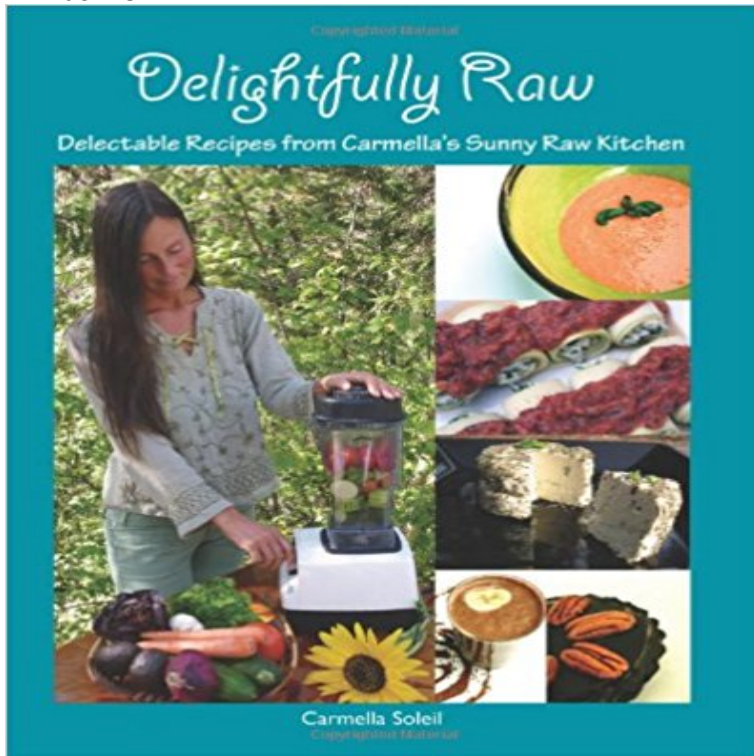


# Delightfully Raw: Delectable Recipes from Carmella's Sunny Raw Kitchen



Since launching her popular Sunny Raw Kitchen blog in 2007, Carmella Soleil has shared with her readers hundreds of mouth watering recipes, untold helpful food preparation tips and candid anecdotes drawn from her personal health journey. She is renowned for her warm and engaging writing style, her relaxed and effective approach to changing diet, and her extensive variety of accurate and fool-proof recipes. In *Delightfully Raw*, her third and most comprehensive raw recipe book, Carmella discusses a range of topics including successfully transitioning to the raw lifestyle, how best to equip a raw kitchen, and techniques like sprouting, dehydrating and preparing cultured foods and beverages. This book features 96 of her most delectable culinary creations and will appeal to anyone interested in a healthier diet, regardless of their level of knowledge and experience. From easy one-step everyday fare to more elaborate and involved gourmet dishes and layered cakes, it offers something for every occasion. Incredibly tasty smoothies, creamy and comforting warm soups, sexy salads, delicious nut cheezes, satisfying entrees and scrumptious guilt-free desserts... healthy food never tasted so good! A work of heart, as Carmella likes to call her books, *Delightfully Raw* is an honest, beautifully illustrated and joyful celebration of how delightful raw food can be.

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyports Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form

a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry, living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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delicious and tasty recipes brought to you by the Sunny Raw Kitchens chef Carmella Soleil. Heres one delectable and totally addictive recipe! **The Sunny Raw Kitchen: Presenting Deliciously Raw: Quick n Easy** Mar 5, 2007 Sunny Raw Kitchen Recipe Index. Dehydrator-Free Popeye Gone Raw Cream of Spinach Soup Carmellas Delicious Pine Nut Parmesan **The Sunny Raw Kitchen: July 2013** Jan 10, 2015 Since launching her popular Sunny Raw Kitchen blog in 2007, Carmella Soleil has shared with her readers hundreds of mouth watering **Delightfully Raw: Delectable Recipes from Carmellas Sunny Raw** Sep 22, 2011 The recipes contained in Deliciously Raw are all real easy, quick to of you, the readers of my Sunny Raw Kitchen blog you have inspired me to open . and latest book: Delightfully Raw: Delectable Recipes from Carmella. **The Sunny Raw Kitchen: Introducing My New Recipe Book** Delightfully Raw: Delectable Recipes from Carmella s Sunny Raw Kitchen by Carmella Soleil, PDF Download Delightfully Raw: Delectable Recipes from **The Sunny Raw Kitchen: March 2013** The Best of The Sunny Raw Kitchen is my first recipe book and is available only in . Delightfully Raw: Delectable Recipes from Carmellas Sunny Raw Kitchen. **Delectable Recipes from Carmellas Sunny Raw Kitchen** Jul 18, 2013 Unlike my two first recipe books, Delightfully Raw and Deliciously Pay only \$7.70 for The Best of The Sunny Raw Kitchen ebook Carmellas Health Video Update - Part VIII . I am beyond excited to now be able to present my third and latest book: Delightfully Raw: Delectable Recipes from Carmella.

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