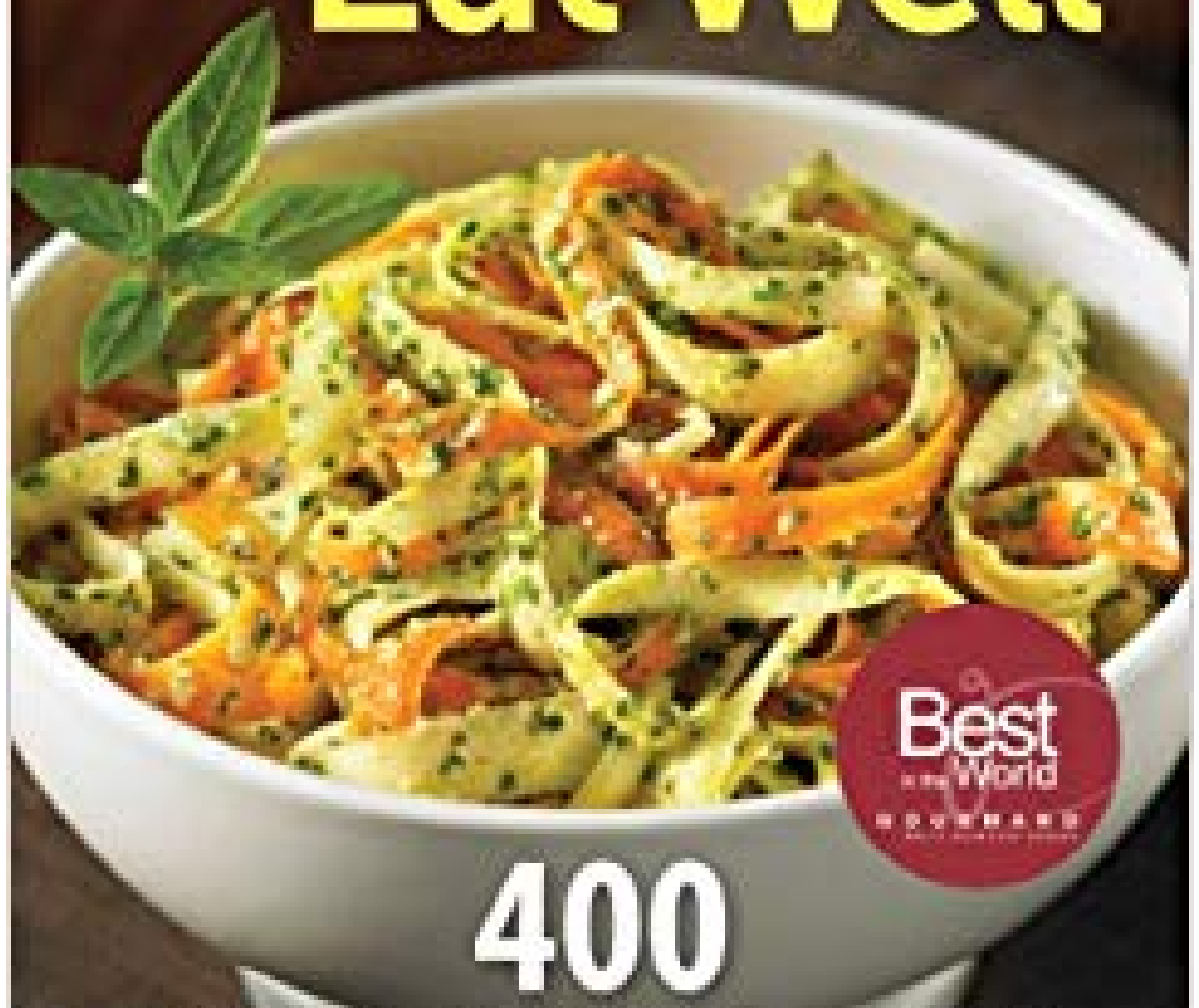


Eat Raw, Eat Well



400

Raw, Vegan & Gluten-Free Recipes

Douglas McNish

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Eat Raw, Eat Well: 400 Raw, Vegan and Gluten-Free Recipes



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Creative natural cuisine recipes for delicious nutrient-wealthy dishes. Whatever each person's reason, raw diets and/or lifestyles are certainly getting more mainstream. Raw food diets (where food is eaten natural and if heated, the heat can't exceed 118 degrees Fahrenheit) have become increasingly popular today for a number of reasons: a quest for weight reduction and increased energy, decreased risk of illnesses, an aversion to pet based foods or simply a desire to consume more whole, nutrient-rich ingredients. From hearty breakfasts that get your day off to an energized begin, to satisfying soups and sumptuous main programs, to lush decadent desserts which will fulfill the most discriminating lovely tooth, these dishes reflect Doug's skill and commitment to the approach to life. This wonderful collection of recipes will appeal to both novices and veterans of the raw food way of living -- they are imaginative, feature easy-to-follow instructions and are extremely delicious. Eat Natural, Eat Well includes meals such as: Pear and Walnut Pancakes, Banana Cream Pie Smoothie Jicama, Corn, Quinoa and Lime Hot Pot, Ideal Guacamole Cauliflower Risotto, Spicy Kimchi, Black Lentil Sloppy Joes Quinoa Pilaf, Sweet Potato and Squash Mac pc 'n' Cheese Walnut Portobello Burgers, MoussakaCaramelized Peach Tart, Pear Sharp Buckwheat Pretzels, Sour Cream and Onion Kale Chips, Pizza Bites In addition there's an abundance of here is how to properly prepare the ingredients before meal preparation to enhance their nutritional value and also comprehensive "raw pantry" details.



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Ideal for quick meals! This would not be considered a problem easily were cooking only for myself, but as I cook dinner for my boyfriend as well, who has a tree nut allergy, I am oftentimes limited on which recipes I could use. It is so easy, it's a tale, matter of fact. I made his sour cream and onion kale chips and his pumpkin pie.. When I heard he previously a whole reserve out, I experienced to get it immediately! This publication is awesome, real entrees, real meals. If you are just cooking for yourself, I would cut a few of the recipes in half unless you think you'll desire to eat more than one group of leftovers. My husband is usually 6'3 and works outside with very physical work, salads weren't cutting it. I ate it for supper with carrot sticks and celery sticks and it had been so filling I got the other half for lunch - and I halved the recipe to begin with. It was FANTASTIC!. I've read all of the raw books - we know who the "main" folks are nowadays - and their recipes just don't come out right all the time. Five Stars Great recipes This book is amazing! Good Cookbook however, not fr Beginners I think this is an excellent cookbook and I must say i appreciate the quantity of recipes it includes, as many natural cookbooks are rather thin. I cannot say enough good things about this book, just buy it, trust me!Its well crafted and pretty, but I dont know what I was expecting but this is my first launch to raw food eating. Thankfully, Doug is both! Nevertheless, if you are not used to raw foods, I wouldn't recommend this book to begin with because it includes a lot of recipes which require a dehydrator, a mandolin, uncommon ingredients, etc.The primary difficulty I've experienced with this book will be the overabundance of nuts in the recipes. All of the quality recipes I've tried have been delicious and although I do not own a dehydrator, for instance, I could still make his recipes (I dehydrate in my toaster oven)..We dislike how the pictures in this book can be found in two sections, extremely close to the middle of the reserve. It creates navigating the book a little awkward.I really like it. The additional cookbooks I personal have colored web pages or something similar to denote the start of a new group of recipes, that makes it better to find when you're flipping through the pages quickly. I do not mind however, having to flip all around the book to find the recipes for several the different parts of one recipe because almost every single natural cookbook I've owned is formatted like that. That being said, I still like this cookbook. My brand-new go-to raw book. Unless you have a nut allergy, then don't allow this deter you. But if, for just about any cause at all, you are restricted which nuts you can consume, this book will be a little more tough to utilize (but I expected that when I purchased it since nuts certainly are a large component of raw vegan diets). Clear instructions, halthy guidelines and pointers. It really is taking me a long time to work through this book, partly because most of these meals take a long time to get ready and I make an effort to balance the more involved recipes in this publication with other, simpler dishes from other cookbooks, and partly because there are just so many quality recipes to try!, after reading a few quality recipes I think I 'm sort of expert in transferring several quality recipes into raw food. Even if you certainly are a newbie to natural foods, if you're not scared of a challenge, after that I'd recommend this book as a good place to begin if you're seeking to advance your raw foods lifestyle. No offence, but.. In case you are not used to raw foods, I will suggest you first understand substitutions for ingredients which are normal for raw meals but difficult to find in your local supermarket, otherwise this book could be overpowering and a disappointment.. Ok, be forewarned that most recipes need a food dehydrator and a high speed blender. Also, access to a lot of raw nuts along with hemp milk, etc.... Or, if you would like to give it a try, request it at your local library - mine is purchasing a copy already. Don't believe this is certainly for me as I reside in a small town and would need to order most of the ingredients through the mail. Finally a method to prepare raw food that I can incorporate into my diet Basic and effective.. His recipes are really flexible and seem to arrive out delicious regardless of what you perform!. guess I was hoping for a healthy eating, devoid of being too high on the carbs. Easy quality recipes for the un-initiated. Both were basic and delicious.. We also make use of our eyes to eat! In addition, it uses Agave a whole lot, which I don't use because of the high glycemic index. My bad--but this will get to someone who doesn't have insulin resistance complications. I've a large collection of raw food reserve and frankly can't perform any of those recipes because they're way too complicated using

tons of hard to find elements and mostly they have to be prepared separately and that is why I couldn't apply raw food to my diet. NOT THIS ONE. I have already been a fan of Doug McNish since I actually stumbled upon his dishes on Blisstree this past year. If you need to eat delicious food and aren't afraid of spending some more time in your kitchen or getting a bit more involved in your food prep, then I would recommend this book. Those are ingredients that I have in my refrigerator. I really like this book. A function of a genius. Five Stars Good book, great recipes... I also desire the book have been formatted in such a way as to make it better to find the start of each section. It provides so many options This book is amazing! so many raw recipe books spent years so much time on your own pantry and salads. Yes, many recipes require a dehydrator, but a lot of people who are likely to stick to being raw vegan will want to own one anyway. So far I have only tried a few things - you can view I added my picture of the banana loaf of bread with cashew whipped cream. As I stated before, this is a good cookbook and everything I've made up to now has been delicious. Already have 15 quality recipes marked to create this week. Idea we were going to have to give up eating raw. I also produced cashew spinach dip, packed with a complete head of refreshing spinach, lots of lemon juice and dark pepper and cheesy dietary yeast. Almost no visual stimulation The recipes are good and there are various of them, however what really disturbs me concerning this book is there are almost no photos of the recipes and the few photos scattered in the book are almost 50% pictures of raw fruits or vegetables. I don't think that it's necessary to "waste materials" photos with fruit and vegetables, I can go to a shop to find what they appear to be but I cannot imagine what the recipes will be like without seeing photos of them. and so are already maybe eating this way. Someone could be a great chef without creating great adaptable quality recipes. Five Stars Great recipes Get This Book Best book ever A classic Raw Delight Now this is a raw cookbook; It provides so many options, and multiple knowledge and experience levels for natural vegan cooks. We needed considerable entrees and real food. Every recipe I've tried turned out fabulous! You can't go wrong adding this publication to your recipe collection.



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