

# Raw Christmas

with Kate 

## Recipes

With the festive season creeping closer, we decided to get you in the mood. Kate Magic dishes up some tantalising raw alternatives, ensuring a fresh and healthy twist to our Christmas.

### Goji and Macadamia Mincemeat Mess

This was Jamie Oliver's idea. Eton Mess is traditionally made with strawberries, cream and meringues. He did a Christmas version with mincemeat – this is my raw version with mincemeat, cream, and clementines. It's important at Christmas to have your own decadent treats so you're not looking enviously at everyone else's – hopefully this will fit the bill.

Serves 8/Food processor & blender required/  
Takes 1 hour (you should also pre-soak your macadamias for 4-8 hours)

#### Ingredients:

##### Mincemeat

1 orange  
1 lemon  
350 g (12 oz) grated apple  
125 g (5 oz) Lexia raisins  
125 g (5 oz) mixed vine fruit  
125 g (5 oz) goji berries  
60 g (2 oz) dates, chopped  
1 tbsp ground cinnamon  
1 tsp ground ginger  
Pinch ground nutmeg  
Pinch ground cloves  
2 tbsp olive oil  
1 tbsp agave syrup  
1 tbsp yacon syrup or molasses  
1 tsp miso

Juice the lemon and the orange. Grate the rind. Using a wooden spoon, combine every ingredient together in a large bowl, so it's evenly mixed.

##### Macadamia Cream

300 g (11 oz) macadamia nuts, pre-soaked  
125 g (5 oz) dates  
1 vanilla pod  
2 tbsp olive oil  
500 ml (16 fl oz) water

Pre-soak your macadamias for at least four hours. When they are ready, drain them and put them in the blender with the other ingredients. Whizz to a thick cream.

#### Topping

4 clementines (peel and separate the segments, remove the pith)  
1 tbsp goji berries

#### To assemble:

In a large glass dish (or eight individual small glasses), make a bottom layer with half the mincemeat. Cover with a layer of cream, and dot with clementines. Use the remaining mincemeat for another layer, top with cream again (you don't need to use it all, it is very rich – you may find yourself with a few spoonfuls leftover. Refrigerate it for another day). Finish with the clementines, arranging them artfully over the top. Sprinkle with the remaining goji berries for decoration.

From Raw Living, published by Grub Street, 2007

### Cranberry & Goji Relish

Perfect at Christmas or Thanksgiving with your nut loaf.

Serves 4/Blender required/Takes 10 minutes

#### Ingredients:

3 tomatoes  
100 g or 1 cup fresh cranberries  
50 g or ½ cup goji berries  
50 g or ½ cup dried cranberries (try and find the ones sweetened with apple juice, not cane sugar)  
¼ red onion  
½ chilli pepper  
1 tsp apple cider vinegar

Prepare your tomatoes for the blender. Put everything in the blender together and blend for a few minutes. Will thicken when left in the fridge.

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## Magic



### Christmas Cacaoslaw

Adding a sprinkle of cacao nibs to any salad lifts it to a whole new level. Cacaoslaw is such a basic it can become boring, but start adding superfoods to all your meals, and the word 'boring' starts to disappear from your vocabulary.

Serves 4/Food processor & blender required/Takes 15 minutes

#### Ingredients:

2 carrots  
1 apple  
½ red onion  
200 g or 2 cups brussel sprouts  
2 avocados  
1 tbsp apple cider vinegar  
pinch salt  
1 clove garlic  
1 tsp purple corn extract (optional)  
125 ml or ½ cup water  
75 g or ½ cup cacao nibs

Top and tail the carrots. Quarter the apples and remove the core. Finely grate the carrots, apple, onion and brussel sprouts. To make the mayonnaise, blend the avocados, vinegar, salt, garlic, purple corn extract and water. Toss the vegetables in the mayonnaise, along with the nibs. This salad will keep for a day or two, as the vegetables soften and the flavours deepen.

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### Christmas Sweets

Like miniature Christmas puddings!

Makes 25 sweets/Food grinder and food processor required/Takes 30 minutes

#### Ingredients:

125 g (4 oz) almonds  
125 g (4 oz) dried figs  
125 g (4 oz) raisins  
1 tsp cinnamon  
juice ½ orange  
pinch ground cloves  
pinch grated nutmeg

Grind your almonds in a food grinder or high power blender. Remove them and grind the figs and raisins together. Then either transfer all the ingredients to a food processor, or a large mixing bowl. In a food processor, keep processing for a minute until they form one large sticky ball. In a bowl, you're best mixing them by hand or with a wooden spoon. Shape into individual balls about 15g each. Roll them in raw chocolate powder or carob if you like for even more fun. Store in the fridge in an airtight container, will keep for up to 2 months.

From Eat Smart Eat Raw, published by Grub Street 2002

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