

## Blissings 'n Happy Day To Ya!

For a variety of frickin' recipes including Sweet & Savoury Soups, Salads, Coleslaws, Noodle Dishes, Stews and more, peep my **101 Frickin' Rawsome Recipes**; available by donation on my website.

Watch out for my new **Cravings Busters Transitional Raw Recipes** covering slightly more complex recipes, all 811RV low fat raw vegan gourmet delicacies.

The information and recipes contained within **Super Sweet Treats** is not intended to treat, despite “treats” in the title, cure, or diagnose any disease or illness. This publication is not meant to replace your health care professional or family physicians advice, as with any major change in diet consult your doctor first.

Having avidly studied Nutrition since 1998, obtaining certification from an accredited school as a Registered Holistic Nutritionist (RHN) in 2004, and rolling 100% raw since then, I, the Banana Commander have been truly been walking the walk and shouting the talk. In eternal gratitude for the Blessings I have come into, it has become my greatest joy to help others on their path to optimal health in loving service.

It is my bliss to flow as a Registered Holistic Nutritionist, offering 100% Raw Food and Transitional Lifestyle Coaching. Through mutual sharing it is my passion to help you to learn how to increase your wellness in all aspects of your life; from easy weight management, increased athletic performance, enviable well being, superior resistance to colds and disease (I have not been sick in over 12 years), to a life with with increased spiritual, mental, and emotional poise. We live in a time where disease of the body and mind is rampant, misinformation is widespread without good conscience, and the almighty dollar is above all. I hope to show you how to regain your God Given natural state of pristine health, youthful vitality, and the security of lifelong wellness through improved diet and lifestyle. May you live free and happy without reliance on costly and dangerous pills, drugs, vitamins, “superfoods” or surgery, while thriving clear-headed and pain free, just as nature intended.

## Tools of the Trade

### A Good Blender:

The Almighty Vitamix Blender  
I highly recommend anyone serious about their health invest in a Vitamix, without a doubt it is the best blender and most useful tool for both the new and seasoned raw foodist. You can order your very own Vitamix by following the link, and don't forget to use my affiliate code below for free shipping. :)

<http://therawadvantage.com/best-blender/>

Get free shipping to Canada & U.S.A  
by using affiliate code 06-004171

### A Good Knife and Cutting Board:

I feel very blessed to offer what I feel is truly the best of the best in ceramic knives, they are a simple joy to cut with. After searching around, I found a new friend, Bryan Au, and his signature “Raw Star” 6” Black Ceramic Chef Knife with Bamboo Handle, and I am able to offer it for only \$60 with tax and shipping included!

<http://therawadvantage.com/raw-star-black-ceramic-knives/>

### Shredders, Slicers and Noodle Makers:

There are a variety of tools which are used to slice, dice, and make vegetable noodles. Often a simple knife will suffice, but using tools can make the job faster, more uniform, and provide a change in the taste, appearance and texture of a meal. My favourite handheld tool is a speciality peeler with small blades that makes excellent linguini noodles. This tool is most often called a “julienne peeler,” as seen at many department or kitchen stores. I am also stoked to offer the Amazing Joyce Chen Spiral Slicer, also known as the Saladacco Spiralizer. Having tried many noodle makers, I think this is by far the best. This tool easily and quickly produces the thinnest most tender angel hair pasta noodles of any device.

<http://therawadvantage.com/joyce-chen-spiral-slicer/>

### A Good Dehydrator :

A dehydrator can be tons of fun bringing new textures, options and tastes to your raw flow! I love to make Fruit or Savoury Wraps, Chips, Crackers, Dried Fruit and Raw Pancakes—as you will see in this book!

The finest culinary schools, raw restaurants and retreat centres, such as “Farm of Life” in Costa Rica usually have more than a few Excalibur Dehydrators behind the scenes. I have noticed even Dr. Doug Graham, author of The 80/10/10 Diet to always have six or more at his events including his “Simply Delicious Culinary Skills Week.”

I am proud to be an affiliate with Excalibur and am excited to offer them to you!

<http://www.therawadvantage.com/excalibur-dehydrator/>

## Attention

Just as a notice, feel free to print and share this publication with others as long as you do so in its entirety or otherwise include a link to [www.therawadvantage.com](http://www.therawadvantage.com)

**Super Sweet Treats** focuses entirely on dense, dessert-like, sweet fruit recipes designed to provide maximum calories per bite. One of the most common pitfalls on a simple low fat raw food diet is learning to actually consume enough calories, and I ain't kidding, this book can truly help.

Getting adequate sunshine, fresh air, vigorous exercise, and enjoying these decadent **Super Sweet Treats** can make succeeding on this path, well, a **Sweet Treat!**

Raw “Ice Cream Float” for Lunch?! Whaaat?!

Happy eating!  
Enjoy Much,  
**Peacelovenseasonalfruit ck :)**

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The Raw Advantage Presents

## Super Sweet Treats

Desserts that are meant  
to be the whole meal!

by: Chris Kendall  
RHN, 100% Raw & Transitional  
Lifestyle Coach

[www.therawadvantage.com](http://www.therawadvantage.com)

Blissings and thanks for signing up  
for my mailing list!  
Hope you enjoy checking out this  
Super Sweet Treats ebook!

I really hope you enjoy these recipes  
and other recipes, tips, and videos you  
can peep for free on my website:

[www.therawadvantage.com](http://www.therawadvantage.com)

It is truly a blessing to be given the  
opportunity to help make your journey  
on the raw food lifestyle as sweet and  
as streamlined as it can be.

Check out my FAQ's, my blog and  
video blog posts, as well as my consul-  
tation pages for more insight and  
golden nuggets of help.

All of my services are offered by  
donation including my first best selling  
simple hygienic low fat raw recipe  
book,

**101 Frickin' Rawsome Recipes**

For more fancy 80/10/10 raw vegan  
gourmet recipes, check out my newest  
book, **Cravings Busters Transitional  
Raw Recipes**,  
showcasing amazing low fat, salt- and  
oil-free raw gourmet dishes.  
From authentic East Indian to Thai,  
Mexican, Italian, Ukrainian, American,  
Japanese, Cajun and more, these are  
sure to bust any craving!

Questions, comments, concerns or simply  
for an ear or a hand to reach out to, email:  
[info@therawadvantage.com](mailto:info@therawadvantage.com) to schedule a  
consultation by donation!

Wishing you much  
Peacelovenseasonalfruit ck

[www.therawadvantage.com](http://www.therawadvantage.com)

## Why Super Sweet Treats? Because Humans Frickin' Love Sweets, Dang It!

There is no food that is more commonly considered a "treat" than sweet foods. On the raw food diet, sweet meals which we love to eat become one of the most important meals to have at our disposal. Sweet juicy fruits, specifically sweet tropical fruits, offer us a nearly perfect nutritional profile per calorie. That is to say, they offer us more of what we need in the ratios we need them per bite than of any other food! Yes, that includes carbohydrates, protein (amino acids), fat (omegas), vitamins, organic minerals, enzymes, antioxidants, phytonutrients, and more!

Sweet juicy fruit is not only the best choice we can make for optimal health, our second most calorie dense whole food choice (second to nuts and fatty fruits), and our most nutritionally sound choice when making a meal, but it is also the brightest, sweetest, most refreshing, satisfying, natural, and delicious choice. While fatty foods such as avocado, nuts and seeds, etc., are much higher in calories, they are not recommended in quantities more than amounts comprising less than 10% of total calories for a variety of reasons. Those who routinely say, "I don't really like sweets" are generally found to be sedentary and typically consume a high fat and often high sodium diet. In alignment with the body's wisdom in such a scenario, sweets are not desired because one's physiology does not support effective insulin function. More on this topic is explained in the FAQ's in my "10 Sure Shot Ways to Drastically Improve your Health," as well as in the famed "The 80/10/10 Diet" by Dr. Douglas Graham.

Having a bunch of "Super Sweet Treats" that you **love love love** plays an integral role in creating both ease and limitless success on either a 100% or a transitional high carb, low fat, raw food vegan lifestyle.

Do you know of any other diet that not only allows, but recommends eating as much of your favourite foods as you want, and adamantly encourages you to eat abundant **Super Sweet Treats** in order to gain and increase optimal health?! When we are born, our first food is sweet and juicy. Mothers milk has nearly double the lactose content (milk sugar, made of glucose and galactose) as cows or goats milk and about a third of the amount of protein. Place a young child in a room with all manner of whole food and animals, and you will be sure to see him or her pet and play with the animals, and choose the bright colourful sweet and juicy fruits to eat almost every time!

With inherited habits and modern processed "foods" abundant, our natural taste sensations have been turned against us! For too long we have been fed utterly unhealthful processed Sweet Treats, making it nearly impossible to fulfill our natural biological cravings for simple carbohydrates. With this in mind, I felt it was time to team up with Mother Nature and bring you a book filled with exceptionally delicious and healthful **Super Sweet Treats!**

Many people find it hard to get enough calories in their high carb raw food diet, especially in the first few months of their journey. It sounds amazing, but along with getting enough greens, (tons of help for this in 101 Frickin' Rawsome Recipes) it's the most common issue or pitfall that people have. Coming to complete ease conceptually and digestively eating large quantities of high fibre, high water, high vibrational fruit meals can take some transition. Eating meal-by-meal, aiming between "all we care for and all we can," is a piece of some of my favourite advice, Thanks Dr. D! Through enjoying at least one large sweet meal per day in the form of a mono-meals, or with one of these Super Sweet Treats recipes, can make the difference between surviving and thriving!

It's unfortunate to find that in this era, most people are programed see "sweet treats" as just only comprised of candy and baked desserts. Kids go crazy for them, banging their hands, singing songs, and screaming for candies and ice cream. Teens indulge in them as often as possible, digging in to cabinets for cookies, cakes, and sodas. Adults often tuck their heads into heavy, decadent desserts wishing to escape into a short-lived pleasure. It's quite common for people to finish their main meals with something sweet, if not a dessert, then a sweet drink such as coffee with sugar or soda. It is easy to see that **Sweet Treats** are a big part of our lives. They are what we eat for celebration, we eat them when we are sad or angry, and we grow up as infant humans with sweet foods.

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## Chris Kendall

Born in 1980, Chris earns his bananas as a Registered Holistic Nutritionist flowing as a 100% Raw and Transitional Lifestyle Coach at TheRawAdvantage.com. Since the age of six he has pushed himself athletically as a skateboarder and is currently a competitive amateur. Taking part in the partying lifestyle and making poor food choices in his teens led to early injury, poor recovery, and depression with a predictable decline in vitality and vigour. It was these experiences that spawned a early interest in nutrition and its connection to health and fitness by age 18.

During his first 5 years of personal research, Chris underwent multiple cleanses, read dozens of books and learned from various natural health practitioners and enthusiasts. It was in these first few years that a transition from "SAD" (Standard American Diet) to a whole foods vegetarian diet was made and true progress began. A second passion was born in Holistic Nutrition and Natural Hygiene, one that would consume him and entwine with his life forever.

While attending school at CSNN to become a RHN in Vancouver, Chris found the low fat raw vegan lifestyle. It was at a vegan health festival that found him in meeting and learning directly from the undisputed leader in the field, Dr. Doug Graham. As if hit by lightening Chris knew Doug embodied optimal health more than anyone he had met; literally glowing, brimming with vitality, confidence, truth, compassion and love. Within the first day meeting Dr. Graham, Chris adopted a 100% low fat raw vegan lifestyle. The first trial lasted for 1 month, followed next by 8 months. Since then he hasn't looked back beyond some common transitional bumps.

Since becoming a 100% raw vegan in 2004, Chris has compiled his early experiences, successes, and failures to help others sift through what took him years to find, and others a lifetime - our natural diet. Chris's greatest wish is to live through dedicating his life to helping others offerings his services by donation in doing so spreading the message of heart-based loving service, Natural Hygiene, and assisting people come in tune with nature's design, all while coconstantly continuing to grow in his own ease peace and chosen disciplines.



# Smoothies and Floats

Mmmm who doesn't love sweet, thick smoothies and ice cream floats? Or WTB (What the Banana) Seriously Raw Ice Cream Floats! These **Super Sweet Treats** are sure to bring you more bang for your buck and more punch to your lunch than your average recipe. Sitting at **1,000+** calories each, these 100% raw recipes make it much easier to get in enough simple carbohydrates needed in order to thrive! You can always add frozen fruit in a ratio of 1/4 frozen to 3/4 fresh for more of a “shake” taste and texture. If these are too big, remember you can always drink until you're full and finish them later when you're ready for more, even if it's just ten minutes later. Enjoy!

P.S. Peep out my book, “**101 Frickin' Rawsome Recipes**” for many more sweet smoothies and other fruity recipes.

## \* Deep Blue Date \*

This is one of my all-time favourite smoothies; thick, sweet, filling, and blue to boot! The Medjool dates in this recipe provide excellent caloric density and the delightful blueberries provide mad flavour 'n all those amazing berry antioxidants.

**12-15 Medjool dates (3/4 lb – 345g)**  
**2 cups frozen blueberries (2 cups – 345g)**  
**pure water to desired thickness**

Pit dates and place in the blender with enough water to cover, plus one inch. If you have a Vitamix, no need to presoak, otherwise best to soak pitted dates for 8 hours in advance. Blend until smooth, then add the frozen blueberries, or if you prefer, use fresh ones. Blend well adjusting the amount of water to your desired thickness. I could eat this one every day, one of my all time favourites!  
**Enjoy (1,000 calories)!!**

## \* Erik's Boba \*

This sweet recipe was contributed from my friend and past consult Erik J. Honer. Enjoy a raw twist on the classic treat, “Japanese Boba Tea!” Check out Erik and his sister Courtney's website [www.notsocreepycritters.com](http://www.notsocreepycritters.com)

**9 ripe bananas (2 1/4 lb – 1035g)**  
**2 ripe dragon fruits (3/4 lb – 345g)**  
**pure water to desired thickness**

Cut both of the dragon fruits in half and use either a small mellon baller or a teaspoon to make 1/4 inch balls from the dragon fruit. These are the “boba balls.” Place the fruit balls into a large jug or cup. Peel bananas and blend with enough water to create your own desired thickness. Pour the banana blend over the “boba balls.” Sip slowly using a large boba straw, any straw you find, or just use a spoon!  
**Enjoy (1,020 calories)!!**

## \* Coco Date Nog \*

Smooth, creamy, sweet, and delicious – this recipe is really tough to beat. No need to add the coconut jelly (coconut meat), but it can make this even more hearty and filling. I prefer the young, nearly clear-looking jelly, which contains more carbohydrate than fat and is extremely easily digestible.

**12-15 Medjool Dates (3/4 lb – 345g)**  
**1 young Thai coconut (jelly and water)**  
**water if needed to desired thickness**

Pit Dates and place in the blender. Open the coconut by either one of two methods. First is to use the end corner of a cleaver or heavy knife creating a triangle with three hard blows on the top. Second method is to pop or slice the top of the coconut off with a machete or a sharp knife. Be careful! Add the water, as well as the young jelly to the blender if desired. Blend until smooth, adding more water if you desire a thinner nog consistency. If you have a Vitamix blender, this will be no problem. If not, soaking the dates for 4-8 hours in advance will help a ton with blending. Cherish this special sweet treat to the max!  
**Enjoy (1,000 calories)!!**

## \* Durian Nog (Ho Ho Ho!) \*

A sweet and thick treat reminiscent of “Holiday Nog,” and fit for any time of the year. While eating sweet fruit and fatty fruit (e.g. durian) together is a typical food combining no-no, I feel it poignant to note that food combining truly can be considered a tool rather than a black and white rule. Nature itself provides examples of this fat-and-sweet combination, durian being a perfect example, where the ratio consists of mostly sweet carbohydrates and a bit of fat. In essence, the most important element lies in the ratios of your meal. A bit of fatty fruit (durian, coconut, avocado) with sweet fruit can taste great and digest decently well, while nuts and seeds with sweet fruit tend to be harder on digestion. Try it for yourself with this recipe!

**7 ripe bananas (1 3/4 lb – 805g)**  
**frozen durian (1 cup – 240g)**  
**1-2 shakes of cinnamon**  
**1-2 shakes of nutmeg**  
**pure water to desired thickness**  
**optional: young coconut water in place of water**

Peel bananas and place them in the blender. Add frozen durian making sure there are no seeds remaining in the pods. Add 1-2 shakes of both nutmeg and cinnamon and water or young coconut water while blending to desired thickness. Pour into a mug and add an additional small shake of cinnamon on top.  
**Enjoy (1,050 calories)!!**

## \* Cole Cream \*

While flowing as a live-in raw food chef and coach for Steve Berra of “**The Berries**,” I met Cole Hargett, who was their sales manger at the time. Having being both a skater and a Straight G in common, we became instant friends. For nearly a decade I took food combining as a steadfast rule, and because of this there are more than a few combinations I simply hadn't tried or considered under this point of view. Cole came up with the following recipe, and it was an instant hit. Thank you Cole for reminding me that food combining is a tool and a guideline for optimal digestion, not an inflexible set of strict black-and-white rules. This “no-no” combo exhibits pretty smooth digestion, and reminds us that it's good to remember it's what you do most of the time that brings the most noticeable results!

**5 ripe bananas (1 1/4 lb – 575g)**  
**1 – 1 1/2 honeydews (3 lb – 1380g)**

Cut the velvety ripe honeydew in half and either discard, plant, or compost the seeds. Lovingly scoop the sweet insides of the melon into a blender. Peel and add the bananas to the blender and blend well. This tastes like a vanilla ice cream shake. Again in this recipe, using a few frozen bananas can make it taste divine!!  
**Enjoy (1,000 calories)!!**

## \* Mom's Favourite \*

Another recipe that is so delicious but bends or breaks a precept of classic food combining is this one. I would like point out here, every recipe in my 101 Frickin' Rawsome Recipes uses perfect hygienic food combining to the letter, if you prefer that style. This recipe is one of my Mom's all-time favourite recipes (hence the title), and one I'll admit I rejected at first but decided I just had to share!

**7 bananas (1 3/4 lb – 805g)**  
**1 extra sweet pineapple (1 3/4 lb – 805g)**  
**water to desired thickness**

Slice the sweet pineapple into medium sized chunks, add to blender. I like to squeeze all of the pineapple juice into the blender from all the “scraps” that are created in cutting off the sides. Peel and add the bananas to the blender and blend well until thick and frothy, adding water at this stage if desired. This goes for all smoothies, but in particular with those that bend or break food combining – drink slowly, mindfully, and even try to chew the smoothie very well. The sweeter the pineapple, the less chance of a burp or two!

**Enjoy (1,000 calories)!!**

## \* Raw B&D Float \*

Oh my oh my, this to me is one of my favourite recipes in the whole **Super Sweet Treats** book! When I first made this, I jumped with glee, so excited and satisfied as I truly created a monumentally epic raw food recipe! Thick, sweet, filling and fun, this is a hearty meal you can serve to anyone to create a huge smile of delight!

**10 Medjool dates (1/2 lb – 230g)**  
**4 frozen bananas (1lb – 460g)**  
**water to desired thickness**

Pit dates and place in the blender, if you don't have a Vitamix you will want to pre-soak the dates for 4-8 hours in order to soften them for optimal blending. Add water to cover the dates inside the blender plus a bit extra, about 500 ml or 1/2 a litre, and blend until smooth, adding water slowly to meet desired consistency. Pour into a large mug or glass. Add frozen bananas to the Vitamix or to a juicer with the blank plate (no blade). Blend or use juicer to create thick Banana Ice Cream (recipe detailed in next chapter). Add Banana Ice Cream carefully on top of the Date Smoothie with a slight stir and enjoy with a big spoon. Mmmmmm!  
**Enjoy (1,040 calories)!!**



**\*Smoothies and Floats\***  
[www.therawadvantage.com](http://www.therawadvantage.com)



# Ice Cream and Splits

I scream, you scream, we all scream for ice cream!! Come on, really, who doesn't **love love love** ice cream? Some of my fondest memories revolve around ice cream cones when it was hot, family dessert trips for banana splits or sundaes, or getting home after school and just diving into a container of ice cream! Once I discovered the secret of raw ice cream, I was hooked, as are my nieces and nephews!! This is a treat you can feel good about eating lots of!! One thing I would mention, however, as with any cold food in general, is that it's best to eat slowly, chew well, and swallow when it reaches room temperature. Swallowing cold or frozen foods slows digestion and is hard on the beneficial bacteria responsible for a wide array of healthful functions! Why dream?? Enjoy more ice cream!!

## \* Banana Ice Cream Cone \*

Banana Ice Cream is truly the classic raw ice cream; so simple yet so amazing and satisfying. I have served plain raw vegan banana ice cream to top chefs, pleased to hear them ask, "what's in this?" The cone recipe is a bit of an additional twist if you have a dehydrator and wish to give your ice cream a lovely home to be served in! :)

**Cone**  
3 bananas (3/4 lb – 345g)  
3 Medjool dates (.13 lb – 60g)

Blend the bananas and dates until smooth, spread or pour 1/4 inch thick onto a Teflex or parchment paper lined dehydrator sheet into a large, loose triangle or cone shape. Dehydrate at 109-115°F for about 7 hours or until pliable and you can easily lift it up off the sheet. Form the flat cake into a cone shape by rolling it from the bottom up with the Teflex or paper still attached and seal by wetting and pinching the adjoining ends. Next, place the seam down, remove the Teflex or parchment paper, and dehydrate for an additional hour.

**Classic Banana Ice Cream**  
6 frozen bananas (1 1/2 lb – 690g)

If you have a Vitamix, simply break the frozen bananas into quarters and place them in the blender. Use the tamper to push the bananas into the blades at high speed, mixing rapidly to prevent motor burn. If using a food processor, do the same minus the tamper. If using a regular blender, start with 2 fresh and 4 frozen bananas and use a celery stalk to press the bananas into the blades (carefully). With a juicer, use the blank plate and push the bananas through. Serve immediately either in the cone, on top of raw banana pancakes, or in a bowl. Adding persimmon at the end as a topping is off the hook!  
Enjoy (1,000 calories)!!

## \* Coco Banana Ice Cream \*

Coco Banana Ice Cream is really just a small step above **Classic Banana Ice Cream**, adding a bit of young coconut jelly to the mix. I prefer the really young and slightly translucent jelly as it is higher in carbohydrates, thus digests faster than the thicker white coconut meat. The smooth and creamy texture can't be beat!

9 frozen bananas (2 1/4 lb – 1035g)  
jelly of one young coconut (1/4 cup – 60g)

Follow the instructions for **Classic Banana Ice Cream**, simply adding the coconut jelly first, blending well, then add the frozen banana quarters and blend until smooth. Depending on what you are using to blend, you may find you need split the ingredients into two even batches.  
Enjoy (1,050 calories)!!

## \* Creamy King Ice Cream \*

Durian, also known as the "king of fruits" is renowned for its thick, sweet, and creamy texture. Matched with frozen bananas, it sure is a tough combination to beat!!

5 frozen bananas (1 1/4 lb – 575g)  
frozen durian (1 1/2 cups – 360g)

Follow the instructions for **Classic Banana Ice Cream**, simply adding the frozen banana quarters and then the frozen durian (cut into chunks). Make sure no seeds remain from the durian! Blend well using the tamper, a celery stalk, food processor or juicer until smooth.  
Enjoy (1,050 calories)!!

## \* Chunky Monkey Ice Cream \*

Without a doubt, some of my old favourite ice creams had tasty chunks of goodness in them, why not do the same with some tasty raw ice creams? The variations are really limitless, this too is one of my personal favourites.

7 frozen bananas (1 3/4 lb – 805g)  
2 fresh bananas (1/2 lb – 230g)  
3 Medjool dates (.13 lb – 60g)

Peel and freeze the first 7 bananas. Peel and slice the 2 fresh bananas 1/4 inch thick and place in the dehydrator for 8 hours, flip and dry a extra 2-4 hours. If desired, roughly chop small extra banana bits along with the 3 medjool dates after you pitting. Follow the instructions for **Classic Banana Ice Cream** with the 7 frozen bananas, then at the very end add all of the bits into the blender, giving one or two pulses to help mix in. Serve, mmmm!!  
Enjoy (1,080 calories)!!

## \* Black Forest Ice Cream \*

Oh oh my, how I used to love Black Forest Cake and especially Black Forrest Ice cream! I remember my 5th birthday like it was yesterday, surrounded by family and friends while enjoying cherry-filled chocolatey goodness!! Mmmmm, why not repeat that today!?

8 frozen bananas (2 lb – 920g)  
cherries (2 heaping cups – 500g)  
raw carob powder (3 Tbsp – 21g)

Peel and freeze 8 bananas, pit the cherries and slice in half, place all in the dehydrator (optional) and dry for 6-12 hours, depending on preference. Follow the instructions for **Classic Banana Ice Cream** with the 8 frozen bananas, adding the raw carob powder. At the very end, add all of the cherry halves, giving one or two pulses to help mix in. If you didn't dehydrate the cherries simply stir them in. Both options are equally delicious.  
Enjoy (1,000 calories)!!

## \* Classic Banana Split \*

Who doesn't **love** a banana split? This recipe can be as easy or as deluxe as you make it; the sky is the limit. Here is my favourite quick and easy base recipe.

7 frozen bananas (1 3/4 lb – 805g)  
1 fresh banana (1/4 lb – 115g)  
2 ripe strawberries (.1 lb – 45g)  
3 Medjool dates (.13 lb – 60g)  
2 dried figs (.1 lb – 45g)  
raw carob powder (1 Tbsp – 7g)

Peel and freeze 7 bananas, pit dates and soak both the dates and figs in water to cover for 4-8 hours – they can be in the same container. Follow the instructions for **Classic Banana Ice Cream** with the 7 frozen bananas. Slice the one fresh banana in half lengthways, scoop the ice cream into 3 large scoops between the banana halves and carefully place back in freezer. Put 2 of the dates, the raw carob and 1/2 of the soak water into the blender. Blend until smooth, slowly add hot water to thin into to a runny sauce and put aside. Blend the 2 figs and the remaining soak water into a smooth sauce adding hot water if needed to thin slightly, place aside. Blend the strawberries and remaining medjool date with a bit of hot water into a nice red sauce and you're ready! Grab the banana "split" from the freezer and pour one sauce over each scoop.

P.S. Sometimes this is easier to accomplish if you pre-make the ice cream and freeze further to harden in order to help make nice big scoops! :)  
Enjoy (1,140 calories)!!

## \* Deluxe Banana Split \*

Sometimes you just wanna go the extra mile!! This is a deluxe **Super Sweet Treat** perfect for birthdays, special celebrations, or just because you feel like it!! :)

7 frozen bananas (1 3/4 lb – 805g)  
1 1/2 fresh bananas (.37 lb – 170g)  
10 ripe strawberries (.37 lb – 170g)  
3 Medjool dates (.13 lb – 60g)  
1/2 small pineapple (1/2 lb – 230g)  
1 dried fig (.05 lb – 23g)  
raw carob powder (3 Tbsp – 21g)

Peel and freeze 7 bananas, pit dates and soak both the dates and figs in water to cover for 4-8 hours – they can be in the same container. Slice 2 strawberries, 3/4 of the pineapple and 1/2 of one fresh banana into small bit-sized pieces. Place on a dehydrator tray and dry at 109-115°F for 6-8 hours. Slice the one fresh banana in half lengthways on a nice plate, fancy bowl or in a special ice cream dish to create the "split." Follow the instructions for **Classic Banana Ice Cream**, starting first with 3 frozen bananas, scoop into the middle of the "split." Blend 2 frozen bananas with the remaining fresh pineapple and 1/2 of the dehydrated pineapple, scoop between the "split." Blend the last 2 frozen bananas with the 6 fresh strawberries until smooth then add to the "split" and place back in the freezer. Put 2 of the dates, the carob powder and 1/2 of the soak water into the blender, blend till smooth adding hot water to thin into to a smooth sauce, put aside. Blend 1 fig with 1/2 of the dehydrated pineapple and the rest of the soak water into a smooth sauce. Add hot water if needed to thin slightly, place aside. Blend the 2 last strawberries and remaining medjool date with a bit of hot water into a nice red sauce and you're ready! Grab the banana "split" from the freezer and pour one sauce at a time over each scoop, your choice which goes on which! Sprinkle the dehydrated banana, strawberry, and pineapple bits over top of the finished Deluxe Banana Split!!

P.S. Again, sometimes this is easier to accomplish if you pre-make the ice cream and freeze further to harden in order to help make nice big scoops! :)  
Enjoy (1,300 calories)!!

## \*Ice Cream and Splits\*

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# Pancakes and Crêpes

Holy mango, RAW pancakes and crepes you say? Yes I do!

When I first made some of these recipes I seriously couldn't believe it. They are very similar in texture and taste to traditional pancakes and crepes but way sweeter, tastier, more nutritious, and they actually leave you feeling light and great!! While they do take a bit more prep time compared to the average raw recipe, it simply requires thinking ahead. Blending, pouring, dehydrating, chopping, and setting up a plate for everyone to enjoy is all it takes to impress your guests, and the results are well worth it. These recipes are ideal for a special occasion breakfast, an amazing luxurious lunch, or simply something to impress and pamper those you love.

## \* Simple Banana Pancakes \*

This is the simple recipe, it's not quite as fluffy, but it works really well. You can use regular bananas but I strongly prefer very ripe Burro bananas. They are the short and stubby ones which have a bit of a triangular shape, as opposed to long and round standard Cavendish. These are much more dense and make a thicker "batter."

**13 Burro bananas (2.4lb - 1105g)  
cinnamon to taste**

That is seriously all you need! If you can not find Burro bananas, use about 10 regular Cavendish. Peel all bananas and blend without any water, use the tamper or blend in batches if needed. Add just a tad of cinnamon and pour onto Teflex or parchment paper lined dehydrator sheets, slowly trying to make as thick as possible (1/2 - 1 1/2"). I find it easy to make 4 on each large Excalibur tray, pouring directly in the middle and at the end adding one circle to thicken the edges. A slight touch-up with a sharp knife helps to smooth the top out or bring a sloppy side in. :)

Dehydrate at 109°F for 8-10 hours, or until you can carefully peel the pancakes off the sheets. Flip over and continue dehydrating for 1-3 hours depending on the thickness. The centre should remain a little bit soft so that you can pick up a pancake and it does not run or fall apart, but you don't want it fully dried like a "rollup." Plate and serve with Banana Ice Cream, Fruit Syrup, or any other Sweet Treats or Greens! :) Should make 8+ pancakes, plenty to share!  
**Enjoy (1,040 calories)!!**

## \* Deluxe Banana Pancakes \*

Deluxe? You don't say... yes, actually I do! :) This recipe is just a simple expansion of the last one with one big difference. Adding chia seeds thickens the "batter" substantially and magically provides a much more pancake-like texture! You can serve these and many people won't know you didn't cook a flour based pancake. They actually taste way better in my opinion, as they are already sweet before you add any syrup at all. Mmmmm!!

**11 Burro bananas (2 lb - 920g)  
whole chia seeds ( 1/2 cup - 83g)  
blueberries (1 1/2 cups - 225g )  
cinnamon to taste  
optional: 1 vanilla bean pod or  
dash of homemade celery salt**

If you can't find Burro bananas, use 9 regular Cavendish. Peel all bananas and blend without any water, use the tamper or blend in batches if needed. Add the chia seeds, just a tad of cinnamon, and optional ingredients (if desired) and blend until completely smooth. Add the blueberries and mix with a large spoon. Let sit and thicken for 3-5 minutes. Slowly pour the "batter" onto Teflex or parchment paper lined dehydrator sheets, slowly making as thick as possible (1/2 - 1 1/2 "). I find it easy to make 4 on each large Excalibur tray, pouring directly in the middle and at the end adding one circle to thicken the edges. A slight touch-up with a sharp knife helps to smooth the top out or bring a sloppy side in. :)

Same dehydrating as Simple Banana Pancakes :)  
**Enjoy (1,360 calories)!!**

## \* Sweet Sushi \*

Sweet Sushi looks nice, it's fun to serve and everyone loves it! Are there any negatives, nope, except maybe that it requires a bit more time than peeling a banana. The combinations of this are limitless, enjoy this base recipe and have fun creating more your own!

**5 bananas (1 1/4 lb - 575g)  
6 nectarines (2 lb - 920g)  
1 mango (.4 lb - 180g)**

Blend 4 bananas with 3 nectarines, pour onto Teflex or parchment paper lined dehydrator sheet into a large square shape; you should be able to make two. Dehydrate at 109-115°F for 6-8 hours or until pliable and can be easily flipped. Slice the whole panel into 1 1/2" wide strips and cut these in half. You should be left with 10 to 14 1 1/2" x 5-7" sushi "wraps" (depending on dehydrator tray size). Slice the banana into long, thin 1/4" strips cutting into 1 1/2" long pieces and do the same with the mango. Slice the nectarine slightly thicker into 1/2" pieces and 1 1/2" long. Place one slice of each banana mango and nectarine on each "wrap" and roll baby, roll!  
**Enjoy (1,030 calories)!!**

## \* Fruit Syrup \*

Fruit Syrup is simply thinned-out Fruit Jam, simple, but there are a zillion fruits you can use, ways you can make it, and ways to use it! My personal favourite uses dates, fresh mango, and warm water. If you have dried fruit, you can absolutely use 100% dried mango and blend with warm water adding dates for extra sweetness. The possibilities and combination are endless!

**1 mango (.4 lb - 180g)  
3 Medjool dates (.13 lb - 60g)**

If you are not using a Vitamix, pit and pre-soak the dates 4-8 hours to soften, otherwise blend dates with enough warm water to make a slightly runny sauce. Add mango and blend, adding water if needed to desired consistency. Serve over Pancakes, Crepes, dip in Fruit Sushi, or serve over sliced bananas, shredded pears or diced apples.. Limitless options!! Simply use a different sweet or subacid fresh fruit for a new syrup and try using different dried fruits for fun combinations!

**Hot Tip:** Any dried fruit combines like a sweet fruit. For example, date and dried pineapple taste amazing, dried strawberries and raisins are also superb!!  
**Enjoy (320 calories)!!**

## \* Banana Pear Crêpe \*

This is ridiculously good, one of my favourites by far! The main difference between the crepe and the sushi roll is the size and the texture of the wrap itself.

**5 bananas (1 1/4 lb - 575g)  
4 plump pears (1 1/2 lb - 690g)  
raisins (1/2 cup - 83g)**

Blend 4 bananas with 2 pears and 1/2 of the raisins until thick and smooth (you may need to pre soak the raisins). Pour onto Teflex or parchment paper lined dehydrator sheet into large circle shapes. You should be able to make one big one or two smaller 1/6 - 1/4" thin circles. Dehydrate at 109-115°F for 6-8 hours or until pliable and can easily lift off the sheet without tearing. It is nice if the crepe is still a little bit soft. No need flip, simply place the dried side down on a plate. Slice 1 1/2 of the remaining pears and the last banana, place inside of the crepe. Partially blend the remaining raisins and 1/2 pear into a chunky sauce, pour over the sliced fruit filling. Fold up loosely like a burrito and serve.  
**Enjoy (1,020 calories)!!**

## \* Persimmons 'n Cream Crêpe \*

This is a creamy dreamy crepe recipe that you just can't get enough of. You can easily substitute peach, nectarine, mango or blueberries for the persimmon depending on season and availability.

**4 bananas (1 lb - 460g)  
6 Fuyu persimmons (2 lb - 920g)  
jelly of one young coconut (1/2-1 cup - 80-160g)**

Blend 4 bananas with 2 persimmons until thick and smooth. Pour onto Teflex or parchment paper lined dehydrator sheet into large circle shapes, you should be able to make one big one or two smaller 1/6 - 1/4" thin circles. Dehydrate at 109-115°F for 6-8 hours or until pliable and you can easily lift it up off the sheet without tearing. It is nice if the crepe is still a little bit soft. No need flip, simply place the dried side down on a plate. Slice 3 1/2 of the persimmons into 1/2" strips and stack inside the crepes. Blend the coconut jelly with the remaining persimmon and pour over top of the fruit. Wrap it up like you really mean it and enjoy the creamy sweetness!  
**Enjoy (1,100-1,200 calories)!!**

## \* Apple Pie Crêpe \*

This simple apple pie crepe is filling and wonderfully reminiscent of baked apple pie. If you dehydrate the finished product for 20 minutes it makes the whole house smell like you are baking apple pie!!

**4 bananas (1 lb - 460g)  
2 pears (3/4 lb - 345g)  
3 medium apples (1 lb - 460g)  
4 Medjool dates (.15 lb - 80g)  
cinnamon to taste**

Blend 4 bananas with the two 2 pears until thick and smooth. Pour onto Teflex or parchment paper lined dehydrator sheet into large circle shapes, you should be able to make one big one or two smaller 1/6-1/4" thin circles. Dehydrate at 109-115°F for 6-8 hours or until pliable and you can easily lift it up off the sheet without tearing. It is nice if the crepe is still a little bit soft. No need flip, simply place the dried side down on a plate. Slice 2 of the apples (while sweet apples do combine best, I prefer tart ones for this, like Gala or Pink Lady) into 1/4" strips and stack inside the crepes. Blend the dates with the remaining apple and cinnamon and pour over top of the apples. Wrap up loosely and place back in the dehydrator for 20-30 minutes. Enjoy slightly warm 'n gooey - seriously off the hook and great with a glob of Banana Ice cream!  
**Enjoy (1,050 calories)!!**

**\*Pancakes and Crêpes\***  
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## Super Sweet Treats

Well well well, this is the name of the book, gosh these recipes better be really, really good! No pressure! Ah ha, just as the name says these are the book's most super sweet and dense treats. Some of these I may not make every day, but some of them I surely would (Banana Commander Pudding)! Mmmm, they can sure make good travel food or accompany any meal, adding a special Super Sweet Treat punch!

### \* Super Fudge Brownies \*

Raw brownie recipes are a dime a dozen and getting one that tastes amazing and is also nut-free can be a bit tricky. I really enjoy this one on occasion, usually splitting the recipe into two or three portions, enjoying with some whole, sweet fruit, or smoothies and greens

**10 Medjool dates (1/2 lb – 230g)**  
**2 dried figs (.1 lb – 45g)**  
**dried golden mulberries (1 cup – 160g)**  
**raw carob powder (3 Tbsp – 21g)**

You may prefer to use a food processor for this one, although the Vitamix, or even a knife and lots of chopping can work in a pinch. Pit and pre-soak 4 of the dates and both of the figs for 4-6 hours in pure water. Pit the rest of the dates and pulse blend starting with the pre-soaked dates and figs, adding the dry dates until they are mixed together very well but not quite completely smooth. Add the carob powder and continue pulse blending until thick and crumbly. Add the mulberries and pulse a few times, leaving some little mulberry bits. Form into your favourite brownie shapes and enjoy with a friend. Makes 2-4 brownies or more, depending on size!! These pair so well with raw ice cream, but heck, what sweet treat doesn't?

**Enjoy (1,130 calories)!!**

### \* Persimmon Sandwiches \*

I discovered this recipe one fall day while I was basking in my persimmon abundance and thought of making a thick date-jam sandwich. Haha, wow, that just sounds so silly, but it's the truth!

**6 Fuyu persimmons (2 lb – 920g)**  
**5 Medjool dates (.2 lb – 90g)**  
**4 dried figs (.2 lb – 90g)**

Remove leaves from the tops of the persimmons, slice in half horizontally. Remove any seeds and place aside. Pit the dates and finely chop together with the figs, mash and mix while chopping. Split the fig and date mixture into 6 balls and squish into the bottom cut half of each persimmon. Place the top half back on and there you have it – simple Persimmon Sandwiches to go!!

**Enjoy (1,000 calories)!!**

### \* Treat-more Bars \*

When I was little I used to love love love Eat-more bars! There were a few other bars I loved, but the ooey gooey sweetness with little bits just tickled me somewhere that I really loved! These are similar bars except they are filled with super healthy and delicious ingredients!! Perfect!!

**36 Halawi dates (3/4 lb – 345g)**  
**hulled hemp seed hearts (4 Tbsp – 40g)**

Simplest recipe ever! Simply pit the dates and food process, blend, or mash into a semi-smooth consistency. Slowly roll and mash in the hulled hemp hearts. Form into bars on wax paper. Ridiculously delicious and filling, great with celery as a travel food. Halawi dates are chewy and delicious with a hint of caramel, you will probably have to mail order them unless you live near date growers. I love 7hotdates.com (The Bautista Family) as well as The Date People. Both offer very high quality fresh organic dates for a great price. I get them for only about \$1 more per pound with delivery compared to standard Medjool dates here in Saskatoon! Use Medjool or Khadrawi if you can't find Halawi. You can always substitute mulberries for the hemp if you want to avoid the fat/sweet combination. I find a small mix like this on occasion isn't a big deal but this isn't an everyday recipe, either.

**Enjoy (1,100 calories)!!**

### \* Banana Commander Pudding \*

Ohh baby I like it RAW!! This is one of my favourite classics that I make all of the time. It's a sure fire hit with kids, athletes, elderly – heck you've gotta be silly not to like this one! I find this to be one of the easiest ways to pack in a bunch of calories. Watch the strange phenomenon of the bananas shrink! The variations here are truly limitless. Enjoy starting with this combination and build your own from there!

**12 bananas (3 lbs – 1380g)**  
**raisins (1/2 cup – 83g)**  
**cinnamon to taste**

Peel 10 bananas and place in a large bowl. Roll up your sleeves, wash your hands, mash and squish the bananas with your bare hands! This technique works some Banana Commander magic, creating the best texture and sweetest taste. Squish until smooth, lick off hands, then wash :) Peel and slice the last 2 bananas and add to the pudding, then add the raisins and dash of cinnamon. Stir well and get ready for some serious sweetness!! :)

You can also add on some Frickin' Rawsome optional accent fruits such as blueberries, mangos, dried mulberries, pears, or apples – sliced, shredded, or diced!

**Enjoy (1,420 calories)!!**

### \* True Trail Mix \*

Most trail mixes have tons of nuts, only a bit of raisins and leave you thirsty, hungry, and sluggish. This simple raw trail mix will leave you feeling great, satiated, and energetic.

**8 Medjool dates (.4 lb – 180g)**  
**dried golden mulberries (1 cup – 160g)**  
**raisins (1 cup – 166g)**  
**7 stalks celery (1/2 lb – 230g)**

Pit and loosely chop the dates into peanut sized pieces, mix with mulberries and raisins. Dice celery into 1/4 inch bits, mix in well. Great in a bag to take on a hike, to a movie, while traveling, or even in a big water bottle with some water. A little goes a long way and satisfies for a quite long while. Leaving one stalk of celery to eat at the end is a good tip for cleaning your teeth.

**Enjoy (1,000 calories)!!**

### \* Fruitsie Rolls \*

A **Super Sweet Treat** addition by the father of **80/10/10** himself, **Dr. Douglas Graham!** This treat, as the name suggests, is reminiscent of the classic Tootsie Roll, providing a few options. I remember each Halloween I used to count out mine and put them aside so I could eat them last, such a sweet treat. Thanks Doug for sharing this jem!

**4 mammea sapote (2 lbs – 920g; edible portion)**

Slice fruit in half, remove seeds and carefully peel skin off or scoop in one large side at a time. Cut fruit into long strips 1" x 1" making as many "mammea logs" as you can. Spread out on Teflex sheets and dehydrate at 109°F for 6-8 hours or until the "rolls" shrink up by a third, forming a dry dark skin and remaining soft. Serve while slightly warm, a perfect end of meal or side dish to share! Great with strips of papaya or bananas rolled in cinnamon or carob. Soft and sweet like little marshmallow sticks!

**Enjoy (985 calories)!!**

### \* Compote Pudding \*

Handy in a pinch, when no ripe fruit is available or if you're just really hungry. This can double as a thick dip for sliced bananas, pears, or any other sweet fruit, as well as celery and or any tender green.

**5 Medjool dates (.2 lb – 90g)**  
**4 dried figs (.2 lb – 90g)**  
**raisins (1/2 cup – 83g)**  
**dried apricots (1 cup – 166g)**

Pit the dates and loosely chop the dates, figs and apricots. Place all dried fruits into a medium sized bowl, add water to fully cover. Let sit 6-8 hours or overnight. Scoop 2/3 of the rehydrated fruit pieces into the blender and blend with soak water, adding more if needed to thin. Pour back over the remaining rehydrated fruit and stir well. Great with celery, blueberries, or sliced bananas if you wish.

**Enjoy (1,050 calories)!!**

## \* Special Halloween Bonus \*

### \* Eyeball Fruit Salad \*

This amazingly scary fruit salad is the brainchild of my good friend Darin Langhorst and his son, Oliver! Thanks so much for the recipe! While this recipe is not quite as calorie dense and sweet as the others, it is a really fun and awesome treat well worth the time it takes to put it together!

**50 lychees (1 lb – 460g)**  
**25 green grapes (1/3 lb – 148g)**  
**50 blueberries (1/2 cup – 70g)**  
**raspberries or strawberries (1 cup – 125g)**

Peel and pit all 50 lychees carefully so that the fruit is intact and not shredded, these are the "eyeballs." Take half as many green grapes (25) as lychees and slice them in half across the grape, these make green eyes. Count out 50 plump blueberries and put aside, these are the pupils of the eyeballs. Take a small, sharp paring knife and prepare a cored out area on the centre of the flat, sliced end each of the halved grapes. The size of the core needs to be snugly hold one blueberry when complete, watch your fingers. Take each blueberry-stuffed grape and jam it into the open end of the lychee. To finish things off nicely, purée enough raspberries, strawberries, and other reddish coloured fruits for a bloody-looking sauce.

Pour over fruit eyeballs and serve!

Guaranteed to score points with the elementary school crowd on Oct 31st!

**Enjoy (500 calories)!!**



\* Super Sweet Treats \*  
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