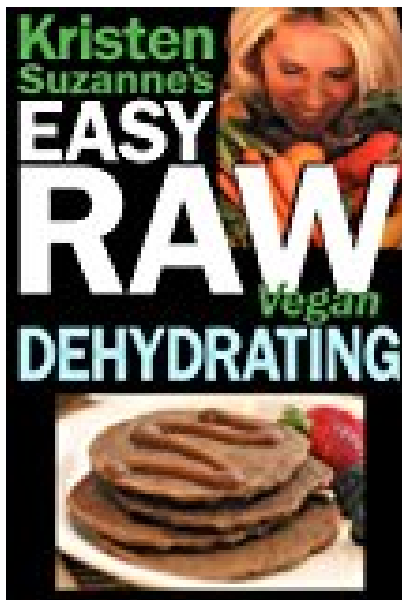


# Kristen Suzannes EASY Raw Vegan Dehydrating Delicious & Easy Raw Food Recipes for Dehydrating Fruits Vegetables Nuts Seeds Pancakes Crackers Breads Granola Bars & Wraps

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## BOOK DETAILS

- Author : Kristen Suzanne
- Pages : 128 Pages
- Publisher : Green Butterfly Press
- Language : English
- ISBN : 0981755682

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## BOOK SYNOPSIS

Living a Raw vegan lifestyle does NOT require dehydrating, which is why Kristen Suzannes 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 foods nutritional integrity totally intact! This book is a great, thorough, and comprehensive introduction to dehydrating for people who are curious about the subject. Its 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 Kristens 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 Suzannes Web site, KristensRaw.com.

### **KRISTEN SUZANNES EASY RAW VEGAN DEHYDRATING DELICIOUS & EASY RAW FOOD RECIPES FOR DEHYDRATING FRUITS VEGETABLES NUTS SEEDS PANCAKES CRACKERS BREADS GRANOLA BARS & WRAPS -**

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