



RawEssence

180 DELICIOUS RECIPES FOR RAW LIVING

This outstanding collection of raw food recipes is part of an ever-growing movement – they’re eco-friendly, meet all your nutritional requirements and are immensely satisfying and delicious. You’ll delight in the exciting new flavors and textures. All of the 180 recipes are relaxed and flexible, so they’re perfect for those who are just beginning to embrace the lifestyle. And experienced raw cooks will find the recipes equally satisfying because of the emphasis on attractive food presentation. The recipes are also gluten- and lactose-free, making them the ideal choice for the growing number of individuals who have concerns about these elements in their diets. Here, the well-known adage applies perfectly: we are what we eat!

Discover the benefits of living foods as well as sound advice on maintaining a natural and healthy lifestyle.



David Côté is the co-founder and president of Crudessence. He is also a shiatsu therapist, a living foods chef, a teacher at the Academy of Living Foods and an inspirational speaker.

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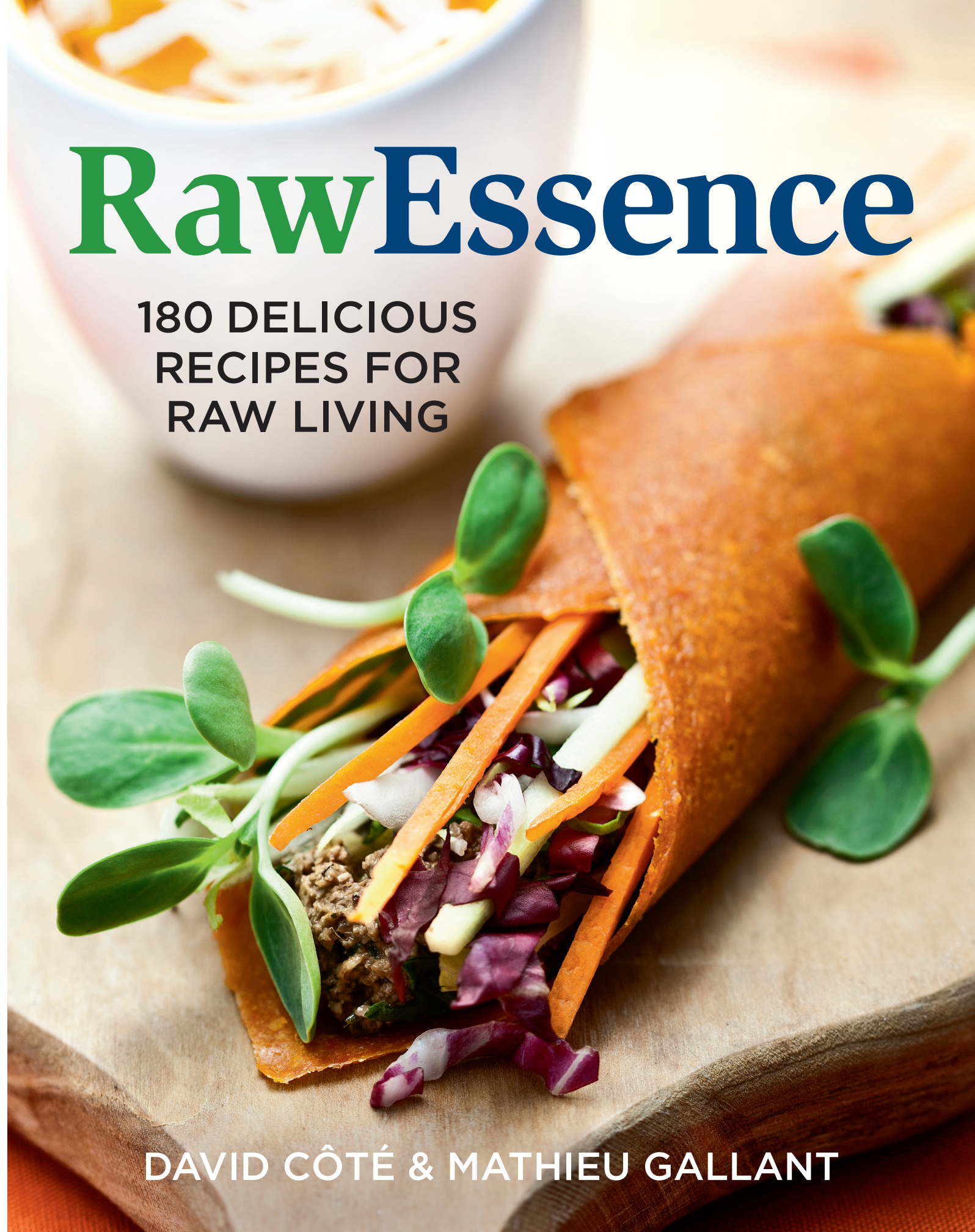
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