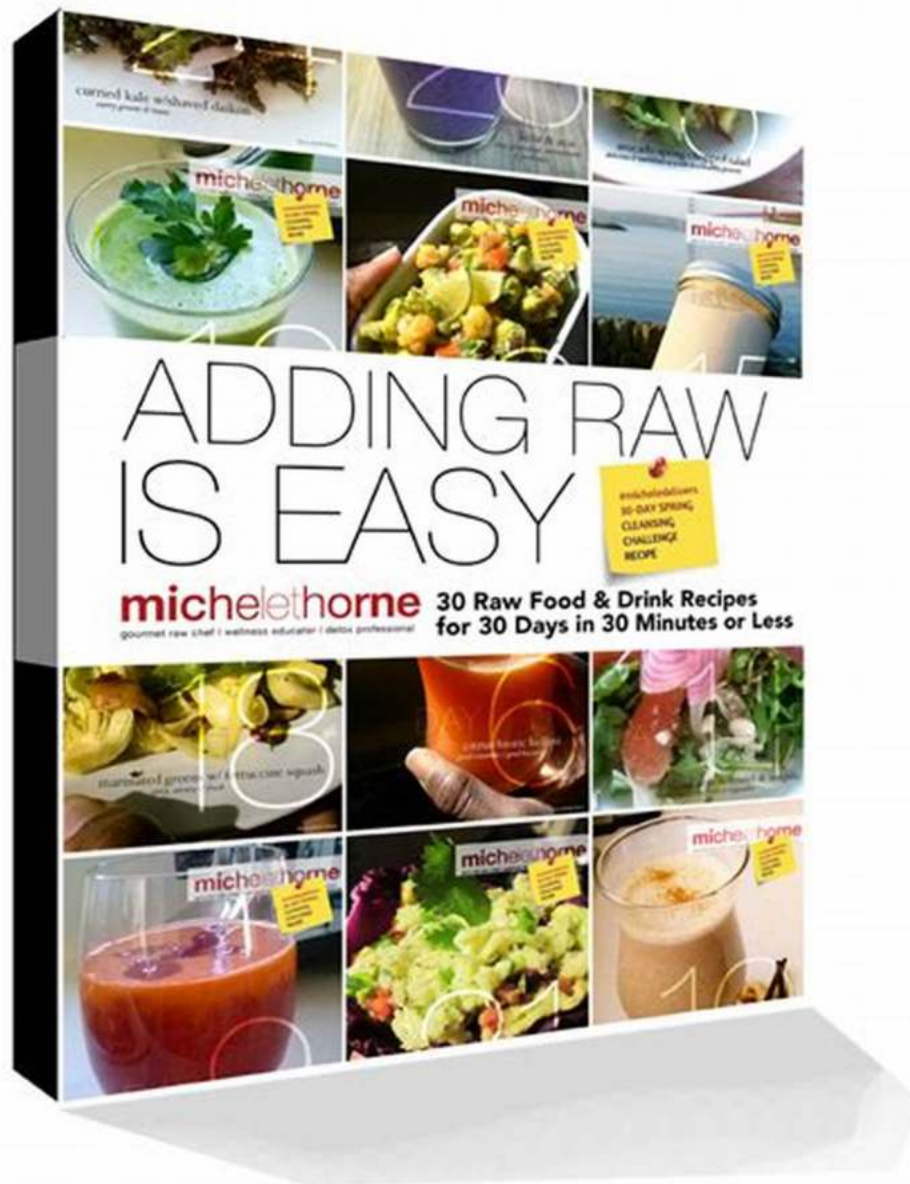


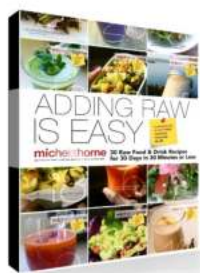
# Adding Raw Is Easy: Discover the Power of Raw Food in Your Diet

Are you tired of the same old boring meals? Are you looking for a way to add more nutrients to your diet and boost your overall health? Look no further. Adding raw food to your diet is an easy and effective way to achieve all of these goals and more.



## The Power of Raw Food

Raw food refers to any food that has not been cooked or heated above a certain temperature (usually around 118°F or 48°C). By consuming raw food, you are getting the most out of the natural nutrients, enzymes, and minerals that are often lost during the cooking process.



### ADDING RAW IS EASY: 30 Raw Food Recipes for 30 Days in 30 Minutes or Less

by Sasi Krish (Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 21311 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 92 pages



Why is this important? Well, when food is cooked at high temperatures, many essential nutrients are destroyed. For example, vitamin C is highly sensitive to heat and can be easily depleted when cooking. By eating raw, you are preserving these vital nutrients and maximizing their benefits.

Not only does raw food supply your body with essential vitamins and minerals, but it also aids digestion. Raw fruits, vegetables, and nuts contain enzymes that help break down food and improve overall digestion. This can lead to increased energy levels and improved gut health.

## Adding Raw to Your Diet

One of the best things about adding raw food to your diet is how easy it is to incorporate. You don't need to make drastic changes or follow complicated recipes. Here are some simple ways to add raw food into your daily meals:

## **1. Start Your Day with a Raw Smoothie**

Kickstart your morning with a refreshing and nutritious raw smoothie. Blend together your favorite fruits, such as bananas, berries, or mangoes, with some leafy greens like spinach or kale. Add a splash of almond milk or coconut water for a creamy texture. This delicious smoothie will provide you with a burst of energy to start your day right.



## **2. Mix Up a Colorful Salad for Lunch**

Salads are a perfect opportunity to get creative with raw food. Choose a variety of colorful veggies, such as bell peppers, cucumbers, carrots, and cherry tomatoes. Add some protein by throwing in chickpeas, quinoa, or tofu. Top it all off with a flavorful homemade dressing, and you have a vibrant and nutrient-packed lunch.

## **3. Snack on Raw Nuts and Seeds**

Instead of reaching for processed snacks, opt for raw nuts and seeds. Almonds, walnuts, cashews, chia seeds, and sunflower seeds are all fantastic choices. They are rich in healthy fats, protein, and fiber, making them a perfect snack to keep you satisfied and fueled throughout the day.

#### **4. Get Creative with Raw Desserts**

Who said desserts have to be unhealthy? Raw desserts are not only delicious but also guilt-free. Try making a raw chocolate mousse using avocados, cacao powder, and dates. You can also whip up energy balls using a combination of nuts, dried fruits, and coconut. These tasty treats will satisfy your sweet tooth while providing essential nutrients.

### **Benefits of Adding Raw Food**

Adding raw food to your diet offers a wide range of benefits for your overall health and well-being. Here are just a few:

#### **1. Increased Nutrient Intake**

Raw food is packed with essential vitamins, minerals, and antioxidants that are easily absorbed by your body. By adding raw food to your diet, you ensure that you are getting the most out of these nutrients.

#### **2. Improved Digestion**

As mentioned earlier, raw food contains enzymes that aid digestion. By incorporating raw food into your meals, you can improve your digestion, reduce bloating, and promote a healthy gut.

#### **3. Weight Loss and Weight Management**

Raw food is naturally low in calories and high in fiber. By adding more raw food to your diet, you can feel fuller for longer and reduce your overall calorie intake. This

can help with weight loss and weight management goals.

#### 4. Increased Energy Levels

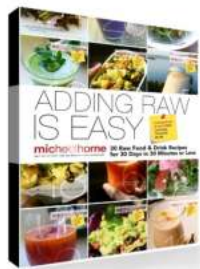
Raw food is rich in nutrients and enzymes that can boost your energy levels. Say goodbye to the mid-afternoon slump and hello to sustained energy throughout the day.

#### 5. Clearer Skin

Many people report clearer and more radiant skin after adding raw food to their diet. The abundance of antioxidants and hydration from raw fruits and vegetables can help improve your skin's appearance.

Adding raw food to your diet is a simple and effective way to improve your overall health and well-being. Whether you start with a raw smoothie in the morning, a colorful salad for lunch, or raw desserts, you can enjoy the benefits of raw food without sacrificing taste or convenience.

So, why wait? Start adding raw food to your diet today and experience the power of raw.



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Finally, adding raw food and drinks is easy! You can add one raw beverage or gourmet raw food side each day for 30 days with these recipes that use organic fruits and veggies, sprouted seeds and superfoods to add abundant nutrients to your day!

Learn tips and tricks on how to save time, money and even help some of what's left over go to good use – what I like to call, “upcycled”.

Preparing any meal can contain essential nutrients, but in this eBook you will learn how to STRATEGICALLY combine your ingredients for maximum nutrients, flavor and output! Learn the techniques the pro's know!

There are 30+ Recipes available in this book including :

- Savory Kale w/Sundried Tomatoes & Island Dressing
- Great Greens Spritzer
- Mostly Green Salad w/Avocado Dressing
- Marinated Shiitake Mushrooms
- Shiitake Cilantro Slaw
- Citrus Biotic Bellini
- Red Cabbage Fermented Kraut
- Papaya Avocado Salad
- Creme de Shilajit Smoothie
- Marinated Beets w/Fennel & Arugula w/Spicy Dressing
- Herbed Cashew Cotta (Nut Cheese)
- Pepper Confetti Salad w/Greek Style Dressing
- AND MANY MORE....

Join Gourmet Raw Food Chef & Educator, Michele Thorne and add raw food to your table EVERYDAY!



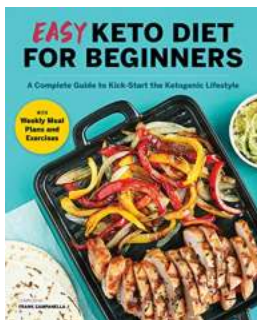
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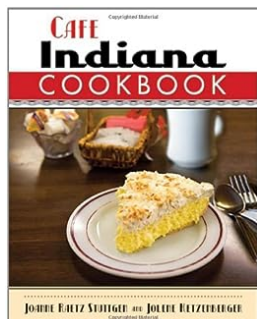
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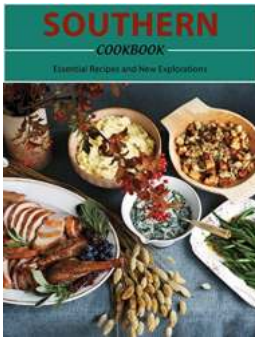
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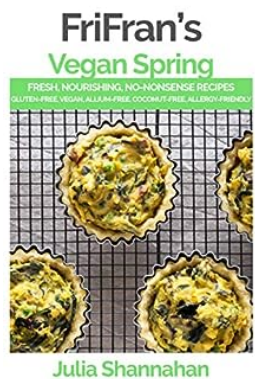
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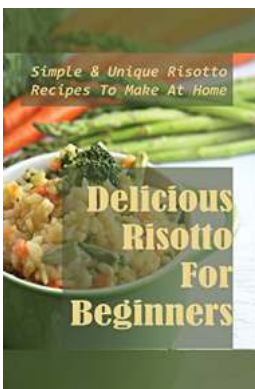
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