

Soak Your Nuts: Karyn's Conscious Comfort Foods

By Karyn Calabrese

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Karyn Calabrese is Chicago's premier vegan and raw restauranteur and champion for holistic living. Her timeless beauty, youthful physique, and boundless energy are testaments to the lifestyle habits she advocates.
Her latest cookbook is divided into two sections: one features popular cooked recipes from her restaurants Karyn's Cooked and Karyn's on Green, and the other focuses on her favorite raw recipes from Karyn's Fresh Corner.
Here are two endorsements that speak volumes of the food you can now create in the comfort of home:
"To call Karyn Calabrese's food exceedingly healthy is beside the point. It is, but more importantly, everything she touches in the kitchen becomes magically delicious. It's one of the reasons I live fifty feet from one of her restaurants. My wife and I are avid fans, not only of her restaurants but also of Karyn's holistic approach to life. Just look at her-enough said, right? To distill good nutrition and high sensuality into your cuisine is the true definition of culinary artistry. Run-don't wait-to buy this book. Three cheers, Karyn. You are the best."
Charlie Trotter, author and chef-owner, Charlie Trotter's.
"How I wish I could sit at Karyn's table every day to be nourished sufficiently. I know that eating this way is what provides and prolongs superior health and vitality, but beyond that is the fact that this food tastes so good. Now I can eat like this at home. Thanks Karyn."
Angela Bassett, Academy Award nominee and actress

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