



The Raw Food Gourmet: Going Raw for Total Well-Being

Gabrielle Chavez

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WARNING: The raw food recipes in this book are so delicious they may change your life!

The phrase 'raw foods' conjures up images of food as punishment—think uncooked carrots and celery, with perhaps a spinach juice cocktail as a chaser. However, uncooked doesn't have to mean unappetizing, as this combination cookbook and guide to the raw foods lifestyle shows. Gabrielle Chavez explains how to use the wide range of fruits, nuts, grains, vegetables, spices, and seasonings for delicious, healthful—and healing—dishes. Anytime entrees from Stuffed Portobellos with Mushroom Gravy to Thai Hazelnut Pesto are here, along with seasonal treats like Halloween Soup and basics such as Simple Sweet Bread, with ingredients expressed in both metric and American measurements. In addition to current information on raw foods' nutritional value and success as an alternative for people with food allergies and disorders, *The Raw Food Gourmet* takes readers on Chavez's personal journey as she discovers the physical, emotional, and spiritual benefits of this diet.

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