

## Practically Raw By Amber Shea Crawley

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**Vegan Crunk: Practically Raw**  
On the heels of her first cookbook “Practically Raw” (2012), Chef Amber Shea Crawley has published its successor, “Practically Raw Desserts”, which came out last year. Amber is both a popular blogger and highly trained raw chef who presents her expert knowledge about food and raw food preparation techniques in this beautiful volume.

**Practically Raw - Home | Facebook**  
Of course, turning on the oven or eating anything hot feels like lunacy in this weather, which is why it’s appropriate that I have a raw book review for you today! Months ago, the lovely Amber Shea Crawley sent me a copy of her new book, Practically Raw, for review. I am so ashamed that it has taken me months to review it; the problem with me ...

**Practically Raw Desserts - Andrews McMeel Publishing**  
Description. From Practically Raw Desserts by Amber Shea Crawley. ©2013 Amber Shea Crawley.Used by permission from Vegan Heritage Press. There are two types of people in this world: those that adore tahini enough to eat it straight out of the jar, and those that do not.

**Practically Raw by Amber Shea Crawley - Goodreads**  
Delicious, vegan, raw, gluten-free, soy-free and easy to make meals...sounds hard to do but Amber Shea Crawley has done it in her book Practically Raw: Flexible Raw Recipes Anyone Can Make \* (Vegan Heritage Press, 2012). Every recipe gets you excited to make and enjoy it.

**Practically Raw Desserts - Home | Facebook**  
Hey everyone! Today I’m happy to share with you a delectable recipe from Amber Shea Crawley’s newest book Practically Raw Desserts.This delightful book is exactly what you need when you have a nagging sweet tooth, but a desire to keep the junk food to a minimum.

**Practically Raw - Chef Amber Shea**  
Practically Raw: Flexible Raw Recipes Anyone Can Make [Amber Shea Crawley] on Amazon.com. \*FREE\* shipping on qualifying offers. Now vibrant, nutritious raw cuisine is easy for everyone, any way you live! Practically Raw â€”’s revolutionary

**Practically Raw: Flexible Raw Recipes Anyone Can Make ...**  
I know, I’m the queen of ingredient substitutions (and every recipe in Practically Raw Desserts, just as in Practically Raw, comes with a list of ingredient substitution options), but coconut flour is the one staple ingredient that can never be substituted—it is indispensable in the recipes that call for it. Coconut flour absorbs many times ...

**Chef Amber Shea: Practical, Flexible, Healthful, Delicious.**  
Practically Raw is a one-of-a-kind cookbook that delivers a flexible approach to raw cooking by providing cooked options for many of the recipes. What’s more, each raw vegan recipe can be adapted to your own taste, budget, and ingredient availability.

**Midnight Mocha Cookies & Practically Raw Desserts Book ...**  
Practically Raw’s revolutionary practicality and flexible approach let you enjoy Chef Amber’s delicious vegan dishes your own way, according to your budget and taste, every day or every once in a while, and as raw — or cooked — as you like.

**Practically Raw by Amber Shea Crawley | VegKitchen.com**  
Last December, I decided to eat 100% raw for two weeks. Two weeks turned into two months thanks to the help of this magnificent book: Practically Raw by Chef Amber Shea Crawley. I first heard about this book from one of my sisters who raved about it. Practically Raw is a user-friendly, raw cookbook thatRead More »

**Book review: “Practically Raw Desserts” by Chef Amber Shea ...**  
If you think raw food has to be austere, Amber Shea Crawley’s Practically Raw Desserts will surely change your mind. From cookies to cakes, brownies, pies, puddings, candies, and other sweet treats, the recipes in this cookbook are full of flavor and also flexible so you can adapt them to your tastes, dietary needs, and ingredients on hand.

**Book Review: Practically Raw by Amber Shea Crawley | The ...**  
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.She was trained in the art of gourmet living cuisine at the world-renowned Matthew Kenney Academy, graduating as a certified raw and vegan chef.

**Practically Raw Desserts by Amber Shea Crawley | Kitchn**  
The Paperback of the Practically Raw: Flexible Raw Recipes Anyone Can Make by Amber Shea Crawley at Barnes & Noble. ... Practically Raw’s revolutionary practicality and flexible approach let you enjoy Chef Amber’s delicious vegan dishes your own way, according to your budget and taste, every day or every once in a while, and as raw — or ...

**Practically Raw - Andrews McMeel Publishing**  
Practically Raw Desserts. 1,462 likes. Practically Raw Desserts is the 2nd cookbook from www.chefambershea.com author Amber Shea Crawley!...

**Practically Raw by Amber Shea Crawley - Heal Outside the Box**  
Practically Raw. 2.8K likes. Flexible Raw Recipes Anyone Can Make! Practically Raw is the debut cookbook from www.chefambershea.com author Amber Shea...

**Vegan & Gluten-Free Recipes by Allyson Kramer**  
Amber just so happens to be an awesome raw chef, and her new book, Practically Raw, just hit stands. I was offered a review copy, and I enthusiastically said, “Yes, please!” I promised myself I’d be eating more raw foods after my January cleanse, but lately, the only raw food I’ve been eating has been side salads.

**Practically Raw By Amber Shea**  
Practically Raw: Flexible Raw Recipes Anyone Can Make is a one-of-a-kind cookbook that delivers a flexible approach to raw food - complete with cooked options. Each raw vegan recipe can be adapted to your own taste, budget, and ingredient availability, and many feature cooked alternatives.

**Practically Raw Desserts | TopDinnerBooks**  
When Dianne asked me about reviewing Practically Raw Desserts - Flexible Recipes for All Natural Sweets and Treats, by Amber Shea-Crawley, I was initially skeptical about how many recipes I would be able to try and also like.Some raw recipes I have seen on the Interwebz have been quite extensive in terms of work as well as time and Hubbs isnt much fond of raw desserts much either.

**Salted Tahini Caramels from Practically Raw Desserts by ...**  
The Flexible New Way to Enjoy Raw Desserts! In this book, Chef Amber Shea revolutionizes raw desserts with easy substitutions and baking options. This innovative dessert cookbook is filled with recipes for scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats.