



Love on a Plate: The Gourmet UnCookbook

By Cara Brotman, Markus Rothkranz

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Pizza that's good for you?

Your idea of healthy food is about to change forever. You can still eat pizza, pasta, bacon, cheese, pop tarts, Kung Pao unchicken, Pasta Pomodoro and all the pies, cookies and cakes you want without sacrificing your health. In fact, as sinful as this food seems, it might actually make you feel better than you've ever felt in your life. This is an amazing breakthrough in health food - all made without meat, dairy, wheat, sugar or anything unnatural. Yet it looks and tastes like the real thing. Everything is simple and easy. This revolutionary book shows how to easily make RAW VEGAN version of the most favorite foods from all over the world. By gourmet raw chef Cara Brotman and health expert Markus Rothkranz.

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Love on a Plate: The Gourmet UnCookbook By Cara Brotman, Markus Rothkranz Bibliography

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