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Amber Waves Practically Raw By Amber Shea

Practically Raw! About the Book FULL TITLE: Practically Raw: Flexible Raw Recipes Anyone Can Make AUTHOR: Amber Shea Crawley (me!) PUBLISHER: Vegan Heritage Press & Andrews McMeel RELEASE DATE: March 1st, 2012 FORMAT: Paperback, full-color photos throughout LENGTH: 256 pages FOOD PHOTOGRAPHY BY: myself, Amber Shea Crawley. To Purchase:

Practically Raw - Chef Amber Shea

Practically Raw is the revolutionary, flexible approach to enjoying

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raw foods at your own pace, in your own way, according to your budget and taste. Certified raw chef Amber Shea has designed these dishes to be made with ordinary equipment and ingredients and gives substitutions, cooking options and variations for many recipes.

Practically Raw: Flexible Raw Recipes Anyone Can Make ...

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Practically Raw: Flexible Raw Recipes Anyone Can Make ...

Chef Amber Shea's innovative "flexible" approach to raw vegan desserts that allows some cooking. This companion book to Amber Shea's trend-setting *Practically Raw*, sets the standard for flexible raw sweets and treats. *Practically Raw Desserts* is a trove of scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. All of chef Amber Shea Crawley's sweet creations allow substitution and adaptation for a non-raw kitchen.

Practically Raw Desserts: Flexible Recipes for All-Natural ...

Amber has been a gem about my pokey speed in writing about *Practically Raw*, and now that I am, I'm so glad to be sharing! It's a wonderful book for beginners and connoisseurs of raw and vegan food alike.

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Amber, who eats an almost exclusively plant based diet, has an incredible friendly and stress free approach to raw foods.

Book Review: Practically Raw by Amber Shea Crawley | The ...

Practically Raw by Amber Shea Crawley Special Diet Books Practically Raw's advocate acumen and adjustable access let you adore Chef Amber's adorable vegan dishes your own way, according to your account and taste, every day or every already in a while, and as raw – or adapted – as you like.

Practically Raw Amber Shea Crawley Special Diet

Practically Raw. Amber Shea Crawley. "Practically Raw's revolutionary practicality and flexible approach let you enjoy Chef 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. Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients, and with the flexibility of many substitutions, cooking options, and variations.

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Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients, and with the flexibility of

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many substitutions, cooking options, and variations. Ideal for beginners as well as seasoned raw foodists, Practically Raw has something for everybody, whether you want to improve your health and longevity, cope with food sensitivities, or simply eat fresher, cleaner, and better!

Practically Raw: Flexible Raw Recipes Anyone Can Make by ...

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Practically Raw: Flexible Raw Recipes Anyone Can Make ...

Dairy-Free, Egg-Free, Gluten-Free, Grain-Free, Oil-Free. No Added Sugars, Paleo, Raw. Per serving: 283 calories, 19.5g fat (2g sat), 28.3g carbs, 7g fiber, 4.8g protein From Practically Raw Desserts by Amber Shea Crawley. ©2013 Amber Shea Crawley. Used by permission.

Chef Amber Shea: Practical. Flexible. Healthful. Delicious.

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Practically Raw : Flexible Raw Recipes Anyone Can Make by ...

Practically Raw is the revolutionary, flexible approach to enjoying raw foods at your own pace, in your own way, according to your budget and taste. Certified raw chef Amber Shea has designed these dishes to be made with ordinary equipment and ingredients and gives substitutions, cooking options and variations for many recipes.

Practically Raw by Amber Shea Crawley | Waterstones

Certified raw chef Amber Shea has designed these dishes to be made with ordinary equipment and ingredients and gives substitutions, cooking options and variations for many recipes. Ideal for beginners as well as seasoned raw foodists, Practically Raw has something for everybody, whether you are exploring ways to improve your health and longevity, cope with food sensitivity, or lose weight.

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

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Description. Practically Raw is the revolutionary, flexible approach to enjoying raw foods at your own pace, in your own way, according to your budget and taste. Certified raw chef Amber Shea has designed

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Practically Raw : Amber Shea Crawley : 9781449460082

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

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