



## Awesome Raw Food Guide: From How to Setup Your Raw Kitchen to the Importance of a Good Yoga Practice (Paperback)

By Kathy Tennefoss

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This Awesome Raw Food Guide has many attributes that will help you arrive at your optimal health through raw food. It will show you how to make raw smoothies, raw appetizers, raw salads, raw soups, raw dinners, and raw desserts! There are so many raw recipes that you will use this guide all of the everyday. This raw food guide will also help with setting up your raw kitchen with all the right equipment and other interesting facts and tips about raw food. There is even a state by state listing of raw food educational retreats to further your raw knowledge. These recipes are so easy that even your kids can help make them! The recipes in this book are made with organic or locally grown produce. Organic produce is good for the environment, your family, and you! My book consists of raw recipes like green smoothies, raw appetizers, raw salads, raw burritos, raw wraps, raw lasagna, raw linguini, raw pizzas, raw puddings, raw cookies, raw pies, and even raw ice cream! Having a diet...



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