

Rose Vasile's book is a gift to all of us. It is a practical and easy-to-follow guide for making a wide variety of delicious raw foods. ... we are fortunate to have her recipe book with extremely accurate, pre-measured, and pre-tested instructions that guarantee a scrumptious taste.

With the author's simple, down-to-earth explanations, this book is especially helpful for beginners to raw food. At the same time, the abundance of recipes will easily attract longtime raw fooders. Rose's sincere style, combined with her personal story, makes the reading engaging.

- From the Foreword by Victoria Boutenko,
Author of *Green for Life*, *12 Steps to Raw Foods*, and *Raw Family*



When I first went "100% raw" in 2004, I took Rose's "Uncooking Classes". The tips and recipes I learned (all of which are now in this book) were invaluable to me. Her recipes made going raw extremely easy. Today her recipes continue to inspire my commitment to a raw diet and are always a favourite at any potluck!!

- Dale Marie Young,
Raw Lifestyle Coach

It is no surprise that Rose's book is in its 7th printing and is a Canadian bestseller - it is still one of the best raw food prep books available. The recipes are easy and yet each is superb in its presentation and, most importantly, in the eating. Those are essential components, but for me one of the most remarkable features of this book is how each recipe is pretty well fool-proof. Rose answers ANY question you might have as you go along. When I am looking for a recipe and don't have time to try it first, I go to Rose's book. I know it will be easy and will evoke rave reviews.

- Pat Newson,
Raw Chef Extraordinaire
(Revised 2013)

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