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Practically Raw's revolutionary practicality and flexible approach

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For you enjoy Chef Amber's delicious vegan dishes your own way, according to your budget and taste, every day or every once in a while, and as raw — or cooked — as you like. Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients, and with the flexibility of many substitutions, cooking options, and variations. Ideal for beginners as well as seasoned raw foodists, Practically Raw has something for everybody, whether you want to improve your health and longevity, cope with food sensitivities, or simply eat fresher, cleaner, and better! Chef Amber's creative, satisfying recipes include: Almond Butter Sesame Noodles Vegetable Korma Masala Fiesta Taco Roll-Ups Primavera Pesto Pizza Maple-Pecan Kale Chips Cherry Mash Smoothies Parisian Street Crepes Warm Apple-Walnut Cobbler
This beautiful new full-color edition (previously published by

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(Vegan Heritage Press) includes a pantry guide, menus, money-saving and make-ahead tips, and nutrition information.

This companion book to Amber Shea's trend-setting Practically Raw, sets the standard for flexible raw sweets and treats. Practically Raw Desserts is a trove of scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. All of chef Amber Shea Crawley's sweet creations allow substitution and adaptation for a non-raw kitchen. The recipes are free of dairy, eggs, gluten, wheat, soy, corn, refined grains, refined sugars, yeast, starch, and other nutrient-poor ingredients. Many recipes are also free of grains, oils, nuts, and added sugars. Ideal for beginners as well as seasoned raw foodists, Practically Raw Desserts is jam-packed with delicious, healthy-yet-indulgent treats that include: •

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Baklava Blondies • Summer Fruit Pizza • Tuxedo Cheesecake

Brownies • Cashew Butter Cups • Confetti Birthday Cake • Pecan Shortbread Cookies • Deep-Dish Caramel Apple Pie • Dark

Chocolate Sorbet With this flexible approach, you can delve into raw desserts at your own pace, even without special equipment or hard-to-find ingredients. The book provides recipe variations and ingredient substitutions that address many common food allergens. If you're looking for delicious and vibrant dessert recipes with maximum flavor and nutrition, then you'll love Practically Raw Desserts.

Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new

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reason for doing so: maximizing flavor – which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from avßav? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor

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Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.

This innovative vegan cookbook combines the best of both worlds—comfort food + ethnic cuisine. The result is Fusion Food in the Vegan Kitchen, a delicious, experimental type of cooking popular in California and quickly taking the vegan world by storm. Its focus is not only on fresh, local ingredients, but also the amazing flavors found in different world cuisines. Think Korean pulled “pork” sandwiches, jalapeno mac ‘n’ cheese, and Mexican hot chocolate cake. Traditional, with a twist! Author and California

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native Joni Marie Newman will treat you to more than 100 innovative recipes, all featuring whole foods ingredients that can be found at almost any grocery store or farmer's market—no store-bought faux meats, mayos, cheeses, or the like. Recipes will also feature low fat, soy free, and gluten free options for those with special dietary needs. Push the envelope on taste and take plant-based cooking to a whole new level with Fusion Food in the Vegan Kitchen.

Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? Going Raw gives you everything you

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need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignall's *Going Raw* combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. — Fully illustrated raw-food techniques, from slicing a coconut to sprouting your own seeds — More than 100 delicious, fresh, gourmet food recipes—smoothies, salads, “burgers,” and beyond — On the bonus DVD you'll find a video tutorial for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandoline, and spiralizing vegetables

Inside you'll find: — Green Smoothies — Berries and Cream Crepes — Dandelion Salad — Thai Green Bean Salad — Herbed Cashew Hemp Cheese — Broccoli and Mushrooms with Wild Rice — Spaghetti Bolognese — Asian Noodle “Stir Fry” — Classic Veggie Pizza — Coconut-Curry Samosas with Plum Chutney

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— Orange-Chocolate Mousse Parfait — Mexican Spiced Brownies —
Apple Cobbler with Maple Cream — How to grow your own sprouts
— How to ferment kimchi and sauerkraut — ...and even 100% raw Ice
Cream, Coconut Yogurt, and more!

Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's *Raw & Simple*, it's never been simpler to eat and live better. It's healthy, fun, and easy. Inside you'll find: No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars,

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artificial flavorings and colorings, or preservatives€”just real, wholesome foods, made simpleAll gluten-free recipes, with plenty of low-sugar optionsThe nutritional benefits to keeping foods as close to their natural state as possibleHow to get all of your essential nutrients from a raw dietTips and tricks for stocking your kitchen and living the raw lifestyleLifestyle and weight loss strategies to help you achieve vibrant health Making smart, delicious food choices in a short amount of time is now easier than ever. Raw and Simple provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include: Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli,

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Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food€”it's about feeding your whole body and fueling your life!

Finally: raw vegan recipes that taste as good as they are good for you! You know that your raw vegan diet brings out the best in your food, and the recipes in this book will make your meals all the better. This collection packs a double-whammy punch of uber-nutrition and over-the-top flavor with every recipe, with dishes such as: Myan Chocolate Shake-Down Shake Oceanic Greens with

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Orange Sesame Dressing Nut Crackers with Garlic Woah Banana
Vanilla Ice with Blueberry Drizzle and many, many more! This
super-reference full of need-to-know info will inspire you to hold a
funeral for your stove, make the blender your new best friend, and
always be Rawesomely Vegan!

Flavorful Recipes to Suit Your Every Taste and Craving! Looking
for more variety in your vegan cooking? Maybe a new type of
muffin to make? Or perhaps a pasta or savory pie that's "just a little
different," but full of flavor and taste? 500 Vegan Recipes gives
you the array of dishes you've been searching for, while still
including all your favorite comfort foods and traditional fare. It's
everything you've been looking for in a cookbook, and will be a
staple reference in your kitchen for years to come. Vegans and non-

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vegans alike can satisfy their every craving with the recipes inside, which feature international cuisines such as Indian and Cajun, as well as hearty main courses, sinful desserts, and comforting soups and breads. Individual recipes are also marked with such distinctions as Soy Free, Gluten Free, Low Fat, and Under 30 Minutes. Recipes include: Peanut Butter and Chips Granola Wheat Germ Raisin Pancakes Banana, Peanut, and Oat Breakfast Biscuits Blooming Onion Rolls Greek Phyllo Samosas Sesame–Bean Spread Edamame Caviar Rustic Tempeh–Spinach Pie Cranberry Chili Sweet Potato, Roasted Red Pepper and Corn Bisque Pumpkin Spinach Ravioli Mexican Shepherd's Pie Apple Curry Fauxsage Roasted Caramel Nut Tartlets Cherry Almond Cookies Gluten-Free Fudge Brownies With 500 Vegan Recipes, eating healthfully has never been easier—or more kind!

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A follow-up to Crazy Sexy Diet shares more than 150 produce-based recipes while informing readers on how to use nutritional strategies to bolster health, providing numerous options for gluten-free, soy-free, child-friendly and time-pressed households. 20,000 first printing.

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