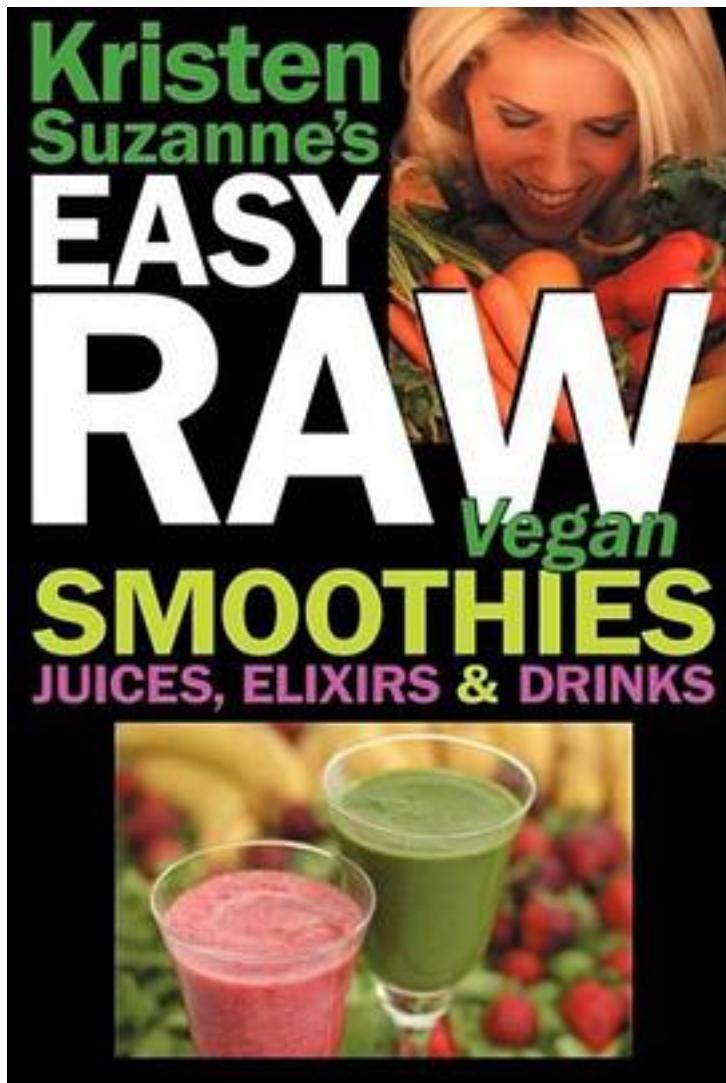


# Kristen Suzanne's EASY Raw Vegan Smoothies, Juices, Elixirs & Drinks



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Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. Getting all of the nutrition and anti-oxidants your body needs for maximum health is SUPER EASY once you start eating Raw plant-based foods every day, and one of the easiest ways to do this consistently is to DRINK THEM These recipes are among the EASIEST Raw recipes you will find... just blend 'em up and chug 'em down. You'll start feeling the powerful effects immediately, and this book gives you so many recipes that you'll never run out of variety. This book is perfect for beginners and fun for dabblers, but an ABSOLUTE MUST for anybody seriously considering a full or high-Raw lifestyle. This Raw food vegan recipe book includes: Recommendations on Which Juicer to Buy Recommendations on Which Blender to Buy Tips and Tricks 92 recipes, including: 38 Raw Smoothies 12 Raw Nut/Seed Milks and Shakes 17 Raw Juices ("Plant Blood") 15 Raw Elixirs 4 Raw Wine Drinks A "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Also includes links to food photographs at Kristen Suzanne's Web site, KristensRaw.com.

作者介绍:

目录:

[Kristen Suzanne's EASY Raw Vegan Smoothies, Juices, Elixirs & Drinks 下载链接1](#)

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