GO NATURAL

Food & Cook Book

Eat to Live
Vegan & Vegetarian
Healthy & Yummy
Easy & Simple
Understand food
Food Combinations
Complete 1 week menu

Jamaican & international Cuisine with a healthy twist
Recipes & Tips from Jamaicas #1 Yoga & Meditation retreat Center
Go Natural Jamaica

EAT TO LIVE
NOURISH YOUR BODY & MIND & SPIRIT

Go Natural Jamaica
www.GoNaturalJamaica.com

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INTRODUCTION

Experience Gourmet Jamaican cuisine with a twist!
Go Natural is home to professional nutritionists and chefs bringing you creative and nourishing recipes. Simple yet satisfying, with simple and budget friendly ingredients.

All foods are vegan, vegetarian, raw and are **Gluten-Free, Sugar-Free, Dairy-Free & Soy-Free**!

Food is EVERYTHING - You ARE What You Eat!

Your body takes the food you eat and breaks them down to rebuild your body, so it only makes sense that how you feel is impacted by what you eat.
Your frequency, vibration, moods, emotions, reactions, are all affected by the food you eat!

Go Natural is committed to bringing only the best, tastiest, and most nutritious foods to the table to help you rejuvenate your body and mind, cleanse & heal all your cells & satisfy all your taste buds!
Our gourmet menu was designed by the Best Jamaican Vegan and Raw Chefs with nutritional supervision of Ramjas, to bring you the finest flavors of Jamaica while maximizing nutrition.

The cookbook is based on Jamaican and Caribbean cuisines with a healthy twist that helps cleanse and re-balance the body. We follow correct food combinations for optimal digestion. As it is not only what we eat, but what we digest and assimilate that adds to our health.

BREAKFAST

Breakfast literary mean to break - fast ,
after all night of not eating (fasting)
So the ideal breakfast for your body & soul should be light

PANCAKES

15-18 pancakes* 60 minutes

INGREDIENTS:

- 8 large ripe plantains
- 2 whole eggs (optional)
- 4 cups oat flower
- 2 tsp salt
- 1 tbsp baking powder
- 1 tbsp cinnamon powder
- 2 tbsp vanilla

topping INGREDIENTS:

- 2 ripe bananas (cut in circles for garnishing)
- 1 cup raisins (optional)
- ½ cup slivered almonds

- 3 ripe bananas / 1 avocado
- 3 tbsp cocoa

DIRECTIONS:

1. Place all pancake ingredients in a food processor, process for 30 secs. Until batter is at desired consistency.
2. Heat cast iron or regular frying pan with 1tbsp coconut oil on medium/high heat.
3. Spoon batter with a rounded 2 tbsp measuring cup. Fry 1 minute per side, adding more oil if needed.
4. Put cut bananas on medium/ low heat and caramelize for topping.
5. Make chocolate cream: process bananas/avocado with cocoa powder until smooth.
6. Plate pancakes then top with raisins, shivered almonds and chocolate cream.

SALADS & SOUPS

Salads & Soups makes great lunch or dinner.
If you live in a hot climate, you might like them for lunch,
if you live in cool place, you might want to choose "heavier"
lunch and keep this light meals as a dinner, to keep
the dinner light, so you can rest well.

YUMMY COCONUT SOUP

SERVES 3 * PREPARATION 4 HOURS * COOK TIME 45 MINUTES

INGREDIENTS:

- 1/2 POUND YAMS
- 1/2 POUND SWEET POTATOES
- 1/2 POUND COCONUT
- 1 POUND PUMPKIN
- 1 MEDIUM COCONUT
- 1/2 POUND STRING BEANS
- 6 OKRA

SPICES:

- 1 MEDIUM ONION/SCALLION
- 1 SCOTCH BONNET CHILI PEPPER
- 1 SWEET PEPPER
- 2 TOMATOES
- 2 TBSP FRESHLY CHOPPED THYME
- 2 TBSP COCONUT OIL
- 1/2 TSP ROSEMARY
- 1/2 TSP CORIANDER
- 1/2 TSP PARSLEY
- 1/2 TSP PIMENTO
- 1/2 TSP SALT

DIRECTIONS:

1.CUT YOUR SPICES.
2. HEAT THE COCONUT OIL, ADD ALL SPICES, SEAR UNTIL GOLDEN.
3. CUT PUMPKIN, YAM, COCOA, SWEET POTATO INTO 1 INCH CUBES, CUT STRING BEAN, OKRA.
4. POUR COCONUT MILK INTO THE POT OVER THE SPICES. ADD PUMPKIN, COCONUT, SWEET POTATOES AND YAM, COVER THE POT. COOK FOR 10 MINUTES.
5. ADD STRING BEANS, COVER POT. COOK FOR 5 MINUTES.
6. ADD OKRA, COVER POT. COOK FOR 3 MINUTES.
7. SERVE WITH SIMPLE SPIRALIZED SALAD.

MAIN COURSES

If you live in a hot climate, you might like them for dinner,
if you live in cool place, you might have these for lunch,
when your digestive fire (agni) is the most powerful,
that mean, its easier for you to digest your food.

COCONUT RUNDOWN & BUCKWHEAT NOODLES

Serves 3 * Preparation 15 min * Cook Time * 45 minutes

INGREDIENTS:

- 1/3 pack buckwheat noodles
- 2 pounds pumpkin
- 1 medium coconut
- 1/2 pound string beans
- 6 okra

SPICES:

- 1 medium onion
- 1 Scotch Bonnet chili pepper
- 1 sweet pepper
- 2 tomatoes
- 2 tbsp freshly chopped thyme
- 2 stalks of scallion
- 1 tbsp coconut oil
- 1/2 tsp rosemary
- 1/2 tsp coriander
- 1/2 tsp parsley
- 1/2 tsp pimento
- 1/2 tsp anise
- 1/2 tsp salt

DIRECTIONS:

1. Put the coconut milk into a pot, cook for 20 minutes(until the structure became oily).
2. Cut your spices.
3. Heat the coconut oil & put all spices, sear until golden.
4. Cut the pumpkin in 1 inch cubes size, cut string bean, okra.
5. Pour coconut milk & pumpkin into the pot over the spices, cover the pot. cook for 15 minutes. (until the structure became oily).
6. Add string bean, cover pot. cook for 5 minutes.
8. Add okra & buckwheat noodles, cover pot. cook for 3 minutes.
9. Serve with Beetroot hummus, steamed callaloo & grilled zucchini.