

# MY RAW JOY CATALOGUE

2023





My Raw Joy creates high-quality, nutritious & delicious snacks that offer a guilt-free gourmet experience. We combine **fine taste, raw quality, 100% organic ingredients and award-winning flavours** that are on par with conventional gourmet products.

Say hello to ultra-delicious foods that **support a healthy lifestyle.**

Our mission is to share the best experiences and products with others while experiencing true joy along the way!

Our raw products fulfill key quality standards:



VEGAN



GLUTEN FREE



ORGANIC



RAFINED SUGAR FREE



HANDMADE



PALM OIL FREE



ACTIVATED NUTS



GMO FREE





# PRODUCT CATEGORIES - OVERVIEW

## Category

## Flavours

Raw Nut Spreads	Rawnella, Carawmel, Strawberry-Almond, Apple-Cinnamon, Cashew, Almond
Raw Cookie Energy Bars	Sour Cherry & Cacao, Matcha & Raisins, Cacao & White Choc, Hazelnut, Vanilla & Choc Chip, Blueberry & Baobab, Salted Caramel & Pecan, Banana Bread
Raw Chips	Natural Cheezy Chips, Buckwheat Granola
Raw Choco Bars	Nougat, Carawmel, Strawberry, Blueberry, Raspberry, Rawffee, Banana, Fruits & Carawmel, Peppermint
Raw Chocolates	Plain, Flower Power, Almond, Hazelnut, Raspberry-Rose, Salted Carawmel
Raw Truffles	Strawberry-Orange, Hazelnut Cream, Blueberry-Lemon, White Deluxe
Raw Marbles	Sour Cherry, Hazelnut, Almond-Cinnamon, Raisin
Raw Smoothie Bowl Blends	Very Red Berry, True Blue Joy, Cacao Lover, Very Red Cherry, Bananarama
Raw Activated Nuts	Pure Hazelnuts, Pure Almonds, Pure Cashews



# RAW NUT SPREADS

My Raw Joy Nut Spreads are among the very few on the market that are not only raw and vegan but also use activated nuts. This ensures that our organic spreads are easily digestible and full of nutrients.

Our award-winning, super-smooth creams are made from raw nuts, coconut sweetener and nourishing superfoods. With 6 delightful flavours, you are sure to find your favourite!



## What makes it special?

- Always with *sprouted nuts*
- 50%, 60%, 70% & 100% nut content, among the highest percentages on the market.
- Free of sunflower & palm oil



2 Stars in the Great Taste Awards  
for our Carammel Spread





# RAW COOKIE ENERGY BARS & CHIPS

Our Raw Cookie Energy Bars are cashew-based & combined with superfoods to create top-notch consistencies. Gone are the days of cheaply made energy bars that taste like dates. Say hello to refined flavours that will leave you wanting more.

Our crispy chips complement the sweet taste of our raw Cookie Energy Bars.

## What makes it special?

- Luxurious cashew base
- Innovative flavours
- Dehydrated in custom-made stainless steel machines





# RAW CREAMY CHOCO BARS



Our Raw Choco Bars set a new standard for raw and vegan chocolate. These goodies are fine, creamy and delightfully delicious.

This signature range is made in a delicate artisanal process. The outcome is a product that matches traditional gourmet chocolates while using only nutritious ingredients.

## What makes it special?

- First Raw Chocolate on the EU market with a filling
- Handmade with a creamy inside & snappy outside





Our classic raw chocolates are a delightful gourmet experience for even the most demanding foodies.

While many raw cacao products were known to have a crumbly consistency, we decided to produce the smoothest, yummiest bars that easily match the quality of other gourmet products.

100% raw & without refined sugar.



### What makes it special?

- **Classic chocolate experience with nutritious ingredients**
- **Smooth consistency and intense raw cacao flavour**



My Raw Joy chocolate truffles boast a creamy consistency, high cacao raw content and delightful superfood & fruit flavours.

Prepared true to Belgian style in a delicate handmade process, these little bites of happiness make for a great gift or a yummy snack. Take your pick among 4 flavour mixes.

### What makes it special?

- Top-notch taste
- Matches traditional chocolate truffles
- Guilt-free indulgence





Raw Choco Marbles offer a more nutritious version of the classic chocolate-covered nuts and fruits we all know from childhood.

Using activated dried fruits and raw nuts that have been sprouted for maximum digestibility, these bites of goodness are a great way to enjoy better-for-you raw chocolate with a delightful crunch on the inside.

### What makes it special?

- Popular bite-sized snack on the go
- Crunchy texture and pure flavours



# RAW SMOOTHIE BOWL MIX

Our smoothie bowls blends are a quick and easy meal for the morning and in-between. They can be prepared as smoothies and mylk shakes or used as toppings in bowls.

Made from raw fruits & superfoods, nutritious gluten-free oats and a touch of coconut sweetener for the perfect flavour balance.



## What makes it special?

- Easy to prepare
- Versatile use in dishes
- High fibre content





# RAW SUPERNUTS



Supernuts are soaked, sprouted and gently dehydrated to turn a natural snack into a true superfood.

With easy digestibility, high-quality protein and unsaturated fatty acids, they make for a nutritious topping in bowls and clean energy-boosting snacks. Available in 3 flavours.

## What makes it special?

- Sprouted for better digestion
- Quality fats & proteins
- Easy to combine in dishes



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