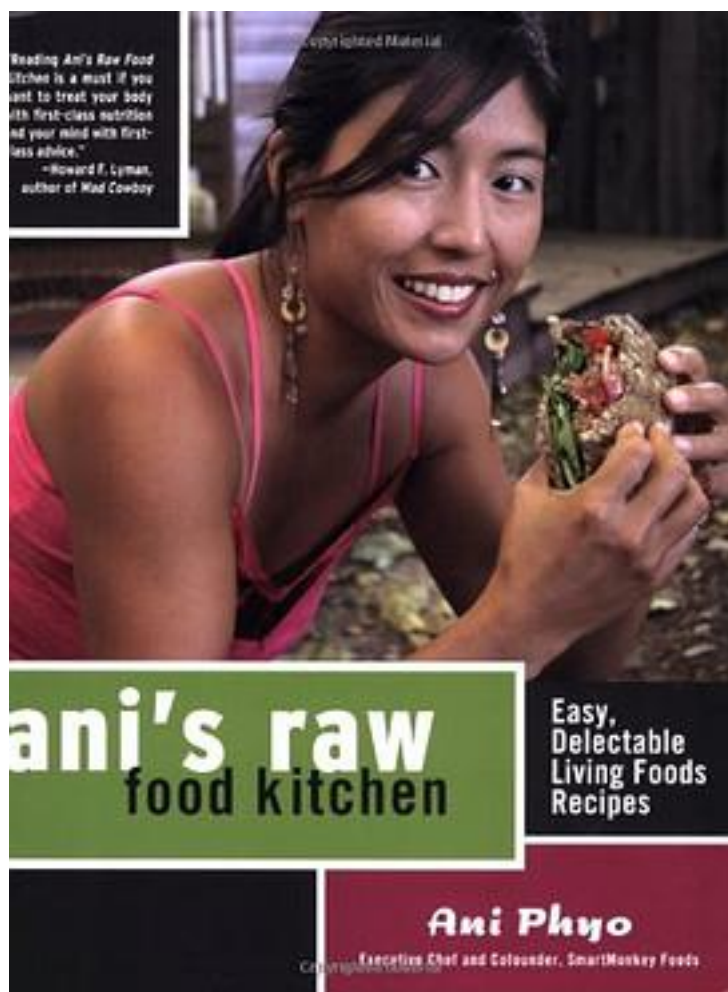


# Ani's Raw Food Kitchen



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著者:Ani Phyo

出版者:Da Capo Press

出版时间:2007-5-7

装帧:Paperback

isbn:9781600940002

This is the ultimate gourmet, living foods "uncookbook" for busy people. You don't have to sacrifice taste or style to reap the benefits of raw foods. These delectable, easy

recipes emphasize fresh, animal-free ingredients and how to include more organics into your daily diet. Chef Ani offers delicious raw, animal-free versions of: breakfast scrambles, pancakes, chowders, bisques, and other soups, cheezes, mylks, lasagna, burgers, cobblers, pies, and cakes, and more. Included are recipes for dishes such as Stuffed Anaheim Chili with Mole Sauce, Ginger Almond Nori Roll, Coconut Kreme Pie with Carob Fudge on Brownie Crust, Mediterranean Dolmas, and Chicken-Friendly Spanish Scramble. Make your own kitchen more living-foods friendly with Chef Ani's tips on Essential tools, Key ingredients, Stocking your pantry, and How-to kitchen skills.

作者介绍:

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