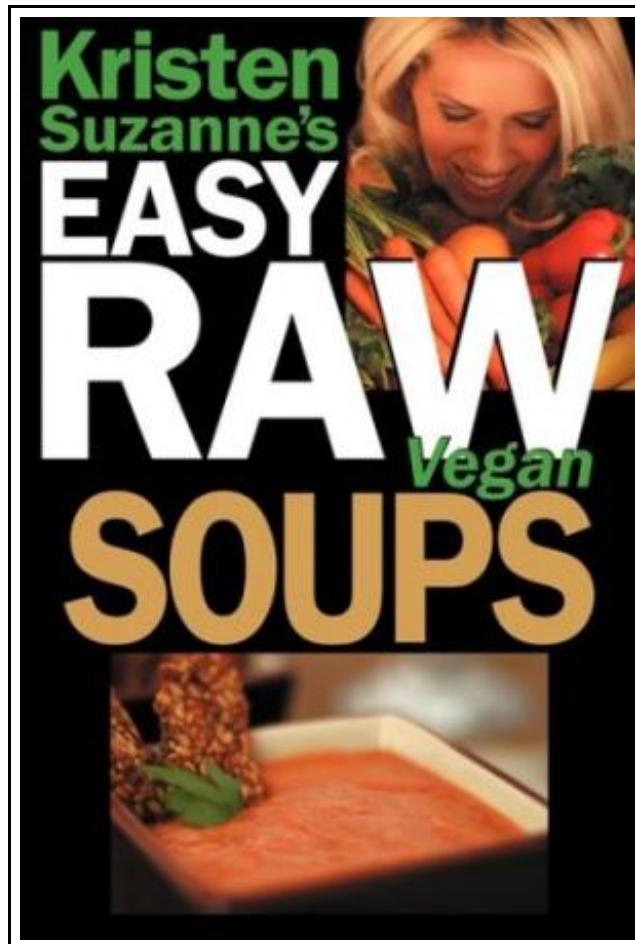


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Green Butterfly Press. Paperback. Book Condition: New. Paperback. 110 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. Drawing on a myriad of delicious flavors from around the world, this collection of Kristen Suzannes favorite and most popular Raw soup recipes makes it practical and super easy to eat Raw every day. And Kristen means EASY. . . most of these soups take just 10-15 minutes and youre done! This Raw food vegan recipe book includes 42 delicious soup recipes and also includes a Raw Basics introduction to Raw food (with 6 basic must have recipes) for people who are new to the subject. Includes links to photographs at Kristen Suzannes Web site, KristensRaw. com. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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