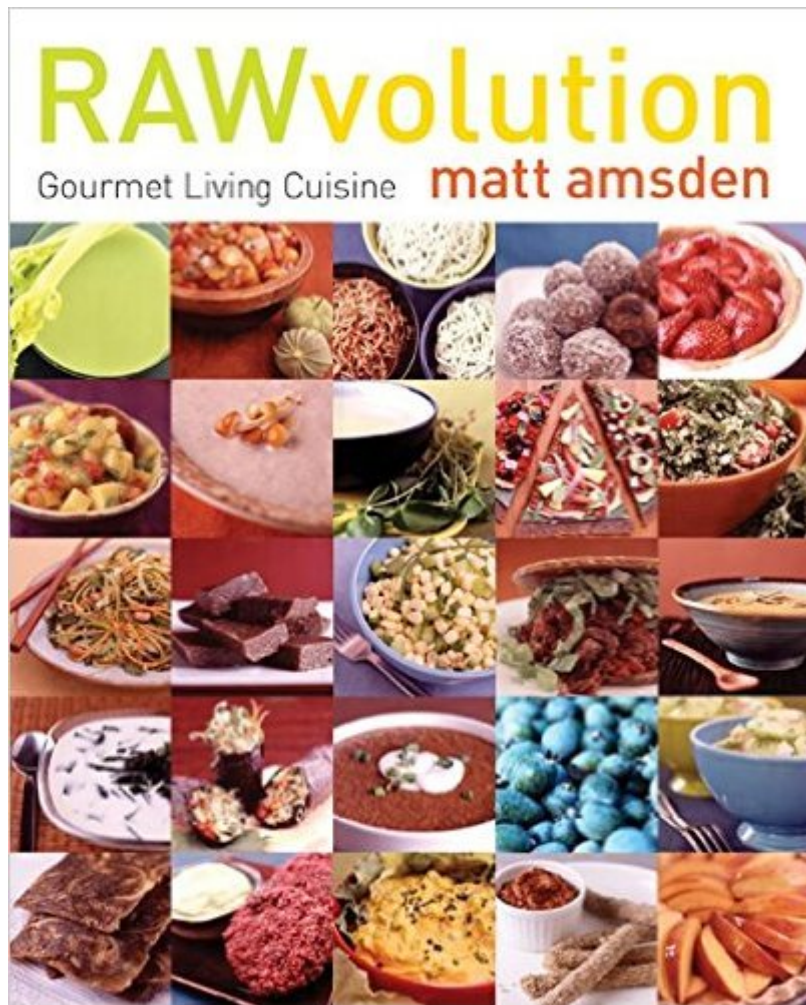


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# RAWvolution: Gourmet Living Cuisine



## Synopsis

Following a vegan, raw foods diet does not mean you have to give up your favorite delicacies or condemn yourself to a life of celery and carrot sticks. As renowned raw foods chef Matt Amsden reveals in this vibrant, inspiring book, raw cuisine represents the discovery and innovative use of luscious natural ingredients. From imaginative new dishes such as cactus salad, onion bread, and spirulina pie, to tantalizing variations on everything from pizza, tacos, and cookies, to the signature "Big Matt with Cheese," Amsden's mouthwatering recipes feature soups, sauces, salads, appetizers, entrees, and even desserts. More than a cookbook, RAWvolution is the indispensable, all-inclusive guide to the many powerful benefits of raw food. Beginning with his personal account of "How I Went Raw," Amsden shares essential advice, information, and encouragement for adopting a raw foods lifestyle. His delectable recipes are organized by type, level of difficulty, and what equipment, if any, is necessary in their creation. Accessible to both beginners and experienced cooks, RAWvolution addresses everyone from vegetarians who want to take the next step in natural cuisine, to those who simply want to diversify and improve their everyday diet. There has never been a more important time to incorporate raw foods into your lifestyle. Raw, vegan cuisine is making news daily, providing healthy and nutritious alternatives that are changing lives. Best of all, raw food can be delicious. There is no need to sacrifice flavor for bland and boring "health" food. Enliven your senses and taste buds instead with rich, living cuisine.

## Book Information

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## Customer Reviews

First off I would like to say that I dont live in California so I havent been able to go to RAWvolution

and try the food there, I can't compare my home 'cooking' to his. I have 5 other raw cookbooks and was awaiting this release to add to my collection. This book is definitely not for someone new to a raw food diet, as it doesn't contain much information about the why's and how's of what you are eating. It does however include a small chapter on what ingredients you should keep in your pantry. With less than 200 pages from cover to cover it is on the small side for a cookbook. The recipe chapters include breakfast, soups, sides and starters, sauces and dips, entrees and desserts. The breakfast section is quite small with about 10 recipes. Although I usually have a green drink or juice I do like breakfast recipes to eat throughout the day, they're nice to have. Most of the recipes are pretty nut/seed patty heavy (using one nut loaf for 4 different entrees and a seasoned walnut meat for 3 others) but Matt does use more sunflower seeds than nuts which for me is refreshing. He also uses his onion bread recipe in anything that requires a crust such as pizza or sandwiches and for tostadas, no other bread, cracker or tortilla recipe is included. The book is also light on dessert recipes. Whole fruit pies in a 5 inch pan make up most of them. You will either need to purchase a 5 inch pie pan or make 1 1/2 the recipe to fit a standard 9 inch. Some recipes that stand out are the mock tuna and mock chicken salad (my new favorite!), cheese pierogis, the big Matt with cheese (his raw version of a big mac), cheese sticks, cucumber dill salad, hummus, mashed potatoes and a fantastic chili.

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