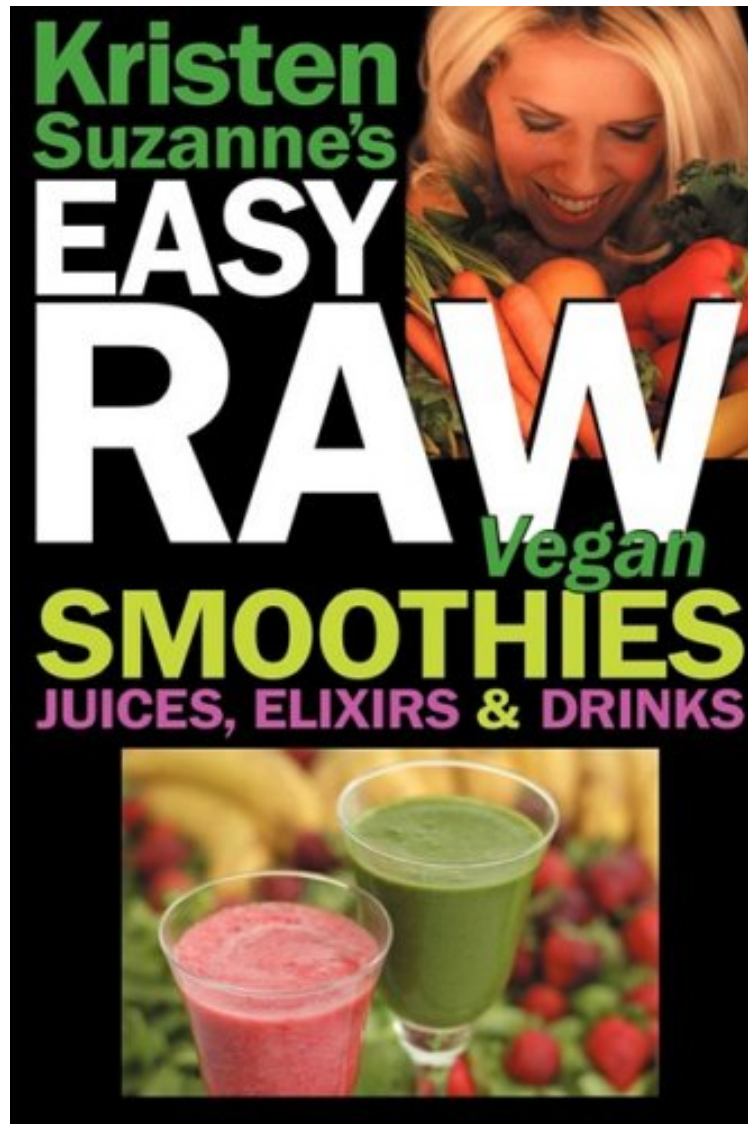


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Vegan Smoothies, Juices, Elixirs Drinks: The Definitive Raw Fooder's Book of Beverage Recipes for Boosting Energy, ... or Cutting Loose... Including Wine Drinks!:

7 of 7 people found the following review helpful. Raw Food for the Newcomer By Lisa Riley This book is an introduction to those new to raw food eating. I took a quick count of the recipes which number 91 or so which provide an interesting offering of easy, fun new recipes for the reader to explore. The author's intent of the writing is to keep it simple, affordable and easy for the user to create raw smoothies, juices, elixirs and drinks. Tips for equipment to make the creations, some brief definitions of commonly encountered terms when entering the raw food realm such as yacon syrup, rapadura, agave nectar, food preparation steps and a brief guidance at the beginning of each chapter help the reader gain a comfort in approaching raw food diet and begin taking comfortable steps away from a more traditional diet. Her chapters, Raw Basics, Smoothies, Nut/Seed Milks and Shakes, Plant Blood, Elixirs and Wine Drinks all are easily followed by the newcomer and the tastes created from the recipes will delight and surprise. Recipes that include: Liquid Salsa, Strawberry-Banana Jump Start, Luscious Pear, Vanilla Kiwi, Sweet Tart Herb, Pineapple Mango Colada, Chocolate Nut Milk, Cinnamon Pecan Milk, Caramel Chocolate Shake, Itallion Stallion, Super Disco Green Juice, Straight Up Carrot Celery Combo juice, Power Energy Elixir, Sweet Mint Relaxer Elixir are but a few of the recipe choices available. This book is not written to be the "end all" resource but a gentle beginning and support to anyone looking to create a more lively, vibrant life with the support of a nutritious, energy boosting dietary regimen. Great recipe ideas to consider and enjoy for raw food veterans as well! 1 of 1 people found the following review helpful. Easy Raw Smoothies By Gerald W. Mattos Kristen makes the job of making a smoothie very easy unless you have no hands or brain. The recipes are easy and taste good and are made with healthful ingredients. 0 of 0 people found the following review helpful. Five Stars By Rex E Perkins Works as it said it would. Really has its benefits.

Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. Getting all of the nutrition and anti-oxidants your body needs for maximum health is SUPER EASY once you start eating Raw plant-based foods every day, and one of the easiest ways to do this consistently is to DRINK THEM! These recipes are among the EASIEST Raw recipes you will find... just blend 'em up and chug 'em down. You'll start feeling the powerful effects immediately, and this book gives you so many recipes that you'll never run out of variety. This book is perfect for beginners and fun for dabblers, but an ABSOLUTE MUST for anybody seriously considering a full or high-Raw lifestyle. This Raw food vegan recipe book includes: Recommendations on Which Juicer to Buy Recommendations on Which Blender to Buy Tips Tricks 92 recipes, including: 38 Raw Smoothies 12 Raw Nut/Seed Milks Shakes 17 Raw Juices ("Plant Blood") 15 Raw Elixirs 4 Raw Wine Drinks A "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Also includes links to food photographs at Kristen Suzanne's Web site, KristensRaw.com.

About the Author Kristen Suzanne is an accomplished Raw food chef with a passion for helping people live life to the fullest with the healthiest cuisine in the world. Through radio, television, books, and her popular blog and email newsletter, Chef Kristen Suzanne helps individuals live and love the Raw lifestyle. For more information about Chef Kristen Suzanne, please visit KristensRaw.com.