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Raw Food Recipes RecipesSquare.com

A raw food diet may also give you more energy since uncooked food is full of liver enzymes, vitamins and nutrients that are easily digested by your body. Other benefits are less constipation, less fatigue, lower blood pressure, stronger immune system, improved skin tone and less risk of osteoporosis.

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This recipe is made with all raw ingredients. The combination of avocado, banana, and raw cocoa nibs may seem odd, but the banana provides the taste, and the avocado adds texture, and the cocoa nibs add crunch.

<http://ebookslibrary.club/Raw-Food-Diet-Recipes-Allrecipes-com.pdf>

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.

<http://ebookslibrary.club/Healthy-Raw-Food-Recipes-EatingWell.pdf>

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The 10 best raw recipes: A selection of uncooked dishes from ceviche to tropical-tasting gazpacho, we celebrate all that's crisp and crunchy

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