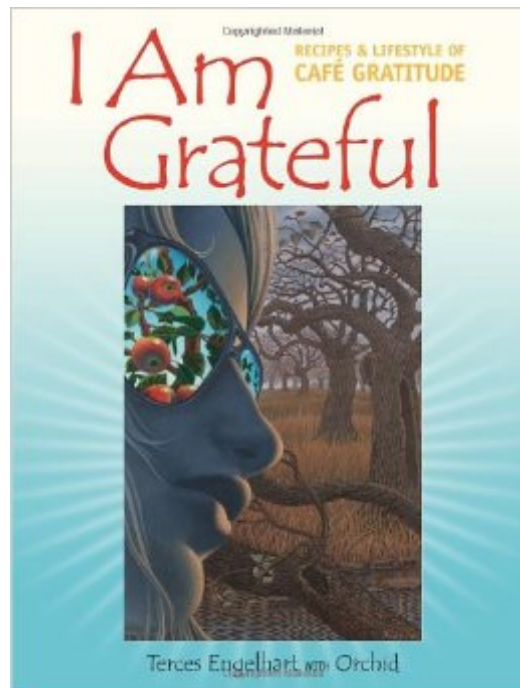


The book was found

# I Am Grateful: Recipes And Lifestyle Of Cafe Gratitude



## Synopsis

With locations in San Francisco, Berkeley, Marin, and Los Angeles, Caf  Gratitude has become well known for its inspiring environment and distinctive, flavorful organic foods. In *I Am Grateful*, cofounder Terces Engelhart presents her and her husband Matthew's view of life and business philosophy. She also presents her story of personal healing, sharing highlights of her recovery from food addiction while explaining the benefits of a raw lifestyle. The book's gorgeous, full-color photographs accompany easy-to-follow recipes for the caf 's most popular items, making it easy for readers to prepare live foods at home. Recipes include caf  favorites such as the *Am Luscious* • raw chocolate smoothie, *Am Bountiful* • bruschetta, *Am Elated* • spicy rolled enchiladas, and *Am Amazing* • lemon meringue pie with macadamia nut crust.

## Book Information

Paperback: 200 pages

Publisher: North Atlantic Books; 1st Edition edition (May 1, 2007)

Language: English

ISBN-10: 1556436475

ISBN-13: 978-1556436475

Product Dimensions: 7 x 0.5 x 9.3 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (142 customer reviews)

Best Sellers Rank: #41,173 in Books (See Top 100 in Books) #20 in [Books > Cookbooks, Food & Wine > Cooking Methods > Raw](#) #84 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

## Customer Reviews

One of the hardest things for me to adjust to when paring down my intake of food is the adjustment of making any kind of elaborate gourmet style meal if I need to, to making something out of almost no ingredients and not even be able to COOK IT! When I switched to primarily raw foods, my family was on the verge of Mutiny. I tried RAW IN TEN MINUTES which at first was okay, but I have a good imagination. All of the recipes started to taste the same and my family went from eating everything on their plates to making excuses to avoid dinner and eat in their rooms (stashed organic corn chips etc). When I saw I AM GRATEFUL, I figured it might be another blonger of a book, but I decided to try it anyway. It was someone's birthday the week I got it, so I decided to make a raw dessert (strawberry shortcake) and then a baked cake for everyone else. I never made it to the cake.

Everyone went berserk over the raw strawberry shortcake. I have made about 1/2 of the recipes in this book so far and I can say OMG it is truly FANTASTIC. Our favorites are: Marinated Veggies, Falafels, Fiery Carrot Avocado Soup, Coconut Curry Soup (Thai), Thai green papaya salad, Coconut Lime Dressing, Jalapeno mint chutney, Smokey Mole (OMG that is the BEST RECIPE EVER), Marinara with Brazil nut Parmesan cheese, Pad Thai, pecan porridge, Cinnamon Rolls, Strawberry Shortcake (with raspberries is DIVINE), German Chocolate Cake, Strawberry Apple Cobbler, and Lemon Meringue Pie. We don't eat desserts that often, or we would have ripped through the entire dessert section. Preparation is about that of any meal- it is not too involved on some recipes- but others, take overnight food dryer time and have to be planned accordingly.

[Download to continue reading...](#)

I Am Grateful: Recipes and Lifestyle of Cafe Gratitude The Gratitude Journal: A 21 Day Challenge to More Gratitude, Deeper Relationships, and Greater Joy (A Life of Gratitude) 21 Days of Gratitude Challenge: Finding Freedom from Self-Pity and a Negative Attitude (A Life of Gratitude) Gratitude is My Attitude. A Gratitude Journal for Children With Inspirational Quotes Cooking with Cafe Pasqual's: Recipes from Santa Fe's Renowned Corner Cafe Coyote Cafe: Foods from the Great Southwest, Recipes from Coyote Cafe Southern Country Cooking from the Loveless Cafe: Fried Chicken, Hams, and Jams from Nashville's Favorite Cafe Cafe Racers of the 1970s: Machines, Riders and Lifestyle A Pictorial Review (Mick Walker on Motorcycles) So Many Roads: The Life and Times of the Grateful Dead The Zuni Cafe Cookbook: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant A Long Strange Trip: The Inside History of the Grateful Dead The Grateful Dead (Pop Culture Legends) Grateful Dead: What a Long, Strange Trip It's Been (Rebels of Rock) (Rebels of Rock (Paperback)) Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes The Me, Me, Me Epidemic: A Step-by-Step Guide to Raising Capable, Grateful Kids in an Over-Entitled World Searching for the Sound: My Life with the Grateful Dead The Complete Annotated Grateful Dead Lyrics Grateful Dead's Workingman's Dead (33 1/3) Everything I Know About Business I Learned from the Grateful Dead: The Ten Most Innovative Lessons from a Long, Strange Trip The Candle Cafe Cookbook: More Than 150 Enlightened Recipes from New York's Renowned Vegan Restaurant

[Dmca](#)