Real Food for Real Bodies

Recipes to Warm the Soul







Gloria Hester

A Love Note

Happy Holidays to you with all the love in my heart!

Raw foods can be a welcome addition for your body mind and soul. Here are a few of my favourite recipes to warm your heart during this Holiday Time.

May you always be what you truly are at your core: Pure Love. And may all of your days be held in a warm embrace.

Gloria

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Almond Eggnog

Difficulty
Easy

Prep. Time
10 Minutes, plus 7+ hours
to soak the almonds

Servings
2



Ingredients

- 1.5 cups raw soaked almonds (see note)
- 1/2 cup pitted Medjool dates
- 2 tablespoons maple syrup, preferably Grade B
- 2 teaspoons flaxseed oil
- 2 teaspoons vanilla
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 2 frozen bananas

Directions

1. Blend soaked almonds with 3 cups fresh water to make almond crème. Strain through a mesh strainer if you desire a smoother consistency. Or use as is for a thicker consistency. (Don't be afraid to experiment to see which one you prefer. Both variations are delicious.)

2. Add the remaining ingredients, except the bananas, to the blender and blend well. Add bananas and blend until smooth.

Note

To make the almonds more digestible, soak them in a jar of filtered water with a dash of sea salt for at least 7 hours at room temperature. You may then store them in the refrigerator until you're ready to make the eggnog. Dump the soaking water and rinse with fresh water before proceeding.

English Breakfast Tea with the Queen

Difficulty
Easy

Prep. Time
5 Minutes

Servings
1



Ingredients

- 1 serving English breakfast tea
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cloves
- 1/8 teaspoon ginger
- 1/2 tablespoon raw honey or stevia (optional)
- Almond or hazelnut milk (optional)

Directions

1. Brew the English tea according to package instructions, and steep with added spices above.

2. Add honey or stevia to sweeten and/or almond or hazelnut milk to taste.

Note

Be the queen of your own heart! We all need a little extra time with our own hearts. Trust yourself, know yourself, establish a ritual for yourself. This nurturing and soothing mug of steaming love is a great place to start. This world needs more kindness and benevolence, starting with how we treat ourselves. So, treat yourself well, the way you would a true “Queen.”

Healing Hot Cocoa

Difficulty
Easy

Prep. Time
10 Minutes

Servings
1



Ingredients

- 1 cup unsweetened vanilla almond milk, homemade if possible
- 1 tablespoon raw cacao
- 1 tablespoon raw honey

Directions

1. Gently heat the almond milk in a sauce pan over low to medium (see note). Remove from the heat.
2. Add the cacao and honey. Stir until smooth, using an immersion hand blender or frother if available.

Note

If you use homemade almond milk, it's important not to overheat it in order to retain the benefits of the raw ingredients and their enzymes. A good rule of thumb for keeping the benefits intact-- if it's too hot to the touch, it's too hot for the enzymes. If you're using store bought almond milk, it will have already been exposed to extreme heat during pastuerization, so even high heat is fine.

Raspberry Ganache Cake

Difficulty
Moderate

Prep. Time
25 Minutes

Servings
6



Ingredients

Dough:

» 3 cups raw walnuts

» 2/3 cups raw cacao powder

» 1/4 teaspoon salt

» 1 cup pitted Medjool dates

Frosting:

» 1/3 cup pitted Medjool dates

» 1/4 cup raw honey

» 1/2 cup avocado

» 1/3 cup raw cocoa powder

Filling:

» 1/2 cup raspberries

Directions

1. Place all dough ingredients, except the dates, into a food processor and pulse to blend. Add dates and pulse until able to work the dough. It does not have to be smooth.

2. Press the dough into two round cakes. Place one on your serving plate.

3. Place all frosting ingredients into the food processor. Add the dates and honey first, then follow with the avocado and cacoa powder. Blend until smooth.

4. Spread half of the frosting on top of the first cake. Add raspberries. Stack the second cake on top of the raspberries. Frost top and sides with remaining frosting.

Starglow Nog

Difficulty
Easy

Prep. Time
5 Minutes

Servings
2



Ingredients

- 1 cup raw cashews
- 4 cups water
- 1 pinch of sea salt
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 4 tablespoon maple syrup, preferably Grade B
- 1/2 cup pumpkin
- 1 banana
- 1 tablespoon flaxseed oil

Directions

1. Place all ingredients into blender and blend until smooth.
2. Pour into mugs, sprinkle extra cinnamon on top and enjoy!

Note

Cashews are one of the few nuts that do not require soaking, so there's no need to prep the cashews beforehand.

Gloria Hester

Easeful Body, Peaceful Mind, Useful Life

Gloria Hester is a consultant, Somatic coach and Educator for humans, horses, canines and other vertebrate species. She is the founder of SEVA™ (Somatic Education for Vertabrate Animals) and Yogic Wisdom for Horse and Human, an educational program that includes somatic healing retreats and workshops with horse and human participants. Gloria is a Certified Yoga Therapist, C-IAYT and Certified Hanna Somatic Educator for humans and equines.

A Body Ecologist certified by Donna Gates, Gloria infuses retreats, workshops and trainings with lectures on nutrition and food-based healing. She integrates principles of trans-species psychology with innovative and traditional approaches to healing non-human animals. Critically, she engages psyche (mind) and soma (body), which in contrast to conventional behavioral training, gives animals voice and respect in support of their well-being and self-determination.



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