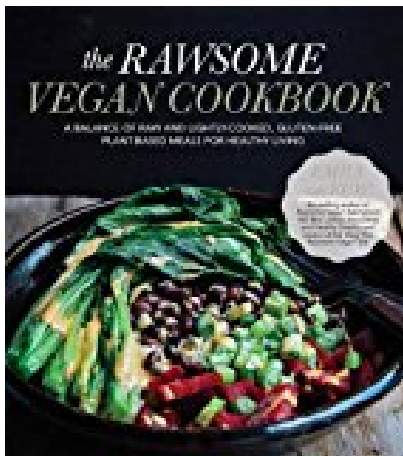


# The Rawsome Vegan Cookbook A Balance of Raw and Lightly-Cooked Gluten-Free Plant-Based Meals for Healthy Living

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## BOOK DETAILS

- Author : Emily von Euw
- Pages : 192 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 1624141714

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## BOOK SYNOPSIS

Be Happy and Healthy with Scrumptious, Wholesome Plant-Based Meals Emily von Euw is back and better than ever, this time with mouthwatering raw and lightly-cooked savory recipes to delight any palate, whether you're vegetarian, a raw vegan or just looking for something healthy, interesting and delicious to add to your dining. The wide selection of stunning main dishes are easy to make and so tasty, you'll be celebrating veggies instead of missing meat and dairy. With her spectacular photography and witty banter, Emily envelops all of your senses with this collection of over 80 enticing recipes, each paired with a beautiful photo. Choose the raw chapter for light, hydrating and colorful meals including Rawsome Pizza, Epic Portobello Yam Burgers and Zucchini Noodle Lasagna. Or choose the lightly-cooked chapter for hearty, nourishing and grounding dishes like Mac + Cheeze, Freedom Falafel and Pumpkin Soup. Emily's comforting, creative and phenomenal eats will wow your taste buds, and make you feel energized and nourished from the inside out.

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