

Vegan Raw Energizing Recipes Lifestyle

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Summary:

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Cacao Maca Energizing Smoothie [Vegan, Gluten-Free] - One ... This Cacao Maca Energizing Smoothie is definitely one of my all times favorite. So simple, it takes only a few minutes to prepare and will boost your mood and energy levels for the whole day. Energizing Coffee Cacao Smoothie Bowl [Vegan, Gluten-Free] This delicious spicy vegan gumbo is perfect for those cold winter nights, or when you just need some really tasty comfort food. Creamy Beetroot and Avocado Soup [Vegan, Raw] This vibrant beetroot soup is naturally silky, creamy and extremely fulfilling and satisfying. Energizing Foods for Vegans - Veganosity Alex and I consistently feel energized throughout the day since we became vegans. We both approach eating in a different way, but the end result is the same. Alex eats raw before 4 p.m. and consumes a ton of fruit and veggies, and no nuts or grains until evening. It's working for her and she feels great.

Raw Cacao Goji Coconut Bites - Energizing, Beautifying ... In fact, they're the perfect mix of raw chocolate, slight sweetness from the berries, rich caramel sweetness from the dates, and I love how the coconut gives them a light flavor and such a lovely texture.