

Lets Get Started Eating Raw Foods: A Beginners Recipe Book



Lets Get Started Eating Raw Foods is a great beginners recipe book for vegan and non-vegans alike. The recipes in this book will provide the information to get started eating raw foods and make your time in the kitchen quick, simple and un-complicated. This expanded edition not only contains high-yield recipes, but small portion recipes as well, for individuals or couples. Its perfect for anyone: for the novice, for a raw food enthusiast, or someone who doesnt want to spend all their free time in the kitchen but wants to eat well. Many of these recipes take no more than 5 to 10 minutes. It gives everyone easy to read instructions with approximate time to prepare, yields, and appliances for each recipe. Tips are given and you will see mouth-watering, full color pictures placed between the pages. Throughout the book, you will find extra ideas on creative ways to use some of the recipes. The recipe book makes you feel like Chef Linda is there in the kitchen with you. This book was written to help others on their journey towards a healthier lifestyle. So, come on! Lets have fun and get started eating raw foods.

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