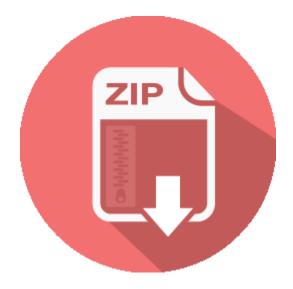
# **RECIPES FOR RAW FOOD**



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Many recipes call for mysterious ingredients (think nutritional yeast, agave nectar, chia seeds, and on and on!) that most raw food beginners don't have in their pantries. While recipes that include such ingredients are great and I too use them, they are probably not where you want to start if you are searching for raw food recipes as a beginner.

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

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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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Try your hand out on a few of these raw vegan salad recipes and spruce up your normal raw food diet. These salads are varied with so many colors, textures, tastes and ingredients.

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