



### Ultimate Miso Soup (serves 2)

This recipe makes a rich, satisfying soup that only takes a few minutes to make and is perfect for a winter's day.

- 4 teaspoons unpasteurised Miso (any kind, but we like the lighter misos the best)
- 4 teaspoons tahini or nut butter
- 2 teaspoon of coconut oil
- 1 teaspoon honey
- 1 small clove garlic grated (more or less - to taste)
- 1 teaspoon grated ginger

Mix the above ingredients together into a smooth paste. You can add a bit of warm water if you need to get it going.

Pour about 3 cups of warm water into a saucepan and stir in the paste. Be careful not to pour boiling water on the miso mix as you'll knock out all the enzymes!

Now add the ingredients listed below to the pot, put it on the heat and warm until it's just hot enough to be uncomfortable for your little finger (about 118 degrees if you've got a thermometer)

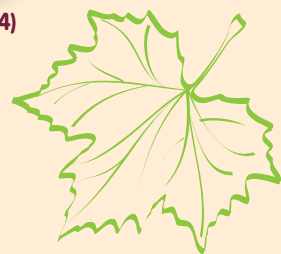
- 1 cup of finely sliced, cubed or grated vegetables of your choice (carrots, sweet potato, courgette, squash, beet.. etc.)
- A small handful of seaweed (we like wakame best)
- A few slices of fresh red or green chilli
- A handful of avocado chunks or some sliced sundried tomatoes (optional)

Turn off the heat and serve immediately in individual bowls garnished with some chopped spring onion and/or a handful of alfalfa or radish sprouts. You will feel warmed through...



### Raw Apple Crumble (serves 4)

- 6 apples, cored
- 8 dates soaked\* for a couple of hours
- the juice of one orange
- 1/8th teaspoon of ground cinnamon
- 2 healthy pinches of nutmeg
- 6 soaked\* apricots or raisins
- \*soak in just enough water to cover them!



Take 3 of the apples, chop them roughly and put into a food processor. Add all the other ingredients above (including the soak water from the dried fruit) and pulse until you have a slightly chunky slop. If you put the apricots/raisins in towards the end you get larger pieces, which is nice.

Chop up the remaining 3 apples quite finely and combine them with the sauce above. Set aside (if you've got time to leave the mix for a couple of hours or overnight for the flavours to really penetrate and the apples soften beautifully). Next..

- 1 cup walnuts
- 1 cup soft dates
- 2 cups of oats
- large pinch of good quality salt
- 3 tablespoons dessicated coconut
- 2 tablespoons coconut butter

Pulse the walnuts in the food processor until they're broken up but still chunky. Set aside.

Throw in the dates and whizz for a minute or until they're thoroughly mashed up. You might need to add a tiny splash of water to get them going. In a bowl mix the dates with the other ingredients including the walnuts, squeezing and massaging until you get a uniform, crumbly dough-like mixture. Spread the crumble mix over the top of the apples; it should make a nice thick layer.

For added winter comfort put the dish into an oven no hotter than 118 degrees for about 10 - 15 minutes to warm it through. Serve as it is or perhaps with a dollop of cashew creme (if you're so lucky). Alternatively try it with some live yoghurt or maybe even a spoon of creme fraiche, if you're that way inclined!