

RAW FOOD COOKING



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Raw foodism Wikipedia

Raw foodism, also known as rawism or following a raw food diet, is the dietary practice of eating only or mostly food that is uncooked and unprocessed. Depending on the philosophy, or type of lifestyle and results desired, raw food diets may include a selection of fruits, vegetables, nuts, seeds, eggs, fish, meat, and dairy products.

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21 Awesome Raw Food Recipes for Beginners to Try Yuri Elkaim

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Healthy Raw Food Recipes EatingWell

What is the raw food diet? A raw foodist avoids heat-processed grains and most animal products (although some consume raw fish, milk and meat); raw foodists eat nuts, seeds, sprouted grains, fruits and vegetables ones that haven't been heated past 118 F.

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