



Raw Organic Goodness

By Megan May

FAIR WINDS PRESS, United States, 2015. Paperback. Book Condition: New. 284 x 213 mm. Language: English . Brand New Book. Discover the very best way to eat raw. Through amazing delicious recipes and beautiful photos, Raw Organic Goodness is a cookbook that offers the best way to eat naturally healthy, clean ingredients. If you use the finest foods that nature has to offer, you will get unsurpassed flavor and nutritional content. Raw foods are in their purest state - no heating above 46°C(114.8°F). This ensures the food retains all its enzymes and nutrients and its life force, which means every bite contains more goodness for your body. And it gets better! Organic foods are grown without harmful chemicals. No chemicals in the food means no chemicals in you or the environment. Chef Megan May teaches you how to eat this way, because food should be good for you, packed with all the nutrition you need, to feel fabulous. Goodness - you are what you eat. Raw Organic Goodness takes healthy a few steps further, by sprouting and activating your own nuts and seeds. This not only increases their nutritional content, it also makes every bit of that goodness more bio-available to your body,...



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