



two raw sisters

ALL EATERS WELCOME

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BATEMAN
BOOKS



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WELCOME TO THE TWO RAW SISTERS!



Like many people, we've had our struggles. We've come through personal health issues like chronic fatigue and battles with being an under-weight elite athlete. This book will let you into some of the secrets of how we have changed up our lifestyles. Our mission is to educate, influence and inspire you on the importance of eating plant-based food. Whether you're gluten-free, dairy-free, vegan, a huge meat-eater, pescatarian three days a week and vegetarian the other four days, this cookbook has something for you. All eaters are welcome!

Neither of us is vegan or vegetarian, and we love all kinds of food. But we are firm believers in creating a lifestyle based around eating a majority of plants and whole, unprocessed raw ingredients. We are *real*, and pride ourselves on having a unique approach to plant-based living. We share this with you in the following pages of 90+ of our favourite recipes.

Most people start their meals with meat, with vegetables added on as a last-minute side. Two Raw Sisters want to inspire and encourage you to take on our definition of plant-based. This means starting your meal with your plants, and then adding the meat, dairy, fish, poultry, tofu or tempeh on the side, if you choose.

We have kept things as simple and straightforward as possible in this cookbook, using only the cost-effective, unprocessed raw ingredients you are familiar with and have at home. The twist is, we will show you new and inventive ways to make these basics taste more fun, exciting and delicious.

And it's quick and easy, with minimal meal preparation time and using few dishes! Most of the salads last 3–5 days in the fridge, making them great to make at the start of the week to have for your work lunches or quick dinners.

The Two Raw Sisters lifestyle is based on freedom. There are no rules. So we encourage you to use these recipes as a guideline. Don't feel you have to be a slave to measuring cups and spoons, have confidence and trust in yourself. Change ingredients to ones you like more, or to ones that need using or are in season. The kitchen can be a stressful place for a lot of people, due to all of the dos and don'ts around food. We will help you make it a more enjoyable and delicious place for everyone, by freeing you up and letting you be yourself!

Are you ready for a healthy, happy, sustainable life forever?

Let's cook!

Margo and Rosa x

 @tworawsisters

 Two Raw Sisters

www.tworawsisters.com

THE STARTER PACK



‘FREE EATING’ AND THE ART OF SUBSTITUTION

**All eaters welcome
Every recipe is everything-free
GF, DF, VG, VEG**

If you eat gluten or are gluten-free

Due to being gluten-intolerant ourselves, every recipe in this cookbook is gluten-free. With our flexible approach to cooking, all of our recipes give you two options: brown rice flakes or oats. The reason for this is that if you tolerate oats just fine, we encourage you to use them as they are a versatile and cheap pantry staple that you are likely to have already. So please don't feel like you have to go out and buy brown rice flakes and buckwheat, etc., as these are just substitutes for all our gluten-free eaters and coeliacs out there. But, if oats are not your thing, we have found that brown rice flakes are the best substitute for oats.

The same goes with any salad recipe that uses a grain you don't have or cannot tolerate. Simply swap it out for another one. Gluten-free and non-gluten-free grains are so easy to substitute for one another. Have confidence in yourself and be a smart cook. You aren't going to ruin the recipe by using brown rice over millet.

Fun fact: Oats themselves don't contain gluten; it is the contamination of being processed with other gluten-containing grains that causes most people to flare up.

If you eat dairy

Feel free to swap coconut yoghurt and nut milk for Greek yoghurt, whipped cream and dairy milk.

If you eat meat, fish and/or poultry

For most main dishes we have given recommendations on which protein would go well with that particular recipe.

PANTRY MUST-HAVES

This is an overall guide of every staple ingredient we have used in this cookbook. We are not saying you need every single item on this list in your pantry. We recommend you choose four to six staples in each section and simply substitute the grains, nuts and seeds, spices and dried fruits you don't have for ones you do have. We have highlighted with an asterisk the absolute essential must-haves that we always have in our pantries at home. We recommend you slowly build up any of these must-have ingredients that you currently don't have.

We normally have one or two grains in the pantry at a time (e.g. brown rice and millet), and then get a different grain (e.g. quinoa) when we need to restock.

Having a well-stocked pantry with all the essentials *and* those 'secret ingredients' (such as pomegranate molasses) is so important when it comes to organisation and making fast, easy delicious recipes.



Nuts + seeds

- pumpkin seeds*
- sunflower seeds
- almonds
- cashews*
- walnuts*
- chia seeds or flaxseeds*
- hemp seeds*
- sesame seeds (black + white)
- peanuts
- pinenuts

Oils + condiments

- cooking oil (avocado or rapeseed)*
- quality extra virgin olive oil*
- coconut oil*
- sesame oil*
- hemp oil
- apple cider vinegar*
- tamari*
- pomegranate molasses*
- nut butters*
- tahini*
- nutritional yeast*
- miso*

Sweeteners

- dates*
- honey*
- 100% pure maple syrup
- ripe bananas*
- coconut sugar

Grains

- brown rice flakes*
- brown rice*
- buckwheat groats/flakes
- rolled oats*
- millet*
- quinoa*
- quinoa flakes
- puffed grain (quinoa, amaranth, millet)
- pasta*

Legumes

- chickpeas*
- lentils
- black beans

Dried fruits

- goji berries*
- raisins
- figs
- cranberries

Spices + salt

- cumin powder/seeds*
- curry powder
- smoked paprika*
- sumac
- turmeric*
- ginger*
- cinnamon*
- chilli flakes
- dukkah
- flaky sea salt*
- black pepper*
- fresh garlic*
- fresh ginger*

General sweet

- cacao powder*
- desiccated/flaked coconut*
- vanilla bean paste or extract*
- hemp powder
- dark chocolate*
- baking soda*

General savoury

- capers
- coconut yoghurt*
- tinned tomatoes*
- sundried tomatoes

WHAT OILS ARE BEST TO COOK WITH + WHEN

Oils are very heat-sensitive, and once heated past their smoking point the good fats turn into bad fats. Here is a guide on which oils to use when ...

Cooking oils

Coconut oil (for those of you who don't like the taste of coconut oil, deodorised coconut oil will taste more neutral)
Avocado oil
Rapeseed oil

Non-cooking oils

Sesame oil
Hemp oil
Extra virgin olive oil

A TIP OR TWO

No baking paper

Unless stated, for most of the following recipes we do not use baking paper when we cook in the oven. This is because we have found that baking paper can make the fruit and vegetables sweat. Instead, when baking paper isn't used, the fruit and vegetables have direct heat contact with the tray and the end result is crispier and more golden brown and caramelised.

Loaf tins and cake tin measurement

For most snack and dessert recipes we use an adjustable loaf tin that extends from 16cm to 30cm. For cake and tart tins, we use a 22cm tin.

Double boiler

Fill the bottom pot of the double boiler halfway with water, and heat it over the stovetop. Place the chocolate (or coconut oil, etc.) in the top pot of the boiler. As the water heats up, it will start to melt the contents in the bowl. Using a double boiler helps prevent the contents from burning. If you do not have a shop-bought double boiler, it is easy to improvise one like we do: for the second pot just use an ovenproof bowl that is a bit smaller than the pot with the boiling water, so that it will rest on top of it. Alternatively, you can just use a microwave. To melt chocolate in a microwave, break it into small pieces, place in a heatproof bowl, and microwave for 30 seconds. Take the bowl out and give the chocolate a stir. Place the bowl back into the microwave and repeat this process

of cooking for 30 seconds, stopping, stirring and returning it to the microwave, until the chocolate is completely melted. To melt coconut oil in a microwave, put it on your highest setting for about 2 minutes, or up to 5 minutes if you are melting a bigger amount.

KITCHEN EQUIPMENT: THE TOP FIVE

Vitamix Explorian E310

A Vitamix is a high-speed blender, which makes everything incredibly smooth. A Vitamix is a significant investment, but it will literally change your life. We have had ours for seven years and have never had any issues with it. This is one of the cheaper Vitamixes, but from experience we think it is the best model. The jug size isn't too big or too small, so no matter the size of your batch it still blends.

Vegetable peelers

A vegetable peeler is something everyone probably has in the cutlery drawer. You can do lots of cool things with these little tools. Ribbons of cucumber or zucchini look so nice on a plate.

The julienne peeler is a lifesaver, and saves so much time when it comes to cutting. These are pretty cheap, and are a great all-round kitchen tool to have on hand.

Microplane

These are the most amazing graters for citrus, ginger, garlic and chocolate — a must-have in any kitchen.

Large chopping board

An essential in the kitchen. There is nothing worse than not having enough room on a chopping board — everything starts to fall off, making a mess, and you have to use more dishes by putting everything in bowls. Give yourself a big working space and use it as a plate for ingredients. Believe it or not, it causes a lot less stress in the kitchen.

Good sharp knife

Counter-intuitively, sharp knives are a lot safer than blunt ones. So make sure you always have a decent sharp knife, as it will make cutting a lot easier and more enjoyable. We use a Japanese brand called Shun: their 27cm standard chef knife. We find it the best size for an everyday knife.

THANK YOU



We are so excited to have had the opportunity to write a second book. Our first cookbook selling out before it even went into bookstores was a pretty incredible feeling for us both. Especially considering we had no idea what we were getting ourselves into. Since then Two Raw Sisters has grown in leaps and bounds. We feel so lucky being able to do what we absolutely love doing as our full-time jobs. So we want to take a moment to thank every single one of you. We couldn't have done this if it wasn't for all of your support in purchasing the cookbook, coming along to workshops, and following our adventures on Instagram! (Sorry for all the terrible singing ...)

The number of you who have come on our mission of inspiring, motivating and educating people on the benefits of eating plants and creating a healthy, happy, sustainable lifestyle is incredible. Thank you for spreading the Two Raw Sisters word. We really appreciate each message you send and every photo you share. You inspire us to keep doing what we are doing.

Thank you to Mum, Dad and Will, who once again have been so supportive in everything we do. Two Raw Sisters like to move at a fast pace, completing a project and starting on the next one straight away. We know it stresses you all out, but somehow you always stick by our side and support us no matter what. We couldn't have done it without that encouragement to keep following and chasing our dreams.

Thank you to the Two Raw Sisters team. To Dean, our manager, for keeping us on track and making sure everything is in proper English and spell-checked. To Lucy, our operations manager, aka our second mom, for trying a lot of the recipes and making sure they are all dummy-proof.

We hope you all love *All Eaters Welcome* as much as the first cookbook!







BREAKFAST

Breakfast is our favourite time of day. We have given you a range of options that are great for those days when you are pushed for time, and for when you can enjoy a slower-paced morning. Regardless, make sure you enjoy every mouthful of nourishing food.

A lot of these breakfasts are designed to be made at the start of the week or the night before. It's the best feeling when you wake up and you know you have a delicious breakfast on hand to enjoy and kick-start your day. Most recipes will last in the fridge for up to 5 days and develop in flavour over time.

We love textures in our food. See the list of toppings we recommend topping your breakfasts with below. Our go-tos that we top absolutely everything with are goji berries, cacao nibs, hemp seeds and peanut butter. Go crazy and have fun.

If you are gluten-free and/or dairy-free, see page 9.

Breakfast toppings

- coconut yoghurt
- goji berries
- Brazil nuts
- berries
- nut butter
- oat/nut milk
- hemp/pumpkin seeds
- walnuts
- sliced banana
- coconut chips
- cacao nibs
- honey

CHOCOLATE MOUSSE

A bit of a 'naughty' breakfast some may think, but haters gonna hate! We love this for breakfast.

Cacao is the highest plant-based source of iron, and also contains caffeine, so truly is a great way to kick-start your day. The avocado creates a natural creaminess that is to die for. We love serving this with coconut yoghurt, granola and lots of peanut butter.

SERVES 2

Prep time: 5–10 minutes

1 avocado
2 ripe bananas
½ cup nut or oat or
coconut milk
1 tsp ground cinnamon
½ cup cacao powder
good pinch of sea salt

Put all of the ingredients into a blender or food processor, and blend until smooth. Eat straight away, or put in the freezer, where it will keep for up to 4 months. When you are ready to eat, let it thaw on the bench for about 15 minutes. Top with your desired toppings (see page 19).





MAINS

Here, we welcome all eaters, whatever their dietary stripe. So all of these salads are great served alongside meat, fish or poultry, or are just as great as a vegetarian meal with avocado, hummus, tofu, tempeh or falafel. As we keep saying: substitute. Use whatever you have in your pantry or fridge and use vegetables that are in season. Have the confidence and the freedom in yourself to do this.

Everything doesn't have to be perfect. We are home cooks, not Michelin-star chefs. So don't feel enslaved to using measuring spoons and cups – cutting loose from using them will make the kitchen a much more fun, experimental place! It will also help you to use the following recipes as guidelines, rather than as strict step-by-step instructions.

If a salad serves six and you're only feeding two, we encourage you to make the full recipe, as it can be your lunches or dinners for the next couple of days, saving you time in the kitchen. All of these salads are designed to last in the fridge for at least 3–5 days, so there is no need to worry about them going off.

If you are gluten-free and/or eat dairy, see page 9.

QUINOA, VEGGIE ALMOND BOWL WITH TAHINI MISO DRESSING

This recipe was created when we were on holiday and needed a bowl full of nourishment. The great thing about this recipe is that it is so versatile. Use whatever grain you have, whatever veggies need using in the fridge, and whatever nuts or seeds you have.

The dressing used in this bowl is our #1 go-to and a total winner. We recommend you make a big batch of it, as it keeps well in the fridge. It is full of fermented goodies that are amazing for a healthy gut.

SERVES 2

Prep time: 20 minutes

Cooking time: 20 minutes

1 cup water
½ cup quinoa
oil
½ head of broccoli, cut into florets
1 zucchini, cut into chunks
2 spring onions, sliced

Almond crunch

½ cup flaked almonds, toasted
zest of ½ lemon and juice of ½ lemon
handful of fresh herbs, roughly
chopped (coriander, mint, parsley)
pinch of sea salt
black pepper

Tahini miso dressing

2 tbsp tahini
1 tbsp miso
juice of 1 lemon
approx. 2 tbsp water, to achieve
desired consistency

To serve

1 avocado, cut into cubes
handful of fresh rocket or spinach
½ cup edamame beans, blanched in
boiling water, then drained

Put the water into a pot along with the quinoa. Bring to the boil, then reduce to a simmer and cook for 7 minutes. Remove from the heat and allow the quinoa to sit for at least 10 minutes, or until all of the excess water has been absorbed.

Heat up a frying pan, and add the oil. Add the broccoli, zucchini and spring onion. Sauté until lightly golden. Set aside.

For the almond crunch, place all of the ingredients into a small bowl, and mix to combine. Set aside.

For the dressing, mix all of the ingredients together in a cup or small bowl. Set aside.

To assemble, divide the quinoa into 2 bowls, followed by the vegetables, almond crunch, and tahini miso dressing. Then add the avocado, fresh rocket or spinach, and the edamame beans.

Store in an airtight container in the fridge, where it will keep for up to 2 weeks.





DESSERTS

We are huge sweet-tooths and love a good dessert. The best thing about these recipes is they are made with only whole, unprocessed raw ingredients. We know how expensive and time-consuming raw desserts can be to make, which is why all of the following desserts are purposely made with the most cost-effective ingredients and ones you will already be familiar with and have at home. If they cannot be eaten right there and then, they all have minimal setting times of 1–3 hours.

If you are gluten-free and/or eat dairy, see page 9.

MANGO SOFT SERVE

We have a big soft spot for frozen mango. It makes the perfect instant ice cream, and has such an amazing colour.

This soft serve is filled with so many fermented goodies. The coconut yoghurt makes it incredibly creamy, and the apple cider vinegar gives it an addictive tang. Make this for breakfast or dessert; we love serving it with a sprinkle of granola to give it a little crunch.

SERVES 2–4

Prep time: 10 minutes

500g frozen mango
1 cup coconut yoghurt
2 tbsp 100% pure maple
syrup
2 tsp apple cider vinegar
1 tsp vanilla bean paste or
extract

Place all ingredients into a blender or food processor, and blend until smooth.

Divide between bowls and eat immediately.

Alternatively, store it in a snap-lock container or a metal tin in the freezer for up to 1 month, taking it out 15 minutes before eating.

