



# **Annelie's Raw Food Power: Supercharged Raw Food Recipes and Remedies**

*Annelie Whitfield*

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# Annelie's Raw Food Power: Supercharged Raw Food Recipes and Remedies

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## **Raw food recipes and medicines for everyday life!**

Inspired by author **Annelie Whitfield's** time in the lush jungles of Costa Rica, this cookbook explores the wonderful tastes and unique benefits of using raw foods in everyday cooking. Her flavorful raw food recipes and remedies are filled with vibrant and all-natural ingredients that promote whole body wellness and increase energy levels. From healing teas and tinctures to nourishing dinners and beverages, you will feast upon the simplicity of recipes, like:

- Gingered watermelon juice
- Pineapple and cucumber gazpacho
- Wild green salad and citrus tahini dressing
- Mango, avocado, and tomato burritos
- Almond crunch cookies

Filled with beautiful full-color photographs, *Annelie's Raw Food Power* shows you that you don't have to sacrifice taste to benefit from this healthy, plant-based lifestyle.

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