



**Kristen Suzanne's EASY Raw Vegan Holidays:
Delicious & Easy Raw Food Recipes for Parties &
Fun at Halloween, Thanksgiving, Christmas, and
the Holiday Season**

Kristen Suzanne

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Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. With this fun, easy, one-of-a-kind guide, Raw food chef Kristen Suzanne explains how to apply the Raw food diet and lifestyle to the holiday season, with how-to tips and delicious and decorative recipes for Halloween, Thanksgiving dinner, Christmas, and other holiday season festivities. Includes a fabulous "Raw Holiday Survival Guide" to help Raw vegan enthusiasts adapt this extremely healthy diet and lifestyle to the special demands imposed by the holiday season. This Raw food vegan recipe book also includes a "Raw Basics" introduction to Raw food for people who are new to the subject.

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As we know that book is very important thing to add our expertise for everything. By a guide we can know everything we wish. A book is a list of written, printed, illustrated as well as blank sheet. Every year had been exactly added. This guide Kristen Suzanne's EASY Raw Vegan Holidays: Delicious & Easy Raw Food Recipes for Parties & Fun at Halloween, Thanksgiving, Christmas, and the Holiday Season was filled regarding science. Spend your time to add your knowledge about your scientific research competence. Some people has various feel when they reading some sort of book. If you know how big advantage of a book, you can feel enjoy to read a e-book. In the modern era like currently, many ways to get book that you wanted.

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