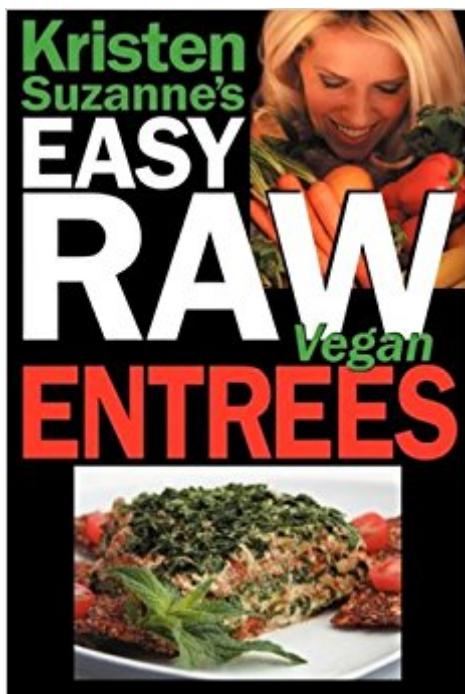


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# Kristen Suzanne's EASY Raw Vegan Entrees: Delicious & Easy Raw Food Recipes For Hearty & Satisfying Entrees Like Lasagna, Burgers, Wraps, Pasta, ... Cheeses, Breads, Crackers, Bars & Much More!



## **Synopsis**

Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. In recent years, Raw food has evolved into a fully mature cuisine unto itself. You won't believe how satisfying and fulfilling Raw meals can be! This collection of Kristen Suzanne's most hearty, savory entrees shows just how EASY it is to take the world's healthiest cuisine to the next level -- with real meals that are super easy to prepare and sure to please and amaze you, your family, and friends. Includes recipes for Raw vegan versions of such comfort-food favorites as pizza, lasagna, burgers, wraps, pasta, ravioli, sandwiches, Mexican food, quiche, pates, cheeses, pesto, and breads. This Raw food vegan recipe book also includes a "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Includes links to photographs at Kristen Suzanne's Web site, [KristensRaw.com](http://KristensRaw.com).

## **Book Information**

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## **Customer Reviews**

Kristen Suzanne is an accomplished Raw food chef with a passion for helping people live life to the fullest with the healthiest cuisine in the world. Through radio, television, books, and her popular blog and email newsletter, Chef Kristen Suzanne helps individuals live and love the Raw lifestyle. For

more information about Chef Kristen Suzanne, please visit [KristensRaw.com](http://KristensRaw.com).

I really like Kristen's books because they contain easy recipes including variations and additions. There are no pictures, but the way I see it, I would rather just pay for the recipes than pay for the pictures. If you need pictures, then get the kindle version. I don't have a lot of time to make gourmet raw, but a lot of these recipes don't take a lot of time. Her books have a lot of repeat pages which sucks if you have more than one of her books; however, it seems like all of her books are designed so that anyone can just pick them up and use them so I understand why she does it. I don't have all of her books, but I intend on getting them. The recipes aren't super crazy, but are more down to earth things that I am likely to make frequently.

I am a huge pizza fan and couldn't wait to try Amalfi Coast Pizza...so worth the wait! What I love about Kristen Suzanne's books is that she starts with all the basic ingredient recipes first so when you get to the full recipe you have what you need. She gives you great online resources, tips for storing, etc. In other words, she never assumes you know what you don't, which helps make the recipes feel doable right off the bat. I've purchased many raw food books over the last year and can tell you that some of them are very frustrating as I'm new to the raw food world. I've got all of Kristen Suzanne's books and wouldn't trade one of them.

The recipes are great but I bought 5 of her recipe books at one time and am disappointed that each book has the same first 25-30 pages. These are small books of 74-90 pages so that means each book has few recipes that are actually related to the title (Smoothies, Salads, etc). Essentially I paid for the same recipes 5 times. I must assume she makes more money by selling repeat pages in each of the small books. Five stars for the recipes but paying over \$50. for all the repeats takes the thrill off of my purchase. Poor book strategy and I would not advise purchasing these books.

I bought this book back when it had 13 reviews and all but two of them were from reviewers who gave all her books 5 stars and only reviewed her books. I read her blog a bit beforehand and she seems quite nice. I figured well, she probably has friends and family with some integrity to be truthful. Worse comes to worse, at least I can write a review about it. So here it is. Finally. Caveat: I'm not a raw foodist. I'm an omnivore who is interested in incorporating more vegetables in my diet in interesting dishes, and general healthy eating. I almost exclusively buy cookbooks related to healthy cooking. The exception being asian food (even then I try). This review is also based on 4

recipes. Also, when I bought this book I had two other raw food cook books: The Raw Food Revolution Diet by Cherie Soria, Brenda Davis, and Vesanto Melina. Everyday Raw by Matthew Kenney I made one thing from Raw Food Revolution (bought because of the seemingly overwhelming good reviews, also by suspiciously single-review persons). It was a soup. It was ok. I'm sure she has more, but I'm a visual "cook". I'm inspired by images to cook. Plus, the recipes didn't sound very appealing to me. I'll try more and write a more appropriate review for Ms. Soria's book one day. The Everyday Raw required ingredients and a dehydrator which I didn't have so that stayed on the shelf. So by default I ended up going for Kristen's book all the time. As I mentioned I've only made 4 recipes. The first was the marinara. This wasn't too bad. It's a tad astringent (acidic?) for my taste buds. I enjoyed the pesto. I made that twice. The first time was really good. The second time... maybe it went off? because for some reason the smell started to turn me away. Be warned! The odor is EXTREMELY pungent. I took it to work once and everyone stared at me :( (The turnip ravioli was also very good. I made it three times. I have to ensure the turnip slices are completely soaked to the point of transparency otherwise it still has a raw taste. It does require quite a bit of work and time. The fourth dish was a complete miss. It was so bad I couldn't finish it and I finish everything. It was the burger. I was really really looking forward to it as it sounded like a non-raw-foodist she gave it to really liked it. And I love veggie burgers. I'm wondering what I did wrong. It was mealy in texture, sloppy, and sweet. I've never had a sweet burger so the taste was just wrong. Perhaps I don't like the dates? (I hope not or I'm biased for a lot of raw food recipes). That fourth dish was where I stopped. It was such a disappointment and expensive I got discouraged. In addition the other recipes haven't really inspired me or I didn't have the needed tools (dehydrator). I would give it 3.5 stars based on the recipes I tried. It loses the other stars for there not being enough images (the book doesn't come with any but you can see them online) and it's a ridiculously thin and small book for what I paid. I was shocked when I received it. A suggestion for the author: I think posting pictures online is a fair alternative to incorporating them in the book to keep costs down (hopefully the pdf has them incorporated). If you're going to host pictures online, why not take a picture of every recipe?

love the recipes going to give it for a gift during the holidays!

We are starting to eat more raw. I have not tried any of these recipes yet, but they seem pretty easy, with mostly common ingredients. Easy to read.

I have enjoyed most of the recipes in the book. It's a new way of fixing foods that are raw and healthy, and I am a novice. The book format is awkward, not particularly kitchen/user friendly. I am going to take the book apart and put it in something easier to work from as I gather ingredients for recipes.

Nice recipe book but many of the recipes require a food dehydrator. Other than that is a pretty nice book.

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