

## Becoming Raw The Essential Guide To Vegan Diets Brenda Davis

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Becoming Raw: The Essential Guide to Raw Vegan Diets 386. by Brenda Davis, Vesanto Melina, Rynn Berry. Paperback \$ 24.95. Ship This Item — Qualifies for Free Shipping Buy Online, Pick up in Store is currently unavailable, but this item may be available for in-store purchase.

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Becoming Raw: The Essential Guide to Raw Vegan Diets by Brenda Davis, RD and Vestanto Melina, MS, RD (with Rynn Berry) 2010, Book Publishing Company, Summertown, TN 38483.

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Becoming Raw: The Comprehensive Guide to Nutritious Raw-Food Diet. Paperback – Feb. 1 2010. by Brenda Davis (Author), Vesanta Melina (Author), Rynn Berry (Author) & 0 more. 4.6 out of 5 stars 85 ratings. See all 3 formats and editions.

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Get this from a library! Becoming raw : the essential guide to raw vegan diets. [Brenda Davis; Vesanto Melina; Rynn Berry] -- The authors offer science-based answers to tough questions about raw foods and raw diets, furnish nutrition guidelines and practical information, and show how to construct a raw diet that meets ...

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Becoming Raw : The Essential Guide to Raw Vegan Diets by Vesanto Melina, Brenda Davis and Rynn Berry (2010, Trade Paperback)

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This all fruit smoothie recipe was originally shared with us years ago from the book Becoming Raw: The Essential Guide to Raw Vegan Diets. I stumbled across it again recently and simply had to whip it up. It takes just minutes and tastes like a fresh sip from a smoothie bar.

### **Pink Cadillac All Fruit Smoothie Recipe (Dairy-free & Vegan)**

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"Becoming Raw" is the definitive book on health and the benefits of adding more raw fruits and vegetables to your diet. This book is a treasure chest of easy-to-read, well-researched information for anyone wanting to improve their eating habits.