



Raw Food Cookbook: Raw Food Diet Recipes Including Some of the Best Raw Superfoods for a Healthy Lifestyle!

Marin Stevens

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Raw Food Cookbook As we learn more about nutrition and health, more of the benefits of raw foods are coming to light. It's well known that diet and health are inextricably linked - and that many common diseases can be prevented by adopting a healthier diet. Raw foods provide us with the maximum nutritional content from our diet; cooking destroys a significant portion of the vitamins, minerals and enzymes found in raw foods. Because of the many health benefits associated with raw foods, people are more interested than ever in raw food recipes and raw food cookbooks, whether they're raw food diet recipes for a short term weight loss program or detoxification, raw food recipes for beginners interested in adopting a raw food diet or recipes for those who are more experienced in eating raw foods and are looking to expand their culinary repertoire. This is a raw foods cookbook made for beginners and dedicated raw food enthusiasts alike. This raw food diet book covers the basics while still providing plenty of more advanced recipes; so when readers are ready to move on to more sophisticated raw food preparation techniques, there's no need to get a separate raw food book. Here, you'll find recipes for dinner and lunch entrees, breakfast and brunch recipes, recipes for raw food appetizers, sauces and snacks, all designed not only for good health, but to taste good as well. It's a raw foods book for everyone, in short - and it's packed with delicious, healthy raw food recipes along with detailed directions that make even the more complex dishes easy to prepare.

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