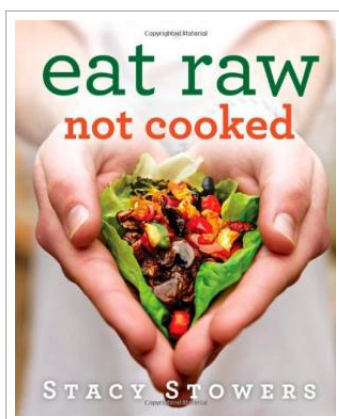




Eat Raw, Not Cooked

By Stacy Stowers

Gallery Books. Paperback. Condition: New. 240 pages. Dimensions: 9.1in. x 7.3in. x 0.7in. Can spinach really taste like chocolate ice cream YES! Just try Stacy Stowers's Happy Shakecupfuls of nourishing greens, plus a dash of raw cacao, a big handful of blueberries, and a few other delicious fixings that you can blend up every morning and enjoy with a spoon! Stacy travels the country teaching families like yours how to add more whole, raw, unprocessed foods into their diets in the simplest, most satisfying way possible. Her clients soon discover they stop eating out of bags, bottles, cans, and boxes and start feeling healthier, lighter, and more energetic. Eating raw is easier and tastier than you think. The gift of Stacy's approach is that it's not about becoming a raw foodist or joining some food religion; it's about adding foods that will make you thrive. What are the potential benefits of eating raw? Weight loss and management, more energy, relief from chronic pain and allergies, better moods, and a younger appearance to name just a few! From Stacy's comforting and crispy Cheatos and enticing Rainbow Fajitas, to her rich, delectable Chocolate Macaroon Fudge Bars, her more than 70 recipes will give you and...



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