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LOVE ON A PLATE

The Gourmet UnCookbook

By Cara Brotman and Markus Rothkranz

Publishers: Rothkranz Publishing

Price: \$29.97/hardcover

Full color photographs throughout

ISBN: 978-0-9909350-0-1

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**NEW BOOK WILL CHANGE YOUR IDEAS
ABOUT HEALTHY EATING FOREVER**

**Chef Cara Brotman And Wellness Expert Markus Rothkranz Bring You
LOVE ON A PLATE – The Most Exciting “Uncookbook” Ever**

**From Pizza To Pop Tarts, Curry Noodles To Chocolate Mousse – This
Revolutionary Way Of Uncooking Is Fast, Easy, And Super Delicious**

Your idea of healthy food is about to change forever. Raw vegan pioneer and chef Cara Brotman has teamed up with wellness expert Markus Rothkranz to bring you the most exciting “uncookbook” ever. With the recipes in **LOVE ON A PLATE**, you’ll enjoy pizza, pasta, bacon, cheese, pop tarts, cookies, pies, and cake without sacrificing your health or your budget. In fact, as sinful as this food seems, it can actually help you feel better than ever before, because all of the recipes are made with healthy raw ingredients that are never cooked.

With more than 100 recipes and tips illustrated by spectacular, full-color photographs, **LOVE ON A PLATE** will convince you to ditch your poor eating habits forever. You’ll be able to eat well without sacrificing taste, look, or smell. And best of all, Cara and Markus’ recipes are easy to follow, quick to prepare, and don’t cost a fortune to make.

LOVE ON A PLATE begins with the basics including the simple equipment you’ll need such as a food blender and a dehydrator – which dries food just enough to make crusts,

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chips, and other crispy items – as well as the every day ingredients you'll use such as cashews, dates, olive oil, and maple syrup. Cara and Markus then explain how to make the fundamentals such as whipped cream, cashew milk, and almond cheese.

From there, you'll be ready to begin your raw food adventure, creating delicious drinks, salads, snacks, appetizers, and desserts as well as main courses for breakfast, lunch, and dinner. The book features recipes for pumpkin ravioli, reuben sandwiches, kung pao unchicken, lasagna, and more. There are also special dishes for kids including healthy macaroni and cheese, spaghettiios, and pop tarts. Here are some samples:

Delicious Freezer Chocolate With Marzipan Filling

This chocolate gets hard within 30 minutes of being in the freezer. It can be kept in the freezer indefinitely, but needs to be eaten right away when taken out because coconut oils melts at room temperature. Pure raw coconut oil is really good for you.

1 cup cacao powder (sifted to remove lumps)
1/4 cup carob powder (sifted to remove lumps)
1/4 cup cashew butter
1/4 cup maple syrup
1/2 cup coconut oil (warmed to clear liquid at room temp)
1 teaspoon vanilla

Mix in bowl, pour in mold or dip things like fruit in it and put in freezer. Ready in one hour.

Marzipan

1 1/2 cups almond meal
1/4 cup maple syrup

Grind almonds into a fine power in a coffee grinder to make the almond meal. Then mix with the maple syrup and knead into dough. You can eat immediately or use it as a filling for the chocolate that has hardened. Stores in refrigerator for long time. For a whiter-looking marzipan, use skinned or blanched almonds.

Learn how to make this recipe by watching the video at www.freezerchocolate.com.

Garlic Naan

In blender, mix:

2 cups coconut meat
2 tablespoons coconut water
3/4 cup thinly sliced sweet or white onion (water squeezed out)
Divide in two and spread on dehydrator sheet.

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Sprinkle on top:

onion pieces

2 garlic cloves, minced

1 tablespoon olive oil

pinch of salt

1/4 teaspoon thyme

1/2 teaspoon curly parsley, minced

Dehydrate for 2 1/2 hours. Flip over on dehydrator mesh and continue dehydrating another 1 to 3 hours. Tear into desired shape. Learn how to make this recipe by watching the video at www.garlicnaan.com.

Almond Nut Crunch

2 cups almonds (preferably soaked and dehydrated to real crunchy)

3 tablespoons maple syrup

2 tablespoons golden or other raisin

2 tablespoon currents

2 tablespoon dried cranberry

1/2 teaspoon cinnamon (optional)

Put almonds in food processor and pulse three times for 3 seconds. Put in large bowl with remaining ingredients and stir well to combine. Lay out on dehydrator mesh sheet and dehydrate for 3 hours to overnight at 120 degrees. Learn how to make this recipe by watching the video at www.stewardessvideo.com

With its creative recipes, stunning photographs, and inspirational message, **LOVE ON A PLATE** is the ultimate guide to preparing gourmet raw food meals. It's perfect book for novices and experts alike.

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ABOUT THE AUTHORS

Cara Brotman

At age 46, Cara Brotman is the embodiment of ageless beauty. One of the world's pre-eminent raw food chefs, she was co-founder of the world's first gourmet raw food restaurant in California more than twenty years ago. She is constantly creating new dishes. Her recipes for delicious, healthy food have attracted such fans as Woody Harrelson, Kevin Bacon, Justin Timberlake, Jessica Biel, and Barbara Streisand.

Markus Rothkranz

At age 53, Markus Rothkranz feels younger than he did at 30. Markus is truly a Renaissance man. After a successful Hollywood career as a filmmaker and special effects artist, he turned his attention to health and wellness. Markus is the author of eight books including his ever-popular *Heal Yourself 101*. A sought-after speaker at natural health conferences, he has produced a series of amazing Hollywood-style videos that reveal in an entertaining way how easy it is to prepare healthy recipes from **LOVE ON A PLATE**. You can learn more at www.loveonaplatebook.com.