



Vegan and Raw
Energizing Recipes from Julie's Lifestyle
Photographs by Heikki Verdurme
Julie Van Den Kerchove

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- Vegan: surprisingly tasty and easy
- Aimed at a growing group of people who actively seek healthy alternatives
- All recipes are gluten and dairy free and contain only natural sugars

When Julie Van den Kerchove started suffering health problems during her studies, she decided to completely change her diet. At present, she only eats natural and unprocessed food. In *Vegan & Raw*, she shares her best recipes for delicious gluten- and dairy-free vegetarian food with natural sugars only. The result is a surprising book that shows us how to prepare healthy versions of cheesecake, brownies and even pasta or pizza with pure and natural ingredients.

Julie Van den Kerchove is the person behind the popular blog Julie's Lifestyle. After she had obtained her degree in journalism, she specialised in raw food and studied at the Living Light Culinary Institute in California. **Heikki Verdurme** is a culinary photographer who gets inspired by his surroundings and the people he meets on his travels. He has already taken pictures for a number of cookery and lifestyle books for national as well as international clients.

