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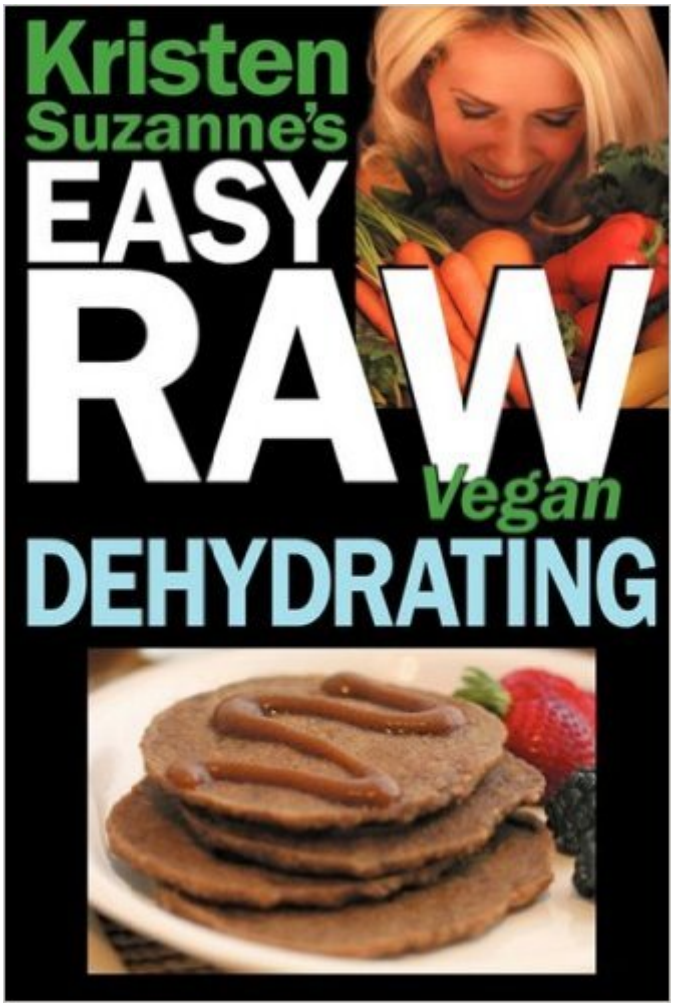
Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes For Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps



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Synopsis

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 Using Fruits & Vegetables 5 Using Nuts & Seeds 12 Pancakes, Crackers, Breads & Wraps (Includes Kristen's 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 Suzanne's Web site, KristensRaw.com.

Book Information

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Customer Reviews

First, I have most of Kristen's books. She provides good basic info in each of her books, valuable if

you’re new to RAW Uncooking. On the downside, the books don’t have that many recipes.Instead of offering one complete book with all her recipes, they are in a small book series. It is pricey to get all of them. However, there are a few recipes in each of them, that I will make often. Kristen’s recipes are creative and some of them different from other books. That is why I purchased most of her books.Also, there are no pictures inside any of the books. She gives her site that a person must go to, to see pictures of her food. For the price of the series, that isn’t great.Overall, the series format seems a mistake. The recipes are good.

I bought two books in Kristen Suzanne’s series and while the recipes look good, I have to agree with other reviewers who’ve pointed out how repetitive the series format is for these books. Almost the entire first half of each book is an introductory guide to the raw vegan lifestyle. Had these books been offered at half the price they are, this might have seemed an appropriate format for a series like this. But each one of these books is nearly as costly as other, more thorough books on preparing raw vegan food. Certainly once you’ve spent the money to buy a few of the books in this series, you should have something that amounts to more than an intro and the last few pages of each.

If there’s one thing that helps me maintain a High RAW lifestyle... it is dehydrating. Kristen’s book teaches you FUN and EASY dehydrating recipes!! Dehydrated snacks to take along on trips, pancakes that can be stored in the refridgerator and eaten as a snack for the next few days!!! Fruit leather that is AWESOME for kids!! FUN and EASY!!! Nothing to it!! Every recipe is one that the entire family will love! Cheers to great health!!! Thanks Kristen!!

I always get such great ideas from Kristen’s books. I’ve used this one alot. I’ve had my dehydrator for awhile and don’t use it that often, but since getting this book, I’ve been making more dehydrated goodies. I like the extra tips included in the book about dehydrating different types of foods and how to store them. Kristen is just so creative with her recipes and I’ve loved everything I’ve tried from this book. Another thing I like about Kristen’s books is they are straightfoward and leave out all the fluff and unnecessary pictures. I know she did this to keep the books affordable and accessible, which I think is very cool. Not every raw fooder has $35 to spend on a cookbook, afterall. All in all, her books are a great value and loaded with original ideas and valuable information - I’d recommend them to anyone!

Fairly simple book, not overly long, but provides nice introduction to the multiple uses of a dehydrater. My only real complaints are that it gets a little too cutesy at times -- really, use of "yum" and "yummy" should be restrained to just once in a while, not every other page; and Kristen is just a little too all or nothing preachy in trying to convince readers to become vegan. I learned quite a bit from this book, and while I have cut way back on consumption of most animal based foods, there is still room for them in my diet. Given that, the information given was good and usable. I would recommend this to anyone just getting started in dehydrating.

This book is more of a sales tool for author's favorite dehydrator and supplies. Must be so few books on the subject that they are all pals. Recipes are just so-so. Pity author could not even mention Ronco's entry in the field. In this age of enlightenment, I would have expected more "heart healthy" recipes and more detail on making fruit "leathers"

This book was perfect because it gave me lots of tips and ideas for using my new dehydrator. When I first saw this recipe book I knew the Raw Pancakes pictured on the cover would be the first recipe I tried. They were hands down the best pancakes I have ever eaten! The fruit leather turned out amazing, and because it was so easy, is something I plan on making often. The best part about this book was how easy the recipes were to follow, and all of the ingredients that I needed were easily found at my local health food store!

Kristen provides LOTS of ideas for your dehydrator - besides yummy food, there are ideas for seasonings, herbs, almond pulp/flour, food coloring, etc. The pancake and syrup recipes are awesome and EASY.I have 11 of Suzanne's books and I am so grateful to have this entire collection. Kristen's recipes are so creative and yummy - and yet so fast and simple. She is amazing and never ceases to inspire me!I love that Kristen has placed an abundance of food photos on her website - I can easily print one color page (screen shot) and have photos! I have folded the one page in half and keep it in my book. I know she is trying to keep the cost of the book down. She even mentions in the recipe book that the picture is available online. What a great idea.Be sure to check our her blog, I enjoy all the info and videos she provides. It's such a treat to visit her site!

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