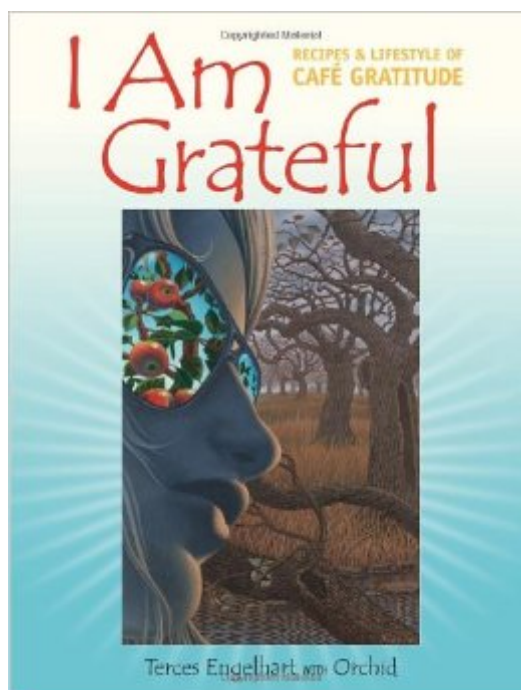


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I Am Grateful: Recipes And Lifestyle Of Cafe Gratitude



Synopsis

With locations in San Francisco, Berkeley, Marin, and Los Angeles, Caf   Gratitude has become well known for its inspiring environment and distinctive, flavorful organic foods. In I Am Grateful, cofounder Terces Engelhart presents her and her husband Matthew  s view of life and business philosophy. She also presents her story of personal healing, sharing highlights of her recovery from food addiction while explaining the benefits of a raw lifestyle. The book  s gorgeous, full-color photographs accompany easy-to-follow recipes for the caf   s most popular items, making it easy for readers to prepare live foods at home. Recipes include caf   favorites such as the   l Am Luscious   raw chocolate smoothie,   l Am Bountiful   bruschetta,   l Am Elated   spicy rolled enchiladas, and   l Am Amazing   lemon meringue pie with macadamia nut crust.

Book Information

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Customer Reviews

One of the hardest things for me to adjust to when paring down my intake of food is the adjustment of making any kind of elaborate gourmet style meal if I need to, to making something out of almost no ingredients and not even be able to COOK IT!When I switched to primarily raw foods, my family was on the verge of Mutiny. I tried RAW IN TEN MINUTES which at first was okay, but I have a good imagination. All of the recipes started to taste the same and my family went from eating everything on their plates to making excuses to avoid dinner and eat in their rooms (stashed organic corn chips etc).When I saw I AM GRATEFUL, I figured it might be another blonger of a book, but I decided to try it anyway. It was someone  s birthday the week I got it, so I decided to make a raw dessert (strawberry shortcake) and then a baked cake for everyone else.I never made it to the cake.

Everyone went berserk over the raw strawberry shortcake. I have made about 1/2 of the recipes in this book so far and I can say OMG it is truly FANTASTIC. Our favorites are: Marinated Veggies, Falafels, Fiery Carrot Avocado Soup, Coconut Curry Soup (Thai), Thai green papaya salad, Coconut Lime Dressing, Jalapeno mint chutney, Smokey Mole (OMG that is the BEST RECIPE EVER), Marinara with Brazil nut Parmesan cheese, Pad Thai, pecan porridge, Cinnamon Rolls, Strawberry Shortcake (with raspberries is DIVINE), German Chocolate Cake, Strawberry Apple Cobbler, and Lemon Meringue Pie. We don't eat desserts that often, or we would have ripped through the entire dessert section. Preparation is about that of any meal- it is not too involved on some recipes- but others, take overnight food dryer time and have to be planned accordingly.

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