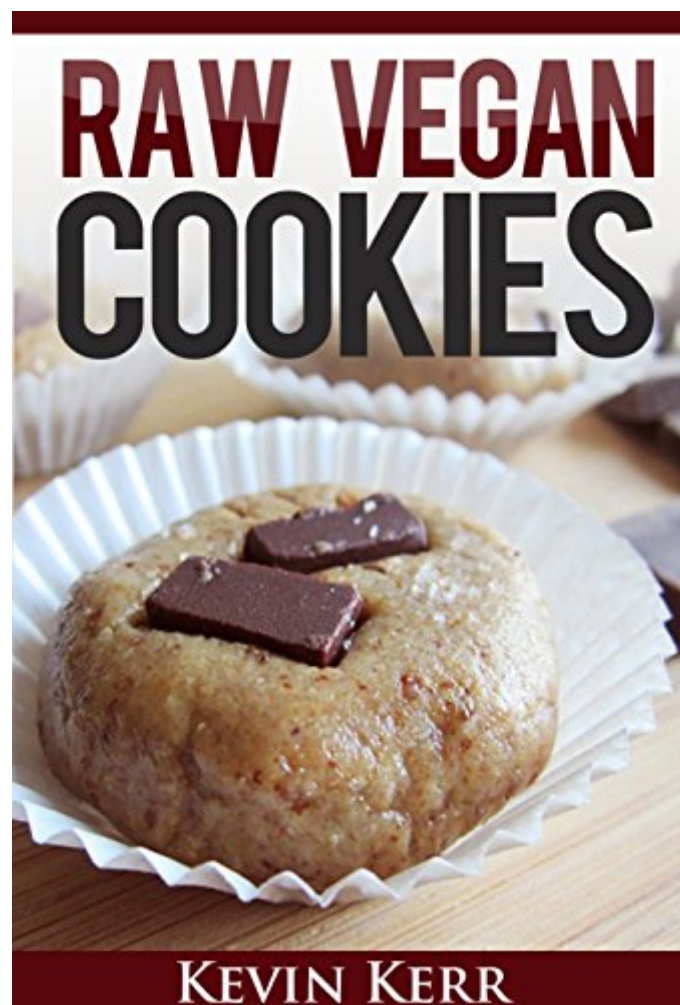




The book was found

Raw Vegan Cookies: Raw Food Cookie, Brownie, And Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious And Delicious Snacks, Cookies And Bars)





Synopsis

Are you looking for delicious healthy recipes that satisfy your sweet tooth? If so, you've come to the right place because all of these are raw, vegan, and highly nutritious! Learn how to make recipes that won't make you gain, give you long-lasting energy without a crash, and won't make you feel guilty for eating as much of them as your heart desires. Whether you're new to raw foods or have been at it for a long time I guarantee you will love what this book has to offer.

Book Information

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inÂ Books > Cookbooks, Food & Wine > Baking > Cookies

Customer Reviews

I'm on my vegan quest for 1 month now and what I've found a struggle in my new diet is that I am often tempted to give myself the occasional sweet treat. It is often hard to find delicious, vegan snacks but in this book I found a number of fantastic recipes that are so easy to follow that I can always find time to create some tasty and nutritious cookies. This keeps my cravings at bay and allows me to fully enjoy all the health benefits of my new vegan lifestyle, without feeling that I am giving anything up.

I have tried going Vegan several times, but with 5 young kids at home it has been hard to do. I have found that it is difficult to replace some of the old foods that the family enjoy. I got this book because one of the biggest hangups I have had were finding good snacks for the kids. These recipes help fill in that hole. Thanks.

I bought this book because I love cookies, first and foremost. But I also bought it because my girlfriend is vegan :) this is perfect if you want the benefits of eating cookies while keeping your vegan diet!

Share the joy in eating delicious cookies to everyone. In this book, you have tons of options for raw vegan cookies. Go for a classic chocolate chip or try something exciting like lemon coconut bars. This will surely get your appetite going especially when tried with coffee or tea.

I always wanted to know how to cook raw cookies, as I cannot live without sweets, but do not like our modern cookies. Finally I've got this book! I found many interesting and delicious recipes, which now I can easily cook! Great!

I wasn't sure when I saw the title, but it intrigued me so I downloaded it. Interesting cookies made with very healthy ingredients. A wide variety of healthy cookie recipes were shared. I'm looking forward to trying them.

I appreciate the amount of effort and detail the author put into this recipe book. I especially like the vegan oreo recipe with almond. Who doesn't like cookies? Would recommend to any vegan looking for tasty snacks.

Super recipes which sure save me the time of trying to figure them out myself. Bravo! I also like low carb so I may try some with STEVIA or MONK FRUIT in them instead of maple syrup. :)

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