



Made with Love: Vegan and Raw Recipes

Jennifer Lynn

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Vegan and Raw Recipes, simple and delicious

This little book contains the recipes that have thrilled Jennifer's friends for years. Regarding her meals and treats, many have said, "If I could eat like this everyday, I'd happily become vegan." Although Jennifer happens to be vegan and enjoy a mostly raw diet, this book is not about how raw or vegan food is better. There is no dogma, just simple delicious recipes and the philosophy that food grown, prepared and shared with love is the most nutritious and healing. A quote from Glenda Green's book *Love with End*, says it all, "Vegetarian ideals should not be prematurely forced on people who are not ready for them. It is far more important that people awaken in their own hearts and incline in that direction as they look for greater health. In the meantime, you will benefit more by gratitude and appreciation for those who have bestowed the bounties of life on you. For I assure you, it is not by food that you are nourished, but by love."

The book includes recipes for: Dips, Spreads, and Sauces, Appetizers, Soups, Salads and Salad Dressings, Main Dishes, Cookies and Crackers and Raw Desserts. The reader is well-prepared for ease and success with an introduction to some potentially new ingredients common to raw and vegan food preparation and a section on essential kitchen supplies. The recipes are easy to follow, simple and surprisingly rich in flavor, texture and heartiness.

To learn more about Jennifer visit her on the web at www.YogawithJenniferLynn.com.

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