



# Cooking and Baking: Recipes with Raw and Superfoods

*Cindy Weeks*

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## **Cooking and Baking: Recipes with Raw and Superfoods** Cindy Weeks

Cooking and Baking Recipes with Raw and Superfoods The Cooking and Baking Cookbook introduces the Superfoods diet and the Raw Food diet, both of which are highly nutritious and helping in maintaining a very healthy lifestyle. The belief that certain foods are so good, so high in nutrition they are deemed "super." Including these foods and the raw food diet in a good meal plan helps people to beef up their immune systems, thus helping them to treat and even cure certain health issues including obesity. These are not crash diets but are ones that help to make a complete change in eating habits. While they help to encourage a healthy weight loss, they are extremely beneficial for lifestyle changes to include healthy whole foods. The superfoods diet contains foods that are extremely high in nutrients and when consumed help the body to be healthier. Even governments throughout the world recognize such foods and agree that by providing these foods for consumption will help to make people stronger and healthier. Superfood recipes includes a Tomato and Cheese Tart, Cabbage Rolls, Broccoli with Bell Peppers, Roasted Garlic Soup, Oatmeal Blueberry Pancakes, Roasted Nuts, Blueberry Chocolate and Walnut Parfait, Apple Flax Seed Muffins, Quinoa Salad with Kale and Avocado, Pomegranate Carrots, and a Kale and White Bean Stew. The raw food diet is one that includes uncooked fruits and vegetables, in preparing uncooked or raw foods we are able to retain all the vital nutrients contained within the natural foods. A raw food diet works as a cleanse for the body, especially if the body has not consumed a lot of raw foods recently. Once the body is accustomed to the diet, the foods are easier to digest. Weight loss is easy with the raw foods diet because it takes more to break down the food; therefore, less of it is left behind except for the nutrients derived during digestion.

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