



Going Raw: Everything You Need to Start Your Own Raw Food Diet and Lifestyle Revolution at Home

Judita Wignall

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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

Inside you'll find:

- Green Smoothies
- Berries and Cream Crepes
- Dandelion Salad
- Thai Green Bean Salad
- Herbed Cashew Hemp Cheese
- Broccoli and Mushrooms with Wild Rice
- Spaghetti Bolognese
- Asian Noodle “Stir Fry”
- Classic Veggie Pizza
- Coconut-Curry Samosas with Plum Chutney
- Orange-Chocolate Mousse Parfait
- Mexican Spiced Brownies
- Apple Cobbler with Maple Cream

- How to grow your own sprouts
- How to ferment kimchi and sauerkraut
- ...and even 100% raw Ice Cream, Coconut Yogurt, and more!

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Anne Larsen:

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