



The book was found

The Little E-Book Of Raw Vegan Holiday Recipes: 50 Recipes For Halloween, Thanksgiving, Hanukkah, Kwanzaa, Christmas, New Year's Eve, And New Year's Day Brunch

The Little e-Book of Raw Vegan Holiday Recipes

50 recipes for Halloween, Thanksgiving, Hanukkah, Kwanzaa, Christmas,
New Year's Eve and New Year's Day Brunch

Judy Pokras

Celebrating food that's interesting and tasty, with complex flavors
and textures and unexpected ingredients—all plated with flair!



"Fantastic vegan recipes that I will be enjoying for years to come!"

Jan Mack, actress

"I encourage all of my readers to consider a copy of this 65-page e-book...
I promise you will find a full host of amazingly delicious recipes...and ones that
your guests will be eager to try."

Michael Saperkin, The Raw Gourmet



Synopsis

Celebrating food that's interesting and tasty, with complex flavors and textures and unexpected ingredients, and plated with flair. Food that's good for us! This exciting 65-page e-book, by Judy Pokras, the founder and editor of RawFoodsNewsMagazine.com, features beverages, brunch, appetizers, entrees, side dishes, and desserts. Its 50 recipes range from traditional American favorites like Cranberry Sauce, Apple Pie a la mode, and Squash "Pumpkin" Pie to global treats such as Anisette Cookies, Thai Coconut Soup and Borscht. Plus TV Snack Chips, Mock Scrambled Eggs, Cornbread, Italian Eggplant Bites and Raw Vegan Lasagna, Rice Pudding Ice Cream, and Marinated Portobello Mushrooms in French Onion Soup. The book includes beautiful photos, tips and info for both newbies and raw foods enthusiasts, and suggestions for holiday menus--including some fun surprises, like the delightfully inventive Surprise Cake! The Little e-Book of Raw Vegan Holiday Recipes spans the generations, with Judy's version of a salad that was a hit in two New Jersey diners decades ago, as well as dishes sure to charm the kids. In addition to being an inventive chef, Judy is a seasoned raw foodie, food writer, journalist and photographer. The Little e-Book of Raw Vegan Holiday Recipes makes a wonderful gift, and is a great value at only \$9.99. It really comes in handy when you're traveling, so you can have a panoply of recipes at your fingertips at all times! Wherever you are, you'll be able to make meals and turn your family and friends on to some fabulous food. "Fantastic vegan recipes that I will be enjoying for years to come!"--Jon Mack, actress and singer "I promise you will find a full host of wonderfully delicious recipes...and ones that your guests will be eager to try."--Michael Saripkin, The Raw Gourmand

Book Information

File Size: 444 KB

Print Length: 66 pages

Publisher: Raw Foods News Magazine; e-Reader edition edition (September 21, 2010)

Publication Date: September 21, 2010

Sold by:Â Digital Services LLC

Language: English

ASIN: B00440DQS0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #504,438 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

inÂ Books > Cookbooks, Food & Wine > Entertaining & Holidays > Jewish #35 inÂ Books >

Cookbooks, Food & Wine > Entertaining & Holidays > Halloween #41 inÂ Books > Cookbooks,

Food & Wine > Entertaining & Holidays > Thanksgiving

Customer Reviews

I love raw food and gave me a great ideas !!

Let me start by saying I'm neither a vegan nor an exclusively-raw diner. However, I am a cookbook author and a lover of good food. Pokras satisfies both my passions here with a very well-written, well-concieved collection of recipes that produce delicious results. If you're a raw-food aficionado, you probably already follow Pokras' work and have a copy of this on your wish-list. If not, you owe it to yourself to add this work to your resources. You'll be amazed at how far beyond crudites and salad you can go!

I'm not a vegan but I bought this book because some of the recipes sound interesting and easy to make. I made the "Lettuce, orange, grape,pecan salad" and it just tasted awesome. The dressing was yummy without being too sweet. The calorie value of this entire dish was much lower than some other salads because of the ingredients used for the dressing. There are lots of interesting things that I can make from this e-Holiday cookbook. The next one I'm planning on making is the "Holiday Nut Eggnog" which is totally gluten free and dairy free for all my diet conscious friends.

If you're into raw vegan cooking, this is the book for you. Judy's dedication to this lifestyle and the incredible meals she produces is awe inspiring. It would also make a great stocking stuffer or gift for the raw vegan friends or family members you might have. Bravo and nice work on putting together these recipes.

Got this last year and liked every one of the recipes I tried. Some have made it to my all time favorites list. For the content, it's more than worth the price I paid. (My only complaint is that I prefer a real book format and that option isn't available.)

[Download to continue reading...](#)

The Little e-Book of Raw Vegan Holiday Recipes: 50 recipes for Halloween, Thanksgiving, Hanukkah, Kwanzaa, Christmas, New Year's Eve, and New Year's Day Brunch 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) 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) Easy Thanksgiving Cookbook (Thanksgiving Cookbook, Thanksgiving Recipes, Thanksgiving, Thanksgiving Cooking 1) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) 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) The Holiday Cookbook: 30 Thanksgiving and Christmas Recipes Which Are Easy, Stress-Free, Healthy, and Perfect for the Holiday Season (Holiday Recipes) What is Raw Foodism and How to Become a Raw Foodist: How to Eat Healthy (New Beginning Book): Raw Food Diet, How to Lose Weight Fast, Vegan Recipes, Healthy Living 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) Holiday Meals and Crafts Box Set (4 in 1): Amazing Christmas, Thanksgiving Recipes Plus Christmas Decor and Present Ideas (Holiday 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) Thanksgiving Cookbook: Cooking Your Thanksgiving Turkey and Help with Thanksgiving Decorations: A very Happy Thanksgiving Cookbook Holiday Cookbook: 2 Titles: Christmas Cookbook, Halloween Cookbook (Holiday Recipes, Holiday Cookbooks) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) 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) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)