# 15 Energizing Raw Snack Recipes to Slim Down and Power Up

Raw Food Magazine

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# Ready to Slim Down and Power Up With Easy Raw Snacks?

You have come to the right place.

# Welcome!

First of all, we want to congratulate you for taking personal responsibility for your health and wellness. Way to go! Many people never make it to this point and live their entire lives without experiencing how amazing real health feels.

Do you ever wake up feeling groggy, lethargic, or hazy? Do you experience mucus, the sniffles, or those little sleepies in the corner of your eyes in the morning? Do you feel sluggish throughout the day or find yourself reaching for coffee or sugary snacks as an afternoon pick-me-up?

Do you feel emotionally erratic sometimes, like your hormones just aren't regulating themselves?

Do you frequently overeat? Are you habitually dehydrated? Do you often feel clogged, constipated, or have difficulty eliminating?

Do you often feel tired, bloated or gassy after a meal? Do you experience swollen joints, pain, or achiness?

Have you accepted seasonal colds, headaches, allergies, and the flu as an unavoidable part of life?

Waking up tired, dragging through the day, experiencing erratic highs and lows, having difficulty sleeping, then doing it all over again day after day—this may be your reality now, and it may have been your reality for decades, but this is not how our bodies are designed to function!

You possess of one of nature's most beautiful, complex, self-balancing, and efficient machines: the human body—and believe it or not, your body is designed to thrive. You are designed to have deep stores of energy, alertness, and clarity; you are designed for efficient nutrient absorption, waste elimination, and deep, delicious sleep that allows for healing and cell regeneration; you are designed to glow, to have clear skin, strong nails, and healthy hair.

You are designed to thrive.

Just like any other plant or animal, if we deprive our body of nature's intended diet, it does its best to keep the engines going, but symptoms inevitably arise. A plant without plenty of water and sunshine, for instance, begins to shrivel, wilt, and fade; factory-raised chickens and cattle on artificial diets of GMO corn, processed grains and supplements often develop chronic diseases, tumors, and health problems.

Have you ever wondered if you could feel better than you do right now? Have you ever looked at someone else and thought, "Now they look truly healthy." Have you ever heard about raw food, cleanses, or diets and dreamt of transforming yourself inside and out?

I'm proud of you. Thank you for dreaming, asking for more, and searching for something better. You don't have to live like a plant deprived of natural sunlight; don't be the factory-raised chicken feeding on processed grains and never knowing true health.

Nature provides everything we need to thrive; now, it's time to rediscover these natural secrets for yourself!

# Who Are We And Why Did We Create This Free Guide?

You may be wondering about the funny people who created this guide you just downloaded. Please allow us to introduce ourselves!

# Who We Are

We are seven passionate, driven, and slightly quirky individuals who refuse to sit on the sidelines and watch you move through life feeling sick, sluggish, and down.

We are here on a mission to spread the good news about true health, because the truth is this: inspiring, exhilarating health is totally accessible! It is not only possible to feel amazing, it's even affordable, practical, and mouth-wateringly delicious.

We are here to help you feel your absolute, never-felt-this-good-before, neighbors-are-asking-how-you-do-it best.

Thank you for being here. We are so happy to have you!





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# THE RAW FOOD BASICS

# What Does It Mean to Go Raw?

The term "raw food" has been tossed around a lot lately, so what do we actually mean when we refer to raw food? Our basic definition of a raw food is this: it is uncooked, unprocessed, and preferably organic. By this definition, raw food includes whole fruits, vegetables, nuts, seeds, sprouts, fermented foods like sauerkraut and kefir, and even raw milk or sashimi if that's your jam. Why is "raw" so important? Let's take a closer look:



# **Uncooked**

Heating food over 116 degrees F (°C?) is believed to destroy many of the nutrients and enzymes that are important for bodily health. In some cases, extreme heat chemically alters food to a state that is toxic to the body.



# Unprocessed

Raw foods are not altered from their original or natural state. As the amount of processing increases, the food moves further from its raw, natural state, often changing in taste, texture, and nutritional value. Not all raw foods are completely unprocessed.

# 3 Organic

Foods that have been produced and processed without genetic modification or the use of commercial chemicals such as fertilizers, pesticides, or synthetic substances that enhance color or flavor.

# Do I have to eat 100 percent raw to be a "raw foodist"?

Nope! There is no one standard by which to declare yourself a raw foodist. Many people consider themselves raw when 75-80 percent of their diet is made up of raw foods. Raw foodists are often vegan, choosing not to consume any animal products, even honey. Others choose to enjoy raw animal products like sashimi, carpaccio, and raw eggs. Living a raw food lifestyle is less about rules than it is health and transformation. Everyone can benefit by incorporating more fresh, raw foods into their daily diet.

Choosing a raw food lifestyle is about taking responsibility for your health and happiness. Regardless of your current lifestyle or health goals, educating yourself on food, nutrition, and your body will only help you become healthier and happier.



# Why Go Raw?

ince you are here reading this "Beginner's Guide to Going Raw," you probably already have some idea of the amazing benefits that eating living food offers. But just in case you find yourself wondering what the big deal is, let's look at some of the top reasons to go raw this year. For those of you who know these benefits inside and out and are ready to take the plunge, read through anyway for extra positive motivation to get started; knowing what you have to look forward to can make the first step a joyful one.

# Top 10 Reasons To Eat Raw

## Reach Your Body's Ideal, Natural Weight

Many people turn to raw food as a way to naturally lose weight, and that's great! Raw food can also, however, help chronically underweight individuals put on healthy pounds to reach a healthy and stable weight. By replacing heavily processed and toxic cooked foods with hydrating, fiber-rich plant foods, your body will naturally release excess fat; and since you are providing so many essential nutrients and phytonutrients from fresh plants, your body has what it needs to rebuild strong, healthy cells and tissues. While this seems counterintuitive, going raw can help those who have been trying to lose weight for years finally shed those unhealthy pounds and simultaneously help those who have always been scrawny finally fill out to a healthy, radiant size. The best part is that eating raw foods is about abundance; restricting your food intake and feeling hungry all of the time is NOT part of thriving on living foods!

## Steady and Long-Lasting Energy

Are you sick of the way your energy level oscillates from productive highs to sluggish lows throughout the day? Maintaining a consistently high level of

energy has a lot to do with what you eat. Traditional diets full of processed foods, sugar, and heavy foods like meat and dairy slow down the digestive process, cause spikes and crashes in blood sugar levels, and cause inflammation and dehydration. Any of these side effects lead to fatigue on their own, and altogether they can be incredibly exhausting. Whole, living foods, on the other hand, deliver body-nourishing nutrients and adequate hydration to fuel your bodily processes. The high quantities of fiber in fresh fruits slow down the body's absorption of the natural fruit sugars, delivering a steady level of available energy instead of extreme variations in blood sugar. The natural energy boost is one of the first things new raw foodies mention after the initial three-to-five day detox period; the new feeling of natural energy is insane!

#### Get Better Sleep and Wake Up Feeling Refreshed

Sleep is time for repair and restoration. The problem is, when we consume large amounts of cooked, processed foods, our body spends most of its effort keeping excess toxins out of the body instead of doing restorative work. Chemical additives in our food, plus caffeine, sugar, and processed flour, interrupt the natural sleep cycle, making sleep less restful. When we simplify our diets to include only fresh fruits, vegetables, and nuts and seeds, our body spends less effort digesting complex, toxin-laden foods, and more utilizing nutrients to truly renew itself; this results in falling asleep more easily, sleeping more restfully, and waking up feeling refreshed. I have worked with dozens of individuals who claim that before going raw, they didn't know it was possible to wake up feeling so clear, awake, and energized. There is a rumor going around that if you eat nothing but raw food you will need far less sleep (I've heard as few as four hours per night); while some raw foodies do report feeling more rested with less sleep, this is not a scientifically supported benefit of raw food. Your activity level during the day has a lot to do with the amount of sleep your body needs to repair. Intense workouts and strenuous activities break down muscle tissue, meaning that your body needs more sleep to rebuild, so listen to your body; don't assume that just because you are eating better you suddenly don't need sleep.



### **Increased Mental Clarity**

After two to three weeks of eating all raw, most people report a distinct shift in their mental state. This is commonly described as "the fog lifting." For others, depending on the quantity of toxin build-up inside the it takes longer to reach this point. Once your body is no longer playing catch-up and cleaning out years of accumulated junk, it reaches a new level of efficiency in all of its processes. This is often experienced as a previously unreachable level of mental acuity and sharpness; the brain is guick, alert, and clear. While some find this new clarity of mind to be euphoric, others struggle with their new mindset, as this body detox can sometimes wake a person up to notice other areas of life that need improvement. Just be warned that you may find yourself needing to change in areas where you have previously been complacent.

#### Get a Clearer Complexion

You often hear people mention the raw food "glow." It's no secret that long-term raw foodies have a distinct complexion; there are even wild claims that raw food reverses aging (which is untrue, although I can see why people might think so). Think about it: eating raw food means you're taking in antioxidants galore, all of which are necessary for vibrant skin and cell renewal. Water-rich foods mean greater hydration for pliant, young skin. The healthy oils and fats in nuts, avocados, and olive oil keep skin cell membranes strong and pliant; plus, healthy circulation from a body not weighed-down with excess fat and toxins leads to that characteristic healthy flush in the cheeks.

#### Eat as Much as You Want

Calorie restriction is NOT a thing with a raw food lifestyle! Most people will find it's actually somewhat the opposite. Raw foods in general have much fewer calories but exponentially more nutrients than the same quantity of cooked or processed food. If you're an active individual in particular, you may find yourself eating much larger quantities of food than you are used to. Instead of a small side salad to go with your burger, for instance, your dinner salad may become the size of your family serving bowl. With the exception of certain fattier nuts and seeds, there is really no reason to limit yourself while eating raw. Still hungry? Grab another apple, cabbage burrito, or whatever else you have on hand—just make sure it's fresh, organic and raw.



#### More Regularity (Improved Gut Health)

News Flash: One bowel movement or less per day is not natural. While this may be "normal" for you, it is actually a sign of poor gut health, constipation, and possible dehydration. Increased regularity will likely be the first change you notice when eating more raw food. Many people are shocked when they rush to the bathroom shortly after their first all-raw meal; but pooping after each meal is a sign that your gut is in good shape and that your body has the opportunity to quickly eliminate all the junk it doesn't need. After decades of eating a highly processed, cooked diet, it is very likely you have up to several pounds of waste material sitting in your intestines and colon. Some good plant-fiber will help bind to the toxins and wastes and flush them out. With the increased frequency of bowel movements alone, many new raw foodies report feeling lighter and more energetic within the first few days!

Most new raw foodies report feeling lighter and more energetic within the



#### Promote Healing From Illness

Bacteria, viruses, and even cancer cells thrive in an acidic, inflamed environment. Eating raw food lowers inflammation and alkalizes the body, creating a positive internal environment for healing. Long-term raw foodies report rarely getting sick and recovering more quickly than the average American. "Seasonal colds" and the flu are not just part of life; when your body is running on optimum fuel, the common cold can become a rarity. Raw food and raw juice feasts have also been used to combat chronic or severe conditions like cancer, IBS, heart disease, and diabetes; raw juice feasts as short as three weeks have shrunk tumors, healed cancer, and reversed life-long diabetes. The result of giving your body what it actually needs, and nothing else, can be pretty transformational. Always consult your doctor before beginning a treatment plan, of course.

#### **Balance Emotions and Combat Stress**

The chemicals and additives in our food today can throw our internal hormonal balance out of whack. Sugar, caffeine, gluten, and dairy have been shown to affect the adrenals as well as cause the body to release more cortisol than usual. Over-the-counter medications for colds, headaches and pain, even birth control, are especially hostile to our delicate internal balance. Returning to a natural, plant-based diet for your food and medicine can restore the balance of your body. This process takes time, especially if you have a history of popping pills for every ache and pain. I have worked with mothers whose children report how much steadier and less frenetic their moms became after going raw. Yes, you will still experience a full range of emotion, but the food-induced stress response will disappear. Also, be aware that you may discover unconfronted food addictions after going raw; letting go of cooked and processed food often brings people face-to-face with their emotional attachments to food and the ways they may use food to

comfort themselves or avoid feeling certain emotions. You may feel stripped bare emotionally, having to confront emotions you have previously squashed with food, especially during the detox period. I highly recommend journaling and having someone you trust you can share your experiences with.

Reach Your Peak Mental, Physical, and Emotional State of Health and Happiness

Raw food is a tool—an amazing, earth-given, natural, nourishing tool to reach your peak state of health and happiness. I truly believe that eating whole, living, fresh foods is the fastest way to achieve balance in your life. You can find the natural healthy equilibrium of your body; balance your hormones for greater emotional steadiness; detox, sleep deeply, and experience real clarity for possibly the first time ever. Does eating raw food mean your life will be perfect, that you will go around feeling jubilant every second of every day? Of course not—but raw living food supports optimal health and balance. You will be astonished with a healthy base and your body at its best will support your other goals, from working on your relationships or being a more stable, understanding parent to taking up a new sport or hobby. Seriously: clean up your act and see what you are truly capable of. Why not give it a shot when you have so much to gain?

Kaw food is a tool, an amazing, earthgiven, natural, nourishing tool to help you reach your peak state of

# Top Five Myths About Raw Food

We humans are really good at coming up with compelling reasons not to make the positive changes that, if we are really honest with ourselves, we know would make us happier and healthier individuals. We propagate these false beliefs, or myths, to justify not taking action toward improving an area of our lives.

hy am I talking about myths when you just want your snack recipes already? Feel free to skip ahead if you're just here for the snacks, but you might want to check and see if you have any of the false beliefs listed below.

These five myths may have started as misconceptions by those uneducated about raw food, but now they are much more dangerous; they are the most common reasons people opt out of pursuing a raw food lifestyle. That's right, holding onto one or more of these beliefs means you might not even TRY to see what raw food can do for you!

Failing to address these false beliefs means your likelihood of trying and sticking to this transition meal plan or making a lasting change in your diet and lifestyle dwindles to nearly nothing—and I don't blame you! I struggled with each and every one of these limiting beliefs before finally realizing what I deep down already knew: that whole, fresh, raw foods were the very best fuel for my body.

# You don't need to be all or nothing. Real health comes one day at a time. One better meal. One better bite.

Why do we hold onto these limiting misconceptions? I believe it's out of fear. We are afraid to try because we may fail; we are afraid to go out on a limb where we could be mocked or criticized; we are afraid to give up those unhealthy habits that we have used to comfort, distract, and hide in for so long. Anyone who chooses to raise her standards, turn away from the prescribed path, let go of quick fixes and search for true nourishment and fulfillment—these brave souls choose to stop hiding, let go, and yes, expose themselves, but also be open toward knowing true health and vibrancy for possibly the first time ever.

Don't be the man who scowls at green smoothies because "real men eat beef"; don't be the family that barely visits the produce aisle because you assume buying boxes upon boxes of cereal and gallons of milk is more cost effective without actually doing the math; don't be the woman who shrugs away her vision of greater health, energy, and vibrancy because she doubts her ability to stick with it 100 percent, and real change has to be all or nothing, right?

Wrong.

Real health comes one day at a time. One better meal. One better bite.

Take a look at the myths below. Have you ever toyed with the idea of raw food but were discouraged by one of these misconceptions? I am so glad that your nagging curiosity and desire for something better brought you back here anyway. Before we begin changing our meals to incorporate more raw foods, let's change our minds to allow more space for them first!

## Raw Food Myth #1

## Everything You Eat On a Raw Food Diet Will Be Cold, Tasteless or Boring

Every time I attend a raw food potluck I hear a new visitor say, "Wow, I never knew raw food could taste this good," "Is this really raw?" and even, "I had no idea there was so much variety!"

When I meet people and they find out I co-founded a raw food magazine, I generally receive a peculiar expression, a mixture of shock, pain, and curiosity. "So, do you really eat all raw food?" they ask. I have learned to answer with another question: "What do you think of when I say 'raw food?" The answers are quite revealing. My favorite was from a middle-aged dental assistant I sat next to on a plane last year: "Well, I sort of imagine your backpack is just stuffed full of bags of kale and you just nibble on it all day long every day. Maybe some carrots, too." When I heard this I burst into giggles thinking about the sprouted lentil burrito I enjoyed before boarding and the delicious raw chocolate truffles I had in my backpack.

Yes, if you want to just eat raw fruits and veggies, cold and whole, you absolutely can, but raw food is so much more than that! Nuts, seeds, sprouts, roots, spices you can make warm soups and stews in a blender, enjoy endless amounts of warm herbal teas, and enjoy an incredible variety of tastes and textures abundant in nature. Most people find that once they start eating more raw foods, the cooked foods they used to enjoy seem bland and boring; instead of the same cooked texture characterized by salt or grease, raw plant foods open up a world of texture (crisp lettuce, crunchy jicama, buttery pansy petals) and flavor (sweet cherries, tart grapefruit, spicy ginger). You will find when you move away from masking ingredients like sugar, oil, and butter, your taste buds wake up to a smorgasbord of different flavors occurring in nature.

## Raw Food Myth #2

Eating Raw Food is More Expensive Than Other Diets; I Can't Afford It!

This myth is especially fascinating to me, since it deals so much with perspective. The obvious truth is that yes, organic fruits and vegetables are generally pricier than genetically modified, pesticide-ridden, preservativesaturated, "regular" produce. There are certainly tips and tricks to saving money on organic produce, like buying in season and in bulk and freezing extra produce. Most people, however, dramatically underestimate the amount they are spending on processed cereals, dairy products like cheese and yogurt, and other pricy snack items like chips, cookies, crackers, and baked goods.

The most common raw foodie defense to the "too pricy" complaint is the immense medical expenses resulting from poor diet and malnutrition. (Yes, malnutrition. Believe it or not, the top killing diseases in America heart disease and cancer—are the result of malnutrition.) What a shift in perspective! Spending \$5 on a box of marshmallows and wheat flakes you're going to drench in milk versus spending \$5 on fresh, organic baby greens to add to your morning smoothies? What do you think has the better return on your investment down the road?

I can't think of any faster food than raw food. If you have time to eat, you have time to eat raw foods.

If you still aren't convinced, let's look at unit costs for food in a new way. The most common method of comparing prices in grocery stores is looking at an item's unit price; this refers to the price per ounce. Oftentimes, markets trick you by putting a flashy sale tag on a particular item, but when you look at its unit price, it may be more expensive per ounce than neighboring non-sale products! Instead of thinking just about quantity—how much does this food you are buying weigh?—let's attune ourselves to quality: how much will this food actually provide my body with what it needs? If grocery stores were to relabel their products and use a price-per-nutrient instead of price-per-ounce, what a difference you would see. While that bag of potato chips might seem cheaper from a price-per-ounce perspective, those previously "expensive" seeming red peppers now look like a steal at 0.00001¢ per nutrient!

What do you value most in your food? How much it weighs, or how much it can do for you?

Of course, the ultimate perspective shift occurs when you realize that all the cans, boxes, and bottles of food-like products in the center of grocery stores are not real food; then, not only will fresh produce seem less expensive, but you actually begin to realize it is the only real food you can buy in the store.

### Raw Food Myth #3

# Preparing Raw Foods Takes Way Too Much Time; I Will Be Chopping and Dehydrating for Hours!

Out of all the excuses I hear from people who talk about going raw but never actually do, this is the most common. "Oh Sara, I would love to go raw, but I just don't have the time! Maybe once the kids are in school... Maybe when I'm not working so much... Maybe after my parents leave town... Maybe when..."

Maybe when equals never. Don't fool yourself: If you don't have time now, you will

never have time. Time is not the issue here. You know all those amazing pictures you see of gourmet raw dishes like dehydrated flax crackers, raw pizzas, and decadent desserts? The brilliant chefs who create such lovely things do not eat that way every day—nope, not even close.

This is the most common excuse I hear, but I find it to also be the silliest; with raw food, you don't have to cook. Do I need to say that again? You don't need to cook! What I remember from cooking food is that, well, cooking takes time; when you cook a meal, not only do you need to chop everything up, but after all that preparation, you need to cook it as well. Raw food is perhaps the fastest and simplest you can possibly prepare.

Want a quick snack? Grab an orange, grapefruit, pear, banana, or other fresh fruit. Guess what: no prep work, zero cook time, and, hey, it comes pre-packaged in a totally natural, biodegradable wrapping called a peel. With a few simple tools—a good blender and a food processor—chopping up fruits and veggies for salads and parfaits and blending smoothies and soups takes less time than any cooked meal I've ever heard of. Many raw foodies end up investing in a dehydrator or juicer in the long run, but these tools are absolutely optional and do not reflect the quick and easy way to eat and enjoy raw foods on a daily basis.

If you have time to eat, you have time to eat raw foods.

The most important thing is that you make a choice right now to take one tiny step forward.

### Raw Food Myth #4

# You Need to Eat 100 Percent Raw Foods in Order to Reap the Benefits, and I Just Don't Think I Can Do That

Raw foodies are often regarded as extremists, eliciting such dubious reactions as, "Ohhh, you're a 'raw food person." What does that reaction imply? That I am a nonconformist? A hippie? An insane, totally extreme, against-the-system anarchist?

I have news for you: raw food people are, in fact, normal people. They are simply trying to make the best decisions for their own health and that of their families—and a majority of "raw food people" do not eat 100 percent raw 100 percent of the time. Does that mean they're cheating? Failing? Faltering? Frauds? No. Not even a little bit.

I truly believe that every person can benefit from incorporating more raw foods into her diet. Does this mean you have to go all-raw to feel better, reap the benefits, and heal your body? Not at all. I have several friends and family members who, due to extreme health conditions (heart disease and late-stage cancer), had to go allraw right away. Their precarious stages of health made it non-negotiable, and the radical healing they experienced as a result made it all but impossible for them to want to return to their old ways.

For the average person though, it's one step forward at a time. I'd rather see someone make a tiny step forward—put one leaf of spinach in their smoothie and then two, and sustain that practice—than go all out and quit. So if you're afraid to "go raw" because you might fail, relapse, or be imperfect, don't worry: you will! You will absolutely misstep sometimes. You will inevitably fall back on an old, unhealthy habit. And guess what? These little backsteps are great reminders of why we continue walking forward.

Even people who have eaten raw for many years sometimes find that their diets

shift over time and change with the seasons. You may, for instance, get to 75 to 80 percent raw, feel great, and decide this is where you want to stay; you might also love being 100 percent raw in the summer but incorporate steamed veggies and some cooked foods during the colder winter months; you instead might settle on raw breakfasts and lunch salads and stay satisfied at this stage for a year or more. The most important thing is that you make a choice right now to take one step forward—to add just a few more raw fruits, veggies, nuts, or seeds into your diet, to start treating your body right and giving it what it needs to thrive. You don't need to be perfect; you just need to get started.

#### Raw Food Myth #5

# Eating Raw Food is Not a Sustainable Lifestyle, So Why Should I Try It?

Whether you believe that thriving on raw food alone is possible or not, whether you aspire to eat all raw eventually or not, the fact remains that your body, mind, and (without wanting to get all spiritual on you so soon) even your spirit have much to gain by going raw for even a short period of time. The physical benefits of eating raw food are undeniable. Even if you are only going raw for a limited period of time (often called a raw food cleanse or detox), your body has a chance to release some of the toxins stored from years of eating highly processed, well-marketed "food" for humans.

I encourage you to try raw food for at least a brief period of time, even if the fearful, resistant voice in your head is telling you that you can't do it, it isn't sustainable, that no one actually lives this way. Is the voice in your head wrong? Of course. There are thousands of people living, eating, and thriving raw way around the world. Like any new habit, the longer you eat raw foods, the easier it gets; you develop your favorite go-to meals and snacks; you get used to being prepared and always having healthy food on hand; your cravings for processed and artificial foods slowly falls away; and after a while, eating raw foods becomes as automatic, convenient, and

# 15 Easy & Energizing Raw Food Recipes (Our Favorite Snacks!)

Keep some of these on hand to satisfy your snack cravings. These raw snacks are wholesome, delicious, energizing, and super healthy to help you slim down and power up :)

## 1) Raw Ranch Dip

Easy to make and tasty to eat, this raw ranch dip is great for dipping your favorite veggies for a quick, tasty snack.

#### Ingredients:

- 1 1/4 cup cashews
- 3/4 cup water (or a little more)
- 3 tablespoon lemon juice
- 1/4 cup apple cider vinegar
- 1/3 cup extra virgin olive oil
- 3 tablespoon agave nectar or raw honey
- 2 cloves garlic
- 3 teaspoon onion powder
- 1 teaspoon dried dill
- 1 teaspoon sea salt

#### Instructions:

Throw all the ingredients into your blender and blend until smooth. Store extra dip in an airtight container in your fridge for three to four days.

# 2) Raw Energy Bites

I almost always have raw energy bites on hand, because they seriously pack in the energy. Plus, they're super tasty and everyone loves them (even people who grimace at the idea of raw food).

#### Ingredients:

- 2 cup oats
- 2 cup shredded unsweetened raw coconut
- 3/4 cup raw peanut butter or almond butter
- 1/3 cup coconut oil
- 1 cup of your favorite add-ins (cacao nibs, chopped nuts, raisins, etc)
- 1 1/3 cup finely ground seeds (ground flax, ground chia, optional oat fiber)
- 1/2 cup of raw honey
- 2 teaspoon vanilla

#### Instructions:

- 1. Combine ingredients (except for coconut oil and honey) in a large bowl.
- 2. Slowly heat honey and coconut oil in a small pan until melted and pour into the large bowl.
- 3. With your bare (washed) hands, mix all the ingredients together.
- 4. Make little balls and place onto a tray.
- 5. Put tray of energy bites into fridge so they can harden more quickly.

# 3) Walnut-Date Power Bars

If you're not a fan of expensive, pre-packaged raw energy bars, don't fret: you can make your own super-fast and filling energy bars with just walnuts, dates and a food processor!

#### Ingredients:

3 cup/300 gram walnuts (can substitute cashews or almonds)

1 cup/150 gram pitted dates (can substitute other dried fruits like apricots or raisins)

Pinch sea salt

For a chocolate-y version, add 1 cup/75 gram of raw cacao powder and about 1/4 cup/90 gram raw honey.

#### Instructions:

- 1. Line an 8-by 8-inch or 20-by 20-centimeter baking pan with parchment or wax paper, allowing some of the paper to hang over the sides.
- 2. Place the walnuts, salt, and optional cacao powder in a food processor and blend until the mixture forms a sticky ball, or for about two minutes.
- 3. Scrape the sides of the food processor with a rubber spatula as needed. Add the dates and optional honey and blend again until combined, about one to two minutes longer.
- 4. Press the mixture into the prepared pan with a rubber spatula.
- 5. Refrigerate at least 20 minutes.
- Remove the pan and cut your energy bars into conveniently-sized squares. These will keep for up to five days in the fridge.

# 4) Berry Parfait

When I'm in the mood for something special, I make a yummy berry parfait. It's pleasing to both the eye and the palate. To make a parfait, simply layer chopped fruit, raw granola and cashew cream in a jar and enjoy! Here is a simple recipe for tasty cashew cream:

#### Ingredients:

1 cup raw cashews, soaked for 2-4 hours

1/3 cup water

11/2 tablespoon agave nectar (or raw sweetener of choice)

1/2 teaspoon vanilla

1/4 teaspoon cinnamon

1/4 teaspoon salt

#### Instructions:

Add all ingredients to a high-powered blender and blend until smooth.

# 5) Apple Slices with Almond Butter

For a super quick and simple snack on-the-go, slice an apple (or two or three) into wedges and put a few spoonfuls of almond butter in a small tupperware container. This is a classic combination full of energy-boosting nutrients and healthy fats. It's also a great idea for kids' lunch boxes.

## 6) Kale Chips

Kale chips have gained massive popularity among both raw foodies and mainstream snackers. There are several certified raw kale chips available in most health food stores, but it is also easy to make your own, even without a dehydrator.

#### Instructions:

- 1. Tear off small pieces from one large bunch of curly leaf kale.
- 2. Lay the pieces on a mesh dehydrator sheet or baking tray if you will be using your oven.
- 3. Sprinkle the raw kale with 1/4 teaspoon of sea salt and place in the dehydrator or oven.
- 4. Dehydrate for two to three hours at 115°F/46°C until they reach your desired crispiness.
- Use the lowest temperature setting on your oven and leave the door slightly ajar. Check every 30 minutes until kale chips reach your desired crispiness.
- Place dehydrated kale chips in a bowl and drizzle with olive oil, salt and/or paper,

nutritional yeast, garlic powder or anything else you'd like to use to season your new favorite snack!

## 7) Favorite Green Smoothie

Green smoothies are perhaps our favorite and most versatile raw food breakfast. They are super quick and easy to make and take on the go and are packed with nutrition to get your day started right. Here is our favorite basic green smoothie recipe. Feel free to experiment with different fruits and flavors until you find your favorite.

#### Ingredients:

- 1 ripe banana
- 2 cup nut milk (we generally use almond milk)
- 1/4 cup of chia and/or flaxseeds soaked overnight in the refrigerator
- 1 tablespoon coconut oil
- 2 giant handful fresh spinach, kale or other leafy green (spinach blends very well)
- 1 cup frozen berries (whatever is in season)

A dash of cinnamon

#### Instructions:

Add all ingredients to a high-speed blender.

Blend until smooth.

## **Green Smoothie Popsicles**

A favorite among kids and grownups alike, making these frozen treats is simple: just double your morning green smoothie, pour the extra liquid into popsicle molds, and pop everything in the freezer; in a few hours you'll have tasty and delicious raw popsicles to enjoy.

# 8) Chia Pudding

Full of healthy omega-3s and tasty to boot, I absolutely love chia pudding and have made so many variations over the years.

Basic Vanilla Chia Pudding Recipe

#### Ingredients:

3/4 cup chia seeds

- 4 cup almond milk (or your favorite nutlike)
- 2 vanilla beans, seeds removed (or 2 teaspoons vanilla extract)
- 2 tablespoon pure maple syrup (or raw honey)

#### Instructions:

- 1. Add almond milk, vanilla and maple syrup to blender. Blend together.
- 2. With blender on lowest setting, add chia seed and blend until mixed.
- 3. Transfer mixture to a mixing bowl and stir occasionally for 10 minutes.
- 4. Let it sit for an hour before transferring to storage jars to keep in the fridge.
  Alternatively, you can blend this in the evening and let it sit in the fridge overnight.
  In the morning, the chia seeds will have soaked up all the almond milk to the proper consistency. Top with fresh berries for a tasty breakfast or snack!

# 9) Ants On a Log

Who said you can't still enjoy this classic childhood favorite as a health-seeking adult? Simply spread a thin layer of almond butter on a stalk of celery and add raisins or goji berries.

# 10) Raw Flax Seed Crackers

Raw crackers are great for a quick, on-the-go treat. Top with a slice of avocado and sprouts, a dollop of nut butter, or raw hummus for a tasty, filling snack. Raw cracker varieties may be available at your local health food store; otherwise, you can make your own pretty easily!

#### Ingredients:

2 cup ground flax seeds 2/3 cup whole flax seeds 1 teaspoon sea salt 22/3 cup water 11/3 cup sunflower seeds

1/2 cup sesame seeds

#### Instructions:

- 1. Mix all ingredients together in a bowl.
- 2. Line two dehydrator trays or baking trays with parchment paper and spread batter evenly on the two trays using the back of a spoon.
- 3. Dehydrate the crackers at 120°F/48°C for one hour.
- Score the crackers into small squares.
- 5. Reduce to 105°F/40°C until they reach your desired texture (about 8 to 10 hours.) If you don't have a dehydrator, you can place these crackers in your oven at the the lowest temperature with the door slightly ajar. Just keep your eye on them and bake until they reach your desired consistency. These will keep for up to a week in the refrigerator.

# 11) Raw Oatmeal Raisin Cookies

Great for breakfast, dessert, or a guick energy-boosting snack, oatmeal raisin cookies have always been my favorite, and I can still enjoy them with my raw food lifestyle!

#### Ingredients:

- 1/2 cup raisins and an additional 1/3 cup, set aside
- 1/2 cup coconut oil
- 2-3 tablespoon unsweetened applesauce
- 1 cup shredded coconut, unsweetened
- 2 cup oats
- 2 tablespoon ground flax seed

Pinch salt

#### Instructions:

- 1. Combine the applesauce, coconut oil, and first  $\frac{1}{2}$  cup raisins in a food processor.
- Add in the coconut, oats, flax seed and salt, pulsing until the mixture forms a bowl. If it is still too wet, add some more coconut or oats. If it is too dry, add additional applesauce or coconut oil. Quantities will vary depending on your climate.
- 3. Once the cookie dough has reached a consistency you like, fold in the remaining 1/3 cup of raisins.
- 4. Form the mixture into cookies and refrigerate until firm.
- 5. Cover and store the cookies in the fridge, as they soften at room-temperature.

# 12) Lemon Truffles

I love lemon truffles. They are a tasty treat and the burst of lemon is always a pick-me-up; plus, they are super simple to make and keep for up to a week in the refrigerator.

#### Ingredients:

- 11/2 cup shredded coconut, unsweetened
- 1 cup ground almonds
- 4 tablespoon extra virgin coconut oil
- 4 tablespoon raw honey (or raw sweetener of choice)
- Zest of 1 lemon
- Juice of 1 lemon
- 1 teaspoon pure vanilla extract

#### Pinch of sea salt

#### Instructions:

- Combine all ingredients in a food processor. Blend for one to two minutes or until mixture starts to stick together like a dough.
- Form dough into small balls. If you like, you can roll the balls in a bit of extra coconut before placing in the fridge for 30 minutes to set. The truffles can be kept at room temperature or in the refrigerator.

# 13) Banana with Raw Chocolate Sauce

This raw chocolate sauce is delicious with all sorts of fresh fruit and berries, so don't limit yourself to bananas.

#### **Raw Chocolate Sauce Recipe**

#### Ingredients:

- 4 tablespoon coconut oil, melted
- 2 tablespoon agave, raw honey or maple syrup
- 3 tablespoon raw cacao powder
- 1 teaspoon vanilla extract or seeds of one vanilla seed pod

#### Instructions:

- 1. Combine all ingredients in a small bowl or place into a pouring bottle.
- 2. Place in fridge to set and thicken. If the sauce is too cold and thickens up too much, simply place the closed bottle into a bowl of hot water until it melts. If your chocolate sauce has a very liquid consistency, simply add more coconut oil to the mixture.

# 14) Raw-nola With Berries

The raw granola recipe is a go-to breakfast but it also makes an amazing and filling snack. We love to keep some raw granola on hand at the office; just throw in a handful of fresh berries, top with a sprinkle of cinnamon, and enjoy!

#### Choose your favorites of these ingredients:

- 2 cup nuts (almonds, cashews, pecans, walnuts, etc.)
- 1-2 cup seeds (sunflower seeds, pumpkin seeds, flaxseeds, etc.)
- 2 apples, grated (about 2 cups)
- 1/2 cup dried raisins or cranberries
- 2 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon vanilla extract or vanilla bean powder
- 1-1/2 teaspoon maple syrup or raw honey

Pinch of sea salt

1/2 cup dried sprouted buckwheat groats (optional)

#### Instructions:

Soak the almonds for 12-48 hours, drain and rinse. Soak pumpkin seeds and sunflower seeds for four to six hours, drain and rinse.

Put the soaked nuts and seeds in a food processor or blender and process until they are finely chopped but still a bit chunky.

Transfer to a large mixing bowl and add all the other ingredients (except sprouted buckwheat groats) and mix well.

Spread it evenly over three dehydrator trays covered with Teflex sheets. Dehydrate at 115°F/46°C for three to four hours or until crunchy. You can also use your oven on its lowest setting with the door cracked open. Bake for two hours.

# **15) Grapes and Cherry Tomatoes**

This hydrating and surprisingly satisfying combination is the go-to snack for World Champion canoeist and raw foodie Pam Boteler. During a Raw Food Magazine interview, she gave us this tasty idea and we have loved it ever since. Just throw together a few handfuls of fresh grapes and cherry tomatoes into a bag-it's a tasty, hydrating snack on the go! This is also a fantastic snack during athletic training and in the heat since it is hydrating and full of quick energy and nutrients.



# What's next?

# The Three Steps to Lasting Success with Raw Food

While it is much easier than people think, maintaining a raw food lifestyle is not a cakewalk (more like a walk past the cake without looking at it). Trust me, I know from experience that it can be tough to stick to putting nothing but whole, living, nutritious foods in your body—even when you know it's the best thing for you, and even when you feel amazing doing it!

he ugly truth is that, while times are changing, many of us live in communities that are not built around a healthful, organic, raw lifestyle. Friends, family, and the media, as well as restaurants, giant food corporations, and business conglomerates are all urging us to consume more and more food-like products that offer little to no real nutritional value.

We know from experience that just knowing better does not mean we will make better choices. After years of taking one step forward and three steps back, there are a few things that I noticed make a huge difference in whether I am consistently making the best decisions for myself. But these don't just work for me; over the last few years, I have had the great privilege of meeting hundreds of new raw foodies around the world and interviewing top chefs, nutritionists, and physicians. Learning from their experience, my own, plus the thousands of emails we receive from readers, I've noticed very clear patterns in why some people thrive and others fall back into bad habits.

Here are the top three steps to lasting success with raw food. Each step contains a specific action for you to take before moving on to the next step, so read carefully, take action, and enjoy feeling better than ever before!

# Step 1 to Lasting Success With Raw Food:

# **Adopt a Healthy Mindset:** No Guilt Allowed

Okay, this step may sound like feely-feely, spiritual hullabaloo, but don't write it off: multi-millionaires like Bill Gates, Tony Robbins, and Warren Buffet insist that you must address your money mindset—attuning your thoughts, beliefs and speech to abundance—before you can truly become successful, and why should your health be any different? Don't you think you should address your health mindset to truly become the healthiest version of you? If these logical, practical, business tycoons preach mindset matters for earning dollars, then imagine what an effect it can have on your health!

A recent study looked at people trying to guit smoking and found that those who immediately adopted the speech, "Oh, I don't smoke" upon deciding to quit had double the success over those who said, "Oh, I'm trying to quit," "I quit yesterday," or "I don't really smoke anymore." What we say to ourselves and others about ourselves matters; equally important is how we treat ourselves when we make mistakes. Choosing shame can have long-term consequences.

In our team's cumulative years of research, experience, interviews and coaching, two things are very clear:

- Everybody cheats on their "diet."
- 2. Guilt is the true enemy.

Making courageous lifestyle changes like adopting a raw lifestyle is rarely a straight path forward. With rare exceptions, often extreme circumstances like lifethreatening illness, those who adopt a raw lifestyle will still eat cooked food from

time to time—sometimes, yes, they might even eat cake. But here's the secret: when you make a less-than-ideal choice, accept it and move on; you are setting yourself up for success! When you berate yourself for the indulgence, despair at your lack of willpower, and resolve to never flub ever again, you're actually increasing the likelihood of failing in the future, while feeling miserable about it the whole time. Self-criticism triggers a stress response, which leads to a drop in blood sugar levels, which in turn causes cravings—meaning you are more likely to grab whatever is in sight and shove it in your mouth.

Don't be afraid to indulge every once in awhile. Don't be afraid to let yourself eat crap, feel terrible, and remind yourself why you are doing this in the first place. The first step to lasting success with raw food is changing your health mindset to eliminate value judgments and define your "why."

Remember, shaming is not allowed. Guilt must exit the building.

# No More Value Judgments

From this point forward there is no "good food" or bad food," no more "pizza is bad, salad is good."

This might sound bizarre, but I'm actually talking about mindset and setting yourself up for success with a healthy diet. The judgments we place on food tend to become the same judgments we place on ourselves. If kale is good and bread is bad, then, by extension, we are good when we eat kale and terrible when we eat bread.

Do you really want your self image to yo-yo so dramatically based on your cravings and minor mistakes? Or would you rather feel great about yourself all the time, even when you eat stuff that really doesn't have much to offer your body?

I, for one, would rather feel great about myself all the time. I would also like to make the healthiest choices possible the majority (if not all) of the time. This is possible, but don't wait to make perfect choices before you can feel good about yourself; you will only be holding yourself back.

# **Define Your WHY**

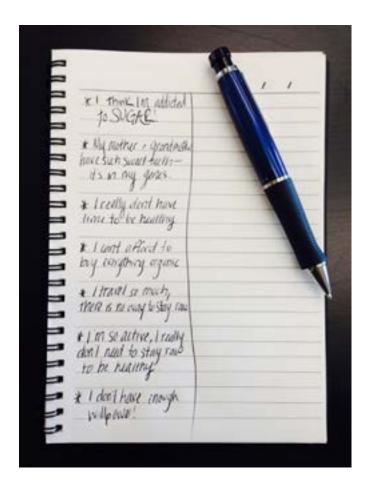
When we feel deprived, we naturally, instinctually rebel against whatever force, law or belief our feeling of deprivation is attached to. I know for myself, and for the hundreds of raw food chefs, health coaches, nutritionists, and fitness professionals I have interviewed, that long-term success relies on not only making healthy choices but also having a solid foundation of belief for WHY you are making those choices.

Are you choosing raw foods because you don't want to be bad and eat bad foods? Or are you making healthy choices because you genuinely enjoy eating foods that love your body back? Are you eating this way to punish yourself for years of eating junk, to finally be rid of the excess weight or other health issues you are so ashamed of? Or are you excited to make healthy choices out of a desire to be kind to yourself? To treat your body and soul with respect and love? To show yourself and the world the kind of love, joy, and health you really deserve?

Your answer to that question—why—is way more important than you might think.

### **Action Step**

Take out a scrap piece of paper and draw a line down the middle, dividing it into two columns. On the left-hand side, write down all the negative, guilty, shame-inducing thoughts and limiting beliefs you have had about your diet. This won't be comfortable. None of us like to face our inner mess, but we must clear out the emotional clutter to make room for new, healthier realities.



Here is my list from the first time I did this exercise:

- I think I'm just addicted to sugar
- My mother and grandmother have such sweet-teeth, it's in my genes!
- I really don't have time to be healthy
- I can't afford to buy everything organic
- I travel so much, there is no way I could stay raw
- I'm so active, I really don't need to stay raw to be healthy
- I don't have enough willpower!

Now, on the right-hand side, rewrite each statement as a positive, empowering belief.

#### Here's how mine turned out:



- The natural sweetness in ripe fruit and berries is flavorful and fulfilling. I love how when I avoid processed sugar, I can enjoy and really taste earth-given desserts!
- The energy & focus I receive from raw food saves me time!
- My health is worth so much more than a few extra bucks on produce
- Exploring raw options around the world is a great joy & privilege
- Staying raw fuels my active lifestyle, helps me recover more quickly and keeps me safe
- Who needs willpower when I get to enjoy the tastiest, freshest, healthiest form of food?

Lastly, at the bottom of the page, the back of the page, or on a napkin or sticky note on your fridge, summarize why you choose to eat raw living foods in one sentence. Take a few minutes (you can always change it later) to develop one sentence that really resonates with you. This is your "why." It is critical and powerful.

Below is my original "why." Over time, I have revisited and reworked it, but the core remains the same:

I choose to eat whole, raw, living plant foods because when I do I feel great, look great, have mental clarity and a better outlook and am making the most compassionate choice possible for my self, other living creatures and the planet.

Post this somewhere you will see repeatedly every day: on your bathroom mirror, fridge, inside your wallet, or on the dashboard of your car. If my "why" helped inspire you, think who your "why" may motivate to make a change. To inspire someone else, snap a picture of your sentence wherever you decided to post it and share it on Instagram with #whyrawfood.

Now, equipped with your clarity and no-guilt mindset, you are ready for step two.

# Step 2 to Lasting Success With Raw Food:

# **Choose Your Marketing**

Top advertising agencies get paid millions upon millions of dollars by food product tycoons like Doritos, Coca-Cola, and more to get people to consume their food. They spend hundreds of thousands of hours collecting data and conducting research groups to understand how to convince new people to consume their products and to encourage existing consumers to eat and drink more.

They investigate such factors as where their potential consumers hang out, the types of media they read, watch and listen to, and the minimum number of times (exposures) a person must see an ad before they will act (known in the business world as the "optimum advertising frequency").

These companies work insanely hard to get you to eat junk; like it or not, the things you read, watch, and listen to influence your decisions on what, when, and how much to eat. Wouldn't you rather surround yourself with positive media that encourages you to live the life you want? Don't you want to choose what sorts of media influence enters your world and set yourself up for success?

We think so, too. Actually, from years of experience, that's what we know. To stay healthy and maintain a raw lifestyle against the grain of mainstream media, it is critical that you expose yourself to inspirational stories, educational content, and healthy lifestyle reminders on an ongoing basis.

Just knowing that option A, an apple, is healthier than option B, a bagel with cream cheese, doesn't mean you will always choose the former, as you and I both know very well. But the more often you expose yourself to healthy information, the more likely you are to make healthier choices.

Don't let big corporations tell you what to do; instead, learn from what they know. Information alone doesn't change behavior, but information plus frequency leads to shifts in mindset and behavior. Do you really want to make healthier choices for the long-term? Then choose to market healthy information to yourself.

# How do you "market" health to yourself?

Simply put, be intentional about what you read, watch, and listen to. Collectively, our team has faced all the obstacles staying healthy in a meat and processed-food society. Our own experiences, and those of dear friends and family, combined with our backgrounds in education, counseling, and behavioral change is why we created Raw Food Magazine.

Raw Food Magazine is designed to deliver high-quality educational content (the part that convinces our brain to make better choices) and inspirational stories and interviews (to motivate our hearts to make better choices), plus practical application topics and tons of simple, amazing recipes (to help you go from desire to action).

Obviously, I think subscribing to Raw Food Magazine is an ideal and easy way to set yourself up for success, but I'm probably biased. If this sounds like the kind of media you'd like in your world, you can check out the newest issue with a free trial (LINK).

But, don't worry! If you are not a magazine-y type of person or just don't think it's a great fit for you, there are plenty of healthy blogs, podcasts, and books out there as well. Seek and ye shall find!

Find what speaks to you, but please don't take this point lightly. We know from years of experience, hundreds of interviews with others who have successfully gone (and stayed) raw, and modern research in behavioral psychology that this one thing —surrounding yourself with media that delivers messages aligned with your ideal lifestyle—will help you become more consistent and satisfied with your chosen lifestyle than if you let the media messages come your way by chance.

#### Action Step:

Before moving forward, subscribe to one healthy media source.

This could be signing up for your free trial of Raw Food Magazine (you can do this here) or simply entering your email to receive your favorite food blogger's newsletter. If you need some suggestions, we list dozens of our favorite raw food chefs under the Chefs tab at RawFoodMagazine.com. Check them out; they are doing wonderful, beautiful, and inspiring things!

Prefer listening to the radio or reading books? Search for healthy living podcasts or books and find something that resonates with you—just don't move on to step three until you sign up for at least ONE source of regular health education and inspiration.

You will thank yourself down the road for doing this.

# Step 3 to Lasting Success With Raw Food:

# Surround Yourself with Loving Support

This step may be the one piece of advice every single expert I have interviewed includes. Everybody knows that having a community makes things easier. Want to work out more? Find a workout buddy. Want to read more? Join a reading club. Want to meditate daily? Ask a friend to do it with you and hold you accountable. Sharing motivation, experiences, and tips and co-navigating the struggles of a raw lifestyle are just a few of the benefits of not going it alone.

If we know how much better our experience will be with support, why don't more of us take action to find a community? I believe it is our own personal, limiting beliefs. Some of the most common responses I hear when I ask why someone has not yet found a community are:

- My friends and family just aren't into that kind of stuff
- I'm not very good at making friends
- I don't live in a very health-conscious town
- I just don't have the time for any new social engagements

Have you ever used one of these excuses (and, yes, they are excuses)? It is easier than you think to find an ongoing source of support and community around raw food. There are meet-ups, potlucks, online groups, and virtual communities you can access from anywhere—and the beauty is, you decide how much support and interaction you prefer. If you are short on time, an online group where you can share experiences and ask others any questions as they arise may be just right for you. Prefer more one-on-one time? Taking this transition to a raw food program with a foodie will be a blast. If your family and friends are not partial to the raw food thing, this makes it even more important to find a separate source of understanding, motivation, and support.

#### Action Step:

So far, you have addressed your health mindset, defined your why, and signed up for one source of ongoing healthy media to support your lifestyle. This is the last (and perhaps most important) step for lasting success with raw food.

Before you close this guide, send one email, write one post, or make one phone call toward finding an ongoing source of support. Search MeetUps. com for a raw food group near you, or call your local health food store or Whole Foods to see if they know of any groups in your area. Prefer to stick with someone you already know? Send this guide to one friend you think may be interested and ask them if they would like to do the 10-day transition with you.

Here, we even made it super easy. Click here to send a link to this guide in an email with this pre-written text (which, of course, you can change to your liking):

I was reading through Raw Food Magazine's free Beginner's Guide to Going Raw and the 10 day transition meal plan looks delicious and totally doable. Take a look and tell me what you think. Would you want to do this with me? We could start next week!

Not only are you doing yourself a favor by inviting someone along, you are also offering them an amazing gift by introducing them to a whole new world of health and happiness. I am so grateful to the woman who first told me about raw food, and I can never truly thank her enough for the positive changes that sparked in my life.

So don't be shy; spread the joy and invite someone you care about to try this with you. Lasting change is possible for you—and having a friend helps.



# Thank You For Reading!

# But before you go...

# Take a moment to do these two tiny things

#### 1) Introduce Yourself!

Our little team here at Raw Food Magazine loves feedback. We want to get to know you and we want to be there for you. If you would like to ask any questions or give us feedback or send us YOUR favorite raw snack, send us a line at RawFoodMagazine@gmail.com

#### 2) Spread the Good News

If you enjoyed this guide, please pay it forward by sharing it with your friends, family or anyone you know who would love some healthy snacks. We really appreciate it!



In kindness, **Sara Grove** Co-Founder Raw Food Magazine