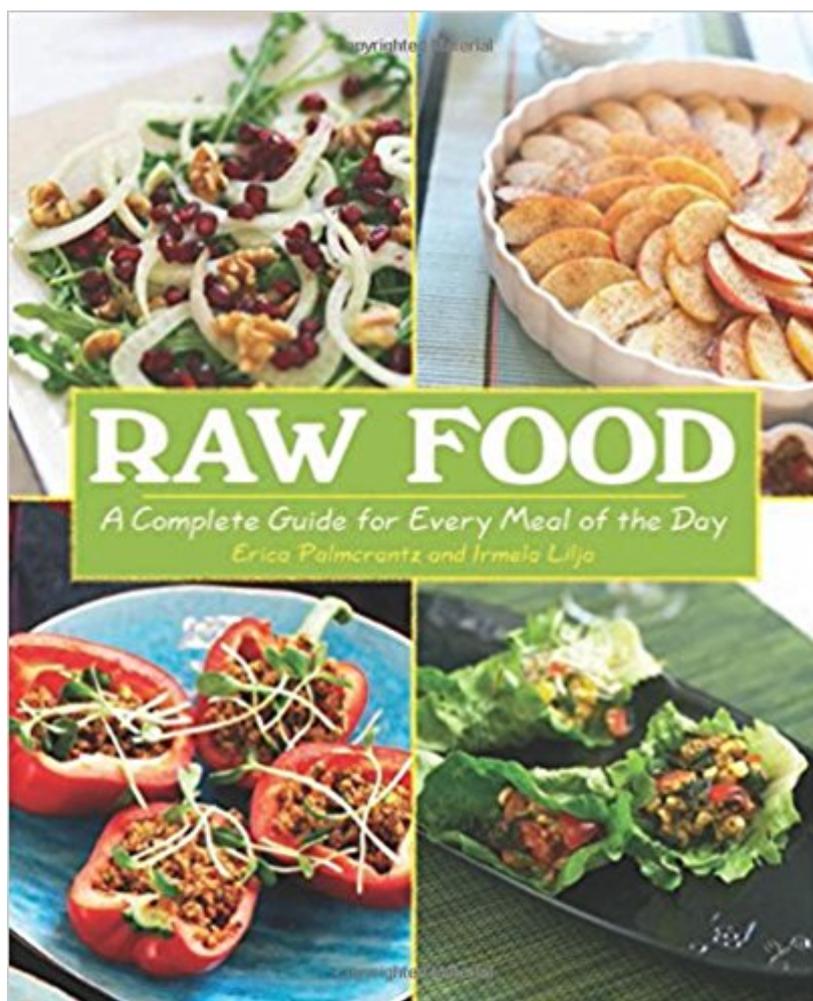


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# Raw Food: A Complete Guide For Every Meal Of The Day



## Synopsis

Raw food is more than a diet. It'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

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## 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.

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