



Confessions of an East Coast Raw Vegan

Brandi Y Rollins

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Confessions of an East Coast Raw Vegan Brandi Y Rollins

Confessions of an East Coast Raw Vegan is a guide to creating and maintaining a raw foods lifestyle while living on the East Coast of the United States or in other cold climates. In this book, Brandi Rollins provides you with simple and low-cost strategies for handling the cold winters while on the raw foods diet. Brandi reveals the benefits to eating raw foods while living on the East Coast, and provides recipes for green smoothies, juices and nut milks, breakfast, entrees and sides, soups, salads and dressings, and dips, as well as breads, crackers, and desserts. This book is perfect for raw vegans or individuals who are considering the raw foods diet but aren't sure how to do it. With over 50 recipes, gorgeous photos, nutrition information below each recipe, and seasonal food charts, this book provides an awesome resource for any raw vegan, especially those located on the East Coast!

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