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Eat Like Eve: Irresistible Recipes for Nude Food. Gluten Free! Dairy Free Vegan! Live Fun Raw Foodstuff! (Paperback)

By Cherry Capri

Futura House, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.A perfect gift for anyone you LOVE who is curious about eating healthier, BUT does not want to be hit over the head with a lecture. It's about FUN learning!!! In Eat Like Eve, Cherry Capri, America's Queen of Modernism, Manners and Mirth, shares her secrets for staying happy and healthy. She maintains that Eve in the Garden of Eden must have looked pretty darn good. This is because she was eating raw plant-based cuisine, composed of uncooked organic fresh fruits, nuts, seeds, greens and vegetables. This quirky funny raw food diet un-cookbook also contains 88 quick delicious recipes based on living food principles and lifestyle. The recipes are vegan, lactose-free, dairy free, gluten free, and made from family friendly, natural ingredients. The simple, yet creative dishes are made from quality whole foods. They range from breakfast granola bars to lunch time Chinese chicken chicky salad dressing and Smoky Split Pea Soup, to suppertime with raw Tomato Marinara sauce and onion bread. And no meal would be complete without alcohol-free Mojitos, delightful dairy-free deserts of...



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