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Ani's Raw Food Kitchen: Easy, Delectable Living Foods Recipes A beautiful raw book, filled with amazing recipes and Ani's tidbits on how we can make this world a better place. I like to recommend this book if you're looking for something to show to friends and family, or leave on your coffee table to inspire your guests.

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As with some other raw food recipes books, she includes some tidbits on sprouting and raw food preparation, and offers advice on transition diets. She includes an some fermented foods such as sauerkraut, seed cheeses and dishes, along with of an assortment of soups, vegetable loafs, salads, living breads and deserts. Ann Wigmore was also well known for advocating wheatgrass juice therapy, and she travelled the world offering her experiences in living foods.

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I use simple charts such as a food combining chart, a flavor chart, an ethnic flavor chart, and a texture chart. Once you learn the basic formula of how to make raw dishes you can become your very own raw chef.

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