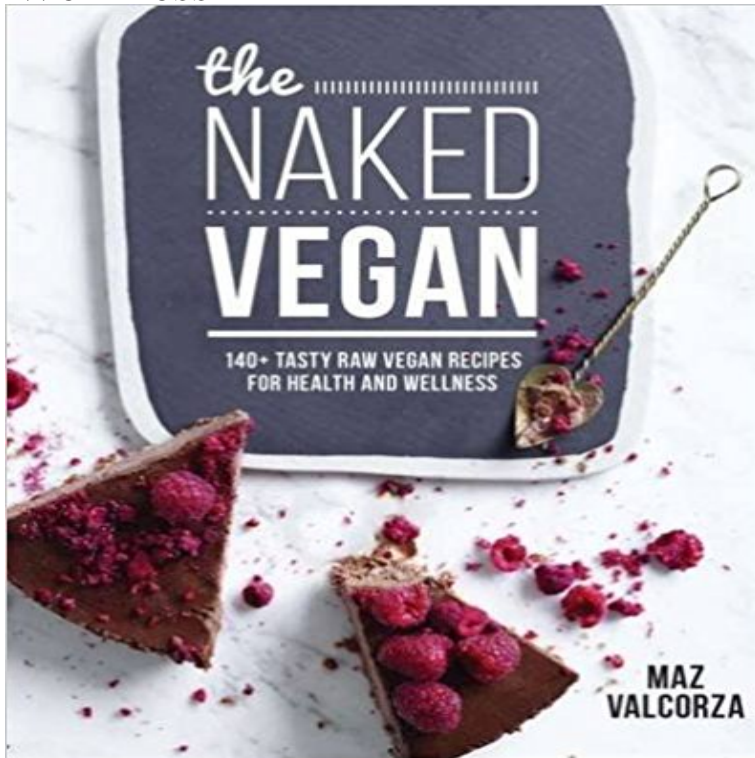


# The Naked Vegan: 140+ Tasty Raw Vegan Recipes for Health and Wellkness



Imagine desserts that are guilt-free, snacks that make your skin glow and mains that give you nutrient-rich satisfaction and aid weight loss. Your mood improves, you have enhanced concentration, productive sleep, better digestion and a reduced risk of heart disease. Intrigued? Meet Maz Valcorza, raw vegan convert and mastermind behind the gorgeous (and most importantly accessible) raw vegan book *The Naked Vegan*. As the owner and driving force behind Sydney's first organic, raw vegan, raw food and wholefoods cafe *Sadhana Kitchen*, Maz has compiled over 140 tasty raw vegan recipes, covering breakfast, juices, smoothies, breads, salad, ferments, mains, condiments, snacks, mylks, tonics and even desserts to help bring raw food to the everyday home. Leaving no stone unturned, Maz has also included showstoppers for entertaining alongside her everyday staples to help make the transition to incorporate raw food into your diet as easy as possible. With stunning photography, delicious dishes, and a wealth of information on the benefits they offer your body, these recipes are so tasty that you will want to make them again and again. Look forward to starting your day with Corn & zucchini fritters with chilli jam and sour cream and a Pina colada zinger juice, munch on a Mexican fiesta salad with a side of Cheezy pea and cauliflower croquettes for lunch, snack on Zucchini crackers and decide whether to feast on a dinner of Hawaiian & smoky BBQ pizzas, Lasagne with a side of Garlic and herb bread or Mushroom, spinach and caramelised onion quiche. Lastly, top the day off with Chocolate lava cakes with strawberry coulis centre and white chocolate frosting. There are even elixir and tonics to give you that extra boost when you're feeling run down or surrounded by people with a nasty bug. *The Naked Vegan* allows you to embrace the latest in nutrition and feel the powerful

benefits of eating raw food without sacrificing on flavour.

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