

Rawsome Vegan Baking

Are you craving a way to eat killer food without killing yourself, animals, or the planet? Is your brain bloated from watching cooking shows that present recipes you're never, ever going to make? Have you been searching for a way to prove to your friends that vegan food can be just as delicious, hearty, and satisfying as the meaty meals they're accustomed to? Then this is the book for you. Of his journey from watching food porn on his parents' couch to cooking in Hollywood kitchens to becoming vegan, author Brian Patton writes: My roommate said he didn't know what made me a bigger loser: that I was painstakingly preserving episodes of 30 Minute Meals or that I was trying to conceal their existence by labeling them Star Trek....Once I discovered that I could not only survive but thrive without taking the life of another being, I was sold. I was a vegan. For good. And that's how an "ordinary dude" became the Sexy Vegan and started creating "extraordinary food" with a decidedly real-meal appeal. On every page, Brian proves that seriously good food needn't be too serious.

Vegan baking made even healthier--and just as delicious The classic cookies, cakes, and pies in Whole Food Vegan Baking have been transformed into better-for-you versions of themselves that still taste fantastic. Most vegan baking includes refined sugar and other processed foods, but these recipes are made with only natural, whole food, plant-based ingredients. So you can be kind to your body while still indulging in

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decadence. Whether you're vegan, or just in search of a healthier way to enjoy your favorite sweets, *Whole Food Vegan Baking* shows you how to create cookies with chickpea flour, oil-free apple pie, and dozens of other vegan baked goods that you'll love to eat and be proud to serve. *Whole Food Vegan Baking* is: Easy as pie--Bake each recipe to perfection with simple instructions, and notes on prep time, cook time, and all the necessary tools. Vegan, naturally--Learn the science behind swapping sweeteners, omitting oil, and picking plant-based--without sacrificing flavor. Tips and tricks--Get pointers on recipe variations, ingredient substitutions, serving suggestions, and more. Experience natural vegan baking that's as flavorful as it is good for you with *Whole Food Vegan Baking*.

Nourish and Heal with the Delicious Power of Superfoods Emily von Euw, bestselling author of the *Rawsome* cookbook series, is back with a comprehensive collection of over 100 delicious recipes to help you eat your way to wellness. Incorporate nutrient-rich superfoods into your diet with everyday staples like berries for antioxidants, cinnamon and turmeric for their anti-inflammatory benefits, and chia, acai and spirulina to improve energy and increase immunity—plus so much more! With raw, soy-free and nut-free options, these approachable plant-based dishes will change the way you nourish yourself and your family. *Garlicky Greens with Baked Sweet Potato, Pecans, Sesame Oil + Quinoa* is quick to throw together and packed with vitamins A, K and C. The umami-rich *Creamy Shiitake Mushroom Pasta with Kale* delivers antioxidants and

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anti-cancer properties. To boost your spirits without the sugar crash, try a cup of Good Mood Hot Chocolate. Full of invigorating juices, immune-boosting smoothies, flavor-packed dressings and satisfying mains, this book has everything you need to enjoy the benefits of superfoods in easy, everyday meals

Vegan Recipes That'll Punch Your Taste Buds in the Mouth Natalie Slater has been described as "Martha Stewart meets Iron Maiden," taking vegan cooking to places it has never been before. Influenced by slasher films, pro-wrestling, punk rock and heavy metal, her quirky-yet-delicious comfort foods are a refreshing take on vegan eating with award-winning flavors. Along the way, her off-color humor, irreverent rants and density of pop-culture references will make you laugh out loud. Inside this high-energy cookbook you'll find recipes for Bike Messenger Brownies—inspired by the espresso-infused chai latte these speed demons use to fuel up; and Crouching Cornbread, Hidden Broccoli—Natalie's sneaky way of getting her son to eat vegetables. Other creations include the Grilled Mac 'n' Cheez Sandwich, Taco Lasagna, Chick-O Cheesecake, and her Shepherd's Pie Pizza, about which she writes, "Some people were born to rock n' roll. Others were born to ride. I was born to put mashed potatoes on pizza." Bake and Destroy was named one of the most anticipated cookbooks of the year by VegNews.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or

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less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave—the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac 'n' Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these

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amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they're fun, fast and scrumptious. A collection of raw, vegan, and gluten-free recipes includes such dishes as cauliflower risotto, sweet potato and squash mac 'n cheese, and walnut portobello burgers. Vegans and vegetarians everywhere will have the best holiday period ever with Gaz Oakley's fantastic alternatives to the trad turkey and trimmings. Gaz is an expert in bold flavours and textures, so everyone can enjoy a spectacular centrepiece and amazing food throughout the festive season. Gaz talks you through the menus and the planning, from Christmas morning breakfast like Sweet Potato Waffles and Tofu Benedict, through to a show-stopping lunch with the likes of Ultimate Christmas Wellington, "Turkey" Roast and Festive Nut Roast Wreath served with all the trimmings: "No Pigs" in Blankets, Hasselback Potatoes and Fluffy Yorkshire Puddings – all rounded off with spectacular dairy-free puds including Boozy Tiramisu and Creme Brûlée Tarts. There are vegan versions of mince pies, Pavlova and the traditional Christmas Pudding with Custard, and even a "cheese" board for afters! And it's not just about the big day: Gaz offers a supreme spread of party food for when you're celebrating with guests - Mini Sausage Rolls, Sticky BBQ "Ribs" and Arancini, among many others, plus ideas for

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Boxing Day leftovers including Bubble & Squeak, Christmas Curry and Gyros. Packed with suggestions for the festivities and advice on how to keep cool in the kitchen if you're cooking on the big day, *Vegan Christmas Cookbook* offers every solution you'll ever need for what to cook for vegans and vegetarians at Christmas.

Presents a collection of 150 raw food recipes that features options for every meal of the day, and includes sample menus and tips for traveling and feeding children.

The *Vegan Scoop* brings the pleasures of the ice cream parlor into your home with 150 recipes for delicious frozen desserts that are so rich and creamy, they're better than the "real" thing—and contain one-third the calories! Developed by vegan hipster Wheeler del Torro of Wheeler's Frozen Desserts, these "faux" creams feature 100 percent vegan-certified ingredients, making them suitable for both vegans and those with lactose intolerance and other dairy aversions. And with each serving containing approximately 80 calories—nearly 100 calories fewer than a serving of traditional ice cream—you can indulge with peace of mind (and keep your trim waistline!). Chapters are devoted to innovative flavor "inspirations," and cover everything from Caribbean & Island Flavors to Healthy Flavors and Aphrodisiacal Flavors. You'll also find two chapters full of recipes for toppings, sauces, sides, and other dessert accompaniments. Recipes include: Peanut Butter Banana Black Sesame Chocolate Marshmallow Almond Cookie Orange Passion Fruit Granola Crunch Pecan Apple Danish Espresso Bean Vanilla Graham Cracker and hundreds more!

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You can have your cake and eat it too with Ani Phyto's innovative, delicious desserts. From cobblers to cookies, pies to cupcakes, Chef Ani's easy-to-make sweets are wheat-free, gluten-free, dairy-free, processed sugar-free, and cruelty-free. Deceptively simple, these treats pack loads of flavor and nutrition in every bite. Substituting these mouthwatering desserts for traditional baked ones will give your body much-needed nutrients while sacrificing none of the flavor. With lists of essential tools, key ingredients (including "superfoods" that enhance flavor and nutrition), full-color photos, and gorgeous design, Ani's Raw Food Desserts proves you don't have to sacrifice taste or style to reap the benefits of raw foods. With recipes for: Raspberry Ganache Fudge Cake, Lemon Pudding Filled Coconut Cupcakes with Shaved Coconut Topping, Mango Sorbet on Macaroon Tartlets, Chocolate Crunch Cupcakes with Molten Mint, Fig Tartlets with Frangipane Cream, Oatmeal Raisin Cookies, Mulberry Pecan Cookies, Spiced Blueberry Cobbler, Pear Ginger Crisp, Nectarine-Raspberry Crumble, and Filled Chocolate Truffles.

Veganism has been steadily moving toward the mainstream as more and more people become aware of its many benefits. Even burger-loving omnivores are realizing that adding more plant-based foods to their diet is good for their health and the environment. Big Vegan satisfies both the casual meat eater and the dedicated herbivore with more than 350 delicious, easy-to-prepare vegan recipes covering breakfast, lunch, and dinner. Highlighting the plentiful flavors that abound in natural

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foods, this comprehensive cookbook includes the fundamentals for adopting a meat-free, dairy-free lifestyle, plus a resource guide and glossary that readers can refer to time and again. Eat your veggies and go vegan!

Sweetly Raw Desserts will show you everything you need to know about making the most delicious and nutritious raw food desserts.

Holidays? Check. Birthdays? Check. Tuesdays? Check! Our research says life is 100% better any day pie is involved. There's nothing like a rich, gooey slice of apple pie straight from the oven, baked in a perfectly flaky crust and topped with cinnamon-sugar. And now it can be yours, along with dozens more mouthwatering varieties, vegan at last and better than ever. *Vegan Pie in the Sky* is the latest force in Isa Chandra Moskowitz and Terry Hope Romero's baking revolution. You'll find delicious and adorable pies, tarts, cobblers, cheesecakes and more—all made without dairy, eggs, or animal products. From fruity to chocolaty, nutty to creamy, *Vegan Pie in the Sky* has the classic flavors you crave. And the recipes are as easy as, well, you know. Serve up some: Maple-Kissed Blueberry Pie She's My Cherry Pie Chocolate-Peanut Butter Tartlets Salted Pecan Caramel Pie Pumpkin Cheesecake Learn how to rock (and roll) the perfect pastry crust, whether butter, graham cracker, chocolate cookie, or gluten-free almond. Luscious toppings transform your pie into a showstopper. And you'll even find handheld treats, to make getting your recommended daily allowance of pie more convenient! With gorgeous color photos and Isa and Terry's irreverent commentary

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throughout, *Vegan Pie in the Sky* is the modern baker's bible for pie that's out of this world.

Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show *Cupcake Wars*, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating, as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free

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recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her Cupcake Wars–winning vegan cupcakes—the ultimate indulgence without busting your belt.

Presents healthy dessert recipes that use raw, vegan, and gluten-free ingredients, offering such options as rawified Reese's ice cream cake, crazy for coconut bars, and coffee cr eme mousse with chocolate pecan crust.

There once was a nurse-turned-pharmaceutical sales manager who had always partied hard, chain smoked, eaten as many bacon sandwiches as she liked and exercised just enough to 'stay fit'. One day, she decided to take up yoga (because it seemed like a great way to get a toned butt). Little did she know that this snap decision, made out of curiosity and vanity, would change her life forever, leading her on a journey to organic, plant-based, raw food health, one delicious bite at a time.

Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Euw, creator of thisrawsomeveganlife.com, has recipes that are so delicious you'll be drinking to your health every day. Recipes include: • Lime and Apple Aura? • Watermelon Wake Me Up • Carrot Ginger Sipper? • Apple Cinnamon Delight • Banana Spinach Almond Dream • Pineapple Berry Mixer • Vanilla Melon Magic • Strawberry Mylkshake • Dark Chocolate Chip, Oat and Hemp Cookies • Dare to Date Squares •

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Hippie Hemp Hummus? • Cheezy Garlic Kale Chips Each sip will boost your metabolism, detox your body, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. Plus, swapping in some of these healthy drinks and quick snacks will help control your weight and save you time in the kitchen. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands. 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: • 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

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delicious and vibrant dessert recipes with maximum flavor and nutrition, then you'll love [Practically Raw Desserts](#).

[Presents one hundred recipes from the Philadelphia-based, vegetarian restaurant, including porcini and celery root shepherd's pie, charred shishito peppers, and chocolate stuffed beignets.](#)

[The Only Vegan Cookbook You'll Ever Need](#) Seven standout authors have joined forces to create this definitive vegan reference book. With more than 600 recipes, this indispensable kitchen staple is perfect for seasoned vegans looking to build their repertoires, cooks new to the basics of plant-based cuisine and curious meat-eaters on the hunt for new flavors. Gluten-free, soy-free and sugar-free options are included, and many recipes come together in 30 minutes or less. Offering unbeatable variety and covering everything from main dishes, sides, soups and salads to breakfasts, beverages, desserts and pantry staples, these experienced and creative vegan authorities have you covered.

[Whether you're a vegetarian, a raw vegan, avoiding dairy, a meat-lover just looking for something new and delicious or you want to lose weight and cleanse, Emily von Euw, author of the bestselling Rawsome Vegan Baking and newly released 100 Best Juices, Smoothies and Healthy Snacks, has creative recipes for savory, mouthwatering main dishes and meals. Emily's balance of raw and lightly-cooked savory recipes range from Veggie Wraps with Miso Mustard Gravy to Raw Pizza with Spinach Pesto and Yam](#)

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Burgers with Daikon Fries and Ketchup. They deliver the comfort and complexity sometimes missed in vegan diets-and they're eye-catching to boot. Readers will be left feeling stuffed and satisfied. Emily's popular blog, *This Rawsome Vegan Life*, won the Vegan Woman's Vegan Food Blog Award and was named one of the Top 50 Raw Food Blogs. Her tempting vegan eats paired with her spectacular photography mesmerizes a strong following.

Simple vegan, raw, and raw-inspired recipes to whip up satisfying healthy meals with just 10 ingredients or less. Fresh, raw plant foods are the key to vibrant health, glowing skin, and high energy. But many raw and vegan recipes require trips to specialty stores and long hours in the kitchen; Laura-Jane Koers is on a quest to create amazing recipes using staple ingredients that can be found all year round and might already be in your kitchen. (Think bananas, apples, carrots, celery, and onions-no need to make a special trip for fresh coconut and celeriac.) Koers is known for her easy and accessible plant-based cuisine on her blog *TheRawtarian.com*. In *Cook Lively*, she shares satisfying recipes to whip up healthy meals with as few ingredients and prep as possible. *Cook Lively* is the go-to cookbook when you're hungry for something wholesome, delicious, and quick.

The *Vegan Way* is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, *My Vegan Journal*. A lifestyle guide that's a real game-changer, *The Vegan Way* is for those who are

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intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan—being as healthy as you can be, being compassionate to animals, and respecting our planet—Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. The Vegan Way is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

Standout Vegan Recipes that Give Eating Raw a New Look and Flavor Celebrated Raw chef Rachel Carr brings you all the recipes, tips and tricks you need to make exceptional raw vegan meals you'll fall in love with. Each recipe in this must-have raw food guide helps you pair the freshest produce with nutritious nuts and seeds for meals that leave you feeling vibrant and energetic, such as: • Cucumber Spring Rolls • Raw Wok Vegetable “Stir-Fry” Noodles • Almond and Sun-Dried Tomato Hummus Wrap •

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Walnut-Chorizo Tacos with Kiwi Salsa and Guacamole • Nachos with Bell Pepper Chips • Freekeh Risotto with Roasted Trumpet Mushrooms • Piña Greenlada Smoothie • Pumpkin Seed and Cilantro Pesto Pizza • Cauliflower Steak with Chimichurri Enjoy a wide variety of stand-out meals and snacks that lay a solid foundation for a healthful, veggie-focused lifestyle. While many dishes are completely raw, some recipes are cooked to maximize the nutritional value—and tastiness—of the ingredients, making them perfect for today's modern approach to eating intuitively. No matter which recipes you choose, you're guaranteed wholesome meals your body will thank you for.

Raw. Vegan. Not Gross. is the debut cookbook from YouTube's Tastemade star Laura Miller.

Tackling head-on the skepticism likely to greet proponents of what the world sees as a "fad" diet, renowned nutritional consultant and raw foods adherent Brigitte Mars presents historical data and scientific evidence confirming the efficacy of raw foods diets in:

- o Supporting emotional stability
- o Increasing energy levels
- o Clearing the skin
- o Boosting immune-system function
- o Improving digestive function
- o Dispelling depression
- o Sustaining overall good health.

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

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Shake-Down Shake Oceanic Greens with 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 Rawsomely Vegan!

Mars presents historical data and scientific evidence confirming the efficacy of a raw foods diet, and provides more than 200 kitchen-tested recipes.

Lauren Ulm is a vegan cook whose star is on the rise. She hosts a popular blog that is read by more than 30,000 a day. She's a 2008 Veggie Awards winner from VegNews magazine who has been featured on The Martha Stewart Show, AOL, and the hippest sites on the web, including BoingBoing.net and Etsy.com. Now she delights her blog fans, as well as millions of vegetarian and vegan enthusiasts, with this sophisticated four-color cookbook filled with original and the most beloved meals from her blog. From appetizers to desserts, breakfasts to dinners, as well as holiday- and company-worthy fare, Ulm proves that vegan food doesn't have to be bland food. It's her love (okay, her obsession!) of making vegan foods exciting that is evident in her creations—recipes that are as artistic as they are quirky. With 90 percent of her ingredients available at any grocery store, her recipes are doable for the average person, and range from comfort-food staples like whoopee pies, macaroni, and blueberry cobbler, to foods with a sophisticated flair like mojito cupcakes, daikon noodle salad, and flaky pizza purse tapas appetizers. Stunning photographs and step-by-step instructions make Vegan

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Yum Yum an essential resource for any vegan kitchen.

Have Your (Naturally-Sweetened) Cake and Eat It Too Satisfy your sweet tooth the healthy way with these delicious plant-based treats free from refined sugar and artificial sweeteners. Each recipe is sweetened with natural alternatives like nuts, coconut, spices, vegetables, fruit, maple syrup and coconut sugar, so you can indulge without worrying about unhealthy, chemical additives. Savor decadent desserts like Chocolate Celebration Cake, sweetened only with fruit and sweet potato. Or quickly whip up easy no-bake options like date-sweetened Mocha Balls. For a sweet start to your day, try breakfast dishes like Pumpkin Spice Pumpkin Pancakes, sweetened with spices, coconut oil and a little bit of maple syrup, or Pear and Blackberry Breakfast Pastries, sweetened with coconut sugar and homemade jam. Naturally Sweet Vegan Treats's recipes aren't just healthier swaps, but great-tasting versions of all your favorites desserts. All 85+ recipes are 100 percent vegan, and many have gluten-free options or can be adapted for those who suffer from nut allergies or gluten intolerances—because everyone in your life deserves to have a sweet and wholesome treat.

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent

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years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Plant-based recipes made from simple, whole ingredients, inspired by what's available in Alaska; no expensive and processed or specialized vegan alternatives. Get back to the roots of healthy eating with style and whole food. Forget the long list of

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unrecognizable ingredients like vegan faux cheese or meat substitutes; with this cookbook, readers use only the freshest, whole natural foods around. After all, that's pretty much the only thing available to Kathleen Henry up in Alaska. The recipes in *Beautiful, Whole-Food Vegan Cooking* are delicious enough to be gourmet, but simple enough to whip up on a weeknight. Come morning, you won't want to sleep in when you've got Caramel Oat Pancakes, or nutrient-packed Flax & Quinoa Blueberry Porridge. Off to work? Don't forget your lunch! Your coworkers will be eyeing your bowl of Aromatic Coconut Lentil Soup or "Tuna" Waldorf Salad Sandwich made on Perfect Homemade Sandwich Bread. Over dinner, your family won't be able to stop talking about the Kale Stuffed Balsamic Sage Sweet Potatoes or the Unbelievable Chow Mein. If you saved room for dessert, you're in for a real treat with Ginger Blueberry Citrus Crumble or Chipotle Chocolate Silk Pie. Finish off the evening with a round of Vintage Strawberry-Basil Shrub cocktails and you'll feel like you're in foodie paradise. No matter whether you're vegan, vegetarian or just a fan of delicious, healthy food, the 80 incredible recipes with 80 stunning photographs in *Beautiful, Whole-Food Vegan Cooking* will catch the eye and get the taste buds tingling of every food lover out there. Five years ago, popular blogger Brandi Doming of *The Vegan 8* became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified,

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wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

Rawsome Vegan Baking An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes Macmillan

After years of research, scientists declared that the Mediterranean diet was the best one for overall good health--and the exciting news was that it tasted great, too. With recipes for everything from nutritious appetizers to dairy-free desserts, this unique Mediterranean vegan cookbook is ideal for vegetarians, those with a lactose intolerance, and anyone who wants to make gloriously delicious dishes without meat, eggs, or dairy. Dishes include: * Sicilian Eggplant Relish * Catalan Grilled Vegetables with Almond Sauce * Classic Italian Minestrone * Moroccan Fresh Tomato Salad * Black Olive Bread * Zucchini-Lemon Couscous * Greek Currant Cake * Braised Pears in Red Wine * and more

This cookbook features fetching retro patterns and illustrations, alongside luscious

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photography, and an e-booklet at the end rendered in a vintage-style. Blue-ribbon recipes inspired by baking pamphlets from the 1920s to the 1960s are rendered with irresistible charm for modern tastes in this ebook. Here are more than 50 cookies, pies, cakes, bars, and more, plus informative headnotes detailing the origins of each recipe and how they were tweaked into deliciousness. For home bakers, collectors of vintage cookbooks or kitchenware, this is a gem. Practically Raw's revolutionary practicality and flexible approach let 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 Vegan Heritage Press) includes a pantry guide, menus, money-saving and make-ahead tips, and nutrition information. Long-time friends Leah and Daisy set up raw superfood confectionery company The Hardihood in early 2015 to prove that eating healthy desserts does not mean compromising taste or beauty. Their range of handcrafted desserts comprise all-natural ingredients and are completely free from refined sugar, gluten, wheat, dairy, and soy. They're also raw, which means the ingredients are not altered by heat and thus maintain their nutritional value and

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integrity. Raw Cake is about making beautiful, raw desserts that appeal to everyone. Using key healthy ingredients like nuts, coconut oil, dates, rice malt, and powdered super foods, these unique flavor combinations will delight your taste buds. You'll find bite-sized raw treats like Caramel Crunch and Carrot Cupcakes, as well as crowd-pleasers such as Pineapple Sorbet, Chocolate Orange Cake, and Banoffee Pie. Complete with 100 recipes, nutritional breakdowns, and food styling techniques, Raw Cake will help you to create sensational-looking and healthy cakes.

With three bustling restaurants located throughout the Los Angeles area, Real Food Daily boasts a loyal clientele of ravenous vegetarian diners and health-conscious celebrities, trendsetting young hipsters and members of Southern California's culinary community at large. After 10 successful years as a cherished destination for lovers of delicious and naturally wholesome cuisine, this eclectic hot spot continues to thrive under the stewardship of its pioneering founder, Ann Gentry, who raises the standards and expectations of nutritious, meat-free cooking through her unique brand of California cuisine. In *THE REAL FOOD DAILY COOKBOOK*, you'll find recipes for 150 of the restaurants' most popular dishes, such as Lentil-Walnut Pate; Country-Style Miso Soup; Tuscan Bean Salad with Herb Vinaigrette; Southern-Style Skillet Cornbread; Tofu Quiche with Leeks and Asparagus; Acorn Squash Stuffed with Sweet Rice, Currants, and Vegetables; and Coconut Cream Pie with Chocolate Sauce. After years of getting floods of recipe requests from her loyal customers, Ann is delivering in full force, not only to her patient fans, but to everyone who yearns for delicious, healthful, real food in their daily lives.

A luscious celebration of baking for life, love and happiness. Flour and Stone is a petite bakery

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in inner-city Sydney with a large and devoted following for its panna cotta lamingtons, flaky croissants, chewy cookies, dreamy cakes and delectable pastries of every kind. Nadine Ingram and her dedicated team bake with finesse and love to bring pleasure to the city. In this book Nadine shares her signature recipes, all carefully explained and rigorously tested for the home kitchen. Family, in every sense, is at the heart of Flour and Stone — this recipe collection is given in the hope that you will nurture your own loved ones with the timeless, comforting art of baking. These are the treats you'll want to eat for the rest of your life. 'Beautiful recipes written by a master baker with care, skill, and that intangible 'something' that makes me want to bake every single cake and pastry.' Belinda Jeffery

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