



Raw Vegan Recipes 2: The complete guide to thriving on a plant-based diet for optimal physical health. (How to Be a Raw Vegan, Raw Food Recipes, Healthy Recipes, Healthy Meals, Vegan Recipes)

Kevin Kerr

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Do you want to learn how to make some of the tastiest raw food recipes on the planet?

Do you want to learn how to transition to a raw plant-based diet?

I believe everyone would consume more fresh fruits, vegetables, nuts, seeds, and herbs if they experienced how wonderful raw food can taste when prepared right and the amount of energy it would give them! Within are directions and recipes to make raw vegan bread, brownies, burgers, cake, chocolate, cobbler, cookies, pasta, and pizza! Contains over 60 plant-based creations! I dedicated two chapters of recipes based on the medicinal mushroom chaga and chocolate because of the numerous health benefits these two superfoods provide, which are listed. This one is for you if you want scrumptious healthy recipes, or want to learn how to transition to a raw plant-based diet. Every creation is not only nourishing for your body but all are incredibly delicious! I enjoy making all of them on a regular basis and I'm confident you will too!

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