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# Raw And Simple: Eat Well And Live Radiantly With 100 Truly Quick And Easy Recipes For The Raw Food Lifestyle



## Synopsis

Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's *Raw & Simple*, it's never been simpler to eat and live better. It's healthy, fun, and easy. Inside you'll find: No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives? Just real, wholesome foods, made simple All gluten-free recipes, with plenty of low-sugar options The nutritional benefits to keeping foods as close to their natural state as possible How to get all of your essential nutrients from a raw diet Tips and tricks for stocking your kitchen and living the raw lifestyle Lifestyle and weight loss strategies to help you achieve vibrant health Making smart, delicious food choices in a short amount of time is now easier than ever. *Raw and Simple* provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include: Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli, Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food? It's about feeding your whole body and fueling your life!

## Book Information

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## Customer Reviews

After having purchased Judita Wignall's first book (which I also rate as a 5-star) I eagerly anticipated her second book arriving in the mail. I am not disappointed. Very easy recipes with accessible ingredients that don't require a degree from the Culinary Institute of America to prepare. Quick, easy, uplifting recipes that even my teenagers love. I have been exploring raw foods since around 1997 and found the movement very dogmatic, intense, and overbearing with recipes containing an onerous amount of ingredients and very heavy. I give this new generation of raw foodists a huge amount of credit for removing the dogma and simplifying healthy food. This book is a complete joy and if you are new to raw foods she is very simple and concise with offering ideas on how to gracefully transition to a healthier life. Another book beautifully done by this author.

I never write reviews, but for this one I felt completely compelled to do so. These recipes aren't just raw and simple, they're also absolutely delicious! There's tons of valuable information in the beginning portion of the book. I ordered Judita's first book 'Going Raw', and although the recipes weren't extremely complicated, I found it to be a little overwhelming and was a little "turned-off", but that's probably because I'm relatively new to this lifestyle and the didn't have the proper equipment. This book on the other hand is completely straight forward and all you need is a knife, a blender, and food processor; maybe an icecream machine for 1 or 2 recipes but she also gives alternatives and even gives advice on how and when to try your own variations. This is the book you want when you'd like to begin incorporating raw foods into your lifestyle. Some of the ingredients can be a little expensive and hard to find (or maybe it's just me) but I promise you'll be happy to have spent the time and money! I made the spicy nacho cheese dip and when I shared it with some of my classmatesYYwho are completely cynical when it comes to unconventional foodsYYI had told them what it was called but I didn't necessarily say that it was vegan and raw haha and they loved it! They were all completely shocked when I told them what it was made from. This is the fourth raw food cookbook that I've bought and it's by far my favourite... You won't regret purchasing it! The layout of the entire book is simple, clean, and sophisticated. All the images are in colour and the pictures of the recipes themselves will make you drool haha. Judita even goes as far as recommending other books if you'd like to expand your knowledge on a certain subject. She also includes websites for equipment, ingredients, information, and to get in touch with other raw foodists. Get this book and

good luck on your path of healthy living! :)

finally a raw "cook" book that I'll use. Easy, simple recipes...no complex prep, no dehydrator needed...I do still need a new juicer and blender (saving up for a vitamix) but you can prepare 95% of these with what you already have. LOVE IT!

Just received this cookbook yesterday and couldn't wait to try it out. Made the "mushroom tacos" with the "quick pickled cabbage" and they were very good! Beautiful pictures on every page as well as words of wisdom, recipes for different kefir, how to make coconut milk, and many great ideas on how to build a lifetime of great health. The book also has a handy flap in front and back to mark pages. Love it! 1/24/13~Made the Maple-Dijon Brussels Sprouts (Didn't have baby arugula, so substituted lettuce) Delicious!! 1/31/13~Cherry Muesli is excellent!

OK - I \*want\* to eat healthier and raw but I work 80 hour weeks and have no time. So, if you're an Angeleno like me, you go to Cafe Gratitude or whatever 20 times a week. Not anymore! Judita Wignall's book is easy peasy and not time consuming. The corn chowder was tasty and the ingredients were easy to find! I love the smoothies for breakfast. The coconut chocolate haystacks were a hit at my Super Bowl party. Oh man, if only all cook books were this easy or healthy. I'm stoked.

While at first glance I wasn't sure if this book would hit me quite like her first, but after owning it over a month, I've already made almost every recipe from it, and they are all superb! It's a welcome addition to my raw food library and I look forward to her next.

Like some other reviewers, Raw & Simple is my second book by Judita Wignall. Where her first book, Going Raw, was more of a primer into the raw food lifestyle, Raw & Simple emphasizes simple recipes that do not need special equipment like dehydrators and frequently are low sugar and no gluten. Like Gone Raw, Raw & Simple is beautifully illustrated with wonderful color photographs of most of the recipes. Most often the recipes have tips in preparing them and offer variations for special needs users might have. The book also contains two chapters on the benefits of raw food and the raw kitchen. These chapters contain useful information on weight loss, superfoods, pitfalls of not properly planned meals, and fasting. So far, I have tried her first recipe of the book, stone fruit with sweet almond ricotta and loved it. Very easy to make and delicious. I'm

looking forward to trying more recipes and updating this review. 5 stars.

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