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Raw veganism Wikipedia

Raw veganism is a diet that combines the concepts of veganism and raw foodism. It excludes all food and products of animal origin, any food that is processed or altered from its natural state, and food cooked at high temperatures. Little is known about the raw vegan diet as it is not widely used.

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How I Used The Raw Vegan Diet to Beat Cancer Naturally

Before I get into the details of the raw vegan diet, it's important to understand that our bodies are complex

biological machines, and the food we eat is the fuel. Our bodies are brilliantly designed by God to convert all types of food substances into fuel and energy to sustain life. When you eat

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Raw Vegan Carob Maple Brownies To Make You Swoon

Raw Vegan Carob Brownies with Maple Syrup Avocado Icing. Adapted from my Raw Brownies with Chocolate Icing of Pure Amazingness. 2/3 cup (70g) pecans; 1/3 cup (40g) almonds; 1 cup (150g) medjool dates, pitted

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10 Minute Raw Vegan Curry Zucchini Noodles from The Fitchen

This recipe for zucchini noodles is paired with a creamy raw, vegan curry sauce. The sauce comes together in a blender for a quick lunch or dinner.

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