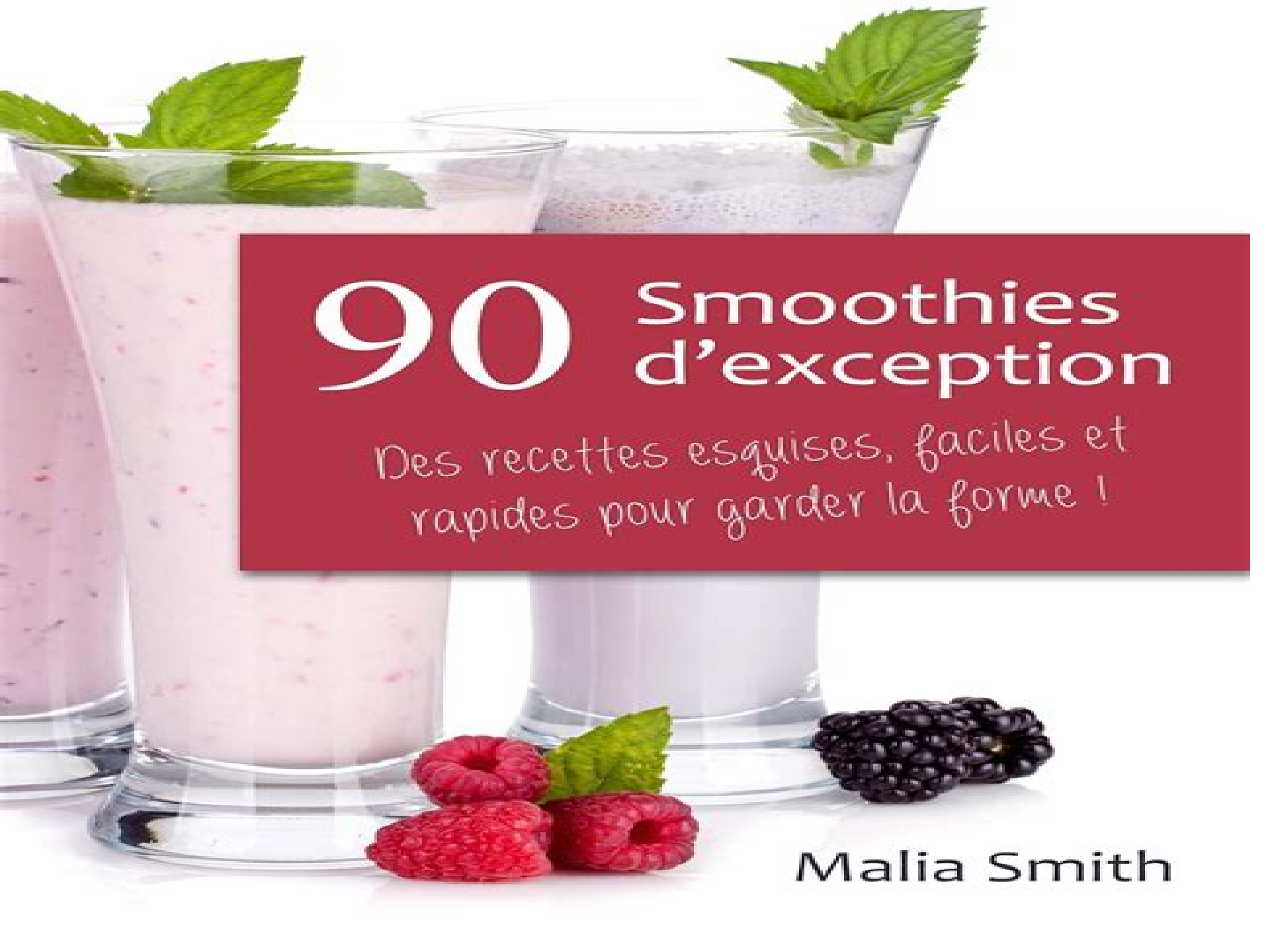


The background of the image features three tall, clear glasses filled with smoothies. The glass on the left contains a pink smoothie with small red fruit pieces. The middle glass contains a light-colored, possibly white or light blue, smoothie. The glass on the right contains a darker smoothie. Each glass is garnished with a fresh green mint leaf. In the foreground, there are several fresh raspberries and a blackberry, along with another mint leaf, arranged on a white surface.

90 Smoothies d'exception

*Des recettes esquises, faciles et
rapides pour garder la forme !*

Malia Smith

Smoothies Detox Garder Smoothies Fruits

Michael Seilmaier



Smoothies Detox Garder Smoothies Fruits:

Green Smoothies: 100 Simple Recipes for Detox and Weight Loss - Start Your Healthy Journey with Delicious Power Drinks! Sanja J. Gibson, 2024-06-14 Green Smoothies 100 Simple Recipes for Detox and Weight Loss Start Your Healthy Journey with Delicious Power Drinks As a nutritionist I am delighted to present my new book Green Smoothies 100 Simple Recipes for Detox and Weight Loss Start Your Healthy Journey with Delicious Power Drinks This book is your ultimate companion on the road to a healthier more vital lifestyle full of flavor and joy In my extensive collection you will find 100 refreshing creations that will delight your taste buds and provide your body with valuable nutrients Green smoothies are the perfect way to incorporate more fruits and vegetables into your diet while enjoying every sip Why green smoothies These power drinks are rich in vitamins minerals and antioxidants that promote your health and help you feel fitter and more energetic They also help you lose weight because they are low in calories and filling Whether for breakfast as a snack in between meals or after exercise our recipes fit into every day and offer a wide range of taste experiences All the recipes are easy to follow so you can enjoy them without much effort From classic combinations with spinach and banana to exotic blends with kale and mango and innovative recipes with superfoods there is something for every taste Health benefits of green smoothies Rich in nutrients Vitamins minerals and antioxidants promote your health Promote digestion Fiber supports healthy digestion Support for weight loss Low calorie and filling ingredients help you lose weight Increase energy Nutrient rich ingredients give you more energy Strengthen the immune system Antioxidants and vitamins strengthen your immune system Improve skin health Nutrients such as vitamins E and C promote healthy skin Detoxification Green smoothies help the body detoxify Hydration High water content helps to keep your body hydrated Boost mental clarity Nutrients and hydration improve mental performance Support heart health Ingredients such as spinach and kale promote healthy heart function Discover how easy it is to bring more vitality and energy into your daily routine while losing weight Be inspired and enjoy the variety of green smoothies that are not only healthy but also incredibly delicious With my recipes every day will be a little greener and a little better [Green Smoothies: 100 Recipes for Your Daily Energy Boost \(Detox Cure with Lasting Weight Loss & Feel-Good Effect\)](#) Emily J. Wilson, 2024-06-14 Green Smoothies 100 Recipes for Your Daily Energy Boost Detox Cure with Lasting Weight Loss Feel Good Effect As a nutritionist I am delighted to present my new book Green Smoothies 100 Recipes for Your Daily Energy Boost Detox Cure with Lasting Weight Loss Feel Good Effect This book is your ultimate companion on the road to a healthier more vital lifestyle full of flavor and joy In my extensive collection you will find 100 refreshing creations that will delight your taste buds and provide your body with valuable nutrients Green smoothies are the perfect way to incorporate more fruits and vegetables into your diet while enjoying every sip Why green smoothies These power drinks are rich in vitamins minerals and antioxidants that promote your health and help you feel fitter and more energetic They also help you lose weight because they are low in calories and filling Whether for breakfast as a snack in

between meals or after exercise our recipes fit into every day and offer a wide range of taste experiences All the recipes are easy to follow so you can enjoy them without much effort From classic combinations with spinach and banana to exotic blends with kale and mango and innovative recipes with superfoods there is something for every taste Health benefits of green smoothies Rich in nutrients Vitamins minerals and antioxidants promote your health Promote digestion Fiber supports healthy digestion Support for weight loss Low calorie and filling ingredients help you lose weight Increase energy Nutrient rich ingredients give you more energy Strengthen the immune system Antioxidants and vitamins strengthen your immune system Improve skin health Nutrients such as vitamins E and C promote healthy skin Detoxification Green smoothies help the body detoxify Hydration High water content helps to keep your body hydrated Boost mental clarity Nutrients and hydration improve mental performance Support heart health Ingredients such as spinach and kale promote healthy heart function Discover how easy it is to bring more vitality and energy into your daily routine while losing weight Be inspired and enjoy the variety of green smoothies that are not only healthy but also incredibly delicious With my recipes every day will be a little greener and a little better

Green Smoothies: The Ultimate Guide to Healthy Smoothies and Detox Strategies

Boreas M.L. Saage, Discover the transformative power of green smoothies with this comprehensive guide to healthy smoothies and effective detox strategies This book delves into the science and practical application of incorporating nutrient dense green smoothies into your daily routine for improved health energy and weight management The journey begins with the fundamentals of green smoothies exploring their exceptional nutritional profile compared to juices and other beverages Learn how green smoothie detox programs support your body's natural cleansing processes particularly benefiting liver and kidney function Visual charts illustrate the impressive vitamin content mineral supply and fiber distribution that make green smoothies superior to other dietary options The guide thoroughly examines ingredient selection highlighting the nutritional powerhouses of leafy greens like spinach and kale and how to balance them with fruits for palatability Discover how to incorporate both local and exotic superfoods to enhance your smoothie detox experience and maximize health benefits Practical preparation techniques are covered in detail from equipment selection to advanced methods for preserving nutrients and streamlining your smoothie routine The book offers valuable insights on ingredient layering and temperature management to ensure you get the most from your healthy smoothies Specialized sections address specific health goals including detailed strategies for using smoothies for weight loss Learn which metabolism boosting ingredients make the most effective detox smoothies and how timing your consumption can optimize results The anti inflammatory smoothies section provides targeted combinations to combat chronic inflammation and joint discomfort while energy boosting formulations offer natural alternatives to caffeine and processed energy drinks The book concludes with seasonal smoothie programs guiding you through year round detox strategies from spring cleansing with wild herbs to immune supporting winter combinations Each program is thoughtfully designed to align with your body's changing needs throughout the year Whether

you're new to green smoothies or looking to enhance your existing smoothie diet this guide provides the knowledge and strategies to transform your health through the power of nutrient rich green smoothie detox programs *The Complete Idiot's Guide to Green Smoothies* Bo Rinaldi, 2012-05-01 Green smoothies are not the sugary concoctions that come to mind when people hear the word smoothie They are instead highly nutritious creations that are intended to increase energy boost metabolism burn fat and cleanse the body of toxins Green smoothies utilize fresh healthful foods superfoods and a multitude of fantastic ingredients that together offer amazing health benefits The Complete Idiot's Guide to Green Smoothies starts with the health benefits of green smoothies and how to make them properly and fully enjoy them while the bulk of the book is comprised of 150 fun nutritious and delicious recipes supplemented with numerous variations throughout *10 Day Green Smoothie Cleanse* J.D. Rockefeller, 2015-10-30 What is the green smoothie cleanse all about What do you need to do for 10 days What does it involve What are the basic principles of the cleansing Are there certain foods that you are supposed to avoid What foods will help do the cleansing and get you started on getting back your health Find the answers to all these questions and much more in this guide So let's get started and find out more about the 10 day green smoothie cleanse

The Green Smoothies Diet Robyn Openshaw, 2009-08-25 A cookbook from The Green Smoothie Girl with juice and smoothie recipes that capture the nutritious superfood benefits of fruits and vegetables Looking for a quick flavorful and nutritious way to stay youthful and healthy The Green Smoothies Diet provides the perfect solution Green smoothies are the best way to power up your body and supercharge your health in just minutes a day Packing a tasty nutrient filled punch in every sip these ultrahealthy smoothies pair leafy green vegetables with delicious antioxidant rich fruits Discover how green smoothies help you Lose Weight Detoxify the Body Increase Energy Fight Heart Disease Prevent Diabetes Certain Cancers Boost the Immune System Make Skin and Hair Beautiful Features easy to make recipes like Rad Raspberry Radicchio Black Kale Blackberry Brew Red Pepper Mint Julep Grapefruit Cilantro Booster Big Black Cabbage Cocktail [Juicer Recipes](#) [Fruit & Vegetable Juicer & Smoothie Blender Recipes Book](#) Juliana Baldec, 2013-11-24 This is a compilation of 3 books This compilation includes Juliana Baldec's three titles Book 1 Juicing To Lose Weight Book 2 21 Smoothies For Weight Loss Book 3 11 Healthy Smoothies You Wish You Knew From one of America's most passionate advocates of turning common and sick making food choice into a healthy balanced lifestyle that includes 5 minute quick and effortless to make tasty healthy vitality and energy boosting smoothies and juices Not only can these healthy blender drinks boost your health and wellness but they can also provide you with many other benefits like beautifying your body and skin from the inside out anti aging natural ability to heal itself energizing and regulating your hormones helping neutralize free radicals in our body and brain satisfying your daily supply of the cancer fighting mineral selenium treating fungal bacteria in the body like candida boosting your energy level to fight against fatigue and illnesses losing weight and keep it off and many other health benefits When Juliana got started with smoothies juices she was able to shed 20 pounds during a period of 2 months Since then she has been able to

keep that weight off Her secret She turned these nutritious and satisfying drinks into a way of life Combining smoothies juices her secret morning elixir that she is going to share with you inside and a light meal plan has helped her not only lose 40 pounds within 60 days but she was also been able to get rid of her nasty breathing and Asthma problems at the same time Consuming a combination of these smoothies juicing recipes will help your body get rid of sick making toxins boost your vitality and energy get rid of nasty body conditions like Asthma rejuvenate your body provide your body with a natural immune system detoxify and clean your body turn your body into a lean body shed pounds and more Double your life today with these tasty delights *10 jours Green Smoothie Cleanse Nettoyage Smoothie vert : 50 nouvelles recettes de la Fontaine de Jouvence À un plus jeune vous regardant maintenant* Jodie Sloan, 2018-09-07 10 jours de nettoyage vert Smoothie Cleanse 50 nouvelles recettes de la fontaine de jouvence un jeune qui vous regarde maintenant Jus de pomme et de myrtille Ingrédients Bleuets 2 tasses Pommes 2 M thode Laver fond et enlever les graines des fruits Mettez les dans un mixeur et faites un jus Ajoutez de la glace et savourez cette boisson savoureuse Buvez le jus immédiatement après la préparation Jus de pomme et de myrtille Ingrédients Bleuets 2 tasses Pommes 2 M thode Laver fond et enlever les graines des fruits Mettez les dans un mixeur et faites un jus Ajoutez de la glace et savourez cette boisson savoureuse Buvez le jus immédiatement après la préparation il prendra la texture d'un gel après une demi heure de préparation Prenez le livre pour plus de recettes de smoothies maintenant **Green Smoothies: Power Drinks for Every Day with 100 Simple Recipes -**

Vitality, Detox and Weight Loss Made Easy Mia McCarthy, 2024-06-15 Green Smoothies Power Drinks for Every Day with 100 Simple Recipes Vitality Detox and Weight Loss Made Easy As a nutritionist I am delighted to present my new book Green Smoothies Power Drinks for Every Day with 100 Simple Recipes Vitality Detox and Weight Loss Made Easy This book is your ultimate companion on the road to a healthier more vital lifestyle full of flavor and joy In my extensive collection you will find 100 refreshing creations that will delight your taste buds and provide your body with valuable nutrients Green smoothies are the perfect way to incorporate more fruits and vegetables into your diet while enjoying every sip Why green smoothies These power drinks are rich in vitamins minerals and antioxidants that promote your health and help you feel fitter and more energetic They also help you lose weight because they are low in calories and filling Whether for breakfast as a snack in between meals or after exercise our recipes fit into every day and offer a wide range of taste experiences All the recipes are easy to follow so you can enjoy them without much effort From classic combinations with spinach and banana to exotic blends with kale and mango and innovative recipes with superfoods there is something for every taste Health benefits of green smoothies Rich in nutrients Vitamins minerals and antioxidants promote your health Promote digestion Fiber supports healthy digestion Support for weight loss Low calorie and filling ingredients help you lose weight Increase energy Nutrient rich ingredients give you more energy Strengthen the immune system Antioxidants and vitamins strengthen your immune system Improve skin health Nutrients such as vitamins E and C promote healthy skin Detoxification Green smoothies help the

body detoxify Hydration High water content helps to keep your body hydrated Boost mental clarity Nutrients and hydration improve mental performance Support heart health Ingredients such as spinach and kale promote healthy heart function Discover how easy it is to bring more vitality and energy into your daily routine while losing weight Be inspired and enjoy the variety of green smoothies that are not only healthy but also incredibly delicious With my recipes every day will be a little greener and a little better Green Smoothies: Power Drinks for Every Day with 100 Recipes Mia McCarthy,2024-06-15 As a nutritionist I am delighted to present my new book Green Smoothies Power Drinks for Every Day with 100 Simple Recipes Vitality Detox and Weight Loss Made Easy This book is your ultimate companion on the road to a healthier more vital lifestyle full of flavor and joy In my extensive collection you will find 100 refreshing creations that will delight your taste buds and provide your body with valuable nutrients Green smoothies are the perfect way to incorporate more fruits and vegetables into your diet while enjoying every sip Why green smoothies These power drinks are rich in vitamins minerals and antioxidants that promote your health and help you feel fitter and more energetic They also help you lose weight because they are low in calories and filling Whether for breakfast as a snack in between meals or after exercise our recipes fit into every day and offer a wide range of taste experiences Health benefits Rich in nutrients Vitamins minerals and antioxidants promote your health Promote digestion Fiber supports healthy digestion Support for weight loss Low calorie and filling ingredients help you lose weight Increase energy Nutrient rich ingredients give you more energy Strengthen the immune system Antioxidants and vitamins strengthen your immune system Improve skin health Nutrients such as vitamins E and C promote healthy skin Detoxification Green smoothies help the body detoxify Hydration High water content helps to keep your body hydrated Boost mental clarity Nutrients and hydration improve mental performance Support heart health Ingredients such as spinach and kale promote healthy heart function Discover how easy it is to bring more vitality and energy into your daily routine while losing weight Be inspired and enjoy the variety of green smoothies that are not only healthy but also incredibly delicious With my recipes every day will be a little greener and a little better **Green Smoothies: 100 Recipes for More Vitality and Energy** Baking & Cooking Lounge,2024-06-16 In our extensive collection you will find 100 refreshing creations that will delight your taste buds and provide your body with valuable nutrients Green smoothies are the perfect way to incorporate more fruits and vegetables into your diet while enjoying every sip This book is your key to a healthier more vital lifestyle full of flavor and joy Why green smoothies These power drinks are rich in vitamins minerals and antioxidants that promote your health and help you feel fitter and more energetic They also help you lose weight because they are low in calories and filling Whether for breakfast as a snack between meals or after exercise our recipes fit into any lifestyle and offer a wide range of flavor experiences All the recipes are easy to follow so you can enjoy them without much effort From classic combinations with spinach and banana to exotic blends with kale and mango and innovative recipes with superfoods there is something for everyone Rich in nutrients Vitamins minerals and antioxidants promote your health Aid

digestion Dietary fiber supports healthy digestion Support weight loss Low calorie and filling ingredients help you lose weight Increase energy Nutrient rich ingredients give you more energy Strengthen the immune system Antioxidants and vitamins strengthen your immune system Improve skin health Nutrients such as vitamins E and C promote healthy skin Detoxification Green smoothies help the body detoxify Hydration High water content helps to keep your body hydrated Boost mental clarity Nutrients and hydration improve mental performance Support heart health Ingredients such as spinach and kale promote healthy heart function Discover how easy it is to bring more vitality and energy into your daily routine while losing weight Be inspired and enjoy the variety of green smoothies that are not only healthy but also incredibly delicious With our recipes every day will be a little greener *Getting Started with the 10 Day Green Smoothie Cleanse* J.D.

Rockefeller,2016-09-16 What is the 10 day green smoothie cleanse Why is detoxification necessary How do you know that your body needs a cleansing How much weight can you lose Do you rely completely on green smoothies What problems can you encounter while on this diet Is it a healthy way of dieting Where can I get some recipes Find out the answers to all these questions in this guide **The Conscious Cleanse, 2E** Jo Schaalman,Julie Pelaez,Josh Dinar,2020-12-01 Cleanse your body in 14 days and live the vibrant life you were always meant to How well do you really feel If stopped on the street most people would say fine but is that the truth Do you suffer from fatigue Low energy Insomnia You might not realize how much how and what you eat impacts your everyday health and energy levels It just might be time for you to discover the healing power of food and add some vitality back to your life The Conscious Cleanse gives you a simple no nonsense program that eliminates harmful foods flushes toxins from your body and kick starts weight loss The result is lifelong freedom from aches and illness a renewed vibrancy and more energy than you ve ever known Take it from the experts Jo Schaalman and Jules Pelaez have been helping thousands of people achieve real results over the last decade with this life changing program Change your life in just 14 days and chart a path just for you with recipes for any appetite This invigorating plan includes recipes for beverages breakfasts salads soups grain dishes meat dishes and even snacks and appetizers In this revised edition you ll find A practical approach to a 14 day diet reset The tools to practice mindful eating and eliminate problem foods A guide to a new and improved 80 20 plan Over 100 delicious clean recipes for any eater **10-Day Green Smoothie Cleanse** JJ

Smith,2014-07-15 Lose 1015 pounds in 10 days **The Simplyraw Living Foods** Natasha Kyssa,2010-07-13 The modern world is a toxic place and weve all become less healthy because of it whether it is from the air that we breathe or the foods that we eat Natasha Kyssa is a raw foods chef and lifestyle coach and her company Simply Raw helps people improve their health and well being by integrating simple natural based guidelines into their current lifestyles This informative and useful manual outlines Natasha s twenty eight day detox program which includes only raw and living foods i e those that have been soaked sprouted and fermented It is a gentle effective method to cleanse the body of toxins and to provide optimal nourishment for healing The author believes that we can heal ourselves naturally to mend the damage done to our bodies due

to unhealthy environments and improper food choices Raw diets have become all the rage lately but Natasha believes that proper digestion essential for ones health and vitality essential for one s health and vitality can be greatly improved by a living foods diet This manual which includes 135 recipes as well as plenty of guidelines and background information follows a proven approach to better health natural weight loss increased vitality and healthy lifestyle changes *The 5-Day Real Food Detox* Nikki Sharp,2016-03-22 Discover the safe effective delicious cleanse that took Instagram by storm This 5 day detox program allows you to eat whole nutrient rich foods and feel satisfied and energized while dropping pounds As a professional model Nikki Sharp traveled constantly barely slept skipped meals and relied on quick fixes to stay skinny all of which took a toll on her physical and emotional health Realizing she needed to make a serious change she began to study integrative nutrition and learned that the key to weight loss radiant skin and overall well being is not starving yourself but eating That s right eating Sharp created her detox plan based on the knowledge that in the right combinations real whole foods grains vegetables fruits and spices can aid digestion burn body fat flush out toxins reduce bloating banish fatigue and clear up acne Unlike other cleanses The 5 Day Real Food Detox allows you to eat five times a day and shed a pound a day with meals and snacks developed by Sharp and backed by a nutritionist and a registered dietician Even better the recipes including Love Pancakes Spinach Chickpea Hummus Black Bean Burgers Cauliflower Mash and Taco Bowl have been taste tested by Sharp s many of 300 000 plus Instagram followers who have done the plan and seen amazing results In The 5 Day Real Food Detox you ll discover nutrient dense foods that encourage detoxification and weight loss the facts on juice smoothie tea and raw food cleanses yummy foods to substitute when you crave unhealthy ones ingredients to avoid and how to decode food labels the secret to great tasting meals use spices instead of salt strategies for lowering stress and combating insomnia troubleshooting for food allergies mood swings bloating and other detox issues Complete with gorgeous photos success stories shopping lists and meal plans The 5 Day Real Food Detox lays the groundwork for eating well and feeling wonderful for the rest of your life Advance praise for The 5 Day Real Food Detox Nikki is an amazing inspiration Whether you are vegan vegetarian paleo or just trying to get healthy this book is a must read Kristina Carrillo Bucaram founder of the FullyRaw brand and author of The Fully Raw Diet Nikki Sharp s plant based detox is a holistic approach to long term wellness Not only will it help get you lean in a short amount of time it will keep you there and feeling energized the whole way through Brendan Brazier author of the Thrive book series The real power of this book is that it just may transform how you think about your food your body and the way your choices shape every aspect of your life Adam Rosante author of The 30 Second Body I love that Nikki Sharp s program is full of real satisfying foods that won t leave you starving so you can build healthy habits that will last long after the five days are over Megan Gilmore author of Everyday Detox Nikki Sharp s style is fun approachable and innovative and embodies the new way we should be eating The wellness world is fortunate to now include her brilliant new book Matthew Kenney author of Cooked Raw How One Celebrity Chef Risked Everything to Change the Way We Eat A

must have for everyone who wants to look gorgeous and healthy like Nikki Ani Phyto author of Ani's 15 Day Fat Blast and Ani's Raw Food Essentials *Green Smoothie Cleanse: Detoxification & Fat Loss* Kris Johns, 2018-11-19 Cleanse your BODY and LOSE SUBSTANTIAL WEIGHT with GREEN SMOOTHIE CLEANSE DETOXIFICATION FAT LOSS SMOOTHIES are naturally packed with WHOLE FOODS and ANTIOXIDANTS from FRESH FRUITS and VEGETABLES making them the EASIEST and TASTIEST way to IMPROVE your HEALTH and get GLOWING SKIN and HAIR Get 120 RECIPES for FRESH DELICIOUS FRUIT and VEGETABLE GREEN SMOOTHIES to DETOX your SYSTEM STRENGTHEN your IMMUNITY and IMPROVE various HEALTH conditions and goals By consuming this LIQUID NUTRITION you can get rid of stubborn BODY FAT including BELLY FAT Lose 10 12 POUNDS in 10 DAYS by sipping DELICIOUS EASY TO MAKE SMOOTHIE to embrace a HEALTHIER LIFESTYLE that will make you LOOK and FEEL GOOD This book provides a SHOPPING LIST RECIPES and short simple INSTRUCTIONS for the 10 DAY CLEANSE along with MEAL PLAN Also gives suggestions for getting the best results MAINTAINING it after you FINISH your CLEANSE and DETOXIFICATION **The High Alkaline Smoothie Cleanse: Balance Your pH in 7 Days** Stephan Domenig, 2016-05-17 Reboot your health in 7 days with this juice based alkaline diet Alkaline diets that is eating foods low in acid in order to keep your pH reading neutral or alkaline have a growing legion of celebrity fans Kelly Ripa Victoria Beckham Gwyneth Paltrow and Jennifer Aniston reportedly follow it As you age your acid levels tend to rise which can leave you bloated sluggish and uncomfortable High alkaline diets lower inflammation and can help reduce pain and disease Losing weight is an added plus This book offers more than 75 recipes for juices smoothies soups and more including Green Minestrone Soup Coconut Chia and Berry Blast Passion Fruit Mojito Chocolate Nut Whip Lemongrass Iced Tea With a focus on fruits and vegetables this science based plan is a simple start to a lifetime of healthy eating *Superfood Smoothie Bowls* Daniella Chace, 2017-01-17 A satisfyingly simple guide to making a delicious treat with a nutritional punch Why shouldn't good for you food taste good too Superfood Smoothie Bowls is the perfect solution for anyone who wants protein packed meals that taste more like ice cream sundaes than health food With 100 easy recipes to try there's a smoothie bowl for every craving and occasion Each recipe is dairy free gluten free low in sugar and packed with cancer fighting superfoods so you can meet your healthy eating goals without sacrificing the desire for something sweet and filling Try delicious recipes like Blueberry Cherry Whip Vanilla Pumpkin Cream Almond Banana Crunch Tangerine Pomegranate Sorbet Golden Granola Powerhouse Why a bowl Author Daniella Chace asserts eating food that requires chewing triggers the release of cleansing digestive enzymes making for a more fulfilling meal So trade in your straw for a spoon and enjoy a tasty treat perfect for breakfast lunch or anytime you get a craving for something sweet satisfying and good for you *Raw & Simple* Judita Wignall, 2013-02-01 Find Your Balance Simply Fresh raw foods can nourish your body calm your cravings and energize you And with raw food chef Judita Wignall's Raw Simple it's never been simpler to eat and live better It's healthy fun and easy Inside you'll find No dehydrator necessary Basic preparation

techniques with easy to find ingredients 100 delicious simple recipes for breakfasts soups sides starters salads main courses snacks and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods trans fats refined sugars artificial flavorings and colorings or preservatives just real wholesome foods made simple All gluten free recipes with plenty of low sugar options The nutritional benefits to keeping foods as close to their natural state as possible How to get all of your essential nutrients from a raw diet Tips and tricks for stocking your kitchen and living the raw lifestyle Lifestyle and weight loss strategies to help you achieve vibrant health Making smart delicious food choices in a short amount of time is now easier than ever Raw and Simple provides easy and incredibly tasty recipes that will feed your body and spirit without requiring hours of prep work Recipes include Oatmeal Walnut Raisin Cookies Apple Pie Smoothie Winterland Salad Cucumber Basil Soup Creamy Kale Salad with Capers and Hazelnuts Maple Dijon Brussels Sprouts Thai Veggie Noodles Root Vegetable Slaw Cherry Hemp Muesli Watermelon Fennel Mint Chiller Strawberry Spinach Salad with Sweet Balsamic Vinaigrette Colorful Cabbage Salad Cauliflower Couscous Carrot Ginger Coconut Soup Orange Cranberry Apple Relish Herbed Pecan Pate Orange Almond Truffles Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness It s not just about food it s about feeding your whole body and fueling your life

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