



The Raw Gourmet

Nomi Shannon

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Whether you'd simply like to add more fruit and vegetables to your meals, or want to change your lifestyle in a more dramatic way, *The Raw Gourmet* is the complete guide to one of the world's fastest growing nutrition and health movements-the living-foods diet.

In the first book of its kind, Nomi Shannon opens a door onto a refreshing new world of food preparation...Learn how fresh, non-cooked fruits, vegetables, nuts, seeds and grains can boost your vitality while lighting up your palate.

Try exotic dishes like chili rellenos, spinach mousse, and vegetable nori roll-ups. Or, on a more familiar note, serve up a living foods version of old favorites like pizza, tomato soup or apple pie. Whatever you choose, this book brings a rich variety of flavors and textures to your table and offers everything your body needs to stay healthy and vigorous.



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