



**Going Raw: Everything You Need to Start Your Own Raw Food Diet & Lifestyle Revolution at Home by Wignall, Judita (2011) Paperback**

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Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? "Going Raw" gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignall's "Going Raw" combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. Fully illustrated raw-food techniques, from slicing a coconut to sprouting your own seeds. More than 100 delicious, fresh, gourmet food recipes--smoothies, salads, "burgers," and beyond. On the bonus DVD you'll find a video tutorial for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandoline, and spiralizing vegetables.

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