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and holistic tips for ...

Summer is a raw food chef, personal trainer and plant-based nutritionist.

ABOUT RAW AND RADIANT

COOKBOOK. Summer ' s cookbook is one you can definitely judge by its cover. Its fresh, bright colors are a sample of the yummy recipes she

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shares inside. The subtitle, 130 Quick Recipes and Holistic Tips for a Healthy Life, is true to words. You can try them for yourself as we share a few of her simple yet incredibly flavorful recipes!

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nutrition-packed superfoods. With 130 breakfast, nut milk, smoothie, soup, salad and main course recipes, this is more than just a raw food cookbook.

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The raw and nutrient-rich ingredients in this recipe are an incredibly tasty alternative to your typical tuna salad. We reviewed one other recipe from Summer Sander ' s cookbook, Raw and Radiant: 130 Quick Recipes and Holistic Tips for a Healthy Life a few weeks ago – Overnight Oats.

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Mock Tuna Salad - Raw and Radiant
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