

Practically Raw: Flexible Raw Recipes Anyone Can Make

By Amber Shea Crawley

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An Introduction to Practically Raw: Flexible Raw Recipes Anyone Can Make. Author Amber Shea Crawley, the self-professed “Almost Vegan

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Salted Tahini Caramels from Practically Raw Desserts by Amber Shea -

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Contents. Milks & smoothies; Breakfast & brunch; Bread & crackers; Cheeses, spreads, & sauces; Kale chips; Hummus; Soups & salads; Entrees; Snacks & sides

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Practically Raw: Flexible Raw Recipes Anyone Can Make Paperback – February 28, 2012. Practically Raw is the revolutionary new way to enjoy raw foods at your own pace. Amber Shea Crawley is a certified chef and writer specializing in healthful vegan and raw food.

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Amber Shea Crawley, author of Practically Raw: Flexible Raw Recipes Anyone Can Make, is a chef and writer specializing in healthful vegan and raw food.

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Guest Recipe: Spaghetti alla Marinara from Practically Raw | Blissful -

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