



Raw, Quick & Delicious!

5-ingredient recipes in just 15 minutes

These sensational recipes demonstrate just how effortless creating raw food dishes can be. No complicated equipment or techniques are required — just five ingredients and minimal know-how. These recipes don't require hours of sprouting or dehydrating yet the results are mouthwatering — fresh and flavorful dishes that will leave you marvelously satisfied.

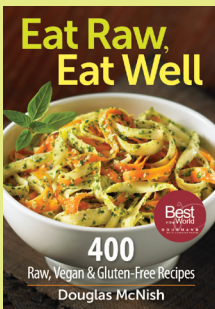
It's now so easy to add nutrient-rich dishes to your lifestyle.

Discover amazing recipes for every meal and occasion:

- Breakfast • Smoothies, Drinks and Juices • Snacks • Pasta and Noodles • Salad Dressings • Main Courses • Sides • Desserts

DOUGLAS McNISH is a vegan executive chef, instructor and consultant, with a strong commitment to health and organics. Since embracing a vegan lifestyle and career, he enjoys an improved sense of physical, mental and emotional well-being. He is the author of the award-winning bestseller, *Eat Raw, Eat Well*.

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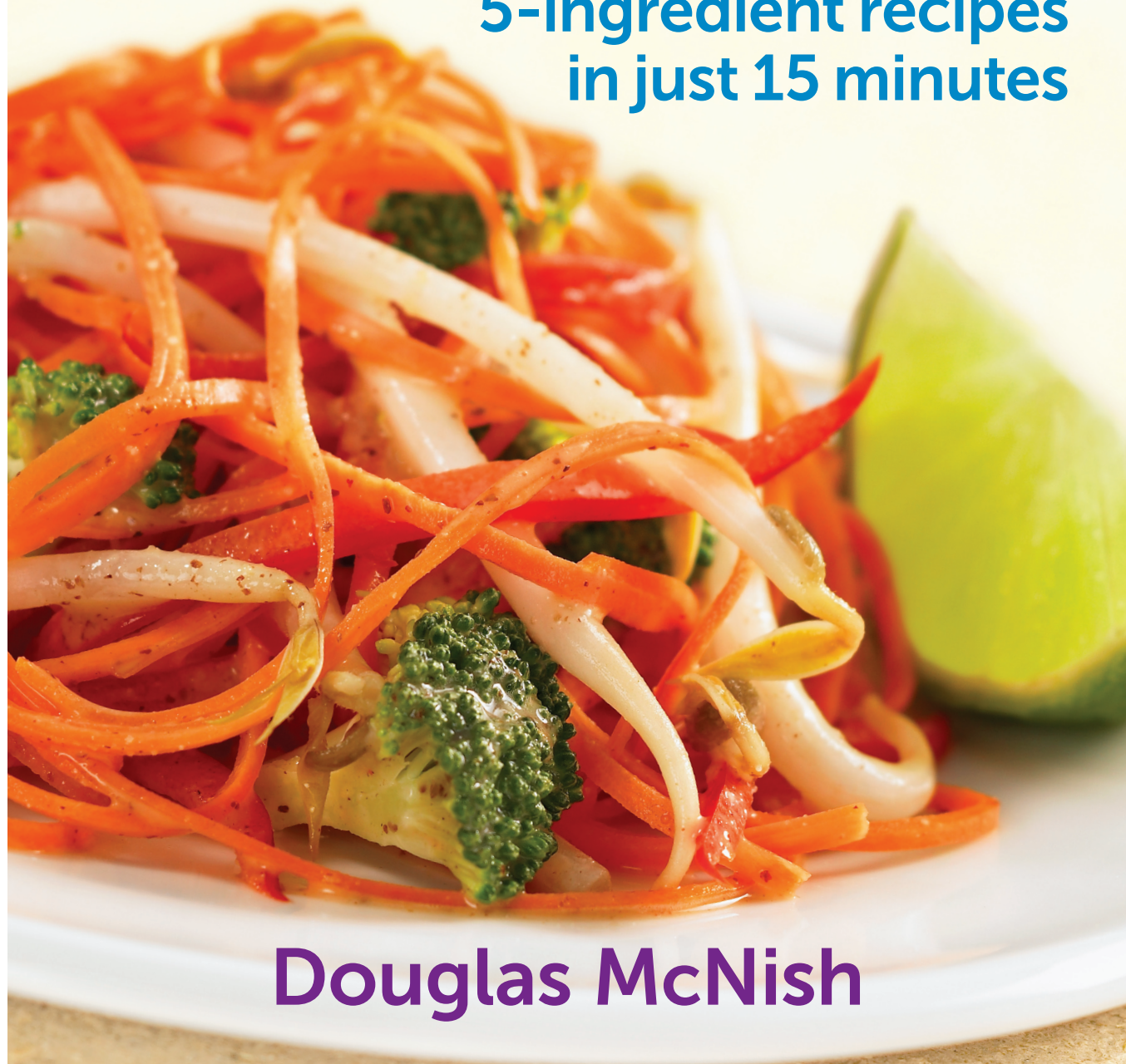
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