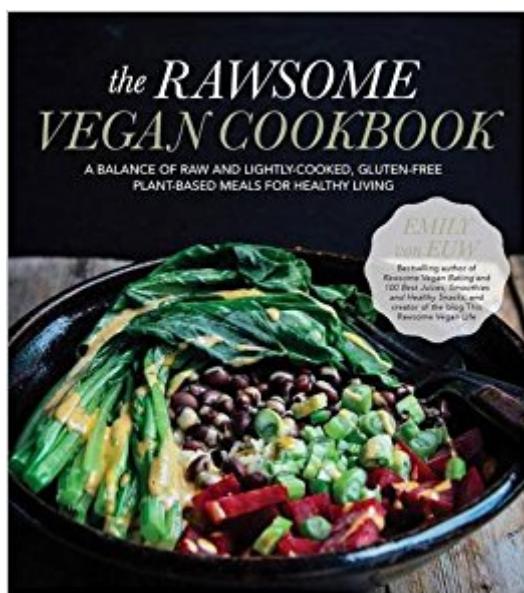


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# The Rawsome Vegan Cookbook: A Balance Of Raw And Lightly-Cooked, Gluten-Free Plant-Based Meals For Healthy Living



## Synopsis

Be Happy and Healthy with Scrumptious, Wholesome Plant-Based MealsEmily 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.

## Book Information

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## Customer Reviews

Emily is a woman after my own heartâ€œcelebrating the possibilities of plant-based foods with enthusiasm and creativity. Her beautifully photographed, delicious recipes prove that vibrant health and comforting meals do not have to be mutually exclusive.â€œHeather Crosby, founder of YumUniverse.com and author of YumUniverseâ€œEmilyâ€œs recipes always make me smile because they are so colorful, endlessly creative and absolutely crave-able. Her new cookbook will be a must-have for anyone who loves amazing, good-for-you

eats!â•â¢Kathy Patalsky, author of 365 Vegan Smoothies and Healthy Happy Vegan Kitchenâ•â¢Emilyâ•â¢s foodâ•â¢like her personalityâ•â¢is playful, exquisite, fascinating, honest and colorful. Emilyâ•â¢s photography draws you in immediately and then you stay for her engaging chatter and creative recipes. Whether you eat raw or not, vegan or not, you will be inspired to add her simple and delightful creations to your everyday meals.â•â¢Richa Hingle, author of Vegan Richaâ•â¢â•â¢s Indian Kitchenâ•â¢Emilyâ•â¢s use of fresh ingredients in her cooking and baking is inspiring. Her recipes prove that eating vegan (and raw) doesnâ•â¢t have to be hard and can easily be delicious!â•â¢Erin Alderson, creator of naturallyella.com

Emily von Euw is the author of the bestselling books Rawsome Vegan Baking and 100 Best Juices, Smoothies and Healthy Snacks. She is the creator of the blog This Rawsome Vegan Life, winner of The Vegan Womanâ•â¢s Vegan Food Blog Award and named one of the Top 50 Raw Food Blogs by the Institute for the Psychology of Eating. She was a featured speaker at the Vancouver Veg Expo and Spokane Vegfest. She lives in British Columbia, Canada.

I've been an avid blog reader and follower of numerous vegan and raw blogs. I recently took the plunge and started ordering books by bloggers I liked. Unfortunately, I immediately regretted spending the money to have this as a hard copy book. It didn't feel good in my hands, if you're a book lover perhaps you might relate to what I'm failing to adequately explain... I flipped through it, feeling let down. The photos were not crisp and clear and bright, it failed to capture me and I spent maybe 5 minutes or less before shelving it. Had I seen it in the store where I could first flip through it, I would not have purchased it. Content on the Internet remains supreme. For a recipe book, the Rawsome Vegan Cookbook is far too basic, as two other reviewers have mentioned. I already make most of these types of food myself, without a recipe. I didn't learn anything, be it a new technique or trick; or unique information about an ingredient. I was sucked in by drool worthy photos on Instagram! But reading the actual recipes left my appetite wanting. Ever read a recipe and your mouth just knows it won't taste delicious? That it's missing stuff... So if you are even moderately experienced with cooking, I would suggest skipping this as an addition to your cookbook collection and stick to the blog for inspiration and beautifully photographed food. I suppose I don't regret the purchase in the sense that I contributed monetarily in response to the hard work Emily has put out for years via her great blog.

I have been reading Emily's blog posts for a while now and jumped at the chance to both have a collection of her recipes as well as support her creative genius. I have only made a few of the recipes 'cause I'm so in love with the sweet potato and tahini as well as the soba noodles to try any of the others! The pics are amazing...EVERY recipe has an accompanying photo. These recipes are for people who enjoy eating scrumptious whole foods without having to spend much time to prepare. I am so tired of raw recipes that require a 10-step 3-hour process to make. I appreciate that Emily focuses on raw food AND includes recipes for foods that are best when cooked as well.

I have over 30 cookbooks (possibly more) and this is the easy 30min cookbook that is amazingly packed with flavor. Want something easy and yet amazingly satisfying? But this

I bought Rawsome under direction of my doctor because I told him I wanted to go raw. The information in this book is amazing! It goes over every fruit, vegetable, spice etc... and tells you what vitamins it has, what it's used for and anything else you want to know about it. You can also look up a vitamin and it will tell you what you can eat that has that vitamin in it. It has a lot of really good information in general about raw eating. I think it's a great reference guide. My only problem with it is that I found the recipes to be bland. They had many I had never seen online so I liked the new ideas but I had to spice up the recipes to my taste. I'm okay with that, in fact I'm going to buy another copy for my niece who is a vegetarian because the information alone in this book is that good.

Lots of really interesting and yummy recipes in this great book. I would have enjoyed a book of fully raw recipes. Even if going by the technical definition of raw meaning nothing cooked over 48 Centigrade/117 Fahrenheit, there are definitely some recipes that don't follow that. However, this is an absolutely EXCELLENT veggie/vegan cookbook and I recommend it highly! love love love this.

I actually read this cookbook from beginning to end in a few days! Now I'm slowly trying out all the recipes. The book includes A LOT of information about the nutritional value of food and where and how you can make sure you are getting all the vitamins and minerals that your body needs from your food, not from a pill. (Very informative whether you are a raw foodist or not). The recipes are very simple, most with just 3-6 ingredients that you chop up or blend and voila! Dinner is ready. I don't own a hydrator but I've made do with a conventional oven at the lowest setting to make flax crackers. I also like Brigitte's style of writing that always puts a smile on my face: Sip and merge with the universe! Buy this book and you won't be disappointed :D

I have read good reviews about this book, however I am disappointed - I was expecting vegan recipes that can be made at home as alternative to regular food, but the book is basically a "salad" book!

Love this book. Great ideas.

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The Rawsome Vegan Cookbook: A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,..) (Gluten-Free

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