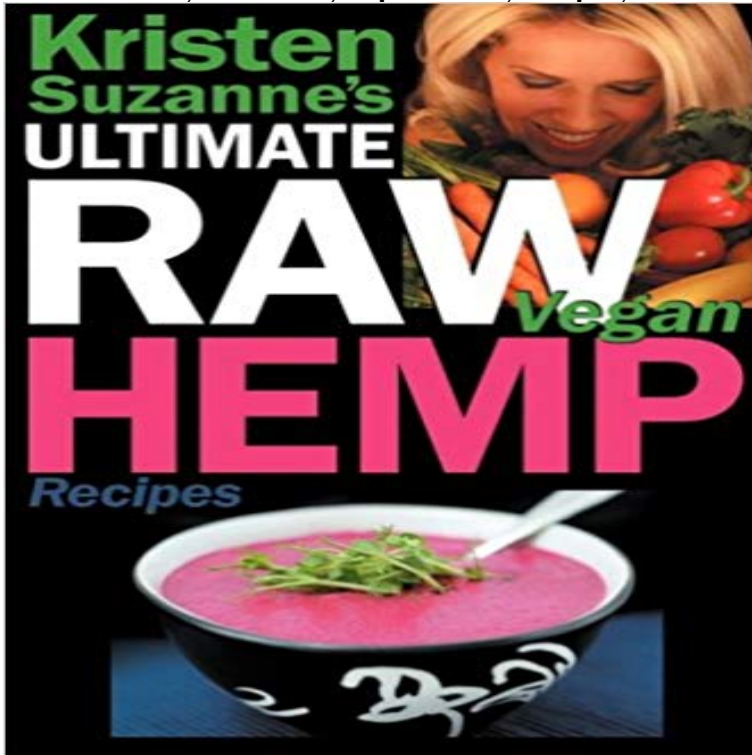


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Now widely available in stores across the country, hemp is taking the natural foods world by storm. A true superfood, hemp is very high in protein, has almost perfect ratios of all 8 essential amino acids and essential fatty acids, tastes absolutely delicious, and is amazingly good for the environment due to its fast growth and lack of need for any herbicides or pesticides. In this totally unique, one-of-a-kind book, you'll find some of the most amazing recipes Kristen has ever developed, all based on hemp seeds, hemp oil, or hemp protein powder. The book also includes links to gorgeous color photographs so that you can see what this miracle ingredient is all about... its probably like nothing youve imagined. Hemp is not your typical granola fare -- its a subtle and delicious dream ingredient for foodies and connoisseurs of everything exotic and unique! These recipes range from quick snacks for the kids, to boldly sexy n sassy, and just like all of Kristens recipes, theyre amazingly EASY. This Raw food vegan recipe book includes: 71 recipes, including: 15 Drinks 5 Quick Snacks 2 Bread & Crackers 7 Seed Butter, Spreads, Dip & Sauce 12 Power Salads & Dressings 4 Soups 6 Lunch & Dinner 11 Desserts 3 Breakfast A Raw Basics introduction to Raw food (with 6 basic must have recipes) for people who are new to the subject. Includes links to food photographs at Kristen Suzannes Web site, KristensRaw.com.

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