



80/10/10 Raw Food Recipes - Salads & Slaws: Simply Delicious Raw Recipes - Vol. 3

Dr. Douglas N Graham, Katy Craine

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Simply Delicious Salads & Slaws - 80/10/10 Raw Vegan Style from Dr. Douglas Graham and Chef Katy Craine. "Salads & Slaws" is the third volume in the 80/10/10 Raw Food Recipe Series. These recipes are "Simply Delicious" because they bring to life incredible 80/10/10 recipes that are gourmet, low-fat and have a small number of simple ingredients. Dr. Graham and co-author Katy Craine created and thoroughly tested these recipes in Dr. Graham's own kitchen to ensure that you can reproduce these recipes in your own kitchen - simply and quickly.

Choose from 12 mouth-watering recipes - Sweet Summer Salad, Creamy Wilted Kale Salad, Divine Green Slaw and of course the ever-popular Fiesta Taco Salad. These are just a few of the scrumptious options you'll now have available to find a salad or slaw that will be perfectly suited to any meal or event.

From Dr. Graham: "I really enjoy a good salad. There is something just so satisfying about munching and crunching succulent vegetables. I would eat salad every day except for one thing, I also greatly enjoy almost every kind of slaw.

I like my salads and slaws very "goopy," with generous portions of rich dressing. In Simply Delicious Salads and Slaws, Katy and I will show you some of our all-time favorite dishes, using recipes that have been tested and refined to perfection.

If you are a salad lover, or if you have had trouble eating salads, I know you will enjoy and benefit from Simply Delicious Salads and Slaws. If you want to make salads like a pro, ones that all your family and friends will enjoy, Salads and Slaws is for you.

Hopefully, the next time you have a salad, and every time after that, it will be Simply Delicious."

You'll learn how to make:

- Armenian Salad
- Beet Salad
- Classic Celery Slaw
- Creamy Wilted Kale Salad
- Divine Green Slaw
- Creamy Coleslaw
- Fiesta Taco Salad
- Greek Salad
- Green Apple Salad
- Mixed Israeli Salad
- Not Potato Salad
- Sweet Summer Salad

These are special 80/10/10 raw food recipes that don't exist elsewhere. You're not just getting another flax cracker recipe, you're getting recipes that just don't exist out there in the raw food world!

Get Simply Delicious Salads & Slaws now! And collect the entire series as it's released (Desserts Vol. 1 and Soups Vol. 2 are now available!)

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