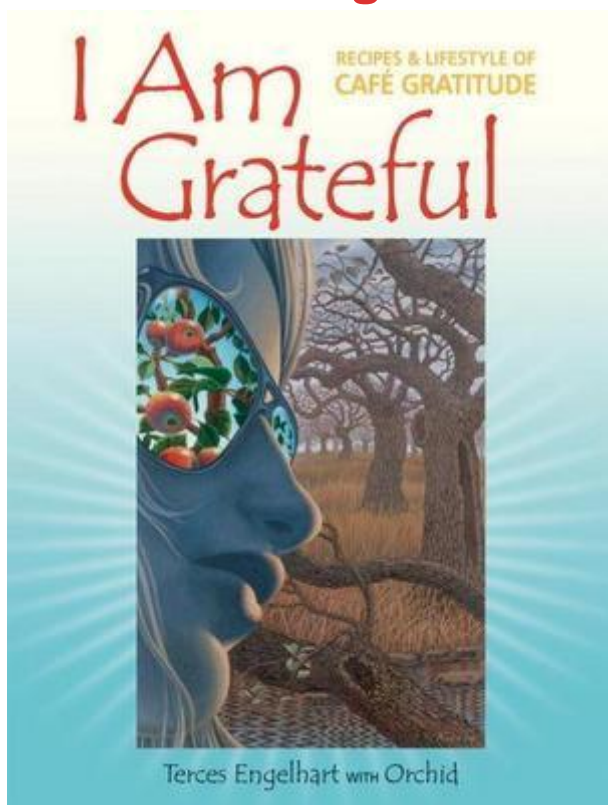


I Am Grateful: Recipes And Lifestyle Of Cafe Gratitude - Terces Engelhart



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With locations in San Francisco, Berkeley, Marin, and Los Angeles, Caf Gratitude has become well known for its inspiring environment and distinctive, flavorful organic foods. In I Am Grateful, cofounder Terces Engelhart presents her and her husband Matthews view of life and business philosophy. She also presents her story of personal healing, sharing highlights of her recovery from food addiction while explaining the benefits of a raw lifestyle. The books gorgeous, full-color photographs accompany easy-to-follow recipes for the cafs most popular items, making it easy for readers to prepare live foods at home. Recipes include caf favorites such as the I Am Luscious raw chocolate smoothie, I Am Bountiful bruschetta, I Am Elated spicy rolled enchiladas, and I Am Amazing lemon meringue pie with macadamia nut crust. Author: Engelhart, Terces Publisher: North Atlantic Books Illustration: Y Language: ENG Title: I Am Grateful: Recipes and Lifestyle of Cafe Gratitude Pages: 00200 (Encrypted EPUB) On Sale: 2012-04-10 SKU-13/ISBN: 9781556436475 Category: Cooking : Methods - Raw Food Category: Cooking : Vegetarian & Vegan Category: Cooking : Health & Healing - General

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