

FROM THE

BLENDED VITALITY

SERIES

20 HEALTHY RAW SNACKS AND TREATS

No Bake, Paleo Friendly, No Sugar, Gluten Free,
Super Healthy RAW SNACKS & TREATS Recipes.



CAROLYN HANSEN

About Carolyn Hansen

Carolyn Hansen is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).

She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.



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<http://blendedbites.com/>

20 Healthy Raw Snacks And Treats

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Introduction

Do you like easy-to-prepare snacks that are both sweet and delicious and quell the pangs of hunger, but are free of chemical-laden additives and processed sugar? In short, are you looking for healthy and nutritious raw snacks prepared only from ingredients that you can feel good about putting into your body and the bodies of your children? Well, I have prepared twenty brief recipes for you in the pages that follow which I feel sure you will enjoy.

Hello. My name is Carolyn Hansen and I have spent a great deal of my time over the years thinking about how I can improve the quality of the nutrition I am putting into my body. For a long time I was rather obsessive about this because I spent a great deal of my time training for bodybuilding competitions. While food is vital to all of us, the bodybuilder looks at each mouthful of nutrition as a double-edged sword.

Yes, we need the protein to build our bodies, and the carbohydrates to power us through our workouts. We even need a little bit of fat in our diet to keep the parts lubricated and to maintain good working order. But what about those extra chemicals, preservatives, and artificial sweeteners that lace the snacks our bodies crave between the carefully prepared meals? Not only do we not need these additives, they can be harmful to our long-term health AND they are full of empty calories that only serve to fatten our bodies unnecessarily.

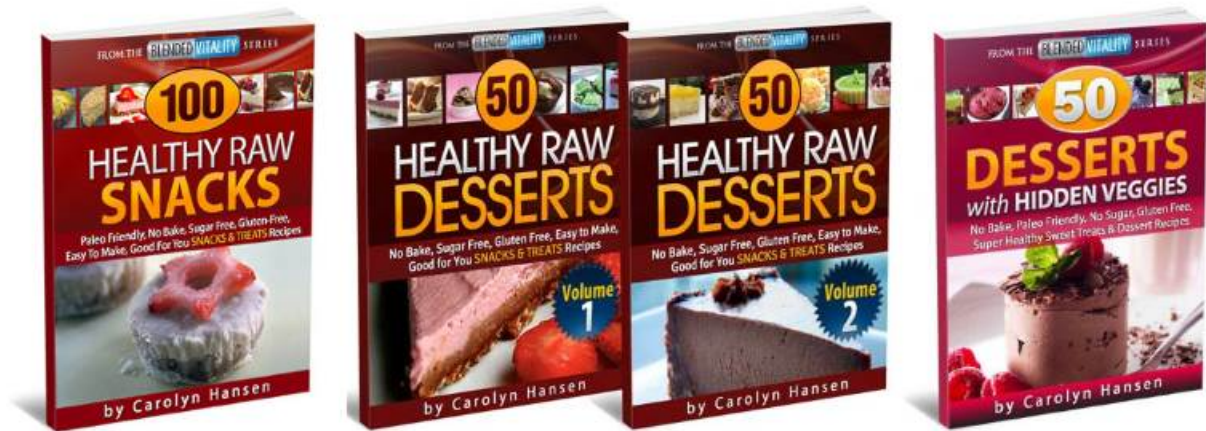
As someone who was determined not to undo all the hard work I was putting in at the gym simply because it is virtually impossible to forgo some kind of snack during the course of the day, I decided to try to come up with my own set of snack recipes that removed all of the "problems" that regular snacks presented.

In the end I came up with a large and varied set of recipes which I bundled together into my Blended Bites ebook collection **250 Healthy Dessert And Snacks Recipes**:

[Visit 250 Healthy Dessert And Snacks Recipes](#)

20 Healthy Raw Snacks And Treats

As a sampler for the book, and to show you how delicious and simple-to-make these recipes really are, I have come up with twenty more recipes which I am making available to you in these pages at no cost. If you find that you enjoy these, as I am sure you will, I hope you will check out the other two hundred fifty recipes found in the companion set to these ones.



Yours in Health and Nutrition,

Carolyn Hansen

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<http://blendedbites.com/>

Apple Balls



1½ cups dates, ½ cup almonds, ¼ cup walnuts, 3 apples, 2 tablespoons raisins, ½ tablespoon cinnamon.

Soak 1 cup dates for 30 minutes to soften then drain. Leave remaining ½ cup dates unsoaked. Blend almonds, walnuts and both soaked and drained and unsoaked dates in food processor until chunky. Add cored and peeled (unpeeled if preferred) roughly chopped apples into blender with raisins and cinnamon and blend until desired consistency.

Roll into small balls and set in fridge. Can be rolled in cinnamon or coconut if desired. Can also be put into the bottom of a glass pie dish, placed in fridge and cut into bars when set.

Apple Seed Health Slice

Base: 2 cups sunflower seeds, 1 cup almonds, 1 cup raisins.

Soak raisins for 30 minutes then drain. Blend these 3 ingredients in a food processor till chunky and push into the bottom of a pie pan.

Top layer: 6 apples, 1 cup dates, 1/2 cup raisins, 1/2 lemon, 1/2 tablespoon cinnamon.

Soak dates at least 30 minutes, core apples and peel (if desired) and chop roughly. Place all ingredients in a food processor and blend till well blended but still chunky.

Tip mixture onto base and pat down. Refrigerate at least one hour to set then cut into slices.

Banana Bars

1 cup dates soaked at least 30 minutes and drained, 1 cup almonds, 2 bananas.

Blend all ingredients together in food processor until roughly blended and shape into bars. Place in warm oven (40-50 degrees Celsius 100 -110 Fahrenheit) for an hour or longer if needed to firm and dry the bars.

Blueberry Slice



Base: 1 cup raw pecans (or almonds), 1/2 cup dried apricots.

Place in food processor and blend till well combined. Press mixture into a baking dish.

Topping: 2 1/2 cups blueberries (or any other fresh or frozen berries) 1/2 cup dates, 1/2 cup plain yogurt, 1 tablespoon psyllium (natural thickener), 1/2 lemon.

Place all ingredients except 1/2 cup or the berries to decorate top of slice into food processor and process until well combined. Pour onto base and chill in fridge for 1 hour until set. Cut into slices and serve. Top with cashew cream for a delicious treat. (Recipe below)

Carrot and Raisin Bar



Base: 1 medium carrot, 1 cup pecans, 1 cup sunflower seeds, 1 teaspoon vanilla. 1/4 teaspoon lemon peel zest, (the zest of half a lemon), 1/2 cup raisins

Process all ingredients in a food processor until well combined. Press into a cake tin and prepare topping.

Topping: 1 $\frac{1}{2}$ cups cashews, 1/2 cup water 2 tablespoons agave nectar (or honey), 3 tablespoons coconut oil, 1 tablespoon vanilla, 1/4 teaspoon salt.

Blend all ingredients in food processor together under smooth. Place in fridge to achieve a thicker consistency and spread on base when ready to serve. Slice into bars.

Cashew Cream



If the thought of adding cream to healthy pies, cakes, berries, cereals, and tea give this cashew cream recipe a try - it is rich in healthy monounsaturated fatty acids, which are good for keeping your heart and blood vessels healthy.

Cashew cream is also naturally rich in magnesium, which your body needs to keep your bones, teeth, muscles, and nervous system optimally healthy. Leave out the sweetener if desired as quality cashews have a natural hint of sweetness that makes pure cashew cream quite pleasant on its own.

Ingredients

1 cup cashews of cashew butter, 1/2 cup water

1/4 cup honey or agave nectar (optional)

Combine all ingredients in a food processor and blend until smooth. Add more water if needed. Transfer sweet cashew cream to a glass jar, cap the jar with a lid, and chill in the refrigerator for at least a couple of hours before using. Sweet cashew cream will stay fresh in a sealed jar in the refrigerator for up to one week.

Note: If you prefer a thick cream, use less water and pause the blender to give the ingredients a good mix/swirl one or more times.

This is a great non-dairy alternative to add to beverages of your choice. Combine with

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tea for instance, or use as a nut milk base in a smoothie. Get creative and make a flavored beverage with it, or use it in recipes that call for milk.

If you only need a serving for one or two persons simply cut this recipe in half, and for more servings, double, even triple it.

Feel free to experiment using other nuts (almonds, brazil nuts), or sunflower or pumpkin seeds or you could spice this basic recipe up with ginger, nutmeg, cinnamon or another one of your favorite flavors for different and flavorful taste adventures.

Cashew Cream Bars

1 cup cashews, 1 cup walnuts, 1 1/4 cup shredded coconut, 1 cup dates. Pinch salt.

Place cashews and walnuts in a food processor and blend until crumbly. Add dates, salt and 3/4 cup of coconut, blend for a minute or so.

Press the mixture down into a small glass dish. Then sprinkle the remaining coconut over the oil-topped batter and place in refrigerator. Once chilled, cut into bars. Could also serve like a dessert with fresh berries and cashew cream.

Cinnamon Raisin Bars

3/4 cup dates, 1/4 cup raisins, 1/2 cup almonds, 1/2 cup cashews, 1/2 teaspoon ground cinnamon.

Soak dates and raisins for at least 30 minutes then drain. Blend all ingredients in food processor until well blended. Shape into bars and refrigerate.

Coconut Orange Chocolate Squares



Base: 1½ cups pecans, 1 cup dried figs, zest and juice from one orange, ½ teaspoon ground cinnamon, pinch sea salt.

Remove the zest from the orange with a fine grater and set aside. Squeeze the juice into a bowl. Remove the stems from the dried figs and soak in the fresh squeezed orange juice for at least an hour. In a food processor, finely chop the pecans with the orange zest. Add the soaked figs (reserve the juice), cinnamon and sea salt, process until blended. Press into a small (8 x 8) pan and refrigerate while making the topping.

Topping: ½ cup walnuts, 1 cup dates, ½ cup cocoa or carob powder, left over orange juice from soaking the figs.

Soak the dates for at least 30 minutes and drain. Place all the ingredients in a food processor. Process until coarsely chopped and well mixed. Press into the prepared crust. Chill for several hours and cut into squares.

Date Nut Dream



Base: 2 cups raisins, 2 cups walnuts, 1 cup shredded coconut.

In a food processor, combine raisins, walnuts and coconut and blend until well blended. Remove from processor and mold onto a plate in a round circle about 1 1/2 inches thick.

Topping: 1 cup dates, soaked at least 30 minutes, 1/2 lemon.

In a food processor, combine dates and lemon until smooth and creamy. Spread the topping on top of the base. Sprinkle the top with roughly chopped almonds or nuts.

Extra Energy Orbs



3/4 cup any nut butter (try almond, peanut or cashew), 1/4 cup tahini (sesame seed paste) 1/2 cup sweetener (dates, or raw honey or agave nectar) 1 cup sunflower seeds, 1/4 cup of cocoa or carob powder, 1/2 - 3/4 cup of shredded coconut.

Place all ingredients in food processor and blend until combined but still chunky. Roll into balls of any size. Can roll in coconut or cocoa powder if desired.

Fridge cookies

3 cups rolled oats, 2 cups any nut butter (peanut, almond or cashew) 3/4 cup honey.

Mix almond butter and honey together then add oats. Form into balls and set aside. Pulverize more oats in a food processor until powdery. (You can add cocoa or carob powder and cinnamon to the oat powder) Roll balls in powder. Refrigerate for a while before eating.

Fudge



2 cups cashews, 1 cup walnut pieces, 1 cup dates, 1 cup raisins, 4 tablespoons cocoa or carob powder, 1 cup water, 1 cup ground flax seeds, chopped nuts.

Soak cashew, dates and raisins in same bowl for at least 30 minutes, then drain. Can omit flax seeds but reduce the water to $\frac{1}{2}$ cup.

Place all ingredients in a food processor and blend until well combined. Spread in a cake or baking tin. Sprinkle with chopped nuts and freeze for a few hours. Cut into pieces.

Kiwi Lime Bars



1 cup dates, 1 cup cashews, 1/2 cup raw almonds, 1 lime, 2 Kiwi fruits (peeled), 1/2 cup shredded coconut to sprinkle on top.

Soak dates for at least 30 minutes and drain. Place them in a food processor along with the nuts and the lime and process until roughly chopped. Add Kiwis and pulse until combined.

Press mixture into a glass baking dish and sprinkle coconut on top. Cut into bars and place in a warm oven (40-50 degrees Celsius 100 -110 Fahrenheit) for an hour or longer if needed to firm and dry the bars.

Nut and Seed Bars



1 cup cashews, 1 cup almonds, 1/2 cup pecans, 1/2 cup sunflower seeds, 1/2 cup sesame seeds, 1 1/2 cups dates, 1 tablespoon vanilla.

Soak date for at least 30 minutes then drain.

In a food processor blend the nuts and seeds first then add and blend the dates and vanilla and combine well.

Spread this mixture in a dish about 1/2" to 1" thick and put in fridge to set. Cut into bar shapes and put in snack size baggies.

Goji Bars



1 cup dried goji berries, 1 cup nuts (almonds or cashews are good), 1 cup dates, 1/2 cup dried cranberries or cherries.

Place ingredients in food processor and pulse until roughly chopped. Then press into a pan and refrigerate.

Variations: Add any or all of the following:

1 tablespoon coconut oil, 1/4 cup pumpkin or other seeds, 1/2 cup pine nuts, 2 tablespoons shredded coconut, 1 teaspoon spirulina or chlorella, dash of vanilla extract, 1/2 tsp baking spices. Depending on your choice of ingredients, you may need to add more or some coconut oil to better hold the mixture together.

Sweet Earth Cookies

1/2 cup almonds, 1/2 cup sunflower seeds, 1/2 cup goji berries, 1 cup dried apricots, 1 cup dried apples, 1/2 cup dried figs, 1 cup shredded coconut, 1/2 teaspoon cinnamon, 1 tsp. zestr of an orange, pinch salt.

Place all ingredients in food processor and blend until roughly chopped. Mould into bars or round cookie shapes. Place in warm oven (40-50 degrees Celsius 100 -110 Farenheit) for several hours to firm and dry the bars to desired firmness

Raw Food "Candy"

1 cup date paste (see below), 1/2 cup cocoa or carob powder, 1 cup any nut butter (peanut, almond or cashew) 1 tablespoon vanilla essence.

Place in food processor and blend until well combined. Then form into balls and roll in coconut or cocoa or carob. Stick a toothpick in and enjoy.

To this base you could add any dried fruit, nuts or seeds. Experiment and create your own special healthy raw treats.

To make date paste:

Soak pitted dates in water for 1-2 hours. Drain and reserve the water. Process the dates in a food processor, adding the soak water 1 tablespoon at a time as needed, until you have the consistency of a thick jam or butter. Transfer to a covered container and keep refrigerated. The paste is also a convenient sweetener to have on hand, and can be used in smoothies or spread like jam.

Lemon Chewies



2 cup cashews, zest from 2 lemons, juice from 2 lemons, 1/2 ripe banana, 1/2 cups honey or agave nectar, 2 cups shredded coconut, 1 teaspoon vanilla.

Place all ingredients in a food processor and blend until smooth. Form into rounds and refrigerate to set.

Orange Carrot Bars



3 cups carrots, 2 cups pecans, 1 cup dates, 1/2 cup raisins, 1 orange, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1/2 teaspoon salt, 1/2 cup shredded coconut.

Soak dates for at least 30 minutes then drain. Chop orange roughly and place all ingredients in food processor.

Shape into individual bars or press into one large baking tin to be cut when ready to serve.

Topping: 1 1/2 cups cashews, 1/2 cup water, 2 tablespoons agave nectar or honey, 3 tablespoons coconut oil, 1 tablespoons vanilla, 1/4 teaspoon salt.

Blend these ingredients together in a food processor until smooth. Place in fridge to achieve a thicker consistency and spread on top of bars when ready to serve.

Final Word

Well, I hope you had as much fun reading about these delicious and healthy treats as I had coming up with the recipes. Of course, this is just the tip of the iceberg when it comes to putting varied high-quality snacks onto your list of nutritious foods that you do not have to feel guilty about eating.

If you would like to learn more about the subject of healthy snacks that require absolutely no cooking, as well as get 250 more simple recipes like the ones found in this special report PLUS 10 specially prepared healthy raw desserts - then check out my Blended Bites ebook collection:

[250 Healthy Dessert And Snacks Recipes](#)

Eating really does not have to be a constant battle of willpower, and having these mouth-watering treats available to you will go a long way towards curbing those cravings for the unhealthy snacks that may be making it hard for you to reach your weight goals.

None of us are immune to the desire to consume the foods that give us the sensation of instant satisfaction, but when you substitute the recipes that you find in these two books you will not need to feel bad about giving into those desires once in a while. Seriously, you deserve a little something now and again without having to pay for it in extra pounds on the bathroom scales, and these carefully devised recipes were designed precisely to fulfill that need.

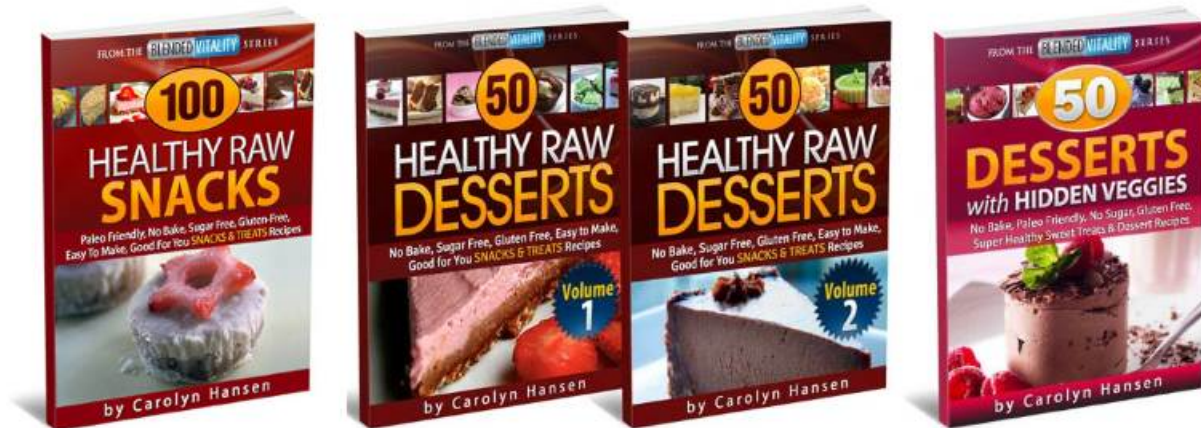
Yours in Health and Nutrition,

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20 Healthy Raw Snacks And Treats

[Visit 250 Healthy Dessert And Snacks Recipes](#)



On the following page you will find a list of 100 of the recipes contained in **250 Healthy Dessert And Snacks Recipes**.

You will not find these recipes anywhere else as they are the result of several years of experimentation on my part.

These are all natural, sugar free, and no cook recipes that you can be confident will be enjoyed by your family while at the same time they are healthy, full of the nutrition that living bodies crave!

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100 Recipe Titles From The 250 Dessert And Snack Recipes Collection

Almond Cookies	Fruit Logs
Almond Date Balls	Fruit Nut Bonbons
Almond Power Bar	Galaxy Chocolate Brownies
Almond Sesame Fudge	Ginger Snap Bars
Banana Almond Snack	Ginger Treats
Banana Balls	Gogi Energy Bars
Banana Crunch	Gogi Mac Snack
Barfi	Goey Gogi Clusters
Bliss Balls	Grezzo Chocolate Fudge
Caramel Dream Bars	Hard Healthy Candy
Carob Bark	Health Fudge
Carob Almond Balls	Hansel and Gretel Mix
Carob Banana Pops	Healthiest Smoothie
Carob Fudge	Healthy Candy of Zion
Carob Tangerine Candy	La La Lemon Chia Bars
Cashew Almond Candy	Lemon Logs
Cashew Coconut Delight	Lemon Coconut Bars
Cashew Cookie Bars	Lemon Squares
Cashew Gingered Crème	Macadamia Nut Fudge
Cashew Ginger Crunch	Mock Choco Balls
Cherry Choco Cookie	Nut Fudge
Chocolate Freeze	Nutty Fruity Chewy Snack
Chocolate Cashew Fudge	Pecan Date Log
Chocolate Gogi Lemon Bar	Pecan Orange Balls
Chocolate Fudge	Pecan Sandies
Chocolate Mousse	Peanut Butter Slices
Chocolate Raw Life Bar	Peanut Butter Protein Bars
Chocolate Squares	Pineapple Nut Cream
Coconut Balls	Raisin Fudge
Coconut Carob Balls	Raw Brownies
Coconut Fudge Bars	Raw Raisin Nut Candy
Cranberry Candy	Raw Fudge
Cranberry and Lime Bars	Raw Energy Bars
Cranberry Nut Seed Mix	Raw Fudge Brownies
Dark Chocolate Bar	Rawesome Chewy Caramels
Date Raisin Balls	Red Squares
Date Nut Thingies	Sesame Honey Candy

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Date Nut Treats	Sesame Apricots Flats
Date Pecan Squares	Spirulina Sunrise
Delightful Coconut Fudge	Sweet Seed Bars
Easy Healthy Fudge	Stuffed Date Snack
Eatmore Bars	Sunflower Seed Balls
Energy Orbs	Super Energy Bar
Famous Raw Freezer Fudge	Super Chocolate Gogi Bar
Fig Bars	Swanky Seed Nut Balls
Fig Date Bars	The Crazy Good Bar
Freezer Cookies	Velvet Chocolate
Fridge Cookies	Walnut Candy
Frozen Grapes	Walnut Chocolate Coconut Fudge
Frozen Vanilla Bliss	White Chocolate Gogi Fudge

16 Dessert Recipes

Berry Maca Pie
Carrot Cake
Chocolate Avocado Pie
Chocolate Cream Cheesecake
Date Nut Torte
Lime Cheesecake Cups
Peach Tart with Lemon Ginger Cream
Pineapple Dessert Cake
Strawberry Fields Forever
Raw Vanilla Ice Cream
Cashew Orange Ice Cream
Macadamia Vanilla
Bountiful Berry N-ice Cream
Monkey Fudge Popsicles
Freezer Cookies
Real Chocolate Ice Cream

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