



# Ani's Raw Food Essentials: Recipes and Techniques for Mastering the Art of Live Food

*Ani Phyo*

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## **Ani's Raw Food Essentials: Recipes and Techniques for Mastering the Art of Live Food** Ani Phyo

Want to go raw, but not sure how to start? *Ani's Raw Food Essentials* offers easy transitional recipes--using the equipment you already have in your kitchen. Looking for innovative meals that are healthy and delicious? Ani offers everything from comfort classics like nachos and burgers to more gourmet dishes like risotto, angel hair pasta, and her you-won't-believe-they're-raw desserts. *Ani's Raw Food Essentials* once again proves that you don't have to sacrifice taste to reap the benefits of raw foods and a greener lifestyle.

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