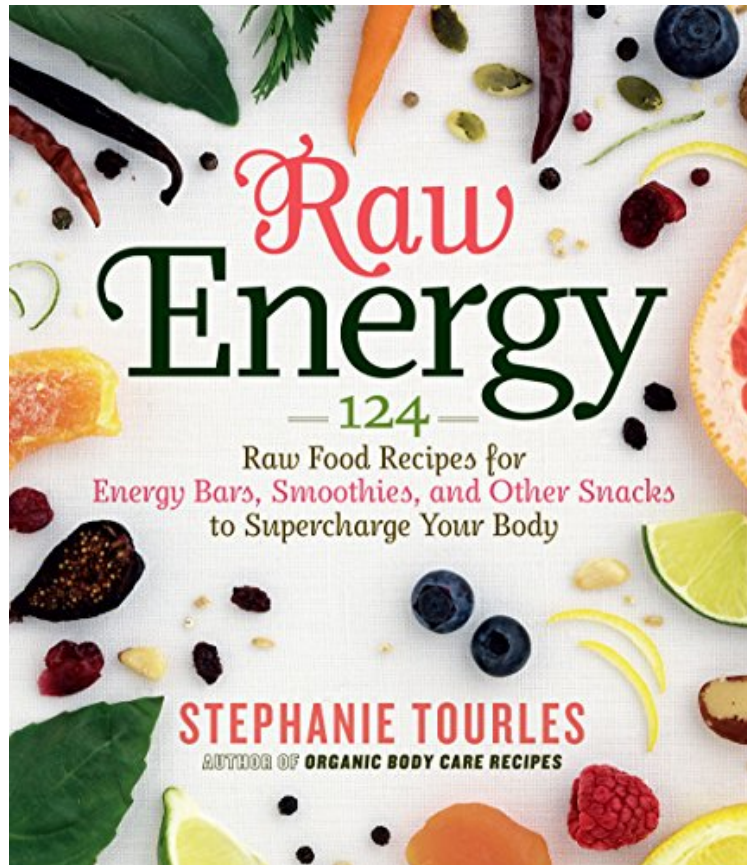


[Read download] Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body

Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body

Stephanie L. Tourles

audiobook / *ebooks / Download PDF / ePub / DOC



DOWNLOAD



READ ONLINE

#360011 in Books Workman Press 2009-12-23Original language:EnglishPDF # 1 7.50 x .69 x 6.45l, 1.13
#File Name: 1603424679272 pages | File size: 73.Mb

Stephanie L. Tourles : Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body before purchasing it in order to gage whether or not it would be worth my time, and all praised Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body:

10 of 10 people found the following review helpful. Wish there were more books like this...By CustomerI really cannot say enough about it--this book has made quite an entrance in our house. My 14 year old daughter who has never read cookbooks looks through it every day and is truly fascinated with the recipes. They make the simple ingredients into fantastic little energy snacks that everyone in the family love!!! We don't care so much about the fact that they are raw recipes, although that's great, but just that they're wonderful tasty and healthy tidbits. We all love chocolate and little sweet snacks and we've made several of the balls for the fridge. My daughter has made a few of the smoothies and I've been making the muesli for breakfast several times a week for months. I've also made the parfaits

for a snack after school, and we are going to try some of the dehydrated balls this week. We've had it for months and the excitement hasn't died--even my picky husband likes the treats from this book!!! Just love it so much, MORE BOOKS LIKE THIS, PLEASE!!!!!!24 of 24 people found the following review helpful. Delightful!By LetaTnWhat a wonderful book! Every recipe I have tried so far has been easy to make with delicious results. The book promotes a raw diet however these recipes can be used by anyone wishing to add healthful snacks to their routine. It also includes many alternatives to store bought energy bars and snacks that have chemicals, preservatives or corn syrup that you may not want in your diet. This book is worth having in your cookbook library!25 of 25 people found the following review helpful. Got it from the library first and then had to buy itBy seacarI really love this recipe book. It has easy to make recipes that are delicious (especially for being raw). I first checked this book out from the library while my husband and I were going on a raw diet. We've since quit our raw diet but I bought this book and we continue to make food from it. We love the recipes in this book. They are great for energy filled snacks and breakfast smoothies that taste yummy.

Raw snacks are nature's original fast foods — easy to prepare, delicious, and bursting with the ingredients you need to stay healthy and energized on even the busiest days. Stephanie Tourles offers 125 simple recipes for mouthwatering trail mixes, smoothies, energy bars, juice blends, vegetable chips, cookies, and more. Made from unprocessed whole foods like nuts, fruits, vegetables, and grains, each of these snacks contain fewer than 250 calories and are packed with vitamins, minerals, fiber, and enzymes.

About the AuthorStephanie L. Tourles has been practicing and teaching healthy living for more than 25 years. She is a licensed holistic esthetician with a strong background in Western and Ayurvedic herbalism, has extensive training in the nutritional sciences, and is an avid organic gardener. Tourles is also a certified aromatherapist, a Maine-certified reflexologist, and a professional member of the National Association for Holistic Aromatherapy. She is the author of the best-selling books *Organic Body Care Recipes* and *Raw Energy*, as well as *Making Love Potions*, *Naturally Bug-Free*, *Raw Energy in a Glass*, *Hands-On Healing Remedies*, *Naturally Healthy Skin*, *365 Ways to Energize Mind, Body Soul*, and *Natural Foot Care*. She lives in Orland, Maine.