



Raw. Vegan. Not Gross.: All Vegan and Mostly Raw Recipes for People Who Love to Eat

By Laura Miller

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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.

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Editorial Review

Review

"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 it's healthy but it takes a sh*tload of time and money, right? Well listen up 'cause Laura Miller'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."

?Michelle and Matt, authors of *Thug Kitchen*

About the Author

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.

Users Review

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