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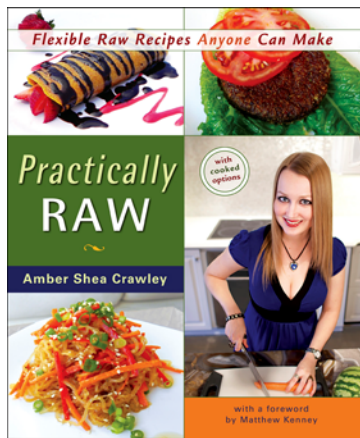
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Practically Raw

Flexible Raw Recipes Anyone Can Make

by **Amber Shea Crawley**

Practically Raw revolutionizes raw food cuisine with cooked options



Practically Raw is the revolutionary new way to enjoy raw food at your own pace. Chef Amber Shea's flexible approach allows for substitutions, variations, and even cooked options for many of the dishes.

Amber has also designed her recipes so they can be made with ordinary equipment and ingredients. What's more, each raw vegan recipe can be adapted to your own taste and budget.

has something for everybody, whether you are exploring ways to improve your health and longevity, cope with a food allergy, or lose weight. The book is ideal for beginners as well as seasoned raw foodists.

This flexible approach allows you to enjoy creative, satisfying, and delicious recipes such as:

- Almond Butter Sesame Noodles
- Vegetable Korma Masala
- Fiesta Taco Roll-Ups
- Primavera Pesto Pizza
- Maple-Pecan Kale Chips
- Cherry Mash Smoothie
- Parisian Street Crêpes
- Warm Apple-Walnut Cobbler

This innovative cookbook includes a foreword by raw foods pioneer Matthew Kenney. It has full-color photos throughout and provides a pantry guide, menus, money-saving and make-ahead tips, and nutrition information, as well as recipe variations and ingredient substitutions.

About the Author

Amber Shea Crawley is a 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.

Practically Raw: Flexible Raw Recipes Anyone Can Make

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