

# Raw Food

*40 healthy and delicious recipes.*

*March 2019*



## Synopsis:

50% of our energy is used for digestion! People eating raw food digest more quickly, so they have more energy left.

« Raw food » is a dietary habit consisting in eating plenty of fruits and vegetables, but also oleaginous fruits, sprouted seeds, without cooking them. Indeed, cooking at more than 42°C deteriorates enzymes and vitamins.

It is possible to have a pleasant meal eating raw!

## Content:

Juices, smoothies, starters, salads, desserts, plant milk.

## The Author:

**Irèna Banas** lives in Paris. She is a chef specialized in raw food and vegan cooking. She loves experimentations, innovation, and surprising people. When Irèna discovered this type of cooking herself, her headaches disappeared at the same time. She wishes to democratise healthy cooking by making it simple and good. She would like to seduce people through their taste.

## ■ Specs:

- Collection: Cooking
- Publication: March 19<sup>th</sup>2019
- RPP: 12 €
- 112 pages
- 180 x 230 mm
- Paperback
- ISBN : 979-10-323-0343-6

**Éditions  
marie claire**