



# Raw Food for Everyone: Essential Techniques and 300 Simple-to-Sophisticated Recipes

*Alissa Cohen, Leah J. Dubois*

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**Just as Deborah Madison's *Vegetarian Cooking for Everyone* took meatless cooking mainstream, here's the complete guide to raw cuisine.**

Connoisseurs of raw cuisine know how hearty and flavorful it can be; what began as an underground movement for health enthusiasts has moved to the culinary forefront. Now Alissa Cohen, one of the nation's top raw experts, presents a lavish array of recipes, a primer of preparation methods, and a comprehensive ingredient guide in *Raw Food for Everyone*.

This all-inclusive book, with 300 unique recipes for meals and snacks—from nutritious smoothies and juices to you-won't-believe-they're-raw cheeses and ice creams to crackers and even pizza—proves that raw food is not just healthy and energizing, but also approachable, nourishing, and delicious. Writing for the beginner and the more seasoned raw food lover, Cohen takes raw food to the next level with her simple preparation techniques and inventive flavors. *Raw Food for Everyone* is the ultimate raw food resource and is destined to become a culinary classic.

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