



20 Awesome Raw Soups You Can't Live Without

Kathy Tennefoss

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This is an awesome raw soup recipe book that's easy, fun, and healthy! The recipes are so easy that even your kids can help make dinner. These recipes are made with organic produce which is good for the environment, your family and you. A raw food diet has more nutrients because the produce is in its natural state. A raw food diet helps to combat the daily toxins that are associated with the air, home, work, etc. And raw food also helps curtail many diseases such as diabetes, lower cholesterol, weight loss, and many other ailments.

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