

The Healing Patch Cookbook

*A gentle transition from cooked to raw foods,
with a taste of joyful wit*



4 FREE RECIPES!

Easy Vegetarian Vegan Raw Food Recipes



Written by Julie Cara Hoffenberg
with Sarah Woodward

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with a joyful taste of wit*

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Written by **Julie Cara Hoffenberg**
with **Sarah Woodward**

Healing Patch Publishing
Ojai, CA

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Written by Julie Hoffenberg with Sarah Woodward

Design and Layout by Sarah Woodward

Edited by Deborah Sindon
 Heather Woodward
 Vincente E. Woodward

Put a child in a room with a lamb and a banana. Note which one he plays with and which one he eats.

- Dr. Douglas N. Graham from The 80/10/10 Diet

INTRODUCTION

Another raw food book?! Why on earth are we writing the next book on a currently saturated subject? These are the questions we ask ourselves as we delve into this project. Sarah and I, Julie, your writer and M.C. of the fabulous Healing Patch duo, tend to be less extreme than many of the folks out there. We are ever-researching, ever-experimenting, and ever-evolving gals who believe the often harsh and abrasive approach to raw food is not the best choice for everyone.

Okay, peeps (or peep, if there happens to be just one set of eyes reading this), here is the deal: THERE ARE **MANY** VALUABLE, VALID, AND HEALTHY WAYS TO LIVE A VEGETARIAN/RAW FOOD LIFESTYLE. We have researched a great deal on the topic of raw food, nutrition, and health. Most books are loaded with wonderful information and recommendations, backed up with research. See our list in the back of this book for suggested reading. We do not pretend to be doctors or queens of the health world, but we do know that the transition to raw food is different for everyone.

There are a select few who can be sloppily eating a set of spare ribs with a plastic bib tied around their necks one day...and suddenly wake up the next morning with a plate of kale and a cup of homemade sprouted nut mylk! For those of you who can be this hardcore, we ask of our readers, “Can we get an amen?!”

To which y’all should reply, “Oh hells yes! Amen, sistas and bruthas!”

Holy Guacamole! (See our recipe. Not only is this my favorite phrase, it also happens to be my favorite dip.) We

respect, honor, and tremble in the wake of such almighty vessels who take the overnight approach.

I have had brief moments of the intense approach above. During cleanses, I am intense. I generally choose times such as the winter holidays for cleansing. One may find me seated at a family dinner with a quart of juice as everyone else hogs down on a plethora of fatty meaty goodness. I must tell you, I love the torture!

Sarah tends to be a bit less intense than me in this regard. As we near the end of a month-long cleanse, she'll say, "Dude, I'm done. Let me know when you're ready. It's time to eat."

She brings some balance to my often anal retentive, torturous approach!

Some of you reading will decide to climb uphill until you reach the threshold of raw food. Others will slowly and tentatively take one new step up a gentle slope and may never reach a total raw food lifestyle. The beauty of these two options is that each approach will bring you forward.

Sarah and I are only two people, choosing our own routes. The right to choose your process is not in our hands; you hold all of the power.

Transitioning from cooked food to vegetarian, or possibly raw, is something that we wish to be as smooth as possible for you. What place do we have in relation to your raw food/vegetarian transition? That is for you to decide.

Perhaps we are just another book on your long list that gives you a small nudge to get going. Maybe we are the spark that starts a completely new life full of fiery health. At the bare

minimum, we can begin by sharing a bit of our backgrounds and experience to help you along your way.

WHO THE HECK ARE WE?

Sarah and I make up The Healing Patch Raw Cuisine. We are both a dream and a reality. Our ultimate vision is to create a place of healing, complete with a raw food café, bookstore, meditation space, and garden.

It is rather shocking to find so many wonderful health food stores that sell books, and yet there is nowhere to read! We believe education should be free. If customers would like to learn about their health and educate themselves before purchasing food or supplements, they should have a nice comfy chair to do their research! Perhaps some healing music and the trickle of a nearby fountain may help them focus and raise their vibration. Sarah and I dream of the finest store/café and place of healing, and hope to manifest it when the time is right.

Fortunately, The Healing Patch is not only a dream, but a reality we are living every day! You are holding the first physical “baby” birthed from the company. We have a few other projects going, such as free YouTube health videos, organic seeds for sale, and a health newsletter. You can find these on our website at www.rawhealingpatch.com.

The first bullet point on our list of “to dos” is to help people make the choice to get healthier. We feel writing is the best way to accomplish this quickly and without pressuring people.

There is something sacred about choosing which book to read next. Have you ever noticed that people generally pull a

book from the shelf, hold it, fan the pages, and then move on to the next book until it “feels right”? Obviously, they are not reading the book as they go through this ritual. They are, rather, sensing the energy of the book and deciding if it matches their need in the moment. This is how we wish to reach people!

Right now, as I write, I am infusing this book with loving and healing energies. I intend to draw people to this book that need information, laughter, and recipes to embark upon a CHOSEN life of health. Sarah and I *know* that this is not the only raw food book on the planet, but we do know that, for all who choose it, it is perfect.

A BLESSING FOR YOUR HEALTH, LAUGHTER AND HAPPINESS

Sarah and I CHOOSE a healthier way of life than the one we previously lived. Our before-and-after photos speak for themselves. (I just threw away my envelope of “Fat Girl Photos” I saved for the book. Hallelujah!)



As you can see, Sarah was enduring the ever-graceful-and-sexy experience of chemotherapy. She is now healthfully and happily thriving after late stage three ovarian cancer. I have absolutely NO concept or understanding of anything she lived through, as I met her about a year after the chemo treatments. The photos of Sarah during this time period are like the glowing spots I see when I close my eyes tightly. No matter how hard I try, I cannot focus on one spot to make it last. When I glance at the glamorous-baldy-cancer photos, it's also as if they appear and disappear. Sarah is now of completely different energy, and therefore the photos do not register for more than a brief moment.

How did Sarah get into raw foods? She met my crazy health-nut self! When we met, she was a carnivore who ate a basically healthy cooked diet with occasional junk food days.

I was nearly vegan and was beginning to do less and less raw fruits and vegetables in honor of potato chips. If you browse my lovely before picture, you will see that a cooked vegetarian diet did nothing for my beautiful acne, rosacea, or voluptuous figure. Now don't get me wrong, I love me some curves; but they were not healthy curves at that point! They were the full road-size curves they warn you about while driving. I now believe there is a correlation between the warning of imminent danger on the road and the potential danger of an overly abundant toosh! Perhaps our doctors should give US a warning: Caution - Curves Ahead May Lead to Disease.

My seven or so years of experience in the natural health field provided plenty of training, reading, and researching. I was not, however, practicing a whole lot of what I had researched. A feeling of being stuck came over me, which was like standing

alone in quicksand. I just could not move anymore (figuratively and physically). What scared me most is that I was not vastly overweight, yet I felt so horrible. This feeling created the momentum to choose a different path. It had been my previous assumption that extremely obese people got stuck in life. Ding dong, I was wrong!

A gentleman working for me was a raw foodist and had the most gorgeous skin I had ever seen. He had energy that was abundant; the kind of energy that I had been dreaming of. I did a cleanse he recommended, which happened to contain only live foods, and my life was never the same. While I continued to ping pong around with my diet, it was the memory of how fantastic I felt during those days of cleansing that propelled me forward.

Suddenly, I was reading all I could on the topic of vegetarian and raw foods. I quit my crap-ass (technical term) job, moved to California, continued researching, and met Sarah. We started making more and more raw meals.

One evening, Sarah and I began reading David Wolfe's phenomenal book, Eating for Beauty. Sarah's mom was visiting and we sat on the couch reading the book out loud together as her mom listened and questioned. I could just imagine it must have looked like I was trying to indoctrinate Sarah into some sort of cult or madness! Now her mom enjoys our recipes (begs for them) and shortly after reading the book Sarah sent me a text message that said she is hanging up her pots. Time to eat raw!

Here we are. Reading more, questioning constantly.

Chapter One will go into the various paths to raw food we researched and give you some guidance as to what you may gravitate towards. We are not yet "100% raw". Family food

seems to be the main addiction that we pounce on like wild cats on mice! I still battle a serious love of cheese, while meat is not so much of an issue. The footage of what happens on farms to kill our meat disgusts me in every way, so I can generally steer myself away from it. But cheese, glorious cheese, is such a difficult thing to bury forever. If you stuck me on an island alone with all the fresh fruit in the world and perfect health; I would still say (to myself, obviously), “Where can a girl get a nice slab of brie around here?”

Cripes! It’s bad. But I am strong.

Sarah and I are gentle and loving with ourselves. We are not the people out there starting diets on Monday and punishing ourselves for not being perfect. In fact, on the days we eat less than healthy, we laugh at ourselves as we waddle off to bed farting. As you can see, we are also honest.

Our house is always full of fresh, organic fruit and vegetables. We do not purchase refined foods and keep them in our cabinets at home. Eating out with friends and family is generally the time we splurge. Each time we splurge, however, we become more sensitive to the unhealthy foods. Therefore, these rendezvous with cooked food tend to occur less and less.

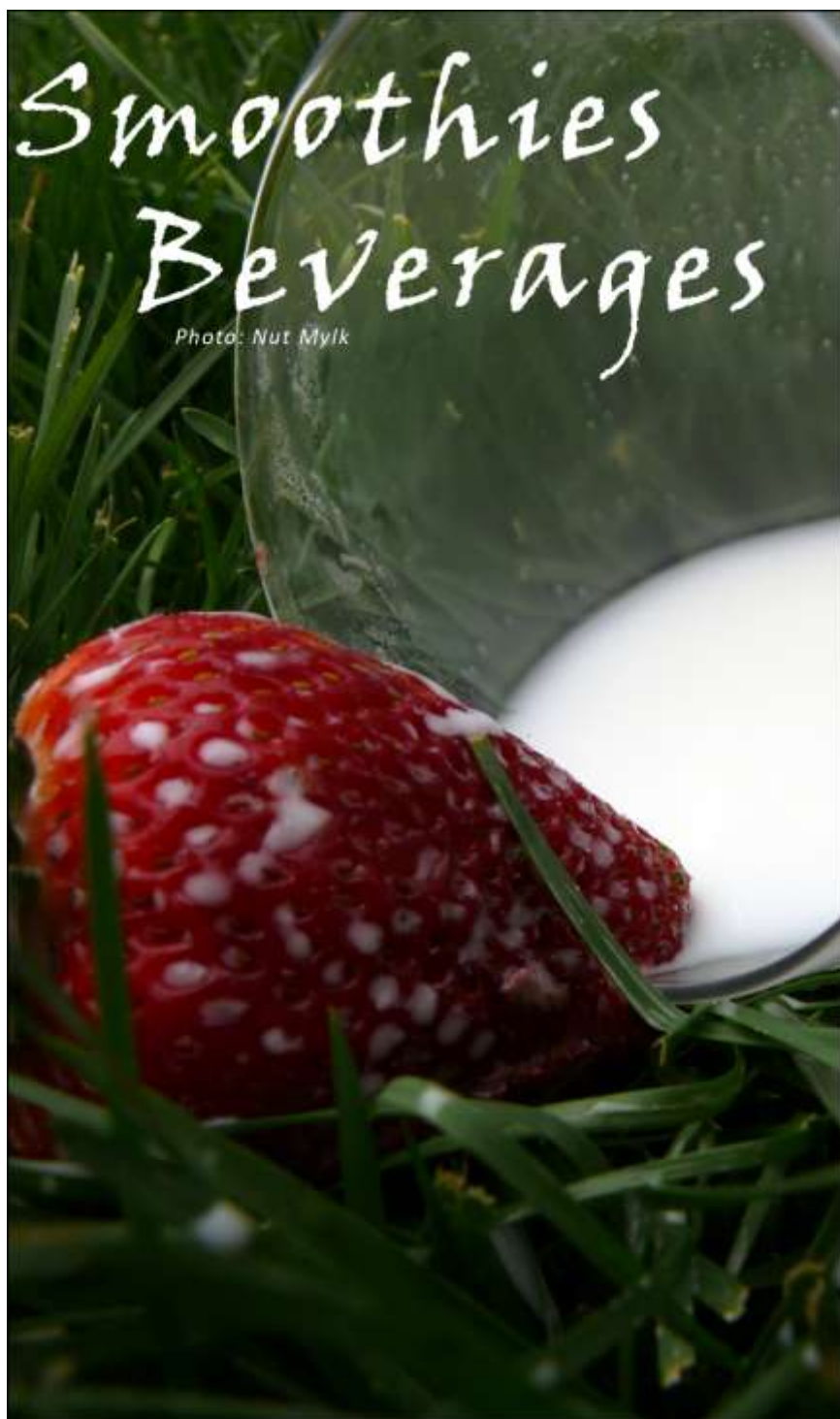
We would like you to be gentle and loving with yourself as well. This is why we have included a couple of divine cooked food recipes (that are still vegetarian). If some of you are eating meat and dairy still, try the cooked recipes first and then move on to the raw stuff. If you goof up, no worries! Everyone goofs up. (Unless you are the hardcore kale and nut mylk person mentioned at the beginning of the introduction.) We have learned that goofing up is just that; it does not change your next moment.

You have simply given yourself the opportunity to make a better choice.

So keep reading, invite some friends over, and make your first delicious Healing Patch treat!

Smoothies Beverages

Photo: Nut Mylk



NUT MYLK (Raw Vegan) by Sarah

Serves 4

Ingredients:

1 cup raw nuts of any kind (Sarah likes cashew best and Julie likes brazil nut or almond)

4 cups purified water

raw honey and cinnamon (optional)

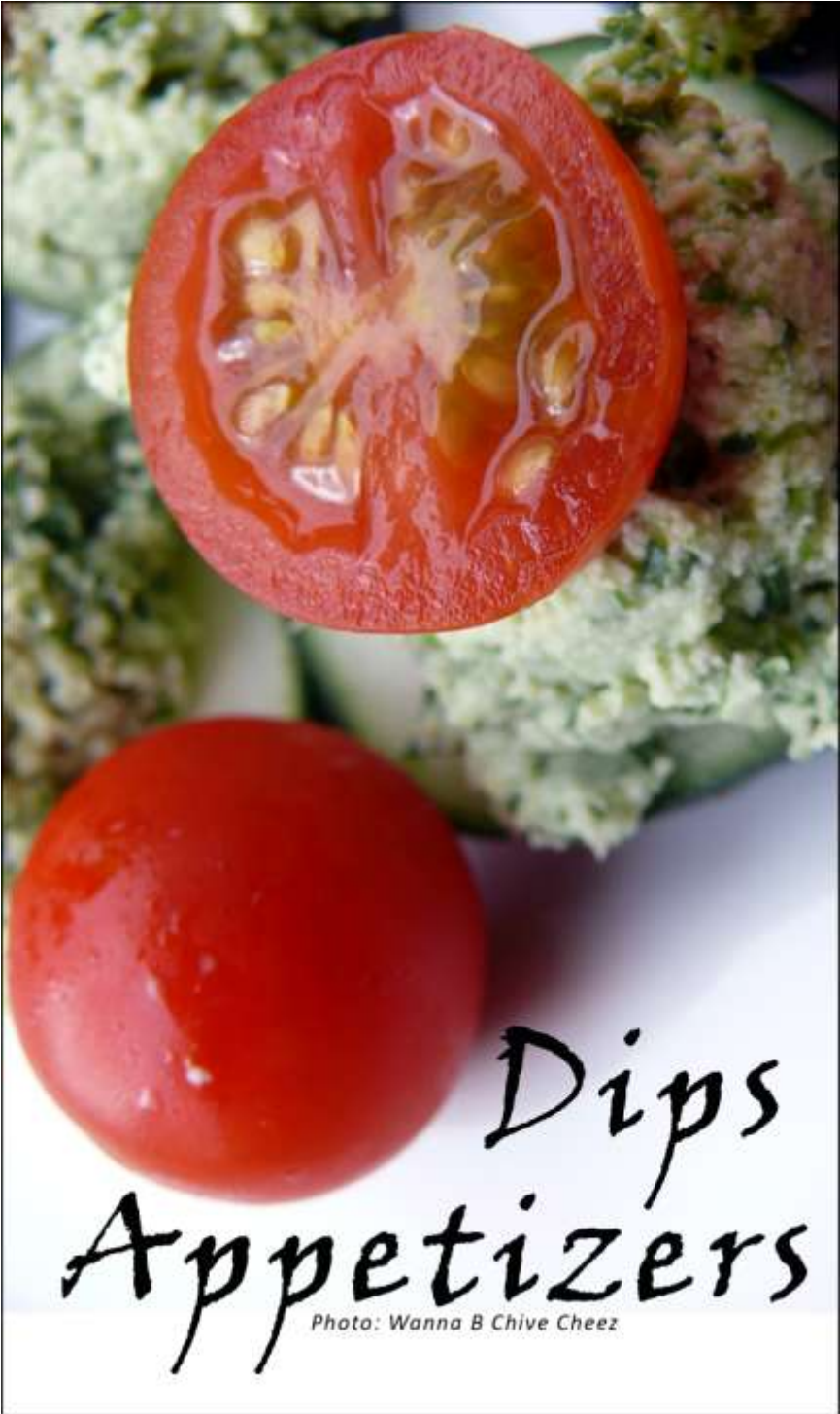
Directions:

1. Soak nuts of choice in a bowl of purified water overnight, refrigerated. Use enough water to cover them.
2. Rinse nuts the following day in purified water.
3. Use ANY type of blender and blend nuts with 4 cups of water (4 to 1 ratio is best for all nut mylks). Blend until smooth.
4. Pour mixture into a sprout bag/nut mylk bag over a large bowl. Squeeze out all of the mylk until nut paste is the only thing left in the bag.
5. Pour mylk into glass jar. Keep refrigerated.
6. Optional: Add a few tablespoons of honey and some cinnamon for a sweet mylk. Sarah likes to put a cinnamon stick in there and leave overnight to flavor the mylk.
7. Shake mylk well before using, as it will separate while refrigerated. Stays fresh for about four days.
8. Reserve the leftover nut paste for use with Wanna B Chive Cheez recipe.

JUICY MORSEL: Store-bought nut mylks are full of toxic ingredients. They are pasteurized (cooked), which kills any benefit of the vitamins and fats.

Also, nut mylks from the store are full of toxic mineral rocks like calcium. Would you want to chew on a freshly mined piece of calcium carbonate? Neither would we! The FDA has done a fine job of scaring everyone into calcium paranoia; as if there is something wrong with the nut mylk that has no extra calcium poison. Hence, calcium is added to the mylk, to increase sales.

As if these two deterrents were not enough, most nut mylks have added sweeteners such as brown rice syrup. This syrup might sound like a healthful sweetener, but it is far from it. Think of how condensed and processed rice must get to produce a thick, syrupy sweetener; not too pretty! So don't fall for packaged mylks, make your own creamy delight! It is well worth the time and effort.



Dips Appetizers

Photo: Wanna B Chive Cheez

WANNA B CHIVE CHEEZ (Raw Vegan) by Julie

Serves 2

Ingredients:

¾ cup milked cashew paste (about 1 cup nuts before soaking and milking; see nut mylk instructions)

½ lemon

½ cup loosely packed chives

1 cup loosely packed Italian parsley

½ tsp. salt

1 zucchini or cucumber

cherry tomatoes (about a handful)

Directions:

1. Chop the parsley and chives coarsely. Add to food processor.
2. Juice the lemon and add to food processor.
3. Add the salt and cashew paste to the food processor and blend the mixture until smooth.
4. Slice the zucchini or cucumber into chip-like round discs. These can be topped with the cheez and half of a cherry tomato on top. *This cheez can also be used for wraps or veggie dip.*

JUCY MORSEL: Try this recipe with other herbs. Many of us have overgrown herbs in our garden, or herbs we never used up for the small recipes we bought them for. Throw the herbs into a nut paste and see what great combos you can come up with! How about tomato-oregano, cilantro-epazote, or parsley-lovage? At least you have some new herbs to look up and potentially plant. Gather up your pots and grow some culinary tasties.

PORTABELLA PIZZAS (Raw Vegan/Vegetarian) by Julie

Serves 4

Ingredients (Pizza base and toppings):

4 large portabella mushrooms

¼ small onion

½ tomato

12 Kalamata olives

fresh basil leaves (a few sprigs)

raw goat cheese (optional)

Marinade Ingredients:

¼ cup olive oil

½ lemon, squeezed

½ cup water

½ tsp. sea salt

1 tsp. dry parsley

1 tsp. dry oregano

dash black pepper

Pizza Sauce Ingredients:

½ cup sun dried tomatoes
1 medium to large garden tomato
1 large garlic clove
1 ½ Tbsp. olive oil
1 Tbsp. dry basil
2 Tbsp. dry oregano
1 Tbsp. dry parsley
½ tsp. sea salt, or more, to taste

Directions:

Mushroom Directions:

1. Cut the stems off the portabellas and set them in the refrigerator for later.
2. Mix all marinade ingredients, by hand, in a bowl.
3. Pour the marinade over the 4 portabella tops. This works best if you use a non-metal dish, such as a glass Pyrex baking dish. The portabellas should be upside down, so that they hold some of the marinade.
4. Place the portabellas in the refrigerator (covered) and allow them to marinate for 4-8 hours. This marinade is very light and designed to just add some moisture, not to fully flavor the mushrooms. Check them after an hour or two and baste with the marinade again.

Sauce Directions:

1. Place sundried tomatoes and the garden tomato in a food processor and blend until somewhat chunky.
2. Add the rest of the sauce ingredients to the food processor and blend well.
3. Place the pizza sauce in the refrigerator, to let the flavors blend, while the portabellas marinate. *If you prefer a room temperature sauce, make this sauce about 30 minutes before the portabellas are done marinating. Allow the sauce to sit at room temperature as you do the toppings.*

Assembly Directions:

1. Slice the portabella stems into thin round circles.
2. Slice the onions into very thin slivers.
3. Slice ½ tomato into delicate slices.
4. Dice the Kalamata olives and remove any pits.
5. Remove basil leaves from the stems.
6. Place the portabellas on a serving tray so that the smooth top is face down.
7. Take the pizza sauce and spread a generous amount within each portabella mushroom base.
8. Layer the sliced ingredients over the sauce in the following order to build your pizza toppings: tomatoes, mushrooms, goat cheese (optional), onions, basil, and olives. Garnish the tray with basil leaves. (optional)

JUCY MORSEL: Portabella mushrooms are often contaminated with mold from sitting in boxes for weeks. Check the mushrooms before purchasing, and if there is any white or dark fungus-looking growth on the mushrooms, move on to the next store.

If the mushrooms have a little dirt on them, do not worry; this is fine. Mushrooms grow in dirt, and we should expect that they might not be perfectly clean. However, do not hesitate to be proactive with the produce department(s) where you shop. Ask the manager to buy smaller quantities that sell quicker, and therefore lessen the chance of mold.

You can also ask for your own case of portabellas and share them with another family or two. This allows the mushrooms to go straight from the produce shipper to you, without sitting on a shelf. Sometimes stores will offer case discounts, too!





MORE MOUSSE PLEASE! (Raw Vegan) by Julie

Serves 4

Ingredients:

½ cup raw cacao nibs

2 Tbsp. coconut butter (coconut oil is okay, butter is best)

¼ cup pine nuts

4 truly raw cashews

1/8 cup raw agave nectar

pinch sea salt

2 Tbsp. water (more if needed)

Toppings: seasonal fruit, or Julie's favorite, which includes ½ cup goji berries and 1 small carton of blueberries

Directions:

1. Blend cacao until as smooth and fine as possible (about 2-3 minutes). I recommend a food processor to keep the mousse chunky. If you blend with a high-powered blender such as Vita-Mix, your mousse will be much smoother. This recipe is for a thicker, chunkier mousse; almost as if it has chocolate chips in it.
2. Add other ingredients, minus the toppings, and blend again in food processor.
3. Spread onto center of plate, or in shallow bowl, leaving room around the edges to top with fruit later.

4. Chill at least one hour and serve with seasonal fruit or Julie's favorite: goji berries and blueberries. These should be nearly covering the mousse and all around the edges, so every bite of mousse has some fruit in it.
5. Drizzle a few cacao nibs over the top for decoration. Drizzle agave across the top for flare (optional). Julie loves flare. It makes her happy when she sees pretty designs of agave on a white plate with the gorgeous dessert in the middle!

JUCY MORSEL: Most of the pine nuts we purchase come from pine trees that are wild. We encourage you to look up pine nut harvesting and then get your own fresh ones! Why buy nuts that have been packaged and sat on a shelf for a year or so? Forage for your own the next time you hit the forest! (careful to check the correct pine types for harvest).

If we imagine ourselves harvesting pine nuts by hand (which is how it is still done), we know it is difficult to harvest more than a small handful at a time. This is generally a good amount to stick to when eating nuts. Eat about what you would be able to harvest, by hand, if you were foraging for food. This amount will prevent overdose on fats and acids that leads to indigestion.



4 FREE RECIPES

Hold on to your guardrail!

The **Healing Patch** Cookbook will take you on a witty and refreshing ride through the world of vegetarian, **vegan** and raw food.

Do you want to make alterations in your kitchen that will bring a greater sense of vitality to your life? **Health enthusiast, Julie Cara Hoffenberg, and post-cancer thriver, Sarah Woodward** offer a plethora of easy-to-follow recipes that will jump-start your lifestyle change!

The **Healing Patch** Cookbook is a gentle guide to help you with your culinary transition. The book contains recipes from the entire spectrum of cooked **vegetarian** to **raw foods**, coupled with humorous and self-loving guidance, which blend superbly into a delicious romp along the path to a **divinely healthful** life!

The **Healing Patch** Cookbook guides you through a gentle **transition** from cooked to raw foods, with a taste of joyful wit.

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