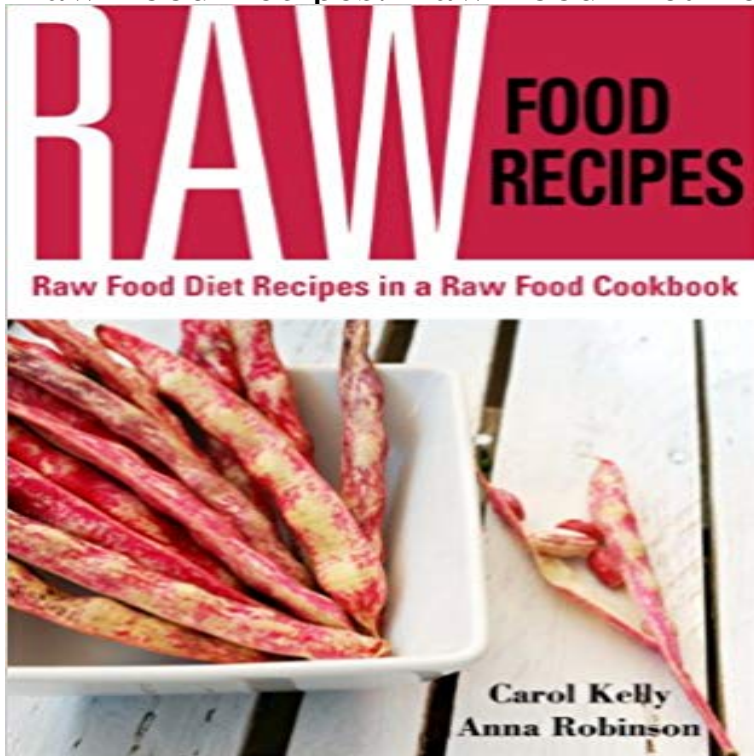


## Raw Food Recipes: Raw Food Diet Recipes in a Raw Food Cookbook



Raw Food Recipes: Raw Food Diet Recipes in a Raw Food Cookbook The Raw Food Recipes book features two sections covering the raw food diet. The raw food diet is highly nutritious because you consume foods in their natural state. When food is processed and cooked, it loses some of its nutritional properties. By eating it raw, you are gaining all the nutrients the food contains in its most natural state. Raw food recipes are more than just a salad. There are even dessert recipes, soups, chips and fries, and delicious drinks. There are enough recipes within this book to plan a menu for weeks. The first section of the Raw Food Recipes book covers the Raw Food Cookbook featuring these categories: Main Dishes, Side Dishes, Appetizers, Sauces and Breads, and Breakfast and Brunch. A sampling of the included recipes are: Crepes with Berries and Cashew Cream, Apple Cinnamon Crepes, Sunflower Seed Pate, Raw Marinara Sauce, Spinach Manicotti, Raw Burgers, Raw Waffles, Brussels Sprout Tarts with Mushrooms, Peppers and Onions, Tomato Sambar with Spaghetti Squash rice and Nut Chutney, Stuffed Peppers, Buckwheat Curry Bread, Cauliflower Salad with Ranch Dressing, Sundried Tomato Spread, Chia Pudding with Strawberries, Raw Brazil Nut Onion Bagels, Banana Splits, and Carrot Tomato Soup. The second section of the Raw Food Recipes book covers the Raw Food Diet featuring these categories: Why Try the Raw Foods Diet, Raw Food Diet Food Preparation, and Raw Food Recipes. A sampling of the included recipes are: Hemp Berry Smoothie, Tasty coconut Milk, Vanilla Coconut Yogurt, Avocado Lemonade, Raw Chocolate Nut Milk, Marinara Faux Pasta, Gazpacho Soup, Snack Balls, Olive Tapenade, Raw Chocolate Cake, Quick and Easy Salad, Raw Vegan Sushi, Raw French Fries, Chocolate Dessert, Olive Tomato Salad,

Kale Parmesan Chips, Raw Food Pesto, Thai Cole Slaw, Sprouted Rice Sashimi, Ceviche, and Raw Chocolate Cake.

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