

Raw Vegan Cookbook Pdf

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## Summary:

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Raw Vegan Not Gross - amazon.com Raw. Vegan. Not Gross.: All Vegan and Mostly Raw Recipes for People Who Love to Eat [Laura Miller] on Amazon.com. \*FREE\* shipping on qualifying offers. 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. From my Cookbook: Raw Vegan Eggnog - My New Roots Raw Vegan Eggnog Milkshake Serves 1. Ingredients: 1 frozen banana 1-2 dried figs (depending on how sweet you like it) 3 Tbsp. sesame seeds, soaked for 8 hours, or overnight. Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free ... Oh yeah, and they're raw, vegan AND gluten-free. So whether you're a vegetarian, a raw vegan or even a meat-lover just looking for something healthy, new and delicious, this book has something for you.

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