
Dairy-Free Library: Raw Gourmet Meals in Five Minutes!

Yeah, summer is here! Is there any better time than this to eat raw food? I have to admit that when I first considered reading this book, I thought I was a raw food enthusiast. I eat a lot of raw food on a regular basis. Yet, when I started reading *Alive in 5: Raw Gourmet Meals in Five Minutes* by Angela Elliott, I realized that this was going to be a little harder than I thought.

The book is set up very well. There is a lot of helpful information on a wide variety of fruits and vegetables, a pantry guide, and helpful tips for working with raw foods. It also has a menu plan for a week to get you started. Plus, the recipes are easy to follow and written well. I have included a few photos below to show you what some of the end results will look like. Everything looks fresh and bright! ...

I felt adventuresome and started with Pecan Milk. I was extremely happy with the results. Not only was it pleasant to drink, everybody used it in their oatmeal for breakfast! Next I made Raita. This was perfect for my lunch. I will definitely be making this one again throughout the summer! The last thing I made was the Zucchini Spaghetti with Rawsome Italiano. I have used zucchini in the past for my pasta, but not quite this way. I think this is another great recipe for using up some of the summer bounty of tomatoes and zucchini.

I will tell you that I do eat raw food on a regular basis. But for those times when I am looking for something different and fresh, *Alive in 5 Raw Gourmet Meals in Five Minutes* is a good choice. The recipes come together very quickly and that is always a plus in my house! Pecan Milk

Raita

Zucchini Spaghetti with Rawsome Italiano This is a third party review by Sarena Shasteen of The Non-Dairy Queen. *Alive in 5* is available to purchase on Amazon.