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RAW FOOD RECIPES : Vegan & Vegetarian Approved! - 50+ Unique & Delicious Raw Food Recipes -

RAW FOOD RECIPES



Dexter Poin

50 Unique & Delicious Raw Food Recipes
Vegan & Vegetarian Approved!



Synopsis

THESE DELICIOUS & UNIQUE RAW FOOD RECIPES ARE SURE TO PROMOTE A HEALTHY WAY OF LIFE, ALL WHILE LEAVING YOU WITH SOME HAPPY TASTE BUDS! All of the bases are covered here from drinks, & smoothies. To breakfast, lunch, and dinner recipes. Soups, salads, dips, sauces, and dressings. And yes of course delicious desserts! These unique easy to follow recipes are all 100% VEGAN & VEGETARIAN approved! Take a look at whats inside... Drink Recipes Avocado-Kefir Smoothie with Mint & Ginger Coconut-Orange Juice Mango Lassi Creamy Raw Egg Nog Raw Hot Chocolate Whipped Strawberry-Coconut Smoothie Coconut Mint-Chip Shake Breakfast Recipes Lemon Scones with Blackberry and Sage Jam Stuffed Apricots with Cashew Chevre Chia Seed Oatmeal with Cinnamon Mixed Berries Coconut Yogurt with Walnuts & Grapes Berry Breakfast CrÃªpes with Banana Cream Filling Orange-Ginger Glazed Raw Donuts Raw Seeds & Buckwheat Cereal Breakfast Tropical Fruit Bowl Lunch/Dinner Recipes Spring Rolls with Chile Sauce Parsnip Rice with Hemp Seed and Basil Coconut Wild Rice Spaghetti alla Puttanesca Zucchini Pasta with Spicy Lemon Pepper Salad Classic Raw Lasagna Cheesy Enchiladas Burritos with Spicy Zucchini Sauce Raw Ravioli with Red Pesto Veggie-Almond Nori Rolls Soups & Salads Arugula & Creamed Pea Salad Creamy Coconut and Cashew Soup Mexican Salad Avocado Gazpacho with Cucumber Kale Tabbouleh with Fresh Herbs Raw Corn, Avocado, and Black Bean Salad Avocado-Apple Soup Spinach and Strawberry Salad Spinach Mushroom Salad with Marinade Dressing Pistachio & Red Pepper Bisque Rainbow Chopped Salad Dips, PÃ¢tÃ©s, Sauces, and Dressings Sunflower-Walnut PÃ¢tÃ© Salty Banana Dip Walnut-Honey Spread Coconut Dressing Guacamole Dip Spicy Cheese Dip Orange-Ginger Dressing Citrus Salad Dressing Tangy Pineapple Salsa Snack/Dessert Recipes Banana Maple Walnut Ice Cream Key Lime Pie Chocolate Chip Mint Ice Cream Raw Peach Cobbler Vanilla Bean Ice Cream Chocolate Chip Cookies Pecan Sandies Chocolate Ice Cream Cantaloupe Dessert Soup with Coconut Milk Falafels with Fava Beans Pickled Squash Bites Bonus Vegan Recipes Oat Smoothie Icey Dates Cinnamon Raisin Mango Heavy Blueberry Cinnamon Almond Milk Strawberry Mango Berry Cinnamon 7 / 11 Smoothie Creamy Green Avocado Cucumber Smoothie Fig Smoothie Cantaloupe and Peach Smoothie Green Kale and Kiwi Smoothie Mango Strawberry Smoothie Pineapple Avocado Smoothie Pineapple Orange Smoothie Kale Banana Smoothie Watermelon Strawberry Smoothie Energy Lime Watermelon Smoothie Simple Garlic Quinoa Quinoa Broccoli Casserole Healthy Quinoa Salad Blueberry Breakfast Quinoa Green Beans Quinoa Tasty Red Quinoa with Rice Kale Raisin Quinoa Mixed Vegetable Quinoa Delicious Lentil Quinoa Yummy Fruit and Quinoa Salad Spinach kale Chickpeas Quinoa Pomegranate Mint Quinoa Salad Order your copy today, and enjoy the recipes!

Book Information

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Customer Reviews

The recipes are really unique, just like the title says. My fave part is the selection of dips. At the moment I am actually in my kitchen with my blender working hard, preparing some of the dip recipes from this book. I love dips with fresh raw veggies like carrots and cucumbers. There is much much more variety in this book to be discovered. I am diving into right now. This book is different than other books by Dexter-he is focusing on recipes here, only recipes, but in the conclusion you will also find some of his personal opinions. If you have read his other works, you will see what I mean.

This book is exactly what I want. Different raw food options for different types of meals throughout the day. I especially like the dips/dressings recipes. I am now making lots of them for my salads and during breakfast time. Two of my favorites are orange ginger dressing and walnut honey spread. One thing I value is that this is more than just a book of recipes. Dexter, the author, also extends the conversation to a private Facebook Group and provides lots of his personal opinions which I value. So, I would say this book has lots of his personality in it. Love the human touch here!

I am always trying to find new, healthy recipes to help me manage my weight. This book is packed with so many delicious recipes! I have already tried the Whipped Strawberry Coconut Smoothie and the Spinach Strawberry Salad and they are both very tasty. I am glad I bought this cookbook, I plan on using it for quite a few other recipes I bookmarked that sounded good to me. If you need some new ideas for healthy eating, then I highly recommend this book.

Dexter Poin's Kindle cookbooks never disappoint and this is another amusing to read, recipe-packed delight. A must have for raw food lovers.

Banana dip rocks. This very deliciously raw book is also helpful to me enjoying my raw food!!

This book has some really interesting recipes that proves eating raw does not have to be boring.

I'm not a big fan of dieting and I certainly am not a vegan or vegetarian. Having said that these recipes are awesome and just like the title says, unique. I've only gone through about half the book but I'm impressed. I've been dieting for about a month but only had this book for a week. My weight loss has gotten 20% better thanks to this book. Great job Dexter.

As a long-time vegetarian I'm always searching for healthy and delicious new recipes. What I like about this book is not only are there great vegetarian and vegan options, but the raw recipes are also good for detox and general health.

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