



# RAWHAPPY

— RAW PLANT BASED FOOD —

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## Chocolate Fudge<sup>[1][2]</sup>

150g Pumpkin Seeds (and or other nuts/seeds of your choice)

50g Cacao Nibs

250g Soft Dates<sup>[1][2]</sup>

1 dessert spoon Cacao Powder<sup>[1][2]</sup>

1 teaspoon of Coconut Nectar or Raw Honey<sup>[1][2]</sup> or alternative choice (optional)

**Method:** Blitz nuts or seeds and cacao nibs to a chunky meal consistency, add remaining ingredients and process until a dough ball is formed. Take out and with your hands roll into individual balls or cubes. Keep them in the fridge.

## Salted Caramel Shortbread

### Base

100g Sesame Seeds

50g Sunflower Seeds

50g Coconut Chips/ Desiccated Coconut

75g Lucuma Powder or Cacao Powder

2 tbsp. Coconut Oil

**3-4tbsp. Water**

**Blitz seeds and coconut into a fine flour consistency and in a bowl mix with other ingredients, then press into a cake tin and set in fridge whilst making the next layers.**

**Caramel**

**250g Soft Dates**

**100g Tahini**

**1tbsp. Coconut Cream (Optional)**

**1 tbsp. Coconut Oil**

**½ tsp. Rock Salt**

**3-4 tbsp. Water**

**Blend all ingredients together to create a smooth and creamy caramel paste. Spread over your base and set in the freezer.**

**Chocolate Topping**

**75g Cacao Butter**

**75g Cacao Powder**

**75g Agave or Liquid Sweetener of choice**

**Method** Melt cacao butter, powder and sweetener in a Bain Marie, make sure the water is not boiling, as you will lose the raw, healthy properties of the ingredients. I recommend melting the sweetener and cacao together to avoid 'splitting' or separation of ingredients. It should take approximately 10 minutes for the cacao to melt.

**Kale Chips**

**2 tsp Fennel, coriander or Caraway seeds**

**2 tbsp. Soaked Buckwheat**

**1-2 large bags of kale leaves with stalks on**

**Sunflower seed Mayo-**

**100g Sunflower seeds**

**1 tbsp. apple cider vinegar**

1 tbsp. Tamari  
1 tbsp. Nutritional yeast  
60ml or less of water

Remove large stems from kale and tear into small pieces. Cover with sunflower seed mayo and massage really well to break down the leaf fibres making it easier to digest. Sprinkle over buckwheat and seeds of choice. Spread on Teflex sheets and dehydrate for 8-12 hours.

## **Raw Crunchy Dehydrated Crackers**

200g Sunflower Seeds  
100g Pumpkin Seeds  
150g Flaxseeds  
100g Buckwheat  
50g Sesame Seeds  
1 Sheet of Nori  
2 tsp. Cumin Powder  
1 tsp. Coriander Powder  
1 tsp. Smoked Paprika  
1 tsp. Tamari or ½ tsp. Rock Salt  
450-500ml Filtered Water

Add all dry ingredients into a large bowl and incorporate evenly together. Add water and stir well, leave for 4 hours to absorb water and then spread thinly over Teflex sheets on your dehydrator trays. Dehydrate at max temperature for 1 hour, turn down to 42 degrees and dehydrate for another 12 hours. Flip over and remove Teflex score into crackers and dehydrate for a further 10-12 hours until crunchy. Keep in an airtight container. They will keep for months as long as fully dry and no moisture can get into container.