
*Natural
Delicacies*
Cooking
Without a Stove

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Natural Delicacies - Cooking Without a Stove - EDUARDO CORASSA



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The Eden Diet: The Raw Food Guide, the Original Diet

Hygienic Fasting: Nature's Surgery

Fruit-Based Raw Cooking: Recipes from Paradise

Vegan Nutrition: The True Path to Global Peace and Sustainability

Vegan Fitness: Recipes for Natural Athletes

Fruit-Based Raw Cooking: Delicious Desserts

Veganism for Moms, Dads, and Babies: Hygienic Eating

The Anti Cancer Diet: The Lifestyle That Fights Cancer

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Table of Contents

| | |
|---|----|
| Introduction | 5 |
| Chapter 1: Introduction to the Science of Health and a Raw Food Diet | 6 |
| Chapter 2: Recipes | 13 |
| Breakfast Ideas and Healthy Snacks | 14 |
| Banana milk rich in protein and omega-3s | 14 |
| Banana chia pudding | 15 |
| Fruit pudding | 17 |
| Apple protein shake | 18 |
| Papaya cream bowl | 19 |
| Frugivorous açai | 21 |
| Fruit bowl with dried coconut | 22 |
| Sweet potato and cooked corn bread with avocado butter | 25 |
| (steam cooked) | |
| Beverages and Shakes | 26 |
| Detoxifying green juice | 26 |
| Swiss lemonade | 27 |
| Pineapple sugarcane smoothie | 29 |
| Hot cocoa | 30 |
| Passion fruit mango juice | 30 |
| Green watermelon juice | 33 |
| Avocado smoothie | 33 |
| Smoothie with melon seed milk | 35 |
| The best smoothie in the world! | 35 |

| | |
|--|----|
| Main Courses: Lunch or Dinner | 36 |
| Vegetable fruit salad | 36 |
| Warm zucchini spaghetti with creamy sauce | 39 |
| Chayote risotto | 40 |
| Carrot farofa with peanuts | 41 |
| “Indian” cauliflower rice | 42 |
| Marinated eggplant | 45 |
| Peanut-based ricotta cheese | 46 |
| Light pumpkin soup | 49 |
| Sauces, pickles, and salad dressings | 50 |
| Vegetable pickles | 50 |
| Algae salt | 51 |
| The best guacamole! | 52 |
| Avocado mayo | 55 |
| Apricot sauce | 55 |
| Coconut yogurt | 56 |
| Homemade peanut butter | 58 |
| Desserts | 59 |
| Plant honey! | 59 |
| Banana pancakes with date syrup and coconut yogurt | 61 |
| Banana crepe with fruit and coconut yogurt filling | 62 |
| 100% natural, sugar-free pudding | 65 |
| Banana cake with plantain jelly and peanuts | 66 |
| Dulce de leche | 69 |
| Blackberry jam | 69 |
| Churros with dulce de leche | 70 |
| Sweet banana peanut butter cream | 73 |
| Grape Ice Cream | 73 |

Stuffed dates 74

Date honey 74

Chapter 3: Trending Topics in Hygienist Nutrition and Health 76

Bibliography 97

Making the switch 104

About the Author 104

Introduction

We form emotional bonds with people, places, and objects, but also with our food. Those of us who have consumed the same foods for decades generally prefer not to feel an emotional loss when making dietary changes. This is why many vegetarian, vegan, and even raw diets attempt to recreate healthier, more wholesome, and saner versions of cooked, unhealthy foods. To help you during your transition, I've created healthy versions of some of the most familiar and consumed dishes in the world that meet Hygienic standards, except without requiring cooking, unhealthy seasonings, and other such harmful aspects which, unfortunately, go along with what we call "cooked food". This is in reality nothing more than tasteless food that we're unable to consume in its original, raw form, which is burnt using heat and then seasoned to make it edible and appetizing.

Science has increasingly shown that health depends on a healthy lifestyle. As the Hygienic saying goes, "Health cannot be bought, but can be brought about." Our diets have increasingly been identified as the key area where we fall short. Of course, if we look at history we see that for eight million years of human evolution we lived in Eden, in paradise, eating primarily raw fruits, vegetables, and oilseeds. We ate like any animal: when we were hungry and one food at a time, until we were satisfied, and only foods that we found tasty.

Optimal nutrition is primarily derived from fresh, raw, whole, organic, and ripe plants. This varies based on the quality of the plant (soil, sun, water, etc.) and its genotype and phenotype, as well the lifestyle habits of the organism ingesting it. It is key to preventing and even reversing some of the main chronic degenerative diseases that kill nearly 80% or more of the human population.

I myself was cured from various diseases said to be irreversible and witnessed first hand the potential that the Hygienic lifestyle has to change the world. We could return to the peaceful, harmonic, and healthy existence we enjoyed throughout our entire evolutionary trajectory from which, unfortunately, we have deviated. We have abandoned colorful raw fruits, vegetables, and oilseeds and instead took to burning our food and eating large amounts of dead animals and tasteless grains. We also left the forest, our original home.

Harming your organism by burning—or, the preferred term "cooking"—the delicious, ready-to-eat food that nature offers us is how we hurt not only ourselves but the entire planet: the animals, plants, and all the ecosystems. Restoring our symbiosis and returning to the original design will also restore peace and equality on Earth. And it does not have to be all or nothing. Any dietary and lifestyle changes that you can manage will already be extremely beneficial! I hope my recipes inspire you to consume a primarily plant-based diet composed of raw fruits, vegetables, and oilseeds. Bon appetit!

As the saying goes, "It's not the food in your life, but the life in your food. Living food produces living bodies." Despite not having brains, or at least not brains as we understand them, food from plants is alive in a biological sense as long as they're rich in water. A banana has a metabolism and a respiratory rate, it secretes hormones and enzymes. This is indicative of life. Diseases, maintaining our health, and reversing chronic diseases. I look forward to the day that we humans understand that the only way to save ourselves and remain on the planet is for human civilization to adopt a raw diet based primarily on fruits, vegetables, and oilseeds, aside from other plant products.

This means that their bioactive compounds can modulate our entire physiology, from our biochemistry to our endocrinology. They play essential roles in preventing diseases, maintaining our health, and reversing chronic diseases. I look forward to the day that we humans understand that the only way to save ourselves and remain on the planet is for human civilization to adopt a raw diet based primarily on fruits, vegetables, and oilseeds, aside from other plant products.

Chapter 1

Introduction to the Science of Health and a Raw Food Diet

“*The biggest mistake of modern medicine was to attribute the patient’s restored health to the poisonous medications offered to them, disregarding the body’s own healing powers.*

Dr. Herbert M. Shelton

(History of Natural Hygiene and Principles of Natural Hygiene)

”

All the recipes in this book are based on Hygienic concepts from the health model known as Natural Hygiene, which is completely antagonistic to the current allopathic model and to natural remedies. It’s also known as “the science of Health” as it concentrates on the conditions required for human health instead of studying pathologies and how to treat them, as is the approach in the standard models.

We Hygienists don’t claim to be healers. We don’t treat diseases. We don’t focus on diseases. In fact, let’s spend some time learning more about Hygienism to understand a little more about why the recipes are simple and based on raw fruits, vegetables, and oilseeds.

A cornerstone of Hygienism and our motto of “health through healthy living” is that a key element of health is a natural diet—more precisely, a diet our species has adapted to over millions of years of evolution. There is a lot of talk these days about real food, but what were we really eating throughout human evolution? Which foods were humans able to eat in their natural habitat?

With no fire, oven, stove, pots, silverware, dishes, or seasonings, humans were forced to live off raw food, primarily fruits, vegetables, and oilseeds. These are the foods that our anatomy, physiology, and biochemistry have adapted to over millions of years of evolution and possibly 40 to 150 million years of evolution of the anthropoid primates. Regardless of whether you’re a creationist or evolutionist, we’re talking about the same thing.

Science and theology suggest we left the jungles and strayed from “the diet of Eden”, the original diet, which both describe as consisting of fruits and vegetables, from a scientific and a religious standpoint. Are fruits, vegetables, and oilseeds the only foods? No, but they’re the main ones for animals built like human beings, who have no tools in nature.

Our bodies are able to use all sorts of fuels: meat, eggs, tubers (potatoes, manioc, etc.), grains (rice, wheat, quinoa, etc.), beans (peas, lentils, etc.). However, our physiology is closest to that of non-specialized frugivorous animals. In other words, what we Hygienists have believed for 200 years is what science is now starting to show, that our ideal diet is fruits, vegetables, and oilseeds in abundance and small amounts of other foods in their raw, fresh state. The recipes in this book are all aligned with the framework of the Hygienist diet, but exclude animal protein.

What Is Natural Hygiene?

“*So long as the processes of healing were not understood and man thought that the power to heal resided in substances and things outside of him, he logically sought for extrinsic means of healing, and a healing art was a logical development. The system of medicine, as we know it today, was a logical development out of the fallacy that healing power resides in extrinsic sources.*

Dr. Herbert M. Shelton in *Rubies in the Sand*

”

The Hygienist movement began with Dr. Isaac Jennings, a physician who started his career in early 1800, in the United States. He began by exclusively applying natural methods to treat his patients, stressing lifestyle factors such as diet, sun exposure, physical exercise, and sleep. They were recovering in record time, in comparison to various other treatment regimens.

Initially, he refrained from explicitly sharing his ideas, and would employ placebo medications along with other healthy lifestyle habits. He would claim that the medication only worked if they slept early, got sunlight, practiced physical exercise, and ate a diet rich in fruits and vegetables.

Highly recognized for his success, he was honored by Yale University for his achievements. In 1822, when he went public to explain his approach, he was ridiculed and considered a charlatan by his professional colleagues and by the public, who couldn’t conceive of the idea of “non-interference” or of only applying natural methods that are physiologically inherent to living organisms (diet, sun, physical exercise, fasting, emphasis on rest and sleep, etc.), instead of the customary practices in vogue for treating illnesses, such as pills, bleeding, removing organs, and the like.

Over time, a number of other physicians joined forces and disseminated Jennings’ ideas. His system was called Hygiene (derived from the Greek goddess of health, Hygieia) and, over the years, the brave and revolutionary Hygienists began simply compiling the knowledge of the ancients along with the advances made in biology and

physiology in the previous two centuries and putting them into practice. The result was a system currently known as “the science of health”, since differently from the other models that focus exclusively on the pathology and on treating symptoms, Hygienism focuses on health and on the biological requirements to produce it. It was eventually called Natural Hygiene by Dr. Herbert Shelton in the mid-1900s, to distinguish it from other models such as naturopathy, homeopathy, and hydropathy.

At the time these concepts were considered extremely radical. The best way to summarize them would be the maxims by Dr. Herbert Shelton describing it as “health through healthy living” or “health can be produced, but not purchased”. Hygienists believe that for us to achieve health we simply have to engage in its causes on a daily basis. Furthermore, Hygienists propose that health is the natural state of all living organisms, and that it can be maintained or recovered through natural means offered by nature.

Natural Hygiene pursues a scientific approach by observing the laws of nature and teaching people to live in harmony with them, and is in accordance with the physiological and biological needs of human beings. It is based on the premise that nature is perfect, and that if we supply the essential elements of health to the organism, health is maintained or restored through what the Greeks called *vis medicatrix naturae*, or the healing power of nature, the inherent capacity for human bodies to regenerate themselves. It holds that the power of self-healing is inherent to all living organisms, and that all we need to do is simply create the ideal conditions for our organisms to prosper.

It was also inspired by the teachings of Hippocrates, the father of modern medicine, who suggested such practices over two thousand years ago, although currently the practices of allopathic medicine are completely antagonistic to his teachings. His theories and approaches were based on empiricism, observation, and rational practices, and he believed that diseases only have natural and not supernatural causes. In other words, they are directly related to the individual’s lifestyle. He is seen as one of the fathers of fasting and dieting, and is known for phrases such as “to eat when you are sick, is to feed your sickness” and “let food be thy medicine, and let medicine be thy food.”

Per Hygienist principles, education, awareness, and living according to nature’s laws will lead to true health, not through potions, pills, and instantaneous miracle “cures” that require invasive and expensive procedures and medications, but which supposedly don’t require a change in lifestyle habits that produce the diseases in the first place. This is akin to taking medication or undergoing a surgery to cure cardiovascular disease, but failing to help the patient understand that the disease arose from a sedentary lifestyle, a lack of adequate sleep, and a pro-inflammatory and pro-atherosclerotic lifestyle.

The path to recovering and maintaining health and well-being will always be through a healthy lifestyle. Such a lifestyle supplies the requirements for health at a biochemical level, which allows the body to properly make use of the substances ingested in order to regulate hormones, gene expression, metabolic processes, etc. in order to maintain or restore one’s health. As Dr. Herbert Shelton would say, you don’t build muscles, blood cells, bones, and nerves with penicillin or antibiotics, but rather through sunlight (vitamin D), pure water, fresh air, nutrients, exercise, and sleep.

When health enthusiasts educate themselves on the principles guiding human health and apply them according to the physiological and biological laws that govern all living organisms, only then do they begin to experience true well-being, lasting health, and a prosperous life, as opposed to believing in and seeking out a magical pill that will supposedly fix years of abuse and poor habits. They begin to understand that only by removing the causes of disease and introducing the causes of health can one achieve true health and minimize or completely do away with the symptoms of their disease.

We have no parameters for understanding wellness if we've never experienced true health. We enjoy health and well-being in the exact proportion to which we live healthfully within the laws of biology. Natural Hygiene holds that health is the natural state of the living organism. In other words, *sublata causa tollitur effectus*, a Latin phrase indicating that if you remove the causes the symptoms will vanish. Health must be created on a daily basis through good habits.

“ *All living structures, as varied as they may be, have a singular purpose, which is to internally preserve the normal conditions for life. The basic purpose of sensations and instincts is likewise to produce and preserve these internal normal conditions. Sensations both educate and protect humans. Denying the importance of the senses is to deprive yourself of one of the best means of self-preservation and practically the individual's only means of learning. Without our five senses, the mind does not develop. Pain and discomfort call our attention to factors and circumstances that are harmful to our well-being. Neglecting pain, suppressing it, is to deprive yourself of one of your most useful means of self-preservation.*

Dr. Herbert Shelton in *Natural Hygiene: The Pristine Way of Life*. ”

What is a raw food diet?

“ *Life is too short not to eat raw and it's even shorter if you don't.*
Marie Sarantakis, a model, lawyer, and author of best-selling books on raw food ”

A raw food diet is the practice of exclusively eating raw foods in their natural state. According to scientific data and logic, for eight million years human beings lived off raw food. Like the seven hundred thousand other species on the planet, we lived exclusively off raw food throughout our entire existence on planet Earth.¹

While this may sound radical, if we look at the scientific medical literature, we know that cooking causes nutrient loss, alterations in the composition of macro- and micronutrients, deactivation of enzymes that activate cancer-fighting substances, such as myrosinase in cruciferous vegetables, and causes the formation of toxins known as MRPs (Maillard reaction products). These have been identified and correlated to all

manner of degenerative chronic diseases, such as AGEs (advanced glycation end-products, one of the main toxins generated through cooking and studied by science, which are found in cancerous tissues).²

There are many other harmful factors that arise from the cooking process, which I'd need an entire book to lay out. For this I suggest reading my book *The Eden Diet: The Raw Food Guide, the Original Diet*.³ The toxins resulting from cooking even activate the immune system, causing what is known in the literature as digestive leukocytosis, a process in which five times the number of leukocytes occur in the bloodstream, similar to an infectious process.⁴

More impressively, digestive leukocytosis was discovered nearly a century ago and resulted in a Nobel prize being awarded to Dr. Paul Kouchakoff, for the discovery that it only occurs when we eat cooked foods. Even so, we never associate problems or diseases related to the immune system—such as autoimmune diseases and infectious-contagious diseases (even Covid-19), cancer, and inflammatory intestinal diseases like ulcerative colitis and Crohn's disease—with cooked food.^{5,6,7} However, we know scientifically that raw vegetables offer more protection than cooked vegetables in terms of protection against cancer and, very likely, other chronic, degenerative diseases.⁸

What is a raw, fruit-based diet?

“ *Can meat be considered a natural food of ours when our vision and sense of smell violently reject it unless it has been disguised with seasonings, salt, and sugar? On the other hand, notice how delicious we find the scent of fruits, the mere sight of which often leaves us watering at the mouth. Thus, one again, we are led to understand through these observations that humans tend to be frugivorous animals.*

**Swami Sri Yukteswar, Paramahansa Yogananda's guru,
in his book *The Holy Science***

”

Frugivorous diets, or hypo-lipid (low fat) raw foodism, involves eating raw foods where most of the calories are derived from fruits, vegetables, and oilseeds. However, a wide range of other raw foods (mushrooms, corn, fresh legumes such as peas, roots such as carrots and beets, heart of palm, etc.) are also consumed, just in lesser quantities.

When we study human physiology, anatomy, and biology, we are led to an understanding of what our ideal food is from a scientific perspective. The suffix -vorous in biology is used to indicate the source of where each group of animals primarily derives its caloric needs (example: carnivorous, frugivorous, herbivorous, insectivorous, omnivorous, etc.).

In nature, all animals that share anatomy, physiology, biochemistry, and genetics similar to humans thrive on a frugivorous diet.

Human beings are also classified scientifically as anthropoids, and anthropoid primates share on average 99% or more of their DNA with humans, even sharing an almost identical microbiota and intestinal allometric factors.^{9,10,11}

Through comparative anatomy, we can observe that of all the animals in nature we are most similar to anthropoid primates, and if we were in nature without any tools, we'd be obliged to eat the way they do, a diet composed primarily of food that we can enjoy and eat with our hands, without seasonings.

Although primates (chimpanzees, more specifically) on occasion consume meat and insects (one a month in the case of meat), this only represents around 2% of their total caloric intake, which does not classify them as omnivorous and also cannot be compared to modern humans, who consume up to 45% of their calories or more from animal protein.¹² Scientists suggest that the quantities of animal protein consumed by bonobos is so negligible that it may be related to social rather than nutritional aspects.¹³

Thus, a raw, frugivorous diet can be vegan, with proper supplementation, or include animal protein in tiny amounts, but even so, the most natural human diet should, in my humble opinion, consist exclusively of raw food and primarily of fruits, vegetables, small portions of oilseeds, and other raw foods in lesser quantities.

In short, fruit-based raw foodism is a diet that consists of the foods that we're able to eat raw in nature, in natura, and fresh, the same way that nature supplies them to us, directly from the source with no processing like fermentation, cooking, mixing, or seasoning.

Nutritional terrorism: do I need to fully convert to crudivorism or completely overhaul my diet in order to be healthy?

“

Eat food, mostly plants, and not too much.
Michael Pollan, writer and journalist

”

No, you don't need to adopt a specific diet to be healthy. Health is related to what we do throughout our lives and not just in the present, and also is not exclusively related to the diet we're following at the moment. Our diet is also not only what we exclude, but what we include too. Health depends on us meeting all the requirements for a healthy life, all the organism's biological needs, of which the diet is just one. Food being raw is just one of the aspects of good nutrition, which also involves food that is fresh, organic, plant-based, whole (and more).

For the past 16 years, after noticing how much better I felt without animal protein and understanding the suffering of these defenseless animals, the environmental,

economic, and ethical issues with animal products, I began speaking up for animal rights, which suffer and are abused by us unnecessarily, since there's the option of adopting a vegan diet or at least one that is predominantly plant-based. This is common in the blue zones, where people do consume animal protein but this only represents 3-4% of their caloric intake. In other words, once or twice a week on average and tiny amounts compared to what the Western world consumes.

The more raw foods you ingest throughout your day and across your lifetime, the better. However, understanding the importance of doing so is the first step towards improving our lifestyle. This is the goal with my books and is also my life's mission, to help people better understand real nutrition and how to apply it in their lives, so that they can enjoy better health, prevent and even reverse diseases, and achieve greater longevity.

Whether you want to go fully raw or not, simply incorporating some of these recipes throughout your day-to-day lives will already immensely benefit your health. You'll feel much better and notice improved performance. But yes, I do believe the ideal diet for humans is an entirely raw diet, primarily composed of fruits and vegetables, like humans used to eat prior to the discovery of fire and how our closest relatives, the anthropoid primates, still live in nature.

Human beings were too intelligent for their own good by creating ways to bypass nature and our own biology through food processing methods, such as cooking, pots and pans, fermentation, and even silverware, dishes, the use of salt and seasonings, and eating foods that we have not adapted to. But this does not mean that we evolved and adapted to these practices or foods at a genetic or nutritional level. We pay a price in terms of reduced quality of life, diminished physiological capabilities, and decreased longevity, since we have deviated from our natural diet and our natural habitat and live artificial lifestyles. I'm not suggesting that we return to the jungles, but rather that we adapt our modern lifestyle to our biological needs as much as possible, thus producing maximum health.

Chapter 2

Recipes

“ *Many cooked foods, such as meat and grains, would not be very appetizing or even edible for humans. Cooking allows inadequate foods to bypass our sensory mechanisms that normally would protect us from ingesting unnatural substances that are harmful to our health. Essentially, cooking enables us to eat (and “enjoy”) foods that otherwise we would consider unpleasant.*

Douglas N. Graham, in The 80/10/10 Diet

”

I believe that half of the transition occurs through a theoretical understanding and nutritional supervision. This is why I always encourage my patients, readers, and followers to study the subject, understand the clinical data, and find a qualified nutritionist who can monitor for common mistakes and put together a food plan that is adequate for your needs and your transition. This helps them become motivated and understand why they should change their habits as well as avoid potential mistakes and issues, creating recipes that are not only tasty but also adequate both nutritionally and for our gastrointestinal system. (Note: I suggest reading my book *Fruit-Based Raw Cooking: Recipes from Paradise* to learn more about food combinations and how to avoid poor digestion, bloating, and food fermentation and putrefaction within the intestines, caused by the countless poor combinations that most recipes consist of).

The second half of the transition is most definitely through practice. We need to learn how to select, ripen, mix, and combine foods so that they offer us delicious recipes that are at the same time nutritional and adequate for our digestive system. This is a skill you can develop that you and everyone around you end up benefiting from for the rest of your life. By learning how to correctly prepare the recipes discussed ahead, I can assure you that no one, no matter how much they claim to find natural foods unappetizing, will reject such abundance, diversity, and flavor. It is the daily practice that makes perfect!

When starting to shift their eating habits, most people can easily include fruits in their breakfast. It's also important to not overload our digestive system with heavy foods that are hard to process in the early hours of the day, which frees up energy for our muscles and brains to get to work. Simply introducing the fruit-based recipes every day as the basis for your breakfast and using the steamed or vegetable-based recipes for lunch or dinner means your diet will already consist of 50 to 80% of raw food!

I know you'll love these simple recipes, which will increase your productivity throughout the day and satisfy your sweet tooth!

Breakfast Ideas and Healthy Snacks

These recipes work for any meal, even though they are sweet. This is because the calories from fruit-based crudivorous diets are derived primarily from fruits, vegetables, and oilseeds (nuts and seeds).

Banana milk rich in protein and omega-3s

- 4 medium bananas (400 grams)
- 3 dried bananas (70 grams)
- Very ripe coconut water (300 to 500 ml)
- 3 spoons of chia or flaxseed (30 grams)
- 2 teaspoons of cinnamon (16 grams)
- 50 grams of raw sprouted oats (optional, to increase protein)

Instructions: Blend the fresh and dried bananas with the coconut water and 1 teaspoon of cinnamon. Separately, use a coffee grinder or blender to blend the flaxseed into a powder, simply by throwing the seeds in dry and blending for 30 seconds to 1 minute. Next, pour the contents of the blender into a bowl, slice a fresh banana to decorate the top, then sprinkle the flaxseed powder, oats, and the rest of the cinamon. Delicious, light, and an excellent post-workout option.



Banana chia pudding

- 3 handfuls of chia (100 grams)
- 8 medium ripe bananas (800 grams)
- ½ of a small, ripe Palmer mango (150 grams)
- 1 small papaya or other fruit of your choice, such as strawberries, apples, pears, etc. (200 grams)
- 1 handful of mint without the stems
- 1 handful of dark raisins (30 grams)
- 1 teaspoon of sugar-free cinnamon (8 grams)
- Coconut water (400 ml)
- 2 seedless Medjoul dates or other dried fruit (50 grams - optional)

Instructions: Blend 3 bananas and the coconut water (and the dates if you opted for them, which add sweetness). Next, mix the banana milk with the chia in a bowl and let the chia soak for at least 10 minutes before mixing it well with a spoon. Mash the rest of the bananas and mix in the raisins and 1 teaspoon of cinnamon. Slice the mango, papaya, and mint. In a glass, add a layer of mashed bananas, a layer of chia pudding, and a layer with the sliced mango and papaya until the glass is filled.

Note: This serves up to two people depending on appetite levels.



Fruit pudding

- 5 very ripe bananas (500 grams)
- 1 large, sweet apple (150 grams)
- 150 grams of a berry (strawberry, blackberry, blueberry, raspberry, etc.) or chunks of jackfruit, mango, papaya, persimmon, passion fruit, etc. (optional)
- 1 to 2 teaspoons of cinnamon (8 to 16 grams)
- 1 handful of mint
- Fermented coconut yogurt and/or chunks of dry coconut (60 grams, optional)
- One handful of oilseeds of your choosing (30 grams, optional)
- Raisins, prunes, dates, or dried figs (30 grams)

Instructions: The fresh fruits must be very ripe. Peel them and remove any seeds (for the dried dates and prunes, if you opted for them). Next, using your food processor's s-blade, use the pulse function to break them into chunks instead of fully blending them, which will give your pudding more texture. If your processor is small, do this in batches until finished. Delicious!

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About the Author

Eduardo Corassa, born 1985, is a nutritionist, YouTuber, public speaker, author of seven books, and raw food/Hygienist chef, also having majored in Letters and worked for years as an English teacher. After experiencing severe health problems and attempting all the treatments in vogue, the issues persisted. Through the health framework known as Hygienism, the science of health, he cured himself completely, experiencing health beyond levels he ever imagined possible. As a result, he promised himself to spread all the knowledge he obtained after studying the main schools of thought in the world of health and nutrition.

He interned at a Hygienist fasting and raw nutrition institution, and later completed a second degree at UNH (University of Natural Health), one of the only contemporary Hygienist schools, as a Certified Practitioner of Natural Health and Holistic Nutrition. He aims to help people adopt a raw food diet and achieve success with it, through a holistic approach based on Natural Hygiene principles.

Having undergone several long water-based Hygienist fasts, from 7 to 39 days, and living nearly two decades exclusively on a raw food/fruit-based diet—in other words, a low-fat, vegan diet consisting exclusively of fruits, vegetables, seeds and nuts, a key component in the Hygienist model—, he now promotes the benefits of this practice through his work. He began lecturing and offering cooking workshops on the benefits of this lifestyle in early 2009, and offers nutritional consultations to facilitate adoption of Hygienism by interested clients.

He's been interviewed on Brazilian TV programs such as Globo Repórter, Sem Censura, Câmera Record, and more. His articles have been published by several respected health and nutrition magazines, and he's a contributing writer at Revista Vegane. An international lecturer with a TEDx on YouTube, he believes wholeheartedly that your health is your most precious asset.

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