



Living in the Raw Gourmet

Rose Lee Calabro

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Living in the Raw Gourmet Rose Lee Calabro

Increase your repertoire of amazingly flavorful, life-affirming foods with this collection of recipes. Rose Lee shows you how to make raw versions of traditionally cooked ethnic dishes and desserts. She also teaches you: *how to set up a living and raw food kitchen *how to soak and sprout a variety of seeds and nuts *the importance of using organic food whenever possible Rose Lee's enthusiasm will inspire and motivate you to revitalize yourself by incorporating these living food dishes into your lifestyle. And her expertise will help you make the transition into a eating more raw foods an exciting and rewarding adventure.

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