



Two Moms in the Raw: Simple, Clean, Irresistible Recipes for Your Family's Health

Shari Koolik Leidich

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Raw, cooked, and gluten-free meals from the founder of the national award-winning healthy-snack company Two Moms in the Raw

Within just a few days, Shari Leidich, a mother of three, went from working out daily and hiking in the nearby Rocky Mountains to being barely able to hold a pen. The diagnosis: MS. Gradually, thanks to a diet rich in raw foods, she returned to her former energetic self. For the long term, though, she knew she had to create meals that she would find satisfying and that her husband and three children would love as well. And they had to be quick and easy.

Many of the 130-plus dishes, like Brunchy Poached Eggs on Spinach with Roasted Red Pepper Sauce, or Plum and Tatsoi Salad, are riots of color. Most can be on the table before the kids can even complain they're hungry. Indulgent snacks like Creamy Olive and Artichoke Dip and Butternut-Lemongrass Soup satisfy cravings, and chicken and fish—Single-Skillet Chicken Puttanesca, Chard-Wrapped Mahi-Mahi—come bolstered with plenty of raw produce and grains. Desserts ditch processed sugar in favor of natural sweeteners and power nutrients.

The story of a quest for healing, *Two Moms in the Raw* is a keep-it-real guide to eating well for anyone who wants to get back on track, enjoy greater vitality, reduce stress, and achieve their best health.

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