



Raw Food Quick & Easy: Over 100 Healthy Recipes Including Smoothies, Seasonal Salads, Dressings, Pates, Soups, Hearty Creations, Snacks, and Desserts

Mary Rydman

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Quick Meals Shouldn't Compromise Taste or Your Health

The phrase "fast food" has come to mean tasteless fried meals from a drive-thru, but the truth is that food can be made quickly and still be both nourishing and delicious.

Inspired by the best-selling editions of *The Complete Book of Raw Food*, **Raw Food Quick & Easy** includes over 100 new raw food recipes that are healthy, take very little time, and are simple to make. Each and every recipe is accessible to novices and still interesting to experts.

These straightforward, delicious, and wholesome recipes are perfect for anyone who wants to eat better and fresher. Reinvent fast food with **Raw Food Quick & Easy**.

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