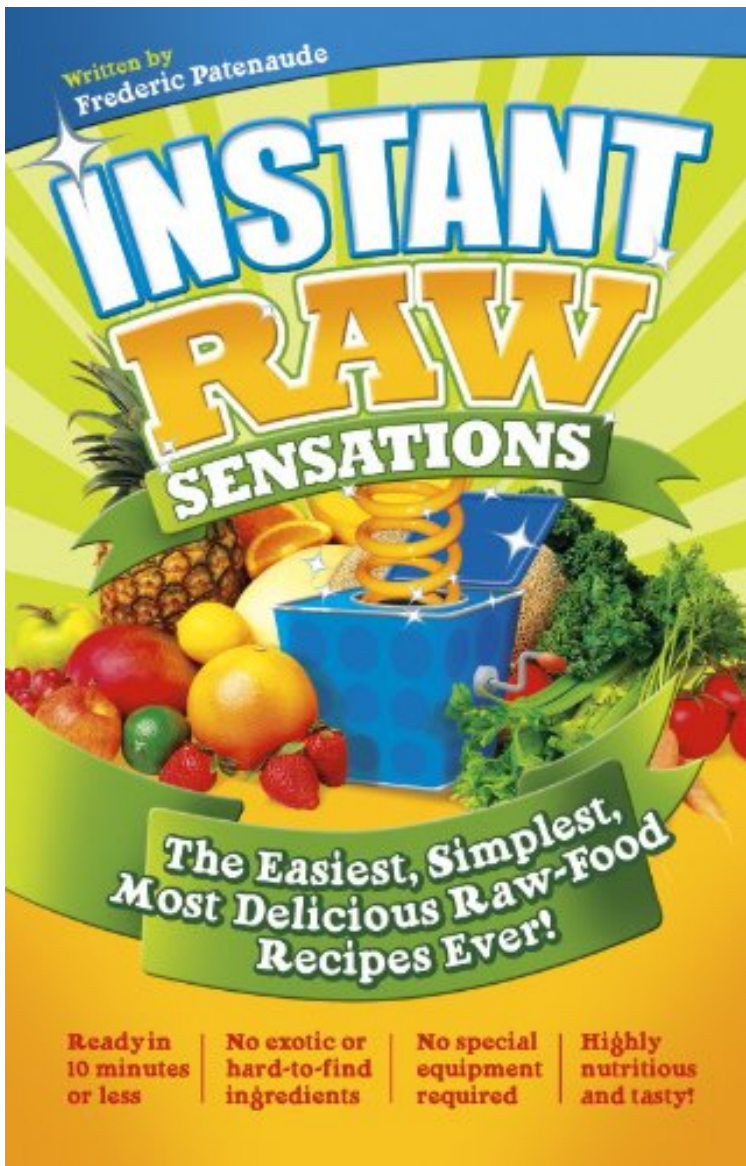


Instant Raw Sensations: The Easiest, Simplest, Most Delicious Raw Food Recipes Ever! (English Edition)



Par Frederic Patenaude
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Description :

Prsentation de l'diteurFinally a raw food book with recipes that are simple to prepare and ingredients you can easily find. Most recipes can be prepared in less than 10 minutes with a simple cutting board and blender. And guess what? They taste amazing too! The author, Frederic Patenaude, only kept his best recipes -- the ones that you will want to make over and over again. He also requested the help of a crew of raw chefs and

raw-food enthusiasts who contributed their favorite instant sensations. Prsentation de l'diteur Finally a raw food book with recipes that are simple to prepare and ingredients you can easily find. Most recipes can be prepared in less than 10 minutes with a simple cutting board and blender. And guess what? They taste amazing too! The author, Frederic Patenaude, only kept his best recipes -- the ones that you will want to make over and over again. He also requested the help of a crew of raw chefs and raw-food enthusiasts who contributed their favorite instant sensations.