



The Art of Raw Food: Delicious, Simple Dishes for Healthy Living

Jens Casupe, Vibeke Kaupert

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Raw food is for everyone, say the authors of one of Denmark's best-selling cookbooks, and they make a compelling case for that claim. Equally at home on the coffee table or in the kitchen, *The Art of Raw Food* features gorgeous four-color photography and delicious yet simple raw food recipes as well as a background on the benefits of a raw food diet. Jens Casupei and Vibeke Kaupert, raw food enthusiasts with a flair for style as well as a passion for healthy living, introduce readers to the good (raw food), the bad (processed food), and the ugly (how processed food can make you feel). Sixty pages of information on health and diet are followed by 260 pages of mouth-watering recipes.

In 140 recipes, the authors cover breakfast (Delicious Buckwheat Porridge); shakes and smoothies (Orange and Blackcurrant Shake); soups (Light and Fluffy Pepper Bisque); main dishes (Chili Sin Carne); soups, dips, and patés (Olive Tapenade); desserts (Pineapple Carpaccio with Berry Coulis); snacks (Quetzalcoatl Chocolate); and sauces and dressings (Sunflower and Beetroot Sauce). A terrific introduction to the world of raw foods for any newcomer, *Raw Food* offers plenty of diverse and unique recipes for every occasion.

The Art of Raw Food official website: <http://theartofrawfood.com/>



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