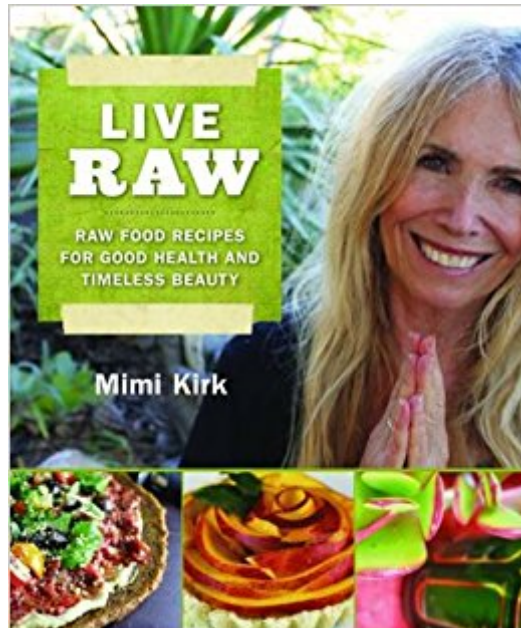




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Live Raw: Raw Food Recipes For Good Health And Timeless Beauty



Synopsis

Everyone knows that eating well makes you feel good, but Mimi Kirk is living proof that eating well—ideally raw vegan food—can make you look amazing. She’s routinely taken to be at least twenty years younger than her age. *Live Raw* offers 120 recipes sprinkled with must-have advice, including such topics as: • Detoxifying • So Gravity Won’t Get You Down: A detoxifying program to rid your body of dangerous toxins • drop weight in the process and experience an abundance of energy. • What You Need to Eat Every Day, and Why: An easy-to-read chart of the foods your body needs daily, what vitamins they contain, and what part of the body they compliment and nourish. • Delicious Raw Food Recipes That Won’t Scare Off Non-Vegetarians: Stuffed Portobello Mushrooms with Basil Pesto, Pomodoro Lasagna, Lemony Cheesecake, and more. Learn how to feel better and look better with Mimi Kirk in this engaging, one-of-a-kind guide.

Book Information

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Customer Reviews

“Ready your dehydrator, get set with a food processor, and proceed to first-time author Kirk’s more than 120 recipes for raw food and healthy eating.” (Booklist)

Mimi Kirk is also the author of *Live Raw*. Voted PETA’s sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in *VegNews* magazine, *Purely Delicious*, and

PETA Prime. Her careers span the gamut – from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harper’s wardrobe on Rhoda to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.

This is a fantastic book! It takes us to the next level on clean eating with great recipes that expanded my imagination and my repertoire for beautiful and delicious foods.

I have found it very time consuming and difficult to switch to a raw diet and have read many books over the years. I thoroughly enjoyed Live Raw and found the recipes easy to follow and easy to find the ingredients. I also LOVED all of the photos and the way the book is organized and designed. It was a joy to read the stories and information about her transformation. Definitely a book I go to again and again - still find it hard to eat 100% raw, but working on it!

I’ve been doing the raw thing about 50% for the past few years. I really like this book and many recipes are simple. I like it when I can pop open a book and only need a few ingredients. Others do have more work involved and more ingredients. But it’s a versatile book and I think it’s great when not every recipe is either intricate or overly simple. It also contains a lot of useful information about living and just being positive and happy. I found it very inspiring. So glad I bought this!!!!

The recipes I have tried from this book have all turned out quite yummy! I am new to experimenting with raw foods and have not come across a recipe yet that just didn’t work. I already have all the raw food equipment, like a Vitamix, dehydrator, etc. so it might not be the best choice for someone who does not yet have the equipment. The chop chop salad, cornbread, waldorf salad, macaroni and cheese, and nut cheese were all delicious! If eating this way can taste this good AND help one age as gracefully as Mimi Kirk has, I’m a total believer in the raw food lifestyle!

wonderful book. easy recipes to make you feel like a teenager again!

I’m still going through this book but it is so well done and resonant, that I am going to go through it all step by step, buy the shopping list of ingredients and experiment with different recipes regularly

until my diet is mostly raw. I want to look as good as Mimi if I get to be her age who in this picture is 72 yrs told! . Beautiful book!

I am in the beginning stages of changing over to the Raw Food World. I would say I am 50/50 at this point--I enjoyed the book and will use it as I progress in my change over. I guess I was hoping for suggestions and tips with the transition--I don't have the finances for the expensive machines--so I will have to modify in those areas. I hope to find a book that will help in the transition for myself...as well as living with others in my home who are not interested in going Raw Food only.

I have made about a dozen random recipes from this book thus far, and they have all been STELLAR! They're great for even those who are not raw vegan-if you enjoy food at all, you'll love this book. :)

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