

## **UNCOOKED FOOD RECIPES**



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### **Raw Food Recipes Recipes**

Oil-Free Raw Vegan Lasagna with Pesto, Tomato, and Cheese Picture it: vibrant pesto, tomatoes, noodles, and cheese? This raw lasagna recipe is perfect for those Italian cravings that sneak up on all of us.

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### **Healthy Raw Food Recipes EatingWell**

Healthy Raw Food Recipes What is the raw food diet? A raw foodist avoids heat-processed grains and most animal products (although some consume raw fish, milk and meat); raw foodists eat nuts, seeds, sprouted grains, fruits and vegetables ones that haven't been heated past 118 F.

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### **21 Awesome Raw Food Recipes for Beginners to Try Yuri Elkaim**

Think: whole, unrefined, fresh, plant-based food. I make sure to include a plethora of raw food recipes in my diet, and I think you can benefit from incorporating more raw fruits and veggies into your meals too. The Benefits of Eating Raw. Let's look more closely at how you'll benefit from raw food.

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The Raw Food Kitchen book contains over 80 delicious raw food recipes, beautifully shot and styled, along with tons of useful information on raw food ingredients and techniques. Learn more about my story and get a bonus one week meal plan too!

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This recipe (which contains a few raw food taboos) can be easily modified to fit your detox diet. The main ingredient, cabbage, contains phytonutrients that may actually help clean out harmful

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### **5 Hearty Raw Vegan Salad Recipes for a Raw Food Diet**

Dressed with a tahini-based raw Goddess salad dressing, this Waldorf salad takes after the real thing and has traditional Waldorf salad ingredients such as carrots, nuts, cabbage and apples. Instead of the usual Waldorf raisins, dates make a nice substitute in this raw salad recipe.

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### **The 12 Best Easy Raw Vegan Recipes thespruceeats com**

Spicy chilies pair well fresh mangoes, and with a bit of ginger for an extra kick, this is a cold soup recipe to keep. It's an unusual flavor combination, so if you're bored with your regular raw food recipes, try this spicy raw mango soup recipe.

<http://ebookslibrary.club/download/The-12-Best-Easy-Raw-Vegan-Recipes-the-spruceeats-com.pdf>

### **The 10 best raw recipes Global The Guardian**

The 10 best raw recipes 2 Place all of the crumble ingredients in a food processor and pulse until the nuts become large crumbs and the mix holds together when you pinch it. Set aside.

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