

Raw And Simple: Eat Well And Live Radiantly With 100 Truly Quick And Easy Recipes For The Raw Food Lifestyle - Wignall Judita

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Making smart, delicious food choices in a short amount of time is now easier than ever. Raw and Simple provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include: Oatmeal Walnut Raisin Cookies Apple Pie Smoothie Winterland Salad Cucumber Basil Soup Creamy Kale Salad with Capers and Hazelnuts Maple-Dijon Brussels Sprouts Thai Veggie Noodles Root Vegetable Slaw Cherry-Hemp Muesli Watermelon-Fennel-Mint Chiller Strawberry Spinach Salad with Sweet Balsamic Vinaigrette Colorful Cabbage Salad Cauliflower Couscous Carrot-Ginger Coconut Soup Orange-Cranberry-Apple Relish Herbed Pecan Pate Orange-Almond Truffles Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food-it's about feeding your whole body and fueling your life! Author: Wignall Judita Publisher: Quarry Books Illustration: N Language: ENG Title: Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle Pages: 00176 (Encrypted EPUB) / 00176 (Encrypted PDF) On Sale: 2013-02-01 SKU-13/ISBN: 9781592538201 Category: Cooking : Methods - Raw Food

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