



I Am Grateful: Recipes and Lifestyle of Cafe Gratitude

Terces Engelhart

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With locations in San Francisco, Berkeley, Marin, and Los Angeles, Café 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 café's most popular items, making it easy for readers to prepare live foods at home. Recipes include café favorites such as the "I Am Luscious" raw chocolate smoothie, "I Am Bountiful" bruschetta, "I Am Elated" spicy rolled enchiladas, and "I Am Amazing" lemon meringue pie with macadamia nut crust.

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