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Raw Food Diet Recipes

[Raw veganism](#) is long past being considered a dull, tasteless type of dieting, as innovative thinking coupled with modern kitchen appliance technology have made it possible to create some of the most mouth-watering recipes out there, and all 100% raw, vegan and organic. Some dishes can mimic the appearance of cooked foods so well, many people can't even tell they are raw!

The online world offers vast resource for both beginners and veterans in raw eating. Raw Chef Russell James, who was featured in *Passion*, *Delicious* and *Get Fresh* and a few other magazines, has created a [video log with numerous tasty recipes](#), that you may follow and watch at will and with no cost involved. He is very careful and professional in his approach and explains everything you need to know in the directions under each video.

Some lovely raw recipes that anyone may try at home include: chia bread, [raw tahini](#), raw cheesecake, raw kale chips, almond dream bars, coconut kefir, pineapple coconut smoothies and many more. Complete recipe books are also available to be instantly downloaded online.

Special kitchen appliances are usually needed to prepare raw meals, since the golden rule of raw "cooking" is that nothing is heated above 115 Fahrenheit (or 46 degrees Celsius). These may include: [blender](#), juicer, food processor, spiral slicer and dehydrator.

These awesome appliances will enable you to make just about anything, from noodles, crackers and crusts, to puddings and sauces. Preparing raw meals may involve taking the food through several stages of preparation, yet the results are always very rewarding. As opposed to dieters from the past, modern kitchen appliances provide much more culinary freedom to those who seek to explore their benefits. Numerous ways of preparing and transforming raw foods are available, without the use of high temperatures: [sprouting](#) or soaking beans and seeds, juicing greens, raw vegetables and fruits, and even making nut butters and sauces. The many recipes available online can cater to any raw enthusiast's tastes, whether they want to mimic cooked foods or be creative and explore innovative, new raw dishes.