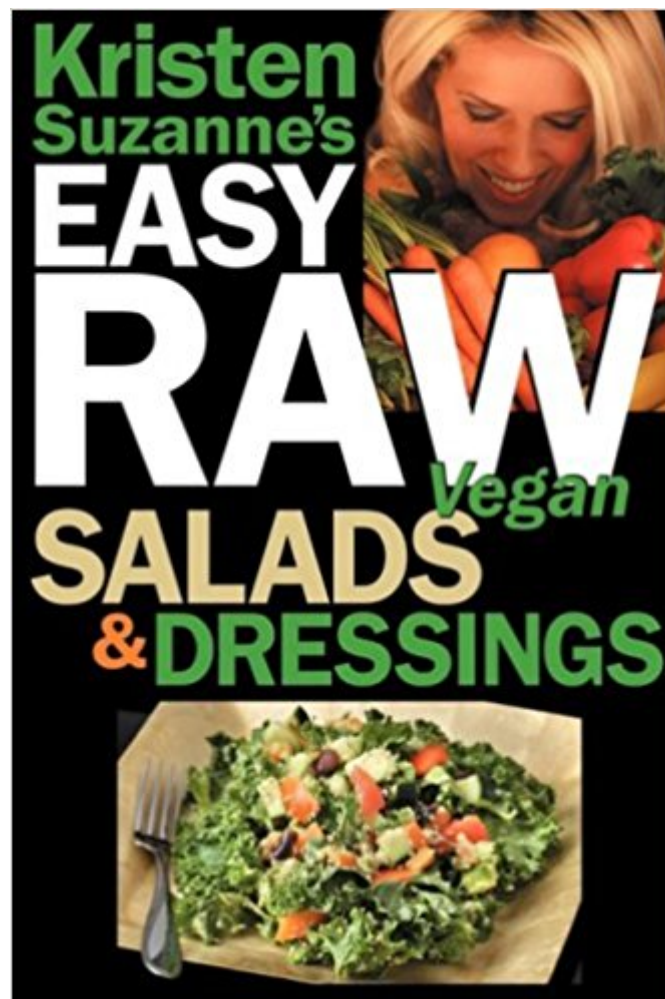


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Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes For Making The World's Most Delicious & Healthy Salads For Yourself, Your Family & Entertaining





Synopsis

Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. To most people, salads mean "healthy," and that's it. But this recipe book introduces you to a world of salads and dressings that taste so good, you'd be willing to have them as your main course! Great salads are all about the dressing, and these dressing recipes will make it so easy for you to introduce more vegetables into your diet, that you won't even need to think about the dramatic health benefits. You'll just be thinking about how good they taste! This Raw food vegan recipe book includes: 76 recipes, including: 31 Dressings 39 Salads 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.

Book Information

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Customer Reviews

Kristen Suzanne is an accomplished Raw food chef with a passion for helping people live life to the fullest with the healthiest cuisine in the world. Through radio, television, books, and her popular blog and email newsletter, Chef Kristen Suzanne helps individuals live and love the Raw lifestyle. For more information about Chef Kristen Suzanne, please visit KristensRaw.com.

This is a good book. I'm not all raw but eat mostly raw foods. I eat mostly salads, so I am always looking for variety. This book gives a nice variety of salads that are easy to prepare using normal ingredients. Lots of variety of both taste and ingredients. I have tried several recipes in the book and have enjoyed them all so far. They aren't just your typical lettuce and dressing, and very little use of nuts and seeds. The book is divided into two sections: dressings and salads, with an appendix on raw basics and an alphabetic recipe list. Dressings include Cayenne Tahini, Easy Garlic Avocado, Tomato Extravaganza, Cinnamon Thyme, and Latin American Fiesta Vinaigrette. Salads include Jicama Soul Slaw, Carrot and Orange (a family favorite in my house), Asian Sesame Cucumbers, Garlic Grapefruit, Tomato Corn Salsa. I like that the raw basics are put in an appendix and not the focus of the book. The basics are basic recipes, not basic how-tos. Too many cookbooks these days include the how-to basics in all of them in detail, so I end up with a shelf full of basics books with some recipes almost as an afterthought. I don't need to read 20 books on how to julienne carrots. The focus in this book is on the recipes. My biggest complaint about the book is that it includes the use of oils. Oils are a fractionated food, not a whole food, and therefore, in my opinion, not a suitable part of a whole foods diet. Easy enough to substitute out. Based on how happy I am with the food that I make from this book I plan to order a couple of others of hers.

This book is just what I was looking for. I've been a raw foodist for some time and found I was eating fewer and fewer salads...because I was just bored. Put some oil and lemon juice on some greens, then repeat tomorrow...ad nauseum. No longer. This book has the most amazing, creative recipes for salads and salad dressings...and they are quick and easy to make, as well. Now my only salad dilemma is trying to choose which salad and dressing to prepare each day.

As much as I love raw foods, and know that veggies are such an important part of any healthy diet in general, I get pretty bored with plain old salad. I love that this little gem has so many great ideas that I never would have thought of making! These delicious looking dressing recipes and creative combinations of ingredients will keep me happy in the kitchen for a long while. I like that Kristen Suzanne's books are small and topic-oriented. I sometimes tuck one in my bag when I leave the house. If I'm stuck waiting somewhere, I can pull it out, choose a couple new recipes to try and pick up the ingredients on the way home.

Many of the salads are way more complicated than I usually make, but try a fancy one, like I did and

you will see why she gets fancy. I don't like most of the salad dressings on the shelves at the grocery store, so I wanted to try something new, different, etc. This book was worth it, just for the dressing recipes.

I loved this book to the degree that I have kept and filed nearly every recipe in this book. The recipes are all easy to follow and every one looks very tasty and delicious To me this book is proof that Raw is best

Kristen Suzanne is my favorite raw food chef and this book has some of the best recipes on the planet!

The recipes I've made from this book are a hit already! This is one of the best recipe books (in this category) I have bought. It's a must have for every kitchen!

Great recipes, simple and the salad dressings are fantastic.

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