

over 50 new recipes, including green smoothies



jennifer
cornbleet

raw food

REVISED

MADE EASY

for 1 or 2 people



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Jennifer Cornbleet

Raw Food Made Easy for 1 or 2 People, Revised Edition



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Godsend I have been using raw foods for several years now, and would end up in frustration as the recipes either were too complicated, or needed too many expensive things to function. It had nothing new or interesting that produced me want to run to the supermarket to get stuff to try... This book has a great deal of basic dishes that are simple to prepare....For the very first time in 6 years I've kept raw for a week! The recipes I've created from their books have already been definitely sensational, but because I do not very own a dehydrator and won't be getting one, and don't have access to substances like Thai coconuts, the utility of books like theirs and the ones of all other raw food authors is somewhat limited for me... I got gotten it from the library, yesterday, and chose that we can't do without it. I'd have to agree in terms of recipe sophistication and creativity and in book production values, however in fairness to Jenny Cornbleet, she never made statements that her book would rival those of experienced professional chefs--for example, natural books by Matt Kenney and Sarma Melngailis.... The author's purpose was to place out a reserve that uses ingredients that are available in almost any supermarket and uses gear many people currently have (a knife, a food processor and a blender--and you don't need a high-speed blender just like a Vitamix or BlendTec for anything in Jenny's reserve. I think Jenny is usually to be commended to make raw food therefore approachable therefore do-capable. I enjoyed it. Melissa Belden Springfield Illinois Great Revised Edition! When I saw that Jenny was releasing a fresh edition of Raw Food Made Easy, I immediately placed my order. I have the first edition, in fact it is by far the most utilized recipe publication in my kitchen. I was able to prepare most of the dishes without buying anything. Some of the basic info provides been consolidated, like prep work quality recipes. Love this author and all of her books Love this writer and all of her books. I have tried a few of the new recipes, and of course many of the ones in the last edition, and everything is indeed delicious, and (just as very important to a mother of 3) fast and simple. I really like the nut pates, and the Greek and Harvest Salad are complete favorites. And a Chocolate Green Smoothie? Yes, please! I should mention that we aren't anywhere near 100% natural, but are striving for a high raw diet. One Star these recipes made me never want to consume raw again. I've a ton of natural recipe books, because I enjoy drool over them, but that one in fact gets used several times every week. The dishes I've tried have all been delicious! No page numbers on the Kindle edition. I'm only cooking food for me so a lot of times a 4 serving is just way too much. This book offers some good recipes in it. I gave it 3 (really 2. The recipes in this book are very easy to make and the dishes are tasty and satisfying.. But it does have old raw recipes so I would totally suggest it to anyone getting started and looking for a raw food cook book. Just wouldn't recommend it to anyone with a large collection currently or a natural foodist pro Truly easy "Raw Food Made Easy" was the initial raw book We ever bought (in later 2006) in fact it is the quickly the most-used raw book I have. However, it is not 'gourmet' by any means and that must be kept in mind. The recipes are quite simple and that to my mind may be the major selling stage.THANK YOU!) As much as I am concerned, she's succeeded quite admirably. There are a fair number of posts that say that they have 'seen better' raw recipe books. The way you lay everything out and explain it has enabled me to easily be raw. Matt and Sarma are highly trained professional restaurateurs which really shows within their books. Their recipes are really well done--imaginative and delicious--although many are complex and need a lot of period and often exotic ingredients and tools. I am so thrilled at how easy it has been. The good thing about Jenny's book is that ANYONE can make these recipes (and yes, I too rolled my eyes at the instructions on how to chop parsley and make lemon juice! This book has a great deal of basic recipes that are simple to prepare I purchased this book, today, through our Prime account. It is an excellent book for newbies., to personalize the recipes to my taste. The recipe for Zucchini Hummus (p. The photos don't match the recipe that's on the adjoining web page.!. Nothing against recipe books that demand these exact things, but those dishes involve additional time and expense than I wanted then (and now). As opposed to at least one other reviewer, I think it is a hallmark of a well-designed recipe book once the equipment needed for each

recipe is listed. Gleam very great index. Prepared raw meals does not keep so long as cooked food. Whether you want to go 100% raw or simply add a few raw recipes to your diet, Jenny makes it, yes, truly easy--simply don't expect lots of sophistication in the recipes. She also has several YouTube videos (excerpts from her Raw Food Made Easy DVD) that show you step-by-step how to make several recipes in the book. In short, I would recommend this publication to anyone who asks me where to start with raw foods. Perfect book for raw food beginners! I'll find out when it arrives. It appears liked every recipe needed a pricey piece of kitchen gear that I didn't very own. Simple but delicious. I know that I would not have embraced this way of eating had I looked at additional books first and thought that I HAD to pay out cash for a dehydrator, a sprouter, and buy elements like Thai coconuts, Irish moss, maca, lucuma, and so forth, in order to be a 'successful' raw foodist. I generally make use of her dishes as a springboard and add other elements, subtract some, etc. And the new edition is even better. If you a food processor and a blender, you can easily use this book. You can probably manage for awhile with one among those appliances. Being single, I also enjoy the small portions of the recipes. I think the publication is well-structured and useful. This book makes it simple to consume what I've produced without waste. Good but nothing special I got this publication because I'm constantly looking for easy and simple raw food dishes. Alongside great recipes, there is an entire section that properly explains raw food principles and preparation methods, and also recommended buying lists of what to have on hand. Five Stars Solution to my seek out raw food recipes that are tasty. Not with Raw Meals Made Easy for 1 or 2 2 people!5) out of 5 stars because me being someone who owns lots of raw food cooks books, that one was a bit boring. So many raw food books that I purchased previously had recipes that were too period consuming so I quit using the books. I highly recommend this one! I purchased it a couple of months ago and some of the quality recipes are now among the best dishes. Jenny's reserve is an extremely important device for me to be able to incorporate a large amount of raw quality recipes into our lives, because the ingredients are no problem finding, and there is always several recipes I can choose from to create because I already have the fundamentals in my house. ever. Also because the portion sizes are so small. There are no page numbers on the kindle book which makes it practically impossible to use properly. A Classic Must Have for Raw Explorers I've shared this publication with a large number of people who are curious about raw food, but not ready to jump in with both feet. I still make most of the recipes from this book. Timeless! The areas have been greatly extended, like juices, soups and green smoothies. She's great recipes with easy to find ingredients and very easy to prepare excellent read excellent book! Easy and simple raw recipes. This book is a real winner for anyone just getting started with raw food or must feed just a few people.) with reduced time and products, using readily-available ingredients.. We're not used to the natural foods diet, and it's been a challenge racking your brains on what to prepare to maintain issues interesting. But this book has been a God send out for me. I gave it 4 stars instead of 5 just because I discover the pictures in the library reserve confusing. 73) and her soup quality recipes are staples for me, and I like her nori rolls--they looked quite professional when I produced them. Maybe this latest edition changed that? When I first became interested in raw food, I found the majority of the corresponding "cookbooks" to be complicated, and for that reason intimidating. But, overall, it is a wonderful book!



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