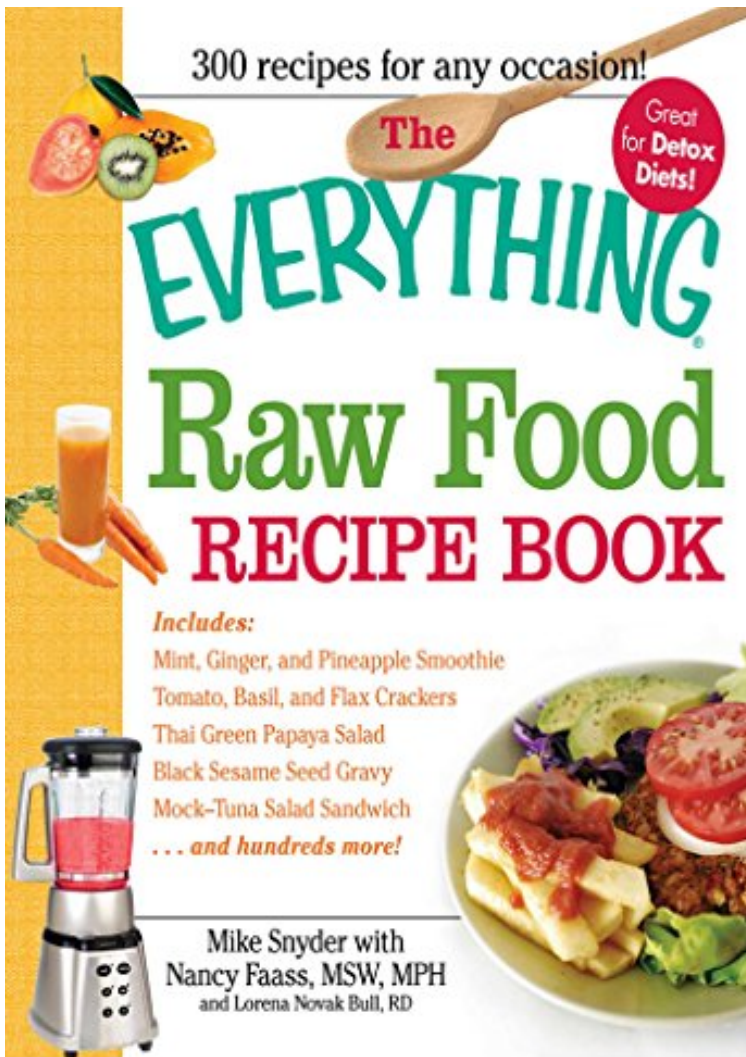


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The Everything Raw Food Recipe Book (Everything) (English Edition)



Par Mike Snyder, Nancy Faass, Lorena Novak Bull
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gourmet meals! Presentation de l'diteur Increased energy. Clear and glowing skin. Decreased risk of cancer. These are only a few of the benefits reported by people who adopt a raw foods diet; studies have even shown that this diet can slow down the aging process! In this guide, you will find 300 delicious recipes, including: Mint-Ginger Pineapple Smoothie Thai Green Papaya Salad Nori Protein Roll with Pumpkin Seed Butter and Sprouts Mock-Tuna Salad Sandwich Raw Vegetable Lasagna Banana Vanilla Ice Cream with Blueberry Sauce Eating raw is not only delicious it's also fun! The recipes are easy to prepare and take less prep and cleanup time than cooked food. It's perfect for those looking to go completely raw or just incorporate some raw aspects into their diet. You will be absolutely amazed by how great you feel after whipping up these mouthwatering raw gourmet meals!