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Raw Garden: The Complete Book of Raw Food

By Hatherleigh Press

Hatherleigh Press,U.S., United States, 2011. Paperback. Book Condition: New. 226 x 184 mm. Language: English . Brand New Book. Get the most out of your garden with these delicious raw food recipes! If you love growing your own fruits and vegetables, but are unsure how to start using your harvest, now is your chance to learn. Whether you re new to gardening or have been doing it for years, Raw Garden is the perfect resource to help you create dishes based on ingredients found in your garden by sharing simple, delicious raw food recipes for you to try. From salads and snacks, to main dishes and desserts, Raw Garden has some of the best raw food recipes you can find. Some of the over 100 delicious and creative recipes featured in Raw Garden include Curry Carrot Salad, Cranberry Walnut Coleslaw, Southwestern Stuffed Avocados, Goji Coconut Cream Sauce, Pine Nut Parmesan, Turkey Nut Burgers, Sea Spaghetti Alfredo, Banana Ice Cream, Pineapple Salsa, and much more! Packed with lots of practical and helpful information, Raw Garden also includes: - Tips on planning your garden - Benefits of growing and eating raw food - How to garden in small living spaces - A...



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