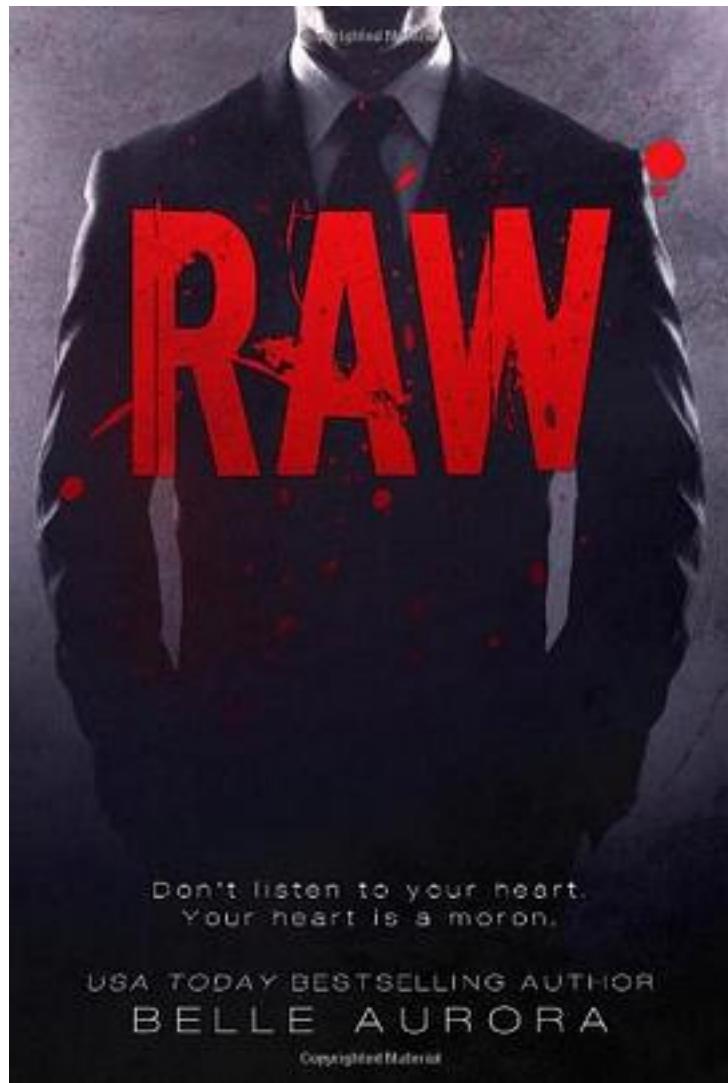


Raw



[Raw 下载链接1](#)

著者:Juliano Brotman

出版者:Regan Books

出版时间:1999-05-01

装帧:Hardcover

isbn:9780060392628

"When you eat raw foods you feel great. I just wanted to share that." -- Juliano Raw [adj]. 1. clean 2. pure 3. uncontrived 4. free 5. safe 6. uncontaminated Raw [adj]. 1. uncooked. 2. in the natural state; not processed or manufactured Cook [v]. 1. to prepare food. 2. Brit. Colloq. to tamper with; falsify. 3. slang to ruin What is Raw?

UNcooked

UNadulterated

UNbelievably Delicious

Living Food Raw is the first major guide to preparing gourmet raw cuisine, an introduction to the finest dining this planet has to offer, with unique dishes made entirely from vegetarian and living foods. Raw offers ultimate pure flavor, thousands of textures, and beautiful effects on body, mind, soul and the environment! This isn't 100 variations of salad, but an ultra-gourmet cuisine, which fuses ancient culinary techniques with a modern and practical lifestyle. From sun-baked pizzas, satisfying sandwiches, vegan sushi, the best burritos and sprouted-rice dishes, to sangria and shakes, cookies, pudding, and pies. You're about to acquaint yourself with the vibrant flavors and miraculous nutrition of plant life in a way you never have before.

作者介绍:

目录:

[Raw 下载链接1](#)

标签

评论

特别喜欢的食谱。拔牙后好好学习了一番。很值得阅读和练习。

---

[Raw 下载链接1](#)

书评

---

[Raw](#) [下载链接1](#)