



Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle

Judita Wignall

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Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's *Raw & Simple*, it's never been simpler to eat and live better. It's healthy, fun, and easy. Inside you'll find:

No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients
100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts
Easy fermented recipes to help improve your digestion and strengthen your immune system
No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives
Just real, wholesome foods, made simple
All gluten-free recipes, with plenty of low-sugar options
The nutritional benefits to keeping foods as close to their natural state as possible
How to get all of your essential nutrients from a raw diet
Tips and tricks for stocking your kitchen and living the raw lifestyle
Lifestyle and weight loss strategies to help you achieve vibrant health

Making smart, delicious food choices in a short amount of time is now easier than ever. *Raw and Simple* provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include:

Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli, Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles

Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food—it's about feeding your whole body and fueling your life!

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from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle, you could enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

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