



Raw Food Detox: Over 100 Recipes for Better Health, Weight Loss, and Increased Vitality

By Ulrika Davidsson

Skyhorse Publishing. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 10.4in. x 8.4in. x 0.4in. Now you can cleanse your system of toxins and reap the health benefits of a raw foodists expertise with minimal time and effort and without breaking the bank! From Ulrika Davidsson, an advocate of green living and healthy eating and one of Sweden's bestselling cookbook authors, comes this tempting collection of raw dishes, many of them vegan, all of which can easily be prepared at home. No diet on earth is more nourishing than a raw diet, and no other way of eating keeps you looking and feeling healthier your whole life long. As a working mother of two, Davidsson knows the value of time and the vital importance of eating well for increased energy levels. In addition to sharing some of the tastiest, quickest, and healthiest recipes around, Davidsson details what and what not to eat and explains the nutritional science behind raw food and the detox diet so that you can live healthier and tailor your own diet to meet your nutritional needs. In this beautifully photographed collection, you'll learn to prepare nutritionally rich raw breakfasts, snacks, soups, smoothies, juices, and desserts using ingredients like...

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