



# Raw Food Recipes: No Meat No Heat

*Lynelle Scott-Aitken*

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## **Raw Food Recipes: No Meat No Heat** Lynelle Scott-Aitken

*RAW* shows you how to prepare delicious meals that enable your body to extract the maximum amount of nutrients and enzymes from every ingredient. From juicing to sprouting, soups to salads, main meals to desserts, here is everything you need to know about enjoying raw cuisine.

*RAW* includes:

- An overview of the benefits of eating raw food
- Helpful information on the equipment and foods that belong in every raw food pantry
- Step-by-step instructions on how to prepare raw food
- Delicious easy-to-follow recipes bursting with flavor and freshness

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