



The Complete Book of Raw Food, Volume 1: Healthy, Delicious Vegetarian Cuisine Made with Living Foods (The Complete Book of Raw Food Series)

Julie Rodwell

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This masterful collection of over 400 raw food recipes is a "must-have" for anyone who enjoys vegetarian cuisine.

Whether you are curious about adding raw foods to your diet, or have been eating raw for years, *The Complete Book of Raw Food, Second Edition* contains over 400 mouth-watering-recipes produced by more than 50 of the world's top raw food chefs, and is your essential resource on choosing ingredients, eating right and creating delicious dishes to satisfy any palate.

From soups and salads to main dishes and desserts, *The Complete Book of Raw Food, Second Edition* is the largest published collection of raw food recipes. This new edition features more than 50 new recipes from up-and-coming chefs. Among these inspired raw dishes are unexpected delights such as Lasagna, Easy Pad Thai, Zucchini Bread, and Granola--all delicious--all made with live ingredients.

The Complete Book of Raw Food, Second Edition also includes advice on choosing ingredients, resources to buy the tools you need to create raw dishes, and a comprehensive Raw Food Glossary. The second edition is expanded to include prep times for all recipes an all-new color insert, and contains updated information on kitchen equipment, techniques, and raw food festivals.

The Complete Book of Raw Food, Second Edition includes a detailed preparation for all categories of dishes including Salad Dressings, Entrees, and Delicious Desserts. Here are just a few examples of the delicious recipes available in *The Complete Book of Raw Food, Second Edition*:

- Spinach Pesto
- Raw Ravioli
- Walnut Stuffed Peppers
- Tomato Wild Rice Soup
- Chocolate Smoothie
- Watermelon Mountains

Whether you're a raw food devotee, a seasoned vegetarian, or just want to prepare delicious, healthy recipes in your own home, *The Complete Book of Raw Food, Second Edition* is a kitchen essential.

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Robert Clark:

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