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Fueled by her desire to bring good health, weight loss, energy, and a youthful constitution to millions, Cherie joined with Brenda Davis and Vesanto Melina, both registered dietitians, to lead the way toward a raw food health revolution. Their new book, The Raw Food Revolution Diet, brings dietary guidance, science and expertise, along with a cornucopia of recipes, to a lifestyle that focuses on raw and living foods to promote health and wellbeing.

Vegetarians in Paradise/Raw Food Revolution Diet/Simply
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Cherie Soria, acclaimed raw foods chef and instructor, is the founder and director of Living Light Culinary Arts Institute. She is the author of Angel Foods: Healthy Recipes for Heavenly Bodies. Brenda Davis is a registered dietitian, international speaker, and expert in the field of plant-based nutrition and diabetes management.

The Raw Food Revolution Diet: Cherie Soria, Brenda Davis
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Cherie Soria, www.RawFoodChef.com, well-known raw foods teacher, is the founder and director of Living Light Culinary Arts Institute and author of such publications as The Raw Revolution Diet, with Brenda Davis and Vesanto Melina.She will be presenting at the IVU World Vegetarian Congress, this October in Indonesia: www.wvc2010.org [unfortunately, due to family circumstances, Cherie has now ...

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Excerpts from Raw Food Revolution Diet by Cherie Soria, Brenda Davis, RD and Vesanto Melina, MS, RD. Storage Suggestion: After the cheese has fermented to suit your taste, store in a sealed glass container in the refrigerator for 1 week. How to Peel Almonds. Plunge almonds into a bowl of nearly boiling water and leave them immersed for 3-5 minutes.

Almond Cheese - Hippocrates Health Institute

Cherie Soria is the author of The Raw Food Revolution Diet (3.83 avg rating, 99 ratings, 13 reviews, published 2007), Raw Food for Dummies (3.78 avg rati...

Cherie Soria (Author of The Raw Food Revolution Diet)

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