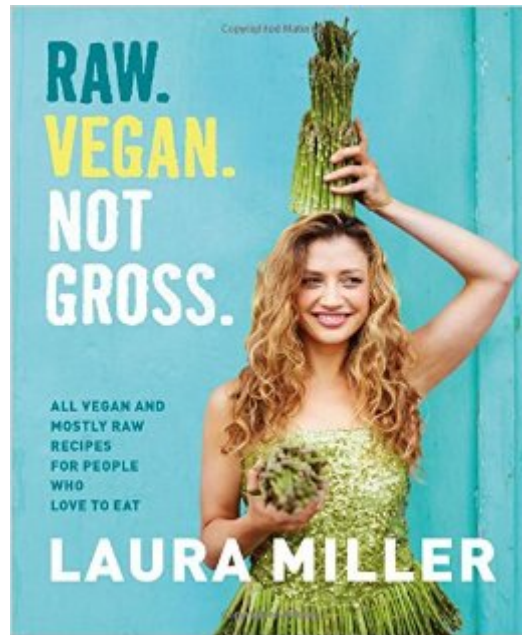


The book was found

Raw. Vegan. Not Gross.: All Vegan And Mostly Raw Recipes For People Who Love To Eat



Synopsis

Whether you already love vegan food or need some convincing, YouTube star Laura Miller offers more than a hundred entirely vegan and mostly raw recipes for all people who want to eat deliciously. *Raw. Vegan. Not Gross.* is the debut cookbook from YouTube's Tastemade star Laura Miller. A soon to be modern classic, *Raw. Vegan. Not Gross.* will engage your taste buds with strengthening breakfasts (avocado grapefruit bowls; ginger maple granola), easy weeknight dinners (golden gazpacho; sweet potato curry), crowd-pleasing party food (mango and coconut jicama tacos; spicy mango chile wraps), irresistible drinks & desserts (lavender cheesecake; chile truffles), and many more nutritious, satisfying dishes that are as beautiful and fun to make as they are healthful. Eschewing a strict or dogmatic approach to raw veganism, Laura's self-deprecating humor, candor about issues of food and body-image, and infectious enthusiasm make her the ideal guide and travel companion for people who want to fall back in love with produce or simply celebrate the joy of real, good food.

Book Information

Hardcover: 224 pages

Publisher: Flatiron Books; 1st edition (May 17, 2016)

Language: English

ISBN-10: 1250066905

ISBN-13: 978-1250066909

Product Dimensions: 7.7 x 0.8 x 9.6 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (95 customer reviews)

Best Sellers Rank: #18,113 in Books (See Top 100 in Books) #5 in [Books > Cookbooks, Food & Wine > Cooking Methods > Raw](#) #59 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

Customer Reviews

Just got this book in the mail yesterday, but I have read through it all and I am so eager to try everything! I'm not fully raw but look forward to trying these inventive and creative recipes! I've been a follower of Laura's work on YouTube for quite some time and am only sad she didn't include her (cooked) vegan chilli recipe, because I love that one so much, I suggest looking it up on YouTube - it's so delicious and hearty! But I love her unique take on raw food, as it's not just raw veggies and fruits, she gets really creative with a multitude of ingredients I've never heard of before. I'll be

strongly recommending this book to everyone I know for healthier dining and dessert options!

I'm giving this 3 stars (neutral, in my opinion) because the recipes are missing ingredients and/or steps. When baking, this is critical! And there are at least two recipes missing things. The crepes call for water in the instructions but it isn't listed. For the blackberry chia muffins, adding almond milk is listed in the instructions but it's nowhere to be found in the ingredients list. This can absolutely ruin the recipe. I still have no idea how much almond milk to add and didn't realize until I was halfway through the recipe. Now, what to do?! I just find this annoying. A book that goes to print shouldn't have this many mistakes. Otherwise, I LOVE Laura. So I hate not being able to give this 5 stars. Such a bummer. UPDATE: I tried adding 1 cup almond milk to the recipe 1/4 at a time. The muffins came out pretty awful. If anyone figures this out, please post the info. (Blackberry chia muffins)

Really wanted to like this book as I really admire Laura and enjoy her YouTube videos. However, there were several things about this book that missed the mark for me. Lots of cooked recipes in there, when I was hoping for more raw. Many of the recipes were very basic, although that could be good when you're in a hurry. And several of the recipes are missing info. All that said, I still love Laura and don't hold this book against her whatsoever. She is so funny and relatable, and an updated version of this book with correct recipe info would give it an extra star or two.

Seriously though, within the last 5-ish years I have been diagnosed with digestive disorder and food allergies. I first saw Laura Miller on television via the Tastemade app on Apple TV and instantly became hooked. The food tastes wonderful, it is easy to prepare, and totally within the realm of products of which I can eat. I have made over 1/2 dozen recipes since I received the cookbook in May and love, love, love them! So much so that I have purchased 3 cookbooks to date and have been handing them out as birthday presents. You won't go wrong with this cookbook. So worth the \$15. Photos included are recipes made from the book: Donuts w/ homemade apple sauce and Green Smoothie.

Laura Miller's attitude toward food is so simple and beneficial. My roommate and I are just lazy marine biologists living in a small town who never take the time to eat well. We have immensely enjoyed following Laura's career after finding her on Tastemade. She has our sense of humor and kills us every time in her short, but hilarious videos. I've tried a few of her recipes before, and they

are always delicious! It's allowed me to explore the option of moving away from my diet of tuna lunches and wine/cheese dinners to food that will make me feel better. After receiving my first copy and laughing outloud in public places throughout the whole thing, I had to grab another copy that I can get messy while cooking and lend out to friends. If you want to make some delicious food that makes you feel wonderful, and giggle your butt off along the way, grab this book.

I wish I could give this thing more stars because it deserves so much more than 5 stars. Laura Miller makes vegan eating so easy and delicious it has been truly life changing. I had been on the fence for such a long time because veganism extremism seems to take over the vegan world and intimidate those who aren't as fanatical. Laura Miller is such a cool lady and a true inspiration. She is the kind of person you wish was your best friend and that reflects in her writing , her recipes and in her story. You'd be a fool not to get this book, it is worth it !

Laura Miller shows her vibrant personality with beautiful pictures and down to earth way of talking to you as a friend as you read through her thoughts on raw, vegan, and her love of food. The recipes and photos make your mouth water, and encourage even the new to raw/vegan food ready to dive in and eat a healthier lifestyle. I strongly urge you to check out her YouTube channel, and then come back and buy this book, to bring Laura's spirit into your own kitchen.

I don't know how I stumbled upon the chance to preorder this book, but it is rare that a new raw vegan book comes along, so I hopped over to her page and checked out her recipes. I didn't make any one the ones from her page but I was happy to support this young, quirky, and undeniably likable woman after snort laughing at each video. In the last week, I have made 6 of her recipes - all of which were winners. I can't wait to plan out more for next weeks meal plan. We are not a raw, nor vegan family, but we are typically mindful of eating foods that are good for our bodies. Our two and three-year-old girls chowed down almost everything, too. Seriously. This book is worth it for the apple parfait alone. Or the lemon poppy dressing for the shaved carrot salad. Give your oven a break and give this woman some props. Summer is here!!!!

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

Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Raw. Vegan. Not Gross.: All Vegan and Mostly Raw Recipes for People Who Love to Eat Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010

diet,) 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) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) BabyCakes: Vegan, (Mostly) Gluten-Free, and (Mostly) Sugar-Free Recipes from New York's Most Talked-About Bakery Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) 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) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) The Vibrant Table: Recipes from My Always Vegetarian, Mostly Vegan, and Sometimes Raw Kitchen Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) 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) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking)