

Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? Going Raw gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignalls Going Raw combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. On the bonus online videos you'll find tutorials for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandolin, and spiralizing vegetables. Inside you'll find: Green Smoothies, Berries and Cream Crepes, Dandelion Salad, Thai Green Bean Salad, Herbed Cashew Hemp Cheese, Broccoli and Mushrooms with Wild Rice, Spaghetti Bolognese, Asian Noodle Stir Fry, Classic Veggie Pizza, Coconut-Curry Samosas with Plum Chutney, Orange-Chocolate Mousse Parfait, Mexican Spiced Brownies, Apple Cobbler with Maple Cream, How to grow your own sprouts, How to ferment kimchi and sauerkraut ... and even 100% raw Ice Cream, Coconut Yogurt, and more!

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