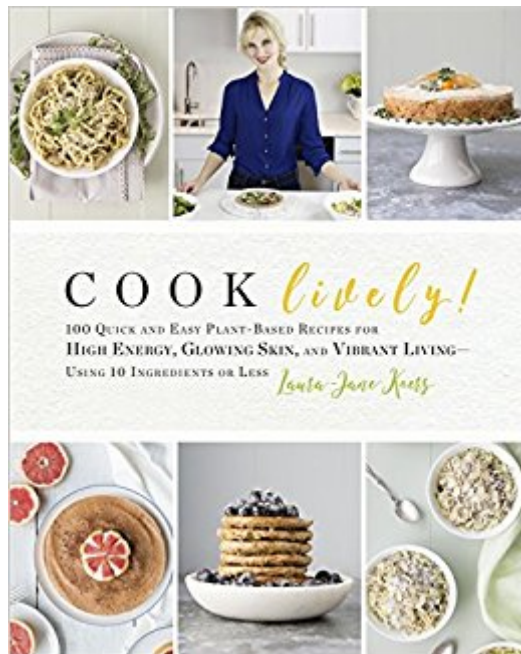




The book was found

Cook Lively!: 100 Quick And Easy Plant-Based Recipes For High Energy, Glowing Skin, And Vibrant Living—Using 10 Ingredients Or Less



Synopsis

Simple vegan, raw, and raw-inspired recipes to whip up satisfying healthy meals with just 10 ingredients or less Fresh, raw plant foods are the key to vibrant health, glowing skin, and high energy. But many raw and vegan recipes require trips to specialty stores and long hours in the kitchen; Laura-Jane Koers is on a quest to create amazing recipes using staple ingredients that can be found all year round and might already be in your kitchen. (Think bananas, apples, carrots, celery, and onions-no need to make a special trip for fresh coconut and celeriac.) Koers is known for her easy and accessible plant-based cuisine on her blog TheRawtarian.com. In *Cook Lively*, she shares satisfying recipes to whip up healthy meals with as few ingredients and prep as possible. *Cook Lively* is the go-to cookbook when you're hungry for something wholesome, delicious, and quick.

Book Information

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Customer Reviews

"Laura-Jane has created a beautiful recipe book with flexibility in mind. I love the fact that it caters to raw food enthusiasts and newbies alike by providing dehydrator and oven instructions. This is something I get asked about a lot, so I know this book is going to be well used by anyone who owns it. This book is the perfect way to bring more healthy and delicious raw and plant-based foods into your life." •Russell James, the UK's leading raw chef (www.therawchef.com) "Get ready to discover a plethora of simple, delicious, healthful plant-based recipes to take your well-being to the next level. Laura-Jane's recipes and photos were one of my first sources of inspiration when I got into

raw food and veganism myself. Her personality--friendly, charming, down-to-earth--comes through in all her work and this book is no exception."•Emily von Euw, award-winning food blogger (www.thisrawsomeveganlife.com) and best-selling vegan cookbook author (Rawsome Vegan Baking; 100 Best Juices, Smoothies and Healthy Snacks; and The Rawsome Vegan Cookbook)

Laura-Jane Koers is a food writer, stylist, and photographer and the blogger behind TheRawtarian.com, one of the most popular raw vegan communities online. She also hosts the Raw Food Podcast on iTunes. She lives in Halifax, Nova Scotia. Website: TheRawtarian.com Facebook: www.facebook.com/therawtarian Twitter: @therawtarian Instagram: @therawtarian

Great photos of great recipes!

I'm super happy with this book. I've been vegan for 12 years, raw off and on for a decade. Of all the raw vegan recipe sites (and trust me when I say I've seen them all), Koers's site, The Rawtarian, is hands-down the best. Many others shy away from the savory filling recipes leaving a person to eat every hour or so to feel satiated. Well, it's only thanks to her creations that I manage to stay raw for any time longer than a month. I was excited to see she came out with a book and downloaded it without hesitation. The recipes are insanely flavorful but so easy and quick to make, which is great because I'm generally useless in the kitchen. Every recipe of hers that I've tried has been delicious and on point to resembling its cooked food counterpart. For example, the raw croutons have the legitimate texture of the stuff you pick up at the store. The curries are rich and velvety instead of being watered down and gross. Best of all... no complicated ingredients. This has been a godsend on account of living most of the year in a country that doesn't have Trader Joe's/Whole Foods (or even basic kale). So, thank you so much for sparing me the headache of shipping/buying Irish moss, lucuma, za'atar, kelp noodles, and dried mulberries. Only tiny, ever-so-slight critique would be using lentils, navy beans, and groats... but there aren't many of these recipes. Wonderful book. If looking to buy something for raw vegans--especially beginners looking for good food that helps them stick to the lifestyle--this is perfect. I can rattle off a dozen other raw vegans whose recipes I've tried, and I can't think of any that are as easy yet delicious as Laura-Jane's.

What a great read! Yes, just wonderful! This is more than a cook book as Laura-Jane has a beautiful way of writing. She gives simple tips. She gives both dehydrating AND oven instructions; this allows for planning ahead to dehydrate, or, using your oven in order to eat right away. I do favor

raw but I also enjoy cooked foods and this book is ideal for both. Laura-Jane always delivers in flavor using (as she says) 10 ingredients or less, which I love. Also some of the ingredients she uses can be swapped out for others that are similar in texture and you will still get a scrumptious "eat". For instance, when I was making her 'Rich Chocolate Apricot Torte' (to die for by the way) I used pecans instead of walnuts and OMG, amazing! The walnuts I had on hand tasted just ok so I used some tasty pecans instead; I like to taste my ingredients ahead of time to be sure they're truly fresh. I've made quite a few of her recipes in this book and I highly recommend "Cook Lively" to anyone interested in making delectable delights to impress their carnivorous friends; they will thank you and then tell you to open a restaurant LOL! Leave it to Laura-Jane to make believers out of those who thought vegans only eat rabbit food - ha! I really wanted to try ALL of her recipes before commenting on her book, but I can tell you this, all of her soups and desserts are beyond good and oh-so-easy to make. Today I'm making her 'Home-Style Fish Sticks' and have decided to try both the 'Blended Hollandaise Sauce' and 'Catch-Me Ketchup' to go with it (I wonder which I'll like better). It's all just a wonderful tasty adventure with Laura-Jane's cookbook by my side. And her book is oh-so-easy to use which I also love; it's put together very well; thank you Laura-Jane :) Happy eating! And enjoy!

Easy delicious recipes. I'm vegan but not 100% raw vegan. I love the option with each recipe to prepare the meal with an oven (not raw) or with a dehydrator (raw).

Outstanding book! Excellent recipes! The best raw vegan food around!!

Easy and great recipes.

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