



Delicious Raw Food Recipes: Heavenly Meals Perfect For Diet, Detox And Cleanse

Annie Hart

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Learn to prepare raw foods for breakfast lunch and dinner with this easy-to-follow recipe guide.

Today only, get this Kindle book for just \$2.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Are you eating a raw foods diet? Sick of salads and want some new ideas. Need some inspiration for fresh new meals to prepare ?

Eating a raw foods diet doesn't mean you have to have boring salads every meal. You can be inventive, creative and inspired. Download this book NOW and:

- Learn how to make a handful of creative raw foods breakfasts that will start your day off right.
- Find out how to juice vegetables and add super food greens to make an energizing drink
- Learn how to make smoothies that will double as a tasty snack with only a few ingredients
- Find out how to dehydrate, blend and mix combinations of ingredients to make your own unique recipes.
- Learn how to make raw foods so delicious you'll never miss the cooking

Raw foodists secrets are revealed in this recipe guide for the beginner or seasoned raw foodie.

You'll be able to plan and execute your menus with creativity style and taste with these easy-to-follow recipes. Amaze your friends and family with the textures and tastes you create – no cooking involved. Raw foodists know all the secrets to preparing and mixing foods for optimum flavors. You'll also get tips and tricks the raw foodists use to substitute for cooked foods. Download this book TODAY and:

- Learn how to turn vegetables into “pasta” and “rice”
- Learn to make sauces to spice up any dish
- Find out how to use your dehydrator in place of cooking
- Learn to use the sun to dry and warm foods
- Find out how to make soups without cooking

A raw foods diet doesn't have to be boring and routine. You will learn to spice it up with this great variety of meals and snacks that will be so tasty you'll never miss the cooking. You can learn to make some of these foods ahead for quick morning meals. Amaze and astound your family with a wonderful variety of flavors and textures. Download this book NOW and learn the best of raw foods preparation with this wonderful recipe guide.

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