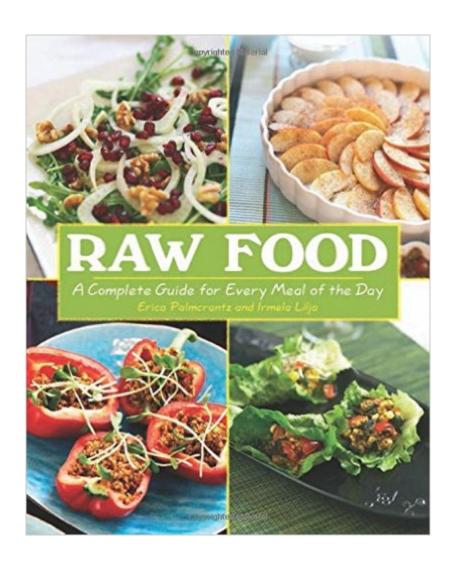
The book was found

Raw Food: A Complete Guide For Every Meal Of The Day





Synopsis

Raw food is more than a diet. Itâ ™s a lifestyle and a movement. The stories of weight loss, increased energy, healthy-looking skin, and better digestion are seemingly endless. However, many people are turned off by the difficulty and unpleasantness of eating only (or even primarily) foods cooked below 104 degrees Fahrenheit. With dozens of recipes accompanied with beautiful, full-color photographs, Erica Palmcrantz and Irmela Lilja prove that eating raw foods can be simple, inexpensive, and delicious. No one should have to sacrifice time, money, or flavor to enjoy the astounding health advantages of going raw. Learn how to soak and sprout vegetables and nuts to increase the nutritional value, what types of kitchen tools are best for preparing raw food, and which foods to have on-hand for use in raw recipes. From creative salads to spicy burritos to chocolate mousse, every recipe will broaden your raw-food horizons. Complete with recipes for breakfast, lunch, dinner, snacks, desserts, and side dishes, Raw Food is an innovative approach to a wholesome way of eating.

Book Information

Paperback: 176 pages

Publisher: Skyhorse Publishing; First Printing edition (March 18, 2010)

Language: English

ISBN-10: 1602399484

ISBN-13: 978-1602399488

Product Dimensions: 8.5 x 8.8 x 10.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â See all reviews (119 customer reviews)

Best Sellers Rank: #134,891 in Books (See Top 100 in Books) #67 in Books > Cookbooks, Food

& Wine > Cooking Methods > Raw #318 in Books > Cookbooks, Food & Wine > Cooking by

Ingredient > Natural Foods #345 in Books > Cookbooks, Food & Wine > Special Diet >

Vegetarian & Vegan > Vegan

Customer Reviews

I've been trying to figure out the best way to review this book. On the one hand, hard-core rawies maybe won't like the fact that the authors are not 100% raw all the time. But me? I like this. They may say that the recipes are so simple, so why write them into a raw cookbook? Yes, they are simple, but they are very different than those I've seen in other raw books, and I have, I swear, most every raw book published! I enjoy and get inspiration and ideas from them all. But taste and

simplicity are the themes here. In addition to the great recipes, this book is pretty - nice layout, photos, etc., and honestly I am a sucker for pretty books. But again, I am enamored with the ease of these recipes. I think it's almost validation for how I eat and most usually approach the raw thing, meaning - in the summer and early fall and even spring it's much easier and feels more natural to eat a lot of raw. But I live in the Midwest, and in the winter, it is very counterintuitive for me to hunt for pineapple and mango to make a smoothie. I want root vegetables - sometimes cooked - and miso soup. And I won't apologize for that. (There are no cooked recipes in here and none for miso soup, I was just making a point.) I do love the raw recipes that use these root veggies (parsnip, celery root, sweet potatoes and Jerusalem artichokes for example)and I am totally all over the fruit porridges. I'm making my own versions with seasonal fruit and chia seeds, and although many may say it's just a smoothie with less liquid, OK - but I didn't think of it - and I love it. Especially the idea to add celery. My non-raw husband also loved the taco fixings, which we had last night. I think those new to raw will love these recipes. And those who truly need or want to put something together quickly.

Download to continue reading...

Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food Recipes: Raw Food Diet Recipes in a Raw Food Cookbook Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1) Raw Food: A Complete Guide for Every Meal of the Day Realistically Raw: A Raw Food Cookbook-Living Raw in a Modern World The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) The Raw Food Nutrition Handbook: An Essential Guide to Understanding Raw Food Diets ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Easy, Affordable Raw: How to Go Raw on \$10 a Day Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss

meal plan, vegan diet for beginners, vegan diet guide) Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied How to Make Raw Nut Flour Without a Food Processor or a Vitamix: Raw Recipes for Bagels, Breads or Vegan Nut Milk Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan) Kristen Suzanne's ULTIMATE Raw Vegan Hemp Recipes: Fast & Easy Raw Food Hemp Recipes for Delicious Soups, Salads, Dressings, Bread, Crackers, Butter, Spreads, Dips, Breakfast, Lunch, Dinner & Desserts Meal Prep: The Essential Guide To Quick And Easy Meal Prepping With 50 Delicious Recipes For Weight Loss (Meal Planning, Batch Cooking) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book)

Dmca