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to your budget and
taste, every day or
every once in a while,
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Delicious, vegan, raw,
gluten-free, soy-free
and easy to make
meals...sounds hard
to do but Amber
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done it in her book
Practically Raw:
Flexible Raw Recipes
Anyone Can Make *
(Vegan Heritage
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recipe gets you
excited to make and
enjoy it.

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VegKitchen.com
Last December, I

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decided to eat 100%
raw for two weeks.

Two weeks turned
into two months
thanks to the help of
this magnificent
book: Practically Raw
by Chef Amber Shea
Crawley. I first heard
about this book from
one of my sisters who
raved about it.

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user-friendly, raw

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There are two types of people in this world: those that adore tahini enough to eat it straight out of the jar, and those that do not.

Book Review:
Practically Raw by
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The ...

Amber Shea Crawley,
author of Practically

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Raw: Flexible Raw Recipes Anyone Can Make, is a chef and writer specializing in healthful vegan and raw food. She was trained in the art of gourmet living cuisine at the world-renowned Matthew Kenney Academy, graduating as a certified raw and vegan chef.

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Practically Raw
Desserts |
TopDinnerBooks
When Dianne asked
me about reviewing
Practically Raw
Desserts – Flexible
Recipes for All
Natural Sweets and
Treats, by Amber
Shea-Crawley, I was
initially skeptical
about how many

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recipes I would be able to try and also like. Some raw recipes I have seen on the Interwebz have been quite extensive in terms of work as well as time and Hubbs isnt much fond of raw desserts much either.

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- Heal Outside the

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Box

Practically Raw. 2.8K
likes. Flexible Raw
Recipes Anyone Can
Make! Practically Raw
is the debut
cookbook from www.
chefambershea.com
author Amber Shea...

Book review:

“ Practically Raw
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Amber Shea ...

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If you think raw food
has to be austere,
Amber Shea
Crawley ' s
Practically Raw
Desserts will surely
change your mind.
From cookies to
cakes, brownies, pies,
puddings, candies,
and other sweet
treats, the recipes in
this cookbook are full
of flavor and also

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flexible so you can adapt them to your tastes, dietary needs, and ingredients on hand.

Midnight Mocha
Cookies & Practically
Raw Desserts Book ...
Practically Raw 's
revolutionary
practicality and
flexible approach let
you enjoy Chef

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Amber ' s delicious
vegan dishes your
own way, according
to your budget and
taste, every day or
every once in a while,
and as raw — or
cooked — as you like.

Practically Raw:
Flexible Raw Recipes
Anyone Can Make ...
I know, I ' m the
queen of ingredient

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substitutions (and every recipe in Practically Raw Desserts, just as in Practically Raw, comes with a list of ingredient substitution options), but coconut flour is the one staple ingredient that can never be substituted—it is indispensable in the

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recipes that call for it.
Coconut flour
absorbs many times
...

Practically Raw -
Andrews McMeel
Publishing
Practically Raw
Desserts. 1,462 likes.
Practically Raw
Desserts is the 2nd
cookbook from [www.
chefambershea.com](http://www.chefambershea.com)

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Of course, turning on
the oven or eating
anything hot feels
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weather, which is
why it ' s appropriate
that I have a raw
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today! Months ago,

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the lovely Amber Shea Crawley sent me a copy of her new book, Practically Raw, for review. I am so ashamed that it has taken me months to review it; the problem with me ...

Vegan & Gluten-Free
Recipes by Allyson
Kramer
Amber just so

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happens to be an awesome raw chef, and her new book, Practically Raw, just hit stands. I was offered a review copy, and I enthusiastically said, "Yes, please!" I promised myself I'd be eating more raw foods after my January cleanse, but lately, the only raw

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food I've been eating
has been side salads.

Chef Amber Shea:
Practical. Flexible.
Healthful. Delicious.
Practically Raw is a
one-of-a-kind
cookbook that
delivers a flexible
approach to raw
cooking by providing
cooked options for
many of the recipes.

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What 's more, each raw vegan recipe can be adapted to your own taste, budget, and ingredient availability.

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Practically Raw:
Flexible Raw Recipes
Anyone Can Make is a
one-of-a-kind

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cookbook that delivers a flexible approach to raw food – complete with cooked options. Each raw vegan recipe can be adapted to your own taste, budget, and ingredient availability, and many feature cooked alternatives.

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Desserts - Home |
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Hey everyone! Today I ' m happy to share with you a delectable recipe from Amber Shea Crawley ' s newest book Practically Raw Desserts. This delightful book is exactly what you need when you have a nagging sweet

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tooth, but a desire to keep the junk food to a minimum.

Salted Tahini
Caramels from
Practically Raw
Desserts by ...
The Flexible New Way
to Enjoy Raw
Desserts! In this book,
Chef Amber Shea
revolutionizes raw
desserts with easy

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substitutions and baking options. This innovative dessert cookbook is filled with recipes for scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats.

Vegan Crunk:
Practically Raw
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On the heels of her
first cookbook

“ Practically Raw ”
(2012), Chef Amber
Shea Crawley has
published its
successor,

“ Practically Raw
Desserts ” , which
came out last year.
Amber is both a
popular blogger and
highly trained raw
chef who presents

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her expert
knowledge about
food and raw food
preparation
techniques in this
beautiful volume.

Practically Raw - Chef
Amber Shea
Practically Raw:
Flexible Raw Recipes
Anyone Can Make
[Amber Shea
Crawley] on

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