



Raw Vegan Recipes: A simple guide for improving energy, mental clarity, weight management, superfoods, herbs, and total body nourishment with the use of organic plants. (Raw Food)

Kevin Kerr

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Are you looking for vegan recipes that prolong your life and satisfy your tastebuds?

If so then you've come to the right place because I have been using these ones for several years and still find them delicious!

I believe everyone would consume more fresh fruits, vegetables, nuts, seeds, and herbs if they experienced how wonderful raw food can taste when prepared right and the amount of energy it would give them! This recipe book contains over 50 delectable recipes for the advanced individual or beginner. Each one is not only healthy for your body but all are incredibly delicious! Every ingredient is taste tested organic, and included are recipes for salads, wraps, juices, smoothies, fermented foods, and even raw chocolate chip cookies! This one is for you if you want scrumptious healthy creations, and want to learn how to incorporate more raw plant-based foods into your diet. I enjoy making all of them on a regular basis and I'm confident you will too!

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