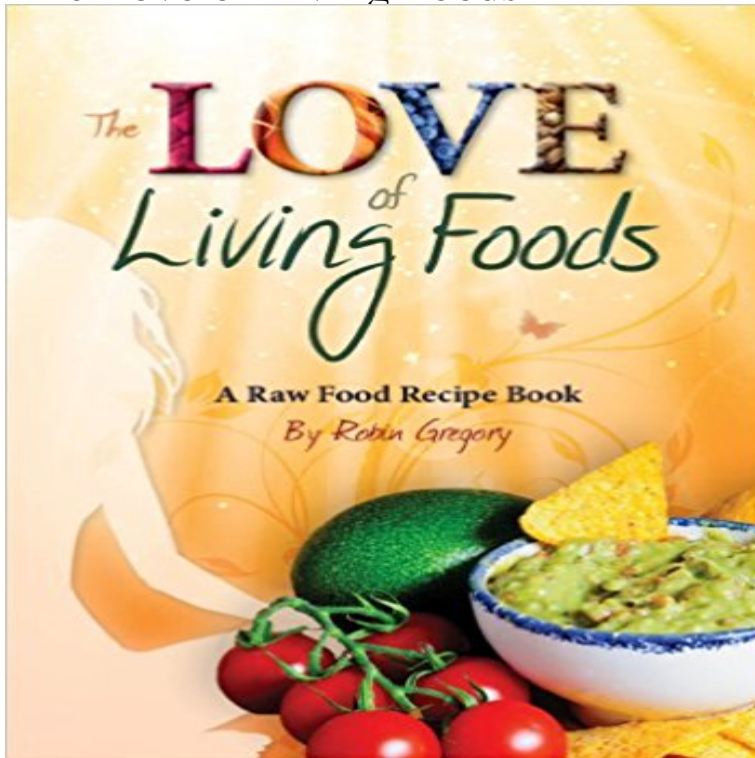


The Love of Living Foods



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.

Bonus Included in this book are links to over 40 fully detailed videos showing the recipes being created step by step. Read the recipe on your e-reader and if you like watch the video on your PC. 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. This book is a compilation of Robin Gregorys (RobinsKey.com) most loved recipes. Robin has worked in the raw foods industry for several years designing, developing and working in many raw foods kitchens and creating recipes, menus and diets for restaurants and individuals. This book contains 117 favorite recipes, including many you are sure to return to over and over again. Several of the recipes in this book have been served at various raw restaurants hundreds of times and are time tested winners. The wide variety of recipes in The Love of Living Foods includes all you need to get started. From favorite smoothie combinations to learning to make fermented vegan cheese, and from Pizzas to Pad Thai, this book takes you from the best of American traditional to

classic world cuisine dishes. Learn how to make delicious healthy main meals as well as mouth-watering healthy snacks. Free yourself from packaged junk foods. Included are foods to satisfy your salty crunchy cravings and sweet luscious desserts. Desserts are where raw foods can really shine and this book will show you how to create scrumptious decadent desserts that are surprisingly wonderfully healthy. This book is perfect for someone completely new to raw foods as well as the experienced raw chef. This book covers all the basics necessary to know to healthfully and easily sustain a raw food diet. In addition to the recipes it contains chapters on: Raw food preparation techniques including: soaking nuts and seeds, dehydrating, sprouting, fermenting and heating foods The equipment and tools most useful to have for the raw food kitchen Tips on creating recipes with raw foods A comprehensive list of ingredients frequently used creating raw recipes Notes on stocking the fridge and cupboards

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The Love of Living Foods

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