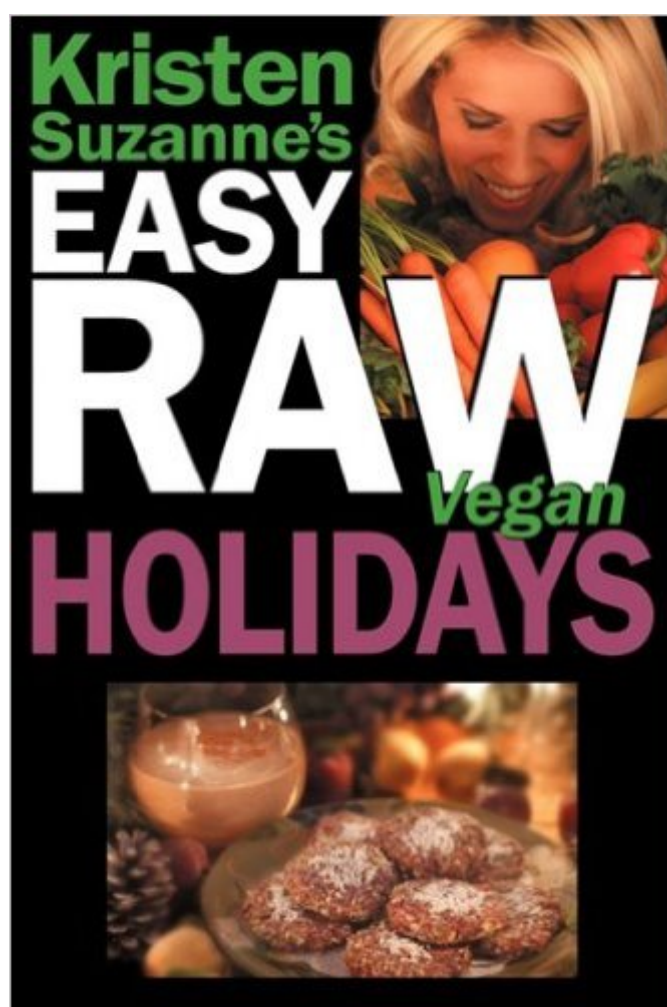


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# Kristen Suzanne's EASY Raw Vegan Holidays: Delicious & Easy Raw Food Recipes For Parties & Fun At Halloween, Thanksgiving, Christmas, And The Holiday Season



## 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. With this fun, easy, one-of-a-kind guide, Raw food chef Kristen Suzanne explains how to apply the Raw food diet and lifestyle to the holiday season, with how-to tips and delicious and decorative recipes for Halloween, Thanksgiving dinner, Christmas, and other holiday season festivities. Includes a fabulous "Raw Holiday Survival Guide" to help Raw vegan enthusiasts adapt this extremely healthy diet and lifestyle to the special demands imposed by the holiday season. This Raw food vegan recipe book also includes a "Raw Basics" introduction to Raw food for people who are new to the subject.

## Book Information

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## Customer Reviews

Kristen's Easy Raw Vegan Holiday's is a must have. She offers great information about raw foods and tips on how to make it through the Holiday's. Her recipes are amazing and are very easy to make. They don't require a lot of equipment; most can be prepared with a food processor or blender. She has an amazing way of making everything taste terrific that you could easily pass her recipes off without telling anyone they're raw. Her Pumpkin Pie is amazing. I also love her Harvest Soup and Bell Pepper Spinach salad with Rosemary Ranch Dressing. Oh, and did I mention the

Rudolph Cherry Cobbler, Pecan Spice Delight cookies and Creamy Dreamy Eggless Nog? The book is worth purchasing for these recipes alone. Also, check out her other books. They offer such an awesome variety of dishes that are fun to try and easy to prepare that sometimes I forget their raw! What I love most about Kristen's recipes are the use of spices, her variety of soups, dressings and the different ways to dress up veggies. Most of her recipes don't require a dehydrator and she uses more seeds than nuts (or a combination of both). I have quite a few raw cook books and find they use more nuts, require a lot of dehydrating and the recipes take far longer to prepare. I really believe you will love her books as much as I do. Enjoy!

Kristen's recipe books are amazing. I have made so many dishes and they always come out great. I have made many cheesecakes and her lasagna and they are always the rave even with non-raw people. I also like the way she sets up her recipes step by step as well as in the intro to raw foods she also has a scale to show how much a tablespoon is...like 3 teaspoons and so forth. We love everything we have made so far!

This book will truly help you have "Happy Holidays". I love Kristen's extra eco-ideas for the holidays, like gift giving and wrapping paper, etc. There are great recipes that will take you through Halloween, Thanksgiving and Christmas. Holiday entrees, cookies, pies - oh my!! I have visited Kristen's blog for a few years now - I really appreciate her reviews, videos and information. Kristen's recipes are creative - I love that the results look just like mainstream meals. Best of all - recipes are EASY!! Ingredients are simple and easy to find. 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.

I definitely agree about the Pumpkin Pie - it really is out of this world. I have to say, though, that this recipe is best with a high powered professional blender to really get the right creamy and whipped texture. It's still delicious, though. I've had it made both ways-with and without a high-speed blender. And the Pecan Spice cookies are really, really good. You don't have to wait for the holidays for these recipes, but it would make a nice gift for that time of year especially when people are looking for healthier alternatives.

This recipe book is awesome!! The food during the holiday season is my favorite. I love anything

with pumpkin, and warm spices like cinnamon and nutmeg. I love that with these recipes, I can enjoy my favorite seasonal treats all year round, but in a much healthier and "raw" form. Raw Pumpkin Pie..yes please!!! The Holiday Morning Porridge is one of my favorite recipes from the book. It is so filling, flavorful, and delicious any time of the year! I look forward to making the Creamy Dreamy Eggless Nog, "I Can't Believe It's Raw" Pumpkin Pie, Oktoberfest Raw German Chocolate Brownies, Comfort Time Sweet-Brose, and Hazelnut Chocolate Snowballs.

This great recipe collection will make the winter holidays a lot less challenging for anyone interested in eating raw. I still eat a mix of cooked and raw foods, but always feel that Thanksgiving and Christmas are a really tough time to maintain a healthy diet. There's plenty of inspiration here so that your holiday eating is still rich and satisfying, and not at all the typical unhealthy stuff. The first chapter shares the same information as Kristen's other books: basic recipes and preparation instructions for raw foods. The second chapter, "Raw Holiday Survival Guide" is filled with tips on thriving in the stressful holiday season. Chapter 3 presents all the yummy recipes. I especially like the Pecan Spice Delight Cookies and the Festive Vegetable Mix. The recipes that I have made so far are delicious, and I think they would be well received at any family holiday party. I've got Ginger Snap Ice Cream on my "must do" list.

For sure! There is one recipe (among many) that comes to mind when I think of Kristen's Holiday Recipes... RAW German Chocolate Brownies!!!!!!! OOH HH man!!! I'm a HUGE German Chocolate lover, so when I came across this recipe, I had to make it. It turned out so incredibly delicious and tasted just like the German Chocolate that I remembered (cooked version). I could not believe it! So during the holidays, I was asked to bring the dessert... guess what I brought? YEP!! RAW German Chocolate Brownies! A HUGE hit! The family LOVED them :) all 48 of them! Simplest and most fun recipes. Kristen knows how to make the most out of the Holidays!! I count on her to have the best RAW/Vegan recipes and she has NEVER let me down :))

Obviously the holidays are over, but I got this book anyway because I like all of the other books I've gotten from Kristen and I figured the tips for surviving the holidays would be good for any time of year - and they are! Kristen has lots of great tips about setting goals and expectations, planning ahead, how to handle parties, and gift-giving. These tips are definitely useful all the time. Of course, there's some fabulous recipes in here, too. The German Chocolate are so darn good - I think I need to make a double recipe next time!

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