



Delightfully Raw: Delectable Recipes from Carmella's Sunny Raw Kitchen

Carmella Soleil

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Since launching her popular Sunny Raw Kitchen blog in 2007, Carmella Soleil has shared with her readers hundreds of mouth watering recipes, untold helpful food preparation tips and candid anecdotes drawn from her personal health journey. She is renowned for her warm and engaging writing style, her relaxed and effective approach to changing diet, and her extensive variety of accurate and fool-proof recipes. In *Delightfully Raw*, her third and most comprehensive raw recipe book, Carmella discusses a range of topics including successfully transitioning to the raw lifestyle, how best to equip a raw kitchen, and techniques like sprouting, dehydrating and preparing cultured foods and beverages. This book features 96 of her most delectable culinary creations and will appeal to anyone interested in a healthier diet, regardless of their level of knowledge and experience. From easy one-step everyday fare to more elaborate and involved gourmet dishes and layered cakes, it offers something for every occasion. Incredibly tasty smoothies, creamy and comforting warm soups, sexy salads, delicious nut cheezes, satisfying entrees and scrumptious guilt-free desserts... healthy food never tasted so good! A 'work of heart', as Carmella likes to call her books, *Delightfully Raw* is an honest, beautifully illustrated and joyful celebration of how delightful raw food can be.

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