



The Simply Raw Kitchen: Plant-Powered, Gluten-Free, and Mostly Raw Recipes for Healthy Living (Paperback)

By Natasha Kyssa

ARSENAL PULP PRESS, Canada, 2013. Paperback. Condition: New. Language: English . Brand New Book. The road to good health through proper diet and nutrition can lead down many paths; you may ask yourself, should I go vegan? Follow a gluten-free regimen? Should I eat raw or cooked foods? Natasha Kyssa offers all that and more in this inspiring collection of mostly raw, whole-foods recipes that will improve your health, no matter what your age. Natasha is a former international fashion model who transformed her unhealthy lifestyle by turning to raw foods almost twenty-five years ago; she is now a raw foods consultant and restaurateur who also runs marathons in her spare time. Natasha promotes a balanced, flexible diet designed for individual constitutions and based on fresh plant foods--gluten-free, toxin-free, and simply delicious. Her regimen also takes into consideration older folks and others who cannot tolerate an all-raw diet by including cooked foods. It s a cookbook and lifestyle guide to be shared between generations, much like Natasha and her mother, who contributes vegan versions of central European classics like borscht, mushroom goulash, cabbage rolls, and lovage dumplings. Other recipes include raw soups, cakes, and puddings, as well as a raw...



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