

Simply Raw Lifestyle

Raw Vegan Live Food Lifestyle Events & Support

Basic Intro to our Raw Living Vegan Lifestyle

In this introduction we will be detailing our personal journey into the raw living foods lifestyle. We will discuss the benefits of eating foods that are alive and whole, the importance of enzymes, detoxing, acid/alkaline balance, and more. Raw living foods are prepared using common and specialty kitchen tools and appliances. See how they are used and learn where to get them. You will have ample opportunity to get your questions answered and best of all enjoy sampling the delicious and nutritious foods!

Tasting Menu:

Lemon-Ginger Blast

a wonderful refreshing detox drink to begin your morning

Tzatziki 'Yogurt'

a delicious instant non-dairy 'yogurt'

Spicy Avocado Soup

creamy and smooth with just a hint of spice

Mediterranean Kale Salad

think you can't eat kale raw... think again!

'Spaghetti' with Marinara Sauce & Not 'Meat' Balls

yep - all raw and delish - you'll swear this sauce simmered for hours

Flourless Black Forest Cake

yummy chocolate cake topped with 'ice cream' & cherries, now that's good eats!

Plus:

how to open up a young coconut, turn nuts and seeds into living foods, make nut and seed 'yogurts,' and more...

Contact:

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