



The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes for the Real World (Paperback)

By Sonoma Press, Emily Monaco

Sonoma Press, United States, 2016. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book. A Flexible Approach to a Raw Food Diet Think going raw means eating raw meals all day, every day? Think again. Prepare for a practical, delicious, and flexible way to approach raw food with The Raw Deal Cookbook. Featuring over 100 amazingly simple plant-based recipes, plus tips and tricks for fitting raw food into your busy life, you ll explore raw food meals, drinks, snacks, and even decadent desserts that are full of flavor and brimming with nutrients. More importantly, you won t need to make a 100 commitment to start experiencing the health benefits. Whether you re switching up a few weeknight meals or completely overhauling your diet, this book walks you through the essentials of a raw food lifestyle and shows you how to incorporate raw food into your routine. Get creative in the kitchen, with: Raw Food Recipes: 100+ easy-to-prepare raw vegan recipes for breakfast, lunch, dinner, make-ahead snacks and sides, and more Raw Food Meal Plan: a practical 21-day sample menu starts you off Raw Food Labels: labels help out when you re short on time (30...



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