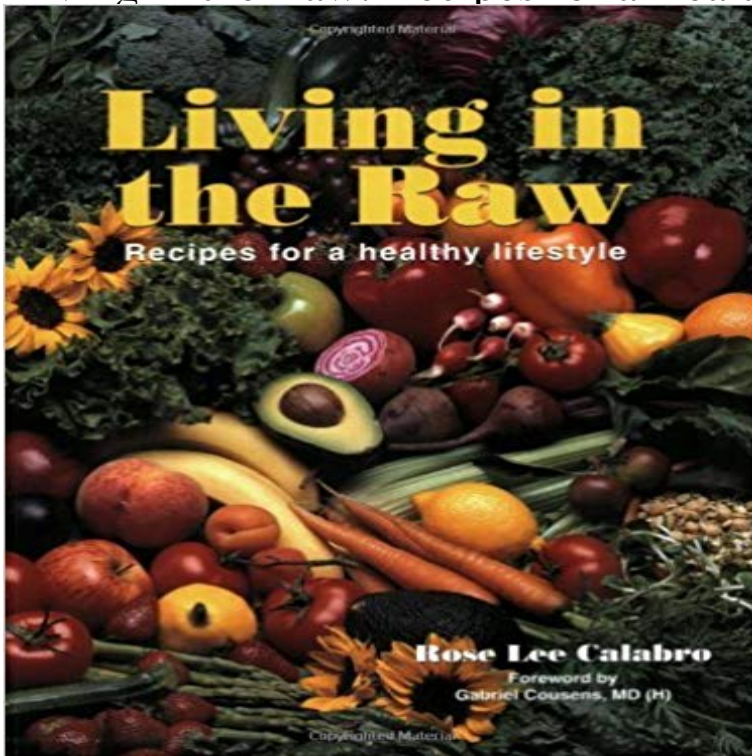


Living in the Raw: Recipes for a Healthy Lifestyle



Follow easy suggestions for how to sprout and dehydrate a host of beans, grains and seeds and use them in conjunction with fruits, vegetables, herbs and spices to create nutritious, healing foods. Over 300 recipes are given for everything from breads, crackers, cakes and ice cream to appetizers, hearty main dishes and soups. Includes sections on setting up a living foods kitchen and why a raw foods diet will help anyone feel and look great.

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