Welcome Raw Blenders!

We are passionate and dedicated to improving people’s health and wellness by learning, sharing, inspiring and encouraging you to do the same at home. ‘A Healthy Mix for Life’ is all about creating your own balance and learning to eat more, raw, clean, nutritious and nourishing foods every day.

Our eBook is designed to help you make simple changes with your everyday diet to become a healthier and happier version of yourself.

Are you ready to create your own mix?

Happy Blending! Love Team Raw Blend!

‘A Healthy Mix for Life’

RAW BLEND

Welcome!

“Take care of your body!
It’s the only place you have to live”
Blueberry Coconut Smoothie

Ingredients
- 1 organic coconut (water and flesh)
- 2 bananas (peeled)
- 125g organic blueberries
- 1 whole lime (with peel)
- 2 Tbsp organic pea protein
- 1 tsp maca powder
- 1 tsp lucuma powder
- 3-4 cups ice

Method
1. Place all ingredients into a Vitamix in the order listed above.
2. Blend until smooth and enjoy!

Interesting Health Tips
1. The ingredients in coconut water are way more effective in hydrating the human body than those of sports and energy drinks.
2. Blueberries can aid in weight loss, especially in losing abdominal fat.

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Herb Guacamole

**Ingredients**
- 2 avocados
- 2 tomatoes
- 1/4 capsicum
- 1 lime (juice only)
- 1 garlic clove
- 1/4 jalapeno
- 1 good handful coriander
- 1 small handful chives
- 3 sprigs thyme
- Himalayan salt and pepper (to taste)

**Method**
1. Place all ingredients into a Vitamix in the order listed above.
2. Blend on slow speed until desired consistency is reached.

**Did you know?**
1. Avocados are one of the most inexpensive, natural and powerful anti-aging tools for your skin. They should be called Supercado!
2. Avocados mature on the tree, but they only ripen once they are off the tree.
Choc Mint Mousse

Ingredients

- 2 avocados
- 1/4 cup raw cacao powder
- 1 Tbsp raw organic honey
- 5 dates
- 1 handful mint leaves
- 1 tsp Himalayan rock salt
- 1 tsp cinnamon

Method

1. Place all ingredients into a Vitamix in the order listed above.
2. Blend on high speed for about 35-45 seconds whilst using the tamper to effectively press the ingredients into the blades.

Tommy Nicholas is a health entrepreneur on a quest to help improve the vitality of people’s lives through blending, raw foods, healthy products and most importantly healthy eating and living.

Tommy is a blending expert, raw food & fitness enthusiast, TV personality, Vitamix demonstrator extraordinaire, green smoothie lover, blogger, National Sales Manager and creator of the popular health & wellness brand Raw Blend – ‘a healthy mix for life.’ Tommy has been using and demonstrating Vitamix since... Read More...
“Health is a relationship between you and your body”

‘A Healthy Mix for Life’
RAW BLEND
a healthy mix for life
we love green smoothies!
El Gringo Soup

Ingredients
- 2 cups water
- 1 carrot & 1 stick celery
- 1/2 tomato & 1/4 capsicum
- 1 stick spring onion
- 1 slice zucchini
- 1 handful cabbage
- 1 button mushroom
- 1/4 lime (with peel) & 1 small slice chili
- 1 Massel vegetarian stock cube
- 1 tsp taco seasoning & 1/4 tsp cumin
- Himalayan salt and pepper (to taste)

Method
1. Place all ingredients into a Vitamix in the order listed above.
2. Blend on high speed for 4-6 mins.

Tips for a chunky style soup:
1. When you’ve finished blending/heating the soup, add some sweet corn, chopped olives, mixed beans and organic corn chips.
2. Blend through on a slow speed.
3. Then garnish and serve... velado!
Passion for Mango!

Ingredients
- 300g coconut yoghurt
- 500g mango (frozen)
- 1 passion fruit (pulp only)

Method
1. Place all ingredients into a Vitamix in the order listed above.
2. Blend on High Speed whilst using the tamper to effectively press the ingredients into the blades whilst processing.
3. Blend for 30-45 seconds or until desired consistency is reached.
4. Drizzle Ice Cream with passion fruit and enjoy!

Did you know?
1. Wrinkled passion fruits are not overripe, but perfectly ripe. When wrinkled the sweet sour taste becomes somewhat sweeter.
2. Mangos are the most popular fruit in the world.

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**Valentines Brownies**

**Ingredients - Brownie**
- 1/2 cup cacao or carob powder
- 1/2 cup date and goji paste*
- 1/2 cup coconut flour
- 1/2 cup almonds (ground)
- Pinch salt
- 3 Tbsp coconut nectar
- 1 tsp vanilla paste
- Optional Cinnamon

**Ingredients - Frosting**
- 1 cup cashews (soaked for 24 hours then rinsed and drained)
- 100ml warm water
- 1 tsp vanilla paste
- 3 Tbsp coconut oil
- Coconut nectar to sweeten
- Pinch salt
- Crumbled frozen raspberries to garnish (optional)

**Did you know?**
The Aztecs referred to cacao as nourishment of the Gods and can naturally boost your sex drive... hubba hubba!

**Method... click here**

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*For date and goji paste combine even amounts of medjool dates and goji berries, soak for 24 hours and then blend to make a rich, sweet paste.*
Raw Noodle Salad

Ingredients
- 1/2 zucchini
- 1 green apple
- 1/2 carrot
- 1/2 cucumber
- 1 beetroot
- 5 strawberries (garnish)
- 1 small handful mint (garnish)
- 1 small handful pine nuts (garnish)

Method
1. Use a Turning Slicer (8 in 1 Raw Slicer) to make fruit/vegetable noodles.
2. Mix the noodles together in a bowl with a nice dressing.

Health Tips
1. Zucchini noodles are quick and easy to make with our 8 in 1 Raw Slicer and are a fantastic low-carb option to using pasta.
2. Zucchini is ultra low in calories with 1 cup of sliced zucchini containing about 19 calories.

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Wild Watermelon Juice

Ingredients

- 2 1/2–3 cups watermelon (chopped)
- 1 1/2 cups coconut water
- 4-5 strawberries
- Juice from 1 lime
- Fresh mint
- 1 cup ice

Method

1. Place all ingredients into a Vitamix in the order listed above.
2. Blend until smooth.
3. Strain through a nut milk bag or fine strainer to remove the pulp (you may need to do this process twice).
4. Serve cold & enjoy!

Meet Ameka xx

Ameka Benton is a Raw Blend Rockstar!
A blogger, motivator, singer, health & fitness enthusiast, model, fashionista, raw food recipe & yoga lover, Creative Coordinator and visionary behind Raw Blend’s ‘A Healthy Mix for Life’ BLOG.

Ameka began her Raw Blend journey 2 years ago and is blessed to be able to work with passionate, like minded individuals to encourage people to live their best life possible.

These people continue to inspire me professionally and personally and make work a wonderful place to be,” Ameka says. Read more...

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food for thought!
Ingredient

- 380g vanilla yoghurt
- 680g strawberries (frozen)
- 1/2 lime (with peel)
- 1 handful mint

Method

1. Place all ingredients into a Vitamix in the order listed above.
2. Blend on High Speed whilst using the tamper to effectively press the ingredients into the blades whilst processing.
3. Blend for 30-45 seconds or until desired consistency is reached.

Did you know?

1. Strawberries are the only fruit that wear their seeds on the outside and the average berry is adorned with some 200 of them.
2. Strawberries are members of the rose family - they smell as sweet as they taste.
Did you know?

1. In ancient Roman times beetroot was used as an aphrodisiac.
2. In many cultures the belief persists that if a man and a woman eat from the same beetroot then they will fall in love.

**Ingredients**

- 1 cup raw beetroot (peeled)
- 1/2 red onion
- 1 bunch parsley
- 1/2 lemon (juice only)
- 1/4 cup sunflower seeds
- 1/4 cup olive oil
- 2 Tbsp unhulled tahini
- 1 Tbsp apple cider vinegar
- 1 tsp nutmeg & mustard powder
- Himalayan salt and pepper (to taste)

**Method**

1. Place all ingredients into a Vitamix in the order listed above.
2. Blend on slow speed until desired consistency is reached.
Sweet Summer Pops

Did you know?

1. Cucumbers & watermelon are fantastic for hydration with over 90% of them being made up of water.
2. Cucumbers can help fade dark circles and reduce puffy eyes by placing slices on the eyes for 20 minutes.

Ingredients - Cucumber layer
- 2 cup cucumber (peeled)
- 1 cup coconut water
- 6 mint leaves
- 3 tsp maple syrup

Ingredients - Watermelon layer
- 2 cup watermelon
- 1 cup strawberries
- 1 cup coconut milk
- 2 tsp maple syrup

Method... click here
Ingredients – for the crust
- 2 cups shredded organic coconut (dried)
- 1/3 cup coconut oil (melted)
- 2 medjool dates (pitted)
- 1 Tbsp maple syrup (make sure it is 100% maple syrup)
- 1 Tbsp vanilla paste
- 2 cups kiwi fruit to line the crust (finely diced)

Ingredients – for the filling
- 2 cups young coconut meat (approx. 2 coconuts scooped out)
- 1/2 cup cucumber (peeled, diced)
- 1/2 cup cashews (soaked 30 minutes and drained)
- 1/3 cup coconut oil (melted)
- 1 cup coconut water
- 1 tsp vanilla paste
- 2 Tbsp maple syrup or more to taste
- Berries for decoration

Method... click here
“Are you ready to open the door to your healthy mix for life?”
Did you know?

1. Beetroot is a Hangover cure! It speeds up detoxification in your liver and enables your body to turn the alcohol into a less harmful substance that can be excreted quicker than normal.

Ingredients

- 1 cup seedless grapes
- 1 large slice pineapple (including core)
- 1 cup strawberries
- 1/2 raw beetroot
- 1 cup mixed berries
- 1 handful beetroot leaves
- 1/2 lemon
- 1 - 2 cups ice

Method

1. Place all ingredients into a Vitamix in the order listed above.
2. Blend until smooth and enjoy!
Sesame Bars

Ingredients

- 2 cups sesame seeds
- 1 cup goji berries
- 1/2 cup shredded coconut
- 1/2 cup ground flaxseeds
- 1/2 cup tahini
- 1/4 cup coconut oil
- 1/3 cup maple syrup or raw honey
- 1 tsp vanilla paste
- 3/4 tsp Himalayan salt

Method

1. Combine all ingredients in a large bowl well.
2. Line a slice tray with baking paper & press mixture firmly down into a large dish.
3. Cover and freeze for at least 1 hour.

Did you know?

1. Goji Berries can help you to lose weight! They contain a variety of compounds which help your body quickly convert food to energy rather than storing it as fat.
2. Sesame seeds don’t contain gluten which is perfect for coeliacs!
Spring Clean your insides and eliminate nasty toxins from your body that can build up over time!

If you feel sluggish, irritable, lethargic, have poor digestion, skin problems and low immunity it might be time to cleanse.

Ingredients
- 3 slices honeydew melon (with seeds)
- 1 banana (peeled)
- 2 limes (peeled)
- 1 small cucumber
- 2 cups kale
- 1 cups parsley
- 1 large handful mint
- 1 sprig dill
- 2 - 3 cups ice
- 1 cup water

Method
1. Place all ingredients into a Vitamix in the order listed above.
2. Blend until smooth and enjoy!
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“happy blending!”