

[PDF] Ani's Raw Food Kitchen: Easy, Delectable Living Foods Recipes

Ani Phyo - pdf download free book



Books Details:

Title: Ani's Raw Food Kitchen: Easy,
Author: Ani Phyo
Released: 2007-05-07
Language:
Pages: 272
ISBN: 1600940005
ISBN13: 978-1600940002
ASIN: 1600940005

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

From A cookbook dedicated to raw food appears oxymoronic to the uninitiated, but people who aim to pursue a raw vegan diet soon realize that eating uncooked foods involves more than simply chomping into whatever sits on grocers' produce shelves. Phyo shows how to create more complex flavor harmonies. Nutmeats of all sorts serve as a basis of many recipes, offering a spectrum of uses from cheese substitutions to pie crusts. Dates stand in for the sweetness less healthfully derived from refined sugar. Raw zucchini strips mimic fettuccini. A close reading of the nutritional analysis

for each recipe reveals the high levels of dietary fiber this diet introduces. Although most of Phyto's ingredients are readily available, she does occasionally call for unfamiliar items such as liquid aminos, a replacement for soy sauce. Phyto also provides recipes for raw vegan dog food. Illustrations consist mainly of photographs of the author. Knoblauch, Mark

Review "Provides a feasible...method to rejuvenate your mind and body." -- *Edward Kim MD, Director of Interventional Cardiology Evergreen Hospital, Kirkland, WA*

- Title: Ani's Raw Food Kitchen: Easy, Delectable Living Foods Recipes
 - Author: Ani Phyto
 - Released: 2007-05-07
 - Language:
 - Pages: 272
 - ISBN: 1600940005
 - ISBN13: 978-1600940002
 - ASIN: 1600940005
-