



Everyday Raw Detox

Meredith Baird, Matthew Kenney

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Everyday offerings for a healthier diet and lifestyle.

Finding pleasurable ways to incorporate healthy food into your diet is what this book is all about. Every offering provides a level of detox?whether you want to cleanse for a day, a week, or just simply exchange one meal?with tasty raw, vegan drinks and dishes. There are recipes for blended fruit or vegetable tonics, appetizers, soups, salads, and main dishes along with a special section of skin and body tonics. It includes 100 recipes.

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