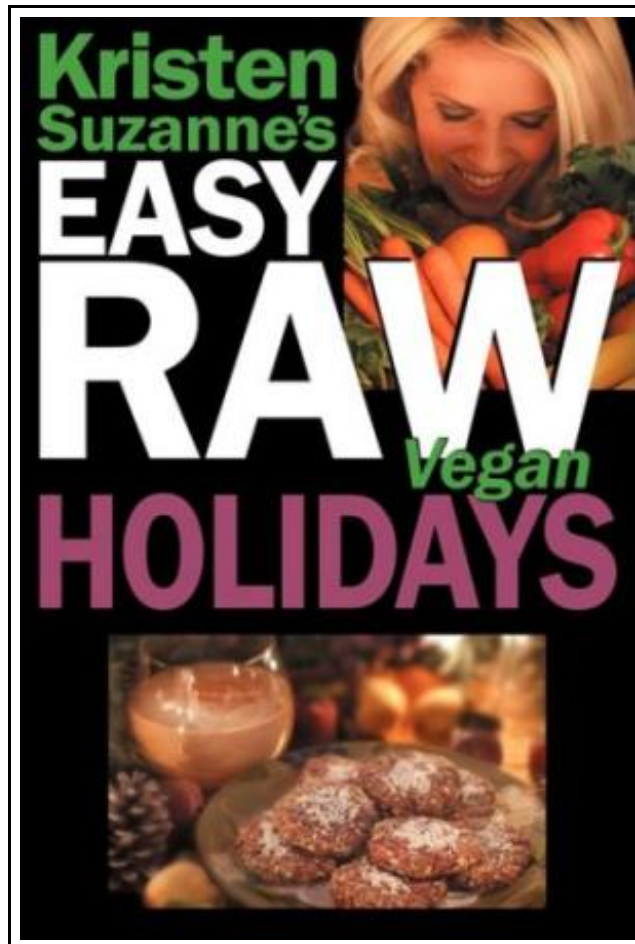


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Green Butterfly Press, United States, 2008. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mounting evidence has shown that heat destroys many of the nutrients found in raw, living 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. With this fun, easy, one-of-a-kind guide, Raw food chef Kristen Suzanne explains how to apply the Raw food diet and lifestyle to the holiday season, with how-to tips and delicious and decorative recipes for Halloween, Thanksgiving dinner, Christmas, and other holiday season festivities. Includes a fabulous Raw Holiday Survival Guide to help Raw vegan enthusiasts adapt this extremely healthy diet and lifestyle to the special demands imposed by the holiday season. This Raw food vegan recipe book also includes a Raw Basics introduction to Raw food for people who are new to the subject.

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