

For Immediate Release

RAW FOOD CHEF MICHELE THORNE RELEASES NEW RECIPE BOOK : *ADDING RAW IS EASY*

San Francisco, California, July 27, 2014 - After 10 years of hard work, Michele Thorne, gourmet raw food chef, has released her new book, *Adding Raw Is Easy : 30 Days, 30 Raw Food Recipes in 30 Minutes or Less*. The book features more than 30 healthy and beautiful recipes representing the best of seasonal and heirloom fruits and vegetables. It is intended to inspire omnivores and everyday people who want to eat healthier without compromising flavor or time.

Complete with her own stunning photography and more than 30 raw food recipes, *Adding Raw Is Easy* is a celebration of local and seasonal foods designed to be integrated into any meal of the day. *Adding Raw* is an indispensable guide for the home cook and raw food newbie that desires to demystify and debunk the myth that making raw food and juicing is complicated.

Recently, Michele participated in the “Around The Table” at Driver’s Market, a local event that promotes healthful living. Speaking of the relationship with Driver’s Market, Michele says, “We have a very symbiotic relationship because almost 80% of the produce used to make the recipes in the book was purchased at Driver’s. I support local business and local food.”

Adding Raw is a remarkable resource and makes raw food simple and includes tips on how to save money, save time, tips that explain food nutrients and also contains tips on how to use what might otherwise find its way to the compost bin by sharing “Upcycle Tips”. Many people struggle with making raw food taste delicious AND look appealing in a short amount of time and this book shows the average healthy home cook how to add raw food daily.



The 92 page soft cover book contains nutrient dense raw food recipes for sides, salads, dressings, juices, smoothies and soups. The book is a culmination of a journey with Chef Michele during her well received 30 Day Spring Cleansing Challenge – a raw food challenge that invites participants to add raw food, juice or smoothies to ANY meal of the day. *Adding Raw* contains many recipes that build on the next recipe, adding to the book a dimension of convenience and menu planning over the course of 30 days.

The book is available on Michele’s website and is available as a soft cover version, a PDF version as well as a Kindle version.

About Michele Thorne

Michele Thorne is known for her creative recipes, beautiful presentation and is a tireless advocate for the local food movement as well as the organic labelling movement. She holds an MBA in Sustainable Business from Presidio Graduate School and is an educator, teaching classes in the San Francisco Bay Area including teaching classes at historic Cavallo Point Cooking School. She has appeared on The Food Network and as Executive Raw Food Chef, her dishes have appeared and been reviewed by New York Magazine, Time Out New York and the New York Times. *Adding Raw Is Easy : 30 Days, 30 Raw Food Recipes in 30 Minutes or Less* is her third, self-published book. Adding Raw Is Easy is available as a soft cover version, a PDF version as well as a Kindle version directly from her website michelethorne.com.

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