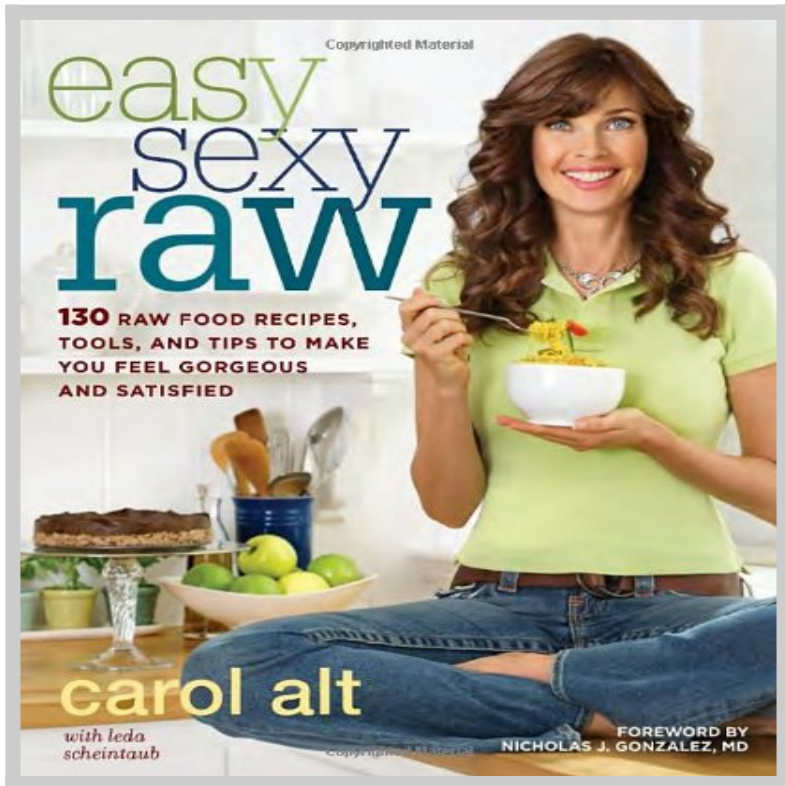


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Easy Sexy Raw Gorgeous Satisfied Book Preview

Nearly twenty years ago, thanks to a raw food diet, Carol Alt cured a world of headaches, stomach issues, and fatigue and became healthier, more energetic, and slimmer than sheâ€™s ever been. In *Easy Sexy Raw* she shares how anyone can experience the benefits of the uncooked lifestyle.

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Carol takes all of the intimidation out of going raw, providing straightforward advice, easy tips, and 130 super-simple and delicious recipes that will make the transition a snap. Useful toolsâ€™ such as a swapping list of raw substitutes for favorite cooked items and a â€™Turn It Rawâ€™ section that shows you how to gradually convert favorite dishes to

raw (even chocolate chip cookies!)” will help both new and seasoned raw eaters to build a recipe repertoire. And the dishes, including contributions by raw food authorities and chefs like Ani Phyo, Sarma Melngailis, and Raw Chef Dan, are tasty and filling” even for those who are just trying out raw for the first time:

• • • • Yellow Squash Fettuccine with Creamy Pine Nut Alfredo, Lemon Basil, and Green Olives

• • • • Good Stuff by Mom & Me™s Salad Pizza with Tomato Sauce

• • • • Gingery Squash and Coconut Noodle Soup

• • • • Indian-Style Papaya Salad

• • • • Abundance Burgers with Marinated Mushrooms and Jicama Fries

• • • • Apple Marzipan Pie

• • • • Triple Orange Salad with Pistachios and Mint

• • • • Maya Chocolate Pie

Carol offers tips on the best equipment to use; demystifies methods like soaking, sprouting, and dehydrating; and even discusses raw dairy, good and bad fats, and which sweeteners are best for your body.

Easy Sexy Raw is the must-have primer for anyone who wants a healthier lifestyle and a natural way to feel sexier and more beautiful.