help is at hand.

In the following pages you'll find 7 of my most popular recipes that:

- 🍃 Take 15 minutes or less to make
- 🍃 Don't require anything fancier than a blender
- 🍃 Have 9 ingredients or fewer (and most have 5, 6 or 7 ingredients)
- 🍃 Are super easy to make

so you can be eating a delicious, nutritious treat in no time at all.

There's a variety of recipes to choose from, so flick through them and pick the one that appeals the most, whip out your ingredients and pull it together in a flash. Most of them are made in a blender, so thankfully cleanup is fast as well.

Once you've worked your way through this collection of quick and easy recipes, you'll be eating more vibrantly than ever before, and in record time too! Ready to get started?

P.S. If you want more details on any recipe, just click on the recipe name to visit my blog version of the recipe.

Ingredient Substitutions

Some recipes have ingredients that you might not have on hand, so if you get stuck, refer to this table to find alternatives. I can't guarantee the recipe will taste exactly the same though!

Ingredient	Substitute with...
Buckwheat groats	Kasha (roasted buckwheat), sunflower seeds, hemp seeds, millet flakes, quinoa flakes or amaranth flakes
Cacao powder	Unsweetened cocoa powder
Chia seeds	Flax seeds or sesame seeds (although sesame won't absorb water)
Goji berries	Any less sweet dried fruit, such as currants, cranberries, blueberries, raspberries or strawberries
Hemp seeds (hemp hearts)	Chia seeds, flax seeds, chopped walnuts or cashews
Kale	Spinach, collard greens, swiss chard (silverbeet) or beet greens
Medjool dates	Regular dates, soaked in water for 2 hours at room temperature
Spelt flakes	Rolled oats, millet flakes, quinoa flakes or amaranth flakes
Vanilla bean powder	The seeds from a fresh vanilla bean or some vanilla extract



“Eat food. Not too much.
Mostly plants.”
-Michael Pollan

Homemade Raw Muesli

Ingredients

- ¼ cup buckwheat groats
- ¼ cup coconut, dried, shredded, unsweetened
- ¼ cup spelt flakes (or gluten-free rolled oats*)
- ¼ cup sunflower seeds
- ⅛ cup chia seeds
- ¼ cup sultanas (golden raisins)
- ⅛ cup goji berries
- ¼ cup brazil nuts, chopped (or pumpkin seeds**)
- ¼ cup hemp seeds

Method

1. Measure everything into a mixing bowl
2. Mix thoroughly
3. Store in the refrigerator

Makes 2 cups. Serve half a cup of muesli in a bowl and top with fresh fruit and non-dairy milk.

Raw | Vegan | Wholefood | Dairy-Free | *Gluten-free option | **Nut-free option



Raw Vegan Almond Milk

Ingredients

- 1 cup (160g) almonds
- 1½ cups (375ml) water
- 2 medjool dates, pitted
- ¼ tsp vanilla bean powder
- ½ cup (125ml) water
- 2/3 cup (125g) ice

Method

1. Add almonds to blender with 1½ cups water, dates and vanilla bean powder.
2. Blend until smooth.
3. Add ½ cup of water and 2/3 cup ice and blend again.
4. Strain through nut milk bag, squeezing pulp thoroughly to extract as much almond milk as possible.

Makes 600ml (plus 1 cup almond pulp). Store in the fridge for up to 4 days.

Raw | Vegan | Wholefood | Dairy-Free | Gluten-free | Paleo



Creamy Kale Smoothie

Ingredients

- 2 leaves (1/2 cup or 30g) black kale (also called cavolo nero, dinosaur kale or tuscan kale)
- ¼ avocado (or ¼ cup hemp seeds)
- ½ med mango
- 3 med ripe bananas
- 2 cups (500ml) water
- 1 cup (200g) ice

Method

1. Remove the stems from the kale and discard.
2. Add everything to the blender in the order listed.
3. Blend until smooth.

Makes 4 serves (1.2L). Leftovers can be stored in the fridge for 3-4 days.



Raw | Vegan | Wholefood | Dairy-Free | Gluten-free | Nut-free | Paleo

Raw Hot Chocolate

Ingredients

- ½ cup (70g) cashews
- 3 med (70g) medjool dates, pitted
- 3 tsp (5g) cacao powder
- pinch vanilla bean powder
- 250ml water
- 1 strawberry (to serve)

Method

1. Add everything to the blender except the strawberry.
2. Blend until mix is smooth, and starting to warm up, around 1-2 minutes.
3. Pour into a big mug and garnish with a fresh strawberry.
4. Drink immediately.

Makes 400ml (a BIG mug-full). It's very rich, so you might want to share!



Raw | Vegan | Wholefood | Dairy-Free | Gluten-free | Paleo

Instant Raw Vegan Feta Cheese

Ingredients

- 1 1/3 cup (200g) almonds, whole
- 1/3 cup (80g) lemon juice
- scant 1/4 cup (50ml) cold-pressed extra-virgin olive oil
- 2 med (10g) garlic cloves
- 1 1/4 tsp salt
- 1/3 cup + 4 tsp (100ml) water

Method

1. Put everything into a high-speed blender and blend until smooth.
2. Leave in the fridge for a couple of hours to firm up if required, or use immediately.

Makes 600ml. Serve on toast, with crackers, as a dip with chopped veggies, or add to recipes as a feta substitute.



Raw | Vegan | Dairy-Free | Gluten-free | Paleo

Raw Chocolate Hemp Pudding

Ingredients

2/3 cup (160g or 10-12 med) medjool dates, pitted
½ cup (125g) water
2/3 cup (125g) ice
1 cup (160g) hemp seeds
⅛ cup (12g or 6tsp) cacao powder
pinch vanilla bean powder
fresh berries (to serve)

Method

1. Add the dates, water and ice to the blender and blend into a rough paste.
2. Add the hemp seeds, cacao powder and vanilla bean powder.
3. Blend until smooth and creamy.
4. Serve with fresh blueberries, strawberries or raspberries.

Makes 600ml (3 serves). This pudding is very rich, so it's probably best if you share.



Raw | Vegan | Wholefood | Dairy-Free | Gluten-free | Nut-free | Paleo

Instant Raw Vegan Cashew Cream

Ingredients

1 cup (140g) raw cashews
2 med (35g) medjool dates
 $\frac{3}{4}$ tsp vanilla bean powder
 $\frac{1}{2}$ cup (100g) ice
 $\frac{1}{3}$ cup (80g) water

Method

1. Put everything into in a blender and process until smooth.



Makes 360ml. Use to top a bowl of fresh fruit or your favourite dessert. Store in the refrigerator for up to five days.

Raw | Vegan | Wholefood | Dairy-Free | Gluten-free | Paleo



“The greatest gift you can give your family and the world is a healthy you.”

-Joyce Meyer



About me

I'm passionate about good food

I strongly believe in the power of nutrient-dense, plant-based foods to create amazing health and vitality.

My passion is to create delicious, simple and fun dishes that my whole family loves. And my aim is to see just how much raw, vegan and whole foods I can get my family to eat.

Once upon a time...

I started playing with raw food in 2011, as a way to help lower my husband's cholesterol naturally.

It worked, and along the way, we both lost heaps of weight, and ate so much more magnificently than we ever had before.

I never realised that food could be *this* good.



Join me

Please join me on my journey

I created my blog to share my discoveries with my friends, my family, and with you, in the hope that it will bring more life and colour into your food than ever before.

I'm having so much fun with all of this, and I'd love it if you'd come along for the ride.

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And discover amazing health and happiness through the power of food.

Resources

Want to know more?

Now that you've mastered my quick and easy recipes, where to from here?

Here's some places for you to start:

- My most popular recipes** www.eatingvibrantly.com/best-raw-vegan-recipes/
- My entire recipe collection** www.eatingvibrantly.com/recipes/
- My favourite cookbooks** www.eatingvibrantly.com/resources/favourite-cookbooks/
- My favourite kitchen gadgets** www.eatingvibrantly.com/resources/favourite-kitchen-gadgets/

You could also check out some of my favourite raw and vegan websites:

- 🍃 [Oh She Glows](#) (vegan & wholefood)
- 🍃 [The Rawtarian](#) (raw & vegan)
- 🍃 [Raw Food Recipes](#) (raw & vegan)
- 🍃 [Finding Vegan](#) (vegan)

And have an awesome day!