



**Thank you for taking the time to give these totally munch-worthy snacks a try.**

Now you might be wondering what's so different about these snacks as opposed to those you might get at the store or in the vending machine.

The most important distinction is that these are made with real food, which means you will stop eating once you're full unlike with those empty calorie snacks.

They're also...

- raw
- gluten free
- vegan (or beegan in some cases where honey is used)
- unprocessed
- unheated
- high fiber
- good for the heart
- full of brain healthy fatty acids

Let's get our snack on, shall we?

Sincerely,  
Nathalie Lussier

### Unfried Avocado Fritters

If you're used to eating conventional American fare, you're likely familiar with the obsession with deep frying everything. This recipe improves upon the addictive tastes and textures of deep fried food, and makes for a healthy and delicious alternative!

#### The Flax Batter

In a coffee grinder, food processor, or blender grind the following ingredients until smooth:

- 1/4 cup flax seeds
- Pinch sea salt
- Pinch of pepper
- Pinch of cumin

Set aside in a small bowl.

#### The Avocado Slices

Slice an avocado in half and remove the pit. Then cut thin vertical slices. Scoop out the avocado without breaking the slices.

Take each slice and cover both sides with the flax batter. Place all the avocado slices on a dehydrator or oven tray and dehydrate until semi-crispy!

Enjoy with some delicious raw ketchup.



#### Instant “No Artificial Crap” Ketchup

In a blender process all of these ingredients:

- 2 medium sized tomatoes
- 4-6 soft honey dates
- 1 tsp. soy sauce
- Pinch cayenne pepper
- Pinch sea salt

Serve as a dipping sauce for the Avocado Fritters and as a tomato paste for raw pizzas!

### Guacamole with Crudites

This is what I like to call my Wicked Guacamole! It evolved over time, but raw guacamole was one of the first recipes I ate consistently when I started eating more fresh fruits and vegetables.

- 1 chopped ripe avocado
- 1 chopped tomato
- 1 clove finely chopped garlic
- 1/4 of a lemon, juiced
- 1 teaspoon onion powder, or 1 slice of an onion, or 1 chopped green onion (shallot)

Place all ingredients in a food processor or blender and blend to your desired consistency.

Some people like it really creamy, while others prefer a more chunky guacamole.

If it's hard to blend, you can add a little water to get it going.

Serve as a dip, pour on top of a salad, or place a scoop in a lettuce leaf and eat it like a little wrap. Enjoy!



### Experiment with New Veggies!

We all know about carrot and celery sticks... but that can get boring after awhile. Why not switch things up a little and experiment with new raw vegetables to eat with dip.

- Snap peas
- Broccoli
- Cauliflower
- Bell peppers
- Cucumbers
- String beans
- Asparagus

### Curried Almonds

This snack is oh so simple, easy to bring along anywhere, and it satisfies all my cravings for crunchy-salty stuff.

1. Soak a handful of almonds in water for 2 or more hours. I usually soak them overnight. Then dump the water and rinse with fresh water.
2. Add a pinch of celtic sea salt.
3. Add a pinch of cumin powder.
4. Add a pinch of curry powder.
5. Mix everything nicely using your hands, or put everything in a small container or baggie and shake.
6. If you're bringing this on the go you can add all the spices to your container first, add the soaked nuts in and be on your way!

Why soak the nuts? Tree nuts like almonds, pecans, and walnuts have enzyme inhibitors that prevent us from digesting them.

Soaking removes the enzyme inhibitors and allows us to digest nuts more easily, as well as absorb the nutrients in them.



#### Experiment With Spices

Give this recipe a try and then experiment with your favorite spices to make a snack that you'll reach for every time instead of unhealthy processed foods. Try:

- Cayenne pepper
- Paprika
- Turmeric
- Wasabi
- Cinnamon
- Nutmeg
- Dill



### Sesame Banana Leather

This snack is perfect for kids or for anyone who has a sweet tooth, like me. It's also super easy to make, and all it requires is a dehydrator and a blender.

1. Place 2 to 3 peeled bananas in a blender. Optionally spice things up with a bit of vanilla, or spices like cinnamon or raw chocolate powders.
2. Blend until smooth. You may need to add a bit of water if your blender cannot process the bananas well.
3. Add a handful of sesame seeds to your blended bananas, then blend on low for another few seconds just to mix the seeds in evenly.
4. Spread the banana mixture on a teflex sheet or piece of cellophane. It should be about 1/4 inch thick, but you can experiment with different thicknesses.
5. Place the sheet in your dehydrator and dry at 110F for about 4 hours.
6. When the leather is dry enough, peel it off the sheet and flip it over to dehydrate on the other side, and place it on the mesh of your dehydrator. That way both sides will dry. Dry for another few hours until it reaches a malleable but dry consistency.

You can get a dehydrator second hand for a good price. To get started look for the round types, they tend to be very affordable!



#### Roll 'Em Up & Take 'Em With You!

Banana and fruit leathers are some of the most convenient hearty snacks that I know of. You can roll them up individually and stick some in your purse, or leave some in your car for when your stomach starts to rumble!

Another cool idea is to dehydrate your favorite green smoothie. You'll get tons of fiber and minerals from the greens, with the sugar from the fruits to keep you going.

### Red, White, and Green Trail Mix

What can you bring on a plane, keep in your car, or grab between meals that leaves you satisfied and energized? Trail mix!

In a baggie or container mix the following raw ingredients & feel free to improvise:

- Sunflower seeds
- Pumpkin seeds
- Goji berries
- Cashews

What I love about this trail mix is that's got tons of flavor, and it's not messy or hard to make.

This also reminds me of the winter solstice because it has a nice balance of red and green.



### Why Trail Mix Makes a Great Snack

One of the reasons why trail mix is so popular among hikers and athletes is that it is so versatile while delivering a powerhouse of nutritional benefits, specifically:

- Protein
- Magnesium
- Calcium
- Zinc
- Vitamin A
- Vitamin C
- Vitamin K
- Iron

### Kale Chips

What could be better than eating crunchy salty chips that are actually... leafy greens?! Here's what you'll need to make these chips:

- 1-2 bunches Kale
- Celtic sea salt
- Extra virgin olive oil
- Diced garlic
- Juice of 1/2 a lemon
- Pinch of cumin

1. Wash the kale and slice along both sides of the center rib to remove it. Cut into 3 inch long strips. The chips will get smaller as they dehydrate.
2. Put the sliced kale in a large bowl and add the olive oil, sea salt, diced garlic, lemon juice, and cumin, all to taste. Get your hands in there and massage the ingredients into the kale.
3. Wait for 10 to 20 minutes: the kale leaves should have shrunk a little bit.
4. Now place your marinated kale on a dehydrator tray and turn the dehydrator on to dry for about 7 to 8 hours at 105-115F.

You'll be crunching these awesome kale chips so fast you'll need to make a second batch! Be sure to experiment with different spices and mimic your favorite chips.

If you don't have a dehydrator you can use your oven on the lowest setting. It still beats commercial potato chips by miles!



### Green Leafy Veggies For The Win!

If there's one food group that we as modern human beings underestimate (and under eat) it's the leafy greens.

Leafy greens like kale, swiss chard, spinach, collards, and cabbage are the most nutritionally dense foods around. But as we all know, it's not just what registers in the science lab that makes food beneficial.

Greens are full of fiber, acting like little brushes and cleaning you out as they exit your body. They're also full of chlorophyll that is the blood of a plant, which essentially boosts our own blood's capabilities and health.

Eat those greens and you'll be the one winning!

### Bell Pepper Dip with Cucumber Slices

This red bell pepper dip is so versatile it appears twice in this recipe book. Here's how you make it.

In a high speed blender or food processor blend:

- 1 red bell pepper, chopped
- 1/2 cup walnuts or soaked almonds
- 1-2 stalks celery
- 1 green onion diced (chives)
- Pinch of celtic sea salt

Pretty simple, right? Simply serve it in a dipping bowl with an assortment of sliced cucumber.



#### Want Great Skin? Eat More Cucumber.

One of the “secrets” of models and actors/actresses before they make an appearance or do a photo shoot is to eat lots of cucumber.

Cucumber is high in silica, used to build strong nails, hair, and skin. It's also very hydrating, which is crucial for great looking skin.

Eating 2-3 cucumbers in one day is not as weird as it sounds. And this recipe makes it easy enough to chow down on these yummy vegetables.



### Crunchy Nori Rolls

The ingredients for this snack will look familiar because it's essentially the same recipe, but presented differently.

Instead of dipping your cucumber slices into the red bell pepper dip, you're wrapping both in a delicious seaweed nori sheet.

Here's how to assemble this lip-smacking, stomach-silencing snack:

1. Place a nori sheet shiny side facing down on a cutting board or flat surface.
2. To make 2 wraps per sheet you can slice the sheet down the middle, but the rolls will hold up better if you use a full sheet.
3. Spoon some of the red bell pepper dip along the bottom edge of the sheet.
4. Place some thin cucumber slices on top of the dip. Add any other fillings like sprouts, shredded carrots, and so on.
5. Roll the sheet starting from the edge closest to you, and keeping the roll firmly in hand as you get to the end.
6. If your rolls aren't sticking together you can apply a tiny bit of dip along the edge of the nori sheet to hold it in place.
7. Use a sharp knife to cut into halves and serve immediately!



#### Okay, but what if I'm in a hurry?

I know, this might seem like a complicated snack. Here's what I suggest. In two different containers bring the red bell pepper dip and your other ingredients. Stash some nori sheets in your car, office, or desired snack-location.

When you get a hankering for a snack, simply whip out your containers and roll a quick wrap and eat immediately.

#### Eew... seaweed, really?!

Seaweed is one of the most nutritious foods around. It's no wonder people in Asia eat so much of it!

I personally try to eat a little bit of seaweed every day, because it's packed with minerals from the ocean that you can't get from foods grown on land.

### Cheesy Cashews

This is one of those emergency-craving busting snacks I pull out when I'm looking for something cheesy. You'll never have to reach for cheesy processed snacks like cheese-its, doritos, or cheese puffs again.

I like to soak a handful of cashews to make sure they're plump and filling, but you could make this recipe without soaking the nuts if you're in a hurry.

In a baggie or container place a handful of cashews (soaked or not) with a little bit of extra virgin olive oil. Mix well to spread the oil.

Then add:

- 2-3 spoonfuls of nutritional yeast
- Pinch of celtic sea salt
- Any other spices you like (to add a little kick)

Shake the baggie or container to coat the cashews with the cheese-like flavoring. Then enjoy!



#### **You don't need to be Vegan to enjoy cheese-less snacks**

I know some people come to raw food from a Vegan background and that's great. But if you're not interested in ever going Vegan, there's still good reason to eat cheese-less snacks.

Processed snacks in general are highly addictive and come with a slew of unwanted side effects like allergies, weight gain, and indigestion. Not to mention that you can eat an entire bag and never feel full.

Most cheesy snacks are even worse because they contain lots of cheap fillers, fake ingredients, and milk byproducts that aren't nutritious at all.

So start building new habits that don't revolve around fake-cheese snacks and regain control of your appetite.

### Nut Butter with Celery and Apple Slices

This is a great snack when you're looking for something a little sweeter than all the previous salty snacks.

It's important to emphasize that you should buy nut butter that is NOT peanut butter. Peanut butter contains a toxic substance produced by mold called aflatoxin, and is really not a health-food by any means.

Recommended nut butters:

- Raw almond butter
- Raw macadamia butter
- Raw cashew butter
- Raw hazelnut butter

There are always new types of nut butter going on the market, so if it's raw and it's not made of peanuts then give it a go!

This is a super simple recipe that should take less than 5 minutes to make and travels well!

1. Wash and cut apples and celery sticks.
2. Place a dollop of your nut butter on the plate for dunking, or spread it across your fruit and veggies.
3. Top with a pinch of stevia (or raw honey), and cinnamon to make this even more decadent!



#### Food Combining

One of the principles that I recommend to people who are tracking their weight is to never combine fruits with anything except other fruits.

Obviously this snack breaks that rule. If you experience gas or stomach aches after eating this snack then simply replace the apples with bananas.

The beauty of bananas is that they digest differently than other fruits and can be combined easily with nuts and dried fruit.

Snack on!

### Weightlifting Champion Fruits

No, this recipe wasn't invented by weightlifting champions, but was rather inspired by the dumbbells that weightlifters use.

In this case we're using toothpicks to create a fun fruit-based snack. The sliced bananas are like the dumbbells and the fruit in the middle are the athletes.

This snack is so much fun to make with kids because you can really get creative and try all kinds of combinations! Here are some ideas to get you started:

- Grapes
- Blueberries
- Strawberry slices
- Kiwi slices
- Clementines
- Watermelon
- Cantaloupe
- Honeydew
- Raspberries
- Pear slices
- Apricot slices
- Peach slices
- Cherries
- Bananas

Go ahead, create your little fruity champions and enjoy the energy boost you'll get!



### Is Fruit Fattening?

Fruit and fruit juice gets a lot of bad press. Commercial bottled fruit juice is definitely not a beneficial food because it causes major sugar spikes.

Fruit as it was designed to be eaten: whole, with the pulp and fiber included is very cleansing. It's also packed with antioxidants and essential vitamins.

No one should avoid fruit for fear of gaining weight. The only people who need to be more careful about their fruit intake are those who have blood sugar issues like diabetics or pre-diabetics.

Even so, there are plenty of fruit that are low glycemic and that do not cause sugar spikes like cherries, plums, and grapefruit.



### Ready for More?

My hope is that you'll find a few gems among these recipes that will turn into favorites at your house.

I know you're a busy person and eating right takes a lot of planning and effort. Luckily, I've been in your shoes and can now share my secrets.

I'm going to give you everything you need to get started. If you're interested then [click here to enter your name and email address so you can get all the details](http://TheMagickMenu.com/Goodies).

Or copy & paste this link:

<http://TheMagickMenu.com/Goodies>

Wishing you health, happiness, and freedom!

-Nathalie Lussier  
The Raw Foods Witch



### About Nathalie Lussier

I'm a tree loving, veggie eating geek girl with a penchant for all things magickal. I stumbled upon the concept of eating raw food in 2005 and saw what a tremendously healing effect it had on me and my family.

In 2008 I was at a crossroads and chose to turn down a high paying corporate job on Wall Street to pursue my passion.

In 2009 The Raw Foods Witch became my full time business and I've been helping people cure their cravings and eat more fruits and veggies ever since!

I work with people as a coach, lead programs and courses, and host events to get more people on the path to health!

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