



Simply Delicious Raw Recipes: 80/10/10 Soups Volume 2 (80/10/10 Raw Food Recipes)

By Douglas Graham, Katy Craine

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Simply Delicious Soups - 80/10/10 Raw Vegan Style from Dr. Douglas Graham. Raw Soups are a favourite in the winter and in the summer because they can be slightly warmed or chilled to create the perfect snack or meal. "Soups" is the second volume in the 80/10/10 Raw Food Recipe Series. These recipes are "Simply Delicious" because they bring to life incredible 80/10/10 recipes that are gourmet, low-fat and have a small number of simple ingredients. Dr. Graham and co-author Katy Craine created and thoroughly tested these recipes in Dr. Graham's own kitchen to ensure that you can reproduce these recipes in your own kitchen - simply and quickly.

Learn to make:

Creamy Cauliflower Soup
Butternut Squash Soup
Tomato Rice Soup
Cucumber Dill Broth
Perfect Pea Soup
Minestrone Soup
Starburst Gazpacho
Beet Borscht
Mango Celery Soup
Cream of Broccoli Soup
French Tomato Bisque
Mango Tomato Soup

Plus, learn methods to safely heat your soups and how to create a complete meal.

From Dr. Graham: "Simply Delicious Soups! I like soups, what can I say? Many of my favorite soups today remind me of the soups my mother used to make for me when I was a little boy. Minestrone, cream of tomato, pea, borscht, gazpacho, and mushroom soups were some of her regulars. When I first went raw, most of the soups I made were fruit soups: strawberry soup, watermelon soup and peach soup. Eventually I developed a desire for hearty vegetable soups as well, and

have spent the last decade perfecting the recipes for a wider variety of such dishes. Soups make a great transition when served between fruit and salad courses. Raw soups can be enjoyed by anyone, even if they aren't devout raw foodists. I hope you will enjoy making all of the soups in this volume of 'Simply Delicious 80/10/10 Raw Food Recipes', and will continue customizing them until they perfectly fit your taste desires."

These are special 80/10/10 raw food recipes that don't exist elsewhere. You're not just getting another flax cracker recipe, you're getting recipes that just don't exist out there in the raw food world!

Get Simply Delicious Soups now! And collect the entire series as it's released (Desserts Vol. 1 is out now!)

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