



Raw Food Made Easy: For 1 or 2 People

Jennifer Cornbleet

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The all-new Revised Edition of Raw Food Made Easy for 1 or People is available July, 2012.

Getting 5 servings of fruits and vegetables a day has never been so delicious and easy. In *Raw Food Made Easy for 1 or 2 People*, well-known cooking instructor Jennifer Cornbleet shares her favorite no-cook recipes, in smaller quantities ideal for one or two people. Essential time-saving tips and techniques, along with Jennifer's clear instructions, prove you don't have to toil in the kitchen in order to enjoy nutritious, delicious raw food.

- Choose from over 100 foolproof recipes, along with lunch and dinner menu plans.
- Enjoy easy recipes that call for common ingredients and basic equipment.
- Learn how to avoid health-busters like white sugar, white flour, and trans-fats.
- Convert traditional favorite recipes into nutritious treats made from all-natural ingredients.

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The particular book Raw Food Made Easy: For 1 or 2 People has a lot associated with on it. So when you check out this book you can get a lot of gain. The book was compiled by the very famous author. The author makes some research previous to write this book. That book very easy to read you can get the point easily after reading this article book.

Melinda Brown:

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