



VEGAN DONUT HOLE RECIPE



200 g - All-purpose flour
125 ml - Plant-based
milk

13 g - Granulated sugar
4 g - Instant yeast
Pinch - Salt

22 g - Plant-based butter
100 g - Granulated sugar
1 tsp - Ground cinnamon
To taste - Biscoff
To taste - Vegan
chocolate

Annie Raw Vegan Donut Hole Recipe

Minjie Lin



Annie Raw Vegan Donut Hole Recipe:

Ani's Raw Food Essentials Ani Phyo, 2012-04-03 Chef Ani Phyo is back with Ani's Raw Food Essentials full of everything you need to know to master the art of live food. Phyo shows you how to whip up simple fresh recipes using what you've already got in your kitchen while also offering tips on dehydrating and more sophisticated techniques. Looking for innovative meals that are healthy and delicious? Phyo offers everything from classic comfort foods like nachos and burgers to Reuben sandwiches and bacon along with more gourmet dishes like risotto, angel hair pasta, and here you won't believe they're raw desserts. Ani's Raw Food Essentials once again proves that you don't have to sacrifice taste to reap the benefits of raw foods all while living a greener lifestyle. Recipes include Broccoli and Cheese Quiche, Kalamata Olive Crostini, Cashew Tofu in Miso Broth, Grilled Cheese and Tomato Sandwiches, Cheese Enchilada with Ranchero, and Mole Sauce Pad Thai Pesto Pizza and many more.

Rawlicious at Home Angus Crawford, Chelsea Clark, 2014-06-17 From the owners of the Rawlicious raw food restaurants comes an inspiring, easy-to-follow cookbook. Learn about the numerous benefits of raw food and how to make healthy, simple, and delicious raw meals at home. Clear away any preconceptions you have about raw food. Rawlicious is the perfect primer for anyone who is considering increasing their raw food intake from contemplators to full-out converts. And who better to write an informative, fuss-free raw food cookbook than Angus Crawford and Chelsea Clark, owners and founders of the popular Rawlicious raw food restaurants. With five successful locations in Canada and now one in NYC, they're proving that going raw doesn't mean sacrificing the flavor or the fun of food. Rawlicious is a beautifully photographed cookbook and an appealing introduction to raw food, including recipes, straightforward advice, and a 5-day diet challenge. Crawford and Clark offer up over 100 raw recipes that are also vegan and gluten-free, straight from the Rawlicious kitchens in full colour, with step-by-step instructions. Indulge in Smoothies, Nori Rolls, Lasagna, Pad Thai, Coffee Cheesecake, and even a little Mint Chocolate Chip Ice Cream. The Rawlicious philosophy is simple: you don't have to be 100% raw because a little goes a long way.

Ani's Raw Food Kitchen Ani Phyo, 2007-05-07 This is the ultimate gourmet living foods uncookbook for busy people. You don't have to sacrifice taste or style to reap the benefits of raw foods. These delectable, easy recipes emphasize fresh, animal-free ingredients and how to include more organics into your daily diet. Chef Ani offers delicious raw, animal-free versions of breakfast scrambles, pancakes, chowders, bisques, and other soups, cheeses, milks, lasagna, burgers, cobblers, pies, and cakes, and more. Included are recipes for dishes such as Stuffed Anaheim Chili with Mole Sauce, Ginger Almond Nori Roll, Coconut Kreme Pie with Carob Fudge on Brownie Crust, Mediterranean Dolmas, and Chicken-Friendly Spanish Scramble. Make your own kitchen more living foods friendly with Chef Ani's tips on Essential tools, Key ingredients, Stocking your pantry, and How to kitchen skills.

The Uncook Book Tanya Maher, 2015-09-07 The Uncook Book by Tanya Maher is the perfect book for anyone who wants to celebrate life through food. Raw food really gives you that opportunity because it gives you so much energy and clarity, but this book is as much about pleasure and enjoying life as it is about health. Offering easy-to-

follow accessible recipes with a modern edge Tanya draws on her years of experience as a raw food nutritionist and guides you through brilliant basics fun family favorites and elegant entertaining with living foods As more and more people begin to appreciate the huge health benefits that a raw food lifestyle offers Tanya makes it easy to either greatly increase your intake of raw foods or embrace this way of eating for breakfast lunch and dinner if it feels right for you while still enjoying a busy social calendar With beautiful photography easy to source familiar ingredients and pull out information on the benefits they offer your body these recipes are so tasty that you will want to make them again and again And if you think you re going to be deprived of anything at all there s even a section on delicious superfood cocktails

Sweetly Raw Desserts Heather Pace, 2015 Sweetly Raw Desserts will show you everything you need to know about making the most delicious and nutritious raw food desserts Techniques such as soaking nuts using a mandoline juicing fruits and making nut milk are included to help you become as familiar as possible with the ingredients and equipment you will be using

Kristen Suzanne's Easy Raw Vegan Dehydrating Kristen Suzanne, 2009 Living a Raw vegan lifestyle does NOT require dehydrating which is why Kristen Suzanne s EASY Raw Vegan recipe books other than this one rarely call for dehydrating But if you own a dehydrator or if you are trying to decide whether or not to buy one then this book is for you There are SO many fun and interesting things you can do with dehydrating Raw foods such as making breads crackers wraps pancakes granolas plant leathers fruit roll ups etc seasonings and much more You can also intensify flavors add cooked like textures to your Raw foods and even serve warm dishes with the food s nutritional integrity totally intact This book is a great thorough and comprehensive introduction to dehydrating for people who are curious about the subject It s also a must have for Raw food enthusiasts who want to experience the full range of experiences in the Raw food cuisine This Raw food vegan recipe book includes SPECIAL OFFER 10% OFF EXCALIBUR DEHYDRATORS ACCESSORIES Dehydrating Fundamentals Recommendations on Which Dehydrator to Buy 55 recipes including 19 Using Fruits Vegetables 5 Using Nuts Seeds 12 Pancakes Crackers Breads Wraps Includes Kristen s famous Raw Maple Syrup for your pancakes 13 Special Dehydrated Ingredients A Raw Basics introduction to Raw food with 6 basic must have recipes for people who are new to the subject Also includes links to food photographs at Kristen Suzanne s Web site KristensRaw.com

Wow! That's Raw? Deluxe Edition Kenita T. Gordon-hinson, Artis E. Hinson, Chef 7 Star, 2014-01-02 Experience the pleasure of cheese filled calzones lasagna ice cream with chocolate sauce cherry pie pot pie chili quesadillas ravioli pan cakes cinnamon buns BBQ and Mac created using only un cooked nuts seeds veggies and fruits free from dairy and gluten This book features more than just your usual fresh salad Chef 7Star brings a new comforting delicious simplistic approach to RAW vegan food with her first recipe book WoW That s RAW RAW vegan foods are un cooked fresh fruits vegetables nuts and seeds Chef 7Star demonstrates simple yet innovative techniques to create comforting delicious satisfying RAW vegan dishes This book is a must have for everyone wanting to stay on track with their diet or healthy lifestyle We all know eating more fresh fruits and veggies is best for our health and this book shows you how to enjoy

them Raw Food Recipes Raw Food Diet Vegan Recipes Laor Kael Heliraz,2019-12-27 This book is a part of an online full course that you will have at the moment you will buy this book Yes it is a bundle deal where you can get a Raw vegan cookbook and a full nutrition online course free bonuses A 67 page book Raw food the complete guide for beginners An online course including 9 full lessons A full 10 audio lessons A bonus 2 E books The vegan diet cheat sheet that will put you on track Top 7 superfoods to boost the immune system Are you vegan and tired of eating only spreads all day As you know it is tired of eating chickpeas or steamed lentil spread I know how you feel it also frustrated me 20 years ago when I started being vegan But since then I have managed to accumulate a lot of knowledge in the field of vegan and vegetarian cooking including knowledge in preparing superfoods Today every meal I prepare is nutritious rich in all the richness that nature has to offer and you know what it is amazing in her beauty by the way she is also really tasty Who said being vegan means eating lettuce all day After 20 years of experience I will reveal to you the easiest ways to prepare delicious amazing raw vegan meals in a way that you never knew can be made I use different approaches from a variety of kitchens and bring all of them to my raw food kitchen Among the pages of the raw food recipe book in front of you you will find a variety of recipes For nut milk based smoothies with superfoods green juices that will give you bursting energy vegan sushi with coconut rice vegan pizza and no it is not made from what you think Amazing raw food desserts and many other dishes that will simply stun your plate This raw food recipe book is suitable for beginners in a vegan way but also for those of you who have already put together a salad or two You will find here interesting recipes that will make you ask how did you not prepare it before Vegetarianism and veganism are not a trend but a way of life If you are interested in living healthy you should pay attention to what you have on your plate In this book you will find recipes that will leave you with an open mouth for the next bite Want to get a peek here s part of a recipe I made And that s just part of what awaits you between the pages of the book so go ahead without hesitation just do yourself a favor and purchase the book now Even its price is as thin as lettuce Raw sushi I know there are some that recommend creating the rice from curly flower or Jicama But personally I do not understand why we should create something that is similar to something else Instead of creating a new dish that can stand alone for itself So in this Sushi we will not create any rice thing but we will create something that is way tastier Here is a quick recipe for you to try Ingredients Those Quantities are for 10 Sushi units For the Filling 2 Carrots cut in Julian 2 cucumbers cut into sticks 2 avocados 1 Spring onion 4 King of the forest mushrooms Pleurotus eryngii 1 handful of your favorite sprouts 1 Bell pepper 1 Hot Pepper 2 Nuri sheets 1 papaya or mango Marinade 5 spoons of raw soy sauce 1 fresh squeezed organic lemon 1 inch of organic ginger shredded You can add shredded coconut meat for rice So many people have enjoyed those recipes now it s your turn Order it now and don t forget to send some pictures **A Mother and Daughter Diary of Raw Food Recipes for Beginners** Caroline Carter, Shenita Ray, 2010-06 My daughter and I believe that the foods we eat have a big impact on our health Thus we are dedicated to creating nutritious dishes that taste delicious and showing others how to integrate flavorful meals into their diet

for improved health This is why we wrote a mother and daughter diary of raw food recipes for beginners In this book we dispel the myth that nutritious meals are difficult to prepare unsatisfying and bland Instead we illustrate how easy it is to create and integrate healthy foods into our lifestyle that are satisfying full of amazing flavors and require minimal time to prepare We also share our experiences with raw foods the health benefits of many of the ingredients used in the dishes and the step by step instructions on how to prepare over 50 raw and vegan meals that are packed with the nutrients our bodies need to remain healthy

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