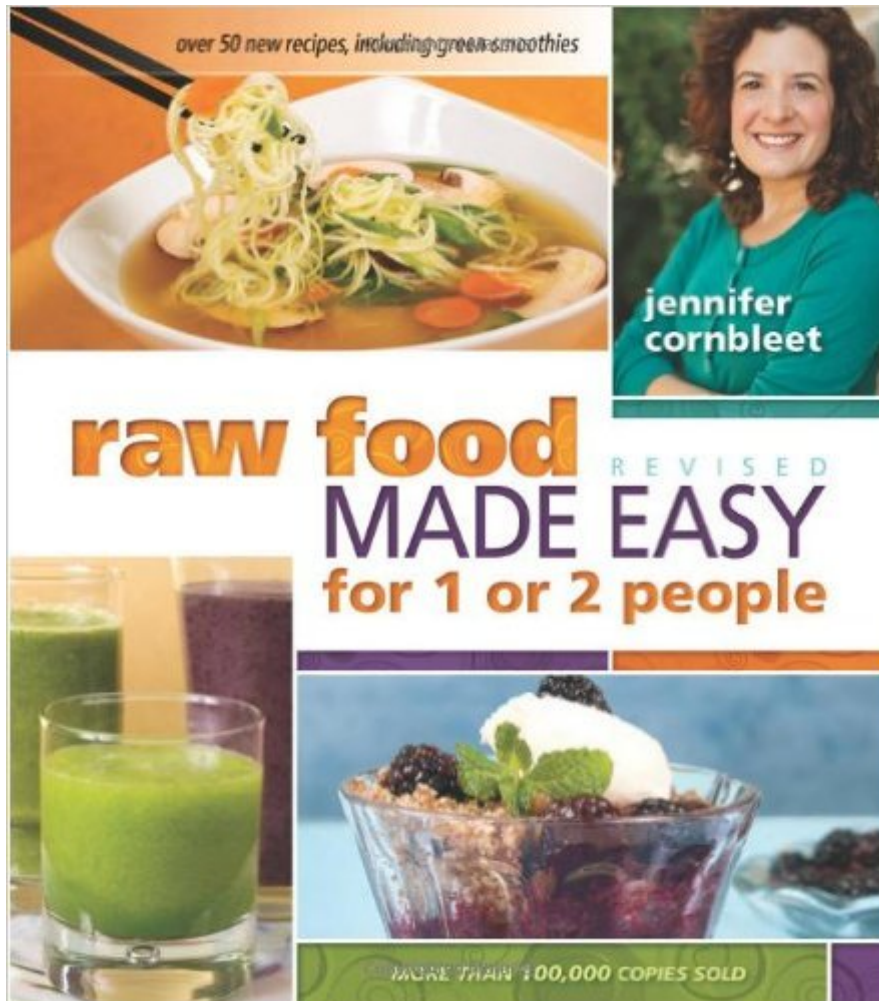


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# Raw Food Made Easy For 1 Or 2 People, Revised Edition



## Synopsis

All-new Revised Edition of Jennifer's best-selling classic. Getting 5 servings of fruits and vegetables a day has never been so delicious and easy. Well-known Bay Area cooking instructor, Jennifer Cornbleet, shares her favorite no-cook recipes in quantities ideal for one or two people. With essential time-saving tips and techniques, plus Jennifer's clear instructions, 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 recipes into nutritious treats made from all-natural ingredients.

In the Revised Edition:

- More than 50 additional recipes.
- New chapters on Green Smoothies and Raw On the Go.
- Expanded sections on Advance Preparation and Easy Snacks.
- Calorie and nutritional information with each recipe.

## Book Information

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## Customer Reviews

The NEW edition of Raw Foods Made Easy is an improvement on an already incredible book. Now there are recipes for green smoothies, quick snacks and best of all, what to do when you eat raw and are out on the go. This chapter gives many ideas on how to eat healthy, raw foods if you are staying in a hotel, for example, or are on the road. But all the old recipes are here, too, so this is an improved version of the original. In addition, the format has been made larger, easier to read and easier to keep open on the kitchen counter. And there are delicious-looking photos that really

encourage you to try some of the recipes you may not have already made. That helped me, because I found a few "faves" in here that I just make so often, I am not always motivated to cook my way right through this book. I've been using and recommending the original "Raw Food Made Easy" for quite some time. I was blown away by so many of the recipes, including a cream of tomato soup (with avocado) and a raw zucchini "capellini" with a raw tomato coulis that tastes better than wheat pasta and has far fewer starchy carbs and calories. The raw browies are fudgy and rich, in fact, I prefer them to flour-baked brownies. The zucchini-based hummus uses zucchini instead of chickpeas, and it's a wonderful dip for veggies. There are so many tips for replacing creamy things like dressings with healthier options. One example is the tahini and lemon "mayonnaise." No egg, less oil. You can make this and keep it up to three days, and it's used in one of the recipes for a dill coleslaw. I realized I could also use the tahini mayonnaise for Waldorf Salad. Waldorf Salad is not in this recipe book (but it just cubed apples, walnuts, celery) and it happens to be a raw recipe anyway except for the traditional mayo dressing.

When I bought the first edition of Jennifer Cornbleet's, "Raw Food Made Easy for 1 or 2 People," it quickly became one of the most utilized cookbooks in my kitchen. Prior to buying Jennifer's book, I was skeptical that raw food really could be made quick and easy. (My experience had been that you had to plan a meal up to 3 days in advance so you could soak nuts overnight, mix up a messy concoction, divide it up into portions, and dehydrate it a good 24 hours or so.) Jen's book showed me that raw foods really can be quick and easy, and don't need a dehydrator. I had a few minor quibbles with the first edition of book, and ranked it 4 stars. Every issue I had with it has been corrected, for example, easy food prep such as chopping onions and parsley are no longer on recipe pages and are consolidated into the food prep section. Now I have the new edition and again it has become one of the cookbooks I use most. Despite already being a very good cookbook, it is an even better cookbook. I recommend it highly and without hesitation to beginners and advanced raw foods "cooks" alike! Other improvements over the old edition include: \* More recipes \* Nutritional info. now given. (Note the portion size, as higher calorie salad dressings, for example, give smaller portions.) \* More pleasing layout--a feast for the eyes. \* New chapters such as a smoothie, and travel chapter. Here are some of my favorite recipes that I make over and over. I use \*\* when a recipe is new to this edition. \*\* Chia-blueberry breakfast pudding - I had never heard of breakfast pudding before, so I made this recipe first. I love this stuff--sweet, but not too sweet, and good for you!

I am new to the Raw Foods diet and scoured EVERYWHERE for a recipe book that gave me the

impression that a living foods lifestyle would not have me spending half of the day in the kitchen and reading recipes with 15 ingredients. I was turned off of books like Veganomicon (for the time being) because I felt very overwhelmed and the book had no pictures really for me to know what to expect, or for me to feel like I had a sense that I would know what I was doing. Those aspects were so important to me being new... I was getting really frustrated trying to find a recipe book that wasn't going to cause me stress just from reading the long list of ingredients alone! Jennifer's previous version of this book was rated with very high regards. I watched several of her videos on YouTube and I felt confident that this book would be a good match for me and getting my feet wet in the kitchen for this new way of preparing food. I had this one on pre-order, since this edition was supposed to have over 50 more recipes added to it. It was worth the wait!! I made one of the juicing-juices this morning. Green juices and smoothies are so much a matter of personal taste and what our palette can handle, the recipes in that section are good for finding a base and combinations to try. I know if I went by her recipe alone and followed it strictly, (or anyone's juicing or smoothie recipes, really) I wouldn't end up a happy camper for most of them. So for the juices and smoothies, I find using them as an idea guide is better for me than following the recipe to the "T". A friend was asking me if this book has nutritional information in it. The answer is yes.

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