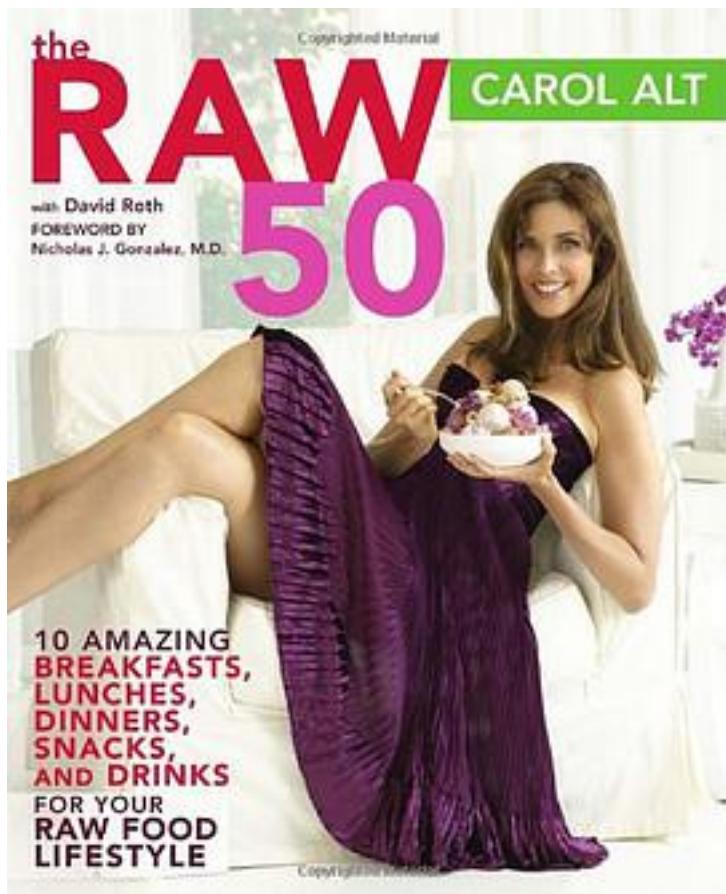


The Raw 50



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Ever since supermodel and actress Carol Alt shared her secret with the world—that she's become the healthiest, slimmest, and most energetic she's ever been by converting to a raw food lifestyle—

she's been getting enthusiastic feedback from people wanting to know more about this revolutionary movement.

In this highly anticipated follow-up to her breakout success, *Eating in the Raw*, Carol presents easy, everyday raw food recipes, more stories about people who have adopted a raw diet, and new information about the practical considerations of this healthy way of life. *The Raw 50* contains all of Carol's favorite raw recipes—

10 breakfasts, 10 lunches, 10 dinners, 10 snacks, and 10 drinks. There are dishes for every taste and every time of day, including Vanilla Avocado Milk, Red Leaf Salad with Arugula Pesto Dressing, Red Pepper Curry Soup, Romaine Avocado Burritos, and Red Beet Ravioli Stuffed with Tarragon "Goat" Cheese. There's even a delicious Raw Pizza, as well as tempting desserts like Lemon Ginger Coconut Tart and Frozen Watermelon Cheesecake.

With complete menus for lunches and dinners, plenty of useful advice on choosing ingredients and essential equipment, and easy-reference lists of staple foods for any raw kitchen, *The Raw 50* is the ideal go-to guide for anyone ready to experience the life-changing benefits of eating in the raw.

作者介绍:

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