

FOOD CANVAS

Raw Recipes For Your Palette



by Wobbly Spoon

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FORWARD

Making a meal is an act of creation. It is a space for you to dance in, an empty canvas awaiting your inner artist's brush. The unique flavours, aromas and colours you choose can all be a fun, experimental and healing art in themselves.

In our ever increasing fast paced lifestyles we are starting to forget the rituals and celebrations we once wove through our daily lives. This book is dedicated to deliciously lacing love and presence back into the day-to-day, sharing and remembering what it is to be a human being.

Wobbly Spoon's nutritional philosophy is about simple, healthy, playful, creative, conscious and delicious eating. Our recipes are 100% raw, gluten free and vegan. We choose 100% organic produce and incorporate 100% organic pure grade essential oils.

Follow our recipes to the letter if you wish, or even better use them as creative fuel for making your own masterpieces. No one person's gastronomic journey is the same ... so follow your gut!

We hope you enJOY exploring FOOD CANVAS and that it inspires you to slow down, take a big deep breath & taste true abundance in the present.

Whether you have 5 minutes or 50 minutes all of these recipes can be embellished or simplified.

Special thanks to our constant companions ... the Nutribullet, Juicer and Dehydrator ... alongside our contemporary dance troupe of 100% pure grade essential oils which add a touch of spontaneity and flamboyance to every recipe!

Essential oils add such a beautiful flavor and their healing properties are potent. Just make sure the essential oils you choose are 100% pure and organic.

EnJOY every Wobbly SpoonFUL!

JUICES

The Bugs Bunny & Popeye Love Child

4 medium to large carrots

2 cups of spinach

¼ of one medium white radish

1 red apple

1 inch squared of ginger

1 drop of lemongrass essential oil

A generous squeeze of lemon

Put through the juicer & flex those muscles!



My Vampire Valentine

2 medium beetroots
2 blood oranges
2 carrots
4 large leaves of silver beet
¼ of a broccoli
¼ of a lemon
1 inch squared of ginger
1 drop of geranium essential oil

Coax through the juicer & sink in those fangs!



Psychedelic Pear Love Affair

2 pears

2 fennel bulbs

4 carrots

1 beetroot with green leaves

½ a lemon

1 drop of patchouli essential oil

Trip out in your health bliss bubble!



Dandy Dreamer & The Flying Fennel

1 bunch of wild dandelion greens

½ bulb of fennel

2 green apples

4 sticks of celery

1 lime

1 drop of fennel essential oil

Dream through the juicer & make a wish ... xxx



SMOOTHIES

Funky Fig Smoothie

3 fresh figs
2 handfuls of spinach
2 handfuls of blueberries
¼ of a papaya or 1 banana
1 tablespoon of chia seeds
1 tablespoon of raw cacao
1 drop of spearmint essential oil
1 glass of spring water

Put on your bicycle bell bottoms, blend and funk out!



Avocado With Bravado

1/2 an avocado

1 banana

2 tablespoons of hemp seeds

1 tablespoon of raw cacao

1 teaspoon of maca powder

½ teaspoon of spirulina

1 drop of lavender essential oil

1 glass of spring water

Boldly blend into infinity and beyond!



Flying Red Dragon Kick

1/2 a red dragon fruit

1/2 a small papaya

1 banana

1 tablespoon of goji berries

1 tablespoon of chia seeds

1 teaspoon of maca powder

1 teaspoon of ground cinnamon

1 drop of cinnamon essential oil

1 glass of spring water

Spread your claws, blitz in the blender & fly high!



楊永禧

SALADS

Pear, Fennel, Avocado & Walnut Underwear Salad

2 ripe pears sliced
1 bulb of fennel sliced paper thin
1 avocado sliced
1/3 of a cup of walnuts
A few mint leaves finely chopped

Toss and drizzle with olive oil, 1 drop of grapefruit essential oil, a squeeze of lemon, Himalayan rock salt & cracked pepper!

So simple & soooooooo sexy!



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Brocolini Bikini & Cranberry Nipple Salad

5 cups of raw brocolini or broccoli sliced
1 cup of cranberries
1 cup of raw sunflower seeds

Dressing

1 cup of soaked raw cashews
¼ of a cup of fresh lemon juice
2 tablespoons of olive oil
2 tablespoons of apple cider vinegar
2 tablespoons of raw agave
¼ of a cup of spring water
1 drop of basil essential oil
Himalayan salt & cracked pepper to taste

Blend, blitz & dress your lovely lady!



Sunday Rose Salad

3 freshly picked roses (make sure these haven't been sprayed with chemicals) and cut off the white base of the petal
½ a cup of fresh mint leaves finely chopped
½ a cup of fresh basil leaves finely chopped

Toss with olive oil, balsamic vinegar, a squeeze of lemon, 1 drop of bergamot essential oil and agave (for a sweet version) or Himalayan salt and cracked pepper to taste (for a savory version)!

In the 'Language of Flowers' roses say "I love you forever" ... serve to your beloved on Sunday morning balancing on your head!



CHIPS

Raw Corn Cowboy Chips

1 cup of freshly cut corn kernels

1 capsicum chopped

½ a cup of freshly chopped coriander

1 drop of lemongrass essential oil

Cayenne pepper, Himalayan salt & cracked pepper to taste!

Put on your stirrups & blend! Pour mixture onto baking paper and dehydrate overnight at 45 degrees Celsius. Serve with avocado, lime, freshly cracked pepper and ride it home!



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米
糖

Raw Kale Karate Girl Chips

- 1 large bunch of organic kale
- 3 tablespoons of olive oil
- 2 teaspoons of black sesame seeds
- 1 teaspoon of Himalayan salt
- 1 teaspoon of cayenne pepper
- 1 teaspoon of black pepper

Call on the power of the Hara, remove the spine of the kale and tear into bite-size pieces!

Coat the kale with a combo kick of olive oil, black sesame seeds, Himalayan salt, cayenne and black pepper. With the death grip, pin the kale in the dehydrator at 45 degrees Celsius for 4 hours or until crisp.

Mix 10 drops of coriander essential oil with 50mls of olive oil in a spray bottle and spray your opponent in the eyes before devouring!



Raw Sweet Potato Swinger Chips

3 large sweet potatoes
½ cup of coconut oil
6 sprigs of fresh rosemary
1 drop of rosemary essential oil
Himalayan salt & cracked pepper to taste

Slice sweet potatoes into fry shapes in sweet anticipation. Marinate the sweet potato in coconut oil, fresh rosemary, rosemary essential oil, Himalayan salt and cracked pepper to set the mood. Lay your lover(s) gently in the dehydrator at 60 degrees Celsius for 30 minutes. Don't be premature, move slowly, reducing the temperature to 45 degrees Celsius and dehydrate until desired crispiness or the temptation is too overwhelming. Always make sure there is mutual consent with the Vegan 'May I?' Mayo.

Vegan 'May I?' Mayo

1 cup of pine nuts, soaked for 3 hours
3 sprigs of fresh rosemary
2 tablespoons of olive oil
1 lemon juiced
½ a cup of young Thai coconut flesh
¼ of a cup of spring water
1 drop of lemon essential oil
Himalayan salt and cracked pepper to taste

Blend & blitz, how could anyone resist?!



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RAW FOOD QUEEN TWISTS

Raw Gluten Frida Falafels

1 cup of soaked chickpeas

½ cup of flax seeds

½ cup of sunflower seeds

½ cup of finely chopped parsley

1 drop of coriander essential oil

Cayenne pepper, Himalayan salt & cracked pepper to taste

Mix these colours with your blender brush, sculpt into balls and mount your artworks in the dehydrater overnight at 45 degrees Celsius. Stroke your silky moustache and get ready to Pucker Up Pistachio Sour Cream.

Pucker Up Pistachio Sour Cream

1 cup of raw soaked pistachios

1 avocado

1 drop of lime essential oil

A squeeze of lemon

Blend with passion ... you know what to do!



NO RICE NORI rolls

Rice substitute:

1 raw cauliflower

½ cup of chopped raw button mushrooms

½ cup of walnuts

1 drop of ginger essential oil

1 drop of black pepper essential oil

A-B-C into a coarse paste in the blender.

Bend the rules with fONT and Food, fill your nori sheet with the cauliflower, mushroom & walnut paste and add your favourite ingredients!

These ones have ...

avocado

spinach & sesame seed salad

home-grown sprouts

green beans

zucchini

Roll away, slice into pieces & X-Y-Z with your favourite sauce ... coconut aminos is a healthy & delicious substitute for soy.



Raw Portobello Pants Off Patties

1 cup of sliced portobello mushrooms
1 cup of grated carrot
1 cup of finely chopped celery
½ a cup of walnuts
½ a cup of pumpkin seeds
½ a cup of flax seeds
3 tablespoons of olive oil
1 toothpick of oregano essential oil

Pull your pants down in preparation. Put walnuts (we said WALNUTS), pumpkin and flax seeds in the blender & BAM! Dip a toothpick (not your toothpick) into oregano essential oil* and stir the toothpick through the olive oil. Mix all the ingredients together and place on baking paper in the dehydrator for 2 hours at 45degrees. Feel that lovely breeze and serve with avocado & walnut pest-Oh!

Walnut Pest-Oh!

½ a cup of walnuts
½ a cup of basil
1/3 of a cup of olive oil
1 drop of basil essential oil
garlic, Himalayan salt & cracked pepper to taste

Blend and lock the door to avoid awkward explanations ;)

* Oregano essential oil is extremely strong and can burn.

THE PLACE TO BE.

ROSEBUD



Sesame Beetroot Seaweed Sailors on an Avocado Boat!

200 grams of raw kelp noodles

1 zucchini grated using a spiral vegetable cutter

½ a cup of diced beetroot

½ a cup of purple cabbage

½ a cup of finely chopped basil

1 drop of tangerine essential oil

A sprinkle of sesame seeds & pistachio nuts

A splash of sesame oil

Toss and serve on avocado boats while singing salty sea songs to your mermaid/merman.



TEAS

Spicy Chai Lover

4 cups of spring water
4 tablespoons of black tea
1 small handful of cardamom
1 stick of cinnamon
1 inch squared of ginger
11 black pepper corns
11 star anise
11 clove peg legs

It brews like no other (20 minutes over a low flame)
Strain, blend with ...

20 soaked raw cashews
11 pitted Chinese jujubes
1 tablespoon of goji berries
1 tablespoon of raw cacao
1 tablespoon of hemp seed
1 teaspoon of ground cinnamon
1 drop of cinnamon essential oil
1 drop of clove essential oil

... & pour,
your lover will adore.

史女士
糯米糍



Robust Reishi Tea

½ a teaspoon of powdered reishi

1 tablespoon of cacao

1 teaspoon of maca

1 teaspoon of coconut oil

½ a teaspoon of cinnamon

½ a teaspoon of cayenne pepper

2 medjool dates

1 drop of ylang ylang essential oil

3 cups of hot spring water

Blend, revitalize, rejuvenate & rock out!



DESSERTS

Sci-Fi Pluto Power Balls

Ingredients

8 medjool dates
1 cup of walnuts
1/3 of a cup of flax seed
1/3 of a cup of sunflower seeds
1/3 of a cup of chia seeds
3 tablespoons of raw cacao
3 tablespoons of grated ginger
2 drops of wild orange essential oil

Place dates, grated ginger and 2 drops of wild orange essential oil in a homeostasis space bowl, adding just enough water to completely submerge them.

Allow to beauty sleep for 2 to 3 hours and then blend into a power paste.

Blend walnuts, flaxseed, sunflower seeds, chia seeds and raw cacao separately at the speed of light.

Slowly splice the DNA of the dry mix with that of the power paste until thick enough to mould into new hybrid beings!

Powder with raw cacao star dust and place in the fridge until ready for take off!



福來社

Vegan Avo Choco Mousse-tache!

2 avocados

2 tablespoons of raw cacao

2 tablespoons of maple syrup

1 tablespoon of rose water

1 teaspoon of natural vanilla extract

1/2 a cup of almond milk

1 drop of rose essential oil

Blitz with a wink & twist your mousse-tache! Add that extra shine with fresh raspberries, macadamia nuts or grated coconut.



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Prancing Purple Parsley Pony Pick Me Up Ice-Cream

- 1 frozen banana
- 1 handful of frozen blueberries
- 2 stalks of parsley
- 2 tablespoons of tahini
- 2 tablespoons of sunflower seeds
- 1 tablespoon of raw cacao
- 1 drop of peppermint essential oil

Blend until you' re beaming, put on your favourite purple boots and giddy up!



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Raw Banana Crepes with Cashew Cream, Cherries, Passion Fruit & Australian Bush Flowers!

Crepes

2 bananas
1 lemon juiced

Blend and bounce like a kangaroo! Pour mixture onto non-stick paper and bake like a lizard in the dessert or dehydrator at 45 degrees Celsius for 6 to 8 hours.

Cashew Cream

½ a cup of cashews soaked overnight
½ a cup of coconut flesh
3 drops of 'Abund' Australian Bush Flower Essence
1 teaspoon of agave nectar (optional)

Blend with your boomerang.

Laughing like a kookaburra, layer the crepes with cashew cream, fresh banana, cherries, passion fruit & garnish with Australian bush flowers!



About Wobbly Spoon

Wobbly Spoon is dedicated to empowering people in their self healing journey. We run workshops and retreats throughout the world teaching self healing through nutrition, qi gong, dao yin yoga and meditation.



To connect with Wobbly Spoon go to ...

www.wobblyspoon.com

www.facebook.com/wobblyspoonhealing

& for more information on essential oils visit

...

www.wobblyessentials.com

