

Download Raw and Simple free Judita Wignall (PDF, ePub, Mobi)



Find Your Balance. Simply.

Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's *Raw & Simple*, it's never been simpler to eat and live better. It's healthy, fun...and easy. Inside you'll find:

No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives—just real, wholesome foods, made simple All gluten-free recipes, with plenty of low-sugar options The nutritional benefits to keeping foods as close to their natural state as possible How to get all

of your essential nutrients from a raw diet Tips and tricks for stocking your kitchen and living the raw lifestyle Lifestyle and weight loss strategies to help you achieve vibrant health

Making smart, delicious food choices in a short amount of time is now easier than ever. *Raw and Simple* provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include:

Oatmeal Walnut Raisin Cookies Apple Pie Smoothie Winterland Salad Cucumber Basil Soup Creamy Kale Salad with Capers and Hazelnuts Maple-Dijon Brussels Sprouts Thai Veggie Noodles Root Vegetable Slaw Cherry-Hemp Muesli Watermelon-Fennel-Mint Chiller Strawberry Spinach Salad with Sweet Balsamic Vinaigrette Colorful Cabbage Salad Cauliflower Couscous Carrot-Ginger Coconut Soup Orange-Cranberry-Apple Relish Herbed Pecan Pate Orange-Almond Truffles

Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food—it's about feeding your whole body and fueling your life!

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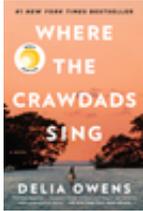
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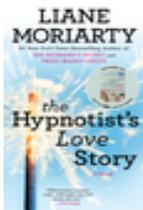
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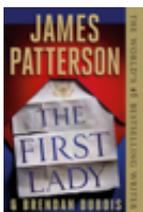
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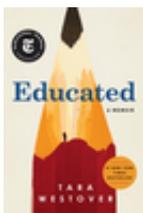
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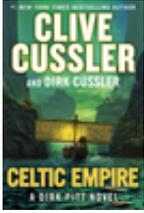
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