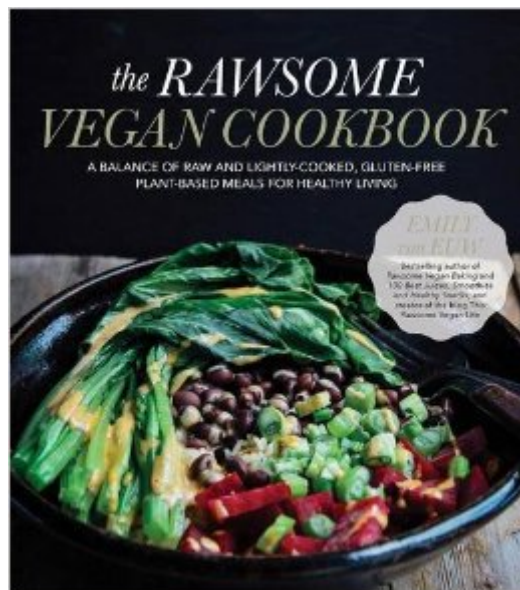


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The Rawsome Vegan Cookbook: A Balance Of Raw And Lightly-Cooked, Gluten-Free Plant-Based Meals For Healthy Living



Synopsis

Be Happy and Healthy with Scrumptious, Wholesome Plant-Based Meals Emily von Euw is back and better than ever, this time with mouthwatering raw and lightly-cooked savory recipes to delight any palate, whether you're vegetarian, a raw vegan or just looking for something healthy, interesting and delicious to add to your dining. The wide selection of stunning main dishes are easy to make and so tasty, you'll be celebrating veggies instead of missing meat and dairy. With her spectacular photography and witty banter, Emily envelops all of your senses with this collection of over 80 enticing recipes, each paired with a beautiful photo. Choose the raw chapter for light, hydrating and colorful meals including Rawsome Pizza, Epic Portobello Yam Burgers and Zucchini Noodle Lasagna. Or choose the lightly-cooked chapter for hearty, nourishing and grounding dishes like Mac + Cheeze, Freedom Falafel and Pumpkin Soup. Emily's comforting, creative and phenomenal eats will wow your taste buds, and make you feel energized and nourished from the inside out.

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Customer Reviews

This is my first Raw title and I quite enjoyed it! It lays out information in an easy to follow structure and the content was very informative. She gives an account of her personal experience followed by what raw living is and isn't, reasons to go raw, how to equip your raw kitchen, eating with your family and friends etc. A lot of this info is very useful. The encyclopedia would be good for those who don't know a lot about the foods around them. Luckily I have a copy of the Doctor's Book of Food

Remedies which is very comprehensive and it also tallies with what I have read in this book although this book adds some that I wasn't familiar with. I have not tried any of the recipes as yet (time constraints) but I HAVE read through all of them. Most of the ingredients seemed very accessible until I got to two of the recipes in the dessert section which called for 'agar flakes'... ??? Needless to say a more experienced raw foodist would know what they are and where to find them. If you have no clue you could just omit them or nix those recipes from your experiment list :) I like that she gives little tips throughout the book like what to use in place of rice, variations on flax crackers, sandwich ideas etc. I also love that in her recipes she tells you the shelf/fridge life of the products and where the best place is to store some of them. If the book is so great why did you minus a star?? - 1. Many of the recipes call for tahini and although it may be readily available to a lot of people, I have found some very simple recipes online for it so it would have been useful to include a recipe here in the book for those who would have found this product unable to obtain or who would prefer to make their own at home 2.

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