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# Raw Food: A Complete Guide For Every Meal Of The Day



## Synopsis

Raw food is more than a diet. It's a lifestyle and a movement. The stories of weight loss, increased energy, healthy-looking skin, and better digestion are seemingly endless. However, many people are turned off by the difficulty and unpleasantness of eating only (or even primarily) foods cooked below 104 degrees Fahrenheit. With dozens of recipes accompanied with beautiful, full-color photographs, Erica Palmcrantz and Irmela Lilja prove that eating raw foods can be simple, inexpensive, and delicious. No one should have to sacrifice time, money, or flavor to enjoy the astounding health advantages of going raw. Learn how to soak and sprout vegetables and nuts to increase the nutritional value, what types of kitchen tools are best for preparing raw food, and which foods to have on-hand for use in raw recipes. From creative salads to spicy burritos to chocolate mousse, every recipe will broaden your raw-food horizons. Complete with recipes for breakfast, lunch, dinner, snacks, desserts, and side dishes, Raw Food is an innovative approach to a wholesome way of eating.

## Book Information

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## Customer Reviews

Erica Palmcrantz Aziz is a raw-food educator and has been a high-raw vegan for almost four years. She is the coauthor of Raw Food: A Complete Guide for Every Meal of the Day and Raw Desserts: Mouthwatering Recipes for Cookies, Cakes, Pastries, Pies, and More. She lives in Gothenburg, Sweden with her husband Sam Aziz and their daughter Saga. Irmela Lilja is a health and human resources journalist. She is a vegetarian whose diet includes a high percentage of raw foods. She is

the coauthor of *Raw Food: A Complete Guide for Every Meal of the Day and Raw Desserts: Mouthwatering Recipes for Cookies, Cakes, Pastries, Pies, and More*, and lives in Stockholm with her daughter Ebele.

I am not new to the Raw food lifestyle and have been a vegan for well over thirty years. I already prepare my raw dishes, with minor variations, similarly to most of the recipes in this book. The book does not have an index, so if you wish to look up for example "Macadamia nuts" or something else, you would have to page through the book. Also, I think it's rather disappointing to find honey as an ingredient in nearly every recipe. Honey is certainly not vegan since it is obtained from an animal, not to mention the sugar issue that is now the bane of our modern civilization. Any recipe with good food and in particular dried fruit certainly requires no added sugar. Overall it's a lovely book with good photos and particularly for beginners is a nice start.

I gave this 3 stars because the book is ok. Honestly, all the recipes that I have made were extremely bland. I didn't like how they don't mention how much each recipe will make. I try to make enough food for a couple meals. Though the idea of this book is a good one, I felt that the author or collector of these recipes didn't do a great job. There's no excuse to not have a well seasoned meal. Healthy raw meals don't need to be bland. I'm thinking I'll just put sticky notes in the book on the recipes that we continue to make and list the changes that were needed. I also want to note that after my husband ate these meals he also would mention, it's not bad but it's missing something. That's the same comment I got after every meal I made from this book. If you are comfortable with spices then I'm sure you'll have no problem spicing these up.

I've been trying to figure out the best way to review this book. On the one hand, hard-core rawies maybe won't like the fact that the authors are not 100% raw all the time. But me? I like this. They may say that the recipes are so simple, so why write them into a raw cookbook? Yes, they are simple, but they are very different than those I've seen in other raw books, and I have, I swear, most every raw book published! I enjoy and get inspiration and ideas from them all. But taste and simplicity are the themes here. In addition to the great recipes, this book is pretty - nice layout, photos, etc., and honestly I am a sucker for pretty books. But again, I am enamored with the ease of these recipes. I think it's almost validation for how I eat and most usually approach the raw thing, meaning - in the summer and early fall and even spring it's much easier and feels more natural to eat a lot of raw. But I live in the Midwest, and in the winter, it is very counterintuitive for me to hunt

for pineapple and mango to make a smoothie. I want root vegetables - sometimes cooked - and miso soup. And I won't apologize for that. (There are no cooked recipes in here and none for miso soup, I was just making a point.) I do love the raw recipes that use these root veggies (parsnip, celery root, sweet potatoes and Jerusalem artichokes for example) and I am totally all over the fruit porridges. I'm making my own versions with seasonal fruit and chia seeds, and although many may say it's just a smoothie with less liquid, OK - but I didn't think of it - and I love it. Especially the idea to add celery. My non-raw husband also loved the taco fixings, which we had last night. I think those new to raw will love these recipes. And those who truly need or want to put something together quickly. A lot of books say "quick" but there are often hidden steps or recipes within recipes that make this misleading. In this book, NONE of the recipes require dehydration, so save for the recommended nut soaking in some recipes, these are very easy to do. Over this Memorial Weekend, the book has been my go-to for some needed cleansing and "body resetting." I think this is a great book for beginners, as well as for those of us who are a little burned out on the more involved recipes many raw food books contain. Right now, this is the way I want to eat, and I'm so glad I found this at a local bookstore so I could see it for myself. I look forward to more raw food books by these two women! (Hope you're working on one!)

I love this book! I have just begun getting interested in Raw Foods and most of the books I've come across call for ingredients that are not in my local health-food store, or call for a dehydrator! This book is very user friendly, the photos are beautiful, and the recipes can be made with out a dehydrator or hard-to-find ingredients. I am not a %100 Raw Foodist, but I am trying to incorporate more raw foods into my diet and this book is so easy to use because the recipes are organized largely by mealtime so I can find something quick and easy to put together--NOW! All the recipes are simple and require very few appliances. Also, everything I've tried tastes amazing, even recipes I wasn't too sure about! I never thought I'd like a Papaya Carpaccio because I hadn't really liked papaya in the past, but the dish was SO yummy that I devoured the salad almost entirely myself! There's a recipe for a chocolate mousse made with cocoa powder, avocado, dates, and honey that is amazingly satisfying! And, the cashew-nut-sour cream cheese is simply cravable. These recipes and others take less time to put together than anything cooked. It's also good to know that I can eat something rich or sweet and feel good that all of them are made out of fruit, vegetables, and occasionally a tablespoon or so of a natural sweetener, like honey or agave syrup. The only thing that could be improved is the binding of the book, which looks like it may have the tendency to un-do since it's a thick paperback. Other than that minor detail--buy this book and welcome to Raw

Food Love!

This book is gorgeous in every way...the photos are incredibly beautiful. But it's terribly designed. All I want to find is SALAD DRESSINGS! It's a shame there is no Index. Or even a section dedicated to Salad Dressings. I am hungry, and I want to make my salad dressing now. I don't want to look at pretty pictures! There are page numbers missing on numerous pages, apparently not to ruin the pretty pictures of the food. Not very practical for a hungrrrrrrrry customer. Erica & Irmela, I hope you read this. Function is more important than Form for this customer.

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