



# **Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle**

*Judita Wignall*

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## **Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle** Judita Wignall

Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's Raw & Simple, it's never been simpler to eat and live better. It's healthy, fun, and easy. Inside you'll find:

No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives €”just real, wholesome foods, made simple All gluten-free recipes, with plenty of low-sugar options The nutritional benefits to keeping foods as close to their natural state as possible How to get all of your essential nutrients from a raw diet Tips and tricks for stocking your kitchen and living the raw lifestyle Lifestyle and weight loss strategies to help you achieve vibrant health

Making smart, delicious food choices in a short amount of time is now easier than ever. *Raw and Simple* provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include:

Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli, Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles

Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food €”it's about feeding your whole body and fueling your life!

## **Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle Details**

Date : Published February 1st 2013 by Quarry Books

ISBN : 9781592538201

Author : Judita Wignall

Format : Paperback 176 pages

Genre : Food and Drink, Cookbooks, Food, Cooking, Nonfiction, Health, Reference

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# **From Reader Review Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle for online ebook**

## **Lauren says**

This is one of my new favorite raw cook books. It has lovely pictures, easy recipes and it is very easy to use! I really appreciate a non complicated cook book that offers advice, recipes that I CAN ACTUALLY afford and a nice presentation.

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## **Monique says**

This book is packed with great information but the font is so tiny I had to get out my magnifying glass. Most recipes are easy with short prep times (if you exclude the soaking time). Not sure that I can be totally raw and vegan but I will certainly add some of these to my weekly eating routine.

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## **D.J. \*Mama Bear's Bookish Den\* says**

I can't say enough wonderful things about this book. Anyone who is even thinking about switching to a raw vegan lifestyle should start with this cookbook. It's not intimidating in the least bit, every recipe looks/sounds incredible, and the ingredients are relatively easy to get your hands on.

You don't have to 100% raw to enjoy Judita's recipes. Everything is fresh and especially for the hot summer months. For the cook looking for a little more in the health department with tons of flavor-this is definitely the title to pick up!

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## **Heather says**

Info action is excellent. I reference the superfoods section often. Recipes are just ok and not that simple, that's why I have it 4 stars instead of 5

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## **Leslie says**

Again, I'm not vegetarian. But this is a good recipe book.

The heirloom tomato stacks are amazing.

I like the "meat and cheese" perogies better than real perogies (disclaimer: I didn't know what a perogie was until a few years ago, and I'd never eaten one until after I tried the raw version)

The mushroom tacos are extremely tasty.

I'm slowly working my way through other recipes.

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### **Kelly says**

Good ideas for recipes, but these aren't 100% raw. Recipes include maple syrup. If you're a purist, you don't use it. Still, most of the recipes are doable and there's a good intro section that explains the raw diet pretty well.

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### **Erin says**

I have been interested in and intimidated by the raw food lifestyle for a while. I am not 100% sold on the ease of transitioning, but after reading this book (which has wonderful writing and pretty photography) I feel more confident in at least trying some of the recipes. I enjoyed this book and it will definitely be put to use.

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### **Vendula B says**

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### **Jamie says**

Caveat: I am not the intended audience for this book, I just wanted some summery recipes. I think juice fasts are ill-advised and potentially dangerous. So is skipping breakfast and going to the gym instead.

Edit: P.S. Xylitol is deadly to pets so don't share with them.

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### **Madeliene says**

First of all, this is a beautiful book. The pictures and format are gorgeous. The recipes, too, have been tasty. I am not a raw foodist by any means, but thus far I have enjoyed the Cherry-Cacao smoothie, the Colorful Cabbage Salad, the Chipotle Not-Chicken Salad Wraps (made with sunflower seeds!), and the Lemony Garlic Broccoli Bowl. All of these recipes have been full of flavor and easy to prepare, and I look forward to checking out more recipes from this book.

Therefore, as a cookbook, this functions beautifully. Unfortunately, the first two chapters of the cookbook are dedicated to "Why Raw Rocks" and "The Raw & Simple Kitchen" - which would be helpful if it were not full of pseudoscientific claims that are absolutely unsupported by any sort of reliable, peer-reviewed evidence. Containing not only a long spiel on "removing toxins", juice fasting, and a tirade against GMOs, these chapters also include such gems as "touching the earth discharges the electromagnetic radiation that we are exposed to through cellphone, radio, and TV towers, and through the EMF in our homes like electrical wiring, computers, and appliances". As a scientist, I found it very hard to stomach.

That said, if you rip out the first few chapters, this remains a beautiful book. Just try to avoid the outlandish cure-all claims touted in some of the recipes. Hmm loudly, turn on your blender, and glaze over those parts while you focus on the fact that the food tastes good.

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### **Samantha Arias says**

I loved this cook book. I like raw food but a lot of the cook books you find have complicated recipes or long cooking/dehydrating times. All the recipes in this book are quick, easy and dehydrator free. And even though the recipes are quick and easy, they don't skimp on flavor. I've read quite a few boring raw cook books. This is not one of em. I totally recommend this book whether your new to raw food, just wanna try it out, or your an advanced raw foodie.

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