



Simply Delicious Raw Recipes: 80/10/10 Wraps and Rolls (80/10/10 Raw Food Recipes Book 4)

Douglas Graham, Katy Craine

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This recipe series goes beyond just giving you a recipe. In this book you'll find sections on evaluating the ingredients, raw kitchen tools, produce preparation tips, and 12 delicious recipes that will inspire you to go above and beyond time and time again eating healthfully and simply.

Learn to make these WRAPS and ROLLS and keep your energy up as you go through your day.

- Asian Cabbage Roll with basil and ginger
- Fat Cabbage Burrito
- Curry Kale Wrap
- Daikon Summer Roll
- Fancy Collard Wrap
- Kale Hummus Wrap
- Nori Roll
- Papaya Roll
- Salad Boat
- Sandwich Wrap
- Spinach Ravioli
- Sweet and Savory Roll

We really wanted to deliver a way to make ahead your lunch or dinner course, to wow your friends and family, all while eating low-fat, low sodium, gluten-free, dairy free, nutritious fresh food. And, it doesn't taste like cardboard or health food in the least! Simply Delicious!

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