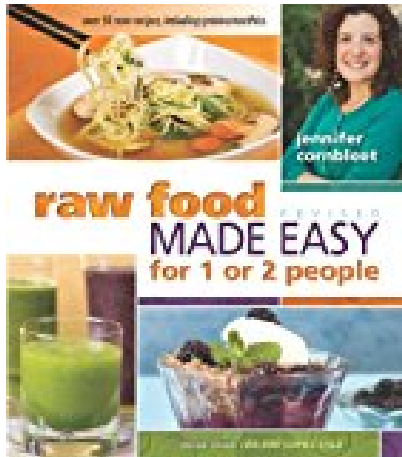


Raw Food Made Easy for 1 or 2 People Revised Edition



BOOK DETAILS

- Author : Jennifer Cornbleet
- Pages : 200 Pages
- Publisher : Book Pub Co
- Language : English
- ISBN : 1570672733

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BOOK SYNOPSIS

In this newly revised edition of her no-cook classic, raw-food chef and instructor Jennifer Cornbleet continues her mission to offer tasty meals, snacks, and desserts made with basic kitchen equipment and everyday ingredients. What sets her recipes apart from the pack is not only rich flavors and ease of preparation, but also solo- or duo-sized portions that don't overwhelm and ensure freshness and quality at every meal. Along with favorites from the first edition, Jennifer has added 50 new recipes, including more fruit dishes, salads, and salad dressings, and an innovative collection of green smoothies based on nutritionally power-packed greens and fruit. To help with the challenge of a hectic 21st century lifestyle, readers will find added tips for eating on the go and making smart choices for between-meal snacks. Since preparing ingredients in advance is the key to making quick and easy meals, Jennifer shares her secrets for having essential raw foods ready and waiting so anyone can make breakfast, lunch, or dinner in a flash, or quickly put together a midnight snack.

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