THIS RAWSOME VEGAN == IFE



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every saturday for as long as i can remember, we have family video night, this entails pizza for everyone and a good movie or two, it's the night of the week where we can all relax and be together, since adopting a vegan diet, my family has naturally stopped eat most processed foods as well as most animal products, most of the time our meals are vegan now, yahoo! so as you would assume, our pizza nights now include vegan pizza (which is always delicious), the carnivorous men of my family are usually merrily surprised with the taste, this week i decided to make a raw version because, ya know... raw food is totally rad and stuff.





hocolate cream caramel bars



fresh summer rolls with basil, avocado, kale + spicy garlic peanut sauce



raw lasagna with cashew cheese and broccoli sun-dried tomato pesto



COCONUT CREAM LIME PIE



elixir of life



RAW VEGAN TIRAMISU with VANILLA CREAM & COFFEE LADYFINGERS



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i wish we had some raw cheese to top this off with but alas, not this time - anyway it was delectable sans aged nut cheese. i could seriously eat a bowl of the pesto by itself, i luuuurve me some spinach. and as for the crust - i was schnarfing spoonfuls while i put it in the dehydrator. if you don't have a dehydrator then just use your oven at its lowest temperature. i do this all the time and never fret; work with what ya got.





one thing (of the plethora of things) i LOVE about raw food - you can eat as much as you want, but often that isn't as much as you might predict because the food is so nutrient dense! it fills you up super fast. so as you can see, these pizzas are pretty small, but very satisfying. i do warn you, don't expect this to taste just like cooked pizza. in all honesty it has nothing to do with it except the inspiration and general shape. it is DIFFERENT and delicious...



COFFEE & CACAO BANANA BLISS MYLKSHAKE



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so open your mind (and your mouth).















raw pizza with garlic & seed crust, spinach pesto and marinated veggies: makes four small pizzas

crust:

1/2 cup each of hemp seeds, raw pumpkin seeds and sunflower seeds

1 cup walnuts

1 teaspoon salt & pepper

2 teaspoons dried basil (or a handful of fresh, lucky you)

1 tablespoon agave/maple syrup or a few dates

1-2 tablespoons water, as needed

1/2 onion, sliced

4 peeled garlic cloves

spinach pesto:

4-5 cups organic spinach

1/2 cup raw pine nuts

1 peeled garlic clove

1/2 teaspoon salt & pepper

1/4-1/2 cup water, as needed

 ${\it 1 teas poon a gave/maple syrup or a couple dates}$

toppings:

3 mushrooms

1 bell pepper

1 tomato

1 teaspoon tamari 1 teaspoon fave dried herb blend

to make the crust: pulse all ingredients in your food processor until it sticks together (and tastes delicious!) now divide the mixture into four and shape each of them into your desired pizza crust shape with your hands on dehydrator trays or parchment paper. dehydrate (or cook in your oven at the lowest temperature) for 4-5 hours, or until crispy.

to make the pesto: put all the ingredients in your food processor (no need to wash it after making the crust) and process until it reaches that yummy pesto consistency - not totally smooth, but still quite creamy. mmm put in a bowl, cover with plastic wrap and put in the fridge.

to prepare the veggies: cut them all into thin slices and mix in with the tamari and herb blend. marinate them in your dehydrator (or oven)

put it all together: when the crusts are finished, gently spread the pesto on all of them, followed by the veggies. if you have any raw vegan cheese that would be a tantalizing addition for your taste buds.

EAT. BE HAPPY. YOU ARE WELCOME.





Posted by Emily von Euwat 1:54 pm

+17 Recommend this on Google

Labels: cheese, e-book, entree, garlic, mushroom, pesto, pizza, Raw, sauce, savoury, seed, spinach, toppings, Végan

52 comments:



lysa jordan said...

This looks delicious...oh beautiful pizza

November 25, 2012 2:04 pm

rachel said...

i'll be making this. i like that there is no buckwheat in the crust. not a big fan of that stuff, it looks awesome. November $25,2012\,5:46\,\mathrm{pm}$



Emily von Euw said...

thank you, lysa! xox

November 25, 2012 7:48 pm



Emily von Euw said...

X

November 25, 2012 7:48 pm



iam12forever said...

YUMYUMYUM

November 25, 2012 9:37 pm



Emily von Euw said...

<3

November 25, 2012 11:28 pm

[2] Joel Crneck said...

So good! <3

November 26, 2012 12:28 am



Emily von Euw said...

:) thank you, lovely joel

November 26, 2012 1:29 am

Christine said...

I just checked your blog, saw these, and immediately made the crusts! It's not often I have all the ingredients.. I will have to go out and get some spinach but I have zucchini, a few leftover cherry tomatoes, and some mushrooms that need some love so they are going to go on the pizza. YUM and thank you!

November 26, 2012 3:35 pm

Christine said...

Oh and quick question... is there supposed to be pine nuts in the pesto? I see them sprinkled around and your pesto looks creamier than straight spinach.

Thanks!

November 26, 2012 3:50 pm

Emily von Euw said...

Thank YOU, Christine. Much appreciated:)

November 26, 2012 5:48 pm

Emily von Euw said...

Wow. Thank you!!! This is why I need you guys. Yes, there should be pine nuts. Fixing the recipe now.

November 26, 2012 5:48 pm

Mini said...

This looks awesome..! I do get some great tips and ideas from your blog. We are not completely raw or vegan, but your recipes surely give us inspiration:-) Will give this a try soon...

November 26, 2012 7:27 pm

Emily von Euw said...

That is perfect:) thanks, mimi xox

November 26, 2012 7:38 pm

TheCookieFairy said...

Yum:)

November 27, 2012 6:12 am

Heather Pace said...

I love raw pizza! This looks absolutely delicious!

November 27, 2012 12:08 pm

Emily von Euw said...

Hehe thank you! x

November 27, 2012 12:26 pm

Emily von Euw said...

Thanks, Heather;) That means a lot coming from you!

November 27, 2012 12:26 pm

Miliany Bonet said...

Your raw pizza looks delicious! I love raw pizza!:) I like the sound of this recipe and I think I will make it soon when I get a dehydrator. What temperature did you heat the dehydrator, by the way? Your pizza reminds me of the raw one I made:

Omedz0.com/raw-vegan-pizza-bites-recipe/. But I will make your pizza soon:)!

November 27, 2012 3:17 pm

Emily von Euw said...

Thanks, Miliany:)

You don't REALLY need a dehydrator for this, you can use your oven at it's lowest temperature if you're not too picky. But I'd say around 100 degreas in the dehydrator? That recipe looks super easy and raw-arific!

Х

November 28, 2012 3:28 pm



Solveig Berg Vollan I Gluten-Free-Vegan-Girl said...

No way, this looks incredibly good! I have to make some spinach pesto right now, it looks even better than the usual zucchini pesto I make. Keep up the excellent work!!:)

December 04, 2012 2:26 am

Sue said...

I can't wait to make this!!!! Looks so delish! Only one more thing I would add. If you do not like cheese of any kind, I use grated carrots. When I make home made pizza to cook, I use grated carrots instead of cheese. It would go great with the raw pizza too! I'm going to try this and see how my kids and husband likes it. Thanks for the recipe! I just found your blog and I LOVE it. I really want to turn my family to more raw meals and less processed junk.

January 20, 2013 9:15 pm

Emily von Euw said...

Hehehe it is always a good meal choice. Thanks:

January 22, 2013 5:56 pm

Emily von Euw said...

Yum! That would be delicious, thanks for the tip. And thanks for the compliment! Much love,

January 22, 2013 5:57 pm

heather said...

This looks so yummy! Do you soak the seeds for the crust first ?

February 24, 2013 7:14 pm

Emily von Euw said...

Thanks! I didn't - but I'm lazy sometimes. It would be a good idea to soak them first =)

February 25, 2013 5:15 pm

Gina Andrews said...

Wow! Just made this for dinner and it is AMAZING! Well done and thanks! you are right they are rather filling so we have one each for tomorrow's lunch:-) yay. I think they would be great party food and that it would be good to make mini bases to dip in the spinach pesto...

April 16, 2013 11:21 am

therawfoodsisters.com said...

We just made this pizza! Sooo good. Loved every single bite of it. Thanks for sharing! We posted it on our blog here: http://therawfoodsisters.com/2013/05/02/raw-vegan-pizza/ Have a Beautiful day!

May 02, 2013 12:46 pm

Emily von Euw said...

awesome thank youuuuuu!!!

May 03, 2013 10:59 am

Samantha said...

I just finished the Blueprint Cleanse which was the best decision of my life... and today's my first day off of it and I was so discouraged because I didn't want to ruin all that hard work I've done but I had no idea how to stick with the good habits...and then tada I found your blog! Thank you for dedicating your creativity to not only creating good recipes for yourself but also sharing with others!

May 11, 2013 4:24 pm

Emily von Euw said...

That is SO wonderful to hear! Congrats, Samantha! And not to fear:) There's sooo many awesome healthy living websites and resources. Just check out my "resources" tab where I list off my fave healthy food blogs and other sites;)

Xo

May 11, 2013 4:41 pm

[2] Huru said...

wow raw pizza!

May 19, 2013 7:17 am

Mary Staples said...

I'm so excited to try this! I just made the crust and turned on my dehydrator, but I'm wondering what temperature to put it on? ANy thoughts? Thanks!

June 04, 2013 11:46 am

Emily von Euw said...

Meh like 115?

June 04, 2013 3:44 pm

Emily von Euw said...

I don't think it matters too much :)

June 04, 2013 3:44 pm

chris nguyen said...

Thankyou for your recipe! This pizza look so yummy !:)



Anonymous said...

Heya, would love to try this recipe, what would be a good substitute for hemp seeds as they are not sold in NZ!! They are in a few of the seeds are they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds are the seeds as they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds as they are not sold in NZ!! They are in a few of the seeds as the seedvour recipes!

Thanks

July 12, 2013 5:42 pm

Emily von Euw said...

Hi! Any other seed will do:)

July 12, 2013 6:13 pm

demetria said...

This looks so so good! So perfect for summer! Going to try it tonight!

July 15, 2013 7:40 am

Rachel Robinson said...

my first recipe I made off of your blog! thank you so much! it was DELICIOUS! just starting out on this raw vegan lifestyle and what a perfect first meal to begin with! thanks again, I can't wait to make everything on here. keep it up :)

July 17, 2013 4:04 pm

Sharon Odom said...

Those foods are great! I love to eat them all, maybe I will baked some of them to my nephews and nieces one of these days.

July 29, 2013 1:13 pm

Myjim Davis said...

I like the different concept of pizza which has other twist of flavoring and ingredients to make it more attractive and delicious. This is great deal for my big appetite.

July 29, 2013 1:20 pm

katiepotatieblog said...

Looks absolutely amazing! I have been meaning to try cauliflower pizza, but this crust looks even better!

August 01, 2013 12:09 pm

Julie M said...

I made this a few days ago for lunch and it was incredible! I used kale instead of spinach and added in some fresh basil, it worked out beautifully!

August 03, 2013 3:33 pm

| lifeaintoveryet said...

 $I\ made\ this\ for\ dinner\ tonight,\ and\ it\ is\ SO\ FAB.\ Like,\ delicious.\ I\ continue\ to\ be\ awed\ by\ your\ recipe\ creating\ skills.\ You\ have\ this\ art$

September 26, 2013 7:34 pm

Amber said...

Looks delicious!

November 05, 2013 7:40 am

Anonymous said...

So delicious. I just recently became vegan and finding it suprisingly easy and fun so far!

Just one question - how long do these raw pizzas last once prepared? I wanted to make a couple at once for munching on over the next few days. Thanks!

November 18, 2013 6:09 am

Mark Melvin said...

Sounds great! Thank you for sharing, be blessed:)

December 14, 2013 10:52 am

Anonymous said...

making this right now to it smells so good!!!
i used honey instead of agave/ dates (even tho its not vegan) but i'm 99% vegan!!! lol... | and putting pineapple/peppers/tomatoes on it for toppings

January 27, 2014 4:51 pm

Anonymous said...

buying a dehydrator this week!!

i made this into one big pizza (woops) didn't read the rest of it :O

January 27, 2014 4:53 pm

anthonys pizzeria, pizza, italian food, free delivery, pizza subs wings, pizza st pete, ny style pizza, pizza by the slice, bar and grill February 28, 2014 10:54 am



Sara said...

do you need a half cup of all the seeds, or half cup total? (so 1+1/2 or 1/2 cup?) March 02, 2014 5:20 pm

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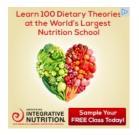
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