



## Soak Your Nuts: Karyn's Conscious Comfort Foods

By Karyn Calabrese

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### Soak Your Nuts: Karyn's Conscious Comfort Foods By Karyn Calabrese

Karyn Calabrese is Chicago's premier vegan and raw restaurateur 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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##### **Darlene Johnson:**

Why? Because this Soak Your Nuts: Karyn's Conscious Comfort Foods is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret the idea inside. Reading this book alongside it was fantastic author who all write the book in such awesome way makes the content within easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your skill and your critical thinking approach. So , still want to postpone having that book? If I had been you I will go to the reserve store hurriedly.

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