



Kristen Suzanne's EASY Raw Vegan Sides & Snacks: Delicious & Easy Raw Food Recipes for Side Dishes, Snacks, Spreads, Dips, Sauces & Breakfast (English Edition)

Kristen Suzanne

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Format: Ebook Kindle

Présentation de l'éditeur

Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit.

Entrees may get all the attention, but side dishes quietly make the meal. And let's face it, snacks make life worth living! Every recipe in this collection of amazing sides and snacks is SUPER easy to prepare. You'll never be out of ideas for rounding out a meal or what to take to a potluck. And speaking of parties, this book's section on spreads and dips will have your guests craving your FABULOUS appetizers without even realizing... they're eating the world's healthiest food. Includes an extra bonus chapter on Raw vegan breakfast!

60 Raw Vegan Recipes:

- 22 Raw Side Dishes
- 18 Raw Spreads, Dips & Sauces
- 7 Raw Snacks
- 6 Raw Breakfasts
- A "Raw Basics" appendix (with 7 "must have" basic recipes) for people who are new to Raw food.
- Raw Resources Section

The Kindle edition has black and white photographs of select photographs. Color photos are available at KristensRaw.com. Présentation de l'éditeur

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