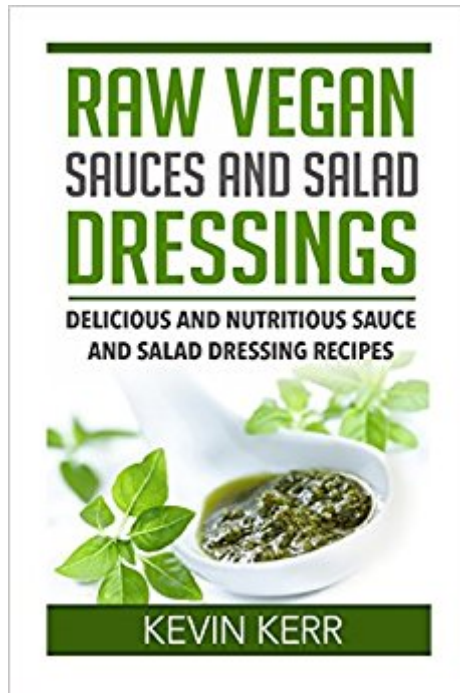


The book was found

Raw Vegan Sauces And Salad Dressings: Delicious And Nutritious Sauce And Salad Dressing Recipes.



Synopsis

Here are 40 of the best raw vegan sauces and dressings! Learn how to make ketchup, mustard, mayonnaise, nacho cheese, barbecue sauce, pesto, hot sauce, ranch dressing, Italian dressing, thousand island, and so many more! I personally enjoy one or more of these dressings a day with a salad and find them irresistible! There are many low fat options and some fruit-based dressings, but all are uncooked, plant based, and can be made easily in several minutes with your blender!

Book Information

Paperback: 28 pages

Publisher: CreateSpace Independent Publishing Platform (April 13, 2015)

Language: English

ISBN-10: 1511574127

ISBN-13: 978-1511574129

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #314,230 in Books (See Top 100 in Books) #61 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Sauces & Toppings #144 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Raw #614 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

I can not get enough of this raw hummus. I have enjoyed it for the past three days with celery and carrots. I have made nearly one third of the recipes so far and not one has disappointed my family and I. My children love the raw ketchup and mayonnaise on their raw brazil nut burgers, and my husband has been putting raw hot sauce on everything lately! This is a must have for everyone's kitchen. The recipes are simple to make and so much healthier for you than store bought condiments!. Also, I have been trying a new salad dressing everyday since purchasing this book!

I lead very healthy life and read a lot about various ways, diets, and recipes for healthy eating. This book is an excellent reference for everyone who lives a healthy lifestyle. There are plenty of recipes to complement your meals , which are very easy to prepare and can suit every taste and lifestyle. I tried Italian Dressing. It had an amazing taste.Great reference for healthy eating fans.

Who says salads have to be boring? I used to. Wow, was I wrong. Kevin Kerr has certainly changed my perception of what a salad should be. I love how Kevin Kerr uses a combination of different ingredients (veggies, seeds, nuts, sprouts, herbs and seasonings) in both her salads and dressings. One of my favorite things about this book is the variety of dressings. There are 40 unique and delicious recipes to choose from that are guaranteed to liven up any salad. Kevin offers such an amazing selection of salads and dressings that I never get bored and always look forward to making the next one. Plus, they are filling, taste fantastic and are super nutritious. I have turned my family into Salad loving herbivores and forever our health and lifestyles are changed. I love the dressings. I prepare them and take them along with me to share with friends and family at gatherings

I really enjoyed the author's book on vegan soups and so far this book is also great. I have hardly scratched the surface but it looks like there's a lot here for vegan salad lovers. And what vegan doesn't love salad?

One of the best resources for vegan recipes. Highly recommended if you are up to a cruelty free dining! It contains clear instructions to great food. Simple to follow without any complicated instructions.

I'm the person who loves to cook and make different dishes at my free time. And for me, I can't master the different sauces and salad dressings. I just buy it on grocery stores when I make salads for dinner. But now, because of this book I'm excited to try it all on my own! I'm excited to learn this step by step and be the expert of salad dressings. :)

This book has recipes but the ingredients listed in the recipes are not available in my area. Besides, the costs of making these dressings are sky-high if the listed ingredients are purchased at retail prices. You won't find the products at a Sam's Club or any other discount warehouse. Unless you are a professional chef and can purchase these ingredients at a lower cost, don't bother purchasing this book.

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