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The Love of Living Foods: A Raw Food Recipe Book (Paperback)

By Robin Gregory

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. The Love of Living Foods contains over 100 favorite raw food recipes and as well is a comprehensive and easy to follow guide to raw foods that makes eating raw foods an easy, fun and delicious experience. Be delightfully surprised when you discover how easy it is to prepare these raw dishes as well as how flavorful working with natural fresh ingredients can be. In addition to a wide variety of recipes, this book gives clear and concise descriptions on the basic food preparation techniques to create delicious raw food recipes. It includes many useful tips to walk you through working with raw foods and information on the ingredients used and stocking your kitchen. Going raw will help you feel vibrant, radiant and energized. Lose any unwanted pounds the easy way and feel how wonderful it is to live in a healthy body. Eating raw living plant foods is a healthy way to detox and bring your body back to an optimal state of well-being. The Love of Living Foods is a compilation of Robin...



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Reviews

This publication is definitely not effortless to get going on looking at but really exciting to read through. It really is rally intriguing throgh looking at time period. Its been written in an remarkably straightforward way which is just soon after i finished reading through this book where basically altered me, change the way i think.

-- Erna Langosh

This publication is worth acquiring. It is actually full of knowledge and wisdom You are going to like the way the blogger publish this book.

-- Prof. Stanley Hermiston