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Raw foods are fresh, delicious, and healthy. These raw vegan food recipes are some of the easiest and most fool-proof. From soups to salads to wraps, these are dishes you will use again and again.

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21 Awesome Raw Food Recipes for Beginners to Try Yuri Elkaim

Some tips on incorporating raw foods into your diet: Start off slowly if you're going raw and swap out one regular meal a day for a raw food meal. Gradually work in more raw meals, depending on whether you go strictly raw or just want a few raw meals in your weekly diet. 21 Super-Easy Raw Food Recipes for Beginners
Raw for Breakfast: 1.

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5 Delicious Raw Food Recipes For Weight Loss And More Energy. The great thing about our raw food recipes is that they are really easy to prepare and contain simple to get hold of ingredients. Raw food recipes that have a healthy level of fat are great for helping you achieve natural weight loss and also boost your energy levels.

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21 Delicious Raw Whole Food Plant Based Recipes

You'll find everything from breakfast to dessert in this roundup of uncooked vegan recipes, and many of them are oil-free, gluten-free and refined sugar-free. But don't worry, we didn't leave out the flavor. EASY AND QUICK RAW RECIPES THAT TASTE AMAZING. BREAKFAST! Let's begin with the first meal of the day.

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Raw vegan and whole food recipes Simple delicious

Raw Vegan Banana Raspberry Smoothie-This raw vegan banana raspberry smoothie is a quick and delicious way to use up a summer bounty of fresh raspberries. With just four ingredients, this smoothie is super easy to make, and even easier to drink.

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Simply Delicious Raw Food Recipes Food Wine

The 39-year-old's dishes appeal both to raw foodists (who believe heating ingredients above 104 F kills essential enzymes) and omnivores who want to eat more healthfully.

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