



# Eat Raw, Eat Well

**400** Raw, Vegan & Gluten-Free Recipes

Whether you are a newcomer to raw food or a seasoned veteran, you'll love this fantastic collection of imaginative and easy-to-follow recipes. The idea behind a raw food diet is the promotion of health. You'll notice the benefits just by adding these nutrient-rich dishes to your diet every day, even if you don't fully embrace a raw food lifestyle. If you're committed to eating raw food exclusively, look no further than these delicious and tantalizing recipes.

Recipes include hearty breakfasts to get your day off to an energized start, satisfying soups, nourishing salads, sumptuous main courses and decadent desserts to indulge even the most discriminating sweet tooth.

Breakfast • Smoothies, Juices and Other Drinks • Dips and Spreads • Soups • Salads and Dressings • Sauces and Condiments • The Main Event • Sides and Small Plates • Snacks and Breads • Desserts

**Douglas McNish** is an executive chef, cooking teacher and raw food consultant, who is passionate about sharing his knowledge. He has personally experienced the benefits of the raw food lifestyle. Since embracing raw food he has lost a significant amount of weight and consistently enjoys an improved sense of physical, mental and emotional well-being.



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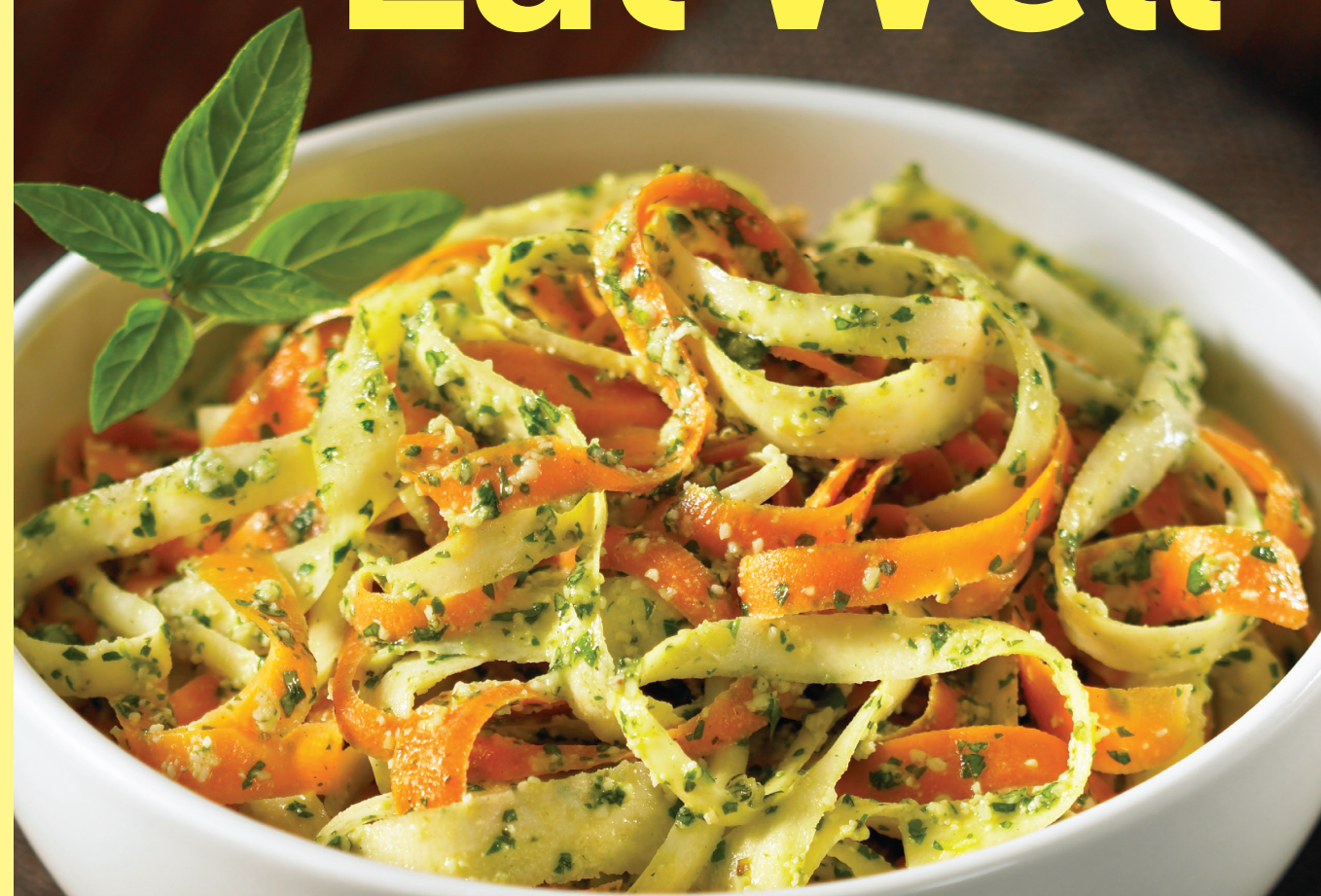
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