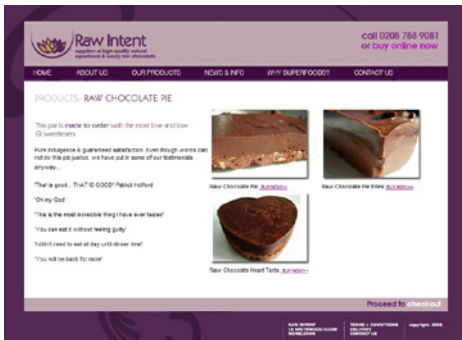




Raw Intent now online

Raw Intent is more accessible this season with a great new front to our website, with plenty of ideas to indulge in a healthy way. We have streamlined our products sizes introduced new tempting treats for the finest healthy indulgence, small snacks for on the go & delicious offerings for the perfect gift. So visit us at www.rawintent.com



www.rawintent.com

Can you really have it all?

Luxury Raw Chocolate Pie.

As specialists within the health Food Market we have been developing exclusive health products for over three years. At the forefront of the fine food market through the sheer exquisite taste & flavour of some of our best sellers, we know that you really can have it all. "Feed your better self"



Enjoy a warm cup of hormonal soother

Winter warmers

I know that many of us are suffering from lack of heat and light during the winter season.

We would like to give you some of the best ideas for becoming more comfortable with the cooler weather by introducing our favourite winter warming recipe.

Hormonal Soother Recipe

- 1/2 heaped tsp maca
- 1/4 tsp each barleygrass & chlorella
- 1 Cup warm rice milk
- Yacon Powder or Syrup to sweeten
- Vanilla/Cinnamon/Nutmeg to taste
- Raw cacao Powder for a more energizing effect
- Mix powders to a paste with milk
- Add warm milk and stir.
- Please avoid the usage of Maca if suffering from a degenerative disorder

Nurture yourself whilst boosting nutrient load

"I call this the hormonal soother it's a bit like horlicks but so satisfying. The kids love it too, although I use less superfoods for them!"

Emma Goldie
Founder, Raw Intent

New Products

Raw Intent cracked chocolates are a great combination of raw chocolate and superfoods, decadently combined to create a healthy treat. Great for diabetics and the health conscious.

Available in 3 delightful varieties:
Cashew and Inca
Yacon and cacao
Goji and Pumpkin seed



NEW: Cracked Chocolate

Available at John Lewis Oxford St; Waitrose, Canary Wharf and online at www.rawintent.com