

# RAWLICIOUS FRUIT FEAST RECIPES



## 21 FRUIT FEAST RECIPES

REVITALIZE YOUR SPIRIT WITH THESE 21 DELICIOUS  
FRUITARIAN RECIPES FOR RENEWED ENERGY AND VITALITY

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# MIXED BERRY BANANA SMOOTHIE

## INGREDIENTS:

1 CUP FRESH OR FROZEN MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES, BLACKBERRIES)  
1 RIPE BANANA  
1 CUP COCONUT WATER

## INSTRUCTIONS:

IN A BLENDER, FIRST ADD THE COCONUT WATER THEN FROZEN MIXED BERRIES AND BANANA.  
BLEND UNTIL SUPER SMOOTH.

REFRESHING



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## BANANA SMOOTHIE

**INGREDIENTS:**

3 RIPE BANANAS, PEELED  
5 PITTED DATES  
1/2 CUP COCONUT WATER

**INSTRUCTIONS:**

IN A BLENDER, ADD THE DATES AND COCONUT WATER UNTIL SMOOTH AND THEN ADD THE BANANAS.

GREENSMY



# 3

## FRUIT SALAD



# DOWNIE

### INGREDIENTS:

2 APPLES, DICED  
2 BANANAS, SLICED  
1 CUP GRAPES, HALVED  
1 CUP STRAWBERRIES, HULLED AND SLICED  
1 CUP BLUEBERRIES  
1 CUP KIWI, PEELED AND DICED  
1 TABLESPOON LEMON JUICE (OPTIONAL, TO PREVENT OXIDATION)  
HANDFUL OF POMEGRANATE SEEDS

### INSTRUCTIONS:

WASH AND CHOP ALL THE FRUITS AS NEEDED.  
IF YOU'RE PREPARING THE SALAD IN ADVANCE, TOSS THE FRUITS WITH LEMON JUICE TO PREVENT BROWNING.  
IN A LARGE BOWL, GENTLY TOSS ALL THE PREPARED FRUITS UNTIL WELL COMBINED.  
SERVE THE FRUIT SALAD IMMEDIATELY FOR MAXIMUM FRESHNESS.

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## TROPICAL LOVE SMOOTHIE

**INGREDIENTS:**

2 RIPE PINEAPPLES, PEELED  
1 RIPE MANGO

**INSTRUCTIONS:**

IN A BLENDER, ADD THE PINEAPPLE AND MANGO AND BLEND UNTIL SMOOTH



VIBRANT

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## LIMEMELON SPLASH

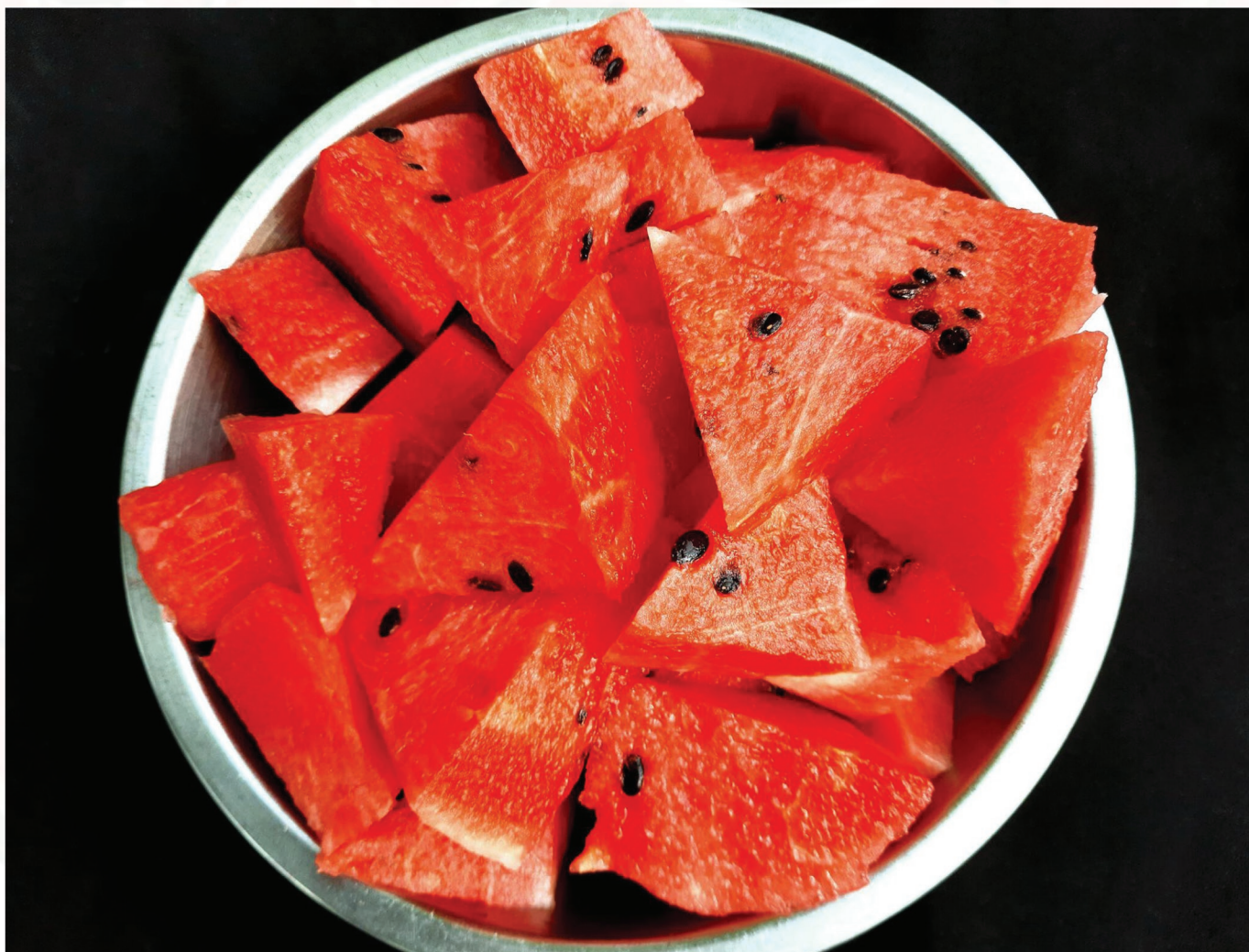
### INGREDIENTS:

1 WATERMELON  
2 LIMES

### INSTRUCTIONS:

CUT THE WATERMELON UP INTO PIECES, SQUEEZE OVER FRESH LIME AND PREPARE YOURSELF FOR AN AMAZING TONGUE DANCE.

T A N G U Y



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## BLUEBERRY BANANA BLISS NICE CREAM

### INGREDIENTS:

4 FROZEN BANANAS, PEELED AND SLICED  
1 CUP FROZEN BLUEBERRIES  
SPASH OF COCONUT WATER (AS NEEDED FOR BLENDING)

### INSTRUCTIONS:

IN A HIGH-SPEED BLENDER OR FOOD PROCESSOR, POUR IN ENOUGH COCONUT WATER TO COVER THE BLADES THEN COMBINE THE FROZEN BANANA SLICES AND FROZEN BLUEBERRIES BLEND UNTIL SMOOTH.

ORREAMY



# 7

## MANGO CUSTARD

### INGREDIENTS:

2 PEELED MANGOS FOR BLENDING  
1 PEELED AND DICED MANGO  
10 MEDJOO L DATES  
1/2 A LEMON

### INSTRUCTIONS:

IN A HIGH-SPEED BLENDER OR FOOD PROCESSOR, BLEND THE MANGOS TO A PULP THEN ADD THE DATES AND SQUEEZE HALF A LEMON INTO THE MIX. BLEND UNTIL SUPER SMOOTH AND THEN POUR ONTO TO THE DICED MANGO FOR A SUPER CREAMY TREAT.

L U S C I O U S



# 8

## BERRY BREEZE COCONUT SWIRLS

### INGREDIENTS:

1 CUP COCONUT WATER  
1/2 CUP COCONUT MEAT  
1/2 CUP BLUEBERRIES  
1/2 CUP RASPBERRIES

### INSTRUCTIONS:

IN A BLENDER, COMBINE COCONUT WATER, COCONUT MEAT, BLUEBERRIES AND RASPBERRIES  
BLEND UNTIL YOU HAVE A SMOOTH MIXTURE. IF YOU PREFER A BIT OF TEXTURE, YOU CAN LEAVE SOME  
BERRY CHUNKS.

POUR THE BLENDED MIXTURE INTO POPSICLE MOLDS, LEAVING A LITTLE SPACE AT THE TOP FOR EXPANSION.

PLACE POPSICLE STICKS INTO THE MOLDS, ENSURING THEY ARE CENTERED.

PUT THE POPSICLE MOLDS IN THE FREEZER AND LET THEM FREEZE FOR AT LEAST 4-6 HOURS OR UNTIL  
COMPLETELY SOLID.

ONCE FROZEN, RUN THE MOLDS BRIEFLY UNDER WARM WATER TO LOOSEN THE POPSICLES  
REMOVE THE POPSICLES FROM THE MOLDS AND ENJOY YOUR COCONUT WATER BLUEBERRY  
RASPBERRY POPSICLES!



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## COCOBERRY GROOVE

### INGREDIENTS:

1 CUP OF FRESH STRAWBERRIES  
1 CUP COCONUT WATER  
1/3 CUP OF COCONUT MEAT  
8 DATES

### INSTRUCTIONS:

IN A BLENDER, COMBINE COCONUT WATER, COCONUT MEAT, STRAWBERRIES AND BLEND UNTIL SUPER SMOOTH.



NOECADENT

# 10 MANGO JAMMIN'

## INGREDIENTS:

2 CUPS RIPE MANGO  
1 CUP PITTED DATES  
1 TABLESPOON FRESH LEMON JUICE

## INSTRUCTIONS:

PUT ALL INGREDIENTS INTO A HIGH-SPEED BLENDER. PULSE  
AND BLEND UNTIL YOU ACHIEVE THE DESIRED CONSISTENCY.



TROPICAL

# 11

## FIGALICIOUS SMOOTHIE

### INGREDIENTS:

2 RIPE BANANAS  
4-5 FRESH FIGS, STEMS REMOVED  
1 CUP COLD WATER OR COCONUT WATER  
ICE CUBES (OPTIONAL, FOR A COLDER SMOOTHIE)

### INSTRUCTIONS:

POUR IN THE COLD WATER OR COCONUT WATER.  
PEEL THE RIPE BANANAS AND REMOVE THE STEMS FROM THE FRESH FIGS.  
BLEND THE INGREDIENTS UNTIL YOU ACHIEVE A SMOOTH AND CREAMY CONSISTENCY.



HARMONIOUS

# 12

## COCOZING QUENCHER

### INGREDIENTS:

2 LARGE LEMONS  
1 CUP COCONUT WATER  
ICE CUBES (OPTIONAL)

### INSTRUCTIONS:

PEEL THE LEMONS AND CUT THEM INTO SEGMENTS, REMOVING SEEDS  
IN A BLENDER, COMBINE THE LEMON SEGMENTS AND COCONUT WATER  
BLEND THE MIXTURE UNTIL YOU GET A SMOOTH CONSISTENCY.

IF YOU PREFER A SMOOTHER JUICE, YOU CAN STRAIN THE MIXTURE USING A  
FINE MESH SIEVE OR CHEESECLOTH TO REMOVE PULP.



ZESTY

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# 13

## RUBY ZEST SYMPHONY

### INGREDIENTS:

2 CUPS RED GRAPES, WASHED AND STEMS REMOVED  
4 LARGE ORANGES, PEELED AND SEGMENTED  
ICE CUBES (OPTIONAL)

### INSTRUCTIONS:

WASH THE RED GRAPES AND REMOVE THE STEMS.  
PEEL THE ORANGES AND SEPARATE THEM INTO SEGMENTS.  
BLEND THE MIXTURE UNTIL YOU ACHIEVE A SMOOTH CONSISTENCY.  
IF YOU PREFER A SMOOTHER JUICE, YOU CAN STRAIN THE MIXTURE USING A FINE MESH SIEVE OR CHEESECLOTH TO REMOVE PULP.



# VIBRANT

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## MELON MAGIC BERRY BLAST

### INGREDIENTS:

2 CUPS FRESH WATERMELON, DICED AND SEEDS REMOVED  
1 CUP BLACKBERRIES  
1 CUP STRAWBERRIES, HULLED

### INSTRUCTIONS:

IN A BLENDER, COMBINE THE DICED WATERMELON, BLACKBERRIES AND STRAWBERRIES. PULSE THE MIXTURE UNTIL YOU ACHIEVE A THICK AND BITTY CONSISTENCY.



# ENERGETIC

# 15

## LEMONY FUSION NOODLEZ

### INGREDIENTS:

2 LARGE CUCUMBERS, SPIRALIZED INTO NOODLES  
1 RIPE AVOCADO, DICED  
1 RED BELL PEPPER,  
1 LEMON (JUICE AND ZEST)

### INSTRUCTIONS:

USE A SPIRALIZER TO TURN THE CUCUMBERS INTO NOODLES.

CUT THE RIPE AVOCADO INTO SMALL, BITE-SIZED CUBES.

THINLY SLICE THE RED BELL PEPPER INTO STRIPS.

IN A LARGE MIXING BOWL, GENTLY TOSS THE CUCUMBER NOODLES, DICED AVOCADO, AND SLICED RED BELL PEPPER TOGETHER.

TOSS THE SALAD GENTLY TO ENSURE EVERYTHING IS WELL COATED WITH THE LEMONY GOODNESS.

# FRESH



# 16

## TROPICAL TANGO

### INGREDIENTS:

1 FRESH PINEAPPLE  
2 LARGE ORANGES,  
2 BANANAS

### INSTRUCTIONS:

CUT THE PINEAPPLE INTO BITE-SIZED CHUNKS.  
PEEL THE ORANGE AND SEPARATE IT INTO SEGMENTS (CHECK FOR PIPS AND DISCARD THEM).

IN A BLENDER, ADD THE PINEAPPLE CHUNKS, ORANGE SEGMENTS AND BANANAS  
BLEND UNTIL SMOOTH AND SERVE.

DELICIOUS



# 17

## EXOTIC BLISS BOWL

### INGREDIENTS:

1 RIPE MANGO, PEELED AND DICED  
1 CUP STRAWBERRIES, HULLED AND SLICED  
PULP FROM 2 PASSION FRUITS  
1 CUP FRESH PINEAPPLE CHUNKS  
1/2 CUP SHREDDED COCONUT

### INSTRUCTIONS:

IN A LARGE MIXING BOWL, COMBINE THE DICED MANGO, SLICED STRAWBERRIES, PASSION FRUIT PULP, PINEAPPLE CHUNKS, AND SHREDDED COCONUT.

GENTLY TOSS THE FRUITS AND COCONUT TOGETHER TO ENSURE AN EVEN DISTRIBUTION OF FLAVORS.

SERVE INTO A BOWL AND ENJOY.

# ORCHARD-FRESH



# 18

## PASSIONISTA MANGO BOMB

### INGREDIENTS:

1 RIPE MANGO, PEELED AND DICED  
PULP FROM 2 PASSION FRUITS

### INSTRUCTIONS:

IN A BLENDER, ADD THE DICED MANGO, PASSIONFRUIT PULP AND BLEND THE INGREDIENTS ON HIGH SPEED UNTIL YOU ACHIEVE A SMOOTH AND CREAMY CONSISTENCY.

B O O M B



# 19

## CRISPY GREEN SYMPHONY

### INGREDIENTS:

1 CUCUMBER, PEELED AND SLICED  
2 GREEN APPLES, CORED AND CHOPPED  
2 KIWIS, PEELED AND SLICED  
3 LARGE ICECUBES

### INSTRUCTIONS:

IN A BLENDER, ADD THE CUCUMBER SLICES, CHOPPED GREEN APPLES, SLICED KIWIS AND ICE CUBES.

# SUCCULENT



# 20

## KIWI KISSED STRAWBERRY SWIRL

### INGREDIENTS:

1 CUP FRESH STRAWBERRIES, HULLED AND HALVED  
2 KIWIS, PEELED AND SLICED  
1 BANANA, PEELED AND SLICED  
1 CUP ICE CUBES

### INSTRUCTIONS:

IN A BLENDER, ADD THE STRAWBERRIES, KIWIS, BANANA SLICES, AND ICE CUBES  
POUR THE KIWI KISSED STRAWBERRY SWIRL SMOOTHIE INTO A GLASS AND ENJOY  
THE DELIGHTFUL COMBINATION OF STRAWBERRIES AND KIWI!

# SWEET



21

# POM-BERRY BURST JUICE

## INGREDIENTS:

1 CUP FRESH STRAWBERRIES, HULLED AND HALVED  
1/2 CUP POMEGRANATE SEEDS

## INSTRUCTIONS:

IN A BLENDER, COMBINE THE FRESH STRAWBERRIES, POMEGRANATE SEEDS.

STRAIN THE MIXTURE USING A FINE MESH SIEVE OR CHEEESE CLOTH TO REMOVE PULP  
-THIS STEP IS OPTIONAL IF YOU ENJOY A BIT OF TEXTURE IN YOUR JUICE.

POUR THE BERRY POM BURST JUICE INTO A GLASS AND SAVOR  
THE REFRESHING BLEND OF STRAWBERRIES AND POMEGRANATE IN LIQUID FORM!

# INVIGORATING



# ENJOY THE JOURNEY

I invite you to reflect on the vibrant tapestry of flavors, colors, and nourishment that a raw vegan lifestyle has to offer. Just as each ingredient plays a unique role in creating a delicious dish, every choice we make contributes to the masterpiece of our own well-being.

In the spirit of embracing vitality and a renewed sense of wellness, I encourage you to bring these recipes to life in your kitchen. Let the symphony of whole, plant-based ingredients awaken your taste buds, nourish your body, and invigorate your spirit.

Remember, this journey is not just about the recipes; it's about embracing a lifestyle that celebrates the abundance of the Earth. Whether you are a seasoned raw vegan enthusiast or taking your first steps into this flavorful world, may these recipes inspire you to explore the endless possibilities of RAW plant-based living.

I extend my deepest gratitude for allowing me to be a part of your wellness journey. May your kitchen be a canvas for creativity, your plate a palette of nourishment, and your heart forever open to the wonders of a raw vegan lifestyle.

Wishing you abundant health, boundless joy, and a future filled with delicious discoveries.

With love and vitality,

*Toni J*

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