

The ultimate favorite recipe collection by raw foodies

RAW LOVE: The ultimate recipe collection
By Raw Foodies

What you need to know

Eating lots of veggies and fruits helps control blood pressure. The diet is low in sodium, so it might help lower your chance of [stroke](#), [heart failure](#), [osteoporosis](#), [stomach cancer](#), and [kidney](#)

[disease](#). [Losing weight](#) and keeping it off can help prevent or manage [type 2 diabetes](#).

But because most people who eat raw foods exclude animal products, you may need to take vitamin supplements to make up for any gaps in your diet.

You'll probably lose weight on this diet, since most of its foods are low in calories, fat, and sodium, and high in fiber. One study found that people who followed a raw foods diet lost a significant amount of weight.

You'll also get nutritional perks. Most of what you eat will be high in vitamins, minerals, fiber, and disease-fighting phytochemicals.

But there are lots of drawbacks. The diet is difficult to follow and inadequate in many essential [nutrients](#), such as protein, iron, [calcium](#), [vitamin B12](#), and more.

Plus, contrary to the claims of many raw food fans, cooking does not make food toxic but instead makes some foods digestible.

Cooking also boosts some nutrients, like beta-carotene and lycopene, and kills bacteria, which helps you avoid [food poisoning](#). There is no scientific evidence that raw foods prevent illness.

It is not recommended for any specific health conditions. But losing extra weight is good for general health.

If you are considering a raw diet, talk to your doctor

before starting the plan. A raw food diet is low in calories, high in fiber, and based on primarily healthy whole-plant foods, so eating this way will lead to weight loss.

Benefits of a High Raw Diet

Phytonutrients, Vitamins & Minerals

Phytonutrients (“phyto” means “plant”), which includes antioxidants, give fruits and vegetables their radiant colors and are important in the prevention of chronic diseases, most notably cancer

Enzymes

Enzymes are the power of life. They are living forces that conduct and direct every activity in your body. Enzymes “digest” or break down raw foods. More and more research suggests eating high-enzyme food helps digestion. Eating an enzyme-rich diet is thought to increase vitality and slow the aging process. Lipase helps your body in digestion and fat burning for energy. Protease is another enzyme for keeping a healthy body. Proteases split up proteins into their component amino acid building blocks and help eliminate toxins.

Proteins

By eating a variety of plants in your diet, including plenty of greens, it is very easy to get 100% “complete” protein, meaning all 8 essential amino acids are present in abundance. In contrast, animal proteins are inside of animal cells, the walls of which are made of cholesterol, which our bodies aren’t well-equipped to break down. It coats our gut with grease, making absorption difficult. It constipates us. And when absorbed into our blood, cholesterol makes our blood thick, clogs our arteries

Acidity/Alkalinity

There is a lot of information regarding this subject of blood pH level, that is, acidity versus alkalinity. Here is a very brief overview so you can begin to think about what kind of effect the foods you eat have on the acid/alkaline balance in your body. Acute or chronic diseases thrive in an overly acidic body. Some common symptoms of being overly acidic are: arthritis, depression, fatigue, headaches, unclear thinking, canker sores, muscle stiffness, chest pain, stomach aches, constipation, irritability, anxiety, sinus problems, acid reflux, and restless sleep (just to name a few). When you eat a diet that is made up of Raw fruits, vegetables, sprouted nuts, and seeds you will begin to shift that acid state to a more alkaline state. Stress is another major cause in making your body acidic. So, don’t stress too much about your diet or you’ll do more harm than good.

Overall, it's all about making better choices. There is a continuum on which you'll find yourself. However, each step takes you higher or further along the spectrum, and you'll feel better and better as a result.

What are the recipes?

SMOOTHIES & JUICES: Beet It Smoothie – Blueberry Breakfast – Deep Love – Freiburg Kappel Forest Smoothie – Green Sunshine – Healing Cleanse Green Smoothie – Kaki Dream – Nectar Of The Gods – Orange Avo Smoothie – Orange Cream – Pineapple Parsley – Pom Cacao Goji Smoothie – Post Workout Smoothie – Sparkling Ginger Lemon Aid

SALADS & SOUPS Brussel Sprouts Salad – Green Papaya Salad – Hearty Veggie Stew – Hippocrates Style Green Healing Soup – Lentil Chard Salad – Lime Chili Salad with Sesame Rice – New Year's Vitamin Bomb – Potassium Balance Broth – Savory Salad Dressing – Tabouleh Salad

SNACKS Apples & Cream Breakfast Bowl – Cash Herb Spread & Simple Crackers – Chia Seed Pudding Pots – Fruit n Nuts Muesli & Almond Milk – Olive & Tomato Rocking Pesto – Orange Chocolate Kale Chips – Sweet Red Pepper & Zucchini Hummus

MAINS Angry Stomach Filler Pie – Beet Pasta with Avocado – Cheezy Cannelloni with Marinara Sauce – Green Falafels – Indian Coconut Curry – Kale & Kelp Noodles – Pad Thai But Different – Spaghetti Bolognese – Soft Tacos with mince, pico de gallo & sour cream – Spring rolls & Thai Nut Sauce – Tacos a la 801010 – Veggie Maki Rolls

DESSERTS Apple Pie – Aromatic Hemp Cake – Blackberry Swirl Cheesecake – Chocolate Mousse & Vanilla Macaroon Crumble – Chocolate of the Gods Cake – Chocka-Plum Ice Cream – Classic Cheesecake & Whipped Cream – Decadent Brownies – Ferrero Rocher Cake – Mandala Cake – Mango Pudding

– Mini Vanilla Cakes – Mousse Au Chocolat – Nutella-Banana
Crepes – Plum Cake – Real Food Snickers – Strawberry
Cheesecake – The Bounty Bar Of Your Life – Vanilla Crescent
Cookies – Warm Chocolate Milk

**So now you know how beneficial is raw food love ,discover it by
trying with your personal touch.So go ahead and buy yourself some
healthy affair to remember**

Raw Love : Ultimate Recepte Affaire