



The Rawvolution Continues: The Living Foods Movement in 150 Natural and Delicious Recipes

Matt Amsden , Janabai Amsden

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From the owners of L.A.'s premier raw food café comes a gorgeous, four-color cookbook, featuring 150 delicious pure food recipes.

World-renowned raw food chefs Matt and Janabai Amsden have been at the center of Los Angeles' vibrant health food community for more than a decade. Through their café, Euphoria Loves RAWvolution (ELR), they help to nourish bodies, minds, and souls through endless bowls of Superfood Soup, progressive ideas, and community. ELR has become a guiding light in the pure food revolution, a place where people come together, learn from one another, and build relationships around health, consciousness, responsibility, compassion, and joy—all while eating delicious, unprocessed food.

With *The RAWvolution Continues* Matt and Janabai welcome home chefs everywhere to this wholesome, healthful feast. Featuring more than 150 mouthwatering recipes for shakes, drinks, elixirs, appetizers, soups, entrees, and desserts, *The RAWvolution Continues* guides you through simple steps to creating fare that is truly natural and truly delicious.

You'll learn to prepare Almond Butter Shakes and Goji Lemonade, Spicy Sesame Soup and Deep Dish Spinach Pizza, and how to whip up decadent desserts like Chocolate Ganache Torte and Cool

Cherry Cream Parfaits. There's also a section on making raw basics like cream cheese, corn chips, and chocolate, as well as sample menus with creative suggestions on how to pull it all together.

The RAWvolution Continues is one of the most comprehensive raw cookbooks available, with family-friendly resources like easy recipes for kids and tips on traveling raw—all with gorgeous color photographs by Andrea Gómez Romero.

The RAWvolution isn't just about changing how you eat—it's about changing how you live. Perfect for vegetarians, vegans, people who care about the environment, DIYers, and anyone with lactose or gluten intolerance, *The RAWvolution Continues* is a manifesto for clean living, a guide to recharging your system, and an invitation to join the hundreds of thousands of people all over the world who are ready to eat well.

The Rawvolution Continues: The Living Foods Movement in 150 Natural and Delicious Recipes Details

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From Reader Review The Rawvolution Continues: The Living Foods Movement in 150 Natural and Delicious Recipes for online ebook

Chelsie says

I wasn't too impressed by this one.

Stephanie says

Great information and lots of good ideas here.
A good choice for everyone's personal library.
Highly recommended.

Darren says

Raw foods are an often misunderstood thing. Ignorance, uncertainty and plain unfamiliarity stand in the way for most people it seems, yet the self-same people will often eat salad without a second thought...

This book aims to correct things and possibly introduce the purported benefits and delights of raw cookery to a wider public. The authors own and operate raw food cafés in Los Angeles and New York so they start with a good base of experience. Even if you don't sign up to the "fashionable chic" of raw food as a whole concept, nonetheless it is interesting to read what it is all about and there will be many dishes that you could still enjoy without going all the way.

The book demolished some preconceptions this reviewer had without being hectoring or overbearing. For those who are already signed up to the programme, a lot of the introductory and explanatory material might be safely skipped over, but the curious beginner will be able to fully try things thanks to the comprehensive, thoughtful nature of this book. You can certainly sense the authors' enthusiasm for their business, their opinions, their lifestyle.

Looking through the recipes quite a few caught this reviewer's eye, even though many of the ingredients are not exactly commonplace in many non urban centres. The recipes might require a little more investigation and planning, allowing also for the fact that some ingredients may be known by different names in different countries. Unfamiliar ingredients that are possibly harder to source might become familiar friends, ordered economically by mail order or through specialist outlets you never knew existed in your home country, after spending time with this book.

Each recipe is written in a clear, easy-to-follow style and this is particularly important when you are trying a possibly entirely new style of food. You might feel overwhelmed, confused and stressed but the book tries to do as much as it can to alleviate these things. Where there is a choice, this reviewer is probably quite a traditional meat-eater, yet many of the recipes presented did, thanks to the excellent photography and descriptive writing, get stuck in the mind for future consideration. Even a thing like a simple breakfast burrito or a chia porridge looks absolutely scrummy.

A small niggle is the clear U.S.-centricness and the sole use of imperial measures but this book is sufficiently different to make these little things pale into relative insignificance. Should you be sufficiently intrigued or impressed to try raw food on a more regular basis, then you would be advised to read through the book sequentially at least once in order to soak up the various hints, tips, advice nuggets and general feeling. The book ends with a comprehensive glossary and index (the index was not included within this review copy so an opinion cannot be presented as to its breadth and depth).

This reviewer was, to be honest, a little sceptical at the start as to whether he would enjoy this book. It was a pleasant surprise just how enjoyable and interesting it became over time.

The Rawvolution Continues: The Living Foods Movement in 150 Natural and Delicious Recipes, written by Matt Amsden & Janabai Amsden and published by Atria Books. ISBN 1451687001, 288 pages. Typical price: USD30. YYYY.

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Elvia Ramirez says

Interesting recipes. I am more focused on the drinks (which look delicious!) but after seeing some of the recipes for breakfast and soups, I may just have to give those a try as well!
