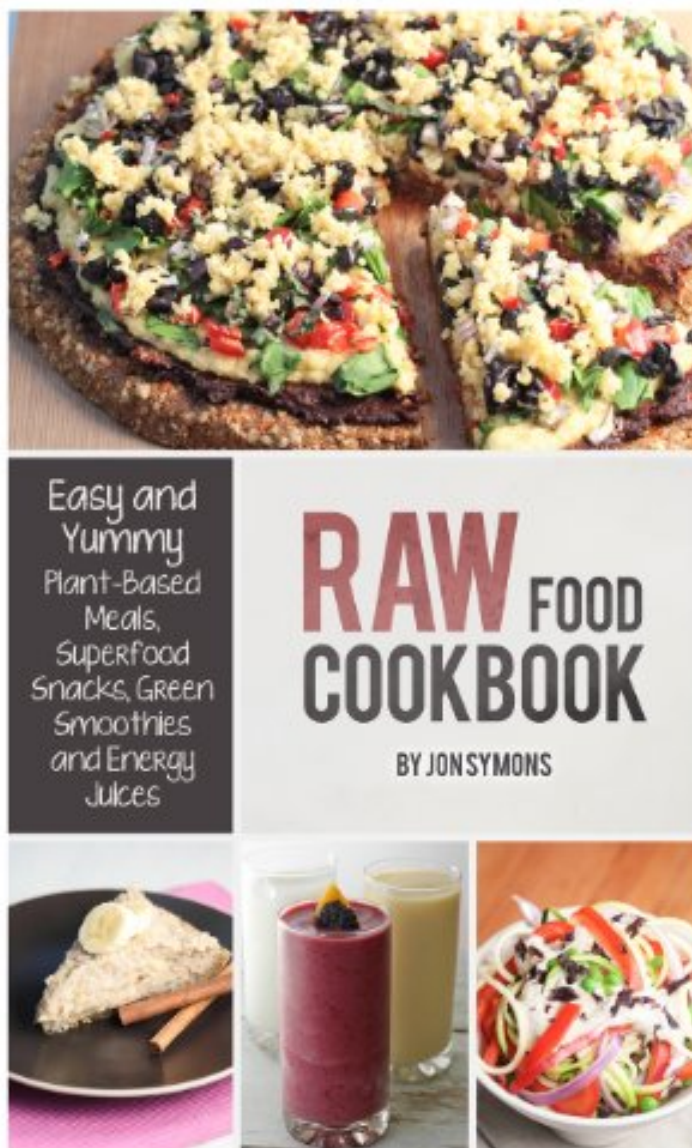


[Free] Raw Food Cookbook: Easy and Yummy Plant-Based Meals, Superfood Snacks, Green Smoothies and Energy Juices

## Raw Food Cookbook: Easy and Yummy Plant-Based Meals, Superfood Snacks, Green Smoothies and Energy Juices

*Jon Symons*

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#369266 in Books Ingramcontent 2013-12-29Original language:EnglishPDF # 1 8.00 x .34 x 5.001, .34 #File Name: 0993623743150 pagesRaw Food Cookbook Easy and Yummy Plant Based Meals Superfood Snacks Green Smoothies and Energy Juices | File size: 43.Mb

**Jon Symons : Raw Food Cookbook: Easy and Yummy Plant-Based Meals, Superfood Snacks, Green Smoothies and Energy Juices**

before purchasing it in order to gauge whether or not it would be worth my time, and all praised Raw Food Cookbook: Easy and Yummy Plant-Based Meals, Superfood Snacks, Green Smoothies and Energy Juices:

0 of 0 people found the following review helpful. Don't LikeBy LKI bought this in Kindle quite some time ago. I just looked through it again, and the reason I don't like it is because it reminds me too much of the earlier raw recipe books I have where the author goes nuts with nuts and fats. I am far too familiar with raw vegan nowadays to make the mistakes I used to regarding eating loads of nuts and fats with no regard for digestion and how all that fat might make me feel. The high fat, eat whatever you want and as much as you want as long as it's raw mentality is bad news, as far as I am concerned. It's unhealthy and unsustainable and a big mistake. Also, I'm not a huge fan of a ton of oil, nama shoyu or tamari, agave, things like that. I don't like this book.5 of 5 people found the following review helpful. NOT your average raw food cookbookBy L. J.This is not your average raw food cookbook and here's why:The recipes in this book are ALL seriously good!EVERY. SINGLE. RECIPE. I'VE. TRIED.Chocolate/Goji Macarons. Delicious.Banana Cream Pie. Soooo goood.Spinach Mushroom Tarts. Drool-worthy.Papaya Pineapple Smoothie. WHY DIDN'T I THINK OF THIS BEFORE?!Walnut Rosemary Crackers. Can't stop eating them.Zucchini Fries. More! More!I even used a couple of these recipes at Christmas with my comfort-food-loving, cheese-loving, meat-loving extended family, and they gobbled them up before anything else. Highly, highly recommended.2 of 2 people found the following review helpful. Excellent book, has started me on Raw FoodBy Craig FenrichAn Excellent book on preparing Raw Food.I was limited in my choices before reading this book.Love Zucchini noodles and the Pizza.

Invite your Diet into The Land of The Living and Get Healthier with Raw Foods Raw food is growing in popularity as people search for an antidote to the rise of illness in our society and they follow their common sense to the benefits of raw, living foods. The Raw Food Cookbook is the perfect primer to get you started; whether you're already 100% raw and looking for new recipes to try out, or your just starting to become raw. Healthy snacks (a great first step into raw food), green juices, filling smoothies, crackers, salads and amazing main course dishes, they are all covered... you won't miss cooked food one bit. As well as over 104 healthful recipes the author has provided us with a list of tools and appliances that make up a starting raw kitchen - including brand recommendations from his years of experience. (editor's note... this book is worth double the price, just for the Chicago Style Raw Pizza recipe alone. You won't believe how good it tastes and how much better you feel after eating it compared to a regular pizza.) The Raw Food Cookbook is delicious comfort food that is not only guilt-free, but actually will benefit your health. The author has been raw for over three years now and the turnaround in his health has been profound: everything from a dramatic increase in energy, to improved mental focus and clarity, to substantial gains in physical fitness. Scroll up and click the BUY button now!