

The background of the cover is a white surface decorated with artistic drizzles of two different sauces. One sauce is a light beige or cream color, while the other is a vibrant orange-red. These sauces are drizzled in various shapes, including large abstract blobs, thin lines, and small dots. Interspersed among the sauce drizzles are several small, dark blue or black berries, likely blueberries, adding a pop of color and texture to the design.

# It's All About the Sauce

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Awesome Sauces Inspired by  
Adventures Around the World

Recipes by Raw Food Chef and Plant-Based Nutrition Educator  
**Danielle Arsenault**



## THE POWER OF THE SAUCE

We all know, every great dish is all about the sauce. You could literally have a plate of torn up kale and some brown rice, but then pour an amazing sauce over top and watch it transform into something amazing! Mega enhancement! And you'll probably devour it with a smile! This is my secret, shared with you. – make healthy food taste great and learn quick and easy tricks to upgrade your nutrition on so many levels – all with a bad ass sauce. When you see \*optional\* ingredients, this is your chance to learn about how these particular superfoods can enhance your health and wellbeing. You no longer need to purchase store-bought, gmo canola-oil laden dressings that are more harmful than healthful. This is a collection of incredible sauces that will become a staple in your home. Take care of the sauces you create and they will take care of you!

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## ADVENTURES AROUND THE WORLD

With more than 35 countries travelled, I have seen many things, been many places and met many people from all walks of life. What unites us more than the food we eat is our desire to love and be loved. Sharing food, the most common thing in the world, is the way in which I show love to others and its how I connect to diverse cultures all over the globe. I have picked fresh lemongrass on a volcanic island in Nicaragua, found camu camu berries on the banks of the Peruvian Amazon, made kimchi on a mountain top in South Korea and wandered the meandering corridors of Turkey's vast spice markets. Using whole, plant-based foods to guide me, I have discovered endless combinations and hidden secrets in nutrition, especially in raw, living foods. All these experiences have made me the chef I am today. One that defines traditions and thoughtfully fuses world cuisine in a unique way. Through experimentation in the kitchen, I have found my passion, educating the world on the power of plants.

Get excited to experiment in your own kitchen. Try new combinations and taste as you go. Let your heart be open to the magic these new foods will bring to your life and to those you love..



Enjoy these recipes wholeheartedly and  
don't be afraid to tweak and experiment!  
This food is my creative expression,  
a gift of love from me to you.

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## EQUIPMENT LIST

Vitamix or any high-speed blender, food processor, vegetable peeler, a good sharp knife, a cutting board, a dehydrator and spiralizer or box shredder





## WHY LIVING FOODS?

The idea behind the power of raw and living foods is that heating food over 118 degrees Fahrenheit destroys much of the food's nutrients, especially its vitamins and life force.

Raw food contains the natural enzymes to completely consume its food self. We need these natural enzymes present in raw foods to help catalyze many bodily functions that help boost digestion and fight chronic disease. Enzymes are composed of amino acids and are secreted by your body. As we age, we begin to lose our ability to create enzymes in order for us to properly digest food. Along with the accumulation of toxins and our body's inability to create more enzymes as we age, we begin to see why chronic disease sets in.

Some say raw foods are harder to digest but we should ask ourselves if we chew well enough. Incomplete chewing allows for indigestion because the body treats these undigested pieces of food as foreign. In response the body may send an auto-immune reaction in order to deal with the "foreign" object. When a food is chewed well enough, the body can break it down into its most usable components, not to mention that chewing allows food to mix with saliva which contains amylase, an enzyme that begins to break down carbohydrates in the mouth. So, chew liquids (swish them around) and liquefy solids (chew, chew, chew) for better and more complete digestion.

Another benefit is that the massive amount of energy that is taken to digest cooked food is freed up when you consume a raw foods diet. Because cooked food requires our body to contribute enzymes to digest fully, digesting cooked food takes a ton of energy which could be better spent healing the body where it needs to be healed.

Some people have the preconceived notion that raw food prep takes much more time than conventional cooking, but the opposite is true. Think of it as a reallocation of time. You might spend more time on a given day prepping food, but for the rest of the week, you'll have freshness ready to grab and assemble in minutes. All you need is a little foresight and you can prepare several recipes one day a week. The sauces in this book keep fresh for up to 2 weeks in the fridge so shred some carrots and beets, rinse some sprouts and soak some nuts and seeds. You'll be ready with these 5 amazing sauces in your fridge anytime your tummy says, "Feed me".

Despite all of this, whole, plant-based cooked foods are also very healthy and exist in our diets to ground us, warm us and provide many essential nutrients that we need such as protein, healthy fat, carbohydrates and minerals. If you can aim to eat 50% of your whole plant-based foods raw, you will notice tremendous health benefits. Eating a whole, plant-based diet doesn't have to be all or nothing. When all is said and done, let's focus on eating more fresh foods, limiting processed foods by default and being educated about where our food comes from. Whole, plant-based foods that are grown organically and as close to home as possible with the least of chemicals, pesticides and herbicides possible is the foundation of a healthy diet. Remember that it's not about what you do occasionally, it's about what you do consistently. And truly, it's all about the sauce!





# FULLY LOADED GARLIC GLORY BOWL with KIMCHI DE GALLO

## The Sauce: *Kimchi de Gallo*

2 ripe Roma tomatoes  
½ cup kimchi  
1 jalapeno pepper  
¼ white onion  
½ cup cilantro  
1 tbsp lime juice  
pink salt to taste

## The Sauce: *Garlic Glory Sauce*

1 cup olive oil  
½ cup nutritional yeast flakes  
½ cup water  
1/3 cup coconut aminos  
1/3 cup apple cider vinegar  
2 cloves garlic, crushed  
2 tbsp tahini paste  
½ tsp pink salt  
**Optional:**  
½ tbsp moringa powder

## The Salad

Sweet potato  
Avocado  
Spinach  
Black Beans  
Quinoa  
Tomato

## Procedure

Blend the sauce ingredients in a high speed blender until creamy, aerate if necessary. Finely chop the Kimchi de Gallo ingredients in uniformity and toss together in a bowl. Let sit for 30 mins for flavours to develop. Arrange the salad ingredients in a bowl and serve with these two magical sauces.

**PRO Tip:** Make a bigger batch of beans, quinoa and cooked sweet potato a head of time and keep in separate containers to add to any and all of your favourite gourmet bowls (bigger = 3 meals worth)





# WASABI ORANGE GINGER SUSHI SALAD

## The Sauce: *Wasabi Orange Ginger*

1 cup fresh squeezed orange juice

½ cup gf coconut aminos

¼ cup toasted sesame oil

1 tbsp maple syrup

1 tbsp fresh ginger

1 tbsp olive oil

½ tbsp orange zest

**Optional:** ½ dropper full of  
marine phytoplankton

½ tbsp wasabi powder

2 tbsp warm water

## The Salad

1 avocado

½ cup sprouted wild rice

½ cup of shredded carrot

2 sheets of nori, torn up

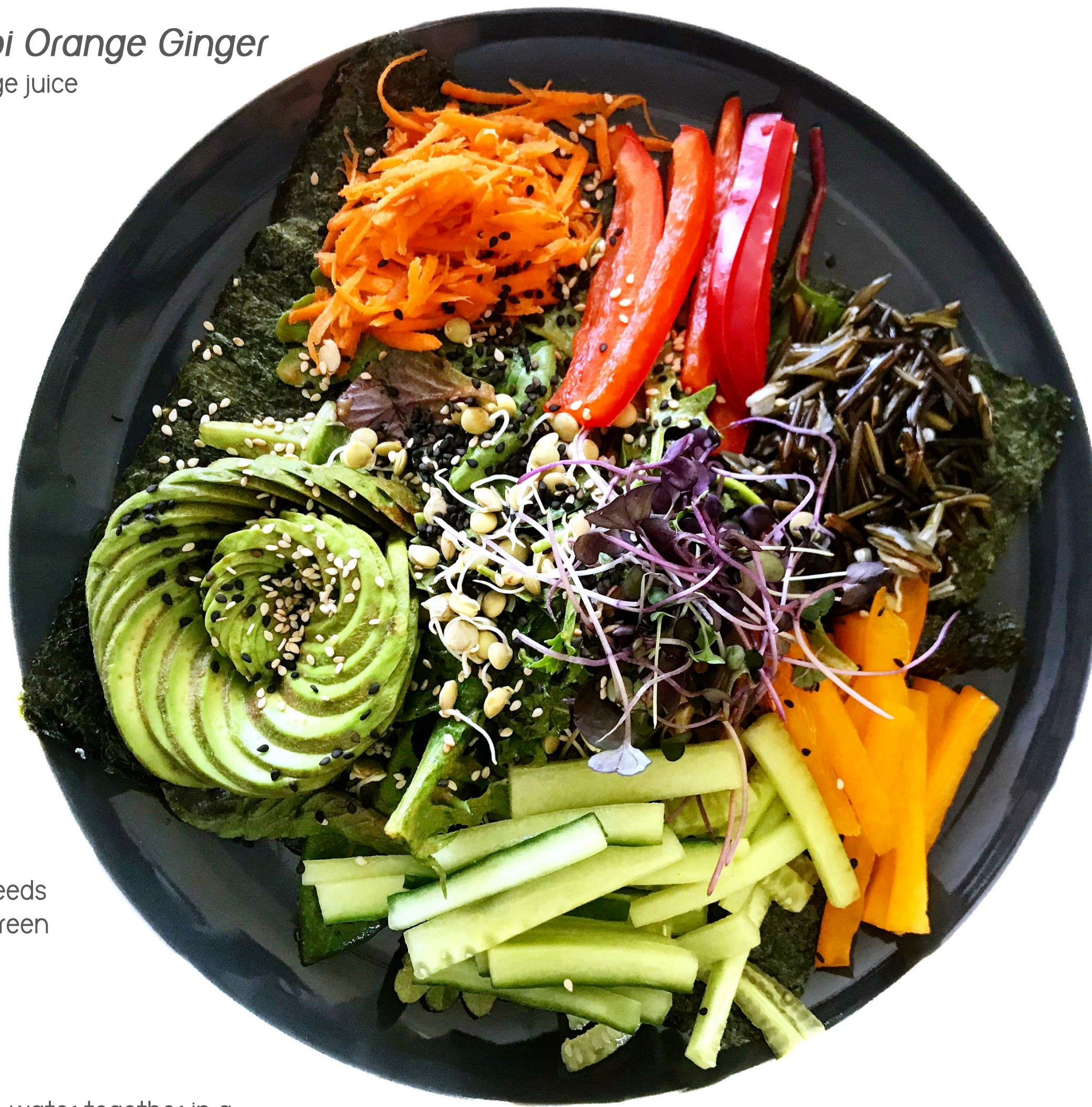
½ cucumber, julienne

½ red pepper, julienne

mixed baby greens

## Garnish

black and white sesame seeds  
and your favourite micro-green



## Procedure

First, mix wasabi and warm water together in a small bowl to form a paste and let sit for 5 minutes.

After gathering the other ingredients in the blender, add the wasabi paste and blend for 30 seconds. Alternatively, you can combine ingredients in a mason jar and shake vigorously. In a separate bowl, chop up the salad ingredients. Add sauce and mix with tongs. Sprinkle with sesame seeds and serve.

## PRO Tip:

### Sprouted Nuts, Legumes, Pseudograins and Seeds

Sprouts are an excellent source of nutrients. When sprouted, legumes and other seeds – such as wild rice – are crunchy and fresh, adding a wide array of vitamins and minerals to your diet. To sprout at home, you'll need viable seeds, a mason jar, mesh screen, a rubber band and some water. It's as simple as soaking overnight and rinsing each morning and evening, allowing the sprouts to drain. Try growing your own! It's super rewarding!





# KING KALE CAESAR SALAD

## The Sauce: *King Caesar Dressing*

½ cup raw sunflower seeds, soaked overnight and drained  
 ½ cup hemp hearts  
 ½ cup olive oil  
 ¾ cup water  
 ¼ cup apple cider vinegar  
 ½ cup fresh lemon juice  
 3 tablespoons tahini  
 2 tbsp dulse flakes (seaweed)  
 6 cloves garlic  
 2 tsp gluten-free tamari or coconut aminos  
 1 tsp sage  
 ½ tsp pink salt  
**Optional:** 1 tsp medicinal mushroom powder

## The Salad

kale, cut and massaged with a pinch of salt and drizzle of olive oil  
 Romaine lettuce, cut  
 Red or Orange Pepper, sliced  
 Red Cabbage, finely sliced  
 Cherry tomatoes  
 Capers

## Garnish

Raw crackers,  
 Coconut Chips  
 Fresh sprouts

## Procedure

Blend sauce ingredients in a high speed blender until creamy, use a tamper if necessary. Toss the sauce with the kale and romaine. Garnish with raw crackers, cherry tomatoes, shredded cabbage and fresh sprouts for a delicious king of all Kale Caesar Salads!



# MASALA MANGO COCONUT BUDDHA BOWL

## The Sauce: *Masala Mango Coconut*

1 cup fresh or frozen mango  
¼ cup coconut butter  
¼ cup warm water  
2 tsp curry powder  
¼ cup coconut aminos  
1 tbsp lemon juice  
2 cloves garlic  
½ tsp pink salt  
Optional: 1 dropper of fulvic acid

## The Bowl

Shredded carrots  
Shredded beets  
Steamed broccoli  
Fresh Peas  
Organic Brown Rice  
Mixed Baby Greens

## Garnish

Sauerkraut, Chili-Lime Pistachios  
and micro-greens

## Procedure

For the sauce, combine all of the ingredients in a blender and blend on high until smooth. For the salad, cook rice as directed and then chop the broccoli into florets, include the stalk and steam lightly, keeping most nutrients in tact. Arrange all ingredients on a pretty plate and devour!

## Chili Lime Pistachios

Ingredients:

1 cup pistachios, chopped coarsely  
1 tbsp lime juice  
½ tbsp maple syrup  
½ tsp chili powder  
A pinch of pink salt

Procedure:

Combine all ingredients in a bowl and mix until pistachios are well coated. Place on a dehydrator sheet and dehydrate at 115 degrees F for 12 hours or bake at 170 for 15 mins. Let cool before serving.





# CREAMY DILL TZATZIKI TABOULI SALAD WITH BEETROOT HUMMUS



## The Sauce: *Creamy Dill Tzatziki*

### *Cashew Cream*

- 1 cup raw cashews, soaked overnight and drained
- ½ cup water
- 2 tbsp. fresh lemon juice
- 1 tbsp. apple cider vinegar
- pinch of pink Himalayan salt, to taste

### *Mix by hand:*

- ¼ cup cucumber, finely chopped
- ¼ cup fresh dill
- 1-2 tsp. moringa powder
- 2-3 cloves fresh garlic, chopped
- Optional: ¼ tsp shilajit

## The Salad

- 1 cup cooked or sprouted quinoa
- 2 tomatoes, chopped
- 1 orange pepper, chopped
- ½ English cucumber, chopped
- a handful of parsley
- a handful of sprouted lentils (optional: for added protein)
- the juice of half a lemon
- a pinch of pink salt, black pepper and cumin powder

## Procedure

Make the cashew cream by blending the soaked cashews, water, lemon juice and apple cider vinegar in the blender on high until very creamy.

Finely dice cucumber, garlic and dill, mix into the cashew cream by hand.

Add a pinch more salt to taste.

## PRO Tip:

Cashew cream without the cucumber, garlic and dill makes a great cashew cream base for many creamy dressings and sauces. Here are a few more amazing combos – add these to your cashew cream and stir in by hand:

- 🕒 cilantro and chipotle chili powder
- 🕒 herbes de provence and truffle oil
- 🕒 coconut aminos, chopped sundried tomatoes and garlic



# DIJON and CUMIN APPLE and BROCCOLI SALAD

## The Sauce: *Dijon and Cumin Vinaigrette*

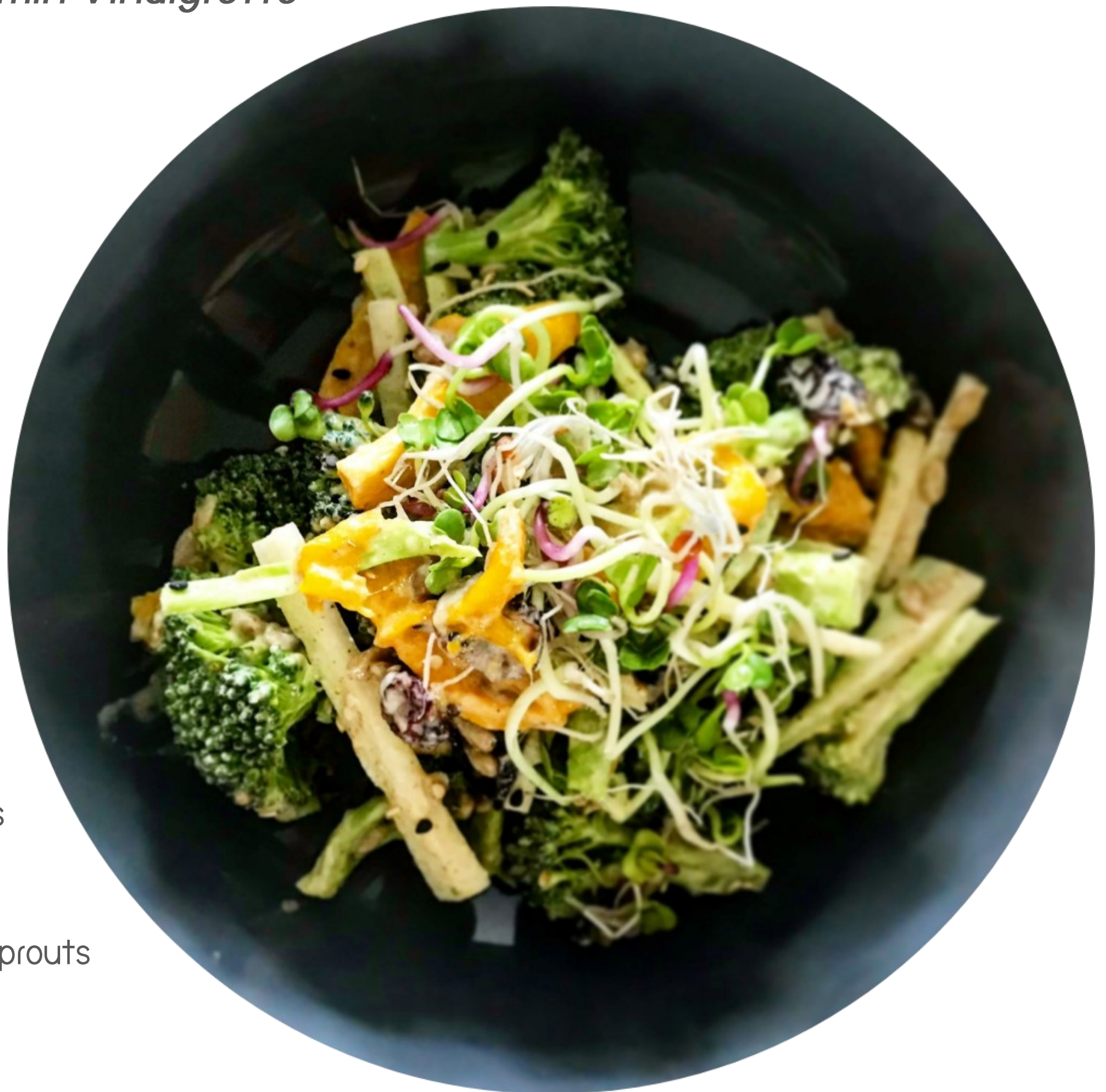
¾ cup olive oil  
½ cup water  
¼ cup fresh lemon juice  
¼ cup apple cider vinegar  
2 tbsp Dijon mustard  
2 tbsp nutritional yeast  
1 tbsp miso paste  
1 date, pitted  
2 cloves garlic  
½ tsp cumin powder  
Optional: 1 tsp maca powder

## The Salad

1 cup shredded carrots  
1 apple, sliced into matchsticks  
2 heads of broccoli, chopped into small florets (pan fried or raw)  
A handful of sliced kalamata olives

## Garnish

Black sesame seeds and radish sprouts  
or your favourite micro green



## Procedure

For the sauce, combine all of the ingredients in a blender and blend on high until smooth. For the salad, chop the broccoli into florets. You may quickly steam the broccoli or eat it raw. Add the broccoli to a large mixing bowl with the carrot and apple. Toss with a very generous amount of fermented Dijon and Cumin Vinaigrette. Garnish with black sesame seeds and radish sprouts. Serve to the masses.

## PRO Tip:

### Emulsification

To achieve a creamy texture, emulsifying agents are used in the in many sauces in the food industry. These often include: egg yolks, lecithin and other agents that are far from "whole" – in fact they are usually extracted and highly processed, even if "natural". The most prominent synthetic emulsifiers are derivatives of Polypropylene Glycol – something you just don't want to eat. The best sauces that stay creamy, add thickness and don't separate. Mustard, maca, ground flax seeds, chia seeds, tahini and even cashews are awesome whole food emulsifiers.



# CARROT ZOODLES with DREAMY TAHINI DRESSING and CILANTRO SALSA VERDE

## The Sauce: *Dreamy Tahini*

Ingredients:

1 cup tahini paste  
4 cloves garlic, minced  
½ cup lemon juice  
½ teaspoon pink salt  
Pinch of cumin powder  
½ cup water

## The Sauce:

### *Cilantro Salsa Verde*

1 cup tomatillos  
or green tomatoes  
¼ cup white onion, diced  
¼ cup green pepper, diced  
½ cup fresh cilantro  
1-2 leaves of kale  
2 tbsp lime juice  
2 cloves garlic  
½ tsp pink salt

## The Bowl

Carrots spirialized  
Green onion  
Purple Cabbage  
Dulse flakes (seaweed)  
Julienned red pepper  
Fresh basil



## PRO Tip:

Pre-marinate your carrot and butternut squash zoodles with a pinch of salt, a squeeze of lime juice and a little bit of minced garlic. Let them sit for an hour and then serve!

Procedure (same for both sauces):

Add all ingredients to a high-speed blender and blend on high until smooth. Add more water if needed, 1 tbsp at a time. Keep in the fridge for 1 week to 10 days. Arrange the bowl ingredients as you would a rainbow. Serve with sauces and fresh basil!



# SPICY THAI CURRY BOWL



## The Sauce: *Green Thai Curry Sauce*

- 1 medium red bell pepper
- 1 cup cilantro
- ¼ cup lemon juice
- ¼ cup cold pressed olive oil
- ¼ cup coconut butter
- 1 small serrano chilies
- 2 cloves garlic, chopped
- ¼ cup green onion
- 1 tbsp maple syrup
- 1 stalk lemongrass, chopped finely
- 1 tbsp kaffir lime leaf, chopped fresh
- ½ tbsp fresh sliced ginger
- ½ tbsp fresh turmeric
- 1 tsp cumin powder
- ½ tsp coriander powder
- 1 tsp pink salt

## The Salad

- ½ cup of Lentil Sprouts
- A handful of Romaine Lettice
- A handful of Baby Spinach
- ½ Red Pepper
- Baked Tempeh, cubed
- A handful of cilantro, chopped

## Garnish

Pumpkin Seeds, Seaweeds Flakes and Sauerkraut

## Procedure

For the sauce, combine all of the ingredients in a blender and blend on high until smooth. If too thick, add 2 tbsp water. Store fresh in the fridge for 10 days.

For the salad, chop all the ingredients into small pieces. In individual bowls, add the Romaine, baby spinach and lentil sprouts. Pour sauce over top then top with the rest of the salad ingredients.

## PRO Tip:

### Pachavega's Daily Top Three

I recommend eating a variety of seaweed, sauerkraut and sprouts every day. In this way, you are getting your "multi-vitamin" in the form of whole foods. Seaweeds have almost all mineral elements including being high in many Vitamins, including Vitamin C. Sauerkraut or other fermented foods are rich in probiotics and can immensely benefit your immune system and digestive processes. Sprouts are equally high in vitamins and minerals and can boost energy levels!





# TACO SALAD BOWL with SMOKY CHEDDAR Sauce and PASSIONFRUIT HOTSAUCE

## The Sauce: *Passionfruit Hot Sauce*

Ingredients:

4-6 red Thai chilis (seeds removed)  
½ cup apple cider vinegar  
½ cup of chopped carrots  
the pulp of 1 passionfruit  
2 tbsp maple syrup  
A pinch of fresh cilantro  
3 cloves garlic (or more)  
2 tsp pink salt

## The Sauce:

### *Smoky Cheddar*

1 cup soaked cashews  
½ cup warm water  
1 tbsp coconut butter  
1 tbsp lemon juice  
3 tsp paprika  
1 tsp cumin  
1 tsp liquid smoke  
½ tsp pink salt

### Optional:

1 pinch of medicinal  
mushroom powder

## The Bowl

Chopped tomato and onion  
Black beans or Lentils  
Organic Rice  
Mixed Baby Greens  
Avocado  
Mung Bean Sprouts  
Hemp Hearts  
Lime wedge

## Procedure

Peel your carrots lengthwise and marinate in a splash of tamari, a pinch of black pepper, a squeeze of lime juice and some freshly minced garlic. Set aside for 30 mins while preparing the sauces.

For the Salsa verde, add the diced onion and tomatillos or green tomatoes to a pan and add a very scant splash of extra virgin olive oil. Sauté on medium-high before the onions begin to brown. Combine the sautéed veg along with the remaining ingredients in a food processor and pulse until everything is well processed. For the smoky cheddar sauce combine all of the ingredients in a blender and blend on high until smooth.





# MUSHROOM RISOTTO with PUMPKIN SEED PESTO and ZESTY MARINARA

## The Sauce: *Pumpkin Seed Pesto*

Ingredients:

4 cups fresh basil (loosely packed)  
2 cups baby spinach (loosely packed)  
1 cup pumpkin seeds  
½ cup olive oil  
2 clove garlic  
4 tbsp lemon juice  
¼ tsp pink salt (more to taste)

## The Sauce: *Zesty Marinara*

Ingredients:

2 cups chopped tomatoes  
1 cup sundried tomatoes (without oil)  
(soaked 20 minutes in warm water, strain  
the water and pat dry before adding)  
¼ cup kalamata olives, pitted  
¼ cup green onion  
3 garlic cloves, minced  
1 sprig of fresh oregano  
1 tbsp lemon zest  
3 Medjool dates, pitted  
1 tsp black pepper

## The Bowl

Steamed butternut squash  
Red peppers  
Tomatoes  
Thinly sliced kale  
Mung bean sprouts  
Sauteed mushroom and onion

## The Risotto

2 cloves garlic  
Pinch of fresh thyme  
2 cups rice  
1 tbsp miso paste  
1 tbsp coconut butter  
A drizzle of olive oil  
32 oz water

## Procedure for both the Pesto and Marinara:

Combine all ingredients in a food processor and pulse until everything is well mixed, but still a little chunky.

## To make the Risotto:

Grab two pans and a pot, if you have them. Dice the onion, garlic and mushrooms and begin to sautee with a drizzle of olive oil until the mushrooms begin to dry, then add a few spoonfuls of broth and set aside. Bring water to a simmer in a saucepan over medium. Reduce heat and stir in coconut butter, thyme and miso paste to make a broth, stir until dissolved. Add a drizzle of oil and the rice to the other pan. Cook lightly for one minute and then add one ladle of broth. Stir until absorbed. Add another ladle of broth and stir to absorb. Finally add the remaining broth and simmer until absorbed.





# GLO-BOWLS

inspired veggie bowls from around the world

## BOWL BASE

- CHOOSE A SCOOP OF ONE EACH -

Quinoa | Brown rice | Wild rice |  
Buckwheat | Amaranth



Black beans | Lentils | Chick Peas |  
Red Lentils | Pinto Beans

GREEK  
Cucumber  
Roasted Red Pepper  
Shredded Beet  
Lemon Zest  
Arugula  
Apple  
Dill

*Pair with: Creamy Dill Tzatziki*

KOREAN  
Toasted Sesame  
Shredded Carrots  
Torn up Nori Sheets  
Mushrooms Cooked in Tamari  
Kimchi  
Kale

*Pair with: Kimchi de Gallo*

JAPANESE  
Avocado  
Cucumber  
Red Pepper  
Dulse Flakes  
Carrots  
Ginger

*Pair with: Wasabi Orange Ginger*

PRO TIP: Experiment with all kinds of beans – garbanzo navy, butter beans, pinto beans, and even lentils. Mash one can of beans in a food processor with a pinch of salt and cumin powder, a drizzle of olive oil, and a pinch of cinnamon for that real authentic mexi flavor. If you're cooking your own, add Kombu seaweed for improved digestion

MEXICAN  
Tomato  
Avocado  
Cilantro  
Lime juice  
Steamed Yam or  
Sweet Potato  
Refried Black Beans  
Baby Greens

*(spinach, romaine, kale)  
Pair with: Garlic Glory Sauce,  
Cilantro Salsa Verde or Smoky  
Chedda'r Sauce*

ITALIAN  
Radicchio  
Roasted red peppers  
Cherry tomatoes  
Steamed pumpkin  
Thinly sliced kale  
*Pair with: Pumpkin Seed Pesto and  
Zesty Marinara*

THAI  
Snow Peas  
Red Cabbage  
Mung Bean Sprouts  
Lemongrass  
Lime Zest  
Coconut Flakes  
*Pair with: Green Thai Curry Sauce*

PRO TIP: When it comes to potatoes, (or red cabbage for that matter), the deeper colour, the more nutrition

MOROCCAN  
Shredded Carrots  
Cinnamon and Cumin Chick Peas  
Chopped Dried Apricots  
Tomatoes  
Spinach  
*Pair with: Dijon and Cumin Vinaigrette*



INDIAN  
Cooked and Cubed  
Purple Potatoes  
Steamed Cauliflower  
Shredded Carrots  
Fresh Peas  
Wilted Spinach  
*Pair with: Masala Mango Coconut Sauce*





# IT'S ALL ABOUT OPTIONS

The best thing about the plant-based, whole foods lifestyle is how it allows us to integrate flavors and nutrition as our body needs it. On the recipes presented on this e-book are optional superfood ingredients that you can add to give your meal an extra kick. Power up with immunity boosting and nutrient-dense ingredients for the much needed jolt to keep up with your healthy, happy, and vibrant life.

## Moringa

Traditionally used in Ayurvedic Medicine, Moringa has been used to treat, care for and prevent over 300 ailments. With new research magnifying the relationship between inflammation, diet and disease, imagine how Moringa could help with longevity, increased energy levels, libido, and enhanced athletic performance, enhanced mental focus and clarity and a heightened sense of spiritual connection.

The Nutrients are Impressive:

90+ vitamins & minerals | 46 active antioxidants | 36 anti-inflammatory compounds

Essential Fatty Acids, including Omega 3, 6 & 9 | All 9 essential amino acids and 9 non essential amino acids



## Shilajit

Shilajit means rock warrior in Sanskrit, the Indian equivalent of Latin. This Ayurvedic superfood is a smoky-flavoured mineral pitch that oozes of ancient rock formations particularly in the Himalayas and Hindu Kush regions of India. As an adaptogen, shilajit helps bring our bodies toward homeostasis and allows us to resist extreme environments where cold and higher altitudes are of concern. Loaded with medicinal humic and fulvic acids, it supports deep rejuvenation and enhances our energy production on a cellular level. Add it to anything chocolate and feel the buzz of peak performance and enhanced stamina.

## Medicinal Mushrooms

From the ancient Chinese to the Pharaohs in Egypt, medicinal mushrooms have been long used and revered for their health benefits. Maitake, reishi, chaga, cordyceps, coriolus and shiitake are all considered medicinal mushrooms. Touted as super immune boosting fungi, having both polyphenols and long-chain polysaccharides - these mushrooms have been proven to enhance immune response. Due to their high antioxidant activity, by consuming a wide variety of these different mushroom species, you can protect your DNA from oxidative stress. If you're feeling under the weather, reach for a blend of medicinal mushrooms in powder form and add them to everything: smoothies, lattes and especially sauces.



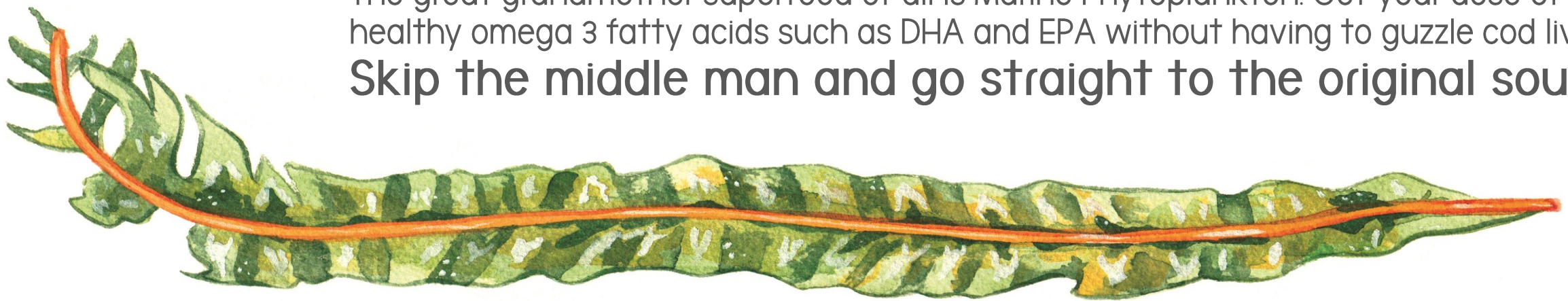


# AND MORE OPTIONS...

## Marine Phytoplankton

Seaweed is nature's ancient superfood and the secret to our ancestors' health and longevity for over 2000 years. Because of its high content of naturally occurring iodine, it balances and strengthens our thyroid function. Seaweed is also high in trace minerals necessary for our bodies to maintain healthy functions. It contains minerals such as chromium, zinc, calcium, magnesium, manganese, potassium and iron. It is also rich in essential fatty acids (EFA's) and antioxidants and is an excellent source of chlorophyll, the life blood of the plant and interestingly, only one molecule different from human blood. Studies indicated spirulina and chlorella can help clear the body from radiation which negatively affects the brain, heart, GI tract, the reproductive and circulatory systems. Another perk is that the harvesting of seaweed and algae is sustainable without destroying its ecosystem.

The great grandmother superfood of all is Marine Phytoplankton. Get your dose of healthy omega 3 fatty acids such as DHA and EPA without having to guzzle cod liver oil.  
**Skip the middle man and go straight to the original source!**



## Garnish with Probiotics

Eating pro-biotic rich food everyday will benefit the body in so many ways. Having a sauerkraut, kimchi or miso paste on hand not only adds nutrients, it gives it that deep umami kick to enhance your bowl just right!

1. Improves digestion and gut health
2. Boosts the immune system
3. Regulates cognitive function and moods
4. Inhibits allergies and fungal infections
5. Assists in weight management



## Maca; the Andean Superfood

Hailing from the Peruvian Andes of South America, maca is one of the highest altitude crops in the world, growing around 4300m. Maca is an adaptogen, which allows our bodies to adapt to stress by increasing blood-oxygen content, thus producing a normalizing effect called homeostasis: our bodies in perfect balance. It also supports the endocrine system, having positive effects on your adrenal hormones and can repair exhausted adrenal glands. Maca also has aphrodisiac qualities and has been touted to increase libido for many centuries.

## Fulvic Acid

Fulvic acid is now considered to be one of the most important nutrition discoveries of the past 100 years.. Because of its anti-oxidant and electrolytic power, ounce for ounce fulvic/humic minerals have more instant cellular healing, revitalizing and nourishing characteristics than other nutrients. Their electrolytic value also has been shown to dramatically increase permeability of bio-membranes, cells are able to absorb and assimilate optimally.





## PLANT-BASED HEALTH COACHING

Pachavega's one-on-one personalized nutrition coaching services help individuals from all walks of life discover simple, effective, and inspiring ways to eat healthily. Improve your digestion while feeling mentally and physically strong. By assessing your health concerns and habits, a customized lifestyle, diet and menu plan will be designed based on your needs. Support and guidance will be provided as you transition towards your happier and healthier life. Interested? Send me an email: [danielle@pachavega.com](mailto:danielle@pachavega.com)

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## ONLINE CERTIFICATION COURSES

Our comprehensive online plant-based nutrition certificate courses will guide you through everyday food preparation skills, how to prepare nutritious meals and shift your lifestyle towards abundant health. We've helped hundreds around the world discover how food affects their health, how to make delicious, gourmet meals that wow and how to revitalize energy on a cellular level all from the comfort of their own kitchens.

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## 25 DAY RAW FOOD CHEF RESIDENCY PROGRAM

Our Master Chef Immersion Course is held each year on Ometepe Island, Nicaragua. With hands-on learning and taste testing, our intimate and interactive courses are designed to ignite your inner chef. Learn to heal the body and optimize your nutrition intake in a sustainable, long-term way with delicious organic whole foods! This course will take you from the beginning - taste balancing and plant-based nutrition education to the advanced - learning how to create and refine your own signature recipes. We will guide you through everyday food prep skills, how to prepare nutritious meals and shift your lifestyle towards abundant health.

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## YOUTUBE CHANNEL and SOCIAL MEDIA

Pachavega Living Foods Education's Youtube Channel is your one-stop all things raw food, plant based nutrition inspiration! From our Nicaraguan kitchen, we are focused on travel, adventure, family and plant-based food. Join us on a remote island in the tropics for all kinds of kitchen fun including how to make delicious and nutrition recipes and all our best tips and tricks on how to live a sustainable plant based life! Subscribe today!





## ABOUT DANIELLE



Danielle Arsenault, founder of Pachavega Living Foods Education, is a lover of many things. She is a passionate Raw Food Chef, fluent Spanish speaker, cave explorer, rock climber, mountain lover, cookbook author, humanitarian, environmentalist, vegan and plant-based nutrition expert and educator. It is her dream to educate the world about the healing power of plant-based whole foods and a healthy lifestyle rooted in compassion for the planet. Pacha came from Pachamama, which is a native word from the indigenous Quechua people of South America meaning Mother Earth, and Vega is to honour the humble vegetable.

She can become lost in the folds of nomadic travels now and then but still finds time to pursue her passions. For almost 10 years, she travelled the world and discovered isolated corners of over 25 countries (and counting). In 2011 a near-death rock climbing accident changed her relationship with the world and life as she knew it. It gave her the realization that we are truly blessed to be alive. We can achieve anything we put our minds to and we have the ability to make our dreams come true. Always with an eye for fresh foods, Danielle has discovered endless combinations and hidden secrets in nutrition – especially in raw, living foods. After the accident, she found herself rapidly healing with no lingering pains whatsoever. She attributed this vitality to the food that she was eating and this sparked her passion for whole foods. She knew it was her calling to strive to educate herself in depth about the healing power of whole foods and a healthy lifestyle. While living in South Korea for years, she collaborated with the lovely Jessica Perlaza by co-creating a vegan, gluten-free cookbook series inspired by seasonal, whole foods. They call themselves the kitchens of pinch and dash and wrote four books together. You can find these cookbooks online. Danielle has also recently published her own recipe book, *Heal and Ignite: 55 Whole Food, Plant-Based Recipes to Heal your Body and Ignite your Spirit!*

Danielle has a diverse professional background. She has been a professor at Pacific Rim College in Victoria BC, Canada, and created, developed and taught several plant-based nutrition courses there. She has given a TEDx Talk, "The Power of Plants" which has over 25,000 views on YouTube. In 2016 she travelled to Nicaragua to consult with Aqua Wellness Resort and became their Raw Food Chef and Nutrition Consultant.

Looking for some grounding roots, she founded Pachavega Living Foods Education in 2013 to inspire people to take charge of their happiness and health by eating mindfully. They offer whole food, plant-based Nutrition Education Courses both live, in-person and online. Pachavega Living Foods Education is an Internationally Certified Raw Food Chef School, certified by the Raw Food Chef Alliance.

In 2012, she also completed a ukulele-infused, singer-songwriter album under her musical pseudonym, Mustache Fable and in 2016 she became an Ambassador for Salome Naturals, a company based out of Canada that sources pure single origin, fairly traded and equitably sourced moringa. In 2017, she was named one of Canada's Top Vegan Influencers by Impact Magazine, honored among renowned plant-based nutrition experts in Canada who are driving change toward a healthier way to eat. She was also an onboard chef with Sea Shepherd and in the summer of 2018, she joined their vessel, the M/V John Paul DeJoria, whose main mission is to end the destruction of habitat and slaughter of wildlife in the world's oceans in order to conserve and protect ecosystems and species. Danielle is currently working on a new television series, *Heal and Ignite Across Canada*. The first episode was filmed in May 2018 and is now in the editing process.

She is also the co-founder of Wanderlust Utopia, an eco-modern health and wellness retreat on the island of Ometepe, Nicaragua. She resides there half the year her little girl Indira.

*in love & light,  
Danielle*

