



Made with Love: Vegan and Raw Recipes (Paperback)

By Jennifer Lynn

Outskirts Press, United States, 2008. Paperback. Book Condition: New. 211 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Vegan and Raw Recipes, simple and delicious This little book contains the recipes that have thrilled Jennifer's friends for years. Regarding her meals and treats, many have said, If I could eat like this everyday, I'd happily become vegan. Although Jennifer happens to be vegan and enjoy a mostly raw diet, this book is not about how raw or vegan food is better. There is no dogma, just simple delicious recipes and the philosophy that food grown, prepared and shared with love is the most nutritious and healing. A quote from Glenda Green's book Love with End, says it all, Vegetarian ideals should not be prematurely forced on people who are not ready for them. It is far more important that people awaken in their own hearts and incline in that direction as they look for greater health. In the meantime, you will benefit more by gratitude and appreciation for those who have bestowed the bounties of life on you. For I assure you, it is not by food that you are nourished, but...

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