

NUTS AND RAW ENERGY FOODS



These recipes are all made using completely raw foods. Nothing is heated or cooked, so all the vital enzymes and nutrients are still alive. Eating raw foods greatly increases the energy we are able to convert from the food we consume, therefore benefiting physical endurance such as running and other sports. The level of nutrients we receive also benefits our recovery and quality of nutrition, making us feel more satiated.

Raw plant foods are high in many of the nutrients our body needs. For example, leafy greens are high in calcium, and better still, a form of calcium that our body recognises as food and is able to assimilate, much easier than meat and dairy which can be harder for us to digest, especially if you have a lactose intolerance.

Another common food intolerance is to Gluten or wheat, some people are severely allergic to gluten, this is known as coeliac disease. As pasta is one of the most common pre race meals, this can cause a problem. There are many gluten free pasta products available from health food shops and supermarkets. Those from brown rice are a good form of complex carbohydrates. Brown rice, jacket potatoes and sweet potatoes are also a good option. The pasta in this recipe is actually made from courgettes, so is better for recovery, but it could be substituted with sweet potato which can be shredded or grated and eaten raw. Apparently, Usain Bolt eats a lot of sweet potatoes and chilli, common in traditional Jamaican cuisine, which has been said to help him go faster!

Nuts as a Source of Protein

Nuts are also a great source of natural protein, which are easily assimilated by the body. It is best to soak nuts for a few hours, or overnight, as this removes an enzyme inhibitor which naturally occurs in nuts, to stop them from being eaten in the wild. They are also high in antioxidants, a good source of fibre and monounsaturated fats. These fats are high in oleic acid, also found in olive oil, which can help to lower triglyceride levels and promote a healthy heart. Nuts can also help to lower high blood pressure and high cholesterol levels. They are also said to release serotonin in the brain, making you feel happier!

Cashews contain copper which is essential for many physiological processes, such as energy production and creating flexibility in blood cells, bones and joints. They also contain magnesium which is also essential for healthy bones, muscles and nerves. Cashews also contain manganese, tryptophan and phosphorus. Brazil nuts are beneficial for prostate health, a handful of brazil nuts a day can dramatically reduce the risk of prostate cancer. They also contain vitamin E, selenium, thiamin, copper and magnesium.

Nutritional Yeast Flakes

These can be used as a substitute for a cheesy flavour without the lactose. They are a beneficial form of yeast which does not aggravate the body's natural balance of friendly bacteria. It is rich in B vitamins, especially B12 which is essential for brain, blood and nervous system function, and therefore the body's production of energy. B12 also aids in the synthesis of fatty acids.

Apple Cider Vinegar

A natural remedy for heartburn, it also creates hydrochloric acid in the stomach which aids digestion and absorption of vitamins and minerals. Although vinegar appears to be acidic it actually creates alkalinity in the body, which creates a healthy environment as cancer & disease thrive in acid environments.

Cashew Mayo Dip

- 3 cups Soaked cashews**
- 1 cup Extra virgin olive oil**
- 2 tsp Himalayan crystal salt**
- ½ cup Apple cider vinegar**
- ½ cup warm water**

Blend all ingredients together until smooth and creamy, adding more or less water to get desired consistency. Add 1 clove garlic for Aioli dip.

Basil Pesto

- 1 cup Fresh basil leaves**
- ½ cup Fresh coriander**
- ¼ cup Spinach leaves**
- ¼ cup Brazil nuts (soaked)**
- ¼ cup Pine nuts**
- 1 tsp Himalayan crystal salt**
- ½ cup Extra virgin olive oil**

Place all ingredients in a food processor or high speed blender. Blend all ingredients together until well combined but not completely smooth.

Courgetti Spaghetti

- 2-3 Courgettes**
- ¼ cup Chopped sundried tomatoes**
- ¼ cup Chopped kalamata olives**
- ¼ cup Chopped green olives**

¼ cup Fresh corn cut off the cob

1 Red pepper chopped

1 Tbl Nutritional yeast flakes

1 Tbl Pine nuts

Basil Pesto or Cashew 'cheese' to dress

Spiralise the courgettes using Spirali machine or grate. Mix in other ingredients and dress with Cashew 'cheese' or basil pesto. Sprinkle with nutritional yeast flakes and pine nuts (optional).