



Raw Vegan Recipes: Raw Vegan Cookbook

Alston Valerie

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Raw Veganism is a diet and lifestyle that combines being a vegetarian and being a raw foodist together wherein being a vegetarian involves consuming mostly vegetables in the diet and not eating meat as well as being a raw foodist involves consuming foods in their natural an unprocessed form. When these two are combined, it turns into raw veganism which involves consuming foods in their natural form and not eating meat as well. There are several advantages of eating raw vegan recipes and one is that these recipes are healthier since the foods prepared are not robbed of their nutrients.

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