



The SimplyRaw Kitchen: Plant-Powered, Gluten-Free, and Mostly Raw Recipes for Healthy Living

Natasha Kyssa

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The road to good health through proper diet and nutrition can lead down many paths; you may ask yourself, should I go vegan? Follow a gluten-free regimen? Should I eat raw or cooked foods? Natasha Kyssa offers all that and more in this inspiring collection of mostly raw, whole-foods recipes that will improve your health, no matter what your age. Natasha is a former international fashion model who transformed her unhealthy lifestyle by turning to raw foods almost twenty-five years ago; she is now a raw foods consultant and restaurateur who also runs marathons in her spare time. Natasha promotes a balanced, flexible diet designed for individual constitutions and based on fresh plant foods—gluten-free, toxin-free, and simply delicious. Her regimen also takes into consideration older folks and others who cannot tolerate an all-raw diet by including cooked foods. It's a cookbook and lifestyle guide to be shared between generations, much like Natasha and her mother, who contributes vegan versions of central European classics like borscht, mushroom goulash, cabbage rolls, and lovage dumplings. Other recipes include raw soups, cakes, and puddings, as well as a raw Pad Thai and spaghetti bolognese.

Spend some time in Natasha's kitchen; it will transform your life!

Natasha Kyssa runs SimplyRaw, a healthy lifestyles consulting company, and SimplyRaw Express, a vegan restaurant in Ottawa, Ontario. Her first book, *The SimplyRaw Living Foods Detox Manual*, was published in 2009.

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