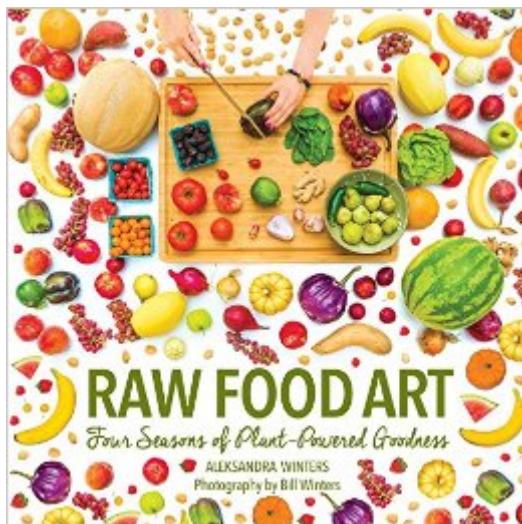


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Raw Food Art: Four Seasons Of Plant-Powered Goodness



Synopsis

Inspired by her Polish heritage, travels around the world and love for art, Aleksandra Winters takes you back to the basics of cooking in Raw Food Art. This brilliantly bold and colorful cookbook combines stunningly vibrant photography, natural and homegrown ingredients, and an eclectic approach to wellness that will replenish your mind, soul, and body. It's your must-have guide to a raw, plant-based lifestyle! Raw Food Art includes more than 80 fresh recipes, tips for healthy living, and the inspiration to becoming your own chef. Winters will help you uncover the simple joys of food--and the processes of making it--all over again. Have fun, get messy, and enjoy every season of life with Raw Food Art.

Book Information

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Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (27 customer reviews)

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Customer Reviews

I have every raw vegan book out there.. Ok I pretty much have every cookbook in general ! But this is the most BEAUTIFUL "cook" book I've ever seen. How creative to not only have stunning pictures and great recipes, but I also love the fact that it's by the season. I'm not new to raw food at all but most of the recipe books I have aren't realistic and include waaaay to many ingredients and work to make it easy to stay on track and include enough variety to keep me satisfied, but this book is realistic and easy to whip up healthy, satisfying and COLORFUL dishes! :-) easily my #1!

This cookbook is filled with amazing recipes and photos, some of which you will want to rip out and frame to hang in your kitchen! (So you may want to buy two!!) I am a "newbie" to the world of vegan, testing the waters before I jump in. After receiving Raw Food Art and preparing some of the recipes,

I have learned that being vegan doesn't have to equate to eating boring!!! This cookbook is filled with delicious recipes that are simple to prepare, and it covers all four seasons so that you can easily find the ingredients in your local supermarket or produce store. This cookbook is amazing! I highly recommend it for your kitchen. It also makes a great housewarming or hostess gift! Order yours today!!

I have the pleasure of knowing Aleksandra and Bill Winter for a long time now. Its been my privilege to share Yoga with Aleksandra for many years. I am so very proud of her major accomplishment in creating this wonderful book! Aleksandra has been on her own journey of self development and I have witnessed her blossom every step of the way. You will get a glimpse of her deep spiritual awareness as she is an intuitive and blessed food artist superb. She creates her recipes as she channels foods, colors, nutrition seeking the best experience for all. I am sharing this to validate that she is a sincere artist and this book she birthed from her deepest core and nature. Aleksandra and Bill are a perfect matched couple who compliment each other in a variety of ways including artists talent and this book is a tribute to their artistic union. I also want to share that I have eaten many a glorious meal made by Aleksandra and it is a rare and unique experience in her personal sanctuary where she creates awesome and most delicious meals that satisfy every taste bud, calm one's soul, give the eye aesthetic pleasure to see how beautiful each entree appears. Sometimes a cookbook can look appealing but the recipes do not come out tasty or are too challenging, this is not the case here. Aleksandra has share freely with friends, family and foodies nationally (via Vegan festivals and other events) so her recipes have been tested and come up deliciously true each time. This is a great gift for oneself seeking to diversify their palate, to bring healing and well being, for a gift for friends and families. Can't wait for her next contribution!

I am enjoying everything about this book. My start came from a Tony Robbin's seminar about eating healthy to give you maximum energy. Eating live plants is crucial to not only maintaining peak levels but inspiring that we can move away from the standard veggie and dip that is usually the only source of plants for dinner. We immediately dove into the book and tried out some of the recipes. I will say that inspired us to get even more cooking gear. We are still waiting on our food dehydrator so we can work on some of the other recipes. Our favorite is the yogurt alternative and the zucchini pasta with sundried tomatoes. The best part is that it's all live foods which are just plain healthy. Great book if your interested in trying out dishes you have never tried and want to live a life that built around eating the best way possible.

Have you ever seen a book that looked so pretty and beautiful, you simply had to have it just because of those reasons? Well... "Raw Food Art" by Aleksandra Winters is one of those books. But this is not all. It is not only beautiful but also has many, many colorful, delicious, healthy recipes. They are all raw, plant based recipes, but believe me, everyone can enjoy them. The recipes are categorized by seasons. So there are spring smoothies, rolls, crackers, summer truffles, ice-cream, autumn juices, salads, winter wraps and cookies. So many delicious and beautiful dishes. Each recipe is accompanied by a beautiful, colorful photo. For most of the recipes you just need juicer, blender, food processor or dehydrator. If it comes to ingredients, of course fruits and veggies are the main ingredients, but also nuts, superfoods (e.x. maca, lucuma), spices (e.x. tumeric, vanilla, curry powder etc.), oils and raw chocolate. Some recipes are very quick to make (and it means you will enjoy them soon after they are finished), some need more time (especially the one that call for use of dehydrator). I tried some recipes and they are really delicious. They are so colorful and you really will enjoy to make them and eat them. I made f.ex. Mango Stew and than I used the same sauce recipe and put it on gluten free pasta. It tastes really amazing. It is rich and fulfilling. If you are looking for inspiration or simply you want to eat healthy, you should check this book and start cooking with Aleksandra.

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