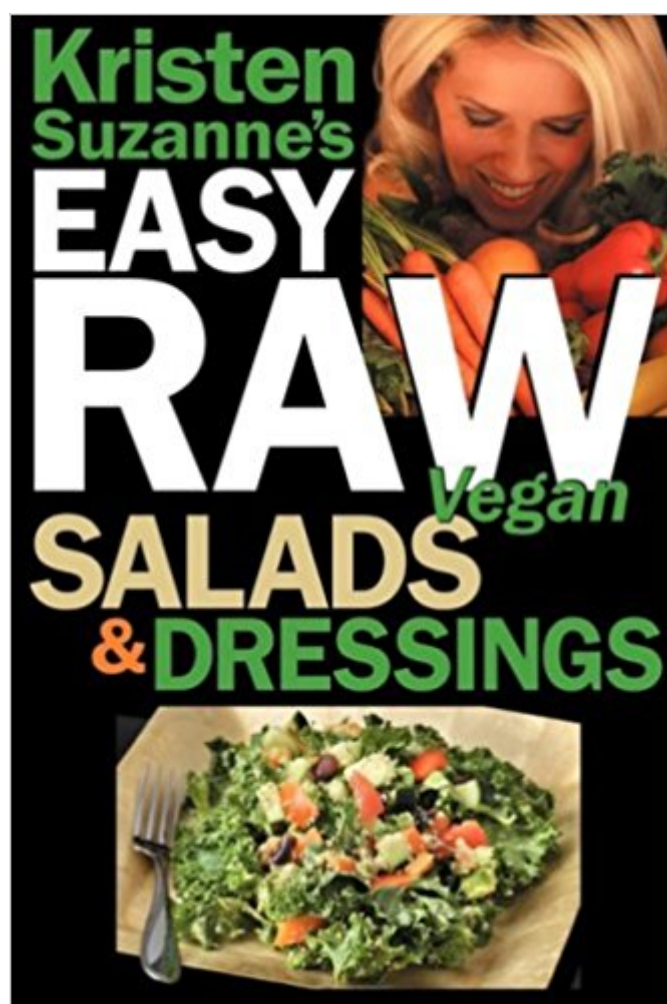


The book was found

# Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes For Making The World's Most Delicious & Healthy Salads For Yourself, Your Family & Entertaining





## Synopsis

Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. To most people, salads mean "healthy," and that's it. But this recipe book introduces you to a world of salads and dressings that taste so good, you'd be willing to have them as your main course! Great salads are all about the dressing, and these dressing recipes will make it so easy for you to introduce more vegetables into your diet, that you won't even need to think about the dramatic health benefits. You'll just be thinking about how good they taste! This Raw food vegan recipe book includes: 76 recipes, including: 31 Dressings 39 Salads 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](http://KristensRaw.com).

## Book Information

Paperback: 144 pages

Publisher: Green Butterfly Press (January 1, 2009)

Language: English

ISBN-10: 0981755666

ISBN-13: 978-0981755663

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 21 customer reviews

Best Sellers Rank: #790,266 in Books (See Top 100 in Books) #156 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Sauces & Toppings](#) #164 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads](#) #309 in [Books > Cookbooks, Food & Wine > Cooking Methods > Raw](#)

## Customer Reviews

Kristen Suzanne is an accomplished Raw food chef with a passion for helping people live life to the fullest with the healthiest cuisine in the world. Through radio, television, books, and her popular blog and email newsletter, Chef Kristen Suzanne helps individuals live and love the Raw lifestyle. For more information about Chef Kristen Suzanne, please visit [KristensRaw.com](http://KristensRaw.com).

This is a good book. I'm not all raw but eat mostly raw foods. I eat mostly salads, so I am always looking for variety. This book gives a nice variety of salads that are easy to prepare using normal ingredients. Lots of variety of both taste and ingredients. I have tried several recipes in the book and have enjoyed them all so far. They aren't just your typical lettuce and dressing, and very little use of nuts and seeds. The book is divided into two sections: dressings and salads, with an appendix on raw basics and an alphabetic recipe list. Dressings include Cayenne Tahini, Easy Garlic Avocado, Tomato Extravaganza, Cinnamon Thyme, and Latin American Fiesta Vinaigrette. Salads include Jicama Soul Slaw, Carrot and Orange (a family favorite in my house), Asian Sesame Cucumbers, Garlic Grapefruit, Tomato Corn Salsa. I like that the raw basics are put in an appendix and not the focus of the book. The basics are basic recipes, not basic how-tos. Too many cookbooks these days include the how-to basics in all of them in detail, so I end up with a shelf full of basics books with some recipes almost as an afterthought. I don't need to read 20 books on how to julienne carrots. The focus in this book is on the recipes. My biggest complaint about the book is that it includes the use of oils. Oils are a fractionated food, not a whole food, and therefore, in my opinion, not a suitable part of a whole foods diet. Easy enough to substitute out. Based on how happy I am with the food that I make from this book I plan to order a couple of others of hers.

This book is just what I was looking for. I've been a raw foodist for some time and found I was eating fewer and fewer salads...because I was just bored. Put some oil and lemon juice on some greens, then repeat tomorrow...ad nauseum. No longer. This book has the most amazing, creative recipes for salads and salad dressings...and they are quick and easy to make, as well. Now my only salad dilemma is trying to choose which salad and dressing to prepare each day.

As much as I love raw foods, and know that veggies are such an important part of any healthy diet in general, I get pretty bored with plain old salad. I love that this little gem has so many great ideas that I never would have thought of making! These delicious looking dressing recipes and creative combinations of ingredients will keep me happy in the kitchen for a long while. I like that Kristen Suzanne's books are small and topic-oriented. I sometimes tuck one in my bag when I leave the house. If I'm stuck waiting somewhere, I can pull it out, choose a couple new recipes to try and pick up the ingredients on the way home.

Many of the salads are way more complicated than I usually make, but try a fancy one, like I did and

you will see why she gets fancy. I don't like most of the salad dressings on the shelves at the grocery store, so I wanted to try something new, different, etc. This book was worth it, just for the dressing recipes.

I loved this book to the degree that I have kept and filed nearly every recipe in this book. The recipes are all easy to follow and every one looks very tasty and delicious To me this book is proof that Raw is best

Kristen Suzanne is my favorite raw food chef and this book has some of the best recipes on the planet!

The recipes I've made from this book are a hit already! This is one of the best recipe books (in this category) I have bought. It's a must have for every kitchen!

Great recipes, simple and the salad dressings are fantastic.

[Download to continue reading...](#)

Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes for Making the World's Most Delicious & Healthy Salads for Yourself, Your Family & Entertaining  
Kristen Suzanne's EASY Raw Vegan Entrees: Delicious & Easy Raw Food Recipes for Hearty & Satisfying Entrees Like Lasagna, Burgers, Wraps, Pasta, ... Cheeses, Breads, Crackers, Bars & Much More!  
Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps  
Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ...  
Vegan Cookbook, Vegan Diet, Vegan Recipes)  
Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ...  
Protein Vegan Recipes and Vegan Nutrition)  
Salads: 365 Days of Salad Recipes (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Salad)  
SALADS: The 500 Best Salad Recipes (salads for weight loss, salad, salad recipes, salads, salad dressings, salad dressing recipes, paleo, low carb, ketogenic, vegan, vegetarian, salad cookbook)  
Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes  
(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Mix and Match Salads:

Over 30 Easy and Delicious Salads and Dressings That Will Make You Love Salads VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) What is Raw Foodism and How to Become a Raw Foodist: How to Eat Healthy (New Beginning Book): Raw Food Diet, How to Lose Weight Fast, Vegan Recipes, Healthy Living Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Raw Foodism: Healthy and Delicious Raw Food Recipes to Get the Advantages of Raw Food Diet! The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)