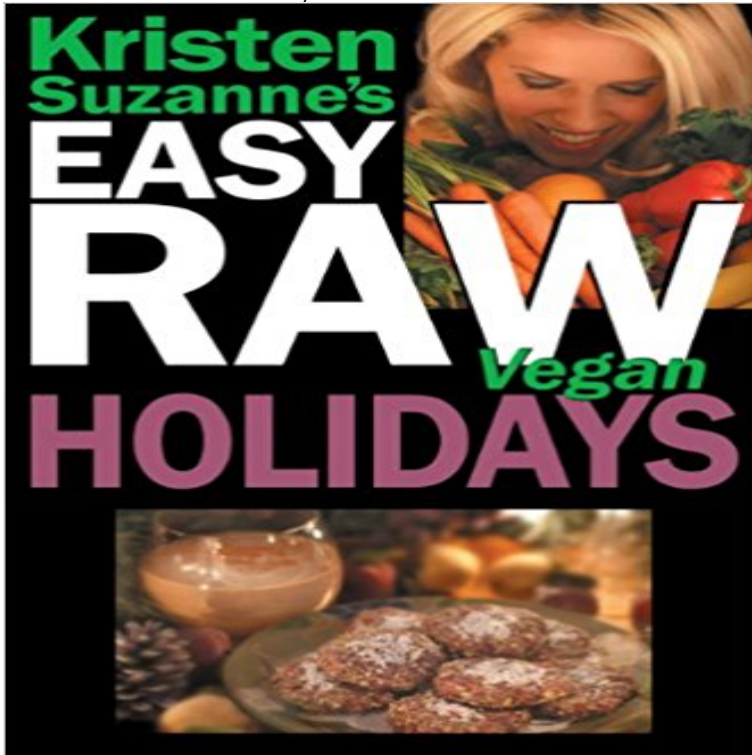


Kristen Suzannes EASY Raw Vegan Holidays: Delicious & Easy Raw Food Recipes for Parties & Fun at Halloween, Thanksgiving, Christmas, and the Holiday Season



Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. With this fun, easy, and one-of-a-kind guide, Raw food chef Kristen Suzanne explains how to apply the Raw food diet and lifestyle to the holiday season, with how-to tips and delicious and decorative recipes for Halloween, Thanksgiving dinner, Christmas, and other holiday season festivities. Includes a fabulous Raw Holiday Survival Guide to help Raw vegan enthusiasts adapt this extremely healthy diet and lifestyle to the special demands imposed by the holiday season. Includes:- Raw Holiday Survival Guide 41 Raw Vegan Recipes:- 10 Raw Holiday Beverages- 14 Raw Holiday Entrees, Sides, Salads, Soups & Breakfast- 10 Raw Holiday Desserts- A Raw Basics appendix (with 7 must have basic recipes) for people who are new to Raw food.- Raw Resources Section The Kindle edition has black and white photographs of select recipes. Color photos are available at KristensRaw.com.

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Kristen Suzannes Easy Raw Vegan Holidays by Kristen Suzanne Dec 16, 2016 Kristen Suzannes easy raw vegan holidays : delicious & easy raw food recipes for parties & fun at Halloween, Thanksgiving, Christmas, and the holiday season / by Kristen Suzanne. Green Butterfly Press, c2008. Gourmet **leeks Tumwater Town Center Farmers Market**

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