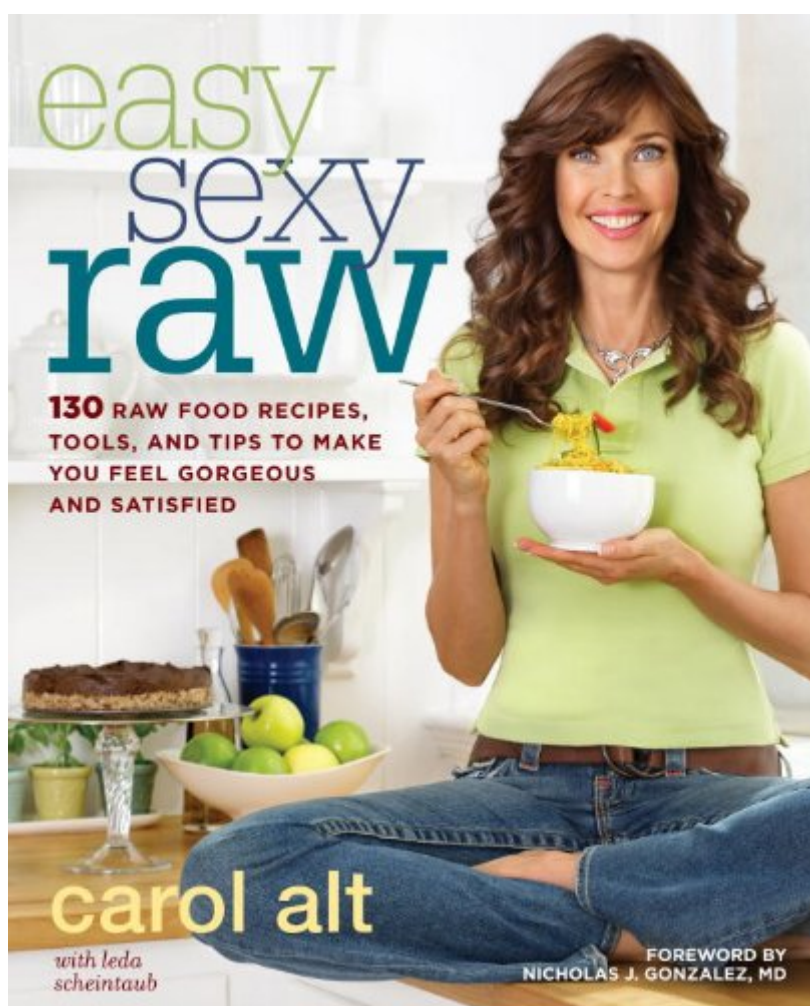


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Easy Sexy Raw: 130 Raw Food Recipes, Tools, And Tips To Make You Feel Gorgeous And Satisfied



Synopsis

The ultimate raw food book, for raw newbies and experienced raw foodists alike, with 130 recipes and shopping and swapping lists. 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 she's ever been. In *Easy Sexy Raw* she shares how anyone can experience the benefits of the uncooked lifestyle. 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 tools such as a swapping list of raw substitutes for favorite cooked items and a "Turn It Raw" 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.

Book Information

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Customer Reviews

This book has recipes for raw foods, that is, foods not heated past around 115 degrees F, to preserve natural enzymes and keep proteins in their natural, undenatured state. According to some, this provides the maximum health benefits from "live" foods and cooking deadens foods. I have to say, I'm on the fence if a raw diet is "the thing" though I know for myself that pasteurized and especially ultrapasteurized dairy is indigestible for me. And I prefer my fish raw, no two ways about it and most of my veg as well. However, grains and beans must be soaked at least and in the case of beans, sprouted or cooked to remove natural compounds that are actually toxic (and one bean, red beans, apparently are bad even sprouted.) What recipes will you find here? Cold and warm soups, a few smoothies, gravlax (cured raw salmon), lassi (yogurt drink from India) and the like. The raw pasta is a recipe I'm familiar with from *Raw Food Made Easy* by Jennifer Cornbleet. This is my go-to raw book. Carol Alt also has a raw hummus, but hers varies from Cornbleet in that she uses sprouted chickpeas (or raw cashews or macadamia) to replace the cooked chickpeas. I'll go with zucchini, maybe it's less protein but it's also better tasting, to me and easier; I have no time to sprout chickpeas. Since this book is not vegetarian or vegan, I put forth this warning because many raw foodists are also in that camp, so this book is not for you. However, if you enjoy fish and dairy, you might prefer Carol's book as it has recipes for yogurt and fish.

I am a health nut and am obsessed with eating real, healthy food although I cheat once in awhile. I always take my vitamins and try to exercise every now and then. I am going through menopause and have discovered that I have to eat healthy or I won't feel good. I will have horrible headaches, sleepless nights and a host of other symptoms. In my quest to be healthier, I picked up Carol Alt's book *Easy Sexy Raw*. I tend to feel the best when eating raw. My biggest challenge to eating raw is that I tend to avoid green foods. It's like a little phobia I have that holds me back. What I have going for me is that I have a shake every day of fresh fruits. So Carol Alt's book helped me make my diet a

lot greener and healthier. Every day I add a cup or two of spinach or leafy greens to my shake as well as a scoop of Spirulina or Green Vibrance. This makes it super green. At first I started with only one spinach leaf and when I couldn't tell the difference I added more. So my shake gradually turned greener and now I am not grossed out by the color anymore (other people are, by the way). Alt sets up her book to teach people all about food and what Raw really means. She starts the book with a great introduction which explains how she decided to go on a raw food diet. Guess what, you can eat a lot more than just salad and carrots. Plus you don't need to go 100 percent raw, even 70 percent raw is good. I decided to go raw for two meals a day and eat a regular cooked dinner with my family everyday. The first chapter was the most valuable for me. It's called Uncooked 101: What you need to know to go raw. This taught me so much about raw food. Raw doesn't necessarily mean cold, it means not cooked over 115 degrees.

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