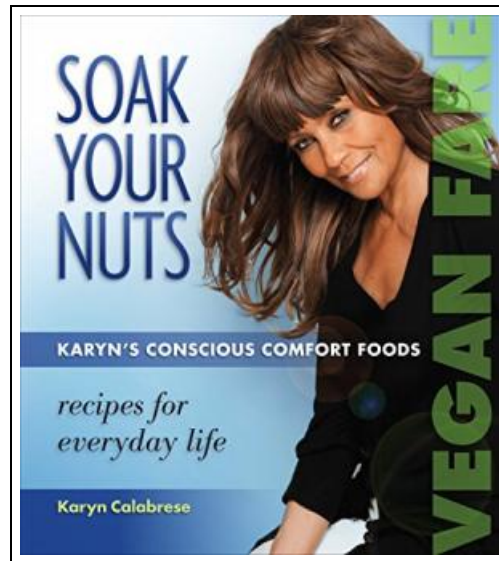


Soak Your Nuts: Karyns Conscious Comfort Foods: Recipes for Everyday Life



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Reviews

*The most effective publication i ever study. I am quite late in start reading this one, but better then never. You wont sense monotony at whenever you want of your time (that's what catalogs are for concerning in the event you ask me).
(Prof. Erin Larson I)*

SOAK YOUR NUTS: KARYNS CONSCIOUS COMFORT FOODS: RECIPES FOR EVERYDAY LIFE



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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 I wish I could sit at Karyns table every day to be nourished sufficiently. I know that eating this way is what provides and prolongs superior health and vitality, but beyond that is the fact that this food tastes so good. Now I can eat like this at home. Thanks Karyn. Angela Bassett, Academy Award nominee and actress This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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