



Raw Food Made Easy: For 1 or 2 People

Jennifer Cornbleet

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The all-new Revised Edition of Raw Food Made Easy for 1 or People is available July, 2012.

Getting 5 servings of fruits and vegetables a day has never been so delicious and easy. In *Raw Food Made Easy for 1 or 2 People*, well-known cooking instructor Jennifer Cornbleet shares her favorite no-cook recipes, in smaller quantities ideal for one or two people. Essential time-saving tips and techniques, along with Jennifer's clear instructions, prove you don't have to toil in the kitchen in order to enjoy nutritious, delicious raw food.

- Choose from over 100 foolproof recipes, along with lunch and dinner menu plans.
- Enjoy easy recipes that call for common ingredients and basic equipment.
- Learn how to avoid health-busters like white sugar, white flour, and trans-fats.
- Convert traditional favorite recipes into nutritious treats made from all-natural ingredients.

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