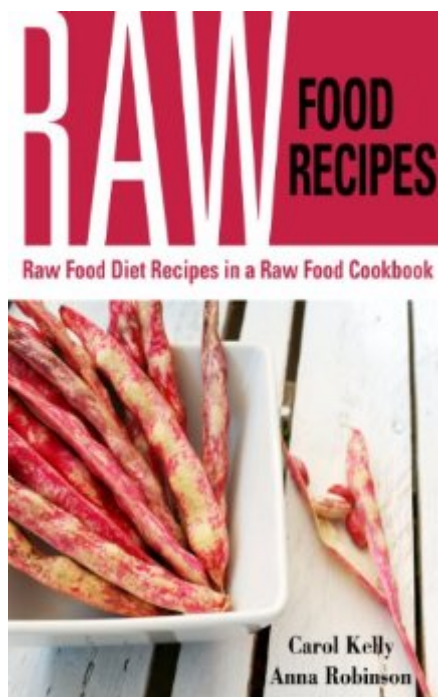


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Raw Food Recipes: Raw Food Diet Recipes In A Raw Food Cookbook



Synopsis

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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Customer Reviews

To begin, the writing in this book is atrocious. Sentences are not always fully fleshed out. At the beginning, the authors attempt to discuss a raw food diet - both what it is and why it is beneficial for people to try it. "Let's look at each reason to go on a raw food diet individually. First health."

Individually is redundant, as it is specified that we will look at each reason, and "First health" is not even a real sentence; if it was, you'd at least need a comma after first. As this is a cookbook, I realize that many people will not have a huge issue with grammar and sentence structure, but I'm a former English major and I prefer to have good, fleshed out, thoughtful ideas throughout an entire book regardless of what it is. Later in the book, there is an explanation of some ingredients which is good. I would like to see the section headers be more noticeable, though. Some of the recipes are also not on their own pages or are not bolded, so they are easy to skip over if a reader is not paying attention. This book is in need of an editor. Additionally, this cookbook has NO pictures or photos of the food. Not everybody is comfortable or familiar with a raw food diet, so it would probably have been helpful to include some photos of some of the food; this could make it more approachable for some readers. The recipes in the book are varied. There are numerous, numerous recipes. In case anybody is interested, I have written down the first 35 recipes to give you an idea of what you can see in the book.

Excited with this new kindle book, RAW FOOD RECIPES: RAW FOOD DIET RECIPES IN A RAW FOOD COOKBOOK. Some of my favorite raw food recipes in this book are Crepes with Berries and Cashew Cream, Roasted Tostadas with Guacamole, Raw Lasagna, Raw Marinara Sauce, and Cauliflower Salad with Ranch Dressing,! I like the desert recipes for Banana Splits, and Cinnamon-Citrus Crepes, and for breakfast â “ Banana Pancakes, and Vanilla Coconut Yoghurt. Raw food diet is highly nutritious because you consume foods in their natural state. Raw foods are more than just a salad. This book has enough recipes to plan menus for weeks in these categories:

main dishes, side dishes, appetizers, sauces and breaks, breakfasts and brunch. In Section 2 there is a Raw Food Diet Introduction: Why try the Raw Foods Diet? “ weight loss, clear skin, detoxification, energy boost, reduced risk of general illness, better digestion and improved digestive health. It explains raw food diet food preparation: boil, bake, grill/broil, fry/deep fry/stir fry, microwave/toast, soaking, dehydrating, sun cooking, blender, dehydrator, juicer, and mason jars. I like the option of downloading and reading on my devices. Since I have an iPhone, 2 iPads, and iPad mini, a kindle, and kindle paperwhite it is important to be able to sync my devices and pick up reading wherever I am, and on whichever device I have handy. I also have the kindle app on my laptop and I like to use that device in the kitchen when cooking so that I have my recipes close at hand. Eating raw foods is like a full body detoxes or cleanse. Normally this means that 80% of the full day’s food need to be raw. When food is cooked it loses some of the enzymes that naturally occur, and these enzymes help with digestion and helps the body absorb the nutrients.

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