

Practically Raw By Amber Shea Crawley

Tools for TeachingThe Ultimate Age-Defying PlanNut Butter UniverseGuadalcanal: the First OffensiveRaw for DessertRaw and SimpleThe Wiley Blackwell Handbook of Positive Psychological InterventionsVegan Sandwiches Save the Day!Raw and RadiantBuilding Performance AnalysisPractically Raw DessertsThe Sexy Vegan CookbookGoing VeganPractically RawEven The ScoreVegans Go NutsThe Liddabit Sweets Candy CookbookSweetly Raw DessertsChloe's Vegan DessertsRaw, Quick and DeliciousMonitoring Bathing WatersCurly GirlVegan on the CheapBake and DestroyGluten-Free EntertainingThe Complete Guide to Even More Vegan Food SubstitutionsChoosing RawFusion Food in the Vegan KitchenTeaching and Learning in Digital WorldThe Best Veggie Burgers on the PlanetLove FedResearch in the Archival MultiversePrPSc Prions: State of the ArtThe Complete Guide to Vegan Food SubstitutionsSprouts, the Miracle FoodMy Cousin RosaGreat Gluten-Free Vegan Eats From Around the WorldBreaking HimSweet GratitudeIncredible Plant-Based Desserts

Tools for Teaching

Veganize any recipe with confidence! The Complete Guide to Vegan Food Substitutions is your secret weapon to turning any recipe imaginable into a deliciously “veganized” success—no guesswork or hard labor involved. And no more kitchen failures or recipe flops either. Simply look up whatever non-vegan ingredient you want to sub out, and expert author team Celine Steen and Joni Marie Newman will explain exactly what substitution is best to use and how to make it without compromising taste or flavor, so you’ll create dishes that are not only better than the “real” thing, but healthier, too. With more than 200 recipes and substitutions that show the swaps in action, you’ll find step-by-step instructions for replacing everything from butter and bacon to gelatin and gouda. You’ll also find healthy substitutions for replacing things like gluten, sugar, and fat, so you can fine-tune any recipe to your dietary needs. You and your family and friends will be amazed and delighted with these and more plant-based dishes: Eggs Benedict with Ham Western Bacon Cheeseburgers Indian-Spiced Pumpkin Gratin Cheesy “Chicken” Casserole Fish-y Sticks with Tartar Sauce Walnut Chocolate Brownies Vanilla Latte Ice Cream Stunning photography and easy-to-follow charts appear in every chapter, making it a cinch to dip in and out whenever you need a quick reference or recipe. If you’ve always wanted to turn your aunt’s famous mac and cheese into a veganized taste sensation, or your grandma’s buttermilk pie into a rousing, “reinvented” success, The Complete Guide to Vegan Food Substitutions is the solution you’ve been looking for!

The Ultimate Age-Defying Plan

Collating for the first time a range of techniques in positive psychology, this handbook introduces topics such as courage,

empathy and humor, and spans areas as diverse as gratitude, forgiveness and strengths. It also explores special considerations such as ethics and motivation, and offers informed conjecture on future directions in research and practice. Comprehensive content summarizes theory and research on many areas of positive psychology intervention for the first time and provides essential updates on established interventions. Features contributions from an array of leading researchers, including Bob Emmons, Sonja Lyubomirsky and Shane Lopez. Covers established interventions – for instance, coaching and family therapy – as well as newly developed interventions – such as schizophrenia or stopping smoking.

Nut Butter Universe

Great Gluten-Free Vegan Eats From Around the World is a cookbook for the home chef who likes to explore a world of cuisines, regardless of allergies or dietary restrictions. Step inside and travel the globe while still adhering to your plant-based, gluten-free diet with ethnic entrees you may have thought were off-limits, but are actually even better re-imagined! From European classics like Fig Pastries with Clotted Cream and English Cottage Pie to Caribbean specialties like Jamaican Jerk Tofu and Plantain and Potato Soup, you'll dine on delicious dishes from all around the globe, while still pleasing every palate at your table. Author Allyson Kramer, founder of the popular g-free vegan blog Manifest Vegan (<http://www.manifestvegan.com>), will walk you through each and every recipe—most of which include a photo—showing you exactly how to create gourmet meals that are impressive enough for even the most seasoned foodie. From tempting appetizers, to hearty mains, to luscious desserts, you'll find more than 100 globally-inspired recipes that prove eating vegan and gluten-free doesn't have to be a sacrifice, but rather an international delight!

Guadalcanal: the First Offensive

This is the long-awaited update on the bestselling book that offers a practical, accessible reference manual for faculty in any discipline. This new edition contains up-to-date information on technology as well as expanding on the ideas and strategies presented in the first edition. It includes more than sixty-one chapters designed to improve the teaching of beginning, mid-career, or senior faculty members. The topics cover both traditional tasks of teaching as well as broader concerns, such as diversity and inclusion in the classroom and technology in educational settings.

Raw for Dessert

Hold on to Your Buns, the Burger Revolution Has Begun! The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of freshness and flavor, with more than one hundred daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and

will wow not only your vegetarian and vegan friends, but all the skeptics too. In fact, we're pretty confident they'd top the charts in any potluck popularity contest they might find themselves in. The incredible recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Sweet Caramelized Onion Burgers Korean BBQ Burgers Garlicky Ranch Potato Burgers Jalapeño Cornbread Burgers Curried Chickpea and Broccoli Burgers Three Pepper Stir-Fry Burgers BLT and Avocado Burgers Black Bean Tamale Burgers with Mole Sauce Oktoberfest Kraut Burgers Sun-Dried Tomato and Artichoke Burgers With The Best Veggie Burgers on the Planet, you'll find 101 ways of looking at burgers in a whole new way. Let's get this "patty" started!

Raw and Simple

Folks in town call him a monster—say he's dangerous. But I know him simply as Elijah Hays, the quiet, gentle giant who works with the horses on my ranch. I can feel him watching me, that steady, intense gaze making me crave things I don't quite understand, burn in a way that frightens me. He's always kept his distance until that night. I remember him coming to my rescue, me following him into the barn, giving him his first taste of a woman, and his inexperienced yet barely reined touch turning me to ash. Now all I can think about is exposing the dark desire I see deep inside him—having him turn those dark desires on me. That low, gritty voice rasping orders in my ear. Those huge, rough hands holding me down when a storm blows in. I want his surrender. His control. I want to break him and have him break me

The Wiley Blackwell Handbook of Positive Psychological Interventions

Explores and brings together the existent body of knowledge on building performance analysis Building performance is an important yet surprisingly complex concept. This book presents a comprehensive and systematic overview of the subject. It provides a working definition of building performance, and an in-depth discussion of the role building performance plays throughout the building life cycle. The book also explores the perspectives of various stakeholders, the functions of buildings, performance requirements, performance quantification (both predicted and measured), criteria for success, and the challenges of using performance analysis in practice. Building Performance Analysis starts by introducing the subject of building performance: its key terms, definitions, history, and challenges. It then develops a theoretical foundation for the subject, explores the complexity of performance assessment, and the way that performance analysis impacts on actual buildings. In doing so, it attempts to answer the following questions: What is building performance? How can building performance be measured and analyzed? How does the analysis of building performance guide the improvement of buildings? And what can the building domain learn from the way performance is handled in other disciplines? Assembles the current body of knowledge on building performance analysis in one unique resource Offers deep insights into the complexity of using building performance analysis throughout the entire building life cycle, including design, operation and

management Contributes an emergent theory of building performance and its analysis Building Performance Analysis will appeal to the building science community, both from industry and academia. It specifically targets advanced students in architectural engineering, building services design, building performance simulation and similar fields who hold an interest in ensuring that buildings meet the needs of their stakeholders.

Vegan Sandwiches Save the Day!

Are you craving a way to eat killer food without killing yourself, animals, or the planet? Is your brain bloated from watching cooking shows that present recipes you're never, ever going to make? Have you been searching for a way to prove to your friends that vegan food can be just as delicious, hearty, and satisfying as the meaty meals they're accustomed to? Then this is the book for you. Of his journey from watching food porn on his parents' couch to cooking in Hollywood kitchens to becoming vegan, author Brian Patton writes: My roommate said he didn't know what made me a bigger loser: that I was painstakingly preserving episodes of 30 Minute Meals or that I was trying to conceal their existence by labeling them Star Trek. Once I discovered that I could not only survive but thrive without taking the life of another being, I was sold. I was a vegan. For good. And that's how an "ordinary dude" became the Sexy Vegan and started creating "extraordinary food" with a decidedly real-meal appeal. On every page, Brian proves that seriously good food needn't be too serious.

Raw and Radiant

The latest and greatest methods for veganising anything using more natural, plant-based ingredients.

Building Performance Analysis

If you're gluten-free, you know that parties and other gatherings can be a food conundrum. What can you prepare for your guests that everyone can enjoy, gluten-free or not? And what can you bring to parties that will please a crowd, and bring praise instead of pause? Take the fear away and fill your plate with sensational (and safe!) eats with Gluten-Free Entertaining. Author Olivia Dupin will teach you how to entertain with ease, whether you're hosting a brunch, going to a holiday bash, or just having a casual couple's dinner at home. And with fourteen separate menus and more than 100 party-pleasing dishes, you'll find something for every taste and occasion. From Deep-Dish Ham, Artichoke and Brie Quicheto Sesame Chicken Bites and Chocolate Chip Almond Torte, all of these recipes are delicious, first and foremost, and coincidentally gluten-free, so you can make them for your own get-together, or bring them along to any gathering. Entertain with ease with Gluten-Free Entertaining!

Practically Raw Desserts

Actress Tess McKenzie is performing in the Tenth Circle of Showbiz Hell-dinner theater. All she really wants is to start a theater of her own. Then Tess receives an offer she can't refuse. She'll get her funding if she pretends to be the fiancée to her nemesis, Texan property tycoon Hunter Dade. If she's going to pull this off, she'll need all the luck she can get. Break a leg, indeed. On the verge of a big business deal, Hunter needs to hire a fiancée. He hasn't quite forgiven Tess for ruining his wedding, but when their chemistry goes from combative to straight-up lust, the "no sex" clause in their mutually beneficial arrangement is tested. Which is a serious problem, because if Tess isn't careful, she'll go from breaking a leg to breaking her heart Each book in the Tall, Dark, and Texan series is a standalone, full-length story that can be enjoyed out of order. Series Order: Book #1 Even The Score Book #2 Taking the Score Book #3 One Week to Score

The Sexy Vegan Cookbook

This companion book to Amber Shea's trend-setting Practically Raw, sets the standard for flexible raw sweets and treats. Practically Raw Desserts is a trove of scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. All of chef Amber Shea Crawley's sweet creations allow substitution and adaptation for a non-raw kitchen. The recipes are free of dairy, eggs, gluten, wheat, soy, corn, refined grains, refined sugars, yeast, starch, and other nutrient-poor ingredients. Many recipes are also free of grains, oils, nuts, and added sugars. Ideal for beginners as well as seasoned raw foodists, Practically Raw Desserts is jam-packed with delicious, healthy-yet-indulgent treats that include: • Baklava Blondies • Summer Fruit Pizza • Tuxedo Cheesecake Brownies • Cashew Butter Cups • Confetti Birthday Cake • Pecan Shortbread Cookies • Deep-Dish Caramel Apple Pie • Dark Chocolate Sorbet With this flexible approach, you can delve into raw desserts at your own pace, even without special equipment or hard-to-find ingredients. The book provides recipe variations and ingredient substitutions that address many common food allergens. If you're looking for delicious and vibrant dessert recipes with maximum flavor and nutrition, then you'll love Practically Raw Desserts.

Going Vegan

The fear of change, the fear of the unknown, the fear of never being able to eat bacon again! These are just a few of the reasons people are afraid to go vegan. Going Vegan seeks to change that, and provide a practical and easy-to-understand guidebook to fearlessly (and deliciously) transition to a plant-based way of life. Authors Joni Marie Newman and Gerrie L. Adams will effortlessly guide you through your transformation while providing support and explaining all of the advantages of a vegan diet. Revealed are truths about the health, environmental, financial, and ethical benefits in this comprehensive manual to living well. You'll also find amazing recipes for breakfast, lunch, dinner and dessert. Meals so delicious and

satisfying, you won't even miss the bacon.

Practically Raw

Chef Chloe, the first vegan winner of Cupcake Wars, brings her signature creativity and fun to the best part of every meal: Dessert! CHEF CHLOE'S first all-dessert cookbook, *Chloe's Vegan Desserts*, will satisfy your sweet tooth from morning to night with more than 100 recipes for cakes and cupcakes, ice cream and doughnuts and pies—oh my! And you just will not believe these delicious dishes are vegan. You can start the day with New York-Style Crumb Cake, light and zesty Lemon Poppy Seed Muffins, luscious Chocolate Babka, or decadent Tiramisu Pancakes (topped with a dollop of cool Coconut Whipped Cream). Here, too, are more than a dozen inventive, innovative, irresistible cupcake recipes, including Chloe's Cupcake Wars' Award-Winning Chocolate Orange Cupcakes with Candied Orange Peel, saffron- and cardamom-spiced Bollywood Cupcakes, and rich and boozy Chocolate Beer Cupcakes with Irish Whiskey Buttercream. Chloe's got you covered for the holidays with her Easy Apple Pie and Absolutely Perfect Pumpkin Pie, Holiday Trifle, Nuts for Hot Cocoa, and Pumpkin Spice Latte. She re-creates classic desserts and treats from Chocolate Chip Cookies to Classic Crème Brûlée, and veganizes store-bought favorites with her Oreo-style Chloe O's, Pumpkin Whoopie Pies, Animal Cookies, and Black-and-White Cookies—which are better (and healthier) than what you'll find at the grocery store. Chloe also serves up brand-new triumphs like her dreamy Lemon Olive-Oil Cake, Rosemary Ice Cream with Blueberry Sauce, Coconut Cream Pie, Chocolate Cream Pie, Coconut Sorbet with Cashew Brittle, and good-to-the-last-drop milkshakes. Who can possibly resist? Go ahead and lick that spoon—there are no worries when you bake vegan! With gorgeous color photography, clever tips, and a comprehensive section on vegan baking basics to get you started, *Chloe's Vegan Desserts* will be your new vegan dessert bible.

Even The Score

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. Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients, and with the flexibility of many substitutions, cooking options, and variations. Ideal for beginners as well as seasoned raw foodists, Practically Raw has something for everybody, whether you want to improve your health and longevity, cope with food sensitivities, or simply eat fresher, cleaner, and better! Chef Amber's creative, satisfying recipes include: Almond Butter Sesame Noodles Vegetable Korma Masala Fiesta Taco Roll-Ups Primavera Pesto Pizza Maple-Pecan Kale Chips Cherry Mash Smoothies Parisian Street Crepes Warm Apple-Walnut Cobbler This beautiful new full-color edition (previously published by Vegan Heritage Press) includes a pantry guide, menus, money-saving and make-ahead tips, and nutrition information.

Vegans Go Nuts

Chocolate Mint Meltaways. PB&J Cups. Chai Latte Lollipops. Cherry Cordials, Spicy Pralines, and the cult favorite, Beer and Pretzel Caramels. Plus candy bars—the Twist Bar, the Nutty Bar, the Coconut-Lime Bar, inspired by commercial favorites (Snickers, Twix) but taken to new heights of deliciousness. And the French-style sea salt caramels that Daniel Boulud claimed were better than those he'd tasted in France. Yes, you really can make these sublime treats at home thanks to Liz Gutman and Jen King, the classically trained pastry chefs who traded in their toques to make candy—and now lead the candy-craft movement as proprietors of Liddabit Sweets, the Brooklyn confectionery whose products have drawn the attention of The Early Show, Fox and Friends, the Cooking Channel, O, The Oprah Magazine, Real Simple, Food & Wine, GQ, and more. Doing for candymaking what Jeni's Splendid Ice Cream did for ice cream, The Liddabit Sweets Candy Cookbook is the perfect marriage of sugar and spice, packed with 75 foolproof recipes, full-color photographs, and lots of attitude. The approachable recipes, offbeat humor, and step-by-step photographs remind us that home candymaking is meant to be fun. The flavor combinations, down-to-earth advice, and easy directions make this the guide to turn to whether making candy for a treat, a holiday, a gift, or a bake sale.

The Liddabit Sweets Candy Cookbook

This account of the first victory over Japanese ground forces, told at the level of companies, platoons, and even individuals, demonstrates the relationship between air, ground, and surface forces in modern warfare.

Sweetly Raw Desserts

In Incredible Plant-Based Desserts, Instagram star Anthea Cheng (@rainbournourishments) shares her trade-secret recipes for seriously luscious, showstopping vegan sweet treats that will delight everyone, from healthy eaters pursuing a plant-based diet to those who simply appreciate a beautifully crafted dessert. Whether you are an eager home cook or a more experienced chef, Anthea shows you that sponge cakes can still be fluffy and moist and pastry can still melt in your mouth without animal-derived ingredients. Find playful, modern spins on classic desserts, such as fail-safe tiramisu trifles topped with caramelized popcorn or Snickers transformed into a multi-layered cake with peanut brittle. For when life gets busy, simplify with recipes like three-ingredient pancakes and fruit-filled muffins. If you want something indulgent, the Homer Simpson pink donuts, baklava custard tart, and chocolate brownie peanut butter sandwich cookies are for you. You'll also find wholesome choices like a berry chocolate mousse tart and cupcakes with rainbow cashew buttercream. Anthea has carefully selected ingredients to ensure you won't accumulate odd, once-used stuff in your pantry. And with plenty of options for people avoiding gluten, refined sugar, nuts, and other common allergens, no one misses out on the

deliciousness. All of the recipes have been tested and approved by vegans and non-vegans alike. Accompanied by stunning photography, these recipes will bring some magic to your every day, dinner table, or special occasion.

Chloe's Vegan Desserts

Now you can have your cake and eat it too! You can stay vegetarian, vegan, gluten-free, or just plain health-conscious and still eat delicious cakes, pies, compotes, crumbles, custards, sorbets, ice creams, cookies, and candies! Jennifer Cornbleet, author of the best selling Raw Food Made Easy for 1 or 2 People, shares her favorite easy no-bake treats. Learn how to: * Avoid white sugar, white flour, dairy products, trans-fats, saturated fats, and processed foods * Make easy-to-follow recipes quickly and affordably * Enjoy desserts for every occasion: Summer Berry Compote, Caramel Apple Stacks, Creme Brulee, Pineapple Upside Down Cake, Chocolate Cupcakes, Coconut Cream Pie, Tropical Ambrosia Tart, Pine Nut Caramels, Concord Grape Sorbet, Cookies n Cream Ice Cream, Knockout Brownie Sundae . . .

Raw, Quick and Delicious

Discover the keys to a long life and optimal health at any age in this practical wellness guide and cookbook--with simple 7-ingredient recipes. Experts in food and medicine have been looking to a plant-based diet as the most holistic, effective, and universal path to health, especially when it comes to aging. This guide provides a comprehensive roadmap to staying vital and living a long life -- using plant-based cuisine and simple daily self-care rituals that boost health and support healthy functioning in the body. Written by vegan chef Mark Reinfeld and naturopathic doctor Ashley Boudet, with expert oversight from physician and author Michael Klaper, MD, each chapter in The Ultimate Age-Defying Plan describes one aspect of the human body--including mental sharpness and neurological health, cardiovascular health, bone health, eye and vision, digestive health, and protection against major diseases such as diabetes, heart disease, and certain forms of cancer. They delve into the nutrients, food, and self-care practices necessary for healing and aiding this area of the self, including a list of recipes specifically targeted toward that area. Chef Mark's easy-to-prepare recipes are all seven ingredients or less, allowing readers to go vegan without stress.

Monitoring Bathing Waters

Sweet Gratitude is a cookbook with a message: raw desserts aren't only healthier for both people and the planet, they can also be every bit as tasty--indeed, sinfully so--as their mainstream counterparts. Tiziana Tamborra and Matthew Rogers, both master dessert chefs at the pioneering San Francisco-based Café Gratitude, present a tantalizing table of after-dinner or any-occasion delights. Illustrated with gorgeous color photographs, the recipes range from simple and quick to advanced

and detailed, showing how versatile commonly used fruits and nuts are for whipping up innovative and beautiful desserts. Providing authoritative information on techniques and specialty ingredients, and emphasizing the seasonal and the regional, Sweet Gratitude contains fresh takes on old favorites like pumpkin pie and tiramisu, as well as ingenious new creations like Pomegranate Fig Tart, Brazil Nut Chocolate Ganache, and Shortbread Thumbprint Cookies with Goji Berry Jam. Ideal for anyone looking for healthier dessert choices as well as a valuable resource for people with special dietary needs including those who cannot consume dairy, gluten, or refined sugar, Sweet Gratitude shows readers how to craft what may be the most elusive item in the culinary canon: the guilt-free dessert!

Curly Girl

A vegan cookbook that “strives to hit the right balance between cooked and uncooked ingredients” (The Oregonian). After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common-sense approach to healthy eating and fuss-free recipes. Choosing Raw, the book, does in an in-depth manner what the blog has done for hundreds of thousands of readers: addresses questions and concerns for any newcomer to veganism; makes a plant-based diet with many raw options feel easy instead of intimidating; provides a starter kit of delicious recipes; and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plant-based pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times–bestselling author of Crazy Sexy Diet, Choosing Raw is a primer in veganism, a cookbook, the story of one woman’s journey to health, and a love letter to the lifestyle that transformed her relationship with food. “Loaded with answers to common questions, myth-busting information about raw foods and details about ingredients and kitchen tools.” —Portland Press Herald

Vegan on the Cheap

Captures the atmosphere, experiences and recipes of Rosa Mitchell's Sicilian kitchen. Rosa's food is very special: soulful, traditional, family-orientated and utterly authentic. The recipes are complemented by stunning photography of both finished dishes and from throughout the preparation process.

Bake and Destroy

Within the past 15 years, the field of archival studies around the world has experienced unprecedented growth and archival studies graduate education programs today have among the highest enrollments in any information field. During the same period, there has also been unparalleled expansion and innovation in the diversity of methods and theories being applied in

archival scholarship. Global in scope, *Research in the Archival Multiverse* compiles critical and reflective essays across a wide range of emerging research areas and interests in archival studies with the aim of providing current and future archival academics with a text addressing possible methods and theoretical frameworks that have been and might be used in archival scholarship. More than a collation of research methods for handy reference, this volume advocates for reflexive research practice as a means by which to lay bare the fuzziness and messiness of research. Whereas research in the form of published research papers and juried conference presentations provide a view of the study framed in terms of research questions and findings, reflexive research practice reveals the context of the study and chains of situations, choices, and decisions that influence the trajectories of the studies themselves. Such elucidations from the position of the researcher are instructive for others, who may be inspired to apply or adapt the method for their own research. (Series: ?Social Informatics) [Subject: Research Studies

Gluten-Free Entertaining

Celebrate the beauty of curls in a buoyant how-to, manifesto, and curly girl support group all in one. Say no to shampoo, unplug the dryer, and kiss frizz and bad hair days good-bye. *Curly Girl* is the surprising bible for those with naturally curly or wavy hair and a desire to celebrate it, from Lorraine Massey, owner of the Devachan salons and products. It's all here: Daily routines for corkscrew, Botticelli, fractal, and wavy curls. Homemade lotions and potions for locking in moisture. Expert tips on caring for African American hair. Fabulous dos for weddings and special occasions. How to trim your hair yourself, step-by-step. (Remember: It's not what you take off; it's what you leave on.) Recommendations for chemical-free products. And so much more: the care, the styling, the products, the remedies, the empowering, pro-curl attitude. Includes: Ten things to do before you dye You are what you eat—and so are your curls Getting kids to love their curls Curly guys Lorraine's 12-step recovery program And check out Lorraine's video tutorials on YouTube.

The Complete Guide to Even More Vegan Food Substitutions

Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw food chef Judita Wignall's *Raw & Simple*, it's never been simpler to eat and live better. It's healthy, fun, and easy. Inside you'll find: No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives €"just real, wholesome foods, made simple All gluten-free recipes, with plenty of low-sugar options The nutritional benefits to keeping foods as close to their natural state as possible How to get all of your essential nutrients from a raw diet Tips and tricks for stocking your kitchen and living the raw lifestyle Lifestyle and weight

loss strategies to help you achieve vibrant health Making smart, delicious food choices in a short amount of time is now easier than ever. Raw and Simple provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include: Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli, Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food—it's about feeding your whole body and fueling your life!

Choosing Raw

Nourish your body as you indulge in Parisian-inspired desserts, with no gluten, dairy, or refined sweeteners—includes video clips! An artist in the kitchen, Christina Ross found her calling when she transitioned to a raw, vegan diet and discovered one thing was missing—decadent sweets! She set out to remedy the situation and, to her surprise and delight, found that the heavenly, nutritious treats she created didn't just satisfy her sweet tooth—they were better than traditional sweets in every way. In *Love Fed: Purely Decadent, Simply Raw, Plant-Based Desserts*, Christina, founder of the vegan dessert line PatisseRaw and the popular Love Fed blog, serves up raw, vegan treats full of nourishing ingredients and intense French flavor, without a touch of gluten, dairy, or refined sweeteners. Love Fed takes the plant-based, no-cook method of preparing desserts to new heights with more than eighty delicious, easy recipes (including one contributed by singer Jason Mraz). Christina gives you everything from Pistachio Saffron Rose Water Ice Cream and Chocolate Almond Hazelnut Caramel Apple Torte to Trail-Blazing Truffles, Blueberry Coconut Dreamsicles, and Splendid Day Red Velvet Cupcakes, satisfying to even the most discerning sweet tooth. Along the way, she introduces new ingredients, shares her solutions for potential hiccups, tells stories from her life, and includes mouthwatering full-color photos. Chocolate lovers, caramel aficionados, ice cream devotees, cake enthusiasts, cheesecake fans—Love Fed has it all for you.

Fusion Food in the Vegan Kitchen

Many reports over the last few years have analysed the potential use of games, videogames, 3D environments and virtual reality for educational purposes. Numerous emerging technological devices have also appeared that will play important roles in the development of teaching and learning processes. In the context of these developments, learning rather than teaching becomes the main axis in the organisation of the educational process. This process has now gone beyond the analogue world and face-to-face education to enter the digital world, where new learning environments are being produced with ever greater doses of realism. *Teaching and Learning in Digital Worlds* examines the teaching and learning process in

3D virtual environments from both the theoretical and practical points of view.

Teaching and Learning in Digital World

This picture-driven raw lifestyle book is for busy people who want to improve their health and vitality without having to go 100% raw. It's an easy to use guide that showcases creative yet simple-to-make plant-based recipes, and highlights multiple nutrition-packed superfoods. But more than just a raw food guide, The Radiantly Raw Cookbook includes chapters on functional fitness & beauty, shares the basics of cleansing, and has helpful mind-body connection tips, all important pillars for optimum health. This healthy lifestyle guide is filled with vibrant and inspiring photos to help encourage your lifestyle shifts and food transformations. Summer will give you tools to add radiant plant-based foods into your diet no matter what your present eating style. She wants to inspire you to create your best life ever by making small shifts today that will affect your entire life and generations to come.

The Best Veggie Burgers on the Planet

You don't have to blow your budget to eat great meatless and dairy-free meals every day. With Vegan on the Cheap, you can enjoy delicious vegan meals every day of the week. Veteran food writer and vegan authority Robin Robertson provides 150 mouth-watering, exciting recipes that cost just 50 cents to \$2 per serving-hefty savings to go with hearty vegan meals. This book presents great options for savory soups and stews, satisfying salads, hearty noodle dishes, first-class casseroles, favorites for the slow cooker, and meatless and dairy-free recipes for classics like pizza, burgers, and sandwiches. Plus, there's even a chapter for desserts to satisfy every sweet tooth. Throughout the book, smart tips and creative ideas help you save money by cooking in bulk, prepping meals in advance, and finding tasty ways to reuse leftovers. Includes 150 money-saving recipes for delicious vegan meals like Walnut-Dusted Fettuccine with Caramelized Vegetables and Fresh Pear Galette. Written by renowned vegan and vegetarian expert and food writer Robin Robertson, author of 1,000 Vegan Recipes. Features cost-per-serving icons that highlight the cost of each affordable dish. Packed with affordable recipes and money-saving tips, this is the ultimate resource for every vegan kitchen.

Love Fed

This book, which has been prepared by an international group of experts, provides comprehensive guidance for the design, planning and implementation of assessments and monitoring programmes for water bodies used for recreation. It addresses the wide range of hazards which may be encountered and emphasizes the importance of linking monitoring progra

Research in the Archival Multiverse

Think outside the jar with delicious nut butters! Nut Butter Universe is a culinary treasure filled with creative ways to make luscious, protein-rich recipes for breakfast, lunch, dinner, dessert, and snacks. These recipes use delectable butters made from cashews, Brazil nuts, macadamias, chestnuts, almonds, peanuts, and more. Just a small amount of nut butter can add great texture, flavor, and nutrition to your meals. Here are just a few of Robin's mouth-watering recipes, all enriched by delicious nut and seed butters: Artichoke Walnut Butter Bisque Roasted Tahini Cauliflower Pistachio Butter Biscotti Chestnut and Winter Vegetable Pot Pie Pecan Butter Waffles Penne with Avocado Cashew Cream Grilled Peanut Butter Banana Sandwich Pineapple Coconut Cheesecake Chocolate Macadamia Truffles Apple-Almond Butter Crumble There are recipes for making your own nut butters and options for those with nut allergies. The book also contains an informative Foreword by nutrition expert and bestselling author, Julieanna Hever, which explains the health benefits of nuts and nut butters. In addition, the recipes are clearly marked as being gluten-free or soy-free. Also includes helpful indexes, fun facts, and 8-page color photo insert.

PrPSc Prions: State of the Art

Sweetly Raw Desserts will show you everything you need to know about making the most delicious and nutritious raw food desserts.

The Complete Guide to Vegan Food Substitutions

Raw food diets are increasingly popular because they are healthy and nutrient-free. This book offers over 175 quick, easy and creative raw food recipes that can be prepared in just 15 minutes.

Sprouts, the Miracle Food

Peruse more than 100 vegan comfort food dishes, reimagined with an ethnic twist. Recipes cover everything from soups, salads, and appetizers, to main meals, drinks, and desserts.

My Cousin Rosa

The ultimate guide to protein-packed, nut-filled vegan recipes! If you think nuts are just for snacking, get ready to have your world rocked! One of the most nutritious, protein-packed staples of a plant-based diet, nuts can be used in limitless

ways to create satisfying meals full of hearty flavor. From main courses, to snacks and drinks, to desserts and cheeses, nuts are used as the main building block of so many delicious vegan recipes. Vegans Go Nuts explores the many ways to cook and bake with nuts, using only vegan ingredients. From the usual suspects such as cashews and peanuts, to more underrated nuts and seeds like hemp and hazelnuts, you'll start by learning to make the essentials - nut and seed milks, butters, and flours. Accomplished authors Celine Steen and Joni Newman will show you just how versatile this staple food can be in your plant-based diet. Go nuts with 100 vegan recipes, including: Peanut Butter Farina Hazelnut Chocolate Chip Muffins Basic Chickpea Cashew Omelet Hawaiian Macadamia Tacos Simple Nutty Cheese Nut Butter Roasted Cauliflower Pistachio Orange Beet Pilaf Rocky Road Pie Make nuts the inspiration of your meal, instead of just an afterthought, with Vegans Go Nuts!

Great Gluten-Free Vegan Eats From Around the World

Features high-adrenaline vegan recipes inspired by slasher films and heavy metal music, including bike messenger brownies; crouching cornbread, hidden broccoli; and taco lasagna.

Breaking Him

Step-by-step, learn how to grow delicious indoor greens and baby vegetables -- in just one week from seed to salad. Includes extensive nutrition charts, seed resources, and questions and answers with Sproutman.

Sweet Gratitude

This book is a printed edition of the Special Issue "PrP prions: state of the art" that was published in Pathogens

Incredible Plant-Based Desserts

"Celine Steen and Tamasin Noyes have reinvented the sandwich, taking it to all new heights with spectacular creations that will forever change your perception of lunch (and breakfast and dinner, too!)."—Julie Hasson, author of Vegan Diner, The Complete Book of Pies, and more "Celine and Tamasin have the magic touch; everything they make turns out delicious! Who knew you could fit so much flavor between two slices of bread?"—Hannah Kaminsky, author of My Sweet Vegan, Vegan Desserts, and Vegan a la Mode "This is the first time I've ever found myself drooling over sandwiches. This book oozes with gorgeous photos, creative recipes, and flavorful wit that make you want to read it like a novel, from cover to cover."—Alisa Fleming, author of Go Dairy Free and founder of GoDairyFree.org "Take two super-creative, experienced, and highly

regarded vegan cookbook authors, allow them to apply their imagination and exceptional palates to a theme where there are few boundaries other than slices of bread, and you have this incredible book."—Carla Kelly, author of Quick and Easy Vegan Bake Sale and Quick and Easy Vegan Slow Cooking 101 Colorful Sandwiches Your Brown Bag Never Saw Coming

What's the best thing since sliced bread? The sandwich of course! Layered with flavor, simple and portable, and full of endless variety, sandwiches have been stealing the show for as long as they've existed. But it's time for the traditional, calorie-laden, meat-centric sandwich to move over, because there's a new sheriff in town—the vegan sandwich! Filled with healthy, natural, plant-based ingredients, vegan sandwiches are your one-stop shop to total breakfast, lunch, or dinner satisfaction. Inside *Vegan Sandwiches Save the Day!*, you'll find 101 amazing combinations to suit any time, any craving, and any occasion, including: —Berry-Stuffed French Toast Pockets —Apricot Breakfast Panini —Puff Pastry Pot Pie Sandwiches —Mango Basil Wraps —Portobello Po' Boys —Mediterranean Tempeh Sandwiches —Mango Butter and Ginger Whoopie Pies

Whether you're vegan or just looking to incorporate more meatless meals into your diet without spending hours in the kitchen, you'll find the tasty solution you're looking for—no fork required!

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