

CLEAN EATING
GUIDE +
RECIPE BOOK





Clean Eating Guide + Recipe Book

Our recipes offer easy and delicious meals that are perfect for getting your nutrients in while also enjoying amazingly yummy foods- all while avoiding junk food and choosing whole, natural ingredients!

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WELCOME, HEALTHY FOODIE!

Stay joyful, stay healthy!



QUICK RECIPES
WHOLE FOODS
BETTER ENERGY
EASIER DIGESTION
FULL ENJOYMENT



SHARE YOUR
CREATIONS
WITH US!
#myrawjoy



HEY SUPERSTAR!

We love healthy and delicious eating- it makes all the difference in our days and creates a strong foundation for our lives to flourish. At My Raw Joy we have created nutritious recipes for you that are easy to make, spectacularly yummy and provide the perfect base for an energized, joyful day. This guide is for all the healthy food lovers out there so you too can become a clean eating expert!

We are looking forward to see you creations on [Instagram](#) and [Facebook](#)!

Stay joyful,
stay healthy!



Sania

My Raw Joy Founder

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6 PRINCIPLES OF CLEAN EATING



1. Keep it simple

An important principle of clean eating is avoiding foods that are heavily processed. It simply means eating minimally altered foods that provide maximum nutritional benefits. The idea is to consume foods that are as close as possible to their natural state. When you have a choice between two products, always choose the one that has gone through less processing steps.

2. Eat more fruits and vegetables

Fruits and veggies are loaded with fiber, vitamins, minerals, and plant compounds that help keep your body healthy. Some easy ways to incorporate more fruits and vegetables into your diet: is to make your plates as colorful as possible. Add berries, chopped apples, or orange slices to your favorite dishes, and you've already got a dose of fruits in your dish to boost your body's health.

6 PRINCIPLES OF CLEAN EATING

3. Check the label

Though clean eating involves whole, fresh foods, healthy packaged foods can definitely be included, such as vegetables, nutritious snack and nuts. However, it's important to read labels to make sure there are no unnecessary additives in the food you're about to buy. For instance, many nuts are roasted in vegetable oil, which can expose them to heat-related damage. Reading that is actually in the product

4. Avoid industrial sugar

Whenever possible, avoid white processed sugar in your diet. There are many alternatives that do the same jobs but are healthier for you. For example, you can sweeten your foods with dates or low-glycemic alternatives like coconut palm sweetener, or you can use bananas to add sweetness to desserts and smoothies.

5. Choose more raw foods

Raw foods maintain many of their original nutritional qualities because they are not heat processed. While cooking food can make it easier to digest, it may also destroy vital micronutrients that keep our bodies youthful, happy and strong. When you choose raw foods, especially in the form of fruits, vegetables, leafy greens, nuts and seeds, you are consuming ingredients that are in their most natural state possible and have not been damaged by heat.

6. Eat more plant-based foods

Research over the past decades has shown that eating a predominantly plant-based diet has multiple health benefits. From fiber content to vitamins, we all know that plants are good for you and keep you healthy. The more you can include them in your diet, the better your clean eating journey will be.



DOUBLE CHOCOLATE BROWNIE

INGREDIENTS:

230 ml coconut milk
 180 g coconut blossom sugar
 170 g self-raising flour
 50 g cocoa powder
 5 tablespoons coconut oil
 1 Tbsp vanilla powder
 1 My Raw Joy Plain chocolate
 raspberries, nuts + mint to decorate

DIRECTIONS:

Shave chocolate into thin slices
 Add flour and cocoa powder into a large bowl
 Add in the sugar, vanilla & pinch of salt
 Add oil, almond milk, nuts & chocolate
 Bake at 170C for 20 to 25 minutes
 Decorate with raspberries, nuts & mint
 Enjoy!

CACAO ECSTASY SMOOTHIE

INGREDIENTS

220 ml almond milk
 10 g cinnamon
 10g maca powder
 2-3 cubes of My Raw Joy Plain Choc
 40g cacao powder
 1 whole ripe banana
 1-2 Tbsp Agave Syrup
 2 dates

DIRECTIONS:

Chop up the plain chocolate
 Put almond milk + cacao powder in mixer
 Add chopped banana + maca powder
 Pour smoothie into glass
 Decorate with cinnamon
 Enjoy!



BANGKOK BANG SALAD

INGREDIENTS:

Almond Thai sauce
50g organic rice noodles
Raw Almond Spread
50g of thin cut carrots
50g mix red and yellow paprika
lime and parsley to decorate

DIRECTIONS:

:Cook rice noodles and rinse
Mix noodles with almond thai sauce
Slice bell peppers, carrots & lime
Place around the noodles
Decorate with fresh parsley
Enjoy!

ALMOND THAI SAUCE

INGREDIENTS

100 ml water
30ml freshly squeezed lime juice
50 g My Raw Joy Almond Spread
1 tsp of fresh chopped chili
1 Tbsp tamarind paste
1 Tbsp minced fresh ginger

DIRECTIONS:

Blend water, lime juice + Almond Spread
Add in tamarind paste and ginger
Add chopped chili and garlic to taste
Add pinch of salt to taste
Enjoy!



SWEET GREEK SALAD

INGREDIENTS:

100 g watermelon
50 g vegan feta cheese
My Raw Joy Almond Marbles
10 g maple syrup
mint to decorate

DIRECTIONS:

Slice Watermelon and place on plate
Crumble feta cheese and add on top
Drizzle with maple syrup
Add Almond Marbles for crunch
Decorate with mint leaves
Enjoy!

FRUITY CHOC PUDDING

INGREDIENTS

150ml oat milk
100 g strawberries
30 g almond spread
1.5 Tbsp Chia Seeds
1 Tbsp pomegranate seeds
My Raw Joy Almond Marbles

DIRECTIONS:

Mix Chia seeds with oat milk, let rise
Slice strawberries and place into pudding
Serve topped with pomegranate
Add Almond Marbles for crunch
Enjoy!



FLUFFY CARAMEL PANCAKES

INGREDIENTS:

125g whole grain flour
2 tablespoon organic sugar
1 teaspoon baking powder
1/2 teaspoon salt
240 ml non-dairy milk
1 teaspoon apple cider vinegar
My Raw Joy Carawmel Spread
Berries to decorate

DIRECTIONS:

Mix flour, sugar, baking powder in a bowl
Add milk + apple cider vinegar, whisk till smooth
Make small pancakes in pan & place on plate
Add Carawmel Spread sprinkled with salt
Decorate with berries
Enjoy!

MACA MADNESS SMOOTHIE

INGREDIENTS

2 frozen bananas
1 cup non-dairy milk
2 tablespoons MRJ Carawmel
1 full tablespoon maca powder
1/2 teaspoon pure vanilla
raw almonds for garnishing
Optional: Pinch of salt

DIRECTIONS:

Add all ingredients into a blender
blend for 2-3 minutes or until smooth .
Pour into a glass
Decorate with chopped almonds
Sprinkle extra maca on top
Enjoy!



MORNING DELIGHT BOWL

INGREDIENTS:

200 ml coconut yogurt
50g Raw Buckwheat Granola
1-2 tablespoons maple syrup
1 Sliced banana
Fruits to decorate

DIRECTIONS:

Mix yogurt with maple syrup
Add Crumbled Buckwheat Granola
Add sliced banana pieces
Decorate with berries
Enjoy!

MIGHTY YUMMY GRANOLA

INGREDIENTS

200ml non-dairy milk
50g Raw Buckwheat Granola
1 sliced pear
30g raisins
30g coconut flakes

DIRECTIONS:

Crumble Buckwheat Granola in bowl
Pour in non-dairy milk
Decorate with pear slices
Sprinkle raisins and coconut flakes
Enjoy!



VEGAN CARBO- NARA

INGREDIENTS:

250 g whole wheat spaghetti pasta
300 g mushrooms
50g Cashew Spread
120ml water
2 tablespoons nutritional yeast
onion, garlic and fresh basil
pumpkin seeds to decorate
salt and pepper

DIRECTIONS:

Cook the pasta al dente
Heat salted onion & garlic in pan till golden
Blend water and Cashew Spread into sauce
Place pasta in sauce and stir well, let soak
Add salt and pepper to taste
Sprinkle nutritional yeast & pumpkin seeds
Enjoy!

STUFFED CASHEW PEPPERS

INGREDIENTS

120 g quinoa
50g Cashew Spread
50g cannelloni beans
30 g minced basil
1 tablespoon red pepper spice
4 medium red tomatoes
4 big bell peppers

DIRECTIONS:

Cook quinoa and beans
Cut cleaned peppers in half, lay out in pan
Mix quinoa, beans & cashew spread
Fill pepper halves with mixture
Bake for 30-35 minutes at 170°C
Top with basil & tomatoes
Enjoy!



GREEN POWER OMELETTE

INGREDIENTS:

120g fresh spinach
100 ml water
50g chickpea flour
30g nutritional yeast
20g turmeric
30g Kale Chips
10g kala black salt

DIRECTIONS:

Heat spinach in pan till soft
In a bowl, blend water with chickpea flour
Add in nutritional yeast, salt & turmeric
Heat a pan with coconut oil
Pour in omelette mix, heat till golden
Serve with spinach & kale chips
Enjoy!

FRENCH KALE TOAST

INGREDIENTS

2 slices of whole grain toast
50 ml tomato juice
herbes de provence
fresh basil
salt and pepper
favourite vegetables

DIRECTIONS:

Pour the juice into the bowl
add salt, pepper, herbs and fresh basil
Dip the bread slices in the sauce
Fry on each side in well-heated oil
Sprinkle with Kale Chips
Serve with your favorite vegetables
Enjoy!



CHOCO LOVE JAR

INGREDIENTS:

200 ml coconut milk
50 g chia seeds
40g Rawnella Spread
10-20g agave syrup
50g berry mix

DIRECTIONS:

Heat spinach in pan till soft
In a bowl, blend water with chickpea flour
Add in nutritional yeast, salt & turmeric
Heat a pan with coconut oil
Pour in omelette mix, heat till golden
Serve with spinach & kale chips
Enjoy!

CASHEW DATE SMOOTHIE

INGREDIENTS

6 Mejadol dates
150ml water
30g Raw Cashew Butter
10g Lucuma
5g cinnamon

DIRECTIONS:

Slice the dates into smaller pieces
Blend at high speed with water
Add Cashew butter and cinnamon
Pour into glass
Sprinkle with Lucuma
Enjoy!



SUNNY BANANA FRITTERS

INGREDIENTS:

120 g rolled oats
120g whole grain flour
2 bananas, sliced
100 ml non-dairy milk
1 tablespoon baking powder
1 teaspoon apple cider vinegar
2-3 scoops Rawnella Spread

DIRECTIONS:

Pour dry ingredients into a bowl
Add milk, vinegar and 1 banana
Blend ingredients till smooth
Heat up a pan at medium heat
Using coconut oil, fry small shapes till golden
Flip around for 30 seconds
Serve with Rawnella and Banana
Enjoy!

TROPICAL MANGO LASSI

INGREDIENTS

1 medium-sized pitted mango
50g My Raw Joy Almond Butter
120ml water
50ml coconut cream
1 passion fruit
1/2 lemon

DIRECTIONS:

Peel and cut the mango into slices
Blend mango and water in mixer
Add coconut cream Almond Butter
Add lemon juice
Pour into glass
Decorate with passion fruit seeds
Enjoy!

*Enjoy your clean eating journey and share
your creations with us using #myrawjoy*



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