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And Other Snacks To Supercharge Your Body By Stephanie L.  
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Raw Energy : 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body (Stephanie Tourles) at Booksamillion.com.

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Welcome To Raw Food Energy Benefits . I am so excited to welcome and share with you the simple ways to obtain the best health possible with Raw Food,

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Nov 18, 2012 This is an audio summary of Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body by Stephanie Tourles.

### **Raw foodism - wikipedia, the free encyclopedia**

This article is about raw food consumption It has also been pointed out that cooking food, directly or indirectly, requires energy and may thus release gases

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Author Stephanie Tourles s 125 recipes for trail mixes, parfaits, energy bars, juice blends, smoothies, soups The snacks in Raw Energy do not rely on

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Stephanie Tourles - "Raw Energy" . Event date: Tuesday, March 2, 2010 - 7:30pm. Event address: Warwick's. 7812 Girard Ave. 92037 La Jolla. us. Copyright Warwick's

**Homemade energy bar recipe - small footprint**

This yummy energy bar recipe is full of protein, healthy fats, Raw Power Energy Bars (adapted from The Raw Food Revolution Diet) Tools. Vitamix or strong blender;

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