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Raw And Simple: Eat Well And Live Radiantly With 100 Truly Quick And Easy Recipes For The Raw Food Lifestyle



Synopsis

Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's *Raw & Simple*, it's never been simpler to eat and live better. It's healthy, fun??and easy. Inside you'll find: No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives?"just real, wholesome foods, made simple All gluten-free recipes, with plenty of low-sugar options The nutritional benefits to keeping foods as close to their natural state as possible How to get all of your essential nutrients from a raw diet Tips and tricks for stocking your kitchen and living the raw lifestyle Lifestyle and weight loss strategies to help you achieve vibrant health Making smart, delicious food choices in a short amount of time is now easier than ever. *Raw and Simple* provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include: Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli, Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food?"it's about feeding your whole body and fueling your life!

Book Information

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Customer Reviews

'a terrific advocate of the [raw food] diet' The Vegetarian

Judita Wignall is a raw and natural foods chef and integrative nutrition health coach from Los Angeles, California. A former commercial actress, model and musician, she discovered the healing power of raw foods after health challenges made her reassess her diet and lifestyle. She left the entrainment industry to follow her passion for great-tasting food, holistic health, and wellness. She's a graduate of the Living Light Culinary Institute, Institute for Integrative Nutrition and Rouxbe Cooking School. In between her many creative projects, she continues to run her online health boutique, teach classes, host retreats, and coach clients around the country. Learn more at www.juditawignall.com.

I never write reviews, but for this one I felt completely compelled to do so. These recipes aren't just raw and simple, they're also absolutely delicious! There's tons of valuable information in the beginning portion of the book. I ordered Judita's first book 'Going Raw', and although the recipes weren't extremely complicated, I found it to be a little overwhelming and was a little "turned-off", but that's probably because I'm relatively new to this lifestyle and the didn't have the proper equipment. This book on the other hand is completely straight forward and all you need is a knife, a blender, and food processor; maybe an icecream machine for 1 or 2 recipes but she also gives alternatives and even gives advice on how and when to try your own variations. This is the book you want when you'd like to begin incorporating raw foods into your lifestyle. Some of the ingredients can be a little expensive and hard to find (or maybe it's just me) but I promise you'll be happy to have spent the time and money! I made the spicy nacho cheese dip and when I shared it with some of my classmatesYYwho are completely cynical when it comes to unconventional foodsYYI had told them what it was called but I didn't necessarily say that it was vegan and raw haha and they loved it! They were all completely shocked when I told them what it was made from. This is the fourth raw food cookbook that I've bought and it's by far my favourite... You won't regret purchasing it! The layout of the entire book is simple, clean, and sophisticated. All the images are in colour and the pictures of the recipes themselves will make you drool haha. Judita even goes as far as recommending other books if you'd like to expand your knowledge on a certain subject. She also includes websites for

equipment, ingredients, information, and to get in touch with other raw foodists. Get this book and good luck on your path of healthy living! :)

After having purchased Judita Wignall's first book (which I also rate as a 5-star) I eagerly anticipated her second book arriving in the mail. I am not disappointed. Very easy recipes with accessible ingredients that don't require a degree from the Culinary Institute of America to prepare. Quick, easy, uplifting recipes that even my teenagers love. I have been exploring raw foods since around 1997 and found the movement very dogmatic, intense, and overbearing with recipes containing an onerous amount of ingredients and very heavy. I give this new generation of raw foodists a huge amount of credit for removing the dogma and simplifying healthy food. This book is a complete joy and if you are new to raw foods she is very simple and concise with offering ideas on how to gracefully transition to a healthier life. Another book beautifully done by this author.

I have her first book and was excited to order this cookbook. After going through the book, I am disappointed with the recipes. I thought it would be more creative with raw food, but it's just basic stuff and not very appealing.

This is my second book by Judita and I love that she shows us how to make water kefir and that she actually went to a really great school to learn all of her raw nutrition preparation. I tried to sign up for the same school but they are closing and going to an on line format. There are a few items that are not raw in the dressings and sauces so you will need to be mindful of that and choose substitutions or avoid those recipes if you're hard core. Her first book is really good too where she shows you sprouting and making other fermented vegetables. Good for winter.

I bought both of Judita's books. Then I brought some of the treats into the office. Within a week, four others where I work had made the purchase as well. Now we have raw food lunch feasts. I also recommend the book when I am teaching about health and nutrition. This book really emphasizes the "simple" part of raw. If you are a beginner, this is the place to start. If you've been on the journey for a while, this is the place to continue. It's full of flavorful combinations and motivates through illustration and beautiful photos.

It's not a duplicate of "Going Raw." I found the book a great resource for the 'next chapter' (no pun intended), in my transitional effort to being raw. Chapter 3 has the recipes. Chapters 1 & 2 have

good info on making it work for you, the raw kitchen, superfoods, and more."Raw and Simple" as with "Going Raw" both find there way throughout the house. The Kitchen, the coffee table, bedtime reading...wherever.

It's a good book and the kindle version is so much cheaper than the printed version which is nice. The links to other pages in the kindle version however do not work, you come to a completely different page than intended. Therefore only 4 stars. Also, the first part of the book is almost exactly the same as in her first book, for those who have read it. Compared to the first book there are no recipes that require a dehydrator in this, and several that don't require a high speed blender. I can recommend the book, it has a good introduction to the matter, material and basic techniques. Good advice on which food to pick up and why. Now that i own a high speed blender it seems that i don't need any recipes, i just throw everything in there and experiment.

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