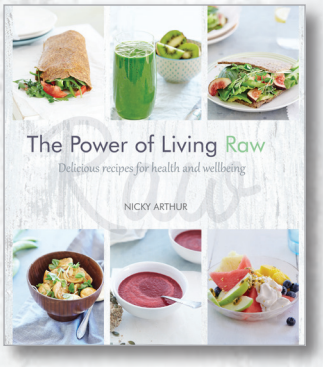

The Power of Living Raw

Delicious and flavourful recipes for health and wellbeing

NICKY ARTHUR

A raw food diet is one that will improve your immediate and long-term physical and mental health, provide you with more energy and vitality, help you to lose weight, reduce you risk of disease, and promote a holistic lifestyle in which your body is in tune with nature and the seasons.

> *"Cooking food at temperatures above 115°C (240°F) destroys its natural enzymes, denaturing it and stopping us from receiving the maximum nutritional benefits that food in its raw and natural state offers."*

Author **Nicky Arthur** presents a host of delicious recipes to try, most of which can be enjoyed raw. From breakfast dishes, grains and salads, to soups, dips, snacks, main courses and desserts, there are recipes here for everyday eating as well as entertaining.

The Power of Living Raw provides recipes can be prepared quickly and easily with the aid of a kitchen dehydrator or by using the lowest setting on a standard electric oven. Try the raw version of pizza, pasta, sourdough breads, cakes and pancakes. There are recipes too for healing drinks such as spiced teas, vegetable and fruit juices and satisfying smoothies.

Making the transition to a raw food diet has never been easier!

Health expert, yoga teacher, motivational speaker and author, Nicky Arthur runs workshops, seminars and retreats to inspire people to live healthy, happy and successful lives. In them she focuses on improving mindset, spirituality, physical health and communication. Through her work she empowers women to reach their full potential. Nicky has a passion for yoga and has studied meditation, exercise, nutrition and self-development. She is the author of the best-selling *Cooking with Chia* and *How to be a Happier Mum*, published by New Holland.

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