RAW FOOD RECIPES EASY



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This easy peppermint chocolate fudge is made with only 5 ingredients and takes 5 minutes to make and 1 hour to set. It is infused with amazing peppermint essential oil and is gluten & dairy free. It is infused with amazing peppermint essential oil and is gluten & dairy free.

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21 Awesome Raw Food Recipes for Beginners to Try Yuri Elkaim

Does the hype around raw foods have you curious? Thinking about incorporating raw food recipes in your weekly meals? Getting started with raw foods can seem intimidating, but no worries, we ve got you covered with these 21 amazing raw food recipes for beginners.

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Raw foodies generally agree that anything heated above 118F is not raw food, which is why a food dehydrator is a common tool in raw cooking. You cook the food at a very low temperature over a longer period of time to preserve the nutrients. In the spirit of keeping things simple, none of the recipes I m listing require a food dehydrator.

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Easy Raw Food Recipes from About thespruceeats com

A raw food diet, rich in fruits, nuts, seeds and vegetables is an excellent diet for vegetarians who want to explore the benefits of eating raw. Find raw food recipes suitable for vegans, vegetarians and carnivores alike.

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6 Easy Raw Food Recipes Shape Magazine

Yes, I ll admit that the ingredient list for this recipe seems rather long, but trust me, it s worth it. Everything comes together surprisingly fast and if you re really pressed for time, just make what you can (the salsa recipe is on the next page).

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