



Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps

Kristen Suzanne

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Living a Raw vegan lifestyle does NOT require dehydrating, which is why Kristen Suzanne's EASY Raw Vegan recipe books -- other than this one -- rarely call for dehydrating. But if you own a dehydrator, or if you are trying to decide whether or not to buy one, then this book is for you. There are SO many fun and interesting things you can do with dehydrating Raw foods, such as making breads, crackers, wraps, pancakes, granolas, plant leathers (fruit roll-ups, etc.), seasonings, and much more. You can also intensify flavors, add cooked-like textures to your Raw foods, and even serve warm dishes with the food's nutritional integrity totally intact! This book is a great, thorough, and comprehensive introduction to dehydrating for people who are curious about the subject. It's also a must-have for Raw food enthusiasts who want to experience the full range of experiences in the Raw food cuisine. This Raw food vegan recipe book includes:
SPECIAL OFFER: 10% OFF EXCALIBUR DEHYDRATORS & ACCESSORIES Dehydrating Fundamentals Recommendations on Which Dehydrator to Buy 55 recipes, including: 19 Using Fruits & Vegetables 5 Using Nuts & Seeds 12 Pancakes, Crackers, Breads & Wraps (Includes Kristen's famous Raw Maple Syrup for your pancakes!) 13 Special Dehydrated Ingredients A "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Also includes links to food photographs at Kristen Suzanne's Web site, KristensRaw.com.

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Steven Slaughter:

Book is to be different for every single grade. Book for children till adult are different content. As we know that book is very important for all of us. The book Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps was making you to know about other expertise and of course you can take more information. It is rather advantages for you. The publication Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps is not only giving you much more new information but also to become your friend when you sense bored. You can spend your own spend time to read your publication. Try to make relationship while using book Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps. You never sense lose out for everything in case you read some books.

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Raul Warren:

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Sylvia Medina:

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