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Raw Vegan Easy Healthy Recipes: Simple, Low-Fat, Health-Infusing Cuisine

By John McCabe

Carmania Books. Paperback. Book Condition: New. Paperback. 270 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. Turning to a vegan diet to regain his health after several near-death experiences, and learning the hard way that standard medical care can be anything but health-infusing, John McCabe began writing books about how a plant-based diet can prevent and reverse a wide variety of diseases while also protecting the environment. Becoming an advocate for plant-based nutrition free of disease-inducing animal protein, synthetic chemicals, and heat-generated toxins, McCabe coined the term raw vegan. It is now an internationally recognized definition of what is becoming an increasingly popular dietary choice of unprocessed, unheated, fresh, organic, plant-based foods rich in the nutrients on which humans thrive in health. In this book of easy, simple, no-nonsense recipes, McCabe provides a variety of dishes that are easy to make, low-fat, rich in nutrients, and diverse enough to satisfy a wide variety of preferences. As an author of numerous books and a ghost co-author of many books by other writers, McCabe has had his hand in more raw vegan books than any other writer. His books sell internationally and include Sunfood Diet Infusion, Sunfood Traveler, Vegan Myth Vegan Truth, Extinction, and...



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