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book that make my mouth water. Now, I have a confession to make. I still cook most of my food!

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The Complete Book of Raw Food (ISBN 147826-143-0) Is a hardcover book that retails for \$25. It is published by Hatherleigh Press and can be found in bookstores. Visit <www.healthylivingbooks.com> for more information. Reviewed by Debra Wasserman.

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the book is ok, the recipes are ok. not impress though, hardly any recipes for breakfast, wish the meals breakfast, lunch and dinner were separated and what to serve the recipe with would be good. for a "complete raw food book", it would be good to have the nutritional value of the recipe and a guide how to eat enough protein, vitamins, minerals etc.to ensure that you are getting enough ...

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