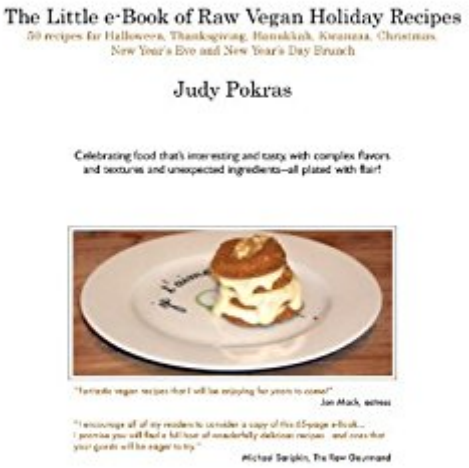
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The Little E-Book Of Raw Vegan Holiday Recipes: 50 Recipes For Halloween, Thanksgiving, Hanukkah, Kwanzaa, Christmas, New Year's Eve, And New Year's Day Brunch



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Synopsis

Celebrating food that’s interesting and tasty, with complex flavors and textures and unexpected ingredients, and plated with flair. Food that’s good for us!This exciting 65-page e-book, by Judy Pokras, the founder and editor of RawFoodsNewsMagazine.com, features beverages, brunch, appetizers, entrees, side dishes, and desserts. Its 50 recipes range from traditional American favorites like Cranberry Sauce, Apple Pie a la mode, and Squash "Pumpkin" Pie to global treats such as Anisette Cookies, Thai Coconut Soup and Borscht. Plus TV Snack Chips, Mock Scrambled Eggs, Cornbread, Italian Eggplant Bites and Raw Vegan Lasagna, Rice Pudding Ice Cream, and Marinated Portobello Mushrooms in French Onion Soup. The book includes beautiful photos, tips and info for both newbies and raw foods enthusiasts, and suggestions for holiday menus--including some fun surprises, like the delightfully inventive Surprise Cake!The Little e-Book of Raw Vegan Holiday Recipes spans the generations, with Judy’s version of a salad that was a hit in two New Jersey diners decades ago, as well as dishes sure to charm the kids.In addition to being an inventive chef, Judy is a seasoned raw foodie, food writer, journalist and photographer.The Little e-Book of Raw Vegan Holiday Recipes makes a wonderful gift, and is a great value at only $9.99. It really comes in handy when you’re traveling, so you can have a panoply of recipes at your fingertips at all times! Wherever you are, you’ll be able to make meals and turn your family and friends on to some fabulous food."Fantastic vegan recipes that I will be enjoying for years to come!"--Jon Mack, actress and singer"I promise you will find a full host of wonderfully delicious recipes...and ones that your guests will be eager to try."--Michael Saripkin, The Raw Gourmand

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Customer Reviews

I love raw food and gave me a great ideas !!

Let me start by saying I'm neither a vegan nor an exclusively-raw diner. However, I am a cookbook author and a lover of good food. Pokras satisfies both my passions here with a very well-written, well-concieved collection of recipes that produce delicious results. If you're a raw-food aficionado, you probably already follow Pokras' work and have a copy of this on your wish-list. If not, you owe it to yourself to add this work to your resources. You'll be amazed at how far beyond crudites and salad you can go!

I'm not a vegan but I bought this book because some of the recipes sound interesting and easy to make. I made the "Lettuce, orange, grape,pecan salad" and it just tasted awesome. The dressing was yummy without being too sweet. The calorie value of this entire dish was much lower than some other salads because of the ingredients used for the dressing. There are lots of interesting things that I can make from this e-Holiday cookbook. The next one I'm planning on making is the "Holiday Nut Eggnog" which is totally gluten free and dairy free for all my diet conscious friends.

If you're into raw vegan cooking, this is the book for you. Judy's dedication to this lifestyle and the incredible meals she produces is awe inspiring. It would also make a great stocking stuffer or gift for the raw vegan friends or family members you might have. Bravo and nice work on putting together these recipes.

Got this last year and liked every one of the recipes I tried. Some have made it to my all time favorites list. For the content, it's more than worth the price I paid. (My only complaint is that I prefer a real book format and that option isn't available.)

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