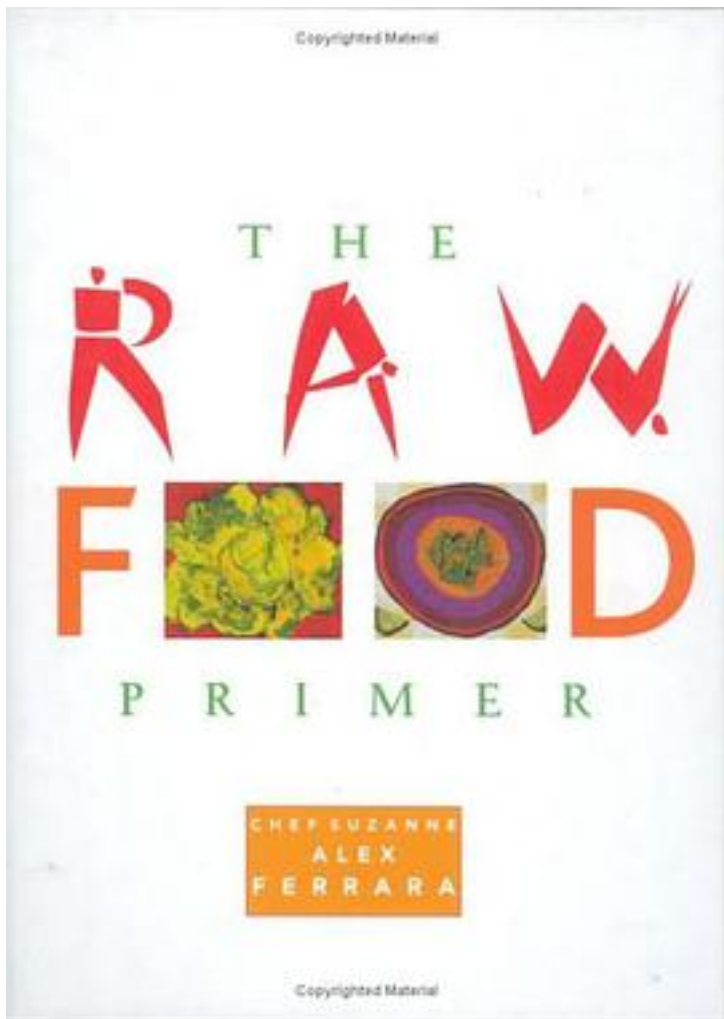


The Raw Food Primer



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Ready to go raw? Artistic cuisine and intense, natural flavors abound in the recipes of

The Raw Food Primer. Adventuresome chefs and their developed palates will discover new and ancient ways to enjoy eating with Suzanne Alex Ferrara, author, artist, chef, and uncooking instructor for over twenty years. With her charming, low-pressure style and vibrant illustrations, Ferrara eases the reader into true eagerness to try the tasty, healthful benefits of eating raw.

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