

Techniques
for Mastering
the Art of
LIVE FOOD

Ani's **RAW FOOD** ESSENTIALS

Ani Phyo

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Ani Phyto



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Ani's Raw Food Essentials Ani Phy, 2010-06 From the author of Ani's Raw Food Kitchen over 45 000 copies sold and Ani's Raw Food Desserts comes the go to book for all things raw Ani's Raw Food Kitchen Ani Phy, 2007-05-07 This is the ultimate gourmet living foods uncookbook for busy people You don't have to sacrifice taste or style to reap the benefits of raw foods These delectable easy recipes emphasize fresh animal free ingredients and how to include more organics into your daily diet Chef Ani offers delicious raw animal free versions of breakfast scrambles pancakes chowders bisques and other soups cheezes mylks lasagna burgers cobblers pies and cakes and more Included are recipes for dishes such as Stuffed Anaheim Chili with Mole Sauce Ginger Almond Nori Roll Coconut Kreme Pie with Carob Fudge on Brownie Crust Mediterranean Dolmas and Chicken Friendly Spanish Scramble Make your own kitchen more living foods friendly with Chef Ani's tips on Essential tools Key ingredients Stocking your pantry and How to kitchen skills **Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]** Ani Phy, 2013-12-24 Offers a fifteen day raw food based diet plan and includes diet plan menus recipes and detoxifying and fat fighting strategies and tools Ani's Raw Food Asia Ani Phy, 2011-05-10 You've been to her kitchen enjoyed her desserts and mastered the essentials now go with raw food goddess Ani Phy back to her roots for the first ever Asian raw food cookbook Along with recipes from Korea China Japan Thailand Vietnam India Indonesia and Hawaii and background information on traditional dishes Ani's Raw Food Asia also offers essential tips on green living well being longevity fitness beauty and entertaining as inspired by a healthy Asian lifestyle Recipes include Mixed Vegetable Skewers with Almond Butter Sauce Creamed Curry Saag Vegetable Tempura with Orange Lemongrass Dipping Sauce Marinated Shiitake Mushroom Dumplings Corn Fritters with a Hot and Sour Cucumber Dipping Sauce Dosas Moo Shoo Vegetables and more **Ani's 15-Day Fat Blast** Ani Phy, 2012-05-01 Looking for that one miracle diet that will simply melt pounds away Here it is Premiere raw food chef Ani Phy breaks down the myths and preconceptions of eating raw and offers a revolutionary easy plan to help you shed up to fifteen pounds in just fifteen days simply by eating delicious raw meals The plan is simple eat up and speed up the fat burning and weight loss by using simple living and all natural ingredients with Ani's signature recipes Look forward to not only losing weight but also building muscle boosting endurance slowing down aging and feeling energized all day long Raw Food for Everyone Alissa Cohen, Leah J. Dubois, 2010-10-28 Just as Deborah Madison's Vegetarian Cooking for Everyone took meatless cooking mainstream here's the complete guide to raw cuisine Gnocchi Carbonara Pizzas Star Anise Crusted Papaya Steak Sliders Pumpkin Cheesecake Connoisseurs of raw cuisine know how hearty and flavorful it can be what began as an underground movement for health enthusiasts has moved to the culinary forefront Now one of the nation's top raw restaurateurs presents a lavish array of recipes a primer of preparation methods and a comprehensive ingredient guide in Raw Food for Everyone While other cookbooks on raw cooking often feature rudimentary recipes or are limited in scope leading raw foods authority and teacher

Alissa Cohen owner of the Grezzo restaurants in Boston and Newburyport offers a comprehensive book with 300 unique recipes for meals and snacks From nutritious smoothies and juices to you won t believe they re raw cheeses and ice creams to chips and crackers this book proves that raw food is not just healthy and energizing it s also approachable nourishing and delicious Writing for the beginner and the more seasoned raw food lover Cohen takes raw food to the next level with the simplicity of its preparation techniques and the presentation of inventive flavors With detailed step by step instructions charts on sprouting and soaking and thorough information on raw ingredients Raw Food for Everyone is the ultimate raw food resource It is destined to become a culinary classic Ani's Raw Food Asia ,2011 From Ani s raw food empire a cookbook steeped in the author s heritage the first raw Asian cookbook *The Uncook Book* Tanya Maher,2015-09-07 The Uncook Book by Tanya Maher is the perfect book for anyone who wants to celebrate life through food Raw food really gives you that opportunity because it gives you so much energy and clarity but this book is as much about pleasure and enjoying life as it is about health Offering easy to follow accessible recipes with a modern edge Tanya draws on her years of experience as a raw food nutritionist and guides you through brilliant basics fun family favorites and elegant entertaining with living foods As more and more people begin to appreciate the huge health benefits that a raw food lifestyle offers Tanya makes it easy to either greatly increase your intake of raw foods or embrace this way of eating for breakfast lunch and dinner if it feels right for you while still enjoying a busy social calendar With beautiful photography easy to source familiar ingredients and pull out information on the benefits they offer your body these recipes are so tasty that you will want to make them again and again And if you think you re going to be deprived of anything at all there s even a section on delicious superfood cocktails **Raw Family Signature Dishes** Victoria Boutenko,2009-07-21 While the raw food diet is the fastest growing alternative approach to eating because of its health benefits preparing raw food dishes is so new that many people don t know where to start With 500 color photos this friendly step by step guide gently walks readers through recipes to create amazingly delicious and nutritious meals Victoria Boutenko and her family are known worldwide as the Raw Family living on a raw diet and teaching classes since 1994 Throughout the years they have perfected scores of scrumptious recipes with the idea of not only spreading the gospel of the diet s health benefits but also making the raw foods lifestyle realistically possible and enjoyable Mouth watering rather than medicinal simple rather than complicated the recipes presented here include jams scones soup crackers nut milk truffles chocolate cake mousse cake and more Complete illustrated directions make it simple for both avid raw foodists and novice cooks alike to embrace the diet favored by Woody Harrelson Demi Moore Donna Karan and other celebrities **Raw Food Made Easy for 1 or 2 People** Jennifer Cornbleet,2013-03-14 All new Revised Edition of Jennifer s best selling classic Getting 5 servings of fruits and vegetables a day has never been so delicious and easy Well known Bay Area cooking instructor Jennifer Cornbleet shares her favorite no cook recipes in quantities ideal for one or two people With essential time saving tips and techniques plus Jennifer s clear instructions you

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