

# Raw Planet

Vibrant good health is the raison d'être of this Kapiti Coast organic juice and raw food bar, **Anissa Ljanta** discovers.

Just up the coast from Wellington and a few minutes' walk from Paraparaumu Beach is a bastion of raw food, all organic and freshly made.

"At Raw Planet we specialise in fresh raw and organic juices, smoothies, raw vegan pizza, cakes, treats, salads, and real fruit ice cream blended in front of customers from their choice of fruit, with either frozen banana, ice cream or yoghurt ice cream as a base. Many customers say our food is the best in New Zealand!" Raw Planet's owner Michael Hayman enthuses.

Michael is a very enthusiastic man. Six years ago he was running a fasting retreat when one of the participants told him that the local juice bar had closed down. He and his partner had been making food products in their home and grabbed at the opportunity to move production to a commercial space. At first Michael had no intention of running the place as a juice bar, but a keen French wwoofers called Flora changed his mind and in weeks they were open for business. After a turnover of wwoofers, Michael now employs staff who are as enthusiastic about organics and healthy living as he is.

Michael was not new to hospitality; he had owned an organic cafe and juice bar in Wellington in the 90s. His personal journey to organics began when he was diagnosed with hepatitis A, B and C as a seventeen-year-old, and shortly afterward with cirrhosis of the liver. He spent two miserable years in declining ill health before discovering fasting and organic raw foods. This was life-changing and Michael firmly believes he healed himself.



Lung cancer struck next. Michael staunchly refused mainstream medical treatments, instead steeping himself in exploration of natural healing methods including fasting and organic raw foods. He fully recovered and now shares his 40 years' experience with fasting, nutrition, bodywork and personal growth work, assisting others to live their healthiest, best life possible.

"My aim is to help folks feel inspired to fuel their bodies with the best nourishment ever, so we can all live with the highest levels of happiness and health imaginable," Michael says. His commitment to spreading the word about good organic food is exemplified by the fasting, detoxification and raw food retreats he runs. In addition to food and drinks, Raw Planet also sells a range of health products, books and DVDs to fully support people's journeys toward better health.

"The main ongoing challenge (for us) is the weather – on a cold southerly there are not very many customers around the beach and sales are low. To help with cashflow we use Raw Planet as a factory," says Michael.

Behind the scenes of Raw Planet, Michael runs a business called Pure Wellbeing, distributing organic superfoods



Above: Raw Planet's bliss balls

Above: Bring on summer – ice cream season!

and health equipment throughout New Zealand. You may be familiar with the brand from your local organic shop. Pure Wellbeing products are also available at Raw Planet. In fact, Raw Planet has everything you need for a special day at the beach. You can grab assorted beach gear, a sarong, a great book and the makings of a darn fine picnic. Michael loves it when people walk out with something delicious, then come back from the beach later to say that particular food is the best they have tasted.

“However, a challenge is sourcing enough organic produce throughout the year. We are increasing our suppliers and attempting to buy more produce direct from the farm. We also adjust our menu to compensate for shortages of various produce.”

Michael also grows some vegetables and fruit in his garden for Raw Planet. All the organic waste from Raw Planet and the Pure Wellbeing line comes home with Michael and is composted in eight compost bins and then used in his organic gardens.

“I choose to be organic because it is healthier for the customers, staff, the growers and the environment, and the food tastes better. With many agrichemicals now being systemic – which means they are located throughout the plant – they are no longer able to be removed by washing the skin or peeling. Not only does eating organic prevent the ingestion of these harmful chemicals, I strongly believe organic food has higher levels of nutrients including vitamins, minerals and antioxidants.”

If you are health conscious, into eating raw or just into delicious food and drink, Raw Planet needs to go on your bucket list. 🌱

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**Raw Planet Organic Juice and Raw Food Bar**  
**Shop 2, 3 McLean St, Paraparaumu Beach, Kapiti Coast**  
**Open Tues – Fri 10 am – 5 pm**  
**Saturday: 9 am – 5 pm**  
**Sunday: 11 am – 5 pm**  
[www.rawplanet.co.nz](http://www.rawplanet.co.nz)

## Chocolate ecstasy cake

### Base

2 cups almonds  
 ¾ cup dates (soak in water 1 hour minimum to soften)

1. Whiz the nuts in food processor, leaving them a little chunky.
2. Add the dates, taking care to leave the mixture a bit textured.
3. Press into spring-form cake tin and place mix in freezer while preparing topping.

### Topping

2 cups cashews (soak in water 1 hour minimum to soften)  
 1 cup dates (soak first)  
 1 beetroot, grated

½ cup orange juice  
 ¾ cup raw cacao powder  
 ½ cup melted coconut oil  
 1 ripe avocado  
 1 T psyllium  
 Dash of cinnamon  
 Pinch of salt  
 Zest of orange  
 2 T honey or agave (optional)

1. Whiz cashews, dates and orange juice in food processor.
2. Add other ingredients and mix until rich, smooth and creamy.
3. Pile on top of base.
4. Chill to set. Decorate with raw cacao nibs.

