

Pepper Pizza with Savory Marinara Sauce and Avocado-Tomato “Cheese”

From the Mouthwatering Recipe Book Series by Brian Rossiter



Ingredients

Pizza Crust and Toppings

- 2 or 3 large bell peppers, quartered
- ¼ cup of grape tomatoes, halved
- ¼ cup of combined parsley and oregano, finely chopped

Avocado-Tomato “Cheese”

- 1 to 2 avocados, chopped
- ⅛ cup of sun-dried tomatoes
- 1 lemon, juiced

Savory Marinara Sauce

- 4 plum tomatoes, halved

- ½ to 1 cup of sun-dried tomatoes
- 1 cup of basil
- 1 lemon, juiced

Directions

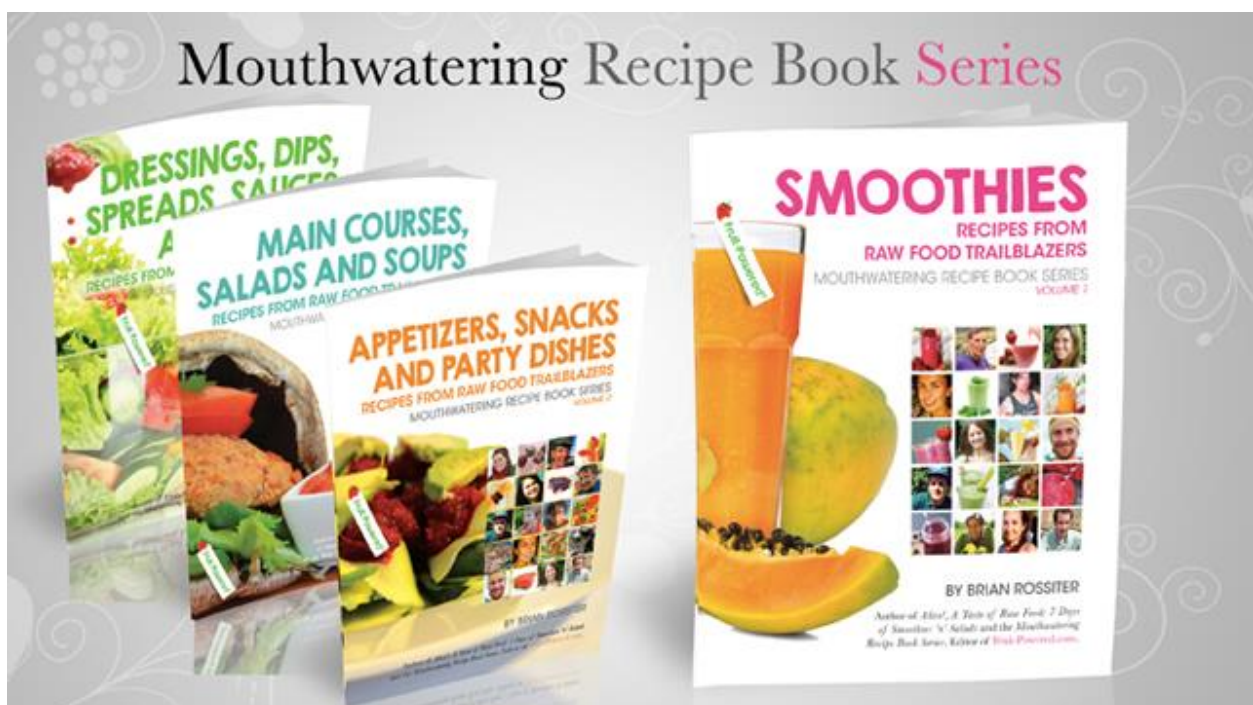
1. To make Avocado-Tomato “Cheese,” blend the avocado(s) with the lemon juice and then add the sun-dried tomatoes, a handful at a time, to desired consistency. Spread onto each pizza slice.

2. To make Savory Marinara Sauce, blend the tomatoes, basil and lemon juice and then add a handful of sun-dried tomatoes at a time until smooth but thick. Spread over the Avocado-Tomato “Cheese” on each slice.

3. Top each slice with the herbs and grape tomatoes and enjoy your pizza party!

Tip

Save time by blending the Avocado-Tomato “Cheese” and Savory Marinara Sauce ingredients to create a single spread!



Finding Freedom Leading the Fruit-Powered Lifestyle

Five years ago, I stood on a corner of Beale Street in Memphis, Tennessee, while on vacation and had a vision of myself going wholly raw vegan and serving as a leader in the health community. During this pivotal moment in time, I was living out my final days as a man who consumed animal, cooked and processed foods as well as alcohol and was beginning to feel alive for the first time in my life, thanks to enjoying two green smoothies daily.

My journey began almost three months before this bright and sunny July 2010 day. I was a 32-year-old who was finally driven to make lifestyle changes, and green smoothies would pave the way for me. After just a week of consuming green smoothies in addition to my small fruit smoothies, I quit smoking and was ready for more! I promised myself to stick with green smoothies every day. Once I embarked on this 24-day July trip, traveling with a sole duffel bag that included a blender to keep my green smoothie revolution going, I found myself craving green smoothies twice a day—in the early mornings to fuel me and in the mid-afternoons to refresh me after scoping out cities in Texas and the South.

By the time I returned home, I could feel that my body was continuing to cleanse itself, and the pull of animal foods such as my once-beloved Buffalo wings, chicken tacos and white chicken chili—oh, that hot sauce!—along with pizza quickly lost their luster. I was ready for the next major milestone on my journey, and this was becoming a vegan on October 1. While on a camping trip two weeks earlier, a friend invited me to join him on his month-long raw food cleanse to kick off January 2011. I made it the whole month raw but didn't soar in health. I hadn't put all the raw food puzzle pieces together by this point but committed to keeping my diet all vegan and mostly raw.

I became a fixture at potlucks at Arnold's Way, a raw food café in Lansdale, Pennsylvania, during this year and appreciated being in the company of the few 100 percent raw vegans. Come the spring, I discovered Harley "Durianrider" Johnstone, who harped on counting calories—a big help—and led me to Doug Graham's *The 80/10/10 Diet*, which I had purchased months earlier but hadn't yet read. By late spring 2011, I was eating ever-increasing amounts of fruit but also partaking in about three vegan burritos a week for dinner, making my intake of raw foods comprise 90 percent of my calories. As my body cleansed more and more, I began experiencing intense brain fog, which left me feeling disconnected

from myself and reality. It took some time to pinpoint the cause, especially considering some other mostly raw friends would indulge in these burritos without major incident, but come late 2011, I knew all cooked foods had to go.

By late February 2012, I went all in—wholly raw—and haven't looked back. Immediately, I put my thoughts on paper, writing my first book, *Alive!* a four-step raw food transition guide. This book is akin to a time capsule, capturing my success in going 100 percent raw and giving readers an enhanced roadmap of how I got there so that they can achieve success in a more timely and direct fashion. This book also includes a focus on fitness, more than 20 recipes and tool recommendations plus insight from Arnold Kauffman and Megan Elizabeth, among others.

During my raw food journey, one constant has been in my diet: green smoothies. For 1,250 consecutive days, going back to the first one I made in April 2010 all the way through September 2013, I never missed a day enjoying at least one green smoothie. To folks wanting to improve their diets or transition to a raw food diet as well as stay on a fruit-based lifestyle, I always recommend green smoothies to give themselves an edge. These vitamin- and mineral-rich meals work wonders! I continue to enjoy green smoothies—usually for two meals a day—practically daily.

Also, during my journey, I've had one other constant, and this is my practice of the Egoscue Method. I suffered from chronic pain—carpal and cubital tunnel syndromes as well as a rounded back and jutting-forward neck—for a decade before setting foot into an Egoscue Method clinic, in April 2010. My exercise therapist told me that my right shoulder was rounded forward and sat 2 inches lower than my left and that my hips were off, knees faced inward and feet splayed outward. In short, I was hurting. Mike Kenny walked me through a menu of stretches and bodyweight exercises, designed to restore my posture by addressing imbalances in my eight load-bearing joints (shoulders, hips, knees and ankles). My pain began to abate, and all these years later, I continue to lead a pain-free life and am relentlessly refining my workouts, sometimes under the watchful eye of my current trainer, Joan Adams, getting into the best shape of my life with each passing day.

Anyone who knows me would tell you that I am a man on a mission, pursuing my passion to spread the word about a fruit-based diet and health in general. In 2013, I built up my fledgling website, launched in June 2012 and home of Fruit-

Powered Digest, the world's leading raw food magazine, freely available to all. As of this writing, in March 2016, my site features more than 600 stories and 97 transformation stories. It's been a dream come true to work with an incredible lineup of guest writers. Don Bennett, Alicia Grant, Arnold Kauffman, Dr. David Klein, Tarah Millen, Anne Osborne, Karen Ranzi and Brittany Taylor contribute regular guest stories to the Digest. I am grateful not only to these folks but to the entire raw food community for sharing their stories on my website, which, some tell me, has helped them immensely on their journeys. I'm proud to say that Fruit-Powered.com has grown to become the kind of site I wish I had available when I launched my journey toward optimal health.

I launched five books in the first half of 2014, and these are the raw food primer *A Taste of Raw Food: 7 Days of Smoothies 'n' Salads* and the four-volume *Mouthwatering Recipe Book Series*, featuring 80 recipes from myself and 10 raw food authors from around the globe. In November 2015, I had an epiphany to seek education in health fields I've been fortunate enough to discover. This year, I am primed to become certified as an Egoscue Method exercise therapist so that I may guide others in correcting their posture to achieve pain relief and peak performance. I'm also wrapping up my studies to become a natural health and holistic nutrition practitioner, earning a dual certification from the University of Natural Health. Finally, I'm pursuing training in craniosacral fascial therapy, thanks to having Dr. Barry Gillespie open my eyes to this incredible healing modality, which helps enable the brain to "breathe," as it naturally should, and eliminate strain in the fascia.

One spring day a couple of years ago while meditating on a theme for my potluck talk at Arnold's Way, it dawned on me that I am pursuing freedom in all I do. I pursue freedom through a fruit-based diet, physical activity, meditation, manifestation and, these days, the Bates Method so I can reverse my reliance on corrective lenses. I also live a minimalist life and desire to reside in a tiny house to give myself freedom to spend my time how I wish and ease my environmental impact.

Free your body, mind, spirit and emotions—go raw, get active, pursue health and enjoy every moment on your winding journey, which will lead you down many wondrous paths! If you want it and have the eye of the tiger, you can have it! Our choices have the power to affect ourselves, all creatures and the whole planet!



Brian Rossiter - Creator, publisher and editor of Fruit-Powered.com and author of [Alive!](#), a raw food transition book featuring a four-step program designed to help anyone go raw vegan; [A Taste of Raw Food: 7 Days of Smoothies 'n' Salads](#); and the four-volume [Mouthwatering Recipe Book Series](#). Brian offers [coaching services](#) to assist health seekers and transitioning raw fooders.

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