



## Blueberries and Cream

FROM RAW LOVE FOODS

The proprietor of Raw Love Foods, Ferale Hubbard, came to enjoy raw foods out of both necessity and desire. Health issues prevented her from eating refined sugar, dairy and flour, and all her research pointed toward eating more raw and leafy vegetables and fresh fruit.

"My raw food was born out of a desire to create something that was both delicious and nutritious and made me not feel like I was missing out," Hubbard says. "I was incredibly bored with my eating for a while. I'm a foodie. I love to travel just to try new foods, so feeling deprived was not working for me. What I actually found is that I like the raw alternative better, once my palette adapts."

Hubbard's food is healthy, mostly vegan and all vegetarian, but tastes indulgent. "Cake used to be my downfall," she says, "so being able to eat desserts, especially desserts made with ingredients that nurtured my body but tasted as good as the conventional ones, was really exciting for me." Hubbard's food is 100-percent gluten-free, soy-free, made with no dairy or eggs and is allergy-aware as well.

Raw Love caters both cooked and raw, all veggie, mostly vegan cuisine. Hubbard's prepared foods can currently be found at Bohemia Café and Apothecary at 3rd and Lincoln and other select locations. She also offers a raw food challenge, in which participants choose from packages of different length and breadth, depending on their budget and desire.

Hubbard says she considers her food a "gateway drug" to eating healthier. "Because we try to make things taste as cooked or as close to the real thing

as possible," she says. "We really do try to encompass the essence of cooked food. I think the best thing is to keep an open mind because it's probably not like anything else you've tried." This recipe for a raw "cream" goes great with fresh fruit, crepes, pancakes or just by itself as a healthy sweet treat.

Fresh Blueberries

### CREAM:

1 cup soaked cashews (soaked 8 hours or more)  
 1 tsp fresh-squeezed lemon juice  
 5 tbsp liquid sweetener of your choice (raw agave, honey, maple syrup)  
 1/4 teaspoon salt  
 1/4 to 1/2 cup almond milk (see note below to make your own almond milk)  
 5 tbsp melted raw extra virgin coconut oil

Add all ingredients for the cream except the coconut oil to a high-speed blender and blend until completely smooth and creamy. (If you do not have a Vitamix or another high-speed blender, you can use any blender, you just may need to add more almond milk and you will get a thinner cream.) It should resemble the consistency of melted ice cream. Add coconut oil while machine is running and blend until well incorporated.

To make almond milk: Place 1 cup soaked almonds and 2 cups filtered or spring water in a high-speed blender. Blend until almonds are completely broken down. Strain through a fine-mesh nut milk bag.

Top your blueberries or other fruit, pancakes or crepes with the cream.



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