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If you haven't heard of the raw food diet, it's based on the premise that cooking food creates toxic byproducts, and raw food retains vital nutrients and natural enzymes that our bodies need to process food. Think: whole, unrefined, fresh, plant-based food.

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These are delicious raw vegan recipes: raw food recipes that are easy to make, require few ingredients, and end up tasting to live for! This raw food recipe list is organized by category. This raw food recipe list is organized by category.

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