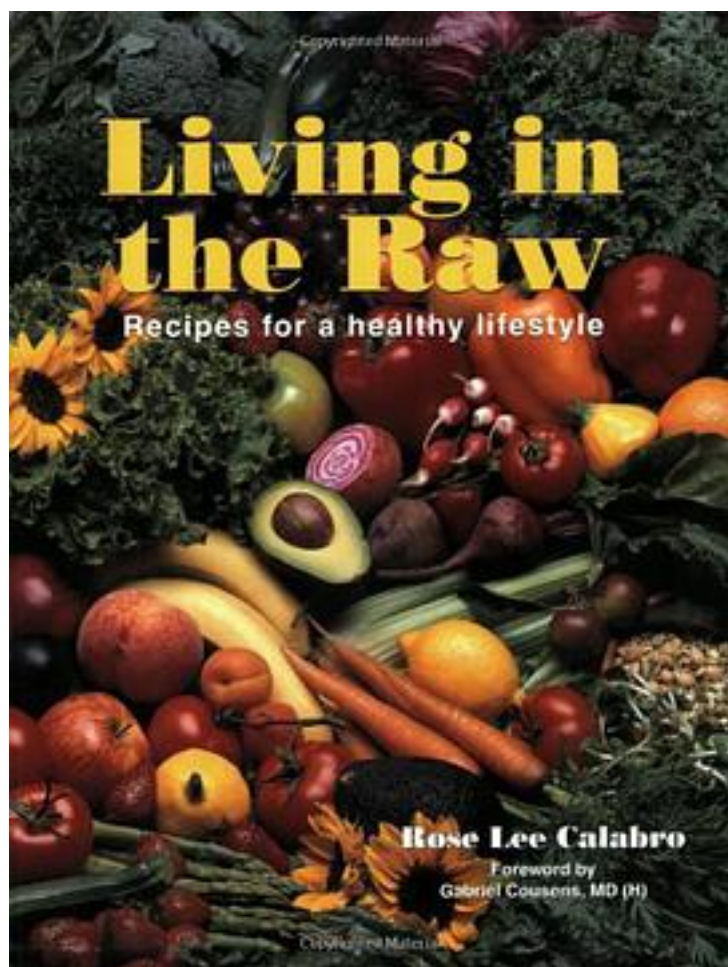


Living in the Raw



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Rose Lee Calabro is one of the pioneers of the raw foods movement. Here she offers easy suggestions on how to sprout and dehydrate a host of beans, grains, and seeds

and use them in conjunction with fruits, vegetables, herbs and spices to create nutritious, healing foods. Over 300 recipes are given for everything from breads, crackers, cakes, and ice cream to appetizers, hearty main dishes and soups.

作者介绍:

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