



The World Goes Raw Cookbook

Lisa Mann

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People everywhere know that meals prepared without heat can taste great and improve their overall health. Yet raw cuisine cookbooks have always offered little variety—until now. In *The World Goes Raw Cookbook*, raw food chef Lisa Mann provides a fresh approach to (un)cooking with recipes that have an international twist.

After discussing the healthfulness of a raw food diet, *The World Goes Raw Cookbook* tells you how to stock your kitchen with the tools and ingredients that make it easy to prepare raw meals. What follows are six recipe chapters, each focused on a different ethnic cuisine,

including Italian, Mexican, Middle Eastern, Asian, Caribbean, and South American dishes. And from soups and starters to desserts, every one's a winner. There are even easy-to-follow instructions for growing fresh ingredients in your own kitchen garden.

Whether you are already interested in raw food or are exploring it for the first time, the taste-tempting recipes in *The World Goes Raw* can add variety to your life while helping you feel healthier and more energized.

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Paul Leavens:

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