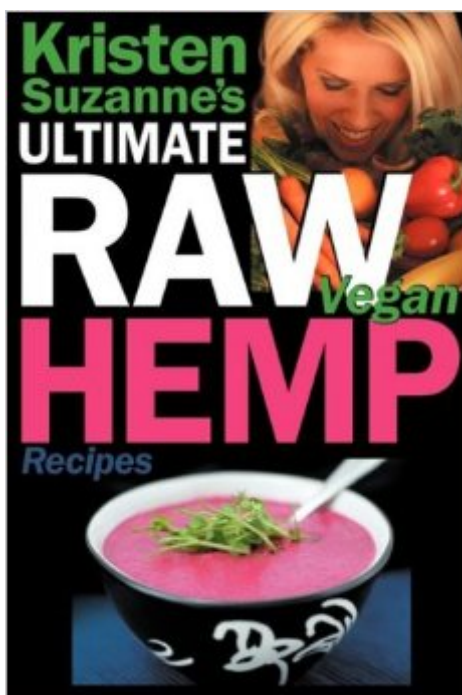


The book was found

**Kristen Suzanne's ULTIMATE Raw
Vegan Hemp Recipes: Fast & Easy
Raw Food Hemp Recipes For
Delicious Soups, Salads, Dressings,
Bread, Crackers, Butter, Spreads,
Dips, Breakfast, Lunch, Dinner &
Desserts**



Synopsis

Now widely available in stores across the country, hemp is taking the natural foods world by storm. A true "superfood," hemp is very high in protein, has almost perfect ratios of all 8 essential amino acids and essential fatty acids, tastes absolutely delicious, and is amazingly good for the environment due to its fast growth and lack of need for any herbicides or pesticides. In this totally unique, one-of-a-kind book, you'll find some of the most amazing recipes Kristen has ever developed, all based on hemp seeds, hemp oil, or hemp protein powder. The book also includes links to gorgeous color photographs so that you can see what this miracle ingredient is all about... it's probably like nothing you've imagined. Hemp is not your typical granola fare -- it's a subtle and delicious dream ingredient for foodies and connoisseurs of everything exotic and unique! These recipes range from quick snacks for the kids, to boldly sexy n' sassy, and just like all of Kristen's recipes, they're amazingly EASY. This Raw food vegan recipe book includes: 71 recipes, including: 15 Drinks 5 Quick Snacks 2 Bread & Crackers 7 Seed Butter, Spreads, Dip & Sauce 12 Power Salads & Dressings 4 Soups 6 Lunch & Dinner 11 Desserts 3 Breakfast A "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Includes links to food photographs at Kristen Suzanne's Web site, KristensRaw.com.

Book Information

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Customer Reviews

I haven't been creative with my use of hemp seeds and hemp oil, so I was very excited to get Kristen's Hemp book. Up until now I've mainly used them in salad dressings and smoothies, so I

was really excited to try some other things. I really love the Spicy Sweet Fitness Noodles! The Savory Protein Stuffed Mushrooms are soooo good. And the desserts are scrumptuous! I totally love the Superfood Hemp Cookies, too. Actually, all of the recipes I've made from Kristen's books have turned out fabulously! Of course the shakes and dressings are great and I especially love the cheezes and spreads. Another great book from Kristen and one I definitely use alot!

This is definitely my favorite book by Kristen. She starts off with an introduction about the hemp seed and its amazing benefits and then provides an awesome selection of great recipes using hemp seeds, oil and powder. I love the Cherry Vanilla Hemp Shake and the Chocolate Caramel Hemp Surprise drink, but my favorite has to be the Hemp Mocha Latte Engine Starter. It's perfect for anyone who's been missing their cup of coffee. This was definitely a life saver when I wanted to make my Starbucks run! The Soft-n-Savory bread goes great with the Hemp Hummus Dip. If you're looking for a raw cheese that doesn't use nuts, then you have to try the Hemp Cheese Spread. The salads and dressings are packed with nutrients, very satisfying and go great with one of the soups, like the Italian Stallion Hemp Bisque. For dinner you can't go wrong with the Chinese Hemp Noodles or the Carrot Discs with Curry Hemp Sauce. The dessert section is amazing. There's the Superfood Hemp Cookies, Cinnamon Peach Hemp Ice Cream and the Chocolate Peppermint Hemp Cheesecake to name a few. There's even a Hemp Pancake recipe. I've been trying to add more hemp into my diet, so I was thrilled when Kristen published this book. The recipes are unique, flavorful, delicious and easy to prepare. You won't find a better hemp recipe book than this. Share it with all your friends and enjoy!

I am learning so much from this book! I had no idea that hemp was a superfood and so easy to incorporate into your everyday life. I love the dressings and can't wait to try the Beef Protein Smoothie. Kristen makes it all so easy to understand, the recipes are a snap to follow....this is a must have book!

The pros: tasty recipes Easy-to-follow directions. The cons :NO index, so specific recipes are difficult to find. The same first 10 pages or so are contained in each of her books, so you pay for that over and over again if you buy more than one. Not sure if the cost-vs-benefit ratio is good. IMO, ALL her books could have been condensed into one--WITH an index!--for half the price or less than all of her books purchased separately.

I have a number of Kristen's books, and this one is another goodie. I love the diversity of recipes and ways to incorporate such a great food into your diet. "Chocolate Hemp Extravaganza" has been made and devoured many times in this house, my kids love them as an alternative to junky desserts. A lot of the recipes are really quick and easy, especially if you already have basic raw foods ingredients in the pantry.

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