



The Blazing Salads Cookbook

Pamela Fitzmaurice, Lorraine Fitzmaurice, Joseph Fitzmaurice

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It all began more than thirty years ago when the Fitzmaurice family decided to adopt a strictly whole food diet. It was not easy; ingredients were scarce and there was little popular understanding of the benefits of whole foods. But to the Fitzmaurice's the benefits were soon evident in high energy levels and a general sense of well being. A passion for real food was born and led, almost inevitably, to the opening of a whole food/vegetarian restaurant. Also contained in the book is background information on whole foods and their preparation and detailed instructions on how to cook delicious meals using natural and seasonal ingredients without the use of sugar or other artificial additives.

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