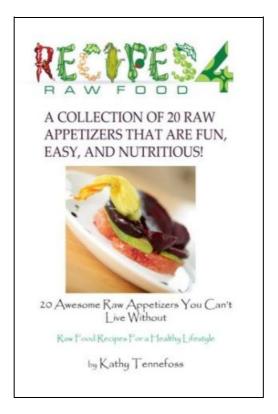
# 20 Awesome Raw Appetizers You Can t Live Without (Paperback)



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## Reviews

Simply no words and phrases to spell out. it was writtern extremely perfectly and useful. I am easily could possibly get a satisfaction of looking at a composed publication.

(Prof. Maudie Ziemann)

### 20 AWESOME RAW APPETIZERS YOU CAN'T LIVE WITHOUT (PAPERBACK)



Sunny Cabana Publishing, L.L.C., United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is a raw food recipe book of 20 raw food appetizers that are made with organic greens, veggies, nuts, seeds, and fruits! Some of my favorites are tropical plantain slaw, spicy cheesy jicama fries, mushroom pate, and coconut curry dip! They taste wonderful and are great for you!The recipes are so easy even your kids can help make them! Some of the raw appetizers are made with avocados, mushrooms, tomatoes, jicama, grapefruit, cucumbers, strawberries, mangos, blueberries, and many other different fresh organic fruits and vegetables. Even if you don t like some the ingredients you can switch to another fruit or vegetable that you do like, just as long as you are getting greens in your diet!A raw food diet has more nutrients because the produce is in its most natural form. A raw diet helps to combat the daily toxins that are associated with the air, home, work, etc. Raw food also helps to curtail many diseases such as diabetes, lowers cholesterol, weight loss, arthritis, and many other ailments. These appetizers are so easy that this recipe book may be the only recipe book you will ever need for entertaining. Plus they are loaded with so many nutrients that you will feel and look better everyday.



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