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Soak Your Nuts: Karyns Conscious Comfort Foods: Recipes for Everyday Life

By Karyn Calabrese

Book Publishing Company. Paperback. Condition: New. 192 pages. Dimensions: 8.9in. x 8.0in. x 0.7in. Karyn Calabrese is Chicagos premier vegan and raw restaurateur and champion for holistic living. Her timeless beauty, youthful physique, and boundless energy are testaments to the lifestyle habits she advocates. Her latest cookbook is divided into two sections: one features popular cooked recipes from her restaurants Karyns Cooked and Karyns on Green, and the other focuses on her favorite raw recipes from Karyns Fresh Corner. Here are two endorsements that speak volumes of the food you can now create in the comfort of home: To call Karyn Calabreses food exceedingly healthy is beside the point. It is, but more importantly, everything she touches in the kitchen becomes magically delicious. Its one of the reasons I live fifty feet from one of her restaurants. My wife and I are avid fans, not only of her restaurants but also of Karyns holistic approach to life. Just look at her-enough said, right To distill good nutrition and high sensuality into your cuisine is the true definition of culinary artistry. Run-dont wait-to buy this book. Three cheers, Karyn. You are the best. Charlie Trotter, author and chef-owner, Charlie Trotters. How l...



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