

BEAUTIFUL *ON* RAW

un [^] *Cooked Creations*



Over
100
unCooked
Recipes!

Tonya Zavasta

BEAUTIFUL
On **RAW**
Un ***Cooked Creations***

Tonya Zavasta



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Disclaimer

The information presented herein represents the view of the authors as of the date of publication. Every effort has been made to make this book as accurate as possible. It was written with the intention of providing information about the raw food lifestyle and giving the motivation to follow it. The ideas presented in this book have been tested with great success by the women featured in this book; however, if you are not ready to accept full responsibility for your actions, safety, and health, please do not follow these ideas.

The information contained herein is not intended as a diagnosis, cure, or treatment for any disease or ailment. Because changing one's diet for the better often produces initial cleansing reactions, readers are advised to educate themselves adequately and seek advice from a qualified health or medical professional when needed. Neither the author nor BR Publishing accepts liability or responsibility for any loss, injury, or damage allegedly arising from any information or suggestion in this book.

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Introduction

“Nature meant woman to be her masterpiece.” — John Ruskin

B*eautiful on Raw: unCooked Creations*, like my first book, *Your Right to Be Beautiful: How to Halt the Train of Aging and Meet the Most Beautiful You*, is based on many years of experience and observation, and is intended to meet the specific needs of women. It should be read as a companion to the first book. They are essentially a two-volume set — the first one deals with the *whys* and this one deals with the *hows*.

For some people, being gravely ill and without viable alternatives becomes a good incentive to start the raw food diet, but, for other people, a lack of motivation is the real problem. Many women have told me that they would not consider going raw for their health — they would just take medication. They would, however, do it for beauty — because there is no pill for beauty. For many, going raw is a better solution to finding their natural beauty than the unnatural process of plastic surgery or cosmetic procedures which are not only dangerous, painful, and sometimes fatal, but also are detrimental to general health. My goal has been to reach those women who will not “go raw” for health, but who will do it for beauty. Clearly, beauty is a great impetus. This goal does not, however, preclude men; the raw food diet is just as beneficial for them — it just makes them handsome instead of beautiful.

In my first book *Your Right to Be Beautiful* I told my story of transformation on the raw food lifestyle: from sick to vigorous, from aging to youthful, from plain-looking to beautiful. When I set out to write *Beautiful on Raw*, I had two

primary objectives: to prove that I am not the only one who benefited from the raw food lifestyle and to present recipes from my own collection designed to help during the transitional stage.

People at my seminars often ask, “What if you are the only one fortunate enough to achieve beauty through the raw food lifestyle?” In other words, what if I were the exception? I had researched enough during my writing of the first book to know that I was not unique, so I set out to put this concern to rest and to offer encouragement to all the women who wanted to be beautiful.

I searched for women from all over the world who had achieved remarkable results from the raw food lifestyle. I asked them to share their secrets. I wanted stories and pictures from these women that would prove that I was not alone in having my life changed. I am including, along with my own interview, interviews with ten of these women who, like me, now dedicate their lives to promoting this wonderful lifestyle. I am sure you will benefit immensely from their experience and insights.

Since I wrote my first book, many people have asked me for my recipes. There are many excellent recipe collections available but I have tried to build mine around the simple transitional recipes that celebrate basic “from scratch” ingredients. Together with “to live by” recipes, this book emphasizes the benefits of 100 ingredients, most of them common but some unusual and little-known outside the raw food world or the specific culture that uses them.

I am not a chef, nor do I claim to be one. I never liked to cook, so for me one of the attractions of raw food was the ultimate simplicity. The longer I am on the diet, the less I require traditional food substitutes and the more I depend on simply juicing and eating small amounts of fruit, nuts, or

seeds. My recipes are primarily for everyday use. My priority was to introduce my readers to nourishing dishes that did not sacrifice taste while they adapted to a new diet.

Another strong consideration for me was to present easily digested recipes because the change to raw food can be disruptive to a system raised on heavy, unhealthy cooked food. If one kind of nut is sufficient in a recipe, I never suggest using two different kinds. Where one type of spice will do, I will not use two. I do not use garlic and onion together because it compromises the digestive process. I have also tried to keep my recipes as simple as possible in terms of preparation and time.

For example, PRIMAVERA PISTACHIO PÂTÉ ON ROMAINE LETTUCE can be made in minutes. In the beginning, most novices depend on juices and salads. This gourmet sandwich is an excellent first step away from the ordinary salad. *Primavera* means spring, and this recipe is a first-rate way to enjoy spring on your table all year. It is easy to prepare but makes a sophisticated looking meal.

Another example is “BETTER THAN CHOCOLATE” MOUSSE, which is nourishing and loaded with nutrients. It is a healthy substitute for chocolate lovers. Coconut, bananas, and tahini make it a high-protein, high-fiber, high-energy shake that will keep you satisfied for hours. It is going to be your secret weapon against the ever-aggressive sweet tooth. Probably the hardest step in going raw is giving up sugar entirely. Sugar is insidious. Like salt, it appears in almost all prepared foods and is difficult to give up.

I have also included several more elaborate dishes, both for fun and to be creative in preparing a special treat for yourself and your family. As you can tell from the illustrations, some of these can be very glamorous. The reason is twofold: to help you make the transition by having attractive foods and to have attractive foods to help others deal with the transition. These are recipes that create a splash at par-

ties and potlucks and make the statement that raw food is just as desirable as cooked.

In CLEVER CARROT CAKE, for instance, a guilt-inducing traditional cake has been transformed into a raw creation devoid of forbidden calories. Its intense nourishment, opulent appearance, and celestial taste always elicits cries of “It tastes better than baked!”

Fresh apples and pears are combined with fluffy macadamia cheese for a unique dessert in APPLE AMBROSIA PIE. In contrast to mushy, sugar-loaded traditional pies, this one is crisp, colorful, and fragrant with the luscious scent of green apples. The unaltered fruit colors and flavors guarantee that the nutritional value has not been destroyed. No sugar, no flour, and no butter — only wholesome goodness! Your perception of apple pie will be changed forever.

I used all of these recipes during my transition to the raw food lifestyle. Initially, recipes are very important. Food preparation is such a part of the cooked lifestyle that the simple act of making something highly structured fulfills a basic subliminal need. Using the more involved recipes in this book will carry you through that step.

You are going to give up cooked food, which is very heavy. When you begin the transition, the absence of this consistent heaviness is easily mistaken for hunger. It makes you uncomfortable because it is an unfamiliar sensation. My recipes serve as a means to fool the body’s senses by looking and tasting familiar but offering much better nutrition. Initially you experience the need to feel full again, and that is why good recipes are crucial whether you stick to the lifestyle or not.

As your body becomes smarter and more accustomed to the changes you are introducing, it will direct you toward consuming less food, and that food will be of the very best quality. No matter how incredible it might sound to a

Introduction

beginner, the day will come when you will no longer care for recipes. At first you cannot stand the lightness that consumption of the raw foods produces, but, after several years on this lifestyle it is fullness that becomes insufferable.

As your body becomes more and more acclimated to the raw food diet, you will find that you prefer eating simple “mono meals” and will use fewer and fewer recipes. Keeping this in mind, I have tried to go beyond recipes to explore the benefits of the ingredients. A handful of soaked nuts is better than the best fruit-nut cake we can ever make. A bowl of blueberries by itself is always better than any blend or smoothie made from them.

Begin your adventure by reading the interviews I have included and then begin to change your life, your health, and your appearance with *Beautiful on Raw: unCooked Creations*.

Tonya Lavasta

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