

The Raw Vegan Cookbook: Delicious Recipes to Kick-Start a Healthy Lifestyle (Paperback)



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Reviews

Absolutely essential study book. It normally fails to price excessive. I realized this ebook from my dad and i encouraged this publication to find out.
(Mariela Stroman)

THE RAW VEGAN COOKBOOK: DELICIOUS RECIPES TO KICK-START A HEALTHY LIFESTYLE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Maybe you are new to the raw vegan diet, or you are already eating raw and need some new inspiration. Where ever you are in your journey, there is something for everyone in this book. This raw vegan cookbook is a kaleidoscope of recipes, each one delicious in their own right. They are simple and easy to make and the great thing about eating raw is that all you need is a food processor, some utensils and a plate! The majority of recipes are made in under an hour which gives you plenty of extra time to get other important things done throughout the day. There is a huge misconception that raw food doesn t taste as good as cooked food, and that it will cost you more money than eating cooked food. You will soon find that this is far from the truth. I won t say it costs less, but it definitely doesn t cost more if you know what to buy and where to buy it from. If you are looking to change your diet, or you want more ideas for raw food recipes, make a great decision today and purchase: The Raw Vegan Cookbook: 30 Delicious Recipes to Kick-start a Healthy Lifestyle.



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