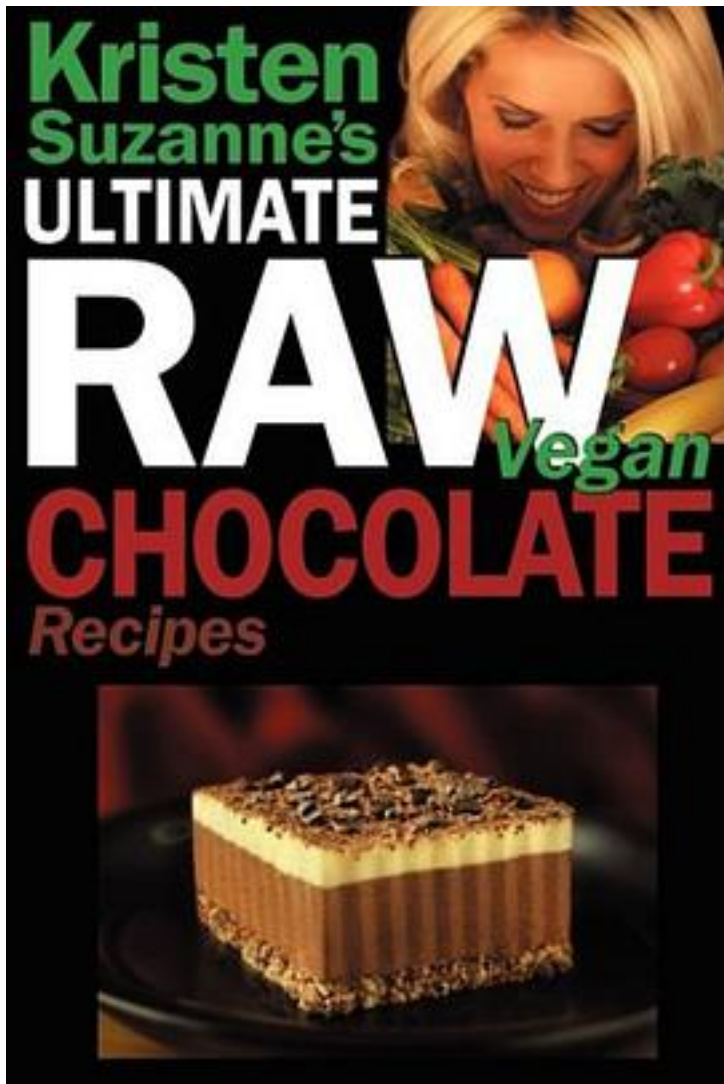


Kristen Suzanne's ULTIMATE Raw Vegan Chocolate Recipes



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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. Eating the world's healthiest food and enjoying lavishly indulgent and decadent food are not mutually exclusive Why not? Because RAW CHOCOLATE is one of nature's most amazing superfoods This book is the ultimate introduction to chocolate in its most pure, natural form. Using raw, dark chocolate (also called "raw cacao nibs"), raw chocolate powder, raw cacao butter, and raw cacao liquor, Kristen has released this much-anticipated collection of her favorite chocolate-based recipes -- both sweet and savory -- that is certain to make you look at this amazing ingredient in an entirely new way and open a whole new dimension in your enjoyment of delicious food. This Raw food vegan recipe book includes: 59 recipes, including: 30 Chocolate Desserts 11 Chocolate Beverages 11 Chocolate Snacks, Soup, Salad Dressing, Crackers and Breakfast 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:

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