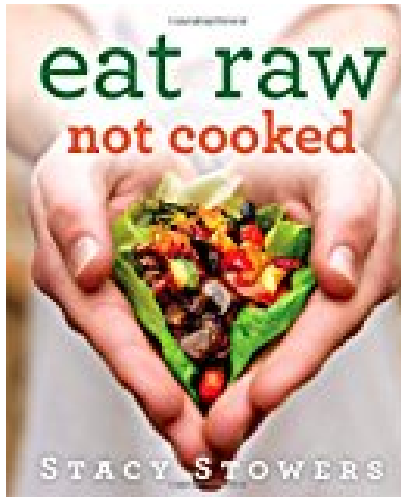


# Eat Raw Not Cooked

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## BOOK DETAILS

- Author : Stacy Stowers
- Pages : 240 Pages
- Publisher : Gallery Books
- Language : English
- ISBN : 1476752079

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## BOOK SYNOPSIS

A collection of more than seventy mouthwatering comfort food recipes using nutrient-rich, raw ingredients—a healthy, affordable, and accessible alternative to familiar processed and packaged foods. Can spinach really taste like chocolate ice cream? YES! Just try Stacy Stowers's Happy Shake—cupfuls of nourishing greens, plus a dash of raw cacao, a big handful of blueberries, and a few other delicious fixings that you can blend up every morning and enjoy with a spoon! Stacy travels the country teaching families like yours how to add more whole, raw, unprocessed foods into their diets in the simplest, most satisfying way possible. Her clients soon discover they stop eating out of bags, bottles, cans, and boxes—and start feeling healthier, lighter, and more energetic. Eating raw is easier and tastier than you think. The gift of Stacy's approach is that it's not about becoming a "raw foodist" or joining some food religion; it's about adding foods that will make you thrive. What are the potential benefits of eating raw? Weight loss and management, more energy, relief from chronic pain and allergies, better moods, and a younger appearance—to name just a few! From Stacy's comforting and crispy Cheatos and enticing Rainbow Fajitas, to her rich, delectable Chocolate Macaroon Fudge Bars, her more than 70 recipes will give you and your family an irresistible nutritional boost.

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