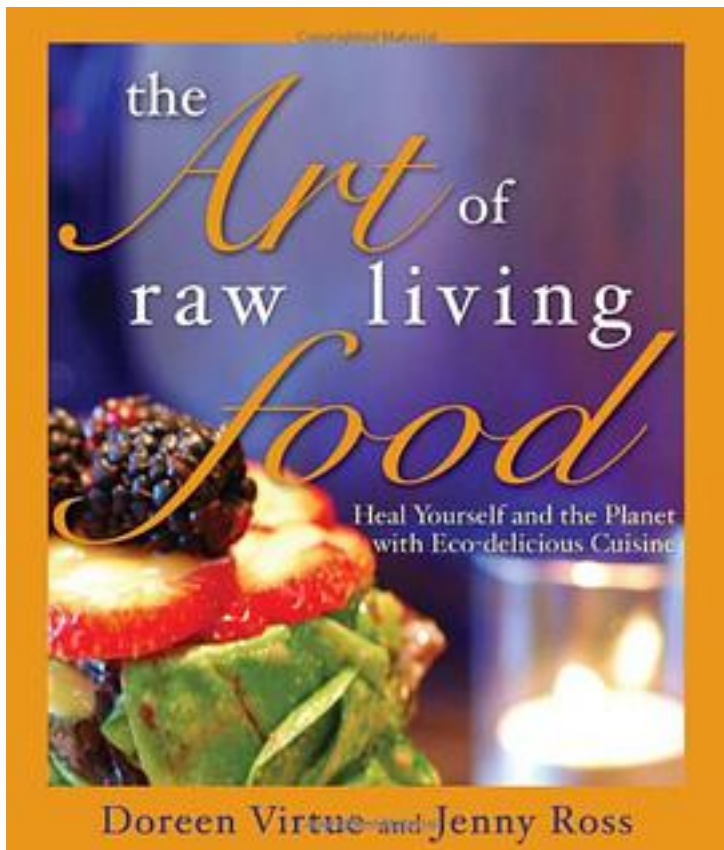


# The Art of Raw Living Food



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Now you can enjoy all of the health benefits of a diet high in fresh produce, while still enjoying tasty meals. In this delicious book, Doreen Virtue and Jenny Ross give you hundreds of recipes and tips for gourmet dishes - all created 100 percent from raw fruits, vegetables, and nuts. You'll enjoy Mexican, Italian, Asian, and other types of cuisine, while still deriving all of the physical, spiritual, and emotional benefits of adopting one of the healthiest eating plans available. As you follow these

easy-to-prepare recipes, you'll discover why thousands of people have joined the raw movement and see how to incorporate a living-foods diet into your daily life!

作者介绍:

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