



Raw Food Detox

Anya Ladra

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Raw Fairies is the UK's first raw food home delivery service, conceived and run by Anya Ladra. In this book, she shows you how to create food bursting with enzymes, vitamins and minerals using only raw and living plant foods and easy methods of preparation. Start with a 5-day cleansing detox and then enjoy the recipes every day. Get the day off to a great start with an energy-boosting Drink: try a Winter Spice Smoothie with Maca Powder. For Snacks & Sides to keep you going through the day, try Tomato & Herb Flaxseed Crackers with Mushroom Pate. Salads & Dressings are full of health and creative flavour combinations. Make yourself a Kale Salad with Cranberries & Avocado Dressing and be satisfied without feeling heavy. There's so much to explore in raw-food Mains - you can make delicious Tomato Quiche and Pad Thai without cooking! Finally, everyone craves Sweets & Desserts, so enjoy raw Brownies and Berry Cheesecake.

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