

# ECOPOLITAN'S 7-DAY



# ECO-RAW MENU PLANNER

BY ANGELA ELLIOTT AND STAFF OF  
THE ECOPOLITAN RESTAURANT

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All recipes by Angela Elliot and Ecopolitan

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Published by:



2409 Lyndale Avenue South

Minneapolis, MN 55403

[www.Ecopolitan.com](http://www.Ecopolitan.com)

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## ABOUT THE ECOPOLITAN RESTAURANT

Founded by Dr. Adiel Tel-Oren in 2002, the Ecopolitan serves uncooked, plant-based, gourmet cuisine inspired by the abundance and beauty of nature's plant kingdom. The unique raw, vegan dishes are all created with 100% organically-grown ingredients. No additives, No GMOs, No toxic processing, No common allergens, No refined foods... These meals are all fresh from garden to table. Prepare to be delightfully excited that something so healthy can also be so incredibly delicious!

Located in Minneapolis, Minnesota, this restaurant is a Midwest hub of activity and information that encourages community growth, supports local farmers and artists, and is a beacon of hope for a more sustainable world. The Ecopolitan is delighted to be sharing recipes with you and hope you can come visit the restaurant, juice bar, wine bar, and beautiful city!



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## ABOUT THE ECOPOLITAN STAFF

This small team of staff is dedicated to the health and well-being of people and the planet. Talented chefs perfect the evolving creation of the menu and recipes while skillful servers focus on perfecting ultimate dining experiences. The Ecopolitan staff are proud to work in an environment where business is conducted for the benefit of all, and every meal is a celebration of life.

Angela Elliott is a certified gourmet chef and author of *Alive in Five*. She's the guest chef of Ecopolitan.com and has contributed to compiling and adapting the recipes in Ecopolitan's 7 Day Menu planner.

This Arizona native was raised by a world-renowned physicist/chemist and a gourmet French chef/writer whose occupations enabled frequent travel abroad and instilled in the young Angela a life-long fascination with various cultures. Angela lived in different countries, and spoke Swedish and Dutch fluently.

She has contributed to various publications, including *VegNews Magazine* and *Vegetarian Baby and Child Magazine*, and has taught gourmet classes, holistic classes, and lectures.

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## FOLLOWING NATURE'S WISDOM: THE PRINCIPLES OF ECO-RAW LIVING



Eco-Raw Living starts with the desire to make compassionate choices that create a healthy future for yourself, for the generations that follow you, and for the planet. Making these changes can be difficult when the world around you seems to be doing the opposite. The Ecopolitan community is here to support you by providing ecologically-minded solutions and information that will help you approach your current eating habits and lifestyle trends with a renewed sense of wisdom and stewardship.

The impact of our society's eating habits is playing a tremendous role in the deterioration of our health and the environment. Packaged, processed, genetically-modified, pesticide-laden, chemically-flavored foods are a far cry from resembling a natural food choice.

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The majority of the meat and dairy industry consists of agribusiness-dominated factory farms, where animals and workers are treated poorly and there is little concern for environmental protection. Diseased animals in these unnatural conditions are treated with a variety of toxic pharmaceutical agents that invariably become part of the food we eat. Food can contribute to the poor health of our bodies, cause vanishing aquifers and rainforests, erode soil, poison water, cause extinction, and contribute to global warming. On the contrary, food also has the power to heal, transform, and replenish us and our planet as a whole.

Eating should make sense and be simple. This menu planner is designed to guide you gently through a transformation to organic, mostly uncooked, plant-based foods. All food you eat should bring health and wellness to your mind, body, spirit, and community. Believe you can change... Start slowly, especially if you've never done anything like this before. Just commit to an entirely raw food meal, then try eating all raw one day per week, then two days. Your body needs time to adjust and clean itself. If you need help, or additional support, that's what we're here for, [so get in touch!](#)

*We're honored you've decided to join us and  
look forward to hearing more about your  
experience!*

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# THE “DOCTOR’S ORDERS” FOR HEALTHY NUTRITION

## ***Eat local, organic plant foods and avoid processed foods.***

Buy locally and support organic producers as much as possible. Shop from your farmer’s market, natural food co-op, or other health food stores. Try to include all the botanical parts of the plant (roots, bulbs, stems, leaves, flowers, & fruits) in your meals. Chew and enjoy the flavors of your food. To sweeten foods, use wholesome, dried fruits like dates or raisins.

Avoid seed oils in any form (canola, soy, corn, hemp, etc.) and extracted nut oils that are unavailable in nature & easily go rancid. Avoid exotic foods from remote, non-tropical rural areas (goji berries, maca, etc.) that cannot be hygienically & ecologically mass-harvested, processed, packaged, and transported. Avoid addictive, nutrient-depleting stimulants (cacao beans, cola nuts, caffeine, MSG, etc). Avoid all soy, corn, potato, and other GMO-contaminated foods (tofu, tempeh, miso, tamari, liquid amino acids, nama shoyu, etc.) Even organic seeds of these plants can be tainted by cross-pollination. Avoid industrially-extracted, concentrated, and calorie-free sweeteners (agave nectar, maple syrup, aspartame, stevia, etc.) that cause blood-sugar instability and cravings.

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# BALANCE YOUR DIET WITH THESE BASIC FOOD GROUPS:

## SWEET FRUITS

***Every day you must have a giant fruit salad!***

This will help you meet your daily caloric energy-production needs. If you don't have time to do a lot of chopping, you can eat your fruit throughout the day, but if possible, make an entire breakfast out of a fruit salad. Fruits are beautiful and satisfying, with interest and appeal to the taste buds. Emphasize a variety of types and colors; and always be on the lookout for new fruits to try. You can try sprinkling a small amount of nuts and seeds on your salad or try adding other dried fruit such as figs, berries, apricots, or dates.





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## GREEN LEAVES

### **Eat a big bunch of dark, leafy, green vegetables every day.**

Keep recipes simple and try one or two different leafy greens at a time. Start with a small amount (a few leaves) and gradually increase to more greens as you get used to the taste and flavors. Remember, the more greens the better! Try parsley, cilantro, red mustard, green mustard chards, green kale, rappini, kohlrabi, endive, green and red lettuce, radish greens, turnip greens, collards, dandelion greens, beet greens, wild greens, spinach...you get the picture. Anything green!

Include a heaping handful of dark green leafy vegetables in your lunch and dinner meals, and use a wide variety throughout the year. One easy way to do this is to blend greens in sweet or savory green smoothies or in raw soups. Eat as many of these as you like! Drink slowly and chew your smoothies. You can try sprinkling a small amount of nuts and seeds (sunflower, flax, sesame, etc) on your smoothies to encourage chewing.

To learn more about green smoothies, savories, soups, and different varieties of greens to include in your diet, please visit <http://www.ecopolitan.com>

## RAW PLANT FATS



***Include 2-4 heaping tablespoons of raw nuts and seeds per day.*** Make sure you are getting a variety of raw plant fats by rotating the kinds of nuts and seeds you use in recipes and rotating other fats such as coconut oil, coconut butter, avocados, olives, and olive oil.

Limit your consumption to 2-4 tablespoons of nuts and seeds per day and use only 1-3 different types of nuts or seeds per day. Do not go too overboard with the consumption of the oils: limit your intake to up to 4 tablespoons per day.

Nuts and seeds must be raw, organic and in an unpeeled natural state. (Some people sell nuts with the thin outer peel removed. It's okay to buy them without a shell, but make sure the delicate peel is still intact.) It is recommended that you grind them yourself if they are needed for recipes such as pates, sauces, etc.

To learn more about the role of fats in your diet, please listen to Dr. Tel-Oren's lecture on "Truth About Fat" at [www.truthaboutyourfood.com](http://www.truthaboutyourfood.com).

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## VEGETABLES

***Cruciferous vegetables are extremely important. Include them in your diet every day.***

They contain essential antioxidants and are high in fiber, vitamins, and minerals. Include broccoli, cabbage, napa cabbage, bok choy, cauliflower, Brussel sprouts, kale, collards, mustard greens and other crucifers in your meal plan. In the case of radishes, turnips, and rutabagas, eat their leafy tops too!

Start with at least a fist-size serving, EVERY DAY, and try to double or triple that amount as you become more accustomed to this way of eating. Crucifers are best when eaten raw, but make sure you chew very thoroughly or blend them in recipes as we've done in this menu planner. They can also be lightly steamed.



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## GRAINS AND LEGUMES

***Eat grains and legumes three or more times a week.***

Include legumes such as lentils, peas, garbanzos, quinoa, buckwheat, millet, and amaranth. Preferably, these should sprouted and/or dehydrated, but may also be cooked in boiling water (no broiling, baking, grilling, etc). Brown rice is another option for a cooked grain.

Adding grains and legumes will decrease the overall nutrient density of your food intake, but provide special nutrients that aid in detoxification and immune system activity, without adding excessive fat.

For more information about other foods you would ideally eat on a regular basis, please sign up for the free series of teleseminars available at [www.truthaboutyourfood.com](http://www.truthaboutyourfood.com).



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DAY 1  
BREAKFAST

**Banana Spinach Smoothie**

Ingredients:

3 bananas

2-3 large handfuls of spinach and baby lettuces

Water

Directions:

Blend all ingredients. If desired, replace one or two fresh bananas with one or two frozen bananas. Enjoy!



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# LUNCH

## The Stir Fry

### Ingredients:

Broccoli - 2 heads, cut into bite-sized pieces

Mung bean sprouts - 1 large handful

Bok Choy- 1 large handful

Cabbage - 1 cup, shredded

Garlic - 2 cloves, finely sliced

½ cup fresh lemon juice

¼ Inland sea water

Ginger - to taste

Black pepper - to taste

Curry powder - to taste

Red pepper flakes - to taste



### Directions:

Mix the first four ingredients (broccoli, sprouts, cabbage, and garlic) together in a large bowl. Mix the lemon, Inland sea water, and as many spices as you'd like together. Pour the sauce over the veggies. Let marinate for at least a couple of hours. Siphon off any excess liquid and serve.

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## DINNER

### Pumpkin and Apple Salad

#### Ingredients:

- 3 tablespoons raisins
- 2 tart apples, peeled and shredded
- 1 cup shredded pumpkin
- 2 teaspoons lemon juice
- Salt and pepper to taste



#### Directions:

Place the raisins in a small dish and cover with hot water. Allow to stand for 30 minutes. Once the raisins are plump, drain and place into a mixing bowl with the apple and pumpkin. Pour in the lemon juice and toss to coat. Season to taste with salt and pepper, and serve immediately.

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## DAY 2

### BREAKFAST

#### **Peachy Green Smoothie**

##### Ingredients:

Water (as necessary)

3 medium sized ripe peaches

3 large bananas

3 large handfuls total of dark green kale (with stems removed) and collard greens

##### Directions:

Blend, inhale...

*Or you might try...*

#### **Peachy Green Smoothie v. 2.0**

*Total Calories: 400*

##### Ingredients:

3 medium bananas

2 peaches, peeled and pitted

2 large handfuls total of romaine leaves, red and green lettuce

Blend with little to no water for a thick delicious smoothie.





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# LUNCH

## Basic Green Savory

### Ingredients:

Handful of spinach  
3 stalks of celery  
2 stalks of asparagus  
1 large tomato

### Directions:

Bunch up the spinach and juice with the celery the set aside. Juice the asparagus with the tomato. Combine the two mixtures, stir and enjoy!



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## DINNER

### Happiness in a Bowl

#### Ingredients:

- 2 cups pineapple chunks
- ½ cup Satsuma tangerine segments
- 2 cups sliced fresh strawberries
- 2 medium firm bananas, sliced
- 2 kiwifruit, peeled, halved, and sliced
- 2 tablespoons lime juice
- 5 honey dates, soaked and pitted
- 2 tablespoons filtered water

#### Directions:

Slice pineapple into bite-sized chunks. In a bowl, combine the pineapple, tangerines, strawberries, bananas and kiwi. In a food processor or blender, puree the dates, water, and lime juice together. Pour over fruit; gently toss to coat.



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# DAY 3

## BREAKFAST

### **Honey Green Smoothie**

#### Ingredients:

- 1 ripe honeydew melon
- 1 large handful of spinach

#### Directions:

Scoop out honeydew into blender; add spinach and blend!

### **OR... Creamy Sunshine Salad**

#### Ingredients:

- 3 red bananas, or 1 plantain or 1 banana, very ripe
- 2 Tbs. coconut water
- 3 peaches, diced
- 3 nectarines, diced
- 1 mango, diced

#### Directions:

Whip ripe bananas and coconut water in a blender until smooth; it should be on the thick side. Combine cubed fruit with sauce in a bowl.

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# LUNCH

## Creamy Broccoli Soup

### Ingredients:

2 cups chopped broccoli

2 cups water

Pinch of each (or more to taste):

–salt

–black pepper

–powdered sage

–dried thyme

–garlic powder

1 ½ cups raw cashews, soaked



### Directions:

Place all ingredients in the blender and blend until smooth.

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## DINNER

### Tomato-Mango Salad

#### Ingredients:

- 3 vine-ripe tomatoes, diced
- 2 mangos, peeled and cubed
- 2 avocados, peeled and cubed
- 1 orange bell pepper, chopped
- 1 red onion, chopped
- 1/2 bunch cilantro, chopped
- 1/4 cup fresh lime juice
- 1/2 cup fresh pineapple juice

#### Directions:

Place the tomato, mango, avocado, bell pepper, onion, and cilantro into a large bowl. Pour the lime juice and pineapple juice overtop. Stir gently until evenly combined.



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# DAY 4

## BREAKFAST

### Garden Blend Smoothie

#### Ingredients:

1½ cups water  
3 mangoes (about 3 cups of flesh)  
2 ripe peaches  
Big handful arugula  
Big handful kale leaves  
Big handful parsley

#### Directions:

Blend all ingredients  
together at high speed.  
Be prepared for an  
intense and Delicious  
green smoothie!



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## LUNCH

### Coconut Curry

#### Ingredients:

- 2 Thai young coconuts
- 4 cloves of garlic
- 2-inch slice ginger root
- Juice of half of a lemon
- 2 dates
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- ½ jalapeno pepper
- Himalayan salt and black pepper to taste
- 1 bunch cilantro



#### Directions:

Blend everything to a creamy consistency. Chop the following ingredients and add them to the blended curry:

- 2 stalks of celery
- 2 stalks of leeks
- 1 carrot
- Shiitake mushrooms
- 1 red bell pepper
- 1 tomato
- 1 avocado

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# DINNER

## Raw Hummus

### Ingredients:

- 1 1/2 cups dry garbanzo beans
- 2 tablespoons raw tahini
- 1 teaspoon sea salt
- 2 lemons, juiced
- 4 cloves garlic, crushed
- 1 cup filtered water
- 1 pinch paprika

### Directions:

Soak the beans for 24 hours. Drain, and let sit for 2 to 3 days, until the bean's sprouts are about 1/2 inch long. Rinse the beans once or twice a day.

Bring a large pot of water to a boil. Remove from heat, and let stand for 1 minute. Place the sprouted beans in the hot water, and let sit for 1 minute. Drain. Place the sprouted beans into the container of a large food processor. Add the tahini, sea salt, lemon juice, and garlic. Process until smooth add water if necessary. It will take 3 to 5 minutes to blend. Let it sit in the food processor for 5 minutes to allow the beans to absorb as much of the water as possible. If too thick, add more water, and blend again. Taste and adjust seasonings if needed. Spoon into a serving dish, garnish with paprika.



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## DAY 5

### Breakfast

Enjoy a green smoothie of your choice, or a mono-fruit meal. Choose your own Smoothie concoction, or try one of the following suggestions:

### Green Milkshake

Ingredients:

- 3 fresh bananas
- 2 frozen bananas
- 1 big handful of greens (spinach or romaine lettuce)
- 1½ cups water.

Directions:

Blend at high speed until frothy. It's amazing... And green!



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## Mango Raspberry Shake

### Ingredients:

2 mangos  
1 cup strawberries  
1 cup raspberries  
1 bunch butter lettuce  
Water

### Directions:

Blend mangos, strawberries, lettuce, and raspberries together, using as much water as necessary to achieve desired consistency. When using perfectly ripe ingredients, this might be the best smoothie ever.



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# LUNCH

## Macadamia Alfredo

*FIRST:* Soak 3 cups cashews and 1 cup macadamia nuts (combine).

### Ingredient List 1:

¼ cup shallot

¼ cup minced garlic

½ cup fresh oregano, rosemary, & sage mixture, de-stemmed

1 cup olive oil

½ cup lemon juice

1 tablespoon Inland sea water

### Ingredient List 2:

3 cups cashews, soaked

1 cup macadamia nuts, soaked

3 cups water



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### Ingredient List 3:

1 cup basil, finely chopped

### Directions:

Blend List 1 ingredients in a blender. Add List 2 ingredients and continue to blend until creamy. Transfer to large bowl and stir in finely chopped basil.

## Pasta Noodles

### Ingredients:

8 zucchini squash

### Directions:

Using vegetable peeler, create a big pile of “noodles” with the zucchini. Toss with Alfredo sauce, and enjoy.



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## DINNER

### Stuffed Tomatoes with Spinach Walnut Pate

*FIRST:* Soak 1 cup walnuts.

#### Ingredient List 1:

- 1 cup cauliflower, chopped
- 2 ½ tablespoons olive oil
  
- 2 ½ tablespoons nutritional yeast
- 2 teaspoons garlic, minced
- 1½ teaspoon fresh lemon juice
- 1 teaspoon ground paprika
  
- 1 teaspoon inland sea water
- ½ teaspoons cracked black pepper
- ¼ teaspoons cayenne pepper



#### Ingredient List 2:

- 1 cup soaked walnuts
- 1 cup spinach, chopped
- ½ cup red bell pepper, chopped
- ½ cup fresh green beans
- 1 stalk celery, chopped

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### Ingredient List 3:

- 2/3 cup scallions, chopped
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped

### Ingredient List 4:

- 20 medium Roma tomatoes

### Directions:



Pulse List 1 ingredients in a food processor until mixture is blended, but it should have a grainy, pasty consistency. Transfer to a mixing bowl and set aside.

Process List 2 ingredients in a food processor for approximately 45 seconds to one minute, any additional blending of this mixture should be pulsed. Do not over process. Combine the mixtures

and fold in List 3 ingredients.

To stuff tomatoes, cut off stem end and remove pulp. Stuff tomato with approximately 2 ½ T of pate. Cut length-wise (deviled egg style), top with extra paprika, black pepper and alfalfa sprouts.

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## DAY 6

### BREAKFAST

#### **Banana Milkshake**

##### Ingredients:

- 3 fresh bananas
- 2 frozen bananas
- 1½ cups water

##### Directions:

Blend at high speed until frothy. It's amazing!



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## LUNCH

### **Arugula Salad with Blueberry Dressing**

#### Ingredients:

2 cups lettuce, shredded  
1 cup arugula (roquette)  
1 cup mung bean sprouts  
1 cup cherry tomatoes  
Blueberry dressing (see below)

#### Directions:

Mix lettuce and arugula together. Add mung sprouts on top and decorate with cherry tomatoes. Serve with Blueberry Dressing to taste.

### **Blueberry Dressing**

#### Ingredients:

1½ cups blueberries (you can use frozen)  
2 dates, pitted  
2 Tablespoons fresh lemon juice

#### Directions:

Blend all ingredients and enjoy over your salad!



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## DINNER

### South of the Border Lentil Burger

#### Ingredients:

2 cups sprouted red lentils

2 cups carrot, shredded

2 tablespoons olive oil

1/2 cup sage, oregano, thyme, any combination of the three, totaling 1/2 cup

1/3 cup fresh ground flax seeds

2-3 cloves of garlic

1 teaspoon cumin

1/2 - 1 teaspoon cayenne

1/2 - 1 teaspoon pepper

1/2 teaspoon Mexican Seasoning

Salt, to taste



#### Directions:

Sprout the lentils by soaking them in water for 24 hours, strain and rinse the lentils and let sit in a colander until you see sprouts. Let the sprouts grow to 1/3 of an inch. Grind the flax seeds in a coffee grinder. Add all ingredients to a food processor and blend. Place in the dehydrator for 6 hours on one side, then flip and dehydrate for another 6 hours.

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## DAY 7: BREAKFAST

### Red-White-and-Blue Fruit Salad

#### Ingredients:

- ½ pint blueberries
- 2½ pints strawberries
- 2 bananas (not too ripe)
- 1 very ripe red banana, or ½ small plantains, very ripe

#### Directions:

Cut strawberries in halves or thirds; cut yellow bananas in ½" pieces, toss together. Blend red bananas or plantain in blender adding a shot of water if necessary to make a cream. Blend into the fruit pieces.

### The Savory One

#### Ingredients:

- 3-4 carrots
- 1 stalk celery
- 1/2 cup chopped parsley
- 1/2 cup chopped spinach, packed



#### Directions:

Wash everything, peel the carrots and dry the leafy greens. Run through juicer in the order given.

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## LUNCH

### Spicy Thai Green Curry

#### Ingredient List 1 (Curry Sauce):

- Water and flesh of 2 Thai young coconuts
- 2 small jalapenos
- 2 tablespoons garlic, minced
- 2 shallots or ½ medium Onion
- 2 tablespoon fresh lemongrass
- 2 tablespoon fresh ginger
- 1 tablespoon coconut oil
- 1/2 lime, juiced and its rind minced
- 1/4 cup fresh basil, packed
- 1/2 cup cilantro, packed
- 1/4 teaspoon inland sea water
- 1/8 teaspoon ground black pepper



#### Ingredient List 2 (Vegetables):

Mixed chopped vegetables (snow/snap peas, cabbage, carrot, green beans, cauliflower, etc) Spinach and chopped cilantro for serving

#### Directions:

Blend List 1 ingredients. Pour sauce over mixed vegetables and serve on a bed of spinach garnished with chopped cilantro. For a true Thai custom, offer side condiments of dried red pepper flakes and chopped jalapenos in lemon juice.

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# DINNER

## Delightful Rainbow Salad

### Ingredients (Salad):

- 1 cup red cabbage
- 1 cup green cabbage
- 1 cup baby greens
- ½ cup jicama
- ½ cup sprouts
- ¼ cup snap peas
- ¼ cup green beans
- 1 cup kale
- 1 cup red pepper
- 1/2 cup carrots
- 10 cherry tomatoes
- 1 avocado
- 1/2 teaspoon Himalayan salt



### Ingredients (Dressing):

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Ground black pepper to taste

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## Directions:

Shred the greens into a fine ribbons and toss together with salt, and massage. This makes these cruciferous veggies easier to digest. Thinly slice the red pepper and carrot and add to the cabbages. Add olive oil, lemon juice, and black pepper and toss. Place on a plate. Cut the tomatoes into quarters and arrange on top. Peel and thin slice the avocado and arrange on top of the salad

## Ooh La La Green

### Ingredients:

- 2 green apples
- 4 stalks celery
- 8 stalks bok choy
- ¼ pound spinach
- 1 bunch parsley



### Directions:

Wash everything and cut into sections where needed. Juice the apples and set aside. Juice everything else together and combine with the apple juice when done. Stir and enjoy.

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# AND IN THE NAME OF HAPPY ENDINGS... ...A DESSERT!

## **Carob Mousse with Coconut Creme**

### Ingredients:

- 1 ripe avocado
- 8 dates, soaked
- 1/4 cup raw carob powder

### Directions:

Process avocado dates and carob in a food processor or blender until smooth and creamy.

## **Coconut Creme**

### Ingredients:

- 1 Thai young coconut water and meat
- 1 teaspoon vanilla
- 1 teaspoon coconut butter
- 5 dates, soaked



### Directions:

Process Thai young coconut water and meat, vanilla, coconut butter, and dates in a food processor or blender until smooth and creamy. Chill the Mousse and Coconut Creme until ready to serve, Place mousse in cute glass dessert bowls (if you have them) and top with coconut creme.

## RESOURCES AND SUPPORT

Dr. Adiel Tel-Oren ("Dr.T"), Ecopolitan founder, has created an ongoing home study program available through the main website, [www.ecopolitan.com](http://www.ecopolitan.com), as well as countless articles about health, nutrition, and Eco-Raw Living and a FREE online newsletter sent out regularly.

You are invited to attend (in person) our FREE lectures every Tuesday night from 6:30pm-8:30pm at the Ecopolitan headquarters in Minneapolis. There you'll learn about our monthly "Uncooking" classes and volunteer/work exchange opportunities within the community.

Check out our Eco-shop where we carry nutritional supplements, kitchen appliances, non-toxic body care products, books, safe paints & cleaners, health-related equipment, and organic cotton and hemp clothing, bedding, accessories and more!

The following services and support are also available to members of the Ecopolitan and Eco-Health Network communities, and we invite you to investigate these free resources as well:

[6 Free Teleseminar Series called Truth About Your Food](#)

[Ecopolitan's Original 90 Day Raw Food Detox](#)

For more information, please contact [info@ecopolitan.com](mailto:info@ecopolitan.com).

We hope to hear from you soon and wish you abundant energy, good health, great friends and a few exciting adventures along the way!

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