

The book was found

# The Little E-Book Of Raw Vegan Holiday Recipes: 50 Recipes For Halloween, Thanksgiving, Hanukkah, Kwanzaa, Christmas, New Year's Eve, And New Year's Day Brunch

The Little e-Book of Raw Vegan Holiday Recipes

50 recipes for Halloween, Thanksgiving, Hanukkah, Kwanzaa, Christmas, New Year's Eve and New Year's Day Brunch

Judy Pokras

Celebrating food that's interesting and tasty, with complex flavors and textures and unexpected ingredients—all plated with flair!



"Fantastic vegan recipes that I will be enjoying for years to come!"  
Jan Mack, author

"I encourage all of my readers to consider a copy of this e-Book... I promise you will find a full host of amazingly delicious recipes... and ones that your guests will be eager to try."  
Michael Seelman, The Raw Gourmet



## Synopsis

Celebrating food that's interesting and tasty, with complex flavors and textures and unexpected ingredients, and plated with flair. Food that's good for us! This exciting 65-page e-book, by Judy Pokras, the founder and editor of RawFoodsNewsMagazine.com, features beverages, brunch, appetizers, entrees, side dishes, and desserts. Its 50 recipes range from traditional American favorites like Cranberry Sauce, Apple Pie a la mode, and Squash "Pumpkin" Pie to global treats such as Anisette Cookies, Thai Coconut Soup and Borscht. Plus TV Snack Chips, Mock Scrambled Eggs, Cornbread, Italian Eggplant Bites and Raw Vegan Lasagna, Rice Pudding Ice Cream, and Marinated Portobello Mushrooms in French Onion Soup. The book includes beautiful photos, tips and info for both newbies and raw foods enthusiasts, and suggestions for holiday menus--including some fun surprises, like the delightfully inventive Surprise Cake! The Little e-Book of Raw Vegan Holiday Recipes spans the generations, with Judy's version of a salad that was a hit in two New Jersey diners decades ago, as well as dishes sure to charm the kids. In addition to being an inventive chef, Judy is a seasoned raw foodie, food writer, journalist and photographer. The Little e-Book of Raw Vegan Holiday Recipes makes a wonderful gift, and is a great value at only \$9.99. It really comes in handy when you're traveling, so you can have a panoply of recipes at your fingertips at all times! Wherever you are, you'll be able to make meals and turn your family and friends on to some fabulous food. "Fantastic vegan recipes that I will be enjoying for years to come!"--Jon Mack, actress and singer "I promise you will find a full host of wonderfully delicious recipes...and ones that your guests will be eager to try."--Michael Saripkin, The Raw Gourmand

## Book Information

File Size: 444 KB

Print Length: 66 pages

Publisher: Raw Foods News Magazine; e-Reader edition edition (September 21, 2010)

Publication Date: September 21, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B00440DQS0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,131,891 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Jewish #90 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Thanksgiving #99 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Halloween

## Customer Reviews

Let me start by saying I'm neither a vegan nor an exclusively-raw diner. However, I am a cookbook author and a lover of good food. Pokras satisfies both my passions here with a very well-written, well-concieved collection of recipes that produce delicious results. If you're a raw-food aficionado, you probably already follow Pokras' work and have a copy of this on your wish-list. If not, you owe it to yourself to add this work to your resources. You'll be amazed at how far beyond crudites and salad you can go!

Got this last year and liked every one of the recipes I tried. Some have made it to my all time favorites list. For the content, it's more than worth the price I paid. (My only complaint is that I prefer a real book format and that option isn't available.)

I'm not a vegan but I bought this book because some of the recipes sound interesting and easy to make. I made the "Lettuce, orange, grape,pecan salad" and it just tasted awesome. The dressing was yummy without being too sweet. The calorie value of this entire dish was much lower than some other salads because of the ingredients used for the dressing. There are lots of interesting things that I can make from this e-Holiday cookbook. The next one I'm planning on making is the "Holiday Nut Egnog" which is totally gluten free and dairy free for all my diet conscious friends.

If you're into raw vegan cooking, this is the book for you. Judy's dedication to this lifestyle and the incredible meals she produces is awe inspiring. It would also make a great stocking stuffer or gift for the raw vegan friends or family members you might have. Bravo and nice work on putting together these recipes.

I love raw food and gave me a great ideas !!

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

The Little e-Book of Raw Vegan Holiday Recipes: 50 recipes for Halloween, Thanksgiving,

Hanukkah, Kwanzaa, Christmas, New Year's Eve, and New Year's Day Brunch Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) 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) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1) Thanksgiving Recipes - Top 200 Thanksgiving Recipes (25 Vegan, 25 Paleo, 25 Gluten Free, 25 Low Carb and 100 Traditional Recipes, Thanksgiving Cookbook) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Let's Do Brunch: 150 Simple & Elegant Brunch Recipes! (Southern Cooking Recipes Book 22) 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) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan) The Complete Holiday Treats Cookbook: Easy to make Goodies for

Halloween, Thanksgiving, and Christmas Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,)

[Dmca](#)