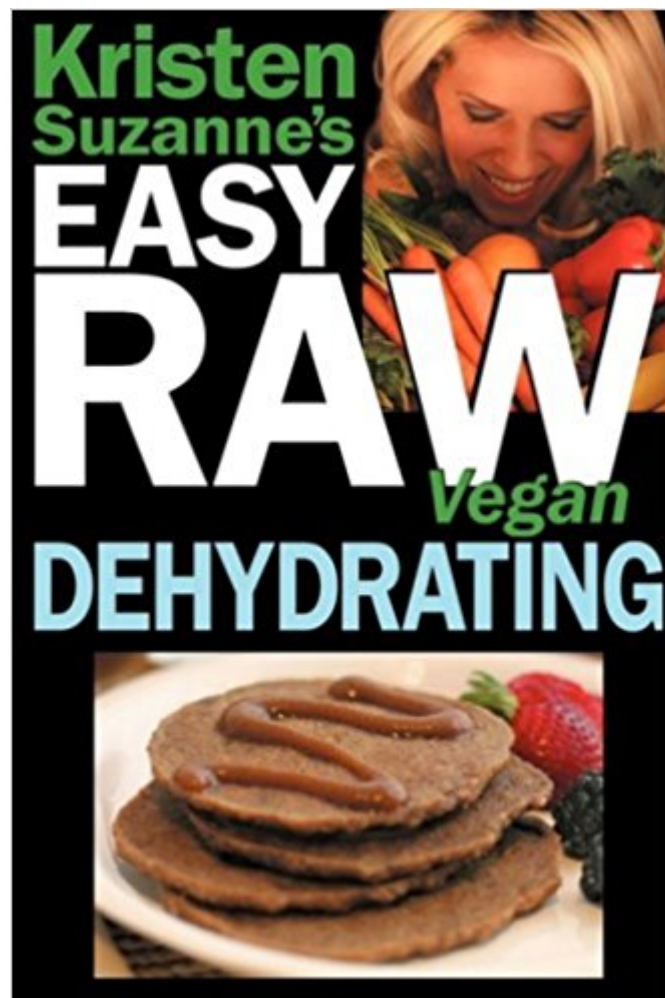




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Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes For Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps





Synopsis

Living a Raw vegan lifestyle does NOT require dehydrating, which is why Kristen Suzanne's EASY Raw Vegan recipe books -- other than this one -- rarely call for dehydrating. But if you own a dehydrator, or if you are trying to decide whether or not to buy one, then this book is for you. There are SO many fun and interesting things you can do with dehydrating Raw foods, such as making breads, crackers, wraps, pancakes, granolas, plant leathers (fruit roll-ups, etc.), seasonings, and much more. You can also intensify flavors, add cooked-like textures to your Raw foods, and even serve warm dishes with the food's nutritional integrity totally intact! This book is a great, thorough, and comprehensive introduction to dehydrating for people who are curious about the subject. It's also a must-have for Raw food enthusiasts who want to experience the full range of experiences in the Raw food cuisine. This Raw food vegan recipe book includes: SPECIAL OFFER: 10% OFF EXCALIBUR DEHYDRATORS & ACCESSORIES Dehydrating Fundamentals Recommendations on Which Dehydrator to Buy 55 recipes, including: 19 Using Fruits & Vegetables 5 Using Nuts & Seeds 12 Pancakes, Crackers, Breads & Wraps (Includes Kristen's famous Raw Maple Syrup for your pancakes!) 13 Special Dehydrated Ingredients A "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Also includes links to food photographs at Kristen Suzanne's Web site, KristensRaw.com.

Book Information

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Cooking Methods > Raw #1096 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Easy read, simple instructions, looking forward to trying most of the recipes. Wish there were more

recipes and better table of content.

Fairly simple book, not overly long, but provides nice introduction to the multiple uses of a dehydrator. My only real complaints are that it gets a little too cutesy at times -- really, use of "yum" and "yummy" should be restrained to just once in a while, not every other page; and Kristen is just a little too all or nothing preachy in trying to convince readers to become vegan. I learned quite a bit from this book, and while I have cut way back on consumption of most animal based foods, there is still room for them in my diet. Given that, the information given was good and usable. I would recommend this to anyone just getting started in dehydrating.

Not enough information. It is like a chapter out of a book. However it is a good primer. You can probably find all the recipes online.

I've been on the fence about eating raw foods for about a year and I THINK I've finally mentally committed to at least try eating a mostly raw food diet. I flip through this book and others and I am happy to report that I know I can make the change from eating healthy to eating healthier. I haven't read this book in its entirety but I'm impressed by what I've seen thus far. Maybe its because I'm a newbie but it doesn't matter...I am more than satisfied.

An easy reference guide to daily raw vegan eating via your dehydrator for the needs of light, dry & crunchy foods that only a dehydrator can provide in your journey to a mostly raw diet. And make sure you buy her Chocolate cookbook ! OMG, it's so good.

The raw recipes were easy and well put together I have kept most of the recipes for my personal use I would recommend this book to anyone who is transitioning from cooked foods to Raw foods I found the recipes very creative and cleverly put together.

This book is full of great recipes for healthy, dehydrated snacks. It has saved me from myself!! I started working out about 6 weeks ago and found myself needing to eat every couple of hours....that's where this great book comes in. I have been able to make tasty, healthy snacks to keep me going. I never have to worry now about what food "might" be available for a vegetarian along the way. Plus I love my crackers :)

Great book , very helpful!!!!

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