

CRUDESSENCE
100 Living-Food Recipes—Raw, Crunchy and Irresistible
 David Côté & Mathieu Gallant

Organic, vegan, raw . . . and delicious!

224 pages

September 2011

Éditions de l'Homme

Rights sold to Germany, Brazil, Italy, Spain and Canada (World English)

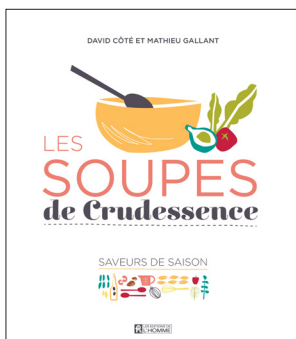
> 50 000 copies sold in French.

This book advocates a cuisine that is eco-friendly, meets nutritional needs and tickles the taste buds—all at the same time; in other words, a living raw food diet that requires absolutely no cooking. Now you can try more than 100 recipes for irresistibly tasty dishes in your own home—100-percent vegan, organic and gluten-free, and thus nutritional and detoxifying.

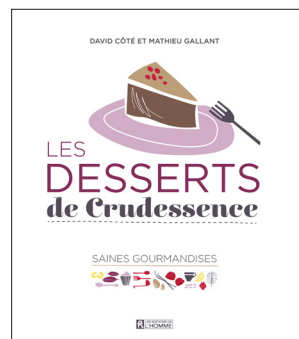
Mathieu Gallant and David Côté are the founders of Crudessence, a Montreal-based food-service company that offers dietary choices based on respect for life and global well-being, thereby promoting healthy and responsible living.

Strong points

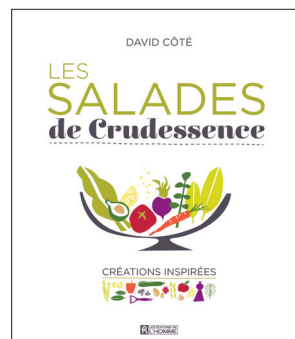
- A growing number of enthusiasts are choosing living foods. Rich in nutrients and enzymes, these foods are recognized for their ability to revitalize and alkalinize the body, making it healthier and more energetic.
- Crudessence's approach is relaxed and flexible, with special emphasis on attractive food presentation.
- In addition to recipes, the book contains a mine of information about the benefits of living foods, techniques and utensils, ingredient properties and all manner of advice for a natural and healthy lifestyle.



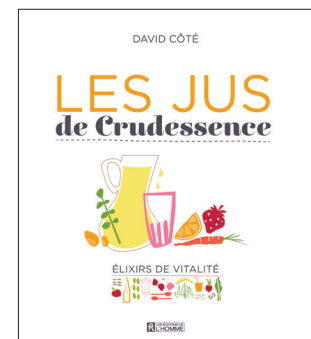
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