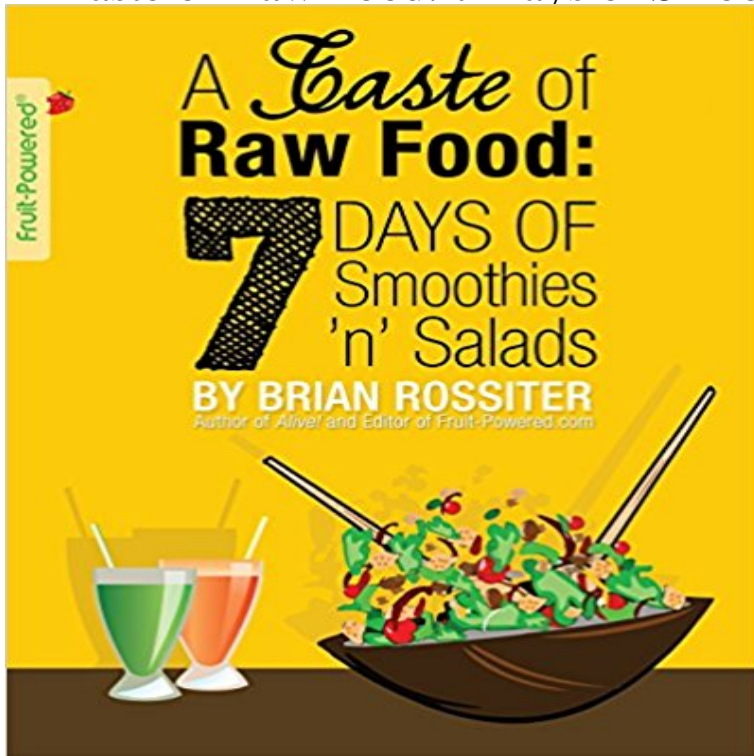


A Taste of Raw Food: 7 Days of Smoothies n Salads



Curious about a raw food diet but not ready to dive in headfirst or just wanting to eat more fruits and vegetables? This book is perfect for you! Learn fun, easy and exciting staples from a low-fat raw fooders menu: smoothies and salads. A Taste of Raw Food: 7 Days of Smoothies n Salads features seven smoothie and seven salad recipes. From Dates with Bananas n Apples to Pizza Salad with Savory Marinara Sauce and Sunflower Seed Cheese, this book offers well-combined sweet and savory recipes that are delicious and simple to prepare! Also explore the basics about a low-fat raw food diet and learn about counting calories, staple foods and food combining. A Taste of Raw Food: 7 Days of Smoothies n Salads is your ticket to the fast track to making dietary change and improving your health!

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