



## Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle

By Judita Wignall

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### Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle By Judita Wignall

Making smart, delicious food choices in a short amount of time is now easier than ever. *Raw and Simple* provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include:

- Oatmeal Walnut Raisin Cookies
- Apple Pie Smoothie
- Winterland Salad
- Cucumber Basil Soup
- Creamy Kale Salad with Capers and Hazelnuts
- Maple-Dijon Brussels Sprouts
- Thai Veggie Noodles
- Root Vegetable Slaw
- Cherry-Hemp Muesli
- Watermelon-Fennel-Mint Chiller
- Strawberry Spinach Salad with Sweet Balsamic Vinaigrette
- Colorful Cabbage Salad
- Cauliflower Couscous
- Carrot-Ginger Coconut Soup
- Orange-Cranberry-Apple Relish
- Herbed Pecan Pate
- Orange-Almond Truffles

Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food—it's about feeding your whole body and fueling your life!

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### **Editorial Review**

Review

'a terrific advocate of the [raw food] diet' The Vegetarian

About the Author

**Judita Wignall** is a raw and natural foods chef and integrative nutrition health coach from Los Angeles, California. A former commercial actress, model and musician, she discovered the healing power of raw foods after health challenges made her reassess her diet and lifestyle. She left the entrainment industry to follow her passion for great-tasting food, holistic health, and wellness. She's a graduate of the Living Light Culinary Institute, Institute for Integrative Nutrition and Rouxbe Cooking School. In between her many creative projects, she continues to run her online health boutique, teach classes, host retreats, and coach clients around the country. Learn more at [www.juditawignall.com](http://www.juditawignall.com).

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### **What Is Raw?**

Raw food is food that has not been heated above 118°F or denatured by chemicals, pasteurization, or irradiation. By keeping food as close to its natural state as possible, we preserve the nutritional content by up to 70%–90%. Vitamin C and B vitamins are especially sensitive to heat degradation, along with the enzymes that help our food digest more efficiently. Raw preparations like blending and food processing keep the nutrients intact and allows us to create wonderfully tasty raw dishes.

The major raw food groups are fruits, leafy greens, vegetables, sprouted nuts and seeds, and sea vegetables. The early pioneers of the raw food health movement were vegans and did not include animal products, but today some raw foodists include raw dairy, eggs, meat, and fish. I find a plant based diet is more cleansing and alkalizing, especially if you are switching from a Standard American Diet (SAD), so I've only included vegan recipes in this book. If you choose to eat raw animal products, make sure you get them from a clean and humane source.

### **Users Review**

**From reader reviews:**

**Jenny Dill:**

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### **Theresa Adams:**

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### **Jamie Leal:**

A number of people said that they feel fed up when they reading a guide. They are directly felt the item when they get a half portions of the book. You can choose the book Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle to make your current reading is interesting. Your personal skill of reading expertise is developing when you just like reading. Try to choose easy book to make you enjoy you just read it and mingle the impression about book and looking at especially. It is to be very first opinion for you to like to start a book and go through it. Beside that the reserve Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle can to be your new friend when you're experience alone and confuse in what must you're doing of their time.

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