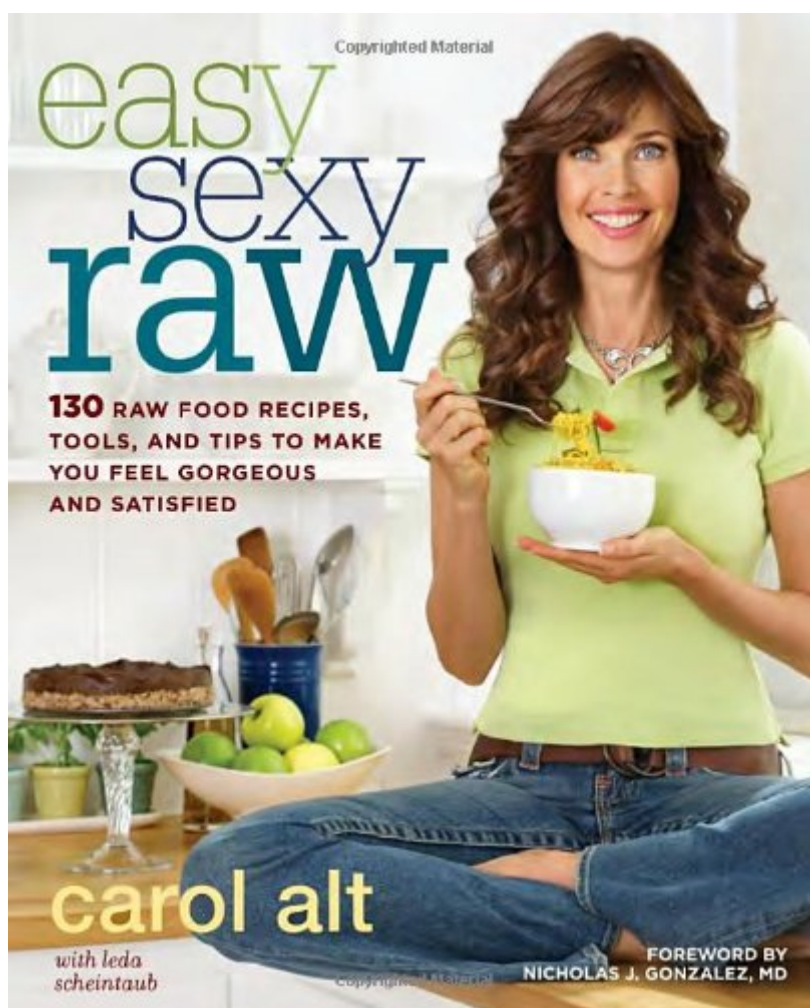


Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied PDF



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Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied by Carol Alt ISBN 030788869X

Nearly twenty years ago, thanks to a raw food diet, Carol Alt cured a world of headaches, stomach issues, and fatigue and became healthier, more energetic, and slimmer than she's ever been. In *Easy Sexy Raw* she shares how anyone can experience the benefits of the uncooked lifestyle.

Carol takes all of the intimidation out of going raw, providing straightforward advice, easy tips, and 130 super-simple and delicious recipes that will make the transition a snap. Useful tools—such as a swapping list of raw substitutes for favorite cooked items and a “Turn It Raw” section that shows

you how to gradually convert favorite dishes to raw (even chocolate chip cookies!)—will help both new and seasoned raw eaters to build a recipe repertoire. And the dishes, including contributions by raw food authorities and chefs like Ani Phyto, Sarma Melngailis, and Raw Chef Dan, are tasty and filling—even for those who are just trying out raw for the first time:

- Yellow Squash Fettuccine with Creamy Pine Nut Alfredo, Lemon Basil, and Green Olives
- Good Stuff by Mom & Me's Salad Pizza with Tomato Sauce
- Gingery Squash and Coconut Noodle Soup
- Indian-Style Papaya Salad
- Abundance Burgers with Marinated Mushrooms and Jicama Fries
- Apple Marzipan Pie
- Triple Orange Salad with Pistachios and Mint
- Maya Chocolate Pie

Carol offers tips on the best equipment to use; demystifies methods like soaking, sprouting, and dehydrating; and even discusses raw dairy, good and bad fats, and which sweeteners are best for your body.

Easy Sexy Raw is the must-have primer for anyone who wants a healthier lifestyle and a natural way to feel sexier and more beautiful.

Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied Review

This Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Gorgeous and Satisfied having great arrangement in word and layout, so you will not really feel uninterested in reading.