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The original raw food recipe's from the original raw food restaurant! Enjoy preparing, serving and eating the same meals that Vera and John Richter offered in the 'first raw food' restaurant, The Eutropheon. No matter if you're going to start your own Raw Restaurant, attend a Raw Pot Luck or just want to demonstrate that uncooked – live food can be every bit as exciting as a French Bistro this is the book for you. No one in your family will ever complain again about another 'raw meal raw deal'. Trained by Dr George Drews, the Richters were pioneers in the Raw Food Movement. Their knowledge is best taken direct from the source: in their own words. Every 'Troph' (raw food preparer) should have this book of original recipes in their kitchen. Forget how healthy they'll make you – you'll just plain old love them. "By their fruits ye shall know them." A system of living which will take us through life without sickness and without fatigue is sought by all. Taking this as a criterion, the natural food system stands the test. It gets results...freedom from sickness and fatigue...[and] a new feeling of well-being and vigor. From the original Preface "Nature cures, not the physician" These recipes are simple, economical and totally satisfying – say good bye to your oven! The author of this book had the original raw food cafe. Today many people are successfully opening raw cafes all over the country. Thank you Mrs. Richter for being a trail blazer in this area.....Paul Nison Author, Speaker and Raw Food Chef www.Paulnison.com, www.Rawlife.com



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