



RawEssence: 180 Delicious Recipes for Raw Living

David Cote, Mathieu Gallant

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This new raw food cookbook is part of the growing movement that advocates a cuisine that is eco-friendly, meets nutritional needs and is immensely satisfying and delicious.

These outstanding recipes were originally created for Crudessence, the authors' restaurant and catering service, which is based on respect for living things and global well-being, which in turn promotes a healthy and responsible lifestyle. Rich in nutrients and enzymes, the recipes are recognized for their ability to revitalize and alkalinize the body.

The recipes are relaxed and flexible, making this an ideal cookbook for those who are just beginning to embrace the raw-food lifestyle. Because it also features an emphasis on attractive food presentation, experienced cooks will find it equally satisfying.

Sections include:

- Living Raw Foods Worldwide
- Techniques and Utensils
- Basic Recipes
- Juices and Smoothies
- Soups
- Salads
- Pâtés
- Fermentation
- Dehydration
- Appetizers
- Main Dishes
- Desserts.

In full color throughout, dozens of color photographs provide inspiration for meals suited for every occasion. In addition to the recipes, there's a plethora of information about the benefits of living foods, ingredient properties and all manner of advice for a natural and healthy lifestyle.

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From reader reviews:

Randall Barbee:

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