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recipes:  
Raw/Cooked/Live/Vegan/Vegetarian/Diabetic  
(Volume 2)**

*Sophia S Paul*

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**GREEN GODDESS - simple, quick and healthy recipes: Raw/Cooked/Live/Vegan/Vegetarian/Diabetic (Volume 2)** Sophia S Paul

In "Green Goddess" Sophia shares her favorite healthy recipes -most are suited for diabetics--and contain a variety of vegan/vegetarian/raw as well as cooked options. She mainly uses food she grows in her garden and greenhouses at 9000 feet elevation but also includes fresh produce and ingredients from organic local coops and health food stores! The emphasis is on SIMPLE, QUICK AND EASY yet HEALTHY.

...not just for vegans/vegetarians/diabetics but everyone will benefit from the delicious, healthy creations in my latest cookbook. It also contains many gluten free recipes. You may find your cholesterol and weight drop and blood pressure normalize by following my recipes on a daily basis and of course adding exercise or yoga/meditation to your lifestyle.

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