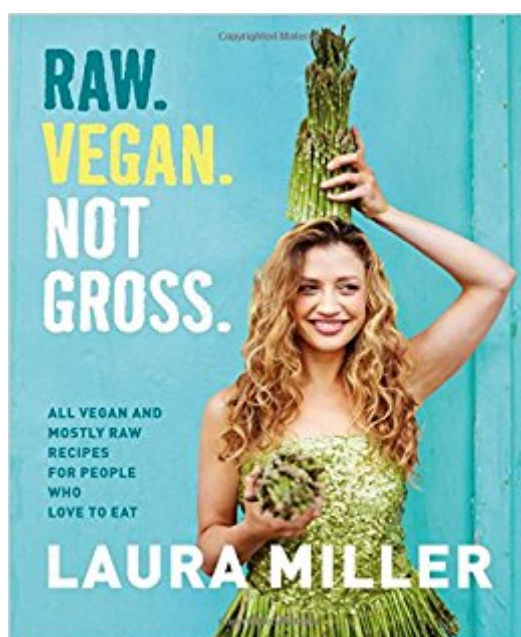


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# Raw. Vegan. Not Gross.: All Vegan And Mostly Raw Recipes For People Who Love To Eat



## Synopsis

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. *Raw. Vegan. Not Gross.* is the debut cookbook from YouTube's Tastemade star Laura Miller. A soon to be modern classic, *Raw. Vegan. Not Gross.* will engage your taste buds with strengthening breakfasts (avocado grapefruit bowls; ginger maple granola), easy weeknight dinners (golden gazpacho; sweet potato curry), crowd-pleasing party food (mango and coconut jicama tacos; spicy mango chile wraps), irresistible drinks & desserts (lavender cheesecake; chile truffles), and many more nutritious, satisfying dishes that are as beautiful and fun to make as they are healthful. Eschewing a strict or dogmatic approach to raw veganism, Laura's self-deprecating humor, candor about issues of food and body-image, and infectious enthusiasm make her the ideal guide and travel companion for people who want to fall back in love with produce or simply celebrate the joy of real, good food.

## Book Information

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## Customer Reviews

"Colorful, inspiring and definitely not gross - Laura knows good food!" • Jamie Oliver "I'm so obsessed with this human. Laura is a brilliant chef, my hangover guru, and an all-around superwoman whose book is a kaleidoscope of food, feelings, and funny. I want to eat everything in it!" • Meghan Trainor "Raw. Vegan. Not Gross. is my go-to feel-good cookbook. Laura's handle on the raw food movement is intuitive and effortless. In just one book she'll teach you just how easy and craveable clean eating can be." • Erin McKenna, author of *BabyCakes* "Scared of

eating raw? Heard itâ™s healthy but it takes a sh\*tload of time and money, right? Well listen up â^cause Laura Millerâ™s here to help, not to push any agenda or pressure you to be perfect. This book is for everyday, budget-minded people looking to mix-up their played out kitchen routines. Laura shows you can be a normal, funny ass person who just happens to eat and cook like a f\*cking boss."â •Michelle and Matt, authors of Thug Kitchen

Laura Miller is the creator and star of the hit show Raw. Vegan. Not Gross. on YouTube's Tastemade channel, with over seven million views. Her irreverent approach to raw food, as well as her quirky and gorgeous wearable produce projects ("froobs"), have garnered her a devoted following and national press coverage. Prior to Raw. Vegan. Not Gross., Laura ran a raw vegan desserts company called Sidesaddle Kitchen. She lives in California, and loves the company of her akita-pitbull rescue dog, Buzz.

I don't label myself as "Vegan." I just tend to eat more veggies than meat so I'm always on the look out for good recipes involving veggies. Laura Miller steals the show with unique approach to food. I found her on Tastemade a couple years ago, doing a cooking show. Each episode was about 10 minutes (let the binge watching ensue), and here was this woman, who was genuinely EXCITED about food, totally goofy and being herself. She was not putting on a show like you would see on any cooking show on Food Network. She was just so relatable and that was refreshing. I just wanted to her hug and say thank you. The first episode I saw was how to make chocolate avocado pudding. I was entranced---I'm lactose intolerant as of recently (3 years running) and I know what pudding tastes like. I was longing for some semblance of my comfort dessert and she hit the nail on the head with this. She recently had a book signing in my town, and I got to meet this wonderful human being. She's introverted, all smiles and again, so relatable. She and her recipes just reflect the emodiment of goodness and how food can open up so many doors to feeling like your best self. I just made the cauliflower pizza and chocolate shake last night (which if you ate "normal" pizza and a chocolate shake you'd probably feel terrible and bloated, or in my case, like death, because of the dairy), and both were just SO great. The shake was dedcadent, and it was such a relief to have something so familiar, sans dairy, and know my body wouldn't try to kill me later. Even if you aren't vegan, you will enjoy her recipes. They are filling and so packed with nutrients that you won't ever have to worry about feeling guilty eating them. She's all about eating food that is good, and helping you understand how it makes you feel good. That's it. So simple.

Just got this book in the mail yesterday, but I have read through it all and I am so eager to try everything! I'm not fully raw but look forward to trying these inventive and creative recipes! I've been a follower of Laura's work on YouTube for quite some time and am only sad she didn't include her (cooked) vegan chilli recipe, because I love that one so much, I suggest looking it up on YouTube - it's so delicious and hearty! But I love her unique take on raw food, as it's not just raw veggies and fruits, she gets really creative with a multitude of ingredients I've never heard of before. I'll be strongly recommending this book to everyone I know for healthier dining and dessert options!

I'm giving this 3 stars (neutral, in my opinion) because the recipes are missing ingredients and/or steps. When baking, this is critical! And there are at least two recipes missing things. The crepes call for water in the instructions but it isn't listed. For the blackberry chia muffins, adding almond milk is listed in the instructions but it's nowhere to be found in the ingredients list. This can absolutely ruin the recipe. I still have no idea how much almond milk to add and didn't realize until I was halfway through the recipe. Now, what to do?! I just find this annoying. A book that goes to print shouldn't have this many mistakes. Otherwise, I LOVE Laura. So I hate not being able to give this 5 stars. Such a bummer. UPDATE: I tried adding 1 cup almond milk to the recipe 1/4 at a time. The muffins came out pretty awful. If anyone figures this out, please post the info. (Blackberry chia muffins)

Most amazing recipes! Family friendly and delicious! Definitely not gross! Beautiful photographs of all the recipes! You have to try the vegan burritos - so amazingly delicious and relatively quick to make. A big hit with my finicky teenagers (and the recipe for the filling makes a great breakfast lunch.) You have to buy this cookbook!!! If you want a vegan cookbook that doesn't have a ton of hard-to-find ingredients or you have to buy all new items for your kitchen, then this is your cookbook. If you just want a cookbook with yummy food that isn't difficult to make or pretentious, food that you can feed to your meat-eater husband and have him say "this is definitely a do-again recipe!", if you want a cookbook that has recipes that will wow all your non-vegan friends and family, then buy THIS BOOK!!!

Laura Miller's attitude toward food is so simple and beneficial. My roommate and I are just lazy marine biologists living in a small town who never take the time to eat well. We have immensely enjoyed following Laura's career after finding her on Tastemade. She has our sense of humor and kills us every time in her short, but hilarious videos. I've tried a few of her recipes before, and they

are always delicious! It's allowed me to explore the option of moving away from my diet of tuna lunches and wine/cheese dinners to food that will make me feel better. After receiving my first copy and laughing outloud in public places throughout the whole thing, I had to grab another copy that I can get messy while cooking and lend out to friends. If you want to make some delicious food that makes you feel wonderful, and giggle your butt off along the way, grab this book.

I really enjoyed this book. Easy read, comes with a lot of pictures of the finished recipes and it's light hearted and fun! She has an amazing personality that comes through in her writing. I'm not fully raw but love the concept of eating more raw food and these recipes make it easy to do so. In conclusion, BUY THE BOOK!

The recipes in here are beautiful and delicious. They look impressive plated (which makes it way easier to eat healthy!), and I find that most of them use easy-to-find ingredients, so I'm not changing my grocery shopping to accommodate the recipes. Laura is incredibly endearing, and the tone is warm and supportive. You will definitely need a quality blender/food processor. This isn't high-stakes vegan/raw, this is treating your body well and feeling good while you do it. I've given this book as a gift, even! to non-vegans!

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