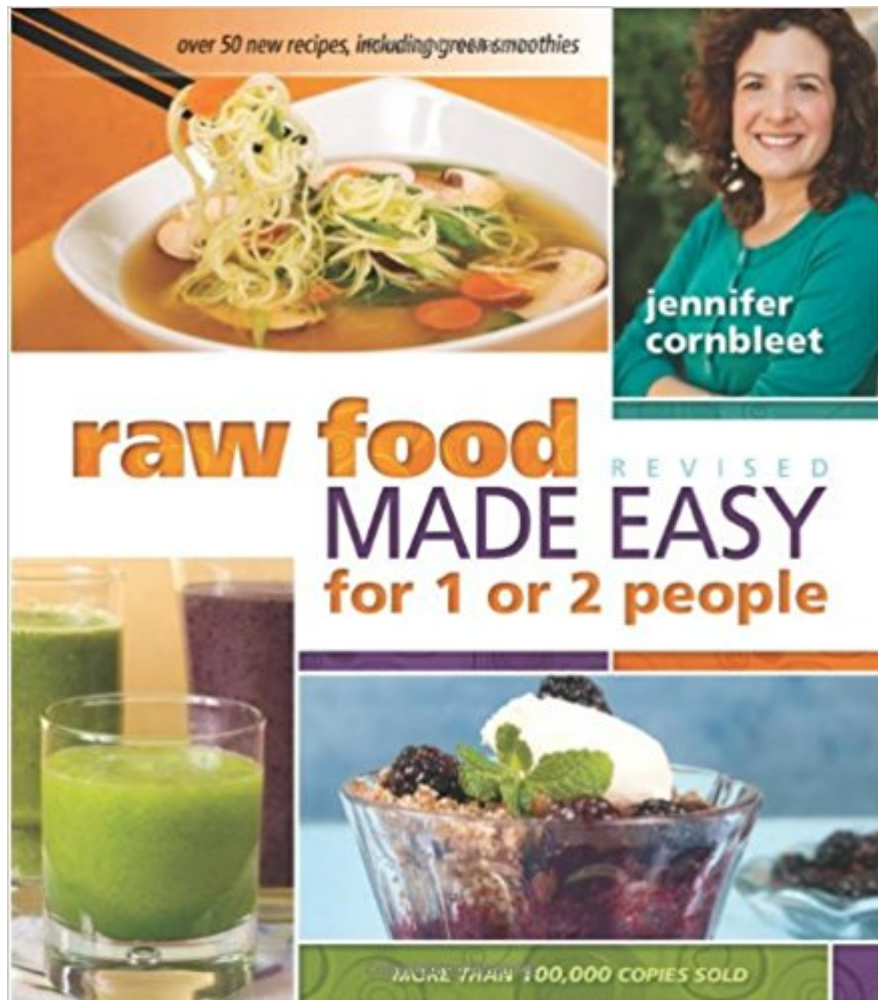




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# Raw Food Made Easy For 1 Or 2 People, Revised Edition



## Synopsis

All-new Revised Edition of Jennifer's best-selling classic. Getting 5 servings of fruits and vegetables a day has never been so delicious and easy. Well-known Bay Area cooking instructor, Jennifer Cornbleet, shares her favorite no-cook recipes in quantities ideal for one or two people. With essential time-saving tips and techniques, plus Jennifer's clear instructions, you don't have to toil in the kitchen in order to enjoy nutritious, delicious raw food.

- Choose from over 100 foolproof recipes, along with lunch and dinner menu plans.
- Enjoy easy recipes that call for common ingredients and basic equipment.
- Learn how to avoid health-busters like white sugar, white flour, and trans-fats.
- Convert traditional recipes into nutritious treats made from all-natural ingredients.

In the Revised Edition:

- More than 50 additional recipes.
- New chapters on Green Smoothies and Raw On the Go.
- Expanded sections on Advance Preparation and Easy Snacks.
- Calorie and nutritional information with each recipe.

## Book Information

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## Customer Reviews

My name is Jennifer Cornbleet and I'm the author of Raw Food Made Easy for 1 or 2 People. I'm here to help you satisfy your appetite at any time of the day or night with recipes that are easy, good for your body, and really delicious. When you're stressed out, running behind schedule, and hungry...or company's coming...or the kids are clamoring for a snack...raw food recipes are the perfect answer. All you need are all-natural ingredients from Mother Nature's pantry to quickly

create satisfying meals and treats, without turning to processed food that's so often high in cost, but low in taste and nutrition:~ ~ ~ ~ ~ Stir up a large batch of muesli, a breakfast cereal made with rolled oats, raisins, raw nuts, sunflower seeds, and raw honey, to replace the box of commercial cereal that's made with refined flour and sugar and not much nutritional value.~ ~ ~ ~ ~ Re-define the traditional high-carb, high-fat tuna sandwich by substituting crisp romaine lettuce leaves for bread and a sunflower, almond, celery, parsley, and onion pat~f~© for the fish.~ ~ ~ ~ ~ Stuff sweet bell peppers or ripe tomatoes with guacamole for an easy summertime dinner that's ready in minutes, but beautiful enough to serve guests.~ ~ ~ ~ ~ Enjoy silken soups even if you can't or don't want to eat dairy products by letting creamy avocado add richness and smoothness to favorites like cream of tomato, cream of cucumber, and cream of zucchini.~ ~ ~ ~ ~ Keep your salads waist-friendly by combining cucumber, lemon juice, dill weed, yellow onion, garlic and olive for a dressing that is so luxurious you'd never guess it was low fat.~ ~ ~ ~ ~ Add a dash of cayenne for a kick of spice.~ ~ ~ ~ ~ Get your teens to eat more vegetables with Latin-inspired raw food favorites like Mexican salsa, made with fresh tomatoes, cilantro, onions, lime juice, garlic, and a dash of cayenne or and a Spanish fig cake made with figs, almonds, walnuts, and fresh berries~ ~ ~ ~ ~ Teach raw food nutritional goodness to children by serving them a banana or stalk of celery made with homemade, all-natural raw almond butter and naturally sweet raisins.Raw food recipes are a wonderful option for busy, health-conscious people who love to eat.~ ~ ~ ~ ~ They require no actual cooking time and can be ready in a matter of minutes.~ ~ ~ ~ ~ Or you can prepare many of the components to a raw feast in advance so you always have a grab-and-go meal ready when you're hungry.~ ~ ~ ~ ~ And because the recipes are raw, the ingredients are loaded with everything Mother Nature intended us to enjoy: vitamins, enzymes, fiber, and scrumptious natural flavor. There are healthy, delicious raw food recipes that are right for breakfast, lunch, dinner, and those in-between meal times when so many of us fall under the spell of high-sugar, high-fat processed snacks.~ ~ ~ ~ ~ And with so many options to choose from, you'll never run out of new ways to add more fresh fruits and vegetables to your everyday eating.

Jennifer Cornbleet is a nationally recognized raw-food chef and instructor and a long-time faculty member at Living Light Culinary Institute in California. She lectures, holds classes, and offers online trainings in the Bay Area and internationally. Her first book, *Raw Food Made Easy for 1 or 2 People*, has already sold over 100,000 copies. Three companion DVDs, *Raw Food Made Easy*, *Raw in a Rush*, and *Raw Travel and Treats* are also available. Jennifer's second book, *Raw For Dessert*, provides recipes for delicious cakes, cookies, pies, tarts, ice creams, and candies.

This is the perfect little book for small families like mine....there is just my husband and myself! Truth be told, I am the one in our household who hopped on this bandwagon, but Hubby is coming along because the foods are so delicious, major health benefits aside!The book explains how to prepare raw foods for one or two people, addresses the quantity issue, how to stock a raw kitchen, how to get started, how to plan a meal, how to plan a week's worth of meals, etc.I also own a trio of books by Cherie Soria of Living Light Culinary Institute fame, and use the books daily. Now with this addition, I feel complete and competent on my new path to great health! I have even lost weight due to recent changes in my diet and although I exercise regularly, I have not added anything new to my routines and have still dropped seven pounds, and so has my husband. Our doctor is so pleased! And guess what? Jenny's book and Cherie's books contain recipes for the most delicious nutritious things!

I'm trying to eat healthy and while I'm not 100% vegetarian or eating all-healthy all-the-time, I have found a few recipes in this book that work for me. I prepare food for myself, dislike left-overs and just want something that I can throw together without too much fuss. Raw foods sometimes require planning ahead such as soaking this or grinding that, but I'm learning that that is part of the process of preparing that should be paid attention to. Getting caught up in the "instant food" culture we live in where we can get someone else to prepare our food for us quickly takes away some of the attention to the ingredients. And the taste. As I read food labels more and more and look at the nutritional guides from the various fast or faster food shops, it's clear that I can do a much better job of feeding myself than a guy with a crown or the place that has a bakery at the door to tempt you into eating enough carbs for a week. Granted, I'm not completely cured of my taste for instant gratification foods, but I am almost as fast as some of those fast food shops. And, I'm healthier.

The minute I saw that Jenny was releasing a new edition of Raw Food Made Easy, I immediately placed my order. I have the first edition, and it is by far the most used recipe book in my kitchen. And the new edition is even better. Some of the basic info has been consolidated, like prep work recipes. Other areas have been greatly expanded, like juices, soups and green smoothies. I have tried some of the new recipes, and of course many of the ones in the previous edition, and everything is so delicious, and (just as important for a mother of 3) quick and easy. I love the nut pates, and the Greek and Harvest Salad are absolute favorites. And a Chocolate Green Smoothie? Yes, please!I should mention that we are not anywhere near 100% raw, but are striving for a high

raw diet. Jenny's book is a really important tool for me to be able to incorporate a lot of raw recipes into our lives, because the ingredients are easy to find, and there is always several recipes I can choose from to make because I already have the basics in my house. I have a ton of raw recipe books, because I love to drool over them, but this one actually gets used several times every week.

I was hesitant to buy this book, as I already have the first edition and was not sure if this would be much different. But it has many more great recipes, tried and true and delicious, and I am extremely glad I bought this edition, too! I highly recommend it. Very easy recipes, and much better book than even the first edition. Not sure what people's problems were with the print, but I find it is very easy to read.

I like this book because it's for 1 or 2 people, so I don't have to adjust the recipes from "serves 8" to "serves 2". I'm new at raw foods, and not committed to eating ONLY raw, but rather to incorporating more raw foods into a diet that has been very sparse on raw foods for many years. She has a green drink that I make for myself a couple of times a week. I'm not a fan of kale, but I know it's great for me - lots of Vitamin K and other vits. So in a food processor goes kale, spinach, celery, romaine, apple, pear, banana and lemon or lime. And voila! It's not really a drink - I spoon it. Sometimes I don't have the romaine. But any of these recipes can be modified to your taste. For someone like me who is new with raw foods, I've found this book very helpful.

This was the first raw "cook" book I ever bought, and several years, dehydrators, juicers, fermenting crocks and over 20 raw books later, this is still the absolutely best book out there for beginners. The author gives you a series of VERY simple recipes for spreads, salads, raw soups (amazing once you've tried them), a few simple "pasta" dishes and desserts. Nothing complicated, but all quite tasty. The portions are for two people--also perfect for one because you never have more than one meal of leftovers. You won't need to buy any new gadgets and it won't take two days to make lasagna (when you DO eventually reach that point in your journey, it's delicious. But not yet...). This book will make you feel successful, which is perhaps the most important gift a book like this can offer.

Having been recently diagnosed with celiac I turned to the raw food diet. Me and my blender could only go so far before I started to get very bored with the same type of food. Jennifer Cornbleet's Book opened a whole new world of possibilities to me. She has everything from quick meals to nice

and easy dessert that I can enjoy that combine a variety of different types of ingredients. So not only am I getting the maximum nutritional benefit from the foods from the foods that I'm eating but I'm also increasing the variety that I do eat. I have since found her videos on YouTube and also go there for inspiration when needed. I highly recommend this book for beginners and advanced raw foodies alike

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