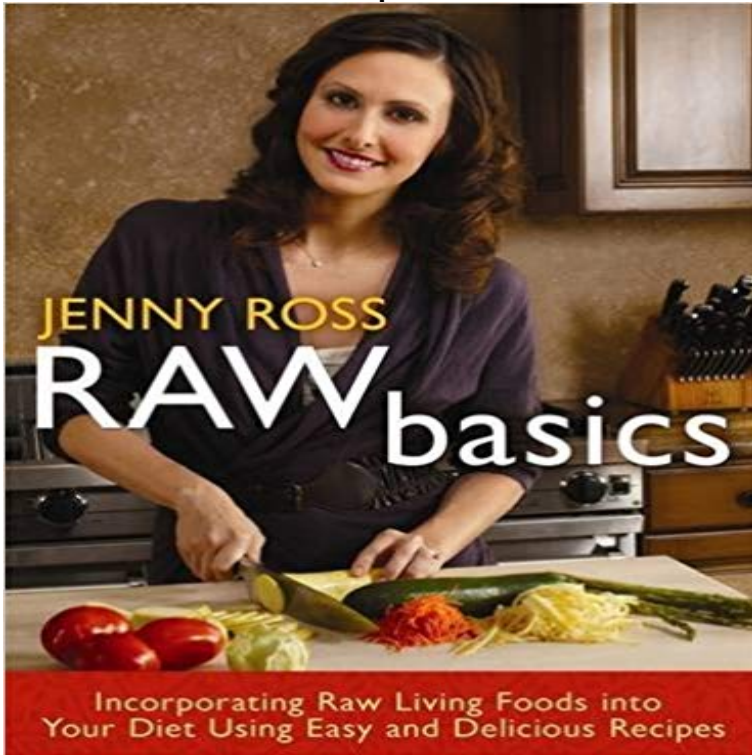


# Raw Basics: Incorporating Raw Living Foods into Your Diet Using Easy and Delicious Recipes



Raw Basics provides easy beginning steps to add more fresh, vibrant living foods to your diet. This book answers the question How do I get embark on a raw-foods diet? by offering relevant real-time solutions to integrate more living foods into your eating plan, as well as simple guidelines that will become your road map for success in the transition. Everyone, regardless of background, can use Raw Basics and the tools inside to begin making delicious raw meals and feel the health benefits of the living-foods lifestyle. Within these pages, you'll find five simple ways to get started, a number of everyday recipes, kid-friendly selections from chef Jenny Rosss own family favorites, menus for entertaining, and easy transition dishes.

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