



Soak Your Nuts: Karyn's Conscious Comfort Foods

Karyn Calabrese

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Karyn Calabrese is Chicago's premier vegan and raw restaurateur and champion for holistic living. Her timeless beauty, youthful physique, and boundless energy are testaments to the lifestyle habits she advocates. Her latest cookbook is divided into two sections: one features popular cooked recipes from her restaurants Karyn's Cooked and Karyn's on Green, and the other focuses on her favorite raw recipes from Karyn's Fresh Corner.

Here are two endorsements that speak volumes of the food you can now create in the comfort of home:

"To call Karyn Calabrese's food exceedingly healthy is beside the point. It is, but more importantly, everything she touches in the kitchen becomes magically delicious. It's one of the reasons I live fifty feet from one of her restaurants. My wife and I are avid fans, not only of her restaurants but also of Karyn's holistic approach to life. Just look at her-enough said, right? To distill good nutrition and high sensuality into your cuisine is the true definition of culinary artistry. Run-don't wait-to buy this book. Three cheers, Karyn. You are the best."

Charlie Trotter, author and chef-owner, Charlie Trotter's.

"How I wish I could sit at Karyn's table every day to be nourished sufficiently. I know that eating this way is what provides and prolongs superior health and vitality, but beyond that is the fact that this food tastes so good. Now I can eat like this at home. Thanks Karyn."

Angela Bassett, Academy Award nominee and actress

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From reader reviews:

Paul Gay:

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Mark McKinney:

Now a day people who Living in the era where everything reachable by connect to the internet and the resources included can be true or not call for people to be aware of each info they get. How a lot more to be smart in obtaining any information nowadays? Of course the answer is reading a book. Studying a book can help folks out of this uncertainty Information mainly this Soak Your Nuts: Karyn's Conscious Comfort Foods book because book offers you rich data and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it you may already know.

Dena Ramirez:

Your reading 6th sense will not betray you actually, why because this Soak Your Nuts: Karyn's Conscious Comfort Foods book written by well-known writer who really knows well how to make book that may be understand by anyone who have read the book. Written inside good manner for you, dripping every ideas and producing skill only for eliminate your personal hunger then you still hesitation Soak Your Nuts: Karyn's Conscious Comfort Foods as good book not merely by the cover but also by the content. This is one book that can break don't determine book by its protect, so do you still needing a different sixth sense to pick this kind of!? Oh come on your looking at sixth sense already told you so why you have to listening to another sixth sense.

Christina Almonte:

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