

The **Color** Edition



by Brandi Rollins, M.S.

RAW FOODS

ON A **BUDGET**

Edited by

Rufiena Jones

GaBrilla Ballard

Alicia Ross-Beck, MSN, PNP



RAW FOODS ON A BUDGET

*the ultimate program and workbook to
enjoying a budget-loving, plant-based lifestyle*

BRANDI ROLLINS, M.S.

Editors

Rufiena Jones; GaBrilla Ballard; Alicia Ross-Beck, MSN, PNP

Beta Readers: Tamar Wallace, Cecelia Williams, Nancy Cullinan

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Front and back cover design by Maurice Novembre Designs and Brandi Rollins

Interior design by Maurice Novembre Designs, Alicia Ross-Beck, and Brandi Rollins

Illustrations of 'Impulsive Ida' by Raven Talifero

Printed in China by SUN FUNG Catalogs & Books

The Raw Foods on a Budget website is www.rawfoodsonabudget.com.

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The Color Edition

ISBN-10: 0982845839

ISBN-13: 978-0-9828458-3-7

When you get, Give.

When you learn, Teach.

-Maya Angelou

*In every budget is the opportunity to experience
limitation or abundance.*

The choice is ours...

-Brandi Rollins

Thank you Universe for this amazing gift.

It was an honor to serve as a vehicle for this book.

This book is truly a gift to us all.

Yay! Somebody realizes that we can't always afford the gourmet raw goodies and out-of-season produce! -Sue

You rock - I love your ideas and commitment to staying raw while saving money!

-Marci

Love what you are doing! Can not use the standard excuse about expensive food/ingredients with you...

-Jeanette

With a family of 6 to feed, two of those being pre-teen boys who NEVER stop eating, I need all the budget saving tips and meals I can get :-)

-Donna

Raw food is changing my life - worth every penny - but I could use some ways to manage the budget.

-Joyce

The information you are sharing, no one else seems to be talking about it, yet it's so necessary for success on raw.

-Patricia

Just bought the book!
Great resource...

-Traci

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PREFACE

Why I Wrote This Book...

“How can I afford a healthy diet?”

I will admit, it's a hard question to answer, and for a while, we didn't have many good answers. The common solutions were to buy in bulk, take advantage of sales, shop at farmers markets, buy cheaper foods like beans and rice, and sprout your own greens. However, these answers were missing something and left many of us unsatisfied. Even as I write these tips, I feel that they are missing the bigger picture.

Raw Foods on a Budget was co-created with the Universe, a team of editors and readers, and myself to provide the world with real answers on how to enjoy an inexpensive, budget-loving, plant-based lifestyle. Designed as a program, this book goes beyond just listing the various ways of finding low-cost raw foods and, instead, takes a holistic, more thorough approach to food budgeting. This book was written with you in mind to teach you *how* to shop; *where* to buy inexpensive raw foods; how to *eat, prepare, and store* raw foods in ways that get you more bang for your buck; how to *grow* your own food for less; how to create and manage a *budget*; and how to improve your overall *relationship* with food and money.

A budget is more than about saving money or getting you out of debt, it's a tool for creating the life you want. And it doesn't have to limit or restrict your life. Ultimately, it's really what you make it. In this book, I advocate using a budget as a pathway to discovering real abundance. Abundance is not about having a kitchen stocked with produce, much of

which goes to waste; it's about appreciating what you have and knowing that you will always have what you need. So, don't let this book sit on your bookshelf. Take advantage of these materials; this book is a gift to all of us.

Thank you to everyone who has helped this book evolve and manifest into a beautiful piece of work. I would first like to thank the Universe for seeing the potential in this book. When I first began writing *Raw Foods on a Budget*, I thought I would write a simple book that listed budget-friendly strategies. What the Universe had in mind was so much bigger and more comprehensive than anything I could have imagined. This book is a testament to the creative power of the Universe.

Thank you to my editors and dear friends, Rufiena Jones, GaBrilla Ballard, and Alicia Ross-Beck for your support, wonderful input, and continuous feedback. You continually pushed me to do my BEST. Thank you to my awesome Beta Readers: Tamar Wallace, Nancy Cullinan, and Cecelia Williams for your valuable feedback. For one whole year you volunteered as Beta Readers to give me feedback on every chapter and recipe, and I am honored to have your name on this book. Thank you to all of my readers who gave me feedback, let me know that I was on the right path, and continued to inspire me during this labor of love. And I would like to thank my book illustration team, Maurice Novembre and Alicia Ross-Beck, for making this book the best-looking book ever!

I would like to thank my mom for being the fantastic woman that you are. You are an amazing, inspiring woman and it is an honor to be your daughter. And I would love to thank my family and friends for their love and support.

About to get my Raw on a Budget on!

-Azmera



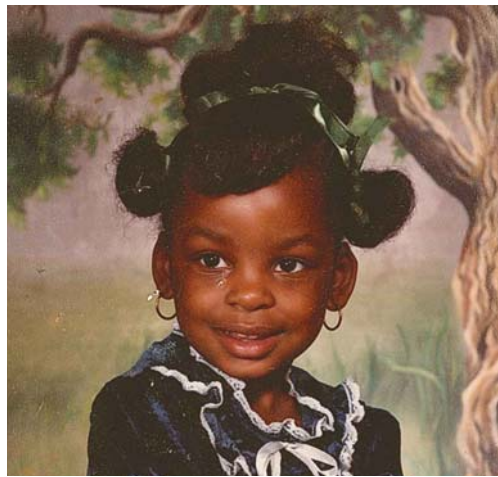
Pear Tomato Salsa
Page 186

SECTION 1

Introduction



6 months old



4 years old



11 years old



21 years old



1st Time Raw
24 years old



2nd Time Raw - Day 1
25 years old



13 years old



14 years old



17 years old



2nd Time Raw - Month 3
26 years old



2nd Time Raw - Year 1
27 years old



2nd Time Raw - Year 5
31 years old

CHAPTER 1

My Journey

As a child, my mom was my world. She was my favorite person and I aspired to be her “mini-me”. My mother taught me everything from being a great person, to working hard, to following my dreams of becoming an artist and President of the United States. Yes, it’s true...I did want to become President...well, until I learned that the work far exceeded the benefits. My mother also taught me about food. Like many women, my mother tried many diets including Weight Watchers™, Slim-Fast™, and the Cabbage Soup diet. Plus, she was the only person I knew who owned a Stairmaster (a piece of exercise equipment which I still love to this day)! Being my mother’s “mini-me”, I thought that dieting was the coolest thing in the world, and I unconsciously aspired to become a dieter myself. I can even remember, one time, sneaking strawberry-flavored Slim-Fast™ powder to school to mix into my milk. Of course, it tasted disgusting and I had to throw it away.

By age 8, I was cooking. I could make Hamburger Helper, fried chicken, French fries, and killer pancakes. With the help of a 7th grade home economics class, I eventually added homemade cakes, cookies, and breads to the list. By high school, I was known as the Betty Crocker™ in my family and my diet was filled with fried-this and baked-that. Sadly, here’s what a typical day looked like: for breakfast, an old-fashioned chocolate donut; for lunch, a bag of M&Ms™ and can of Mountain Dew™; for after school snack, 1-3 bowls of sugar-sweetened cereal; and for dinner, iceberg lettuce with fat-free ranch, and a baked potato and chicken breast (the only “healthy” meal of the day). In short, my diet was the opposite of good. Then I would work it off by spending 2-3

hours at the gym playing basketball, climbing stairs on the StairMaster™, and taking a 60-minute aerobics class. In a twisted way, it was balance.

My eating habits only worsened when I began college (who knew there was room for it to get worse!). I attended Centre College in Danville, Kentucky, a small liberal arts school, and for the first time, I could eat anything I wanted, anytime I wanted! I would stay up all night studying and eat a whole medium cheese pizza by myself, or eat chicken fingers, carrot cake, pasta, and French fries at the school cafeteria. Along with the stress of college, these eating habits eventually caught up with me, and I gained more than my freshman fifteen. And to make matters worse, I developed acne for the first time in my life. AUGH!!!!

Then it all changed when I was 22 years old. I had just devoured a plate of orange chicken and fried rice at a cheap Chinese food restaurant when I decided to call a close friend for some fun girl talk. As soon as she found out about the Chinese food I had just eaten, she gave me the talking-to of my life! She lectured me for close to three hours about my eating habits and I got the message: orange chicken...bad; fresh oranges...good! Well, maybe it wasn’t fresh oranges... she was practicing the Atkins diet...so maybe it was orange-flavored bacon. Nevertheless, I got the message and this became my impetus to search for the perfect diet.

Over a period of two years, I experimented with several diets including the Atkins diet™, a plant-based indigenous diet, and an organic whole foods diet. These diets left me feeling better and with more energy, but I kept searching for a better way of eating. Then I found the raw foods diet and it rocked my world.

My raw foods journey began on September 21, 2004, after reading *Raw Power* by Stephen Arlin and David Wolfe. The book made so much sense that I converted from a whole foods diet to a 100% raw foods diet overnight! I was able to stay raw for three months and the only time I ate cooked food was on Thanksgiving and Christmas (I think I ate collard greens and turkey). Although I was a raw foodist for a brief amount of time, during this period, I learned who I really was. Many of the characteristics that I thought were me, weren't me at all; rather, they were a reflection of my poor diet. Eating raw foods taught me who I was and who I could be:

- I could be happy 24 hours a day. I couldn't get mad or stay upset. I would sing in traffic.
- I had tons of energy. I became a person who could jump out of bed and start their day; I no longer needed a 1-2 hour warm-up! I would wake up at 4am to make my food for the day, and work from 7am to 9pm at my two jobs.
- I did not have to have menstrual cramps. They completely went away during my first month as a raw vegan, which was pretty spectacular given that I had had menstrual cramps since I was 12 years old. As a raw vegan, I would have happy cycles. I couldn't believe it.
- I could live a life free of inflammation! Through raw foods, I learned that I was allergic to wheat and sugar. While I was eating a cooked diet, these foods were causing a lot of inflammation, which left me bloated and swollen. But, on the raw foods diet, I had become un-swollen for the first time in my life.

- I could see the world in a better way (literally). For the first time that I could remember I was seeing the world in 3-D. The world looked more defined and I could quickly see distances between far away objects.
- Overall, my first raw vegan experience taught me who I was. I was not a grouchy, tired person; rather, I was filled with unlimited happiness and joy every minute of every day.

So, why did I stop eating raw? Life and dating eventually caught up with me. I began eating Indian food, Chinese food, sushi, and other cuisine. Plus, I became tired of salads. At the time, I thought that being raw vegan meant eating tons of salads; so once I got tired of lettuce, I stopped eating salads and subsequently had difficulty staying raw vegan. I still ate mostly fruits and vegetables, but I slowly began cooking them, and I continued to eat cooked food for 2 years. During this period, I gained 40 pounds, my eyesight and hearing worsened, and I became fatigued. Keep in mind that I felt this way even though I was eating mostly vegetables, fruits, and seeds, and I consumed very little dairy, meat, non-organic food, and grains. I had returned to the cooked world, but I truly desired to become a raw vegan again. The raw food diet gave me the happiest time in my life and I wanted that joy again!

Becoming Raw Vegan... The Second Time Around

In July 2006, I became a raw vegan again. Yay! My motivations were simple: 1) I wanted to be crazy happy; 2) I had just seen the movie “Breakthrough” (created by Storm and Jinjee Talifero--a documentary about a raw vegan family) and I decided that I wanted raw vegan babies; and 3) I didn’t want a parasite like the one that had just come out of my friend. In addition, I was getting ready to start graduate school at Penn State University and I wanted the endurance to excel in my studies while pursuing all of my other interests like gardening, dancing, and sewing.

Although I was enthusiastic about re-entering the raw food world, I quickly learned that it would not be as easy as the first time. I can still remember sneaking a spoonful of brown rice off a friend’s plate and dreaming of hamburgers (something I hadn’t eaten in years). But I persevered, and after three weeks, I was fine. Then three weeks quickly turned into one year and I was still 100% raw! Yay!

Here are some of the changes I noticed after the first year:

- I lost weight. Around 30 pounds! It happened slower compared to the first time I was raw, possibly due to the stress of being in graduate school. I still have some weight to lose. One thing that I do love about being raw vegan is that my body gets this amazing shape. It’s very feminine. I can move mountains with these hips!
- My eyes are clearer. They kinda sparkle. My vision is still the same; hopefully that will improve over time.

- My menstruation cycle is 1 day shorter and I feel less discomfort. Now I can feel it coming about 2 days prior, and a few minutes before it actually starts.
- My skin glows. It’s pretty amazing. My face is also clearer and smoother.
- My BO is horrific. It means that I’m detoxing, but my sweat is like cologne.
- My temperament is pretty stable. However, the stress from graduate school keeps my mood slightly fluctuating, especially on the first day of my cycle. My body goes into hibernation, and if I don’t have time to sleep it can be a dangerous situation (just kidding!). But overall, I am happy most of the time.
- In terms of sleeping, I still like to sleep 8 ½ hours. However, there was a period when 9-9 ½ hours was good. So maybe I need less sleep.
- My stool is very regular. I poop at least once a day and all floaters!

To date, I have been a raw vegan for 5 years. It has had its ups and downs, but overall, it has been an amazing experience. It has kept me happy despite the stress of being in graduate school, and I honestly don’t think I would have accomplished as much without being raw vegan. With all this energy and focus, I have been able to work with several colleagues at Penn State University and other universities on multiple obesity-related research projects. Plus, I still have enough energy to work on my garden, spend time with family and friends, write books, and sleep 8 hours a night.

The Budget-Conscious Raw Vegan Emerges

Although I was excelling at being a raw vegan, I was not managing my money very well. I was completely convinced that because I was a raw vegan, I needed a lot of food. So, I would spend \$500-600 a month of my “barely-above-the-poverty-line” student stipend to buy food from my local grocery and health food stores, and farmers markets. Despite my low income, I was buying too much and wasting too much. My wasted food would end up in my compost bin, but I might as well have been feeding my worms with cash because I was throwing money away. In the back of my mind, I knew something wasn’t right, but I didn’t want to change.

Then it happened! In the summer of 2007, the US economy crashed, setting forth a recession that forced me to change! It took two years for it to effect me, but when it did, it brought with it all of the consequences of my poor money management. All of a sudden the APR rates on my credit cards were astronomical! For the first time, I had to face the poor decisions I was making to afford my “abundant” raw lifestyle.

So, I began to downsize. There was very little room for unnecessary purchases, so I created a budget and for the first time, I had to stick to it. I cut back on unnecessary expenses like clothing and entertainment, and I made a plan to reduce my debt. In addition, I cut back on my food expenses: I downsized to one CSA farm share (i.e. a farm-based program where you receive a box of local produce every week; for more information see page 63), I stopped shopping at the more expensive “higher quality” grocery store and began frequenting the less expensive one, and I began taking my garden seriously and growing more of my own food. Although

I was making progress, I still felt uneasy. Believe it or not, I wasn’t sure if I would have enough food. Plus, I liked being able to buy what I wanted when I wanted it.

As I stuck with my budget (it was tough), I began to experience small successes. I learned that I could eat just fine on one farm share, a lesson that saved me over \$1100 in one year! Another success was the discovery of fruit picking. I grew up in a city, so the thought that you could go to a farm and pick your own fruit was foreign. At the time of this discovery, I was living in Buffalo, New York, for the summer, and the farm that provided my CSA was offering amazing prices for pick-your-own strawberries, raspberries, and blueberries. So, one afternoon after work, I took the plunge and picked a grocery bag of organic blueberries. I was shocked when I was only charged \$8 for the bag. That’s when I truly learned that high-quality produce didn’t have to be expensive. This one event set forth a tidal wave of explorations into my local food environment for low-cost, high-quality raw foods, and I began to redefine this environment for myself. Instead of my food environment only consisting of my local health food store, the expensive, “higher quality” grocery store, and CSAs, it began to include stores like TJ Maxx™, a discount department store; the moderately-priced grocery store that sells some of the best greens in town; smaller family-owned farms that I had never visited before; and the produce shelf at Tait Farms that is often stocked with seconds (i.e. ripe fruits and vegetables that are sold at half-price). Through this process of discovery, I shifted from relying on my local grocery and health food stores to depending more on my local farms and garden. That was huge!

The downturn of the economy forced me out of my comfort zone of spending without thinking and gave me an opportunity to experience some amazing improvements in my life. My budget became my gateway to abundance, a healthy relationship with food and money (Amen!), and it gave me the freedom to do the things I wanted to do. I learned that abundance was not about having a refrigerator and counter space lined with produce; instead, it was knowing that I already had what I needed, that I would always be provided for and have what I need, and to appreciate and share what I have been given. Instead of being afraid that I would run out of food, now I share my creations with the world and give more of myself without fear. I honor the food that I have been given and the people I get to share it with. My budget had changed my life.

Today, I spend 50-75% less than what I used to spend on food. And because I am more connected with my local farmers, grow a lot of my own food, and eat-in-season, the food that I eat today is of better quality than the food I used to eat when I didn't have a budget! Who says that you need to sacrifice quality for low prices! Now that I have seen the opportunities a budget can provide, I want to help everyone enjoy a budget-loving raw food lifestyle, so that they too can experience the gifts that I have been given. This book is a gift to us all.

ARE YOU READY TO DISCOVER REAL ABUNDANCE?





Where do I start?

-Danielle

Here! :)

-Brandi

CHAPTER 2

The Raw Foods on a Budget Program

Welcome to the first program devoted to teaching you how to live a budget-conscious, healthy lifestyle. It doesn't matter if you are 100% raw, high raw, raw friendly, vegan, vegetarian, or health conscious, the Raw Foods on a Budget program was created for people just like you who are trying to afford a plant-based diet. This program is unique in that it goes beyond the price of food and teaches you how to have a positive and abundant relationship with money and food. Wouldn't it be wonderful to feel confident that you will always have everything you need? That you would always be provided for? Well, that's living in a state of abundance and the purpose of this book is to guide you there.

Here's how it works! The curriculum is organized into three modules that will teach you how and where to buy food, and how to take care of your food once you bring it home.

MODULE 1

Establish a Strong Foundation

This first module focuses on YOU! Before we talk about locating inexpensive produce, you will have an opportunity to create and manage a budget, develop a positive and empowering relationship with your budget, choose the type of raw foods diet you want to create (e.g. simple or fancy recipes), and learn how to shop for food. These skills are a strong foundation that will support you as you begin your budget-conscious journey! Don't skip this module!

MODULE 2

Redefine Your Local Food Environment

It's common for people to have access to local sources for high-quality, inexpensive produce--they just don't know about them. Take this opportunity to step out of your comfort-zone of shopping at the local, expensive health food store and begin to explore your local food environment. In this module, you will acquire skills to connect with local farms, grocery stores, and even department stores in new cost-friendly ways. Plus, you will learn how to grow your own food the inexpensive way!

MODULE 3

Take Care of Business at Home

Now it's time to shift your focus back home and learn how to treat your produce in budget-friendly ways. In this module, you will learn how to store your fruits, vegetables, nuts, seeds, and oils in ways that keep them fresher longer; prepare raw foods in ways that stretch your dollar; and, unlearn unhealthy eating habits that cost you a pretty penny!

This book is a complete program that covers many dimensions to having a food budget, and often they are topics you haven't thought of and could most likely benefit from. Ideally, when working through this book, you will read it from beginning to end. However, it's also okay to jump to specific chapters, particularly ones that you can benefit from immediately. I just ask that you avoid sticking only to those chapters that you think you need. Each chapter is a wealth of knowledge and, when given the opportunity, can teach you so much.

Curriculum and Timeline

Here's the curriculum and suggested timeline for the Raw Foods on a Budget program. The length of the program, however, will ultimately depend on how much time you can devote to it. If you are short on time, don't be afraid to take it slow.

MODULE 1

Week 1 Envision the life you want, begin tracking your food expenses, and choose the type of raw foods you want to prepare on a regular basis. Read chapter 4 "ENVISION the Life You Want!" and complete all of the worksheets; read chapter 5 "Choose Your Type of Raw Foods" (very short); and read pages 30-31 of chapter 6 "Create Your BUDGET!" and begin tracking your food expenses on the Food Expense Log (pages 36-38).

Week 2 Set your food spending goal(s) and create your monthly budget. It's good to set aside 3-5 hours to complete this task. Read pages 31-33 of chapter 6 "Create Your BUDGET!" and complete the worksheet on pages 39-41.

Week 3-6 Improve the way you buy food! Learn how to buy what you need and eat all you have by creating menu plans, shopping lists, and figuring out how much food you need. This will have the biggest impact on your budget. Read chapter 7 "Improve HOW You Buy Food!" and begin activity 1 on page 50. This activity can take 1-4 weeks to complete depending on how much food you currently have in your kitchen. When you have completed this activity, move on to Module 2.

MODULE 2

Weeks 7-9 Explore your local food environment for high-quality, low-cost produce by connecting with local farms, grocery and health stores, and more. Read chapter 8 "Improve WHERE You Buy Food!" and choose one activity from this chapter to do this weekend.

Week 10 Plan a garden! It doesn't matter how much land you have access to, you can always grow something! Read chapter 9 "GROW Your Own Food!"

MODULE 3

Week 11 Learn how to store your produce and create a produce monitoring system! Read chapter 10 "Improve How You STORE Food!" and complete activity 1 on page 100.

Week 12 Learn how to prepare raw food in ways that save you MONEY! Read chapter 11 "Improve How You PREPARE Food!" and complete activity 1 on page 108.

Week 13 Get more mileage out of your meals by improving the way you eat! Read chapter 12 "Improve How You EAT Food!" and complete all of the worksheets. And that's it! You're done!

Brandi has put together a very well organized (and tasty looking!) series of practical ways to...get the freshest nutrition possible, without the high cost...Give it a serious try. -Bob

Thanks again for the Book,
I'm loving it!!! :) !

-Kittora

So excited to learn this information.

-Melody

Brandi, this is amazing. You've invested a ton of work into this book! I am totally floored...

-Ann Marie

Brandi, I bought your book download today and I love it. Your writing style is so friendly and you seem to have thought of everything.

-Linda

IMPULSIVE Ida



Raven

SECTION 2

The Curriculum

I tried the Lemon Green Yum Kale salad tonight and it was so good! It was the last one of the three in the book for me to try and all of them are tremendous.

-Linda

I just made the raw walnut pesto!!
Love it!!

-Shasta

Yum Yum!

-Scott

My family and I adore your "Oatmeal" recipe. I served it for breakfast one day this week, and it stuck to their ribs the whole morning. Yum!

-Ida

Great Recipes

-Helene

LOVE the kale recipe!!!

Thanks :-)

-Sarah

I can say the recipes are easy and delicious first hand. My meat and potato man loves them too.

-Teresa

Okay, for the record, girl!!!!!!!!!!!!!!!!!!!! -
that corn salad was GOOD!

-Rufiena

I tried and love the vegetable pate.

-Damianna

I find that too many recipes have too many ingredients to be workable (and keep long enough) for only 2 people. Your's are a real boon, thank you!

-Carol



SECTION 4
Recipes

The BEST Pate Ever!

Makes 1 1/2 Cups | 3 Servings

1/3 cup raw sunflower seeds	\$0.40
1/3 raw cashews, whole	\$0.65
1/3-1/2 cup carrots	<\$0.20
2 large celery stalks	<\$0.25
1/3 medium apple	<\$0.20
1 tbsp lemon juice (~1/4 lemon)	<\$0.15
1/8 tsp sea salt	<\$0.05
1 tbsp stone ground mustard	\$0.20
Total estimated cost	\$2.10
Estimated cost per serving	\$0.70

Tips to reduce the cost:

- Buy the sunflower seeds and cashews from bulk bins so that you can buy the amounts you need.
- Buy a small bottle of mustard. It has a long shelf-life and a little bit goes a long way!

This is truly the best pate I have ever tasted! It's so easy and tastes so fresh. It's also the perfect replacement for tuna salad.

Enjoy this pate with flax crackers, or slices of carrots or celery!

Avoid using Grey Poupon in this recipe. It makes the pate taste pretty bad. Trust me!

Preparation

Equipment needed: Food processor

- 1 Process the sunflower seeds in a food processor until the seeds turn into a nutty flour. This takes 20-30 seconds.
- 2 Add the cashews to the food processor and process until for 15 to 20 seconds.
- 3 Chop the carrots, celery, and apple. Add to the food processor and pulse until the mixture blends smoothly.
- 4 Juice the lemon and add to the food processor. Next, add the salt and mustard, and process until the mixture reaches the texture you prefer.

This recipe can be prepared ahead of time and it will stay fresh in the refrigerator for up to 3-4 days.

Nutrition Information Per Serving (based on 2,000 calorie daily intake): calories 207, protein 7g, total fat 15g, carbohydrate 14g, dietary fiber 4g, total sugars 5g, calcium 5%, iron 12%, sodium 9%, potassium 12%, zinc 12%, vitamin A 76%, vitamin E 40%, thiamin 29%, riboflavin 7%, niacin 7%, vitamin B6 12%, folate 17%, vitamin B12 0%, vitamin C 10%



The BEST Pate Ever!

Lemon Green Yum Kale Salad

Makes 4 Servings



1 bunch lacinto kale	\$1.50
sea salt to taste	<\$0.05
2 tbsp apple cider vinegar	<\$0.20
2 tsp garlic powder	<\$0.10
1 tsp coriander, ground	<\$0.10
1 tsp cumin, ground	<\$0.10
3 tbsp nutritional yeast	\$0.75
5 tbsp hemp seeds	\$1.50
2 tbsp extra virgin olive oil	\$0.25
Total estimated cost	\$4.55
Estimated cost per serving	\$1.14

Tips to reduce the cost:

- If you are purchasing kale at a grocery store, buy it on the day that it arrives so that it's fresh, crunchy, and will stay fresh longer.
- Buy spices from spice or bulk bins, so that you can buy the amounts you need.

This recipe is incredible! I have never made a vegetable recipe that has had such an impact! It made a 60-year old vegan a kale lover and my friend's children even did the dishes to persuade me to make the recipe again!

The recipe was affectionately named Lemon Green Yum Kale Salad by my friend's son who said it tasted like it had lemon in it.

Preparation

Equipment needed: Just a knife and cutting board!

- 1 Layer the kale leaves on top of each other, roll them into a burrito, and cut them into thin, 1/4-inch slices.
- 2 Place the sliced kale into a salad bowl, and massage the salt and vinegar into the kale.
- 3 Add the remaining ingredients on to the kale except for the oil and mix well.
- 4 Add the oil to the kale and mix well. Enjoy!

Nutrition Information Per Serving (based on 2,000 calorie daily intake): calories 214, protein 11g, total fat 14g, carbohydrate 16g, dietary fiber 5g, total sugars 0g, calcium 30%, iron 36%, sodium 16%, potassium 25%, zinc 10%, vitamin A 83%, vitamin E 14%, thiamin 255%, riboflavin 222%, niacin 114%, vitamin B6 197%, folate 9%, vitamin B12 49%, vitamin C 291%

Donut Holes

Makes 6 Donut Holes | 6 Servings



1 cup raw shredded coconut	\$0.50
1/3 cup raw walnuts, whole	\$0.70
1/2 tsp vanilla	<\$0.15
1/4 tsp cinnamon, ground	<\$0.05
1 pinch sea salt	<\$0.05
4 dates	\$0.80
2 tbsp raw agave	<\$0.50

Total estimated cost \$2.75

Estimated cost per donut hole \$0.46

Tips to reduce the cost:

- Try to buy all of the dry ingredients from bulk bins. This way you can buy the amounts you need.

This recipe tastes just like glazed donut holes! It's so simple and delicious. And because they are so tasty, it's best to make this recipe when other people are coming over; otherwise, you just may eat them all yourself!

Preparation

Equipment needed: Food processor • Dehydrator (optional)

- 1 Using a food processor, process the shredded coconut until the oils begin to come out of the coconut (about 30 seconds).
- 2 Add the walnuts, vanilla, cinnamon, and salt to the food processor, and process until the walnuts are well broken down. Then add the dates and process until they are completely broken down into small pieces. Lastly, add the agave and process until the dough starts to clump.
- 3 Form the dough into 6 small balls.
- 4 To warm the donut holes, dehydrate at 105 degrees or set outside under the sun (see sun-baking tip on page 218). Warm for 3-4 hours.

These donut holes taste best when served warm.

Nutrition Information Per Donut Hole (based on 2,000 calorie daily intake): calories 170, protein 3g, total fat 12g, carbohydrate 16g, dietary fiber 4g, total sugars 12g, calcium 4%, iron 5%, sodium 1%, potassium 6%, zinc 4%, vitamin A 1%, vitamin E 1%, thiamin 1%, riboflavin 2%, niacin 2%, vitamin B6 6%, folate 1%, vitamin B12 0%, vitamin C 1%



AFTERWORD

How this book came into being...

I'm not sure what made me start writing a new book immediately after I finished my last one. I was making the final edits to *Confessions of an East Coast Raw Vegan* and the idea for *Raw Foods on a Budget* popped up in my head. I immediately thought, "What a great topic for a book!" However, at the time, I didn't feel like I was in the perfect position to write such a book. I had just started to feel comfortable with my own budget and who was I to guide others in living a budget-conscious raw food lifestyle? So, I let the thought drift away, but the Universe had something else in mind.

One month later, I had a seven page outline detailing *Raw Foods on a Budget* and two committed editors by my side. I chose editors who knew me, could make a unique contribution to the writing style of the book, and would push me as a writer. I recruited Rufiena Jones, a close friend and true lover of language and words. I also recruited my close friend, GaBrilla Ballard of Urban Mama Song Productions. GaBrilla is a musician, poet, and mama advocate, and I knew that her ability to tell beautiful, powerful stories would add color to the tone of the book. Hence, my journey began with these two wise women at my side, and the Universe that connected us to everyone and everything.

As I expected, my editors pushed me. I thought my outline was already extensive, but they wanted more. These women were from my target audience and they told me what they needed. So, I listened...well, maybe I was a little stubborn at first, but the next thing I knew, I was writing a book for them and for people like them who needed real answers.

Then something miraculous happened. I found an online article about Beta Readers - i.e., readers that authors recruit to give them final feedback on their book before it's published. It was a great idea, but I thought it was strange that someone would wait so long to ask for feedback from their readers. So, I took the concept and made it my own. I recruited three Beta Readers from Facebook™ to give me continuous feedback as I wrote every chapter and recipe. The Universe sent me three amazing women: Nancy Cullinan, Tamar Wallace, and Cecelia Williams. They instantly became a part of the *Raw Foods on a Budget* team!

My beta readers pushed me just as hard as my editors. They were my readers and they told me what they wanted to see. So I gave them fruit and vegetable seasonal charts for each region of the United States, cost estimates for each recipe, and more activities and worksheets. Before I knew it, *Raw Foods on a Budget* had become a book that was being created for the readers by the readers. How cool!

From that moment on, I realized that my role was more than just writing the book--it was to help the book reach its full potential. So, I began releasing chapters of the book on my website to get more feedback from my target audience. And to my surprise, I received more comments like "you hit it right on the mark" and less of "The book needs..." or "The book is missing...". This was huge for me because I am a graduate student living in Central Pennsylvania with no children or a spouse, so it amazed me that people from all over the world were benefiting from my message. They liked it, and as the months went on I had the honor of watching it improve people's lives.

Then half way into writing the book, I decided to stop writing. I stopped because I felt like something was missing. I was receiving feedback from my readers, but it wasn't as fre-

quent as I would have liked. I was committed to fulfilling a need, and I needed to know what people wanted. So, I opened myself up to the Universe for a solution and it sent me one: the Beta project, a free online program dedicated to teaching people how to live a budget-loving lifestyle. With *Raw Foods on a Budget* as the textbook for the program, I used the Beta Project as a platform to receive hands-on feedback about the book.

When I launched the Beta Project, the response was overwhelming. Everybody loves free stuff! But, I soon learned that not everybody is willing to do the work. The few people who participated in the program became my Angels. I welcomed them into my life for 2-3 months and they changed the way I thought about the book. Through our weekly conference calls I learned that *Raw Foods on a Budget* is more than just a list of strategies, it's a program that teaches people to how use their budget in ways that enhance their experience in the world.

After running the Beta Project twice, I was ready to start writing again. I had refocused my message and knew that what I had to say was helping people to live a more abundant life. And as I looked back, I saw how every aspect of this book had been co-created with the Universe. *Raw Foods on a Budget* was no accident; it was intentional and part of a bigger picture of excellence.

So, I wrote. I wrote when I wasn't working on my dissertation, when I took short breaks from school, and sometimes in my sleep! My readers kept me going. The positive changes they were making in their lives inspired me to keep on writing. They also inspired me to create a generous business model - one that meets people where they are by offering free video content, payment plans on books and programs, scholarships, and even multiple editions of *Raw Foods on a Budget* at varied prices.

Then, a few months before the release of the book, my *Raw Foods on a Budget* team was made complete. One of my closest friends, Alicia Ross-Beck, asked me if she could contribute her expertise to the book by serving as an editor and joining my book illustration team. I was a little hesitant because Alicia was already running a school-based clinic in Harlem, so I knew her time was limited. But through her sincere and generous commitment, persistence, and hard work, she showed me that she could take the book to the next level.

In the last week of completing the final edits for *Raw Foods on a Budget*, I learned an important lesson. It happened during a very scary moment when someone was attempting to break into my apartment at 3am. I just happened to be up that night working on the book in my living room. In the moment of watching the knob of my front door turn, I got incredibly scared and braced myself. Once I realized that they couldn't get in because the door was locked (thank goodness!), my mind got very quiet. I wasn't freaked out, I just listened. I was consciously listening for the intruder, however, deep down I was really listening to Myself. My higher Self was telling me that it was not okay to work this way. It was not okay to work 15-hour days to finish this book and sacrifice so much of myself. At the time I wanted it done! I didn't want to write any more. I was tired. But in that quiet moment I realized that I did not want to finish the book this way. This book has been such a gift to me and I wanted to finish it in a way that would honor the book, my journey, and the lessons learned. So, I postponed the release of the book one week. And in that week, I found real balance.

It has been an honor to serve as a vehicle for this book. This book has taught me so much about Life, Truth, Abundance, and Generosity. And it taught me that these beautiful concepts could be interwoven into a household budget and my business. It has been a privilege to write this book.



Rufiena Jones, Editor

I absolutely love food - good food. It excites me, energizes me and even inspires me. Tasting good food is such a blessing that enables us to explore and celebrate a sweet dimension of life on this beautiful planet. We are lucky.

At least once a week, I either visit an unfamiliar restaurant or try out a new recipe. These food escapades have proved fulfilling to my heart and imagination, but emptying to my wallet. So, thank God for this book! Since I began working on *Raw Foods on a Budget* with Brandi and this wonderful team of editors, my relationship with food has begun to... mature. Now I plan my meals better and eat most of what I buy which is helping me to save money, and finally those weekly culinary explorations are essentially guilt-free. As I integrate more and more raw food recipes and treats into my world, I'm exposing my loved ones and myself to a healthier way of being. I hope that you, too, will benefit in many ways from the strategies and overall point of view presented in this book. You may even influence and inspire those around you!

Rufiena enjoys exploring the world's cultures through their arts, languages and cuisines. She is an avid supporter of multicultural awareness and appreciation, and knows this can lead to a better human society.



GaBrilla Ballard, Editor

I felt like I would imagine a midwife would feel when assisting a mother in bringing a child into the world. There have been times where I did not think I could continue as editor because of all the things going on in my life, but I knew this book was something special and I had to continue.

The process of editing *Raw Foods on a Budget* has allowed me to both learn and grow in my own process of being more mindful about how I "circulate" my money. It has stretched how I view the concept of abundance in a budget. I no longer see a budget as a means of depriving myself.

My contribution has been to support Brandi in keeping the spirit of celebration and abundance threaded throughout the book (something I am working on in my own work).

This book is such a massive contribution to the transformation of our consciousness around how we invest our money. I am deeply thankful to have been a part of its birth.

GaBrilla Ballard is a mama, writer, musician, creator of urban-mamasong.com, and is fiercely dedicated to her family, doing work she loves and supporting mamas to live amazing lives.



**Alicia Ross-Beck, MSN, PNP,
Editor**

In my practice as a pediatric clinician I spend a great deal of time discussing the importance of healthy eating habits, and the most frequent response I'm given is that eating healthy

is too expensive. So, when I joined Brandi's team to help edit *Raw Foods on a Budget* I was overjoyed by the opportunity to contribute to a book that not only has great recipes but also allows the reader to explore and improve their financial relationship with food.

At the beginning of this project I had no idea how much *Raw Foods on a Budget* would impact my consciousness regarding my own eating habits. I was born and raised a vegetarian, so maintaining a plant-based diet is innately natural for me. However, I now find myself at the grocery store rethinking my purchases and avoiding being an "Impulsive Ida." My entire approach to eating has improved from the way I store foods to the tools I use to prepare food. This book began as an informative collection of stories and tips and evolved into a self-improvement resource that will be life enhancing for any reader. I am so grateful to have been a part of this creative process. It has been a wonderful journey.

Alicia Ross-Beck is a Pediatric Nurse Practitioner whose work is passionately focused on chronic disease prevention and maintaining the overall health and well being of children.

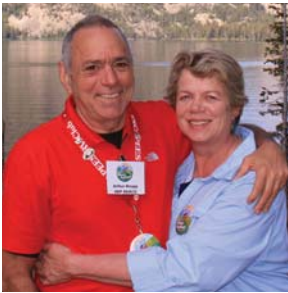


Tamar Wallace, Beta Reader

It was so great to be a part of this book as it developed. It was inspiring to see how many people were affected by Brandi's budgeting advice and wonderful recipes.

I've always thought of myself as someone who is careful with money, so I wasn't expecting to learn anything new from *Raw Foods on a Budget*, but the book really changed my perspective on how I buy food. I find I spend and waste a lot less now that I am more planful and feel less pressure to keep my fridge crammed full. I was not eating raw when I started working with Brandi so I was mainly interested in the recipes and how to buy seeds, nuts, and other raw ingredients I was less familiar with. As the book developed into a full program, I realized that Brandi was offering more than just tips on how to save money. She is helping people take control of their spending and change the way they think about prosperity. It was so great to be a part of this book as it grew, and inspiring to see how many people were affected by Brandi's budgeting advice and wonderful recipes.

Tamar Wallace is a photographer, writer, creator of crafty things, cook, dog owner, and blog writer of www.biggirllittlegirl.wordpress.com.



**Nancy C. Cullinan,
Beta Reader**

I was a follower of Brandi on Facebook™ and looked forward to her tips about a raw food lifestyle. One day she had a request on Facebook™ for “beta readers” for her new book. On

August 8, 2010, I emailed Brandi and applied to become a beta reader. I was new to raw foods and eager to learn more (so eager, in fact, that my e-mail was the first reply Brandi received!). Plus I thought that being a “beta reader” would be a fun thing to do.

After trying and abandoning webcam meetings, we three “beta readers” would meet with Brandi by phone to discuss the chapters and recipes which Brandi had emailed to us. As a result of reading the chapters and trying a lot of the recipes, my husband and I found ourselves adding and enjoying more raw foods.

It has been a fun year and exciting to be a small part of this developing project and to see how a book emerges from an idea. I have also enjoyed getting to know the other readers, Cecelia and Tamar. Thanks, Brandi!

Nancy Cullinan is a wife, mother, grandmother and retired CPA who is enjoying full-time meandering around North America with her husband in a 40 foot RV.



**Cecelia Williams,
Beta Reader**

Working with Brandi on writing *Raw Foods on a Budget* was enlightening and I found that many of the methods that Brandi discussed are helpful in so many other areas of my life.

I think assessing your cabinets and refrigerators before shopping is key to not spending a lot of money. One of the key things that makes such a difference is to eat before you shop so that you are not tempted to buy foods that are not within your budget *and* that would cause you to get off track with eating raw.

Cecelia Williams is an avid reader, friend, mama of three precious dogs, and student of life who enjoys engaging with others as we make this journey together.