



## Raw Truth, the 2nd Edition: Recipes and Resources for the Living Foods Lifestyle

---

By Jeremy A. Safron

CELESTIAL ARTS, United States, 2011. Paperback. Book Condition: New. 2nd Revised edition. 224 x 188 mm. Language: English . Brand New Book. Whether you re just discovering raw foods or already well-versed in kimchee and wheatgrass, this revised edition of The Raw Truth combines a wealth of raw foods know-how with a diverse array of delicious recipes. This essential reference offers an extensive primer on the benefits of raw foods, the four living food groups (fresh, sprouted, cultured, and dehydrated), specialty ingredients, and helpful kitchen tools. Raw foods pioneer Jeremy A. Safron explains in simple terms how life promotes life with a raw diet. When vital enzymes essential to digestion have not been destroyed by heat or processing, the uncooked foods provide our bodies with energy and nutrition quickly and efficiently. This leads to enhanced vitality, increased detoxification, and improved well-being. But these foods don t merely offer health-giving properties--they also form the basis of recipes that are easy to make and packed with flavor. Safron shares his take on simple smoothies and drinks like Thin Mint and Mellow Melon, quick soups like Tom Yum and Cucumber-Dill, hearty entrEes like Falafel, Lasagna, and Thai Curry, and rich desserts like Coconut...



**READ ONLINE**  
[ 2.11 MB ]

### Reviews

*An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.*

**-- Prof. Arlie Bogan**

*It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

**-- Dr. Barney Robel Jr.**