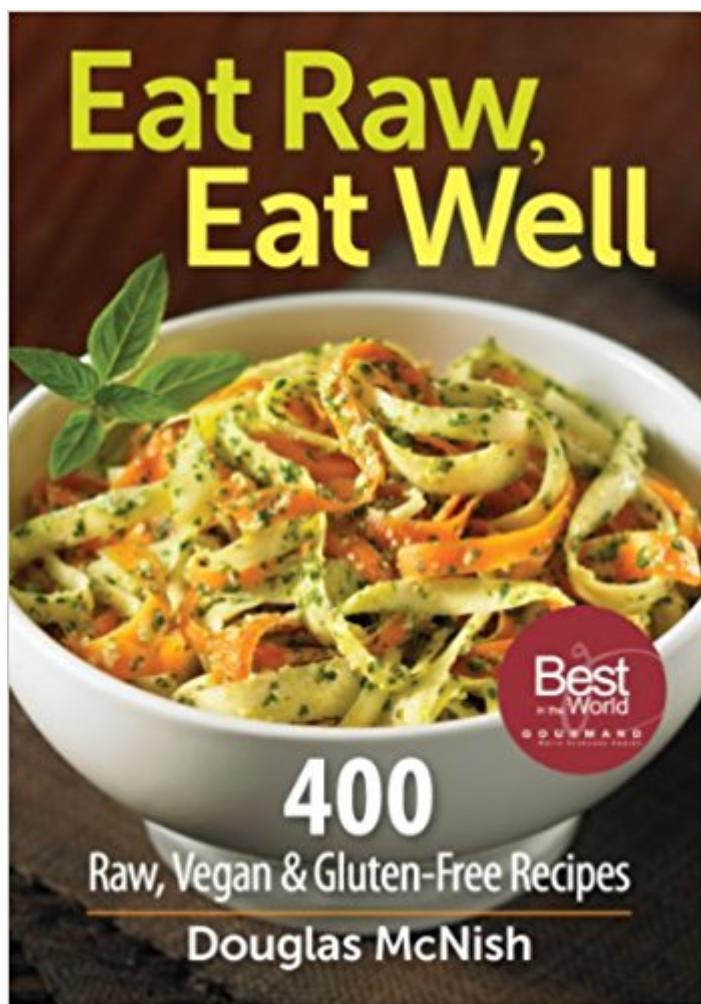


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# **Eat Raw, Eat Well: 400 Raw, Vegan And Gluten-Free Recipes**



## **Synopsis**

Creative raw cuisine recipes for delicious nutrient-rich dishes. Raw food diets (where food is eaten raw and if heated, the temperature can't exceed 118 degrees Fahrenheit) are becoming increasingly popular today for a variety of reasons: a quest for weight loss and increased energy, reduced risk of diseases, an aversion to animal based foods or simply a desire to consume more whole, nutrient-rich ingredients. Whatever each person's reason, raw food diets and/or lifestyles are certainly becoming more mainstream. This wonderful collection of recipes will appeal to both novices and veterans of the raw food lifestyle -- they are imaginative, feature easy-to-follow instructions and are incredibly delicious. From hearty breakfasts that get your day off to an energized start, to satisfying soups and sumptuous main courses, to lush decadent desserts that will satisfy the most discriminating sweet tooth, these recipes reflect Doug's talent and commitment to the lifestyle. Eat Raw, Eat Well includes dishes such as: Pear and Walnut Pancakes, Banana Cream Pie Smoothie Jicima, Corn, Quinoa and Lime Hot Pot, Perfect Guacamole Cauliflower Risotto, Spicy Kimchi, Black Lentil Sloppy Joes Quinoa Pilaf, Sweet Potato and Squash Mac 'n' Cheese Walnut Portobello Burgers, MoussakaCaramelized Peach Tart, Pear Crisp Buckwheat Pretzels, Sour Cream and Onion Kale Chips, Pizza Bites In addition there's a wealth of information on how to properly prepare the ingredients in advance of meal preparation to enhance their nutritional value as well as comprehensive "raw pantry" information.

## **Book Information**

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## **Customer Reviews**

Douglas McNish is an executive chef, cooking teacher and raw food consultant who is passionate about sharing his knowledge about the raw food lifestyle. He has personally experienced the benefits -- he lost 100 pounds in 2 years since embracing the diet. Douglas lives in Ontario.

I've served the Jicama Potato Salad, Green Coconut Curried Vegetables, Kale Waldorf Salad, Pumpkin Refried Beans and more to my family with great reviews. From smoothies to sides to main dishes, this uncookbook could be the only recipe book you will need because there is such a variety of recipes. I use it every day and it rarely spends time on my shelf. Granted the recipes don't taste exactly like the real deal, but this is probably about as close as you can get to them by eating raw and healthy. This book has clever recipes that combine flavor and technique to achieve delicious results. Even my meat and potato family loves these recipes. Though Doug has 400 recipes in this book, many of the recipes have variations and tips to allow for creativity, flavor or ingredient preferences which pushes the recipe count higher in my estimation. I will mention that I've had this book since I started my raw journey and some of the recipes scared me because I was still figuring out how to be raw. I'm visual and though there are some pictures, there aren't nearly as many pictures as there are recipes. Now that I'm more familiar with raw uncooking, I absolutely love this book! Some of the recipes are time consuming to prepare, but a lot of them can be done quickly and easily. Doug also uses a lot of ingredients that are readily available. When he has recipes with uncommon ingredients, he generally offers tips on where to obtain ingredients or substitutions. I have other books that call for ingredients that I can't purchase in my area which complicates food preparation. Thanks Doug for making raw food uncooking fun!

I'm a book-junkie of all kinds. Especially raw food. I pretty much buy every raw food book that comes down the pike. (I think  has a portrait of me hanging in their corporate office.) This book is by far my favorite one. It's the easiest to understand and follow. I've got several books that after reading the recipe I go, "Huh?". Not with "Eat Raw Eat Well"! Everything is made clear and the dishes are delicious!! And there are four-hundred of them!! What a deal!! I highly recommend this book!!

I love this book. There are so many recipes I can't wait to get started. Actually, I've already made a few and they are simply delicious. I would highly recommend this book to anyone that is becoming a Raw foodist or would like to achieve a healthier lifestyle. The benefits of buying this book would be very beneficial for everyone. Thank you so much, I will not be disappointed in trying all these new

recipes. I actually am beginning a raw food journey and I wasn't sure how to prepare my meals for the week and I was afraid I'd have difficulty staying on this path. With this book, I feel it has been a lifesaver. Thank you very much!

Now this is a raw cookbook; so many raw recipe books spent decades so much time on your pantry and salads. We needed substantial entrees and real food. This book is awesome, real entrees, real food. Clear instructions, healthy tips and pointers. Already have 15 recipes marked to make this week. Thought we were going to have to give up eating raw. My husband is 6'3 and works outside with very physical work, salads weren't cutting it.

Mr. McNish - where have you been all my life?? Although I am a long-time vegetarian (vegan in the 90's & vegan again), I've just recently discovered the raw food world. After having purchased about 4 other raw food recipe books, this one is BY FAR the best. In fact, I have pretty much ditched the others. This book is like having the author right there beside you in the kitchen because he has listed "Hints" on the left side of each page and also "variations" under each recipe. To address some negative reviews on here regarding the preparation times, most of these recipes require far less time than I found in other books. True, for some there is soaking time and the references to other recipes in the book to go with certain meals, but I have found his recipes to be easy. Here's what I have tried so far:Buckwheaty Hemp Chocolate Granola (very crunchy; stays crunchy in milk)Chocolate Chia Seed Pudding (I plan to adapt this one for a Southern Banana Pudding - awesome)Brown Rice Miso BrothSun-dried Tomato French Dressing (I'm not a fan of French dressing - but this is amazing)Lemon-Avocado Dressing (wonderful, but I will use less lemon juice next time)Almond Parmesan Cheese (a great vegan substitute - yummy)Sprouted Quinoa Pilaf (finally - Quinoa I can love)Spicy Kimchi (this is now fermenting - will update review at the end of this week; very easy to make)Coconut Macaroons (absolutely easy & "to die for")Creamy Ranch Kale Chips (I love kale chips - these are SO GOOD that I found myself sneaking pieces off the dehydrator before they were done!)Not one bad recipe in this list! I honestly cannot say that about the other raw food books I've tried - they are hit & miss (mostly miss). If you are a new raw foodie and searching for THE ultimate book - buy this one. You will find loads of flavor, easy ingredients, helpful hints, and gorgeous photos. My theory is that you can tell a good "cookbook" by how much food gets splattered on the pages! Believe me, I use this one daily and it has its share of splatters! Enjoy!

I have made the spaghetti bolognese and had a look though. The spaghetti bol was amazing! I am so excited to try the other recipes, they all look amazing. The tips on the side are really helpful. Only downfall is the indexing could be a little better to make finding recipes easier, and there is a lot of going back and forth (e.g. the spaghetti bol was a combination of 3 recipes 50 or so pages apart), though the more I use it the more I expect it will be easier to get around the book. A MUST for anyone who loves raw food!

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