

*the*  
**LIVING**  
**LIFESTYLE**

a plant-based cookbook

*Written by Erica Vital*



## *Introduction*

What is your lifestyle right now? Whether you find your way of eating and living similar to that of the Western culture, or whether you classify yourself along the lines of the more eccentric and plant-based, creating a more vibrant and fulfilling lifestyle should be a favorable idea to everyone.

*The Living Lifestyle* was written to promote, educate, and simplify the principles of a vibrant and balanced diet, which directly affect how vibrantly you live your life. There is generally a gaping hole in the vast amount of information relating to our health and well-being, and many areas are left complex and misconstrued regarding the proper fueling of the human organism. The purpose of this book is to set forth in simplicity and to teach with clarity a way of eating and living that all can benefit from.

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# WHY LIVING FOODS?

Because you are a living being! The Word of the Living God declares that after our Creator fashioned and made the first human being, He breathed into man the breath of life, “...and man became a living soul.” What did God provide as food for this new race of living souls?

“And God said, Behold, I have given you ***every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.*** And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. And God saw every thing that he had made, and, behold, it was very good... And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed. ***And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food.***”  
Genesis 1:29–31; 2:8–9

Before sin entered the world, God gave to man herbs—green leaves—and fruit for meat. The Bible goes on to reiterate that this was the food designed to fuel to every living creature on the

## SAMPLE PAGES: NOT ALL INCLUDED

with fresh, living, and whole plant foods. What's even more interesting is that, not only can we validate this diet or way of eating Scripturally, but Science also backs it up.



# NUTRIENTS— THE RIGHT WAY

## *Enzymes*

Living plant foods are undoubtedly most starkly contrasted from their cooked counterparts by their nutrient content. Plants are naturally loaded with nutrients because, according to their design, they are to fulfill all of our nutritional needs. Living plant foods contain one of the more unique nutrients: enzymes. The reason for calling them unique is because, in our modern-day culture, almost everything gets cooked, and as enzymes are very delicate and heat sensitive, they are usually the first nutrient to be lost in standard food preparation. However, enzymes might just be one of the most important nutrients out there.

Enzymes are different from other nutrients that compose our food (namely: fats, proteins, carbohydrates, vitamins, and minerals) in that they are the workers, not the materials. Nutrients can be likened to the construction of a new building. The property is cleared, the materials and tools are ready and on the site, and all is in order to break ground and begin constructing the facility. Cooking your food is like leaving the construction site just as we just described it—without sending any workers. Eventually, everything will become weathered and worn by time, requiring major work in order for the plot of land to even be useful again. So it is with the enzymes in our food.



# BREAKFAST

*The luscious Green Smoothie. Sticky, uber-sweet Banana Fingers. A giant bowl of Apple Jacks. Crunchy, enzyme-rich O. J. Granola. I like my breakfasts sweet and I like them bouncing with energy. I've compiled a few of my personal favorites in this section, and you'll find every recipe to be high in fruit. Fruits contain all the necessary carbs, sugars, calories, and water content for your first meal. Eat them in abundance.*

# FRUIT ROLL-UPS

## INGREDIENTS

6–7 spotty bananas  
3 cups strawberries  
5 nectarines, pitted

## DIRECTIONS

1. Place the spotty bananas, strawberries, and nectarines in a blender in separate batches per each fruit and blend until creamy. **Do not add water.**
2. Pour each fruit purée onto parchment-lined dehydrator trays and evenly spread about 1/8" thick.
3. Dehydrate the fruit purées at 105°F for 24–48 hours, or until fully dried and flexible. (The fruit roll-ups should peel easily from the sheet when done.) Cut into strips and roll. Store in an airtight container in the refrigerator.

YIELDS: APPROX. 18 ROLL-UPS



*Fruit Roll-Ups*



*O. J. Granola*



*Apple Date Cookies*

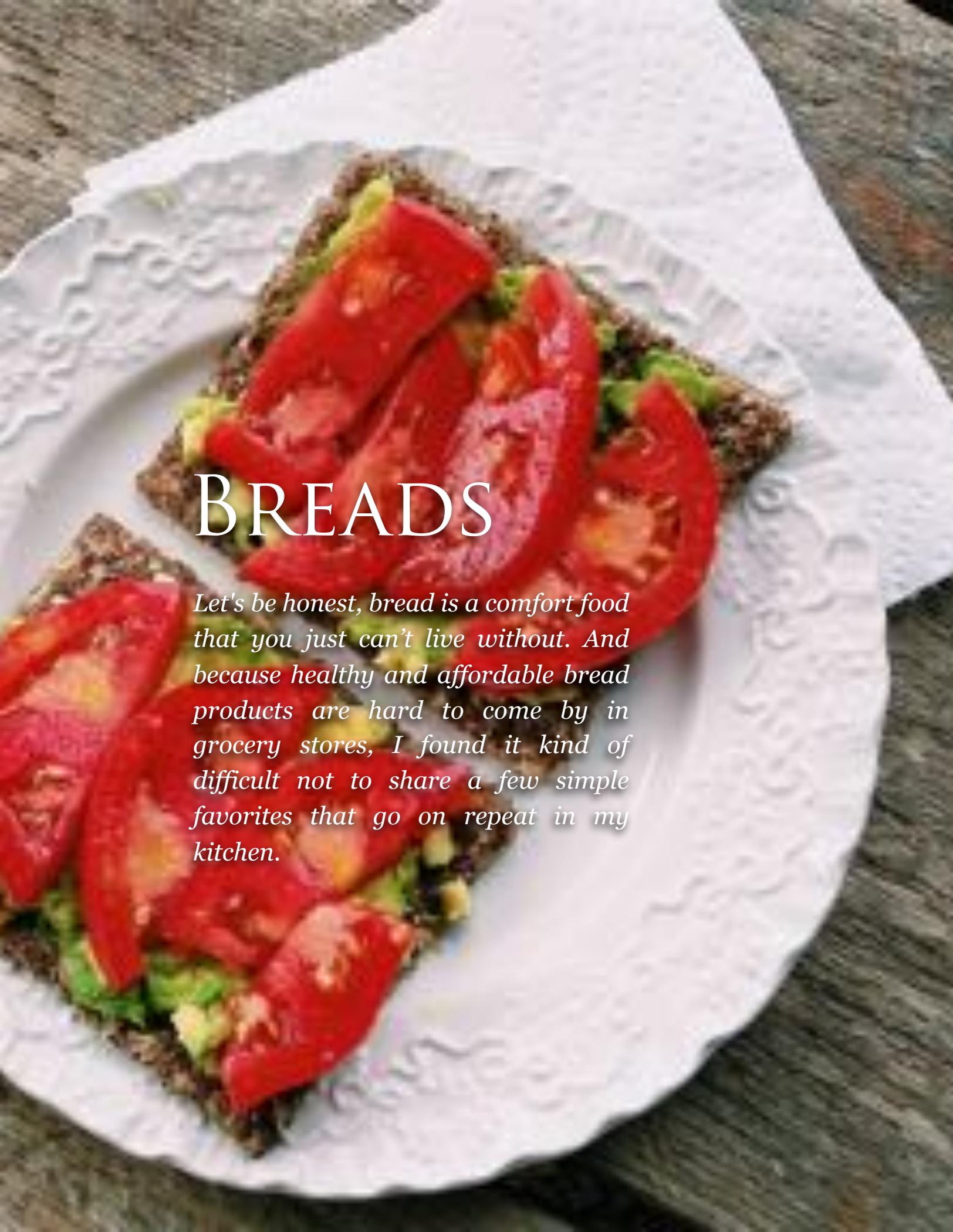


*Chocolatey Cake*



*Living Cinnamon Rolls*



A photograph of two slices of toast, likely made of whole grain or rye, served on a white lace doily. Each slice is topped with a layer of sliced avocado and several thick slices of fresh red tomato. The doily is placed on a dark, textured wooden surface. The word "BREADS" is overlaid in a large, white, serif font across the center of the image.

# BREADS

*Let's be honest, bread is a comfort food that you just can't live without. And because healthy and affordable bread products are hard to come by in grocery stores, I found it kind of difficult not to share a few simple favorites that go on repeat in my kitchen.*



Broccoli Flatbread