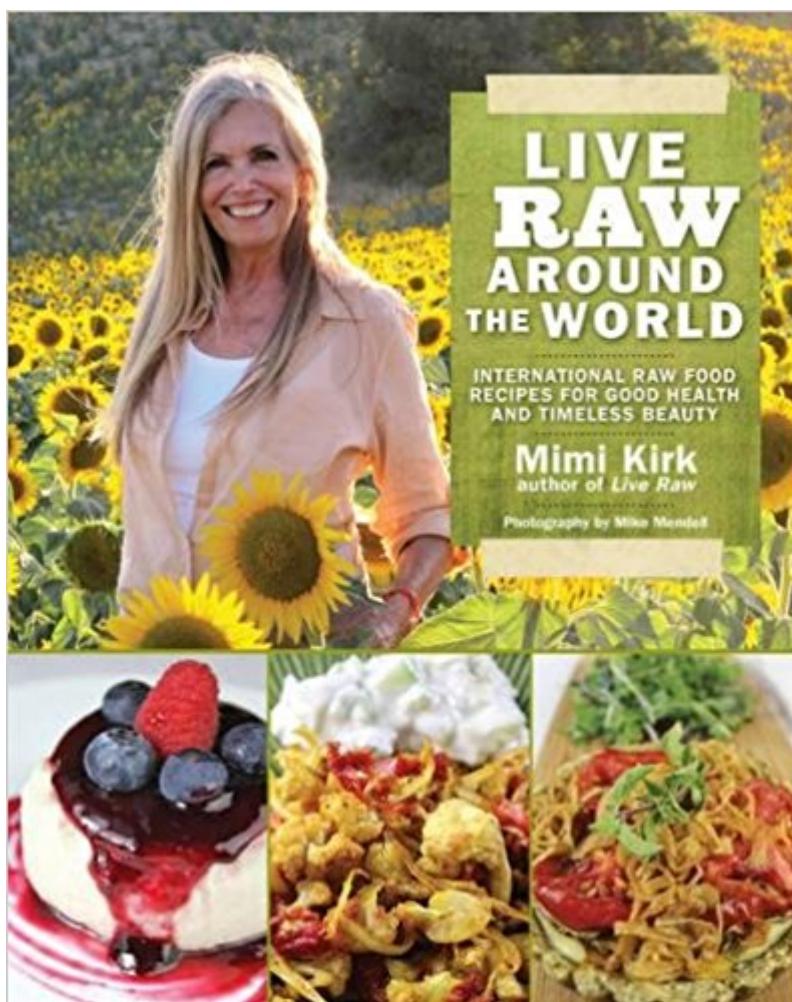


The book was found

# Live Raw Around The World: International Raw Food Recipes For Good Health And Timeless Beauty



## **Synopsis**

Voted PETAâ™s sexiest vegetarian over 50â "at age 70â "Mimi Kirk is uniquely positioned to share her raw food recipes and lifestyle secrets from her travel around the globe. Everyone knows that eating well makes you feel good, bu

## **Book Information**

Paperback: 224 pages

Publisher: Skyhorse Publishing; 1 edition (July 24, 2013)

Language: English

ISBN-10: 1620876132

ISBN-13: 978-1620876138

Product Dimensions: 8.5 x 8.5 x 10.8 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 40 customer reviews

Best Sellers Rank: #168,475 in Books (See Top 100 in Books) #32 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #83 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #101 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic

## **Customer Reviews**

Mimi Kirkâ is also the author of *Live Raw*. Voted PETAâ™s sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in *VegNews* magazine, *Purely Delicious*, and *PETA Prime*. Her careers span the gamutâ "from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harperâ™s wardrobe on *Rhoda* to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.

The book positivity plus! Pouring with upbeat attitude. It's very infectious.Mimi is an accredited cook, so it's important to her to associate food with emotions, pleasure and family. Also presentation of food, which is all great.It's very informative about vitamins and health and the environment. Also lots of information on the raw vegan diet curing a lot of diseases related to older age and weight issues.The book is best for giving a beginner, the simple tools needed to begin being raw vegan, eg food dehydrator and juicers.Most important the meals are just delicious and not at all time

consuming....you're not cooking!!!It emphasizes that you are more satisfied after a raw vegan meal than cooked.And how much better you feel in general.

GRGreat adjunct to her other books and how to prepare different tastes, for foods around the world; passionate, creative, thoughtful and insightful; as most of all her teachings!!!

I received my copy of Live RAW Around the World two weeks ago.It was EXACTLY what I needed to open my possibilities.I've made the cashew cream --- DELISHSome of the recipes call for a dehydrator.I don't have a dehydrator - but, I do have an oven that goes very low - and my toaster oven has a low/warm setting also.So far, SO GOOD!The pictures and Mimi's experiences are worth the price of this book ~Can't wait to get some cooking time this upcoming long weekend.THANK YOU Mimi for your dedication to our health.Ã¢Â™Â¥T.

Great inspiring book. I've always loved Mimi's recipes but this time she really surprised me how successfully she was transforming well known traditional recipes from all around world into delicious raw meals. I read many raw cookbooks and I really appreciate originality and surprising twists, something you never thought off and it turns into great, great meal. I also enjoyed in her presentation of each country, personal touch in small stories from travels, advices, tips etc. Must have for every raw foodist passionate about food.

Mimi is THEE best! Her life's journey is inspirational to all. Her first book has been well used. In just perusing the countries I've visited, I can't wait to delve into this one. Raw croissants, really??! If it can be done, Mimi has done it. Though some recipes require more work, the outcome is the best! This is a book for all. The photos are magnificent and the person behind the recipes has such a big heart, you can feel it reaching out to you throughout the pages.

Love MiMi's unique recipes!

This book is awesome. From tiramisu to sausages, baklava to gyro - great.I will give the recipes a try definitely.They don't look hard to do. Thumbs up Mimi - you did it ÃÂ•

Mimi Kirk has done an excellent job with her recipes - her photography is phenomenal and her attention to detail in this food is amazing. Love the raw diet and love this "un-cook book" .

[Download to continue reading...](#)

Live Raw Around the World: International Raw Food Recipes for Good Health and Timeless Beauty  
Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Live Raw: Raw Food Recipes for Good Health and Timeless Beauty Raw Foodism: Healthy and Delicious Raw Food Recipes to Get the Advantages of Raw Food Diet! What is Raw Foodism and How to Become a Raw Foodist: How to Eat Healthy (New Beginning Book): Raw Food Diet, How to Lose Weight Fast, Vegan Recipes, Healthy Living RAW FOOD RECIPES : Vegan & Vegetarian Approved! - 50+ Unique & Delicious Raw Food Recipes - Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes for Making the World's Most Delicious & Healthy Salads for Yourself, Your Family & Entertaining VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Simply Raw 2018 Wall Calendar: Vegetable Portraits and Raw Food Recipes Simply Raw 2017 Wall Calendar: Vegetable Portraits and Raw Food Recipes Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Simply Raw 2016 Wall Calendar: Vegetable Portraits with Raw Food Recipes Kristen Suzanne's EASY Raw Vegan Entrees: Delicious & Easy Raw Food Recipes for Hearty & Satisfying Entrees Like Lasagna, Burgers, Wraps, Pasta, ... Cheeses, Breads, Crackers, Bars & Much More! Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Going Raw: Everything You Need to Start Your Own Raw Food Diet and Lifestyle Revolution at Home

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)