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In the raw food world, we eat fresh fruits, vegetables, sprouted nuts, seeds and grains and we've found ways to make many raw food versions of the cooked foods out there. For seasonings, we use fresh or dried varieties. For oils, mostly cold-pressed varieties of olive, flax and hemp oils. For vinegars, mostly apple-cider vinegar but some use balsamic as well. For sweeteners, dates are widely used as well as raw agave. For some raw food vegans, raw honey is not used and for others it is. A lot of the condiments used are based on your own personal preference and/or health needs. For soy sauce, some use Bragg's Liquid Aminos as it is easier to find than the Nama Shoyu, a fermented soy sace. Below are images of the basic appliances and staple food items that we keep on hand along with our fresh fruits, veggies, nuts, seeds and grains.



coarse grey
celtic sea salt



dehydrator with
temperature control



nama shoyu



spiral slicer
(saladacco)



teflex sheets or parchment
paper for dehydratore trays



hemp powder
for smoothies

raw agave



mandoline slicer



raw carob
powder



vitamix blender



nut milk/sprout bag



basic food
processors