



Sunfood Cuisine

Frederic Patenaude

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The Sunfood Cuisine contains over 175 delicious gourmet recipes consisting entirely of raw fruits, vegetables, nuts, seeds, and herbs. This guide shows you how to prepare delicious soups, salads, dressings, nut milks, pies, puddings, pasta, and other delicious meals, using the healthiest ingredients nature provides. With The Sunfood Cuisine, you will not only learn the best collection of easy gourmet raw-food recipes, but you will also learn the basic techniques involved in creating truly great raw vegetarian cuisine. The best thing about the book, however, is that it contains a complete "encyclopedia" of fruits, vegetables, nuts, seeds, and other natural food. Every single fruit and vegetable has its own article, which describes its health benefits, along with buying tips and seasonal availability.

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