

LifeFood Recipe Book: Living On Life Force - , David Jubb

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Life force foods are those found wild in nature and served uncooked. A life force diet is vegetarian, and mainly vegan, congruent with the philosophy that good food choices promote a sustainable future on the planet. This book applies life food principles to daily life. The authors explain how the LifeFood diet can strengthen the mind and body, and show how to make lotions, tinctures, and potions with food. With illustrations throughout and over 150 easy to follow recipes to maximize health and well being, this book features such dishes as Aztec Quiche, Emerald Broccoli Soup, Spicy Ginger Tofu, and Pina Colada Cookies. Author: Jubb, Annie Padden Author: Jubb, David Publisher: North Atlantic Books Illustration: Y Language: ENG Title: LifeFood Recipe Book: Living on Life Force Pages: 00296 (Encrypted EPUB) On Sale: 2012-04-17 SKU-13/ISBN: 9781556434594 Category: Cooking : Methods - Raw Food Category: Cooking : Vegetarian & Vegan Category: Cooking : Health & Healing - General

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