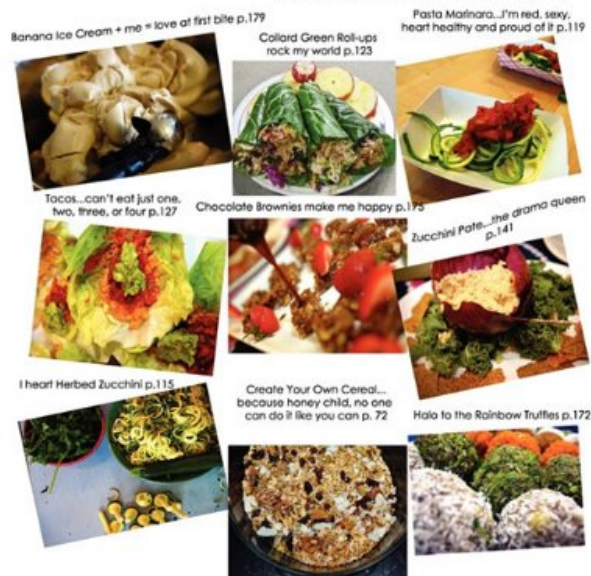


A MOTHER AND DAUGHTER DIARY OF RAW FOOD RECIPES FOR BEGINNERS BY CAROLINE CARTER, SHENITA RAY

a mother and daughter diary of
raw food recipes for beginners

Caroline Carter and Shenita Ray



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About the Author

Caroline Carter lives in Melbourne with her family, but regularly escapes to the Surfcoast for weekends away from the city madness. Although she has been a legal reporter for a number of years, this is her first work of fiction. Learn more about her at www.carolinecarter.com.au.

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A MOTHER AND DAUGHTER DIARY OF RAW FOOD RECIPES FOR BEGINNERS BY CAROLINE CARTER, SHENITA RAY PDF

My daughter and I believe that the foods we eat have a big impact on our health. Thus, we are dedicated to creating nutritious dishes that taste delicious and showing others how to integrate flavorful meals into their diet for improved health. This is why we wrote "a mother and daughter diary of raw food recipes for beginners." In this book, we dispel the myth that nutritious meals are difficult to prepare, unsatisfying, and bland. Instead we illustrate how easy it is to create and integrate healthy foods into our lifestyle that are satisfying, full of amazing flavors, and require minimal time to prepare. We also share our experiences with raw foods, the health benefits of many of the ingredients used in the dishes and the step-by-step instructions on how to prepare over 50 raw and vegan meals that are packed with the nutrients our bodies need to remain healthy.

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About the Author

Caroline Carter lives in Melbourne with her family, but regularly escapes to the Surfcoast for weekends away from the city madness. Although she has been a legal reporter for a number of years, this is her first work of fiction. Learn more about her at www.carolinecarter.com.au.

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By winstoniscute

This book is a bit haphazardly put together. But yet, I really enjoyed the pictures showing Caroline and Shenita doing tgheir thing. The flavors are very well combined, and this is among my favorite raw books. Wish the show videos were available for purchase. I watch them almost daily on you tube, and worry that the tv stations you tube channel will remove them since the show is no longer on air. Miss you on the air Caroline. I am a fan. I live in California, and came across your show during a google search. Hope you are still involved in raw vegan foods, and teaching.

1 of 1 people found the following review helpful.

Fantastic Easy Recipes; Also Great TV Series on MPTV

By Kate87

I really like the recipes in this book! It's a great introduction to raw cooking with simple recipes that are easy to make and taste really good.

I found this book after watching the author's TV show on Milwaukee Public Television. Caroline and her daughter really make raw cooking fun, creative, and normal. This is not an easy lifestyle (vegetarian and vegan are hard enough) but their recipes make incorporating raw foods or going raw simpler.

2 of 2 people found the following review helpful.

Put Down That Chicken Wing & Buy THIS Book!

By GLFH

A delightful and readily accessible compendium of health filled recipes written by women who have no illusions of vegan grandeur. A must have for seekers of a better food way. This book is worth every penny. Once this book it is in your possession, locate the solo season of its companion Milwaukee PBS series COOKING RAW on YouTube. It is a real hoot.

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