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Delicious Raw-Food Recipes Ever! By Frederic
Patenaude**



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Frederic patenaude (author of the raw secrets)

Frederic Patenaude is the author of The Raw Secrets (3.42 avg rating, 59 ratings, 14 reviews, published 2006), Instant Raw Sensations: The Easiest,

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Raw savory veggie stew recipes?

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book. It was the book I was recommending to my raw friends before "The 80/10/10 Diet" came out. I also bought "Instant Raw Sensations",

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Fred and the balsamic vinegar | awesome to be

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Instant raw sensations - talk it up discussions

I have instant raw sensations too, what do you think? I think I must like more spice than he does, but the simplicity is nice :)

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