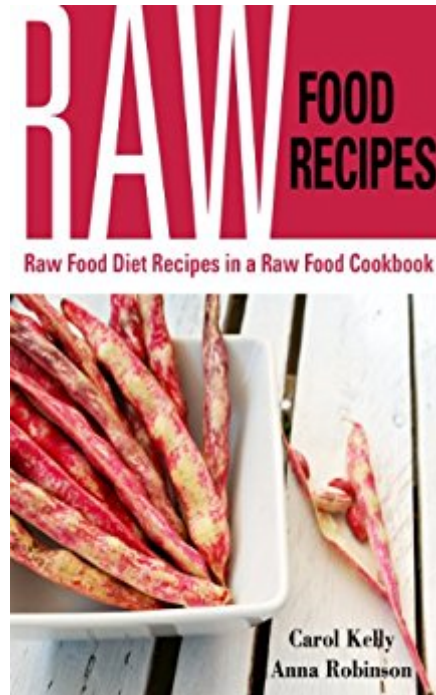


The book was found

Raw Food Recipes: Raw Food Diet Recipes In A Raw Food Cookbook



Synopsis

Raw Food Recipes: Raw Food Diet Recipes in a Raw Food Cookbook The Raw Food Recipes book features two sections covering the raw food diet. The raw food diet is highly nutritious because you consume foods in their natural state. When food is processed and cooked, it loses some of its nutritional properties. By eating it raw, you are gaining all the nutrients the food contains in its most natural state. Raw food recipes are more than just a salad. There are even dessert recipes, soups, chips and fries, and delicious drinks. There are enough recipes within this book to plan a menu for weeks. The first section of the Raw Food Recipes book covers the "Raw Food Cookbook" featuring these categories: Main Dishes, Side Dishes, Appetizers, Sauces and Breads, and Breakfast and Brunch. A sampling of the included recipes are: Crepes with Berries and Cashew Cream, Apple Cinnamon Crepes, Sunflower Seed Pate, Raw Marinara Sauce, Spinach Manicotti, Raw Burgers, Raw Waffles, Brussels Sprout Tarts with Mushrooms, Peppers and Onions, Tomato Sambar with Spaghetti Squash "rice" and Nut Chutney, Stuffed Peppers, Buckwheat Curry Bread, Cauliflower Salad with Ranch Dressing, Sundried Tomato Spread, Chia Pudding with Strawberries, Raw Brazil Nut Onion Bagels, Banana Splits, and Carrot Tomato Soup. The second section of the Raw Food Recipes book covers the Raw Food Diet featuring these categories: Why Try the Raw Foods Diet, Raw Food Diet Food Preparation, and Raw Food Recipes. A sampling of the included recipes are: Hemp Berry Smoothie, Tasty coconut Milk, Vanilla Coconut Yogurt, Avocado Lemonade, Raw Chocolate Nut Milk, Marinara Faux Pasta, Gazpacho Soup, Snack Balls, Olive Tapenade, Raw Chocolate Cake, Quick and Easy Salad, Raw Vegan Sushi, Raw French Fries, Chocolate Dessert, Olive Tomato Salad, Kale Parmesan Chips, Raw Food Pesto, Thai Cole Slaw, Sprouted Rice Sashimi, Ceviche, and Raw Chocolate Cake.

Book Information

File Size: 1218 KB

Print Length: 186 pages

Publisher: Speedy Publishing Books (October 20, 2013)

Publication Date: October 20, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00KFYIHHY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #773,225 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #134

inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #157 inÂ Kindle Store

> Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Vegetarian #370

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Vegetables

Customer Reviews

To begin, the writing in this book is atrocious. Sentences are not always fully fleshed out. At the beginning, the authors attempt to discuss a raw food diet - both what it is and why it is beneficial for people to try it. "Let's look at each reason to go on a raw food diet individually. First health."

Individually is redundant, as it is specified that we will look at each reason, and "First health" is not even a real sentence; if it was, you'd at least need a comma after first. As this is a cookbook, I realize that many people will not have a huge issue with grammar and sentence structure, but I'm a former English major and I prefer to have good, fleshed out, thoughtful ideas throughout an entire book regardless of what it is. Later in the book, there is an explanation of some ingredients which is good. I would like to see the section headers be more noticeable, though. Some of the recipes are also not on their own pages or are not bolded, so they are easy to skip over if a reader is not paying attention. This book is in need of an editor. Additionally, this cookbook has NO pictures or photos of the food. Not everybody is comfortable or familiar with a raw food diet, so it would probably have been helpful to include some photos of some of the food; this could make it more approachable for some readers. The recipes in the book are varied. There are numerous, numerous recipes. In case anybody is interested, I have written down the first 35 recipes to give you an idea of what you can see in the book.

Excited with this new kindle book, RAW FOOD RECIPES: RAW FOOD DIET RECIPES IN A RAW FOOD COOKBOOK. Some of my favorite raw food recipes in this book are Crepes with Berries and Cashew Cream, Roasted Tostadas with Guacamole, Raw Lasagna, Raw Marinara Sauce, and Cauliflower Salad with Ranch Dressing,! I like the desert recipes for Banana Splits, and Cinnamon-Citrus Crepes, and for breakfast â “ Banana Pancakes, and Vanilla Coconut Yoghurt. Raw food diet is highly nutritious because you consume foods in their natural state. Raw foods are more than just a salad. This book has enough recipes to plan menus for weeks in these categories:

main dishes, side dishes, appetizers, sauces and breaks, breakfasts and brunch. In Section 2 there is a Raw Food Diet Introduction: Why try the Raw Foods Diet? â “ weight loss, clear skin, detoxification, energy boost, reduced risk of general illness, better digestion and improved digestive health. It explains raw food diet food preparation: boil, bake, grill/broil, fry/deep fry/stir fry, microwave/toast, soaking, dehydrating, sun cooking, blender, dehydrator, juicer, and mason jars. I like the option of downloading and reading on my devices. Since I have an iPhone, 2 iPads, and iPad mini, a kindle, and kindle paperwhite it is important to be able to sync my devices and pick up reading wherever I am, and on whichever device I have handy. I also have the kindle app on my laptop and I like to use that device in the kitchen when cooking so that I have my recipes close at hand. Eating raw foods is like a full body detoxes or cleanse. Normally this means that Ã Â of the full dayâ™s food need to be raw. When food it cooked it loses some of the enzymes that naturally occur, and these enzymes help with digestion and helps the body absorb the nutrients.

[Download to continue reading...](#)

Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food Recipes: Raw Food Diet Recipes in a Raw Food Cookbook Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating,

Raw Diet) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal)
(Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food,
Zone diet for beginners 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic
diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti
inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan
(ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti
inflammatory diet) Realistically Raw: A Raw Food Cookbook- Living Raw in a Modern World Paleo:
A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet
For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious
recipes 3) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet,
ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet
mistakes,ketogenic plan) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To
Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet
recipes, south beach diet cookbook) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs.
In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic
diet, Anti inflammatory diet) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet,
ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti
inflammatory diet)

[Dmca](#)