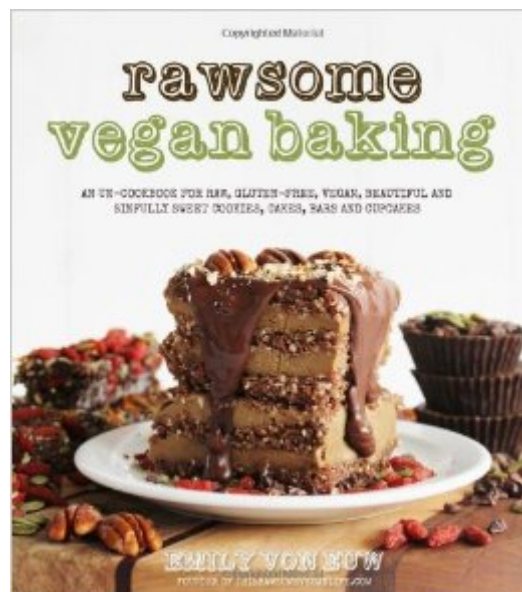


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# Rawsome Vegan Baking: An Un-cookbook For Raw, Gluten-Free, Vegan, Beautiful And Sinfully Sweet Cookies, Cakes, Bars & Cupcakes



## Synopsis

Make Undeniably Delicious and Eye-Catching Raw, Vegan and Gluten-Free Treats Emily Von Euw, creator of the popular blog This Rawsome Vegan Life, makes treats that are so phenomenal and so stunning they should be considered masterpieces. 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. Emily's popular blog won the Vegan Woman's 2013 Vegan Food Blog Award, was named one of the Top 50 Raw Food Blogs of 2012 and is nominated for "Favorite Blog" for the 2013 VegNews Veggie Awards. Every recipe is accompanied by a photograph so you can see each brilliant sweet before you eat. Emily's beautiful and easy-to-make recipes, like her Peppermint Chocolate Molten Lava Cakes, S'mores Cupcakes and Go-Nuts Donuts with Frosting & Fruit Sprinkles, are so tasty that you won't even realize they're vegan. Quite simply, Rawsome Vegan Baking will wow your taste buds and impress your friends and family with new great tastes in dessert.

## Book Information

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## Customer Reviews

I wasn't familiar with the This Rawsome Vegan Life blog before I pre-ordered this book back in the fall, but love raw recipes, and ordered it on a whim. I am so happy I did! If you like cookbooks with lots of color photographs and amazing recipes, you will love this! The book is divided into the following main sections: \* Introduction \* Cakes and Cupcakes \* Bites, Bars, and Cookies \* Pies and Tarts \* Pudding and Ice Cream \* Basic Recipes Emily von Euw, the author, listed a complete list of the recipes on her blog, so I'll post that list at the end of my review since it's rather long. I own a

small collection of raw cookbooks already, but, as you'll see once you look over the recipe list, I think that this one has some really unique flavor combinations that made me so glad that I took a chance on it! Since I just got the book today, I have only made one recipe myself -- the Chia Vanilla Pudding -- but I've also had the chance to taste the Carrot Cake with Cashew Cream Cheese Frosting and the Jungle Pie (which features bananas and coconut with a chocolate drizzle on top) since one of my good friends got her book yesterday on her Nook and made them last night. Lucky me -- for she brought me a slice of each today at work! All three recipes have been absolutely delicious! The Introduction is just a quick two-page set-up about the author and the book, and from there you jump right into the recipes. All of them are gluten-free and vegan, so they're also free from dairy and eggs. Each recipe has a short "blurb" about it, and then the step-by-step instructions are clearly laid out. There is no nutritional information given, but that personally isn't a deterrent for me when I'm ordering a dessert cookbook. :-)

What I also love are the gorgeous, full-color photos that accompany each recipe. I personally love cookbooks that include photos since they inspire me to want to make the recipes -- and these are so good that I think I gained five pounds just from looking at them! ;-)

Like other raw recipes, these recipes also require easy-to-find ingredients, like raw nuts, oats, dates, seeds, coconut oil, fresh fruit, etc. You'll also want to have a good food processor on hand to make the recipes. Also unique is that even though a few recipes call for nuts, van Eeuw -- unlike other raw food cooks -- has specifically moved away from them exclusively as the foundation of her recipes, and uses oats and buckwheat groats in their stead. I really like this it will cut down on the fat content and make me feel less guilty about indulging. I also want to mention that the special binding on this is fantastic; when you open it up, the pages lay flat and don't close on themselves, which makes it such a pleasure to work from.

Some other really good raw dessert cookbooks that I like because of their simple and yet tasty recipes are Ani's Raw Food Desserts: 85 Easy, Delectable Sweets and Treats, Practically Raw Desserts: Flexible Recipes for All-Natural Sweets and Treats, and Pure Pleasures Cupcake Heaven: Raw Food Sweets That Make Your Heart Skip a Beat. When I eat treats from these books, I feel like I'm indulging in foods that not only taste good, but are good for me since they're plant-based. This is a great book, and one that I know I'll use a lot!

Finally, I'll end with a complete list of all the recipes, as copied from the This Rawsome Vegan Life blog.

- Cashew coffee vanilla crumble cake with cinnamon chocolate crust
- Super sexy cacao cashew cupcakes
- Buckwheat & berry cream cake
- Neapolitan mousse cake
- Rawified Reeses cake
- Black forest cake
- Vanilla chocolate chunk cheesecake with peanut butter & coconut
- Strawberry banana cream cake with mint
- Nut-free creamy coconut cheesecake
- Chocolate cheesecake with chocolate chili drizzle

Mini beet mousse cakes with sweet cashew cream & spiced nuts  
Rainbow cake with fruit layers & coconut cream frosting  
S'mores cupcakes  
Chocolate molten lava cakes with goji berries  
Pink cherry ice cream cake  
Vanilla herb cheesecake with walnut crust, rosemary, orange mint & fresh fruit  
Blueberry strawberry banana ice cream cake  
Triple threat chocolate cake with carob buckwheat pecan cake, avocado cacao ganache & ginger chocolate sauce  
Blueberry fields forever cake with blueberry coconut & chocolate avocado layers  
Berry cream cakes with chia pudding  
Deep dish chocolate peanut butter ice cream cake  
Triple layer ice cream cake with cashew peppermint, banana strawberry & coconut vanilla layers  
Carrot cake with cashew cream cheese frosting  
Double decadence chocolate silk cake with hazelnut crust  
Peppermint chocolate molten lava cakes  
Ginger lime berry ice cream swirl cheesecake  
Bites, Bars & Cookies  
Caramel mocha bars  
Cranberry bliss bars  
Creamy peanut & oat squares with raw chocolate and blueberry topping  
Ultimate shortbread bars with layers of salted caramel & spiced chocolate  
Orange carob bars & almond chocolate bars  
Loco coco bars  
Super food brownies with chili cinnamon fudge frosting  
Chocolate energy bites with pumpkin seeds, raisins & matcha  
Almond joy candy bars with crunchy coconut center enrobed in raw chocolate  
Piña colada bites with pineapple, coconut & pine nuts  
Fruit crumble with banana ice cream  
Crazy for coconut bars  
Superior fudge  
Maca cacao truffles  
Spiced orange chocolate layered with fresh kiwi, orange & dried figs  
Chocolate banana crêpes with coconut cream & berries  
Chocolate nut butter cups, three ways  
Avocado towers with dark chocolate mousse & salted pistachios  
Go-Nuts Donuts with strawberry, chocolate and coconut frostings and dried papaya, golden raisin, goji berry, coconut and cacao nib sprinkles  
Chocolate lava cakes with mint filling  
Avocado mint cream bars with chocolate, two ways  
Endless energy bars with nuts, seeds, figs, raisins & sweet coconut drizzle  
Totally tahini cups with coffee cream filling  
Fudge bites  
Hippie halva  
Pecan sesame truffles with camu camu, orange & vanilla  
Almond butter and jelly sandwiches with apple bread  
Maca miracle pyramids with chocolate goji berry filling  
Raw chocolate cookies sandwiching vanilla cashew cream  
Peppermint cream sandwich cookies covered in chocolate  
Peanut butter cookies  
Carob comfort cookies  
Rawdical raisin cacao cookies with oats  
Pies & Tarts  
Jungle pie with chocolate crust, bananas slices & chunky coconut topping  
Jewel fruit tart with caramel almond filling  
Maple pecan pie  
Naked fruit tarts (nut-free, coconut-free, fat-free)  
Lemon dream pie with pecans & coconut vanilla whipped cream  
Rhubarb almond crumble with maple oregano glaze  
Cinnamon apple pie with date caramel  
Peaceful peach cobbler  
Chocolate

banana cream pie  
Almond ginger rosemary tart with coconut, chia & almond caramel  
Fresh berry tarts with whipped vanilla coconut cream  
Banana tart with chocolate cream, jungle peanut butter & candied ginger slices  
Chia caramel pecan pie with cinnamon chocolate sauce  
Fresh citrus tart with coconut lemon cream & lemon zest  
Oversized oreo tart with vanilla coconut cream & chocolate ganache  
Harvest pumpkin pie  
Into the wild caramel tarts with pistachios, pumpkin seeds & chocolate trees  
Banana ice cream tarts with salted nutmeg caramel  
Strawberries `n` cream tartlets  
Boston banana cream deep dish tarts  
Pudding & Ice Cream  
Amazing avocado chocolate pudding  
Cacao carob vanilla towers with macadamias & chocolate walnut garnish  
Breakfast parfaits with layers of fruit & chia seeds  
Chia vanilla pudding with cinnamon & raisins  
Crème brulee of cashews, banana slices & lavender with cinnamon coconut topping  
Coffee crème mousse with chocolate pecan crust  
Rawky road ice cream with marshmallow & chocolate chunks  
The real banana split  
Ice cream sandwiches with rosemary almond cookies & berry medley ice cream  
Banana ice cream / the best thing ever  
Chocolate & vanilla ice cream sandwiches  
Peppermint avocado ice cream with chocolate chunks  
Strawberry cheesecake popsicles with coconut flakes  
Vanilla ginger ice cream popsicles with chocolate coating  
Deconstructed creamsicles with orange and vanilla layers  
Heavenly banana almond cinnamon shake  
The ultimate chocolate shake with coconut whipped cream & cacao sprinkles  
Sorbet with strawberries, agave & mint  
Basic recipes  
Raw chocolate  
Coconut cream  
Hot cacao

Don't be put off by the title. Even if you're not raw or vegan, these desserts will be the best you've ever tasted. I couldn't wait for this book to come out. This cookbook is amazing and I'm not even vegan or raw. My husband flips through the pages at night on his eReader and says, "What are we going to make this weekend?!" and "Can we make this one?? OH! Nevermind. Can we make THIS one?!" These days we have to make double batches of everything and we limit ourselves to one piece of dessert a night (each). In the evenings on the way home from work, we often say, "Oh! We've got dessert in the fridge!" And we sometimes are known to eat dessert while making dinner. I ordered the ebook because I was dying to have it, but will now go back and order the paper copy just for ease of use. I own many cookbooks, but this one gets 10 times the use of any other. I was introduced to Emily's blog through a raw-food friend and after a few months of browsing her posts, I decided to try one of the recipes. From the first bite I was HOOKED. Why I love her recipes: 1. I love that they are healthy. I had blood sugar issues and rarely have sweets. If I do, my blood sugar and

weight jumps easily. However, eliminating sweets entirely has been hard. Having said that, the sugars in these desserts don't seem to be a problem for me. My blood sugar will spike after I eat, but not as high and quickly will come back down. And the desserts taste just as sweet as a traditional dessert (sometimes sweeter). How is this possible?! Because they are natural sugars maybe?? There's no processed food in the recipes. No dairy. So nice!<sup>2</sup>. There's no baking! I LOVE this. I can make 3 recipes in the time it would take me to make one traditional dessert. No matter what dessert I try, it takes me 20 minutes.<sup>3</sup> I find it easy to substitute things. If I'm low on maple syrup, easy. I can use sugar or honey (not vegan, I know) or coconut nectar. The desserts taste the same and all have the same basic components.<sup>3</sup> There's no cleaning pans because there's no baking. Cleaning up usually involves only my food processor (which can be put in the dishwasher) and putting back ingredients. NICE!! Now, if you've ever baked, you know cleaning up alone can take 20-30 minutes. And it's usually when I'm cleaning pans that I think, "Wow this is a ton of work!"<sup>4</sup>. I love that she uses a lot of the same core ingredients. Coconut milk, dates, nuts, cocoa, coconut oil. I stock those in large supply - they all have a long shelf life - and you will find you have almost all the ingredients you need for most of the recipes.<sup>5</sup> The desserts are SOOO good. I haven't found one that I haven't loved. My husband and I will often say, "Wow, if this was served at a restaurant, it would be our favorite restaurant EVER!" I have honestly never had food that tastes this good. I think it's due to the richness of the whole foods used in each dessert. Making a crust out of cashews, maple syrup and cocoa. Look out. I can't believe how good it tastes. I was shocked at the flavors. But in the beginning I was skeptical. Ground up pecans for a crust taste NOTHING like whole pecans (I don't really care for whole pecans). The recipes are so shockingly good, I had to make a dessert just to bring to work for our office of 60 people. They were shocked when I told them what was in the dessert and how good it tasted. It was gone in an hour with weekly requests for more. My absolute favorite recipe is the very first one - Cashew Coffee Vanilla Creme with Cinnamon Chocolate Crust. If you're short on time, leave off the coffee glaze and it is still to die for! I have this recipe down pat. I can make it in 10 minutes. I will often make triple batches of the crust and freeze it for future use (many recipes require a crust so I will experiment with swapping out recipes crusts just for fun and convenience). This is the dessert I brought to work. Honestly, it is the best dessert I ever made in my life (and I am always making desserts for parties, neighbors and the office). It puts a boxed brownie mix to shame. I don't think I'll ever make a traditional box dessert again. Why would you?! Excellent job, Emily! I am a huge fan!

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Sweet Cookies, Cakes, Bars & Cupcakes Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking Quick-Shop-&-Prep 5 Ingredient Baking: Cookies, Cakes, Bars & More that are Easier than Ever to Make Let Them Eat Cake: Classic, Decadent Desserts with Vegan, Gluten-Free & Healthy Variations: More Than 80 Recipes for Cookies, Pies, Cakes, Ice Cream, and More! The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes Sally's Baking Addiction: Irresistible Cookies, Cupcakes, and Desserts for Your Sweet-Tooth Fix Gluten-Free Artisan Bread in Five Minutes a Day: The Baking Revolution Continues with 90 New, Delicious and Easy Recipes Made with Gluten-Free Flours Vintage Cakes: Timeless Recipes for Cupcakes, Flips, Rolls, Layer, Angel, Bundt, Chiffon, and Icebox Cakes for Today's Sweet Tooth Pie in the Sky Successful Baking at High Altitudes: 100 Cakes, Pies, Cookies, Breads, and Pastries Home-tested for Baking at Sea Level, 3,000, 5,000, 7,000, and 10,000 feet (and Anywhere in Between). Baking with Whole Grains: Recipes, Tips, and Tricks for Baking Cookies, Cakes, Scones, Pies, Pizza, Breads, and More! Vegan Cupcakes Take Over the World: 75 Dairy-Free Recipes for Cupcakes that Rule Pretty Party Cakes: Sweet and Stylish Cakes and Cookies for All Occasions The Perfect Afternoon Tea Recipe Book: More than 160 classic recipes for sandwiches, pretty cakes and bakes, biscuits, bars, pastries, cupcakes, ... and glorious gateaux, with 650 photographs The Raw Cure: Healing Beyond Medicine: How self-empowerment, a raw vegan diet, and change of lifestyle can free us from sickness and disease. Marbled, Swirled, and Layered: 150 Recipes and Variations for Artful Bars, Cookies, Pies, Cakes, and More The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes

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