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**Salted Tahini Caramels from
Practically Raw Desserts by**

...

The Flexible New Way to
Enjoy Raw Desserts! In this
book, Chef Amber Shea
revolutionizes raw desserts

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with easy substitutions and baking options. This innovative dessert cookbook is filled with recipes for scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats.

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**Practically Raw - Andrews
McMeel Publishing**

Practically Raw Desserts.
1,462 likes. Practically Raw
Desserts is the 2nd cookbook
from www.chefambershea.com
author Amber Shea

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Crawley!...

**Book review: "Practically
Raw Desserts" by Chef Amber
Shea ...**

If you think raw food has to
be austere, Amber Shea
Crawley's Practically Raw

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Desserts will surely change your mind. From cookies to cakes, brownies, pies, puddings, candies, and other sweet treats, the recipes in this cookbook are full of flavor and also flexible so you can adapt them to your

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tastes, dietary needs, and ingredients on hand.

Practically Raw By Amber Shea

Practically Raw: Flexible
Raw Recipes Anyone Can Make

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is a one-of-a-kind cookbook that delivers a flexible approach to raw food - complete with cooked options. Each raw vegan recipe can be adapted to your own taste, budget, and ingredient availability, and

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many feature cooked
alternatives.

**Chef Amber Shea: Practical.
Flexible. Healthful.
Delicious.**

Practically Raw is a one-of-a-kind cookbook that

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delivers a flexible approach to raw cooking by providing cooked options for many of the recipes. What's more, each raw vegan recipe can be adapted to your own taste, budget, and ingredient availability.

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Practically Raw - Chef Amber Shea

Practically Raw: Flexible
Raw Recipes Anyone Can Make
[Amber Shea Crawley] on
Amazon.com. *FREE* shipping
on qualifying offers. Now

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vibrant, nutritious raw
cuisine is easy for
everyone, any way you live!
Practically Raw â€™s
revolutionary

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Of course, turning on the oven or eating anything hot feels like lunacy in this weather, which is why it's appropriate that I have a raw book review for you today! Months ago, the lovely Amber Shea Crawley

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sent me a copy of her new book, *Practically Raw*, for review. I am so ashamed that it has taken me months to review it; the problem with me ...

Vegan & Gluten-Free Recipes

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Read Book Practically Raw By Amber Shea Crawley

by Allyson Kramer

Amber just so happens to be an awesome raw chef, and her new book, Practically Raw, just hit stands. I was offered a review copy, and I enthusiastically said, "Yes, please!" I promised

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myself I'd be eating more raw foods after my January cleanse, but lately, the only raw food I've been eating has been side salads.

Vegan Crunk: Practically Raw
On the heels of her first

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cookbook "Practically Raw"
(2012), Chef Amber Shea
Crawley has published its
successor, "Practically Raw
Desserts", which came out
last year. Amber is both a
popular blogger and highly
trained raw chef who

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presents her expert
knowledge about food and raw
food preparation techniques
in this beautiful volume.

**Practically Raw by Amber
Shea Crawley - Goodreads**
Delicious, vegan, raw,
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gluten-free, soy-free and
easy to make meals...sounds
hard to do but Amber Shea
Crawley has done it in her
book Practically Raw:
Flexible Raw Recipes Anyone
Can Make * (Vegan Heritage
Press, 2012). Every recipe

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gets you excited to make and enjoy it.

**Practically Raw Desserts -
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Hey everyone! Today I'm happy to share with you a delectable recipe from Amber

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Shea Crawley's newest book
Practically Raw
Desserts. This delightful
book is exactly what you
need when you have a nagging
sweet tooth, but a desire to
keep the junk food to a
minimum.

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Practically Raw Desserts - Andrews McMeel Publishing

Description. From
Practically Raw Desserts by
Amber Shea Crawley. ©2013
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Heritage Press. There are two types of people in this world: those that adore tahini enough to eat it straight out of the jar, and those that do not.

Book Review: Practically Raw

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by Amber Shea Crawley | The

...

Amber Shea Crawley, author of *Practically Raw: Flexible Raw Recipes Anyone Can Make*, is a chef and writer specializing in healthful vegan and raw food. She was

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trained in the art of gourmet living cuisine at the world-renowned Matthew Kenney Academy, graduating as a certified raw and vegan chef.

Practically Raw by Amber

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Shea Crawley - Heal Outside the Box

Practically Raw. 2.8K likes.
Flexible Raw Recipes Anyone
Can Make! Practically Raw is
the debut cookbook from
www.chefambershea.com author
Amber Shea...

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**Practically Raw Desserts by
Amber Shea Crawley | Kitchn**

The Paperback of the
Practically Raw: Flexible
Raw Recipes Anyone Can Make
by Amber Shea Crawley at
Barnes & Noble. ...

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Practically Raw's revolutionary practicality and flexible approach let you enjoy Chef Amber's delicious vegan dishes your own way, according to your budget and taste, every day or every once in a while,

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and as raw – or ...

**Midnight Mocha Cookies &
Practically Raw Desserts
Book ...**

Practically Raw's
revolutionary practicality
and flexible approach let

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you enjoy Chef Amber's
delicious vegan dishes your
own way, according to your
budget and taste, every day
or every once in a while,
and as raw – or cooked – as
you like.

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**Practically Raw by Amber
Shea Crawley |
VegKitchen.com**

Last December, I decided to eat 100% raw for two weeks. Two weeks turned into two months thanks to the help of this magnificent book:

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Practically Raw by Chef Amber Shea Crawley. I first heard about this book from one of my sisters who raved about it. Practically Raw is a user-friendly, raw cookbook that

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**Practically Raw: Flexible
Raw Recipes Anyone Can Make**

•••

I know, I'm the queen of
ingredient substitutions
(and every recipe in
Practically Raw Desserts,
just as in Practically Raw,

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comes with a list of ingredient substitution options), but coconut flour is the one staple ingredient that can never be substituted—it is indispensable in the recipes that call for it. Coconut

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flour absorbs many times ...

Practically Raw Desserts | TopDinnerBooks

When Dianne asked me about reviewing Practically Raw Desserts - Flexible Recipes for All Natural Sweets and

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Treats, by Amber Shea-Crawley, I was initially skeptical about how many recipes I would be able to try and also like. Some raw recipes I have seen on the Interwebz have been quite extensive in terms of work

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as well as time and Hubbs
isnt much fond of raw
desserts much either.

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