



VEGAN & RAW 2
65 easy recipes for more energy

JULIE'S LIFESTYLE



Vegan and Raw 2
65 Easy Recipes For More Energy
Photographs by Heikki Verdurme
Julie Van Den Kerchove

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- Delicious meals that don't contain gluten, dairy or meat
- A great fit for those who want to cook healthy in less than 30 minutes
- Colourful and inspiring dishes that really boost your energy
- This book not only contains first course, main course and dessert recipes, but also numerous snacks to take with you on the go
- Ideal for those who are busy, but want to eat healthy and delicious meals

During her studies, Julie Van den Kerchove completely changed her eating habits and has only used natural ingredients since. In doing so, she managed to put a stop to her health problems. In her second book, she again cooks delicious meals that don't contain any gluten, dairy or meat. In addition, she only uses natural sugars. She does that in the most practical way possible, which makes this book a great fit for those who want to cook healthy in less than 30 minutes. See Julie in action on her own YouTube-channel, which includes many how-to videos in English: www.youtube.com/user/julieslifestyle also available: *Vegan & Raw: Energizing Recipes* ISBN 9789401434720

Julie Van den Kerchove is the person behind the popular blog *Julie's Lifestyle*. After obtaining her degree in journalism, she specialised in raw food and studied at the Living Light Culinary Institute in California. **Heikki Verdurme** is a culinary photographer who gets inspired by his surroundings and the people he meets on his travels. He has already taken pictures for a number of cookery and lifestyle books, for national as well as international clients.