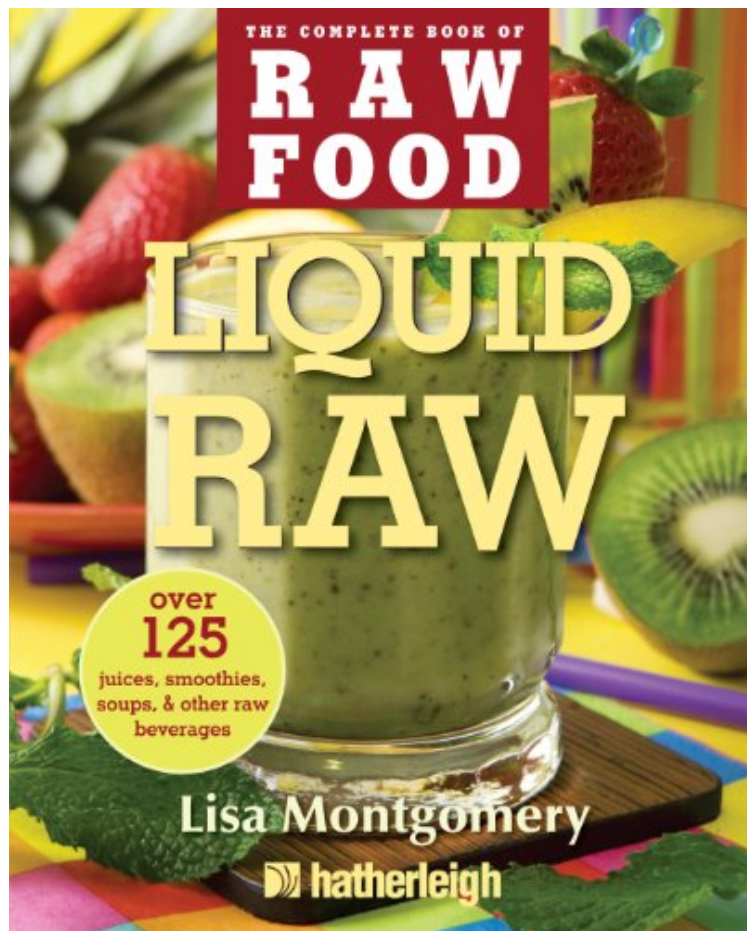


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Liquid Raw: Over 125 Juices, Smoothies, Soups, and other Raw Beverages (The Complete Book of Raw Food Series)

Lisa Montgomery

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Lisa Montgomery : Liquid Raw: Over 125 Juices, Smoothies, Soups, and other Raw Beverages (The Complete Book of Raw Food Series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Liquid Raw: Over 125 Juices, Smoothies, Soups, and other Raw Beverages (The Complete Book of Raw Food Series):

4 of 4 people found the following review helpful. Definitely not worth purchasing! By DJGriffIt's easy to find all of the recipes in this book by doing a cursory search. There is nothing special in her recipes that makes purchasing the book worthwhile. 1 of 2 people found the following review helpful. WOW! Liquid Raw sums up the book perfectly. By Rick Myrick If you have a high-speed blender, vita-mix or anything else like it, Then you can appreciate this book. It is not verbose, gets to the point and gives you loads of information without hours of research on your part, although one can always do that on their own. It uses honey, agave in the recipes. At least not sugar. It still amazes me the need for

humans to sweeten everything. In my opinion we should learn to mix without sugars and make things taste good. In addition, there is no branding of ingredients which I do appreciate. The only thing is the mention of Celtic and Himalayan sea salts. Not sure of the significance.² of 2 people found the following review helpful. Liquid Raw
By linda Taylor
There are too many extra things to buy and I cannot see myself adhering to this diet. I wish that I could have viewed more of it before I bought it.

Discover new ways to eat raw with delicious smoothies, milks, and soups! If you're just starting out in the raw lifestyle, or have been a raw foodie for years, Liquid Raw is your source for fun and exciting meal ideas. Liquid foods are often easier to prepare and digest, providing the perfect transition for those beginning a raw diet. For those experienced in the raw foods lifestyle, Liquid Raw offers a new twist on many staples, as well as inspiration to keep your diet interesting. With a variety of juices, smoothies, dressings, soups, and milks, Liquid Raw offers excellent raw food recipes that are sure to please! Some of the over 125 refreshing and creative recipes featured in Liquid Raw include Green Smoothie, Strawberry Choco-Nanna Smoothie, Un-Egg Nog, Almond Milk, Chocolate-Cherry Shake, Ruby Rejuvenating Juice, Lemon-Zucchini Bisque, Moroccan Tomato Ginger Soup, Strawberry-Mango Pudding, Chocolate Mousse, and much more! Packed with lots of practical and helpful information, Liquid Raw also includes:

- Guide to the health benefits of a raw diet
- An introduction to juicing
- Tips for finding the perfect juicer and blender

With unique and exciting raw recipes, Liquid Raw is sure to bring your raw diet to new heights!

About the Author
Lisa Montgomery graduated with a degree in Business in 1979, but soon developed a passion for health and nutrition. Today, she is a Holistic Health Care Practitioner, and has graduated from the Living Light Culinary Arts Institute as an associate/chef instructor. She is also the author of Raw Garden. For more information about Lisa, visit www.livingdynamically.com.