



**Raw Food Recipes: Compilation Of 39 Raw Vegan
And Vegetarian Recipes Ever Seen in One Book-
Enjoy Rich, Fresh And Delicious Raw Food
Recipes That ... Beginners, Vegetarian Cookbook)
(Volume 6)**

Camille Brossard

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Discover The Health Benefits Of Raw Foods. Look And Feel Younger, Reach And Maintain Your Ideal Weight

Get the scoop on the raw food diet. What is it, why do people try it, what are the health benefits, and what are typical foods, meals, and preparation techniques. For one, the raw food diet provides a hundred percent assurance that the people under the diet receive the most out of the ingredients that they consume. Without the process of cooking, there is an absolute guarantee that natural enzymes, vitamins and other essential nutrients remain intact, thus ensuring that nature's health benefits are delivered as they are supposed to. Another great benefit of adopting this extremely healthy diet is weight loss, a proven effect of consuming nothing but raw and pure ingredients. The raw food diet contains fewer trans fats and saturated fat than the typical Western diet. It is also low in sodium and sugar and high in potassium, magnesium, folate, fiber, vitamin A, and health-promoting antioxidants. These properties are associated with a reduced risk of diseases such as heart disease, diabetes, and cancer. Besides the immediate benefits, the raw food diet may theoretically slow the aging process and reduce inflammation, because it contains fewer advanced glycation end products and other potentially damaging compounds. This book provides a comprehensive list of food that are all suitable for every raw food dieter. The dishes are presented by course and are listed alphabetically. With this extensive book in hand, any raw foodie can make the best out of this wonderful, healthful diet.

Here Is A Preview Of What You'll Learn...

- Why Raw Food?
- Appetizers
- Side Dishes
- Entrées
- Desserts
- Beverages
- Citrus Kale Salad
- Raw Asian-inspired Salad with Sesame Vinaigrette
- Almond Sunflower Seed Cheese
- French Onion Dip
- Much, much more!

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Joshua Stamper:

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Lowell Bohler:

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