



# **Eat Like Eve: Irresistible Recipes for Nude Food... Gluten Free! Dairy Free & Vegan! Live FUN Raw Foodstuff!**

*Cherry Capri*

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**A perfect gift for anyone you LOVE who's curious about eating healthier, BUT does not want to be hit over the head with a lecture... It's about FUN learning!!!**

In Eat Like Eve, Cherry Capri, America's Queen of Modernism, Manners and Mirth, shares her secrets for staying happy and healthy. She maintains that Eve in the Garden of Eden must have looked pretty darn good. This is because she was eating raw plant-based cuisine, composed of uncooked organic fresh fruits, nuts, seeds, greens and vegetables.

This quirky funny raw food diet un-cookbook also contains 88 quick delicious recipes based on living food principles and lifestyle. The recipes are vegan, lactose-free, dairy free, gluten free, and made from family friendly, natural ingredients. The simple, yet creative dishes are made from quality whole foods. They range from breakfast granola bars to lunch time Chinese chicken 'chicky' salad dressing and Smoky Split Pea Soup, to suppertime with raw Tomato Marinara sauce and onion bread. And no meal would be complete without alcohol-free Mojitos, delightful dairy-free deserts of macaroons and RAWket chocolate pudding and pie!

The book provides easy-to-understand background on why raw foods matter. Cherry explains basics, equipment, ingredients, and even a bit of personal philosophy behind meat-free culinary choice.

For ten years, Cherry Capri has written a "Dear Cherry" advice column for Mid Century Modern fans. Her column combines swanky style and healthy homemaking with Hip Hosting tips. So in quintessential Cherry style, this cookbook is filled with fabulous fun fifties illustrations! AND the audible audio book is loaded with Esquivel-inspired SOUND SURPRISES!

Eat Like Eve makes an Essential Gift for someone you care about. The text takes a non-judgmental, light-hearted approach and will appeal to anyone who is health-curious, or interested in inner beauty, longevity or weight loss. Cherry's un-processed un-refined snacks are tasty enough to satisfy even hard core omnivores. They are accompanied with clear list of ingredients, short fast instructions and color photographs for every dish - with time-saving tips and techniques.

**Who wants to Eat Live Eve!**

**"I do! I do!"**

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