

[PDF] Practically Raw: Flexible Raw Recipes Anyone Can Make

Amber Shea Crawley - pdf download free book



Books Details:

Title: Practically Raw: Flexible Raw
Author: Amber Shea Crawley
Released: 2012-02-28
Language:
Pages: 256
ISBN: 0980013151
ISBN13: 978-0980013153
ASIN: 0980013151

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Description:

Review "The recipes on offer here are exciting and flexible, and you ll also find they are very doable for even the most novice cook. With money-saving tips, nutrition advice, information on special ingredients, equipment and techniques, pantry lists, and directions for cooked options, this book is a wonderful entry into enjoying the raw food lifestyle...practically." ---- Russell James, The Raw Chef

"Beautiful and immensely helpful. The perfect cookbook for omnivores leaning toward veganism, as

well as vegans leaning toward raw foods." ---- Vegan.com

"Amber's approachable style to eating raw makes it easy for anyone to start making raw foods in their kitchen. Her recipes are inventive, balancing both raw and cooked foods, with an emphasis on health but never sacrificing taste. You'll find the recipes in *Practically Raw* are deliciously divine." ---
-Christy Morgan, the Blissful Chef

About the Author Amber Shea Crawley is a certified chef and writer specializing in healthful vegan and raw food. She was classically trained in the art of gourmet living cuisine at the world-renowned Matthew Kenney Academy, graduating in 2010 as a certified raw and vegan chef. In 2011, she earned her Nutrition Educator certification at the Living Light Culinary Arts Institute. Amber blogs at AlmostVeganChef.com.

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