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Recipes &
Techniques
for Mastering
the Art of
LIVE FOOD

Ani's **RAW FOOD** ESSENTIALS

Ani Phyo

author of *Ani's Raw Food Kitchen*

Anis Raw Food Essentials By Phyoani 2012 Paperback

Ani Phyo



Anis Raw Food Essentials By Phyoani 2012 Paperback:

Ani's Raw Food Essentials Ani Phyo, 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 Phyo, 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 Asia* Ani Phyo, 2011-05-10 You've been to her kitchen enjoyed her desserts and mastered the essentials now go with raw food goddess Ani Phyo 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 Raw Food Detox [previously published as Ani's 15-Day Fat Blast]* Ani Phyo, 2013-12-24 The most healthy diet plan I've ever seen Not only does it detox nourish and help you lose pounds it easily teaches you how to stay that way Carol Alt author of Eating in the Raw Want to look younger and feel better Want to increase your energy levels build lean muscle and enhance immunity Want to do all this while eating delicious easy meals that will leave you feeling satisfied and full of energy Welcome to Ani's Raw Food Detox Award winning chef health coach and consultant Ani Phyo offers an easy delicious 15 day program based on nature's real fast foods The plan is simple eat up and speed up the cleansing detoxing and fat burning process by using all natural whole food ingredients Watch the pounds fly off as you gain boundless energy and clear radiant skin while at the same time lowering your risk for chronic diseases Designed to help you get optimal results and achieve your detoxing and immune boosting goals Ani's Raw Food Detox offers Top detox and fat fighting strategies and tools Lists of foods that accelerate cleansing detox and your metabolism More than 50 quick easy delicious recipes Menus and shopping lists for each phase of the plan Strategies for long term health and maintenance Fat Blast answers your questions and concerns about a raw diet and if you're looking to slim down offers an easy all raw plan that will help you lose up to 15 pounds in 15 days Losing weight while enjoying sushi and dessert That sure beats the Master Cleanse VegNews.com From Trail Mix cookies that are loaded with nuts raisins and sunflower seeds to a Spicy Bok Choy

Soup the dishes are exciting and innovative Tucson Citizen

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