



## Raw Food Cookbook: Raw Food Diet Recipes Including Some of the Best Raw Superfoods for a Healthy Lifestyle!

By Marin Stevens

Speedy Publishing Books, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Raw Food Cookbook As we learn more about nutrition and health, more of the benefits of raw foods are coming to light. It's well known that diet and health are inextricably linked - and that many common diseases can be prevented by adopting a healthier diet. Raw foods provide us with the maximum nutritional content from our diet; cooking destroys a significant portion of the vitamins, minerals and enzymes found in raw foods. Because of the many health benefits associated with raw foods, people are more interested than ever in raw food recipes and raw food cookbooks, whether they're raw food diet recipes for a short term weight loss program or detoxification, raw food recipes for beginners interested in adopting a raw food diet or recipes for those who are more experienced in eating raw foods and are looking to expand their culinary repertoire. This is a raw foods cookbook made for beginners and dedicated raw food enthusiasts alike.

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