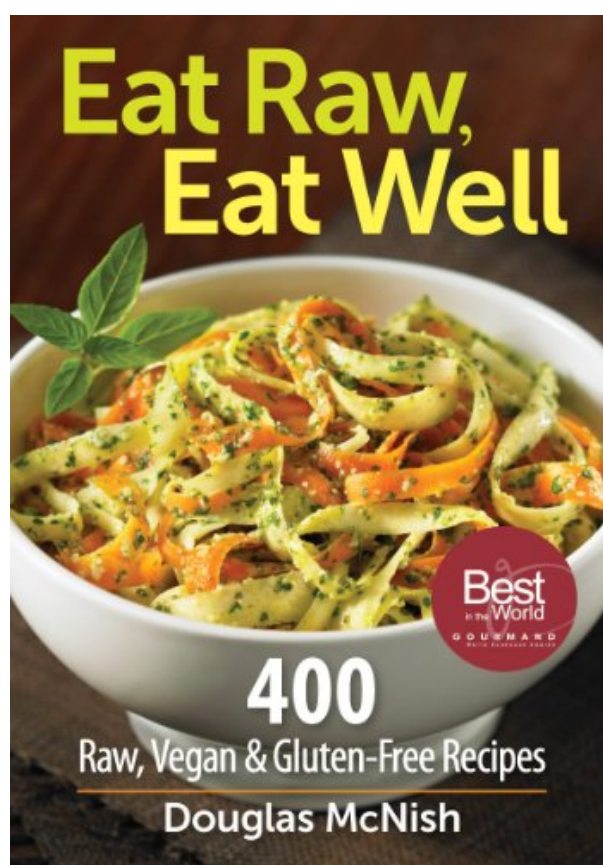


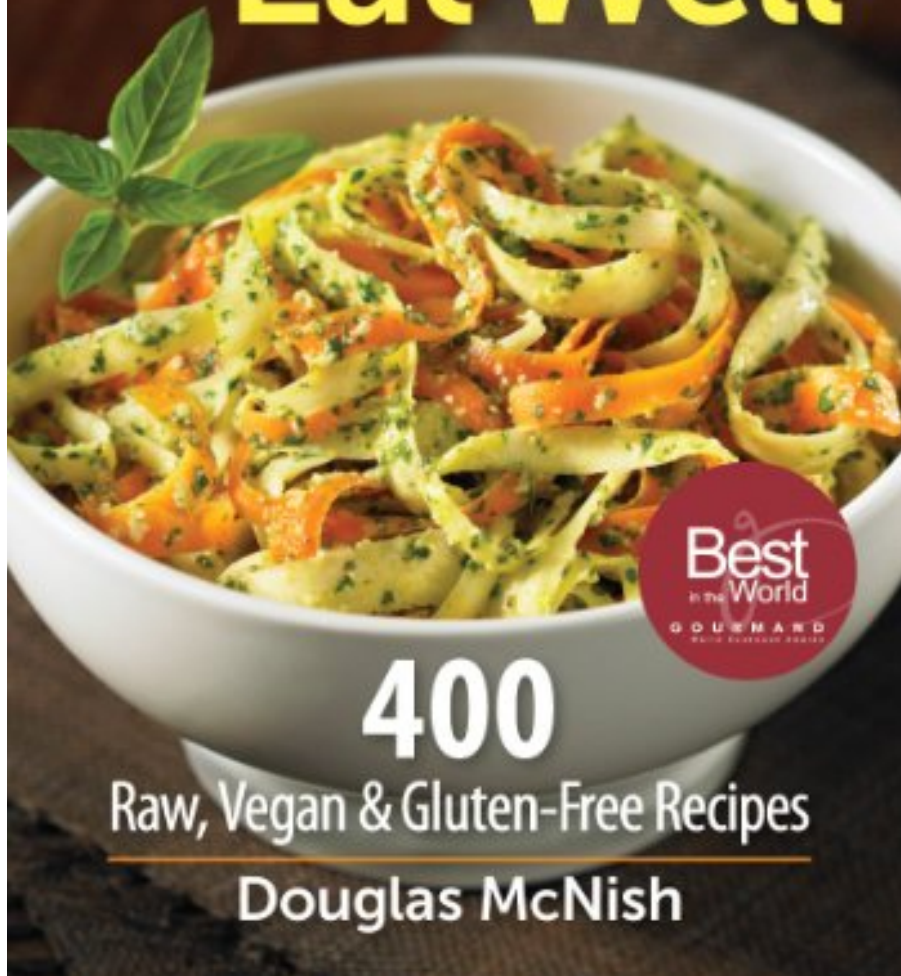
EAT RAW, EAT WELL: 400 RAW, VEGAN AND GLUTEN-FREE RECIPES BY DOUGLAS MCNISH



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About the Author

Douglas McNish is an executive chef, cooking teacher and raw food consultant who is passionate about sharing his knowledge about the raw food lifestyle. He has personally experienced the benefits -- he lost 100 pounds in 2 years since embracing the diet. Douglas lives in Ontario.

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Creative raw cuisine recipes for delicious nutrient-rich dishes.

Raw food diets (where food is eaten raw and if heated, the temperature can't exceed 118 degrees Fahrenheit) are becoming increasingly popular today for a variety of reasons: a quest for weight loss and increased energy, reduced risk of diseases, an aversion to animal based foods or simply a desire to consume more whole, nutrient-rich ingredients. Whatever each person's reason, raw food diets and/or lifestyles are certainly becoming more mainstream.

This wonderful collection of recipes will appeal to both novices and veterans of the raw food lifestyle -- they are imaginative, feature easy-to-follow instructions and are incredibly delicious. From hearty breakfasts that get your day off to an energized start, to satisfying soups and sumptuous main courses, to lush decadent desserts that will satisfy the most discriminating sweet tooth, these recipes reflect Doug's talent and commitment to the lifestyle.

Eat Raw, Eat Well includes dishes such as:

- Pear and Walnut Pancakes, Banana Cream Pie Smoothie
- Jicama, Corn, Quinoa and Lime Hot Pot, Perfect Guacamole
- Cauliflower Risotto, Spicy Kimchi, Black Lentil Sloppy Joes
- Quinoa Pilaf, Sweet Potato and Squash Mac 'n' Cheese
- Walnut Portobello Burgers, Moussaka
- Caramelized Peach Tart, Pear Crisp
- Buckwheat Pretzels, Sour Cream and Onion Kale Chips, Pizza Bites

In addition there's a wealth of information on how to properly prepare the ingredients in advance of meal preparation to enhance their nutritional value as well as comprehensive "raw pantry" information.

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- Binding: Paperback
- 384 pages

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Most helpful customer reviews

74 of 74 people found the following review helpful.

Great for quick meals! My new go-to raw book.

By Kristin Hope

I have been a fan of Doug McNish since I stumbled upon his recipes on Blisstree last year. I made his sour cream and onion kale chips and his pumpkin pie. Both were simple and delicious. When I heard he had a whole book out, I had to get it immediately! So far I have only tried a few things - you can see I added my photo of the banana bread with cashew whipped cream. It was FANTASTIC! I also made cashew spinach dip, packed with a whole head of fresh spinach, lots of lemon juice and black pepper and cheesy nutritional yeast. I ate it for dinner with carrot sticks and celery sticks and it was so filling I took the other half for lunch - and I halved the recipe to begin with. If you are just cooking for yourself, I would cut some of the recipes in half if you don't think you'll want to eat more than one set of leftovers. His recipes are really flexible and seem to come out delicious no matter what you do! I have read all the raw books - we know who the "main" people are in this world - and their recipes just don't come out right all the time. Someone can be a great chef without creating great adaptable recipes. Thankfully, Doug is both! I can't say enough good things about this book, just buy it, trust me! Or, if you want to try it out, request it at your local library - mine is ordering a copy already.

60 of 65 people found the following review helpful.

Recipes look/sound better than they taste

By KaLee

After trying several of the recipes in this book during the past week, I decided to check this site to see others' opinions (I had forgotten). Based on my results (disappointing), I was shocked at the 5-Star rating. The recipes I've tried seem flawed. In my opinion, they would require significant modifications in order to (maybe) make them worth trying again. My first attempt was the Cheesy Nori Snacks. There is no way 1/4 cup of Cashew Cheddar Cheese will produce a 1-inch layer on a sheet of nori -- surely a misprint. And, how long would it take a layer that thick to dehydrate? Long enough to go bad, I'm sure! The Walnut Portobello Burgers were tasty, but way too salty with both tamari and salt. I'm currently dehydrating the Thai-Style Nuts 'n' Bolts, and can already tell that there is too much sauce for the quantity of nuts, and that once dehydrated, it will taste too strong. There is also an error in this recipe, which omits what to do with the cumin and chili powder in the instructions. The Green Coconut Curried Vegetables also contain too much sauce for the quantity of vegetables. I reduced the water from 3/4 cup to about 2T, realizing it would be more like a soup than a "main event". Again, too much salt -- 2 tsp for 2 1/2 cups of fresh vegetables??? I reduced it to 1/2 tsp. The Mega-Green Hemp Bowl was actually pretty good, once the salt was reduced. But, we tried it with the Spicy Miso Dressing, and found the flavour too strong. Perhaps I've just made poor choices in which recipes to try. There is nothing subtle about the flavour of this food. And, if eating raw/vegan/gluten-free is supposed to be healthy, why so much salt? So far, I much prefer the recipes in "I Am Grateful -- Recipes & Lifestyle of Cafe Gratitude".

28 of 28 people found the following review helpful.

LOVE THIS BOOK!

By Alison Cooper

I have to say that this is the best Raw Food Book I own!

I bought one for my daughter too and she loves it.

The recipes are simple, the ingredients are easy to find and the ones I have tried taste amazing - Chocolate Walnut Brownies are to die for.

I love the specific Tips he gives for each recipe, so helpful!

You will not be disappointed.

[See all 61 customer reviews...](#)

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