



PRODUCT CATALOGUE

Really Raw

What is really raw quality? It means that not only the products are processed at low temperatures, but also all ingredients are never heated over 42 °C. And that is often not the case with rawfood products. Lifefood fully commits to the really raw quality. Effectively it means that besides producing at low temperatures we also check the path and every single step of the production process of all our ingredients from the harvest to the final production, and make sure that they had not been exposed to higher temperatures. With Lifefood, you can be 100% sure that the products are really raw. **Cool, right?**



100% PURE

100% Rawfood Quality 100% Organic and Vegan
100% Gluten-free, Lactose-free, GMO-free
100% Natural Enzymes, Minerals and Vitamins
100% Natural Whole Ingredients
0% Added Sugar Perfect Taste!

NEW
PRODUCT



4-5

NEW
PRODUCT



16-17

NEW
PRODUCT



22-23

LIFE is not about denial
it is **ABUNDANCE**
ENJOY every moment
Made with **LOVE**



CHALLENGE, DEDICATION AND EXCITEMENT

Dear customers and friends,

It's hard to put into words how happy I am to be able to share all our great news with you, especially as it's been a very challenging year for us!

The most exciting thing are our new product lines. It took quite a bit of R&D work to get this done, but now we're ready to launch Crawlchies, the world's first raw, vegan, stackable chips! This is a revolutionary, nutritious snack in rawfood quality and I'm so proud of it! We've also developed a new line of rawprotein superfood powders – absolutely whole, pure and natural supplements in three tasty flavours. And last but not least, we've redesigned and greatly expanded the range of our chocolate, adding new sizes and new flavours, especially the first world's chocolate with chia seeds. So that's something else I'm really happy about.

Last year we organized RawFest, the biggest rawfood festival in Europe so far, with almost 2500 visitors. In fact, it was so successful that we're going to hold a second edition this year, with an international dimension, and right in the green centre of our beautiful city of Prague. I hope you'll be able to celebrate rawfood with us at Lifefood's RawFest 2015!

In addition to all that, we've enlarged our production facilities and invested in new technologies to double our capacity for bar production. Now we can proudly say that we're the world's biggest producer of organic certified rawfood energy bars! How cool is that?

In short, 2014 was a year of challenges, dedication and excitement. And I don't expect 2015 to be any calmer! The bottom line is that it all means that many more people are making healthier choices for their diets by choosing to eat rawfood! And that's what's so rewarding for us, and what keeps us going. So, thank you for loving Lifefood!

Tereza Havrlandova
Lifefood founder



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100% ORGANIC RAW VEGAN HANDMADE CHOCOLATE BAR

Nuts & Cherries

60 % Cacao chocolate with pieces of nuts and luxurious cherries. Irresistibly tempting.

80 % Cacao

Rich dark energizing chocolate with dash of natural vanilla. Surprisingly mild, with an unforgettable taste!

Hemp

60 % Cacao chocolate with smooth taste of hulled hemp seeds. Incredibly creamy!

Cashew

52 % Cacao chocolate with truly raw cashew nuts and fruity lucuma powder. Simply delicious!

Orange

70 % Cacao rich dark chocolate with special orange touch. Sensuously good.

Completely different level of chocolate experience

With Lifefood Raw Chocolate you have the possibility to indulge in "choco-holism" without a guilty conscience. Not only because it tastes so good, but also for its nutritional properties, it is an extraordinary and one of the most unique products on the market. It is suitable for vegans and rawfooders, people with lactose and gluten intolerance, or simply for anyone who wishes to enjoy healthy and tasty treats. Lifefood Chocolate is based on cacao ingredients made from unroasted raw cacao beans. Thanks to an artisan and gentle production below 42 °C, all the nutritional, anti-depressant and sensual properties of raw cacao remain intact at their full natural concentration. This handmade chocolate is free from dairy products, refined sugar or artificial sweeteners, hydrogenated fat, soy products and gluten. It is sweetened with natural raw agave nectar or just dates. It is a live chocolate, full of nutrients, enzymes, energy and love. The only side-effect we can think of is an incredibly good mood.

Mini Chocolates

Our colourful range of raw chocolates, with fresh, fruity, unique and unexpected combinations of superfoods and spices. Perfect as a mini treat, as a small, cute gift or for when you're on your travels.

85 % Cacao Chilli

Spicy dark mini chocolate flavoured with hot chilli powder. For those who like it burning hot!

Carob Lucuma

Caramel-like tasting truly raw carob powder and fruity lucuma make a perfect harmony for this delicious caffeine-free and agave-free mini choco-delight.

Green Coffee Guarana

Powerful energy booster for any occasion! Green raw coffee and 4 % of natural guarana powder make this mini chocolate a real kicker.

Pink Salt Spirulina

A very exclusive product on the market! Dark 75 % cacao mini chocolate with spirulina powder, topped with crystals of pink Himalayan salt. A unique experience!

95 % Cacao Cinnamon

The best tasting darkest chocolate ever, sweetened with pure dates and flavoured with cinnamon, exclusively for real gourmets. As dark as it gets.

**NEW
PRODUCT**

Medium 35 g Chocolates

Available at last! So many of you desperately wanted a larger size than our mini chocolate bar, and now we've made your wish come true. Discover our most popular flavours in a new 35 g size – smaller than the original Lifefood Chocolate, bigger than our minis. The perfect size for long office days or those sweet little moments in life.

80 % Cacao

Our most popular chocolate flavor in this new format sweetened purely with dates. Absolute delicacy!

Lemon White Baobab

Exquisite white mini choco-delight with lemon oil, baobab powder and almond crunch, caffeine-free and sweetened with dates. What a bliss!

Tangy Raspberry

Fresh fruity zesty flavour of raspberries make this dark 63 % cacao mini chocolate to be true unforgettable sensual experience. A must try!

**NEW
PRODUCT**

70 % Cacao Chia

The crunchy one with 10% nutritious chia seeds. Try our latest flavour: delicious, organic, dark, raw chocolate made solely of 70 % cacao plus dates, chia seeds and vanilla. Pure awesomeness to crunch-up your day!

**100%
raw**

Lifebar

Raw Energy Bars

Our raw energy bars are a handy and healthy snack between meals, as they provide a wide range of important nutrients, vitamins, minerals and sufficient calories. Enjoy them on your way to the office or for sports training. Made only from the highest quality whole ingredients, the bars do not contain any refined sugars, syrups, artificial sweeteners, starches or gluten. To sweeten the bars we use dried fruits only. They are processed at low temperature without heating. Lifebars are natural energy boosters, perfect for a pocket, handbag, backpack or a school bag. Available in cherry, fig, raw chocolate, brazil nut, coconut and apricot flavours.



Lifebar+

We boosted our Lifebars with special a choice of selected superfoods to create an extra energy bar, a Lifebar plus! The nut&fruit combination providing for a good portion of energy and nutrients is enhanced with sophisticated combinations of purely natural functional 'superfoods' to deliver additional super power to the brain and body. Either for a high-intensity workout, strenght or endurance training, cardio or flexibility exercise, or simply just for the general everyday all-day marathons, lifebar plus can provide the extra bit of power needed for the maximum performance.

Chia Young Barley

Raw energy bar with pistachio and pecan nuts enhanced with super healthy chia seeds and young barley juice powder. This delicious mix creates a highly nutritive blend of precious essential Omega-3 fatty acids, chlorophyll and valuable vitamins and minerals.

Chocolate Green Protein

Raw chocolate energy bar, made with hemp protein and spirulina powders, provides for 15 % of protein in the most easily digestible form, without any artificial additives. The best tasting natural protein bar ever!

Brazil Guarana

Exquisitely delicious vanilla brazil bar boosted with 4 % of natural guarana powder, providing for 80 mg of caffeine in 1 bar. A true natural alternative for the unhealthy chemical energy drinks, that can really power up your day!

Berry Superfood

Fruity raw energy bar with the balancing potency of maca, nutritional qualities of baobab powder, and antioxidant power of cranberries, with a pinch of crystal pink Himalayan salt. Amazing combination for amazing results.

Fig

Chocolate

Coconut

Apricot

Cherry

Brazil Nut

WHEN A SPECIAL SOMETHING IS NEEDED

Chocolate Nut Granola Cookie

A luxurious single granola cookie made of fruits, nuts and spices, slowly dehydrated at low temperatures and coated with fine dark raw orange chocolate.

Dream Cream Chocolate

A delicate dessert cream made of almond paste and raw chocolate with a hint of vanilla.

Dream Cream Hazelnut

An exquisite and absolutely delicious hazelnut paste cream with cacao butter and nut crunch.



Raw Confectionery

rawmeo

These small yummy confectionery balls are there to satisfy the sweet-tooth of everyone who enjoys treating him- or herself with good stuff. Made out of pure dried fruits, nuts and seeds and without any added sugar, Rawmeo is perfect for any occasion where a special gift full of love, care and tenderness is needed. A delicious alternative to unhealthy sweets and candies.

Cashew

Chewy caramel-like confectionery balls made only of dates and truly raw cashews in a perfectly harmonious duet. So delicious that one is never enough.

Coconut

Simple but effective combination of coconut, dried fruits and seeds, creating smooth and pleasantly light yummy balls. Exactly what you need every once in a while.

Chocolate

Rich soft and tender chocolate truffles based on dates and raw chocolate, for a highly sensual gourmet experience. Blissful delight for any romantic occasion.

Mix

Exquisite mix of cashew, chocolate and coconut Rawmeo balls, brings all the goodness in one package. For those unconvinced who just want to try ...

Tropical Mix NEW

New content and flavor of this delicious fruity variation. Luxurious mango ball, yummy smooth pineapple ball and exquisite orange-cacao ball. A must try!

Jamaica NEW

We bring this product to fulfill the wishes of all of you asking for a full pack of Jamaica balls, the star of our former Brazil Mix. A luxurious mixture of raw cacao nibs, almonds and vanilla, all majestically combined to the absolute perfection.



Raw Buckwheaties

Low-temp dehydrated granola bite-sized pieces made from hulled germinated buckwheat, a gluten-free pseudo-cereal. Sweetened with dates, the Spicy Coconut or Cacao Buckwheaties can serve as a perfect afternoon snack just as they are. Served with almond or hemp milk they can make it for a complete breakfast of champions.



Vanilla Coco Almonds

Delicious raw almonds soaked in a vanilla cardamom spiced orange-apple marinade, coated in fine coconut and slowly dehydrated below 42 °C.



Ginger
Lemon



Apple
Cinnamon



Spiced Fig

Sweet Flax Rolls

This range includes naturally gluten-free sweet rolls made of golden flax seeds, providing for great source of Omega 3 EFA and lignans, as well as high fiber content. The rolls are sugar-free, sweetened with dried fruits or raw agave nectar. Slowly dehydrated at low temperature, so all the nutrients remain intact.



Raw Cookies

Exclusively delicate raw cookies are a special product line in the Lifefood range of products. There are three flavours, all in raw food quality, dehydrated gently below 42 °C for several days. The cookies have a base of cashews and almonds, manufactured from only the top quality ingredients, where there is no place for gluten, animal products, hydrogenated fats, refined or cane sugar or any kind of additives. Handmade!



Chocolate + Cashew Cream

Oh—so—good raw chocolate cookies made from almonds and cashews, filled with fine cashew cream.



Orange Chai

Exceptionally yummy raw cookies based on almonds and raw cashews, flavoured with mixture of oriental Chai spices and orange juice.



Lemon Vanilla

Extraordinarily delicious raw cookies from truly raw cashew nuts, flavoured with lemon juice with a hint of vanilla, topped with sour cherry raw jam.



HEARTY RAW BREADS

Low-temperature dehydrated crispbreads and pitta breads are a tasty and highly nutritious gluten-free alternative to all bakery products. They do not contain flours, starches, rising agents, flavour enhancers or any kind of binding substances. They are simply made out of seeds, nuts, fresh vegetables, herbs and spices.

OMEGA
SOURCE 3

Vegetable Bread Unsalted

Basic mild bread made of nuts, flax seeds and loads of vegetables, without any salt, onions or garlic. Finely tuned with a hint of thyme this bread is perfect for any kind of spreads or dips.



AT HOME
& ON THE ROAD

Sauerkraut Crispbread

With a base of almonds and germinated buckwheat, this crispy bread delivers a delicious portion of healthy sauerkraut and lots of veggies and herbs.



Tomato Celery Pitta Bread

Nut & seed raw bread with vegetables, chives and caraway seed. A rich crunchy bread, perfect as a base for sandwiches or canapes.



Rosemary Crispbread

Flax & nut buckwheat crispbread with pumpkin seeds, garlic and dried rosemary herb. A crispy mild combination for subtle taste.



Italian Crispbread

Flax & nut buckwheat crispbread with sundried tomatoes and basil. The absolute bestseller hands down! Everybody loves it.

Perfect base for any kind of veggie spread or nut & seed patés, or just simply as it is. A must try!



Chia Hemp Bread

Hearty bread of neutral flavor made of almonds and four of the most nutritious seeds (hemp, chia, flax and pumpkin). Perfect for any toppings including sweet spreads or jams.



Olive Bread

Crispy bread based on almonds and buckwheat, made with exquisite dried Peruvian olives. Extraordinary delicacy for extraordinary gourmets.

ULTIMATE CRACKERS

Everyone needs a savoury
snack every now and then.
Why not also a healthy one?
These crackers will do ...

AT HOME
& ON THE ROAD

Pumpkin Onion Flax Crackers

Crispy flax crackers with pumpkin
seeds and fresh onions.

Garlic Marjoram Flax Crackers

Crunchy flax crackers with dried
marjoram and sunflower seeds.

Tomato Chilli Flax Crackers

Spicy flax crackers made of fresh
tomatoes with chilli powder.

Bite-Sized Pizza Mini Crackers

A special blend of sundried tomatoes, dill, paprika
and lemon juice makes for a tangy savour of the
Mediterranean. An exquisitely delicious version
of finger foods, cut out for those nice moments
with a glass of good wine or beer.

Carrot Crackers

Very substantial flax & sunflower
crackers with lots of carrots and only
low amount of salt.

Wild Garlic Flax Crackers

Delicate golden flax crackers with
wild garlic herb pesto and carrots.

OMEGA
SOURCE 3

NEW
PRODUCT

Sauerkraut Chia Crackers

Tiny light crispy mini-crackers are made
of sauerkraut, almonds, hemp and chia
seeds. They can serve as a snack for
any occasion or as one of the healthiest
tasty fingerfood ever. They contain low
amount of salt and no onions or garlic.

Chia Flax Crackers Unsalted

The purest raw crackers ever, made of golden
flax seeds and crunchy protein-rich chia
seeds only. No salt, no spices, no garlic or
onions – just the pure rich taste of seeds.
High in protein and fibre, low in carbs.

Lifefood raw crackers are based on flax seeds, herbs
and spices, providing for great nutrient content, a
yummy taste and belly satisfaction. All crackers are
gently dehydrated below 42 °C for many hours. This
ensures all the nutritional properties and natural
essences of the ingredients are preserved. Flaxseeds

are a very nutritious source of Omega 3 EFA and
lignans, as well as, a high fiber content. Lifefood
crackers present a great option for consuming
super, healthy foods in a tasty and satisfying way.
The crackers are all gluten-free (as all Lifefood
products) and with low glycemic index.



Raw Stackable Chips

Discover the world's newest veggie chips!

Discover the world of CRAWNCHIES!

Raw vegetable snack, perfectly round shaped, neatly stacked, and canned for every adventure! Lifefood Crawnychies are an irresistible mix of nutritious veggies and finest spices.

And, of course, low-temperature dehydrated!

Get your first can and start crawnching through the world of indulgence.



Spicy Paprika

Crawnchy, spicy and intense. Meet the strong taste of veggies with paprika and sundried tomatoes, perfectly finished with garlic, onions and chili! This unique stack of piquant crawnch will make your day special, no matter where you are.

- HIGH IN FIBRE
- A GOOD SOURCE OF PROTEIN



Pumpkin Curcuma

It's time to crawnch! Enjoy the pure taste of pumpkin and turmeric in a flax-seed base without any added salt. For all lovers of pure, mild flavours. Just three ingredients! Stacked and packed for all your adventures out there.

- NO ADDED SALT / LOW SODIUM
- HIGH IN FIBRE
- A GOOD SOURCE OF PROTEIN



Sea Lettuce

A sea-veggie snack made solely of organic sea lettuce and golden flax seeds, packed with minerals and trace nutrients. Enjoy this mildly salty sea flavour as a tasty stacked snack on the go, with friends, at the beach or wherever you are.

- HIGH IN MINERALS AND TRACE ELEMENTS
- NATURALLY LOW IN SUGAR
- A GOOD SOURCE OF PROTEIN
- HIGH IN FIBRE
- NO ADDED SALT





90%
UNSATURATED FAT

Sunflower Sprouts

Savoury sprouts are a unique and completely new type of product on the food market. They are made out of sunflower seeds that are first soaked, germinated and sprouted. Afterwards, they are marinated in exclusive sauces based on tamari sauce and spices, and then dehydrated for more than 15 hours at low temperature below 42 °C. This way you get a tasty snack packed with nutrition and health, where no nutrients got damaged by toasting or roasting.

Hot Chilli

Sprouted sunflower seeds in hot chilli garlic marinade. For those who never get it hot enough.



Provençale

Sprouted sunflower seeds in a sundried tomato and provençale herbs marinade. Hearty flavour.



Savoury Raw Nuts

This product line consists of high quality raw nuts marinated in extraordinary sauces and then slowly dehydrated for a couple of days. These savoury nuts present a very luxurious kind of finger food, perfect for a fancy cocktail party or just for snacking on your own.

Exquisite kind of
finger food that
no one can resist



Indian Cashews

Truly raw cashew nuts soaked and marinated in an Indian-style coconut curry sauce with a special blend of raisins and spices. Very intense goodie that seizes everyone who loves oriental flavours.



Teriyaki Almonds

Raw hand-peeled almonds soaked and marinated in an exotic Japanese style sweet & spicy 'teriyaki' sauce. Unique and unprecedented product on the European market, very popular and sought-after.



Vegetable Chips

Lifefood brought to the market an innovative exquisite delicacy: raw vegetable chips in three flavors, all dehydrated at low temperature. Unique specialty full of nutrition!

Onion Crisps

Tiny crispy onion rings marinated in spicy 'a la barbecue' sauce of dried tomatoes, nuts, raisins and chili. Excellent hot snack that would satisfy even the most demanding gourmets. Perfect when served occasionally with a cold unpasteurised beer.



Beetroot Chips

Thin crispy chips made of beetroot flavoured with nut-raisin sauce and mustard seeds. Dehydrated several days at low temperature to keep all the nutrition that beetroots contain preserved.



SEASONAL
PRODUCT

Kale Crisps

Hand-torn pieces of fresh kale and savoy cabbage full of minerals and chlorophyll, marinated in lemon juice with a bit of cold-pressed oil and Himalayan pink salt. Slowly dehydrated below 42 °C so all the nutritional properties remain intact.

Topinambour Chips

Carefully sliced crispy chips made from delicious and healthy sunchokes. Absolutely pure, without anything added. Fat-free, low sodium, high in fibre. Gently dehydrated for many hours to keep all the nutritious values that sunchokes naturally contain.



NEW
PRODUCT

SEASONAL
PRODUCT

Sea Vegetables

Sea vegetables are wild ocean plants, or marine algae, enjoyed daily as staple and healing foods in many coastal parts of the world. Small amounts of sea veggies add a rich flavor and enhance the nutritional value of most dishes. Sea vegetables are rich in minerals and trace elements, including calcium, magnesium, iron, potassium, iodine, manganese, chromium and more, at levels much greater than those found in land vegetables. Sea veggies also provide vitamins, fiber, enzymes, and high quality protein. After harvesting, they are then sun-dried or low temperature air-dried, graded for quality, and monitored for possible herbicide, pesticide, heavy metal, and bacteriological contamination. This is all part of the organic certification process following OCIA Standards for harvesting and handling wild seaweed, that our products go through.

Dulse Flakes



Sea Lettuce



Kelp Flakes



Nori Sheets

Raw Peruvian Olives

AN EXCLUSIVE DELICACY

These premium dried organic black botija olives are grown on the coastal plains of southern Peru, perfected through 400 years of selection and family traditions. Ecologically cultivated, handpicked and processed with extraordinary care without any preservatives, these olives present a healthier choice in snacking, full of nutrients and natural flavour. The cured dehydrated olives are lightly fermented with sea salt, then dried below 45 °C. All of our olive flavours are characterized by a unique and unforgettable taste, that is a must try for every olive-lover, and will convince many unconvinced olive non-eaters. 100 % unpasteurized and naturally pure.



Tereza visiting José and his olive farm in Peru



Organic Black Botija Olives Sundried Without Salt! (not fermented)



Organic Black Botija Olives Cured Dehydrated



Organic Black Botija Olives Pitted Cured Dehydrated



Organic Black Botija Olives with Herbs Cured Dehydrated



life**food** SUPERFOODS **RAW** PROTEIN

Raw Protein Superfood Powders

Looking for a good source of plant protein? Well, don't look any further! We've prepared sophisticated blends of the best raw plant proteins, together with selected superfoods, especially for you. Based on seed proteins, Lifefood's protein powders are more easily digestible than the usual vegan proteins, which are made from legumes. With the best amino-acid ratios from truly raw plant proteins, in combination with the powerful nutrient properties of superfoods, Lifefood's Raw Protein Powders are the top food supplements ever. The powders can be easily mixed with water, blended with fruit or combined with nut milk for delicious protein drinks.

Pure plant protein for daily use!

**NEW
PRODUCT**



Fruit Antiox

Fruit Antiox combines the antioxidant power and vitamin content of baobab, raspberries, beetroot, cranberries and strawberries with protein-rich seed powders like hemp, sunflower, chia and pumpkin. Banana powder gives the mix an extra amount of potassium and gentle sweetness. Use this raw, wholefood protein drink on the go or at home, before or after exercise.

Cacao Spirulina

A harmonious combination of the superpower properties of raw cacao and the nutritional value of spirulina. Enjoy this plant-protein drink, based on hemp, sunflower, chia and pumpkin-seed proteins, in smoothies, nut-milk drinks and juices, or just simply with water. Together with a hint of lucuma and the sweet taste of banana powder, you get a smooth chocolate flavour. Perfect for all who want to add more sweetness to their protein drinks.

Vanilla Green

Vanilla Green combines the enzyme and mineral power of nutritious green barley juice with the bodybuilding potential of maca. Based on hemp, sunflower and pumpkin-seed proteins, Vanilla Green is characterised by the sweet taste of lucuma, mesquite and vanilla powder. Mix with water and use as a recovery drink after your sports training or in between meals.

Hemp Power

Pure hemp protein powder made from hemp seeds, which are great source of plant protein with all essential amino acids, as well as many important minerals. The powder is made by cold-pressing the seeds to extract hemp oil and then by very fine grinding the press-cake under special protective conditions, to prevent oxidation and remove hard fibre parts, resulting in nearly 50% protein content in the powder.



SUPERFOODS



Maca Powder

Maca is an extremely potent root vegetable from the South-American Andes. It was traditionally used to revitalize, rejuvenate and re-energize the human body, to balance the hormonal system, boost immune system, help resolve fertility and other women's problems, to support and stimulate libido and stamina. Our maca powder is a 100% pure whole natural powder dried at low temperatures.



Virgin Coconut Oil

Cold-pressed coconut oil has been used for centuries as a vital source of food for health and general well-being. It is a high quality plant oil that has not been hydrogenated, deodorized, bleached or otherwise refined. Contains essential fatty acids important for the body's immune system and healthy metabolism that work also well against the aging process. Has anti-microbial and anti-fungal properties and is cholesterol- and trans-fatty acids free. Coconut oil is highly stable against oxidation and rancidification up to 200 °C. Great as a food ingredient and body-care product.

Raw Cacao Powder

Well known as "Food of the Gods" (Theobroma Cacao), cacao is widely loved not only for its extremely delicious taste, but also for its high nutritional content. In its raw unroasted state cacao keeps relatively high levels of antioxidants, as well as many valuable minerals, vitamins and neurotransmitters. The powder is made by fine milling the press-cake left after cacao butter extraction from the ground cacao bean paste. All processing is done with temperatures not exceeding 45 °C, in order to prevent loss or damage of the valuable nutrients. Keep happy and healthy with cacao!



Mesquite Powder

Mesquite is a fine powder made from bean pods of the mesquite tree, also known as the American carob, that grows in arid parts of South America and the southwestern United States. Mesquite has a high content of soluble fiber; it is a source of quality protein and many essential minerals. It has been used for centuries by Native Americans because of its high nutritional content. Mesquite can be used as a low glycemic, mild sweetener with a pleasant nutty taste which balances blood-sugar levels, or as a gluten-free flour replacement.



Barley Grass Juice Powder

Barley grass is abundant in easily digestible amino acids, enzymes, essential minerals and vitamins, considered to be a naturally concentrated nutrition in a jar. The powder is made by pulverizing young barley juice at low temperatures.

Baobab – 100% Native Dried Fruit Pulp Powder

With pleasant tangy citrus-caramel flavour, baobab fruit pulp is highly nutritious and full of naturally occurring vitamin C and fiber. It is exceptionally rich in antioxidants. Dries naturally on trees.



Guarana Powder

Energizing and stimulating pure powder from seeds of the Brazilian guarana plant, processed by a traditional way of sun-drying a paste made from the seeds.



Carob Powder

Native to the Mediterranean, carob is a low-fat, non-allergenic and non-stimulating alternative to cacao. Containing valuable nutrients and a high amount of fiber, it is a product that should be considered a must-have on hand for any sweet culinary creations, smoothie additions or dessert ideas. Our carob is wildcrafted and in truly raw quality - processed without roasting or toasting.



Spirulina

Spirulina is a freshwater algae with a significant content of plant protein, minerals and vitamins. In its tablet form it is easy to ingest and presents a highly valuable dietary supplement full of essential nutrients.



Lucuma Powder

Lucuma is an aromatic creamy fruit from the subtropical Andean valleys of Peru known as "Incas Gold". Cultivated for thousands of years in South America, lucuma is a very popular fruit among Peruvian people and is considered the best flavor for ice-cream. Lucuma powder can be used as a natural sweetener, it has a low glycemic index, with a soft, nutty-caramel flavour and a high nutritional profile.



Chlorella

Chlorella is one of the most powerful detoxification plants, binding heavy metals and other toxic substances and expelling them out of the body. Organically certified!



Basics

UNLEASH YOUR CREATIVE SPIRIT AND START
MAKING YOUR OWN RAW CULINARY MIRACLES
WITH THESE SPECIAL INGREDIENTS.
THE WORLD OF EXPERIMENTS
HAS NO LIMITS.

Vanilla Powder

Vanilla used to be used not only as a spice by the indigenous people of Central and South America already long ages ago. It was added to chocolate drinks for flavour but also as a natural tonic for strengthening the heart and revitalizing whole organism. Our vanilla powder from Uganda is made from freeze-dried real vanilla beans. Its luxurious smell and flavour will enhance any culinary creation to absolute perfection.

Yacon Syrup

Natural sweetener made by concentration of the yacon juice at low temperature. Yacon is a root plant with tubers containing mainly fructo-oligo-sacharides (FOS). This type of sugar is very sweet but does not get absorbed by human body. Therefore it does not raise the blood sugar and has a low caloric value. Thanks to that yacon syrup is safe for diabetics and good for reduction diets, has a pleasant fruit-caramel flavour, and prebiotic effects. Lifefood yacon syrup comes from Peru.

Agave Syrup

Agave syrup is made by juicing the leaves of the maxican plant agave (known also for famous tequila production). For the Lifefood agave syrup the juice is concentrated by vacuum evaporation at very low temperatures, so there is no caramelization involved. The sugars in agave syrup are mainly present in the form of fructose, therefore the syrup has a very low glycemic index (about 27). Comparing to other sweeteners it is significant for a high level of sweetness, so smaller quantities are needed and less calories are involved.

100% Raw Cacao

Organic Raw Cacao Beans

Chocolate is one of the most favourite foods in the world. Yet not many chocoholics have ever tasted what the real chocolate is made of – the cacao beans! Generally, the cacao beans are roasted and lose most of their value. However, the real raw cacao beans are truly a 'superfood'. Theobroma Cacao is one of the greatest plants on Earth, rich in vitamins, minerals, antioxidants and important neurotransmitters. They taste like pure dark chocolate, because they are chocolate – the real raw chocolate, 100% Cacao! These chocolate beans are lightly fermented and handpeeled. It is truly 'food of the gods', what theobroma cacao, the name of the cacao tree, means. Wildcrafted in the Ecuadorian jungle, criollo variety.

Currently, almost all of the cacao products sold as 'raw' (powder and butter) are processed by standard industrial equipment that does not allow control of the temperature within the limits set as one of the 'raw standards'. Even if made of unroasted cacao beans. Our range of raw cacao products from Ecuador is produced using new, recently invented smaller-scale technology that presses the butter at temperature below 45°C. Therefore these raw cacao products are 100% TRULY COLD-PROCESSED.

Organic Raw Cacao Powder

Fine powder made by pulverizing and sieving the cacao 'cake' after expelling the cacao butter of the roughly ground unroasted cacao bean paste. Thanks to its cold-processing all the amazing qualities of raw cacao remain intact. Great ingredient for any sweet culinary creations, chocolate drinks and other 'choco-holic' delights.

Raw Cacao Butter

The golden oil of the Food of the Gods! This virgin butter is processed using a proprietary self-developed and built-on-site pressing system to ensure cold-processing, without contractual cooperation with big industrial chocolate factories. The cacao butter is perfect to create any kind of own gourmet chocolate creation, as well as a body-care product. 100 % pure.



Dried Fruits



Incan Goldenberries

The sweet dried berries of the Physalis Peruviana plant are very nutritious and delicious exotic tangy "raisins" from South America, included in the superfruits category. They contain anti-inflammatory bioflavonoids, iron and vitamin C and are also a significant source of vitamin A.



Trail Super Mix

An exquisite mix from our special dried fruits and nuts selection. The creamy taste of nuts and apricot kernels with fruity components and chocolate-like raw cacao beans, sour cherries and mulberries make it a particularly exclusive mixture.



Pitted Dates

Deglet Nour dates are one of the best variety of dates with a perfect soft caramel-like taste, from Tunisia. Our dates undergo specifically designed processing to avoid standard sterilization in hot dehydration tunnels.



Sultana Raisins

Sun-dried raisins full of sun and happy energy from Turkey.



Black Bukhara Raisins

Formerly reserved for the family of Emir, this is a culinary treat from the world famous oasis city in today's Uzbekistan.



Apricots

As a tasty snack from Turkey, dried apricots provide a wide range of vitamins and minerals. The fact that they are organic makes a real difference to this type of dried fruit!



Cherries

Cherries are one of the few food sources that contain melatonin and some other specific nutrients. Dried cherries are a handy treat that helps to calm the sweet tooth cravings, from sunny Uzbekistan!



Pineapple Rings

Excellent sweet pineapple from Ecuador dried at very low temperatures for Lifefood only!



White Mulberries

We do remember mulberry trees being around back in the days... Somehow they kind of disappeared, but we can enjoy their fruits now as an exquisite dried delicacy from Middle Eastern countries.



Green Khorog Raisins

A delicious snack full of antioxidants, vitamins and minerals from Tajikistan.



Figs

Rich in vitamin K, potassium, magnesium and manganese, these figs from Turkey are so soft and delicate that they are irresistible! No wonder dried figs had been used for centuries as aphrodisiacs.



Bananas

These excellent handmade sliced and sundried bananas are full of potassium, B vitamins and fiber, it is an everyday must!



Sundried Tomatoes

Being a fruit and regarded as vegetable, this plant truly belongs to the wonders of nature. Fully packed with enormous amounts of minerals and vitamins, these first class tomatoes have been sun-dried with a pinch of sea salt in the hot Turkish sun, to bring a bit of the southern sun into our homes.



Hemp Seeds Hulled

Creamy yummy little seeds are a significant source of high quality plant protein, including all essential amino acids. Coming from Romania and processed with extraordinary care, they should not be missed on your health-food supply list.



Cashew Nuts

Raw cold-cracked and hand peeled cashew kernels are a true and rare delicacy! Once you try them, you will tell the difference. Great source of many many minerals and also precious vitamin K, our truly raw cashews come from Indonesia. (Limited amount)



Brazil Nuts

Wildcrafted in the Amazonian rainforest and full of precious fats, minerals and vitamin E, our brazil nuts from Bolivia will boost up your energy!



Almonds

Almonds are incredible source of many minerals, E and B vitamins and dietary fibre. We sell only natural and raw quality of almonds with skin, coming from sunny Spain.



Macadamia Nuts

For some people absolutely unknown and for some people the yummiest nuts in the world – macadamias! Extremely rich in manganese and thiamin, unsalted and completely raw, those are macadamia nuts from Australia.



Chia Seeds

Chia Seeds have been introduced in Europe not so long ago, but they have been known in central America since ancient times for their amazing nutritional content. They contain enormous amounts of Omega-3 essential fatty acids, and provide for significant supply of calcium, phosphorus and manganese. Healthy choice from Mexico!



Walnuts

Looking like a human brain, walnuts contain high amounts of Omega-3 and Omega-6 essential fatty acids, as well as copper and manganese, thus providing for a real brain-food. Enjoy these nourishing and tasty nuts from the pristine nature of Uzbekistan.



Pumpkin Seeds

Pumpkin seeds are known as a very good source of zinc and magnesium. Ours have been sourced and carefully selected from organic farmers in central Europe.



Sunflower Seeds

Extraordinary source of many B vitamins and important minerals, these seeds can make an affordable base for many veggie patés and other rawfood creations. Origin from Czech Republic!



Sweet Apricot Kernels

According to many researchers, these little kernels that look like small almonds contain amygdalin – a substance that is supposedly able to prevent and treat cancer. In any case they are tasty and nutritious addition to healthy varied diet that should not be neglected.



Hazelnuts

Popular ingredient in many sweet recipes starting from – yummy! - chocolate and countless other goodies and delights. Full of essential minerals and vitamins, our nuts can bring the sun from Turkey to your kitchen.



**“OUR GOAL IS TO CREATE
AND OFFER HEALTHY AND
NUTRITIOUS PRODUCTS
THAT SIMPLY TASTE
INCREDIBLY GOOD”**



Living Foods

All Lifefood products are cold processed or processed below the temperature of 42 °C without any heating, cooking, pasteurizing, roasting or baking. This method of processing ensures the nutritional values of the food remain untouched, preserving the natural essence and flavour of the ingredients. Below the temperature of 42 °C all the nutrients remain intact and get easily absorbed in digestion.



Vegan Certified

All Lifefood products are made of purely plant ingredients and absolutely no animal products can enter the premises. We choose not to contribute to the wide-spread animal suffering all over the Earth by our activities and wish to help spreading this idea further by making 100 % vegan products.



Gluten-free

All Lifefood products are made of naturally gluten-free ingredients and their gluten-free status is proved and regularly checked by laboratory analysis. The premises are kept strictly 100 % gluten-free to avoid any possible risk of contamination.



Lactose-free

All Lifefood products are naturally lactose-free, as there are only vegan ingredients used in the production.



No Added Sugar

All Lifefood products are made without any added cane or refined sugar, malts or any kind of artificial sweeteners. We sweeten the products with natural sugars contained in whole dried or fresh fruits, or in agave nectar, and therefore we keep the products in low glycemic index range.



Organic Certified

All Lifefood products use only 100% organic certified ingredients of the highest quality. The production is certified by ABCERT to comply with the European organic regulations. Organic quality is our standard. CZ-BIO-002

Certified Quality!

Since 2007 Lifefood manufactures its products under very strict self-imposed rules and philosophy. To ensure the final products are healthy and good for optimal nutrition, we use the top quality, highest grade ingredients.

Commitment to sustainable living

Lifefood production is now completely powered by energy from renewable sources. We are happy and proud not to use carbon-based energy in our production anymore. We constantly search for environmentally friendly packaging for our products, or try to use as little of packaging material as is reasonably possible. We love the beautiful planet Earth and wish not to bother it with our activities, or at least to balance some traces we leave on it with positive actions.

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