

Raw No Meat No Heat

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i highly recommend this book for those just starting their journey into the world of raw food. no special equipment needed for these recipes. plus, i can actually ...

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NO MEAT, NO HEAT | MY ATTEMPT TO GO RAW

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my attempt to go raw ... bonsoir. i hope this evening finds you well. i must make a confession and admit to you that today was not a raw day i'm afraid.

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today i learned how to make bread, an awesome marinara sauce, and sausage!! of course.. all raw.. all vegan. thanks to the new mighty food processor i picked up, all ...

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no meat, no wheat, no dairy ... in a large pan, heat the fat and fry the onion and any hard vegetables ... (1 1/2 cups) raw cashews

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