



# Raw. Vegan. Not Gross.: All Vegan and Mostly Raw Recipes for People Who Love to Eat

*Laura Miller*

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**Whether you already love vegan food or need some convincing, YouTube star Laura Miller offers more than a hundred entirely vegan and mostly raw recipes for all people who want to eat deliciously.**

*Raw. Vegan. Not Gross.* is the debut cookbook from YouTube's Tastemade star Laura Miller. A soon to be modern classic, *Raw. Vegan. Not Gross.* will engage your taste buds with strengthening breakfasts (coconut kale smoothies; strawberry chia pudding), easy weeknight dinners (black bean and squash blossom tacos; kale pesto with noodles), crowd-pleasing party food (spicy watermelon gazpacho; buffalo cauliflower bites), irresistible drinks & desserts (lavender turmeric milk; chile chocolate truffles), and many more nutritious, satisfying dishes that are as beautiful and fun to make as they are healthful. Eschewing a strict or dogmatic approach to raw veganism, Laura's self-deprecating humor, candor about issues of food and body-image, and infectious enthusiasm make her the ideal guide and travel companion for people who want to fall back in love with produce or simply celebrate the joy of real, good food.



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#### **Darlene Trevino:**

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#### **James Atkinson:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled Raw. Vegan. Not Gross.: All Vegan and Mostly Raw Recipes for People Who Love to Eat can be excellent book to read. May be it may be best activity to you.

#### **William Rice:**

People live in this new day of lifestyle always aim to and must have the time or they will get wide range of stress from both day to day life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, the particular book you have read is Raw. Vegan. Not Gross.: All Vegan and Mostly Raw Recipes for People Who Love to Eat.

#### **Patti Wooden:**

Is it you actually who having spare time and then spend it whole day by watching television programs or just laying on the bed? Do you need something new? This Raw. Vegan. Not Gross.: All Vegan and Mostly Raw Recipes for People Who Love to Eat can be the reply, oh how comes? A fresh book you know. You are consequently out of date, spending your free time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

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