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# Raw

*Solla Eiriksdottir*

**Raw** Solla Eiriksdottir

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A modern and fresh take on vegetarian and raw food from celebrated Icelandic chef Solla Eiríksdóttir. Featuring 75 healthy and delicious recipes, *Raw* introduces readers to the new look of vegetarian and raw food. Divided into five chapters - breakfast, snacks, light lunches, main dishes, and sweet treats - readers can expect bright, fresh flavours with recipes like Green smoothie, Pistachio and kale hummus, Quinoa pizza, and Vegan vanilla ice cream. All the recipes are vegetarian and most are raw. Every recipe explains how it can be adapted to suit vegan, gluten free, wheat free, or dairy free diets and is accompanied by a beautiful photograph of the finished dish. After each chapter of recipes there will be a seasonal recipe and activity section, which will explore some wider lifestyle elements of living healthily, for example growing vegetables in small spaces, dying cloth with turmeric in summer, picking wild berries in fall, and making holiday gifts in winter. This book will appeal to raw food fans, the health conscious, and lovers of all things Nordic.

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