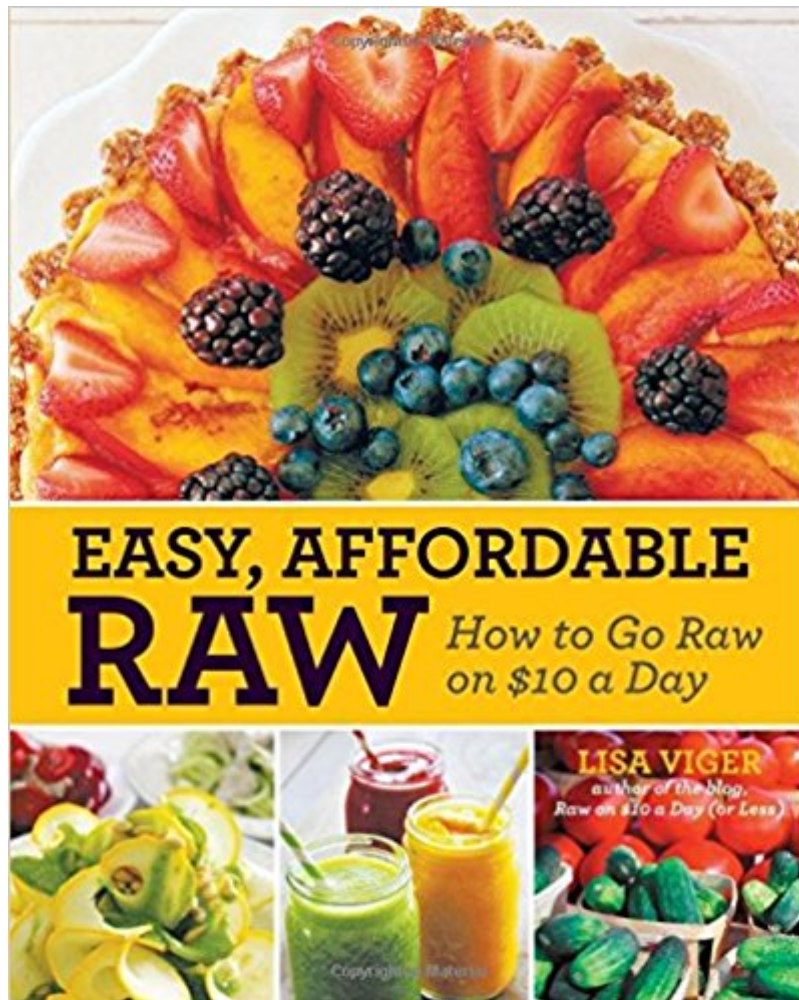




The book was found

Easy, Affordable Raw: How To Go Raw On \$10 A Day



Synopsis

Easy, Affordable Raw kickstarts your raw food lifestyle with everything that you need to know. How do I organize my kitchen? What kind of ingredients should I buy? Pie for breakfast? Lisa Viger, author and raw food expert, easily breaks down the raw food lifestyle including health and environmental benefits of a raw food diet. She also answers common questions about nutrition, protein, and energy. With more than 100 recipes that are affordable, simple, and quick to prepare, you'll be enjoying a better-feeling, cleaner body in no time. Inside you'll find fantastic salads, entrees, desserts, condiments, cheeses, and more! Make amazing recipes like: Grapefruit Pear and Candied Nut Salad with Blood Orange Dressing, Almond Pumpkin Seed Vanilla Dried Cherry Cereal, and Avocado and Arugula Pizza! Easy, Affordable Raw is a practical handbook and recipe book that makes the raw food lifestyle totally accessible for anyone, anywhere, even on a smaller budget.

Book Information

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Customer Reviews

Lisa Viger is a prominent raw food blogger at www.rawon10.com. Her recipes have appeared in One Green Planet, The Huffington Post, and other publications. She has also participated in podcasts, seminars, and local events, and she is expanding into teaching raw food classes.

Excellent reference book for good nutrition.

I bought this as a gift for my daughter's birthday, but I took some snapshots of some of the recipes first. Shhh! Don't tell. Awesome looking recipes. Can't wait to try a few. And I know my daughter will be sharing some great dishes with the rest of us, at her next gathering.

EASY AFFORDABLE RAW and A MUST HAVE !! COULDN'T WAIT TO BUY LISA'S BOOK!!! I have followed Lisa Viger's blog for over 6 years.....This book is AWESOME!! I love it so much I bought one for a friend. LISA's recipes never fail. They are always simple and always delicious! Her photographs are gorgeous. Lisa is SO talented in everything she does..... She is an artist, a gardener, an author, a photographer, and a raw food expert, and recipe creator. The book is laid out well with easy to read recipes and gorgeous photos. Whether you are just starting out or have been into raw for years, you will love this book. It makes a beautiful gift too. Imagine giving this beautiful book: EASY, AFFORDABLE RAW to friends..... Add a spiralizer (spirooli), nut bags, knives, glass straws and some super foods! Voila! A beautiful gift to someone for a shower, birthday or wedding. If you really want to go over the top, add a high speed blender ! Or a dehydrator. This book will be the 'cherry on top!' And your gift will be the belle of the ball. I can't say enough about it. BUY it for yourself and for friends. Give it as a gift. YOU will not regret it!. The pictures below are of the 'ice creams' I created using Lisa's recipes as inspiration.

Life changing--awesome. Check out Lisa's blog!

This is an amazing book offering great recipes on a very affordable budget for a vegan diet. The author has a very nice intro into how she became a vegan and all its benefits.

Good stuff

I'm happy I made this purchase. It makes raw living easy! You win big time when you buy this book.

Excellent! Easy to follow!!! Delicious!!!

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