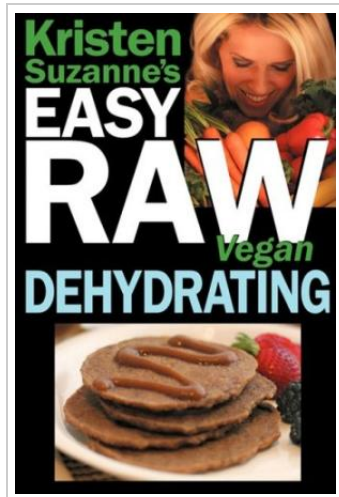




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Kristen Suzanne s EASY Raw Vegan Dehydrating: Delicious Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars Wraps (Paperback)

By Kristen Suzanne

Green Butterfly Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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...



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