



Raw Foods for Busy People: Simple and Machine-Free Recipes for Every Day

Jordan Maerin

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Enjoy and prepare simple raw foods, the healthiest foods nature has to offer, while living a busy lifestyle! This book is perfect for raw food beginners, busy people, health-conscious slackers, and those on temporary cleansing programs. It makes a great gift for the raw-curious as well, since it's the simplest and least intimidating raw food recipe book on the market. It includes over 120 recipes and variations, over half of which include machine-free options.

With **40,000 copies in print**, this classic bestseller has been helping people explore the rejuvenating health benefits of raw foods since 2004. This is the **5th Anniversary, expanded edition** of the recipe book, featuring more recipes, transition tips, and updated resources.

Recipe categories include salads, marinades, soups, dips, desserts and snacks, and the basics of dehydration and grain-free veggie pastas. Additional topics include raw food basics, menu planning, common ingredients and kitchen gadgets, transition strategies, and tips for busy people.

"BRAVO! Jordan Maerin's personal experience in changing her life for the better with raw foods is both educational and inspiring. *Raw Foods For Busy People* can help you to do the same. Best of all, Jordan makes it simple by offering practical recipes for busy people that are great tasting, healthy, and easy-to-prepare." - **Raymond Francis, M.Sc., R.N.C.**, Author of *Never Be Sick Again: Health is a Choice, Learn How to Choose It*

"The name of this book says it all. [Jordan has] squeezed out the very essence of raw food preparation. I found in this book several useful tips even for myself, despite the fact that I have been teaching classes about raw food for many years." - **Victoria Boutenko**, Author of *Green for Life* and *12 Steps to Raw Food*

"*Raw Foods for Busy People* is invaluable in helping me practice all I learned from the Optimum Health Institute. Raw foods have improved my health challenge of Fibromyalgia. Thanks to this book, I can make fast, appetizing meals even when I don't feel that well!" - **Nancy Gordon, LCSW**, OHI Graduate and Director of Paws for Comfort

"JORDAN MAERIN IS A GENIUS!" - **Kimberly Dark**, performance artist

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Lauren Graves:

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Machine-Free Recipes for Every Day can to be your brand-new friend when you're truly feel alone and confuse with what must you're doing of the time.

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