



# Raw Make Ahead Salads

*Noella Reeder*

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## **Raw Make Ahead Salads** Noella Reeder

Are you bored with your few standard salad favorites and looking for some variety for your low-calorie lifestyle?

Are you trying to eat more veggies but can't stand the thought of another veggie platter?

Are you a vegan or raw-foodie who is desperate for some amazing new recipes that don't take hours to make?

Then check out the large selection of 85 recipes for refreshing salads in this RAW MAKE AHEAD SALADS recipe book! These are not your typical leafy green salads that wilt as soon as they get some dressing on them, but are crunchy, colorful and bursting with flavor!

Always a hit at pot-lucks, picnics and BBQ's, the salad recipes are all filled with nutritious raw, vegan, gluten-free and dairy-free ingredients. Even people who aren't into 'health food' love these tasty creations and usually ask for the recipe.

Each salad can be made ahead and lasts for 3 or 4 days in the fridge. It's fun to make several at a time to have healthy choices available when you're feeling snacky!

RAW MAKE AHEAD SALADS is a convenient book to have on hand to help you and your family to eat more vegetables. You can play around with the recipes and adapt them to your own tastes or use them as inspiration to create your own!

Here's what others have said about RAW MAKE AHEAD SALADS:

"I'm so excited about this book! I've made many of the different salads for company and they all loved them and wanted the recipes! I really think this book is awesome and I want to buy one for all my friends!"

.....Helen, Nanaimo B.C.

"The thing I love about this book is it gives me a base of salad recipe ideas to work from. I know I can add or replace certain ingredients to my own taste or based on what I have on hand. I added some chopped pear to the Carrot Mango Ginger Salad and it was great!" .....Karen, Cedar B.C.

"I like that all of the recipes in the Make Ahead Salads book are made with easy and simple lists of recognizable ingredients." ..... Nancy, Nanaimo, B.C.

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### **From reader reviews:**

#### **James Vazquez:**

A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent all day every day to reading a guide. The book Raw Make Ahead Salads it is very good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. Should you did not have enough space bringing this book you can buy typically the e-book. You can m0ore easily to read this book through your smart phone. The price is not too costly but this book has high quality.

#### **Armando Lemaire:**

Many people spending their period by playing outside with friends, fun activity with family or just watching TV the whole day. You can have new activity to invest your whole day by reading through a book. Ugh, think reading a book really can hard because you have to accept the book everywhere? It alright you can have the e-book, bringing everywhere you want in your Touch screen phone. Like Raw Make Ahead Salads which is having the e-book version. So , try out this book? Let's notice.

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#### **Justin Belz:**

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