

## Practically Raw By Amber Shea Crawley

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### Practically Raw By Amber Shea

From Practically Raw Desserts by Amber Shea Crawley. ©2013 Amber Shea Crawley. Used by permission.

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

Practically Raw! About the Book FULL TITLE: Practically Raw: Flexible Raw Recipes Anyone Can Make AUTHOR: Amber Shea Crawley (me!) PUBLISHER: Vegan Heritage Press & Andrews McMeel RELEASE DATE: March 1st, 2012 FORMAT: Paperback, full-color photos throughout LENGTH: 256 pages FOOD PHOTOGRAPHY BY: myself, Amber Shea Crawley. To Purchase:

### Practically Raw - [chefambershea.com](http://chefambershea.com)

"Amber's approachable style to eating raw makes it easy for anyone to start making raw foods in their kitchen. Her recipes are inventive, balancing both raw and cooked foods, with an emphasis on health but never sacrificing taste.

### Practically Raw: Flexible Raw Recipes Anyone Can Make ...

This companion book to Amber Shea's trend-setting Practically Raw, sets the standard for flexible raw sweets and treats. Practically Raw Desserts is a trove of scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. All of chef Amber Shea Crawley's sweet creations allow substitution and adaptation for a non-raw kitchen.

### Practically Raw Desserts: Flexible Recipes for All-Natural ...

About the Author Amber Shea Crawley is a chef and writer specializing in healthful vegan and raw food. She was classically trained in the art of gourmet living cuisine at the world-renowned Matthew Kenney Academy, graduating in 2010 as a certified raw and vegan chef.

### Practically Raw: Flexible Raw Recipes Anyone Can Make ...

Practically Raw Amber Shea Crawley "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, and as raw — or cooked — as you like.

### Practically Raw | Amber Shea Crawley | download

Practically Raw Desserts by Amber Shea Crawley. We independently select these products—if you buy from one of our links, we may earn a commission. If you think raw food has to be austere, Amber Shea Crawley's Practically Raw 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 tastes, dietary needs, and ingredients on hand.

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

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 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 and book reviews is that I don't like posting a review until I've made, and can show off, the beautiful recipes therein.

**Book Review: Practically Raw by Amber Shea Crawley | The ...**

Lest you forget, all the recipes in Practically Raw provide cooking/heating/baking directions for chilly days (or dehydrator-free kitchens), so you can get just as much use out of the book in the winter as you do in the warmer months. These Almond Butter Sesame Noodles are a great example of a Practically Raw recipe that can be made raw or cooked.

**Practically Raw recipe: Almond Butter ... - Chef Amber Shea**

By the way - pretty much ALL of the kale chip recipes in my book Practically Raw can be made nut-free by replacing the nuts with sunflower seeds! January 9, 2013 at 5:56 pm Rebecca Stucki

**Practically Raw recipe: Pizza Kale Chips - Chef Amber Shea**

Practically raw flexible raw recipes anyone can make by Amber Shea Crawley. 210 Want to read; 12 Currently reading; Published 2012 by Vegan Heritage Press in Woodstock, Va. Written in English Subjects: Raw foods, Cooking (Natural foods), Cookbooks

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From Practically Raw Desserts by Amber Shea Crawley. ©2013 Amber Shea Crawley. Used by permission. Who in their right mind would attempt to create a raw, vegan, gluten-free, grain-free, nut-free, low-calorie, low-fat, no-added-sugar, and no-bake - but still tasty - carrot cake?! Well, me.

**Practically Raw Desserts recipe: Enlightened Carrot Cake**

From the Author 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 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 Desserts: Flexible Recipes for All-Natural ...**

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

**Practically Raw - Home | Facebook**

Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients, and with the flexibility of many substitutions, cooking options, and variations. Ideal for beginners as well as seasoned raw foodists, Practically Raw has something for everybody, whether you want to improve your health and longevity, cope with food sensitivities, or simply eat fresher, cleaner, and better!

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

Practically Raw\* is filled with enticing photos and is written in a breezy, inviting style. We are looking forward to enjoying more raw and almost-raw recipes from this book as the weather gets warmer! Amber Shea Crawley studied culinary and dedicates herself to raw and vegan cooking.

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

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